



# Shuswap Band Newsletter

Pestemlilk (July) 2023

## Message from Chief & Council Weyt-kp membership

Summer is officially here!

Children are out of school and the hot weather is here to stay.

If this was 90 years ago, we would be busy catching, cleaning, and preparing our catches of chinook salmon from our favorite fishing area. The CRSRI group is actively conducting an experimental release, where close to 50 thousand sockeye smolts were being released in May. Of the 50 thousand, 24 thousand of those fish were tagged and will be monitored to evaluate their travel to the ocean. This is important information that will indicate where the most difficult areas are to navigate for the smolts. We are proud to mention that our own Shuswap Guardians were involved, over a week in May, to tag the smolts in Penticton. This project demonstrates the 3 Nations working together towards a common goal of salmon restoration.

Also, on the salmon side of things, the Youth Salmon Warriors Camp wrapped up a second year of engaging young adults in cultural activities surrounding salmon. Everything from water ceremony to salmon canning had the Salmon Warriors busy at Ravens Nest. We look forward to their report on this year's exciting camp. Last year's event and outcome were awesome. We had comments that "The children left home kicking and screaming, and when they left camp, they went kicking and screaming". Obviously embellished but was intended to demonstrate the power of camp on youth.

The Columbia Collaborative is getting prepared for the initial meeting of the signatories. They are: Shuswap, Splatshin, Little Shuswap Lake, Adams Lake and soon Simpcw Bands. Neskonlityh is intended to sign on but will require some more work to get there. The intent of the collaborative, which Shuswap Band has been leading the formation of, is to have a forum where Columbia River issues can be brought and acted upon without disrupting or being disrupted by Fraser River

issues. This has been the issue in the past with our participation at the Secwepemc Fisheries Commission. One of the first items to discuss will be scheduling and representation. But there are substantive issues that need to be addressed like CRT and Salmon Restoration. Also, to note that the SNTC received 21 million dollars derived from Columbia River CRT Interim Benefits process and the Columbia Collaborative is intended to be that vehicle to guide the management of the resources from the Columbia. That 21 million is the start of an interim 4 annual payments of approximately that amount, possibly higher based on market prices and other factors. The collaborative will be instrumental in directing those funds.

BC Hydro and Shuswap are engaging in developing a Relationship Agreement that will provide benefit to the Band and ensure that we have a voice that will be heard in Columbia River Operations. This is actively ongoing and touches points that are being discussed at the CRT level, which makes it more difficult to work through some points. The Band still has an agreement with BCH that allows educational funding, procurement through direct awards and other benefits. The relationship agreement will take us another step towards understanding the impacts of hydro on the Band and allow us to be compensated.

The Pacific Wood Tech transfer from LP in Golden is moving along and has action towards developing a Relationship Agreement with the company that is new to our territory. The Golden Community Forest we have been pursuing with the Town of Golden hasn't had much traction lately and will take some discussion at the minister's level to get moving. We are reviewing an opportunity to acquire 90 thousand cubic meters of wood to demonstrate a new way of harvesting that may revolutionize the industry, or at least show a better way of logging.

# Pestemlik

## (July) 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
		Dr. Clinic Dietician	Foot Care Clinic Massage	Foot Care Clinic		
9	10	11	12	13	14	15
			Massage	FOOD BOX		
16	17	18	19	20	21	22
			Massage Learn to Fly Fish			
23	24	25	26	27	28	29
		Dr. Clinic Dietician	Massage	FOOD BOX		
		Secwepemc Summer Wilderness Camp				
30	31					

### NOTE: The following has been approved by Council:

**Summer Hours** for Shuswap Administration Office: The last few summers Shuswap has adjusted work hours to allow staff to have Friday afternoons off.

**July 3– September 1** the hours are as follows:

**Monday—Thursday 8:30am—4:30pm / Fridays 8:30am-11:00am**



# **HEALTH DEPARTMENT UPDATE**

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

## **Doctor Clinic**

Dr Clinic will be July 4 & July 25, 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 is booked so that times can be adjusted.

## **Dietician**

If you require any supports with your dietary needs please call 250.341.7786 to arrange an appointment. July 4 and July 25.

## **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**

There will be no Pharmacist in July.

## **The Good Food Box**

The Good Food Box will be available to pick up July 3 and July 27 from the Health Center basement. Please come between the hours of 10:30 am and 2:00 pm.

## **Foot Care Clinic**

Foot care clinic is July 5 & 6, 2023, from 9am-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.)



## Learn How to Fly Fish



Fly Fishing is considered by most people as the ultimate in sport fishing. The first step into this wonderful sport is learning how to cast a fly.

### Learn to Cast

This is your chance to learn the main parts to a fly rod, reel and line and successfully cast a fly.

### Date and Time

Wednesday, July 19 6:30PM

### Location

Band Health Center Basement

There is space for 4 students and all equipment is provided. If you are interested, please let Stephanie, at the Health Center know before July 13. See you for a fun evening.

PH# 778-526-8323 or Email [mc@shuswapband.ca](mailto:mc@shuswapband.ca)

THERE ARE MANY DAY TRIPS, SUMMER AND  
AUTUMN ACTIVITIES (FOR ALL AGES) HEADED YOUR WAY  
STAY TUNED FOR EXACT DATES  
AND LOCATIONS





# HAWK AWARD

Windermere Elementary School Hawk Award

This award is chosen by a vote by all the teachers at Windermere Elementary.

The student that is chosen shows leadership skills, follows all the school pillars and is an all around good student.

This year the vote was for Shuswap Band's very own MEMPHIS MARTIN

Congratulations Memphis Martin on this amazing accomplishment !!!





## Jesse St. John Utility Operator



My name is Jesse St John, I'm one of the new utility operators with public works/KWSC. I am originally from the most southeast corner of Ontario, in a town called Cornwall where I worked as an Environmental GIS and Field Technician. The main projects I worked on focused on the nearshore fish community and mercury inputs stemming from shoreline wetlands. This led to me offering my own personal drone and mapping services before I packed up and moved to Invermere to work at Panorama as a snowmaker and in the pumphouse! I'm very excited to be here with KWSC and all that we have coming down the pipe!



Shuswap Band is excited to announce that as of July 1st Corix is no longer a service provider. All Water and Sewer Operations are back in house!

## MEET OUR KINBASKET WATER & SEWER TEAM:

**Vaughn Taylor** – Sr Utility Operator



**Gage Martin** – Utility Operator in Training



**Jesse St John** – Utility Operator



***Be sure to say "Hi" when you see one of our company vehicles in the community.***

**OUR NEW 24 HOUR  
EMERGENCY NUMBER IS:**

**📞 1.250.409.5539**



**RR#2, 3-A Arrow Road  
Invermere, BC V0A 1K2**







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



T: 250-409-5539



F: 250-341-3683

[www.shuswapband.net](http://www.shuswapband.net)

## Stoddart Creek Community System Conservation Request

We are experiencing high water usage and to help reduce consumption across the system during these summer months and keep our Reservoir at a firesafe level, *Kinbasket Water & Sewer Co.* is asking for your help.

By following the water schedule below, you will help achieve a reduction in energy costs to produce water and effectively help increase the longevity of our wells, pumps and keep our community prepared during this fire season.

Watering Times – Effective Immediately	
<p><b>Sprinkler Usage</b></p> <p>Mornings 6am – 10am</p> <p>Evenings 7pm – 11pm</p>	<p><b>Even</b> numbered houses may water on Tuesday, Thursday &amp; Sunday</p> <p><b>Odd</b> numbered houses may water on Monday, Wednesday &amp; Sunday</p> <p><b>No watering</b> on Fridays to allow time for the reservoirs to replenish.</p>

KWSC asks that you follow this schedule for the duration of summer & dry season.

You may continue to use your household water system as you would normally but ask that you follow the schedule above for all sprinklers and irrigation.

For any questions, please contact the Public Works & Utilities department at:  
**[publicworks@shuswapband.ca](mailto:publicworks@shuswapband.ca)**



## 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**

## COMMUNITY CORNER

Happy Birthday Lexi! from mom, dad and sister Viv!

Happy 7th Birthday Neeko!! Daddy is so proud of you and your achievements in school this year! Good job!! Love daddy

Happy Birthday Danelle Fournier, Angela Eugene, Megan Eugene, Quinten Eugene, Wade Eugene and Audrey Eugene from your friends and family!! xoxo

Happy 7th Anniversary to Betty & Henry Burgoyne!!

Happy Birthday Neeko from your cousins, aunties and uncles!!

Happy FIRST Birthday to Layah! from auntie Betty



## FUNNIES

- What is a polar bear's favorite thing to eat? brrrrrrgers
- What do you call a rooster staring at some lettuce? chicken see's a salad
- Why did the cows keep returning to the field of marijuana? \*It was the pot calling the cattle back!
- There is a new trend in our office: everyone is putting names on their food. I saw it today when I was eating a sandwich named Kevin.
- I thought I wanted a career--turns out--I just wanted pay checks!
- Have kids if you want to watch the first 20 minutes of every Disney movie 700 times.
- 14 muscles are activated when you pour a cup of coffee... fitness is my passion!
- I wouldn't do anything for a Klondike bar, but I would do some shady stuff for a margarita and some tacos.
- My fashion decisions have gone from, "is this cute?", to, "is this comfy?" to "did anyone see me in this yesterday?"
- I just want my house clean enough so that if somebody drops by unexpectedly it doesn't look like we're losing a game of Jumanji.
- My wife bet me that I couldn't make a car out of spaghetti... you should have seen her face when I drove pasta.
- I am writing Spider Ma'am, about a middle aged woman who gets bitten by a radioactive spider but keeps it to herself because she doesn't freaking need this.



Shuswap Band Administration Office  
RR# 2, 3A- 492 Arrow Road  
Invermere, BC V0A 1K2

