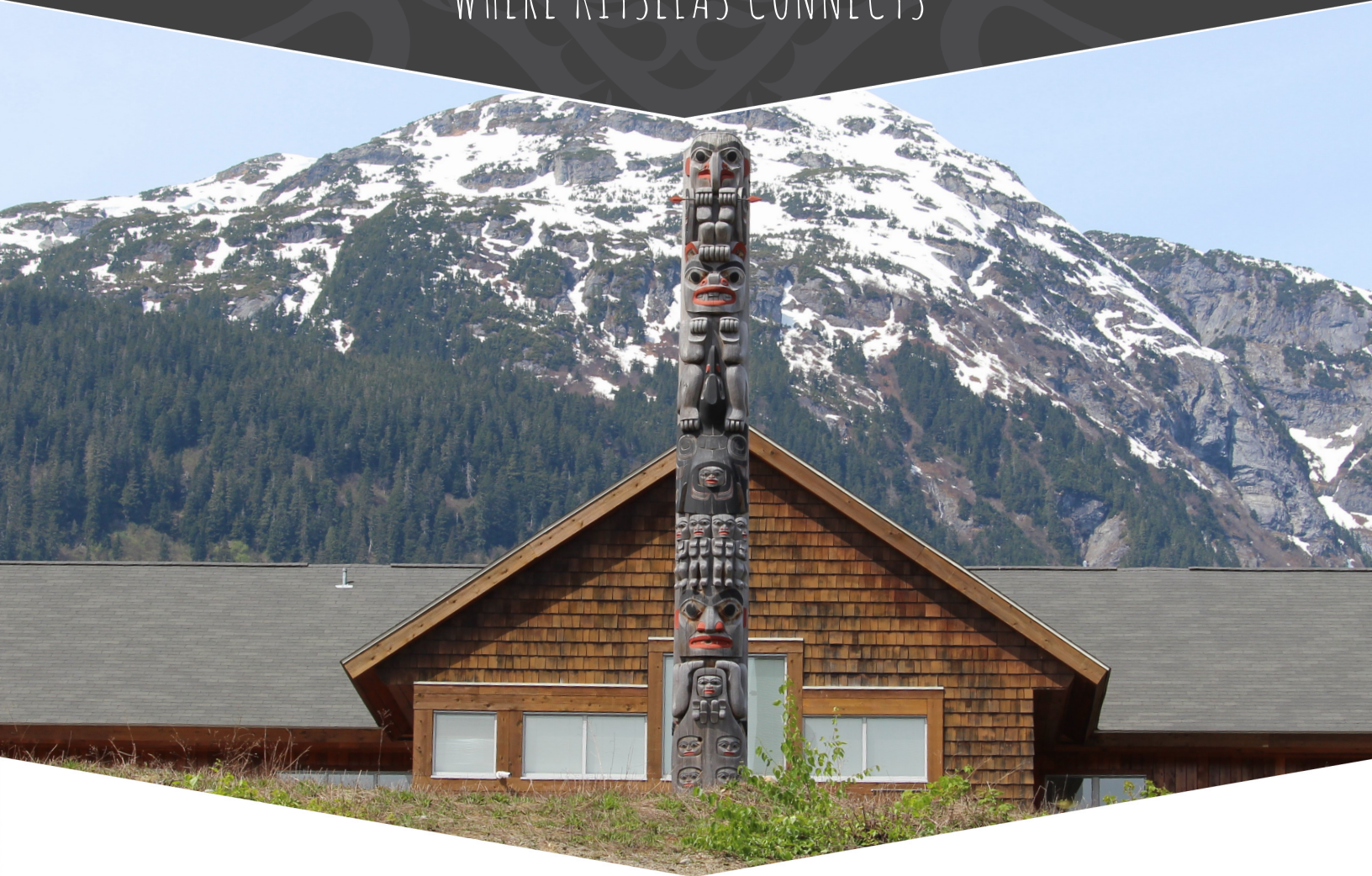


# TSUNYOW

WHERE KITSSELAS CONNECTS

AUG 05, 2022



A Bi-Weekly newsletter from the



Kitselas Band Council & Administration

## IN THIS ISSUE

- |   |                                      |   |  |
|---|--------------------------------------|---|--|
| 1 | In this issue index                  | 6 | Bioenergy for Kitselas                         |
| 2 | Council News                         | 7 | Drug alert and Community Mental Health Numbers |
| 3 | Motivational Speaker—Mike Scott      | 8 | Drug alertPg.2                                 |
| 4 | Motivational Speaker—Mike Scott pg.2 | 9 | 2022 Mid-Season Fishing Notice                 |
| 5 | School Allowance Application         |   |  |

August 2022



# COUNCIL NEWS

## Council Meeting Agenda Items

1. On July 29, 2022, Chief & Council met with the auditor from Carlyle Shephard & Co. to review the DRAFT 2022 Audited Financial Statements. The draft statements were provisionally accepted and will be formally adopted once the financial statements from the development corporations are complete.
2. Save the date of September 9 & 10 for the Annual General Assembly. Chief & Council will provide an update of the accomplishments of the last fiscal year.



## UPCOMING COUNCIL MEETINGS

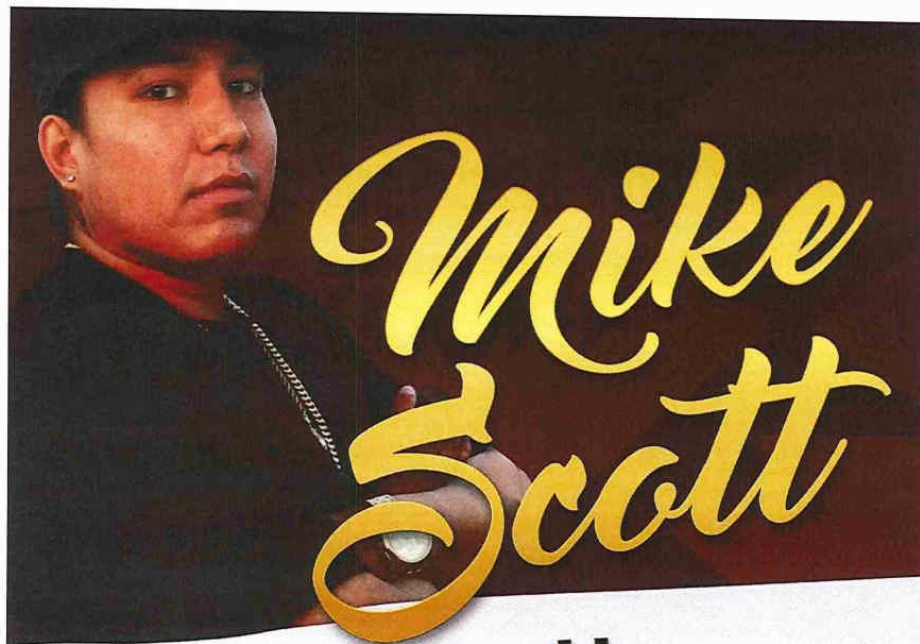
2022

• *TBD*



**KITSELAS COMMUNITY: THIS IS FOR YOUTH AGES 12 & UP**

**(CHILDREN WHO ARE YOUNGER THAN THAT ARE TO BE ACCOMPANIED BY AN ADULT)**



**Motivational Speaking  
Health & Wellness Workshops**

**Date:** WED, AUG 10, 2022

**Place:** KITSELAS HALL

**Time:** 9:00AM TO 4:00PM

TOPICS INCLUDE:  
ROADS TO SOBRIETY  
LIFE PROMOTION  
FOSTER CARE  
ANTI-BULLYING  
ACHIEVING GOALS & DREAMS  
• MORE!

**DOOR PRIZES.!!!**

**FOOD.!!!**

**NALOXONE  
TRAINING AFTER  
PRESENTATION**

## ***“Finding the Warrior Within”***



**Mike Scott** presents a powerful power point presentation, *“Finding the Warrior Within”* which is based on the obstacles of his life. His story has been presented to over 550 communities in the past 7 years alone (2013-2021). Mike was in and out of the foster care system and never had a stable upbringing as a child; He has been through many obstacles in his short 32 years of life including incarceration at the age of 12, overdosing at the age of 17, becoming a single father at the age of 19 and tragically losing his mother at the age of 22.

Mike has broken the dysfunctional cycles that have plagued his family for years. He now travels and shares these incredibly powerful stories, as a way to show youth and adults alike that positive change is possible! Benefactors from this presentation show the reality of addiction and motivate people to open their own eyes to the cycles they face. Empowering young people to start becoming their own leaders and paving a positive way for future generations. Inspiring adults to want a brighter future for their youth and giving them the tools necessary to be able to relate and understand from their point of view so that they may work together to build a brighter future.

### **Mike’s message is:**

*“You can live a life full of depression if you want to, or you can change your position by changing yourself and learning to love who you were truly destined to be. Nothing is impossible and nothing is out of reach, only you can put a limit on what u need and deserve in this life. So be kind to yourself and have faith in a brighter day! Life is what you make of it”*





## 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

## BIOENERGY FOR KITSELAS

**What is Kitselas using for energy right now?**

Kitselas uses hydroelectricity, natural gas, geothermal and firewood for energy. Much of this energy comes from outside sources like BC Hydro and Pacific Northern Gas.






**Why add bioenergy?**

Logging operations in our territory create a lot of wood waste. A bioenergy plant could use the wood waste to make energy for the community and other by-products that Kitselas could sell.






*Scan the QR code or click the link in the description to **learn more!***



*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.*

Bioenergy would be an awesome addition to Kitselas's energy sources because we have so much wood waste to be put to use! Click [here](#) to learn more or scan the QR code. Email [bdewar@westlandresources.ca](mailto:bdewar@westlandresources.ca) or [housing@kitselas.com](mailto:housing@kitselas.com) with your thoughts and questions about bioenergy for Kitselas.



## 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	<b>Youth Crisis Line:</b> Trained peer support: call <b>1-888-564-8336</b> or text <b>250-564-8336</b>	
	<b>Kid's Help Phone:</b> offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Reach out by texting <b>CONNECT to 686868</b>	
General	<b>Northern BC Crisis Line:</b> a safe and non judgemental crisis line to discuss anything troubling you <b>1-888-562-1214</b> or text <b>250-563-1214</b>	
	<b>BC Suicide Line:</b> if you are considering suicide or are concerned about someone who may be, please call <b>1-800-SUICIDE</b> or <b>1-800-784-2433</b> or <a href="https://crisis-centre.ca/faqs/">https://crisis-centre.ca/faqs/</a>	
	<b>Alcohol &amp; Drug Information &amp; Referral Service (BC):</b> 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). <b>1-800-663-1441</b>	
Indigenous	<b>KUU-US Crisis Line:</b> available 24/7 to provide support to Indigenous people in BC Toll free <b>1-800-588-8717</b> or <b>1-250-723-2040</b>	
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)



KITSELAS LANDS AND RESOURCES  
DEPARTMENT UPDATE



SALMON SEASON  
2022

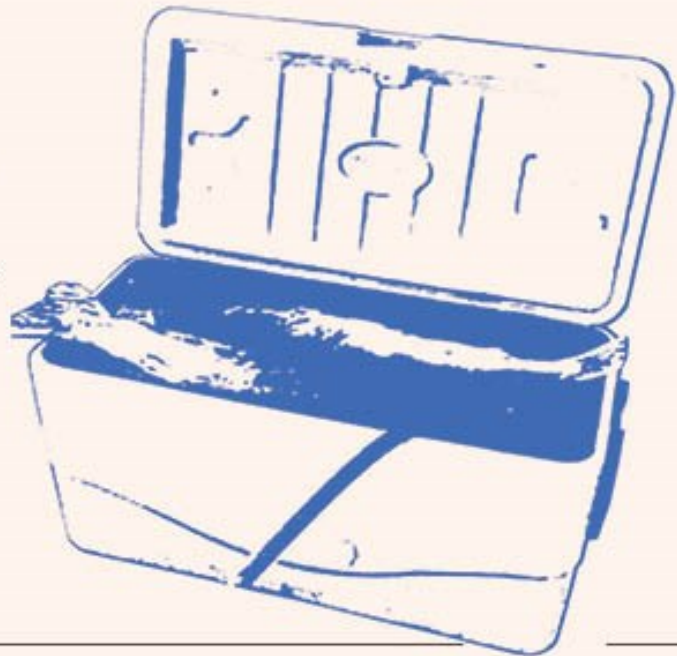
## *The Sockeye Run is Tracking Stronger than Expected*

### FORECAST

SO FAR, THE 2022 SOCKEYE RUN IS TRACKING MUCH STRONGER THAN ORIGINALLY FORECASTED BY DFO

CURRENTLY IT IS ESTIMATED THAT APPROXIMATELY 2.5 MILLION SOCKEYE HAVE RETURNED TO THE SKEENA RIVER

CALL 778-634-3517 IF YOU HAVE QUESTIONS OR CONCERNS OR EMAIL [SENIORRSO@KITSELAS.COM](mailto:SENIORRSO@KITSELAS.COM)



## While Out Food Fishing

The Kitselas Lands and Resources Department and Wai Wah Environmental are 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:

Report your catch to a Monitor, on the app at [fish.kitselas.com](https://fish.kitselas.com) or by emailing [seniorRSO@kitselas.com](mailto:seniorRSO@kitselas.com)

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

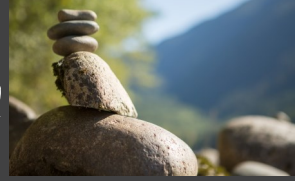
Have your name and phone number marked on your net for fish monitors to see.

Visit the Kitselas Fisheries App to report your numbers:

[fish.kitselas.com](https://fish.kitselas.com)

Names of people who have reported their catches will be entered into a draw to win a pair of Bushnell binoculars at the end of the season!

AUGUST 05, 2022



## KITSELAS CONNECTS

Is put together by the Kitselas Communications Department.

Please email [communications@kitselas.com](mailto: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](http://WWW.KITSELAS.COM)