SHUSWAP BAND NEWSLETTER

Pellctsikenten (September) 2022

Message from Chief & Council

Weyt-kp and happy summer to all our members and families! We hope you are enjoying the summer weather and staying healthy and safe. Chief and council have been working on many items and issues since last month.

We attended a strategic planning session for the Nation. It was very interesting to meet with our fellow Secwepemc communities to brainstorm how the Nation could better serve our needs.

We are working on getting the Columbia Collaborative signed by the six Secwepemc communities that have historic ties to the Columbia Basin. The Collaborative is intended for the six communities to come together on issues pertinent to the basin and to make decisions together as opposed to making decisions without informing other impacted communities. We are revisiting or developing an MoU with each of the communities at the same time.

Shuswap Band is actively pursuing representation for our Development Corporations Board. The Board ensures that business and politics are at arm's length and provides direction to the General Manager. This structure is important to protect the Band and its assets.

The Youth Salmon Warriors Camp was a huge success with over 20 youth from Secwepemc, Syilx-Okanagan and Ktunaxa attending the four-day event. The youth ranged in age from 18-29 and were often the teachers to the Councillors in many ways.

The Salmon Festival is fast approaching, be sure to get your regalia updated, dance moves set, and your crafts ready to display at your booth. Call the office to reserve your crafts table - 250-341-3678.

The most recent round of negotiations for the Columbia River Treaty just wrapped up in Vancouver. The CRT will be going into its 14th Round of negotiations, scheduled in Spokane, Washington in early October.

School is just around the corner and we wish all the students a successful year ahead.

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THE SHUSWAP ADMINISTRATION OFFICE & HEALTH CENTRE WILL BE CLOSED MONDAY, SEPTEMBER 5 & FRIDAY, SEPTEMBER 30

Shuswap Band's website has recently been refreshed with new information!

Check it out at www.shuswapband.net

Pellctsikenten 2022

(September)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Good Food Box Health Centre 11-2 ***Elder's Council** Mtg 11am-2pm		
4	5	6	7	8	9	10
	Shuswap Office & Health Centre CLOSED	Doctor Clinic 9-12 ***Elder's Council** Mtg 11am-2pm Hoop Dance & Regalia Making @Hall 5-8 pm	Massage 10-4 *Outdoors Training Week / Blade runners (see poster for more details)*			SALMON FESTIVAL 11am @ James Chabot
11	12	13	14	15	16	17
		Foot Care– All Day Doctor Clinic 9-12 ***Elder's Council** Mtg 11am-2pm Hoop Dance & Regalia Making @Hall 5-8 pm	Foot Care-All Day Massage 10-4	Good Food Box Health Centre 11-2		
18	19	20	21	22	23	24
	Dental Clinic All Day Custom Orthotics at Health Centre	Doctor Clinic 9-12 ***Elder's Council** Mtg 11am-2pm Hoop Dance & Regalia Making @Hall 5-8 pm	Massage 10-4			
25	26	27	28	29	30	
			Massage 10-4	Good Food Box Health Centre 11-2	Shuswap Office & Health Centre CLOSED	

Shuswap Band Health Centre
250.341.7786 Fax Number: 778 .526 .8329
9:00 am – 4:00 pm – Monday to Friday
(Closed 12:00 - 12:30 pm daily for lunch)

Shuswap Band Administration Office
250.341.3678 Fax Number: 250.341.3683

*** Elder's Council Meetings are for Shuswap members 60+ years of age. The meetings will be held at the Band Hall.**

Salmon Festival

Date: September 10, 2022

Time: 11:00 am

Location: James Chabot Park

Canoe Brigade
Hand Drummers
Cultural performances
Vendor displays
Free Salmon Dinner
Presentations throughout the day

We welcome one and all to join us in celebrating these resilient and remarkable creatures and welcome them home!

Partnered with: COLUMBIA POWER, Teck, BC Hydro, KTUNAXA NATION

MEET & GREET

POP INTO THE HEALTH CENTRE FOR A MEET AND GREET WITH OUR SUPPORT WORKER, BETH CASTELLANO! ENJOY A COFFEE AND CONVERSATION SURROUNDING SUPPORTS SUCH AS:

Income Assistance
Canadian Pension Plan
Disability Assistance
Family Education and Supports
Mental Health and Crisis Intervention

CALL BETH FOR MORE INFORMATION 403-707-5606

GOOD FOOD BOX

Ready for pick-up at the Health Centre basement on the following days:

September 1, 15 & 29

11 am - 2 pm

HOUSING & SOCIAL DEVELOPMENT

SHUSWAP BAND

SOCIAL DEVELOPMENT

Social Assistance Cheque Issue Dates For 2022:

Sept 21, 2022
Oct 25, 2022
Nov 23, 2022
Dec 21, 2022

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.
A reminder that all clients must hand in their Social Assistance Declaration by the 15th of each month, failure to do so will result in delay of your payment.

HOUSING

The Housing Dept is working on funding for New Housing Once successful, 6 more units will be built.
If you would like to get your name on the Band Housing List, please call or email me and I will send you a form.
We are in the early stages of building a playground at the Village with another to follow at North Subdivision.

SUBMITTED BY: DOLORES NICHOLAS
SOCIAL DEVELOPMENT/HOUSING/ INTERIM CULTURAL MANAGER

250-341-3678

Dnicholas@shuswapband.ca

NEW

GRANTS AVAILABLE

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.
Shuswap Band Housing continues to investigate avenues that will improve Housing for Shuswap Band Members.

HOUSING COMMITTEE

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 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.

COMMUNITY FIRE WOOD

Community wood will once again be delivered to Elders and those receiving Disability or on Social Assistance.

SHUSWAP BAND NEWSLETTER

SEPTEMBER 19th

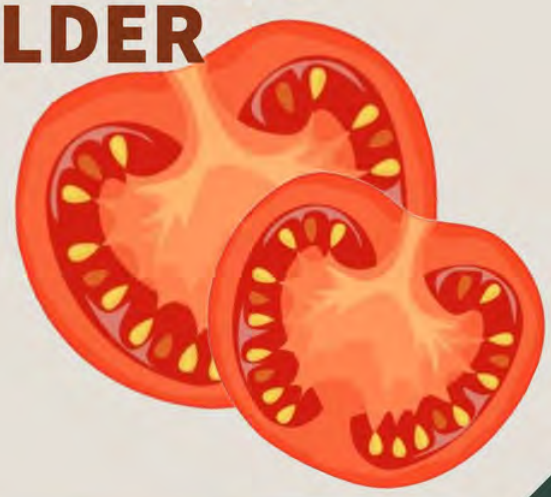
DENTAL CARE

please call the health center to book an appointment

Pellctsikenten 2022

Shuswap Health Center CLOSED at 12:00-12:30 everyday for lunch

THE HEALTH CENTRE WOULD LOVE TO HAVE YOUR HELP WITH MAKING OUR WEEKLY ELDER MEALS!



JOIN US FOR WEEKLY COOKING EVERY WEDNESDAY AT 9AM

HEALTH DEPARTMENT UPDATE

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

MENTAL HEALTH COUNCILLING & OUTREACH

The Shuswap Health Center is providing counseling services to all Membership. These sessions can happen confidentially at the Health Center.

HEALTH CL INIC

Call 250-341-7786 to book an appointment with the doctor. The doctor will be here **September 6, 13, & 20, 2022.**

MEDICAL TRAVEL REMINDER: *Things that you **NEED t**o have **BEFORE** you submit your medical travel for reimbursement:*

1) *a Confirmation letter from your doctor stating that you attended your appointment.*
2) *Gas receipts- with time, date and location on them.*

MASSAGES

Massages with Lynn at Rising Sun Massage will continue to be offered for all Band members every **Wednesday 10am- 4pm**. If you would like a massage, please call Lynn directly to arrange your appointment time - 250-341-5668.

FOOT CARE

Foot care will be available this month, **all day September 13 & 14, 2022** if you're interested in getting an appointment: 250-341-7786

DENTAL

Dental will be available all day **September 19,** if you're interested in getting an appointment: 250-341-7786

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 pip s, etc.)

VALLEY
PROACTIVE ORTHOTICS

Hello, we are pleased to announce that we will be visiting your community on:

Monday, September 19th and Tuesday, September 20th

ABOUT US

Valley Proactive Orthotics is based in Chilliwack, BC. As Certified Pedorthists, we are specifically trained in the manufacture, fit, and modification of foot orthotics and footwear to assist in the alleviation of painful or debilitating conditions of the feet and lower limbs.

CUSTOM FOOT ORTHOTICS

Custom foot orthotics are medical devices placed into your footwear to help restore normal foot function. They can help offload areas of high pressure and pain by redistributing the weight on the plantar surface of your foot. They also address biomechanical problems, such as over pronation (feet rolling in) or supination (feet rolling out). Custom foot orthotics function better than off-the-shelf insoles, as they address individual incorrect foot mechanics or foot conditions causing pain, discomfort or other negative health effects. Having your feet assessed by our Certified Pedorthists will help make you aware of any foot conditions or concerns for the sole purpose of treating them. We use a 3D Digital Scanner to take a model of your feet to help us design an orthotic device custom to your foot, thereby improving foot functionality, lower limb biomechanics, and overall well-being.

COMPRESSION STOCKINGS

We size and fit for SIGVARIS® compression stockings. Medical compression stockings are specialized garments that are designed to help prevent the occurrence and further progression of venous disorders, such as varicose veins, edema (swelling), and deep vein thrombosis. They gradually apply compression from the ankle to the calf muscle. This pressure reduces the diameter of distended veins, resulting in an increase of venous blood flow velocity and valve effectiveness that prevents back flow through these valves and, in turn, allows for better blood circulation.

Our comprehensive assessments identify current and/or future bio-mechanical problems that may cause aches, pains or general discomfort in the feet and lower limbs. We place emphasis on footwear choices and orthotic support to help our patients through their activities of daily living.

When we visit, we will take the time to assess each community member for one pair of custom foot orthotics and compression stockings (both as needed). Compression stockings use graduated pressure to help improve circulation and the steady flow of blood back to the heart. They stimulate and stabilize compression of active muscles for faster regeneration and to prevent aching plus cramping by optimizing venous functionality.

Our goal is to make the day flow as comfortably and safely as possible for everyone. Each appointment will take approximately 20-25 minutes.

We will also be equipped with personal protective equipment, such as masks and latex-free gloves, with appropriate social distancing measures in place. After the patient fills out the required paperwork and their assessment is complete, they must then simply wait for us to return for their follow-up fitting.

If a Shuswap community member would like to make an appointment to have an assessment done, please contact:

Thank you for welcoming us into your community!
- Valley Proactive Orthotics -

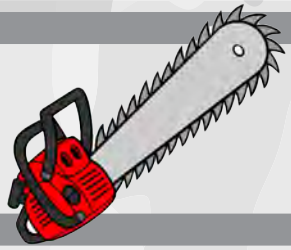
HOOP DANCE AND REGALIA MAKING

Dates: September 6, 7, 13, 14, 20, 21, 2022

Location: Band Hall

Time: 5:00 PM to 8:00 PM

OUTDOORS TRAINING WEEK CRANBROOK



SEPT 1,6,7,8,9 | 2022

Are you ready for an amazing week of learning outdoors skills and some traditional knowledge?

ELIGIBILITY...

- Between the ages of 15 & 30
- Not attending full-time studies
- Valid SIN number
- Not working fulltime

TICKETS YOU GET

- PAL
- CORE
- OFA1
- Chainsaw safety awarness
- Bear Awareness

PLUS SOME PERKS

- Daily lunches and snacks
- A cool hunting bag
- Completion Bonus

CALL JENN!

250-489-2464 ext 3063
Jenn.Higginbottom@ktunaxa.org

BladeRunners

Canada

BRITISH COLUMBIA

KTUNAXA NATION

Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

WANTED

SHUSWAP BAND MEMBERS

WE NEED YOUR VOICE, YOUR TIME & YOUR WISDOM.

IF YOU ARE INTERESTED IN JOINING ANY OF THESE GROUPS, PLEASE CONTACT DOLORES NICHOLAS
TELEPHONE: 250-341-3678 EXT. 1011
FAX: 250.341-3683
RR #2 3A-492 ARROW ROAD
INVERMERE, BC V0A 1K2
EMAIL: DNICHOLAS[AT]SHUSWAPBAND.CA

SHUSWAP BAND NEWSLETTER

EMPLOYMENT OPPORTUNITIES

The Shuswap Band is seeking interested parties for the winter

2022/23 Snow Removal Contract.

RFP Documents are available from:
publicworks@shuswapband.ca
RFP documents must meet all conditions requested to be considered and received no later
than October 1st 2022.

The Shuswap Band & Kenpesq't Holdings Ltd. have some incredible career opportunities available

- Manager, Territorial Stewardship – Deadline: Until Filled
- Education Assistant – Deadline: Until Filled
- Community Nurse (Maternity Leave) – Deadline: Until Filled
- Kenpesq't Holdings LTD. – General Manager – Deadline: Until Filled
- Kenpesq't Holdings LTD. – Director – Deadline: Until Filled
- Cultural/Environmental Monitors – General Call

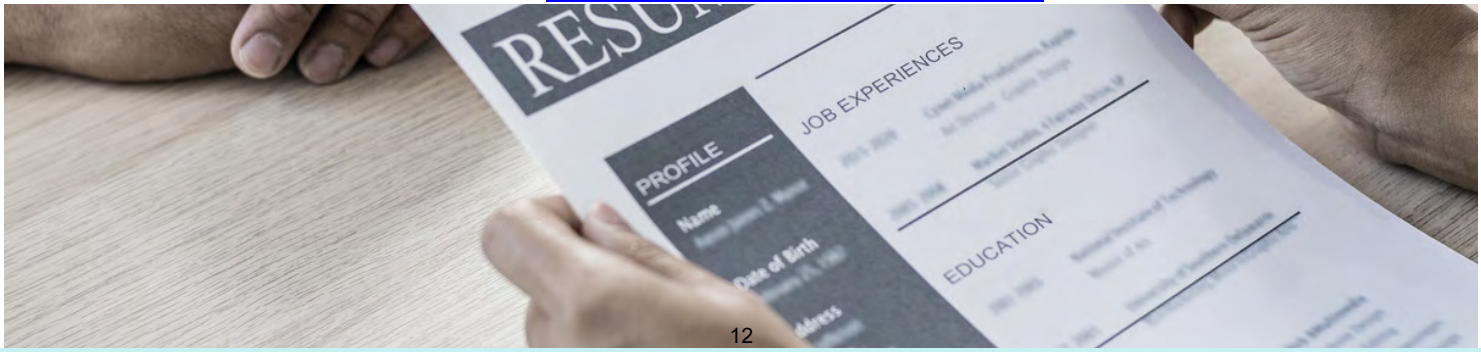
If you are interested in joining our growing community and amazing team, check out these positions by visiting
http://www.shuswapband.net/employment-opportunities/

We offer a wide variety of perks including:

• Generous vacation including 2 weeks paid holiday over Christmas
• Employer matched pension plan
• Extensive health and benefits package
• Bi-weekly healthy food box
• Dynamic work environment

How to Apply

If interested and you meet role qualifications, please email your resume to: ***nmorgan@shuswapband.ca***



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SECWEPEMC WORD SEARCH

"Colors"

Find the Secwepemc word in the puzzle

Pellctsikenten 2022

G H C 7 W T Y C G P K J H S S 7
A N O T T C W N E W K Q G U R X
T E Y C 7 G T G A R M M A C E T
Y C R Q U T P L H U M Z Y R K R
I S E M T E T Z E Q Q U M W Y A
W Q Z L G E S G W L 7 H E 7 T M
Q E O T 7 S P 7 M E L L X S R Q
I Q Q U X W S K T K K U I A W Q
W P Y I N N P I W W C T Q I S U
Q Q G T 7 K W L L L S 7 Q T M Q
Q E X O K Q H O T Q A W D W S T
C P T P I H L C W N I L C L A S
A I T W X S L C C Y P I Q S C I
H Q Q A E L L U T E Q Y G W Y Q
Z Z N E C S A L W K L C L L E W
H I M L S L U Q A K I I C H O Y

QWIWIYT	*BLUE*
KWLALQW	*YELLOW*
KWALTE7UY	*GREEN*
QWIQWITE7UY	*PURPLE*
KWLASCEN	*GOLD*
TSIQW	*RED*
QWIQWIYT	*BLACK*
PIQ	*WHITE*
PEGPEGT	*GREY*
TSITSQW	*PINK*
TKWELKWLOLSE	*ORANGE*
STQULLELTCW	BROWN
PEQPQEQSCEN	SILVER

Note: *These Secwepemc words were taken from the "English/ Secwepemc Dictionary" Version 3-2001*
A dictionary by the Elder's Language Committee & the Language Advisory Committee
©Secwepemc Cultural Education Society

If you notice a mistake or a wrong spelling, or if you are interested in creating these puzzles or being a proofreader, please contact Lisa Kraig: ***lkraig@shuswapband.ca****, call 778.526.8117 or 250.341.3678 ext. 208*

A reminder that there are ***driving lessons available*** through the education department for any Band member that wants them. Come and see us in Education!

COMMUNITY CORNER

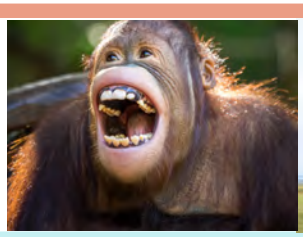
A HUGE Congratulations to Cecelia Teneese from the Shuswap Council and members on your appointment as the new Region 13 **Native Court Worker!!** We wish you all the best in this important position!!

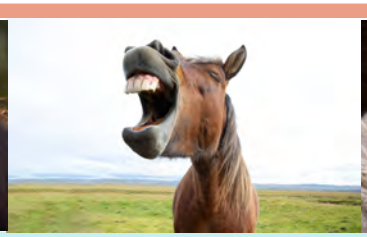
Good job Jesse Paul on getting your "N". We knew you could do it!!

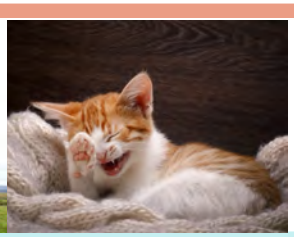
Happy Birthday Julia Thomas!! from your children and grandchildren. XOXOX

Want to send a congratulations or a thank you to someone? Noticed someone doing a good deed? Or just want to say Happy Birthday or Hello!? Send your message to comms@shuswapband.ca and we will put it here.

Funnies







- The worst thing about an apple addiction- you can't see a doctor about it.
- These weekends are starting to feel like 30 minute lunch breaks.
- My son asked me, "Where does poo came from?" I was a little uncomfortable but gave him an honest explanation. He looked a little perplexed, and stared at me in stunned silence for a minute and asked, "....and Tigger?"
- I was going to cook alligator for dinner but realized I only have a croc pot.
- Rabbits jump and live 8 years, dogs run and live 15 years, turtles do nothing and live 150 years. Lesson learned.
- I hate it when people try to act all intelligent and talk about Mozart, when they have never even seen one of his paintings.
- Why the heck would you go big - when you can go home?
- I asked my date to meet me at the gym. She didn't show up. I knew then that we wouldn't work out.
- I am going to need a minute- I just realized that 1970 and 2022 are as far apart as 1970 and 1918.
- Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

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