

HESKW'EN'SCUTXE

September 2023

Monthly Newsletter

Vol 1 Issue 9

"Take care of yourself"



Theme: World Arthritis Month

CULTURAL TEACHINGS

*How the Coyote stole the sun:
Find out how why the squirrel
has a bushy tale and the frog has none.*



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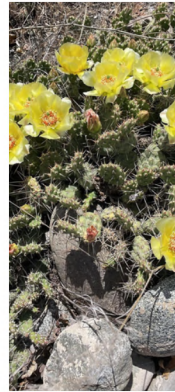
Farmers Market in the area

Free swims in the Canyon

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.*

“



HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéxʷ weʔ λúʔ 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

HHSS OFFICE CLOSURES September 4, for Labour Day September 30, for Truth & Recociliation Day



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



Clarissa Frederick,
Nursing Assistant /Health
Lead / HCA

Cooks Ferry

Siska

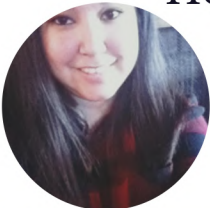


Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk

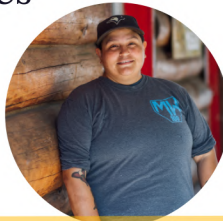


Corynn Reveley
Receptionist
Medical Travel Clerk

Home Care Aides



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Hazel Billy
Custodian



Dayton Arnett



Martha Van Dyke

HHSS Nurse

Friendly Reminder:

If you need to speak to the nurse, PLEASE contact the Cooks Ferry or Siska Heskwen'scutxe office to schedule a Clinic Visit or Home Visit.

In Adherence to the Health Care Professionals Best Practice Standards the Nurse will no longer be able to respond to text or emails regarding Health Care concerns. By coordinating appointments centrally, we can optimize the workflow and guarantee that your healthcare needs are met efficiently.



Other Health Services Available

NLX Nurses (250)378-9772
LYTTON PCC (250)455-2221
FNHA NURSES (250-455-2715
ASHCROFT UPCC (250)453-2211

More Information :

HESKW'EN'SCUTXE HEALTH
SERVICES SOCIETY
COOKS FERRY (250)458-2212
SISKA (250)455 -6601





THEME OF THE MONTH



Arthritis is a collection of conditions affecting joints and other tissues. It causes pain, restricts mobility and diminishes quality of life.

It's serious. 1 in 5 Canadians live every day with arthritis and there is no cure.

By Corynn Reveley

Knowledge is power, following are reputable links regarding Arthritis Awareness from the Arthritis Society of Canada!

- <https://arthritis.ca/support-education/support-resources/resources>
- <https://arthritis.ca/support-education/support-resources/self-advocacy-guide>
- <https://arthritis.ca/about-arthritis/signs-of-arthritis/symptom-checker/>
- <https://arthritis.ca/support-education/online-learning>
- <https://arthritis.ca/support-education/arthritis-talks-webinars>
-



Arthritis Society of Canada

Connecting with Arthritis Line
Call 1.800.321.1433,
press “ 2”

Email
info@arthritis.ca

Services are available Monday to Friday in both French and English. We make every effort to respond to messages within 24 hours.



BACK TO SCHOOL BBQ IN COOKS FERRY

Everybody who came out for the back to school barbeque has a blast. Special thanks for Kathleen Kinasawich for her cool face paint designs. These are always a crowd favorite!



NLX AND COMMUNITY PARTNERS GATHERING FOR EVACUEES IN KAMLOOPS

Wildfires had people displaced over the end of last month. But these lovely ladies made the best of it and attended this gathering to hand out dental supplies and be with the people.



Life gets busy, that's why we are offering this training every Tuesday of September, open to all 16 +

ONLINE TRAINING AVAILABLE

OFFERING ONLINE TRAINING FOR TAKE HOME
NALOXONE KITS, EVERY TUESDAY AT 11AM
CALL OUR OFFICE TO REGISTER

JOIN US



ENTER OUR CONTEST....



Enter our September Contest in Honor of Truth and Reconciliation day draw on the blank Tshirt and enter in to our office or post a pic on our social media for a chance to win a prize!. We have beautiful beaded pens and pins!

“The colour orange refers to the new shirt worn by six-year-old Phyllis Webstad on her first day at a residential school in Williams Lake, B.C., in 1976. The shirt, a gift from her grandmother, was taken from her by school officials took and never returned.

FARMERS MARKET COUPONS

Have you received your sheet of farmers market coupons? A sheet is worth \$27 dollars and can be used at any farmers market. Just watch out for the signage "we accept coupons".

You can spend the coupons all in one week or you can save them up towards larger purchases.

TAG US WHERE YOU SHOP!

#heskw;enscutxe and let us know which market you have been at and what you have purchased.

The more we use the coupons, the more chances we have or getting more next year from the food ministry! Happy local shopping!



MERRITT BC TRANSIT IN ANTKO

Yes, since June 19, Antko residents can now take the bus 5 days a week to go to town. You just need to call 24 hours in advance and the bus will pick you up in front of your home and drop you off.

The cost is \$2.00 one way. Some residents may be eligible or free bus rides paid by the Social Development Department. Reach out to Mandy with any questions.

Let us know how your bus ride went. Another great step to independence!



PROGRAMMING UPDATES

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: To be determined
Cooks Ferry: September 27

FOOT CARE WITH SUZANNE

Next date will be for both communities.

Siska: October 10
Cooks Ferry: October 10



Space will be limited so please call the office to book an appointment

WILDFIRE ACTIVITY MAY AFFECT PROGRAMMING

During these trying times we are doing our best to keep services up and running for the Cooks Ferry community as well as our evacuees as best as we can.

We appreciate your patience and understanding if there are cancellations of services. Thank you from HHSS staff.

JOHN TAI, RMT RESTORATIVE MASSAGE



John Tai is a BC Registered Massage Therapist practicing in the Greater Vancouver Area and the Fraser Canyon. His area of interest is in pain management, rehabilitation and sports.

His approach to RMT can be direct and assertive in dealing with sports like injuries. He works with a gentle touch to help with healing that seeds deeper than the physical body.

He has training in both Western and Eastern philosophies: mind/vipassana meditation, Yoga, Pilates, Craniosacral Therapy, Somatoemotional Release, Visceral Manipulation.

John lives a very active lifestyle that is full of travel and adventure. In 2019 he and his family relocated to the Fraser Canyon to develop their homestead and future. His massage therapy practice is split between greater Vancouver and the Fraser Canyon.

Call the office to book an appointment

Tuesdays in September:

Siska: September 12 and 26

Cooks Ferry September 5 and 19



MASSAGE AND PAIN

John Tai, RMT

Muscle pain is common in life and is often the motivation for many to seek the help of massage therapy. Often, the results are positive. Massage therapy can soothe the body to reduce pain and offer comfort. But this is not always the case. The body may hold so much strain and tension, even a change for the better is not comfortable. You may feel pain after a massage.

If you feel pain after a massage it is important to discuss this with your therapist. Your therapist may be creating too much change too soon.

Pain is a reflection of change. It is best to effect change slowly and comfortably. Change should be gradual in a manner the body can adapt to. This notion supports the saying "no pain, no gain." Too much pain or change, can cause more tension and result in resistance from the body. Resistance, muscle tension and pressure, causes more pain. Pain is constructive when it can be embraced and the body relaxes, destructive if it causes resistance and the body tenses. With trauma, change occurs in overwhelming abundance, often fast but may be gradual over a prolong period of time. In both cases there is resistance and increase body tension. To heal, you must learn to let go of tension.

Everyone experience change, pain, differently.

A life of trauma, emotional or physical, can establish a habit of resistance and tension. It is a means of protecting oneself against any change in response to a history bad experiences. The body may perceive any new change to be bad and may subconsciously present resistance to all new changes, even those intended to heal. In such cases, any change is construed as too painful. Such situations require an abundance of patience from both the client and therapist but most of all courage, understanding and trust from the client to take one small step at a time, slowly. The slightest efforts from the therapist may effect change that the client may resist and hence experience pain for prolong periods following a session. The client can manage such situations by giving the body an abundance of time to rest and adapt. My personal experience involved several 2 month periods of daily, all day meditation, contemplation, reflection and understanding of my pain, the changes taking place in my body. It is important to discuss the change/pain with the therapist to develop a better understanding and to perhaps move at a slower pace, effecting less change in a session.

Ayla resisted entry into trailers and must have had a history of bad experiences with trailering. In consideration of fire evacuations, she was forced to comply and enter. It was too much change for her and she was clearly uncomfortable. We are now helping her understand and heal at her pace so she may be comfortable walking into a trailer on her own. Unfortunately, with the forced experience, her instinct is not to trust and to resist. People's subconscious works similarly. While our consciousness understand the need, our subconscious may not.

MASSAGE AND PAIN

John Tai, RMT

One's relationship with change and pain revolves around the understanding of such pain. Athletes often push for change at a fast pace and frequently put themselves into pain that reflects muscle break down and inflammation. Massage in such cases are not pleasant as scar tissue is vigorously manipulated to facilitate circulation and healing. Athletes intentionally and forcibly breakdown muscles so they can rebuild stronger and better. They create and embrace the pain/change.

Life effects necessary change for us to grow and develop. These are growing pains. There is also pain from changes in traumatic accidents or assaults and physical damage through physical work or athletic pursuits. Healing such change can be painful but should always be manageable. Fortunately advances in medicine have supplements to help us cope.

Change through massage therapy is not always pleasant and can in fact be painfully difficult. Take courage to discuss this with your therapist to develop an understanding and a strategy to manage such pain so to embrace change positively.

Self Care Exercise Workshops: Putting yourself first

Healthcare professions are your consultants and teachers. They cannot fix anything without YOU! Your health will only flourish if you heed their consultation and practice into habit what has been taught.

John Tai, Registered Massage Therapist, has had the opportunity to work with some members and to share his ideas and methods. He will be presenting workshops to offer further guidance and ideas to help you better understand and put these ideas and methods into practice. He will discuss the methods of using water, heat and cold as a means of comforting your pain and supporting healing. Exercises will be demonstrated to stretch, soothe, condition and strengthen your body. It is never too late to step towards greater comfort, better wellness and higher levels of performance.

Upper body: settling headaches and neck pain, soothing sore shoulders and arms.

Sept 12, 2023 1:30-2:00 @ Siska

Sept 19, 2023 1:30-2:00 @Cooks Ferry

Lower body: managing back pain, conditioning hips, knees and ankles

Sept 26, 2023 1:30-2:00 @ Siska

Oct 3, 2023 1:30-2:00 @ Cooks Ferry

Locations will be updated when determined.

CHILDREN & ADULT ORAL HEALTH INITIATIVE

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

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

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

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

PLEASE STAY TUNED
UPDATED DATES
WILL BE ANNOUNCED
SOON!



First Nations Health Authority
Health through wellness

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



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](#)
[Kelty Mental Health](#)

KIDS CRISIS LINE 1-800-668-6868

ADULT [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



WHAT IS MENTAL HEALTH?

Mental health is the state of your psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness.

Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges. This can be positively or negatively influenced by:

Life experiences, such as:

- *family situation*
- *the death of a loved one*
- *financial and employment status*

Relationships with others, such as your:

- *friends*
- *family members*
- *workers*
- *schoolmates*
- *work or school environment*
- *physical health, such as problems caused by:*
- *long-term illness*
- *problematic substance use*

The type of community you live in

- *is it a supportive and trusting community or one where everyone keeps to themselves?*



WHAT IS MENTAL HEALTH?

How can you take care of your mental health?

Take care of your mental health in the same way you would take care of your physical health. It takes practise, patience and support.

You can maintain or improve your mental health by following the advice below.

- *Know and accept that life can be challenging.*
- *Know and accept your strengths and weaknesses.*
- *Set realistic goals for yourself.*
- *Accept yourself and others. This is the basis of self-esteem.*
- *Learn to recognize and understand that you and others have both positive and negative feelings.*
- *Create a sense of meaning in your life by learning and trying new activities, like starting a hobby.*
- *Create healthy, trusting relationships with people who accept and support you.*

Building a supportive community is an important way to improve mental health. Making meaningful connections with your family, friends, peers, colleagues and other members of your community can help you feel:

- *like you belong*
- *safe and secure*
- *free to express your thoughts and feelings on issues that are important to you*

You can help create a healthy and safe environment where you live, learn, work and play by:

- *knowing and accepting that everyone has difficulties in their lives*
- *taking part in local events and getting to know your neighbors*
- *finding ways to get involved and giving back to your community*
- *supporting and including people of different ages and backgrounds in your community*



WHAT IS MENTAL HEALTH?

How does being mentally healthy benefit you?

Being mentally healthy can:

- *increase coping skills*
- *how we handle difficult experiences and stresses*
- *improve self-esteem*
- *feeling confident in your worth and abilities*
- *improve resiliency*
- *your ability to successfully move on after a negative event and regain control of your life*

Increasing coping skills, self-esteem and resiliency encourages people to:

- *create healthy relationships*
- *positively interact with their community*
- *talk openly about their mental health, including their needs and wants*
- *Feeling confident and competent in these areas can improve emotional strength. In turn, this can help improve and maintain your level of mental health.*

For more information · Canadian Mental Health Association · Mental Health Commission of Canada





First Nations Health Authority
Health through wellness

Recognizing and Resolving Trauma in Children During Disasters

Disasters like wildfires affect individuals in many ways. The emotional effects may show up immediately or appear weeks to months later. Here are some helpful tips for recognizing and responding to trauma in children brought on by disaster situations:



Short to mid-term behaviours you may see in your children who are experiencing trauma could include:

- **A return to earlier behaviour, (thumb sucking or bed wetting)**
- **Clinging to parents, crying and screaming**
- **Reluctance to go to bed**
- **Nightmares**
- **Fantasies that the disaster never happened**
- **Refusal to attend school**
- **Problems at school**
- **Inability to concentrate**
- **Withdrawal, immobility**

It is important to understand that there is a natural grieving process following any loss and a disaster of any size can cause unusual or unwanted stress. If you are seeing any of these behaviours there are things you can do to support.

Below are five tips to keep in mind as communities continue to face the wildfires.

Talk to your children about their feelings and your feelings. You will find that many feelings are shared, regardless of age.

Encourage your children to draw pictures of the disaster. This will help you understand how they view what happened.

Talk with your children about what happened, providing factual information that they can understand. Talk about your family's preparedness, including the role your children can take.

Reassure your children that you and they are safe. Repeat this assurance as often as necessary.

Hold your children. Touch provides extra reassurance that someone is there for them. Spend extra time with them, especially at bedtime. Sing songs or say prayers with them and maintain the spirit of regular family or cultural practices.



First Nations Health Authority
Health through wellness

Recognizing and Addressing Trauma and Anxiety During Disasters

Disasters like wildfires affect individuals in many ways and may affect your emotional, spiritual, physical and mental well-being. The emotional effects may show up immediately or appear weeks to months later.

If you are feeling stressed or anxious this time of year, you are not alone. The fear of having to flee your home, and possibly leave animals and possessions behind can cause distress, fear and anxiety for you and your loved ones. Even the prospect of living with smoky skies during wildfire season can cause distress.

The risks of disasters, like wildfire season, can also trigger stressful thoughts and feelings related to loss of connection to land, home, and traditional foods and medicines. For some First Nations people it can trigger trauma associated with memories of being forcibly removed from home and sent to residential school, Indian hospitals or foster homes. We would like to offer some support.



Recognizing Anxiety and Trauma

Anxiety and trauma related to disasters affect people in different ways. Physical and emotional signs may include:

- Overwhelming feelings of fear, stress and emotional distress – a feeling of being unable to cope
- Acute anxiety, excessive worry and panic attacks
- Feeling down or depressed, angry, sad, confused, low mood
- Trouble breathing
- Trouble eating (including overeating or not eating enough)
- Trouble sleeping (including nightmares, over-sleeping or not sleeping enough)
- Irritability and agitation, feeling jumpy, tense or hypervigilant
- Avoidance or withdrawal – feeling or being unable to meet the demands of what needs to be done (e.g., preparing for evacuation)

Four Tips to Stay Well

It is important to understand that there is a natural grieving process following any loss and a disaster of any size can cause unusual or unwanted stress.

Below are four tips to help you stay mentally, emotionally, physically and spiritually well during wildfire season:

1. Prepare yourself, your family and loved ones

Having a clear emergency or safety plan and kit ready for your family and pets can ease your mind and allow you to focus on other needs. Even if your community has an emergency plan, it is still important to make a plan that addresses the specific needs of your family and household.

2. Take care of the basics

Stress takes a toll on our physical and mental health. Try to eat well and get enough sleep. Be kind to yourself. Give and accept support. Follow your daily routine if possible. Take a break from disaster news coverage and from thinking and talking about disaster events.

3. Ask for help

Whether it's with family, friends, an Elder, cultural supports, doctor, nurse or counsellor—talking helps. Crisis lines are available to listen and help anytime—not just during a crisis*. Those with moderate to severe symptoms that last more than two to four weeks should consult a family physician, if available. Otherwise, reach out to your nearest Mental Health and Substance Use Centre or community nurse.

4. Help others

Check in on Elders and children. Coping may be more difficult for Elders living alone and those who have mental health and wellness concerns, or those with few social supports. Reaching out to connect with them can be a big help.

Other simple actions that you may find helpful are to keep a journal, stay active (and exercise indoors if the air quality is poor), do volunteer work or participate in activities you enjoy (e.g., beading or sewing, singing and drumming).

***IF YOU ARE STRUGGLING RIGHT NOW, confidential, culturally safe support is available 24/7 through the KUU-US Indigenous Crisis Line at: 1-800-558-8717**

More support resources can be found at:

www.fnha.ca/wildfires

Gov.bc.ca/NaturalDisasterHealth.ca

Visit PreparedBC for resources to help you understand the hazards in your location and to create a family emergency plan:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc>

Visit BC Centre for Disease Control for information on wildfire smoke and steps you can take to protect your health, both indoors and outdoors:

<http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>



Let's Review Toxic Drug Poisoning Response!

Assess for signs of toxic drug poisoning:

- Not moving and cannot be woken.
- Slow or not breathing.
- Choking, gurgling sounds or snoring
- Blue lips and nails
- Cold or clammy skin
- Tiny or dilated pupils



After Assessing for signs and symptoms, follow the SAVE ME STEPS:

Stimulate: Perform a trap-squeeze and remember to always tell someone what you are doing before you touch them. Call 911 if there is no response during this step.

Airway: Check the airway for anything that may be lodged in their throat. Ensure you are wearing the gloves in your naloxone kit and remove anything that may be inside their mouths.

Ventilate: Provide rescue breaths using the face shield in your naloxone kit. Perform one breath every five seconds.

Evaluate: Have any of the symptoms of toxic drug poisoning improved? Are they breathing on their own. If not, move on to the next SAVE ME Step.

Muscular Injection: Administer 1 ampule of naloxone into the arm or thigh and wait 3-5 minutes before giving another injection of naloxone. Continue breaths during those 3-5 minutes.

Evaluate: If no response after that 3-5 minute period, give another injection. Remember to continue to give breaths and wait for paramedics to arrive.

[Towards the Heart: Virtual Naloxone Training:](https://towardtheheart.com/naloxone-course)

<https://towardtheheart.com/naloxone-course>

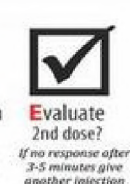
[Additional Naloxone Training:](http://www.naloxonetraining.com)

www.naloxonetraining.com

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.





Trauma-Informed Care and Consent During Toxic Drug Poisoning Response

It is challenging to gain verbal consent from someone who is experiencing a toxic drug poisoning event. It is important to understand that touching someone who is unconscious is never okay, but when they are in a medical emergency there is no choice. To remain as trauma-informed as possible we always tell someone what we are going to do before we do it.

This looks stating "Hi, my name is _____, I am going to put my hand on your shoulder" during the stimulate stage. If the individual can hear you but is non-responsive, they will still know you are going to touch them and where.

Communication is key! It is essential to communicate with the individual while you are responding. This looks like letting them know you are going to give them naloxone, or that paramedics have arrived, etc. This may also look like providing them space when they begin to regain consciousness and explaining what happened step by step what happened.

Signs and Symptoms of Opioid-Related Withdrawal



- Restlessness or Trouble sleeping
- Anxiety



- Increased pain
- Goose bumps on the skin, chills or sweating
- Stomach cramps
- Nausea, vomiting or diarrhea
- Muscle cramping or aches and joint pain
- Tremors or muscle twitching



- Rapid heart rate
- Blood pressure changes



- Irritability or mood disturbances
- Thoughts of suicide

When supporting someone who is detoxing from substances it is important to know that the symptoms they experience will change as they move through the process and can get worse before they get better.

What is Xylazine?

Xylazine is used in veterinary medicine to sedate large animals, such as horses and elephants. It acts as a sedative, muscle relaxant and is used to relieve pain.

- Without color the "crystalline substance", tastes harsh, and dissolves easily in water.

- Persistent use can cause skin abscesses and soft tissue infection.

- Xylazine is a common cutting agent found in opioids and other substances known as 'downers'.

When Xylazine is present in substances, the risk of toxic drug poisoning significantly increases.

This may look like: prolonged sedation, the individual may not respond to naloxone and breaths will most likely be given for a longer amount of time.

What is Nitazene?

Nitazene was recently found in a substance sold as down (typically this is fentanyl), though no fentanyl was found in the FTIR test. A drug alert for nitazene was then issued by Interior Health.

Nitazene is similar to xylazine, as it increases the risk of toxic drug poisoning, resulting in prolonged sedation.

Though nitazene may also cause amnesia, resulting temporary memory loss.

This is where trauma informed care when responding to a toxic drug poisoning is crucial, as the person may wake up confused and disoriented.

Main takeaway: Nitazene, though different than xylazine presents similar when used, though memory loss is an added factor. Follow the SAVE ME steps and clearly communicate with the individual who experienced the toxic drug poisoning event.



First Nations Health Authority
Health through wellness



Thunderbird Partnership Foundation: Wellness APP

- Strength Based
- Trauma Informed Approach
- Substance Use Treatment and Prevention
- Culturally Grounded Harm Reduction Strategies
- Addressing Stigma Associated with Substance Use

The Thunderbird Wellness App is free and is available on the iOS App Store and Google Play: <https://thunderbirdpf.org/thunderbird-wellness-app/>

Titled Thunderbird Wellness in the App Store.

Connecting to Wellness! "... the Great Spirit gave to his/her children to live in this physical world in a good way, was given forever. This means that the answer to addressing substance use and mental health issues exists within Indigenous culture". -Elder Jim Dumont, Thunderbird Partnership Foundation

Indigenous Knowledge and Harm Reduction:

Stated by an Elder, "Indigenous Harm Reduction is love."

Our Knowledge and kinship systems teach us that we are in relation to each other, and to everything in Creation. Fear and stigma are not natural ways of interacting in our relationships. When we seek to learn about the experiences of people who use drugs, we better find ways to connect and build our strengths toward achieving wellness together.

Crisis Resources and Mental Health Support Lines



Tsow Tun Le Lum Society
Toll-Free Line
(P): 1-888-403-3123



Indian Residential School Survivors Society
Toll-Free Line
(P): 1-800-721-0066



KUU-US Crisis Line Society
Toll-Free Line
(P): 1-800-588-8717
Youth-Specific Line
(P): 250.723.2040



First Nations Health Authority
Health through wellness

E-cigarettes and Youth: What Parents Need to Know



WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2020, CDC and FDA data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days.

WHAT ARE THE RISKS FOR YOUTH?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
 - » Nicotine
 - » Cancer-causing chemicals
 - » Volatile organic compounds
 - » Ultrafine particles
 - » Flavorings that have been linked to lung disease
 - » Heavy metals such as nickel, tin, and lead



[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

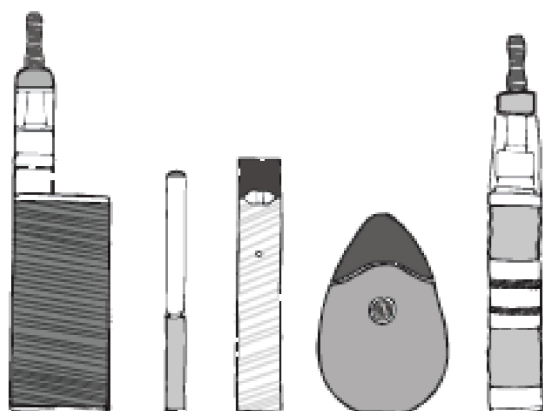


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

As a parent or caregiver, you have an important role in protecting children from e-cigarettes.

- » Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- » Set a good example by being tobacco-free.
- » Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at [CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes).

ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

As a parent or caregiver, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL's nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.



[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

How to Stay Safe From Wildfire Smoke:



The most effective way to protect yourself during wildfire emergencies is to **stay indoors or limit time outdoors when there is smoke in the air**, according to the CDC

Those who plan to be outside for an extended period of time should consider **wearing an N95 or P100 mask**



People with heart or lung conditions are at higher risk for adverse health effects. Other vulnerable individuals are **the elderly, kids, the immunocompromised and pregnant people.**

How to Prepare for the Wildfire Smoke Season

Wildfires and smoke are a normal part of summer in British Columbia, but our seasons seem to be getting longer and more extreme. We cannot predict when big wildfires will occur, so it is best to prepare for a smoky summer before the season starts.



Reducing exposure to wildfire smoke is the best way to protect your health.

Most people spend up to 90% of their time indoors, so clean indoor air is important.

Purchase a portable air cleaner that uses HEPA filtration to remove smoke from the indoor air. Do your research to find something suitable for your needs.

If you have forced air heating, talk to your service provider about what filters and settings to use during smoky conditions.

Know where to find cleaner air in your community. Libraries, community centres, and shopping malls often have cooler, filtered air.



Be aware of people who should take extra care.

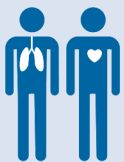
Some people may be more sensitive to smoke, including those with chronic conditions such as asthma, heart disease, or diabetes, as well as pregnant women, infants, young children, older adults, and marginalized people.

If you or members of your family have a chronic disease, work with your doctor to create a management plan for smoky periods.

If you use rescue medications, make sure you have a supply at home and always carry them with you during wildfire season. Have a clear plan to follow if your rescue medications cannot bring your condition under control.

If you are pregnant or caring for an infant through the summer months, make a plan for minimizing smoke exposures.

THOSE MOST AFFECTED



peopLe With cHronic
LUnG #eart DiSeaSe



pregnant
Women



infantS,
YoUnG cHiLDren



oLDer
aDULT
S



BC Centre for Disease Control
Provincial Health Services Authority



For people who spend time outdoors, there are still ways to reduce smoke exposure and its health impacts.

If you have an outdoor occupation, review resources from WorkSafe BC. <https://u.nu/4vl8>

If you care for groups of children or plan outdoor events, ensure that your organization has a smoke contingency plan.

The harder you breathe, the more smoke you inhale. Take it easy to reduce smoke exposure. <https://u.nu/u3j5d>



There are many tools available to help you understand the air quality impacts of smoke. Reliable sources of information can help you stay protected.

Outside the Lower Mainland, sign up for the **Air Quality Subscription Service** to get text or email alerts. <https://u.nu/e3xtf>

Within the Lower Mainland, sign up for the **Metro Vancouver Subscription Service** to get email alerts. <https://u.nu/7gwgj>

The current **Air Quality and Health Index (AQHI)** map provides health-specific messaging. <https://u.nu/p-39>

Install the **AQHI Canada** app on your Android or iOS device to monitor your areas, and to get notifications when air quality changes. <https://u.nu/6ce1>

If you live somewhere without an AQHI reading, check the current map of fine particulate matter concentrations or **PM 2.5**. <https://u.nu/lamf>

The **FireWork Forecast** shows maps of predicted smoke impacts over the next 72 hours. <https://u.nu/rmzk>

The provincial map of **Active Wildfires** keeps track of the current situation. <https://u.nu/zsrj>

Extreme wildfires often occur when it is very hot outside, which can also affect your health. Install the **WeatherCAN** app to get notifications about smoke, extreme temperatures and other important weather events. <https://u.nu/an9t>



BC Centre for Disease Control
Provincial Health Services Authority

for more information bccdc.ca/wildfiresmoke

LAST UPDATED: MAY 2021

8 ways to foster hope in your daily life

Fostering hope and building resiliency are key to your mental and emotional health. Here are a few things you can do to build more hope into your daily life. Here are some things you can do to foster hope in your daily life:

1. Think positive: concentrating on the positive and looking for the good in a situation can help you feel better about things.
2. Look at the big picture: taking a step back from the small stuff to look at the big picture can help you see things in a new way. Putting things in perspective can help you shift your outlook on life.
3. Focus on the future: thinking ahead about how things will change – and how you'd like them to change – can remind you that things won't be this way forever. Try to think of things you can do to shape your own future (e.g. set goals, identify priorities, etc.).
4. Be inspired: it may be helpful to listen to your favourite music, read an uplifting story or watch an inspirational movie. Learning about other people's stories can show you that there can be positives in even the most difficult situations.
5. Celebrate your success: try to acknowledge your achievements and the fact that you've made it through every challenge up until now. Try not to dwell on negative self-talk and remember that it's OK when things don't work out as planned, too. (This can help you build resilience to tackle whatever the future holds for you.)
6. Be patient: everyone has good days and bad days. Try to remember that things can and will get better. It may just take a little time for things to get sorted out.
7. Get involved: lending a hand (e.g. volunteering your time) can help you spread the message of hope so others, including yourself, can nurture it.
8. Talk about it: reaching out to a parent/caregiver, friend or other important person in your life may help you find sources of hope. If you're struggling to find hope in your daily life, you can always call a Kids Help Phone counsellor at 1-800-668-6868.

We're here to help you find more support & resources.

Fostering hope is essential for your mental and emotional well-being. Remember that hope is all around and you can get through whatever's going on in your life. Try to think positive, look at the big picture and get help when you need it.



Wondering what equipment is covered under your plan?

Your plan covers certain MS&E items and services under the following categories:

- bathing and toileting aids
- braces and splints
- cushions and protectors
- diabetic and heart patient devices
- foot orthotics and orthopedic shoes
- general medical supplies and equipment
- hearing aids and repairs
- hospital beds
- lifting and transfer aids
- limb and body orthotics
- low-vision aids
- offloading boots (air casts)
- ostomy supplies
- oxygen, sleep and breathing aids
- prosthetics and supplies
- surgical stockings and pressure garments
- urinary supplies and devices
- walking aids and wheelchairs
- wound care supplies

If you have any questions about your MS&E plan, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.

You can find detailed information about your MS&E benefits through your PBC Member Profile, which you can access online or through the PBC app.

Info at: <https://www.fnha.ca/benefits/medical-supplies-and-equipment>



Pacific Blue Cross Member Profile

As a client of the First Nations Health Authority (FNHA), you automatically get a Pacific Blue Cross Member Profile as part of our Health Benefits Program. Your profile is unique to you. Your Status Number doubles as your Pacific Blue cross Member ID number. You can sign in to your Member Profile any time to look up your dental, vision and medical supplies and equipment benefits.



- Keep track of how much you've claimed for each benefit
- submit claims online
- set up direct deposit payments to your bank account
- print or email a copy of your Pacific Blue Cross Member ID card
- find vision care providers who offer direct billing
- Getting started who offer direct billing



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

Easy Canned Tomatoes

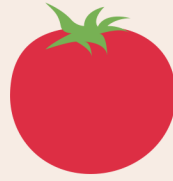


INGREDIENTS

- 9 lbs. fresh tomatoes
- Fresh sprigs of basil OR oregano
- Lemon juice, I use bottled for ease
- Clean OR Sterile jars

INSTRUCTIONS

1. To peel the tomatoes, bring a large pot of water to a boil. Wash tomatoes and cut a small 'x' in the bottom of each tomato, on the bottom side. Place tomatoes in the boiling water, not enough to over crowd. Cook for about 1 min. or until the skin just starts to peel off. Place the tomatoes in an ice bath to cool. The skins should just slide right off then. Cut tomatoes into quarters, larger ones into eighths.
2. Place a quarter of the tomatoes in a large pot and heat over medium heat. When they start to boil crush the tomatoes with a potato masher. Then add the rest of the tomatoes, do not crush and boil gently for 5 min.
3. For each jar add 1 Tbsp. lemon juice and one washed large herb sprig. Fill the jars with the tomatoes to about 1/2" head space. Wipe the rims and place the lids on and rims to finger tight. Process in a boiling water bath covering with at least 1" of water for 40 min. for elevations of 1000-3000 ft., 3,001 to 6,000 ft. for 45 minutes for 6,001 to 8,000 and 50 min. Remove jars to a towel lined counter and make sure they make a "popping" sound so that the lids are sealed.
4. Cool completely and store. Canned tomatoes should be used within the year.



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

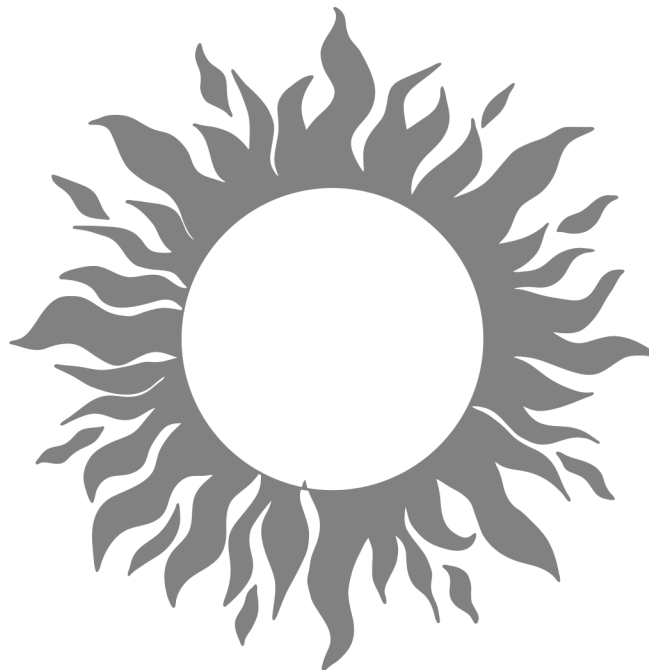


How Coyote Stole the Sun

Long ago, when the world and human beings were new, there were times of great happiness: when spring danced across the forests and cool breezes nodded flowers heads and rippled streams, when summer embraced the earth as though the Sun were enfolding it in its arms, when trees were ablaze with autumn fire and made a canopy of colors across the sky.

But always the autumn leaves fell and the earth froze. Winter made people very sad and also very afraid, for in the winter many, many died of the cold and food was scarce. The oldest and newest humans suffered the most, but fear and sadness for them made the others suffer all the more.

Coyote was one of the wisest animals and a sly trickster but also a friend of the people. One morning in early spring, he heard the women of the village singing in voices so low and sad that he paused to listen. They were singing for the old and new ones who had died in the winter. Their deep moans were so filled with despair that it made the hair on Coyote's back freeze like upside down icicles.



How Coyote Stole the Sun

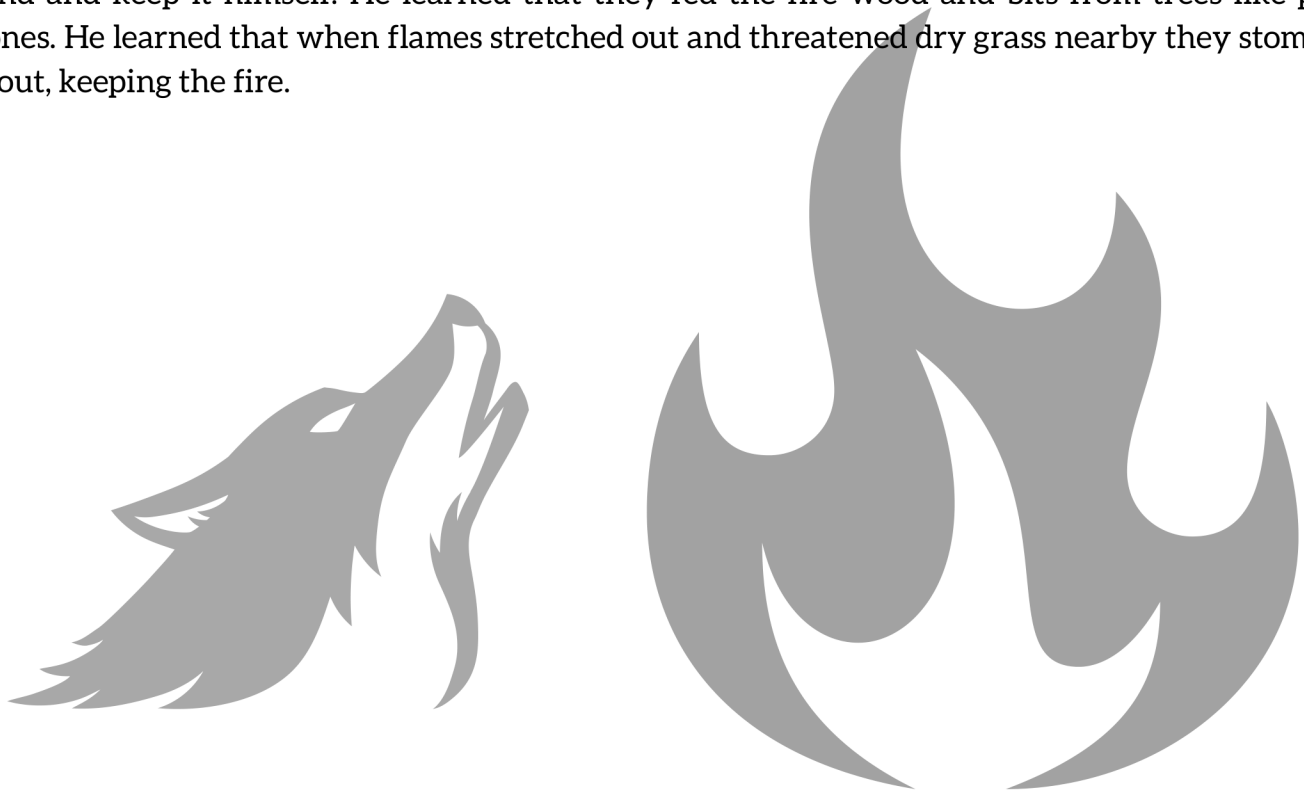
Northwest Shoshone Tale

“The sun! The sun!” Coyote heard one of the women say. “If we just had a piece of it to carry with us through the winter it would end the great suffering of our people.”

Coyote had an idea. He knew a place, far away on a mountain top, where three Fire Spirits lived. They tended a piece of the sun but guarded it with their very lives, because they did not want human beings to have it. They were afraid that, if they did, they’d be as strong as the Fire Spirits and that would place them at a decided disadvantage.

They had eyes that burned black and red like hot coals and sharp talons like an eagle’s for hands but Coyote wasn’t afraid of them. In fact, he not only didn’t like them, but he longed for an excuse to play a trick on them for their selfishness. He set out that day to the mountain of the Fire Spirits to steal their secret and help the human beings.

The Fire Spirits thought he was just a regular old coyote sniffing through the woods, so he had little trouble getting close to them and their fire. He sat patiently and watched, to learn how to tend and keep it himself. He learned that they fed the fire wood and bits from trees like pine cones. He learned that when flames stretched out and threatened dry grass nearby they stomped it out, keeping the fire.



Source: One Who Gathers Tribes shared with love and respect from my sister, Darlene:
<https://elementsofspirit.net/wisdom-keepers/f/how-coyote-stole-fire>

OUR STORIES AND NLAKA'PAMUX CULTURE

How Coyote Stole the Sun

He learned that at night the Fire Spirits took turns sitting beside the fire, guarding it and keeping it alive. Coyote saw that it was not only because they didn't want someone to steal the fire that the Fire Spirits guarded it so closely but also because Fire was something that could not and should not be left alone.

Coyote also learned that there was one part of the day that the Fire Spirits were not completely consumed with tending their fire. Early each morning, the Spirit on watch at night had a difficult time waking the Spirit who's turn it was next up. Sometimes, in his impatience to go to sleep, he left before the next Spirit took her place.

After studying all of this, Coyote went down the mountain to the village. He told the people and the animals about the Fire Spirits and how they tended a piece of the Sun. All agreed that they wanted fire and that they would help Coyote get it for them.

Coyote again went to the mountain-top. Again the Fire Spirits feared a thief in their midst but found only a coyote. Thinking he was just an ordinary coyote, they ignored him and went about their business as usual.

Coyote waited through the day and through the night until the dawn. The night guard Fire Spirit tried, as usual in vain, to wake his sister up to watch the fire. When she was slow in coming out and he'd just walked away in frustration,

Coyote leapt forward, grabbed a flaming stick and took off down the mountain.

The Fire Spirits pursued him, screeching and hissing as they flew. Their coal black eyes burned and gleamed fiendishly with red. Their sharp talons grabbed and snatched, hurling branches, small birds and whatever else they could fling at Coyote. He ran like the wind but they were fast as flame and caught up to him.

One stretched out a formidable talon and, though she was only able to grab the tip of his tale, managed to hold it long enough that it turned the hairs white. That is why the tip of Coyote's tail is white to this day.

Badly hurt, Coyote flung the fire away from him. Squirrel caught it and put it on her back. She too was burned, so badly that her tail curled up, as it still does today. Squirrel threw the fire to Chipmunk. She froze in her tracks with fear and one of the Fire Spirits clawed her, leaving three stripes from his talon down her back, which are still there today.

Source: [One Who Gathers Tribes shared with love and respect from my sister, Darlene: https://elementsofspirit.net/wisdom-keepers/f/how-coyote-stole-fire](https://elementsofspirit.net/wisdom-keepers/f/how-coyote-stole-fire)

How Coyote Stole the Sun-NORTHWEST SHOSHONE TALE



Chipmunk threw the fire to Frog, and one of the Spirits grabbed his tail, trying desperately to take back the fire. Frog leapt away but left his tale in the hand of the Fire Spirit. And frogs have not had tails since.

Frog flung the fire into Wood and Wood would not let the fire go. Even the Fire Spirits couldn't get the fire from Wood. They promised gifts, they sang, they danced, they struck Wood and hacked it with their knives. But Wood would not give up fire. Defeated, the Fire Spirits went back to their home on the mountain top. They never again left the fire unattended but it was too late, human beings already had their secret.

Coyote, because he was so clever, had been able to trick wood into telling him how to get the fire out of it. He then showed the people how to rub two dry sticks together, and how to spin a sharpened stick in a hole made in another piece of wood. Doing this drew fire out of Wood in a way the Fire Spirits had not had the patience or presence of mind to accomplish.

So, thanks to Coyote, Squirrel, Chipmunk and Frog, human beings were able to keep a piece of the sun to keep them warm in the winter. And we keep it still.

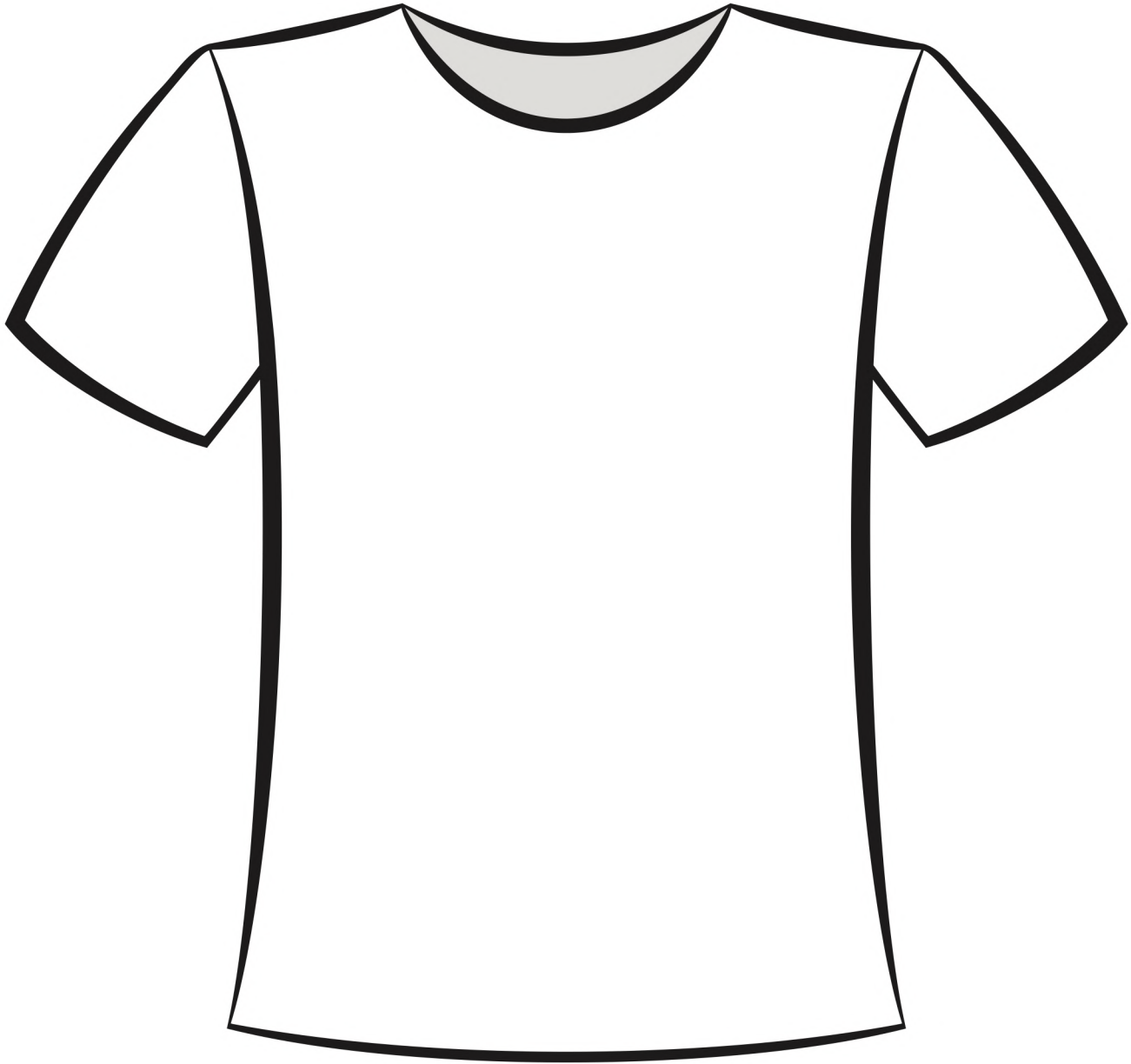


Source: One Who Gathers Tribes shared with love and respect from my sister, Darlene:
<https://elementsofspirit.net/wisdom-keepers/f/how-coyote-stole-fire>

SEPTEMBER CONTEST



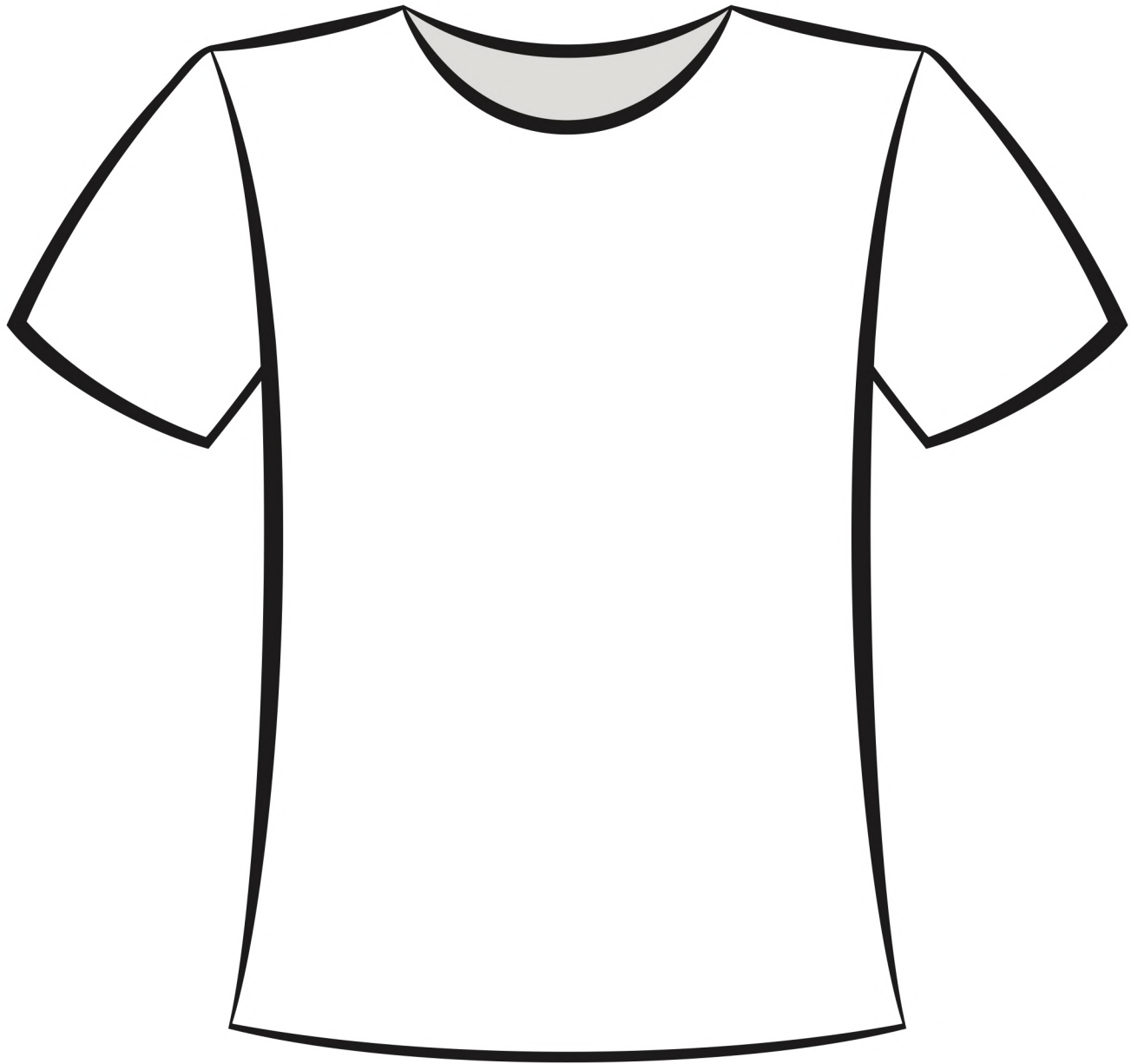
Draw a design on a tshirt coloring page in the newsletter and submit to win a prize!



**Draw what you would put on an
orange t-shirt !**

Name: _____

Community: _____



**Draw what you would put on an
orange t-shirt !**

Name: _____

Community: _____

NEWSLETTER ACTIVITIES & GAMES

6	3	2					4	
							1	2
	5				2	9		
			2		8			1
8	1		7		4		9	3
4			1		3			
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1sudoku.com

n° 229029 - Level Medium

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

1sudoku.com

n° 223608 - Level Medium

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1sudoku.com

n° 21799 - Level Medium

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1sudoku.com

n° 217152 - Level Medium

NEWSLETTER ACTIVITIES & GAMES

Solutions :

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

1sudoku.com

n° 229029 - Level Medium

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

1sudoku.com

n° 223608 - Level Medium

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

1sudoku.com

n° 21799 - Level Medium

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

1sudoku.com

n° 217152 - Level Medium

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.



Brought to you by
Cooks Ferry Social
Development

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.