



Winter Newsletter 2021/2022



Tl'etinqox Government



Chief Joes Update

Chief Joe has been extremely busy with his chief duties and was not able to submit an entry on time. However, Tl'etinqox would like to say CONGRATULATIONS to Chief Joe for receiving “The Order of British Columbia” which is the highest honor a citizen can receive. Chief Joe will be receiving this award on March 3, 2022 in Victoria and will be among 15 other recipients, one of which is Dr. Bonnie Henry.



Executive Director's Update

Hello Tl'etinqox!

Everything always seems to be so busy. The world is slowing down with COVID but we keep moving forward here in the community the best we can. I am looking forward to the warmer months but I am fully expecting that we will deal with floods in community from the amount of snow we received this year, so please be aware of that as well and protect your house the best you can by removing snow from the base and creating channels away from house for when the snow starts to melt.

A few updates from me for progress in the community:

- I applied to ISC for funding to survey our IR 1, 2, and 2A lands (main reserve and meadow) to ensure that our pegs are still there and there is no encroachment on the boarder.
- I have applied to do a study on eco-tourism in the community, you will find a questionnaire and a map following my section that outlines what we plan to do, if you have input please participate! We want to hear what you think would work here for "active" tourism.
- Chief and Council have approved off-reserve covid support however we are limited to what ISC gave us, so it ended up being \$200 per household off-reserve that can be provided to up to 320 families as ISC gave us \$63,900 for Urban support.
- At Christmas we were able to provide \$500 gift card to each home in community since ISC sent \$75,000 for on-reserve support.
- We are working with the SPCA to try and provide a FREE spay and neuter clinic in community, this may take some time but we hope to have that in 2022
- I am working on bylaws for the community about dogs! If you have ideas on what you want to see in community, please let me know!
- We still have to work on the Custom Election project since we received funding for it, with things opening up we might be able to host

some community meetings and actually get this project started!

My job is fairly hectic and always busy, but if community members have ideas for things like by-laws or want to discuss items, or what they would like to see in a custom election here, please feel free to call me or email me anytime. I love hearing from members and I encourage that interaction as I do my job for the community. I am here because I love my home and my people and I want to contribute.



TI'tetinqox Government Active Transportation Network Plan – Survey

TI'tetinqox Government is developing a plan to provide more place to walk and bicycle that is accessible, safe, and comfortable for all community members. The proposed active transportation network enhances the walking and cycling experience and connectivity within our community. It will also provide more places to sit, enjoy, and learn about the land. The projects will support our community's tourism and economic development activities.

Share your thoughts on the proposed improvements!

What do you think?

Please provide feedback on each of the six proposed projects:

- Pathway 1 Subdivision Connection – Enhance the existing pathway and provide places to rest (benches) and signage.
- Pathway 2 River Connection – Provide an accessible connection to the river with a trail and a boardwalk. This would also include making the crossing of the highway safer.
- Pathway 3 Highway/Gas Station Connection – Connect the highway with the gas station and Anahim Foothills Road
- Pathway 4 Lookout Trail – Connect the highway to the lookout
- Pathway 5 NAME – Connect the highway with the river
- Mountain Bike Trails – Look for opportunities to implement mountain bike trails on the hillside

Do you support Pathway 1? Yes No Unsure

Do you support Pathway 2? Yes No Unsure

Do you support Pathway 3? Yes No Unsure

Do you support Pathway 4? Yes No Unsure

Do you support Pathway 5? Yes No Unsure

Do you support Mountain Bike Trails? Yes No

Do you have any additional comments about the improvements?

Are there any additional pathways or improvements you would like to see? **Please draw them onto the map and return to Ashton at the TG office.**

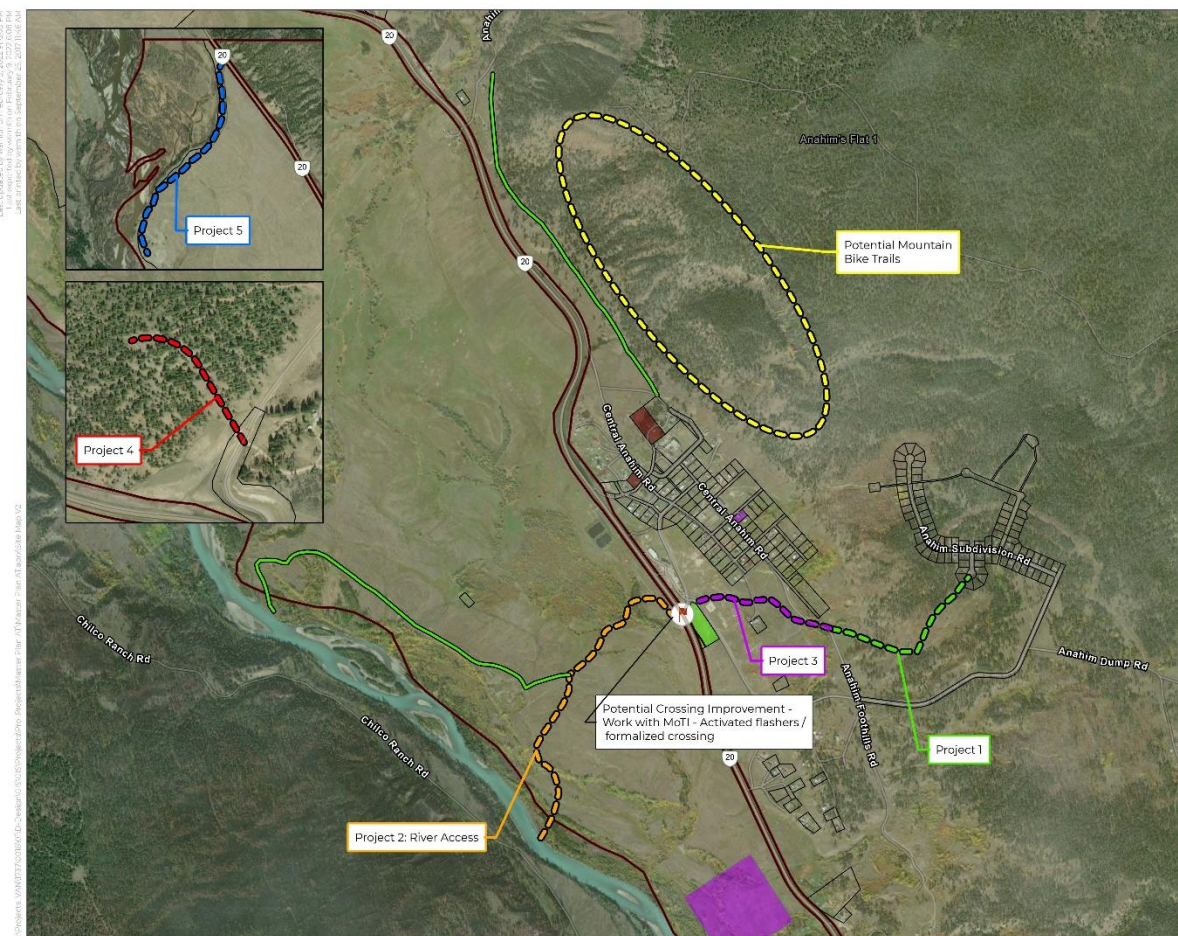
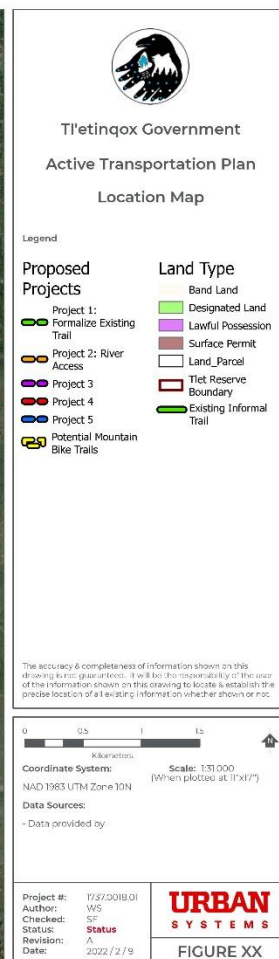
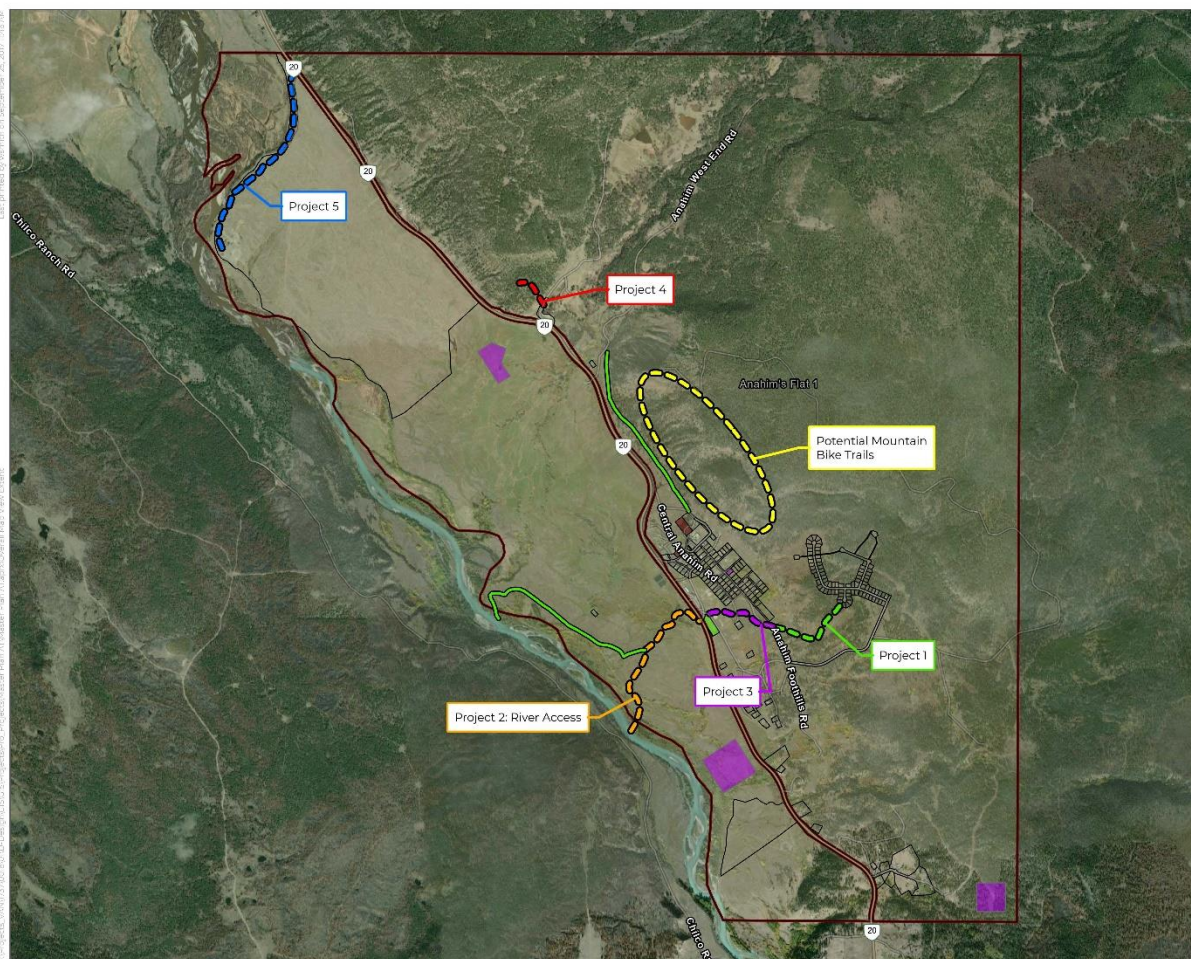
TI'tetinqox Government Active Transportation Network Plan – Newsletter

TI'tetinqox Government is developing an active transportation network that is accessible, safe, and comfortable for all community members. The network includes:

- 2 new pathways: the Highway/Gas Station Connection and River Connection
- Mountain biking trails;
- Bicycle parking;
- Community library for bicycles, snowshoes, and other active transportation and recreation equipment;
- New signs to direct and educate pedestrians and cyclists of the cultural importance of the TI'tetinqox land; and
- New benches for places to rest and to enjoy the land.

The active transportation network will enhance the walking and cycling experience, and connectivity within our community. The improvements will support our community's tourism and economic development activities.

Share your thoughts on the proposed improvements by returning this survey to the TG office! Off-reserve members are encouraged to voice their opinion as well, please email your suggestions to Ashton at ashtonharry@tletinqox.ca or call and speak with Ashton 250 394-4212



Tl'etinqox Office Administrative



My name is Denelle Noskiye and I grew up in Tl'etinqox. I have been the receptionist since August 2021. This new year we have upgraded our phones in the offices! I look forward to getting the hang of this new phone system and assisting members of our community in any way I can.

I'd like to welcome our new custodian, Ashley Jack! We also have other job postings on our website and Facebook page.

Unfortunately, our office will be closed to the public at least for the month of February. I look forward to the day we are open to the public again! Sechenalyagh

Housing Information



Gweta?aghunt'i (Good Day),



Happy New years to you all, I hope you enjoyed your winter break & all the snow. Any work orders should be addressed to me, also keep in mind we are in essential services only and will not be doing in house maintenance unless it is water, sewer, or heat emergencies. I'm taking appointments for chimney cleaning so call me to set an appointment & leave a number so I can call a day ahead of time. Also, Subdivision area I have a Residential Tenancy agreement that need to be

signed I can drop off & pick up.

Please contact me at housingclerk@tletincox.ca or call the office. Sechenalyagh.

8 TIPS TO CLEAN UP MOLD



Protect Yourself

Put on personal protective equipment (gloves, mask, goggles) to protect your eyes, nose, mouth, and skin.



Toss!

Take it out! Anything that was wet with flood water and can't be cleaned and dried completely within 24 to 48 hours should be taken outside. Take photos of discarded items for filing insurance claims.



Air it out

Open all doors and windows when you are working, and leave as many open as you safely can when you leave.



Circulate

When electricity is safe to use, use fans and dehumidifiers to remove moisture.



Don't mix cleaners

If you use cleaning products, do not mix cleaning products together. DO NOT mix bleach and ammonia because it can create toxic vapors.



Scrub surfaces

Clean with water and a detergent. Remove all mold you can see. Dry right away.



Don't cover it, remove it

Painting or caulking over mold will not prevent mold from growing. Fix the water problem completely and clean up all the mold before you paint or caulk.



Dry it up

Dry your home and everything in it as quickly as possible – within 24 to 48 hours if you can.

WOOD STOVE SAFETY

As energy prices continue to increase, more homeowners are choosing wood stoves as heating alternatives. A wood stove helps keep your home warm and toasty, and also fills your room with the comforting crackle and flicker of a real fire. If you use a wood stove, make sure the experience is not only enjoyable but, most importantly, safe for your entire family. Heating equipment is a leading cause of home fires. Heating safely with wood can be achieved easily and effectively by following some recommended procedures and methods. The following are just a few tips to burning safely.

Only Burn Dry Wood

Only burn dried, seasoned wood in your wood stove. If you burn wet wood, it doesn't just create more smoke, it also contributes to a buildup of creosote – a sticky tar-like substance – in your chimney. The creosote can stick to the inside of your chimney where it may sometimes ignite, and create a dangerous fire in your chimney. Talk to your local fire department for ways to combat chimney fires that are appropriate for your specific chimney design and home structure.

Don't Leave It Unattended

While the crackling of a wood stove can be very relaxing, don't go to bed while the fire is still burning. Wood-burning stoves should always be attended. The majority of household fires occur at night when people go to bed without shutting the stove's air vents to put out the flames.

Stock a Fire Extinguisher

Sometimes, fire can be an animal of its own. Even under the best management, a fire can get out of control. Always stock a fire extinguisher within quick reach of your wood-burning stove.

Install a Carbon Monoxide Detector

Wood coals emit an odorless gas known as carbon monoxide. This gas can be deadly to you and your household. It is especially dangerous because you won't smell it as it builds up in the room. You can prevent this by installing carbon monoxide detectors in your house. Just like smoke detectors, it will create a warning sound if it senses carbon monoxide present.

Don't Burn Trash

Many people toss trash into their wood stove as it can be a quick and easy way to dispose of items. But they may not be aware that some products come treated with chemicals, dyes and other substances that can create harmful, toxic fumes when burned. Be very cautious as to what you burn in your wood stove.

Safety Tips for Wood Stoves | eHow.com
NFPA Codes and Standards | nfpa.org

Operations & Maintenance Director's Update – Tyron Harry

As most of you may have seen on the TGO maintenance truck we have bought a sander that has been installed and is working good with the sand that was made down at the west gravel pit.

Over the Christmas and new year holiday the O&M team has had to work with a lot of snow removal and cold weather at the time. Keeping up with the snow removal obtained is helpful for our community's safety and basic access around. Some of the areas we have to prioritize in are the school bus routes, water treatment buildings, gas bar and fuel truck access, steeper sloped roads (subdivision rd., Tin Can Rd, etc.), also keeping access for our health vehicles, other emergency vehicle access (ambulance and RCMP)

I'd like thank the O&M employees Darrell, and Henry for all the snow removal that has been done in the community though the Christmas and new year HOLIDAYS, and also a big thanks to Dale Hance for helping with snow removal by running the backhoe.

Cold Weather ❄️

For some of the homes that have had their water lines freezing, we mostly use a heat gun to un-thaw the main water going into the home. Also, heat tape is also used to keep lines from freezing if installed correctly, heat sensor on the heat tape have to placed directly on the frozen pipe then covered with pipe insulation.

With the power outages I was busy at the water treatment buildings making sure our water doesn't freeze. We have a bit of growing pains still with the new system but it continues to get better with time, but if you didn't notice we have maintained water throughout the community with power outages we've had over the winter.

And for the community water quality, TG health building has that information as they do weekly or monthly testing though out community.

Thank you and stay safe everyone.

TI'etinqox Community Water System- A safe drinking water supply



By Patti Joyce, Environmental Health Officer.

The TI'etinqox Community Water System historically had many problems and community members may remember the boil water advisories and shock chlorination in the past. Fortunately, recent upgrades and ongoing maintenance have improved the treatment and distribution system creating a safe, reliable water supply.

The wells supplying the water system draw water from a deep, protected aquifer. The naturally occurring minerals in this groundwater meets the Canadian guidelines for safe drinking water. This is uncommon in this region as often iron, manganese and even arsenic needs removal from groundwater before the water is acceptable for drinking purposes. The hardness level (calcium carbonate) at TI'etinqox is high, but this is not a health concern. Sometimes you may notice a white deposit on taps where water collects then dries out. The naturally occurring calcium in the water (hardness), or the salt from chlorine can cause these deposits. Normally these deposits are dissolved in large quantities of water, but with drying, they can accumulate on taps and plumbing fixtures. These deposits are not harmful and can be cleaned with vinegar. High hardness waters can produce a bit of an oily look and scum in tea. This is from the calcium interacting with the tannins in tea. This is not a health concern. Hard waters can also result in more soap/detergent use and difficulties in rinsing off residues. If needed, water softening can help address these issues.

A low level of chlorine in drinking water is safe; however, some people may notice occasional odor or taste. This is usually more noticeable if water has stagnated in a water line and often disappears with a bit of flushing. Chlorine does not last long in water and quickly dissipates when left in an open container for a few hours. This process speeds up if you add some acid to the water like lemons, oranges, crushed Vitamin C tablets. Carbon filters (like Brita) can be purchased if you want immediate removal of chlorine. There are other brands, just ensure if you purchase a carbon filter it is certified as per the NSF

International/America National Standards Institute Standard 42 for chlorine removal. It is also crucial to follow the instructions for filter replacement to maintain safety.

Ongoing surveillance is constantly assessing the safety of the community water supply. Please feel free to contact your Environmental Health Officer directly if you have any questions or concerns. I am always happy to discuss issues. Please contact: Patti.Joyce@fnha.ca or 250-296-9136.



Fleet – Eleanor Cooper



I am in charge of all Tl'etinqox Government Fleet for Tl'etinqox School/Dechen Ventures/Tl'etinqox Health and Tl'etinqox Band. My general duties are to schedule maintenance and repairs on all fleet, make sure they are all insured and MVI Inspected and at times I run the vehicles in for servicing or get parts & supplies as needed. Any break downs, I make arrangements with Tow Trucks and the shops that the vehicles are going to or at times O & M (Operations & Maintenance) workers Tyron Harry, Henry Dick, Darrell Petal, Brent Lulua and Shawn Alphonse will help get the vehicle started to save the band costs from \$400.00-\$800.00 of getting towed to a shop. When a towing is

required, it takes up half of the day to make arrangements with towing company and shops and location of vehicles. On top, I supplied Tl'etinqox School, Chilcotin River Trading, Tl'etinqox Health, Equine Program and the band with Level 3 First Aid Jump kits, AED and oxygen tanks in case of an emergency and it is up to the departments to keep their kits updated.

Tl'etinqox had recently purchased a 2019 Ford F450 dually truck with goose neck connection for Equine Program that Chief Joe found as the program needed the truck to pull a trailer with 6 horses. In order to get a brand new F450 truck it would have to be ordered and built from ground up, due to covid, would take 6-12 months to build and we needed one ASAP to haul horses.



Fleet continued...

Driving Tips – Winter

What should I include in a winter driving kit?

A well-stocked winter driving kit helps to handle any emergency. It should include:

- Properly fitting tire chains.
- Bag of sand or salt (or kitty litter).
- Tow rope.
- Traction mats.
- Snow shovel.
- Snow brush and Ice scraper.
- Booster cables.
- Warning devices such as flares or emergency lights.
- Fuel line de-icer (methanol, also called methyl alcohol or methyl hydrate).
- Extra windshield wiper fluid appropriate for sub-freezing temperatures.
- Roll of paper towels.
- Flashlight and a portable flashing light (and extra batteries).
- Blanket
- Extra clothing, including hat and wind-proof pants, and warm footwear.
- Basic first aid kit.
- Snack bars or other “emergency” food and water.
- Matches or lighter and emergency candles – only use with a window opened to prevent buildup of carbon monoxide.
- Road maps.
- “Call Police” or other help signs or brightly colored banners.



Updates: -been busy thru 2021 as crew worked thru the winter doing fuel management along Anah lake rd., once that was done crews moved to do mistletoe blocks for Cariboo Chilcotin rehab in Alexis Lake area, chezacut rd., 4200 rd.

Now crews are out on p road n 5600rd doing fuel break, tough going with deep snow plus winter driving. We have stone crew doing same thing on airport road.

Thanks to Darrell Petal for plowing the 5600rd for Dechen.

BCTS: - Dechen had a mistletoe contract with BCTS up Smokey Lake rd. travelling four hours a day to get to there blocks.

Now to get ready for 2022 fire season recertify all required tickets with Sean O’Neil and fit test for fire crews, medics and their drivers.

All medics truck to be restock and ready for summer fire season, same with all Dechen trucks.



Education Update



Our weather has been beautiful this last week or so, but I do love the snow....

Happy we had lots of snow this winter, it helps with our environment.....

Melanie Johnny

HIGH SCHOOL:

Grade 12 are prepping for their Graduation in June. Plans for a Grad celebration may be happening, taking it day by day with the changing pandemic regulations. TI'etinqox will have a celebration this year, it will be outside...more plans will be announced as it nears....

SUMMER STUDENT EMPLOYMENT:

All students may have to provide Proof of Full Vaccination to work this summer...more information to follow..... just a reminder that TI'etinqox Office is following the provincial guidelines to keep our staff and community safe, our office policy requires all employees to provide proof of full vaccination in order to be employed.

POST SECONDARY:

Reminder that the deadline for post-Secondary applications for September 2022 start date is May 15, 2022

With our office closed for the month of February due to the rising cases of Covid within our area, we have not planned any events for upcoming Valentine's Day & BC Family Day.

For those special days, let's all stay close to home or go out and enjoy our Tsilhqot'in back yard & keep our bubble small

Be Safe, Stay Safe, Get Vaccinated, wear a Mask KEEP you, your family, your friends, your colleagues, your community, your nation SAFE...



Social Services Update

Hello TI'etinqox Community



I hope you all survived the great Christmas night power outage at 40 below! Wasn't that something else! I had fun feeding my horses every day because I always was wanting to see how frozen I could look by the time I was ready to head back inside.

Just wanting to send out a gentle reminder that here in the Justice Department I can help you with any number of things. For example – completing court ordered community hours, court date reminders and probation appointments to name a few. If you are ever unsure just give me a call at 250-394-4302 and I can help you walk through the court/probation processes.

I have had a lot of fun with the TI'etinqox Women's Group this fall and winter. We did a lot of Christmas themed crafts before the holidays. Like cards, gift tags, wreaths for the door and fir center pieces for our tables. Everyone attacked the crafts with gusto and determination - it was awesome.



Since we started back up, we have been painting on canvas and coming up with our own designs. It continues to be a nice evening out with great people. I look forward to starting up AGAIN once this horrid COVID calms down.

At the beginning of December Angela Giovanelli, from Social Services, and myself with the bunch, appreciated help from Councilor Roseline Harry had a Family Pizza and Gingerbread building night at the school. There was a great turnout with 14 families present, lots of creative

Social Services continued...

minds and delicious Pizza for everyone. We had Cst. Noemi Duru, Indigenous Policing Unit, from the Alexis Creek RCMP do the judging and awarded three winners gift cards to Walmart to help with the upcoming holiday season.



Angela and I hope to be able to hold some more family nights in the coming months once we are able to do so.

With all this snow we have this year I decided to buy myself some cross- country skies to enjoy the outdoors. What a learning curve this has been – who would have thought that sliding on two skies would take so much concentration! It's a great winter time activity you can go anywhere with your skies, they are light weight and easier to carry. There are great ski trails up by the meadows that are "set" and you don't have to break trail through the deep snow if you don't want to. The fresh air and view will put a smile on your face and there is nothing like spending time out doors to clear your mind and refresh your soul. I



I take my dog Ruby and my daughters dog Reggie with me all the time as they are so full of energy, I have to come up with all kinds of ways to tire them out for the evening. I find that the skiing tires them out!

Enjoy the rest of the Winter but with the weather we have had lately I am hopeful Spring is just around the corner!

Sechenalyagh, Kelly Feldinger, Justice Coordinator

Tl'etinqox Horse Program

Hello everyone!

My name Is Shaylene Charleyboy and I grew up in Tl'etinqox. I have been the working with the Equine program since April 2021. This new year we have we continued to trail ride, unfortunately we weren't/are not able to offer beginner lessons until our electric water system in the top pasture is fixed. With that being said the program horses are located in the bottom pasture, and we have had some cougar sightings near the pasture. So, for safety reasons there will not be beginner lessons until further notice.

I look forward the spring so we can get a lot more riding in! Sechenalyagh

March's riding schedule will be on page 12.

Indian Registry Update

Trudi Frost, Indian registry administrator

I hit black ice one morning on the way out to Anaham when it was raining and freezing. I am still fighting with ICBC I have no vehicle at the moment so I have been working from home.

You can call me on my cell 250-302-1252
Mondays, Tuesdays, Thursdays and Fridays

MAR 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		Beginner riding lessons 3:30-5:30pm	Trail riding 3:30-6pm	Beginner lessons 3:30-5:30pm	Trail riding & halibut roast 1:00-4:00pm	OFF
	06	07	08	09	10	11
OFF	Novice riding lessons 3:30-5:30pm	Beginner riding lessons 3:30-5:30pm	Trail riding 3:30-6pm	Beginner lessons 3:30-5:30pm	Trail riding 1:00-4:00pm	OFF
	13	14	15	16	17	18
OFF	Novice riding lessons 2pm-4pm	Beginner riding lessons 2pm-4pm	Trail riding 2pm-5pm	Beginner lessons 2pm-4pm	Trail riding & halibut roast 1:00-4:00pm	OFF
	20	21	22	23	24	25
OFF	Novice riding lessons 2pm-4pm	Beginner riding lessons 2pm-4pm	Trail riding 2pm-5pm	Beginner lessons 2pm-4pm	Trail riding 1:00-4:00pm	OFF
	27	28	29	30	31	
OFF	Novice riding lessons 3:30-5:30pm	Beginner riding lessons 3:30-5:30pm	Trail riding 3:30-6pm	Beginner lessons 3:30-5:30pm		

Health Updates

Hi to the community of Tl'etinqox. We know that the pandemic has been very frustrating and it will stick around for some months to come. Please continue to practice Covid-19 safety, and get you and yourself vaccinated. We have some support groups that have started at our clinic so please contact Trish or Cecil if you are interested in joining. In the near future, we will be looking to the community to help Tl'etinqox Health develop a ten-year health plan. We will be putting out some notices in the near future and I encourage you to participate when the time comes. As things are becoming quite stressful due to the emergence of Omicron, plan to spend some time outdoors and enjoy the bounty of nature. Deep breathing and other stress reducing activities will serve you well. Trish, our Community Wellness Counselor, can help you with some of these activities that help you manage your stress.

Sechenalyagh

Health Director, Mitch Verde

Hi! Everyone, I am working at the Tl'etinqox Health Service as a HCA Care aide. On Friday Feb 4 / 22 Fay RN



Nurse had the list of clients who were eligible for the shots under the Tl'etinqox Health Service. I had to screen the clients, and fill out their application to see if they need shots for 1st, 2nd, or 3rd booster shots. We need to collect their important data such as health plan numbers. The other information was to check when they are due for another shot, so, the clients

don't overlap. Tina Stump took Friday off. Fay the nurse was giving out the vaccines, and I sanitized the areas, and the chairs. Fay the new nurse had joined our health team, and she will be our supervisor. We will be giving out the

Diabetic Gift Card and Prenatal Gift Card for young mothers. The young mothers have to be living on the Reserve. We need updated phone numbers to get a hold of all the clients who are on the list. Due to the pandemic, we have to follow our protocol, and be safe. We cannot give transportation to Alexis Creek Red Cross until further Notice.

We always worked as a team with the Doctor Clinic Days, Dentist, Hygienist Days, and Physio Days. Those are the regular monthly visits. We take temperature, blood pressures, vital signs, pulse, and respirations on our home visits. This will prevent any serious illness, strokes, or heart attacks. All this important information goes RN Nurses.

We had been very busy moving forward taking education workshops.

Gwetaghunt?i "Take Care" Flora Stump HCA Care Aide

Happy Valentine's Day from Trish!

I used to be the Director for the Equine Program, but since December, I've been working at the Health Centre as the Family Wellness Counsellor. While working with the Canim Lake Band for 15 years, coordinating their LifeSkills Program for special needs adults, I developed an interest in how trauma effects individuals, families and communities from an Indigenous lens, I decided to pursue an interest in counselling, choosing an education program that provide courses on First Nation's Health.

I graduated as a Registered Psychiatric Nurse 12 years ago, entering into a career with Interior Health Authority as a counsellor including substance use, and facilitating an opioid clinic as well as, case manager for complex cases such as schizophrenia, bipolar, chronic suicidal ideation; early psychosis and complex medical/chronic pain cases; emergency and acute ward assessments in addition too, working closely to diagnose and treat cases with psychiatrists. As an RPN, I can provide a nursing diagnosis after conducting a full assessment. Often the nursing diagnosis is the first step towards treatment. My practice focuses on education as empowerment and client centered practice. My skills set includes facilitation of CBT/Mindfulness; DBT; Solution Focused Brief Counselling; Collaborative Therapies, narrative, western

Health continued...

& Indigenous healing practices; Therapeutic Touch Level 1 & 2; Complex Grief & Loss; Depression & Anxiety; Education on Medications; Equine Assisted Learning. My special interest in healing properties of spirit in nature and plants, lead me to my own healing journey, discovering the healing/curing properties within Homeopathy. I am currently studying to become a Doctor of Homeopathy. I love endurance racing with my horse, kayaking and walking my dog where I live in the 108 Mile Ranch with my husband.

News Flash! Healthy Coping Groups filled up fast! There is one space open for the Lunch 'n Learn! Next topic is Sleep Hygiene ...zzzzz... Here we are sharing a healthy meal together of Pulled Pork/Beef on a bun with coleslaw! Here is a recipe for Vegetable Soup I made for the Healthy Coping Group. Unfortunately, they didn't get to taste it because of the covid outbreak temporarily suspending the group...but Cecil and Mitch enthusiastically slurped the soup down, giving thumbs up! See the recipe below.

Enter Pic of Group

Update on Workshops! I have submitted an application, and waiting to hear if the Health Centre will receive funding for several workshops with themes based on Indigenous and Western Healing. Keep your fingers crossed!

Anyone can reach out by self-referral or referring a colleague, neighbor, friend or family member for counselling. I'm enjoying learning from the modules by Cassidy Davis-Alphonse titled, Canadian Hx Through the Lens of Indigenous Women, along with the series of workshops called, Empowering Individuals and Enhancing Personal Healing Experiences by the company, Indigenous Wholistic Healing Services. This education covers topics on Substance Use, Grief & Loss; Elder Abuse; Family Violence; Residential School Healing and Suicide Prevention.

Heathy Coping Tips for Thriving in Winter during a Pandemic!

Random Acts of Kindness! Give anonymously! Self-Care!

- Chop some kindling for an elder or shovel snow
- Invite people to a small outdoor fire & roast marshmallows
- Phone someone who is shut-in & say "I'm thinking about you...how are you doing?"
- Send a card via 'snail-mail' to a loved one whom you haven't spoken to in a while.
- Give a co-worker a compliment
- Make your favorite soup or a new recipe for someone who is out of work
- Turn the tv off, and play a board game/card with your kids or Grandparents
- Bake cookies and leave on a neighbor's doors step
- Start a walking group

For more tips for reaching-out to others watch YouTube, enter random acts of kindness!

Feeling overwhelmed by your emotions? insert pic of Ride, Don't Hide

Trish's Valentine's Vegetable Soup Recipe:

- 6 C chicken stock
- 4 C water
- 2 large peeled potatoes
- Secret ingredient ~ In butter sauté 4 leeks, 6 onions with salt, herbs (dill, thyme, basil) add until tastes good
- Bake 4 large acorn squash. Scoop into bowl, add butter and mash, then add to the soup
- Boil all ingredients until soft, then puree with mix-master
- Serve with Bannock and smoked salmon

It is in giving to others that is the giving to our-selves... create a joyful life-long Valentine's Day!

Warmly,

Trish, RPN



Cultural Workers Update

We get our strength from our Ancestors, and Tsilhqotin Elders. We follow their teachings. We share their knowledge of the Tsilhqotin histories, stories, land, etc., with our generations, and future generations.

My name is Angie Stump. My position is Mental Health Support.



The waiting game is pretty tiring, and stressful dealing with Covid, and Omicron. It difficult to move forward with the planning, and not worry about Covid. Sometimes, it changes everything on us. The closure of our school due to Covid was quite heavy. Our Tl'etinqox students/families getting sick. We need to support each other/phone each other during our difficult trying time. As Tsilhqotin, we take care of each other, and have respect for other. If one of our people are suffering from health issues or going through crisis, or trauma. We take time to show support for the immediate families, and the clients.

The Day School students were going through emotional distress. Most students suffered sexual abuse, physical abuse, running away from school, injury, touching, and harm, emotional abuse, mocking, denigration, humiliation, shaming, from teachers, students, officials, priest. Many of our students died from suicide, vehicle accidents, alcohol, and illness later on in life.

We continue to take Indigenous Holistic Healing Workshop with Andrew Bear-Registered Social Worker. So far, the workshops that we took are Residential School Healing, Building Heathier Community, and Crisis Intervention Workshop on Zoom. We will continue to take workshops till March, 2022.

The workshop "Canadian History through the Lens of Indigenous Women" is an awesome educational documentary that was put together by Chastity Davis Consultant.

We had Residential School Ceremony on January 25th, 2022. We sure felt the pain, and the loss of 93 children that never come home. More works in that area will be coming out in the future.

We also assist with the clients' visiting nurse/doctors when they need translators. We make home visits when we get called in to assist with the support

We are working on ?Eggidam Dechen Ts'edilhtan Bat'ad Deni Ts'ilin (Tsilhqotin Medicine Wheel). This will help the Individual with his/her land-based healing, and be strong in her/his Tsilhqotin Cultural and values.



Tl'etinqox ?Esgul

?abenanas/Dzinas Gu?en Guzun Tl'etinqox!

The school team hopes you are all doing well and staying safe during these uncertain times.

As you know, our team has continued to work to ensure our students and team remain safe as we navigate the unprecedented task of teaching, working, and learning during the pandemic. With safety a top priority, we have updated some of our school policies, in consultation with Tl'etinqox Health and Leadership, to include mandatory N95 and 3-ply mask use by all occupants of the school, as well as the deployment of rapid tests for all staff, and those parents who wish to have their children tested.

We will continue to review the current situation and adapt as directed or needed so we can continue working towards our academic goals as safely as possible.

Report cards, ending semester 1 for our grade 7,8,9 students, and a term 2 report for all elementary students, were issued on January 27th, 2022 and here are just some of the wonderful things our team has said about your children:

_____ is an engaged and dedicated student. She is kind and extremely helpful in the classroom.

_____ 's final Science mark is a direct reflection of his hard work this semester. _____ has successfully completed the Science 7 learning outcomes.

_____ is often a leader among her classmates, frequently offering to help others individually, or share her thoughts and ideas with the class to broaden our understandings.

These are just some, of the many great comments about your children's progress this semester; however, it is important to note that key to the success seen by many of our students is regular attendance, being on time, rested and ready to learn each morning, and the completion of assigned class and homework. Chronic absenteeism is a leading cause in students falling behind and being at risk for dropping out in the later grades, so it is critical that students are attending each day so they can participate in class discussions, group work, key instruction, and continue working towards mastering the provincial learning standards.

With you, we can build a culture of perfect attendance and high achievement for all of our students. This will not only set them up for successes later in life but can lead to more opportunities for enriched programming when classes do not have to make up lost time or slow for students to catch up from being chronically absent.

With this in mind, Tl'etinqox School challenges YOU to have perfect attendance! Parents of students with perfect attendance from now until June 2022 will be entered into 1 of 3 draws for \$1,000 if their child has perfect attendance this year. **Please note that students under covid-19 protocols will be excused from attending in-person but will still be entered into the draw for completion of all online and assigned work during isolation periods.

Important Dates:

February 21st, 2022 - Family Day Stat Holiday (No School for Staff or Students)

February 25th, 2022 - Professional Development for School Staff, NO SCHOOL for students.

March 14th-25th, 2022 - Spring Break for all staff and students.

April 14th, 2022 - Term 3 and High School Midterm Report Cards with Parent/Teacher Interviews

Sechenalyagh for your continued support as we strive for excellence and support our future community leaders, and those looking for further their education through Adult Education programming; we are here for you and look forward to seeing you and our students reach their goals this year!

Sechenalyagh,

Clayton Grice, Principal
Tl'etinqox School

Colin Cook, Vice Principal
Tl'etinqox School



Above are some pictures from our Lhatass'in Memorial Day in Tl'etinqox.

Notice to Community on Income Assistance

February 17, 2022

Due to ongoing issues, there is a policy in place for Income Assistant clients.

All Income Assistance clients are **REQUIRED** to fill out their **MONTHLY Renewal Forms** by the 15th of the month in order to receive your **DIRECT DEPOSIT**. Otherwise, your direct deposit will be cancelled and a manual cheque will be held at the office until the client picks up.

***All Clients have to pick up their own cheques.**

There are no changes for Clients who are on permanent disability. Their cheques will be direct deposited.

Worker will ask for paperwork when required.

Sechenalyagh for your understanding.

NOTICE TO ANIMAL OWNERS ON THE RESERVE

We have seen an increase in horses and dogs who appear to be frail and starving. This is an official notice to all Tl'etinqox members, moving forward, if we see animals not being properly fed and cared for, they will be either surrendered to the SPCA or we will haul the horses to the stock yard and sell them. The proceeds of that sale will go towards youth programing.

Please take care of your animals