

HESKW'EN'SCUTXE

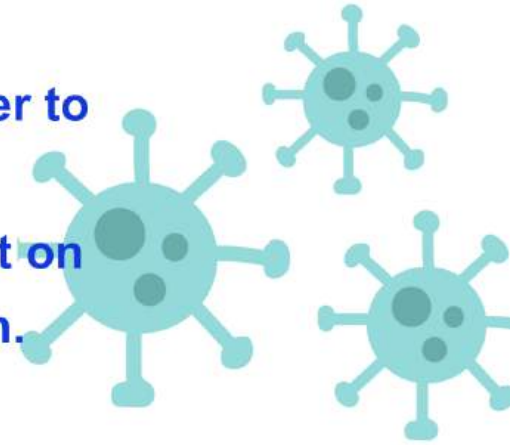
October 2024

Monthly Newsletter

Volume 2 Issue 9



**Flu Clinics coming in October to
Siska & Cooks Ferry
Please check announcement on
Facebook later this month.**



CULTURAL TEACHINGS

*Stories from
OUR TELLINGS
Interior Salish Stories
of the
Nlkapamux People*

GRIZZLY AND THE BEAR CUBS

told by, Hilda Austin
Translated by, Dorothy Ursaki
pages 67-73

OFFICE HOURS

Monday to Friday
8:30am To 4:30pm
Closed 12:00pm to 1:00pm

Cooks Ferry (250) 458.2212
Toll Free: 1.866.458.2212

Siska: (250)455.6601
Toll Free:1.844.255.6601



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HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'scutxe Society pronounced wéx we? λú? 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



***"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
Finance &
Acting Health Manager



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



Angie Pigeon R.N.
Community Health Nurse



Lisa Colwell R.N.
Home Community Care Nurse
Coming soon back to community



Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk

Cooks Ferry



Corynn Reveley
MOA/Receptionist
Medical Travel Clerk

Siska



Christy Whittaker
Newsletter Writer

Home Care Aides



Clarissa Frederick
Nursing Assistant / HCA



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Jean Mckay
Medical Driver



Martha Van Dyke
Medical Driver



Kurtis Legare
Medical Driver



Dayton Arnett
Medical Driver



THEMES OF THE MONTH

Influenza

Breast Cancer Awareness Month



By Christy Whittaker

Knowledge is power, following are reputable health links to Influenza and Breast Cancer:

Links for Influenza

Fact sheet: Know the flu facts - Canada.ca

Flu(influenza):symptomsandtreatment-canada.ca

Links for Breast Cancer

<https://www.cdc.gov/breast-cancer>

<https://cancer.ca>

OFFICE CLOSURE NOTICE



Monday October 14



Thursday October 31

a message from
THE NURSE



Transitioning to virtual appointments has become a pivotal shift for our dedicated nurse, who is now moving from in-person visits to online consultations. This change is driven by the significant physical strain that commuting into the community has placed on her health. At Heskw'en'scutxe, we prioritize the well-being of our staff to ensure they can continue to serve you with the highest level of care and dedication.

Virtual appointments will provide a convenient and efficient way for you to receive the medical attention you need, while also supporting the health and longevity of our healthcare professionals.

Your understanding and cooperation during this transition are greatly appreciated, as we strive to maintain the quality and accessibility of our services. In person appointments can still be referred on a case by case assesment.



**Call the offices to book
appointment
Cooks Ferry 250-458-2212
Siska 250-455-6601**



COHI IN SISKA

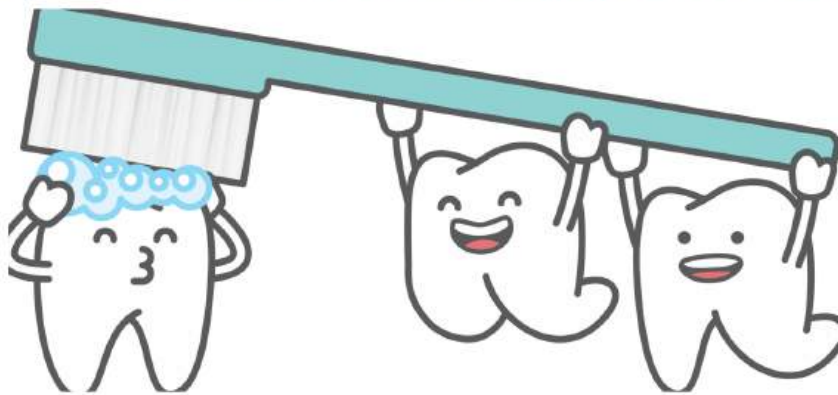
Michelle Beattie

October 21: 1:00 pm to 4:00 pm

Dental Cleanings in Siska

October 25

Call to book an appointment



FREE DENTAL CARE FOR EVERYONE

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

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

- 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

Services



Oct. 1st: Counselling with Yolanda in Siska

Oct. 3rd: Medication Pick up Day

Oct. 9th: Restorative Massages with
John Cooks Ferry 10am

Oct. 10th: Medication pick up day

Oct. 17th: Medication Pick up
Day

Oct. 21st: COHI in SSKA
1- 4pm

Oct. 23rd: Restorative Massage with
John-Cooks Ferry 10am

Oct. 24th: Medication Pick up
Day

Oct. 23: Footcare with Suzanne -
Siska
Medication Pick up Day

Oct. 29th: Footcare with
Suzanne -Cooks Ferry

Oct. 30th: Shopping Day - Cooks Ferry



**FLU CLINICS COMING IN OCTOBER
DATES WILL BE ANNOUNCED
SHORTLY**



Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC Says “Take 3” Actions to Fight Flu.

1. Take time to get a flu vaccine.
2. Take everyday preventive actions that help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.
3. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for older people, young children, people with certain chronic health conditions, and pregnant people.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5 to 7 days.

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.



For more information, visit:
www.cdc.gov/flu
or call **1-800-CDC-INFO**



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

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans for outbreaks of flu or another illness and whether flu vaccinations are offered on site.
- Routinely clean and disinfect frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans if your child's school, child childcare program, or college has an outbreak of flu or another illness and whether flu vaccinations are offered on-site.
- Make sure your child's school, childcare program, or college routinely cleans and disinfects frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.

PLAN TO GET YOUR FLU SHOT

Getting your flu shot helps save lives and helps our health care system by reducing the number of people who need medical care.

About the flu

- + The flu is very contagious and can spread quickly and easily.
- + Some people with the flu only get mildly ill. Others, like those over 65 years and young children, can get very sick.

Who should get the flu shot?

- + Everyone 6 months and older should get the flu shot. It's especially important for people at high risk of health complications from the flu and COVID-19, and for people who can spread the flu to them.

The flu shot is safe

- + You can't get the flu from the flu shot.
- + Serious side effects from the flu shot are very rare.

The flu shot works

- + You should get the flu shot even if you've already had the COVID-19 vaccine. The COVID-19 vaccine doesn't protect you from the flu.
- + Being protected from both the flu and COVID-19 lowers your risk of severe health complications.

To learn more visit Canada.ca/flu

Emergency

Breathing problems:

- respiratory distress (working hard to breathe or breathing faster than normal)
- pale skin, whitish or blue lips
- asthma or wheezing and not responding to prescribed medications



Fever:

- in a child less than 3 months old
- with immune system problems or complex chronic health problems
- and very sleepy or difficult to wake
- for more than 5 days in a child any age

Vomiting or diarrhea:

- in a child less than 3 months old
- repeated vomiting and unable to keep liquids down
- vomiting or diarrhea containing large amount of blood
- vomiting bright green
- dehydration with dry mouth or no urine for more than 12 hours

Injuries:

- head injury with loss of consciousness (passing out) or confusion
- head injury with visible bump behind the ears, sides of the head, or back of the head
- head injury with visible swelling and the child is less than 3 months old
- fall more than 5 feet or 1.5 metres
- cuts with gaping edges or continuing to bleed despite direct pressure
- burns that blister and are larger than a Loonie
- injury to arm or leg that looks crooked, causes inability to use the limb, or creates swelling that does not go down with ice and rest over 48 hours
- eye injuries
- injury causing chest or stomach pain

Rashes:

- fever with a rash that looks like either blisters or bruises that don't turn white or fade when you push on them



Poisoning:

- if your child ingests a chemical, medication or poison, call the poison control centre at 1-800-567-8911. Come to emergency if directed by them

Not an emergency

Breathing problems:

- nasal congestion and cough (even if it interrupts sleep)
- symptoms of the 'common cold'
- mild asthma or wheezing that responds to usual puffers

Fever:

- in healthy and vaccinated babies
- in children who appear generally well



Vomiting or diarrhea:

- vomiting or diarrhea less than 3-4 times a day
- ongoing diarrhea after 'stomach flu' (this can last up to 2 weeks)

Injuries:

- minor head injuries (with no loss of consciousness, no confusion and no vomiting)
- mild head injuries with normal behavior within 4 hours of injury and bumps (even large) to the forehead
- scrapes and bruises where the injured part can still be used
- sun burns



Rashes:

- recurring rashes or skin problems
- rashes with cough and cold symptoms, if the child looks well
- mild hives that respond to antihistamines without difficulty breathing or throat/tongue swelling

Poisoning:

- if your child ingests a chemical, medication or poison, call the poison control centre at 1-800-567-8911. Follow their instructions

Help reduce the spread of respiratory infectious diseases



In Canada, respiratory infectious diseases usually increase in the fall and winter and many can circulate at the same time. This includes illnesses such as:

- > the flu (influenza)
- > COVID-19
- > respiratory syncytial virus (RSV)

Reducing the spread

Respiratory infectious diseases can spread in different ways, including from person to person and through contact with contaminated surfaces or objects. Use these effective actions to help reduce your risk of getting and spreading illnesses.



Stay up to date with your vaccinations, including your flu and COVID-19 vaccines.



Wash your hands regularly with soap and water or, if unavailable, use a hand sanitizer containing at least 60% alcohol.

- > Avoid touching your eyes, nose and mouth with unclean hands.



Stay home when you're sick.



Cover your coughs and sneezes with a tissue or your elbow.



Wear a well-fitting respirator or mask when appropriate.

- > For example, in crowded settings or when you're sick and must enter a public setting.



Clean and disinfect high-touch surfaces and objects often.



Improve indoor ventilation when possible by opening a window or door.



Pay attention to public health alerts and advice in your community.

For more information:
canada.ca/respiratory-diseases

BREAST CANCER AWARENESS MONTH

Did you know...



**1 IN 8 WOMEN MAY DEVELOP
BREAST CANCER IN HER LIFETIME?**

There are many different signs of breast cancer: lumps, breast shape changes, skin peeling, redness, etc. If you notice them, tell your doctor straight away. Finding it early makes it more treatable and can save your life.

GET TESTED

Mammograms can save lives by detecting breast cancer at an early stage

CUSTOM THIS FREE TEMPLATE AT [EDIT.ORG](https://www.edit.org)

YOUR
LOGO



October 2024



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First Nations Health Authority
Health through wellness

Mental Health Supports



Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.
Phone (toll-free): 1-855-242-3310
Website: hopeforwellness.ca.

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.
Phone (adults and Elders): 250-723-4050
Phone (Youth): 250-723-2040
Phone (toll-free): 1-800-588-8717
Website: www.kuu-uscrisisline.com.

Métis Crisis Line is a service of Métis Nation British Columbia.
Phone: 1-833-MétisBC
(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.
Phone: 1-800-784-2433

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024
Email: nakazdli.elders@outlook.com.

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@gitanmaax-health.ca.

Gitanyow Human Services

provides health and cultural supports.
Phone: 250-849-5288
Email: director@gitanyowhealth.ca.

Indian Residential School Survivors Society (IRSSS)

is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.
Phone (toll-free): 1-800-721-0066
Website: www.irsss.ca.

Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419.

Kispiox Health provides health and cultural supports.

Phone: 250-842-6236 Email: tbaskin@anspayaxwhealth.ca.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.
Phone: 250-842-6876
Email: andrew@sikedakh.org.

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.
Phone (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org.

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.
Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or
Text: TALK to [686868](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>



MEET MENTAL HEALTH COUNSELLOR DEBORAH BARKOWSKY

Deborah Barkowsky, Holistic Counselling is one part of the new mental health program developed by Cook's Ferry. Deborah uses the Yellowhead Holistic Model, which is a holistic counselling program for individuals, couples, and families.

Who: Deborah is a clinical counsellor with a background in drug and alcohol treatment, parenting and family programs, health care, children and youth, education. She has a Masters degree in Neuropsychology and a Masters degree in Counselling Psychology.

Deborah uses the Yellowhead Holistic Counselling Model. Tony Martens, a clinical therapist, developed this holistic treatment program in the 1970's while working with communities in Hinton, Jasper, and Grande Cache. Since then, this program has been used in First Nations communities throughout Canada.

Deborah received intensive training and supervision from Tony from 2015-2023, and worked alongside Tony to conduct workshops and trainings for various communities. In 2017-2019, Deborah lived with her husband in the Nass Valley, where she was the Family Therapist for the community of Gingolx. Since 2019, Deborah has provided in-person and virtual therapy for various communities.

What: Deborah provides counselling to individuals and families who have experienced trauma, abuse, addictions, depression, anxiety, fear of leaving home, suicidal thoughts and attempts, self-harm, bullying, and other problems.

How can Deborah work with a family? Doesn't that break confidentiality?

- I work with each person on their own (not together with another family member) and I keep 100% confidentiality for each person - I do not tell one person what the other said.

- We have found that when one person in a family goes to counselling, it can be hard for them as they grow and become more aware, because they are the only person in the family doing this. If the others are not growing and learning in the same way, there can start to be increased stress and fighting in the family. So, when I work with more than 1 family member, I help them move forward at a similar rate, so they can support each other as they do their own process.

Where: The Band Office in Spence's Bridge, and the Band Office in Merritt

We can also meet by phone or zoom

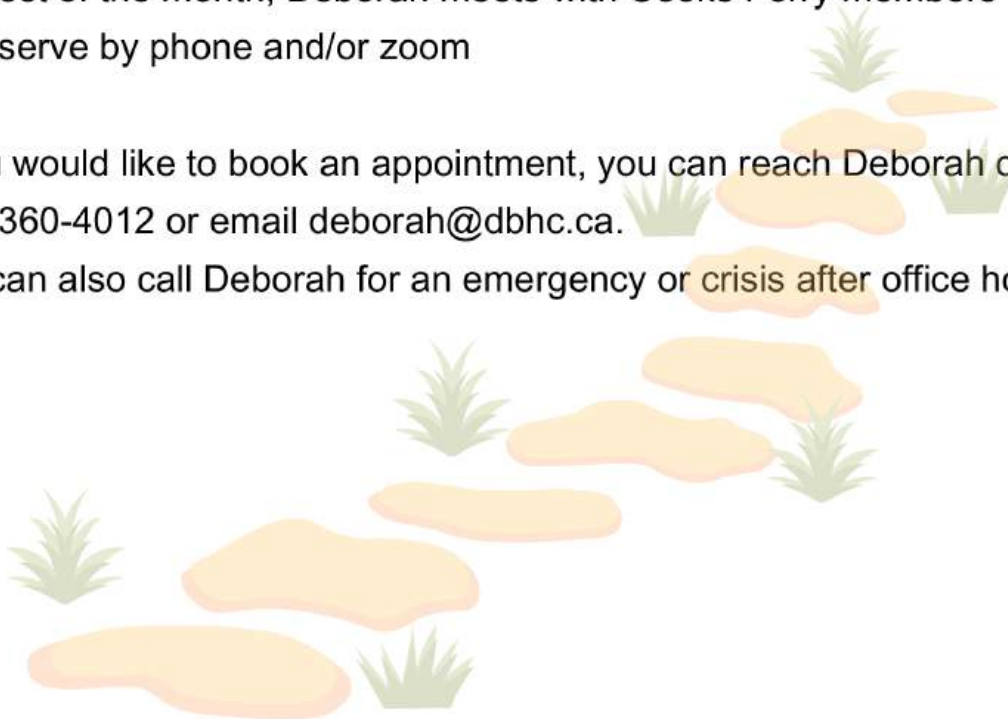
When: Deborah is in Cook's Ferry the 3rd week of each month

- Monday & Tuesday in Spence's Bridge
- Wednesday & Thursday in Merritt

The rest of the month, Deborah meets with Cooks Ferry members who live on- and off-reserve by phone and/or zoom

If you would like to book an appointment, you can reach Deborah on her cell at (604)360-4012 or email deborah@dbhc.ca.

You can also call Deborah for an emergency or crisis after office hours.



RICARDO PICKERING IS BACK!
COUNSELLING PSYCHOLOGIST & MENTAL HEALTH CLINICIAN

Ricardo offers free services and invoices FNHA. Please connect with him directly to book a session and or to inquire about his services.

dickiepickering@gmail.com

(250) 842-8552



‘you are’
NOT ALONE
• in this •

Are You Registered In

ImmsBC ?



First Nations Health Authority
Health through wellness

Why you should register:



ImmsBC will send you notifications when you are eligible to book vaccines, such as COVID-19, flu or HPV.

Registering allows you to manage your immunizations. You can book online or by phone at local pharmacies or public health units. You can also start a conversation about upcoming immunization clinics with your local health centre.

Already registered with ImmsBC? Did you know you can also review your immunization history, lab and X-ray results in Health Gateway?

www.healthgateway.gov.bc.ca

HOW TO REGISTER

Online: www.getvaccinated.gov.bc.ca

Call: 1-833-838-2323 (toll-free)

MEDICAL TRANSPORTATION GUIDELINES



At Hesk'w'en'scutxe we work hard to provide services to the communities. Our Medical Transportation program continues to be an important service we offer to members. As of May 28, 2024, please see the updated guidelines below.

- Please book any appointment where you require our service five (5) days in advance.
- Please book appointments no later than 1:30-2:00pm if travelling to Kamloops or Merritt.
- As COVID-19 restrictions have been lifted, shared medical travel may be required.
- Always be kind and courteous to all the staff.

Thank you from the Health Manager and Hesk'w'en'scutxe staff.

To book:

Cooks Ferry 250-458-2212

Siska 250-455-6601

MEDICAL TRANSPORTATION UPDATES

You live on reserve and you are travelling yourself to a medical appointment or getting a ride from a friend or family member?

You are eligible for mileage refund (0.29) per kilometer

How do I get a refund?

You can pick up a HHSS/FNHA Medical travel form at our office and have it stamped when you visit the provider. The form can also be downloaded on the HHSS website in the downloadable section.

You forgot the form, cant download? No worries, provide us with a confirmation of the appointment after your visit (a letter, email or fax) sent to our office and we will take care of having your submission submitted for refund.

Note some conditions apply, if you are unsure that you are eligible, please call our offices.

HOTEL PARKING IS NOT COVERED UNDER THE MEDICAL TRANSPORTATION PROGRAM

We regret to inform you that hotel parking is not an eligible benefit and is not covered. Only hotel, meals and hospital parking are covered.

For any questions, please reach out to our medical travel clerks

250.458.2212

250.455.6601

Seabird Mobile Diabetes Team

When: October 3, Cooks Ferry

October 4, Siska

TIME: 9:30 am – 3:00 pm



Living - Well - Together

Call to book an appointment

250.458.2212 / 250.455.6601

Heskw'en'scutxe Health Services Society

Clinic Notice

Who Is It For:

People Living with Diabetes

People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels

Checking Kidney Function

Foot Exam

Diabetes Education





Hesk'w'en'scutxe
Health Services Society

Cooks Ferry & Siska Indian Bands
1-866-458-2212
1-844-255-6601
Toll Free

Hesk'w'en'scutxe Health Services

OCTOBER 11 SISKIA

OCTOBER 11 COOKS FERRY

11:00 AM - 2:00 PM

ie n' i' q

DUE TO UNFORSEEN CIRCUMSTANCES THESE TWO EVENTS HAVE BEEN CANCELLED

DOOR PRIZES
DELICIOUS FOOD

INFORMATIONAL KNOWLEDGE ABOUT BC HEALTH LINK



Cook's Ferry
Indian Band
Siska'gwan Nation



First Nations Health Authority
Health through wellness



Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street
Open 24 hours

Lytton Primary Care Non Urgent

New Building across from Tl'Kemtsin Health Centre
1540 Silo Road, Lytton
(250) 455-2221 | Fax (250) 455-6621
Monday to Friday: 9 a.m. to 4 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.youthfoundry.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

Tl'Kemtsin Health Centre (778) 254-2545

Lytton FNHA Health Centre (250) 455-2715
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

Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4
Child & Youth CYMH (250) 256-2710
Friendship Centre (250) 256-4146
Nlaka'pamux Health Services (250) 378-9772

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/Wildfire Info

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

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
*Daily delivery now available to Lytton via Dynacare

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
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Interior Health

[MyHealthPortal](#)



Public Health

Lytton FNHA (250) 455-2715
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COVID Testing & Vaccination Information

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



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



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



Stuffed Breasts of Grouse



Ruffed grouse-tailed grouse, or young sage grouse can be used in this recipe. The number of servings can be increased easily. Simply allow two strips of bacon and one cupful of dressing for each grouse breast; each breast serves one.

- 8 boneless breast halves from 4 grouse
- 8 slices of bacon
- 1 recipe Onion-Breaded Dressing
- 3 tablespoons grouse stock or chicken broth
- 1 recipe Veloute Sauce and dried mushroom sauce

Prepare Onion-Breaded dressing as directed, adding additional 3-tablespoons stock. Heat oven to 350 degrees. Place one-fourth of the dressing on each of the four breast halves. Top with remaining four breast halves. Wrap 2 slices of bacon around each breast-and-stuffing bundle. Secure bacon slices with toothpicks. Arrange bacon-wrapped bundles in 8-inch-square baking dish. Cover baking dish with aluminum foil. Bake for 45-minutes. Remove foil, and bake for 15 minutes longer. Transfer to a serving platter or individual plates. Spoon Easy Veloute Sauce over each serving

MEADOW DEATH-camas

Food category: **POISONOUS**

Nlaka'pamux name: mqe?

Latin name: *Zigadenus venenosus*

Parts used: Bulbs

Preparation: Dried, external use only

Season gathered: Spring



The mqe? bulbs are very POISONOUS. The difference between the meadow-camas and the nodding onion is the color of the flowers: the nodding onion's flowers are a purplish color, while the meadow-camas are a creamy white with bases of the petals yellowish in color.

The death camas does not have the smell of onion whereas the nodding onion does smell like an onion.

If ingested drinking rich fish or beef broth or eating grease or butter to help counteract the poison.

The dried bulbs of the mqe? are used externally only as medicine and/or in female puberty rituals.

Mule Deer

Food Category: Meat

Nlaka'pamux Name:

Latin Name: *Odocoileus hemionus*

Parts used: Meat, liver, marrow

Preparation: Cooked, canned, dried, frozen

Season gathered: Fall



The mule deer are usually found in the higher altitudes during the summer and fall. In the winter months, they come down to the lower areas to get away from the cold and to forage for food. The mule deer is a main staple for the Nlaka'pamux. The mule deer meat can be dried, canned, frozen, or eaten fresh or cured.

The different parts of the mule deer that are eaten include the liver, heart, and the meat. Mule deer meat is leaner and less fatty than beef. All that is needed to butcher up the mule deer is a sharp knife, a whetstone to keep the knife sharp, and a hacksaw to cut the ribs and larger pieces up. The best way to hunt mule deer is with a clean shot, while they're standing still, rather than wounding the mule deer and giving them the opportunity to run. If the mule deer is wounded, the adrenalin from stress can make the meat tougher and less flavorful.

Once the mule deer has been killed, immediately field-dress the mule deer by draining the blood, this will help the body heat to cool down. To keep you protected from parasites or blood-borne diseases from the mule deer, wearing gloves is recommended; this also helps make cleanup faster.

Unless the meat has been thoroughly chilled, NEVER place a carcass in plastic bags as the plastic traps the body heat and could ruin the meat. NEVER use plastic garbage bags as they may be treated with toxic disinfectants.



Grizzly and the Bear Cubs

Told by Hilda Austin

Translated by Dorothy Ursaki

I'M GOING TO TELL YOU a story about Skwkwtl'kwetl't. He was Bear's youngest cub - there were four of them

They lived happily together, and then Grizzly must have gotten tired of Bear.

One day after waking up in the morning, Bear and Grizzly went for a walk. They stopped, and Grizzly said to his wife, 'I am going to look for lice in your head and hair.' So they looked for lice in each other's heads and hair. While looking for lice in his wife's head and hair, he bit her on the back of her head, which killed her.

Bear and Grizzly had four cubs each. The cubs were all left at their home while the couple went for their walk. The Bear cubs must have known what was going to happen. Before Bear left her cubs, she told them to make some pudding for themselves, and she told the Grizzly cubs to make some pudding for themselves as well. The cubs said to their mother, 'Alright'

So when mealtime came around, the Bear cubs made their pudding and so did the Grizzly cubs. The Bear cubs made a thick pudding while the Grizzly cubs made their pudding watery. All Grizzly and Bear cubs ate their pudding after their meal.

The Bear cubs said, 'Now we are going to go bathing - now that we are finished our meal.' So the Bear and Grizzly cubs went bathing. They must have done something to one of the Grizzly cubs, as it died. Anyway, the Bear cubs brought the dead Grizzly cub to shore, and soon one by one the rest of the Grizzly cubs all died.

Grizzly said to his wife before he left, 'Bake me the youngest Bear cub, and erect it on the path I use to come here.' The Grizzly thought that all the Bear cubs would die, but instead the Grizzly cubs died. The Bear cubs must have heard that this was going to happen, because they baked the youngest Grizzly cub and erected the dead body on the path Grizzly would take when coming home. Then they ran away.

The Grizzly father, now coming home, saw the dead body of a Bear cub. It made him happy, as he did not know it was one of his cubs. He started to eat the baked carcass. When nearly finished eating, he recognized one of his cub's paws. He saw that his

Grizzly cubs were all dead in bed, and so he went on the trail looking for the Bear cubs, following their footprints, chasing after them.

Grizzly came across Squirrel. They started to argue with each other. Grizzly pawed at Squirrel and then chased him. Squirrel quickly ran into a hole in the ground, but Grizzly caught him and held him there. This is how Squirrel got his white mark on his back.

Grizzly left Squirrel and went on his way trailing the Bear cubs.

In the meantime, the Bear cubs were on their way too. One said, 'There's someone close behind us!' Close to the trail they saw an ant hill. They wrapped up all in the ants and took them along with them. The Bear cubs came to a large tree and they all climbed it. Grizzly caught up to them.

The Bear cubs said to Grizzly, 'Lie down on your back and we will throw down our youngest brother to you!'

O, Alright!' said Grizzly.

As he lay down with his back on the ground and his mouth and eyes wide open, the Bear cubs said to Grizzly, 'We are going to throw our youngest brother down to you!' Instead, they threw the ants into his mouth and eyes.

The four Bear cubs came down from the tree and ran away. Grizzly, with his eyes and ears full of ants, growled in pain.

The youngest Bear cub said, 'Oh! The Grizzly is coming - he will catch up to us!' The Bear cubs reached the river's edge, and they saw Skwani7kwa [the name of their grandfather] across from them fixing his canoe. hammering on his canoe.

When the Bear cubs reached the other side of the river, they said to Skwani7wa, 'Now make a hole in the bottom of your canoe, so when Grizzly arrives as asks you to go over the river to get him, you can tell him to sit where the hole in the boat is!'

Not long after their conversation, Grizzly arrived at the edge of the river opposite from them. Grizzly yelled over to Skwani7wa, asking him to come across the river and get him. he also asked Skwani7wa if he had seen the four Bear cubs arrive.

Skwani7wa said, 'Yes, they have come and gone. I have brought them over here in my canoe.'

Grizzly answered, 'Hurry! Hurry! Come get me so i can go chasing after those four Bear cubs!'

So Skwani7wa went across to the opposite side to get Grizzly. When getting into the canoe,

Skwani7wa told Grizzly to sit where the hole was, telling him, 'If you don't sit over the hole the water will come through into the canoe and the canoe will sink and drown us!' So Grizzly sat where the hole was. Skwani7wasaid him. 'Don't stand up!' for he saw the water coming up into the canoe. Grizzly sat down on the hole again.

The four Bear cubs told the fish to bite Grizzly on his buttocks. So a fish bit Grizzly, he hollered aloud, crying.

Skwani7wa said to him, 'Don't you get off that hole - the water will get into the boat!'

So Grizzly went back to the hole and sat down. Just a short time later Grizzly started to holler again and cry in pain as the animals in the water again were biting him the buttocks. Skwani7wa and Grizzly landed on shore, and the water animals chewed Grizzly's body up and he died.

Skwani7wa then went home to his grandchildren and told them, 'Your enemy had died. His guts are all gone - eaten up by the water animals.' The grandchildren were told, 'Take care when you are passing by the monster, as he usually eats anything in sight. You'll have to watch him on your way home.' Skwikwtl'kwet'l't replied, saying, 'Oh, we will be passing by him, and we'll talk with him.'

The Bear cubs arrived at the monster's place. The monster was sitting on the edge of the river, where he would bite the back of the heads of people's wives as they passed him. Skwikwtl'wet'l't said, 'We are going to slide dirt over him.' Skwikwtl'kwet'l't kicked a mound of dirt, which slid down on top of the monster. The dirt slid off the odl monster, and he did not fall over but remained sitting. So Skwikwtl'wet'l't again kicked the earth above the odl monster but did no harm to him. He remained sitting after habign two earth slides dumped on him.

Skwikwtl'kwet'l said, 'I am going down by the river. When i get there I'm going to turn myself into a steelhead.' So Skwikwtl'kwet'l went down to the river and turned himself into a steelhead. That's why bears can swim so easily.

Skwikwtl'kwet'l now a steelhead, saw the enormous monster, and the monster hooked him.

Skwikwtl'kwet'l changed himself back into a bear, took the monster's spear, and cut the rope that was tied onto it, so the monster could not hook him. The monster had no spear, so he went home to lay down - all curled up.

So Skwikwtl'kwet'l changed himself back to a steelhead and arrived at the monster's house carrying the monster's spear. Skwikwtl'kwet'l entered - the monster was all curled up. The monster's wife said to him, 'Go away! The monster will kill you!' Skwikwtl'kwet'l, defying the monster's wife's orders, just laughed really loud, saying, 'I found a spear - it must belong to the monster!'

As soon as the monster heard the word 'spear,' he sat up and said 'That must be my spear!' So Skwikwtl'kwet'l gave him the spear and the monster said, 'That is my spear!' This made the monster very happy, as he couldn't do anything without his spear. Skwikwtl'kwet'l left with his older brothers. Whenever they went on trips, it was the second brother's job to pack Skwikwtl'kwet'l on his back.

The oldest brother threw the youngest brother's headband into the fire, which caused the river to rise and to become a large flood. The three older brothers ran away from it. While the river was flooding, Skwikwtl'kwet'l remained beside the fire, lying down, keeping warm. The water got so high it went over him, covering his body. The flood water reached the top, where it could go no further. The other brothers came to a tree, which they climbed. Skwikwtl'kwet'l saw, with his powers, that the brother that would back-packed him was the last one to climb away from the flood, which meant he would be the one to drown. And Skwikwtl'kwet'l thought to himself, 'My brother will be the first to be taken away by the flood waters and be drowned.' Then the water started to recede. The brother went to Skwikwtl'kwet'l, where he was lying beside the open fire, keeping warm. The brothers took their younger brother and left.

The Issue of Foods

Article written by Pepeyla,
Verna Miller, Cooks Ferry Member



There are many definitions concerning Food Security, Food Sovereignty, but most importantly Indigenous Food Sovereignty.

Food Security is a hot topic these days due to our current issues of rising prices, One could attribute many definitions to Food Security, but put simply, food security tends to be the availability of food through growing gardens both home and commercially - supermarkets, grocery stores, farmers markets, etc.

Food Sovereignty from a colonial perspective differs from Food Security under the guise of power or authority to reign over or control food sources.

Indigenous Food Sovereignty (IFS) contradicts the colonial definition. In our Indigenous world view, food sovereignty is concerned with our people working with the land – NOT controlling the land, and the right to access culturally appropriate foods produced in an ethical and sustainable way, according to Ojibiikaan (from Algonquin). IFS pertains to our ability to harvest food sources from the natural world, i.e. plants, animals, fish, birds etc. Colonial governing agencies separated Indigenous people from our lands by restricting us to reservations, often the most unproductive and isolated areas. Today, I believe, our issues of toxic chemical usage in our forests, water sources, air and inappropriate fire usage (or lack thereof), and climate change are also a growing factor as we are learning to adapt where possible.

One of the major factors as a result of colonial government policies is the overall effects to our combined health issues. The assimilation processes are many. Residential Schools, and restricted access to our traditional food sources in the past. I could go on!

We live and see the results in the vulnerability of some of our people in terms of health issues such as obesity, diabetes, and diminished physical activity. Our old people walked everywhere and stayed in shape to gather food sources. They often camped on the way to wherever they were going to gather. I remember this as a young child travelling by horseback with my grandparents

We have been seduced by the lure of fast (fat) food, junk food and drinks and the FIVE WHITE GIFTS – flour, sugar, salt, milk and lard. These “gifts” are the major contributors to an unhealthy life. I’m sorry to say, but these five white “gifts” are staples in the making of Bannock or Buckskin bread, which is now an introduced “Traditional Food”. The Canadian governments of that time believed these “gifts” would make up for the lack of access to traditional hunting, fishing and gathering spaces our ancestors once enjoyed. As a result these “five gifts” became staple foods and contributed to forcing the disconnect from traditional food sources.

Conclusion

Indigenous Food Movement is revitalizing, reclaiming, restoring and extending traditional food systems to promote better physical, mental, cultural, and spiritual health.

I have taken liberties in my research through the work of Dr. Pricilla Settee, Professor of Indigenous Studies from the University of Saskatchewan. She is a member of the Cumberland House Swampy Cree and is an award winning and recognized global activist. Her edited book with Shailesh Shukla is called “Indigenous Food Systems.” Dr. Settee calls this Radical Decolonization of Food Sovereignty. I’ve also taken liberties from the Yellowhead Institute Special Report. I’m still researching this topic so there may be more to come, I hope.

Submitted by : Pepeyla. Verna Miller
Board Member NC&FSS





nkshAytkn

Ross Lake

ING

Aytkn Sep/Oct/Nov

Weaving Supn' September, 04, 2024

It'll be at the Skuppah Indian Band Hall 10:00 Am to 3:00 Pm

Tumplines, Bring your gun straps and photos if you have any. Lunch will be a 12:00 PM bring your utensils and plates.

Ross Lake October, 04, 2024

We'll be heading to Ross Lake for a day visit and Picnic. Lunch will be a 12:00 PM bring your utensils and plates, bring your own Chairs. Will Depart Resource Office in Lytton by 9:30 AM

UBC Museum of Anthropology November, 04, 2024

We'll be heading to UBC Museum of Anthropology to look at weaving, tumplines, baskets, etc.

It'll be a day trip and we'll be leaving from the Resource office in Lytton by 6:00 Am.

Sign up **REQUIRED** to go.



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Han Knakst Tsitxw Society

Is having a B-I-N-G-O!!
When: October 30, 2024

**Where: Tuckkwiowhum
Longhouse**

Time: 4:00-7:00pm

**Dinner Provided &
Door Prizes!!!!**

19+

19+

Walk-ins \$1.00 each

Any questions or concerns please
Call: 778-254-0217 or
Email: haven@hanknakst.ca





Han Knakst Tsitxw Society

Is having a B-I-N-G-O!!

When: October 8, 2024

Where: LFN Battlefield Hall

Time: 4:00-7:00pm

Dinner Provided &

Door Prizes!!!!

19+

19+

Walk-ins \$1.00 each

Any questions or concerns please

Call: 778-254-0217 or

Email: haven@hanknakst.ca





HALLOWEEN



TRICK
OR
TREAT



*The Nlaka'pamux Piecemakers
Art Council invites you*



**FIRST PEOPLES
CULTURAL COUNCIL**



Paper Pieced Star Quilter Workshop

With teacher Judy Service

Date: October 5 & 6, 2024

Where: Cooks Ferry Blue Hall

Time: 9:30 am to 4:00 pm (*please be punctual*)

Limit of 7 participants only

Text or call 778-253-0277 or jpdraney85@gmail.com

All materials and supplies are included



**Bring your own lunch,
Snacks, water, Tea and Coffee provided**

*Must be experienced in the
newer sewing machines.*



YOU ARE INVITED TO

Thanksgiving

FARMERS MARKET

10:00 AM TO 2:00 PM

12 OCTOBER 2024

CHIEF WHITSEMNITSA COMPLEX
3691 DEER LANE, SPENCES BRIDGE, BC V0K 2L0



Vendors:
\$5 a table
Call Judy
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All proceeds will be donated towards the
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Concession \$5.00 a plate

