

October Dust'lus

2021



Dustl'us October 2021

Table of Contents

Dzitlaln'I Members Meeting Notice

Rapid Testing in Tl'azt'en

Emergency Management

Update Proposed Road Names

It's FREE

Aboriginal Education Newsletter

Tl'azt'en Grief & Loss Healing

Tl'azt'en Health Fair

Information Session & Overdose Awareness

Introducing Heather McKenzie



DZITLAINL'I MEMBERS MEETING

Wednesday, October 13, 2021

10:00 - 3:00 PM

Eugene Joseph School Gym

COVID-19 guidelines include:

- Masks are mandatory
- Using hand sanitizer regularly
- Do not attend if you are feeling sick

AGENDA

Planning for Middle River

- Housing
- Health
- Logging Revenue
- Gaming Revenue
- Emergency Management

There will be option to participate by Zoom

Light Lunch Provided

Rapid Testing in Tl'azt'en

Testing for SARS-CoV-2 helps protect Elders, the vulnerable and communities. It is the only way to confirm if someone currently has SARS-CoV-2, and it is an important tool to stop the spread of the virus and prevent spread in community outbreaks.

Not everyone needs testing. Strategic testing is in place to test those who need it so that cases are identified quickly and resources used effectively. Rapid point of care testing is **not recommended** for individuals with no symptoms of SARS-CoV-2, or beyond 5 days since symptom onset; unless otherwise recommended by a medical health officer.

Why not test everyone, even those who are asymptomatic?

- False negatives can happen if there is not enough virus in the body yet for the test to detect, which could give false reassurance to the community.
- False positive results do exist in practice, especially in those who are asymptomatic, and could potentially cause extra stress/anxiety for the patient, family and community.
- Routinely testing all asymptomatic individuals could overload health allies and supplies. Lab staff, community health nurses, public health nurses, PPE supplies, and swab supplies are all limited.

We at the Health Centre CANNOT tell a patient that they are "negative", we can determine POSITIVES and INDETERMINANT. That being said, every indeterminant test we do has to be confirmed by a conventional swab sent to the lab in Prince George.

- The resources required to expand testing for individuals without symptoms would be high, with a low outcome of accurately identifying someone with SARS-CoV-2. This reminds us to use health helpers and materials wisely, so that more space is present to respond quickly when necessary.

Symptoms that require testing as of December 18, 2020:

1 or more of these key symptoms – new or worsening

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

2 or more of the symptoms below for more than 24 hours, not related to any other pre-existing conditions

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Testing is recommended for those who have had **close contact** with a confirmed SARS-CoV-2 case and have even a single symptom included above.

Close contact is defined as greater or equal to 15 minutes of direct contact (within 2 m) without mask.

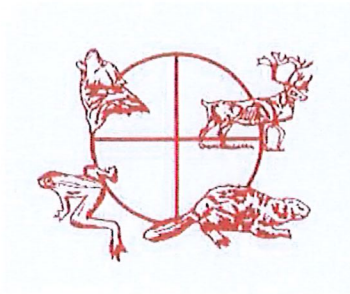
These tests are not for people who do not have symptoms – even if they have been in contact with an active case.

We are not currently authorized to use these tools for employment purposes as we cannot tell people that they are negative. If you have a staff member that meets the above symptom criteria, we can use the rapid test but if the test comes back as “indeterminant” we would need to send confirmatory swab to PG. So, if you have a staff member that is symptomatic, recommend that they are tested, but please know that they will be subject to the conventional testing and the associated wait times.

The nurses have a very specific algorithm that determines how and when to use the rapid testing. If you have a staff member that is symptomatic, please just direct them to nursing.

Thank you,

Jody, Eloisa, and Jordan



Emergency Management

Khunaondle'

You may take care of yourself

Remember to care for yourself – it is an important part of mitigating the effects of, preparing for, responding to, and recovering from emergencies

Two Psychological First Aid courses from the Red Cross are available online:

Self-Care

Caring for Others

Complete both courses for a well-rounded approach to psychological first aid and wellness.

Learn at your own pace by working through the training materials independently online.

Duration: approximately 90 minutes per course, depending on the individual.

Both courses are free in October

Use code **COMM-TN-PFA-30E**

Take the course at <https://learn.redcross.ca/p/psychological-first-aid>

For more information contact

Wendy in the Admin Office 250-648-3212



Emergency Management

UPDATE Proposed Road Names Fall 2021

Musi tl'azt'enne who reached out with comments on the road names.

Musicho for your patience, kindness and willingness to share your language.

The names proposed before must change to respect Dakelh language while being short enough to be read and spoken quickly by non-native speakers and also uniquely identify a part of a place.

Consider calling the road from Tanizul FSR to the ranch operations TI'ok'ut Ti

and the road the driveway for the Ranch operations is on TI'ok'ut Ti Yaz.

Let me know what you think.



Proposed New Road Names:

- **TI'ok'ut Ti** (*Translation: Meadow trail*) – the connecting road between Tanizul FSR and Leo Creek FSR
- **TI'ok'ut Ti Yaz** (*Translation: Meadow trail small/dear*) – the south turn from the connecting road between Tanizul FSR and Leo Creek FSR, also known as the scales road

The Ranch 4200 TI'ok'ut Ti Yaz

Proposed names are in effect now.

**To comment on the proposed road names contact
Wendy at the Admin Office 250-648-3212**

It's **FREE** AT THE FORT ST. JAMES PUBLIC LIBRARY

Here's just some of what you get **FOR FREE** when you use the library:

Library materials! Your library card gives you access to a huge collection of books, DVDs, audiobooks, literacy kits, newspapers, and magazines.

WiFi and access to public computers!

Online learning resources! With your library card, you can access a wide variety of different online courses and webinars through GALE, LinkedIn, and Niche Academy.

Interlibrary Loans! If the collection doesn't have what you're looking for, the library staff can order the materials in from another BC library.

Programs and contests!

Ebooks, magazines, and audiobooks! Using the Libby App and Library2Go, you get access to hundreds of electronic resources right at your fingertips.

Curbside service! Call ahead and staff can prepare your books for pick up outside the library. We can even choose some books for you if you aren't sure what you want.

And more!

Getting a library card is easy! All you need is a picture ID or status card, along with something with your name and Fort St. James PO Box on it (a piece of mail will do!). Your first card is free, replacement cards are \$5 each.

Teens 13 - 16 years old can use their student ID or status card to register. Children under 13 years old must have parent's/guardian's permission.

For more information, email librarian@fortstjames.bclibrary.ca, call (250) 996-7431, or drop by the library at 425 Manson Street. Our hours are

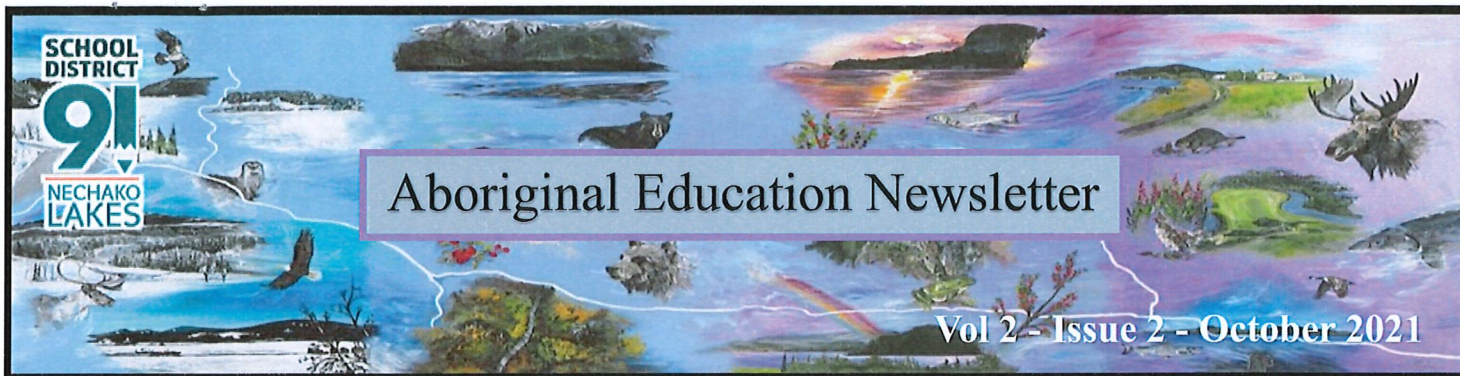


Tuesday	11:30am - 6:00pm
Wednesday	10:00am - 4:30pm
Thursday	10:00am - 4:30pm
Friday	11:30am - 6:00pm
Saturday	11:00am - 4:00pm



The library is closed Sunday and Monday and all statutory holidays; if the holiday falls on a Monday, the library will be closed the preceding Saturday.

<https://fortstjames.bc.libraries.coop/>



Student Role Models for September



Emma— Gr. 10

Nadleh Whut'en

"Emma is dependable and maintains a strong GPA. She is a reliable friend."



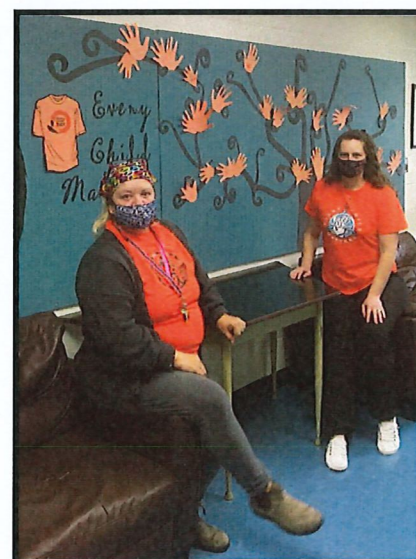
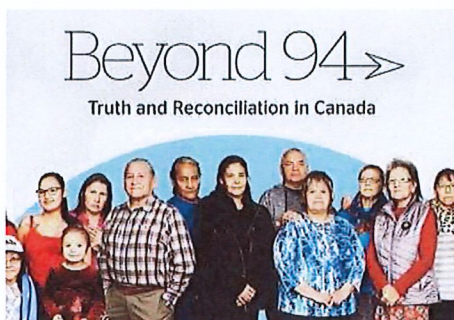
Uylisa— Gr. 11

"Uylisa loves art and music, she is extremely artistic. She loves to learn and take part in indigenous culture."

Did you know?

Did you know that CBC tracks the progress of each Call to Action called [Beyond 94](#)? This immersive and interactive page explains the TRC, and has Murray Sinclair explain each call. It measures the progress of each Call to Action. They feature videos regarding reconciliation. As of September 27, 2021 13 of the 94 Calls to Actions are complete.

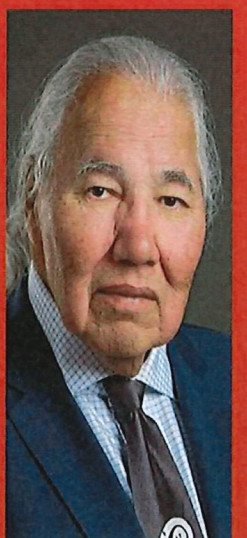
It also includes a [teachers guide and resources](#) to help educators discuss residential schools and the TRC.



“

We have described for you a mountain. We have shown you the path to the top. We call upon you to do the climbing.

THE HONOURABLE MURRAY SINCLAIR
LAWYER, JUDGE, FORMER SENATOR
MANITOBA



**HONOURING
RESIDENTIAL
SCHOOL
SURVIVORS**

REMEMBER THE PAST
CREATE A BETTER
FUTURE



District Principals Message

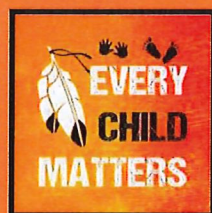
Hadi,

On September 30th, we observed our first National Day for Truth and Reconciliation. It was a day of quiet contemplation commemorating those children who did not return home. The next question for us, "How do we move on past this day and do our reconciliatory work, together?" This is the starting point of a conversation that will continue through our work.

I want to thank those schools that shared your Orange Shirt Day stories with us and look forward to seeing more of these stories as the year goes on.

We have put together a list of resources and will continue to update our webpage on the [www.sd91indigenouseducation.com](https://www.sd91indigenouseducation.com/orangeshirtday) site to ensure that you have the most up to date resources that we can find. Thank you to the staff who have submitted resources.

Mesiy,



Helpful Resources and Links

Web Page

<https://www.sd91indigenouseducation.com/orangeshirtday>

Video

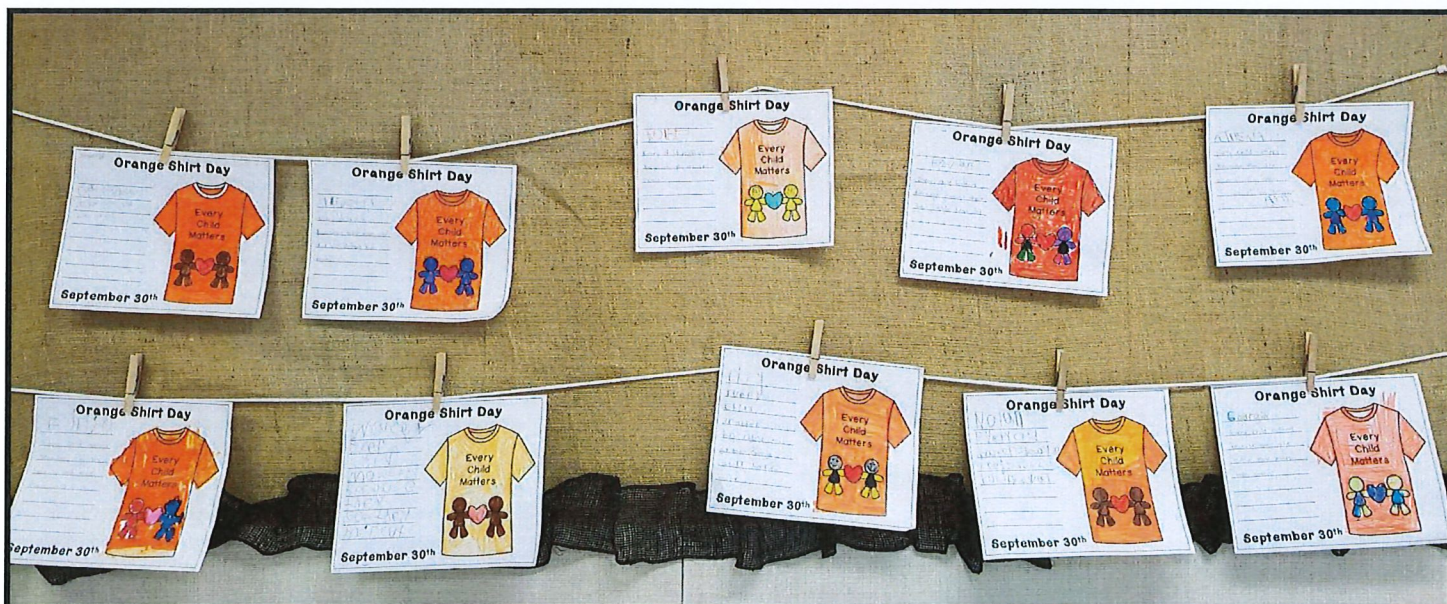
- [Murray Sinclair on Moving Reconciliation Forward in Canada](#)
- [94 in 94 TRC Calls to Action Campaign](#)
- [National Day for Truth and Reconciliation—TRC Calls to Action](#)
- [What is Reconciliation? | CBC Kids News](#)

Listen—Podcast

- [#126: Truth and Reconciliation](#)

Lessons and Planning Guides

- [Bringing Reconciliation into the Classroom—Shannens Dream](#)
- [Every Child Matters Educational Package](#)



Tl'azt'en

Grief & Loss Healing

At: Wellness Centre

November 1—5, 2021 9:30 AM to 4:00 PM

*There will be counselors, mental health supports and cultural healing
Lunch will be served.*

Having been through many losses these past few years,
we need to heal. We need to help each other, and help
ourselves.

Please come and join us as we talk, cry, laugh,
and share our pain, and our hope.

This community survived for centuries because of our
caring and helping each other.
We have lost many of the old ways of dealing with loss.
Let's get together and share, in order to get on with our
lives, in good ways.

Our loved ones are gone from this world,
but not from our minds and hearts.



Hosted by Tl'azt'en Health Centre

Thank you to Tl'azt'en Administration, First Nations Health Authority,

Tl'azt'en Health Fair

At: Eugene Joseph School gym

November 9, 2021 10 AM to 5:30 PM

There will be booths, information, presentations, and prizes.

- Women's Health
- Children's Health
- Elders Health
- School Registrations
- Harm Reduction
- Addictions
- Mobile Diabetes Clinic
- Nutrition
- Mental Health info
- Chronic Conditions (Tobacco Cessation/Education)
- Covid vaccines for ages 12 and up
- Dude's Club: Men's Health
- *More to be added
- Aboriginal Head Start
- Jordans Principle
- Traditional Wellness
- Health Benefits
- Four Directions
- Home Care Services
- Home Care Nursing
- School Registration
- Community Wellness

-FNHA Health Team on hand.

Lunch is provided and we will have a community feast at 4:30 PM.

The feast is to honor all the people who have worked through the pandemic, and for those who have lost loved ones.

Door prizes and draws throughout the day.

Having been through the pandemic and having to deal with this crisis in our community, we need to look at other areas of health. Come and gather information, ask questions, and get to know some of the people providing health care for your community.



Hosted by Tl'azt'en Health Centre

Thank you to Tl'azt'en Administration, First Nations Health Authority, Northern Health Authority,

**INFORMATION SESSION:
SERVICES PROVIDED FOR PEOPLE IN ADDICTION
AND
OVERDOSE AWARENESS:
ONE IS TOO MUCH AND WE HAVE LOST MANY**

October 25 & 26, 2021

9:30 AM – 4:00 PM

Covid-19 precautions will be followed with a safety plan in place, seating will be limited, and members will be screened at the door.

This event will be live streamed on the Tl'azt'en Community Health Services Facebook page which will allow community members to participate and interact.

The two-day workshop is open to all Tl'azt'en Nation members living on and off reserve. While we will not be discriminate about who chooses to participate, only members of Tl'azt'en Nation will be able to join the prize/giveaway draws.

The purpose of the workshop is to inform Tl'azt'en members about the services provided for people in addiction and to introduce the staff (Wellness Team) and their role at the Tl'azt'en Health Centre. It is also to educate, inform and bring awareness of Overdose.

The morning of the first day we will introduce each staff member on the Wellness Team and explain their role/job description and what services that the staff person provides to the community.

The afternoon of the first day we will be presenting the medical explanation of each drug and the damage that it does to your body physically and psychologically. We will discuss the process of attending detox and treatment centers. We will also explore options on what community members would like to see in place regarding before and after treatment care.

The second day we will present on Overdose Awareness. We will discuss the most frequent characteristics of people in addiction who are at greater risk; homelessness, using alone, ability to call for emergency help, and naloxone training. We will also discuss how Overdose can be preventable. This session is intended to be fully interactive. Member's input would be beneficial in finding solutions to lower the incidences of overdose in our communities.

Naloxone training will be available for both days of the workshop. Naloxone kits are available to members trained to administer naloxone.

To close the two-day workshop, we will be holding a candlelight vigil in memory and to honor loved ones lost to addiction and overdose. T-shirts will be handed out at the vigil with the words: I remember.

After each 15-minute session, community members will have the opportunity to ask questions related to the topic. The questions will be accepted in person and via Facebook live.

It is important that we receive feedback from the community members. We welcome and value your thoughts, ideas, and suggestions for the Wellness Team. We are committed to providing the best services that we can for the members of Tl'azt'en Nation. There will be one main prize for submitted evaluations. We will accept evaluations in-person, e-mail and by fax.

The topics discussed are very sensitive, but it must be done to move on to healing. We ask that you participate at your level of comfort. The topics are separated in a way that there will be space in between where you can decide if you want to participate in the next session. Our intention is not to cause any more pain but rather to promote healing and wellness.

INFORMATION SESSION: SERVICES PROVIDED FOR PEOPLE IN ADDICTION

AGENDA DAY ONE – Monday October 25, 2021

- ☐ **DONALD PRINCE, MANAGER OF HEALTH PROGRAMS**
- ☐ **JODY PRINCE, SUBSTANCE USE NURSE**
- ☐ **GRAHAM SAMPSON, NNADAP COUNSELOR**
- ☐ **JOYCE FORSYTHE, MENTAL HEALTH COUNSELLOR**
- ☐ **CONRAD JOSEPH, COMMUNITY WELLNESS & PREVENTION WORKER**
- ☐ **BRIAN FELIX, MENS WELLNESS WORKER**
- ☐ **DIANA MATTESS, COMMUNITY WELLNESS & LIAISON WORKER, COVID-19 SUPPORT**

Questions/Answers

*****PRIZES/GIVEAWAYS*****

- ☐ **TOBACCO**
Questions/Answers
- ☐ **ALCOHOL**
Questions/Answers
- ☐ **CANNABIS (MARIJUANA)**
Questions/Answers
- ☐ **INHALANTS**
Questions/Answers
- ☐ **PRESCRIPTION DRUGS/OTC MEDICATION**
Questions/Answers
- ☐ **COCAINE/CRACK**
Questions/Answers
- ☐ **OPIOIDS**
Questions/Answers
- ☐ **METHAMPHETAMINE**
Questions/Answers
*****PRIZES/GIVEAWAYS*****

OVERDOSE AWARENESS: ONE IS TOO MUCH AND WE HAVE LOST MANY

AGENDA DAY TWO – Tuesday October 26, 2021

☐ **MOST FREQUENT CHARACTERISTICS OF OVERDOSE**
Questions/Answers

☐ **RECOGNIZE AND RESPOND TO OVERDOSE**
Questions/Answers

☐ **STOP THE STIGMA**
Questions/Answers

☐ **OVERDOSE PREVENTION**
Questions/Answers

☐ **HARM REDUCTION**
Questions/Answers
PRIZES/GIVEAWAYS

☐ **REDUCE YOUR RISK OF OVERDOSE**
Questions/Answers

☐ **PEER TO PEER SUPPORT SERVICES**
Questions/Answers

☐ **OPEN DISCUSSION**
Questions/Answers

☐ **IDEA SHARING ON CREATING A COMEMORATIVE SITE**
Questions/Answers

☐ **SUPPORT FOR FAMILIES AND LOVED ONES**
Questions/Answers
PRIZES/GIVEAWAYS

CANDLELIGHT VIGIL – 8PM

Heather McKenzie

Newly Hired Education Manager – TL'AZT'EN FIRST NATION



Heather McKenzie's long lineage of the Williams Lake First Nation (T'exelcenc [Williams Lake people] are members of the Secwepemc Nation [Shuswap people]. The Secwepemc lands extend from Shuswap Lake in the south to Quesnel Lake in the north, and from Columbia-Kootenay Range in the east to Alexis Creek area). Her living parent Catherine McKenzie (nee Wycotte) & Jim McKenzie (rest in peace); and her Grandparents (rest in peace) Jimmy Wycotte (WWII Veteran) and Mary-Jane Pierro Charlie-Wycotte.

Heather has 24+ years' expertise in the Education Administration profession, offering extensive and successful experience promoting multiple academic opportunities. Emphasis on competitive analysis and team leadership to First Nation students. In addition, Heather passionately shaped, created and generated for her traditional community, numerous opportunities to Pre-Kindergarten-K (Daycare and Preschool to K-4). To then a primary grade 1 – 6. Heather was always focused on Families, to the unborn. She succeeded for the Community in many roles. As Post-Secondary Leader, Heather developed many on reserve Incentive Programs, for student success. Bursaries, Grants, Student Grade Incentives; to parents (Engagement); to Elders (Recognition).

Heather was a Member of the Chief and Council table for 17 consecutive years. It is here were she utilized this table in gaining a great deal of programs, services, and as well capital projects for the Education Department. Heather was known for little to no turnover in staff and regularly built their capacity to be the best they can be. A strong moto she believes in today. With 18 staff members there was consistent and smooth operation of full education on and off reserve.

It is Heather's moto to go to the heart of all operations to gain the best outcomes. She was a School Board Trustee for three terms sitting: Cariboo Chilcotin School District 27. In that time, educational outcomes and Student Dogwood graduation rate had increased by 48%, This was an exceptional accomplishment.

Heather was a key Board Director with the First Nations Education Steering Committee (FNESC) and after 25 years of service to this table, she decided to run for an executive position and was voted in as the Vice President to this Board. Was key in the implementation of the Education Tripartite Agreement. Heather also developed and rose the Bar for All BC First Nations with an outstanding Local education agreement. This agreement has grown and become now a number one template for all BC First Nations.

Other areas of Heather's area of expertise - her professional Membership and expertise to the First Nations' Emergency Services Society of BC, currently Vice President.

Williams Lake First Nation - Sugar Cane Tread Pro Tires & Mechanical/Products; as well as Board of Director for the Williams Lake First Nation Chief Will-Yum Campsite and Petroleum Board Ltd.

Heather was recently recognized for her 25+ years' service as the President/Vice President and Board of Director for the Cariboo Chilcotin Training Employment Centre (ISET of BC).

On independent successes. Heather was and is a Hairdresser. Taught hairdressing in Prince George for 3 years. A certified cosmetic tattoo artist specializing in lips, eye lashes, eyebrow, scars, and hair follicle.

Heather enjoys and is very family oriented; her lovely dog "Cholly" and cat "Princess Emily". Heather is true to the Outdoors ~ engaging in sports such as snowboarding, soccer (indoor and out); participating in marathons; triathlons; mountain biking. Participated in the 2016 BC Bikini Body Building and succeeded with 5th place. She loves building creative projects, such as landscaping projects at home.

Sychanylia