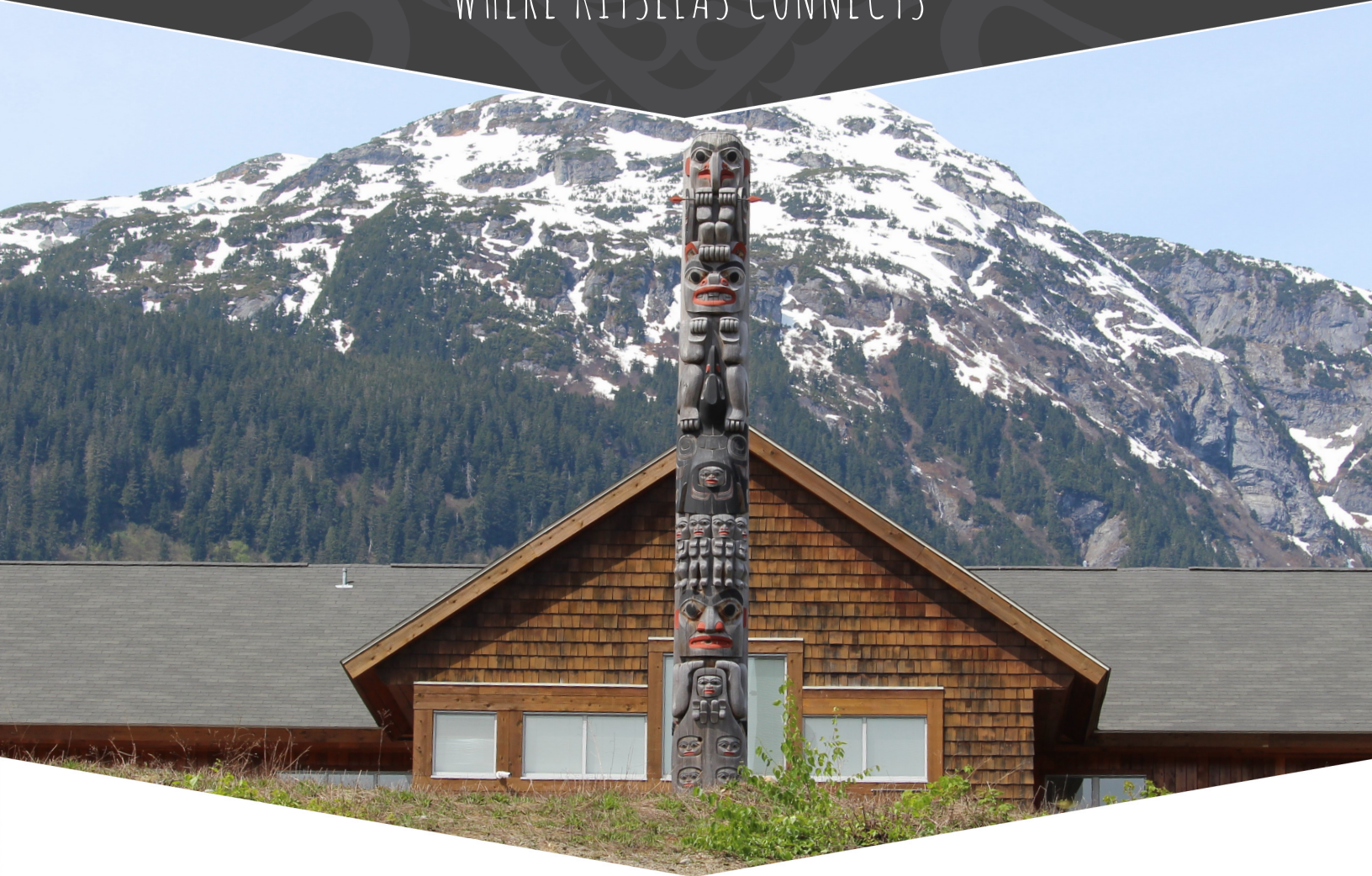


TSUNYOW

WHERE KITSELAS CONNECTS

JULY 22, 2022



A Bi-Weekly newsletter from the



Kitselas Band Council & Administration

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July 2022



COUNCIL NEWS

Council Meeting Agenda Items

- ⇒ Review and approve the 2021/2022 Audited financial statements.



UPCOMING COUNCIL MEETINGS

2022

- ⇒ July 29, 2022, Gitaus Boardroom

Summer Reading Program Registration Form

AGES 6 YRS TO 10 YRS OLD

Name _____

Sex Gender: female:_____ male :_____

Age:_____

Allergies: _____

Address: _____

Phone number: _____

Pick up: Yes ☐ No ☐

Field Trip

I give permission for (child's name) _____ to participate in any excursion/outgoings. Parents will be informed by newsletters of any field trips into the community of Kitselas or Terrace that is planned during the year.

Parent/guardian signature: _____

Date: _____

Photos

I give permission for (child's name) _____ to have his/her photo taken and displayed at the Centre and shared with families of the children enrolled in the Centre's Program.

Parent/guardian signature: _____

Date: _____

Starts: July 26th to August 12th, 2022

10 AM – 2 PM



KITSELAS FIRST NATION

Application for School Supply Allowance 2022-2023

Student Information:

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

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"/> Father
<input type="checkbox"/> Step-Mother	<input type="checkbox"/> Step-Father
<input type="checkbox"/> Aunt	<input type="checkbox"/> Uncle
<input type="checkbox"/> Grand-Mother	<input type="checkbox"/> Grand-Father
<input type="checkbox"/> Guardian	

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

x One Form per Student

Please get additional copies from office.

Office Use Only:

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 Gylak'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.

Student Name: _____

Parent/Guardian Signature

Date



Questions about the Treaty?
We'll come to you!

The Treaty Engagement Team is offering in-home visits for Kitselas Members who would like to the opportunity to discuss the Treaty one-on-one.

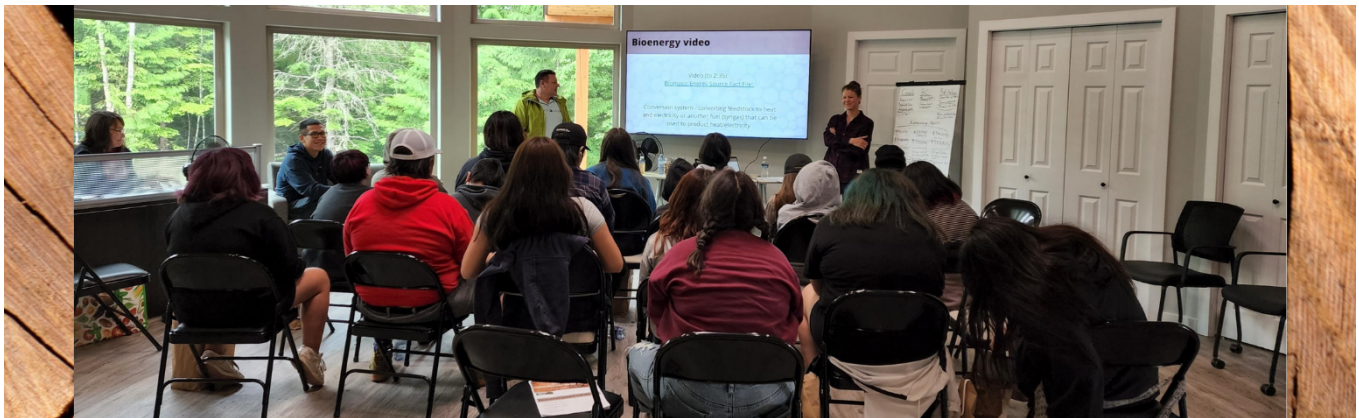
CLICK FOR DETAILS

Starting Monday, June 27, our Treaty team will be calling Kitselas Members to book home visits where we can answer all your questions about the Kitselas Treaty.

Can't wait until then? Contact our team now to book a home visit!

Email us at treatyreception@kitselas.com

<https://www.kitselastreaty.ca/contact/>



BIOENERGY PRESENTATION:

KITSELAS LEADERSHIP CAMP

Ever think that lighting wood waste on fire can charge your phone's battery?

Well, we didn't either, until Brittany Dewar from Westland Resources gave her fun, informative presentation at leadership camp last week.

Brittany gave a bioenergy presentation to Kitselas youth and introduced them to a new project that could bring a new source of energy to old wood waste. She was there to pass on information about the bioenergy project--where old wood waste that exists in the community would be burned and provide energy for community projects. She listened, got their input, and answered questions. Brittany also gave a demonstration of a BioLite stove which converts wood waste into energy when it's burned. They were able to use the energy to charge one of the students' phones!

The Kitselas bioenergy project could supply some of the heat and power for our administration buildings and houses, saving costs and using different energy sources. This would reduce the need for BC Hydro and Pacific Northern Gas. Having an energy system that provides consistent and reliable power to the community is important which is why we are working to make sure that a reliable source of heat and electricity will be maintained in Gitaus.

What do you think about the bioenergy project? Is it a good step forward for Kitselas? We'd love to hear your thoughts and questions about this community project and using bioenergy as a new form of energy in Kitselas.

Learn more & share your questions at...



<https://kitselas.com/projects-initiatives/bioenergy-for-kitselas/>

housing@kitselas.com or bdewar@westlandresources.ca



The project is funded by Strategic Partnerships Initiative's Northern and Remote Forests Biomass Initiative administered by the Natural Resources Canada's Indigenous Forestry Initiative Program.

Recognize and respond to an overdose

Northern Health Toxic Drug Alert:

Toxic drugs are circulating. Stay safer when using substances, especially down (opioids)

The illicit drug supply is extremely toxic right now. The Northwest drug checking service in Terrace is seeing dangerous amounts of fentanyl and benzodiazepines in multiple down (opioid) drug samples. Colors include: purple, red, beige, orange. Overdoses have been reported from all colours noted. Here are ways to stay safer:

- Get overdose prevention, recognition, and response training; carry naloxone
- Don't use alone. Make a plan and tell a buddy who can call for help if needed
- If you plan to use alone, use the Lifeguard or BeSafe app available free on the app store or on Toward the Heart website
- Know your tolerance. If you are sick or had a time of abstinence or reduced use, use much less
- When possible, avoid mixing drugs or mixing drugs with alcohol
- Test a small amount first and go slow
- Use in an Overdose Prevention Site (OPS) or access fentanyl drug checking where available. In Terrace, drugs can be tested at the Terrace Intensive Case Management Team at 101-4450 Grieg Ave (250-631-4647).
- Call 9-1-1 or your local emergency number right away if someone overdoses

Know the Signs of an Overdose



Not Responding

Doesn't move and can't be woken.



Slow or Not Breathing

A breath every 5 seconds is normal.



Making Sounds

Choking, gurgling sounds or snoring



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils

Know the Response: SAVE ME Steps



S - stimulate

Unresponsive? Call 9-1-1



A - airway

Check and open



V - ventilate

1 breath every 5 seconds



E - evaluate

Breathing?



M - medication

Inject 1 mL of naloxone into a muscle. Keep giving breaths.



E - evaluate & support

Another dose?

Mental Health and Substance Use Resources for Families

24/7 Urgent/Crisis Supports		
Child & Youth Specific	Youth Crisis Line: Trained peer support: call 1-888-564-8336 or text 250-564-8336	
	Kid's Help Phone: offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Reach out by texting CONNECT to 686868	
General	Northern BC Crisis Line: a safe and non judgemental crisis line to discuss anything troubling you 1-888-562-1214 or text 250-563-1214	
	BC Suicide Line: if you are considering suicide or are concerned about someone who may be, please call 1-800-SUICIDE or 1-800-784-2433 or https://crisis-centre.ca/faqs/	
	Alcohol & Drug Information & Referral Service (BC): provides free, confidential information and referral services to British Columbians of all ages in need of support with any kind of substance use issue (alcohol or other drugs). 1-800-663-1441	
Indigenous	KUU-US Crisis Line: available 24/7 to provide support to Indigenous people in BC Toll free 1-800-588-8717 or 1-250-723-2040	
Terrace	Mental Health	CYMH Terrace 250-615-4860
		Northwest International Family & Community Services 250-638-0451 (provides ACYMH services to Kitsumkalum First Nation; Kitselas First Nation; and Haisla First Nation) and Foundry 250-635-5596
	Substance Use	Terrace Youth Substance Use Community Based Outpatient Services 250-631-4202 and Foundry 250-635-5596

Overdose Prevention Services (OPS)

Terrace

Terrace Intensive Case Management Team Address: 101-4450 Grieg Ave, Terrace, BC (Stepping Stones Building) Phone: [250-631-4647](tel:250-631-4647) Monday to Friday, 12 pm to 4 pm (excluding holidays)

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

SUPPORTING HEALING JOURNEYS

LIVE STREAM EVENT OF THE POPE MEETING WITH INDIGENOUS
PEOPLES, FIRST NATIONS, MÉTIS AND INUIT
FORMER ERMINESKIN RESIDENTIAL SCHOOL,
MASKWACIS, ALBERTA

Doors open at
8:00am - Day 1
9:00am - Day 2

JULY 25TH & JULY 26, 2022

VANCOUVER

BRITANNIA COMMUNITY
CENTRE - GYM D
1661 NAPIER STREET

PRINCE GEORGE

HOUSE OF ANCESTORS
355 VANCOUVER STREET

TERRACE

KITSUMKALUM
COMMUNITY CENTRE
14295 HIGHWAY 16

An event to provide emotional and spiritual support to Indian Residential School survivors and students, and their families and loved ones during the pope visit. Traditional events and ceremony will be held. In addition, emotional and traditional support will be available **on-site**.

BREAKFAST,
SNACKS,
LUNCH
PROVIDED



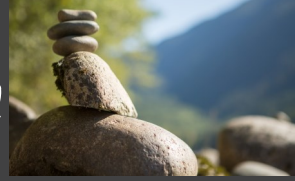
For more info:

Vancouver - Christine Johnson
email: christinejohnson@irsss.ca

Prince George and Terrace - Veronica Haddon
email: veronicahaddon@irsss.ca

phone: 604-985-4464

JULY 22, 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