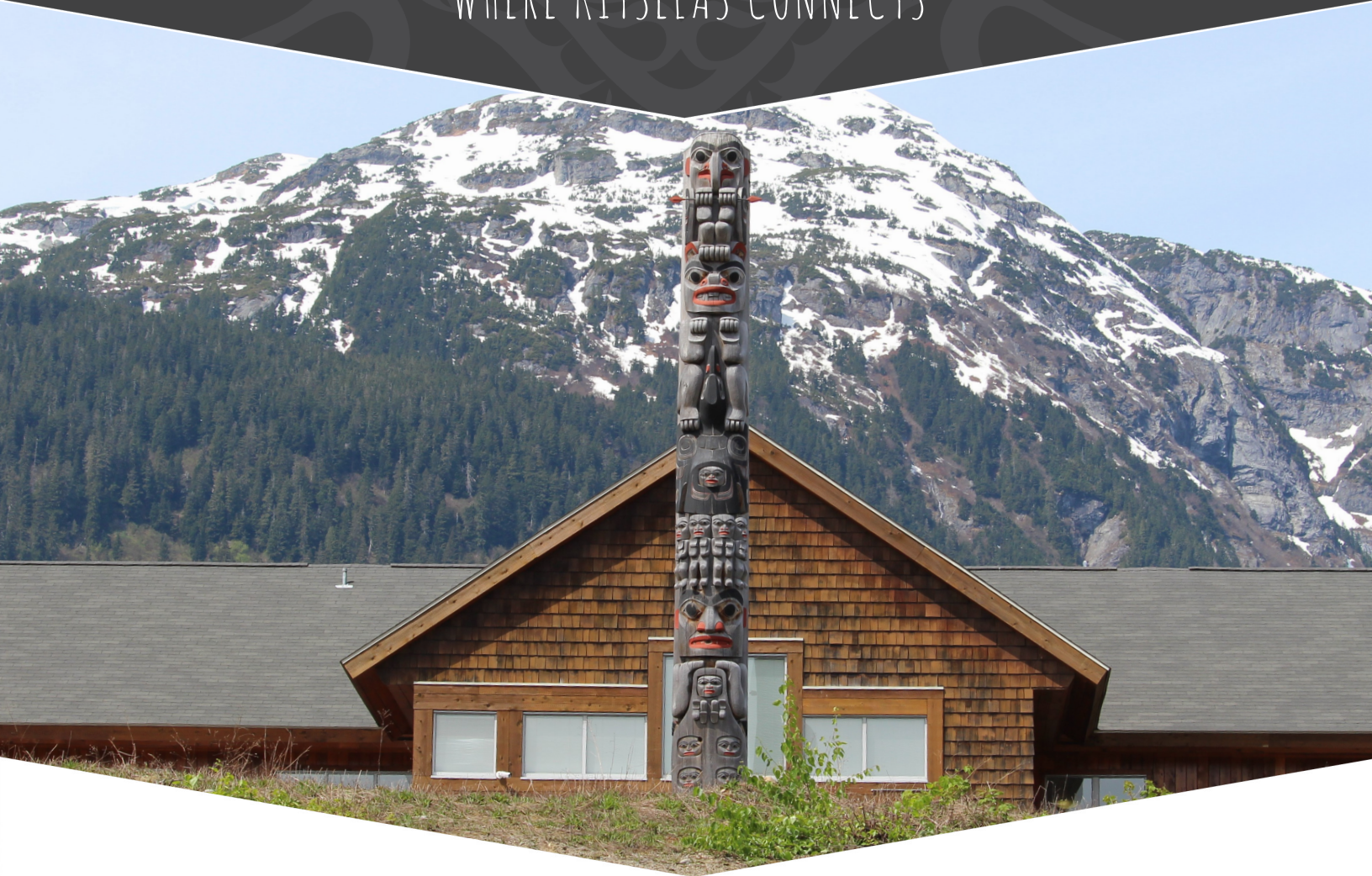


TSUNYOW

WHERE KITSELAS CONNECTS

MAY 13 2022



A Bi-Weekly newsletter from the



Kitselas Band Council & Administration

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| | Moving Feast, Haircuts, Kitselas Wellness Fair | | |

MAY 2022



COUNCIL NEWS

Past Council Meetings

Kitselas Chief & Council, at their May 3 meeting, appointed Mel Bevan as Chief Negotiator for Kitselas for a one-year term.

May 3, 2022 Council Business:

- a. Public Works/Housing & Infrastructure - Community Centre class C budget \$13.2 million, not including engineering costs and contingencies.
- b. Health – Northern First Nations Alliance Health & Wellness Committee, presentation on the proposed Northwest Indigenous Health & Wellness Detox Centre by Manon Joice
- c. Health – report from Director Geri Inkster
- d. CAO report – Laurie Mercer
- e. Lands & Resources – Proposed Framework Agreement on First Nation Land Management Act

Minutes from Council meetings (June 22, 2021 – November 18, 2021) can be found on the Kitselas website under the Council tab.



UPCOMING COUNCIL MEETINGS

MAY 2022

⇒ Tues May 17, 2022
Gitaus Boardroom

⇒ Tues May 31, 2022
Queensway Boardroom

Growing Food at Home, Health Department, Food Systems Coordinator, Patsy Drummond

May 2022 is continuing the trend of a colder than normal Spring. When it comes to planting your garden (seeds or transplants), patience is valuable right now. To give your plants the best chance of survival this year wait 'til the May long weekend and let's cross our fingers for warmer weather in the near future! We are gearing up for the growing season by cleaning up the community garden area and had the grounds area rototilled. I have started plants of tomatoes, peppers, brussel sprouts, broccoli, cauliflower, squashes, pumpkins, loofa, cucamelons, watermelons and canteloupes waiting to be transplanted into the greenhouse and garden.

Seeds to plant in May:

The most important date when it comes to planting in your garden is the last frost date: for Gitaus it would be May 15th, for Kulspai May 10th. As the month progresses the soil will warm up and you can plant a wider variety of plants.

Plants that tolerate cool soil (seeds to plant first half of May) – you can plant these things starting now or wait a bit to give them the best chance

Peas
Radishes
Greens, like spinach, argula

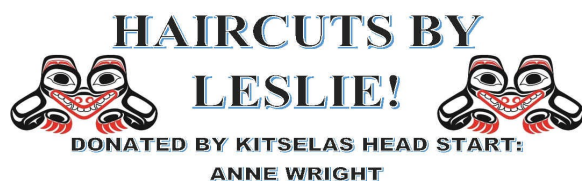
Plants that need warmer soil (seeds to start planting later half of May)

Carrots
Kale
Lettuces
Parsley
Swiss chard

Transplant started plants like broccoli, cauliflower, kale, cabbage later in May.

Do NOT plant beans, beets, corn or squashes (pumpkins, zucchinis, etc.) until the air AND soil temperatures are warm, i.e. June is the month for them.

Questions: greenhouse@kitselas.com, 250-922-5423, FBpage: Kitselas Growing Food and Wellness



ELDERS: THURSDAY, MAY 12, 2022

KITSELAS HEALTH SATELLITE

12PM TO 3PM

PARENTS GROUP: WEDNESDAY, MAY 18, 2022

KITSELAS BAND OFFICE

12PM TO 3PM

YOUTH GROUP: TUESDAY, MAY 17, 2022

& THURSDAY, MAY 19, 2022

KITSELAS YOUTH CENTRE

7PM TO 9PM



KITSELAS WELLNESS FAIR



PLEASE COME OUT AND JOIN THE KITSELAS HEALTH DEPARTMENT!

LUNCH WILL BE PROVIDED!

THERE WILL BE DOOR PRIZES!

CODY SKOG, ATLANTIS TAEKWONDO WILL DEMONSTRATE SELF DEFENSE



WHEN: THURSDAY, JUNE 16, 2022

TIME: 10:00AM-2:00PM

WHERE: KITSELAS HALL ON KULSPAI



May

2022

Kitselas Youth & Right to Play Calendar ASP- Ages 6-11yrs old @3:30-5:00 Drop-in Ages 12+ @ 7:00-9:00

Basketball Monday- 5:15-6:45 Wednesday 5:15-6:45



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
ASP 3:30-5:00 Baking\ Games Drop-in 7-9 Girls\boys Basket- ball	ASP 3:30-5:00 Crafts Boys Only Group 7-9	ASP 3:30-5:00 Walk Wednesdays Girls Only Group 7-9 Girls\Boys Basketball	ASP 3:30-5:00 Free Day Homework Club 7-9 Adult Gym Time	Administration Day -Cleaning -Shop -Prep Day	Brunch 10-12
9	10	11	12	13	14
ASP 3:30-5:00 Baking\Games Drop-in 7-9 Girls\boys Basket- ball	ASP 3:30-5:00 Crafts Boys Only Group 7-9	ASP 3:30-5:00 Walk Wednesdays Girls Only Group 7-9 Girls\Boys Basketball	ASP 3:30-5:00 Free Day Homework Club 7-9 Adult Gym Time	Administration Day -Cleaning -Shop -Prep Day	
16	17	18	19	20	21
ASP 3:30-5:00 Baking\Games Drop-in 7-9 Girls\boys Basket- ball	ASP 3:30-5:00 Crafts Boys Only Group 7-9	ASP 3:30-5:00 Walk Wednesdays Girls Only Group 7-9 Girls\Boys Basketball	ASP 3:30-5:00 Free Day Homework Club 7-9 Adult Gym Time	Administration Day -Cleaning -Shop -Prep Day	
23	24	25	26	27	28
ASP 3:30-5:00 Baking\Games Drop-in 7-9 Girls\boys Basket- ball	ASP 3:30-5:00 Crafts Boys Only Group 7-9	ASP 3:30-5:00 Walk Wednesdays Girls Only Group 7-9 Girls\Boys Basketball	ASP 3:30-5:00 Free Day Homework Club 7-9 Adult Gym Time	Administration Day -Cleaning -Shop -Prep Day	Brunch 10-12
30	31				
ASP 3:30-5:00 BakingGames Drop-in 7-9 Girls\boys Basket- ball	ASP 3:30-5:00 Crafts Boys Only Group 7-9				

Schedule



BUDES
club



Please join us for a meal and discussion on men's health.

Meet at the K5T Clubhouse
4404 Queensway Dr.

Upcoming dates to remember:

Saturday, May 28th - 4:30 pm

Saturday, June 11th - 4:30 pm

Call Bill Bolton for more information:
250-615-9402



Thank you to the K5T Carpentry Apprentices (KCAD) Clarisa Spencer, Jesse Bevan, and Grey Owl Mason led by Esmond Watts who played a significant role in helping the Day Labour & FS2 Team get ready for planting!

Please drop-in and learn more about our hands-on food production program called FS2.

We offer employable skills, training, job placement programs and services. Apply through: www.kitselastraining.com

Need a ride? Call the K5T shuttle for a ride to the Clubhouse at Kulspai 250-615-7223

Stay tuned for an update on our K5T Open House coming soon!

K5T Spring News



Quinten Bolton
Nation Seymour
Thomas George
Chad Bell
Justin Squires

Leo Skulsh
Paul Voyageur
George Lincoln
Sophia Wright-Seymour
Jordan Brown
George Burns
Chad Austad



Photo Credit: Grey Owl Mason



Hours of Operation:
8am - 3pm Monday - Friday
K5T Clubhouse at 4404 Queensway Dr.



K5T
Kitselas Clubhouse
4404 Queensway Dr

Top Ten Job Opportunities

Position	Company	Email
1. Diversity Coordinator	TRS	jfivkitimat.com/careers
2. Site Administrator	Kentz Canada Ltd	jfivkitimat.com/careers
3. Sous Chef	Lee Bo Sodexo	jfivkitimat.com/careers
4. Industrial Bus Driver	Gitga'at Diversified	jfivkitimat.com/careers
5. 1st Cook	Lee Bo Sodexo	jfivkitimat.com/careers
6. 2nd Cook	Lee Bo Sodexo	jfivkitimat.com/careers
7. Pot/Dishwasher	Lee Bo Sodexo	jfivkitimat.com/careers
8. Administrative Assistant	TL&T Electric	jfivkitimat.com/career
9. Laborer	Servco Kitimat	jfivkitimat.com/careers
10. OFA3	International SOS	jfivkitimat.com/careers

If you have any questions about any of these positions please contact Jorden at (250) 641 2244 or email jorden@kitselastraining.com

Here at K5T we can assist you with building or updating your resume, and we can also assist you in acquiring the proper skills and certifications for these employment opportunities.

Drop-in available at the clubhouse Monday to Thursday 9 to 3

Need a ride to the clubhouse?

Call or text for a pick up from our shuttle service 250.615.7223



THE UNIVERSITY OF BRITISH COLUMBIA

UBCO Sustainable Generations Research Experience

The University of British Columbia - Okanagan Campus is launching a research experience project for Indigenous Youth this July 25th to 29th, 2022. This week-long research project will place Indigenous youth in a range of research experiences looking at how we collectively deal with plastics and other polymers in our supply chain. This unique opportunity will build skills in materials engineering, environmental policymaking, advertising, and general environmental sustainability. Activities will include in-lab research, facilitated workshops on research on sustainability, cultural activities with Indigenous facilitators, and some fun outings with the group as a whole.

This project is a collaboration between the Materials and Manufacturing Research Institute, The Pacific North Coast Development Society, and Indigenous programs and Services at the University of British Columbia Okanagan Campus.

If you are an Indigenous Youth currently in grades 10 or 11, we encourage you to apply for this unique opportunity. We will have extensive support from current Indigenous students at UBCO, UBCO staff, and Faculty. Travel, room and board is provided by the organizers of this program. If you have interest in this program, please send a 300 word letter of intent by May 31st, 2022 describing why this opportunity interests you to:

Joel Liman
Indigenous Student Advisor
joel.liman@ubc.ca

This is the first year of this program and space will be very limited in our first year. All potential participants will be evaluated for their suitability for this program based on their letter of intent. Please direct any questions about the program to the contact above.

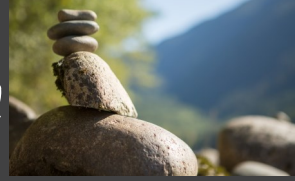


Materials & Manufacturing
Research Institute
Experience Innovation with Us



PNCDS
Pacific North Coast Development Society

MAY 13, 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