



# Shuswap Band Newsletter

Pesll7ewten (April) 2023

## Message from Chief & Council:

**Weyt-kp Membership!** We hope you've all have had a good month since our last newsletter. It looks like March is bringing springtime to us at last. The Band has been busy over the past month, with Finance and reporting on the many projects on the go. Chief and Council are very pleased to see the financial position we're in as a Band and look forward to increasing opportunities for our membership.

Some current Forestry issues include FCRSA negotiations; the Golden Community forest initiative and request for tenure from BC; Louisiana Pacific's tenure transfer to Pacific Wood Tech and relationship with the Band; Shuswap Band Pilot Project initiative to harvest in a new and sustainable manner; and ongoing search for opportunity in Secwepemcul'ecw.

The Shuswap Band team is planning another Ceremonial Salmon Release for May. We are hoping to see more community members at the event than we were able to during last year's release. We are organizing the event over the next few months. Environmental conditions will dictate the exact timing, so stay tuned for a mid-May announcement.

Columbia River Treaty (CRT) negotiations are ramping up, and the issues negotiated are becoming more detailed. Staying on top of these issues is of utmost importance to us as Secwepemc Peoples to address our losses and mitigate ongoing impacts. The Interim Revenue Sharing Agreement is near complete and will see a payment to SNTC for a significant amount. We need to collaborate with other Secwepemc on the target of these resources. This payment will occur annually and is expected to increase. Other impacts currently being negotiated are Governance, Redress and Salmon. These issues will be negotiated this year, with Salmon being a continuance until restoration is achieved, far past CRT negotiations.

Columbia River Salmon Recovery Initiative (CRSRI) has recently held an Executive Working Group meeting where the 5 Governments passed decisions on the CRSRI department's reporting. Also passed was the budget for the next fiscal. This budget is twice of last year's, and signifies a change in momentum for CRSRI in the way of on-the-ground work.

There have been many community consultation sessions over the past few weeks that have been very well attended by our membership. We are very grateful to all of you for your attendance and input into these meetings. It has been wonderful to see our Elders sharing their knowledge and our youth learning and participating in these discussions. This shows our strong presence in the Columbia Basin, and will help build a positive, true history for future generations. Kukstsemc to all!

Thank you to everyone who attended the Band meeting last month! It is always a pleasure to share the progressive work that Council and staff are completing to support and build up our community. We hope all students, staff, and parents had a wonderful fun spring break. It seems once Spring Break is over, summer holidays come quickly.



The Shuswap Band  
Administration Building &  
Health Center will be  
**C L O S E D**  
Friday, April 7 &  
Monday, April 10

# Pesll7ewten (April) 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Validation Dinner 5-7	Counseling Trica-HC	Community Engagement  Massage	Good Food Box 11-2	Administration Office & Health Centre CLOSED for EASTER Weekend	
9	10	11	12	13	14	15
Administration Office & Health Centre CLOSED for EASTER Weekend		Dr. Clinic Drumming Practice Counseling Trica-HC	Foot Care Clinic-HC Massage Baby	Board Workshop Wednesday, Thursday & Friday		
16	17	18	19	20	21	22
	Drumming Practice	Counseling Trica-HC Language Program 5-7 Drumming Practice	Massage  Community Gathering 4pm-7pm CV Centre	Good Food Box 11-2		
23	24	25	26	27	28	29
		Dr. Clinic Counseling- Trica CHARS Workshop 11-5 Language Program 5-7	Massage	Health Mtg & Dinner 4pm-7pm		
30						



# HEALTH DEPARTMENT UPDATE



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

## **SHUSWAP HEALTH CENTER**

Our health team is now working out of our regular Health  
Center Building

Messages are now retrievable 😊

### **MENTAL HEALTH COUNSELLING & OUTREACH**

COUNSELLING SUPPORTS ARE AVAILABLE EVERY TUESDAY WITH TRICA. If you require an appointment please, call 250-231-7805.

Beth Castellano, our Community Social Worker, is available for support. Should you need any support with applications or social work-related issues please call the office to arrange for supports.

### **DOCTOR CLINIC**

Dr Clinic will be **April 11th, and April 25**, 9am-12pm. If you would like to book an appointment with Dr Mannheim, please call the Health Center at 250-341-7786. We ask that all appointments are kept to a ten-minute maximum time slot. Should you require extra time, please let the health staff know before your appointment is booked, so that times can be adjusted.

### **PHARMACIST**

Emilie Lamoureux is our Pharmacist Support for community. She can assist with medication reviews and special authorities for medications not covered. If you would like to book a time to review your medications, please call Stephanie at 250-341-7786.

### **DIETICIAN**

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

We would like to welcome Michelle Walsh. Michelle is a dietician and will be open to anyone on staff and to the community. She can be reached at 250-342-9201 Ext. 22567 or by email

[michelle.walsh@interiorhealth.ca](mailto:michelle.walsh@interiorhealth.ca)

### **FOOT CARE**

Foot care clinic is on Wednesday April 11, 2023, from 9am - 3pm.

### **MASSAGES**

Massages with Lynn at Rising Sun Massage is continued to be offered for all band members every Wednesday. If you would like a massage, please call Stephanie to arrange your appointment time. 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 pipes, etc.)



# Food Box

**NEXT Food Box dates:**

**April 6 & 20**

Please pick up your Food Box 10:00 am - 2:00 pm  
Shuswap Band Community Hall  
(basement of the Shuswap Health Center)

## Health Meeting

**APRIL 27, 2023**

**4:00 pm - 7:00 pm**

**With Brandy Hazen, Interior Community Relations Representative for  
Health Benefits**

The benefit covers six areas:

Dental, Medical Supplies and Equipment, Medical Transportation, Mental Health, Pharmacy,  
and Vision

Please come by and meet Brandy. Dinner and door prizes will be included.

Please RSVP to 250-341-7786

## LANDS DEPARTMENT

### We want to hear from you! UPCOMING Community Engagement Sessions

Steel Bridge - Community Park and Greenspace proposal (APRIL)  
Community Housing Plan (APRIL)

We have two new playgrounds coming to the Reserve!!  
The locations will be at the top of North Subdivision Rd  
and Village Loop Rd (Church).



*The photo is not an exact replica.*

### **Wills and Estates**

We have received funding for this fiscal year to continue our Estates Management Program. In addition to Wills this year, we will also offer Power of Attorney (A **power of attorney** is a legal document that gives another person the power to take care of your financial and legal matters for you) and Personal Representation Agreements (A Representation Agreement is the only way you can appoint someone to assist you or to act on your behalf for health care and personal care matters. It can also cover routine financial affairs). If you or your family hold CP Land and have unsettled estate issues, please make an appointment, to discuss your options.

**We can now pay for members living off reserve.**

Please contact Sierra Stump at (250) 341-3678 or by email to [sstump@shuswapband.ca](mailto:sstump@shuswapband.ca) to add your name to the list for estate planning documents.





## WILLS & ESTATES INFORMATION

**FUNDING for the 2023/2024 YEAR IS HERE AND AVAILABLE FOR ALL MEMBERS ON AND OFF RESERVE (VIA ZOOM).**

### 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 ([ssump@shuswapband.ca](mailto:ssump@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](http://www.canada.ca/Indigenous-northern-affairs) for more information

**2023 WORKSHOP DATES - COMING SOON**



## Vaughn Taylor Senior Utility Operator



My names Vaughn Taylor, I've been in the underground civil construction and utility maintenance industry for 16 years. I started out as a construction laborer as a very young man, quickly advancing to Pipelayer, Sr Pipelayer then Lead Pipelayer. I then made a career switch into Utility Operations over 10 years ago, instead of building the underground civil, I now operated and maintained these assets, including level 3 and 4 Wastewater Treatment Facilities, Water Distribution Systems and Wastewater Collection Systems. I came on board with the Shuswap band after spending the last 7 years as a Utility Operator, Sr Operator and Team Leader with Corix Utilities. My wife Taija and I have 2 beautiful boys Kai & Killian, we enjoy spending a lot of time in the outdoors, camping, fishing, sitting around the fire pit & being thankful we live in such a beautiful place. I look forward to working with all members and coworkers here at the Shuswap band, helping build a utility we can all be proud of.

I am excited and honored to begin a new journey with the Shuswap Community, there has been so much growth and I am excited to be a part of it. I hope to learn more of our culture for myself and my two young children.

I was born and raised here in Invermere on the Shuswap Reserve and for the last 5 years I have owned a local cleaning company.

As a family we enjoy road trips and finding all the hidden gems. We have a young pup that keeps up busy as well as chickens and I'm sure we will get another pig or two this spring.

I look forward to meeting all of you!



## Angela Eugene Manager / Reception





# Crash Courses in Adulting

**April – May**  
**Weekly evening workshops**  
**on Zoom**

**For young adults ages 17 – 25**

Adulting is hard. Let's figure it out together.

- April 4:** Be a Budget 'Souper Hero'
- April 13:** Becoming My Best Self
- April 18:** Finding Time to Do It All
- April 25:** True Colors
- May 4:** Your Job Journey
- May 11:** Building Healthy Credit
- May 16:** Creating Meaningful Relationships



*Learning*  
 TOGETHER

Want to learn more, or register for one or more of these workshops?

Scan the QR code or contact Mandy!



TO LEARN MORE OR REGISTER, CONTACT:  
 Mandy Huser, Regional Youth Program Coordinator

@cballiteracy.youth    
 mhuser@cbal.org    
 (or text) 250-505-5757    
 www.cbal.org





SHUSWAP BAND  
MEMBERS:

*You are invited*

COMMUNITY  
VALIDATION SESSION &  
DINNER FOR EARLY LEARNING  
& CHILDCARE ON RESERVE

THIS VALIDATION DINNER IS FOLLOW-UP  
FROM THE COMMUNITY ENGAGEMENT THAT  
WE HAD IN NOVEMBER.

April 3, 2023  
5:00 pm - 7:00 pm  
Community Hall

DINNER & CHILDCARE PROVIDED  
EXCITING DOOR PRIZES TOO!



The first 10 families to arrive will receive dinner  
for 4 to take home.

Adults can enter for a draw for a 2-night stay at Copper  
Point Resort.



Education Department  
Shuswap Band  
250.341.3678  
[educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)

# Notice to all Shuswap Band PSE Students

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Notice to all current PSE students and those who are thinking about post secondary education.

We have a new post secondary education policy (available on the member only area of our website).

Complete applications are due 3 months in advance of the start of your program.

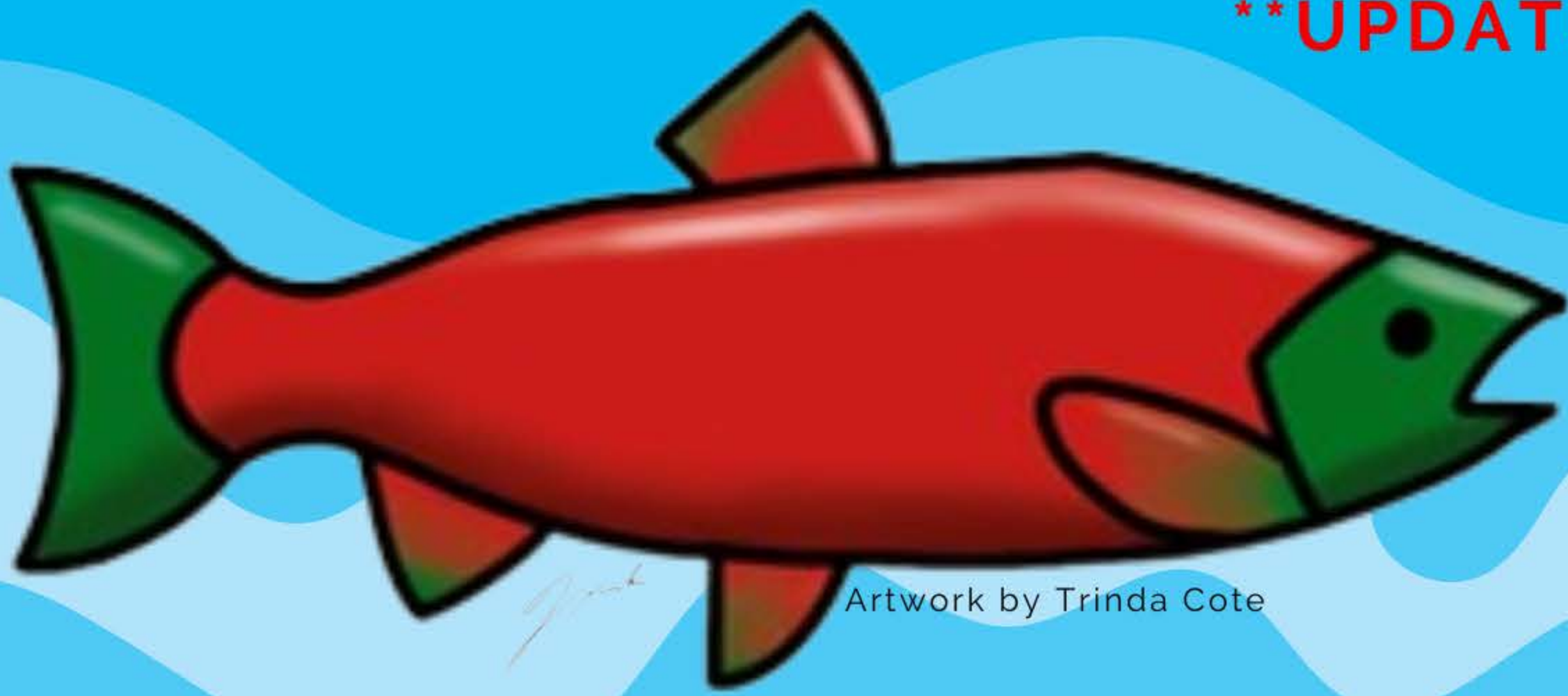
To be considered for September start, Complete Applications are due by the end of May.

Please send your complete application to  
[cpaccagnan@shuswapband.ca](mailto:cpaccagnan@shuswapband.ca)





**\*\*UPDATED TIME\*\***



Artwork by Trinda Cote

# CHARS WORKSHOP

April 25th 11am-5pm  
Shuswap Community Hall

**All community members welcome!**  
**Family-friendly event**

Join us for presentations on CHARS restoration projects  
and Upper Columbia River fisheries data  
as well as  
Food, Crafts, Games, & Prizes!



For more information  
on the CHARS projects  
visit [www.chars.site](http://www.chars.site)





# Interested in obtaining your 7L Driver's Licence?

Apply to Career Basics: Learner's Licence Exam Prep Program



This online program is designed to help you prepare to write your BC Drivers 7L Licence knowledge test. You will explore your learning style, study skills and test taking strategies and work your way through the driving manual with the support of a facilitator during this 15 hour program.

How to sign up:

- Pre-registration with Kaylene Earl
- Primary ID (BCID, SCIC, Birth Certificate)
- Secondary ID (Bank Card, BC Services Card, Status card)

Upon registration confirmation you will receive a welcome package and instructions how to access the online program.

<b>Dates:</b>	Spring 2023
<b>Location:</b>	TBD
<b>Seats:</b>	8 seats available
<b>Cost:</b>	Sponsored by BC Hydro

For more information contact:

Kaylene Earl, Education & Employment Assistant

[educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)

**Direct line: 778-526-8179**







Shuswap Band Members  
are invited to a:

*Community*

# GATHERING

Celebrating the Guardian's Training  
completion

We hope that every Shuswap Band Member is able to attend this joyous event. We are proud to watch as the Shuswap Band takes its rightful place as Stewards of the Traditional Shuswap Territory.

APRIL 19, 2023

4:00 pm - 7:00 pm

Columbia Valley Community Hall



There will be Presentations, Traditional Dance Performances, & Dinner  
Please contact Kaylene to RSVP: [education@shuswapband.ca](mailto:education@shuswapband.ca)



# EMPLOYMENT OPPORTUNITIES



**The Shuswap Band and Kenpesq't Holdings Limited has six incredible career opportunities available.**

- **Utility Operator**
- **Camera Trap Technician**
- **General Manager- Kenpesq't Holdings LTD**
- **Tutor & Learning Support**
- **Policy Writer- Health & Safety Specialist**
- **Family & Youth Support Worker (Contract)**
- **Guardians (Full time, Casual or Contract)**
- **Shuttle Driver (Full time, year round) – Deadline: Until Filled**
- **Territorial Stewardship Director**
- **Community Health Nurse ( Part time. Maternity Leave)**

**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**

Interested candidates can refer to the "How to Apply" section of the online job postings.



The Shuswap Band is  
holding a

# BABY BOARD

# WORKSHOP

**APRIL 12, 13 & 14  
2023**

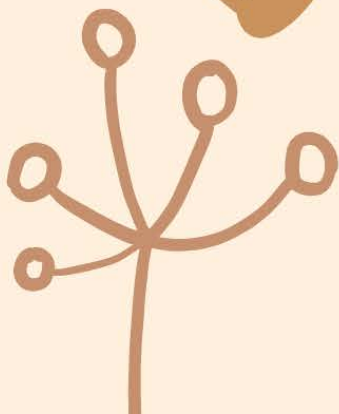
**IF YOU ARE INTERESTED IN  
ATTENDING THIS  
WORKSHOP**

**PLEASE CONTACT:  
CLARISSA OR SUZIE BY  
APRIL 7, 2023- 4 PM**

**(WE NEED TO KNOW HOW MANY BABY BOARDS TO PREP)**

Clarissa Stevens:  
[cstevens@shuswapband.ca](mailto:cstevens@shuswapband.ca)  
Suzie Thomas:  
[Sthomas@shuswapband.ca](mailto:Sthomas@shuswapband.ca)

Office: 250.341.3678





# Do you know a Shuswap Member who has accomplished something great?

Do you know someone who was not recognized and should be for achievements during Covid or post-Covid?

Maybe in education, professional development or another capacity?

This is your big chance!

Please email the person's name, what they have accomplished and your name to [education@shuswapband.ca](mailto:education@shuswapband.ca)

We want to hear about the achievements of Band members!



## Shuswap Band

RR #2- 3A -492 Arrow Rd

Invermere, BC V0A 1K2

250.341.3678

[educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)

## Need a Summer Job?

If yes, please speak to Kaylene in the Education Department, she has many contacts and can help you find the best job for you!

Admin Office  
250.341.3678



# DRUMMING PRACTICE

**Calling all  
drummers,  
rattles &  
singers**



**April 11, 17 & 18  
5:00 pm - 7:00 pm**

*Light dinner provided- please  
RSVP for meal count to Suzie Thomas:  
778.526.8116 or [sthomas@shuswapband.ca](mailto:sthomas@shuswapband.ca)*



*Outside if it is nice out.  
Shuswap boardroom if it is not!  
Hope to see you there!*





# Community engagement session: SARA amendment Southern Mountain Caribou

**DATE: April 5, 2023 5-7pm**

**Band office board room**

PLEASE LET US KNOW BY MARCH 31 IF YOU ARE PLANNING TO ATTEND FOR THE CATERING COUNT



Prizes include limited edition YETI cooler and wild game salami set



Contact Rhiannon Kirton - Biologist  
[rkirton@shuswapband.ca](mailto:rkirton@shuswapband.ca)



# Secwepemc Word Search

"things we wear"

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

Please find the Secwepemc word in the puzzle:

**CKUPCEN** - SOCKS

**CPUNELPS** - SWEATER

**CPUNEWESQEN** - TOQUE

**CYE** - DIAPER

**EPEKUT** - COAT

**KENPEKST** - RING

**KENPENE** - EARRING

**LLELLUCW** - DRESS

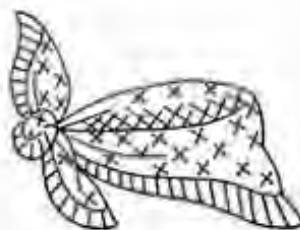
**PILCE** - SKIRT

**QEPQINTEN** - KERCHIEF

**QMUT** - HAT

**SCWETMENELQS** - BUCKSKIN

**SELLTSU7UWI** - MOCCASINS





Ida would like to wish ED a very HAPPY BIRTHDAY!!

HAPPY BIRTHDAY MYA!! Love from auntie, uncle, Neeko, mom & grandma  
If you would like to post something here: [comms@shuswapband.ca](mailto:comms@shuswapband.ca)

## WAY TO GO MEMPHIS!!

Memphis Martin participated in the 2023 U13 Tier 2 BC Provincial Hockey Championships in Prince George, BC.

The Cranbrook Bucks went undefeated in all their five games and brought the gold medals back to the East Kootenays with a 6-3 win over the Fort St. John Flyers.

Memphis was honored to represent the Secwepemculecw Nation!



## LANGUAGE PROGRAM

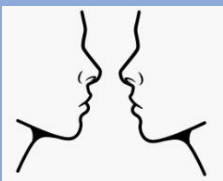
Tuesday evenings 5pm-7pm Starting APRIL 18 until JUNE 20 Shuswap Band Boardroom

Open to Shuswap members- child care will be provided.

Contact Sheila Fontaine, Language Planner:

[sfontaine@shuswapband.ca](mailto:sfontaine@shuswapband.ca)

250.341.5402



## Funnies

- Respect people with glasses- they paid money to see you!
- I was telling my sister that I have been going to the gym recently and my nephew said, "You should go inside when you get there", and I don't think that I will recover from that.
- My luck is like a bald guy who just won a comb.
- Shout out to NETFLIX for being the only one who checks in on me every few hours. "Are you still watching?" Yeah baby, I'm still here.
- I hate it when I eat the last bite- but didn't notice that it was the last bite so I couldn't mentally prepare myself to to get closure.
- The moment you hear a noise in the house and you're so lazy you think: "meh... whatever... I have had a good run!"
- I hired a handy man and gave him my list, only items #1, # 3 and #5 were done. Turns out- he only does odd jobs.
- A girl at Tim Horton's complimented my lip gloss- I didn't have the heart to tell her it was grease from a rotisserie chicken I just ate in the parking lot.
- Dolly Parton wrote "Jolene" and "I will always love you" on the same day and I have been "getting ready to vacuum" for the past two weeks!
- I told my 8-year old to go read. A few minutes later, I caught her on YouTube. But she had the sound off & the Closed Captions on. Checkmate.

RR # 2, 3A-492 Arrow Road  
Invermere, BC V0A 1K2  
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Fax: 250.341.3683  
[www.shuswapband.ca](http://www.shuswapband.ca)

