



# Shuswap Band Newsletter

Pellcwewlemten (May) 2023

## Message from Chief & Council Weyt-kp membership

*Happy Mother's and Grandmother's Day to all our hard-working moms and grandmas. Wishing you a lovely day, a special hug from your kiddos, and maybe even breakfast in bed. Happy Mother's Day to all the mothers, grandmothers, sisters, aunties and cousins.*

*It was so great to see our community come out to support the Recognition Celebration we hosted in April. All of those honoured have created such positive change for our community. Congratulations and look for another call out for the next celebration!*

*The Columbia Collaborative document is finally coming to its final stage of signing. It has been a long three years in getting this six-band Collaborative signed. There have been lots of drafts and Covid put a hamper on our travel to the communities, but we are getting close. This agreement will help the Bands work together on all projects and initiatives related to the Columbia River Basin.*

*Our second annual Ceremonial Salmon Release is booked for Friday, May 26th, if all plans go accordingly and temperatures stay within the safe release protocols. Details to follow!*

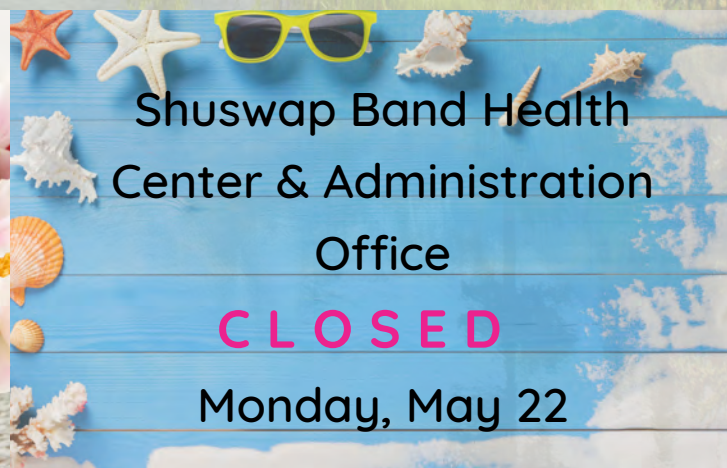
*Chief & Council met with Splat sin, Little Shuswap Indian Band (now known as Skw lax to Secwepemculecw) Neskonlilth, Adams Lake, and Parks Canada in Revelstoke. The discussions focused on Secwepemc priorities for the park. We will be getting hang tags for our mirrors for free access to the park and pools, harvesting in the park, cultural teachings for Parks staff from our communities, space and privacy for our gatherings and signage, to name a few priorities addressed. We also discussed the Indigenous Guardians Program, the Indigenous Stewardship Framework and the draft UNDA Action Plan.*

*There are lots of community events coming up, and hope to see everyone getting involved where they can. A huge thank you to all our staff who work so hard to support the needs of our community.*

*Biweekly chief and council meetings occur every 2nd Tuesday. Please submit directly to Gladys: [ea@shuswapband.ca](mailto:ea@shuswapband.ca)*

## Mother's Day Brunch

May 14  
11 am-1 pm  
Community Hall



Shuswap Band Health  
Center & Administration  
Office

**C L O S E D**

Monday, May 22



# PELLCWEWLEM TEN (MAY) 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	MMIWG WALK PLANNING	Community Engagement 4-6	*Massage *Culture Projects & Drumming *Elder's Trip to Cranbrook	*GOOD FOOD BOX *Culture Projects & Drumming	MMIWG WALK 2pm  Dietician & Smoothie Break	
7	8	9	10	11	12	13
	Regalia/ Drumming 5- 7pm	Language 5-7	*Regalia/ Drumming 5-7pm *Massage *Language En- gagement 5-7 *McHAPPY DAY @ McDonalds			
14	15	16	17	18	19	20
<b>Mother's Day Celebration 11am</b> see poster for details	Regalia/ Drumming 5- 7pm	Language 5-7  Dr Clinic & Phar- macist	Regalia/ Drumming 5-7pm  Massage	GOOD FOOD BOX	SHUSWAP CLEAN UP— see poster for details	
21	22	23	24	25	26	27
	<b>OFFICE CLOSED</b>	*Language 5-7 *Dr Clinic & Pharmacist	Massage  Foot Care Clinic		<b>Salmon Release at Dutch Creek</b>	
28	29	30	31			
		Language 5-7	Massage			

Shuswap Administration Office: 250.341.3678

Shuswap Health Center: 250.341.7786 or 778.526.8323

## **HEALTH DEPARTMENT UPDATE**

**For all your health care needs please call**

**(250)- 341- 7786**

### **Dr. Clinic**

Dr Clinic will be May 16 and May 23, 9 am-12pm. If you would like to book an appointment with Dr Mannheimer, 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, so times can be adjusted.

### **Dietitian**

If you require any supports with your dietary needs please call 250.341.7786 to arrange an appointment. May 5 & 16. May 5 will also be a Smoothie Break Day- be sure to stop into the Health Center.

### **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.

### **Massage**

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

### **Pharmacist**

We are honored to have Emilie Lamoureux join in our outreach partner at the Shuswap Health Centre this year. Emilie provides medication management, recommendations and education for members. She works closely with your physician to address medication concerns, any adverse reactions and identifies prescription funding options. Chronic illnesses are also addressed, and helpful suggestions are made to make your life easier. Emilie is at the Health Centre once a month, on clinic day. Make an appointment to have your individual needs met in private consultation with Emilie, by calling 778-526-8323.

### **Foot Care Clinic**

Foot care clinic is on Wednesday, May 24, 2023, from 9-3pm.

### **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.)



**NATIONAL DAY OF  
AWARENESS:  
MISSING & MURDERED  
*INDIGENOUS*  
WOMAN & GIRLS**



**WALK & DRUMMING**

**Date: MAY 5**

**Time: 2:00 pm**

**Place: Shuswap Band Hall Parking Lot**

**\*BRING DRUMS & WEAR RED**

**\*EVERYONE IS INVITED**

**\*Light snack & water provided**

**\*If you would like a Red Dress put up in memory of a  
MMIWG, please let Clarissa or Suzie know.**

*No more stolen sisters!*





Shuswap Band Members are invited to attend:

# **CEREMONIAL SALMON RELEASE**

**May 26, 2023**

**noon** (time approximate /contingent on fish arrival)

**@ Dutch Creek, Fairmont Hot Springs**

# **FEAST & CELEBRATION**

**May 26, 2023**

**3-5 pm @ CV Community  
Centre**





# Shuswap Community Members

CULTURE EVENTS & WORKSHOPS IN MAY 2023

**Finishing Culture Projects/Drumming Practice**, eg. drum sticks, beading, drum bags, baby boards.

**April 26, 2023  
May 3 & 4  
5:00 PM – 7:00 PM  
Band Hall Basement  
*Dinner Provided***



**Missing & Murdered Indigenous Women & Girls WALK**

**MAY 5, 2023  
(May 1- planning for event)**



**Regalia Making & Drumming Practice**

**May 8, 10, 15 & 17**

**5:00 PM – 7:00 PM  
Band Hall Basement  
*Dinner Provided***



**NOTE: If you need a ride to any or all of these workshops, please call the office & leave your name.**

**If you are interested, please contact: Clarissa Stevens  
Ph: 250-341-3678 exr.206 Direct Line - 778-526-8115  
Email: cstevens@shuswapband.ca**





# *Language*

(OUR VOICE)

SHUSWAP COMMUNITY  
ENGAGEMENT

**MAY 10, 2023  
5PM-7PM  
BAND HALL**

What do you want from the  
Secwepemc Language  
Program?

What are our GOALS? our  
OBJECTIVES? our VISION?

**DINNER INCLUDED  
GIFT CARDS FOR ALL ATTENDEES**

Please RSVP to Sheila Fontaine  
250.341.3678 ext # 1015 or  
[sfontaine@shuswapband.ca](mailto:sfontaine@shuswapband.ca)





SHUSWAP BAND MEMBERS  
PLEASE JOIN OUR

# MOTHER'S DAY *Brunch*

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WHEN: MAY 14  
TIME: 11 AM - 1 PM  
WHERE: SHUSWAP BAND  
COMMUNITY HALL

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TÁ7ÁCW MÉMÉ7 TÉSITQ̓T  
("Happy Mother's Day")

Please RSVP to:  
Suzie Thomas  
[stthomas@shuswapband.ca](mailto:stthomas@shuswapband.ca)  
778.526.8116



My name is **Jillian** and I have the pleasure of volunteering within the Shuswap Band Health Department as a College of the Rockies Human Services Worker practicum student. I am a Métis, mother of two boys, ages 7 & 10, who has found a passion for advocacy, providing support, and navigating the vast world of local, provincial, and federal supports, resources and services available to Canadians. Along with my current post secondary education as a Human Service Worker, I completed my Early Childhood Education in 2016. I have been learning about theories and principles of supporting behaviour change in the human service field.



**Jillian McDonnell**  
Human Services Worker  
Practicum Student



I am learning practical tools for encouraging change at the individual level and methods to address systems that perpetuate inequities in society using an empowerment approach that is client led, solution orientated and is focused on strengths-based practices. As a human service worker, I am gaining understanding of the diverse nature of individuals and families, the issues and challenges that can be barriers to health, employment, education, home and food security and how to assist in building skills to work collaboratively to support others.

I would like to acknowledge the homelands of the Secwépemc, Ktunaxa and Kinbasket Nations. It is a privilege for me to live, learn, and share on this traditional territory and I am grateful for this opportunity. I look forward to this opportunity,

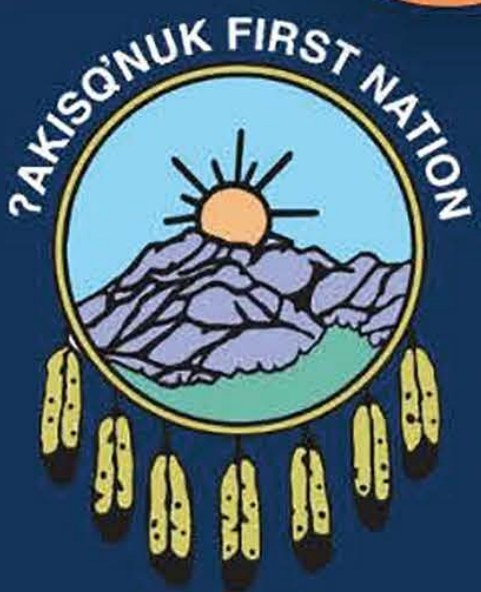
thank you!



# 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**





# SHUSWAP BAND SPRING CLEAN UP

## MAY 19, 2023



Do you have over sized items  
that need to be taken to the dump?

Example: old beds, bedframes, mattresses, BBQs ect.

**We can take those items to the dump for you!**

Haul your items to the end of your driveway on May 19th and we will  
be by to pick it up.

If you need assistance or have questions, please call  
Tyler at 780.554.2969 or the Shuswap Administration  
Office 250.341.3678 or toll free 1.833.947.0727



# EMPLOYMENT OPPORTUNITIES



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

**We offer a wide variety of perks including:**

- *Utility Operator*
  - *Camera Trap Technician*
  - *Tutor & Learning Support*
  - *Policy Writer- Health & Safety Specialist*
  - *Guardians (Full time, Casual or Contract)*
  - *Territorial Stewardship Director*
  - *Community Health Nurse ( Part time. Maternity Leave)*
- Employer matched pension plan
  - Extensive health and benefits package
  - Generous vacation including 2 weeks paid holiday over Christmas
    - 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.





April 25 until June 20, 2023

5pm - 7pm

## Add a heading



or 250.341.5402





Happy Birthday Darrel Warbrick!

Happy Birthday Jade Tardiff

Happy Anniversary Verna & Basil Stevens!

**Congratulations- to another Shuswap Member who passed his driving test!!**

Well done! If anyone else would like assistance in getting your driver's license for the first time or for second or third time... contact the Education Department! They would love to help you achieve this!

*Happy Mother's Day* to all of the Shuswap mothers and grandmothers!! From Ida Rivers

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

## Funnies

- Marriage is having your spouse sit next to you and play videos on their phone while your trying to watch your favorite show.
- Being an adult is so dumb, my friend is coming over and I am excited to show her my new shower curtain.
- Sorry I didn't respond to your email. I read it at a stoplight taking my kids to school and remembered it 4 months later.
- I love it when the kids tell me that they are bored. As if the lady standing in front of a sink full of dirty dishes is where you go to get ideas about how to have a good time!
- Height differences are great- as long as it is not between two books from the same series.
- My top 3 assumptions when I hear the door bell ring: 1) murderer! 2) Police telling me bad news 3) that book I ordered about positive thinking.
- Everyone is fighting a battle you don't know about-- except me-- I am complaining loudly about my battle and everyone knows about it.
- You know what is strange about having kids? All of the sudden there are rocks in every room in the house, and you don't even take them outside. You just leave them there. You just accept that you now have indoor rocks.
- If I had a vision board- it would look suspiciously like a charcuterie board.
- My toxic trait: telling people that I am down for anything, when in reality- I mean, not after 8pm, food should be involved, and it all depends on the weather, the parking and how tired I am.

