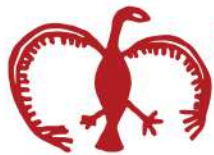


# HESKW'EN'SCUTXE

December 2024

Monthly Newsletter

Volume 2 Issue 11



Cook's Ferry  
Indian Band  
Nlaka'pamux Nation



## CULTURAL TEACHINGS

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

## DOG TRAVELS TO THE SUN

*Told by Mabel Joe  
Translated by Dorothy Ursaki*



## **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**

# 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

## IN THIS ISSUE

Office Closure Christmas Holidays

Staff Directory

COVID Booster Clinic

Theme of the Month

COHI

Monthly Services

Medication/Supply Pick-up

FNHA Cyber Security Incident

Mental Health Supports

Mental Wellness Directory

Winter Home Safety Tips

Medical Transportation

Information

Medical Transportation UPDATE

Merritt Transit (ANTKO)

Recipe of the month

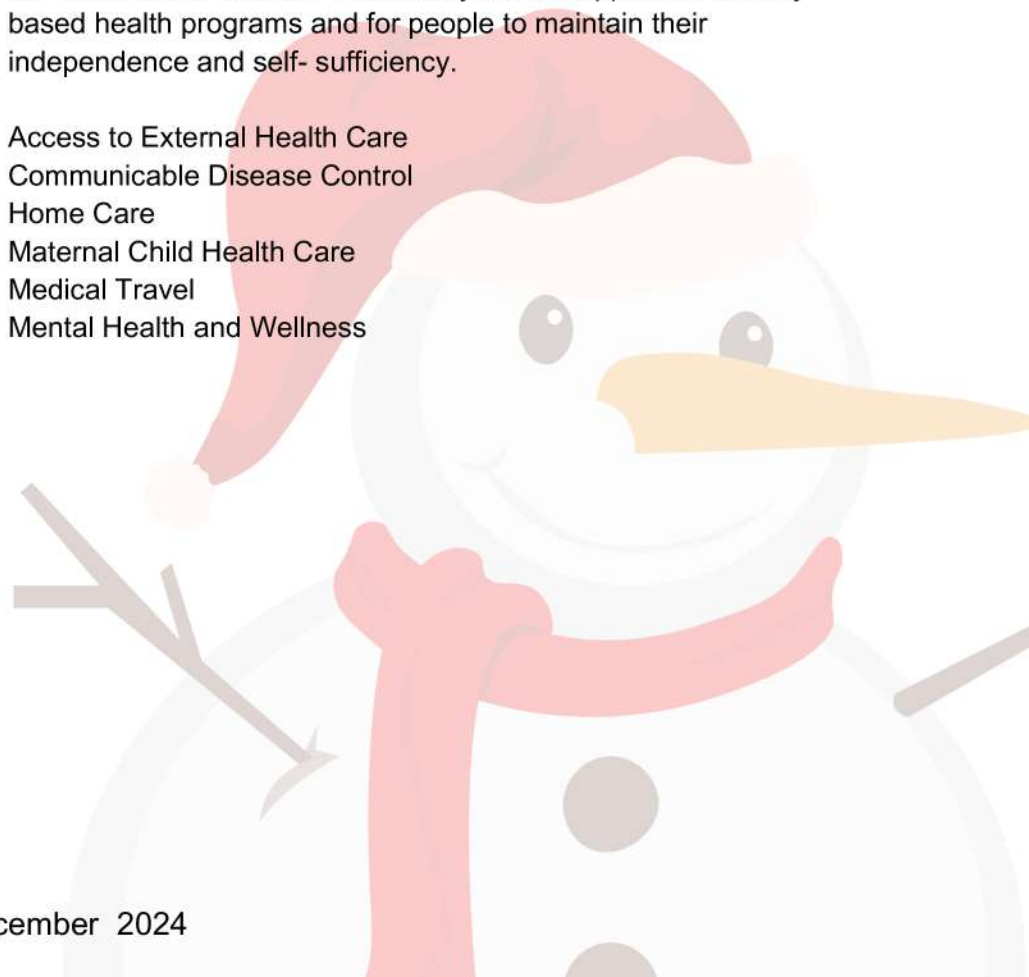
Word of the month (CNA)

Monthly Story

Monthly Contest

Activity Pages

Community Posters



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



**? ex us met xe?**

**Wuxwt qinesqw**

**Winter Greetings from all of us!**

**Office Closure**

**Winter Break**

**We will be closed from Monday**

**December 23**

**to Friday January 3**

**For immediate assistance**

**811 to speak to a registered nurse**

**911 for an ambulance / emergency**

**Lytton Primary Care Center 250.455.2221**

**Ashcroft Urgent Primary Care 250.453.2353**



# 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



Angie Pigeon R.N.  
Community Health Nurse



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



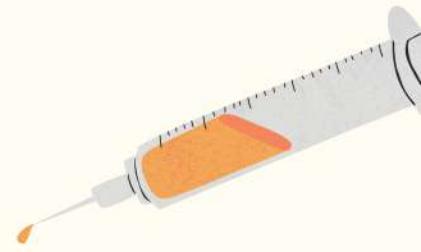
Kurtis Legare  
Medical Driver

Martha Van Dyke  
Medical Driver



Dayton Arnett  
Medical Driver



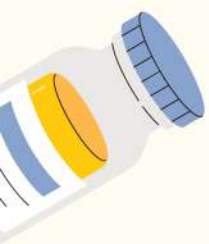


# COVID-19 BOOSTER CLINIC

FRIDAY DECEMBER 6

COOKS FERRY HESKW'EN'SCUTXE  
HEALTH SERVICES SOCIETY  
3691 DEER LANE  
SPENCES BRIDGE

PLEASE CALL THE OFFICE IF YOU  
NEED BOOSTER SHOT (ELIGIBLE  
EVERY 6 MONTHS)



TO BOOK AN APPOINTMENT, CALL OUR OFFICES  
COOKS FERRY: 250.458.2212  
SISKA: 250.455.6601

# Kamloops North Shore Urgent Primary Care is now open!



Good news, Kamloops! The North Shore Urgent and Primary Care Centre (UPCC) is opening today. Located at the Northhills Centre ( Unit #21-22, 700 Tranquille Road), the UPCC will be open seven days a week including statutory holidays.

The UPCC will open in a phased approach. Opening hours over the next two weeks will be:

Nov. 26 - Dec. 2, 11 a.m. - 3 p.m.

Dec. 3 - Dec. 9, 11 a.m. - 6:30 p.m.



Starting Dec. 10, the North Shore UPCC will be open daily from 7:30 a.m. to 6:30 p.m., offering in-person and virtual primary care services.

Patients can walk in during these hours and will be seen based on urgency, similar to an emergency department.

You can also book an appointment by calling 250-314-2256. (This phone line opens at 10 a.m.)

Learn more at: <https://bit.ly/3CKt36S>



# THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links to

## *Winter Safety*

[www.redcross.ca](http://www.redcross.ca)

[www.thepersonal.com](http://www.thepersonal.com)

[www.cdc.gov](http://www.cdc.gov)

## *World Aids Day*

[www.unaids.org](http://www.unaids.org)

[www.cdc.gov/world-aids-day](http://www.cdc.gov/world-aids-day)

[www.iasociety.org](http://www.iasociety.org)





# Services



World Aids Day Dec. 01

Restorative Massage with John  
Siska Dec. 3rd and 17th

Restorative Massage with John  
Cooks Ferry Dec. 4th and 18th

Footcare with Suzanne (Siska)  
Dec. 4th

COVID Booster Clinic at Cooks Ferry  
Dec. 6th

Footcare with Suzanne (Cooks Ferry)  
Dec. 10th

Holiday Craft Day at Cooks Ferry  
Dec. 17th

Shopping Day for Cooks Ferry  
Dec. 19th

Elder's Christmas Party at Cooks Ferry  
Dec. 19th

**Both our  
Offices  
will be closed  
from  
Dec. 23, 2024  
to  
Jan. 3, 2025**





# CHILDREN ORAL HEALTH INITIATIVE



## COHI

Children's Oral Health Initiative. If your child is enrolled in this program they will be seen in the clinics or at school.

Corynn and Nadine will reach out to the parents to inform and book appointments.

Please call the offices if you have any questions.

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

Every month your child can submit a tooth brushing sheet and receive a goody bag. The sheet does not have to be full. Call our offices if you have any questions.



## 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.

Services include:

Dental x-rays

Dental cleanings

Stain removal

Tartar buildup

Tooth polishing and fluoride application.

Sealants for children to prevent tooth decay if needed

**CALL TODAY TO INQUIRE  
OR BOOK AN APPOINTMENT**

**SISKA: 250-455-6601**

**COOK'S FERRY: 250-458-  
2212**

Oral hygiene instruction.

Tooth brushing.

Flossing

Denture cleaning











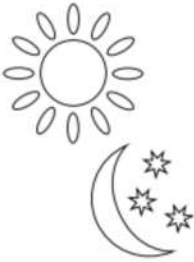






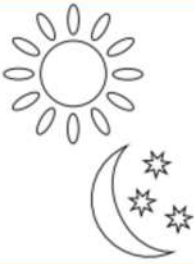



















First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Brushing Morning & Night

My name is \_\_\_\_\_ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						



# You may have been affected please go to <http://lookup.fnha.ca/>






First Nations Health Authority  
Health through wellness

## FNHA Cybersecurity Incident How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.

The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 Read Questions & Answers (Q&A) at <a href="http://www.fnha.ca/cyberincident">www.fnha.ca/cyberincident</a> .	 Check to see if you have been affected using the FNHA look-up tool: <a href="https://lookup.fnha.ca/">https://lookup.fnha.ca/</a>	 Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected
We understand that receiving a notice like this is distressing. The <a href="http://fnha.ca">fnha.ca</a> website also has information on how to access mental health and cultural supports. We will continuously update the Q&A based on questions and feedback.	To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit <a href="http://lookup.fnha.ca">lookup.fnha.ca</a> and follow the instructions on the page.	The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.

### If you need to speak to someone:

Please contact the dedicated FNHA Cyber Incident Support Centre, for further questions or support:



By Phone:  
1-844-723-6518



By Email:  
[cyberincident@fnha.ca](mailto:cyberincident@fnha.ca)

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.

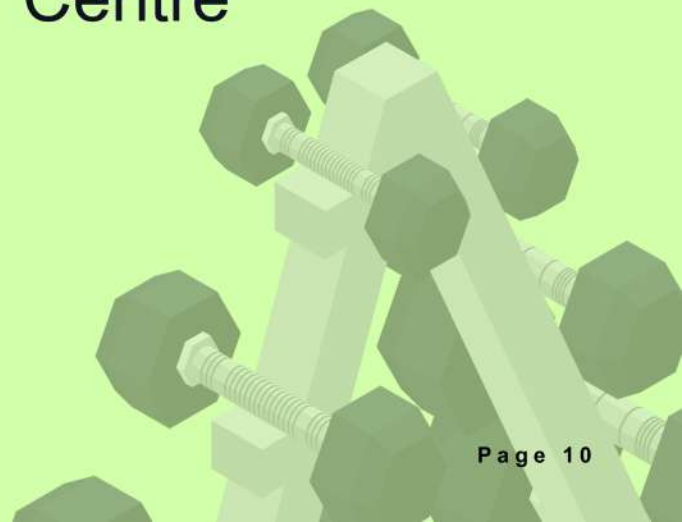
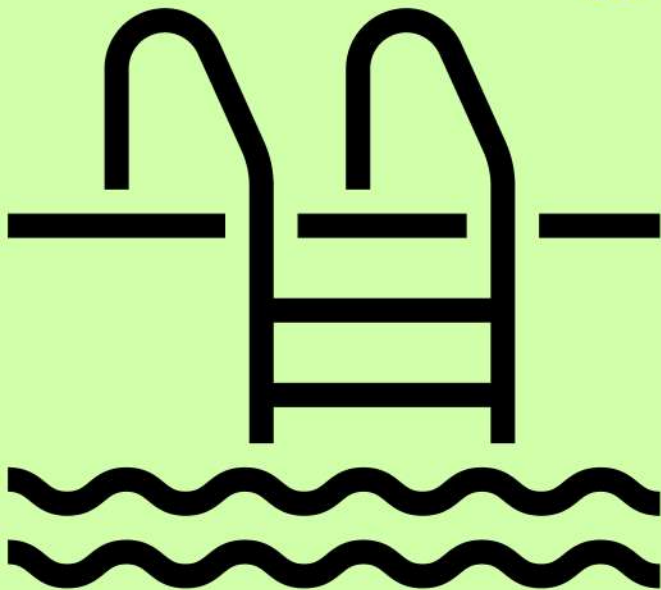
# FREE SWIMMING IN MERRITT

**For on and off reserve community  
members**

Free swims at the Nicola Valley Aquatic Centre.  
At your own time and need all year long!

Please call our offices  
to be added onto the  
Merritt Swimming pool list.

16+ also have free access  
to the gym at the Merritt Aquatic  
Centre







# **BOWLING IN BOSTON BAR**

*Heskw'en'scutxe is pleased to offer free bowling for all Siska & Cooks Ferry on reserve community members! Pilot project from now until March 31, 2025*

## **HOW TO REGISTER?**

**CALL OR EMAIL OUR OFFICES TO PUT YOUR NAMES ON THE LIST.**

**250.458.2212 OR 250.455.6601 OR  
ADMIN@HHSSBC.CA**

**CANYON LANES  
47585 TRANS-CANADA HWY,  
BOSTON BAR, BC V0K 1C0  
604 867.8800**





# Medications & Supplies are picked up every Tuesday in Kamloops

*Did you know?*

## Pharmacists can now prescribe medication for minor ailments and contraception!

**PHARMASAVE**  
**ABERDEEN**

**Kamloops**  
**PHARMACY**



- Acne
- Allergic Rhinitis
- Conjunctivitis
- Dermatitis
- Dysmenorrhea
- Fungal Infections
- Gastroesophageal Reflux Disease
- Headache
- Hemorrhoids
- Herpes Labialis
- Shingles
- Urinary Tract Infection
- Vaginal Candidiasis
- & More...



**JULIE FORD - BSc(Pharmacy), RPh, MBA**  
**Pharmacist Owner**

We bill direct to all extended health care plans for prescription medications. We also bill direct to the First Nations Health Authority (Plan W) for eligible over the counter products\* and medical equipment\*\*. Call or drop by the pharmacy to consult with one of our pharmacists for advice and treatment for the following common conditions like: Acne, Allergies, Athletes Foot, Constipation, Fever, Lice, Morning Sickness, Outer-Ear Infections, Pink Eye, Yeast Infections. Products could include Tylenol, Advil, cough and cold medication.

\*Must be enrolled with FNHA Health Benefits to access First Nations pharmacy benefits.

\*\*Must be enrolled with status number in Pacific BlueCross FNHA plan to access medical equipment.

Pharmasave Aberdeen is honoured to support the wellness of our First Nations Health Authority patients and caregivers

*Great Parking!*



[www.kamloopspharmacy.ca](http://www.kamloopspharmacy.ca) | 250-314-1177



# GIVEAWAY time!



## Free Tenas Overnight Women LG Day Men L-XL

Protective underwear to give away for anyone interested!

Please call or email our offices

250.458.2212 / 250.455.6601

[admin@hhssbc.ca](mailto:admin@hhssbc.ca)



December 2024





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](https://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](https://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](mailto: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](mailto:nakazdli.elders@outlook.com).

## Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org).

## Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or  
Email: [healthdirector@gitanmaax-health.ca](mailto:healthdirector@gitanmaax-health.ca).

## Gitanyow Human Services

provides health and cultural supports.  
Phone: 250-849-5288  
Email: [director@gitanyowhealth.ca](mailto: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](https://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](mailto:tbaskin@anspayaxwhealth.ca).

## Nuu Chah Nulth Tribal Council

provides health and cultural supports.  
Phone: 250-724-3939 or Email: [sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org).

## Okanagan Nation Alliance

provides health and cultural supports.  
Phone: 250-826-7844  
Email: [Wellness.Manager@syilx.org](mailto:Wellness.Manager@syilx.org).

## Sik-E-Dakh Health Society

provides health and cultural supports.  
Phone: 250-842-6876  
Email: [andrew@sikedakh.org](mailto: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](https://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>







# Mental Health & Substance Use Fact Sheet

## MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



### MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools \(CAMH\)](#) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your [local MHSU Centre](#), please contact the [Interior Crisis Line Network](#) (24 hours) at [1-888-353-2273](tel:1-888-353-2273) for immediate assistance.

Click on the links below to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention	App Directories
<a href="#">Lifeguard Digital Health Harm Reduction App</a>	<a href="#">Digital COVID-19 and Mental Health Resource List</a> <a href="#">Centre for Addiction and Mental Health (CAMH)</a>
<a href="#">Be Safe Digital Safety Planner App</a>	<a href="#">Best Apps to Stop Drinking Alcohol</a> <a href="#">Medicine News Today</a>
<a href="#">National Overdose Response Service Overdose Prevention Hotline</a>	<a href="#">Addiction and Mental Health Mobile App Directory (2019)</a> <a href="#">Alberta Health Services</a>
Virtual Treatment	<a href="#">Mobile Tools to Promote Mental Wellness</a> <a href="#">Alberta Health Services</a>
<a href="#">Wellness Together Canada</a> <a href="#">Government of Canada/Kids Help Phone</a>	<a href="#">Healthy Living Apps &amp; Tools (Foundry)</a> <a href="#">Active Living</a> <a href="#">Healthy Eating</a> <a href="#">Mindfulness</a> <a href="#">Sleep Relationships</a> <a href="#">Sexual Wellness</a> <a href="#">Technology &amp; You</a>
<a href="#">eHealth &amp; Virtual Health</a> <a href="#">First Nations Health Authority</a>	<a href="#">Substance Use Apps &amp; Tools (Foundry)</a> <a href="#">Alcohol</a> <a href="#">Cannabis</a> <a href="#">Opioids</a> <a href="#">Vaping &amp; Tobacco</a>
<a href="#">Kelty's Key Free Self Help Courses</a> <a href="#">Vancouver Coastal Health</a>	<a href="#">Mental Health Apps &amp; Tools (Foundry)</a> <a href="#">Anxiety</a> <a href="#">Stress</a> <a href="#">Psychosis</a> <a href="#">Depression</a> <a href="#">Body Image &amp; Eating</a>
<a href="#">Bounce Back</a> <a href="#">Canadian Mental Health Association (CMHA)</a>	<a href="#">Tough Topics (Foundry)</a> <a href="#">Bullying</a> <a href="#">Loss &amp; Grief</a> <a href="#">Violence &amp; Abuse</a> <a href="#">Self-Injury</a>
<a href="#">Foundry Virtual Health</a> <a href="#">Virtual Drop-in sessions for ages 12-24</a>	<a href="#">Help Lines Fact Sheet</a> <a href="#">Directory of Provincial Help Lines</a>

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



Substance Use Services | Mental Health & Substance Use Network

Developed by: Substance Use Resources Working Group | Approved by: Substance Use Services Manager

Developed: 31/03/21 | Revised: 03/09/21





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## MENTAL HEALTH SUPPORTS AVAILABLE AT HESKW'EN'SCUTXE

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Both counsellors are affiliated with FNHA and offer free counselling.



Yolanda is a registered clinician providing mental health counselling support. Yolanda has been a Lytton resident for 17 years. She received a Master of Social Work from UBC and has additional training and experience in navigating the impact of trauma, IRS and intergenerational challenges, personal growth, relationships, parenting, conflict resolution. Yolanda practices techniques from cognitive behavioral therapy, solution focused therapy to personal and strength based approaches.

Please reach out to  
[yjhall@telus.net](mailto:yjhall@telus.net) 778-554-2332



Ricardo is a master clinical counsellor, supervisor, and EMDR therapist who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton, and other surrounding rural areas. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He lived and understood the effects of colonization in his native country.

Please reach out to  
[dickiepickering@gmail.com](mailto:dickiepickering@gmail.com)  
(250) 842-8552

# WINTER HOME SAFETY TIPS FOR SENIORS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.



# HOW TO BUILD A CLASSIC WINTER WARDROBE CAPSULE

Warm Layers for Winter Without the Bulk

## ~ TOPS ~



tank top

+



base layer  
long-sleeves

+



wool blend  
sweaters

+



thin vest

+



down jacket

## ~ BOTTOMS ~



thin wool  
blend socks

+



base layer  
leggings

+



jeans with  
stretch

+

lined boots  
or shoes



## ~ ACCESSORIES ~



lined  
beanie



scarf



thin  
gloves



# GET READY FOR WINTER

TAKING A FEW BASIC STEPS NOW CAN HELP YOU PREPARE YOUR HOME FOR WINTER, KEEPING YOU AND YOUR FAMILY SAFE

## ROOF & GUTTERS

Check for loose shingles and flashing.  
Clean out gutters and downspouts

## TREE BRANCHES

Check tree branches and trim those close to the house or power lines

## THERMOSTAT

Make sure you keep your house heated to at least 60 degrees, even when you're not home. Consider installing programmable thermostats to regulate temperature

## WINDOWS & DOORS

Check weatherstripping, patch or caulk as needed. Consider thick drapes to help keep heat inside



## FURNACE

Clean or replace your filter every 4-6 weeks. Check all fireplaces, chimneys and flues

## PIPES

If the temperature drops below 20 degrees, let water trickle in all faucets

## HOSES & FAUCETS

Disconnect hoses and store inside. Locate the main water shut-off valve and know how to use it. Wrap outside pipes and spigots

## SAFETY

Check smoke and carbon monoxide detectors and replace batteries as needed. Keep a fire extinguisher handy and ensure everyone knows how to use it. If you leave for the holidays, have a neighbor check on your home daily

## EMERGENCY KIT

Prepare an emergency kit: candles, matches, phone list, bottled water, non-perishable food, blankets, first-aid kit, pet supplies, etc



# Winter Car Safety Checklist



- First aid kit
- Water and snacks
- Blanket
- Thick socks
- Extra gloves
- Flashlight
- Matches
- Jumper cables
- Salt or kitty litter
- Cell phone charger
- Snow boots
- Emergency flare
- Tow chain or rope
- Empty backpack



# MEDICAL TRANSPORTATION GUIDELINES



- Medical travel should be booked five (5) days in advance.  
*(We understand last minute bookings may occur but cannot guarantee a driver will be available).*
- Appointments should be booked between 10:00 am and 2:00 pm when travelling out of town.
- Shared medical travels can happen and we will inform you ahead of time.
- A gentle reminder to always be kind and respectful towards all Heskw'en'scutxe employees.

**Please call our offices to book a medical drive**

**Cooks Ferry: 250.458.2212**

**Siska: 250.455.6601**



# MEDICAL TRANSPORTATION UPDATES

Did you know that when your medical drive/ appointment is 6+ hours, that you can claim the day per diem (lunch) on the HHSS medical travel form? Remember **to check** the box to receive the per diem. Good news, it is going up from \$17.00 to \$35.50 per person from ages 5+ starting in December!

Fee Schedule for Meal Rates		
Rate type	Previous rate	Updated rate <i>effective December 2, 2024</i>
Daily rate for same-day trips lasting more than six hours.	\$17.00 per person	\$35.50 per person (5+ years)
		\$17.00 per person (under 5 years)
Nightly rate for trips up to six nights duration.	\$68.00 per night per person (5+ years)	\$70.50 per night per person (5+ years)
	\$29.00 per night per person (under 5 years)	\$30.00 per night per person (under 5 years)
Weekly rate for overnight trips of seven nights or more.	\$283.00 per week per Client	\$283.00 per week per Client
	\$425.00 per week per Client and approved escort*	\$425.00 per week per Client and approved escort*



Please visit [our website](#), [Benefits News webpage](#) and [MT Landing page](#) for more information.

det... site



# MEDICAL TRANSPORTATION UPDATES - UPDATED FORM



## Hesk'w'en'scutxe Health Services Society *Medical Transportation Form*

2025

**Client Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Phone Number:**                 

**DOB**             

Day                      Month                      Year

**Status Number**

**Departure Date**          

Day                      Month                      Year

**Return Date**          

Day                      Month                      Year

**Departing Location:** CFIB  SIB  ANTKO     **Destination Location:** \_\_\_\_\_

**Requires Driver? (Circle) YES / NO**    HHSS: \_\_\_\_ Other: \_\_\_\_    **Name of Driver:** \_\_\_\_\_

**Driver Mailing Address:** \_\_\_\_\_

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

**Doctor Authorization Required for "Escort" - Provided (Circle) YES / NO**

**Reason for Escort:** (check one)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 1) Not Required               | <input type="checkbox"/> 4) Legal Consent Required  | <input type="checkbox"/> 7) Minor Child  |
| <input type="checkbox"/> 2) Care Instructions Required | <input type="checkbox"/> 5) Medically Incapacitated | <input type="checkbox"/> 8) Client is 65+ (no documentation is needed for escort in this case) |
| <input type="checkbox"/> 3) Language Barrier           | <input type="checkbox"/> 6) Person with Disability  |  |

**Method of Travel:** (check one)

- Private Transportation     HHSS Vehicle     Bus     Other: \_\_\_\_\_

**Check: Medical Trip 6 + hours:**  Diabetic  Hospital Parking Receipt (for short term medical appts)

**Referred By:** \_\_\_\_\_  
*(Please attach note/letter of referral)*

**Health Purpose:** \_\_\_\_\_ Surgery  or circle  
*(Procedure or medical specialty)*

Dentist    Cardiology    Dialysis    Mental Health    Obstetrics    Oncology    Optician    Orthodontics    X-rays    Ultrasound  
Lab/Pathology    Podiatry    Gerontology    Gynecology    Urology    Gastroenterologist    Internal Medicine    Infectious Disease  
Radiation    Pediatrics    Prenatal Confinement    Rheumatology    Traditional Healer    Withdraw Management    Diagnostic Testing

**CONFIRMATION OF ATTENDANCE    MEDICAL OFFICE STAMP OR DOCTOR/RECEPTIONIST INITIALS**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

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

**I confirm this form is complete and accurate. Client Signature:** \_\_\_\_\_

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



FNHA does not cover Medical Travel for clients attending appointments to see their family physician (unless client is mentally disabled); Medical Travel is provided ONLY to those clients that have been referred to a specialist by their family physician.

Circumstances NOT covered:

- To pick up prescriptions
- If it is not the nearest appropriate facility
- Or to return home in cases of an illness while away from home on personal or business reasons.
- The medical services are available/ regularly made available locally.
- The client discharges themselves and returns home (few exceptions),

The appointments/treatment NOT covered under the Medical Transportation benefits are:

- Special camps
- Chiropractors (unless MSP approved)
- Psychologists
- Dental/Orthodontics
- Non-surgical podiatry
- Weight loss clinics or screening programs
- Speech assessment and therapy
- Massage Therapy, and Naturopathy
- Physiotherapists (unless medically referred by physician)
- Appointments while outside of Canada
- A third party requested medical examination.

**Check Request – to be completed by HHSS Administration ONLY**

Code Acct: 5301-4000 \_\_\_\_\_

Travel Receipts attached or Mileage \_\_\_\_\_ X \$0.29 = Transportation Cost: \$ \_\_\_\_\_

For overnight trips only

Accommodations (can only be arranged by HHSS) \_\_\_\_\_ # of days @ \$ \_\_\_\_\_ /day = \$ \_\_\_\_\_

Private Accommodations:  Weekly rate \$350 OR \_\_\_\_\_ # of days X \$50 /day = \$ \_\_\_\_\_

Daily rate Meal: (Same day 6+ hour trip) \$35.50 X \_\_\_\_\_ (w/ escort)  Diabetic Client = \$ \_\_\_\_\_

Daily rate Meal: (Same day 6+ hour trip) \$17.00 X \_\_\_\_\_ (0-4 yrs) = \$ \_\_\_\_\_

Weekly rate (7 nights+) \$283 per week per client = \$ \_\_\_\_\_

Weekly rate (7 nights+) \$425 per week per client with approved escort\* = \$ \_\_\_\_\_

Nightly Rate # of days (up/ 6 nights) \_\_\_\_\_ X \$70.50 Adult/Child (5 yrs +) \$30 (0-4 yrs) = \$ \_\_\_\_\_

The rate of \$425 p/week is an inclusive rate for the Client & escort and applies only when the Client is an outpatient. An approved escort supporting a Client in the hospital will continue to access the weekly meal rate of \$283 p/week.

Any stay over 5 nights must be pre-approved by FNHA (fill Exception Benefit Form)

TOTAL COST: \$ \_\_\_\_\_

Certified by: \_\_\_\_\_ Date: \_\_\_\_\_

Health Managers Approval: \_\_\_\_\_ Date: \_\_\_\_\_

- Hearing tests (unless medically referred by physician)
- Where third party liability (such as ICBC) is involved
- Court-ordered treatment/assessment, or as condition of parole
- Client-initiated appointments for a second opinion

**Medical Transportation Benefit Guidelines** from the First Nations Health Authority (FNHA), Regional Director.

The FNHA, governs the Patient Travel rules and conditions we implement in compliance with the Heskwen'scutxe Contribution Agreement. Following is a summary of the Medical Transportation guidelines as outlined in the Agreement:

- ✓ The objective is to provide all status Natives (regardless of their band affiliation) living on reserve at either Cook's Ferry or Siska locations with medical transportation benefits.
- ✓ Heskwen'scutxe must pre-authorize eligibility of applicants, use of an escort, and use of a private vehicle, unless in urgent circumstances and depending on the given situation, costs may be reimbursed if approved. Also, the health services required and covered by NIHB must be booked at the nearest appropriate facility to the clients.
- ✓ The most economical means of transportation is to be used, considering the urgency of the situation, and the medical condition of the client. When more than one client is traveling in the same location, maximum space in vehicles shall be used and the rate charged must be for one trip since individual charges for additional clients aren't permitted.
- ✓ Extended travel status for the use of an escort is permitted only in the circumstances such that the client has a disability which requires help with daily activities, or is medically unfit, or declared mentally incompetent by a court of jurisdiction, or to accompany a minor, or legal consent by a parent or guardian is needed, or when a language barrier prevents access to medically required services, or instructions.
- ✓ You may appeal if you feel your refusal is unjust. If you are unsure as to whether you can be covered for Patient Travel Please feel free to call or drop by the office and inquire.

**Travel Rates** Private Mileage Rate: \$0.25 cents per kilometer / \$0.29\* cents per kilometer. (\*Until March 31, 2025)

**Accommodation:** Hotel - HHSS is responsible for arranging accommodation for stays of five days or less. Approval from the regional office is required for anticipated stays of more than five days, upon approval, Heskwen'scutxe Health will make the arrangements in the usual way.

**Private Accommodation:** In order to encourage the use of family support systems, the rate for private accommodation is \$50/day (max. of \$350/week). Prior approval is required for stays of more than 30 days. **\*\*NOTE\*\*** taxi fees will NOT be paid as the rate of \$50 is inclusive of ground transportation to the hospital, etc.

**Meal Rates:** Daily Rate Meal + 6 hours Adults /children 5+ - \$35.50 per day / Children (1yr – 4yr) - \$17  
 One to six nights/days: Adults /children 5+ - \$70.50 per day / Children (1yr – 4yr) - \$30  
 Seven nights/days or more (Weekly Rate) Adults - \$283 per week - \$425 per week per Client and approved escort  
 Any stay over 5 nights must be pre-approved by FNHA (fill Exception Benefit Form)

The number of overnight stays equals the number of days of meals allowance to be paid. No receipts are required for this meal allowance.

Heskwen'scutxe collects the details of each patient trip to submit them to the FNHA Program Services Officer each month.

# Merritt Regional Transit System



## Antko Community: Request a Bus Ride!

### 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**





# Tires and Rims for sale!

Please call the office for more information.

Sizes are around 17-18





## 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](#)  
[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

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](http://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  
Merritt (250) 378-3238

### Interior Health

[MyHealthPortal](#)



### Public Health

Lytton FNHA (250) 455-2715  
Lillooet (250) 256-1314  
Ashcroft (250) 453-1940  
Merritt (250) 378-3400

### 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





## ***Fried Snowshoe Hare***

1/3 Cup all-purpose flour  
 1/2 teaspoon salt  
 1/8 teaspoon black pepper  
 1/8 teaspoon cayenne pepper (optional)  
 1 wild snowshoe hare

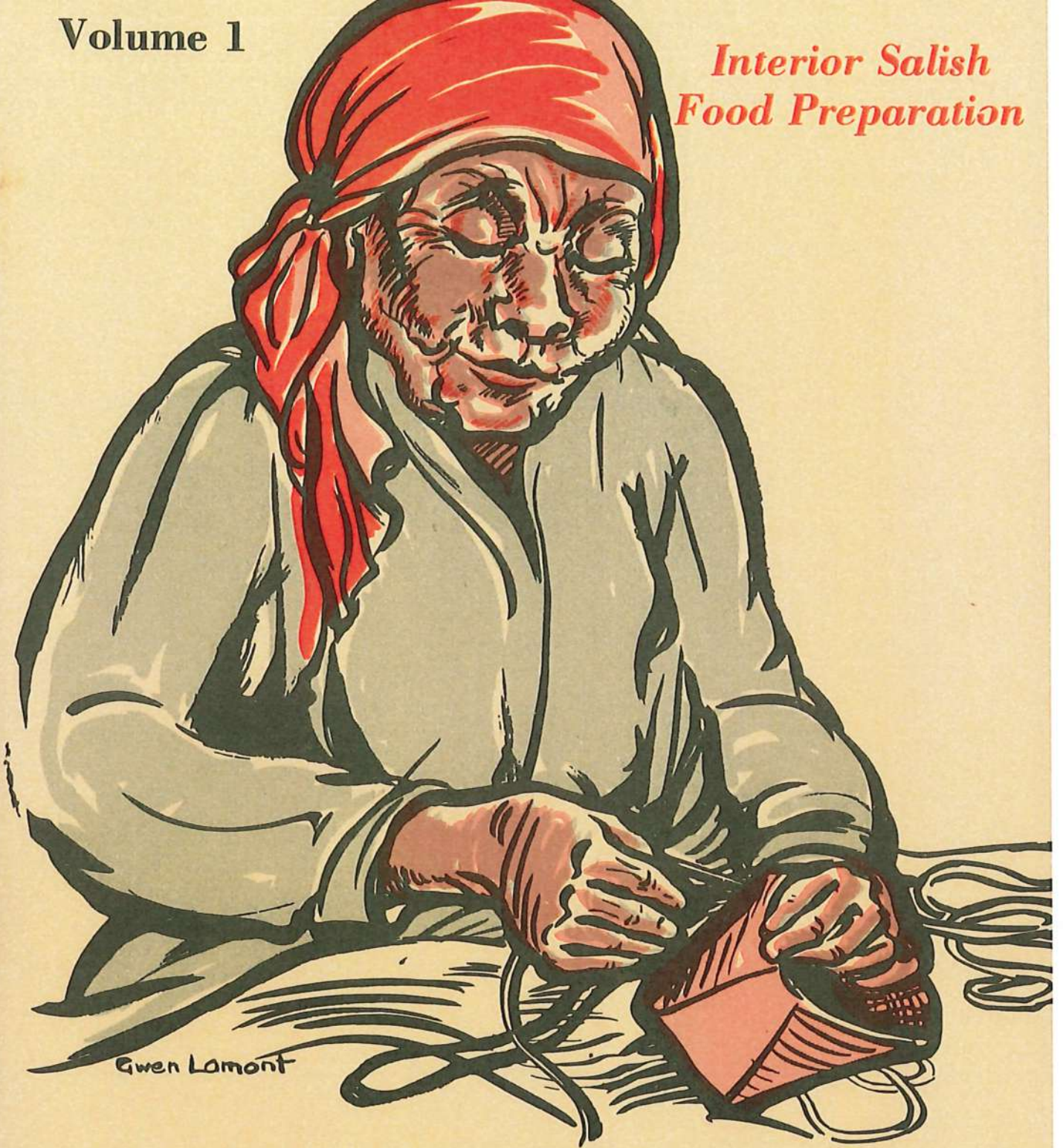
Vegetable oil  
 3 tablespoons all purpose flour  
 1 1/2 cups milk or chicken broth  
 Salt and pepper

Kitchen Bouquet Browning & Seasoning Sauce (optional)

Mix together 1/3 cups flour, salt, black pepper and cayenne pepper. Add snowshoe hare pieces. In large skillet, heat 1/4 inch oil for the snowshoe hare, over medium-high heat until hot. Add coated meat; brown on all sides. Reduce heat; cover tightly. Cook over very low heat until tender, 20-25 minutes turning pieces once. Remove cover; cook 5 minutes longer to crisp. Transfer meat to plate lined with paper towels. Set aside and keep warm.

Discard all but 3 tablespoons oil. Over medium heat, stir flour into reserved oil. Blend in milk. Cook over medium heat, stirring constantly until thickened and bubbly. Add salt and pepper to taste. Add bouquet sauce if darker color is desired. Serve gravy with meat.





Gwen Lamont

# *LAK-LA HAI-EE*

*Shuswap Indian meaning "to tell"*

*Presented by Ursula Surtees*

*Illustrated by Gwen Lamont*





***LAK-LA  
HAI-EE***

**Volume 1**

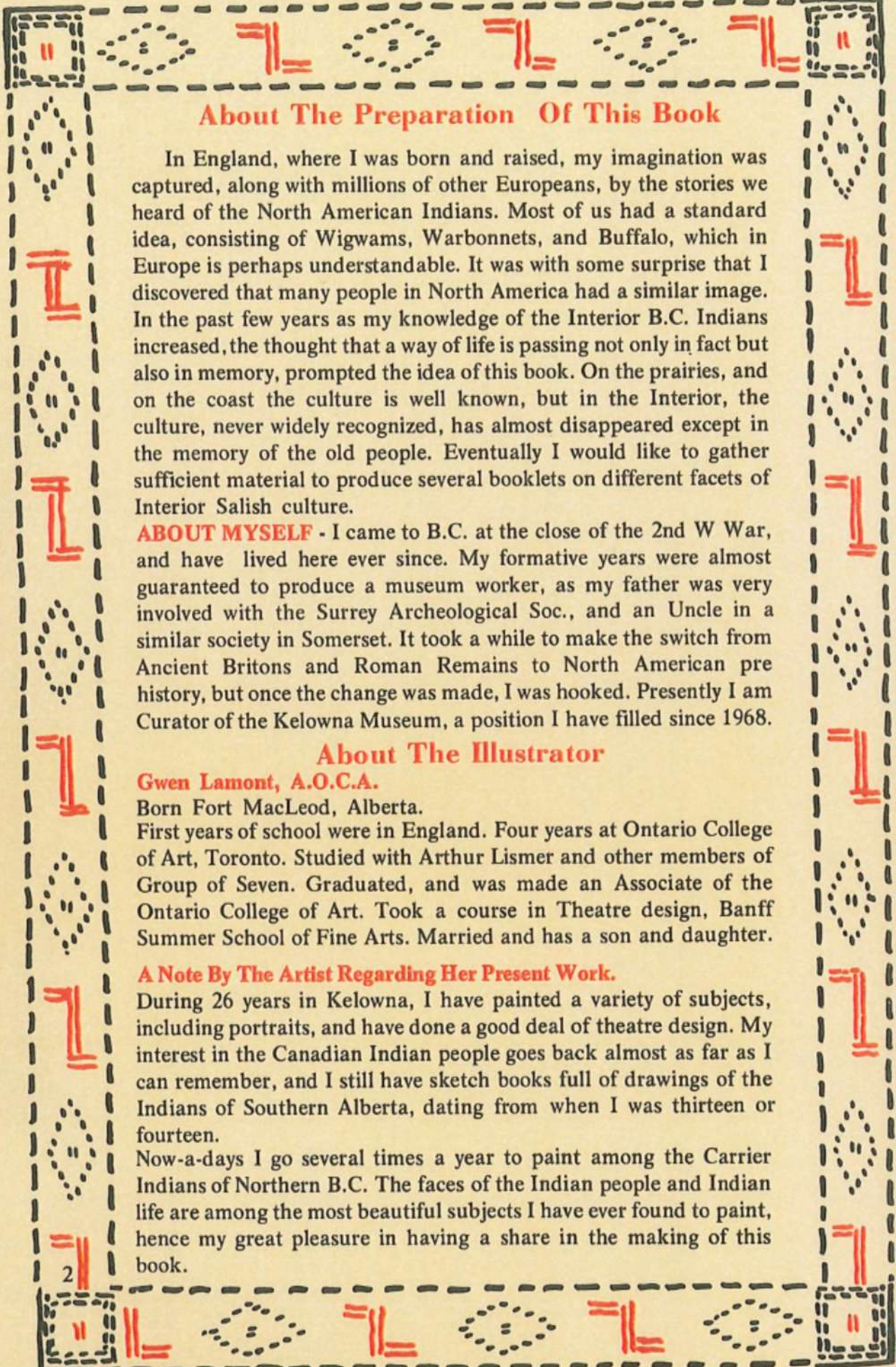
***Interior Salish  
Food Preparation***

Published by - Lamont-Surtees

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## About The Preparation Of This Book

In England, where I was born and raised, my imagination was captured, along with millions of other Europeans, by the stories we heard of the North American Indians. Most of us had a standard idea, consisting of Wigwams, Warbonnets, and Buffalo, which in Europe is perhaps understandable. It was with some surprise that I discovered that many people in North America had a similar image. In the past few years as my knowledge of the Interior B.C. Indians increased, the thought that a way of life is passing not only in fact but also in memory, prompted the idea of this book. On the prairies, and on the coast the culture is well known, but in the Interior, the culture, never widely recognized, has almost disappeared except in the memory of the old people. Eventually I would like to gather sufficient material to produce several booklets on different facets of Interior Salish culture.

**ABOUT MYSELF** - I came to B.C. at the close of the 2nd W War, and have lived here ever since. My formative years were almost guaranteed to produce a museum worker, as my father was very involved with the Surrey Archeological Soc., and an Uncle in a similar society in Somerset. It took a while to make the switch from Ancient Britons and Roman Remains to North American pre history, but once the change was made, I was hooked. Presently I am Curator of the Kelowna Museum, a position I have filled since 1968.

### About The Illustrator

**Gwen Lamont, A.O.C.A.**

Born Fort MacLeod, Alberta.

First years of school were in England. Four years at Ontario College of Art, Toronto. Studied with Arthur Lismer and other members of Group of Seven. Graduated, and was made an Associate of the Ontario College of Art. Took a course in Theatre design, Banff Summer School of Fine Arts. Married and has a son and daughter.

#### **A Note By The Artist Regarding Her Present Work.**

During 26 years in Kelowna, I have painted a variety of subjects, including portraits, and have done a good deal of theatre design. My interest in the Canadian Indian people goes back almost as far as I can remember, and I still have sketch books full of drawings of the Indians of Southern Alberta, dating from when I was thirteen or fourteen.

Now-a-days I go several times a year to paint among the Carrier Indians of Northern B.C. The faces of the Indian people and Indian life are among the most beautiful subjects I have ever found to paint, hence my great pleasure in having a share in the making of this book.





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### Frontispiece - Christine Allen

5. Saskatoon
6. Strawberry
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8. Raspberry
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10. Choke Cherry
11. Mary Thomas
12. Teresa Purdaby
13. Yellow Lily
14. Bitter Root
15. Sunflower
16. Tiger Lily
17. Spring Beauty
18. Chocolate Lily

Back Inside Cover.





**Christine Allen**



A stylized illustration of a Native American woman with long black hair, wearing a white tunic with a black shawl. She is holding a branch of a Saskatoon bush with clusters of dark berries in her right hand and a woven basket filled with berries in her left. The basket is suspended from her waist by a strap. The artist's signature 'Gwen Lamont' is visible at the bottom of the illustration.

# Saskatoon

Indian SPAAK-PHAK      Latin AMELANCHIER

Saskatoon, is the first of the fruit to ripen, and was very important. We gathered it in late June and early July. We used birch bark baskets to pick into. These baskets had little loops on one side so that we could carry them in front of us by passing a thong through the loops and tying the thong around the waist. This left both hands free for picking.

Saskatoons could be used in many ways. They could be boiled together with salmon eggs and Bitter Root. Most of the berries were dried. They were spread out on rush mats to dry in the sun, then they were stored away in baskets. My mother had a special way of fixing Saskatoons. She boiled them till they were soft and pulpy. Then she put little dumplings into it. These were really good and filling. The juice she thickened with flour, like you do gravy. It was one of our favourite ways to eat Saskatoons.



# DOG TRAVELS TO THE SUN

*Told by Mabel Joe*

*Translated by Dorothy Ursaki*

*pg 89-84*

*(Our Tellings Interior Salish Stories of the Nlha7kapmx People)*

THIS STORY tells of a couple - a man and woman.

The wife said, 'I am going to have four children - one with a sun imprinted on its forehead, another with a star, another with a moon, and the fourth with lightening. I'm going to light up their foreheads.' Time went by and the woman became pregnant.

It was time for the woman to give birth - she was in labour. So her husband called in an old woman from next door to be the midwife. The child was born, and the midwife opened a piece of flooring, threw the child into the hole, and picked up a cat in its place. The midwife threw the cat to the woman and said to her, 'Here is your baby!'

The woman looked at the cat and said, 'I wanted a child, not a cat!' Anyway, the woman kept the cat as her offspring.

The woman's husband came home from work and said, 'Where is my child?' The midwife said to him, 'There is your child!'

The couple kept their cat child. And again the woman was pregnant, and when she was in labor they again called their neighbour, the midwife, to attend to her. The husband was away at work again when the child was born. The midwife threw the newborn down into the opening in the floor. That's the second child the midwife threw down under the floor. This time she threw a frog to the woman and told her, 'Here is your newborn!'

The woman said, 'I'm having offspring that I had never planned on having - not one is human - both are animals!' The woman took care of her cat and frog offspring.

The husband came and said. 'Where is my child?' They handed him a frog. They brought up their cat and frog offspring.

Again the woman was pregnant, and when she was in labour the midwife was called in to attend to her. The offspring was born and the midwife again threw the child down into the opening in the floor. So when the woman asked to see her



newborn child, the midwife threw a pup to her, saying, 'Here's your newborn!' The woman was again saddened, saying, 'All my offspring are not human! I wonder what my husband is going to say to me when he arrives!' The father came home and asked for his newborn child. His wife said, 'Here's your offspring!' He said, 'Let me look at it.' He saw it was a pup and he was saddened, but he took it in good faith. The midwife had gone home. Anyway, the couple took care of the pup - brought it up.

Later on the woman got pregnant again - that would be her fourth pregnancy. Again when the baby was due, the midwife was called in by the husband to assist his wife. Again a child was born. The midwife threw the newborn child under the floor and handed the woman a tiny snake instead of her child. The snake was a very small newborn. The man came home from work and asked, 'Where is my child?' They said to him, 'Here is your child!' The man was saddened when he saw the snake. The man picked up his wife and threw her into the pigsty with the pigs. The midwife, who was jealous of the child-bearing woman, had a young daughter of her own. She wanted the child-bearing woman's husband to marry her daughter. That's why she did this - exchanging the children for animals. So the midwife's daughter took the man for her husband, and the child-bearing woman was now in the pigsty with the pigs. She ate the food the pigs were fed. She led a miserable life in the pigsty, while the midwife's daughter lived happily with her new husband. The daughter had a large dog. Now every time the daughter and her mother hung the laundry on the clothesline to dry, the clothes would disappear. Dog would come along and just take the laundry away and hide it - he was very powerful. The daughter would get after Dog over the clothes disappearing from the clothesline. The babies that were all thrown under the flooring had died, but Dog brought them up, so they now lived.

Dog said, 'I am going to see Sun because he is powerful.' Before he left, he saw that the children were alright under the house.

Dog left, looking for some medicine on his way to Sun. Dog, on his way to Sun, passed a dying tree beside his trail. Tree was just about dried up, and it said to Dog, 'Where are you going?'

Dog said, 'I am going to look for some medicine.'

Tree said, 'Look for some medicine for me too. From wherever you find some, bring me some, so I can get better. You can see I am in poor shape - I am drying up.'

Dog said, 'Oh, alright,' and went on his way.

Dog on his way, saw a lake that had dried up. Lake asked Dog, 'Where are you going?'

Dog answered, 'I am going to Sun - I am looking for some medicine.'

Lake said, 'So you are looking for medicine. I am needing medicine too - as you can see, I have dried up.'

Dog said, 'Alright,' and went on his way.

On his way, Dog saw a cottonwood tree. Cottonwood Tree asked Dog, 'Where are you going?'

Dog answered, 'I am looking for some medicine.'

Cottonwood Tree said to Dog, 'Bring me some medicine too - as you can see, I am in poor shape.'

Dog went on his way and soon came across a bush. Bush asked him. 'Where are you going?'

Dog answered, 'I am going to Sun, looking for some medicine.'

Bush said to Dog, 'Oh, so you are looking for medicine. Well, bring me some medicine too.'

So Dog left there, on his way, and soon came across a creek that was dried up.

Creek asked Dog, 'Where are you going?'

Dog answered, 'I am going to Sun, looking for some medicine.'

Creek said to Dog, 'Oh, bring me some medicine too - as you can see, I am in poor condition - I am dried up.'

Dog said, 'Alright, I will bring you some medicine,' and he left the dried up creek.

Finally, he arrived at his intended place. On his journey, he told everyone he came across that he was looking for medicine. 'I'm looking for medicine,' he had said to them all. His intention was to administer medicine to the children he left behind.

Dog arrived at Sun's house. Sun was not home, but there was an elderly person there in his house. When Dog entered Sun's house, the elderly person said to him, 'Nobody ever enters this house, and yet you have entered it. This place is very powerful. Your friend is no home - he will kill you when he arrives. No body comes in here.'

Dog said, 'Oh, but i want to see Sun, my friend.'

The elderly person said, 'Nobody comes in here, but you can wait for him.'

So Dog waited until Sun came. Sun had set and had come home - that's why the sun comes home evenings. When Sun came home and saw Dog. He did not harm Dog, but said to him, 'Why did you come here? Nobody comes here.'

Dog answered, 'Yes, I came here because I have a problem. Four children are really hurt, that is why I am here looking for medicine - I have come to you looking for medicine. I am administer medicine to cure the four children so they will become healthy. These four children were beaten by an elderly woman. The children's poor mother has been put into a pigsty with the pig.'

Sun said to Dog, 'You are to go back to where the children are and you are to lick, with your tongue, their mouths - over and over. And then lick their whole bodies. I am not giving you any medicine. And put a band around their heads - you are to give the children a good cleaning.'

Dog replied, 'Alright, I will do that to the children.'

Sun said, 'Don't you forget what you have to do to the children to bring them back to life!'

Dog said, 'Alright, I'll do that'. And he said to Sun, 'On my way here to see you, I came across Tree, Lake, Cottonwood Tree, Bush and Creek, who also want medicine to make them better.'



Sun said, 'I am not giving you medicine for them - they sleep till noon. They sleep too long - that's why they are sick.'

Dog said, 'So you are not giving them medicine?'

Sun answered, 'No, I'm not giving them any medicine, but you tell them all that they are to wake up early in the morning before I rise - before I leave my house. Doing this, they will get better. Tree, Cottonwood Tree, Bush, Lake, and Creek will thrive. So Dog left Sun's house to go back home. On his way home he delivered Sun's message to Tree, Cottonwood Tree, Bush, Lake and Creek - if they would rise early in the mornings before Sun leaves his house each day they would get their health back. Tree, Cottonwood Tree, Bush, Lake, and Creek were all given this message from Sun.

Dog arrived back at his abode, where he had left the children, and with his tongue, he licked their four bodies, including their mouths, and the children all came alive. Dog put a band around their heads, and the children all grew.

There was a gathering of people and there were races going on. There were lots of people, and they sat outside watching the amusements.

The cloths were missing again from the clothesline - Dog had taken the clothes to put on the children.

The gathering of the people was still on, and in its midst was Dog. The man was happy to see Dog, and said. 'I am happy to see Dog. I have missed him for a long time - he has come.' Dog was also happy to see the man.

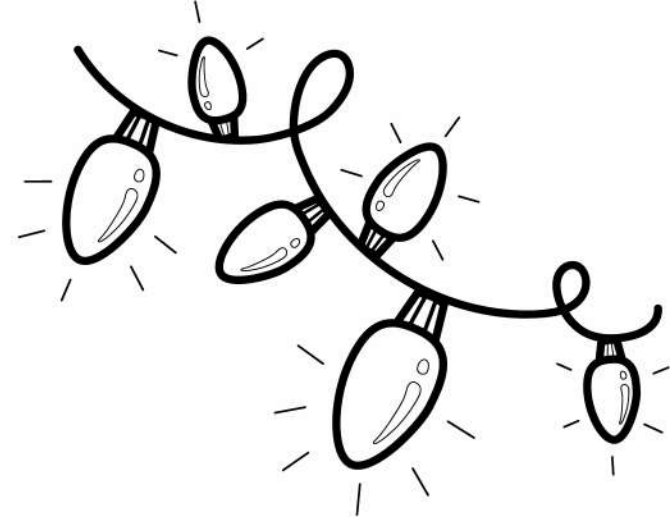
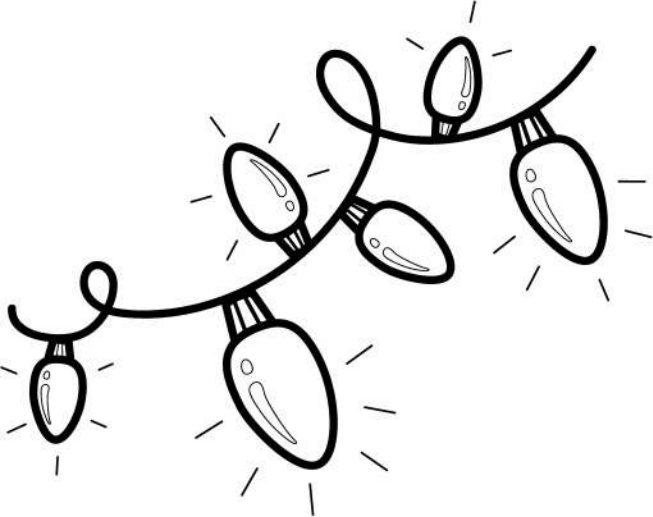
Dog left the man and, not long after, came back with the children. The children wore head bandages so it wouldn't be too bright for them. Dog went to his master [the man] with the four children standing close by. The man lifted the bandages off the first child's head and, lo and behold, there was a large star- it was very bright, and it shone all around. The man also lifted the head bandages off all the other children, and on their unbandaged heads they also had bright lights. The man was saddened.

He took Dog and the four children, with the midwife and the man's new wife sitting close by, The man stood up at the large gathering of people watching the amusements, some of whom were important people, and he said 'Go get my wife from the pigsty. She came from the pigsty and saw her children -Moon, Star, Sun and Lightening. She took them all.

Then the man took his second wife and her mother and put them both on wild horses. He hired someone to tie the woman securely onto the wild horses, who ran - wildly bucking.

The man was happy to have his four children, Dog, and his wife with him again. He took good care of them all to the end. I guess the old midwife and her daughter must have died.

This is what happens today - some elders get jealous of couples living happily together and they will do anything to foil their happiness. They want their children to take over that happiness - this is what happens in the world.







Limited  
1 per person

Limited Gingerbread  
houses



# GINGERBREAD HOUSE CONTEST

COME PICK UP A GINGERBREAD  
BOX ON DECEMBER 2ND AT CFIB

JUDGING TO TAKE PLACE AT THE  
CHRISTMAS PARTY ON DECEMBER  
15TH

There will be prizes for

- 1st Place
- 2nd Place
- 3rd Place



OPEN TO ALL CFIB MEMBERS  
Please pick up in person





# HOLIDAY CRAFT



**OPEN TO ALL CFIB MEMBERS**

**COME MAKE SOME CHRISTMAS  
CRAFTS, DECORATE COOKIES**



**December 17th 4pm-6pm**

**Cook's Ferry Gym**

**Please call the office to  
register**



**250-458-2224**





JOIN US FOR A

# Elders CHRISTMAS PARTY



LET'S CELEBRATE!

DOOR  
PRIZES!



19TH DECEMBER, 2024

11:00AM-3:00PM



COOK'S FERRY GYM

ANY QUESTIONS PLEASE CALL  
250-458-2224





# **Christmas DECORATING**

**We are seeking helpers on December 9th to come and help decorate the gym for the Christmas party on December 15th. Please come to the office by 9:30am to help**

**Call Jolene at the office for more information.  
250-458-2224**

**EVERYONE WELCOME!!!**





# HEALTHY GOALS, HAPPY LIFE: JOIN THE 2025 CHALLENGE CONTEST!

**Do you have a health goal for 2025?**

**Share your resolution for a chance to win exciting prizes  
and inspire others!**



## Contest Categories:

Physical, Mental, Community and Creative Health



## **Suggestions of healthy goals!**

### **1. Physical health:**

Walk 10, 000 steps daily or participate in a monthly fitness challenge

### **2.Mental health:**

Dedicate 10 minutes daily to meditation or journaling.

Start a gratitude practice, listing 3 things each day you're thankful for.

### **3.Community Health:**

Volunteer at the Band office or Health Clinic, help a neighbor

### **4.Creative Health Goals:**

Swap one hour of social media or TV with a hobby

## Prizes

**Five \$100 Canadian Tire gift  
cards per community.**



**Submit your entry by December 16, 2024 at  
[admin@hhssbc.ca](mailto:admin@hhssbc.ca)**

**Winners will receive their prizes by December 19**

**Submissions will be shared in the newsletter and social media**

