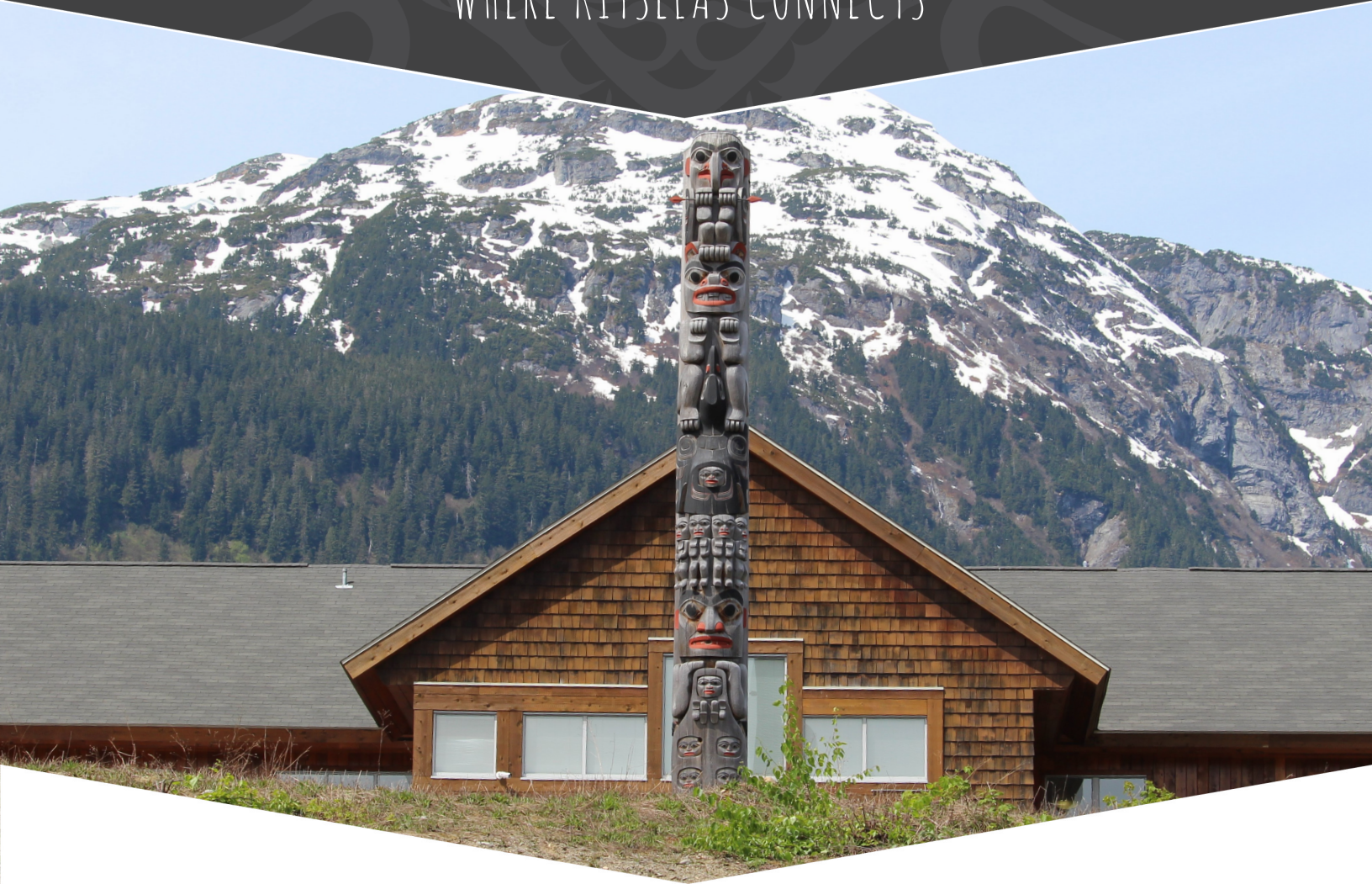


TSUNYOW

WHERE KITSELAS CONNECTS

AUGUST 13, 2021



A Bi-Weekly newsletter from the



Kitselas Band Council & Administration

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Attention K-12 Kulspai and Gitaus Parents!!!!

Please get your School Supply Allowance forms in to Jericho at teacher@kitselas.com ASAP. First cheque run will be this Friday. Cut off is Wednesday morning at 10am.



KITSELAS BAND COUNCIL

2225 Gitaus Road, Terrace BC, V8G 0A9 Phone:
(250) 635-3301 | Fax: (250) 635-5335

Application for School Supply Allowance 2021-2022

Student Information:

Last Legal Name:	Select: <input type="checkbox"/> Status Indian	Grade:
Given Names:	<input type="checkbox"/> Non-Status <input type="checkbox"/> Other:	School: <input type="checkbox"/> Thornhill Primary (K-3) <input type="checkbox"/> Thornhill Elementary (4-6) <input type="checkbox"/> Skeena Middle <input type="checkbox"/> Caledonia Secondary
Birthdate: (YYYY/MM/DD)	Status Card Number:	<input type="checkbox"/> Parkside Secondary <input type="checkbox"/> Centennial Christian <input type="checkbox"/> 'Na Aksa Gyilak'yoo (Kitsumkalum) <input type="checkbox"/> Other:
Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male	Band Name:	
Home Address:	<input type="checkbox"/> Kitselas <input type="checkbox"/> Other:	
Postal Code:	Email:	
Phone Number:	Cell Phone:	

Lives With:

Select One: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.	
Last Name:	
First Name:	
Relationship to Student <input type="checkbox"/> Mother <input type="checkbox"/> Step-Mother <input type="checkbox"/> Aunt <input type="checkbox"/> Grand-Mother <input type="checkbox"/> Guardian	<input type="checkbox"/> Father <input type="checkbox"/> Step-Father <input type="checkbox"/> Uncle <input type="checkbox"/> Grand-Father

Note: Form must be completed and returned to calculate school supply allowance.

x One Form per Student

Please get additional copies from office.

By signing below, I agree to:

Consent to Release Student Records

As per section 10.5.1 of the Local Education Agreement, this consent authorizes Coast Mountains School District 82 OR Centennial Christian School OR 'Na Aksa Gyilak'yoo School and its school representatives to release student's academic records to the Kitselas Education Coordinator for my child.

Consent to Release Student Information

I authorize the Education Coordinator to share information about my child with the Social Development Department in order to participate in the hot lunch program. This information is limited to: first name, last name, school and grade.

Office Use Only:

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Student Name: _____

Parent/Guardian Signature

Date

KITSELAS LANDS AND RESOURCES
DEPARTMENT UPDATE



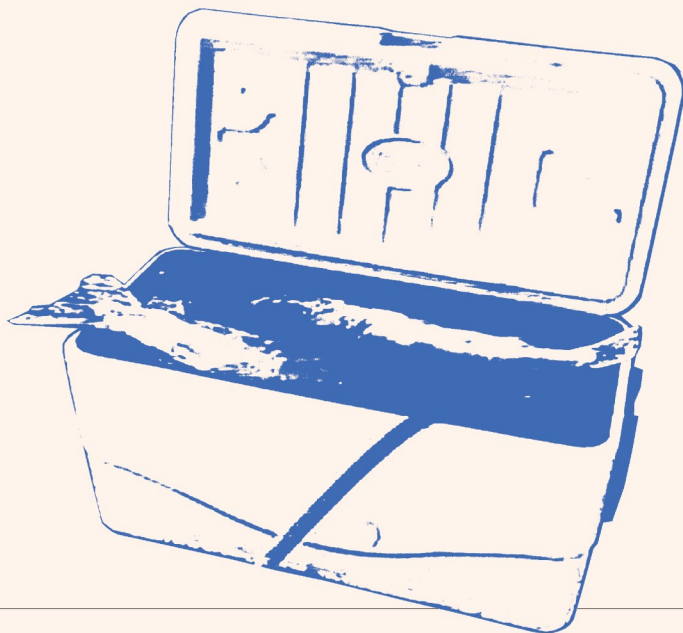
SALMON SEASON
2021

The Salmon Run is tracking late this year

FORECAST

SO FAR, THE RUN IS TRACKING VERY SIMILAR TO 2020. THE SOCKEYE RUN IS EXPECTED TO BE AVERAGE-TO-BELOW-AVERAGE THIS SEASON.

WE DON'T ANTICIPATE ANY FOOD FISHERY CLOSURES FOR THE REST OF THE SEASON! THE RECREATIONAL FISHERY FOR CHINOOK IS STILL CLOSED ON THE SKEENA RIVER.



While Out Food Fishing

The Kitselas Lands and Resources Department (KLRD) is responsible for food fish monitoring to ensure ongoing and sustainable use of the Traditional Territory's lands and waters. Help support our work by remembering to:

! Have your band membership card or your food fish permit with you at all times while fishing. Due to COVID-19 office closures, new food fish permits will not be issued this year. If you lost your food fish permit, use your band membership card.

- Be mindful to not fish in one spot for more than 48 consecutive hours from Sunday to Saturday, so that others have access to fishing sites.
- Report your catch numbers! If you do not see a food fish monitor, call 778-634-3517 or text 250-641-7616 with your catch numbers.
- Have your name and phone number marked on your net for fish monitors to see.
- Do not sell food fish.



FISHER'S CORNER

Over the past few seasons, the Kitselas community has expressed a need for more food fish, especially for elders or other community members who may not be able to harvest fish themselves. This year, KLRD is working closely with Kitselas Employment & Training (KET) to provide fish for the community through our Food Fish program.

Staff have been out on the water to ensure there is enough for those who need it, and we have been able to circulate fish in the community despite a below-average run so far this season.

Did You Know?

The Tyee Test Fishery is located on the Skeena River — on the side of Highway 16, where Aberdeen Creek drains into the lower Skeena. It takes 2 to 3 weeks for salmon to arrive in Kitselas after they pass through Tyee!

Gillnet test fishery operations have been conducted at Tyee since 1955 to evaluate the magnitude of Skeena River salmon returns. What Tyee catches in their gillnets is currently KLRD's main tool to estimate run sizes in the Skeena. This information is essential for the effective management of Skeena salmon.

MORE INFO ON PROGRAMMING? JAMES@KITSELASTRAINING.COM QUESTIONS OR CONCERNS? SENIORRSO@KITSELAS.COM

Community Garden – Health Department – Patsy Drummond

It's the middle of the summer and plants have reached their peak in growing and now we are moving into the harvest season! The last few weeks have involved the regular daily maintenance of the garden: watering and weeding. The weather has been a mix of warm and unusual cold and rain for this time of year.



The heat of the early part of July definitely took its toll on the annual flowers in the flower bed, but relieved to see that the perennial plants have survived...they will grow again and produce flowers next year. Gardening is all about the long game!

We harvested all the garlic, about 400 plants, washed the bulbs and have hung them to dry/cure. The bulbs will be ready in about 3-4 weeks. They can be used for seed (each clove in the bulb) to plant this Fall for plants next year or are ready to eat. The pea crop was also affected by the early hot dry weather, the plants are very short this year. Peas thrive in cool and wet weather. We've been picking peas as they ripen and giving out to Elders in community. The plants have stopped growing so we've pulled them out and will plant another crop that will grow during the cooler late summer and early Fall time. The Peach tree looks to have survived the heat as well and even produced its first crop of fruit! Amazing! The yellow and green beans are ready to pick and we'll be picking those over the next week and giving them out. Potatoes will be ready to harvest next week.

Please feel free to water and/or weed anything in the garden when you visit. You are welcome to take any ripe tomatoes in the greenhouse. Thank-you to Rhonda MacPherson for looking after the garden while I was on vacation. Thank-you to Grace and Hope for helping out in the garden, as well!





KITSELAS FIRST NATION

2225 GITAUS ROAD, TERRACE, BC V8G 0A9
TEL. (250)635-5084 s FAX (250)635-5335 s T.F. 1-888-777-2837

Wednesday August 11, 2021

PARENT'S GROUP

EVERY WEDNESDAY FROM 12PM TO 2PM UNLESS OTHERWISE POSTED.

ELDER'S GROUP

EVERY THURSDAY FROM 12PM TO 2PM UNLESS OTHERWISE POSTED.

ON WEDNESDAY, AUGUST 18, 2021, LESLIE LOUIE WILL BE DOING HAIRCUTS
FOR PARENT'S GROUP.

ON THURSDAY, AUGUST 19, 2021, LESLIE LOUIE WILL BE DOING HAIRCUTS
FOR ELDER'S GROUP.

KITSELAS HEALTH DEPARTMENT



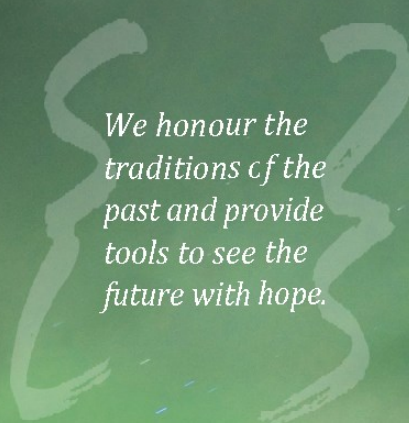
transformations Retreat

Experience

September 13-17, 2021

October 18-22, 2021

Ness Lake Camp, Pr. George BC



*We honour the
traditions of the
past and provide
tools to see the
future with hope.*

What is Transformations?

- > Transformations is a four day retreat where people connect, learn, and awaken. It is based on experiential learning.
- > Transformations develops a strong connection to self, the land, traditions and community.
- > Transformations provides guidance and support to complete the past and helps one to see opportunities for the future.

What it's not?

It's not a seminar. It's not a lecture. It's not a workshop.

Here is what participants have said:

"Best experience of my life."

*"Incredible, I can see a new
future"*

*"Just what I needed, I feel free and ready for the rest
of my life."*

"Awesome a real awakening."

"I wish my entire family could do this."

To find out more contact:

Thomas Morris thomas@transformationsretreat.ca | 403-471-1773

Or Wendy Henders wendy@transformationsretreat.ca | 403-830-1970

www.transformationsretreat.ca

TRAINING FOR A SPEED WATCH PROGRAM

Training for a Speed Watch Program is coming to Terrace. ICBC will provide the training and the program with a speed board and other required equipment to get volunteers out on the street, setting up in target areas (school zones, and other...) raising awareness of the public to keep speed down.

ICBC representative will travel from Prince George to deliver an evening of training for any interested volunteers **(August 23, 6:00 to 8:00 pm)**.

Let Cst Kelly Freeman know at 250-638-7400 if you are interested and able to attend.



This past week we hosted our annual culture camp at Lakelse Lake Picnic site (group site), in partnership with Right to Play, BC Parks, Kitselas Treaty/Education; and sponsored by Kitselas Health/Lands/Employment and training/BC Parks. The camp ran from Tuesday to Friday, 10-3pm each day, for youth ages 4-14. We had a total of 53 registered youth that participated. On our first day we had elders Edward Innes and Isabell Mckee open in a good way with a blessing and storytelling of the history of Laxgheyls (Lakelse Lake), we also had Chief Councillor Glenn Bennett welcome everyone to the camp. Each day was filled with activities from the Kitselas Language teacher Crystal Azak, the Kitselas Treaty crew CJ/Joan/Zoe/Lani/Kianna, BC parks crew Diana/Rhon/Weston, and the Right to Play and Headstart crew of Tiffany and Ann. Our lunch and snacks were provided by our own local catering company of Eli and Catherine Mcmillan.

Also during the week we allowed 8 youth to camp out in tents at the same spot we were having our culture camp, it was a great experience for them, especially the youth who have never camped before. Thank you to our volunteers of Crystal and Richie, Tiffany and Thomas, and Vince and Geneva, for helping to watch and camp out with our youth. The weather wasn't that great, but it didn't dampen the spirits of our young campers, who really enjoyed the experience and are already asking when we can do it again.

There were many great moments during the camp that made it all worth it, I was moved by Edward telling stories of the lake, and by the performance of the paddle song by all the camp participants, but the moment that got me was when I had the honor of presenting a photo of our former culture coordinator Web Bennett to his mother Audrey Bennett, I wanted to acknowledge the work that Web has done for Kitselas and remember him for all the input and influence he had when we would plan for events.





NORTHWEST INTER-NATION FAMILY & COMMUNITY SERVICES SOCIETY

Suite #3, 222 3rd Ave. W., Prince Rupert, BC,
V8J 1L1 Canada
T: 250.622.2514
F: 250.622.2614



FOR IMMEDIATE RELEASE

Northwest Inter-Nation Family and Community Services Society (NIFCS), organizes Youth Empowerment Summer Camps for First Nations youth in the Prince Rupert and Terrace regions.

Prince Rupert, British Columbia - August 05, 2021 – A series of two-day camps is being organized by NIFCS from August 13 through September 11. Starting with the First Nations community of Gitga'at in Hartley Bay on the Pacific coast, the organizing team will travel east towards the Terrace area to facilitate camps for youth residing in the communities of Haisla, Gitaus and Kitsumkalum before returning to Prince Rupert to host camps in the communities of Lax Kw'alaams, Gitxaala and Metlakatla.

The purpose of these camps is to create spaces for youth to come together and enjoy a sense of camaraderie while acquiring meaningful knowledge in leadership, teamwork and cultural values through fun activities. In addition, NIFCS hopes that this event, alongside other efforts by the communities, will provide a sense of normalcy for the youth after having endured 18 months of varying degrees of isolation due to the COVID-19 pandemic. "We are grateful for the permission and blessings granted for these events by the leadership of the First Nations communities we serve," said Kathleen Bennet, Executive Director of NIFCS. "The camp will be organized by our staff, working alongside community-based youth workers, meal-providers and volunteers, all coming together to provide a fun, exciting and meaningful experience for the 150 youths expected to participate in these camps," she added.

The conclusion of the camp will mark a sixty-day countdown towards the launch of the Youth Empowerment Program, scheduled to be rolled out in November 2021. Based on the three foundational pillars of *Cultural Values, Empowerment and Sustainability*, the Youth Empowerment Program aims to provide local First Nations youth resources and avenues to exciting 21st century possibilities that include arts, sciences, technology, and constructive interactions with youths from various cultures across the globe. The goal of the program can be summed up in its shared vision of '*Proud of our Culture – Confident of our Future!*'. Additional information will be made available soon.

Established in 1999, Northwest Inter-Nation Family & Community Services Society "NIFCS" is a Delegated Aboriginal Agency that provides family support, guardianship, youth empowerment and caregiver services to seven First Nations communities in the Northwest region of British Columbia. NIFCS is guided by cultural knowledge, values and wisdom and supported with strategic governance by a First Nations board of directors representing each community. For more information about NIFCS, please visit the agency's official website at www.nifcs.org

Contact: Mamie Lawson
Phone: 250-622-2514, Fax: 604-468-9795
E-mail: mamie.lawson@nifcs.org

HEALING TAKES TIME

ASKING FOR HELP IS A COURAGEOUS STEP

If you're struggling to stay grounded, want support or just need someone to chat with, there are many First Nations resources and people ready to provide support that is easy to access, free, safe and secure.



Indian Residential School Survivors Society (IRSSS)

IRSSS helps support youth throughout the province who are dealing with trauma and seeking support in their healing.

1-800-721-0066 | reception@irsss.ca



Foundry BC

Provides young people with health and wellness resources, services and supports across BC.

1-800-668-6868 | info@foundrybc.ca



Tsow-Tun Le Lum

Provides confidential outreach services, such as counselling and cultural support.

1-888-403-3123 | info@tsowtunlelum.org



First Nations Virtual Doctor of the Day

Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

1-855-344-3800



KUU-US Crisis Line Society

24/7 First Nations and Indigenous specific crisis line, toll-free from anywhere in BC, specifically for children and youth.

250-723-2040

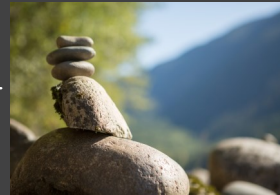


[FNHA.CA/WHAT-WE-DO/MENTAL-WELLNESS-AND-SUBSTANCE-USE](https://fnha.ca/what-we-do/mental-wellness-and-substance-use)



First Nations Health Authority
Health through wellness

AUGUST 13, 2021



KITSELAS CONNECTS

Is put together by the Kitselas Communications Department.

Please email communications@kitselas.com with any info - events, news, fundraisers, photos, etc. - that you would like to share with the community.

Deadline for submissions is Tuesday.

Call 250-635-5084 Ext. 4071 with any questions

KITSELAS ADMINISTRATION

2225 Gitaus Road, Terrace, BC V8G 0A9
Phone: 250-635-5084 Fax: 250-635-5335

Office Hours

Monday to Friday 8:30am-4pm
Closed for lunch 12-12:30pm

WWW.KITSELAS.COM