

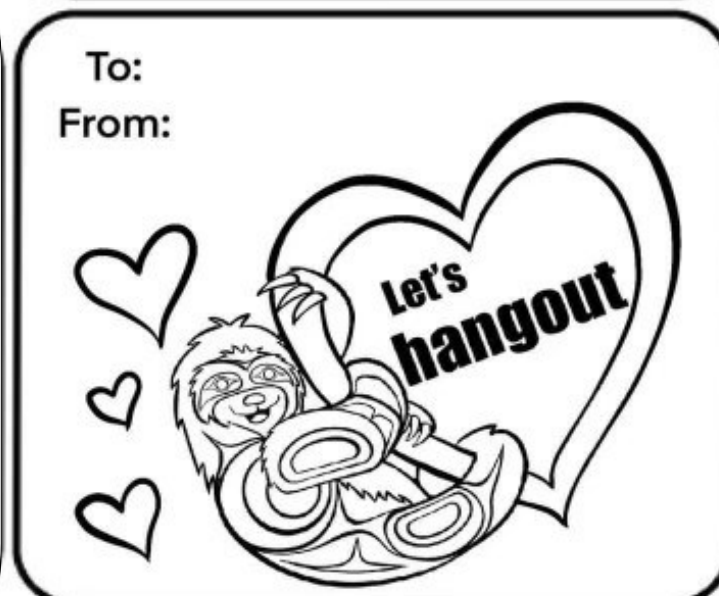
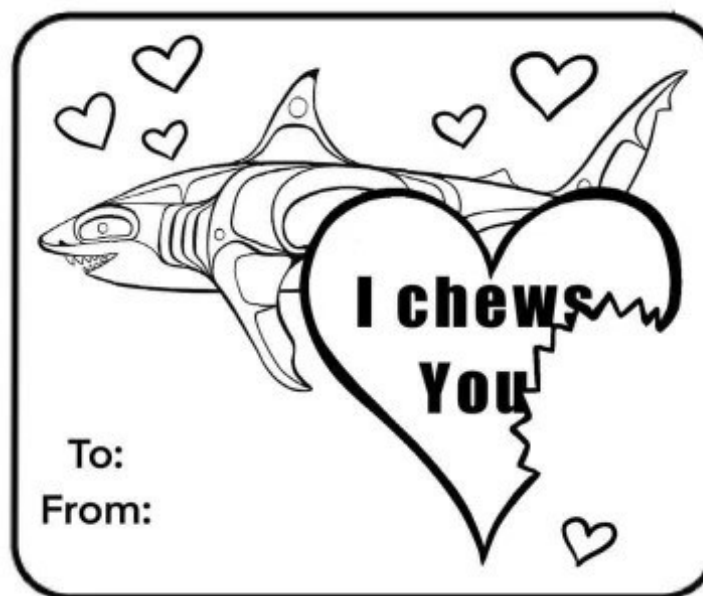


Elders meeting with urban systems and council regarding the flooding and erosion.

The History of Valentine's Day

Lupercalia Was an Ancient Roman Festival

Although many people believe that Valentine's Day began with the legend of Saint Valentine, the celebration itself has pagan roots. Originally, February 13th through 15th was a pagan festival called Lupercalia in Ancient Rome. The festival, dedicated to Faunus, an ancient Italian deity worshipped as a bestower of fruitful fields, and Romulus and Remus, the two founders of Rome. Male participants of the Lupercalia would choose a women's name from a jar. The pair would be coupled for the festival's duration (hoping to ward off evil spirits and infertility) and often stayed together until the next festival. Some even married.



Chief and Council are pleased to pass on the information below along with the two posters included with the Newsletter in reference to First Nations Emergency Services Society announcement that Burn Awareness Week is from February 4th to 10th with the primary focus of promoting awareness and prevention of flammable liquid burn injuries.

Handle with Care, Flammable Liquids Beware:

- Cooking oil is a highly flammable liquid. Keep your eyes on what you fry!
- Grills and gas ranges produce a lot of heat; keep your cooking area clear when around an open flame.
- Gasoline is an extremely flammable liquid & vapor with flumes capable of ignition up to 12ft from the pooled source.
- All flammable liquid containers should be kept in cool, dry locations and stored away from the home.
- Fuel lawnmowers, leaf blowers, snow blowers, and weed eaters when the engines are cool and in an open area outdoors.
- Never use an accelerant such as gasoline, kerosene, or aerosol sprays to start a campfire.
- When purchasing a gas can, be sure it has a fuel arrestor on the can to prevent flashback.

illustration of a burned hand wrapped in gauze

IN THE EVENT OF A BURN INJURY

- Smother any flames on clothing and remove the victim from the flame source
- Call 911
- Cool the burn with COOL (not cold) water to stop the burning process
- Remove all clothing from the injured area
- Cover the area with a clean dry sheet or bandage
- Seek medical attention

The Health and Wellness Department is pleased to welcome Mason Abou as our Coordinator of Culture and Land Based Healing. Mason is already hard at work creating opportunities for members to connect to the land and their culture. He is hosting Stick Gambling and “Out Inna Woods” opportunities for anyone to get out on the land. Mason is working out of the Kwadacha Office, feel free to reach out to him if you would like to participate!

Health & Wellness Department Upcoming Events

February 3rd-11th – Healing Together Workshops with Donald Prince & Team

February 5th-9th – Nurse Practitioner Clinic

February 12th -14th – Doctor Clinic

February 21st-23rd – Massage and Chiropractic Clinic

See attached Calendar for Cultural Events upcoming this month!!



FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Community Hand Games @ GYM
5 Out Inna Woods Day	6 GRIEF & LOSS HEALING WEEK: DONALD PRINCE & TEAM	7 Out Inna woods Day Sewing Nite (ADS)	8	9 Out Inna woods Day
12	13 Out Inna woods Day	14 (Sewing Nite)	15 Out Inna woods Day	16 Community Hand Games @GYM
19 Out Inna woods Day	20	21 Out Inna woods Day (Sewing Nite)	22	23 Out Inna woods Day
26	27 Out Inna woods Day	28 (Sewing Nite)	29 Out Inna woods Day	

CHILD & FAMILY, ELDER, SOCIAL DEVELOPMENT, AND JUSTICE DEPARTMENT UPDATES

Community Visits

Shannon - February 12 - 16th; February 26-March 1
 Alexa - February 12 - 16th; February 26-March 1
 Noah - February 26th - March 1

New Staff

We are so happy to welcome Amber James back from maternity leave as the Healing Home Case Manager. Justice Loots will now focus on her new role as Family Support Worker and I want to thank Justice for her hard work filling in for Amber.

Community Kitchen

The next community kitchen will be during the week of February 26th. Stay tuned.

We are excited to deliver nutritious homemade meals to Elders in need and hope to expand this program to ensure that these meals are provided weekly on a continuous basis.

Driver's Training-Class 7 Learners

In collaboration with PG Driving School, ICBC, and PGNAETA, education and testing for Class 7 L will be delivered in community at the end of February. Please see Rylan Smaaslet at the Learning Centre to register.

Justice

Noah, our new Justice Coordinator will be available in community for court week - February 26th - March 1st.

