

ST'UXWTEWSEM C

# COMMUNITY NEWSLETTER

July 2020



A Glimpse Inside:

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# Health Department

Health Center Contact Information: Phone (250) 457-6233 or Email [healthreception@bib.band](mailto:healthreception@bib.band)




Below is a list of Self-Management resources, provided by our Health Director.




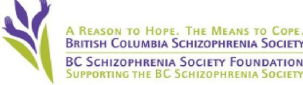


## SELF-MANAGEMENT RESOURCES







The following table contains a list of free resources that you can use to learn, support and self-manage mild to moderate mental health concerns. Information regarding the programs is taken directly from their websites and is in their words, wherever possible.

Topic	Resource	Description
Anxiety	 <a href="http://www.anxietycanada.com">www.anxietycanada.com</a>	Resources and strategies to help you cope with anxiety, including being uncertain about the future, getting sick, feeling isolated, talking with young children, etc.
Anxiety Depression	 <a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a>  <b>BounceBack®</b> is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.	<p>Two versions of the program available – for either adults or youth, with three formats to choose from. Click on adult or youth for the following programs:</p> <p><b>BounceBack® Today Video</b>  Get instant access to a free video series that introduces the CBT-based materials used in the Coaching and Online program. Use this access code to register:  <b>bbtodaybc</b>  <a href="https://www.bouncebackvideo.ca/">https://www.bouncebackvideo.ca/</a></p> <p><b>BounceBack® Online</b>  Free instant access to nine self-paced online modules that use cognitive behaviour therapy (CBT) to help improve your coping skills.  <a href="https://online.bouncebackonline.ca/">https://online.bouncebackonline.ca/</a></p> <p><b>BounceBack® Coaching</b>  With a practitioner, school counsellor or self-referral, work on CBT-based materials with a trained coach for free. Self-refer through the website. Visit:  <a href="https://bouncebackbc.ca/register/">https://bouncebackbc.ca/register/</a></p>
Depression Youth	 <a href="http://dwdonline.ca">dwdonline.ca</a>	<p>No sign up required. For teens who are coping with depressed mood.</p> <p>Learn about depression, what you can do and why change. Skills for teens.</p>





Topic	Resource	Description
Mental Wellness Family Support Substance Use	 <a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>	<p>Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one. The website features self-screening tests, stories, self-guided workbooks and resources.</p> <p>Mindfulness resources:  <a href="https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness">https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness</a> </p>
Mental Wellness Family Support Adult/Children/Youth	 <a href="http://www.bcss.org">www.bcss.org</a>	<p>The BC Schizophrenia Society offers one to one and family support groups throughout the Interior Region.</p> <p><b>Strengthening Families Together</b> - A Multi-Week Education and Support Course for Families and Friends of People with Serious Mental Illness. 10 Session Group for Families and Friends.</p> <p><b>Strengthening Families Together-First Nations</b> is about more than education; it is about strengthening family members and friends of individuals with a serious mental illness by providing support, awareness, and tools in a culturally safe environment. It's about sharing our family stories, walking the journey together and moving forward with renewed strength, hope and understanding.</p> <p>For more information about these two programs and to register, click here:  <a href="https://www.bcss.org/support/bcss-programs/strengthening-families-together/">https://www.bcss.org/support/bcss-programs/strengthening-families-together/</a> </p> <p>To see a full list of programs, provincial resources and newsletters visit their website  <a href="http://www.bcss.org">http://www.bcss.org</a> </p>
Mental Wellness Family Support Adult/Children/Youth	 <a href="http://www.cmha.ca/document-category/mental-health">www.cmha.ca/document-category/mental-health</a>	<p>Looking for mental wellness tips or interested in more information about a specific area like Anxiety, Depression, Eating Disorders, Loneliness or Care for the Caregiver. Check out the brochures for more information.</p> <p>Confident Parents: Thriving Kids program- Behaviour and Anxiety program available for families with referral. Referral form <a href="https://welcome.cmhacptk.ca/ref/">https://welcome.cmhacptk.ca/ref/</a></p>
Mental Wellness Substance Use	 <a href="http://www.camh.ca/en/health-info">www.camh.ca/en/health-info</a>	<p>Centre for Addiction and Mental Health (CAMH) has a vast catalogue of verified, research-informed mental illness material.</p>

Topic	Resource	Description
Mental Wellness Family Support Substance Use	 <a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>	<p>Mental health and substance use information, and peers support for children, youth and families. Information on Mental Health, Healthy Living, Challenges and Disorders, Substance Use, Medications, and Resource Library.</p> <p>Mindfulness resources:  <a href="https://keltymentalhealth.ca/mindfulness">https://keltymentalhealth.ca/mindfulness</a> </p>
Mental Wellness	 <a href="http://www.crisiscentre.bc.ca/mindfulness">www.crisiscentre.bc.ca/mindfulness</a>	<p>Coping using mindfulness. Learning simple techniques can grow your awareness of what's going on and what you can do to create more ease in your life.</p>
Physical Wellness	 <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a>	<p>Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These evidence-based programs provide information, teach practical skills and give people the confidence to manage their health condition(s).</p> <ol style="list-style-type: none"> <li>1. Community group self-management programs Check website for community group near you.  <a href="https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home">https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home</a> </li> <li>2. One-to-one telephone support.  <a href="https://www.selfmanagementbc.ca/healthcoachprogram">https://www.selfmanagementbc.ca/healthcoachprogram</a> </li> </ol>
Physical Wellness	 <a href="http://www.healthlinkbc.ca/services-and-resources/about-8-1-1">www.healthlinkbc.ca/services-and-resources/about-8-1-1</a>	<p><b>8-1-1</b> is a free-of-charge provincial health information and advice phone line. Translation services are available in more than 130 languages. You can speak with a health service navigator, who can help you find health information and also connect you with a Registered Nurse, Dietician, Exercise Professional and Pharmacist.</p> <p>Call <b>811</b> to speak to a <b>Registered Dietician</b>. They offer telephone, email and web-based nutrition information, education and counselling. Questions about food and nutrition? Email a Dietician at <a href="https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian">https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian</a></p> <p>Visit <a href="https://www.healthlinkbc.ca/healthy-eating">https://www.healthlinkbc.ca/healthy-eating</a> to learn about healthy eating.</p>





Topic	Resource	Description
Mental Wellness Youth	 <b>mindyourmind</b> <a href="http://www.mindyourmind.ca/tools/mood-mindyourmind">www.mindyourmind.ca/tools/mood-mindyourmind</a>	Resource for youth who are looking for relevant information on mental health and creative stress management.
Mental Wellness Youth	 <b>FOUNDRY</b> <a href="http://www.foundrybc.ca/virtual">www.foundrybc.ca/virtual</a>	Foundry is offering free and confidential virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers. No referral or assessment required. Call 1-833-FØUNDRY (that's FØUNDRY with a zero! or 1-833-308-6379) to book an appointment.

Please contact Dana Vollrath ([dana.vollrath@interiorhealth.ca](mailto:dana.vollrath@interiorhealth.ca)) to report any updates, additions or comments regarding the list.

If you would like additional support with managing your mental wellness, please contact your local Interior Health program at the link below for a list of services.  
<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Documents/MHSU%20Centres.pdf>

Other Free Support Lines:

- Emergency Crisis Line: 1-888-353-2273
- Suicide Prevention: 1-800-SUICIDE (784-2433)
- KUU-US (Aboriginal) Crisis Line: 1-800-588-8717
- Kid's Help Phone: 1-800-668-6868
- Métis Crisis Line: 1-833-MÉTISBC (638-4722)

*We acknowledge we live, work and play on traditional, ancestral, and unceded First Nations Territory. We acknowledge the Métis Nation and their contribution to Aboriginal ways of being and knowing in Canada.*

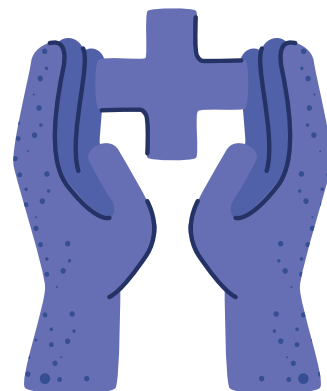
## A message from the Community Care Nurse

"Good Afternoon, I hope all are doing well during these trying times. I am looking forward to being back in the office, getting foot care back on track. I am waiting for the safety plan to be put in place. I am also working on a course that will have me able to test for Covid-19 in the fall, hoping that there is not a need for this. Be Safe and looking forward to talking to everyone in person soon. Feel free to call me if you need anything.

Respectfully,

Sher Perry, your home and community care nurse.

250-457-7125"





# A message from the Health Director



## Bonaparte Indian Band

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550 and (250) 457-9525

July 30, 2020

Dear Bonaparte community;

Just a reminder, there are provincial guidelines that are still in effect. If you are feeling sick, stay home. **No exceptions!!!!**

Your bubble includes members of your immediate household and can be carefully expanded to include others. Keep in mind, every time you add someone to your bubble, you are also connecting with everybody in their bubble.

In personal settings/gatherings, ~~add a little bit of body text~~ ~~when you're sending body text~~ family who aren't in your bubble:

- Keep gatherings to a small group of 2 to 6 people maximum and in open spaces
- Clean spaces often
- Keep 2 m or 6 feet of physical distance from those who are outside your bubble and limit your time together

Take extra precautions for those at higher risk for serious illness from COVID-19, including the elderly and those with chronic health conditions.

**COVID IS NOT OVER!!!! RESPECT TRAVEL ADVISORIES!!!!**

Stay at home and keep a safe distance from people in your household when you have cold or flu-like symptoms, including:

- Coughing
- Runny nose
- Sore throat
- Fatigue

Continue to practice good hygiene:

- Regular hand washing for 20 seconds. Use hand sanitizer if soap and water is not available
- Avoiding touching your face
- Cover your coughs and sneezes with your elbow/sleeve
- Disinfect frequently touched surfaces





# Bonaparte Indian Band

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0

Tel: (250) 457-9624 Fax: (250) 457-9550 and (250) 457-9525

Maintain physical distance as much as possible when in the community and where not possible, consider using a non-medical mask or face covering.

Currently there are **no confirmed cases of COVID-19** in the community.

For anyone that is experiencing symptoms or those who would like to get tested there are a variety of options available, to any individual at any time:

- Anyone that has a family doctor that they regularly see, you can contact their office to make an appointment to discuss any symptoms or the need for COVID testing.
- Call 811, if you have symptoms or feel you need to be tested you will be asked questions over the phone by a registered nurse to determine if testing is required.
- Go to <http://www.bccdc.ca> to complete an online assessment, it will determine if a test is needed based on symptoms you may be experiencing, you will be provided contact information for testing sites closest to you

Testing sites are located at:

**Ashcroft Health Site** - 250-453-1905

and

**Lillooet Health Site** - 250-256-1381

- Individuals wanting to be tested are asked to call the number listed and leave a message with your name and contact number
- A nurse will contact you to ask you questions. (You will need your Care Card when they return your call)
- Depending on the number of calls they receive it could take 1-2 business days to receive a call back
- If you call on the weekend the message will be received on the following Monday
- When the nurse calls you back, they will ask you questions over the phone to determine if a test is needed
- If a test is needed an appointment will be made for it to be done





## Bonaparte Indian Band

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550 and (250) 457-9525

The Health Centre is still currently closed to the public. Please call and make an appointment with the health staff you need to see by calling the Health Centre at 250-457-6233 or email. Only six people are allowed in the Health Centre at any given time. Please be prepared to wait outside until it is safe to enter the building. If the staff member is not in the office the day you call, Kala will inform the staff member to return your call as soon as possible.

Kala/Health Receptionist ext. 224 email; [healthreception@bonaparte.band](mailto:healthreception@bonaparte.band)  
Jeannie/Community Health Worker/Patient Travel ext. 229 email; [chr2@bonaparte.band](mailto:chr2@bonaparte.band)  
Carolyn/Home Care Nurse ext. 236 email; [hca@bonaparte.band](mailto:hca@bonaparte.band)  
Sher/Home and Community Care Nurse ext. 228 email; [hcn@bonaparte.band](mailto:hcn@bonaparte.band)  
Roger/Traditional Wellness A&D worker ext. 223  
Donna/Head Start Coordinator 250-457-9747 email; [headstart@bonaparte.band](mailto:headstart@bonaparte.band)  
Vanessa/Health Director ext. 246 email; [healthdir@bonaparte.band](mailto:healthdir@bonaparte.band)

Respectfully,

Vanessa Thevarge  
Health Director





# Patient Travel

## Reminder:

To be reimbursed for travel to appointments, a Confirmation of Attendance Form or a letter from doctor's office MUST BE handed in no later than 1pm on Monday's.

Cheque Requisitions are submitted to finance by 3:30pm on Mondays.

Cheques are then ready for pick up on **Friday afternoons**.

**\*\*\*PLEASE make sure that DATE, TIME and TYPE of appointment is included on the form or in the letter\*\*\***

I do not need to know the specifics of why you are at the appointment; I just need the type of appointment ie) chiropractor, ER, physio, ultrasound, CT Scan, cardiology, nurse practitioner (NP), regular doctor (just put 'Check Up'), optometry, ophthalmology, etc

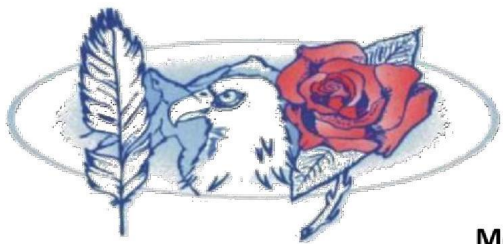
All this information is needed for reporting purposes to First Nations Health Authority (FNHA).

*Stay safe,*

Jeannie William  
Patient Travel/CHR

\*\*The Patient Transportation Program provides SUPPLEMENTARY benefits for eligible clients. It may not cover all costs associated with a client's travel requirements\*\*





# Bonaparte Indian Band

2610 Perry Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550

## Medical Transportation Appointment Form

### Patient Information

Date requesting: \_\_\_\_\_

Name of Patient: \_\_\_\_\_

How Travelling: Own vehicle \_\_\_\_\_ Medical Van \_\_\_\_\_

Reason for escort: \_\_\_\_\_

Name of Doctor / Specialist \_\_\_\_\_

Purpose of doctor visit: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_ Time: \_\_\_\_\_

**Clients with active WorkSafeBC or ICBC claims would have to go through those programs**

### **Reception or Doctor / Clinic use only**

This note will confirm that \_\_\_\_\_ attended their appointment  
(Client's Name)  
on the above date with Doctor \_\_\_\_\_  
(Name of Doctor or Specialist)  
at \_\_\_\_\_  
(Clinic Address)

Please Stamp:

\_\_\_\_\_  
Doctor / Receptionist Initials

### **Note to Band Members:**

Confirmation of attendance is required to receive medical transportation. It is your responsibility to obtain this confirmation and submit it to the Community Health Worker as soon as possible.

***Failure to submit the required information will affect eligibility for travel assistance in the future.***

### **Bonaparte Health Office Use Only:**

Status Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_  
Year/Month/Date

Issued: Cheque requisition: \_\_\_\_\_

Purchase Order: \_\_\_\_\_

***The Patient Transportation Program provides supplementary benefits for eligible clients.  
It may not cover all costs associated with a client's travel requirements.***

# Head Start Calendar



## *Monday-Thursday:*

Morning or afternoon visits to the Center, schedule by phone (250 457 9747), 1 or 2 families at a time, 6 people max. Snacks provided. Parents, enjoy our tea and coffee bar!

## *Fridays:*

Family Lawn Party 12-1:30 with lunch, entertainment or planned activity & ice-cream. Safe distancing, and hand sanitizing is required. Bring your own blankets/lawn chairs.

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
						1
2	3	4	5	6	7 Treasure Hunt	8
9	10	11	12	13	14 Water Fun	15
16	17	18	19	20	21 Drumming (tentative)	22
23/30	24/31	25	26	27	28	29

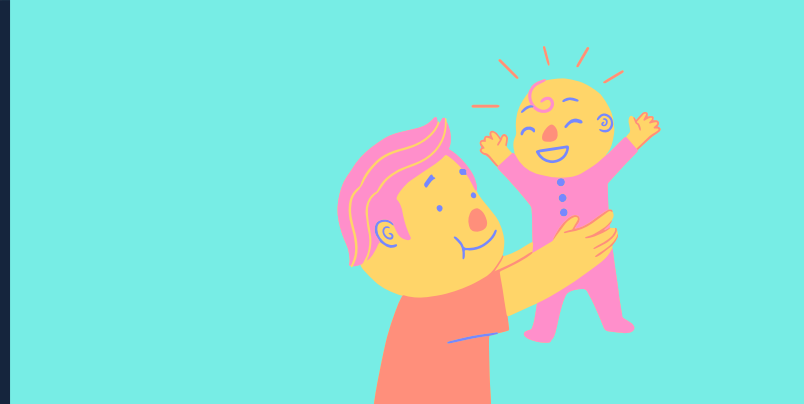


# Head Start snapshots

Some new additions for some colour!







Some family fun at the  
Friday Family Lawn  
Party!!



Phoenix Alec in her  
Jingle Dress  
regalia, she danced  
her beautiful  
dance for Head  
Start on Friday.



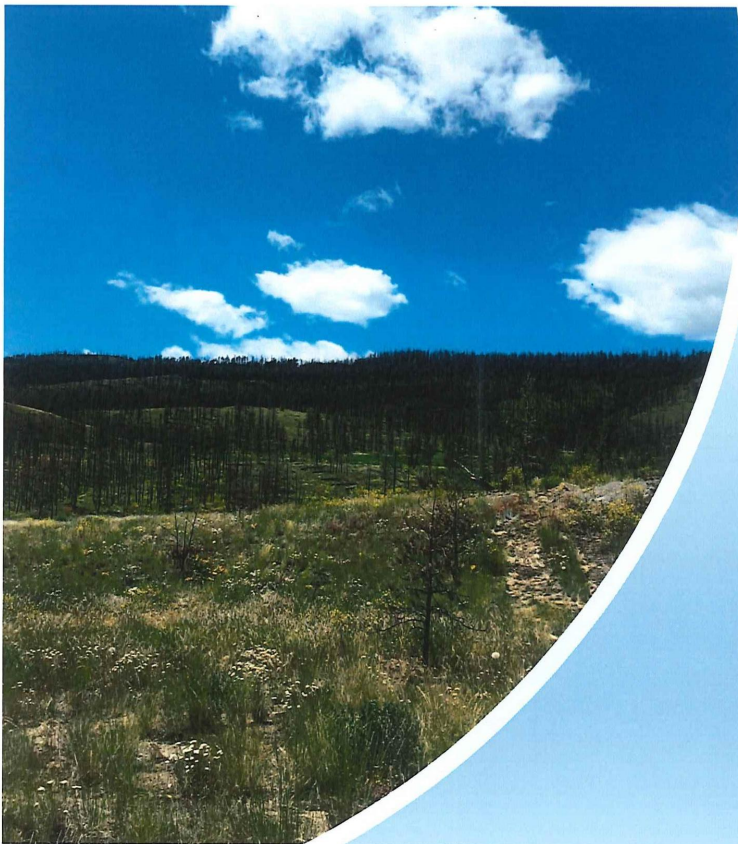


# Natural Resources



*In April, the Elephant Hill Land Base Wildfire Recovery Plan was to be presented to our band membership, but unfortunately was cancelled due to COVID. Here, the Natural Resources Department has provided the presentation for the community.*

For more information on the Elephant Hill Fire Recovery, visit the Bonaparte Indian Band Website, as we have the entire information package listed on the Natural Resources Page.



## Elephant Hill (EH)

Land Base Wildfire Recovery





# Where We Were

## June 2017

The combined length of fire guards and range fences requiring repair totaled 1111 km, roughly the distance from Vancouver to Prince Rupert

BC and FN governments established Joint Leadership Council (JLC) to address wildfire rehab

District	Burned Area	Fire guard Requiring Rehab	Range Fencing Requiring Repair
DTR:	61,592.01 ha		150 km
DMH:	130,424.52 ha		375 km
Total:	192,016.53 ha	586 km	525 km



# Where We Are

## August 2019

The total length of fencing rehabilitated since the fire is 110 km, and the total length of fireguard rehabilitated since the fire is 319 km

### Range Fencing Rehabilitation:

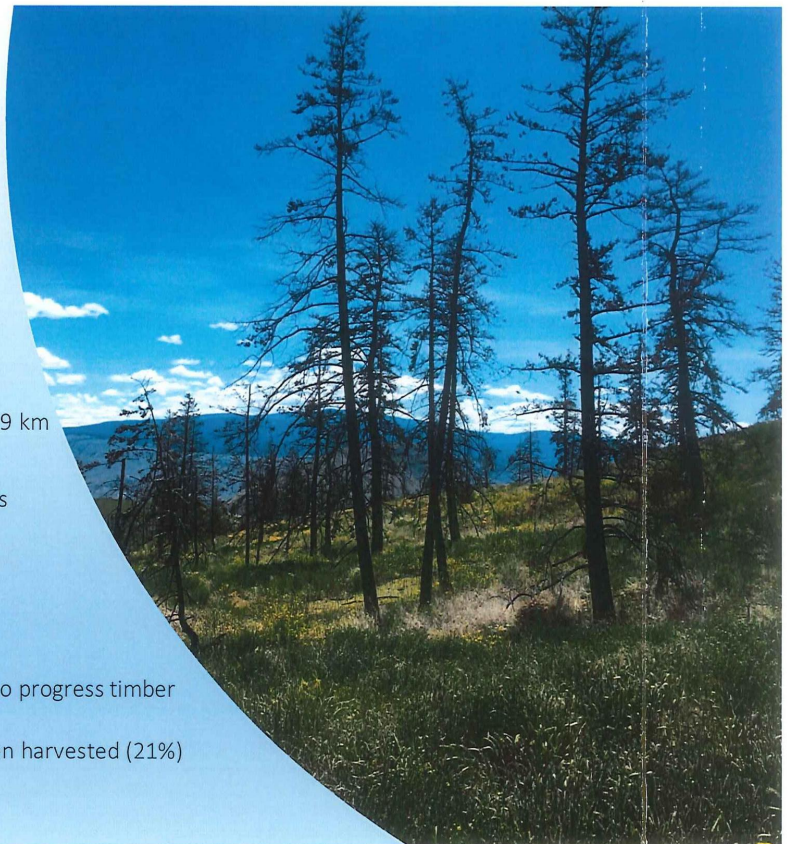
- First Nations communities performing PFR on fence lines
- 110/525 kms repaired—21% complete

### Fire Guard Rehabilitation:

- 319 / 586 km rehabbed—54% complete

### Timber Salvage:

- FLNRORD and First Nations governments collaborating to progress timber salvage efforts
- Available Volume is 2.88M m3 and 600, 645 m3 has been harvested (21%)





# What We're Working on (sub groups of EH TC)

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## Silviculture:

- Development of EH Enhanced Stocking Standards and Variations and EH Silviculture Strategy

## Access:

- Development of EH Access Management Principles

## Fir Beetle:

- Will be evaluating Fir Beetle Management within EH fire

## Communication:

- Development of communication materials

## Collaborative Monitoring:

- Training and capacity building with communities for a variety of stewardship monitoring

## Signage:

- Production and installation of regulatory and information signage



# Where We're Going

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The *Three Great Goals* for 2019 are Timber Salvage, Range Recovery and Fire Guard Rehabilitation

## Timber Salvage:

- FLNRD staff and FNs are working with licensees to progress timber salvage
- Wood quality continues to degrade, therefore we are aggressively pursuing all options for timber salvage

## Range Fencing Rehabilitation:

- Continue to work closely with FN communities to complete the archaeological assessments and appropriate mitigations
- Range staff are actively monitoring for opportunities to turn livestock back out on the range

## Fire Guard Rehabilitation:

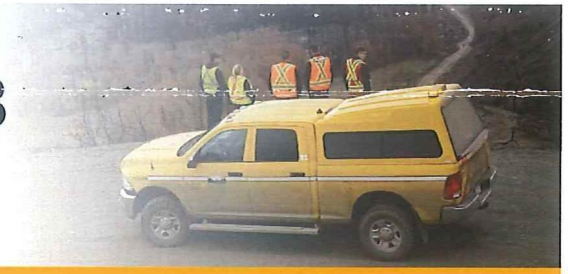
- On track for completion in September/October 2019







# WILDFIRE REHAB & RECOVERY



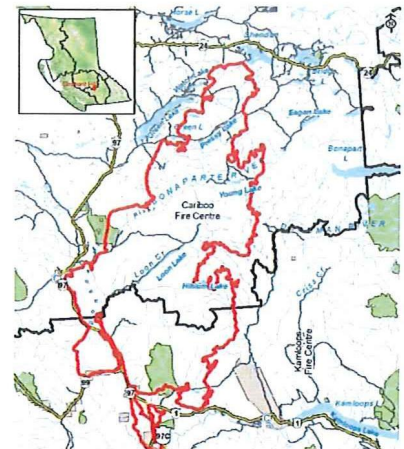
## Elephant Hill

- ↑ In 2017 the Elephant Hill wildfire covered 191,865 ha, which spanned from near Ashcroft (in the south) to near HWY 24 (in the north).
- ↑ The fire resulted in loss and damage to wildlife habitat, watersheds, timber, rangelands and significant indigenous values.
- ↑ The Ministry of Forests, Lands, Natural Resource Operations and Rural Development (FLNRORD) and the Secwepemc First Nations created a Government to Government committee, called the Elephant Hill Wildfire Recovery Joint Leadership Council (JLC).
- ↑ The JLC consists of FLNRORD senior managers and Chiefs from the impacted First Nations.
- ↑ Under JLC, a technical committee was also created, to bring together Provincial and First Nations technical staff to work together on post-wildfire recovery.
- ↑ JLC has provided guidance on the three Great Goals: Fireguard Rehabilitation, Range Fence Repair and Replacement, and Timber Salvage.
- ↑ During the fire approx. 585 km of fireguard was created. To date, approx. 320 km have been rehabilitated.
- ↑ 525 km of range fencing was damaged by fire or suppression activities. To date, approx. 110 km have been repaired or replaced.
- ↑ In 2019 1.8 million trees were planted (912 ha).
- ↑ Indigenous communities are participating in recovery work through archaeological work, signage installation, territorial patrol and collaborative monitoring.
- ↑ There was an overwhelming positive response to the Secwepemc Territory Morel Harvest, which was an Indigenous led program to increase public safety and environmental recovery. For more information: <https://www.elephanthillfire.com>
- ↑ Next steps for Elephant Hill:

*completion of the 3 Great Goals;*

*Silviculture activities (site prep where applicable, tree planting, road rehabilitation/reforestation planning); and*

*Fir beetle management planning.*



Please be aware of the following:

Section 58 off road vehicle closure: <https://news.gov.bc.ca/releases/2018FLNR0335-002446>

Hunting regulation changes in response to wildfire (No ATV Hunting): <https://news.gov.bc.ca/releases/2017FLNR0311-001657>

### Contact Information

Marina Irwin

FLNRORD Resource Manager

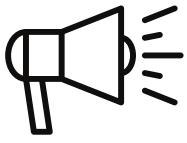
(250) 319-4773

[marina.irwin@gov.bc.ca](mailto:marina.irwin@gov.bc.ca)





# Natural Resources



The following is a list, provided by UBC Faculty of Forestry - St'uxwtéws Collaborative Research, of recorded plants on the Elephant Hill fire in 2019. We are looking for knowledge-keepers who may know the Secwepemctsin translation for any of the plants listed.

Please call 250-457-9624 with any information, as it will be greatly appreciated!



Scientific name	English name	Secwepemctsin name	Scientific name	English name	Secwepemctsin name
<i>Abies lasiocarpa</i>	Balsam, sub alpine fir	<i>melánllp</i>	<i>Bromus inermis ssp. pumpellianus</i>	Pumpelly brome	
<i>Acer glabrum</i>	Douglas maple	<i>tswéllten</i>	<i>Bromus tectorum</i>	Cheatgrass	
<i>Achillea millefolium</i>	Yarrow	<i>qets'uye7éllp</i>	<i>Bromus vulgaris</i>	Columbia brome	
<i>Achnatherum occidentale</i>	Stiff needle grass		<i>Calamagrostis rubescens</i>	Pinegrass	
<i>Actaea rubra</i>	Baneberry		<i>Camelina microcarpa</i>	Little-podded falseflax	
<i>Agropyron cristatum</i>	Crested wheatgrass		<i>Carex disperma</i>	Soft-leaf sedge	
<i>Agropyron repens</i>	Quackgrass		<i>Castilleja miniata</i>	Indian paintbrush	<i>Pell-tsáwéqwyem̓c</i>
<i>Pseudoroegneria spicata</i>	Bluebunch wheatgrass		<i>Castilleja thompsonii</i>	Thompson's paintbrush	
<i>Allium cernuum</i>	Nodding Onion	<i>qwléwe</i>	<i>Centaurea stoebe</i>	Spotted knapweed	
<i>Alnus viridis ssp. sinuata</i>	Sitka alder		<i>Cerastium arvense ssp. tbc</i>	Field chickweed	
		<i>speqpeq7úwi stséqweṃ</i>	<i>Chenopodium album</i>	Lamb's quarter	
<i>Amelanchier alnifolia</i>	Saskatoon		<i>Chenopodium capitatum</i>	Strawberry blite	
<i>Anaphalis margaritacea</i>	Pearly everlasting		<i>Chimaphila umbellata</i>	Princes pine	
<i>Antennaria microphylla</i>	Rosy pussytoes		<i>Cirsium arvense</i>	Canada thistle	
<i>Antennaria neglecta</i>	Field pussytoe		<i>Clematis ligusticifolia</i>	White clematis	
<i>Antennaria villifera</i>	Wooly pussytoe		<i>Comandra umbellata</i>	Pale comandra	
			<i>Cornus canadensis</i>	Bunchberry	
<i>Apocynum androsaemifolium</i>	Spreading dogbane		<i>Crepis tectorum</i>	Annual Hawksbeard	
<i>Apocynum cannabinum</i>	Indian hemp	<i>spétsen</i>	<i>Dasiphora fruticosa</i>	Shrubby Cinquefoil	
<i>Aquilegia formosa</i>	Red columbine		<i>Elymus glaucus</i>	Blue wildrye	
<i>Aralia nudicaulis</i>	Wild sarsaparilla		<i>Epilobium angustifolium</i>	Fireweed	<i>ts'ixnéllp</i>
<i>Arctium lappa</i>	Burdock		<i>Equisetum arvense</i>	Common horsetail	<i>xwiyústen</i>
<i>Arctostaphylos uva-ursi</i>	Kinnikinnick	<i>elk</i>	<i>Ericameria nauseosa</i>	Rabbitbrush	<i>tseptsepqenéllp</i>
<i>Arnica cordifolia</i>	Heart-leaved arnica	<i>kwelkwelqíqen</i>	<i>Erigeron filifolius var. filifolius</i>	Thread-leaved daisy	
<i>Artemisia frigida</i>	Pasture sage	<i>penéllp</i>	<i>Erigeron linearis</i>	Fine-leaved daisy	
<i>Asarum caudatum</i>	Wild ginger		<i>Erythranthe guttata</i>	Yellow monkey flower	
<i>Aster conspicuus</i>	Showy aster		<i>Festuca altaica</i>	Rough fescue	
<i>Aster foliaceus</i>	Leafy aster				<i>tqitqe</i> (strawberry)
<i>Astragalus miser</i>	Timber milk-vetch				<i>tqetqe7éllp</i> (strawberry plant)
<i>Balsamorhiza sagittata</i>	Arrow-leaved balsamroot	<i>tséts'elq</i>	<i>Fragaria virginiana</i>	Wild strawberry	
<i>Bromus porteri</i>	Nodding Brome		<i>Gaillardia aristata</i>	Brown-eyed susan	<i>sqléten re ckwútstens</i>





Scientific name	English name	Secwepemctsin name	Scientific name	English name	Secwepemctsin name
<i>Galium boreale</i>	Northern bedstraw		<i>Oryzopsis asperifolia</i>	Rough-leaved ricegrass	
<i>Galium triflorum</i>	Sweet-scented bedstraw		<i>Oxytropis sericea</i>	Silky locoweed	
<i>Gentianella amarella</i>	Northern gentian		<i>Pachistima myrsinites</i>	Falsebox	
<i>Geocaulon lividum</i>	Bastard toad-flax		<i>Pedicularis bracteosa</i>	Bracted lousewort	
<i>Geranium bicknellii</i>	Bicknell's geranium		<i>Pedicularis racemosa</i>	Sickle-top lousewort	
<i>Geranium viscosissimum</i>	Sticky geranium		<i>Petasites frigidus</i>	Palmate Coltsfoot	
<i>Goodyera oblongifolia</i>	Rattlesnake plantain		<i>Phalaris arundinacea</i>	Reed Canary Grass	
<i>Heracleum lanatum</i>	Cow parsnip		<i>Phleum pratense</i>	Timothy grass	
<i>Hesperostipa comata</i>	Needle and thread grass		<i>Pinus contorta</i>	Lodgepole pine	<i>qwlí7t</i>
<i>Hordeum jubatum</i>	Foxtail barley		<i>Poa secunda</i>	Alkali bluegrass	
<i>Juncus drummondii</i>	Drummond's rush		<i>Polemonium pulcherrimum</i>	Showy Jacob's ladder	
<i>Juniperus communis</i>	Common juniper		<i>Populus trichocarpa</i>	Black cottonwood	
<i>Juniperus scopulorum</i>	Rocky mountain juniper	<i>punllp</i>	<i>Populus tremuloides</i>	Trembling aspen	<i>meltéllp</i>
<i>Koeleria macrantha</i>	Junegrass		<i>Potentilla gracilis</i>	Graceful cinquefoil	
<i>Lactuca serriola</i>	Prickly lettuce		<i>Prunella vulgaris</i>	Self-Heal	
<i>Lepidium densiflorum</i>	Prairie peppergrass		<i>Pyrola asarifolia</i>	Pink wintergreen	
<i>Lilium columbianum</i>	Tiger lily	<i>textsín'</i>	<i>Rhinanthus minor</i>	Yellow rattle	
<i>Linaria dalmatica</i>	Dalmatian toadflax		<i>Ribes hudsonianum</i>	Northern black currant	
			<i>Ribes lacustre</i>	Gooseberry	<i>stcwelcúcwel</i>
<i>Linnaea borealis ssp. longiflora</i>	Twinflower		<i>Rorippa palustris</i>	Marsh Yellow-cress	
<i>Lithospermum rudemale</i>	Lemonweed		<i>Rosa acicularis</i>	Prickly rose	
<i>Lolium perenne</i>	Perennial ryegrass		<i>Rubus idaeus</i>	Red raspberry	
<i>Lomatium macrocarpum</i>	Large-fruited desert-parsley	<i>qweq'wíle</i>	<i>Rubus parviflorus</i>	Thimbleberry	
<i>Lupinus sericeus</i>	Silky lupine	<i>qwiqwiqnéllp (flower)</i>	<i>Salix spp.</i>	Willows	<i>q'wiséllp</i>
<i>Mahonia aquifolium</i>	Tall oregon grape		<i>Sedum lanceolatum</i>	Lance-leaved stonecrop	
<i>Matricaria discoidea</i>	Pineapple weed		<i>Senecio triangularis</i>	Arrow-leaved groundsel	
<i>Medicago sativa</i>	Alfalfa		<i>Shepherdia canadensis</i>	Soapberry	<i>sxúsem</i>
<i>Melilotus albus</i>	White sweet clover		<i>Silene menziesii</i>	Menzies's campion	
<i>Mentha arvensis</i>	Field mint		<i>Sisymbrium altissimum</i>	Tall tumble-mustard	
<i>Mitella nuda</i>	Common mitrewort		<i>Sisymbrium loeselii</i>	Loesel's tumble-mustard	
<i>Moehringia lateriflora</i>	Blunt-leaved sandwort			Star-flowered false solomon's seal	
<i>Listeria borealis</i>	Heart-leaved twayblade		<i>Maianthemum stellatum</i>	seal	

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<i>Solidago multiradiata</i>	Spikelike goldenrod	
<i>Erigeron flagellaris</i>	Trailing daisy	
<i>Spiraea betulifolia</i>	Birch-leaved spirea	<i>petpetsklúll.l'ecw</i>
<i>Streptopus amplexifolius</i>	Clasping twisted stalk	
<i>Symphoricarpos albus</i>	Snowberry	<i>peqpeqúqse7 (berry)</i>
<i>Taraxacum officinale</i>	Common dandelion	<i>kwelkwelqáqen</i>
<i>Thalictrum occidentale</i>	Western meadowrue	
<i>Tragopogon dubius</i>	Yellow salsify	
<i>Trifolium pratense</i>	Red clover	
<i>Urtica dioica ssp. gracilis</i>	Stinging nettle	<i>secwmémíllp</i>
<i>Vaccinium caespitosum</i>	Dwarf blueberry	<i>sesép</i>
<i>Vaccinium scoparium</i>	Grouseberry	
<i>Valeriana sitchensis</i>	Sitka valerian	<i>kíkwe</i>
<i>Verbascum thapsus</i>	Great mullein	
<i>Veronica beccabunga</i>	American brooklime	
<i>Vicia americana</i>	American vetch	
<i>Viola palustris</i>	Marsh violet	

