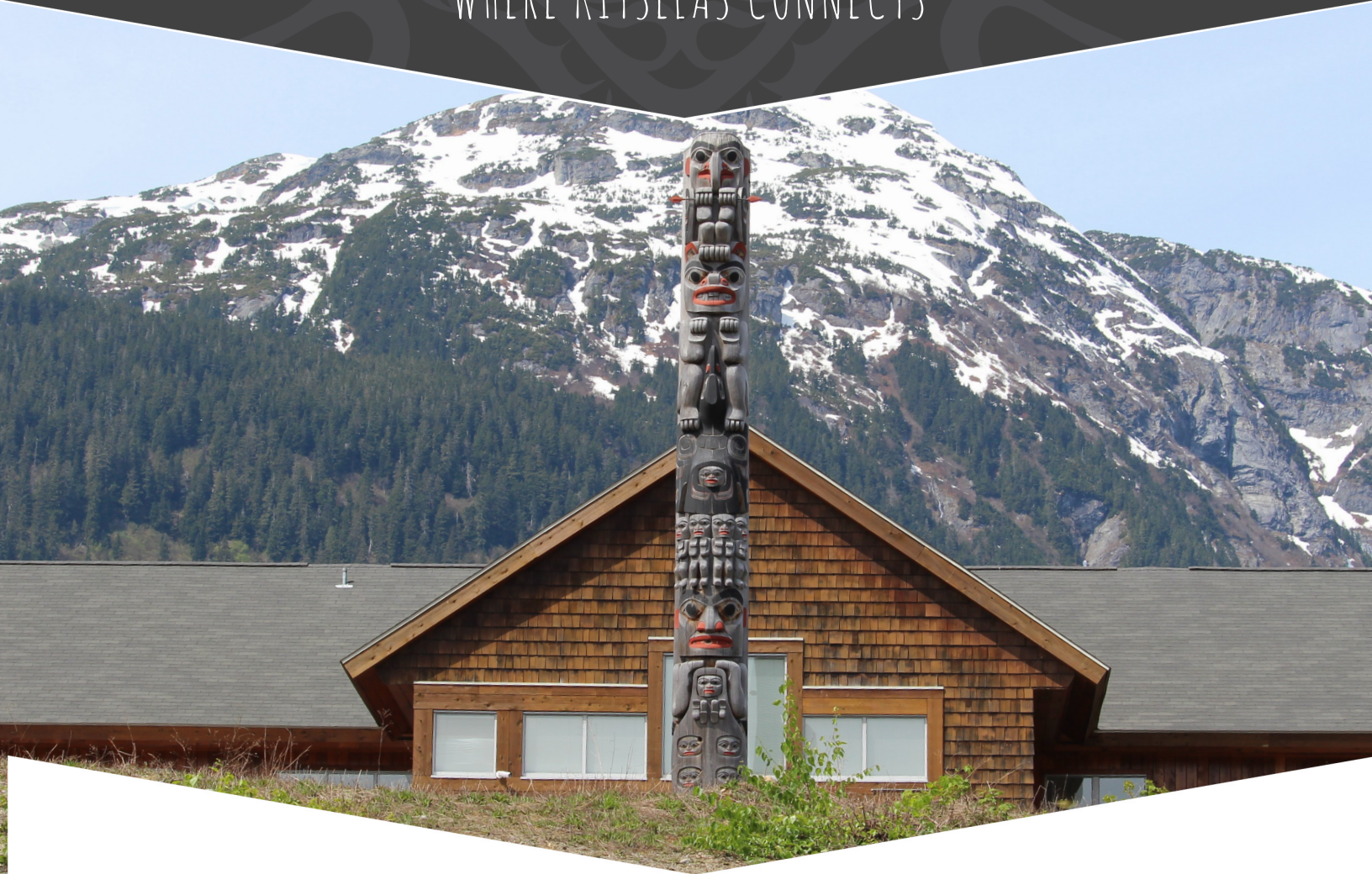


TSUNYOW

WHERE KITSELAS CONNECTS

APRIL 15 2022



A Bi-Weekly newsletter from the



Kitselas Band Council & Administration

IN THIS ISSUE

- | | | | |
|---|---|----|--|
| 1 | In this issue index | 9 | Kitselas Marine Plan Update Project |
| 2 | Council News | 10 | JANT 2022 Recap |
| 3 | KBC Office Open/ EOC update | 11 | RAH test |
| 4 | Easter Office Closure | 12 | Nursing Services for Kitselas on-reserve members |
| 5 | Settlement Feast for Late Rhoda Seymour | 13 | Indigenous Forestry Scholarship Program |
| 6 | Community Health & Safety Meeting | | |
| 7 | Food System—Patsy Drummond | | |
| 8 | Spring Seed Event | | |



Kitselas First Nation

2225 Gitaus Road, Terrace, BC V8G 0A9

Phone:250.635.5084

Fax:250.635.5335

COUNCIL NEWS

PAST COUNCIL MEETINGS

April 5th Agenda items

- RCMP update, Letter of Expectation for 2022, stolen items from Kitselas Forestry
- Daybreak Farms request for letter of support
- CMHC loan renewal
- Community Health & Safety – time point 3 survey, celebration dinner
- Proposed Kitselas Vessel
- Proposed Elders Benefit Program
- Governance Policy Update
- COVID-19 Update – reopen offices and community
CAO report

UPCOMING COUNCIL MEETINGS

Next meeting, April 19, 2022.



Kitselas Emergency Response Division
2225 Gitaus Rd, Terrace B.C, V8G 0A9
1-250-635-5084

Kitselas Community,

As you are aware, Friday April 8th, 2022 the Province of B.C. has lifted restrictions.

that 65 and up can get a "Spring Booster" 6 months after the first booster shot.

Starting Friday April 8, 2022 at 12:01am

1. the proof of vaccination will be lifted.
2. COVID-19 Safety Plan changed to communicable Disease Plan,
3. post secondary residence vaccine requirement is lifted.

Starting Thursday April 7th they will be moving Covid-19 reporting/updates to weekly and not daily.

As we move forward, COVID-19 is not over, however we now will need to live with COVID-19

Continued recommendations;

1. to continue to hand sanitize and hand washing.
2. People may choose to continue wearing masks,
3. respect peoples comfort levels,
4. monitor symptoms and stay home if your are sick
5. promote vaccination and boosters including children. B.C. is at 87% vaccinated, 80% boosted

Kitselas Administration building is open to the membership, no appointment needed. Masks are still needed in the Health Department wing of the building. The Health dept. is looking to have the Spring booster for 65+ clinic in May

All signs will start to be taken down within the community.

Thank you all for following the restrictions to the best of your abilities throughout the past 2 years. We got through this and kept our communities safe.





KITSELAS BAND COUNCIL

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



EASTER OFFICE CLOSURE

Kitselas Administration office & buildings will be closed for the statutory holiday on Good Friday April 15, 2022, and Easter Monday April 18, 2022.

Office will resume regular business hours;
Tuesday April 19/22 @8:30 a.m.—4:00 p.m.

Settlement Feast

A circular portrait of an elderly woman, Rhoda Seymour, wearing a grey bucket hat and a red and black plaid shirt. She is looking slightly to the left. The portrait is set against a background of a green field and a blue sky with clouds. The portrait is framed by a decorative border of small, light-colored flowers.

for the late
Rhoda Seymour
Sigidunna'ax Miilkin Maxmeex

Saturday, May 21, 2022

10am - Rhoda's @ 1532 Kulspai
11am - Bring stone to Endudoon
4pm - Doors Open @ Kitselas Hall
5pm - Settlement Feast
*****POTLUCK*****

Made with PosterMyWall.com

COMMUNITY HEALTH & SAFETY RECAP



On Wednesday April 6, 2022 Kitselas community members came together for a celebratory dinner. The purpose of the dinner was to celebrate the health, well-being and safety of friends, families and Kitselas staff and leadership. The dinner was opened by Chief Bennett with an opening prayer given by Edward Innes. Dr. Janis Shandro, Kitselas's community health and safety advisor at it relates to industrial projects, gave a short speech reminding attendees that the community health and wellness survey would launch this week and would be focusing on the marine environment, mental health, food security and health services and is important as findings will be used to inform a risk report to the proposed Ksi Lisims LNG project. The survey will be launched online again and paper copies will be available at the administration offices. One survey is needed per household and so it is a good time to plan and spend thirty minutes together to work on it.

Each household that completes it will receive a \$50 grocery gift card and all household members over the age of 18 will be entered into a draw to win one of 3 - \$200 visa gift cards. The survey is ,as always, available to all Kitselas members.

The dinner also launched the release of community emergency preparedness plan and family booklet. Ken McDames Jr, emergency response manager and councillor gave a speech on the material and updated the community with new COVID-19 protocols which opened the administrative offices to visitors and the canyon. If you did not receive the emergency response plan, booklet and magnet you can get one at the KLRD office.



Food Systems Report – Patsy Drummond, Health Department

Ama sah! Spring has arrived and the community garden is coming back to life! The garlic and rhubarb are sprouting, the perennial flowers are coming up and the peach tree in the greenhouse is flowering pretty pink blooms.

This past weekend we held our first “Seedy Saturday” event. N’toyaxs’n to everyone who stopped in at the greenhouse to choose and pickup seeds. It was really nice to talk to everyone in



person over coffee and snacks. Special thanks to Tylee Bevan for co-hosting the event with me. If you need any seeds and/or little pots to start seeds, please send me a message and I can get some to you. Greenhouse@kitselas.com or at FaceBook page: *Kitselas Growing Food & Wellness*

Seeds to start INDOORS in April:

(these grow best in a greenhouse once transplanted out of your house in May)

Tomatoes

Peppers

(these grow best transplanted right into the ground in a regular garden in May)

Cauliflower

Broccoli

Brussel Sprouts

Cabbage/Kabidz

Celery

Eggplant

Kale



Direct seeding into the ground outside is not recommended until closer to the last frost date: of around May 15...Kulspai is warmer so you could plant things a bit before this date, but Gitaus is colder so I'd plant things in the ground AFTER this date. In May, you could start with cold hardy plants like peas and lettuce at that time.

Spring Seed Event

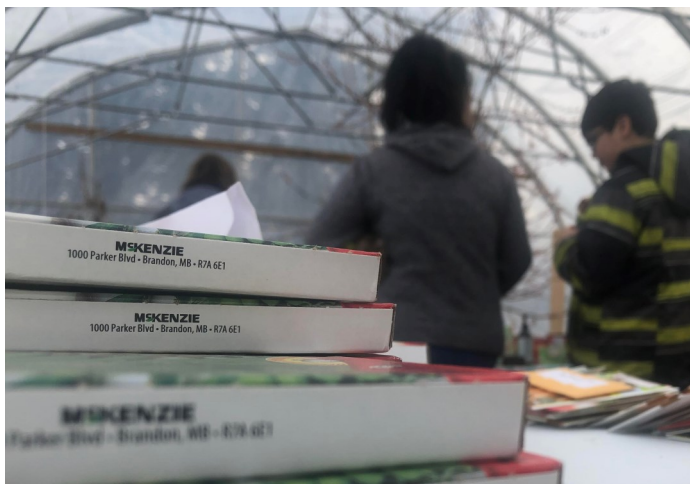
GITAUS BC, On Saturday April 9th attended the Spring Seed give away at the Kitselas Greenhouse. It was a cool brisk morning as my Wife and I left our house and went to the Greenhouse. Once we arrived, we could see a crowd of friendly faces gathered in the greenhouse. The event was scheduled earlier in the month, it was postponed because of the passing of Cheryl Bolton, who was so active in the Kitselas Gardening community.



Once we entered, my wife and I were greeted by Patsy and those who where at the event! The seeds where in order, arranged neatly across the two tables on either side of the greenhouse. While in the greenhouse, our community continued to have the typical "Herring Egg" weather we associated with the month of April, spontaneous bursts of hail mixed with snow. In our language we call it Hali'xs'waank, meaning "the time for harvesting herring eggs".

Patsy provided growing schedules, that identified the ideal time to plant certain seeds. There were also growing pods, that give the plants a head start. I found it so refreshing to walk through the greenhouse, the peach tree is blossoming, and little plants are starting to peek through the soil to meet the spring air. The amount of preparation and patients really reminded me growing up in Kulspai, how we knew spring was here when my papa and granny would start to plant their rhubarb and prune his cherry trees and apple trees. That was followed by the cherry blossoms and raspberry blossoms that filled their yard in the spring. Those small steps of preparation and patience made a big difference when it came time to harvest. It's great to see our community taking these steps of preparation, the same steps our ancestors took in a new light.

Cyril Bennett-Nabess





Kitselas Marine Plan Update Project Community Update on Project Progress



Background

Kitselas Lands and Resources Department (KLRD) has received funding to update our *Integrated Marine Use Plan (2010)*. Since 2010, many of the projects and initiatives Kitselas works on have changed and we now need to incorporate those programs into our plan and outline how the community can support marine initiatives and priorities.

This Project will **update** the *Kitselas Integrated Marine Use Plan (2010)* by seeking critical community feedback and will include updates on the following:

- Strategic direction (i.e., guiding principles)
- Values and key issues of concern
- Implementation direction



This plan update will incorporate existing documents and information and community will be engaged to provide input that will inform values and specific actions to support re-connecting Kitselas with the marine territory. Once completed, this updated plan and will guide marine resource management advice and provide strategic direction in the marine territory.

Progress Report

Since our first round of engagement sessions (held over the week of Nov 29th – Dec 2nd, 2021), Kitselas staff have been busy working on a draft updated Kitselas Marine Plan. This has included writing, researching, and collaborating with experts all while incorporating the knowledge and insightful feedback we received from the community engagement sessions



Next Steps

We recognize the importance of meaningful community engagement throughout the project as the plan is updated. KLRD is planning multiple community engagement sessions as a follow-up to the first round. Once a draft plan is ready, comprehensive community engagement will take place.

For more information or if there are any questions, please contact Sachi Ouchi by phone (250-922-5539) or email (mrso@kitselas.com). Thank you for continuing to engage with us and stay tuned for more Marine Plan engagements throughout 2022!



JUNIOR ALL NATIVE 2022 KELOWNA RECAP—OUR LOCAL KITSELAS YOUTH BASKETBALL TEAMS



U-13 KITSELAS GRIZZLIES

These Kitselas Youth Basketball players, played their best and with all their heart. As our 2nd year attending Junior All Native, these young athletes, have learned and evolved so much since our first time creating a 13-Under boys team and 13-Under girls team back in 2019. They fought some tough teams, and still finished each game strong. The Grizzlies boys team, started as the youngest team in 2019 in the 13-Under division, and continued to practice and build chemistry on the floor and they sure showed that in their last game against New Aiyansh at JANT 2022. The score at halftime was 10-10 and continued to play hard defense but fell short in the 4th quarter with the final score being 23 Kitselas 37 New Aiyansh. The Cougars, as a young team starting their first year in the 17-Under division played some awesome defense against some Sr. players that played their last year. They sure showed, a lot of heart and never gave up each game. They continued to improve with each game they played, and will only continue to form that chemistry as they practice for the future Junior All Native Tournaments.

Matilda Henry/ Communications Officer



U-17 KITSELAS COUGARS



Kitselas has Rapid At Home Tests Available for Kitselas Membership. Please Pick up Tests at the Band Office. At the current time 1 box of tests is available for each household.

Please only test if you have one of the key symptoms or two of the additional symptoms.

Key symptoms may include (1 or more):	Additional symptoms may include (2 or more):
<ul style="list-style-type: none"> • Fever or chills • Cough • Loss of sense of smell or taste • Difficulty breathing 	<ul style="list-style-type: none"> • Sore throat • Loss of appetite • Extreme fatigue or tiredness • Headache • Body aches • Nausea or vomiting • Diarrhea

Remember, it can take 3 to 7 days after infection for there to be enough antigens to be detected by the test. **If a person with COVID-19 tests too early after they become infected, the test result can show as negative; this is called a false negative.**

Rapid At Home Tests are less sensitive than PCR tests. This means that the chances of a false-negative test are higher with RATs than PCR tests. The sensitivity of Rapid At Home Tests is higher for people with symptoms than for people without symptoms.

For this reason, public health **recommends using rapid antigen tests for people with COVID-19 symptoms only.** Seek medical care if you feel you need it, regardless of whether you test positive or negative.

Negative Result	Positive Result
<ul style="list-style-type: none"> • If your result is negative, it means COVID-19 was not detected. It is still possible that you have COVID-19. • Self-isolate until your symptoms improve and you feel well enough to return to regular activities 	<ul style="list-style-type: none"> • If you are fully vaccinated or under 18 years of age: Self-isolate for at least 5 days from the first day you had symptoms. Avoid non-essential visits to higher-risk settings, such as long-term care facilities, for an additional 5 days after ending isolation. This guidance is intended to prevent non-essential visits (e.g. social visits), and does not apply to essential workers. Employees should follow their workplace guidance. • If you are not fully vaccinated and 18 years of age or older: Self-isolate for at least 10 days from the first day you had symptoms.

If you tested positive you can now self report your positive test result
: <https://reportcovidresults.bccdc.ca/>

Source : <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/rapid-antigen-testing/rapid-testing-at-home#Test--results>

Nursing Services for Kitselas on-reserve members:



Nursing Foot care services:

Foot Care Is:

- Proper cutting and filing of toenails to prevent future problems
- Regular care of ingrown toenails to prevent infection
- Frequent treatment of corns and calluses before they build up and cause pain
- A regular check of your feet to ensure that there are no open wounds and that poor circulation and/or disease is not causing unnoticed foot issues

Foot Care Treats:

Infected or Ingrown Toenails, Fungal, Infections, Corns and Calluses, Pain in Feet that Impedes Mobility or Quality of Life.

Foot Care Clients Include:

- Seniors and/or those with Physical -Limitations
- Expectant Mothers
- High Risk Clients with Diabetes, Arthritis, Oedema, and Compromised Immunity to Infection, Poor Circulation
- Neurological Disorders (Sensory Loss, Deformities, Para or Quadriplegic)

Leigh-Anna Chutter

Kitselas Community Health Nurse

250-922-4765

Home and Community Care Program:

1. A structured client assessment process that includes on-going reassessment and determines client needs and service allocation.
2. A managed care process that incorporates case management, referrals and service linkages to existing services provided both on and off reserve.
3. Home care nursing services that include direct service delivery as well as supervision and teaching of personnel providing personal care services.
4. Home support services: personal care and home management that are determined by the client assessment and care plan.
5. In-home respite care.
6. Established linkages with other professional and social services that may include coordinated assessment processes, referral protocols, discharge planning and service links with such providers as hospitals, physicians, respite, and therapeutic services.
7. Access to specialized medical equipment, supplies, and specialized pharmaceuticals to provide home and community care.

BC FIRST NATIONS FORESTRY COUNCIL'S

INDIGENOUS FORESTRY SCHOLARSHIP PROGRAM STUDY + WORK



LIMITED SEATS
APPLY NOW

Request an application at
workforce@forestrycouncil.ca



Ministry of
Forests, Lands, Natural
Resource Operations
and Rural Development



**Indigenous Forestry Scholarship Program (IFSP) for
Indigenous students attending full-time studies in a
designated post-secondary program:**

- Forestry Technician
- Natural Resources
- Environmental Technology
- Business Management
- Business Administration
- Geographic Information Systems
- Forestry Trades:
 - Construction Millwrights and Industrial Mechanics
 - Logging Machine Operator
 - Skidder Operator
 - Heavy-duty Mechanics

**Full scholarships include tuition, living expenses,
paid internship placement & mentorship.**

School term 2022/23 | Work placement May-August, 2023
provided by one of our many forestry partners.

TO APPLY, CONTACT:

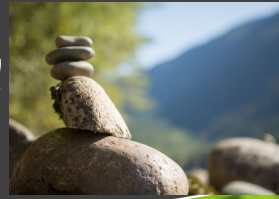
☎ 604.971.3448 (ext. 4632)
✉ workforce@forestrycouncil.ca

BC FIRST NATIONS FORESTRY COUNCIL
669 Centre Street
Nanaimo, BC V9R 4Z5

forestrycouncil.ca

Request an application from either your local ISETP
office or at workforce@forestrycouncil.ca.

APRIL 15, 2022



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