



# COOK'S FERRY INDIAN BAND TALKING STICK June 2015



## Message from Councillor Christine Minnabarriet

Hello fellow Band Members! I extend a belated Happy Aboriginal Day to each of you! I hope you were able to spend it with loved ones and doing something you are passionate about.

We are just over six months into this new term of Council and this update is much needed and overdue. I am excited to see the Talking Stick Newsletter set for regular publishing once again. I'd like to thank receptionist Nadine Methot for taking this on!



Comprehensive Community Plan (CCP) The past six months have been quite busy. For three months our focus as Council was to complete the Phase 1 of the Comprehensive Community Plan (CCP). Our goal during this project was to connect with as many Band Members as possible, both on and off reserve, and find out what is important to you when it comes to Band business. We decided that it was important to be as inclusive as possible, and to do so, it was our responsibility to go to you, rather than expecting Membership to come to us. This resulted in a series of meetings held throughout BC and into Washington.



HAPPY NATIONAL  
ABORIGINAL DAY TO  
ALL OUR BAND  
MEMBERS!

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In need of a car or  
looking for  
working out  
equipment?

Cooks Ferry has used  
gym equipment and  
cars for sale!

You may find all  
pertinent

information on our  
website at

[cooksferryband.ca](http://cooksferryband.ca)

Confidential bids will be  
accepted until

July 17, 2015

@ 4 pm



## Comprehensive Community Plan (CCP)



We were pleased to see the participation quite high – 51%. We gave you opportunities to tell us what your priorities were, and also, to voice your thoughts as to what you wanted to see for the Band. Through this process, two reports were developed: the Cook's Ferry Indian Band Comprehensive Community Plan Phase 1: Community Engagement Report; and the Cook's Ferry Indian Band Comprehensive Community Plan Phase 1 Report. Both of these reports are available to Band Members. All the information gathered from these meetings was consolidated and incorporated into these reports.

I personally believe that the CCP Community Engagement process turned out really well. The information we were presented with by Membership provides a more specific direction to Council than we had prior to taking the time to see the project through. It is important to emphasize that though this specific part of the CCP process was completed at the end of March, the information gathered is not lost and is not forgotten. The two reports that were created are not simply gathering dust. Though it may not appear so at the moment, your feedback is helping to shape the programs needed by Members.

## Poison Ivy Assessment

On May 1<sup>st</sup> I completed a poison ivy assessment of our residential areas. The purpose of this assessment was to identify how big of a problem this plant is. Poison ivy is difficult to get rid of and poses health risks. It is concerning that there is an abundance of this plant in our yards, so much that it seems to be taking over.

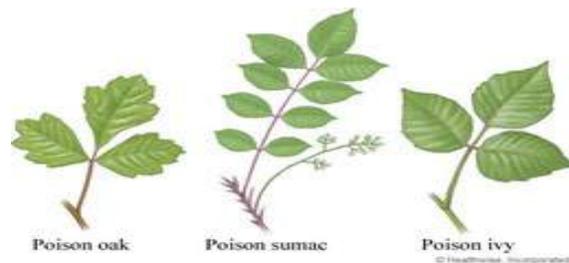
## Poison Ivy Assessment

I found in my assessment, that nearly every home has at least one plant in and around the yard. Over at Kumsheen, the poison ivy is in great abundance on the bank below the homes that overlook the Nicola River. From here the plant is creeping into yards.



Through my research I have found two points of interest. First, the urushiol oils from the Poison Ivy plants can stay active for up to 5 years on surfaces! Then I read that it is not ideal to burn the plant because while it is burning if the smoke is inhaled, a rash can develop on the lungs causing extreme pain and sometimes fatal breathing problems. <http://healthycanadians.gc.ca/healthy-living-vie-saine/environment-environnement/home-maison/poisonivy-herbepuce-eng.php>

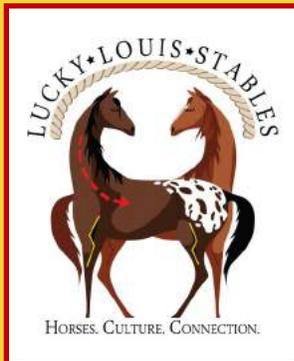
I was able to find a product that will kill the plant – Roundup Poison Ivy Plus Tough Brush. Initially I thought this might do the trick. This product does work. However, due to the amount that we are concerned with, I am looking at another alternative that will address the issue at a greater scale. This is still in progress.



Great news!!!! Cooks Ferry now has 2 Emergency Defibrillator on site. One is located next to the Band Office reception and the other is in the kitchen.



What a fun  
time our little  
ones had at  
the Cultural  
Horse Camp  
in May!!!



## It is not too late to sign the Friends of the Nicola Valley Petition

[www.change.org/p/friends-of-the-nicola-valley-stop-the-use-of-sewage-sludge-bio-waste-for-composting-and-spreading-as-fertilizer-in-the-nicola-valley](http://www.change.org/p/friends-of-the-nicola-valley-stop-the-use-of-sewage-sludge-bio-waste-for-composting-and-spreading-as-fertilizer-in-the-nicola-valley)



## **Bio-solids Caravan**

As many are aware, there is an active protest regarding the import of bio-solids to the Nicola Valley spearheaded by the Friends of the Nicola Valley. This is an important issue regarding the lack of consultation with our Nation. There is great disregard for the affects these bio-solids have on our environment in all aspects – our land, our resources, our water, our food, our air and our health.

The lack of consultation is unacceptable to me. Prior to learning some information on bio-solids I was simply grossed out at the thought. However, I have listened to several individuals who have offered some excellent points which push the thought of bio-solids far from just gross to unbelievable. For example, though bio-solids *can* be treated to be used as fertilizer, not all treatments eliminate heavy metals. This is concerning to our watershed. There are also issues of human pathogens, which is hazardous to our wildlife and ourselves.

I am by no means an expert on the issue of bio-solids, however, I do expect such an environmentally impacting issue to require a much greater level of consultation. Although we do not own property that bio-solids are being dumped on, we are located down-stream of the Nicola River, and in my opinion we therefore have direct impact from its improper use.

I have a great appreciation for everyone who has spent their time supporting this protest. There are a few of our Band Members who have attended the fires, who have distributed fliers, who have attended informational meetings, and who have passed the message on to others.

It was for this appreciation that we decided to support the Bio-solid Moratorium Caravan to Victoria. On May 21<sup>st</sup>, the Caravan passed through Cook's Ferry on its journey to Victoria. Council and community members welcomed and thanked the individuals for their commitment. Some sage and soil were contributed to the sacred bundle. Council and a few Members joined the Caravan from Kumsheen to Hwy 1. It was quite a warm day that day. It was inspiring to see the runners, including youth and elders, so committed to the cause. The Caravan made it to Victoria May 25<sup>th</sup>. For a quick view of the journey, visit youth participant Dakota O'Donovan's youtube video called "Nicola Valley Chiefs' & Protectors' Journey to BC Legislature". The fires still burn, and last I checked they were over 100 days. I heard this meant they prevented 400 trucks from dumping the unwanted bio-solids in the valley.

So thank you to those who have supported these efforts. Well done!

## A message from our Elders



Our Elders are currently working on raising funds to participate in various activities.

Please join us every Tuesday night for Bingo. We have tea and a light snack as well.

Some of our Elders will be heading to the 39th Elders Gathering in Saanch in July and we will update you with all our insights in the August newsletter.

Have a wonderful month of July with all your loved ones.

## Community Consultative Group (CCG)

*Constable Smith taking a plunge at the Honoring our Students event June 25, 2015 (right picture)*

The Community Consultative Group (CCG) is a group that includes members of the RCMP, six local First Nations, including Cook's Ferry Band.

The Cook's Ferry Indian Band is part of a tripartite agreement between the RCMP, the Province of BC and ourselves. This agreement is designed so that our community receives dedicated policing services. The RCMP receive funding to provide these specific policing services to us.

The purpose of the Community Consultative Group is to ensure that the tripartite agreement is being met for our communities and to identify areas of concern. I currently sit on the CCG committee as a Cook's Ferry Band Council member.

Part of our tripartite agreements is for each community to create a Letter of Expectation. This letter outlines what the community expects of the RCMP. In developing this Letter of Expectation, I thought it was important to hear from the community these services directly affect (noting that this agreement only pertains to our reserves located in Spences Bridge). Throughout the CCP process we heard from Membership that they want to be heard. So a meeting was set up for June 17<sup>th</sup> to explain the Letter of Expectation, and to hear ideas and concerns from Membership.



The RCMP provided standard questions that they typically ask community members when they are looking for feedback. These questions were copied and provided to community members who attended the Food Safe Course earlier in the month. The questions were also provided on the notice of the June 17<sup>th</sup> meeting that was posted at the office, post office, Facebook and was sent door-to-door. Two individuals provided feedback during the Food Safe Course, one individual phoned their feedback into the office, and though there was a lot of interest voiced for this meeting the day of, only one community member attended.

Overall the feedback received was very much in line with the ideas we had brainstormed as Council, including but not limited to, more interaction with our youth, and more presence in the community. Thank you to those who participated and provided your feedback.

Please note that I am always willing to hear your concerns regarding our policing services. The Letter of Expectation can always be adjusted to fit our needs. The next CCG meeting I will be attending is June 30<sup>th</sup>.

### **Youth Recreation Program Development**

I have been working on the development of a youth recreation program over the past few months. We currently have 21 children on reserve, and there are at least 10 others within the community that range from 0 to approximately 15 years old. We also have a gymnasium that has the potential to host a number of activities for these young individuals.

I would like to see a program, much like what was available when I was a young teen. One where the youth are able to play sports and build friendships within their community. One where healthy activities are made available, and that encourage our youth in positive ways.

Summer has come faster than I anticipated. This is the last week of school for many of our children and I had hoped to have something in place by now. Unfortunately I have had to rework the program and have not yet sorted through all the details. However, I do feel that such a program is important, and will be continuing on with its development.





**Simple ways to be connected with all the latest news at Cooks Ferry**

- 1– Provide us with a valid email address
  - 2– Moving? Email or call in your new mailing address
  - 3—Register yourself as a Band member at [www.cooksferryband.ca](http://www.cooksferryband.ca) and have access to all private information pertaining to the Band
  - 4—“**Like**” the Cooks Ferry Band Facebook [www.facebook.com/cooksferriyband](http://www.facebook.com/cooksferriyband)
- Make sure to **check the “Get the notifications”** for all the latest news
- 5- Follow also the “Friends” page at- [www.facebook.com/cooks.ferry](http://www.facebook.com/cooks.ferry)



### **Communicating with Membership**

It is important that there is communication with Membership. We heard and have experienced that lack of communication is a consistent issue. With this in mind, we have engaged in the following:

- We will be publishing the Talking Stick Newsletter 6 times per year. More relevant content will be added.
- We have been using email to ‘E-blast’ important opportunities to Membership.
- We have been regularly posting important opportunities on our Facebook page.
- We have begun using our website [www.cooksferryband.ca](http://www.cooksferryband.ca) to post notices and information while the website is under construction.
- We continue to post notices at the post office, on our office bulletins and door-to-door.

In addition to the above, we have been developing our tentative schedule of meetings for the year. These meetings include Chief and Council, General Band, Satellite and Annual General Meetings. This tentative schedule can be found within this newsletter and will be made available to Membership.

We have also been working with Urban Systems to develop the purposes of each type of meeting, and to create a draft ‘Meeting Protocols’. Through this process, it was decided that we should form a committee that will help finalize the meeting protocols. This committee will include Membership.

### **Housing**

Although it did not take going through the CCP process to note that housing is a big issue for Cook’s Ferry Band, the CCP process did highlight this critical topic. In the past few months Council has been working on a few areas with regards to housing.

We have been working on an interim housing policy that we will bring to Membership for input. We have been working on drafting the structure of a Housing Committee to review the policy and make recommendations to Council. This will be a standing Committee and a call for interest will go out shortly. We have applied for housing for the Antko subdivision. Although we applied for 6 homes, we were approved for 4. The development of these homes is still within the approval stages. To get an idea of the state of all existing housing, we will be doing housing inspections. These housing inspections will be offered to all homes on reserve, Band owned or privately owned. The purpose of these inspections is to help identify areas of need and to therefore create specific programs that will address these needs.



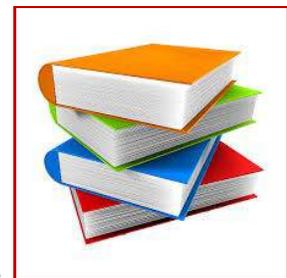
### **Heskw'en'scutxe Health Services Director**

I applied to sit as a Cook's Ferry Band Director for Heskw'en'scutxe Health Services. I abstained from all matters related to the candidates and the review and selection process.

I was successful in my application and my term for the director position began May 1<sup>st</sup>, 2015. I applied as I feel that Health Services are critical and essential services for our Membership. I intend to offer everything I can to create forward movement in a healthy way.

I have been reviewing by-laws and various other documents in order to have a clear understanding of the structure and purpose of Heskw'en'scutxe Health Services.

There is an active search for a Manager occurring at the moment. A nurse has been retained but will not begin until August. I intend to have a more solid update for Membership for our June 27<sup>th</sup> Band meeting. I'd like to extend my thanks to both Brenda Walkem and Oliver Hewitt for their time spent on the Heskw'en'scutxe Health Services Board over the past number of years.



### **Closing thoughts and going forward**

In closing, I would like to note that although it appears that movement is non-existent, it is occurring. I have been learning a great deal in my role as Councillor and I find there is so much potential for our Membership and our Band as a whole. I have been working on my schooling to obtain my Business Fundamentals and my Legal Administrative Assistant Certificates. In December I completed the Business Fundamentals Certificate and just completed my Legal Administrative Assistant Certificate last week. It has been quite a busy journey the past 18 months, but my hard work has paid off. I mention this as I now have a bit more time to focus on important issues within my Council and Director roles. **Humeth**



**Would you like  
to receive Cooks  
Ferry Indian Band  
Newsletter  
Talking Stick  
via email?  
Simply email**

**[Reception @cookserry.ca](mailto:Reception@cookserry.ca)**

**Dates of next issues:**

**August 4, 2015**

**October 1, 2015**

**December 1, 2015**

**February 1, 2016**

**April 1, 2016**

**June 1, 2016**

## **Message from Councillor Tina Draney**



Hello everyone! The past months have been a very busy for me. I have had to learn how to manage my time better, how council meetings are conducted, and to not take things personally. As a new council member I have had to do a lot of reading, and research to make sure that I understand what I will be making decisions on and getting all of the facts. At times I have felt overwhelmed with my responsibilities but I know I have my heart in the right place and want only the best for all of you, which gives me strength to work even harder. My priorities are the policy creation and revisions, which I believe will lead to more transparent processes.

I have been appointed to the TNRD/CFB water committee. This committee is responsible for the oversight of the Spences Bridge water system which is jointly owned by Cooks Ferry Band and the Thompson Nicola Regional District. We are in the process of water conservation education. The community does have watering restrictions now, and this has been an inconvenience for people. I am confident community members will see the long term benefit of switching from surface water to an underground water source. We held a grand opening at our new pump house on April 22, 2015.

I have also attended the Tech Highland Valley Copper tabletop emergency planning session. The emergency simulation will be taking place in September. These meetings are to help HVC prepare for an emergency with a breach in the dam. It is also very beneficial for Cooks Ferry to attend these planning meetings so we can be prepared in the event of a disaster.

Council has been holding meetings bi-weekly. If you have any questions or concerns please call me at the office and I will gladly bring your comments, requests, and concerns forward.

Please feel free to contact me anytime for any reason! I would love to hear from you!

# Honoring our Students Day! June 25, 2015

What a great afternoon that was!!!! Our students had a nice homemade healthy meal, received their diplomas from Chief & Council and Constable Smith. They also enjoyed the water tank and bouncy castles and least we forget the passes to "Slide in the City" on July 18th in Kamloops!!!! Remember to hand in your signed waiver to Angie by July 10th.

Children enjoy your summer!





**WaterSavers™**

**Water conservation days schedule :**

- 1- Odd Houses on odd Days
- 2- Even Houses on even Days

With a total of Four Hours  
Only During times  
between

6 am to 11 am  
or  
6 pm to 11 pm

Did you know the average garden hose pours out around 20 litres of water per minute? This means a lot of water can be wasted while gardening or washing your car if you don't turn the hose off when it's not in use.

***Less than 2% of Earths Water is Fresh Water.***

**Message from Band Manager—  
Kerrie MacLean**



For those Band members that I have not met, I will introduce myself. My name is Kerrie MacLean and I live in Vancouver. I was born in Berlin, Germany and raised in Ontario. I received my Bachelor of Business Administration (BBA) from Lakehead University in Thunder Bay Ontario and moved to Fort McMurray, Alberta for 3 years and then to Smithers, BC in 1986. I raised my son alone and he traveled across the country with me. I have one grandson and two great grandsons. I have been working in First Nation communities since 1989. I have a Provincial Instructor's Diploma so initially I worked in reserve communities teaching Business Development and Tourism related programs in the Nass Valley, Terrace and Hazelton areas. I worked for the Kispiox Band Council as a Finance Manager for 8 years. A friend told me of an opportunity to move to Vancouver Island and work as a Band Manager for the T'Sou-ke Nation where I worked for 5 ½ years. After that I went to the Neskonlith Indian Band near Kamloops as Band Manager for 3 ½ years. I now work for any community that needs someone to fill the position of Band Manager, Health Manager, Education Coordinator or any other role in their organization on a temporary basis. This gives Chief and Council the time to find the person they want rather than rushing to fill a position because things need to be done. I have thoroughly enjoyed working with the administration staff and Chief and Council. I would also like to welcome Nadine Methot, our new receptionist / Executive Assistant . Summer is here and we have a lot of summer activities planned. If anyone would like to see me about concerns or just stop by for a visit, I am in the office from 8:00 am to 4:00 pm every Tuesday, Wednesday and Thursday.

## Message from Water Operator —Wilfred A. Paul



### **Water conservation Schedule (Please see schedule on the right side of the page)**

This is to ensure that our pumps have a time to rest, and also ensure that we have an adequate amount of water for Fire Protection and in house uses. **Water conservation begins at home and we can all do our part.**

Turn off taps when brushing teeth and save 3 gallons per minute. Turn off taps when washing your fruits and vegetables. Try and take a five-minute shower. Soak pots and pans instead of letting water run while scrubbing. Keep a jug of water in the refrigerator instead of running water to get cold. The TNRD requires spring-loaded shut off nozzles for all hand-use of hoses. A running tap pours out 7 to 12 litres per minute.

Turn taps off whenever possible, put the plug in or catch the water you need in a container.

A low flush toilet (6 litres per flush) can save you Up to 14 litres each time you flush. For the Average family that's 25,000 litres per year. With That water you could fill 25 hot tubs! 10% of the water we use is in the kitchen. By making a few small changes to your cooking, cleaning, washing and drinking habits, you can significantly reduce your water use.

**Do not water during the day or in windy or hot conditions, when the vast majority of water will be lost to evaporation.**

## Message from Social Development—Angie Torne



My name is Angie Thorne and I have been employed with the Cook's Ferry band going on 8 years. I have in total 15 years' experience in working with the Social Development Policy and Procedures Manual for AANDC.

This is an essential service on reserve and there has been some challenges for BSDW's such as myself and much of it has to be self-taught especially in the reporting area. I have 4 quarterly reports that need to be submitted along with proposals and reports for those for programs such as NCB-National Child Benefit, Family violence and these funds have become very limited along with other cutbacks in the Social Programs across Canada.

I am also a strong advocate for students attending the School District #74 over the past few years as a Cook's Ferry band representative for the first People's education Council member. I ensure that our students needs are met either through cultural integration and support in each and every school with the help of other band representatives and we

meet quarterly throughout the year as well and also engaged with the working group for FPEC as well. If you have a student attending any schools in SD #74 and have any questions feel free to contact me at the office.

I enjoy working with families and their children, Creating those positive interaction times between community members is my interpretation of Community Social Development.

For example on June 25<sup>th</sup>, 2015 we honor our students and this is their time to shine in the eyes of families and their community members of all ages. Sending our children the message to keep learning is always a good one and one that they can reap the rewards from through their accomplishments in this world we call life.

I also look forward to hosting BBQ's, Family bingo's (Seasonal), and working with families throughout the year.





*Honoring our Students June 25, 2015*

**Message from the Youth**

We are currently seeking inspirational Youth Content!!!

Youth highlights, inspirational stories, make yourself heard and share with your fellow Band members.



**Next date to submit your article  
(as many words as you like)  
July 20, 2015  
Publishing date : August 4, 2015**

**JULY BIRTHDAYS** 

Kurtis Shippentower..... 2  
 Bailey A. E. Klages.. 4  
 Kye R. D. Welch..... 4  
 Caramia L. M. Billy....7  
 Miyah G. Thiomias.....7  
 Shelby M. Thorne..... 8  
 Connie L. Walkem..... 8  
 M. Bonnie Marchand 10  
 Celeste M. Lockhart.....11  
 Annika K. S. Anderson.....13  
 Rhonda L. Billy.....15  
 Frederick B. Shantz.....15  
 Denni T. Spence.....15  
 Willis H. Courtoreille....16  
 Wynona D. Yamelst.....18  
 Dayton C. Arnett.....19  
 Richard A. Hewitt.....19  
 Tristen A. Z. Walkem....20  
 Henry L. Yamelst.....20  
 Tony B. Beckett.....22  
 M. H. Denise Hewitt.....23  
 Hannah N. K. Minnabarriet...23  
 Adara T. Wilson.....23  
 Albert B. Cowan.....27  
 Jared L. S. David.....27  
 Edith E. Frye.....29  
 Walter R. Billy.....30  
 B. Marie Anderson.....31  
 Edward St Germain.....31  
 Alexis D. Wiltse.....31

## Definition of the Talking Stick

Did you know that a talking stick was used in councils to keep order and allow everyone time to present their sacred point of view....

Colors on the stick had meaning:

- Red for life
- Blue for prayer & wisdom
- Yellow for knowledge
- White for spirit
- Purple for healing
- Orange for kinship
- Black for clarity or focus



## Elders Luncheon

with Ashcroft Elementary Students May 2, 2015

Everyone had a great time!!!



Dear Cooks Ferry Band,

Yesterday we came to the Elders Tea. I enjoyed many things like the drumming I had a marvellous time. I also loved making the shield they're just so much fun and when you're done your shield you have something amazing made by you. I also really enjoyed the food it was so good and the desserts were amazing. I liked doing the dance to even know I was really nervous, it was still really fun. I also like going out in the community and seeing different things. It's good to get out of the desert sometimes and see different places other than Ashcroft. Thank you for hosting us, it was very enjoyable



From,

Angele



*Dear Cooks Ferry Band,*

*Yesterday we came to the Flders Jea. I enjoyed the displays by Rose Hill and Pearl Hewitt. The beading was fantastic! I also want to thank the cooks for the Indian tacos they were fantastic. I enjoyed having my class in my home community. I had a lot of fun drumming on the big Pow Wow drum.*

*Drumming with my class and Harvey Dunstin was a lot of fun. Spending time with family members and my class meant a lot to me. The dancers did a fantastic job. Thank you for inviting us.*



*From Cindy*



Bonjour,

If we have not already meet, please let me introduce myself, my name is Nadine Methot and I am the new receptionist / Executive Assistant here at the CFIB Band Office since April. I relocated in beautiful BC Interior last August with my husband and son. I am originally from Montreal and also lived in Halifax and India. I have a Bachelor degree from Concordia University in History and Anthropology. My past experience working with First Nations began in Nunavut back in the 90's and continued working in the Health Department of the James Bay Crees and developed into a coordinator position for the past 8 years for CIHR TAAM, a University research Team working hand in hand with the Crees of Northern Quebec in studying traditional plants to fight the symptoms of diabetes. I am happy to be of service at the Cooks Ferry Indian Band and getting to know you all and your beautiful culture.



## Message from Peypela (Verna Miller), Ethnobotanist

I was recently invited to the North American Community Environmental Leadership Exchange, June 18 – 22 June 2015 at the Montreal Botanical Gardens.

The gathering was opened by traditional leader Ka'nahsohon Kevin Deer from the Kanawake reserve of the Mohawk Homelands. As is their traditional welcome he reiterated the creation story of the Mohawk people. The open address was given by a Seneca man named Henry Lickers who has lived and worked on the Akwesasne Reserve for over forty years. He spoke on the topic of Leadership and Biodiversity. Akwesasne is well known for developing their Environmental Department before any other government.

Eli Enns is from the Nu'chal'nuth Homeland and is a very knowledgeable young man on Tribal Parks and how his people saved Meares Island from being logged. He is part of the North American Consortium that forwards a Tribal Parks Movement from Clayoquot Sound to the Chilcotin. Eli is very well versed in ways of negotiating with strength and respect.

Food sovereignty versus food security was lead by Dr. Pricilla Settee, a Cree woman who teaches at the university in Edmonton. This is a topic I will be studying further as we continue utilize our non-timber forest food, medicine, materials and spiritual sites in our homelands. On Saturday June 20th, we spent the day at Kanawake visiting the Mohawk survival school where they teach the curriculum in a more traditional way – outside the classroom.



We also visited Richard Nolan, a man who learned and now teaches the traditional Black Ash splint basketry (I bought one). We visited Recreational Beach that has been devastated by the St. Lawrence Seaway so that the water no longer flows and people can no longer fish or swim because too much sediment has accumulated over time.

The Quebec government is reluctant to do anything about it and studiously ignores the problem.

On Sunday we gathered back at the Botanical gardens to discuss and debate topics ranging from the formation of an Indigenous Environmental professional group; challenges and creative responses to corporate and government activity on Indigenous lands and waters; and, Using art to celebrate resistance and renewal by Monaeka Floris, a young traditional woman and advocate from Guam.

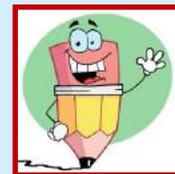


Our last day focussed on traditional knowledge regeneration and customary use and this morphed into a discussion that became more wholistic on the connections between and among animals, plants, humans, water, etc.

Overall, the gathering was very successful. I met old friends and developed new ones with the common cause of protecting and recording our traditional resources, and to protect those resources from further destruction and development without input from the Indigenous and traditional communities most affected by corporate and government agents – those “blundering intruders.”



**Would you like to contribute to Talking Stick? Please submit your article by July 27th for it to appear in the August edition at [reception@cooksferri.ca](mailto:reception@cooksferri.ca)**





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Councillor Pearl Hewitt : Ext 102

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Councillor / Finance

Tina Draney : Ext 106

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Councillor Christine Minnabarriet

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Band Manager Kerrie MacLean

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Ext 105

Social Development Angie  
Thorne : Ext 107

[angie.thorne@cookserry.ca](mailto:angie.thorne@cookserry.ca)

Water Operator Wilfred A. Paul

[wilfred.paul@cookserry.ca](mailto:wilfred.paul@cookserry.ca)

Ext 119

Receptionist Nadine Methot:  
Ext 101

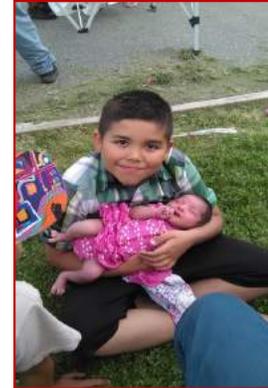
[reception@cookserry.ca](mailto:reception@cookserry.ca)

**Heskw'en'scutxe Health Services**

## Children Section

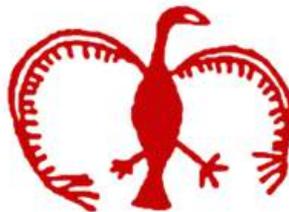
Fun websites / games for you:

Aboriginal Affairs and Northern Development Canada: <https://www.aadnc-aandc.gc.ca/eng/>



Gateway to Aboriginal Heritage : <http://www.historymuseum.ca/cmce/exhibitions/tresors/ethno/etyooooe.shtml>

Canadian Wildlife Federation: <http://cwf-fcf.org/en/discover-wildlife/for-kids/>



# Cook's Ferry Indian Band

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Facebook: [facebook.com/cookserryband](https://facebook.com/cookserryband)  
[facebook.com/cooks.ferry](https://facebook.com/cooks.ferry)

