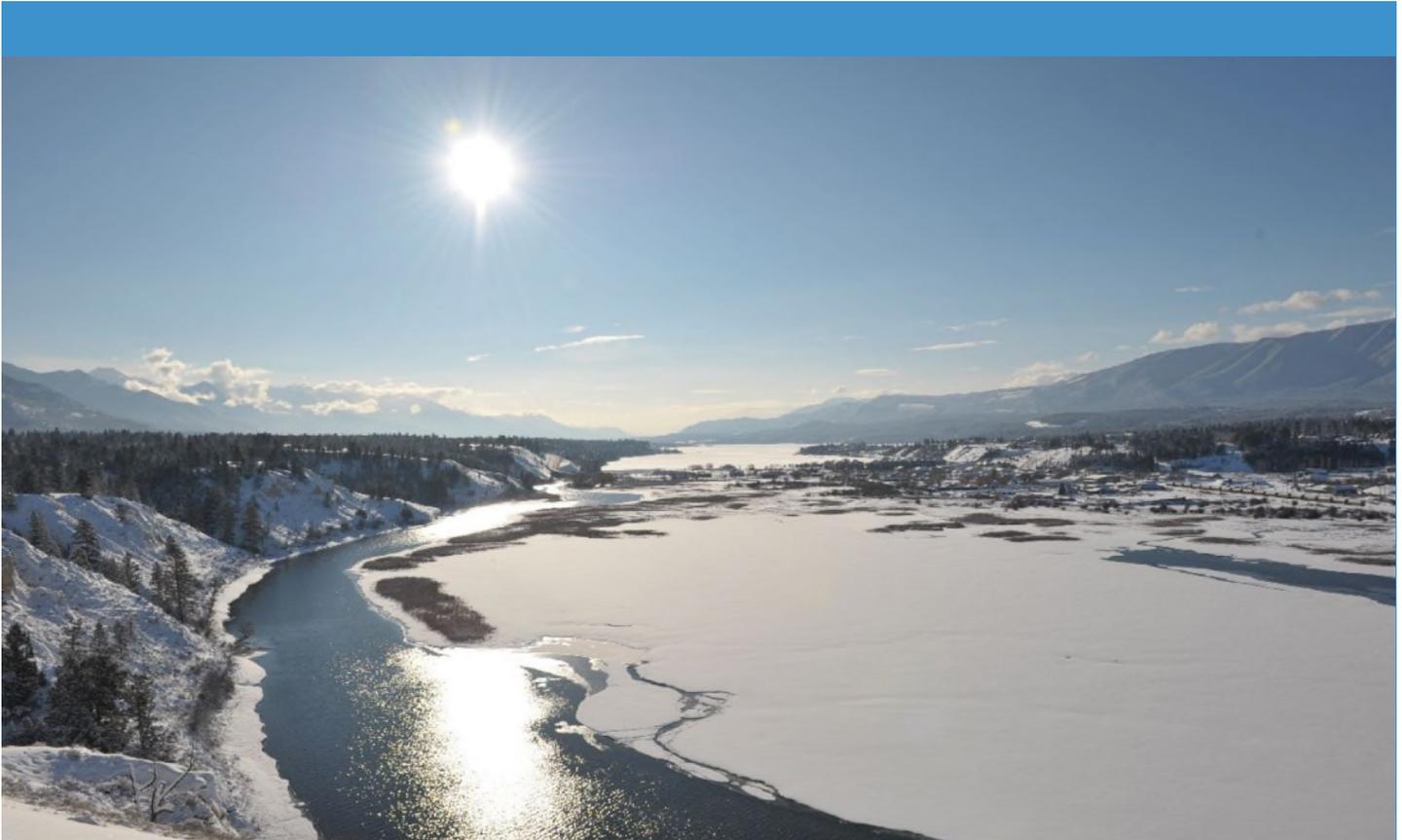


# February Newsletter



## Playgroup

### **New Playgroup for little ones!**

Location: Shuswap Band Hall

Monday mornings 9:30-11:30

Starting February 3<sup>rd</sup>

Come join us for stories, crafts  
snacks and lots of fun!

## Check it out!

All members who update their  
email and home address will  
receive a \$25 Walmart gift  
card. Must be 18 +

Contact Reception at

**250-341-3678** or email  
[reception@shuswapband.ca](mailto:reception@shuswapband.ca)

## Paint Night

**When:** Feb. 19<sup>th</sup> at 5:30 pm

**Where:** Shuswap Band Hall

Please sign up with Reception  
at **250-341-3678**

Happy New Year to all our Shuswap Band Members and their families! Chief and Council hope that your holidays were festive, warm and spent with family.

With a new year comes new challenges. Shuswap Band is increasing its capacity to meet these new challenges.

We would like to welcome Andrew Mallucelli to our team at Shuswap Indian Band (SIB). Andrew is our Project Manager and assists on items Lorena Tegart on the Corridor Widening of the Highway 1, priorities would include the Kicking Horse Canyon. Andrew brings a wealth of knowledge to our team. Please drop in to say hi to Andrew and discuss any matters pertaining to project management.

The new legislation of the United Nations Declaration of Recognition on Indigenous Rights (UNDRIP) and how it impacts SIB's rights and title is a major issue. We encourage all members to familiarize yourselves with the legislation and how it impacts you.

We are renewing our forestry agreement with the province and reviewing partners for the operational component. SIB is continuing our role at the Government to Government, (G2G) table with 7 other Secwepemc communities and will be evaluating the effectiveness of that role. The G2G table is dealing with Forestry as a major topic currently.

Shuswap Indian Band is one of three leads in the Columbia River Treaty (CRT) negotiations regarding Scientific studies required to inform the negotiation team. Three studies are currently being initiated in the Columbia River Basin. This will provide opportunity for members to become directly involved through employment in the studies. Talk with Lorena, our Lands Manager about opportunities and how to apply for them. Christine Warbrick is our CRT Researcher and is always looking for information on the history of the basin, please stop in and discuss any information you have with her.

We are working on the development of 2 new housing projects that will be at the north end of the reserve. Come in and talk with Dolores, our housing manager for more details. A housing evaluation process will be soon implemented to develop a data base that will provide for up to date needs in housing matters. We will be informing each household of their date for the evaluation.

Shuswap Indian Band is currently looking for opportunities for the community in several other current negotiations, this would include;

1. The Kootenay West Mine
2. The Kicking Horse Canyon Project
3. Teck Coal
4. Parks Canada
5. The corridor wide agreement
6. TC Energy
7. FLNRORD Additions to reserve lands
8. Jumbo Federal funding for Lands management with the Ktunaxa

The Shuswap Indian Band has purchased the two buildings adjacent to the current administration building. We will renovate the building to house all of our current staff. We will work with the community to determine what the best needs will be for the community.

### LANDS DEPARTMENT

PLEASE NOTE THAT CP LANDS ARE CONSIDERED PRIVATE LANDS AND SHOULD NOT BE ACCESSED OR USED FOR ANY PURPOSE WHATSOEVER **INCLUDING AND ESPECIALLY HUNTING** WITHOUT THE PERMISSION OF THE CP HOLDER.

### **LAND USE PLAN**

THE LAND USE PLAN WAS **NOT** RATIFIED BY COMMUNITY VOTE ON MARCH 17, 2018. THE OVERALL VOTES WERE IN FAVOUR, BUT WE SIMPLY DID NOT HAVE ENOUGH MEMBERS COME OUT TO VOTE!

WE WOULD LIKE TO BRING THIS IMPORTANT DOCUMENT BACK TO THE COMMUNITY FOR REVIEW AND COMMENTS AND SEE IF WE NEED TO MAKE ANY CHANGES OR SIMPLY PUT IT UP FOR VOTE AGAIN.

YOU CAN VIEW THE DOCUMENT HERE: [HTTP://WWW.SHUSWAPBAND.NET/WP-CONTENT/UPLOADS/2019/09/LUP2018.PDF](http://www.shuswapband.net/wp-content/uploads/2019/09/LUP2018.pdf) OR READ THE ONE ATTACHED IN THE NEWSLETTER.

WE REALIZE THE IMPORTANCE OF CONDUCTING COMMUNITY MEETINGS TO SEEK ADDITIONAL INPUT ON “WHAT THEY LIKED AND DIDN’T LIKE” AND “WHAT WE CAN DO TO GET PEOPLE TO COME OUT AND VOTE”?

WE WILL BE POSTING DATES FOR COMMUNITY MEETINGS SOON. ALL COMMENTS AND CONCERNS CAN BE SENT TO [LANDCLERK@SHUSWAPBAND.CA](mailto:LANDCLERK@SHUSWAPBAND.CA)

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## Health Department

Dr Manheimer: February 11

**Foot Care** : February 7

**Massage**: every Wednesday

**Clinical Counselling** available every Wednesday with Lori Stolson

**Food Box**: February 13<sup>th</sup> and February 27<sup>th</sup>

**Dietician**: Catherine Strachen February 21<sup>st</sup> 1pm-4pm

**Contact Dina Dennis for appointments 250-341-3678**

## February is Heart Health Month

COR's Monthly Health & Wellness Theme

# Healthy heart, happy you!



**Stroke occurs when blood flow to the brain is cut off. Within seconds, brain cells are depleted of oxygen and begin to die. Because of this, stroke is a leading cause of disability in Canada.**

**Prevent and you shall prevail, maybe not but if we do the best we can, with what we have then our hope is to live a full, healthy and prosperous life.**

**F  
A  
S  
T**

Face - is it drooping?

Arms - can you raise them both?

Speech - is it slurred or jumbled?

Time to call 9-1-1 right away!

### What is your risk?

Cardiovascular disease (heart disease and stroke) is a leading cause of death, so it is important to understand how to prevent them. The more risk factors you have, the greater your risk.

When certain risk factors occur together, known as metabolic syndrome, the risk of heart disease, stroke, and diabetes increases.

Take a look at the list below for risk factors for cardiovascular disease.

**"It is health that is real wealth and not pieces of gold and silver."**

**-Mahatma Gandhi**

**Counselling Services** are available every Wednesday with flexible hours to accommodate individual's work and/or school hours if needed. If you are experiencing a mild to moderate mental health disorder; emotional difficulties; distressing life events; or any other challenge, and you would like supportive, counselling services, please book through **Dina Dennis in the Health Department at: 250-341-3678**

Counselling services can include emotional support, assessment and treatment planning, education, resources and/or referrals. If you are interested in booking a "Meet & Greet" appointment with the Counsellor, this is available as well and you can book through Dina as well.

**FOR SUPPORT OR CRISIS SERVICE**  
*please call, text or chat from anywhere*  
*in Canada, at any time*

**Phone Toll Free**.....1-833-456-4566

**Text**.....45645

**Chat**..... [crisisservicescanada.ca](https://crisisservicescanada.ca)

**Kids Help Phone**

*(ages 20 years and under in Canada)*..... 1-800-668-6868

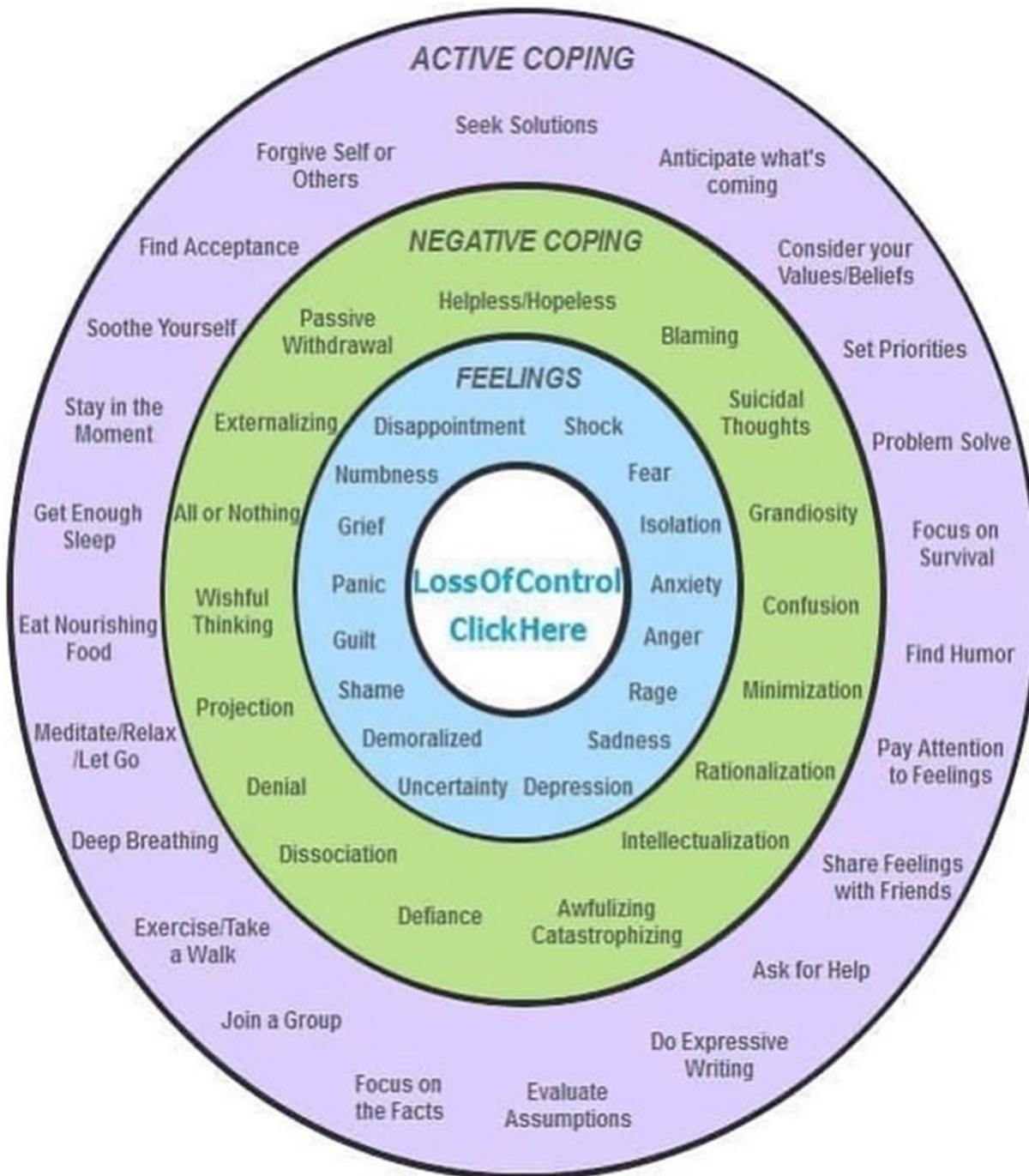
**First Nations & Inuit Hope for Wellness**

**24/7 Help Line**..... 1-855-242-3310

**Canadian Residential Schools**

**Crisis Line**..... 1-866-925-4419

**Trans Life Line (all ages)**..... 1-877-330-6366



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## FORM 4.11. Possible Interventions for Worrying: A Self-Help Guide for Patients

- 1. Relax your mind and relax your body. Practice** muscle relaxation and mindful breathing. Learn how to stay in the moment and let go of your thoughts and tension.
- 2. Examine the advantages of letting go of worry.** Be honest with yourself about your mixed motives about worrying. Part of you wants to decrease worry; the other part feels a need to worry to be prepared. The key here is knowing whether your worry will lead to productive action. If not, then it's useless mental energy.
- 3. Keep in mind that a thought is a thought—it's not reality.** Keep your thoughts *in mind*, and recognize that reality is not the same thing as your thoughts. **As you become a mindful observer of your breathing, you can practice simply observing** your thoughts. You can stand back and say, "That's just another thought." And then you can practice saying, "Let it go."
- 4. Ask yourself whether your worries are really rational.** Practice the cognitive therapy techniques you have learned. Examine the evidence for and against it; ask yourself what advice you would give a friend; review how many times you have been wrong in the past; and so on.
- 5. Set aside "worry time," write out your predictions, and keep a worry log to test out what actually happened.** You will find that your worries are almost always false predictions, and you can set them aside for your worry time—which, let's hope, will eventually bore you!
- 6. Validate your emotions.** Keep a daily journal of your emotions, both positive and negative. Identify why your emotions make sense, why they are not dangerous, and why other people would have many of the same feelings. Validate yourself.
- 7. Accept uncertainty, and accept your limitations.** You can't control or know everything. It's not all up to you. The more you accept what you cannot do, the greater your sense of being empowered in the real world will become.
- 8. Realize that it's not urgent.** You don't need to know right now. Nothing will happen if you don't know. But you can focus on enjoying the present moment—and making the best of the moment in front of you.
- 9. Practice losing control.** Rather than trying to stop or control your worry, flood yourself with it. Surrender to the worry, repeat the worry, and bore yourself with constant repetitions of exactly the same worried thought. You will get bored and less worried

**Newsletter: Columbia River Treaty Researcher**

Shuswap Indian Reserve, Invermere, B.C.

Year: 1888



Shuswap Indian Reserve, Invermere, B.C. Mud Bogs, off Highway 93/95

**Mud Bogs, off Highway 93/95 Item B-06913 - "D Troop, N.W.M.P. and pack train crossing the Rockies."**

The above picture was taken in 1888. Does anyone have any information on this picture? Would love to hear from you.

**The Columbia River** is 2,000 km long. It starts at Columbia Lake near Canal Flats, BC, and ends at the Pacific Ocean at Astoria, Oregon. By volume, the Columbia is the fourth largest river in North America. By drainage area, it is the sixth largest river with a watershed that includes BC and seven states: Washington, Oregon, Idaho, Montana, Wyoming, Utah and Nevada.

**The Columbia River:** As most of the river's water comes from melting snow, its volume of water fluctuates seasonally. The highest volumes typically occur as snow melts between April and September, and the lowest between December and February. From its headwaters to the ocean, the river drops 820m. This change in elevation, combined with the hundreds of tributaries that flow into the river, make the Columbia a powerful generator of hydroelectricity, with 14 dams on its main stem alone.

**The Columbia River Treaty:**

The 1964 Columbia River Treaty (CRT) is an international agreement between Canada and the United States to coordinate flood control and optimize hydroelectric energy production on both sides of the border. The completion of Grand Coulee Dam in Washington State in 1941 blocked anadromous salmon (ie., salmon that spawn inland but live in the ocean) and other species from getting to the upper Columbia River. Fish passes exist on dams downstream from Grand Coulee, with the exception of Chief Joseph Dam, which is now the first barrier for fishing upstream from the Pacific Ocean

## Shuswap

Part of the large Interior Salish tribe, the Secwepemc have a rich oral tradition that once shared important information from generation to generation, including seasonal transportation routes, hunting grounds and fruitful gathering locations. Secwepemc traditional lands are located in the Rocky Mountain Trench, west to the Fraser River Valley, north to the upper Fraser River Valley and south to the Arrow Lakes. Ungulates and fish like salmon were important sources of food. If you have any information or stories of the Columbia River, the Salmon, or Secwepemc Territory, I would love to hear from you. Can call, text or email the address or phone number below.

Christine Warbrick  
CRT Researcher for SIB/SNTC  
RR#2, 3A-492 Arrow Road  
Invermere, B.C.  
VOA 1K2  
250.341.3678 ext. 208 or text 250-688-9841  
Toll free: 1.833.847.0727  
Fax: 250.341.3683 Email: cwarbrick@shuswapband.net

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## Language Department

### Weytk Mike ren skwest

Hello, I am Mike and I work with Kenpesq't as Language Coordinator/Advisor.

#### Introduction:

January is done and we're well into February 2020...life's been busy with work, family and community. All in all, I am doing well in health and work is going well. We are looking at planning more community celebrations soon. I witnessed the strength of the community, staff and leadership of the Shuswap Indian Band over the past few weeks. It's amazing how we can come together and support one another. The strength in this community is remarkable. I wish all your family's strength to always guide you in life's journey.

#### Winter Gathering:

During these winter season's we feast and celebrate in each others company. It is who we are as Secwepemc Peoples. I had the opportunity to attend the Secwepemc Winter Gathering hosted by the Splantsin First Nation community. The winter gathering creates ample opportunities to hear the Secwepemc language spoken and witness our cultural teaching through the traditional give-away ceremony and through watching and playing traditional games. The Elders share in story telling about their life's experiences with all whom listened. Sharing and story telling gives hope and inspiration to those parents and youth that may be struggling with life's challenges. It amazes me to no end to see and understand what it is that we endured as First Nation People's. We survived the impact of foreign government policy. Our generation of people are waking up and speaking the language and taking up the torch. They are saying "this is my language, and this is who I am..." I am truly amazed to witness this. It was something I took home with me when I left the gathering.

**Language:**

I continue to work with my assistant Chantel Borho to deliver language and cultural opportunities to the community. We had youth language classes which I am thankful to Chantel for teaching. I was called out to attend to other obligations of my job. She does a great job and I am very happy to work with her. Chantel has always been about schedules and planning and where are we going and what are we doing. She is task oriented and focuses on what, who, when, and where. She keeps busy! Way to go Chantel!!

**The Elders Honoring Ceremony:**

In the last few days Kenpesq't hosted the Blanket Ceremony to honor our Elders and there again I witnessed the strength and resilience in the children, men, women and leadership of our people. In recognizing our Elders and standing them up in acknowledgement and respect for all they contribute to the well being of community over their lifetime.

Of course, there were questions on what it is and what was it all about. I am very happy to say that we are starting to wake up as a nation and acknowledging and standing up our own people in respect for all they do for us. We must take responsibility to take time to do these celebrations. Our strength and survival of our language and culture and traditions come from celebrations such as this.

**Announcements:**

We will host luncheon in the coming weeks for community to come together and discuss the possibility of doing a Name Giving Ceremony and other celebrations as well as a spring harvest. Our hope is to be guided by our Elders and community.

If you have suggestion on what we might do as a community, we would like to hear it so we can move forward.

In closing off I want to thank you all for your contribution and time and being with community and family.

Remember that in learning our language we must be patient with, and it will come. The way forward is spending time out on the land. The camping, gathering and harvesting season is approaching so keep an eye out for postings on meetings. I encourage you all to come out and let us know where we might go and what might take place and how we can transfer knowledge to our youth and community.

Mike,

Kukstemc, Me7e wiksten

Learn to speak



**SECWEPEMC**



**COMMUNITY CLASSES EVERY  
TUESDAYS  
FROM 5:00pm to 6:30pm**

wikihow



**YOUTH LANGUAGE CLASSES  
EVERY THURSDAY  
FROM 4:00pm to 5:00pm**

**SNACKS WILL BE PROVIDED!**

**LOCATED AT THE SHUSWAP INDIAN BAND HALL IN  
THE BASEMENT**

**Call Chantel Borho 1 778 526 8108 for more information**

Made with PosterMyWall.com

### February Notice:

There is much to be said about our community.

We are a holistic and humble people who can be quite humorous as well. The endurance that we have is extraordinary.

Our Elders have passed down these defining qualities through the generations. Their doors are always open and if you have the time to visit it will be a venture worthwhile.

This month we have celebrated their role within our community as teachers, caregivers, story tellers, and knowledge bearers. They are a place to seek council in times of need. We are truly blessed to have them.

As Chief Barb Cote said, they are our library so learn all you can from them while they are here with us.

The ceremony was a huge success in lifting our spirits and bringing us together as a community and as a family. Tears were shed, laughter filled the room, and many stories and words of wisdom were shared.

This was a day to remember for all who attended, and I was so honored to be a part of it.

I would like to Acknowledge everyone who had a hand in making this ceremony a success:

Dian Sandy

Iriene Charley

Gerrald Charley

You three traveled a long way to be here and the ceremony was so powerful with your assistance.

Shawn Billy

Devin Capilo

Glady Sam

Thank you for the beautiful drumming and singing along with our three visiting Elders. We were so honored to have you!

Devin Capilo

Thank you for delivering the prayers for this ceremony! You are a huge sense of pride for our community as you are the first youth to accomplish learning a prayer in your native tongue. Well done!

Chief Barb Cote

Council Member Tim Eugene

Council Member Mark Thomas

The three of you are always so busy with your roles and keeping up with this community can be time consuming however it was nice to have all three of you at this momentous occasion. Thank you for also assisting in planning this event and for all the guidance you gave us!

Suzie Thomas

Kayln Adams

Thank you both for making time from your busy schedules and adding your expertise to our team as we went through the planning, and execution of this event. We could not have pulled this off without you!

Mike Archie

Thank you for bringing this ceremony forward as a priority and making it into such a tremendous learning experience. In the few months I have worked under your wing I have learned more about my culture than I have in my lifetime. I look forward to working on more cultural projects with you and the rest of our team.

And Finally, I would like to Acknowledge our sponsors who assisted with this ceremony:

Shuswap Health Caucus – Donated the Pendleton Blankets

BC First Nations Elders Grant Initiative – Granted us \$2500.00 for the ceremony.

Shuswap Indian Band – Assisted in the ceremony

Truly this was an experience to remember and there will be many more like it to come!

Kukstemc!

Chantel Borho Language Assistant.



Elders Ceremony February 4<sup>th</sup> 2020



## **Indian Registration Administrator**

Diana Thomas, Shuswap Indian Band

February 6, 2020

I would like to thank the Shuswap Indian Band for the opportunity to work as your Indian Registration Administrator. Working as the Indian Registration Administrator has given me the opportunity to reconnect with so many members and meet members I would not have connected with. On January 15, 2019 I gave one months' notice and I will be returning to Salmon Arm. Family calls and it has been very difficult being away from my children and grandchildren.

🚩 **SCIS Cards can be processed online and there is a SCIS App that can be downloaded to take your photo, sign, as well as have your guarantor sign as well. This app works on I-phones and I-pads just type in SCIS app.**

🚩 **Bill S-3 applications can also be completed online**

**February 3, 2020, I attended the Information and Discussion Session on Indian Registration (Bill S-3), Band Membership and First Nations Citizenship Crown-Indigenous Relations and Northern Affairs Canada Workshop in Kamloops. Below are some of the highlights of that meeting.**

### **Bill S-3 Current Processing Information**

- 🚩 On February 1, 2019 the program proactively assessed 21,000 files.
- 🚩 As of December 1, 2019: approximately 23,400 applications have been received and triaged in Winnipeg for newly eligible people under Bill S-3. This is in line with the program's expectations.
- 🚩 Approximately 6160 of these applications have been processed to completion (5950 registrations, 210 denials)
- 🚩 As of October 2019, 102,000 additional category amendments were completed
- 🚩

### **Indian Registration Legislative Review**

- 🚩 Indigenous Services Canada (ISC) will be undertaking engagement with First Nations on further registration related legislative review beginning in 2020-2021,
- 🚩 The Government of Canada wants to ensure the financial sustainability of programs and services that could be impacted by an increase in the registered Indian population,
- 🚩 The Government of Canada is committed to working with First Nations on the implementation of Bill S-3 and mitigating any impacts.

### **Upcoming Key Dates**

- 🚩 Begin monitoring impacts and engagement with First Nations: July 2020
- 🚩 Table Third Report to Parliament: December 2020
- 🚩 Monitoring to inform future funding requests: July 2020

**Other Indian Act registration inequities:**

Enfranchisement

Deregistration

Scrip

Section 10

**Beyond Bill S-3: ISC Engagement Plan**

- ✚ This engagement will focus on issues raised about Indian Registration during the Collaborative Process and some of the recommendations in the Report to Parliament.
- ✚ It will also address additional issues including monitoring of impacts related to Bill S-3, key topics including:
  - ✚ Addressing the remaining inequities related to registration and membership under the Indian Act and
  - ✚ Building awareness about Indian registration and enhancing existing capacity at the community level.

Issue 1: Voluntary and involuntary enfranchisement

Issue 2: Establishment of a deregistration provision

Issue 3: Individuals affected by scrip; and,

Issue 4: Amendment to Section 10 (Band control of Membership) involving possible support for membership development.

**Contact Information for the Bill S-3 and Collaborative Process**

Dedicated email account:

[Aadnc.fncitizenship-citoyennetepn.aandc@canada.ca](mailto:Aadnc.fncitizenship-citoyennetepn.aandc@canada.ca)

Toll free number: 1-855-833-0033

Fax: 403-292-5393

Mailing address:

Crown-Indigenous Relations and Northern Affairs Canada

Engagement and Policy Directorate

234 Laurier West Street, 18<sup>th</sup> Floor

Ottawa, ON K1A 0H4

**Link for SCIS Cards, Guarantor Forms and Bill S-3 applications**

[https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-INSTS/STAGING/texte-text/br\\_frms\\_ir\\_83-168\\_1516216386503\\_eng.pdf](https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-INSTS/STAGING/texte-text/br_frms_ir_83-168_1516216386503_eng.pdf)

I'd like to thank the Shuswap Indian Band for the opportunity it has provided me to work within the Territorial Stewardship Office. Since early 2017 the Territorial Stewardship staff has welcomed me home and into their busy working environment and it has been truly an honor. This goes for the staff at the Shuswap Indian Band as well. I have experienced many new opportunities within my position and as a member of Shuswap Band that I will hold dear to my heart. However, it is time for me to move to Salmon Arm where my children, grandchildren and great-granddaughter reside and follow the path of being a grandmother. I gave my notice on January 15, 2020 and my last day with Shuswap Indian Band/Territorial Stewardship will be February 13, 2020.

### **Consultation Coordinator/QS G2G**

- ❖ January to date (Feb. 06) over 100 referrals have been submitted thru the Secwepemc Portal to be entered into CKK Database
- ❖ Response letters to be addressed
- ❖ 25 referrals via email and regular mail to be entered into CKK Database and response letters
- ❖ Meetings with Energy Core, Timber Supply Reviews with areas
- ❖ QS-G2G – Forestry Working Group teleconferences and meetings

Diana L Thomas  
Consultation Coordinator  
Shuswap Indian Band

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February

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Elder's Blanket Ceremony	5 Massage Counselling Services	6	7 Foot Care Nurse 9-3pm	8
9	10	11 Dr Manheimer 12-2 pm	12 Massage Counselling Services	13 Food Box 12-3	14	15
16	17	18	19 Counselling Services	20 Massage	21 Dietician 1-4	22
23	24	25 Dr Manheimer 12-2pm	26 Massage Counselling Services	27 Food Box 12-3	28	29