

HESKW'EN'SCUTXE

February 2025

Monthly Newsletter

Volume 2 Issue 12



CULTURAL TEACHINGS

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

*Grandfather and Grandson Work
for Gold and Silver
Told by Tom George
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, Heskwen'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."*

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STAFF DIRECTORY

BOARD OF DIRECTORS



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Cook's Ferry



Angela Phillips
Siska



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Siska



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Cook's Ferry



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Nadine Methot B.A.
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Cooks Ferry



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Medical Travel Clerk

Siska



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Newsletter Writer

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Nursing Assistant / HCA



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Jean Mckay
Medical Driver

Martha Van Dyke
Medical Driver



Dayton Arnett
Medical Driver



Kurtis Legare
Medical Driver



THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links to

ORAL HEALTH

<https://oralhealthbc.ca>

cda-adc.ca



February 2025



Services

Medication pick up Aberdeen
Pharmasave Kamloops Feb.
4th, 11th, 18th and 25th

Med pick up Lilloet
Pharmasave Feb. 6th, 13th,
20th and 27th

Massage with John (Cook's Ferry)
Feb. 12th and Feb. 26th

Massage with John (Siska)
Feb. 11th and 25th

Foot care with Suzanne (Cook's Ferry)
Feb. 25th

Footcare with Suzanne (Siska)
Feb. 26th

Shopping Day CF February 26

Shopping Day Siska February 28



Our Offices will be closed February
17 for Family Day





COHI UPDATE

Hello, Michelle Beattie, FNHA Dental Hygienist has been visiting both communities with dental clinics and also seeing all children signed up for COHI in the schools. By seeing the children every 3 months, Michelle can monitor their oral health and also make recommendations if the children need to see a dentist for cavities or any other oral concerns.

Michelle is happy to come to community and clean your teeth or answer any questions you may have about oral health. Please reach out to our offices to book an appointment. It is free!

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

COHI Christmas Deliveries



Everyone living in Siska and Cooks Ferry communities received an electric toothbrush, or a water pic or denture supplies and a tube of toothpaste. We reached out to all our community members asking what they would like to receive and we thank you for responding so quickly.

We hope you enjoy your gift and please do not hesitate to reach out to us if you have any questions on how to use these items. You will see below some "How to use" links for these specific products. You can also check our Facebook page where Michelle Beattie posted videos on how to use both products.

Sometimes, items can be defective, please reach out to us within the next 30 days if you have any issues for a return/exchange. (must be exchanged for the same product).

Water Pic

https://www.youtube.com/watch?v=0tJc_RnLMSE

Electric Toothbrush

<https://www.youtube.com/watch?v=sLLxBTgi4sc>



BC MANDATE FOR HEALTH CARE FACILITIES

AS PER THE MINISTRY OF
HEALTH, MEDICAL MASKS
WILL BE REQUIRED IN BC
HEALTH CARE SETTINGS
STAFF, CLIENTS AND
VISITORS ARE TO MASK UP
WHEN IN THE BUILDING!
EFFECTIVE IMMEDIATELY.

IF HAVE ANY QUESTIONS
PLEASE CALL HHSS AT
COOKS FERRY
250-458-2212
SISKA
250-455-6601



We thank you for filling out our health questionnaire before any visit at the office or medical drive.

Heskw'en'scutxe Health Services Pre-Visit / Pre-Medical Transportation Health Screening



**SCAN
THE QR CODE**



Heskw'en'scutxe Health Services Pre-Visit / Pre-Medical Transportation Health Screening

Please complete this form before coming to the clinic or attending a medical drive. This helps us protect the health and safety of all clients and staff.

Screen 1

**THESE ARE THE
QUESTIONS**

1. **Symptom Check:** Are you experiencing any of the following symptoms? *

- Fever (chills or cough, sore throat, runny or stuffy nose, headache, muscle or body aches, fatigue, nausea or vomiting, diarrhea, weakness of breath or difficulty breathing)
- If you answered "Yes" to any of the symptoms above, we recommend you stay home and rest until you feel better. If your symptoms persist or worsen, please contact your healthcare provider or reschedule your appointment.
- I am feeling fine with no symptoms, thank you, we will see you at your scheduled appointment.

2. I understand I need to wear a mask in the office and in HHS vehicles. *

- Yes

Stay Home If:

- You are feeling sick with any of the symptoms listed above.
- You are unable to comfortably wear a mask or follow our safety protocols.
- You are unsure whether you should come in due to your symptoms—please call us for guidance.



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



First Nations Health Authority
Let's move forward

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
 <p>Read Questions & Answers (Q&A) at www.fnha.ca/cyberincident.</p>	 <p>Check to see if you have been affected using the FNHA look-up tool: https://lookup.fnha.ca/</p>	 <p>Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected</p>
<p>We understand that receiving a notice like this is distressing. The fnha.ca 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.</p>	<p>To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit lookup.fnha.ca and follow the instructions on the page.</p>	<p>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.</p>

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

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



MY INTENTION IS TO PROVIDE A WIDE VARIETY OF NON-DISPENSING SERVICES TO THE COMMUNITY BOTH AS A CONSULTANT AND AS A CLINICIAN/PRESCRIBER.

CHRIS DRYER

INTRODUCING CHRISTOPHER DRYER INTERIOR HEALTH PHARMACIST

I WORK IN LYTTON ONE DAY PER WEEK, USUALLY FRIDAYS. A PATIENT MAY CALL THE PCN AT 250-455-2221 TO BOOK AN APPOINTMENT FOR IN-PERSON OR TELEPHONE CONSULTS.

SERVICES I CAN OFFER INCLUDE:

- DEVELOPMENT OF A PATIENT-CENTRED CARE PLAN BASED ON THE BEST EVIDENCE-BASED CARE.**
- IMMUNIZATIONS**
- TRAVEL MEDICINE PLANS**
- DE-PRESCRIBING**
- RENEWING PRESCRIPTIONS FOR CHRONIC CONDITIONS FOR UP TO 2 YEARS WITH A VALID PRESCRIPTION FROM A PHYSICIAN OR NP ON FILE.**
- MEDICATION REVIEWS; UNDERSTANDING AND MANAGING YOUR MEDICATIONS AND OTC MEDS.**
- PRESCRIBING FOR 21 MINOR CONDITIONS AND CONTRACEPTION.**
- INJECTIONS FOR THINGS LIKE VIT B12, MENTAL HEALTH MEDICATIONS, CONTRACEPTION MEDS, ETC.**
- DIABETIC TRAINING FOR BLOOD GLUCOSE MONITORS, INSULIN INJECTION, ETC.**





First Nations Health Authority
Health through wellness

Telehealth for Mental Health

What is Telehealth?

Telehealth is the use of virtual technology to deliver health care services. If you are unable to attend an appointment in person, the First Nations Health Authority can support you to receive mental health counselling through telehealth.

Counselling sessions delivered using telehealth can be done over the phone or using video conferencing (e.g. Zoom, Skype, FaceTime). The FNHA does not consider texting and emailing to be telehealth.

How Do I Set Up a Telehealth Appointment?



STEP 1

Contact your mental health provider to ask about a virtual counselling appointment. Discuss which telehealth option they prefer and which you feel most comfortable using.

As long as you are seeing a **mental health provider who is registered with Health Benefits**, all telehealth sessions are fully covered.



STEP 2

Prepare for your telehealth appointment:

- Have a fully charged device.
- Find a private space where you feel comfortable and won't be overheard.
- Use a headset or earbuds to avoid echoes and protect your privacy.



STEP 3

Follow any instructions from your provider about downloading or logging on to the video conferencing system.

It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Clients may need to pay for no-show appointments.



To find a registered mental health provider, visit fnha.ca/benefits or call 1.855.550.5454

A Happy Healthy Mouth

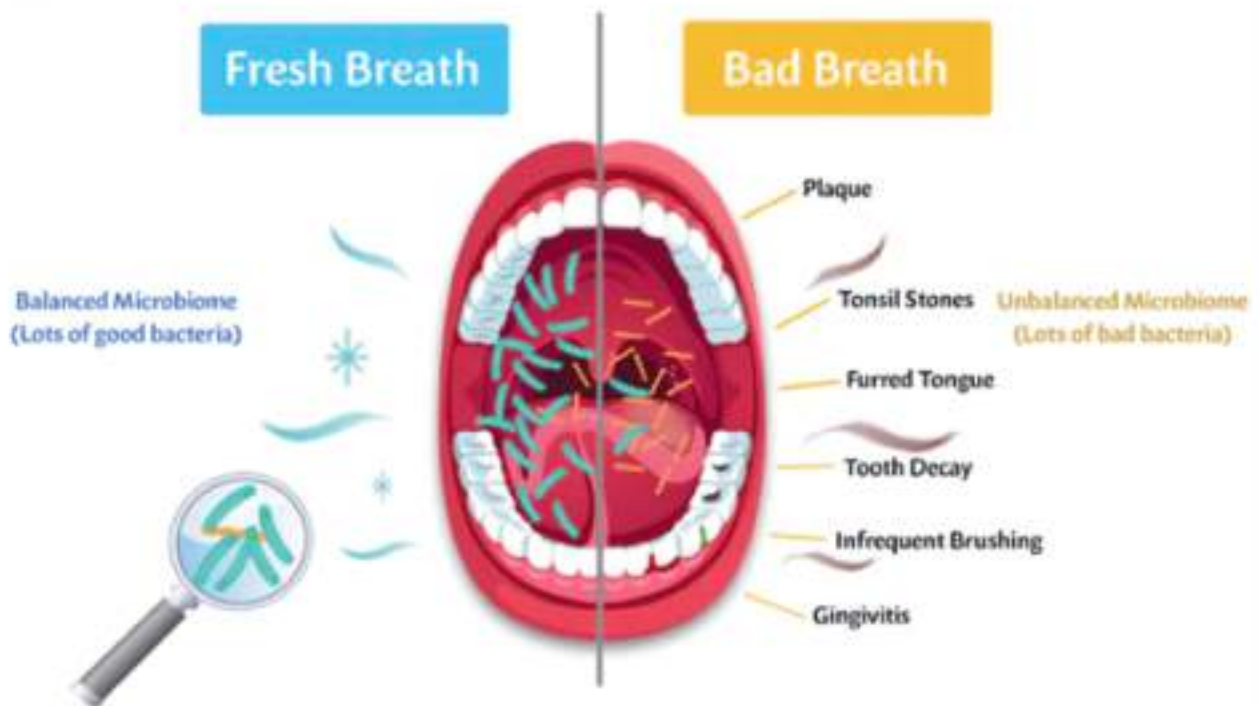
More of the **good**, less of the **bad**

What is the oral microbiome?

The micro-organisms (good and bad bacteria) living inside our oral cavity is known as the oral microbiome. Most of these bacteria are harmless and many are beneficial, helping to boost good oral hygiene and improve our health generally.

The microbial balance

When the balance is not right and we have too many bad bacteria, we can encounter dental issues such as bad breath, plaque build up and tooth decay. The more good bacteria we have in our oral cavity, the better our oral hygiene.



How do dental probiotics work?

Dental probiotics are good bacteria which help establish the balance we need for a healthy oral cavity. They crowd out and fight the bad bacteria to maintain a healthy mouth, teeth and gums.

How Luvbiotics works

The probiotics in the Luvbiotics range are known as Lactobacillus, specially selected for their proven dental benefits. They promote good bacteria, helping to prevent dental issues and maintain oral hygiene.

luvbiotics®

8 steps for brush your teeth



Wet your brush head. Add a small amount of toothpaste, about the size of a pea



Brush the outside surface of all the lower and upper teeth in circular motion



Brush the inner surface of all the lower and upper teeth



Brush the chewing surfaces of all the lower and upper teeth and back and forth motion



Brush your tongue to brush off any bacterial residue



Spit out any leftover toothpaste and rinse your mouth with water



Rinse your mouth with a mouthwash. Spit out the liquid



Congratulations! You are amazing!

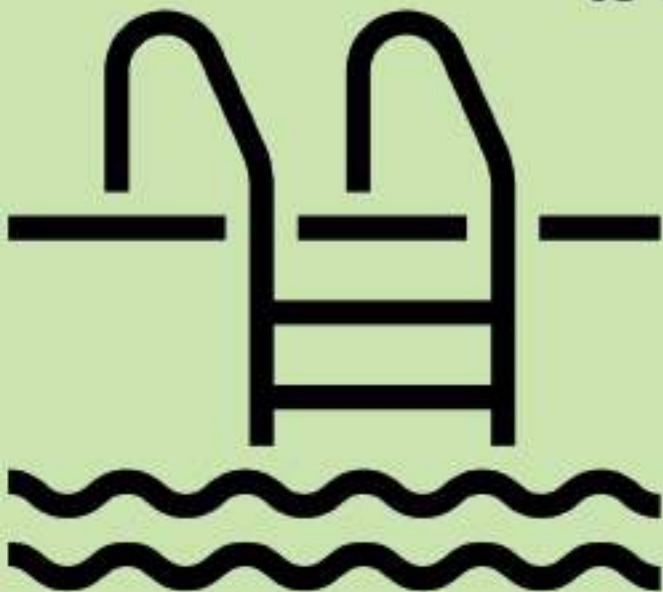
FREE SWIMMING IN MERRITT

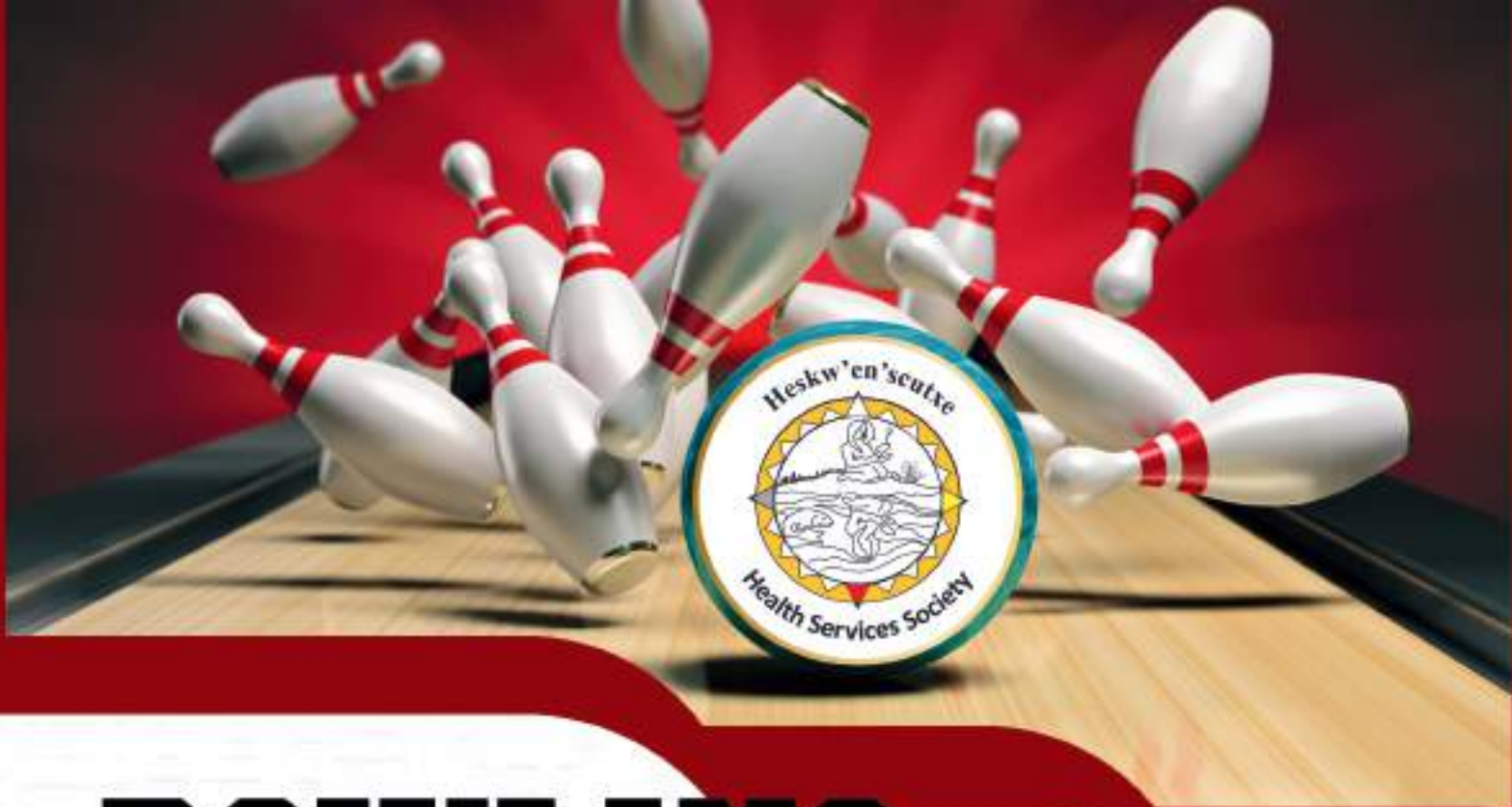
**For on and off reserve community
members**

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

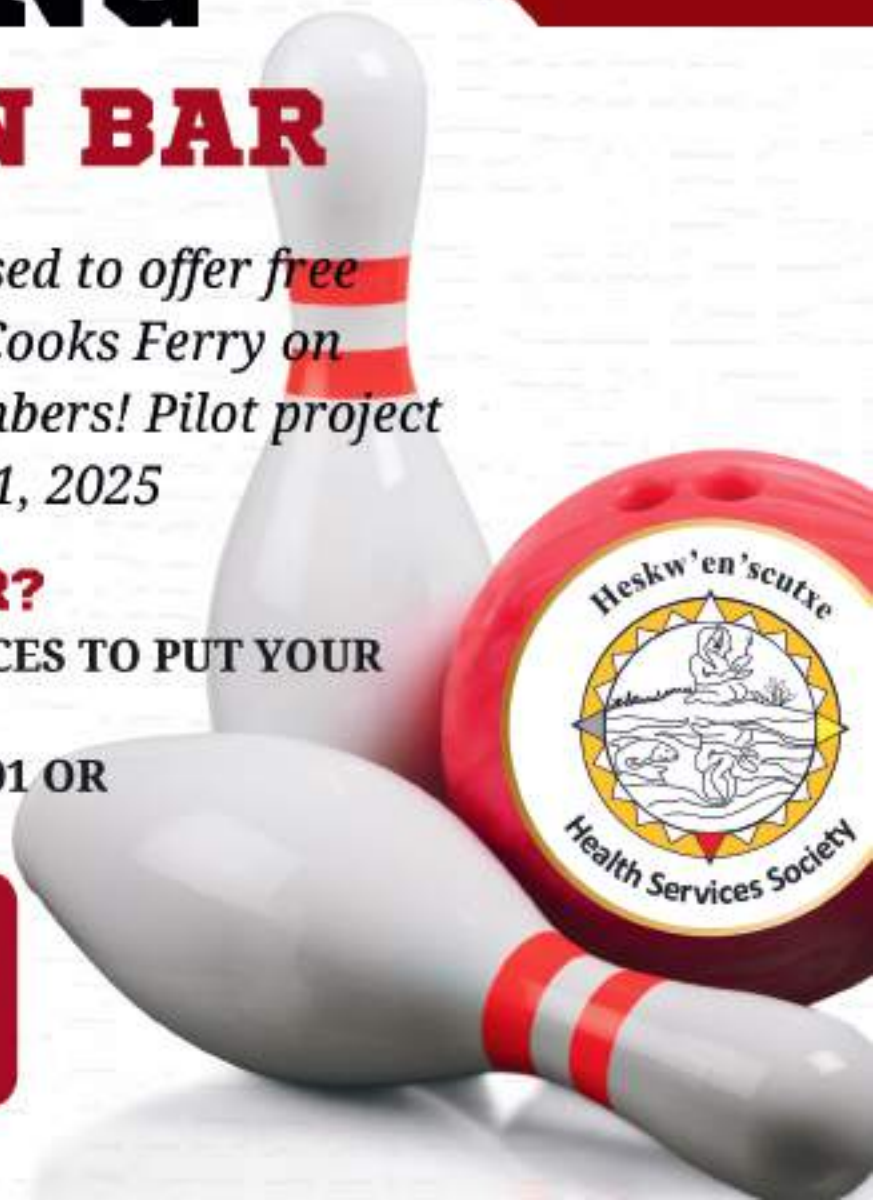
Heskw'en'scutxe is pleased to offer free bowling for all Siska & Cooks Ferry on reserve community members! Pilot project from now until March 31, 2025

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**





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@sylix.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>





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

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 content, Web 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



MENTAL HEALTH SUPPORTS AVAILABLE AT HESKW'EN'SCUTXE

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 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
(250) 842-8552

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



Gentle Reminders

When filling out the medical transportation form:

1. We thank you for writing the time of the appointment on the form where it is indicated to write it.

2. Any member living OFF reserve:

a) Please reach out to FNHA Health Benefits for assistance. Please call 1.855.550.5454 or email healthbenefits@fnha.ca. They will book your hotels.

b) You can also pick up the Off Reserve Health Benefits Medical Transportation Form at our offices or download on the FNHA or HHSS website.

3. Have you ever gone to the hotel booked by HHSS and were asked for a credit card to secure the room? **STOP**, HHSS has a direct billing account. You are not expected to provide a credit card! If this happens, please reach out to our offices so we can speak to the hotel directly to correct the situation..

4. Do we have your email address? We email you your medical travel itinerary if you are staying at a hotel overnight. Please ensure we have your email address on file.

5. Diabetics and pregnant women are eligible for the \$35.50 daily luncheon allowance for any trips under 6 hours. Please note that the lunch meal is not provided for appointments under 1 hour or in close proximity of your home.

Any questions, concerns, please reach out to us!

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

Easy Salmon Cakes

Original recipe (1X) yields 4 servings

2 cups fresh bread crumbs

¼ cup fresh parsley, chopped

¼ cup chopped green onions

2 large eggs, beaten

2 teaspoons minced fresh dill weed

1 teaspoon fresh lemon juice

¼ teaspoon ground black pepper

14 ¾ ounces leftover cooked salmon, flaked

2 tablespoons butter, or more as needed

Directions

Place 1/2 cup bread crumbs onto a plate; place remaining 1 1/2 cups into a large mixing bowl.

Add parsley, green onions, eggs, dill, lemon juice, and pepper to bread crumbs in the mixing bowl; mix until well combined. Add salmon and mix thoroughly with your hands to break salmon up into small pieces. Form into eight 1/2-inch-thick patties. Dip patties into bread crumbs on the plate to coat both sides.

Melt butter in a large skillet over medium heat. Working in batches and adding more butter as necessary, fry salmon cakes until golden brown and crisp, about 3 minutes per side.



GRANDFATHER AND GRANDSON WORK FOR GOLD AND SILVER

TOLD BY TOM GEORGE

TRANSLATED BY DOROTHY URSAKI

I AM GOING TO TELL STORIES THAT MY GRANDFATHER TOLD ME. THIS STORY IS ABOUT GRANDFATHER AND HIS

grandson. The grandson says to his grandfather, 'Let's go look for a job for us.'

The grandfather tells his grandson, 'Alright, let's go looking for a job now.'

The grandchild asks, 'Where are we going?'

And the grandfather said, 'We are going far away. Don't worry about the long trip.'

The grandchild answers, 'Alright, grandfather, I won't worry. No matter where we go, I won't worry

I will just follow you. Let's just get going.' So the two of them went looking for a job.

They travelled along together quite a way, and they were both tired. The grandfather decided it was time to stop and camp for the night. The grandfather tells the grandson, 'Get off your horse, we are going to rest here for the evening.' And he says, 'Kneel down, we are going to pray.' So the grandson gets down, they both kneel, and the grandfather tells him, 'Close your eyes now - we'll pray.'

The grandson says, 'Alright.'

So they pray, and when they finish praying, the grandfather says to his grandson, 'Alright, now you can open your eyes.'

When the boy opens his eyes he sees a house and asks, 'What's this all about?'

The grandfather said, 'Let's go into the house.'

So they went into the house and saw all kinds of food. The house was warm. They ate, and after their meal the grandfather said, 'Alright, now lie down on that bed and go to sleep.'

They both went to bed and slept.

In the morning, the grandfather says to his grandson, 'Kneel down, we are going to pray.'

They prayed and, after that, the grandfather said, 'Alright, now we will be on our way.' They continued their journey.

They travelled until noon, when the boy said to his grandfather, 'Grandpa, I am hungry.'

To which the grandfather answers, 'Kneel down and we'll pray.' The boy knelt down - they prayed. The grandfather said, 'Open your eyes.' The boy opened his eyes and saw all kinds of food, so they both ate. Then the grandfather said, 'Kneel down, we are going to pray.'

After praying the grandfather said, 'Now open your eyes.' The boy opened his eyes and the food had disappeared. And the grandfather said, 'Now we'll be on our way.'

They came across some White people, and the grandfather said to his grandson, 'We will ask these White people for jobs - see if they will give us jobs.' So they went to these White people and asked for jobs.

One of the White men said, 'Yes, I will give you work. I would like you to cut down all these bushes that are around us, and I will pay you.'

The grandfather said, 'Yes, we will cut the bushes down for you.' He told his grandson about the offer of work and also said to him, 'This is a big job, as there are many, many bushes.'

The grandson said, 'Alright, we will take this job.'

Before they started work, the grandfather said to his grandson, 'You kneel down, we are going to pray.' So the grandson knelt down. The grandfather also knelt down and they prayed for a long while. They stopped praying and the grandfather said to his grandson, 'Now look at the country.' The grandson opened his eyes and there were no bushes to be seen. The grandfather said to this grandson, 'You go tell the White man we have finished the chopping down of the bushes and that he can pay us for the work.' He told his grandson, 'Don't you take paper money, just accept silver and gold money - then we will go on our way.'

The grandson said, 'Alright,' and went to the White man to collect the pay for the work.

The grandson said to the White man, 'We have finished chopping down the bushes.' The White man looked at his field and saw it was cleared. He was pleased with the work and handed over money to the grandson. The grandson said to the White man, 'We do not want paper money, we will only accept silver or gold coins.' So the White man paid him in silver and gold coins, and he took the money to his grandfather.

The grandfather said to grandson, 'Alright, you must hang on to one and I'll hang on to the other.' And he said, 'Now we'll pray and we'll go. So they prayed, and the grandfather said, 'Now as you are going along on your journey, you spread the silver and gold all over the land and say, "Some day the people will pick up this money and they will make lots of money out of it"'

That is why people of all nations, including the White people, are looking for gold and silver today. This is the gold and silver we threw away. The White people and everybody else fight with each other and have wars over the silver and gold we throw away.



Be
♥
Mine

Name:

Band:

Coloring Contest

Submit @admin@hssbc.ca or in person by February 14

All entries will be entered into a draw to win one of several Canadian Tire Gift cards (\$50)





Valentine's



WordSearch



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



Arrow

Chocolate

Hearts

Pink

Red

Cupid

Candy

Cards

Valentine

Love

Hugs

Flowers

Purple

Kiss

Counting Fruit Salad

Serves 1 or 2 children

How to:

Count out the salad ingredients into a bowl. For example:

- 1 Spoonful toasted coconut
- 2 Pieces orange
- 3 Slices apple
- 4 Small cubes of cheese
- 5 Slices banana
- 6 Pieces melon - cantaloupe, honeydew or watermelon cut into small pieces
- 7 Grapes (cut in half and remove seeds)
- 8 Stir 8 times

Try This: Children can help cut the fruit and cheese and count the pieces as they are added to the salad.

Source: 2010 Food Flair Resource, LEAP BC

Salad In A Bag

Serves 1 child

What you need:

- ½ cup Romaine lettuce or spinach leaves, chopped
- 2 tbsp. Grated carrots
- 3-4 Mandarin orange sections
- 2 tsp. Ranch or Italian salad dressing
- 1 Plastic, sealable sandwich bag

How to:

1. Set out bowls of prepared salad fixings.
2. Let each child fill their own bag.
3. Pour in salad dressing and close the bag for them.
4. Children shake their salad, then open it and eat it with their forks as a snack or to start a meal.

Which animals might like some of the vegetables in our salad?
What other vegetables could we use to make a salad next time?

Source: 2010 Food Flair Resource, LEAP BC



Baked Bannock With Berries

Makes 16 pieces

What you need:

- 3 cups Flour (use at least half whole wheat flour)
- 3 tbsp. Sugar
- 2 tbsp. Baking powder
- 1 tsp. Salt
- 1 cup Berries (*Hint: Pick seasonal berries with your child or grandchild*)
- 1 cup Water
- ¼ cup Oil or melted margarine

How to:

1. Preheat oven to 350°F.
2. In a large bowl, mix dry ingredients with a fork.
3. Stir in berries.
4. Stir together oil and water and add to the bowl with dry ingredients.
5. Work mixture together with hands to form a ball. Knead about 10 times.
6. With floured hands, pat into a circle on a greased cookie sheet.
7. Bake for 30 minutes.

Source: 2010 Food Flair Resource, LEAP BC

Salmon Patties

Makes 4 patties

What you need:

- | | | |
|-------|--------------------------------|----------------------------|
| 1 | 7.5 oz can of salmon, drained | 2 tbsp. Chopped fresh dill |
| 1 cup | Mashed potatoes | 3 tbsp. Milk |
| ¼ cup | Finely chopped green onion | 1 Egg beaten |
| ¼ cup | Finely chopped red bell pepper | Salt and pepper |

How to:

1. In a medium bowl, combine salmon, potatoes, green onions, red pepper, dill and milk.
Season with salt and pepper.
2. Gently stir in the egg. Form the mixture into 4 patties.
3. Cover and refrigerate at least 30 minutes or overnight to let flavor develop.
4. Heat a large non-stick skillet over medium heat. Spray with vegetable cooking spray. Add patties and cook for 2 minutes each side or until browned on both sides and hot in the center.

Try This: You can use leftover cooked salmon with the bones removed.

Source: 2010 Food Flair Resource, LEAP BC



First Nations Health Authority
Health through wellness

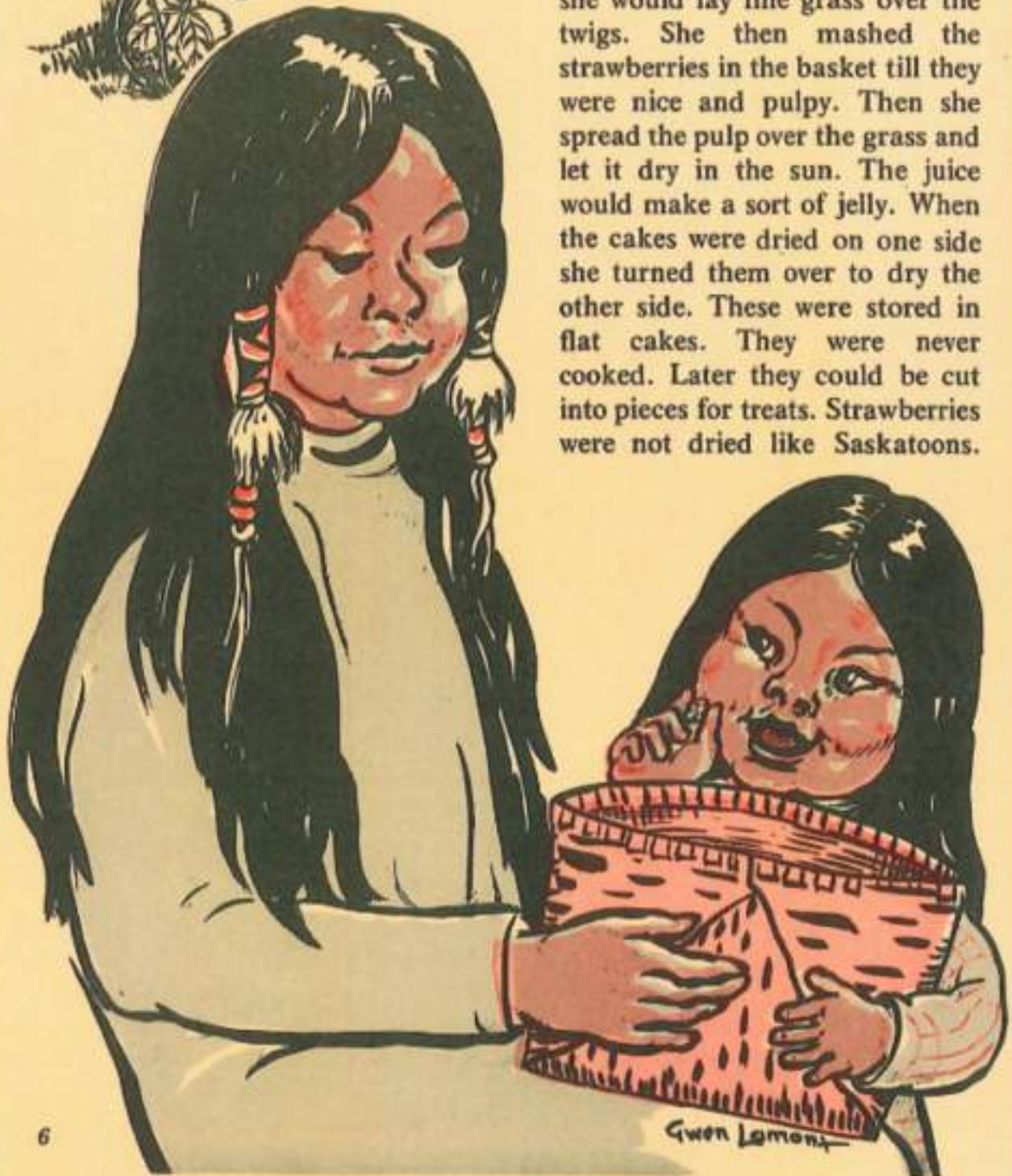
Strawberry

Indian
T'KEAK-KA

Latin
FRAGARIA

Mmm - when I think of wild strawberries, I remember how good they smelled, and how long it took to pick a basket full. They were tiny, tiny ones, but so good. Much nicer than ones that grow in the garden now.

These were our goodies when we were children. My mother would gather small twigs together. Then she would lay fine grass over the twigs. She then mashed the strawberries in the basket till they were nice and pulpy. Then she spread the pulp over the grass and let it dry in the sun. The juice would make a sort of jelly. When the cakes were dried on one side she turned them over to dry the other side. These were stored in flat cakes. They were never cooked. Later they could be cut into pieces for treats. Strawberries were not dried like Saskatoons.



A stylized illustration of a Native American woman with long black hair, wearing a light-colored tunic and a dark shawl. She is holding a branch of a Saskatoon bush with small dark berries in her right hand and a woven basket in her left. The background is a plain light color.

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.

Please call the office if you would like a ride.

Nlaka'pamux Health Presents: **CULTURAL WELLNESS DAY**

Saturday, February 1st, 2025

10:00 AM - 3:00 PM

Location: Ashcroft H.U.B. 711 Hill Street.



Craft Activities Include:

- Beading
- Traditional medicine lipbalm & salves
- Pine needle weaving
- Medicine bag workshop
- Rattle making workshop

Pre-Register
to win a prize

Lunch, Door prizes, and Wellness Bags!

Presentations & Wellness stations include:

- Massage
- Pedicures
- Foot Care
- Traditional Medicines
- Energy Healing

Any questions contact:
Joel Raphael,
Wellness Coordinator
Work cell: 778-254-7407
Email: raphael.j@nlxfn.com

Proudly servicing:

Kanaka, Siska, Skuppah, Lytton, Nicomen, Cooks Ferry, Ashcroft, Oregon Jack Creek, Shackan, Nooaitch, Lower Nicola,
and Coldwater

Please call the office if you would like a ride. We need a minimum of 4 people to send a HHSS vehicle.



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THE LONGEST FISH!!**

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Sunday, February 9, 2025

8:00 AM TO 3:00 PM

50/50

Will be selling 50/50 tickets
\$1/each, 3/\$5, or an arm length
for \$20!

FREE EVENT

PRIZES :

1st Place:

2nd Place:

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