



Sik-E-Dakh News

October 4, 2023



MONDAYS

MEALS ON WHEELS

The Brighter Futures Initiative (BFI) program staff deliver hot food to Sik-E-Dakh elders on Mondays. For more information, feel free to call at the Band Office (250)842-5241

WEDNESDAYS

RECYCLING PICK UP

The regional district requires all recyclable containers to be cleaned, please wash out any food, fluids or debris. It is greatly appreciated. Thank you.

THURSDAYS

GARBAGE PICK UP

O&M requests residents bring their trash bins to the roadside on Thursday morning. Please secure trash in durable garbage bags. **If you have any questions, please call Dwayne Sr. at**

778-202-0405.



Call 911

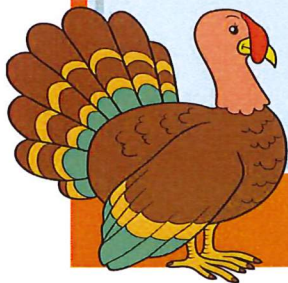
If you believe that your life or someone's else life is in danger.

310-6789

BC Mental Health Support Line: (do not add 604, 778 or 250 before the number). It's free and available 24 hours a day.

1-800-SUICIDE

Suicide hotline: If you are in distress or worried about someone else. It's free and available 24 hours a day: 1-800-784-2433.



CONTACT NORTH BC REP IN SIK-E-DAKH SHAYLYNN

The field of financial services is forecasted to have significant job openings over the next ten years in British Columbia. The new Financial Services diploma can prepare you with the skills and knowledge you need to enter this in-demand field.

ContactNorthBC.ca

**FOR FURTHER INFORMATION
OR HELP TO REGISTER,
CONTACT**

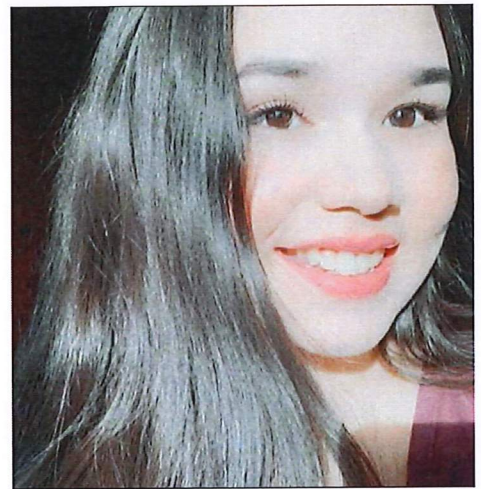
**Shaylynn Wesley-Carter
TODAY: 250-842-0107**

Sik-e-dakh@contactnorthbc.ca

OFFICE IS SITUATED IN THE GLEN VOWELL BOARDROOM ...

Career pathways include certified financial planner, financial sales representatives, insurance agents, securities agents, investment dealers, and brokers, financial and investment analysts, and other financial officers.

CONTACTNORTHBC.CA



**LET YOUR LOCAL CONTACT NORTH BC ONLINE LEARNING CENTRE REGISTER YOU IN THE
FINANCIAL SERVICES DIPLOMA PROGRAM.**

- **FULL-TIME OR PART-TIME**
- **ONLINE ANYTIME OR BLENDED DELIVERY**
- **TWO- YEAR PROGRAM**
- **SEPTEMBER 2023 START DATE**
- **LEARN FINANCIAL ACCOUNTING, PERSONAL FINANCIAL PLANNING,
MICROECONOMICS, BUSINESS MATH, PROFESSIONAL COMMUNICATIONS, STATISTICS
AND MORE**
- **SKILLS ACQUIRED PREPARE YOU FOR A WIDE VARIETY OF ENTRY- LEVEL CAREER
OPTIONS**



From Sik-e-dakh Band and Chief and Council

**Our office will be closed for
Thanksgiving Monday October 9**

Have a safe and happy holiday!



Sik-E-Dakh Women's Club

Every Wednesday Evening

5:00PM-7:30PM

Sik-E-Dakh Health
Centre

Join us for tea,
snacks, entertain-
ment, and more

For more Information:

Denise Johnson (250)-842-6876

Ext 504

Wellness within, healing throughout



Breast Cancer Awareness Month



Put
On Your
Pink!

October

Come Join Us

WEDNESDAY, OCTOBER 25,

11AM-2PM | Sik-E-Dakh Health Centre

For more info:

Denise Johnson (250)-842-6876 Ext 507

Wellness within, healing throughout



www.sikedakh.org

MAMMOGRAMS Saves Lives



Women over 40 should have as screening mammogram every year.

Denise Johnson will be taking names to set up an appointment in Smithers. Once we have list, appointments can be booked. Please call

Sik-E-Dakh Health Centre @ (250)-842-6876 Ext 504

Wellness within, healing throughout



www.sikedakh.org

Fry Bread Fridays



Sik E Dakh ~ Bfi

**Meals On Wheels will be bringing
Soup & Bannock**

October 6 & 13

Drop/Pop Ins & After School Students welcome

No Meals On Wheels delivered on: Mondays Oct. 2 & 9

No school on: Oct 2 & 9

Cedar Weaving

CEDAR SUNDAY's

Sik-E-Dakh Band Office



October: 1, 8, 15, 22, 29

1:00pm to 5:00 pm

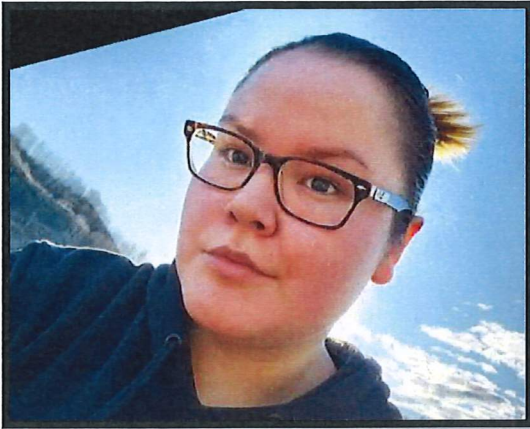


Sik E Dakh

Brighter Futures Initiative



Facilitator: mavis banek



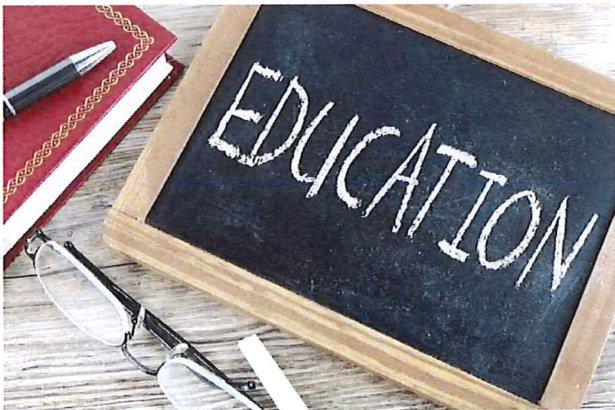
Hello everyone,

My name is Sabrina Wilson and I'm a Wet'suwet'en and Gitksan two-spirit person residing in Sik-E-Dakh with my partner Zack Wale and our son Samuel. I'm from the community of Tse-Kya (Hagwilget) but I consider Sik-E-Dakh to be my home, as I spent a majority of my childhood here. I've happily accepted the

position of Community Education Coordinator for Glen Vowell Band. This is a new beginning for me as I transition back into office work while also attending post-secondary as well. I'm looking forward to working with the community with their education goals and to support our students. Don't hesitate to reach out to me at the office with any questions or concerns.

Ha'miyaa,

Sabrina Wilson



Hello high school students,

Let's have a meeting to discuss whether or not we should continue with the cafeteria Cards at HSS. Another option could be to have a monthly deposit into your bank account or cheque.

Stop in and meet our new Community Education Coordinator - Sabrina Wilson.

October 10th 2023 in the GV hall from 3:30 - 5:30 pm

SIK-E-DAKH

A HEALTHY SAFE POSITIVE COMMUNITY THAT
IS SELF SUFFICIENT NOW & FOR THE FUTURE
GENERATIONS



SKEENA FRESH HYDROPONICS GROWCERS

If you are not yet aware Sik-E-Dakh Band has Hydroponics Growcer on site across & behind the Sik-E-Dakh Health Station. Ashton Ruetten, Vern Parnell & Debbie Prevost are growing goods such as Monte Carlo, WildFire Mix, Butter Crunch lettuce, Winterbor & Toscano Kale and finally Genovese Basil. Once they have fine-tuned their skills as a Growcer team, they hope to grow more of the challenging goods such as more herbs, Bok Choy, Arugula, and more Spinach.





● Arrangements for
Alisha Lorraine Sampson
Homecoming Wednesday
October 11 2023

Time; TBA
Sik-E-Dakh Hall

Refreshments to follow

Celebration of Life on

Friday October 13, 2023

at 6 pm at Sik-E-Dakh Hall

Refreshments to follow

Missing you Always

This is the tentative schedule for our daughter Alisha Sampson ❤️🙏❤️ My husband Robert Sampson, myself & Alisha's two daughters Jayden Sampson & Kali Daniels will be travelling to Vancouver on October 7, 2023 to retrieve her ashes and bring her on her final journey home ❤️🙏❤️😭❤️🙏🙏 She will be released from Vancouver Glen Haven Funeral Home on October 10, 2023 no set time as of yet🙏❤️🙏 Please note. We may cancel homecoming as we may arrive home very late in the evening❤️ We will know more by October 6th, 2023 & update our post with any changes on the schedule🙏❤️🙏 Thank you🙏❤️🙏