

Lakes District Aboriginal Community Resource Guide

**A TOOL FOR COLLABORATIVE PLANNING IN
PATIENT CARE**



Photo by Cody Reid.

**LAKES DISTRICT ABORIGINAL HEALTH
IMPROVEMENT COMMITTEE**

JANUARY 2019

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INTRODUCTION

The Lakes District Aboriginal Health Improvement Committee (AHIC) is one of eight AHICs across northern BC. This group includes community members, community health representatives, and health care providers from and who serve member communities:

- Burns Lake Band
- Lake Babine Nation
- Wet'suwet'en First Nation
- Cheslatta Carrier Nation
- Nee Tahi Buhn First Nation
- Skin Tyee First Nation

Aboriginal Health of Northern Health supports AHICs and provided funding for the development of local cultural resources. This booklet was one of the resources developed by the Lakes District.

The Lakes District AHIC produced this booklet to draw awareness to the location and history of the communities within the Lakes District while providing detailed geographical and transportation information. This booklet can be used as a reference on transportation methods and schedules and it can be used as a brief introduction to the communities, the people, and their territories.



Photo: "Burns Lake" by Province of British Columbia is licensed under CC BY-NC-ND 2.0: www.flickr.com/photos/bcgovphotos/15767216370.



BURNS LAKE BAND

Language: Carrier

Communities
served by:



Burns Lake Band is located in the heart of Burns Lake which is 230 kilometers from Prince George. Burns Lake Band has access to the new hospital, doctor's offices, and two dental clinics. The population is 143 both on and off reserve. The band is in the vicinity of the Village of Burns Lake and has four locations of reserve lands: I.R. 17, I.R. 17A, I.R. 18, I.R. 19. Hampton Forest Products Ltd. is located on I.R. 19 east of Burns Lake on Tibbetts Road.

Burns Lake Band is governed by one elected chief and two councillors. You can contact them by:

Phone: (250) 692-7717
Fax: (250) 692-4214
653 Hwy 16 West
Bag 9000, Burns Lake BC V0J 1E0
www.burnslakeband.com

Burns Lake Band owns and operates the Rainbow Gas Bar at 770 Hwy 16 west Burns Lake. The main office is adjacent to "The Gathering Place" which serves as their local community hall and is available for rent by contacting the number above. Key-oh hotel projected for January 2017.



LAKE BABINE NATION

Language: Carrier

LBN Health Services

Phone: 250-692-4720
Fax: 250-692-4792
225 Sus Avenue
PO Box 297, Burns Lake, BC V0J1E0
www.lakebabine.com

LBN Wellness Centre

Phone: 250-692-3558
Fax: 250-692-3274

Patient Travel

During office hours call LBN Health Services
Phone: 250-692-4720
On-call Patient Travel after hours only
Phone: 250-692-6744

LBN Family & Child Support Worker

Phone: 250-692-9451 (on-call)

Skak Beyegh Youth Centre

Phone: 250-692-2358

Woyenne

Woyenne, with approximately 940 residents, is adjacent to the community of Burns Lake, and has its own preschool, kindergarten, daycare, adult learning centre, gas station, convenience store, community center, and youth & wellness center. The Nation's main band office is located in Woyenne.



Tachet

This village is located on the Fulton River as it enters Babine Lake. Local amenities include; a community hall, child care facility, large sports field, Trappers Gas station and a well-stocked convenience store with Aboriginal crafts available. Tachet has approximately 130 permanent residents, a satellite band office, and a water treatment plant.

Health Station

Phone: 250-697-2278

Fax: 250-697-2236

18 Eaglenest Cres., Tachet, BC

PO Box 191, Granisle, BC V0J 1W0

Youth Centre

Phone: 250-697-2224

Toll Free: 1-888-999-2224



Wi'tat (Fort Babine)

Fort Babine, British Columbia (Wit'at) is a small native reserve community, located at the northern tip of Babine Lake, approximately 100 km north of Smithers. It is accessible by an all-weather gravel logging road. There are approximately 60 year-round residents. Its traditional Babine name is "Wit'at," which is an abbreviated form of "Wit'ane Keh," "place of making dry fish."

Health Station

Phone: 250-692-7010

Fax: 250-692-7126

70 MacDonald Rd, Fort Babine, BC

PO Box 3970, Smithers, BC V0J 2N0

Ned'oats (Old Fort)



Old Fort is located approximately 30 kilometers northwest of Granisle, and is accessible only by boat. This is a seasonal community, most families return to the community for fishing, hunting, and gathering berries during the summer however some families visit the community throughout all four seasons.

Donald's Landing and Pinkut Lake



Pinkut Lake is located approximately 25 km from Burns Lake and is accessible by radio-controlled gravel logging road. Currently three families reside in the community from time to time throughout the year.

Donald's Landing is 35 km from Burns Lake at the south end of Babine Lake and is a summer fishing village. Thirteen families reside in this community from time to time throughout the year.



Photo: "Babine Lake from Tachet" by Cindy MacDonald.



WET'SUWET'EN FIRST NATION

Language: Wet'suwet'en

Communities
served by:



CARRIER SEKANI
FAMILY SERVICES

The Wet'suwet'en First Nation is a dynamic, knowledgeable, unified community that will continue to progress towards self-sufficiency through mutual respect, strong leadership, progressive, proactive and strategic activities that advance social, economic and cultural well-being.

The Chief and Council can be contacted as follows:

Wet'suwet'en First Nation Chief and Council

Phone: 250-698-7307

Fax: 250-698-7480

21 Tom Drive

PO Box 760, Burns Lake, BC V0J 1E0

Email: wfnchief@lakescom.net

Website: <http://wetsuwetenfirstnation.ca/>

Necigeh Beyigh Health Centre/Community Hall

Phone: 250-698-7787

Fax: 250-698-7998

14 Tom Drive

PO Box 760, Burns Lake, BC

Email: wfnchr@lakescom.net

The Wet'suwet'en First Nation is located outside of Burns Lake in the central interior of British Columbia. It was formerly known as the Broman Lake Indian Band and is still usually referred to as Broman Lake, although this is no longer its official name. The Wet'suwet'en First Nation is comprised of eleven reserves on 620 hectares of land and has 252 members on and off reserve.

The Wet'suwet'en First Nation is currently facing a crisis of losing their language once all the elders have passed on. However, work plans are in motion to revive the culture with activities such as hunting, fishing with the youth, winter wellness challenges, culture camps, food preservation, and the education department taking the lead with language classes.

Palling

The main community of Palling (Indian Reserve #1) is located 14 km west of Burns Lake and has 99 inhabitants.

Noralee (Tatla)

Four people live in Tatla West 11 (Noralee).

Duncan Lake (Broman Lake)

Duncan lake is located 32 km west of Burns Lake. There are five homes in Duncan Lake.

Maxan Lake (seasonal)

These are seasonal communities that are uninhabited and are used primarily for hunting and trapping. Maxan Lake IR #3 has one old house which is used as a hunting and trapping cabin and Maxan Creek IR #5 has two or three cabins used for the same purpose.

Owen Lake (seasonal)

This is a seasonal community that is uninhabited and used primarily for fishing, hunting and trapping.



CHESLATT' CARRIER NATION

Language: Carrier

Communities
served by:



CARRIER SEKANI
FAMILY SERVICES

The Cheslatta Carrier Nation Territory encompasses a large area south of Burns Lake, including Tweedsmuir Park North, the Nechako Reservoir and the Cheslatta watershed. In 1952, the Cheslatta people were forcefully evicted from their land as a result of Alcan's Kemano Hydro-electric project. They relocated to scattered parcels of land over the vast Southside area between Ootsa Lake, Grassy Plains and Uncha. The Southside is accessed via the Francois Lake Ferry. Cheslatta has a positive track record of dynamic partnerships and successful businesses and is a driving force in the local and regional economies.

Cheslatta Carrier Nation

Phone: 250-694-3334

Fax: 250-694-3632

Box 909

Burns Lake, BC V0J 1E0

www.cheslatta.com

www.chieflovie.com

Administration Offices are located 20 miles south of Burns Lake, via the Francois Lake Ferry at 1215 Southbank School Road (1 km south of the Southside ferry terminal).

Population: 350 total, 130 on reserve

The Cheslatta Carrier Nation is a proven and reliable business partner with years of experience and substantial contacts with BC, Canada and International business and government. We are a Safe Certified Company.

History behind the Chief Louie Paddle Company



The Chief Louie Paddle Company proudly makes distinct canoe paddles that are individually handcrafted. Traditional craftsmanship combined with state-of-the-art laser engraving capabilities create truly one-of-a-kind products. Our office is located on the southside of Francois Lake, approximately 1km from the Keefes Landing ferry terminal. Francois Lake is located roughly 32km south of Burns Lake, via Highway 35.

With the exception of our flat products, all Chief Louie Paddle Company products are fabricated from 100% reclaimed wood and lumber sourced and milled from within 100 Miles of Cheslatta, British Columbia. As well, the Cheslatta people are dedicated to produce products that reflect the strength, pride and integrity of Chief Louie and the generations of Cheslatta people, past, present and to come.

The project has excited this small community of 120 people by creating 10 jobs turning a rough paddle blank into a sleek and smooth finished paddle that bears the name of their ancestor. They utilize the skills of local craftsmen who are equipped to process strips for the lamination process and bandsawing blanks. We have sourced premium aspen, pine, and birch from local "backyard" mills. The stripping and laminating is done by a neighbouring Mennonite craftsman and his family.



NEE TAHI BUHN BAND

Language: Carrier

Communities
served by:



CARRIER SEKANI
FAMILY SERVICES

Nee Tahi Buhn means “ripples in the water.” Nee Tahi Buhn, Skin Tyee Band, and Wet’suwet’en were amalgamated in 1954 to Omineca Band. Nee Tahi Buhn band gained their independence in 1999. Nee Tahi Buhn is located on the Southside of Francois Lake and is divided into four separate locations. All of these locations are occupied except for Isaac IR #8. There are 140 Nee Tahi Buhn members, a large portion live off reserve in other parts of Canada. The clans of Nee Tahi Buhn are Frog, Wolf/Bear, Beaver and Cariboo. Nee Tahi Buhn participates in the bahlats (potlach) system which is organized by matrilineal clans.

Nee Tahi Buhn Chief and Council

Phone: 250-694-3494

Fax: 250-694-3492

47805 Olson Road

Burns Lake, BC V0J 1E4

Chief: chief@ntbband.ca

General Manager: gm@ntbband.ca

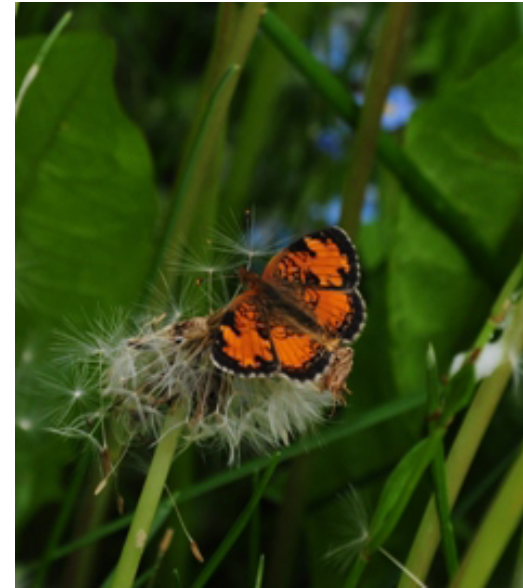


Photo by Aileen Serle.

Nee Tahi Buhn IR #1 (Grassy Plains)

IR #1 is located on Olsen Road about 8 km from the Southside ferry landing and 2 km east of the Grassy Plains store. The band office is located here as well as several homes.

Isaac Lake IR #8

Isaac Lake IR #8 is located on Tatalrose Road and is currently used for recreational activities. A small historical burial grounds is located here.

Francois Lake IR #7

Francois Lake IR #7 is located on Amendt Road along Francois Lake. Several homes are located here.

Uncha Lake IR #13A

Uncha Lake IR #13A is located on Campbell Road. Several homes are located here. A large cemetery is located here shared by Nee Tahi Buhn and Skin Tyee.



SKIN TYEE FIRST NATION

Language: Wet'suwet'en

Communities
served by:



Skin Tyee First Nation is one of the six First Nations located in the Lakes District. They are comprised of six Reserves with approximately 1000 acres, and a population of 200 members living on and off reserve. Skin Tyee First Nation was flooded out of Ootsa Lake and area in 1952 with the Alcan Kemano Hydro Electric Project and forced to relocate to their current locations. Skin Tyee's Territory covers a vast area of the Lakes, Nadina, Tweedsmuir Park and Nechako Watershed area. The communities are accessible by inland ferry or by gravel road around Francois Lake. Skin Tyee First Nation is working towards economic sustainability and is currently renovating the Tweedsmuir Hotel along Highway 16 in Burns Lake that will open for business in early 2017.

Skin Tyee First Nation

Phone: 250-694-3517

Fax: 250-694-3268

6940 Campbell Rd

PO Box 131, Southbank, BC V0J 2P0



Photo by Aileen Serle.

Uncha Lake IR #13A

The Skin Tyee Band Office/Hall is located at Uncha Lake IR #13A on Campbell Road which is 17 km from the Southside ferry terminal. Several homes are located here.

Western Island IR #4 (Uncha Lake)

Western Island is a small island at the west end of Uncha Lake.

Skins Lake IR #15 (Ootsa Lake)

Ootsa Lake is located north of Skins Lake at the head of the Cheslatta River. This is a seasonal summer camping grounds currently only accessible by walking in as it is in a land locked location. Many of our Elders are buried here and it is a sacred area to our members.

Skins Lake IR #16A (Grassy Plains)

Grassy Plains is located southeast of Octopus Lake on Hamre Road which is approximately 30 km from the Southside ferry landing. Several homes are located here.

Skins Lake IR #16B (Uncha Lake)

Uncha Lake is located on the northwest shore of Uncha Lake located above Skin Tyee Band Office along Uncha Lake Road which is 17 km from Southside ferry landing. Several homes are located here.

Tatla't East IR #2 (Noralee)

Noralee is located at the far west end of Francois Lake which is approximately 90 km from the Northside ferry landing. This is a small reserve with a few members living here.



Photo by Corrina Wissler.

Lakes District of Northern BC



Communities on the northside of Francois Lake

Travel information from Burns Lake to First Nations communities

Community	Distance (km)	Time (h:m)	Travel Type
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Burns Lake Band	0.5	0:05	
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Lake Babine Nation			
Woyenne (Band Office)	0.5	0:05	
Tachet	90	1:00	
Wi'tat (Fort Babine)	230	3:00	
Nedoats (Old Fort)	100 + 5	1:45	
Donald's Landing (seasonal)	40	0:30	
Pinkut Lake (seasonal)	25	0:30	



Wet'suwet'en First Nation			
Palling (Wet'suwet'en)	14	0:15	
Noralee (Tatla)	72	1:30	
Duncan Lake (Broman Lake)	32	0:30	
Maxan Lake (seasonal)	50	0:45	
Owen Lake (seasonal)	90	1:20	

Communities on the southside of Francois Lake

Travel information from Burns Lake to First Nations communities

Community	Distance (km)	Time (h:m)	Travel Type
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Cheslatta Carrier Nation	30	1:10	
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Nee Tahi Buhn First Nation			
Nee Tahi Buhn (Grassy Plains)	60	2:10	
Uncha Lake	30	1:10	
Isaac Lake	43	1:40	
Francois Lake IR #7	60	2:10	



Skin Tyee			
Uncha Lake (Band Office)	30	1:10	
Grassy Plains	60	2:10	
Tatla't East (Noralee)	72	1:30	
Ootsa Lake	68	1:25	

Note: The Francois Lake Ferry schedule is provided on the back of this booklet.



SOUTHSIDE HEALTH & WELLNESS CENTRE

In 2000, a community group of 200 gathered at Grassy Plains Hall to discuss Chief Marvin Charlie's proposal for a funding partnership between the three bands (Cheslatta, Nee Tahi Buhn, and Skin Tyee Nations) and the

non-native Southsiders. The discussion centred around the possibility of building a Health Centre that would serve the entire population on the Southside. A steering committee was formed, and funding was obtained. Construction began in July 2002, with final completion in April 2003. The Health Centre is overseen by a Board of Directors with membership from First Nations and the Southside Community. The Centre is supported by funding from Carrier Sekani Family Services and Northern Health. To this day, Chief Marvin Charlie's vision lives on in the Centre with services provided to all community members living on the southside of Francois Lake.

The Southside Health & Wellness Centre provides a variety of health services to residents or visitors to the Southside. All First Nations clients are welcome. Most services are provided in the Centre. Selected programs may be offered in the community. Appointments are preferred; however, drop in clients will also be seen.

Hours:

Monday to Friday, 8:30 a.m. to 4:30 p.m. (Closed weekends and statutory holidays)

Contact:

Phone: 250-694-3270

Fax: 250-694-3290

Email: southsidewellness@hotmail.com

Facebook: www.facebook.com/SouthsideWellness



Photo from Southside website: <http://www.southsidewellness.ca/index.php>

Nurse Practitioner Specific Services:

Nurse Practitioners can serve as your Primary Health Care provider and provide services such as the following:

- Complete physical exams
- Referrals to specialists
- Prescription renewal
- General health assessments
- Episodic illnesses review
- Prevention screening
- Order diagnostic tests such as x-rays, CAT scans, ultrasound, and lab work
- Diagnosis and monitoring of common illnesses
- Prenatal care

Nursing Services:

Nursing services are provided by Community Health Nurses (CHN). One CHN from Carrier Sekani Family Services is available at the Centre three days a week.

- Prenatal education, well baby visits
- School programs
- Immunizations for children and adults
- Well women's programs
- Post hospital discharge follow up
- Home care services
- Chronic disease education & counseling
- Women's cancer screening
- Communicable Disease testing/follow up
- Foot care (3 days/month)
- Arthritis Exercise Group
- Palliative care
- Lab testing: Some blood tests are taken at the Centre and sent to Lakes District Hospital for processing. Electrocardiograms (ECG) can also be done at the Centre.

Mental Health and Addiction Services:

- Individual, couple and family counseling for mental health and addictions
- Treatment centre referrals
- Critical incident stress debriefing
- Conflict resolution and mediation services
- Educational Information/ Counseling :
 - Addictions
 - Depression
 - Anxiety
 - Trauma
 - Sexual, Physical and Emotional abuse
 - Grief and loss
 - Life skills

Physician Services (available once a month):

- Diagnosis and follow up management for more complex cases
- Referral to specialist services.
- Follow up post specialist visits.
- Prescription renewals

Physiotherapy (once a month):

Referrals are required. Call for more information: 250-694-3270

The Centre is also available for health related events. Call the Centre for further information: 250-694-3270



Photo from Southside website: <http://www.southsidewellness.ca/index.php>



CARRIER SEKANI FAMILY SERVICES

CARRIER SEKANI FAMILY SERVICES

Carrier Sekani Family Services, under the guidance of our elders, has been given the mandate to establish a comprehensive infrastructure for social, health, and

legal programs, for the eventual take over of these services by the Nations themselves. In the late 1980s CSFS was concerned about the effects of colonization on their people and formed a new non profit society consisting of 8 employees to start working on improving the holistic wellbeing of the Carrier and Sekani people.

Today, CSFS has grown to a large agency consisting of 190 employees who provide services to 11 member Nations. CSFS has a variety of programs in the Burns lake area, which offer holistic services to the following bands:

- Burns Lake Band
- Cheslatta Carrier Nation
- Nee Tahi Buhn Band
- Skin Tyee Band
- Wet'suwet'en First Nation
- Lake Babine Nation (provides their own primary and mental health services)

CSFS has health, legal and social services departments which offer a variety of services. Health programs include:

Primary Medical Care and Telehealth

Doctors, Nurses, and Home Care Professionals

A weekly schedule is available for all six Lakes District First Nations. The services are available Monday-Friday from 8:30am to 4:30pm.

Call the local band health clinic or 250-562-3591
(1-800-889-6855 toll free)

Burns Lake Child and Family Service Office

Phone: 250-692-1800

Fax: 250-692-1877

P.O. Box 1475

8-870 Highway 16 West, Burns Lake, BC V0J 1E0

Child, Youth and Adult Wellness Counseling Services

Services are provided to children, youth and their families in the Burns Lake area.

Family Preservation and Maternal Child Health Services

Provide education and support to families with little ones, and families to ensure they have the resources to overcome obstacles, which may put their children at risk.

Supported Family Visit Services

Provide supported visitation to families involved with the Ministry of Children and Family Development. This support is aimed to ensure that families can maintain important connections in a safe and supported manner.

Burns Lake Mental Health

Phone: 250-692-2387

Fax: 250-692-2389

1080 2nd Ave, Box 1109

Burns Lake, BC V0J 1E0

For more information about CSFS organization and services, please call or visit the website at www.csfs.org

LAKE DISTRICT HOSPITAL AND HEALTH CENTRE

Phone: 250-692-2400

Fax: 250-692-2403

Health Records: 250-692-2417

PO Box 7500, 741 Centre Street

Burns lake, BC V0J 1E0

Services

- Physiotherapy
- Occupational Therapy
- Primary Care Programs
- Home Care Assessments
- Wound Care with Doctors Referral
- Assessments for Assisted Living
- Childhood and Adult Immunizations
- Prenatal
- Postnatal Visits
- Public Water Testing
- Mental Health and Addictions Counselling
- Community Life Skills
- Diabetes Education
- Nurse Practitioner Services
- General Health Concerns
- Prescription Renewals
- Excisions
- Specialist Referrals
- Tele health Appointments
- Acute Care – Inpatient Unit
- Health Record Management
- Emergency Care
- Laboratory Services
- Radiology Services
- Spiritual Care
- Harm Reduction Supplies
- Aboriginal Patient Liaison Program
- Visiting Specialist Appointment Co-ordination



Lakes District Hospital and Health Centre



Photo by Ken Solonas: Lakes District Hospital and Health Centre Sacred Space.

Gathering Spaces

The following spaces are available in the Lakes District Hospital and Health Centre for family and community members to gather:

- A multi-faith sacred space is located on Level 2 adjacent to a large lobby area (capacity 20). The sacred space can be used for smudging.
- A healing garden is located on Level 1 outside the main entrance.
- The morgue is designed for family to attend upon the death of a loved one.
- The emergency department has a small family gathering space in the event of a crisis.
- Space can be requested for smudging - speak with the Aboriginal Patient Liaison.

ABORIGINAL PATIENT LIAISON (APL)

Lisa Puglas

Lakes District Hospital

Phone: 250-692-2474

Lisa.Puglas@northernhealth.ca

Aboriginal Patient Liaisons are an important part of the health care team. They work to ensure First Nations and Aboriginal patients, clients, residents, and their families have access to high quality, culturally appropriate care. They help to bridge the gaps between western and traditional medicine ensuring a holistic health approach.

Lisa Puglas is located at the Lakes District Hospital and Health Centre in Burns Lake. There are ten APLs across the north.

Services provided:

- Arrange for translation services
- Help patients understand health care processes, procedures and terminology
- Help to ensure admission and discharge planning goes according to patient needs
- Assist with Advanced Health Care Planning
- Facilitate communication and cultural understanding between patient and care providers
- Connect patient to end of life support
- Coordinate spiritual / cultural advisors
- Support and comfort family and friends
- Assist with referrals within NH and to community agencies
- Help link patients to non-insured health benefits
- Assist with transition to and within long-term care

THE PINES

The Pines is a 35 bed Long Term Care Facility in Burns Lake that provides 24 hour nursing care for elders who are unable to direct their own care or look after themselves physically. The facility follows the Gentlecare philosophy which values personhood. Families of residents are encouraged to participate in the care of their loved ones.

Services include:

- Recreation Therapy
- Occupational Therapy
- Physiotherapy
- Nursing Care
- Medications and Pharmacy
- Residential Care Aides (bathing, feeding)
- Dietary including specialized diets
- Housekeeping services

Neighbourhood/Community Amenities:

The facility is located across the street from the Lakes District Hospital and Health Centre. Shopping and other amenities are located nearby in downtown Burns Lake. Residents have access to senior's transportation on Tuesday and Thursday.



The Pines long-term care facility in Burns Lake.

WEATHER AND ROAD CONDITIONS



Northern BC is home to many rural and remote communities that utilize health care services in large centres and urban areas. Weather and road conditions impact travel to and from health services.

When booking appointments for clients, please consider the length of time for travel, the seasonal road conditions, and competing schedules for modes of transportation that may need to be

accessed in order to attend an appointment.

NORTHERN HEALTH CONNECTIONS BUS

Fare is \$10 with medical forms. An accompanying escort can travel at the same rate if space is available.

Phone: 1-888-647-4997 Website: www.nhconnections.ca

Burns Lake — Prince George (Route 6)

Tuesday Departs Burns Lake at 7:00 am from A&W
Arrives in Prince George at 10:15 am at UHNBC
Departs Prince George at 4:30 pm from UHNBC
Arrives in Burns Lake at 7:30 pm at A&W

Burns Lake — Prince George via Fort St. James (Route 6B)

Wednesday Departs Burns Lake at 7:00 am from A&W
Arrives in Prince George at 11:45 am at UHNBC
Departs Prince George at 4:30 pm from UHNBC
Arrives Burns Lake at 9:10 pm at A&W

Burns Lake — Terrace (Route 6D)

Thursday Departs Burns Lake at 6:30 am from A&W
Arrives in Terrace at 12:00 pm at the Terrace Hospital
Departs Terrace at 4:00 pm from Terrace Hospital
Arrives in Burns Lake at 9:00 pm at A&W

Note: schedules are subject to change

ABORIGINAL HEALTH IMPROVEMENT COMMITTEES

In 2005, Northern Health initiated several Aboriginal Health Improvement Committees (AHICs) that have since increased to eight across the north. AHICs bring a range of people together who are involved in Indigenous peoples' health, to identify local health priorities and work towards practical solutions.

AHIC members include local representatives from Indigenous communities and organizations, the First Nations Health Authority, Northern Health, and other sectors.

Building connections

AHICs provide opportunities for new and stronger connections, relationships, and cultural understanding between diverse communities and sectors all working for the health and well-being of Indigenous people and communities.

Listening to Indigenous peoples' voices

AHIC members bring perspectives and experiences to AHICs from people who live in their communities and access their organizations. Through AHICs, Indigenous peoples' voices inform local priorities and solutions.

Collaborating on local initiatives

AHICs are action-oriented groups that support improved health and well-being for Indigenous people and communities through innovative and collaborative local initiatives.

© 2016 Lakes District Aboriginal Health Improvement Committee

This document was developed by the Lakes District Aboriginal Health Improvement Committee (AHIC) with financial support from Aboriginal Health, Northern Health. The views and information within do not necessarily represent those of Northern Health.

To request copies of this document or to suggest a correction or improvement, please contact:

Lisa Puglas: lisa.puglas@northernhealth.ca 250-692-2414

FRANCOIS LAKE FERRY SCHEDULE

From Southside

5:30 am
6:20 am
7:10 am
8:00 am
8:50 am
9:40 am
10:30 am
11:30 am
12:30 pm
1:30 pm
2:30 pm
3:20 pm
4:10 pm
5:00 pm
5:50 pm
6:40 pm
7:30 pm
8:30 pm
9:30 pm
10:30 pm

From Northside

5:55 am
6:45 am
7:35 am
8:25 am
9:15 am
10:05 am
11:00 am
12:01 pm
1:00 pm
2:00 pm
2:55 pm
3:45 pm
4:35 pm
5:25 pm
6:15 pm
7:05 pm
8:00 pm
9:00 pm
10:00 pm
11:00 pm

For those who live in communities on the Southside of Francois Lake, the Francois Forester Ferry crosses Francois Lake to connect to Burns Lake, the nearest town. From the Southside ferry terminal, it is 30 km to Burns Lake (including the ferry ride). It takes about 40 minutes to get to Burns Lake once the ferry leaves the dock. The ferry is free, and runs on a schedule. In an emergency, the ferry will run after hours.



Photo by Aileen Serle.

BC TRANSIT INFORMATION

162 SMITHERS

To Smithers

Burns Lake: Government at Gilgan	6:46 AM	—
Wet'suwet'en: Tom Dr at Hwy 16	7:00 AM	—
Burns Lake: Government at Gilgan	7:14 AM	—
Burns Lake: 3rd Ave at Kerr	7:24 AM	—
Burns Lake: Centre St at 10th Ave	7:30 AM	—
Decker Lake: Trading Post	7:38 AM	—
Brownman/Duncan: Hwy 16 at Duncan Lk Rd	7:58 AM	—
Topley: Rest Area	8:10 AM	—
Houston: Leisure Facility	8:33 AM Ar	—
Houston: Leisure Facility	8:48 AM Lv	1:00 PM
Telkwa: Post Office	9:33 AM	1:45 PM
Smithers: 8th Ave at Columbia Dr	9:49 AM	—
Smithers: Roi Theatre	9:53 AM	2:00 PM

162 BURNS LAKE		To Burns Lake
Smithers: Roi Theatre	11:30 AM	3:00 PM
Smithers: 8th Ave at Columbia Dr	—	3:04 PM
Telkwa: Post Office	11:45 AM	3:30 PM
Houston: Leisure Facility	12:30 PM	3:20 PM
Houston: Leisure Facility	—	4:05 AM Ar
Topley: Rest Area	—	4:15 PM Lv
Brownman/Duncan: Hwy 16 at Duncan Lk Rd	—	4:38 PM
Wet'suwet'en: Tom Dr at Hwy 16	—	4:50 PM
Decker Lake: Trading Post	—	5:07 PM
Burns Lake: Government at Gilgan	—	5:12 PM
Burns Lake: Government at Gilgan		5:20 PM Ar
Burns Lake: 3rd Ave at Kerr	—	5:25 PM Lv
Burns Lake: Centre St at 10th Ave	—	5:35 PM
Burns Lake: 3rd Ave at Kerr	—	5:41 PM
Decker Lake: Trading Post	—	5:49 PM
Wet'suwet'en: Tom Dr at Hwy 16	—	5:54

161 PRINCE GEORGE		To Prince George
Wet'suwet'en: Tom Dr at Hwy 16		7:00 AM
Decker Lake: Trading Post		7:05 AM
Burns Lake: Government at Gilgan		7:13 AM
Burns Lake: 3rd Ave at Kerr		7:23 AM
Burns Lake: Centre St at 10th Ave		7:29 AM
Burns Lake: Government at Gilgan		7:33 AM
Tintagel: Rest Area Hwy 16 at Tintagel		7:44 AM
Endako: Endako Pub		8:14 AM
Stellaquo: Slenyah Store		8:21 AM
Fraser Lake: Fraser Lake Mall		8:27 AM Ar
Fraser Lake: Fraser Lake Mall		8:37 AM Lv
Nautley: Nadleh Whut'en Store		8:54 AM
Fort Fraser Community Hall		9:01 AM
Vanderhoof: Co-Op		9:31 Am Ar
Vanderhoof: Co-Op		9:41 AM Lv
Hospital Rd at Health Care Ave		9:46 AM
Vanderhoof: Co-Op		9:50 AM
Beverly: Petro Canada		10:48 AM
Prince George: Westgate Mall		10:58 AM
Prince George: Pine Centre		11:06 AM
PG: Edmonton at 13th Ave (Hospital)		11:15 AM
Prince George: Downtown 7th at Dominion		11:22 AM

161 Burns Lake	To Burns Lake
Prince George: Downtown 7th at Dominion	3:00 PM
PG: Edmonton at 13th Ave (Hospital)	3:04 PM
Prince George: Pine Centre	3:16 PM
Prince George: Westgate Mall	3:26 PM
Beverly:Petro Canada	3:36 PM
Beverly:Petro Canada	3:41 PM
Vanderhoof: Co-Op	4:39 PM Ar
Vanderhoof: Co-Op	4:49 PM Lv
Hospital Rd at Health Care Ave	4:54 PM
Vanderhoof: Co-Op	4:58 PM
Fort Fraser Community Hall	5:28 PM
Nautley: Nadleh Whut'en Store	5:35 PM
Fraser Lake: Fraser Lake Mall	5:52 PM Ar
Fraser Lake: Fraser Lake Mall	6:02 PM Lv
Stellaquo: Slenyah Store	6:08 PM
Endako: Endako Pub	6:15 PM
Tintagel: Rest Area Hwy 16 at Tintagel	6:45 PM
Burns Lake: Government at Gilgan	6:56 PM
Burns Lake: 3rd Ave at Kerr	7:06 PM
Burns Lake: Centre St at 10th Ave	7:12 PM
Decker Lake: Trading Post	7:20 PM
Wet'suwet'en: Tom Dr at Hwy 16	7:25 PM