



Southern Stl'atl'imx  
Health Society

OUR VISION

Stl'atl'imx enhanced  
holistic health  
services.

OUR MISSION

Weaving traditional  
wellness into our  
health services.

OUR VALUES

Community  
Ucwalmicw

Respect, language  
and culture

All Stl'atl'imx people  
are loved and cared for

[www.sshs.ca](http://www.sshs.ca)

## About the SSHS newsletter

*s7átsxem*, the SSHS newsletter, is published quarterly to reflect the seasons. *s7átsxem*, which means "to weave", lets members know about SSHS programs, services, plans, projects, and events. It also provides valuable physical, emotional and spiritual health information.

Members can learn what every department is doing to help fulfill SSHS's Mission and Vision through monthly department reports. The event calendars make it easy to see what events, programs and services are available in the three month the newsletter covers.

## Southern Stl'atl'imx Health Society

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# De-colonize your Health Plan

# Nt'ákmen Calendar

Over the next year, SSHS will be working with Holly Joseph to develop a booklet called **The Nt'ákmen Calendar**. Part of living a decolonized life means getting to know your culture and **The Nt'ákmen Calendar** will be a valuable resource when it comes to living life Our Way. The booklet will detail not only the seasonal gifts of the land, but also their harvesting and uses. Recipes for traditional foods and medicines will also be included. In the meantime, SSHS will share some of the information that will appear in the booklet .

## N7ustqa7 | Spring

Spring is a beautiful time of year in t'at'imx Territory. Mother Earth reveals delightful surprises as the days grow warmer and the sun shines. Below are a few of the plants that are harvested this time of year. Please take note of any precautions.

### Inner Cedar Bark

Strips of cedar are the preferred material for weaving both practical and decorative items including skirts, shawls, mats, headdresses, roses, baskets, masks and rope.



A tall, straight cedar is best for harvesting inner bark.

The bark is ready to be pulled from the tree when you make a slit in the bark with your thumbnail and sap comes out.

To harvest the inner bark, you should first find a tall straight cedar. Three feet from the bottom of the tree, take your knife and make a horizontal slit

about 6" to 8". Work your hands under the bark till both hands fit then work your hands upward tearing the inner bark, moving backward until it detaches.

Inner bark can be pulled later in the season from trees at higher elevations.

### Red Flowering Currant Blossoms



Red currant blossoms are great for allergy sufferers.

Flowering Red Currant Blossoms are an antihistamine. The blossoms can be made into a tea that is added to bath to take away the itchiness of allergic reactions.

To pick the blossoms use the tips of your fingers and break off the blossom—it's OK to get the leaves in there too, as the whole plant is medicine. You will know that the blossoms are ready to pick when the flower is fuchsia coloured. To find the blossoms, browse in rocky, sandy ground as Red

Flowering Currant is often one of the first plants to grow in a recently dug up area and can be found by new roads or new buildings. Do not pick down from roads or near power lines

### Wild Strawberries

Wild Strawberries are not only tasty, they are a powerful antioxidant and are also good for upset tummies. When the tsáqwem (blue or purple berries) are ripe the wild strawberries are ready to be harvested.

Picking Wild Strawberries requires a little bit of patience. Take your time and gently use your fingertips gently to keep from squishing the berries.

Be sure to pick way off a trail. As the berries are so close to the ground they often go unnoticed and are easily stepped on, risking get crushed or contaminated.



Wild Strawberries are great medicine for upset stomachs, but require a soft touch when harvested to keep them from squishing.

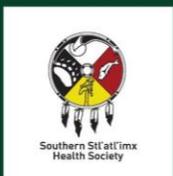
# Traditional Wellness is Preventative Medicine



## The Kindness Project Everybody Matters

When kindness takes root,  
we all grow stronger.

[www.sshskindnessproject.ca](http://www.sshskindnessproject.ca)



## Other News

### Take The Kindness Pledge Today

If you haven't had the opportunity yet, we invite you to take The Kindness Pledge. By taking the pledge you are committing to be kind in your words, thoughts and actions. The pledge is an important piece of The Kindness Project that was launched earlier this month. Check it out The Kindness Pledge at: [www.sshskindnessproject.ca](http://www.sshskindnessproject.ca)

And while you are at the website, have a look at our great inspirational posters including the piece that recently went viral, *How to Live a Decolonized Life*. To date more than 150,000 people have viewed this poster.

As well, you can download the CD *Lateral Kindness* featuring songs sung in our language. The CD was produced by Leroy Joe, who is best known as the founder of Spiritual Warriors. Leroy worked with a group of young women from SSHS communities to create this beautiful CD that also features narratives about what St'at'imx life was like before colonization, the residential school legacy and the future.

And finally, if you have a story about a kind act you experienced please share it on the website. We want to grow the website into an even greater source of inspiration by sharing real life acts of kindness and tips for fostering Lateral Kindness to address the issue of Lateral Violence.

### Kindness Project Tip

When you are going into town to do grocery shopping, invite an Elder to go with you. If she or he can't, ask if you can pick up anything from the store for them.

If you can afford it, pick them up a treat like some delicious fresh berries, a box of healthy tea or some healthy baked goods.

# The Kindness Project



The Kindness Project  
Everybody Matters



Guinevere Quipp is a proud student of  
The SSHS The Kindness Project

Teach the children  
the way of our  
Ancestors

Kindness is about how you care for your friends and family. It's how you lead

[www.sshskindnessproject.co](http://www.sshskindnessproject.co)



# How to Live a Decolonized Life

Be respectful • Listen to the Elders and children and make time for them • Eat a healthy traditional diet of mainly meats, eggs, vegetables and fruits • Drink lots of water and herbal teas • Exercise daily • Get outside and get to know your Traditional Territory • Increase your participation in traditional activities such as hunting, fishing, berry picking and medicine harvesting, and making hand drums, regalia, and baskets • Learn your language • Sing your songs • Dance • Get educated • Learn a trade • Work in a field you enjoy or are passionate about • Volunteer in your community • Coach • Work at gatherings • Start a club or group • Think positively • Encourage others • Celebrate everyone's success • Practise spirituality • Attend a sweat lodge • Smudge • Meditate • Bathe in a creek • Pray • Strengthen your inner peace • Be grateful for all you have and what Mother Earth provides • Be kind.

Colonization has left us with a sense of fear, guilt and shame, the root causes of the lateral violence that affects our communities. It's time to say NO to the negative effects of colonization and YES to living a decolonized life, a life filled with kindness.

Decolonization will bring us back to the true Stl'at'Imx way of life that was guided by respect, love and kindness.

Learn more about The Kindness Project at [sshkindnessproject.ca](http://sshkindnessproject.ca)



**The Kindness Project**  
Everybody Matters

You can't heal what  
you don't  
acknowledge