



Teztan Biny Healing Camp

Land base healing by reconnecting with the land

TEZTAN BINY CEREMONY (FISH LAKE)



WHEN
MAY 17 - 20, 2019



**CECIL & DOREEN GRINDER
ARE INVITING PEOPLE TO
THE CEREMONY**

**FRIDAY: MOVING DAY &
SET UP SWEATLODGE**

**SATURDAY: 1 PM - TOTEM POLE
CEREMONY**

- **RECOGNIZING CARVER
TIM PAUL**
- **PIPE CEREMONY**
- **WATER CEREMONY**

- **DIFFERENT ACTIVITIES
THROUGHOUT THE WEEKEND**
- **THIS WILL BE A FAMILY ORIENTED/
FAMILY GET TOGETHER**
- **BRING YOUR OWN GROCERIES,
CAMPING GEAR, UTINCILES &
COOKING EQUIPMENT**



CONTACT CECIL GRINDER

250-394-4240 (219)

OR MESSAGE ON FB MESSANGER





Relaxing and getting to know each other after camp is setup.



Sweathouse





Celebrating the Totem Pole made by Tim Paul





Water Ceremony





Pipe Ceremony



October's Teztan Healing Camp





Teaching how to cut wild meat





Traditional cooking



Trout from Teztan Biny

Wild grouse meat





**Water Ceremony and food offering for protecting the land
“Teztan Biny”**

BEN CHUY BINY MENS HEALING CAMP



FOR MORE INFORMATION
CONTACT
CECIL GRINDER TLETINQOX
HEALTH SERVICES
250-394-4240/ 219

PHILLIP JOHNSON
1-250-989-0301/
NENQAYNI WELLNESS CTR

PosterMyWall.com

HOSTED BY TL'ETINQOX/ NENQAYNI
WELLNESS CTR STARTING MAY 6 - 10/19

LOCATION: BEN CHUY BINY

STUMP LAKE ROAD

5 MILES ABOVE ALEXIS CREEK - SIGNS WILL BE POSTED

ACTIVITIES INCLUDE

- SWEAT LODGE
- TALKIN CIRCLES
- HIKING
- TRADITIONAL MEDICINES
- TRADITIONAL COOKING
- HAND DRUM MAKING
- HAND DRUM & SINGING
- PIPE CEREMONY
- TALENT NISHT & VARIOUS ACTIVITIES

BRING YOUR OWN TENTS/ SLEEPING BAG/ HYGENES/
PLATES/ FORKS/ SPOONS/ KNIVES/ ECO FRIENDLY/
FOOD WILL BE PROVIDED

Ben Chuy Biny Women's Healing Camp

June 16-20, 2019



**Ben Chuy Biny “Stum Lake Road” five miles above Alexis
Creek “Signs will be posted”**

Activities Include:

Sweat Lodge

Talking Circles

Hiking

Traditional Medicines

Traditional Cooking

Hand drum & Rattler Making

Healthy Relationship workshop

Living Healthy workshop

Talent Night

Bring your own tent, sleeping bags, plates and utensils. Meals will be provided.

For more information, please call Cecil Grinder (250)394-4240 Ext: 219



Ben Chuy Healing Camp

Mens









Fir, pine and spruce pitch making







Water Drum



Talking Circle







Wood burning







TL'ETINQOX LAND BASED EQUINE THERAPY PROGRAM

"I'd like to get the kids back to horses, away from devices, and toward healthy, sustainable living."
— Chief Joe Alphonse, Tribal Chair

"Balance, the heartbeat...this has to come back, the life of the drum. The rituals are not lost, they are just sleeping."
— Cecil Grinder, Tl'etinqox Traditional Wellness and Spiritual Leader

"The human spirit needs places where nature has not been re-arranged by the hand of man."
— Fancybox Elkins, Tl'etinqox Panel Hearing, 2013



TL'ETINQOX 11TH ANNUAL LEHAL TOURNAMENT

BATTLE OF THE BONES & CO-ED VOLLEYBALL

ANAHAM RESERVE

April 12, 13 & 14, 2019

Volleyball @ School Gym \$150.00 ENTRY



4 MALES - 2 FEMALES ON FLOOR

LEHAL @ DATSAN CHUGH
BUILDING

100% Payout

\$1000 added to each tournament

Come Out And Enjoy A Wonderful Tradition -
The Traditional Stick Game* This Game Is About
Having Fun, Laughter, Singing, Drumming, And
Gathering Of Our Nations Plus Good Ole Visiting

**ENTRY FEE:
\$150.00 / LEHAL
TEAMS
TIME:
REGISTRATION
OPENS AT 1PM
OPENING
CEREMONY 1:30 PM
TRADITIONAL GAME
AFTER OPENING
CEREMONY / TRUE
DOUBLE
KNOCK-OUT
TOURNAMENT**

Volleyball @ School Gym

FOR MORE INFORMATION CONTACT
MELANIE JOHNNY 250-394-4212 - 207
CECIL GRINDER 250-394-4240 - 219



Co-ed Volleyball



Healing through sports

TSILHQOT'IN 15TH ANNUAL STAMPEDE HORSE & BIKE RIDE 2016



WL Stampede Ride...

Tsilhqot'in/TI'etingox Horse & Bike Riders would like to invite the public who are interested in joining us for our Annual Ride to Williams Lake. We will be meeting Saturday June 25th morning @ 12:00 PM @ the Anaham Band Office.

Mandatory for all Bike Riders to wear a Helmet!

Agenda...

Saturday, June 25nd

Meet @ TI'etingox Government & register for either the Bike or Horse Ride @ 12:00 PM and ride to River Ranch turn off (set up camp).

Evening Activities

Sunday, June 26rd

Leave River Ranch turnoff & make our way to Jack Palmantier's Place (set up camp for the next 2 nights).

Evening Activities

Monday, June 27th

Gymkhana & Bike Rodeo event for youth & adults, start time 11:00 AM @ Jack Palmantier's arena.

Evening Activities

Tuesday, June 28th

Leave Jack Palmantier's place and make our way to Meldrum Creek turn off on top of Sheep Creek hill ½ km follow signs (set up camp)

Evening Activities

Wednesday, June 29th

Final day ride to Williams Lake and arrive at RC Cotton site. Don't forget to wear RED for the last stretch!

Evening presentation @ 6 PM for Bike/Horse Ride & Gymkhana awards

Saturday, July 2nd

Stampede Parade @ 10 AM – everyone welcome to join our float and horse/bike riders! Everyone meet at the Cariboo Memorial Complex @ 7:30 AM!!

The Communities of TI'etingox, Yunesit'in Government, TI'esqox, Alexis Creek First Nation Band and Towdystan.....

Would like to thank all the people that volunteered to make this experience a positive one for all people involved regardless of age, gender of race.

NO ALCOHOL, DRUGS or VIOLENT BEHAVIOUR ALLOWED!

NOT RESPONSIBLE FOR INJURIES or DAMAGE!!

If you would like to join, please contact:

Pam Alphonse 250-394-4240

TI'etingox Chief and Council

Rosaline Harry 250-394-4253

Sechanelyagh!

**"COMMUNITY MEMBERS,
FAMILY & FRIENDS ARE INVITED TO
WELCOME THE RIDERS
AS THEY ENTER
WILLIAMS LAKE ON THE LAST STRETCH"
ARRIVAL TIME BETWEEN 5 & 6 PM
ON JUNE 29TH 2016**





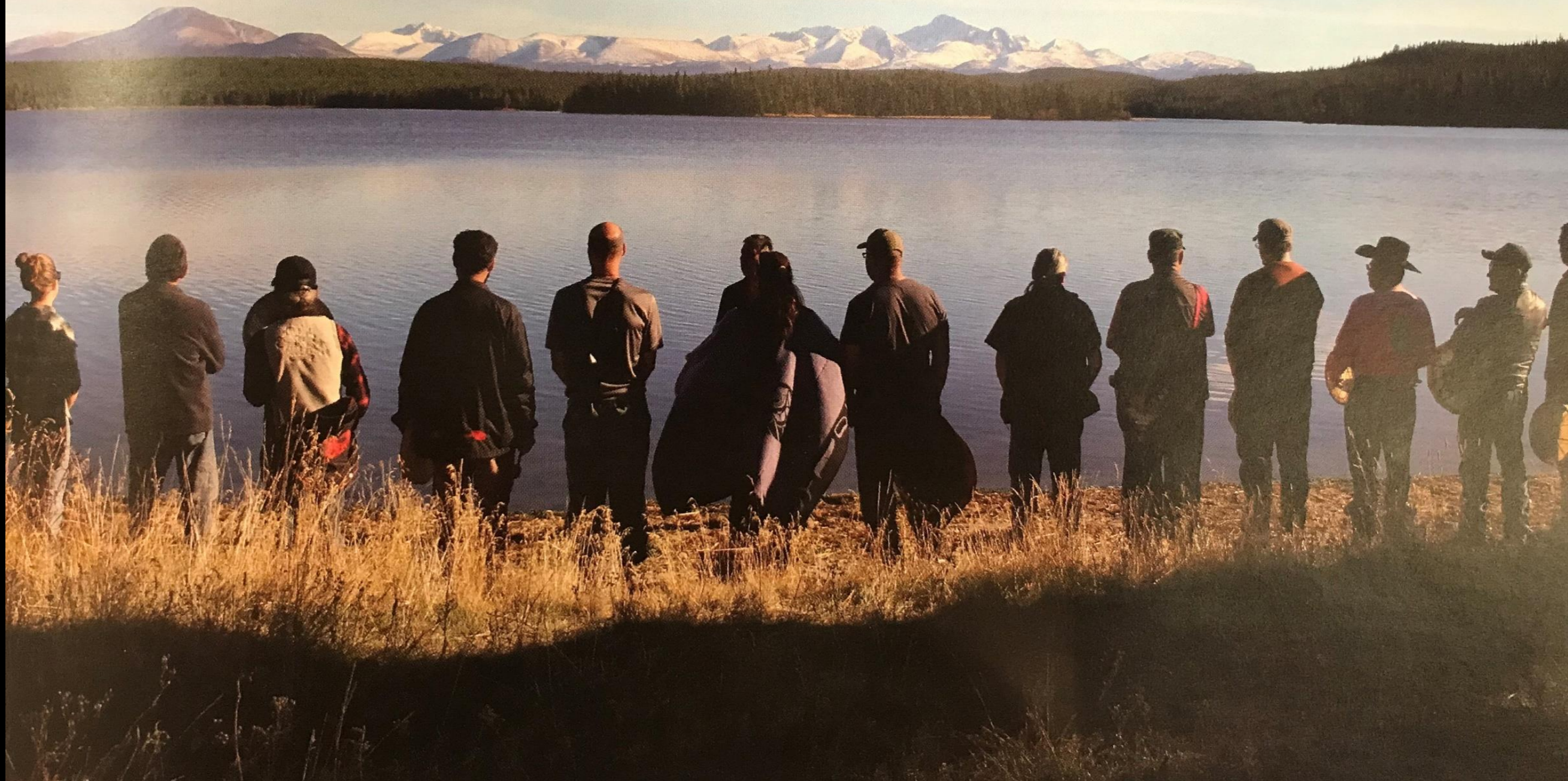
**TL'ETINQOX HEALTH SERVICES
PRESENTS PITCH MEDICINE MAKING
APRIL 24 & 25, 2019**

COMMUNITY MEMBERS INTERESTED IN GOING OUT TO
COLLECT PITCH ON APRIL 24, 2019
PLEASE CONTACT HEALTH DEPARTMENT
&
WILL MAKE TRADITIONAL PITCH ON APRIL 25, 2019 AT
TLETINQOX HEALTH BOARDROOM

FOR MORE INFORMATION PLEASE CONTACT CECIL
GRINDER OR MICHELLE FRANCIS 250-394-4240

Dedicated to our citizens, Elders and ancestors; through whom, with their testimonies and knowledge, the strength of the T̓silhqot'in lives on.

Also, to all who supported the T̓silhqot'in Nation in our fight to protect our culture, our people and our lands.





NO CO
SACRED HERE
DO NOT
GET
WALK





