

STUCTWEWSEMC

# COMMUNITY NEWSLETTER

September 2019



A Glimpse Inside:

**AROUND THE COMMUNITY  
3&4**

**NATURAL RESOURCES  
5,6,7,8**

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Pictured: The McAbee HooDoos

## STAFF TRIP TO MCABEE

The Natural Resource Department planned the August staff meeting at the McAbee fossil beds on August 19th. Read more on pages 1 & 2



## HEALTH PLAN CHANGES

Read about the changes to the FNHA health plan on pages 9 & 10



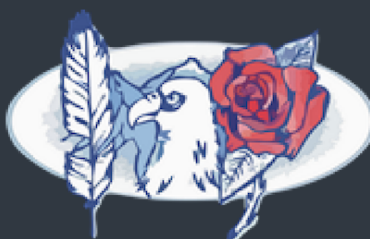
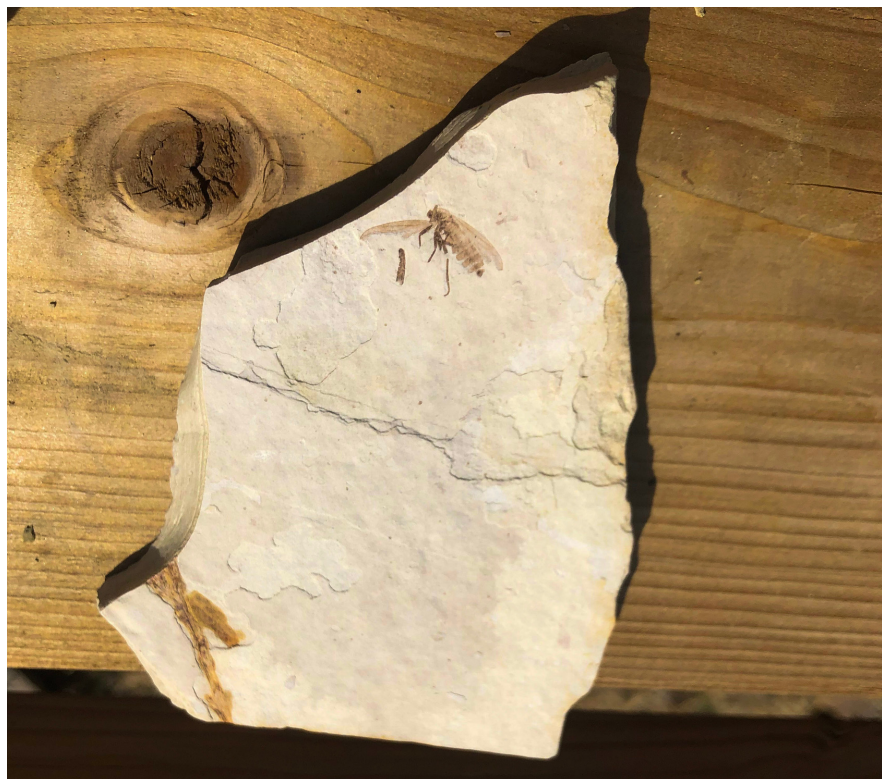


# MCABEE FOSSIL SITE STAFF VISIT

**"[McAbee] is an opportunity for us to learn a lot more about the scientific side of how this land was shaped and formed,"**

**- Frank Antoine**

The Natural Resource Department planned the August staff meeting at the McAbee fossil beds on August 19th. McAbee is just East of Cache Creek, the site is part of an old lake bed which was deposited 53 million years ago. The fossil site is the most diverse known in British Columbia for plants and insects of the Eocene Epoch (just try to imagine a tropical lake with flora and fauna). You can find fossilized insects, feathers, fish and plants that were part of what was a lake and rain forest. As the climate changed, these animals and insects died and the lake dried up fossilizing them between layers of rock.





Bonaparte now holds title to the McAbee fossil beds and will be featuring history of indigenous settlement in the area as part of the interpretation of the site.

We had 26 band/staff members at the outing. Many thanks to Gail Pierro and Leroy Antoine for sharing their vast knowledge of the fossil beds, it's history and plans for the future.

The site closed for the season on September 2nd and will re-open June 2020.





# AROUND THE COMMUNITY

## SODA ROCK STAFF RETREAT

On August 2nd Bonaparte Indian Band staff left the office to spend the day on traditional territory. They visited Soda Rock and learned its history from Keith Zabotel. This remarkable creation of nature is sacred to Stucwtewsemc, on the outside it looks like any other rock but once the top is removed along with another rock that fits perfectly inside the hole you find mineral water. This water has been used for medicines and ceremonies for many years.





# AROUND THE COMMUNITY

## MEET THE NEW GUY! - ALEXANDER FANNI - COMMUNITY NEGOTIATOR

Good day everyone! I have written this article to introduce myself to Bonaparte Indian Band community members. To begin with, a little about myself, I was born in London, Ontario and spent my entire childhood there until the age of 18.

After graduating high school, I joined the Canadian Army. During my time in the Army I trained both domestically and internationally, in places like Germany, Dubai, and Cyprus. The highlight of my military career was my deployment to Afghanistan in 2008, where I helped train local Afghans to provide security for their towns and villages. During my last year in the Army I was allowed to work with Canadian Rangers in Northern Alberta. This was my first experience living and working with Indigenous peoples in remote communities.

After leaving the Army, I enrolled at MacEwan University majoring in History. While in school, I spent my summers working for an Indigenous community in the Northwest Territories managing their Lands and Resources Department. After graduation, I worked full time for that community assisting them with Treaty negotiations, consultation activities, and economic development. My time working "North of 60" provided me with tremendous insight on the opportunities and challenges facing Indigenous communities. That Nation is still very close to my heart and I owe many of my professional accomplishments to the lessons I learned working in the NWT.



In 2016, I decided to pursue other professional opportunities related to Indigenous economic development, negotiations, training, and employment initiatives. After gaining more professional experience in Calgary, I enrolled in a Masters of Business Administration program at Royal Roads University in 2018. My anticipated graduation date is April 2020, but the program has already provided a wealth of new skill sets that have prepared me for senior roles within organizations.

After meeting Bonaparte Indian Band leadership this last month, I was excited about the prospect of building the foundations for long-term success by negotiating with industry on behalf of your Nation. Furthermore, your leadership and staff explained to me the importance of having a visible profile in the community to learn about Bonaparte history, culture, and customs. Understanding this, I will be in the community as much as possible meeting with members and listening to their concerns. In closing, I thank you for the trust you have put in me and look forward to advancing the goals and objectives of your Nation!

Thanks for reading! - Alex





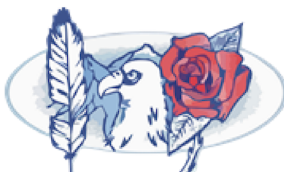
# NATURAL RESOURCES

## TERRITORIAL PATROL TRAINING

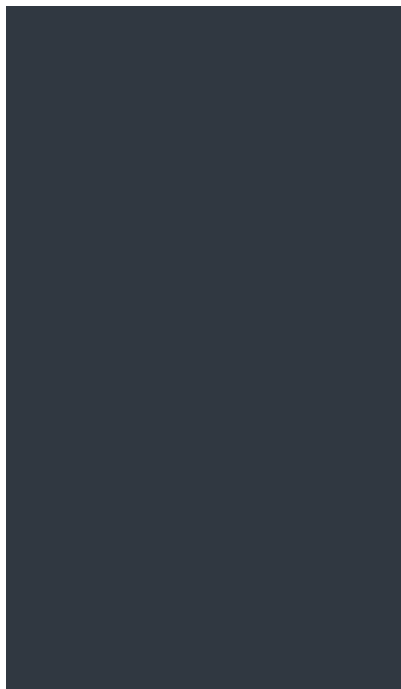
JENNY ALLEN



Secwepemculecw Restoration Stewardship Society (SRSS) asked Bonaparte Indian Band to host the Territorials Patrol Survey Training ( part of the FREP training) in Bonaparte Traditional Territory. We had 9 individuals from the First Nations Bands; Stucwtewsemc (Bonparte), High Bar FN, Tskwaylaxw (Pavillion) and Whispering Pine; attend this training along with 3 FLNRORD Representatives from the province; Chelsea Enslow ( Planning), Francis Iredale (wildfire) and Shauna Jones; to do training on Wildfire Predator Surveys, Road Surveys and Invasive Plant Surveys. This data will assist us with wildfire sightings and wildlife illnesses, road survey information for non-status roads and fireguards and invasive plant species will be identified and reported on the Invasive Plant App. Territorial Patrol will be out on the landscape monitoring on the ground activities within out traditional territories and will be reporting conservation concerns and individuals who are not complying with section 58 closure in the Elephant Hill Fire K20637. The staff will also be collecting data through surveys that will assist with access management, fish & wildlife concerns, road inventory, invasive plant species at risk. Jenny Allen would like to acknowledge the hard work of the First Nation Bands, Joint Leadership Council (JLC), Joint Technical Committee (JTC), Working Group Representatives, Secwepemculecw Stewardship Restoration Society (SRSS) and FLNRORD/Provincial Reresentatives for working together.







Photos: Art Morgan, Jenny Allen, FLNRO Reps Shauna Jones, Chelsea Enslow, Francis Iredale, Carrie Dan, Mike Narcisse, Justin Kane, Curtis Edwards, Stuart Fletcher.





# NATURAL RESOURCES

## HUNTING COMMITTEE MEETING SESSION 3

JENNY ALLEN

The Stucwtewsemc (Bonaparte) Indian Band Hunting Committee has had 3 sessions to provide input into Wildlife Surveys, Hunting Encroachment and Closure, Access Management, and Conservation and Protection (Synopsis) issues. We are proactively addressing concerns within our traditional territory and concerns with wildlife populations (Moose/Deer) and predator populations, non-status hunters, non-band member and band member hunting, access (too many roads) and safety of our members. Chris Proctor (FLNRO) and Gerad Hale (FLNRO) were invited to session 3 to hear concerns regarding Fish & Wildlife. The following is what was agreed on: 1) Rehab the roads and 2) Manage the predators. Kuperi Randy Porter and Council will need to address the concerns with Provincial (Kamloops and 100 Mile) and Federal Government at a leadership level. Greg Crookes, RPF will be looking into Provincial and Federal Governments for long term investment. Jenny Allen will continue to push for access management at the Elephant Hill Joint Technical Committee (JTC) working group. The Territorial Patrol funding provided by the Secwepemculecw Restoration Stewardship Society (SRSS) is limited for 2019 but will be year round to monitor and provide stewardship on the ground. Hunting season is upon us again and in the short term we will be looking towards keeping the hunters out of our traditional territory to let the animals have a chance. Bonaparte Natural Resources will provide Forest & Lands Natural Resource Operations (FLNRO) with spatial data of the roads that we have identified to do full rehabilitation on.

Thursday August 15th, 2019 Art Morgan and Fawn Pierro Zabolot went out to collect this spatial data on roads of concern. On Wednesday, August 14th, 2019 Art Morgan and Jenny Allen attended a Territorial Patrol Survey Training Session with other FN and FLNRO representatives to go over the surveys that will be collected by our Territorial Patrol 2019. Our area of focus in the short term is on sections 317, 328, 329 and 330. We will be having a community meeting on Wednesday, November 27th, 2019. Chris Proctor will be presenting at this meeting





## ECOSYSTEM RESTORATION SLASHING PROJECT

JENNY ALLEN



On Monday, August 26, 2019 the slashing and piling crew commenced work on the Ecosystem Restoration Project in Upper Hat Creek. This will be the third year of this project. The project is working with Forests and Lands Natural Resource Operations Rural Development (FLNRORD). A five man crew was hired to complete the slashing on this project. The management objectives open forest stands are to maintain 100-500 stems/Ha in layer 1. Retention will target the largest trees on site generally being >10cm dbh. Open range stands are to maintain 0 to 100 stems/Ha in layer 1. Retention will target the largest trees on site generally being >30cm dbh. Retain ungulate winter range attributes (consistent with ungulate winter range order) and provide foraging habitat for deer. If treatment is not within ungulate winter range it is within shallow snowpack zone with an area of snow interception cover of 25%. The snow interception cover attribute for planning cell will be met through the retention levels prescribed for veteran and layer 1 trees and will be maintained into the future through development of co-dominants and saplings retrained in the understory. Old-growth attributes will be retained by reserving most of the existing large diameter Douglas Fir and Yellow Pine.

## FISHERIES UPDATE



Bonaparte Indian Band Communal Fishing License

Allowable Fish Time: Wednesday August 21 at 16:00 til Sunday, September 22 at midnight

Species: Chinook Salmon

Gear: Traditional Gear

Location: The Waters of the Thompson River between the mouth of Bonaparte River and Juniper Beach

Please contact Howard Antoine for more information:

[howieantoine@gmail.com](mailto:howieantoine@gmail.com)

or call at 250-457-1653

- Fisheries are open to chinook (open to the size specified on our license, contact Howie for more details)
- Closed indefinitely to Sockeye due to extremely low numbers. Pink salmon are abundant.
- Fish ladder is in the process of being fully and permanently fixed. Tentative times are finished next week.



# HEALTH DEPARTMENT INFORMATION & NEWS

## HEALTH BENEFITS INFORMATION SESSION NOTES

KARA MORGAN

### FNHA

- If you are a resident of BC, have a status number, and are registered with FNHA's MSP group plan, you have been automatically enrolled in PharmaCare Plan W. Primary responsibilities of FNHA is primary care, mental health, health infrastructure, environmental health and research
- Remember: you are NOT covered when travelling outside of Canada, be sure to apply for medical insurance while travelling
- Special Note: Bonaparte Indian Band is covered for Patient Travel overages
- FNHA clients are eligible for all other PharmaCare plans if they meet the criteria for that plan, speak to an FNHA representative for more information

### PHARMACARE - PLAN W

- PharmaCare Plan W was designed for First Nations in BC. Plan W is a 100% paid plan and is the first payer for FNHA clients at the pharmacy counter. Plan W does not require income testing and has no deductible
- Did you know that you are entitled to over-the-counter items and non-drug benefits? See the complete list of items you are entitled to at the following addresses:

<https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/planw-otc-meds.pdf>

- Plan W Non-Drug OTC Benefits  
<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/plan-w-non-drug-otc-benefits>
- How can you get these items for free?
  - Ask your Pharmacist to write you a prescription
- What are your options when the Pharmacist informs you that your prescription is not covered/partially covered, and you need to pay for it?
  - The Pharmacist can (1) double check your billing plan (2) suggest alternative medication that is fully covered so you can inform your doctor, sometimes this can be changed quickly if the doctor can be reached and gives his permission





# HEALTH DEPARTMENT INFORMATION & NEWS

## HEALTH BENEFITS INFORMATION SESSION NOTES - CONTINUED

KARA MORGAN

### FNHA

- Always remember to give the ambulance your status number so your ride is covered. Ask your eye doctor/dentist BEFORE your visit if your appointment is within your coverage dates
- If you have any further questions, contact the FNHA Interior Region representative Joyce Kenoras at 250-318-6634

### PACIFIC BLUE CROSS

- On Sept. 16, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) and select drug benefits from the federal Non-Insured Health Benefits (NIHB) program to the new FNHA provider: Pacific Blue Cross. These changes were prompted by FNHA gathered information on how to improve dental, vision and MS&E health benefits. This process included 51 focus groups across the province that involved 98 communities. It also asked Health Directors and health care providers what needed to change and what improvements were needed. Most drug benefits will continue to be covered through PharmaCare Plan W, however PBC will administer some drug benefits
- Where can I learn more about Pacific Blue Cross?
  - See the website and learn more here: <https://www.pac.bluecross.ca/>
  - You can download the Pacific Blue Cross app or use the website to create a Member Profile and review your detailed coverage information; check your balance for your benefit; and search for vision care providers that are registered with Pacific Blue Cross. This website will be updated on Sept 16
  - Learn more about the transition to Blue Cross here <http://www.fnha.ca/benefits/pacific-blue-cross-transition>
- How do I access Pacific Blue Cross?
  - Your Indian Status Card number will also be your new Pacific Blue Cross benefits number. You can use your Indian Status Card or if preferred you can print off a card from the website

**Refer to attached Health Benefits Information booklet for more information**





# HOUSING DEPARTMENT

## ENERGY CONSERVATION ASSISTANCE PROGRAM - BC HYDRO

Housing Department

### Eligibility

1. You must have a residential electricity account with one of the following utilities: Fortis BC, BC Hydro
2. You must live in a detached house, duplex, townhouse or manufactured home.

### Details about the Energy Conservation Assistance Program

Participants benefit from a free home energy evaluation, advice on saving energy and free installation of products such as:

- LED light bulbs
- kitchen and bathroom faucet aerators
- water-efficient showerheads
- hot water pipe wrap
- exterior door weatherstripping
- carbon monoxide alarms

### Get free energy-saving products to make your home more comfortable and energy efficient.

Some homes may also qualify for an ENERGY STAR® certified refrigerator; attic, wall and/or crawlspace insulation; or a high-efficiency natural gas furnace or a furnace rebate. Manufactured/mobile homes are not currently eligible for high-efficiency gas furnace replacements or insulation upgrades.

Qualified customers who replace their old natural gas furnace or boiler with an eligible ENERGY STAR® model could qualify for up to a \$3,000 rebate on a furnace, or a \$2,000 rebate on a boiler.

### How to apply

FortisBC and BC Hydro work together to offer the Energy Conservation Assistance Program, so apply to your electricity provider.

### BC Hydro customers

1. Complete and sign the Energy Conservation Assistance Program application form.
2. We will then mail your completed application form to:

ECAP Operations  
PO Box 8910 Station Terminal  
Vancouver, BC V6B 9Z9

3. If you qualify, a program representative will contact you to arrange your home energy evaluation and installation of energy-saving products.
4. If you qualify, a program representative will contact you to arrange your home energy evaluation and installation of energy-saving products.

Products installed depend on the individual characteristics of the home and other program criteria. Only FortisBC natural gas heated, FortisBC electrically heated or BC Hydro electrically heated single family homes, townhouses and duplexes are eligible for insulation upgrades. In addition, FortisBC natural gas heated homes must also meet consumption thresholds to qualify for insulation or furnace replacement. Other program criteria apply





# HOUSING DEPARTMENT

## ENERGY CONSERVATION ASSISTANCE PROGRAM - CONTINUED

You can find an application included with this newsletter or pick one up from the band office.

Please fill out and drop off your application as soon as possible so you don't miss out on an opportunity to save money on your BC Hydro bill.

**Please Note: If you have already applied you will be receiving a phone call very soon from the program to schedule an evaluation. If you have any questions about this contact the band office at (250) 457-9624.**

## ENERGY CONSERVATION ASSISTANCE PROGRAM PRESENTATION

October 21st 6pm at the Health Center

Tea, Coffee and Snacks provided

If you are curious about this program and what they'll be doing in your home or how you can conserve energy and save money on your Hydro bill join us for this informative presentation.

## ANNOUNCEMENT

If you have questions or concerns regarding housing please contact one of the following:

Leona Lampreau  
Band Manager  
(250) 457-9624 Ext 248  
bandmanager@bib.band

Marilyn Porter  
Lands Manager  
(250) 457-9624 Ext 238  
landadmin@bib.band







paint the world  
**SUPER**  
COLORING

## KENKÉKNEM - BEAR

The Bear symbolizes family and strength through motherhood and teachings. Mother Bears are fierce defenders of their children and are great protectors. Bear is a well-respected member of the community and sometime referred to as the protector of the forests. We look to the Bear to show us how to fish and pick berries in our territory.







BONAPARTE INDIAN BAND  
**ACTIVITY & PROGRAM  
GUIDE**

SEPTEMBER 2019





# ACTIVITY & PROGRAM GUIDE

## YOUTH ACTIVITIES

For additional information or to arrange pick up for any of these events and activities contact Karen Warren, Youth Director. Phone: (250) 457-6233 (231), Cell: (250) 320-6314 or Email: youth@bib.band.

### ELDERS LUNCHEON

Sunday September 22nd  
Located at the Health Center  
Lunch is served at 12pm cooking  
starts at 9am

The youth will be cooking lunch for BIB Elders. If you are a youth who would like to take part and put your cooking skills to the test contact Karen Warren at (250) 457-9624 Ext 231 or youth@bib.band

### BASKETBALL

Located at the Cache Creek Elementary  
School

### FUNDRAISER BINGO

Located at the Cache Creek Community  
Hall

## SEPTEMBER YOUTH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9 Basketball	10 Basketball	11	12 Basketball	13	14	15
16 Basketball 50/50 Tkts on Sale	17	18	19 Basketball	20 Dinner & Movie 5pm Headstart	21	22 Elders Luncheon
23 Basketball	24	25 Basketball	26	27 50/50 Draw	28	29 BINGO
30 Basketball						



# ACTIVITY & PROGRAM GUIDE

## HEALTH DEPARTMENT

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

### WELLNESS DAY

**Tuesday September 24th, 2019**

**Start Time: 9am**

**End Time: 3pm**

Contact The Health Center  
for more information and  
to book appointments

### MENTAL HEALTH FIRST AID

**September 18th & 19th**

MHFA is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health.

Contact Kala at the Health Center to sign-up

**Wednesday  
September 4th**

**Dr. Lawrie Clinic  
9am - 4pm**

Contact Health Center  
to book an  
appointment

**Friday September 6th**

**Carters Hearing  
10am - 4pm**

Contact Health Center  
to book an  
appointment

**Thursday & Friday  
September 12th & 13th**

**Seabird Diabetes  
Mobile Team**

**All Day**

See Kala for forms

**By Appointment**

**Footcare  
with Sher Perry**

Contact Sher Perry to  
book an appointment

Call (250) 457-6233 Ext 228  
Email: [hccn@bib.band](mailto:hccn@bib.band)

### BONAPARTE CHIT-CHAT CLUB

**September 10th**

**Second Tuesday of every month**

**1:30-3pm @ The Health Center**

**Come for tea cookies and fellowship**

**See poster at the back for more info!**

**Wednesday September  
11th & 25th**

**Elders Activites**

Contact Jeannie @  
(250) 457-6233 Ext 229  
for more info



**In August  
Bonaparte  
Youth  
prepared  
lunch for  
the Elders**

# ACTIVITY & PROGRAM GUIDE

## HEAD START

Donna Cox, Headstart Co-ordinator, Phone: (250) 457-9747 Email: [headstart@bib.band](mailto:headstart@bib.band)  
Located at 2628 Church Road

### AFTER SCHOOL PROGRAM

Children 4-6 - Drop-Off  
Parents need to arrange with school  
busdropoff at Head Start  
Monday - Friday 3pm-5pm (Excluding Holidays  
and Staff Events)  
Starts September 9th

Snacks and  
Homework Help  
Available

### PARENT PARTICIPATION PROGRAM

Children 0-6, parents must attend  
Monday to Friday 1030am - 5pm  
Parents must be present and interactive with  
their children at all times.  
A simple lunch is provided



TAKE ADVANTAGE OF THE  
FREE SERVICES AVAILABLE  
TO YOU AND YOUR  
CHILDREN!



# ACTIVITY & PROGRAM GUIDE

## INFORMATION SESSIONS

### CHIEF & COUNCIL MEETING

Wednesday September 11th  
9am - 4pm (Depending on Agenda)  
Council Chambers (Downstairs Boardroom)

### CUSTOM ELECTION CODE SURVEY DEADLINE SEPTEMBER 19TH, 2019

There is a survey drop-box downstairs at the band office  
and upstairs at the HealthCenter.

### LAND-USE PLANNING

September 28th @ 9am  
Location TBA  
Lunch will be served

An opportunity for discussion and exploration  
of Title and Rights

Contact Marilyn Porter; Lands Manager; @ 250-  
457-9624 Ext:238 or emails  
landsmanager1@bib.band

### LANGUAGE MEETINGS

Every other Tuesday  
Tuesday September 10th, 2019  
Second Meeting TBD  
Health Center 10am-12pm

Everyone Welcome!

The Language Revitalization group  
consists of Elders from on and off  
reserve and interested members  
whom have an interest in the  
language and culture of the  
Stucwtewsemc people.



### SIGNS OF SAFETY PRESENTATION

September 18th at The Health Center  
Dinner served at 5pm followed by the presentation 6-730pm

Signs of Safety is a strength based approach to managing any type of meeting pertaining to children  
in care (Secwepemc Child and Family Services/MCFD). This presentation will help BIB members  
understand the language used when/if SCFS have to address child protection concerns on our  
reserve. The more knowledge we can provide to our members with children, the better they will be  
prepared for such an event.

# ABORIGINAL GOVERNANCE AND LEADERSHIP PROGRAM

## NICOLA VALLEY INSTITUTE OF TECHNOLOGY ABORIGINAL GOVERNANCE AND LEADERSHIP PROGRAM

### COURSE OFFERINGS IN CACHE CREEK

#### PROGRAM COURSE OUTLINE

- AGLP 150 - Intro to Traditional Aboriginal Leadership
- AGLP 151 - Leadership Concepts and Theories
- AGLP 155 - Aboriginal Leadership Principles & Ethics
- ENGL 110 - College Composition
- COMM 111 - Business Communications
- AGLP 121 - Advanced Communications
- BUSM 200 - Finite Mathematics
- ACED 180 - Project Management
- AGLP 111 - Aboriginal Governance & The Indian Act
- AGLP 160 - Aboriginal Leadership & Governance Systems

**W**hether you are just starting out or seeking a unique, high-value professional development opportunity, our immersive summer leadership intensive will pass on skills and advice from our renowned faculty and industry professionals. This specially-tailored offering from our Aboriginal Governance and Leadership Program will allow you to not only better yourself, but your community and organization as well.



The Nicola Valley Institute of Technology is excited to offer the innovative **Aboriginal Governance and Leadership Program (AGLP)**

#### Who is this program for?

This Program is suitable for those in significant leadership roles - Chiefs, Councilors, Band Administrators, policy developers, board members, communities and organizations.

#### Why take this program?

The purpose of the Aboriginal Governance and Leadership Program is to share essential tools and skills with current and future leaders so they, in turn, can assist community and organizational advancement in the areas of leadership, taxation, ethics, negotiations and economic development.

#### Program delivery

Delivered as a hybrid program (online and face-to-face), learners will receive certificate upon successful completion of the first ten courses of the program; and/or advanced diploma upon successful completion of the thirty-one courses within the program. Whether you decide to complete at a certificate level or continue through to the post diploma, the AGLP experience promises to cultivate talent in every leader. Accredited and transferable, the AGLP offers pathways to further development at NVIT and beyond.

#### More Information

Online application and specific information related to overall program description, admission requirements, tuition and fees, and graduation requirements for AGLP certificate, diploma and post - diploma, can be found online at [nvit.ca](http://nvit.ca)

**Apply Today!**  
NVIT  
Toll Free:  
1.877.682.3300  
[www.nvit.ca](http://www.nvit.ca)  
f t i n

### SUMMER 2019:

ACED 180-Project Management  
AGLP 111-Indigenous Governance & The Indian Act  
AGLP 160-Indigenous Leadership & Governance Systems

Mar 31 – Apr 4  
May 11-16  
June 8-13

### SPRING 2020:

COMM 111-Business Communications  
AGLP 121-Advanced Communications  
BUSM 200-Finite Mathematics

Jan 6-11  
Feb 3-8  
Mar 9-14

Contact NVIT to register



**EVERY 2<sup>nd</sup> TUESDAY of the Month at the HEALTH CENTRE**

**Starting September 10, 2019**

**1:30 PM - 3:00 PM**

**CHIT-CHAT CLUB**

Come for tea and cookies and fellowship

- A **SAFE** PLACE TO UNDERSTAND
  - A **SAFE** PLACE TO SHARE AND BE UNDERSTOOD
- Everything said here is kept confidential. You can talk about what you said but you cannot talk about what someone else said unless you have their permission***

Drug addiction is a disease of many losses. It is a disease because it affects how the brain works, which in turn affects emotions, and emotions affect actions.

Living with or having this disease on a daily bases affects our sense of dignity and self-respect.

Daily we are reminded of how our lives are different that we hoped or expected.

Grief and anger and hopelessness are natural responses to the many losses that the family, as well as the addicted person, suffer as a consequence of the disease of addiction.

**STORIES PREPARE PEOPLES MINDS TO ACCEPT  
HEALING**

Contact Nita Van Allen if you need more information 250.457.6233 ext 245

Contact Vanessa Thevargne @ (250) 457-6233 Ext 246 or  
healthdir@bib.band if you require a ride to this event

**RECONNECTING WITH**  
**OUR**  
**ELDERS**

**FEATURING JESSICA BRIDGEMAN**  
**REGIONAL HARM REDUCTION**  
**COORDINATOR FOR IHA**

**WEDNESDAY, SEPT 4TH**  
**11AM - 2PM**

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**AT MOCCASIN SQUARE GARDENS**

345 CHIEF ALEX THOMAS WAY, KAMLOOPS BC

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Informative booths that focus on Harm Reduction  
Free lunch & door prizes

For more information or to register, please contact  
Bobbi Sasakamoose at 250-314-6732 or [bobbi@qwemtsin.org](mailto:bobbi@qwemtsin.org)

**SPONSORED BY THE CITY OF KAMLOOPS COMMUNITY ACTION**  
**TEAM**

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