



WINTER NEWSLETTER



Join us!

Monthly Luncheons

Diabetic Luncheon – Every 1st Wednesday of the month

Elders Luncheon – Every 2nd Wednesday of the month

Community Breakfast – Every 3rd Wednesday of the month.

Take a look inside this issue

Page	Updates
2	Administration Report
3-5	Nits'i'il'in Report
6	Home Care Nurses
7	Social Development/Home Support
8-14	Health Director
15	Language/Culture
16	Economic Development
17-18	Youth Worker
19-22	Health Newsletter
23-24	Counseling Info

OFFICE CLOSURE

Yunesit'in Government Band Office is closed from December 20th (from 12:00 noon) and will be re-opening on January 6th, 2019.

For Emergencies:

December 20 – 29th Call Dwayne 250-392-0288

December 30th – January 5th Call Rhoda 250-267-5550

Recycling will continue throughout the holidays with pick up on Thursday's

Administration

It seems awfully early to be sending out a Newsletter with a "Merry Christmas" title. Summer seems to have breezed by in the blink of an eye and winter seems to be a little "lazy" in coming. I am sure that our youth who went trail cutting with Orry would disagree. I just want to assure the community that sending youth out during the coldest week of the year was not intended as a punishment! While my administration message is not about promoting any particular program, I was excited to see the smiling faces of some Tsilhqot'in Youth in the middle of their -20 camping trip last week! My question, "how is the cabin?", was met with "what cabin? we are staying in a T-Pee!". This comment followed by great big smiles made my day! Pardon the pun, but it seemed like a pretty "cool" event!

Chief Russ usually puts quite a bit of detail into his contribution to the Newsletter which leaves me off the hook. The General Band Meetings are also the place to go to get updated and get more detailed information. The Solid Waste Management program, the Guest House, the Greenhouse, Construction, Fencing, Sawmill, Leading Edge.... these are all highly visible activities that Yunesit'in is involved in. Along with a much larger team, Band administration does play a role in each of these activities.

My message is a pretty simple one. This community is blessed with a great team of people working very hard on their behalf. Band Employees and Leadership continue to be creative and think outside the box to try and meet the demands that the community places on them. We can't please everyone, but we sure try!

This is a great community, filled with great people. The stress and pressure of Christmas is upon us. As a people pleaser I know what the stress of Christmas can do...especially on a limited income. Someone gave me some advice a long time ago when I was struggling as a single Dad. "Dwayne, your kids will never remember the things you buy them, but they will always remember the things you do with them". Turned out to be pretty good advice...my kids have lots of stories about our many Christmas adventures but have a difficult time recalling "stuff". We did a lot of bonfires, chili and wiener roasts on Christmas day. Who can say they had a hotdog on Christmas day?

This is a community with complex family connections. I hope everyone finds a time and a place to enjoy this great big family, enjoy your land and most of all, appreciate what you have.

Merry Christmas!



Nitsi'il'in Report

Russell Myers Ross

Since May, there has been movement on most activities. The completion of the Daycare and the Solar Farm are recent highlights. Yet, I am equally excited for the work happening at the Tsihqot'in National Government and at Yunesit'in, including collaborations in Economic Development, Housing, Energy and Infrastructure, Social, Education, Lands and Health – and I think we are in a better place than ever to deliver. I will try to reflect and highlight a number of projects that I am involved with.

CORPORATE GOVERNANCE: Limited Partnership

As the economic projects move from construction to becoming operational, it is time to transition to a more formal corporate governing structure; Yunesit'in Government is developing a Limited Partnership to 'house' all the businesses. The board of directors include 2 Councillors, Gabe Pukacz and Ralph Myers, 2 community members appointed by Councillors, Molly Hink and Loni Solomon, and 1 external, which Steve Oliver has confirmed. The Limited Partnership will separate the role of Chief & Council to a degree and will provide tax exemption and liability protection.

YUNESIT'IN GUEST HOUSE

After over 2 years of planning, the project is starting construction behind the school. The Business Plan was altered to reflect a higher rate of return. The design is fully completed by DK Architecture. Elhdaqox is involved in developing the foundation, sewer and water lines. Financing includes BMO loan capacity; ANTCO is involved with a loan and furnishing; A proposal is still pending to support capital costs; and Rural Dividends is covering costs for the design and labour. I am hopeful the Guest House will be ready for the summer.

YUNESIT'IN GREENWORKS

The Greenhouses have been a source of pride and an inspiration for the community to have the capacity to address food security. While this year has improved upon the past years, as 2 of 3 greenhouses were in production, we are still finding it challenging to increase the production to gain revenue. Dan Vechter resigned at end of season and his partner Kaitlin Forrest has finished taking care of the greenhouses. I was glad that CCATEC provided us with support to have 2 trainees, and equally enthused that Norma Sulin and Kathleen Lulua took positions to extend their knowledge in growing. Proposals are being developed to continue with business planning, marketing, infrastructure, personnel, fixing and upgrading the system. Recruitment is being pursued for a new grower. Steps are being taken to include on-site training. A concerted effort will be made to develop the greenhouses into a hydroponic facility to increase the production of tomatoes, cucumbers, peppers and lettuce.

DEER CREEK RANCH

Court Smith has acted as the realtor for Yunesit'in Government and in the past month, the current owner has finalized the offer at \$2.7 million for the Deer Creek Ranch. This does not mean that the purchase is final. It grants conditions for Yunesit'in to conduct a review for the next 5 months to finalize the Feasibility Study that Vision Quest has started, and it provides time to seek financial options. The Study is exploring revenue streams, such as: Cattle and Hay, mixed farming, beef jerky and cannabis.

ELHDAQOX

Yunesit'in holds 37.5% interest in Elhdaqox. Duane Hink will serve as the board member representing Yunesit'in. Elhdaqox is running a gross profit of \$2.8 million this past year largely based on small scale harvesting, mechanical site preparation, fire guard rehabilitation and capital projects such as the Guest House foundation. While Elhdaqox relies largely on the restoration work in the aftermath of the 2017 wildfires, the idea is that the company can adapt to the changing forestry economy and pursue silviculture, harvesting and carbon initiatives. It is good to be in a place where Yunesit'in does not have to rely on licensees because neither industry partner helped provide projects this past year.



LEADING EDGE

For the most part, Leading Edge out of Horsefly has been Councillor Gabe's initiative since January, however, the purchase of the assets is immanent and it is a big decision to acquire and find a means to build a solid business to develop, predominantly, housing material. I have been in support since the beginning, gauging the benefits. The Feasibility Study is drafted by MNP. The Business would make money back to cover operations, however, it would be significant if the Tsilhqot'in communities would support with the injection of federal funds that will go towards new housing and renovations.

Comprehensive Community Planning

The planning sessions have taken its course over 2 years and there are significant notes to pull together a draft document for January 2020. Bonnie Myers has hosted and documented information. Castlemain will write the framework document to outline the main goals established by the community. In terms of process, once it is reviewed it will be put towards the community for endorsement in the Spring, and if it succeeds, it will be the main document that future leaders and staff will follow when developing strategies, proposals and direction for moving the community forward.

LANDS

In the Spring, there was momentum built up by establishing a portable as a Lands Office and orientation of work that TNG and Yunesit'in has done in Guardianship, Cumulative Effects, Dasiqox, GIS mapping and Referrals. A subsequent proposal was put forward to bolster training and referral process, however, the proposal was unsuccessful. At this point, we are waiting on TNG funding to provide funding for a Lands position in every community to support the Land Use Planning effort.

INDIGENOUS FIRE MANAGEMENT

The Gathering Voices Society continues to assist in support Yunesit'in and Xeni Gwet'in in developing an Indigenous Fire Management program.

SPECIAL CLAIMS

Currently, I am waiting for the research team from the Union of BC Indian Chiefs to complete their report; once it is studied and there is agreement on moving forward, it would require advice of lawyers to develop the claim, including affidavits from Elders that can testify to the wrongful allocation of lands.

DASIQOX

The team is transitioning, with Jenna Dunsby phasing out and focused on finishing projects. Roger William was retained in the role of Team Coordinator: Community Outreach; his main role is to develop concepts of Traditional Law or ways to include Dechen Ts'edilhtan into the education and management of Dasiqox. Roger will be in the community more to visit and work on updating people about our latest initiatives. Jonaki Bhattacharyya has recently left the Firelight Group, but is actually concentrating on developing the Management Plan.

The Nature Fund, a multi-year proposal for several million, was recently rejected. Our team immediately responded by letter, so we are hopeful there is another intake that will be considered. Additionally, I spoke to the BC Minister of Environment and they are willing to relook at this. The funding would allow for preparation towards negotiations to create a conservation space or Indigenous Protected Area.

Another highlight was the 5-year celebration of Dasiqox at Onion Lake on October 4th. There were many people who spent the day with us and it was great to have our funding supports from Wilburforce and Realestate Foundation.

LANGUAGE REVITALIZATION

For the most part, and thanks to Paula Laita, Yunesit'in has been successful accessing funding from First Peoples Culture Council: Language Nest, BCLI, ALI. Our Language



Committee is active and grateful that we can act on their plans, such as the hunting camp, hide making and upcoming glove and moccasin making.

Since developing our first Language Revitalization Plan a few years ago with Xení Gwet'in and Tl'esqox, we have updated the plan so that it can be followed for future proposals and programs.

ENERGY MANAGEMENT SYSTEM

Carnotech Energy is continuing to work with Yunesit'in on an Energy Management System for the commercial buildings meant to track energy consumption. Yunesit'in successfully passed the first audit and are expected to carry on the project for 2 more years to maintain the standard. The overall objective is to track our energy consumption and then find ways to reduce heating or electrical expenses and/or improve our system through technology.

HOUSING

Housing is still a priority but often gets left on the backburner. In the Summer, I worked with the Housing Committee on the Housing Applications; the first phase of ranking is complete, however the second phase of assessing the finances of individuals has yet to be done.

UBC Architecture, John Bass and student Marion Gelinás are working to develop one design for a 2-bedroom home. John has kept the conversation going and a couple proposals have been sent to continue the work.

Tsilhqot'in National Government

- a. Economic Development – the Dandzen Corporate Governance is operational; the board will be looking for someone to replace Gabe Pukacz. There will also be personnel to fill in for Dolly Kershaw, as she is moving on with the TEN group. The Solar Farm project marks the first business that will generate revenue.
- b. Housing – the federal government has invested significant dollars for new housing and renovations; the Nation is still waiting for funds to flow, due to the delay in the election, but is anticipating finances to come through so we can get prepared for the Spring of 2020. In August, a Housing Forum was hosted in Yunesit'in to kickstart the dialogue regarding what we need to look at to develop the true cost of housing. Shawn Wiebe is continuing the develop the Housing Authority and I am working on a Housing Initiative with Ecotrust Canada on the staging further dialogue with the communities on how to build up a systematic plan that ties into Governance, Land, Economy and Housing; this work will commence with the CMHC Solutions Lab.
- c. Nation Funding – The Women's Council is now formed; Yunesit'in Council selected Brittney Hink and Micole Myers to represent, and Rebecca Solomon as an alternate.
- d. Wildfire Report – An emergency team has been developed at TNG and the feasibility and architectural exploration is ongoing with Scott Kemp.
- e. Tripartite Agreement with the Federal Government was signed before the election in the Summer; Minister Carolyn Bennett signed the Gwetsen Nilt'l Agreement at the Lakeside office. This guarantees further funding and commitment to negotiate with the Nation on a host of subjects similar to the Nenqay Deni Acoord.
- f. Lands – JP Laplante is putting together a strategy and the Lands Forum initiated the review of the Road Map that EcoPlan has put together to develop a Nation-level Land Use Plan.
- g. Clean Energy Plan – The Barkley Group, led by community consultations by Michelle Myers, has completed a Clean Energy Plan, which assessed the potential, reviewed the communities' involvement to date, and provided a toolkit on how to assess projects.
- h. Fisheries – A team has moved from a Fisheries Vision to a Plan that includes the protection and exercise of our rights, economic, research, education and enforcement. My contribution is really to push for research, which is being sought at UBC, and for an investment in a hatchery, which is being tested for feasibility at the Hanceville site.
- i. Teztan Biny – The issue of protecting Teztan Biny is still a major threat to the Tsilhqot'in and is personally disheartening and a big waste of time and resources. Between all the litigation, the Tsilhqot'in leadership is still opposed to the project and still making efforts to resolve it and/or continue fighting in courts as necessary.



HOME CARE NURSE

Dawnalyn Bruin

As the home care nurse I work along side Tara Myers, HSW to provide in home assessment including but not limited to monitoring and ongoing care for blood pressure, blood glucose testing, medication administration and management, appointment co-ordination, foot care, emotional support, etc. for Elders and those living with chronic disease (i.e.: Diabetes, High Blood Pressure) to support individuals health goals. As well as, short-term in-home care and support for those returning to the community after an operation or procedure that people may want help managing. We are happy to work with translators to best meet language and communication needs upon request. In addition to care-oriented visits, the home care team delivers Good Food Boxes (Diabetics only) monthly, facilitate medicine picking and medicine making workshops, support the Diabetes Roadshow and Mammogram clinics, work with the Mental Health Counsellors. We support cultural event such as the wellness gathering, canning workshops and any other event the Health Team puts on such as the Health Challenge. When we are not out visiting community members, we are busy at the office calling doctors, specialists and pharmacies, working with the patient travel clerks, brainstorming upcoming workshops/ events and completing thorough documentation of our visits to ensure we are providing quality continuous care. I would like to say a huge thank you to the entire community of Yunesit'in for not only allowing me to work with you but also for welcoming me so warmly into your homes and lives. If we haven't already met, I look forward to meeting and possibly working with you.

Sechenalyagh!

HOME CARE NURSE

Tara Myers

working with Dawnalyn Bruin, Home care nurse and the health care team. Providing emotional **support** to individuals that are elderly, also who have chronic illnesses and need acute care of all ages. Providing practical **support** for individuals and their families, such as helping with household tasks if needed. **Supporting** and monitoring their healthcare needs, including administering medication and checking vital signs. I also enjoy doing cultural activities with our clients which involves traveling to do berry picking, medicine picking and canning or making traditional recipes. Much more to come in the years we can also add hunting, fishing to do dry meat and dry fish or more canning. I would like to hear more feedback or ideas that the community members would like to happen in this community and that everyone will be interested in. I enjoy working with you all. I want to say thank you to each and every one of you for inviting me into your homes. I appreciate your welcoming. I hope you all had a great year, wishing you all the best from our hearts.

Sechanalyah. 😊



SOCIAL DEVELOPMENT

Tillie Harry

I'm currently working with 30-40 clients and many of you are taking advantage of the courses we offer. They're very helpful when looking for a job

Congratulations to my clients who are taking an 8 week course on Key to Employment, should be starting in the new year after the Christmas holidays.

If you haven't already, please come by the office with any missing documents and to sign off on your file, as social services will be reviewing them during their fiscal year, end in march. This includes coph, adoctor's note if you are receiving diet supplements, or natal allowance.

- Updated identification
- Tax returns – assessment for each year
- Bank statement – if you have account
- Child tax benefits – family allowance copies on file
- Last pay check stubs if you were working

Merry Christmas & Safe Holidays!

Tillie Harry

HOME SUPPORT WORKER

Beverly Quilt

We just survived Halloween and now Christmas is on our door step. I am happy that there is still no snow. But the highway is hard on my studded tires. Sheez, just can't be happy. So, we were instructed to do a newsletter. So, hear it goes.

Hard to recap when so many events have happened. My job is going well I went back to being a full time Family Support Worker. Brittany Hink is now doing CHR part time. Good to have her in the office. Our office is always busy, people coming and going. I noticed one day that I am the only worker that has been at the clinic the longest. When I first started, we had Millie as A/D, my sister Val as CHN, Shona as home support, Bryan as Health Director, Susie/Annette as CHR, Donna as the baby nurse, now everyone has changed. All the Band staff is at the clinic and we are bursting at the seams. Good thing everyone has learned to work together.

So, my role as your Family Support Worker is to support families who are in conflict with the Ministry of Children and Families. I attend all meetings and court appearances and I make sure that the families understand what is happening through the whole process. My work load from when I first time I started has lightened. I don't have as many families on my files. So my work is now to work with families who might be at risk by offering workshops to guide young families on how to properly raise children to be the best that they can be. If you find yourself struggling feel free to come in and we can work on getting you on the help you need to better parent your child/ren. I know being a parent can become a struggle, there is no manual on how to raise our kids properly. But we can help each other. So, don't be afraid let's do this together.

Till next time be safe and enjoy your family.

Your Family Support Worker

Bev Quilt



HEALTH DIRECTOR

Jessica Doerner

I am Jessica Doerner, your Health Director working to serve the needs of Yunesit'in members and the fabulous Health and Wellness team. My role is not unique in communities; however, I truly cherish it as a harmonious opportunity to move with the community into new place of prioritizing Health and Wellness in Families and individuals, just as the Nation has always wanted. I am honored by your guidance and inner knowledge and the opportunities that we have a foot.

I have been working in this role since May 7th, 2018 and continue to feel grateful for the time and work with such incredible initiatives, dynamic community members, agency partners and amazing staff.

We are prioritizing Mental Health and Wellness, Traditional Health and Wellness, trauma, drug and alcohol dependency, chronic health issues, prenatal and baby needs and much more with the support of the FNHA nurses, Dr's, TNG, Denisiqi and Interior Health.

I am behind the scenes often securing funding, reporting on many new and existing initiatives, meeting funders expectations and advocating for the needs, complexities and challenges of Yunesit'in members face in regards to health and wellness. I support and encourage our health staff to work as a team and role out events and programs that community members are speaking to. This is a strong team with positive goals and growing in strength and knowledge.

Much of the events and our day to day work in rolling out of programs is done by our diverse and growing Health and Wellness team.

Our FNHA community health nurses, Corrine and Brittnay and (a big welcome the newest nurse, Irene), offer their careful, compassionate and professional support in all the work they do. They are in the schools, day care and in our clinic. Really, they are everywhere including many of our land-based initiatives. Flexing their work to meet the needs of Yunesit'in members and our newest members 😊 the big group of babies that have joined the world this last year. Thank you FNHA community Nursing team and administrative support Karen Catchside- who organizes us all and speaks Tsihqot'in 😊

Another new team member is the organized Brittney Hink who is working part time to manage the challenging Patient travel program with help from Roberta and Tara. Thank your Patient travel team- this is a big program with many policies and demands. Roberta not only manages so much of the comings and goings of the community, health and administration teams, but she looks after patient travel needs with care and compassion and has offered this knowledge and teachings to Brittney and Tara. Team work all the way. Together we are consistently working to meet the needs of members and the policies of FNHA travel benefits. I am meeting regularly with FNHA patient travel directors and managers to improve and overcome these challenges- lately this has proven very time consuming as reports and requests continue to demand full attention. A slow process but we are at least in conversations about our challenges much like many other communities.

PATIENT TRAVEL information 😊

On that note, to best support the process Please:

- hand in your notice of an appointment – an official paper from the doctor's or specialist stating your date and time of appointment- by Monday or Tuesday *two weeks* prior to appointment date.
- You will receive financial support only if it meets FNHA benefit policies of what is covered.
- You will need to return an official proof that you attended the meeting so as to continue receiving patient travel



- Trips are funded to the nearest location only.
- You need a referral from a doctor to attend a specialist appointment
- Dental needs have to have a Benefit Exception form filled out which take more time.
- Only one night hotel is offered for Kamloops specialist appointments
- You must present documentation from medical professional, that an escort is needed in order to receive meal support for escort. The escort will need to share a hotel room with you.

These are only a few of the FNHA medical travel benefits policies that we are required to follow. If you would like more information please contact myself.

Wellness

Congratulations to all the members that were able to connect with Nenqayni Mobil treatment team that came to Yunesit'in Library a few weeks ago. Learning is healing and healing is strength and courage. I comment the staff and members that took in some of the teachings of Philip and Rick. Thanks to Merle, our wellness worker for putting it all together, and Bev the Family support worker for taking the time to help out with delivery.

Merle and our community counsellors have recently taken the "Strengthening the Families" mental health training offered by the BC Schizophrenia society and they have learned tools to support families that are living with members who manage complex mental health conditions like Schizophrenia and other challenging world perceptions. This is new knowledge for many and soon they will offer information sessions to the community and the Nation.

The Mental Health and Wellness Counsellors, Laurie Potter and Daniel Ducheck, are here almost weekly, at the school, clinic and sometimes the library. Book your appointment with Karen at the front desk. They are gentle counsellors who work in total confidentiality and support our day to day needs. Self care is important for everyone.

Home and Community Care program:

Working to support members with significant needs to live in their home and community.

Dawnalyn and Tara are taking on home and community care for elders and diabetics visiting homes and offering foot care- even the Xeni Elders will come to enjoy their footcare skills. They have even managed to fit in some traditional wellness activities for elders and community. If you feel you are suited for this program discuss it with myself and your doctor.

Better Health Connection

Meditech Electronic Health system- *Confidential and quality health care*

With the support of Tsilhqotin National Government Health team, Yunesit'in will be taking on Meditech- an Interior Health electronic record system that doctors and nurses in cities have been using for years. Finally First Nations health clinics will have access to this computer system and members health records so as to better serve the follow up needs of individuals that need care at hospitals or laboratories. When each member signs the consent forms, the nurses will see their Meditech health file. This way they will be able to offer even better care for community members. Talk to your nurse about how it works.

Traditional Healers:

We have been fortunate to have funds to support traditional healers coming to serve our community and Catherine Haller has come almost monthly to work with adults and children in this role. Thank you to her for her time and service and knowledge sharing.



This December we will have a special event on culture and wellness for men, (and folks who self identify as men,) on Sunday Dec 15th bringing together multi nation men, knowledge keepers and healers to offer men a space to work on their own journey and that of a strong community. Speak with Merle for details.

On Dec 16th also at the gym, we will offer a special event for women sharing knowledge, wisdom and traditional healing. Please speak contact myself for more details.

Family Care support

Bev Quilt is the full time Family Support worker and her goals include surrounding families to meet their needs in learning growing and exploring pathways to parenting that include healthy understanding of traditional and modern knowledge.

She will also help families identify strategies of care.

She is presently working on the Jordan's principle funding to support children in need. A long paper process, however with this we will reach new goals.

She will also be working with families to identify caregivers and supports should crisis arrive.

Yunesit'in Youth Horse program

Michelle Francis, Skyanne Setah and Joann Setah along with Ashley Quilt our youth worker have developed an amazing Yunesit'in youth horse program.

These children and youth have excelled in their skills so quickly we now have many young riders eager and ready to go.

Thank you all for the support and the Gymkhana over the summer here and the Chilcotin Youth gymkhana held last weekend were great success.

Healthier stronger youth provides healthier stronger communities.

Yoga

Yoga is offered to all people at the gym every Monday night. Much Data exists to demonstrate that this ancient eastern traditional has HUGE positive results for deep relaxation, self regulation and calming. A little bit of yoga can easily help reduce many symptoms of anxiety, stress, deep routed trauma, depression and much more. Cleo has been coming to Yunesit'in for over a year and is very supportive of all peoples needs. Beginner, chair yoga, children. Come and experience the value of movement and deep breathing. Monday 5 pm at the gym, Contact Merle for more information.

Connecting beyond with partnering Agencies

I attend meetings on a regular basis with various partner agencies like Interior Health, Tsilhqotin National Government, Indigenous Perspectives Society, Denisiqi, Cariboo Memorial Emergency Hospital Management team, BC forensic Psychiatric team, Mental Health and Substance Use Management team, RCMP, BC Coroners, Cariboo Chilcotin Funeral Home, Wound Care Team, Health Directors Assemblies and more. At each of the meetings I work to bring forward the strengths and challenges of offering quality health care to Yunesitin members and advocate for continued or improved quality and culturally sensitive services.

Our First Nations Health Authority team has myself and staff attend Mental Health conferences, Interior Region Caucuses, Nation Assemblies and BC gatherings and more. Each activity, educates, builds our professional capacity and puts Yunesit'in and the Nation needs in the forefront. I am presently working to make changes at the higher level of First Nations Health Authority Patient travel policies in order to support community need.

In the recent past I have supported families at challenging health and mental health meetings. I have met with management staff of Interior Health Mental health and substance abuse seeking best pathways of care for Yunesit'in members. I have met with emergency services



management at the hospital to advocate on service and care for Yunesit'in members. I have investigated and explored, learned and changed many small and larger scale things all in efforts to support Yunesit'in members in better health and wellness services. I am always willing to try for you all and I am on a constant learning curve hoping to improve everyday. Connie Jasper and the TNG health team continue to offer a great deal of support for which I am grateful.

With the help of Interior Health Aboriginal Lead, and Dakotah of TNG our health staff will be touring Gateway and Crisis services at the Hospital and detoxification units as well as recovery homes very soon. This way the front line staff can support members that need services to look after themselves or their family.

I spend time seeking funds and writing reports, supporting staff in their work and uniting the team.

The staff from finance to language to school and health are all dynamic and we work together whenever possible. We have terrific people working hard and I am so grateful to work alongside each of them.

This new year, we hope to have a fiddle program for children. And much more...

Thank you all for your guidance, support and prayers for the everyday activities of the team.

I wish you all safe and loving holidays and hope you each feel safe to speak to Merle, Myself Bev or any of the team to explore what we can do to help you or your family on your personal journey of health and wellness.

Sechanalyagh,

Jessica Doerner



Joanna and Roberta decorating last year the beautiful tree Rodney brought from high country



Some of our community members joined Cecil's camp and learned about traditional ways of on the land living. Way to go participants





The Tsilhqot'in Nation horse program through Tletincox held a horse starting workshop at Yunesit'in rodeo grounds. Evan Horwarth, Laurence Elkins, and our very own Yunesit'in Youth horse program facilitators- Joann Setah, Skyanne Setah (missing from photo the lead Facilitator our horse program, Michelle Francis)



Medicine picking with Catherine Haller, Betty Lulua and Xenie Elders- thank you Home and community care team and volunteers



One of our fabulous cooks making the community Breakfast. Hi Pearl 😊 Pearl, Charlene, Larissa, Rosemarie and Ida are all heading to the TNG healthy cooking workshop to learn new ideas and even healthier food ideas and teachings! Way to go! Good food – Good thoughts- Good work. Our community meals matter, they bring members of all ages together and hold us in happiness as we share in important nourishment. Yay



Loving moments! The Yunesit'in Horse Program is providing loving and cherished moments to the hearts of horses and children alike. What an amazing program! Thank you to all the funds, workers and volunteers- Children matter, horses heal hearts and support mastery! Way to go





The children and family's matter. Thank you- Youth and children and thank you amazing horses 🐾

Cultural openings, drummers and singers help us to start meetings Yoga for beginners and everyone has been coming to Yunesit'in Gym for over one year! Have you explored the relaxing benefits of gentle movement- Join Cleo on Mondays at the gym. Thanks Merle for spearheading!



Tillie who keeps the building looking spiffy!

Happening Now 🐾

CHERYLYN STUMP & ELDERS TEACH
RIBBON SKIRT MAKING WORKSHOPS
MON & WED.
NOV 25, 27-DEC 2, 4-DEC 9-11,
DEC 16, 19
• OLD DAY CARE BUILDING
4 PM TO 7 PM

HEALTH & WELLNESS
THROUGH CULTURE &
CONNECTION
2019

~a school & health partnership~
OFFERING TRADITIONAL
WELLNESS

YUNESIT'IN STAFF CAPACITY BUILDING

Tsilhqot'in National Government Nation counsellors Hannah Kamea and Melody Curle have developed a "basic Counselling skills course" and we are proud to say several staff have taken this terrific training. Congratulations Bev, Ashley and Rosalie.

There is a future workshop and it is open to all community members- You just need to register- this is beneficial to parents, spouses, men, women, teens, staff too



LANGUAGE AND CULTURE

Paula Laita

Yunešit'in Language Committee keeps busy working on *Nenqayni Ch'ih* revitalization in the community. The Language Revitalization Plan is being reviewed and updated with community perspectives gathered through the Language Research Project and several language learning and cultural initiatives have been organized during the summer and fall months.

Culture camps (July-August 2019)

Nadidilh hink'an ᑲᑲᑲᑲᑲᑲ hunting and cutting meat camp and ᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲ hide tanning camp took place in July and August in Yunešit'in. Youth and community members had the opportunity to learn from different elders and develop their language and cultural skills. Language curriculum for the camps was developed by Linda Smith and Maria Myers and may be used for future language learning programs.



Nenqayni T'ox – Yunešit'in Language Nest Program (2019-2020)



Nenqayni T'ox – Language Nest Program started again in September in the old building and moved into the new daycare facility Gex-yaz Qungh last week. Program runs in the mornings from 8am to 12pm Monday through Thursday. Selina Myers continues teaching the language and culture to our 3-4 year olds with the help of Language Apprentice Joann Setah, and this year Larissa Myers has joined the team as Cook/Janitor.

Daycare Grand Opening November 27, 2019

In the afternoon, Cherilyn Stump runs the Headstart program with four learning stations: Language & Culture (Selina Myers), Art (Joann Setah), Fine Motor Skills (Rosanne Myers) and Reading (Cherilyn Stump).

Nenqayni Ch'ih Yaŵeltig – Tšilhqot'in Language Course (ALI 2018-2019)

The Language Course for adult learners resumed the first week of November and will run at the school Tuesdays and Thursdays from 4-7pm for a total of 6 weeks until the Christmas break. Maria Myers is back as Language Teacher and Linda Smith continues supporting the course as Curriculum Developer. This module is based on the *Lhindsch'osh* story.



Tšilhqot'in Language Course with Maria Myers

Language Mentorship Program (BCLI 2018-2019)

The Language Mentorship Program will resume again soon. Language Mentors and Apprentices will get back to their language learning activities combined with the language course.

ECONOMIC DEVELOPMENT

Ross Birchall

Lots happening on the economic development front - as most of you living in or visiting the community regularly will have already seen, the final plans for the Yunesit'in Guest House are in place and have been at the front desk for you to see, and the team is in the process of securing additional funding to see this business come to life. Short term plans are to have rooms booked by contractors, consultants, staff, and agencies that work with Yunesit'in, while in the long term we will begin to explore the various tourism opportunities available to us.

That's a great place to start because it helps to better explain the work that I have been doing with Chief, Council and staff so far. Much of the past year has been a delicate balance of preparing applications and proposals for funding opportunities with a variety of partners/agencies, while also helping to firm up the planning and operations for the greenhouses (Yunesit'in Greenworks) and mill (Yunesit'in Forest to Frame/Leading Edge), as well as making sure that all the different aspects of exploring and acting on business opportunities are tied together. There are many different people and groups involved in building and operating a business, and many capable people are working with Yunesit'in to make it all happen. Your leadership and staff are great at what they do, and the results show it.

My team and I are currently putting together a feasibility study for Indigenous Tourism and Ecotourism to complement the plans that are in place and what your community has identified as areas of business you would like to be engaged in. Over the next couple of months we will be working toward integrating Wildlife Management Planning, Language programs, community plans, and other initiatives at the local and TNG level into this planning, and will be looking for your feedback. Keep your eyes on the Facebook page and in the office for more information on that.

Over the summer we partnered with Xeni Gwet'in and prepared an application and proposal for \$500,000 in funding from the Rural Dividend Program provided by the Province to purchase Lee's Corner and develop the property. In September, the Province announced that they were suspending that fund, and our proposed project would be halted until they reinstate it. We are working hard to get Government back to the table to discuss the other options that might be available to us, but as you know, it takes time. Our most recent communication with Ministers requested a meeting to discuss potential partnership opportunities and the different areas in which that could happen.

We have come up with a "plan of attack" to get the greenhouses fully operational for the 2020 growing season, and start rolling out the marketing work that has already taken place. This has included several grant applications/proposals, and making sure everyone's feet are moving! If you haven't seen it yet, check out the website at www.yunesitingreen.com and "like" the Facebook page (Yunesit'in Greenworks). More to come on that.

At the time of writing this, leadership and staff are working to wrap up the due diligence process toward purchasing Leading Edge, where Yunesit'in Forest to Frame currently processes and ships its product. We have applied for funding to further develop the business, and hope to see that successful in order to keep it growing. In the past 10 months, we have applied for over \$1,000,000 in grants/funding opportunities for all the various initiatives on the go.

It has been a pleasure to see some of the other organizations involved in all these projects (Carnotech, VisionQuest, Celtic, etc...), and just take a step back to look at how far everything has come over the past two years. As a community, you should be incredibly proud of how progressive you are and what you have been able to accomplish.

Over the last few months, I have brought several members of my team out to the community. Each one of them fell in love with the natural beauty of the region and quite enjoyed getting to meet some of you. It is important to me to make sure that the people working with us actually take the time to come out - it's easy to work out of town, but I believe you can't fully understand something until you see it. So far I have been able to show Alan Lingwood of YellowBrick (human resources, capacity building, leadership development), David Romako of Bright Brothers (destination marketing, tourism, and placemaking), and Courtney Saunderson of my firm (guide outfitting and tourism) just how special this place is.

You may have seen me at the office or around town each month - next time I'm in, don't hesitate to say "hey". There are still many of you that I would like to meet, and taking the time out to chat with you is one of the highlights of each of my visits to your community. Thank you for having me.



YOUTH WORKER

Ashley Quilt

To Yunesit'in Community Members,

My job as a Youth Worker for my own Community, definitely has my heart. I enjoy spending time and bonding with our future leaders. I work with a lot of great kids of all ages.

For the trainings I have been attending are ASIST (Applied Suicide Intervention Skills), Counselling Parts 1-4, IH Substance Workshop, also a Mental Health Awareness.

Other meetings in the near Future will be about some Spring Break ideas and workshops. Which will hopefully include all 6 Chilcotin Community's and surrounding Nations of Williams Lake. As Gathering Our Voices Youth Conference booked so fast that our community has been wait listed. I will keep everyone posted if any changes to that are made.

Monday Night Bad Beat Pokers are all out of my own time to fundraise for youth programs, and activities. In the past has paid for 70 Wrist bands for West Coast Amusements, Horse and Bike Ride 2019, Ginger Bread Houses, and some Christmas surprises. Big thank you to ALL poker players who have attended the tournaments which so far has raised \$15,450.

Please Note for my gym nights youth all ages are welcome for a certain amount of time. Youth 8 and under need a adult chaperone for the later times. As I allow the older kids to take over the Floor for Dodge Ball, California Kick Ball, Volleyball, Ball Hockey, and Basketball.

Any Questions and/or Suggestions please feel free to contact me through Facebook, or email ashley.m.quilt@gmail.com , or The youth centers Phone number is 12503944443.

Wishing Everyone a Merry Christmas and a Happy new Year.

Ashley Quilt ~ Youth Worker ~ Yunesit'in Government



December

2019

Ashley Quilt~ Youth Worker Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office 8am-430pm Bad Beat poker Youth Center 7 pm	3 IH Substance Use Foundations Workshop	4 Youth Center 1pm-930pm	5 Interior Health services in Williams Lake Tour	6 OFF	7 OFF
8 OFF	9 Office 8am-430 pm Bad Beat Poker Youth Center 7pm	10 Yunesit'in School Christmas Concert	11 Yunesit'in School Movies Williams Lake	12 Gym night 5pm-830pm	13 OFF	14 OFF
15 OFF	16 Office 8am-430pm Bad Beat Poker Youth Center 7pm	17 Ginger Bread House Making & Decorating Youth Center 4pm-930pm	18 Youth Center Alexis Creek School Christmas Concert	19 Gym Night 5pm-830pm	20 OFF	21 OFF
22 OFF	23 Gym Night 12pm-6pm Bad Beat Poker Youth Center 7pm	24 Christmas Eve OFF	25 Christmas Day OFF	26 Boxing Day OFF	27 Williams Lake Bowling Swimming	28 Gym Night 1pm-830pm
29 Horse Program	30 Gym Night 12pm-6pm Bad Beat Poker Youth Center 7pm	31 New Year's Eve OFF	1 New Year's Day OFF	2 OFF	3 Gym Night 1pm-830pm	4 Youth Center 1pm-930pm
5 Gym Night 1pm-830pm	6 OFF Bad Beat Poker Youth Center 7pm	7 OFF	8 OFF	9 OFF	10 OFF	11 OFF

December 2019

Health Newsletter

MONTHLY NEWSLETTER FROM YUNESIT'IN HEALTH



TIPS FOR HOLIDAY SAFETY

Holidays can be busy and joyous times but holiday decorations and new toys can bring risks along with festive cheer. Stay safe by knowing how to manage the health or safety hazards of holiday items you bring into your home. Here are some safety tips:

Place the tree away from high traffic areas and doorways. Make sure the tree is well secured. Place the tree away from stoves, heaters and burning candles. Keep sharp, metal or breakable ornaments away and out of reach of young children. Never run extension cords across doorways where they could trip someone or be pinched.

IN THIS ISSUE

November Baby & Me Highlights

Health Team Roles



Yunesitin's Health Team Roles

Dawnalyn Bruin, Home Care Nurse – HCN provides assessment, monitoring (blood pressure, blood glucose, medications, appointments, foot care) and ongoing care for Elders and those with chronic disease (ie: Diabetes, High Blood Pressure) who want or need support in managing their health goals. As well as, short term in home care and support for those returning to the community after an operation or procedure that impacts their ability to manage their own care.

Brittney Hink, Community Health Representative— I started as the Community Healthy Representative (CHR) end of August. I mainly been doing patient travel po's for the community and I also work alongside Roberta Hink for that particular job. Also I would like to bring workshops/programs to the community, so if anything interests you about a program/workshop than I would be happy to hear suggestions or your input about it. I also support Dawnalyn

and Tara whenever one of them are not around and need assistance.

Beverly Quilt, Family Support Worker- Good day. As most of you know my name is Bev Quilt. I am your Family Support worker. I have been since 2015. I support families who are in conflict with MCFD. (Ministry of Children and Family Development). I talk for the Family and go to court with them to keep them informed about the process and keep them up to date about what is going on. I also do some health stuff with the health staff. I am currently working on Jordan's Principle. I help community members apply for benefits above the cost that are not covered by our current health benefits. I am currently working on getting braces for a couple of kids in the community. Like I said I am not familiar with it, but I am learning and as time goes by I will get more familiar with it and be able to help families in our community. Stop by my office and let's talk shop. I am open to the community's input. How can I be of benefit to you and the community. How can I fill the missing gaps. I look forward to your input.



What Are We Doing in the Community?

Health Team Roles Continued

Laurie Potter, Mental Wellness Counsellor—

Laurie is a Mental Wellness Counsellor for the Tsilhqot'in National Government. She offers group and individual counselling for children, youth, adults elders and families in Yunesit'in. Laurie uses her knowledge of how trauma is stored in the body and creative art counselling approaches to support people through grief and loss, depression, anxiety, life changes, relationship challenges, among many other

things. She believes everyone has the capacity to heal. Her main goals are to be present and guide each person into their own place of healing, while offering new pathways for hope. She is available on Tuesdays in Yunesit'in.

Daniel Ducheck, Mental Wellness Counsellor—

Daniel is a Mental Wellness Counsellor for the Tsilhqot'in National Government, currently working in Yunesit'in, Xen, and Tl'esqox. He is trained

as an Art Therapist and offers a range of art and creative techniques as well as verbal counselling to support youth, adults and families facing a variety of challenges. Daniel focuses on connecting people with their creativity in order to explore new perspectives, help express feelings, and adapt to life changes.

He is available on most Tuesdays in Yunesit'in

Hello, from your community Health Nurses! Here are a few of the highlights of what we will be doing in the community this month! We look forward to seeing you.

Dec 2—Well Woman's

Dec 3— Doctor's Clinic

Dec 9—Baby & Me

Dec 12— Dental Workshop at Language Nest

Dec 16— Well Woman's

Dec 17— Doctor's Clinic

Dec 23—Last day for Nurses until Jan 6/20

Health Team Roles Continued

Corinne Bayliff, Brittany Mulvahill and Irene Pastulovic, Community Health Nurses—

As Community health nurses we see and assist with all age groups across the lifespan, work with prenatal and postnatal woman, newborn assessments, ages and stages regarding development with children, immunizations for all ages, we do school health visits for yearly screening and education. health promotion and education workshops, assist with referrals to specialists, yearly

screening for Well Woman's and Well Man, Sexually Transmitted Infection testing and treatment, and Tuberculosis screening and testing. Please don't hesitate to come see us if you have any concerns or questions.

Tara Myers, Home support worker—

I work with Dawnalyn Bruin, Home care nurse and the health care team. Providing emotional support to individuals that are elderly, also who have chronic illnesses and need acute care of all ages. Providing practi-

cal support for individuals and their families, such as helping with household tasks if needed.

Supporting and monitoring their healthcare needs, including administering medication and checking vital signs. I also enjoy doing cultural activities with our clients which involves traveling to do berry picking, medicine picking and canning or making traditional recipes. Much more to come in the years we can also add hunting, fishing to do dry meat and dry fish or more

canning. I would like to hear more feedback or ideas that the community member's would like to happen in this community and that everyone will be interested in. I enjoy working with you all. I want to say thank you to each and



Health Team Roles Continued

Merle Quilt, Wellness Worker—I am the wellness worker from Yunesitin my name is Merle Quilt and am proud to be a big part of this community and serving in this role in which I work with all needs whether its alcohol or drug related or not. I've furthered my training in mental illness so I can better understand the deep need there is. I am here for support or providing the right support with the clients request. This year has been a busy one with trainings like Assist , Strengthening families together etc. these trainings will help me understand to better myself in support of the community and I look forward to facilitating them in the near future. This past year I have held the men's camp and wellness camp up at fletcher and also a suicide awareness day, Nenqayni mobile treatment was just out here and look forward to doing more work with them and also ran the ball hockey tourney out here with Ralph and our committee but I also lend a hand with Paula in their hunting and tanning camps and the schools culture week events and daytrips for culture with the Nenqayni t'ox . I am looking forward to the new year and events like the upcoming men's wellness day on the 15th of Dec and the woman's on the 16th and also the anxiety events I will be holding in the new year and also will be looking into getting a men's and woman's T birds hockey team back up and running in the new year as our youth have been asking what has happened to them. I also look forward to the feedback of our members on how I can do better and bring more programs they want to see so call me at the office I can

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 STONE Well Women's & Public Health	3 STONE DOCTOR'S CLINIC 10:00AM-12:30PM PHYSIO 8:30-2:30PM Community Counselors ELDER'S LUNCH	4 TOOSEY Public Health STONE Public Health TNG AGM 5-8PM School Gym	5 STONE Public Health Stone General Band Meeting - Wms Lake Loughouse 4-5pm	6 STONE ADMIN DAY Staff X-Mas Dinner @ the OV	7
8	9 STONE BABY & ME "X-Mas Craft" w/Irene & Corinne	10 STONE Public Health Community Counselors "Lance & Danel" CCP MEETING "Lands & Title" 10:00 AM	11 TOOSEY Public Health & Well Women's STONE DIABETIC LUNCH	12 STONE Public Health	13 STONE OFFICE/CLINIC CLOSED	14
15 STONE Men's Wellness & Culture Day 10-5PM School Gym Supper at 5PM	16 STONE Well Women's Women's Wellness & Culture Day 10-4PM School Gym	17 STONE DOCTOR'S CLINIC 10:00AM-12:30PM PHYSIO 8:30-3:30PM ANAHAM DENTIST	18 TOOSEY MOMS & TOTS STONE Chief & Council Mtg COMMUNITY BBQ ANAHAM DENTIST	19 STONE Public Health ANAHAM-DENTIST	20 STONE ADMIN DAY Last Day for Band Staff	21 STONE COMMUNITY CHRISTMAS DINNER
22	23 STONE FNHA STAFF WILL BE IN!! "NURSES & Karen"	24	25 	26	27	28
29	OFFICE/CLINIC WILL BE CLOSED FOR THE NEXT WEEKS FOR THE HOLIDAYS!!! WISHING YOU ALL A SAFE AND WONDERFUL HOLIDAYS WITH YOUR FAMILIES... SEE YOU IN THE NEW YEAR					30 

YUNESIT'IN CLINIC
PHONE: 250.394.4041
FAX: 250.394.4051

December 2019

TL/ESQOX CLINIC
PHONE: 250.659.5655
FAX: 250.659.5601

November Baby & Me

We had our Baby group on Nov 12, Krista Harvey was unable to make it so we did a workshop on the Flu vs Cold. We had a great turnout and wonderful lunch provided by Ida.

Our next Baby & Me group will be held on Dec 9/19 and we are doing



Preschool Circus Nov 6



December 2019

Emergency Counseling Contact Number for the Holidays

Melody Curle Hana Kamea Cherri Carr

Emergency Phone Number (250) 305-6151

(Please leave a message as Clinicians will contact you)

24 hour Interior BC Crisis Line 1-888-353-2273

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Melody Curle Hana Kamea	24 24 hour Crisis Support Interior BC Crisis Line 1-888-353-2273	25 24 hour Crisis Support Interior BC Crisis Line 1-888-353-2273	26 24 hour Crisis Support Interior BC Crisis Line 1-888-353-2273	27 Melody Curle Cherri Carr	28
29	30 24 hour Crisis Support Interior BC Crisis Line 1-888-353-2273	31 24 hour Crisis Support Interior BC Crisis Line 1-888-353-2273				

January 2020

Emergency Counseling Contact Number for the Holidays

Melody Curle Lisa Hartwick

Emergency Phone Number (250) 305-6151

(Please leave a message as Clinicians will contact you)

Interior BC Crisis Line 1-888-353-2273

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Melody Curle Lisa Hartwick	2 Melody Curle Lisa Hartwick	3 Melody Curle Lisa Hartwick	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



TSILHQOT'IN NATIONAL GOVERNMENT—HEALTH DEPARTMENT

Part 1: Basic Counselling Skills Training

Training includes:

- ◆ *Initial introduction, or refresher, for those who are working closely with others*
- ◆ *It will assist with your self-awareness journey*
- ◆ *Cover basic skills used in counselling process including: use of non-verbal; active listening; asking questions; and paraphrasing*
- ◆ *It will also help identify your personal self-care resources and the impact of stress*

Facilitators of training:

- ◇ *Hana Kamea*
- ◇ *Melody Curle*

Lunch & snacks will be provided both days



WHEN: January 29 & 30, 2020

WHERE: TNG Lakeside Office

TIME: 9:00 am to 4:00 pm

DEADLINE TO REGISTER: January 17, 2020 by 3 pm

12 seats available; preferably 2 per community
(staff or community member)

Please contact:

Lorna Elkins at (250) 398-8575 or
Email: lorna@tsilhqotin.ca to register

