

HESKW'EN'SCUTXE

July 2023

Monthly Newsletter

Vol 1 Issue 7



"Take care of yourself"



Congratulations to all students for completing their studies and commitment to higher education!

CULTURAL TEACHINGS

Learn about the history of the ribbon skirt on page 21.

Read a story about "Coyotes daughters and their dogs", told by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"

CONTINUED TO PAGE 23





It's a
boy

Congratulations to Siska's Trisha Patrick and Red Hawk Michell for the birth of their son Talon!

Talon James Harris Michell born June 14 , at 6:56 am. weight 7 lbs and 5 oz

HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced w?éx^w we? lú ? which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self-sufficiency.

- Access to External Health Care
- Communicable Disease Control
- Home Care
- Maternal Child Health Care
- Medical Travel
- Mental Health and Wellness



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COHI

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Activities and games

We embrace Nlaka'pamux traditions, culture and values. Our health services integrate modern medicines and methods to provide holistic wellness for our community members.

“



STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Acting Health Manager
Finance



Scarleth Zwez-Ruiz R.N.
Community Health Nurse &
Home Community Care Nurse



Cooks Ferry
Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk



Siska
Corynn Reveley
Receptionist
Medical Travel Clerk

Home Care Aides



Clarissa Frederick,
Nursing Assistant / HCA



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Hazel Billy
Custodian



Dayton Arnett



Martha Van Dyke



THEME OF THE MONTH

National Injury Prevention day!



LINKS TO INJURY PREVENTION

By Corynn Reveley

Knowledge is power, following are reputable links regarding Safety!

Here is a list of links for Canadian National Injury Day:

1. Canadian National Injury Prevention Day website:
<https://parachute.ca/en/initiative/canadian-national-injury-prevention-day/>
2. Injury Prevention Centre at the University of Alberta: <https://injurypreventioncentre.ca/>
3. Public Health Agency of Canada Injury Prevention: <https://www.canada.ca/en/public-health/services/injury-prevention.html>
4. Safe Kids Canada:
<https://www.safekidscanada.ca/>
5. Canada Safety Council:
<https://canadasafetycouncil.org/>

Injury prevention day is an annual event aimed at raising awareness about the importance of preventing injuries. It encourages individuals to take proactive steps to reduce the risk of accidents and injuries in their daily lives. This can include things like wearing protective gear when participating in sports or physical activities, being mindful of hazards in the workplace, and following safe driving practices on the road. By prioritizing injury prevention, we can help keep ourselves and our communities safe and healthy.

MONTHLY REPORT

By Nadine Methot, Administrative Assistant

The month of July is a time to relax and gather with our children and families. Enjoy the weather, go out on the land, gather some berries, go out camping or play your favorite sport.

10 year Health Plan Update

Cornerstone Planning group has met with community members on June 13, 14 and 15 in Siska and Cooks Ferry. Thank you for making time to discuss with them about your health and the wellness of your family and community. The next steps are to gather more information via surveys.

BC Merritt Transit goes to Antko starting June 19

This service must be requested with a minimum of 24 hours notice. There are 4 pick up and drop off times from Monday to Friday, Ideal to go shopping, food bank, swimming pool, doctor appointments and more. See our poster in this newsletter with booking phone number. Thank you to Cooks Ferry Chef and Council!

End of School Award Recognition

HHSS is providing all students with a \$30 gift card called the Happy Student. You can use it at various stores including Dollarama. The cards will be distributed at both end of school celebrations. Face paintings and a craft corner will be in place.

June 20: Cooks Ferry 4:30-7 pm

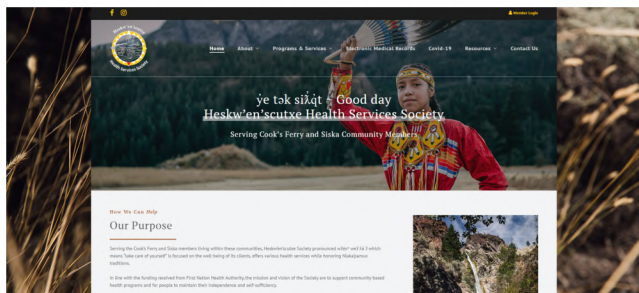
June 29: Siska 4:30 -7 pm



Emergency Supplies

We surveyed every household in May 2022 and are putting an order together for emergency supplies in every household. Coming soon.

RESOURCES



You can find helpful resources both in our office and on our website. You can view more information here:

hhssbc.ca

- Event calendar
- sign up with Pacific Blue Cross
- Download medical/dental travel forms
- and more!



PROGRAMMING UPDATES

FARMERS MARKET COUPONS DENTAL CLINICS

Coupons will be distributed by social departments once per week. Please call Mandy or Clark to be added to the list. Look out for our Farmers Market poster in the newsletter. Happy local shopping! Using the coupons this summer will determine how many we receive next year, the more we use them, the more we will receive \$\$ for future years.

WITH FNHA MICHELLE BEATTIE

Michelle has been able to see several community members in June. We are happy to announce that she is returning to our clinics in July. Check out the dates in the COHI section of this newsletter.

SHOPPING DAYS

We assist our members with rides to shop for groceries a couple of days per month. Below you will find our next shopping days. Please call to secure a seat for one of the upcoming shopping days. If you are a home care client, dates will differ.

Siska: August 1
Cooks Ferry: July 26

WEIGHT LOST GROUP

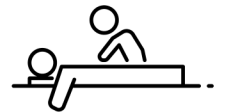
Angela Phillips from Siska has independently created a weight lost group on Facebook. You may connect with Angela to join the group. Nurses from HHSS and Kanaka are providing tips on weight management and healthy eating. HHSS donated prizes.

FOOT CARE WITH SUZANNE

Siska: July 11
Cooks Ferry: July 13



RESTORATIVE MASSAGE



We are taking a break for the month of July and will soon announce a new registered massage therapist.

Call to the office to book an appointment .

Call the office to book an appointment

END OF SCHOOL ACKNOWLEDGEMENT

HHSS donated a \$30 Happy Student gift card to all graduating students to reward them for their learning efforts. These cards were awarded at ceremonies organized by the Bands (Cooks Ferry June 20 and Siska June 29) Wishing all the youth a great summer!

CORNERSTONE FRIENDS & FAMILIES MEETINGS

Following the June in person meetings, an online survey will be shared with everyone who was not able to attend one of the June sessions. Everyone's input is important to create a strong 10-year health plan. Stay tuned for the poster and link to the survey in the next month.

10 YEAR HEALTH PLAN

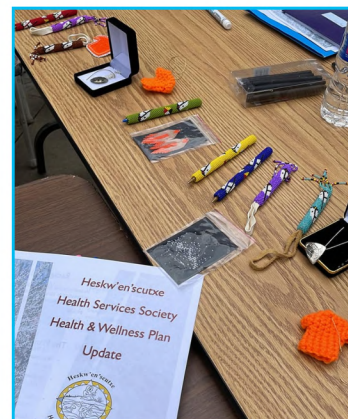


CORNERSTONE

PLANNING GROUP

Heskw'en'scutxe Health Services Society – Community Wellness Planning

Friends & Families Gatherings in June



Door Prizes

Coming in July, an online & paper survey for all households that could not attend the in person events. Your participation is important for all the community.



Cooks Ferry



Cooks Ferry



First Nations Health Authority
Health through wellness

CHILDREN ORAL HEALTH INITIATIVE

FOR ALL SISKA AND COOKS FERRY MEMBERS ON AND OFF RESERVE!

FREE DENTAL CLINICS!

COOKS FERRY

July 10 1:00 p.m. to 5:00 p.m.

July 11 8:30 a.m. to 5:00 p.m

July 12 8:30 a.m. to 11:00 a.m

CALL OUR OFFICES TO BOOK YOUR APPOINTMENT. OPEN TO ALL AGES.

SISKA

July 13 2:00 p.m. to 5:00 p.m.

July 14 8:30 a.m. to 5:00 p.m



SUBMIT YOUR CHILD'S TEETH BRUSHING SHEET FOR A GOODY BAG!

Every month your child can submit a tooth brushing sheet and receive a goody bag from COHI Michelle. Ask for your coloring sheet next time you are in the office.

COHI

IF YOUR CHILD WAS ENROLLED IN COHI AND HAS NOT SEEN MICHELLE IN THE LAST 3 MONTHS, PLEASE CALL THE OFFICE TO SCHEDULE AN APPOINTMENT.

FREE DENTAL CARE

Open to all children and Adults living in Community. Free cleaning and healthy teeth services offered in Siska & Cook's Ferry locations.

Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay if needed

CALL TODAY TO INQUIRE OR BOOK AN APPOINTMENT
SISKA: 250-455-6601
COOK'S FERRY: 250-458-2212

- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning

INDIGENOUS EARLY CHILDHOOD EDUCATION CERTIFICATE

START: AUGUST 2023

10-MONTH PROGRAM

Location: Cook's Ferry



**FREE TUITION, BOOKS AND SUPPLIES
TRAVEL ALLOWANCE PROVIDED!**

**OPEN TO ALL COOK'S FERRY MEMBERS
AND INDIGENOUS RELATIONS**

Canada



Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

For more information or assistance with applying,
Contact Mandy Cormier
Director, Community and Social Development



**Cook's Ferry
Indian Band**
Mak'pamuk' Nation

email: socialdevelopment@cooksferry.ca
phone: (250) 458-2224



ART TRAILER AFTERNOONS!

Antko – July 11 & 25 and August 8 & 22

Cook's Ferry – August 24

Time: 3:00 – 5:00 PM

Open to children, youth and young adults

Snacks and supplies provided



Merritt Regional Transit System



Antko Community: Request a Bus Ride!

Starting on June 19!

On-Request Service

Bus service includes a curb-to-curb, shared transit service on-request to and from destinations in the Merritt area. All customers are eligible to use this service.

This is not handyDART service. If you need assistance from another person to board or exit the bus, please have an attendant with you to assist. Maximum of 18 seats per trip and 2 wheelchairs access.

Pick-up: Call 24 hours ahead to book. Bookings received less than 24 hours ahead will be subject to availability.

Drop-off: Ask the driver when you board.

Examples of locations: a house, childcare centre, or employment site.

Service Hours

Monday to Friday, with trips operating at 8:45 am, 9:45 am, 12:45 pm and 2:45 pm. No service on weekends and Christmas day.

Office Hours

Monday to Friday, 9:00 am to 4:00 pm

Book your trip including return @: 250-378-4080

Council approves new transit agreement with Cook's Ferry Band

Posted by Marius Auer | Jun 22, 2023 | Indigenous, News, Municipal Government, Transportation

Merritt's city council has unanimously passed an agreement that will bring on-request transit service to the Cook's Ferry Antko 21 reserve near Fox Farm and Coldwater roads.

The new agreement added Antko 21, a 14 hectare Cook's Ferry Band reserve area adjacent to the south-east corner of Merritt on Fox Farm Road, to the list of locations where BC Transit bus users can request pick up by the transit system's on-request bus. The on-request service runs weekdays, offering a shared transit option with more drop-off possibilities than the busses running on set routes and schedules in the city and surrounding areas.

At its June 13 regular meeting, council voted unanimously to pass the agreement, with the exception of Councillor Dana Egan, who was not present at the meeting.

"This agreement would service that area on an as-needed basis, and we are proposing a \$500 annual fee for the first year, which would be reviewed at the end of the first term," said Norm Thompson, the city's acting director of finance and IT to council. "Riders would pay the transit fee on a per ride basis, as with all transit passengers."

The agreement between the city, Cook's Ferry, and BC Transit will see Cook's Ferry pay \$500 per annum to the city for the new service, along with the city keeping all fares paid by riders requesting pick up at Antko 21. The Herald has reached out Cook's Ferry for comment on the benefit of the new service and the number of individuals and families that could access it.

A representative of the Merritt Transit System confirmed to the Herald that service to **Antko 21 is now active, although they have received no calls for pick-ups as of Monday (June 19). The service is available Monday to Friday, with trips operating at 8:45 a.m., 9:45 a.m., 12:45 p.m., and 2:45 p.m. Cash fare for the service is \$2.00.**

For more information on the new service, call the Merritt Transit Office at 250-378-4080, or visit their website at www.bctransit.com/merritt.

COMMUNITY PANTRY

When: Wednesday, July 26

Time: 8:00 AM – 4:00 PM

Pick-up only – delivery is not available.
Please arrange to have someone pick
up your food if you are not available.

The community pantry is available for all
Cook's Ferry members living on-reserve,
in Cook's Ferry and Antko.



Each household will receive a community pantry “hamper.”
Fresh fruit, vegetables, meat, and dairy products are available for choosing.

Please contact the social development office if you have questions.
Phone: 250-458-2224



**Cook's Ferry
Indian Band**

Nlaka'pamux Nation

Make a grab-and-go bag

A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. It's a good idea to make grab-and-go bags for your home, workplace and vehicle.



Include:

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- Small first-aid kit and personal medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan
- Copies of important documents, such as insurance papers and identification

READY?

Cash in small bills
Local map with your family meeting place identified
Seasonal clothing and an emergency blanket
Pen and notepad
Whistle



MENTAL WELLNESS SUPPORTS

FREE MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

- Hope For Wellness Hotline: 1-855-242-3310
- Helpline offers 24 hour immediate mental health counseling and crisis intervention to all indigenous peoples
- Kuu –us Crisis Line at 1800-588-8717
- Toll free Aboriginal provincial crisis line 24 hours
- Indian Residential School Survivors 1-604-985-4464 or toll free 1800-721-0066
- Tsow-Tun Le Lum Society: 250-268-2463 24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and/or residential school survivors
- BC First Nation FNHA Mental Health Benefits 1-855-550-5454
- Stopping the Violence Counselling Program 250–378-6170



Nlaka'pamux Mental Health Services Mental Health and Addictions Services By appointment only. You do not need a referral to book an appointment.

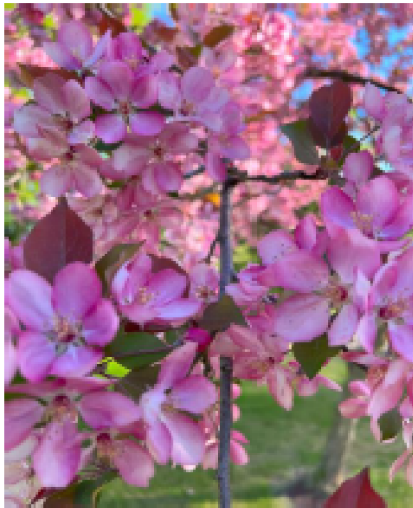
Office: 250 378.9772

- Email: Wanda Dexel dexel.w.e@nlxfn.com
- Diana Lepine-Thomas and@nlxfn.com
- Stacy Hebner (Child counsellor) hebner.s@nlxfn.com
- Melissa Dexel (Child counsellor) Dexel.m@nlxfn.com
- Erin Aleck (Family Wellness) aleck.e@nlxfn.com



Heskw'en'scutxe Health Services Society has two counselors that offer in person, online or via telephone supports. Please contact them directly or call our offices for more information.

- Cooks Ferry Location: Ricardo Pickering (Counsellor) dickiepickeing@gmail.com
- Siska Location: Yolanda Hall (Counsellor) yjhall@telus.net



How do I/my family member/my client access services?

What substance use services are available?

What are Interior Health and First Nations Health Authority doing to support culturally safer care?

Acknowledging that the journey to wellness and safety includes both capacity building & knowledge gathering, the intent of this series is to create an opportunity for those who provide care to Indigenous clients and families to learn about Interior Health and First Nations Health Authority substance use services as well as advances in substance use care.

DATES AND TOPICS

When: The second Wednesday of every month from 10am-11am PST / 11am-12pm MST

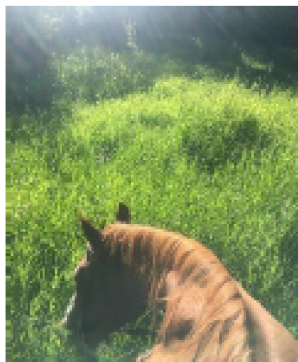
Who: **Everyone is welcome and no registration is required!**

Format: The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.

How: Use this permanent link to access every session

<https://interiorhealth.zoom.us/j/68674356760?pwd=b29sVGVLbDJnNUtoZTJUN2s3eVprZz09>

*If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca



June 14, 2023

What is Outpatient Withdrawal Management (OWM)?

July 12, 2023

Prenatal substance use: Help for expecting mother's

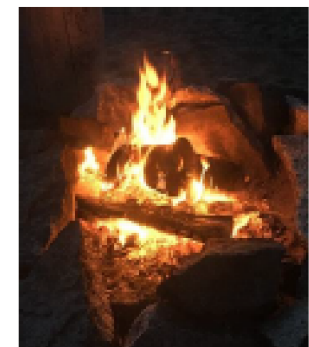
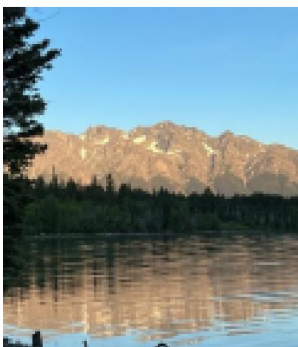


August 2023

No session

September 13, 2023

Mental Health & Substance Use Aboriginal Patient Navigators (APN)



Outpatient Withdrawal Management (Detox) Services



We are a team of nurses working together with other community based services including physicians, Peers, and others, to provide you with caring, and compassionate planned withdrawal management services.

Mental Health & Substance Use Services

For more information call 310-MHSU (6478)

Available in:
Kamloops
Kelowna
Penticton
Vernon

Outpatient Withdrawal Management (Detox) Services support you to withdraw from or reduce alcohol use. We can also support you to stabilize on OAT therapy if you need additional support to do so and are referred by a local OAT provider.

We can offer you prescription medications to support you with withdrawal/detox symptoms and your recovery goals. We can provide this care face to face, virtually, and in your home.

Who would benefit from outpatient alcohol withdrawal management (detox)? If you live in the Kamloops, Kelowna, Vernon or Penticton area and...

- want to withdraw from alcohol and need support to do so safely
- have access to safe housing
- have a support person for the first 72 hours of your planned withdrawal
- have access to a phone
- any chronic health conditions are well managed

Who would NOT benefit from outpatient alcohol withdrawal management services?

You will be offered connection to live-in withdrawal management services if your goals require 24hr medical care or you **have any of the following**:

- Complex medical and / or mental health needs
- Dementia, memory loss or confusion
- Insulin Dependent Diabetes Mellitus (IDDM)
- Seizure disorders (Epilepsy or withdrawal seizures) or history of delirium tremens (DTs)
- Pregnancy
- Using a combination of substances that would pose a risk of complicated withdrawal

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dákelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and Tsilhqot'in Nations.



824191 Jun 2-23

SORRY

ERRATUM: In the last newsletter, we wrote that Betsy Munro was the winner fo a \$50 Cabelas gift card. It actually was Tammy Pierre who won the card. Our apologies for the confusion!



talk tobacco

Indigenous Quit Smoking and Vaping Support

Thinking of quitting smoking or vaping?

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations communities.



**PHONE
SUPPORT**

1-833-998-8255



**TEXT
SUPPORT**

**Text CHANGE
to 123456**



**LIVE
CHAT**

**on
talktobacco.ca**

**“ Listen and accept the help
and know you’re not alone. ”**
Mark, Talk Tobacco client



Mon & Tues: 5:00am – 9:00pm
Wed & Thurs: 5:00am - 6:00pm
Fri: 5:00am – 3:00pm
Sat & Sun: 6:00am – 2:00pm
Statutory Holidays: Closed

1-833-998-8255
talktobacco.ca
talktobacco@cancer.ca

FREE AND CONFIDENTIAL



**Canadian
Cancer
Society**



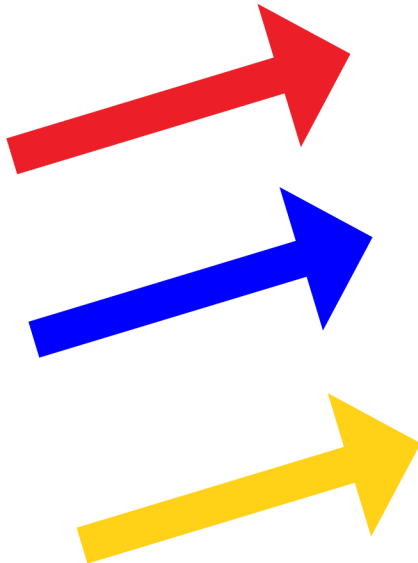
First Nations Health Authority
Health through wellness

1-833-998-8255
talktobacco.ca

Updated Medical Travel Form

1. Please submit your forms completely filled.
2. We do not use the dental form any longer.
3. The form can be downloaded on the HHSS website.
4. Call HHSS to confirm eligibility.
5. When staying overnight in a hotel we still require a stamped medical travel form to be submitted after your stay.
6. Please circle if your trip was over 6 hours or not.
7. If you are diabetic, remember to check the new box. Diabetic people can get the daily \$16 rate even if the appointment/travel was under 6 hours.
8. Fill out the Health Purpose box, or circle one of the practitioners listed below.
9. Please submit your travel or hotel request bookings to our medical travel clerks as soon as possible.
10. A reminder to book your appointments (if travel is requested) between 10 am and 2 pm when possible.

**New
updated
medical
travel form**



Hesk'wen'scutxe Health Services Society Medical Transportation Form

2023

Client Name: _____

Mailing Address: _____

Phone Number: _____

DOB

Day Month Year

Status Number

Departure Date

Day Month Year

Return Date

Day Month Year

Departing Location: CFIB SIB ANTKO Destination Location: _____

Requires Driver? (Circle) YES / NO HHSS: ___ Other: ___ Name of Driver: _____

Driver Mailing Address: _____

**Please note that MT cheque will be made out to driver*

Doctor Authorization Required for "Escort" - Provided (Circle) YES / NO
Reason for Escort: (check one)

- 1) Not Required 4) Legal Consent Required 7) Minor Child
 2) Care Instructions Required 5) Medically Incapacitated
 3) Language Barrier 6) Person with Disability

Method of Travel: (check one)

- Private Transportation HHSS Vehicle Bus Other: _____

Medical Trip 6 + hours: (Circle) YES / NO Diabetic Client (required to have regular meals) YES / NO

Referred By: _____
(Please attach note/letter of referral)

Health Purpose: _____ Surgery or circle
(Procedure or medical specialty)

Dentist Cardiology Dialysis Mental Health Obstetrics Oncology Optician Orthodontics X-rays Ultrasound
Lab/Pathology Podiatry Gerontology Gynecology Urology Gastroenterologist Internal Medicine Infectious Disease

Radiation Pediatrics Prenatal Confinement Rheumatology Traditional Healer Withdraw Management Diagnostic Testing

CONFIRMATION OF ATTENDANCE

Date: _____ Time: _____ am/pm

This note will confirm that: _____ attended their appointment on the
above mentioned date, with Doctor _____ at _____
Address _____

Medical Office Stamp or Doctor/Receptionist Initials

NOTE TO CLIENTS: Confirmation of attendance is required to receive medical travel assistance. You must have this portion stamped/filled out by the medical office. Failure to submit the required confirmation will result in travel claim to be denied for reimbursement.



Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street
Open 24 hours

Lytton Primary Care Non Urgent

Tl'Kemtsin Health Centre
1535 St Georges Road, Lytton
(250) 455-2221 | Fax (250) 455-6621
Monday to Friday: 9 a.m. to 3 p.m.

Ashcroft Urgent and Primary Care Centre

700 Ash-Cache Creek Hwy
(250) 453-2211 | Fax (250) 453-1921
Monday to Sunday: 8 a.m. - 8 p.m.

Provincial Resources

YOUTH [Foundry.ca](https://www.fofoundry.ca)
[Kelty Mental Health](https://www.keltymentalhealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](https://www.bouncebackbc.ca)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310
Domestic Violence 1-800-563-0808



First Nations Supports

Lytton FNHA Health Centre (778) 254-0167
Monday to Friday 8 a.m. to 4 p.m.

First Nations Health Benefits 1-855-550-5454 or
www.fnha.ca for prescription refilling, medical supplies and equipment

LFN Home & Community Care
Micha Kingston (250) 256-8182
Email: micha.kingston@lfnhealth.com

Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4
Child & Youth CYMH (250) 256-2710
Friendship Centre (250) 256-4800
St'at'imc Outreach (250) 256-7530

811 Nurse

[FNHA Virtual Doctor of the Day: How it works](#)
1-855-344-3800

Mental Health Supports

[FNHA COVID-19 Mental Health and Cultural Supports](#)
Opioid Agonist Treatment (250) 256-1585
FNHA Mental Wellness Inquiries 1-833-751-2525

Travel/Flood Info

[BCRFC Warnings](#) [Drive BC](#)
[FNHA Flood Safety](#) [Wildfire Status](#)

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
FNHA (250) 256-7071 8 a.m. to 4 p.m. Monday to Friday

Lab Services

Book lab appointments
1-844-870-4756
<https://www.labonlinebooking.ca>



Home & Community Care

Central Intake 1-800-707-8550
Lillooet (250) 256-1326
Ashcroft (250) 453-1939
Merritt (250) 378-3238

Interior Health

[MyHealthPortal](#)



Public Health

Lytton FNHA (778) 254-0167
Lillooet (250) 256-1314
Ashcroft (250) 453-1940
Merritt (250) 378-3400

COVID Testing Clinics & Vaccination Information

[IH COVID Testing Clinics](#)
1-877-740-7747



[IH COVID Vaccine](#)
1-800-833-2323



[FNHA COVID-19 Testing](#)
(250) 455-2715



[BC Centre for Disease Control](#)
(604) 707-2400





Rhubarb Lemonade

Ingredients

10 cups water

1/2 cup honey

4 cups coarsely chopped fresh rhubarb

Juice of 1 lemon or lime

Fresh huckleberries, raspberries or blueberries.

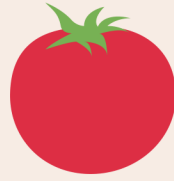
Preparation

In a saucepan, bring the rhubarb to a boil for 15 minutes, simmer over low heat. Strain into a bowl, allowing the pulp to drain for 10 minutes without pressing. Add the honey, lemon or lime juice and transfer the liquid to a pitcher.

Add berries on skewers or to the pitcher.

Serve the rhubarb lemonade over ice and garnish with a skewer. A real thirst-quencher!

The colour of the lemonade can range from pale pink to light green depending on the color of the rhubarb
You can add or reduce the amount of honey to your liking.



FARMERS MARKETS

8.00
12.00

ASHCROFT
700 RAILWAY AVENUE

EVERY
SUNDAY

9.00
1.00

CACHE CREEK
HIGHWAY 1

EVERY
SATURDAY

10.00
4:00

LYTTON
BY G'WESEP GAS & FOOD

EVERY
FRIDAY

9.30
1.00

MERRIT
VOGHT ST @ MERRITT
AVENUE

EVERY
SATURDAY

8:30
12.00

LILLOOET
ON MAIN AND 11TH
AVENUE SOUTH

EVERY
FRIDAY

9.30
2.00

HOPE
MEMORIAL PARK

EVERY
SATURDAY

FARMERS MARKET COUPONS ACCEPTED
BUY LOCAL



OUR STORIES AND NLAKA'PAMUX CULTURE

THE COYOTE'S DAUGHTERS AND THEIR DOGS.

[Nkamtc'i'nEmux and Cawa'xamux.]

Told by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"

The Coyote sent his two daughters to marry two hunters who lived in a distant country, and on their departure he gave them a couple of dogs to act as their companions and guardians. These dogs were fierce and strong, for they were the Grizzly Bear and the Rattlesnake. When the girls approached the lodge of their intended husbands, they noticed that their dogs showed signs of eagerness for blood. In order to prevent their attacking the men, the women chewed some red ochre, and spat it on the noses of the dogs. Then they rubbed it over their faces, especially around their mouths. The dogs became quite quiet after this treatment. They entered the lodge, and, after introducing themselves to the hunters, settled down as their wives. After a time a son was born to one of them. While yet an infant, he began to cry continually for his grandmother. Thereupon the father said, "Has the child a grandmother?" And his wife answered, "Yes, he has." The hunters said, "You had better take him to see his grandmother, for he will not be quiet until he does see her, and when you return you may bring her with you to visit us. On your way back, you will come to a parting of the trail. One of the trails that you will see is rough and narrow, while the other is wide and smooth; the former is covered with red ochre, while the latter is covered with birds' down. Take the red trail, which is the right one, and avoid the other, as it will lead you over a wide prairie, devoid of trees. We will keep your dogs here with us, and if you should happen to be in danger, and cry for help, the dogs will warn us, and we will at once let them loose to go to your aid."

The women started on their journey, one of them carrying the boy. When they came to the two trails, they disputed which was the right one, and at last started off on the wrong trail. After travelling a considerable distance, they came to a large underground lodge, which they entered, finding an elderly woman sitting inside. to a land where live dead people, monsters, and mysterious people.

By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912

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The women started on their journey, one of them carrying the boy. When they came to the two trails, they disputed which was the right one, and at last started off on the wrong trail. After travelling a considerable distance, they came to a large underground lodge, which they entered, finding an elderly woman sitting inside.

The woman addressed them, saying, "Oh ! why did you venture here? My husband will be home soon, and will eat you." At this they became somewhat afraid, but said they would rest a little while before leaving. Very soon afterwards the Cannibal appeared, and was quite delighted at seeing in them the prospect of a good meal.

He was going to kill the women; but the boy cried, "Kill me first, and put me in the bottom of the kettle." He killed him, and, doubling him up, put him in the bottom of the kettle. Then he killed the two women, bending them also, and putting them in the kettle. He then put the kettle on the fire to boil, and sat by, waiting for his meal to cook. In the mean time the boy made a hole in the bottom of the kettle, and urinated through it on to the fire underneath, so that the bottom of the kettle remained cool, and the contents never boiled. After the Cannibal thought his meal was ready, he told his wife to take it off the fire. But his wife said, "You do not need to eat it to-night. Keep it for breakfast to-morrow." The Cannibal took the kettle off the fire, and hung it up on the wall. After he and his wife had retired, the two women and the boy (who had come to life again) found that they could not get out of the kettle; therefore the boy urinated through the side of it, thereby making a hole, through which they passed, right through to the outside of the house. Then they hastened as fast as possible back over the trail they had come. In the morning the Cannibal took down the kettle, intending to eat the contents, but found it empty. He went up to the top of the ladder, and looked about. He saw away in the distance- although they were out of sight of ordinary mortals-the fugitives crossing the prairie. He gave chase at once, and before very long overtook them. The women, when they saw that they were nearly overtaken, became much alarmed, as there was no place to hide; therefore one of them pulled out from her pubes four hairs and threw them on the ground. Immediately therefrom grew four tall trees close together, one of which they climbed.

By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912



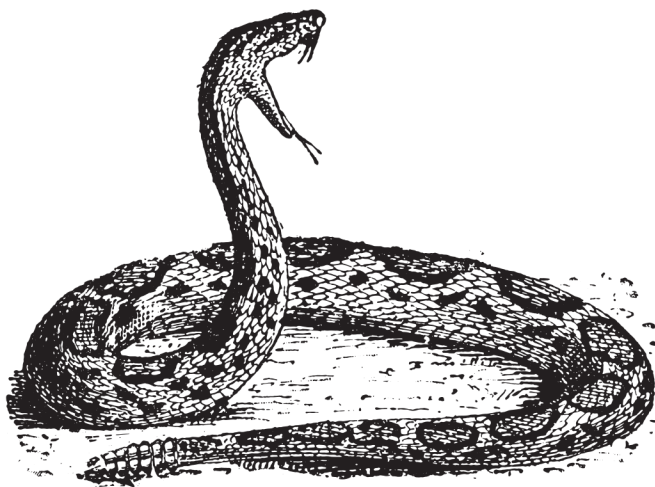
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When the Cannibal arrived, he began at once to chop down the tree. When it tottered, the women jumped into the next tree. The Cannibal also chopped down this one, and then the third one, so that the fugitives took refuge in the fourth and last one. As he commenced to chop at this one, the women cried for help. At the same time the dogs in the hunter's lodge became restless; the Grizzly Bear growled and pawed the ground, and the Rattlesnake shook its rattles. The hunters then knew that their wives were in danger, and let the dogs loose. They ran with great leaps, and were soon out of sight. Meanwhile, in order to gain time, the boy had Urinated down the heart of the tree, causing the wood to become soft and elastic, so that the Cannibal made but slow progress incutting it with his chisel. The Grizzly Bear and the Rattlesnake arrived when the tree was tottering. They attacked him fiercely, and soon tore him to pieces, and killed him. The women then went, with their child and their dogs, back to their father's house without further adventure. After having once killed a human being, the Grizzly Bear and the Rattlesnake acquired the habit of doing so. For this reason they sometimes kill people at the present day. If they had not killed the Cannibal, they would not now kill any one.



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THE HISTORY OF THE RIBBON SKIRT



The history of the ribbon skirt is complex and diverse, shaped by cross-cultural interactions and historically significant events. The modern ribbon skirt can be traced back to the woolen broadcloth skirts worn by Euro-American women in the 1800s. Indigenous women then transformed these skirts by adding their own designs, such as intricately embroidered floral patterns and brightly colored ribbon trim.

The resulting ribbon skirts became a symbol of Indigenous resistance and a way for women to express their cultural identity and pride.

A Ribbon Skirt can be as simple as a piece of clothing, or as Sacred as a piece of regalia used only for Sweatlodge and Ceremony. It can be an expression of womanhood and strength, of remembrance of the Missing and Murdered, a symbol of defiance and protection of natural resources against corporate powers, or a representation of the journey of those who are reclaiming their identities through traditional practices. Ribbon Skirts are a symbol of resilience, survival and identity, but their meaning changes with each person who wears one and each person who shares their history.



According to some Elder teachings, ribbon skirts are worn as a symbol of the sacredness of women as life bearers. They also serve as a way to honor the values taught in the teepee or around the home fire and symbolize the cyclical nature of life; and when your skirt touches the ground, it connects you to the earth. The Grandmothers who have come before us and paved the way for our journey as women are also honored through the wearing of these skirts. As we journey through life together, our choices and actions in the present moment have the power to impact future generations, a fact that our skirts remind us of.

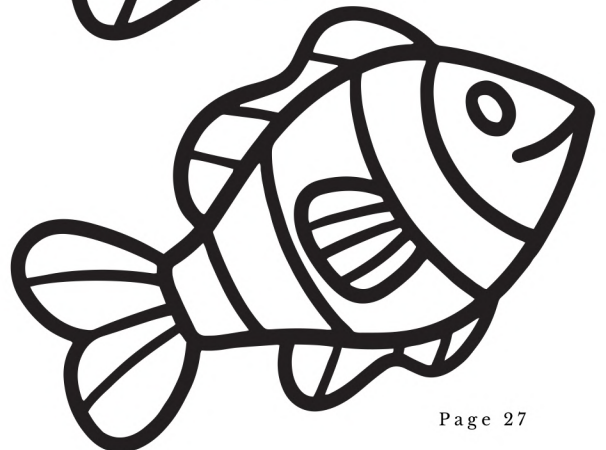
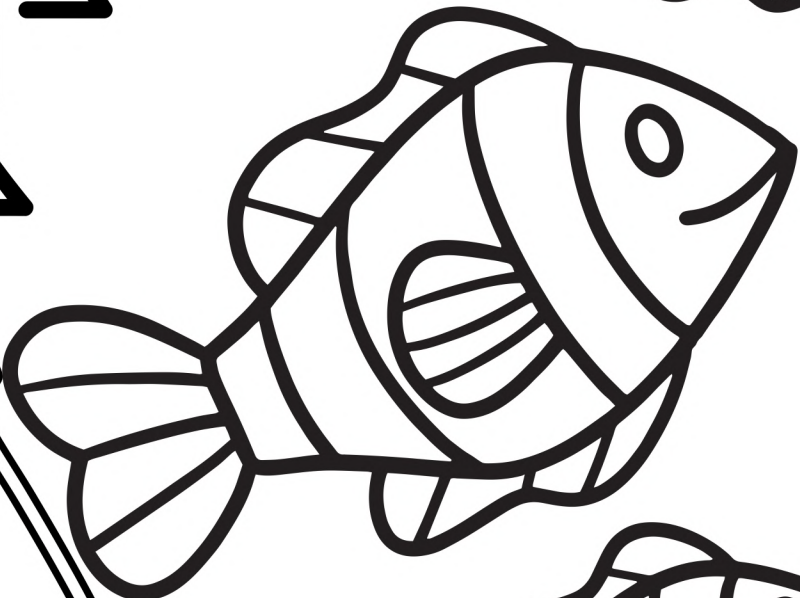
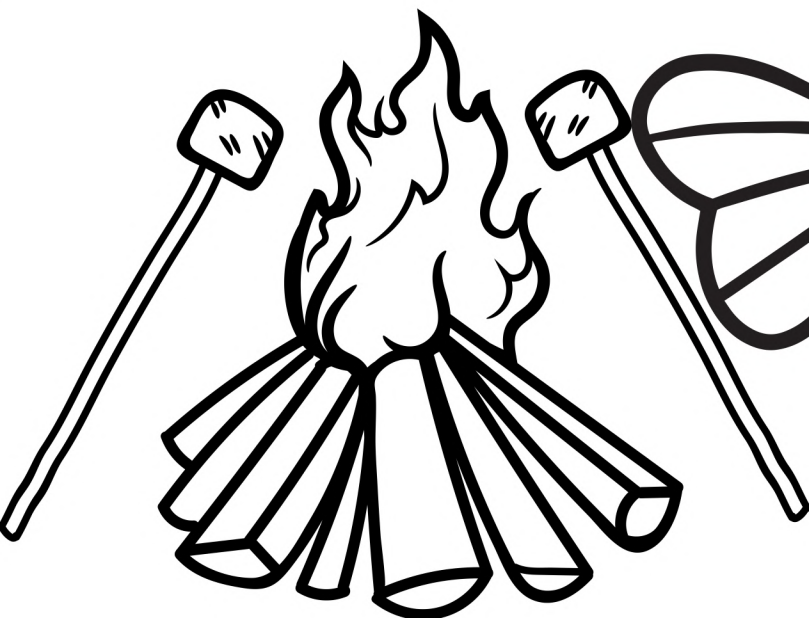
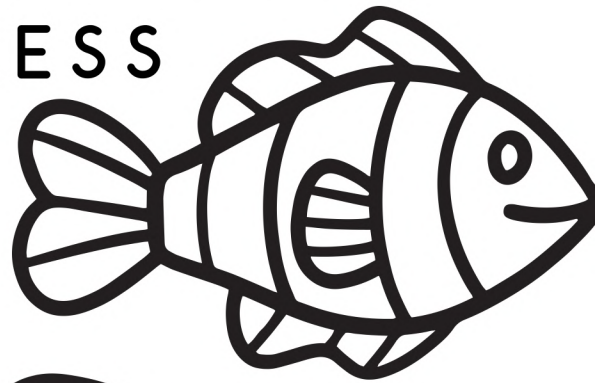
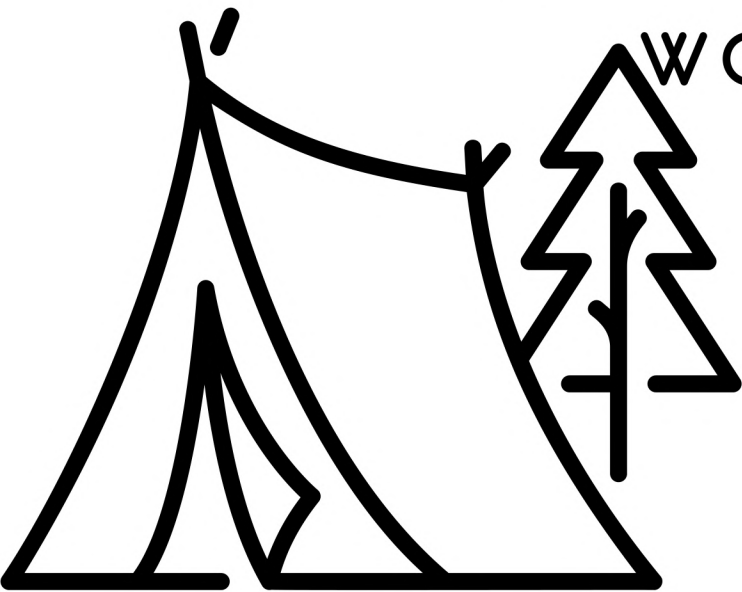
Today, ribbon skirts remain an important part of Indigenous culture and can be seen at powwows, ceremonial events, and everyday wear. The Ribbon Skirt Project aims to explore the history and significance of this garment and to promote the skills and knowledge needed to create them.



**Ambroise Dydime Lepine, Metis leader during Red River rebellion.* From Tintype. L-R: Edmond Lepine (baby); Miss Lepine (later Mrs. K. Lawrence); Louis Lepine, (ca. 1880s). (CU1107358) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.*

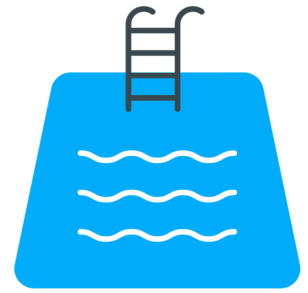


CAMP MORE WORRY LESS

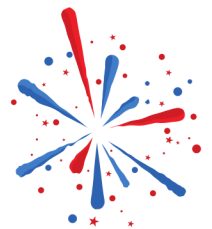
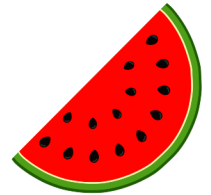


SUMMER

WORD SEARCH



D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	U	H	W	L	V	C	S	U
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	Y	E	V	B	U	T	S	A	M	V	M	J	D
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X



AUGUST
 BEACH
 CAMP
 FIREWORKS
 HOT

JULY
 JUNE
 PICNIC
 POOL
 RELAX

SWIM
 SWIMSUIT
 TRAVEL
 VACATION
 WATERMELON

KINDNESS

IS

FREE

Spread that stuff

everywhere

6		1	5	4		9	3	
				9		2	5	6
		5		6	8		1	
5	8	9						
	3						7	
						5	9	4
	6		8	2		1		
9	1	8		3				
	5	4		7	6	3		9

1sudoku.com

n° 1143 - Level Easy

	3	6		7	9			4
		8			5	2	3	
			4	2	3	7	6	
5		4					7	
	8					4		6
	2	5	3	9	1			
	4	3	7			6		
8			6	4		3	1	

1sudoku.com

n° 125893 - Level Easy



Ask Corynn for the solution page

5		2	4	9	1		3	
	3	8				7		
			7		3			
2		3		4	8	1		9
8								3
4		7	3	5		8		6
			5		7			
		9				5	1	
	8		9	2	4	3		7

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n° 1858 - Level Easy

6			5	4	2			
4	7		1		8		6	
	8							4
3		6			1	4		8
9			7		3			2
2		7	4			6		3
1							4	
	2		6		4		1	9
			3	1	9			7

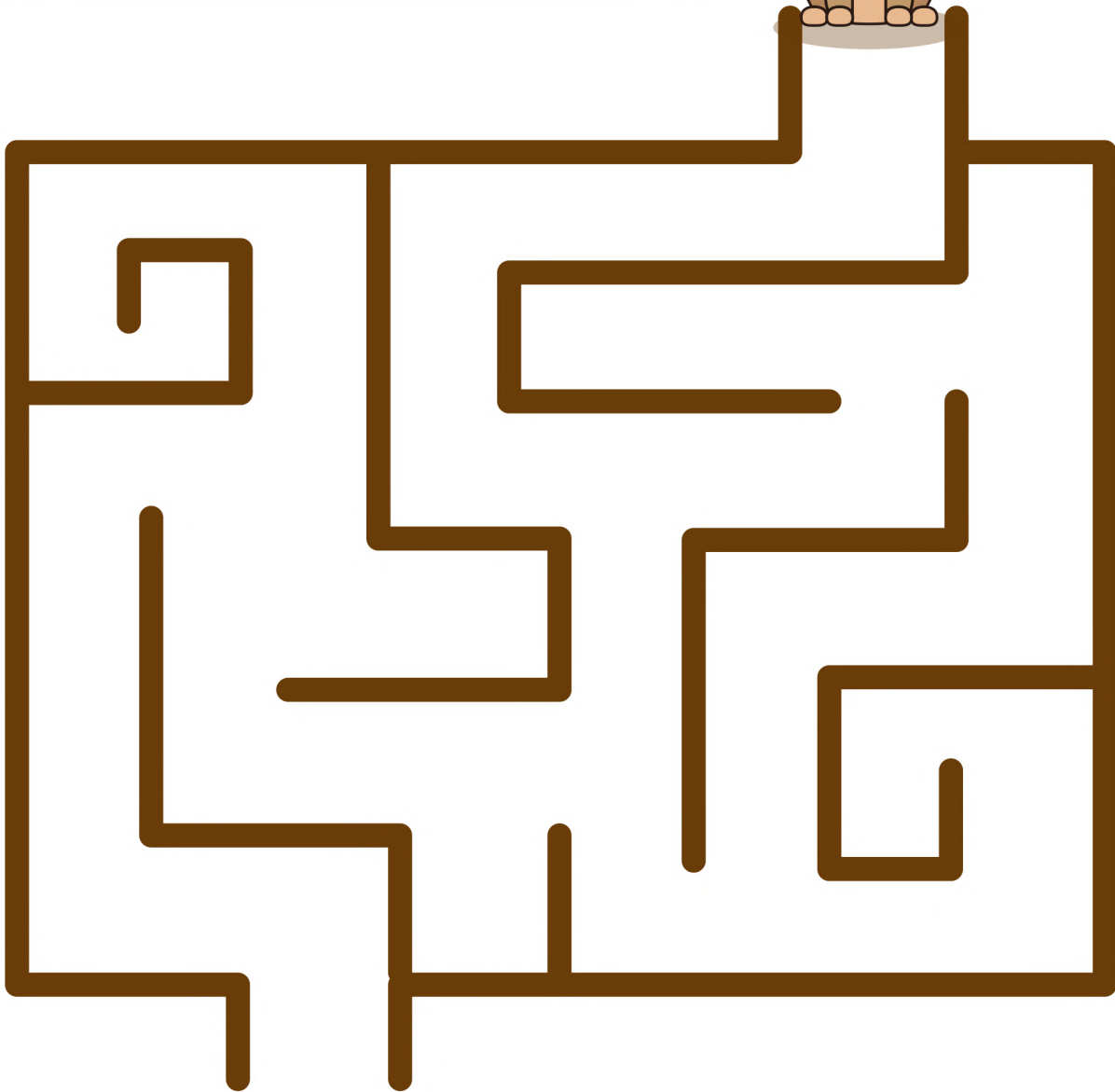
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n° 1298 - Level Easy

Animal Maze

Help the dog to find the food!

Name :



Free Swims

Kumsheen, Merritt

For on and off reserve community members:

Swim for free at Kumsheen Resort Pool & the Nicola Valley Aquatic Centre.

Please call our offices if you are not already on the Merritt Swimming pool list.



COOKS FERRY

**On and Off Reserve Cooks Ferry
Members:**

Swim for free at the Ashcroft pool all summer long! Just sign in your name at the pool reception area.

Brought to you by
Cooks Ferry Social
Development