SHUSWAP BAND

Newsletter - August 2021

MESSAGE FROM CHIEF & COUNCIL

WEYT-KP SHUSWAP MEMBERS!

Your Chief and Council along with staff have been busy working towards the office re-opening after our most recent COVID-19 scare. We are excited to say that the staff are now back in the office! This has been a very challenging time and we thank everyone for staying vigilant against the virus so that we can keep our community safe. Kukwstse'tselp to all! We look forward to getting back to normal where we can express ourselves face to face and gather again.

EMP Open House

Thanks to all our community for attending our Open House and helping get our Shuswap Environmental Management Plan off to a good start. It is very important to us to have community consultation as we work towards what our community wants both on and off-reserve. Thanks to all our staff who put on such a great event! There are many more to come, including one on August 12, 2021.

FNHA

There is a lot of work being done with the First Nations Health Authority concerning the Residential School findings of unmarked graves. We are also working with them to help with community mental health, the Opioid crisis, forest fires, climate change and the general health of all our communities.

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Parks Canada

Band Leadership met with Parks Canada to discuss their plans in the Spring for various prescribed burns in Kootenay, Glacier, Banff and Yoho National Parks. We will be working on mentorship, training and job opportunities for our membership.

CEDI

We are planning the celebration of our relationship with the District of Invermere on Friday, September 10th from 4 pm-6 pm at Kinsmen Beach. This will be happening on the same day as our brushing-off ceremony and the day before the annual Salmon Festival.

SNTC

The Chiefs and Councils meet monthly with the Secwepemc Nation Council to keep on top of what the other eight Communities are doing. It is always helpful when we can all work and learn from each other.

Ktunaxa Nation

We have been meeting regularly with the Leadership of the Ktunaxa Nation to identify areas of mutual interest. The meetings have been very positive and we look forward to continuing these very important relationship-building sessions.

Forestry

The Golden Community Forest MOU is ready for signing and Chief and Council are seeking dates for a signing ceremony. A hang-up on this is the Chief Forester's decision to have a 5-year moratorium on the Golden timber supply area (TSA), meaning no additional tenure will be awarded during this time. We have sent a strongly worded letter addressing this. A feasibility study is underway to determine the benefit, or lack of, for Shuswap Band to purchase some tenure and operational capacity in another TSA.

BC Hydro

We are working towards a BCH – Shuswap Band relationship agreement to replace the old agreement that included too many communities. We will develop our internal needs and capacity assessment and then look at partnership opportunities with other Secwepemc Communities.

Columbia River Treaty (CRT)

Shuswap Band has been the lead on the Columbia River Treaty technical work that has been SNTC's responsibility to date. Two of the three Floodplain, Riparian and Wetland Studies have been completed. Cultural Impact interviews and the content-sensitive summary has been completed. A follow-up study is likely to build on the understanding and follow up on the leads created during the initial study.

Partial payment for "redress" is an item being discussed at the CRT table. This will provide the Indigenous with an upfront payment for past wrongs. Other active issues include Governance, Benefit Sharing and looking at opportunities to gain space for domestic issues, such as ecological and cultural impacts.

Columbia River Salmon Recovery Initiative (CRSRI)

Salmon Restoration is nearing the second year of the three-year letter of commitment (LOC) signed in July of 2019. The CRSRI Team is seeking a three-year term to the next LOC but is looking at the potential of securing longer-term funding to allow for longer-term planning capabilities.

Community Consultation

Chief and Council work hard to make sure our community is supported in all areas of Health, Culture, Tradition Territory, Language, Relationship Building with other Indigenous Communities, Government, Proponents and other municipalities. All these and more need community consultation and we hope to have good representation both in-person or online to make the right decisions for our community living on and off-reserve.

On a final note, please, please be extra careful with anything that could ignite and cause a fire in these extremely dry conditions. It is very scary and want to keep everyone safe.

Office Hours Update

From June 28th until Labour Day, the Shuswap Band Administrative Office will be changing its operating hours. We will be open during the following times:

Monday	8:30am- 4:30pm
Tuesday	8:30am- 4:30pm
Wednesday	8:30am- 4:30pm
Thursday	8:30am- 4:00pm
Friday	9am- 12pm

Due to the state of Emergency in B.C, upcoming weather advisories and surrounding wildfires, we would like to circulate our

COMMUNITY EVACUATION MUSTER POINT PLAN

Muster Points:

1

Home Base - For Local Emergencies that require evacuation from your home
Location - Health Centre (Old Band Hall) Field
Address - 4878 Kinbasket Tr. Invermere B.C.

2

Fort Steele - If evacuated from Golden direction
Location - Gas Station (Esso) and Campground
Address - HWY 93, Wardner RD, Fort Steele, B.C.

3

Radium Hot Springs - If evacuated from Cranbrook direction
Location - Radium Chamber of Commerce, Parking Lot
Address - 7556 Main Street East, Radium

Further directions on where to go, who to contact and accommodations will be updated at the Muster Station on the day of evacuation.

A pilot vehicle will be assigned, and group travel will be encouraged.

During this extreme Dry Season, the Shuswap Band asks for your cooperation in:

Conserving Water (Water on Odd Days Only)

No Overwatering of Lawns or Gardens

No Hunting or Shooting

No Fireworks

No Dirt Biking

We ask that you temporarily halt these activities to keep our community members and elders safe.

First Nations Health Authority
Health through wellness

First Nations Health Information for Wildfire Evacuees

Important information about health and social services for First Nations communities impacted by wildfire in BC.

HEALTH BENEFITS

Refilling Prescriptions

With the current evacuations taking place in BC, some patients may not have access to their medications and will require a refill or replacement. If you need to replace or refill a prescription for medication, please go to a local pharmacy and they will be able to provide support. If you require any support with this process, please call 1-855-550-5454.

Medical Transportation

If you require patient travel services due to the wildfires, including routine transportation to dialysis and other appointments, please contact FNHA Health Benefits at **1-855-550-5454** and we will guide you through what supports are available.

Medical Supplies and Equipment (Including Oxygen Tanks) and Eyewear

For all medical supplies and equipment, including refill or replacement of oxygen tanks and related products, please contact FNHA Health Benefits at **1-855-550-5454**

For all vision inquiries, including replacement of lost glasses, please contact FNHA Health Benefits at **1-855-550-5454**

Dental Items (Dentures)

Please contact FNHA Health Benefits at **1-855-550-5454**

MENTAL HEALTH SUPPORTS

KUU-US Crisis Line: 1-800-KUU-US17 (588-8717)

Available 24-hours a day, seven days a week, regardless of where individuals reside in the province, those in need of support can call for an immediate response.

Indian Residential School Survivors Society
1-800-721-0066

Tsow-Tun-Le-Lum
1-888-403-3123

FNHA Virtual Doctor of the Day
Doctors are on call seven days a week to provide medical advice, prescriptions and referrals.
Visit www.fnha.ca/virtualdoctor

FNHA Virtual Substance Use & Psychiatry Services
Specialists in addictions medicine and psychiatry are on call weekdays to support individuals and their family members.
Visit www.fnha.ca/virtualhealth

FNHA Mental Health Counselling
Please contact FNHA Health Benefits at 1-855-550-5454 to be connected with a mental health counsellor.

STAY UP TO DATE

The FNHA wildfire information page (www.fnha.ca/wildfire) will be the main location for FNHA updates on the wildfire situation, current evacuation zones, road closures, emergency phone lines and other crucial emergency services. We will continue to monitor the situation closely and provide updates as needed.

For more information, visit: www.fnha.ca/wildfire

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Coast Salish Territory
West Vancouver, BC
Canada V7T 1A2

T 604-693-6500
Toll-Free 1-866-913-0033
F 604-913-2081
www.fnha.ca

HEALTH DEPARTMENT UPDATE

With the Province lifting many COVID-19 restrictions, all Shuswap Band staff are happy to be back in the office starting Monday, July 19 at 8:30a m. This means we are open to the public, so feel free to stop in and say hi!

HEALTH CENTRE GYM

Our new Health Center has a small gym to support your health goals. Should you wish to come and use one of our treadmills, exercise bikes or free weights, you can do so by stopping by Monday to Thursday from 8 am-4 pm and Fridays from 8 am-12 pm. Our team will support you with instructions if you are unsure how the equipment works.

Catherine Strachan is our dietician. If you require any supports with your dietary needs please call Danielle or Melissa to arrange an appointment.

HEALTH CLINIC

Doctor Clinic is on August 10 (Tuesday) 11 am-2 pm at our Health Center. Call 778-526-8324 to book your appointment.

MASSAGES

Massages with Lynn at Rising Sun Massage will continue to be offered for all Band members every Wednesday. If you would like a massage, please call Danielle to arrange your appointment time. This service has been brought in-house and will take place at our new Health Center.

NALOXONE KITS & HARM REDUCTION SUPPLIES

Naloxone kits including nasal kits can be picked up for free at your local pharmacy or at Shuswap's health department. We also have harm reduction supplies for anyone in need. Staff will support you with your needs in a confidential and safe manner.

- Naloxone kits (nasal and needle) training available upon request.
- Fentanyl testing strips (training available upon request)
- Harm reduction supplies (sterile needles, sharps bins, sterile cookers with filters, safer sex supplies, straight and bubble pipes, etc.)

MENTAL HEALTH COUNSELLING & OUTREACH

Jaclyn is providing Mental Health Outreach every week. If you require supports or have questions about this program please call Danielle.

Patricia Duffy Atkin is providing counselling services to all Membership. These sessions can happen at her confidential office at the Health Center.

HEALTH DEPARTMENT: NEW CONTACT NUMBERS

The health department has a new cell phone for membership.

For all your health care needs please call **(250)- 341- 7786**

This phone will be monitored during business hours:

8:30 am - 4:30 pm - Monday to Thursday
9:00 am - 12:00 pm - Friday

Please note: Current numbers for health care staff have been changed. If messages are left for Danielle or Melissa at the former numbers provided, they will not be answered.

New Health Centre Direct Lines:

- Danielle Armstrong (Health Director) 778-526-8324
- Jaclyn Fontaine (Community Health Rep) 778-526-8323
- Community Health Nurse 778-526-8325
- Joan Feissel (Health Care Aide) 778-526-8325
- Tricia Duffy-Atkin (Counsellor) 778-526-8327

As we approach the wildfire season and high heat temperatures, please stay safe and informed about what is happening around you and the area you live in. Our entire team is reviewing our Emergency response Plan to ensure we are ready in the event of an emergency.

Wishing you all a safe and happy summer!

CREATION OF CALM: STRESS REDUCATION STRATEGIES

The benefits of following stress reduction strategies are:

- Strengthening Connections
- Greater Empathy
- Foundations of Self Care
- Establishes lifelong healthy habits
- Normalizes difficult feelings
- Creates calm family culture
- Increases social emotional skills
- Reduces anxiety and anger
- Builds resiliency
- Builds self confidence
- Improves communication

Calm, peaceful, and tranquil mean quiet and free from disturbance. Calm is used when someone is not excited or upset even when there is cause for it. What does stress mean to you? What does calm mean to you?

BREATHING TECHNIQUES

Ocean breath: take a deep breath in your nose and as you breathe out of your mouth make a sighing sound (like the sound of an ocean wave) or a loud sigh. This brings oxygen to cells to improve focus and the ability to concentrate. Releases negative energy (stress, anger, fear, fatigue, anxiety).

Back Breathing Methods: sitting in a chair, press back into the back of the chair. Focus on your ribcage expanding and contracting, allowing for maximum lung and diaphragm expansion and full-body breathing benefits.

Breath of Joy: Start standing with your feet together, back tall and arms at your sides. Inhale and swing both arms up parallel, palms facing each other. On the exhale, swing your arms down as your knees bend low into a low squat, hands sweeping the floor. Arms swing back up as you inhale again. Repeat the swinging motion moving with breath, joyfully. This releases pent-up feelings improves circulation and flexibility, brings breath into the upper chest, calms the mind.

YOGA POSES

Hanging forward fold: feet together standing tall, reach arms up and fall forward, keeping knees soft, back flat as possible, core engaged. Fold as far forward as is comfortable, let arms and head dangle down. Tones abdominal organs, revives spinal nerves, calms the mind.

Turtle Pose: Sitting on the floor, bring soles of feet together and knees open to the sides, move feet away from the body until the hip stretch feels comfortable. Place hands around ankles, inhale and engage the core, extending back and looking up, exhale and bend forward into a deep stretch.

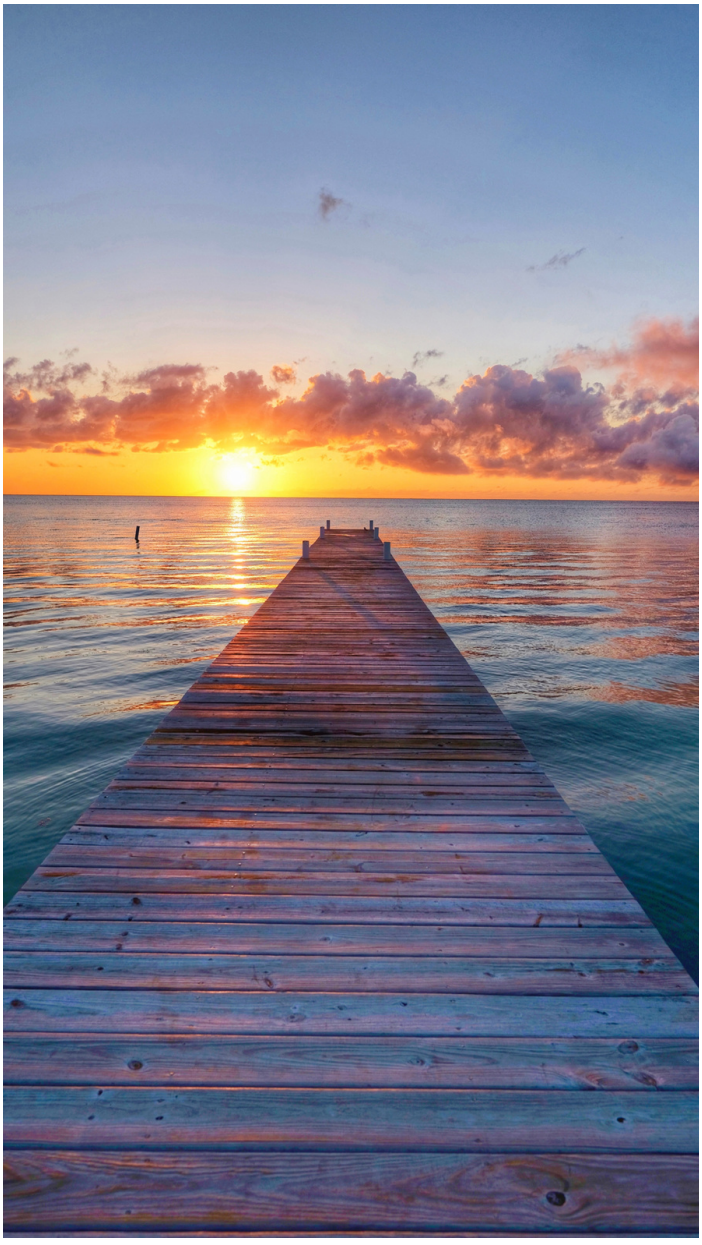
MEDITATION

Get settled in your meditation spot. Start breathing in and out slowly and deeply. Focus on your breath. Notice each thought as it passes by and then let it go. Go back to focusing on your breathing. Check in with yourself and pay attention to your feelings and sensations. Is your heartbeat gentle, pounding, fast or slow? Is your breath long or short, deep or shallow, slow or fast? Notice your muscles and your belly... do you have butterflies? Are you tense, soft, hard, strong, weak, heavy, light? Notice your energy. Are you energized, alert, calm, relaxed, shaky, tired, still, tingly, wiggly, rested? Notice your temperature. Are you hot or cold, warm or cool, icy or burning? Notice your thoughts. Are they busy, quiet, encouraging, critical, ongoing? Continue until you feel you are calm and at peace.

MINDFUL CORNER

The Mindful corner is a dedicated space in your home designed to make calming, mindful tools and practices accessible for all members of the family. The three components of a mindful corner are breathwork, movement, and mindful activities. Tools and props may include books with positive messages, markers and paper for drawing, music, or a journal for writing thoughts/feelings.

For more information, contact Dr. Tricia Atkin, Shuswap Health Centre



DO YOU HAVE A WILL?

Less than 9% of First Nation peoples on reserve pass away with a will. How wills and estates of First Nations individuals are handled depends on whether they lived off-reserve or on-reserve.

DID YOU KNOW?

- The Indigenous Services Canada website has information about planning your estate.
- Your Will differs if you live on- or off-reserve.
- The Indian Act outlines what should be included in your will.
- You can't gift your land on reserve to someone who is not a member of your First Nation.
- You can change your Will as often as you like.
- Writing a Will doesn't have to be complicated or costly.

WHY MAKE A WILL?

- To provide for your loved ones, your children, and grandchildren.
- To clearly state who should receive your possessions.
- To leave instructions for end-of-life ceremonies.
- To decide who will get your home.
- To name who will take care of your children and dependents.
- To name who will take care of your estate.

A VALID WILL UNDER THE INDIAN ACT

The formal requirements for the Will of an indigenous person who lived on-reserve does not have to conform to provincial Succession Law Reform Acts; rather, under section 45(2) of the Indian Act, a Will is valid as long as it:

- Is in writing
- Is signed by the person whose Will it is (called the testator), and
- Indicates the wishes of the testator with respect to how their property should be dispersed or disposed of.

Wills and Estates portfolios including questions, concerns, ruling, appeals and enforcement still fall under the Indian Act.

For more information contact Sierra Stump at the Shuswap Band Office (sstump@shuswapband.ca). You can call the Lands Office to make your appointment to have your will, power of attorney and personal representation agreement drawn up for free!

Contact Indigenous Services Canada: 1-800-665-9320 or www.canada.ca/Indigenous-northern-affairs for more information

SOCIAL DEVELOPMENT

SOCIAL ASSISTANCE CHEQUE ISSUES DATES FOR 2021:

AUGUST 25, 2021
SEPT 22, 2021
OCT 20, 2021
NOV 17 ,2021
DEC 15, 2021

Anyone receiving Social Assistance payments can have a Direct Deposit providing we have your Banking Information. Clients receiving payments for utilities will be required to drop them into the Mail Drop at the Administration Office once it is installed.

ASSISTANCE FOR CELL PHONE BILLS

Social Assistance can now pay up to $30.00 on your cell bill if it is in your name and you do not have a Land Line.

HOUSING DEPARTMENT

Shuswap Band is excited to announce that they were successful in obtaining funding through CMHC's Rapid Housing Initiative to purchase 5 three-bedroom Modular Homes. These homes will be located on Band Land and will be rental units.

If you would like to get your name on the Band Housing List, please call or email Dolores Nicholas (dnicholas@shuswapband.ca or 250-341-3678) and she will send you a form.

SERVICE CANADA GRANTS

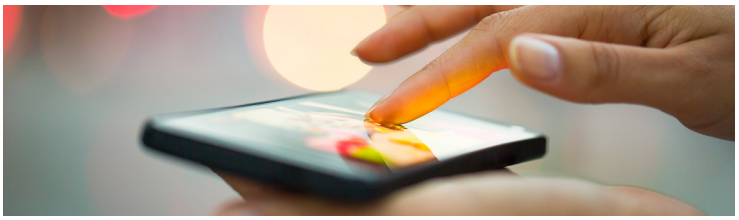
Grants are available from Indigenous Service Canada which assists up to $52,000.00. If you are interested in this grant, please call and I will be glad to discuss this with you. Members must qualify for their own Mortgage. Members will require a BCR from Shuswap Band Council supporting a Ministerial Loan Guarantee.

REQUEST FOR SIB HOUSING COMMITTEE MEMBERS

Shuswap Band Housing continues to investigate avenues that will improve Housing for Shuswap Band Members. Shuswap Band is currently looking for 2 Band Members to sit on the Housing Committee. If you are interested, please call Dolores Nicholas at 250-341-3678.

COMMUNITY STRENGTHENING NIGHTS

Check out our Facebook page or our website for coming events. We are interested in hearing from those that would like to be involved with the planning or if you have any ideas for the new year.



INDIAN REGISTRY STATUS CARDS

APPOINTMENTS CAN BE MADE EVERY THURSDAY OF THE WEEK.
PHONE: 778-526-8184
EMAIL: IRA@SHUSWAPBAND.CA

You can apply for the Certified Indian Status cards,

- These cards are good for:
  - 5 years for adults and
  - 3 years for children.

Identification Requirements for applicants who are 16 years of age or older:

- One piece of PrimaryID (category 1) or
- Two pieces of Secondary ID (category 2), one must have a digitized photo or
- -One piece of Secondary ID with a Guarantor Declaration (category 3)

Identification Requirements for Individuals who are 12 years of age or younger:

- The Parent or legal Guardian must provide;
- One piece of their own Primary ID (category 1) or Secondary ID (category 2)
- One piece of ID for the child. (Birth document, school ID, health card)
- If a legal guardian is applying on half of a child or dependent adult, a copy of the Order of Guardianship naming the guardian is required.

If you are wanting a Secure Status Card, I can help with the application, but it has to be mailed to ISC.

EDUCATION & TRAINING UPDATE

SUPPLEMENTARY EDUCATION SUPPORT

The Education Department is going in a new direction to support all K-12 learners. We have surveyed all parents and are offering supplementary education support for all interested children. We are hiring tutors, and with parental permission, are supporting children and youth in their studies. Our goals are to support learners' efforts and improve their academic success. As summer is upon us, there may not be a great need for this now, but if anyone wants tutoring over the summer, please let us know. We will be sending out more information in the fall.

UPDATED STUDY SPACE FOR MEMBERSHIP

The Education Department has also been refreshing the study area at the back of the hall and purchasing portable supplies and furniture for use in the general hall area. We will be sending out pictures of the refreshed space once everything arrives and is set up.

NEW DRIVER TRAINING CLASSES

Chief and Council has decided to offer New Driver's Training Classes to all Band Youth. If you are interested in learning to drive, please contact the Education Department and we will get you rolling!

Are you interested in

SUMMER EMPLOYMENT

Off-Reserve?

The Education and Employment Department may be able to help.

Please send your resume to education@shuswapband.ca, call 250-341-3678 ext. 203, or drop into the Education office and let us know what kind of work you are interested in.

We look forward to meeting you and supporting your job search!

SHUSWAP INDIAN BAND

For Students working for summer break only, we have wage subsidies for employers.

KENPESQ'T TERRITORIAL OPERATIONS UPDATES

KENPESQ'T
TERRITORIAL OPERATIONS
(250) 341-3678

QUARTZ & SELKIRK SITE VISIT

The Culture and Heritage team headed to Golden this month as part of a plant study with Landmark Resources Ltd. The purpose was the visit was to survey and see which traditional plants grow in the area. This is important to ensure that the replanting after construction at the Quartz and Selkirk construction sites integrate culturally significant plants for the Secwepemc people. Kukstemc to the Elders who joined us on the land and shared their knowledge surrounding medicines and food plants. It was great to get outside and learn more about the land and all that it provides.

KENPESQ'T
TERRITORIAL OPERATIONS
(250) 341-3678

CULTURAL MONITORING

Full-time seasonal work with lots of growth and opportunities for professional development.

Shift work - Hotels provided in Golden

Training & Job Shadowing:

- RISC Archaeology Course
- Environmental Monitoring
- Cultural Monitoring

Current Jobs:

- Quartz Creek
- Kicking Horse Canyon

FOR MORE INFO, CONTACT SHAWN BILLY (CWA PROJECT MANAGER & CULTURAL ADVISOR) SBILLY@SHUSWAPBAND.CA

KENPESQ'T
TERRITORIAL OPERATIONS
(250) 341-3678

Board of Directors

The Board of Directors' primary role is to guide the high-level strategic direction and oversight of Shuswap businesses. The Board must make decisions as a whole, with quorum. Responsibilities include:

- Maintaining the highest standards of integrity, efficiency, and culturally appropriate manner, making transactions in the best interests of Kenpesq't, and upholding standards for confidentiality
- Developing corporate and operating policies that reflect the corporate values of Kenpesq't and that are in accordance with all applicable laws (Shuswap Indian Band and other levels of government)
- Hiring a CEO with appropriate skills and experience, evaluating the performance of the CEO in fulfilling their duties and expectations on an ongoing basis, and dismissing the CEO if they are unable to fulfill the requirements of their position
- Providing business expertise in external negotiations related to economic development opportunities
- Overseeing and evaluating operations of Kenpesq't and its applicable operating Limited Partnerships
- Reporting financial and operational performance to Council and membership

Katherine Stevens

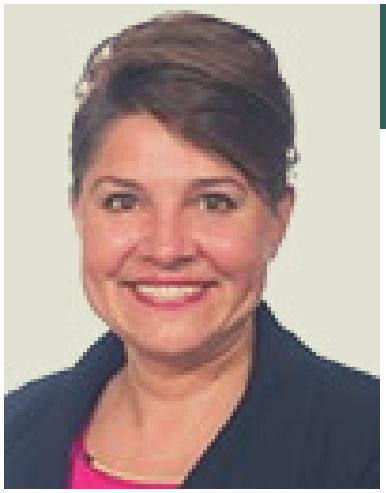
Weyt-kp. My name is Katherine Stevens and I am a Shuswap Band member. I am married to Lorne Shovar and we have 2 kids; Vivienne and Alexiah. I was born in Invermere, BC to Laverna and Basil Sr Stevens. My grandparents were Gustaf and Josaphine (nee Paul) Pascal, and Lawrence (Jack) and Marcelline (nee Stuikin) Stevens.

I graduated from DTSS in 1993 and enrolled in the College of the Rockies in the Business Administration program. I worked in the Finance department orr St. Eugene Mission during the construction phase, as well as at St. Mary's Indian Band.

I received my Business Administration Accounting diploma and began work in Cranbrook at KKTC in the Finance Department. In 2000, when the opportunity of working within the Development office on my reserve came up, I moved home. I worked with the KDC office for a year and then transferred to the Shuswap Indian Band office where I started in Finance. In 2005 I was hired as the Surveyor of Taxes for the Shuswap Indian band. I enrolled and completed the Property Taxation certificate course through TULO at Thompson Rivers University in 2008. In 2017 I was hired as the Director of Finance and have held this position since that time.

I completed my courses in the Certified Aboriginal Financial Management (CAFM) course through AFOA and became certified in September 2020. One of the highlights of working in the Finance department at SIB is having assisted the Band in becoming certified through the Fiscal Management Board (FMB). "The FMS Certificate shows that your First Nation has put in place good finance practices for the long-term. Getting certified brings confidence to community members, lenders, business partners, and others that your First Nation runs its affairs well in a transparent and accountable way, and shows good standing with the FNFA, which provides low-cost loans to First Nations in the same way as other governments in Canada"

Thank you for this opportunity. I am very honoured to be selected to represent Shuswap members on the Kenpesq't Territorial Board of Directors.



Audrey Repin

Audrey was born and raised in the West Kootenays. Her career began with the provincial government and Ministry of Small Business, Tourism and Culture and continued to the Ministry of Transportation and Highways working in infrastructure maintenance. For over 20 years, focussing on community engagement, she has lead teams in the development of hydropower projects in the utilities industry with Columbia Power Corporation during the construction of three of the largest hydropower expansion projects in the region in the last quarter-century.

Audrey is an experienced Director with a strong passion for community development and Indigenous Relations which lead to Indigenous Leadership, Governance and Management Excellence certification from the Banff Centre along with a certification in Land Negotiation from the Justice Institute of BC. Throughout her career, she has been honoured to have had the opportunity to work with the Shuswap Indian Band and other Indigenous communities and is looking forward to continued work with the Shuswap Indian Band to help support Kenpesq't Holdings Ltd.

She is a proud mother of two grown daughters and a grandmother of two little grandsons who are the loves of her life. Audrey is honoured to contribute to the local community through volunteerism. She enjoys spending quality time in the Kootenay communities she loves with family and friends and making a difference in the beautiful region she calls home.

Ryan Watmough

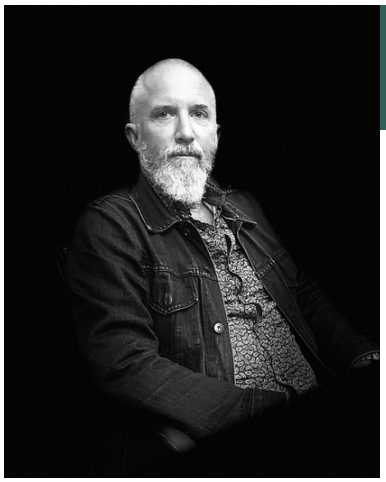
Born and raised in small-town Ontario, I have been drawn to vibrant, small communities with big mountains.

Studying at post-secondary institutions in 2 countries and 3 provinces led to an MBA; BSc in Neuroscience; project management and community economic development certificates.

With 20 years of experience in marketing, research, real estate development, tourism, coaching and community economic development; board experience and training in business and governmental relations, I bring an open mind, a holistic view and a creative approach to problem-solving. The leadership roles I have engaged in have been as diverse as the communities served – from mountain resort marketing to non-profit collaboration, community resource allocation and grant-making alignment. This philosophy and work ethic has culminated in recent awards from the BC Economic Development Association for Marketing Innovation (2021) and the BC Association of Farmers Markets as the Farmers Market Champion (2021) while serving as the Columbia Valley Community Economic Development Officer.

I have been honoured to work with the Shuswap Indian Band & District of Invermere through their Community Economic Development Initiative (CEDI) program participation (2017-2021), which led to the selection and development of a $19M Joint Active Transportation Network Plan (JATNP). Projects like this will have meaningful economic, health, social and environmental benefits for the entire community.

Each day, I spend evenings hiking around the Columbia Valley with my wife, dog and camera, and improving my understanding of its Indigenous history, and Secwepemc culture.



Paul Paterson

I have lived, raised my three children, and worked in BC, primarily on the South coast, for my entire life. I have also travelled extensively in Europe, North Africa, the Middle East, and South and Southeast Asia. Over the last 25 years I have worked for and with Indigenous communities throughout BC, primarily in the context of Indigenous rights, including title, and more specifically, in negotiating complex cross-cultural and multi-party agreements. This work includes several years working solely with Indigenous communities as well as almost 15 years as both a Provincial and Federal Treaty Negotiator.

I consider myself to be a highly effective communicator, which includes a commitment to understanding the perspectives and interests of others as well as to communicating my own perspectives and interests clearly and respectfully. I have an undergraduate degree in Fisheries Biology and a Masters's degree in Conflict Analysis and Management, specifically in ethnopolitical conflict. I conducted my field research in various regions of Pakistan, with the focus being on work with the Pashtun people living along the border with Afghanistan.

Finally, I have deep experience in the Indigenous economic development sector in support of the economic ascendancy of BC's Indigenous Nations. Most recently, in my role as CEO of the Gitga'at Development Corporation (GDC), I am responsible for activating the potential of Gitga'at's existing but inactive economic development corporation and populating this structure with existing and new business entities and, through strategic alliances, successfully entering into the highly competitive large-scale industrial construction ecosystem. The 15 GDC joint venture companies are now active on virtually all of the large industrial projects on the NW coast.

Murray Trussler

Dr. Murray Trusler is a retired Assistant Professor of Family Medicine, Queen's University and Associate Professor of Family Medicine, Northern School of Medicine. He graduated from the University of Toronto, Faculty of Medicine in 1966 and has a Fellowship in Family Medicine. He has an undergraduate degree in Native Studies from Trent University and an MBA from the University of Toronto.

In addition to 26 years of family practice in Peterborough, Ontario he spent nine years in clinical and senior administrative positions in the Arabian Gulf and nine years practicing full-scope family and emergency medicine in rural and remote locations in Canada. He was also a coroner, aviation medical examiner, ACLS program director and Chief of Staff of the Weeneebayko and James Bay General Hospitals. He was the recipient of the OCFP Award of Excellence 2007.

He has had many years of experience working as a physician with First Nations communities in Northern Manitoba, the Northwest Territories, Northern Ontario and British Columbia. He has particular interests in rural and remote medicine, Aboriginal health, stroke prevention and addiction medicine.

SHUSWAP INDIAN BAND

HUGE PRIZES FOR PARTICIPATION!

OPEN HOUSE, DINNER & PRIZES

You are invited to another SIB Open House! We would like to present what we heard from the community at the last EMP session, seek additional input from Membership, and provide more info about projects in the Community and Territorial Area.

When: Thurs, Aug 12 @ 3:00pm - 7:00pm

Where: SIB Community Hall - Inside & Outside

Dinner will be provided and will be ready starting at 4pm - All members and family welcome to attend

We're offering another opportunity for Membership to win a 2-night stay at the Stoney Nakoda Resort and Casino! - We will also be providing smaller prizes to those that have entered every hour (first draw at 4 pm) - Gas cards will be provided for those that travel more than 100 km

Shuswap Indian Band

Youth Group

New Activity Every Thursday, for the rest of Summer!

Lets go to Ozzie's Amusements!

To do some Mini Golf & Go-Karts!

DATE: Thursday, AUGUST 5th 2021

TIME: 9:00 a.m – 11:15 a.m

MEET @: Shuswap Indian Band HEALTH CENTRE (OLD BAND OFFICE)

OR

DROP OFF @ OZZIES AMUSEMENTS MINI GOLF & GO-KARTS IN WINDERMERE

- **11-19 years of age**
- **Snack will be provided**
- **Please Bring your Water**

Contact Jaclyn Fontaine @ 1-778-526-8323

OR Jade Tardif @ 1-250-341-5980

SNACK PACK FOR KIDS

2021 Snack Pack Pickup

Available for children and youth of all ages
JULY to SEPTEMBER
Summit Youth Hub: Tuesdays 4pm
Edgewater: Tuesdays 6-9pm
Canal Flats Community Park: Thursdays 6-9pm
Details to follow soon

Snack Boxes MUST be ordered by Mondays at 12pm

NEW THIS YEAR

We are bringing the Youth HUB on the Road. Join us for a FREE BBQ, mobile skatepark and games when you pick up your snack pack in your community.

This program is supported by the CV Food Bank, the Rotary Club of Invermere, the Columbia Valley Community Foundation, the Panorama Foundations, Walkers Automotive.

Distributed by The Summit Youth Centre

The Summit Youth Centre Hub
Connect • Inspire

To place your order for a FREE snack pack delivery once per week, please contact summit.centre@gmail.com or call 250-342-3033

AUGUST 2021

PELLT̓ÉXELCTEN

(Salmon Coming Up Moon)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 MASSAGE DAY	5 YOUTH GROUP	6	7
8	9	10 HEALTH CLINIC 11 AM - 2 PM	11 MASSAGE DAY	12 FOOD BOX 11AM - 2 PM YOUTH GROUP OPEN HOUSE - 3PM - 7PM	13	14
15	16	17	18 MASSAGE DAY	19 YOUTH GROUP	20	21
22	23	24	25 MASSAGE DAY SOCIAL ASSISTANCE CHEQUES	26 FOOD BOX 11AM - 3 PM YOUTH GROUP	27	28
29	30	31	1	2	3	4

OPPORTUNITY FOR COMMUNITY MEMBERS

BC WILDLIFE FEDERATION:

WETLAND ECOSYSTEM SERVICES PROTOCOL AND PREDICTIVE MAPPING FIELDWORK.

BC Wildlife Federation would like to invite interested community members to join them for training and various field assessments over the summer. This includes Knowledge Keepers, Cultural Monitors, Elders, or others.

Honorariums Available.

If interested, please contact:
Andrew Malucelli
amalucelli@shuswapband.ca

SHUSWAP INDIAN BAND