



## Shuswap Band Newsletter

Pellsqepts (March) 2023



### **PUBLIC SAFETY NOTICE REGARDING ILLEGAL ACTIVITY**

There have been some illegal activities happening on Shuswap Reserve including drug dealing, thefts and possession of stolen property. Please report any suspicious vehicles, property, activities, and persons to the RCMP. If you know of any times that drugs are being received on Reserve, RCMP wish to know this information.

We want our community to be safe and protect one another.  
Please keep your eyes open and talk about this concern with family and community members that are susceptible to this kind influence and activities.

**IF YOU SEE SOMETHING please report it to the RCMP,  
Crime Stoppers (ANONYMOUS) or 911**

**RCMP - 250.342.9292**

**Crime Stoppers - 1.800.222.8477**

**Emergencies - 911**

**Sincerely,  
SHUSWAP BAND  
Chief and Council**







# Pellsqeps 2023

## *MARCH*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Massage-Lyn  Foot Care Clinic 9-3	2 <b>*see note below re: Food Box</b>  Ribbon skirt/shirt making 5-7 at AFN Hall	3	4
5	6	7	8  Massage-Lyn	9  <b>Food Box 10am-2pm</b>	10  Food Safety Course 9am-4pm	11
		Beading Moccasins 5-7pm at AFN Band Hall				
12  CV Talent Show 2-4	13	14  Dr. Clinic 9am-12pm  Ribbon skirt/shirt making 5-7pm at AFN Hall	15  Massage-Lyn	16  Food Box 10am-2pm  <b>BAND MEMBERSHIP MEETING 5-7pm</b>	17	18
19  Kids Hoop Dance at the Provincial Hockey Opening Ceremonies	20	21	22  Massage-Lyn	23	24	25
26	27	28  Dr. Clinic 9am-12pm	29  Massage-Lyn	30  Food Box 10am-2pm	31	

**Please note:**

**\*THE FOOD BOX will not be available March 2, 2023 as it is being postponed due to supply shortage.**  
**All items should be received by March 9, 2023.**



SHUSWAP BAND MEMBERS ARE  
INVITED TO ATTEND:

# Shuswap Band Membership Meetings 2023

*2023 dates to remember*

MARCH 16, 2023

JUNE 8, 2023

SEPTEMBER 7, 2023

DECEMBER 2, 2023

**MARCH 16, 2023**

**5:00 pm - 7:00 pm**

ZOOM sign in info:

[https://us02web.zoom.us/j/83497960484?](https://us02web.zoom.us/j/83497960484?pwd=bGkxSmxySEVibHFrbDVKVIV2a1Uvdz09&from=addon)

[pwd=bGkxSmxySEVibHFrbDVKVIV2a1Uvdz09&from=addon](https://us02web.zoom.us/j/83497960484?pwd=bGkxSmxySEVibHFrbDVKVIV2a1Uvdz09&from=addon)

**Meeting ID: 834 9796 0484**

**Passcode: 161917**







# NOTICE: First Nations Drinking Water Settlement DEADLINE HAS BEEN EXTENDED TO **MARCH 7, 2024**

If you lived on reserve during the below dates and lived in any of the areas linked to the water system below, you may be entitled to compensation.

Please call reception at **250.341.3678** to make an appointment to receive help with submitting your claim.

## Eligibility:

- People born before November 20, 1995 can only claim for advisory years after 2013;
- People born after November 20, 1995 can claim for all advisory years;
- People who passed away after November 20, 2017 can be compensated through a claim by their estate representatives;
- People who passed away before November 20, 2017 cannot be compensated.

Estate claims and representative claims for minors have their own forms that can be found on the website or at the band office.



**Sierra Stump**  
**Lands Manager**  
**Shuswap Band**  
**3A – 492 Arrow Road**  
**Invermere, BC V0A 1K2**  
**T: 250-341-3678 Ext. 1014**  
**F: 250-341-3683**  
**E: [ssump@shuswapband.ca](mailto:ssump@shuswapband.ca)**



# HEALTH DEPARTMENT UPDATE



For all your health care needs  
please call **(250)- 341- 3678**

## HEALTH CLINIC

Our health team is working out of the  
**Shuswap Band Administration building.**  
Please see the note on the side door to enter  
the Health Center or come to the  
Administration Building entrance.

## FOOT CARE CLINIC

Foot care clinic is on Wednesday, **March 1 and April 12, 9am - 3pm.**  
Book your appointment early!!

## COMMUNITY SOCIAL WORKER

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.

## COUNSELLING SUPPORTS

Counselling supports are available **EVERY TUESDAY with Trica.** If you require an appointment, please call 250.231.7805.

## MASSAGES

Massage will continue to be offered for all Band members even with the Health Centre being closed, massages will be at the **Rising Sun Massage Studio.** Please call Lynn directly to arrange your appointment: **250-341-5668.**

## 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.**

## DOCTOR CLINIC

Dr Clinic will be on **March 14 & March 28; 9am-12pm.**  
If you would like to book an appointment with Dr Mannheim, please call the Health office 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 books so times can be adjusted.



## 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.)



# TREATMENT FROM HOME

**Recovery for addiction, mental health, and trauma online**

**Online Intensive Outpatient Programs (IOPs) from EHN Canada enable recovery from a variety of struggles, without an inpatient stay.**

**Developed by EHN Canada's nationwide team of experts, our IOPs offer a variety of tools and methods to support a successful recovery. This includes weekly group therapy sessions, individual therapy, and a corresponding app that provides 24/7 access to progress tracking, coping mechanisms and more.**

**Through EHN Online, we offer expert-led treatment for:**

- **Substance Addiction**
- **Mood, Depression and Anxiety**
- **Workplace Trauma and Operational Stress Injury**

**And because addiction often comes hand-in-hand with mental health struggles, our IOPs are built to acknowledge them concurrently.**

**Recovery shouldn't have to wait.**

**Research shows that the sooner someone begins recovery, the greater the likelihood of a positive outcome. That's why our online programs follow a rolling intake model, so those in need can get the support they need, when they need it.**

**Ready to learn more about how our online programs can help?**

**Let's chat. Call: 1.866.984.0142**



Please join us in welcoming **Sheila Fontaine** as our Language Planner!

This is a newly created, full-time, year-round position based in the Shuswap Band Administration Office. Sheila will lead the development of a 5-year language plan, learning and understanding what Band members want for language revitalization. Once the 5 year plan is solidified, Sheila will lead the programming to ensure language is returned to the Shuswap People.

The enthusiasm and commitment Sheila has shown in supporting the Silent Speakers Program will be a tremendous asset in her work as Language Planner for the Shuswap Band.



**Sheila Fontaine**  
**Language Planner**



**Stephanie Miller**  
**Administrative Assistant**



Please also welcome **Stephanie Miller**, who has started recently as the Health Center's new Administrative Assistant.

From Stephanie:

"I moved to the valley about 17 years ago from Cranbrook with my husband and daughter. We fell in love with the beauty of the valley and the people . We decided to make this our forever home. I'm excited to be brought on to the health team and look forward to meeting everyone."

# Guardians in Training Over- Night Youth Camp

JUNE 6TH - 9TH, 2023

@BLUE LAKE CAMP

A great opportunity for any youth  
ages 12-18 for a fun learning  
experience on how to become  
guardians of our shared territory.  
Also seeking Knowledge Holders



**SIGN UP WITH CHENOA PACCAGNAN**  
**CPACCAGNAN@SHUSWAPBAND.CA**



# Community consultation:

## ECCC- Wilmer prescribed burn.

Tuesday, March 7th 4-6 PM

**We are looking for input from community members who have cultural, ecological, and traditional ties to the CNWA (Columbia National Wildlife Area), located West of the Wilmer Wetlands**

**Goals of Consultation:** To compile a list of cultural values associated with the CNWA/prescribed burn unit. These values will later make up the "cultural inventory" for the unit, and will inform conservation and management plans, as applicable.

Door Prizes, Honoraria and Dinner will be provided.

For more information or to participate in this Consultation please contact:

Enola Eugene: 250-858-9715 -or- [eeugene@shuswapband.ca](mailto:eeugene@shuswapband.ca)

Sierra Stump: 250-341-3678 Ext. 1014 -or- [sstump@shuswapband.ca](mailto:ssump@shuswapband.ca)





# WE ARE HOLDING A Food Safe Course

**MARCH 10**

**9:00 am to 4:00 pm**

**There are 9 spots  
available.**

**Call NOW  
GET YOUR  
SPOT!!**



**To register, please contact  
Kaylene Earl  
[educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)  
or call  
250-341-3678 extension 203.**



# Harm Reduction Saves Lives



**You can access harm reduction supplies  
from the Shuswap Health Team!**

These include:

- Narcan/Naloxone
- Clean needles, pipes, alcohol swabs, water viles, foil sheets, and tourniquets
- Drug testing kits
- Male/Female Condoms

**There will be information and  
supplies available at the  
Food Box on March 2, 2023**



**COLUMBIA  
VALLEY**

# Talent Show

**★ BACK AFTER 28 YEARS! ★**

**SUNDAY, MARCH 12, 2023**  
**@ INVERMERE'S COLUMBIA VALLEY CENTRE**  
**2-4 PM**

**FREE ADMISSION, FAMILY-FRIENDLY**

**HAVE A TALENT YOU'D LIKE TO SHARE?**  
**DON'T BE SHY. ALL LEVELS & ABILITIES ARE WELCOME.**  
**PERFORMERS & VOLUNTEERS: CALL BILL @ 250-341-7509**



# Update on the Shuswap Guardian Program

**The Guardians have been hard at work in training, learning Industrial First Aid, Wilderness First Aid and computers. They begin the 6 week customized Guardian Stewardship Program on Feb 27th and will be ready to work in the Territory by mid-April.**

Here are photos of the  
group  
on a day hike to the  
pictographs.





# EMPLOYMENT OPPORTUNITIES



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

**Human Relations Generalist**

**General Manager- Kenpesq't Holdings LTD**

**Office Manager**

**Tutor & Learning Support**

**Policy Writer- Health & Safety Specialist**

**Family & Youth Support Worker (Contract)**

**Guardians (Full time, Casual or Contract)**

**Cultural & Heritage Coordinator (Full time, year round)**

**Shuttle Driver (Full time, year round) -**

**Territorial Stewardship Director**

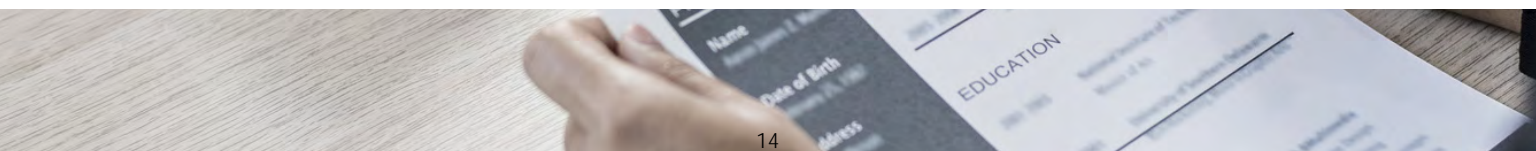
**Community Health Nurse ( Part time. Maternity Leave)**

**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.





# EDUCATION DEPARTMENT

Submitted by Chenoa Paccagnan  
Education & Employment Coordinator

## Welcome spring!

- 1). Schools are now accepting applications for fall education programs and the Shuswap Band wants to support your post secondary educational endeavors. Please look on the secured section of the website for the Post Secondary Education Policy or contact Chenoa in the Education Department. If you are thinking about school, don't delay - contact us to get your application started.
- 2). Driver's training available- contact the Shuswap Education Department.
- 3). The Shuswap Band is hoping to put on more events for Silent Speakers throughout 2023. If you are a Silent Speaker who has lost the language, and is interested in remembering, please contact Sheila Fountain at the Administration Office.

3A - 492 Arrow Road  
Invermere, BC V0A 1K2

Direct: 250-341-3678 ext. 203

Fax: 250-341-3683

E: [cpaccagnan@shuswapband.ca](mailto:cpaccagnan@shuswapband.ca)





# Community Housing Plan

The Shuswap Indian Band is currently undertaking an Integrated Community Housing Plan and we would like to hear from our members!

## WHY DO A HOUSING PLAN?

In undertaking this Plan, the Nation is hoping to:

- Assess and identify the housing needs of the community, both in the near and long-term;
- Identify areas for future community housing;
- Engage community members on their preferred housing locations and types;
- Review funding opportunities available to the Nation to meet their desired housing targets for immediate and future needs;
- Assess and identify labour and resource capacity to complete the work; and
- Identify development opportunities and constraints, including infrastructure considerations.

## WHAT HAS BEEN COMPLETED TO DATE?

This work is being undertaken through funding from the New Approach to Housing Stream: Governance and Capacity program, and the Nation has engaged the consulting firm Urban Systems to assist in developing the Plan.

Work completed to date includes:

- Compilation of background information and relevant background data;
- Lands assessment;
- Infrastructure assessment;
- Geotechnical analysis at Lot 30/Village Site; and
- Development opportunities and constraints analysis.

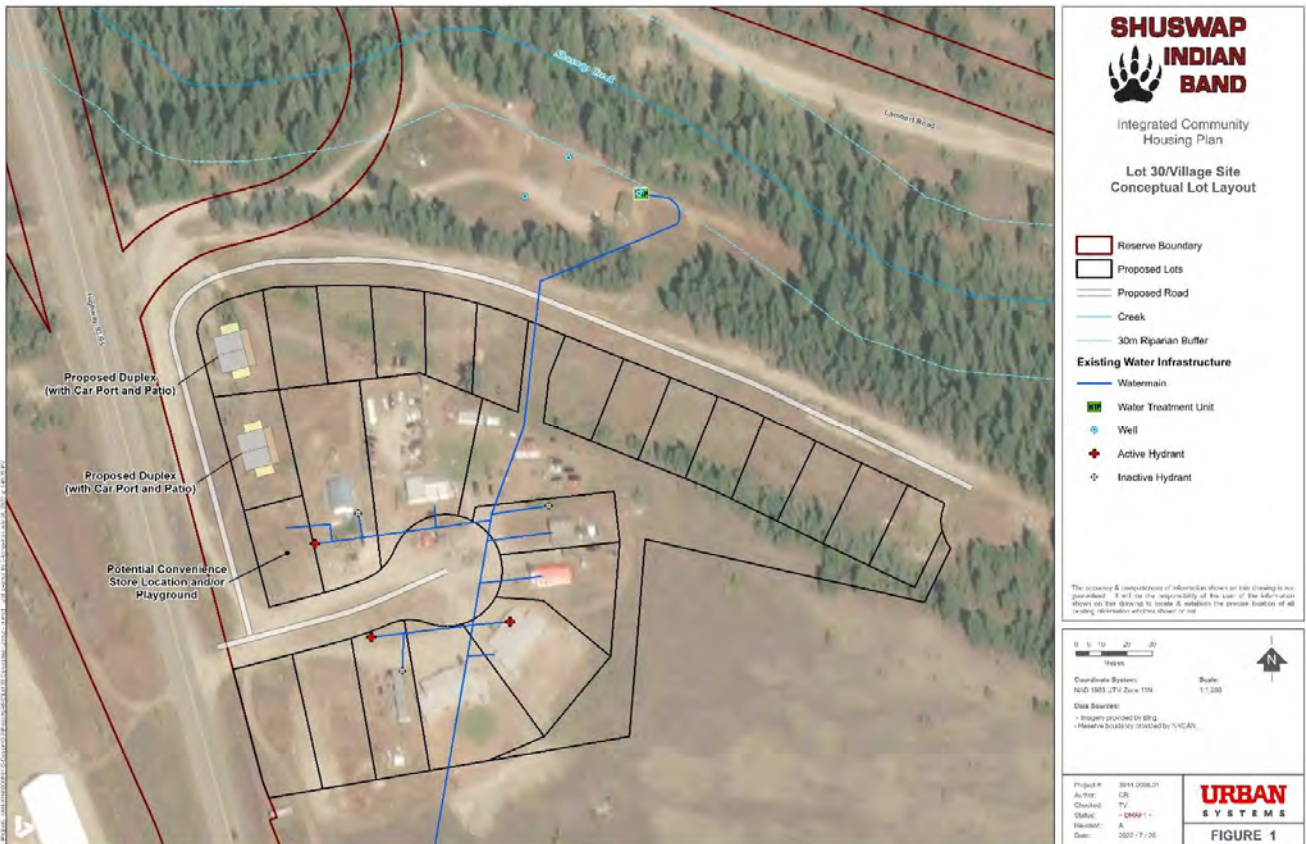
Through this work the Project Team has identified two (2) preliminary locations in which the Nation may pursue future community housing. These locations have been presented to Chief and Council and we would now like to engage community members.

These sites are presented on the following pages.



## SITE 1: LOT 30/VILLAGE SITE

The Nation is currently exploring expanding housing at the Lot 30/Village Site. This includes the creation of 14 additional lots on the bench below (north) of the current development, as well as a re-alignment of the existing parcel configuration. The Conceptual lot layout is presented below.



1. Do you support additional community housing at the Lot 30/Village Site?

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2. Is this a location in which you would like to live?

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3. Do you have any concerns with developing expanded community housing at the Lot 30/Village Site?

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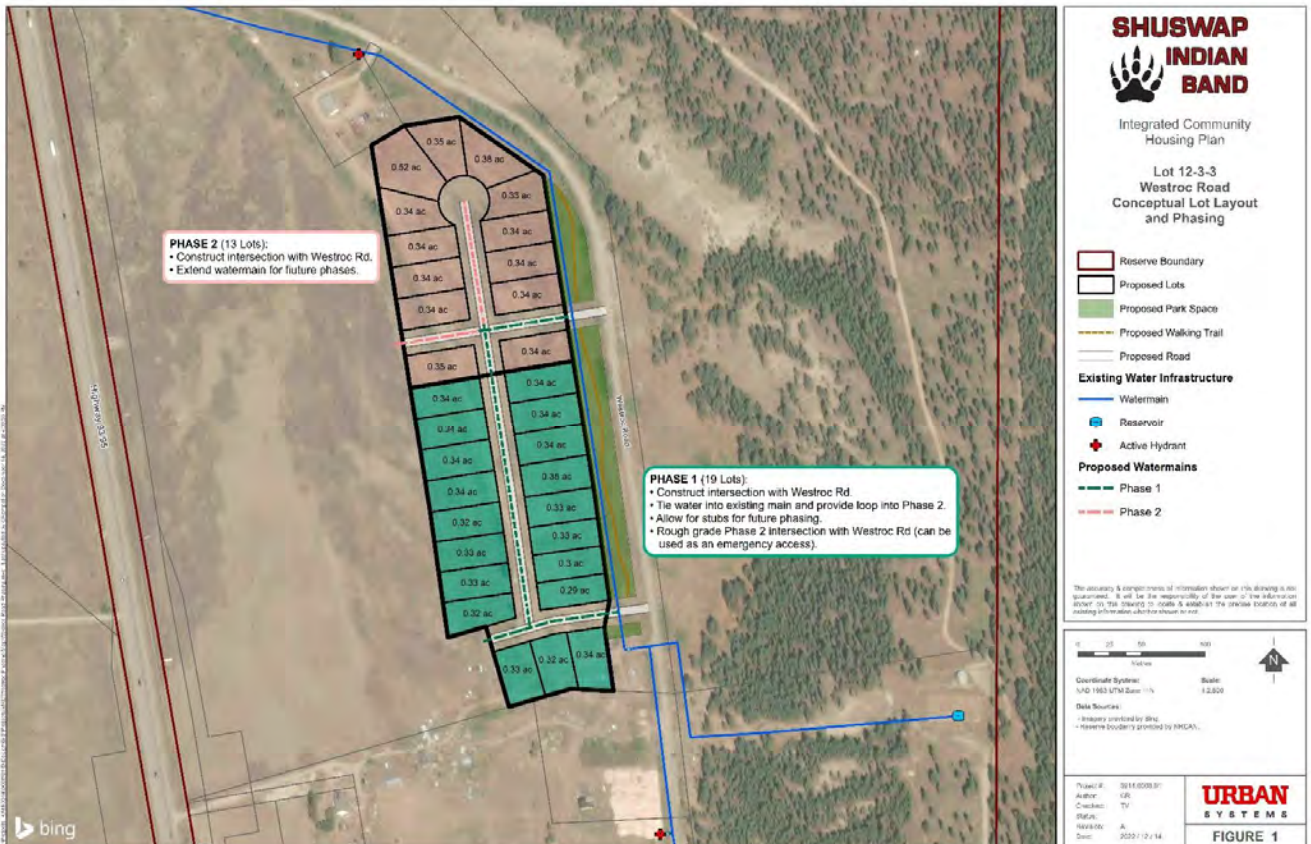
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## SITE 2: LOT 12-3-3 (WESTROC ROAD)

Lot 12-3-3, located between Westroc Road and Highway 93/95, has been identified as the potential location for a new community housing subdivision. The conceptual Plan below illustrates a potential two-phased approach, with Phase 1 including 19 lots and Phase 2 including 13 Lots. It should be noted that this lot layout is conceptual only and subject to change.



1. Would you support the development of a community housing subdivision on Lot 12-3-3 (Westroc Road)?

2. Is this a location in which you would like to live?

3. Do you have any concerns with developing community housing on Lot 12-3-3 (Westroc Road)?

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## "Emotions"

Please find the Secwepemc word in the puzzle.

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

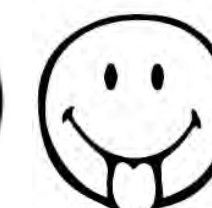
**NEKWESTSUT**  
**ENISTE7**  
**TQELTIC**  
**ICWLEM**  
**GEYPELLTSA**  
**NECWEYT**  
**ESTXWEL**

ALONE  
 FRIGHTENED  
 ENTHUSIASTIC  
 SUSPICIOUS  
 ANGRY  
 SAD/SORRY  
 EMBARRASSED



**SPYEY**  
**TEKTSOLEM**  
**QESQSEP**  
**GEYEP**  
**G7ILC**  
**TSALT**  
**KIST**

JOY/HAPPINESS  
 FLIRT  
 ITCHING  
 MAD  
 AGITATED  
 BITTER  
 BAD





Happy Birthday Ida Rivers! From a bunch of people who love you very much!

Happy Birthday Mike Stevens! from your friends and family!

Happy birthday Candice Sam, Lee Peet & Don Devlin!

*If you would like to post something here: [comms@shuswapband.ca](mailto:comms@shuswapband.ca)*



**Congratulations**  
**Rennen Cullen**  
**for getting MVP**  
**in his last**  
**game of the**  
**tournament!!**  
**Way to go!!**

**A big Thank You to**  
**Councillor Martin for your**  
**generous donation!!**

## Funnies

- There are people out there training for marathons... and here I am on the couch, trying to lasso the remote with my phone charger.
- Whoever said: "Out of sight-out of mind", never had a spider disappear in the bathroom.
- What I say to my dog as I leave the house: "Mommy has to leave-be a good girl-here's a treat-I will be back soon- take a nappy- we will play when I get back-mommy loves you-I will be right back-bye bye baby girl." To my husband when I leave the house: "Bye".
- I need everyone to wish me luck. I have a meeting at the bank later and if all goes well -I will be out of debt. I am so excited I can barely put on my ski mask!
- When people try to come back into my life after doing me wrong...nope...sorry... I can't... I already told my mom what you did.
- He wiped away her tears and accidentally her eyebrows too!
- I don't always have time to fold and put away my laundry, but when I do - I don't.
- The older I get- the more I understand why roosters just scream to start their day.
- My wife yelled from the bedroom asking, "Do you ever get a shooting pain across your body like someone has a voodoo doll of you and they are stabbing it?" I replied, "No." She yelled back, "How about now?"