



Shuswap Band Newsletter

PESXQELTEMC (JUNE)

2023

Message from Chief & Council

Weytk-p xexwéytep,

June already... it is that time of year when the students and parents are looking forward to a well-deserved summer break. Congratulations to all our grads! We are so proud of you.

Happy Father's Day to all the Dads!

Shuswap Chief and Council have been meeting with Canada on our Specific Claim for the Eastern portion of land lost to us. The Canada team was given a tour of the area on May 11th which will help them to understand our loss of use. Once we get some firm answers from them, we will be hosting a community meeting on this topic.

On May 26th, Shuswap Band hosted the 2nd Salmon Release at the headwaters of the Columbia River, followed by a feast and a giveaway. We were joined by members of the Ktunaxa Nation, the Okanagan Nation (who delivered the 1500 salmon fry), and the Secwepemc Nation, as well as many agencies and partners of the Band. The Band is very proud of our leadership in salmon restoration and of our team for their hard work in producing such an incredible event. The event continues to grow in numbers but also in the cultural aspect of what the responsibilities are of all involved - from spectators to Salmon Chief.

Indigenous Peoples Day will be celebrated on June 21st at James Chabot Park from 12 pm - 4 pm. Lots of activities are planned and it will be fun for the whole family. Shuswap Band is working toward an agreement to co-manage James Chabot Park with the District of Invermere, taking the responsibility away from BC Parks.

It .has been great to see our local community members attending lots of meetings and events. We are very proud of Shuswap Band's youths' progress in dance and culture. Their ability to carry themselves in such a manner makes us all hold our heads higher. Kukwtse'tsemc/Thank You to all our community and staff who are making this happen!

Our heartfelt condolences go out to the family of Tanya Decker who passed away on May 25th. A private family celebration of Tanya's life was held at the Band hall.

Chief and council meetings are bi-weekly; please email Gladys at ea@shuswapband.ca for any agenda topics would like to suggest.

THE SHUSWAP ADMINISTRATION
OFFICE & HEALTH CENTER WILL BE
CLOSED
JUNE 23 & 30, 2023

Pesxqeltemc

(June) 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Good Food Box—Lion's Hall		
4	5	6	7	8	9	10
		Dr. Clinic ELDER'S TRIP Cranbrook	Massage			
11	12	13	14	15	16	17
		Dietician Pharmacist	Massage	Good Food Box @ HC		
Feather Fan & Barrette Workshop June 11-15. More info on poster						
18	19	20	21	22	23	24
Father's Day			INDIGENOUS DAY CELEBRATION		OFFICE CLOSED	
25	26	27	28	29	30	
		Dr. Clinic Dietician	Massage Community Health Mtg. 4-6pm	Good Food Box @ HC	OFFICE CLOSED	

NOTE: The following has been approved by Council:

- 1– Staff will have June 23rd off in lieu of working NIPD (June 21) Office will be closed.
- 2– July 1 is on a Saturday, the office will be closed Friday June 30.
- 3– 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 of your health care needs
please call 250.341.7786**

Dr Clinic: June 6 & 27

If you would like to book an appointment w/ Dr. Manheimer,
please call the Health Center.

Dietician: June 13 & 27

Good Food Box:

June 1 - please pick up your box at the Lion's Hall between 10:30 am and 2:00 pm.

June 15 & 29 - you can pick up your box at the Health Center's basement
between the hours 10:30 am and 2:00 pm

Elder's Trip to Cranbrook: June 6

Massage: June 7, 14 & 28

Massage will not be available June 21. Please, call Stephanie at the Health Center
to book your appointment with Lyn.

Mental Health Counseling & 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 all week for support. Should you
need any assistance with applications or social work related issues, please call the Health
Center.

Pharmacist:

Our pharmacist Emilie Lamoureux, provides medication management, recommendations and
education for our Shuswap members. She works closely with your physician to address your
medication concerns. Please call 778.526.8323 to make an appointment to have your individual
needs met in a private consultation with Emilie.

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 reduction supplies for anyone in need.

Staff will support you with your needs in a confidential and safe manner: *Naloxone kit training
available upon request. * Fentanyl testing strips and training upon request. * Harm reduction
supplies: sterile needles, sharps bins, sterile cookers with filters, safer sex supplies, straight and
bubble pipes, etc.



Community Health Meeting

June 28th from 4-6pm

Come and join us for a fun short bike ride on the Shuswap Land out into the Eagle Ranch area

This will be a fun evening about the benefits of activity To your health. We will be discussing the Health Benefits of Cycling for your mind and body.



We will also have one or two of the special bikes from Cycling Without Age to show, and to take some of the elders for the ride with us !

This is an ALL AGES event and we would love to see the young and old join together to enjoy

An Evening of fun for the whole Family!

Dinner provided



We can arrange to have bikes
picked up if needed

Door prizes to be won!

Please RSVP to:

778-526-8323

mc@shuswapband.ca

Thank You

Submitted by Danielle Armstrong, Health Director

Thank you to everyone who made our wellness day a success. We had over 70 members come through and receive a variety of wellness services that included hairdressers, barber, reflexology, reiki, facials, nail technicians, foot care, brow threading and guided meditation and yoga sessions. We gave away 49 door prizes and would like to thank our community sponsors for their donations. Kukstsemc/Thank you to: Valhalla Pure Outfitters, Inside Edge boutique and sports, Fire Vixen, Black star studios, Lather and Light Soap and Candle, Kootenay Artisan Cooperative, Lambert Kipp Pharmacy, Rigid Plumbing, Effusion, Village Arts, Tim Horton's, Tea Etc., Re-Fresh Family Consignment, Panorama, Dairy Queen, Lynz Hair Design, Sasha Eugene, The Brick, Syndicate Board Shop, Simply Nails and Valley Foods.

A huge thank you to our health team for all your hard work in making this event possible for the community. We saw many smiles on this special day and it was great to see so many people taking a needed break to pamper themselves.

Watch for a date this fall for our next wellness day.



Shuswap Band's Recreation Policy Updated



Submitted by Chenoa Paccagnan
Education & Employment Manager



Recreation Policy has been updated and is now **the Extra-Curricular Activity Policy.**

Chief and Council have revised the policy to allow all children under 19 who are status Band members and children of status Band members to have activity fees paid for all extra-curricular activities. (Including but not limited to: soccer, baseball, swimming, skating, hockey, painting, and more.) Please refer to the policy included in the June newsletter. The policy is also posted on the web-site.

There is also no longer a \$1,000 per child per year limitation. You have unlimited funds to spend on children's activities.

Receipts should be submitted to Suzie Thomas at the Band office.

The Extra-Curricular Activity Policy can be found on the Shuswap Band's webpage under: "Programs & Services"/ "Education and Training"

*Salmon Release 2023
was a fantastic
success.*

*Kukwstec-kuc to
everyone who made
this event possible!!*

*We look forward to seeing you
at the Salmon Feastival in
September !*

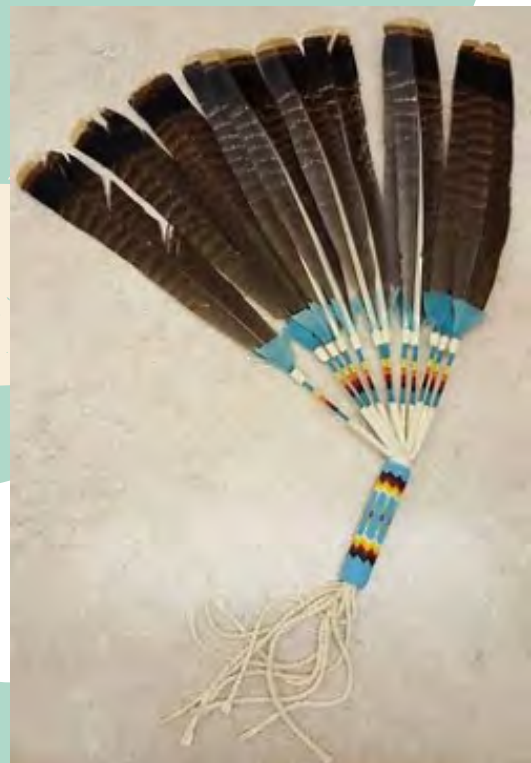


Kukstsemc

FEATHER FAN & BARRETTE MAKING

June 11-15

Bandhall Basement



Need to register for this workshop:

- ✓ You will learn how to create a feather fan or barrette.
- ✓ All the supplies will be provided.
- ✓ Lunch and drinks will be provided.

Only 10
Seats Available!

CALL Now!

To Register:
Clarissa Stevens

Ph: 250-341-3678 exr.206
Direct Line - 778-526-8115
Email: cstevens@shuswapband.ca



Gage Martin

Utility Operator in training

My name is Gage Martin and I am a Shuswap member who has lived on the Reserve my whole life.

I am a member of Team BC and will attend the North American Indigenous Games in Halifax in July. I am the newest member to join Kinbasket Water and Sewer as a Utility Operator in training and I look forward to completing my education and training here, helping my community and our people.

Shuswap Band teen joins Team BC

*By Julia Magsombol
Local Journalism Initiative
julia@columbiavalleypioneer.com*

Hitting a home run feels like winning — at least this is how Shuswap Band member Gage Martin feels making Team BC.

"I was pretty excited. It's definitely a good thing to hear," Martin said.

Martin has a long family history in baseball and softball. Chief Paul Sam was his great-grandfather, a legend in the Indigenous sports world. Martin's grandfather was a member of the BC Arrows, which captured six Canadian all-Native titles in two decades. Randy Martin, his father and a baseball player, played on a state-champion team in California. His uncles are also talented athletes. This pushed Martin to pursue his love and passion for baseball.

"I want to say many thanks to my uncles and all my family that pushed me to

do this," Gage said.

He played in many leagues and on Rep teams in both Invermere and Cranbrook. And with all the hard work that Gage has been doing, he will represent the team at the upcoming 2023 North American Indigenous Games as a member of the U19 softball team.

He explained how he felt excitement to be part of the team when he first heard the news. He noted the first tournament will be in July which makes him feel "pretty nervous." But he will try his very best as he practices four days a week.

When asked about his inspiration, he said: "I want to follow my dad's footsteps. I want to keep playing as long as I can. I want to thank Team BC for giving me the opportunity to play [with them]."

Gage's first tournament is in Prince George in July.

For more information, visit: www.facebook.com/groups/158414297680252

Gage is highlighted in this week's Columbia Valley Pioneer. Picture and article here.




Gage Martin has a passion for baseball and hopes to make his family and community proud while playing for Team BC.

REGISTRATION IS NOW OPEN for the FREE Bears' Lair Youth Business Dream Camp July 10th, 11th & 12th


The Bears' Lair team is excited to host a free **3-day Indigenous Youth Dream Entrepreneur Camp** this summer from July 10th to 12th. We are honoured to work with leadership teams from the **Shuswap Band** and **Ktunaxa Nation** to bring our Youth Business FUNdamentals program to Youth in the region - sign up now to experience 'life as an entrepreneur' for 3 fun-filled days this summer!

All Indigenous Youth ages 11 to 18 in the region can SIGN UP NOW for an interactive Business Dream Camp. Make new connections and friends, learn how to shape a start-up plan and create Team Video Pitch...we provide all of the food, games, hands-on activities and prizes for 3 fun-filled days!



SIGN UP NOW!


FREE, FUN-FILLED 3-DAY SUMMER BUSINESS BASICS PROGRAM!




JULY 10th, 11th & 12th ~ YOUTH BUSINESS DREAM CAMP

Registration is open NOW for ALL Indigenous Youth ages 11 to 18 in the region!


Thank you to our
Community Champions!



KTUNAXA
NATION



Thank you to our
amazing sponsors!



PAPER
EXCELLENCE

25 SPOTS OPEN!
TEXT 'DREAM CAMP'
TO 604-783-8304

There's only 25 spots available! **PLEASE APPLY BY MAY 30TH**, as we are writing proposals to secure travel support for Youth and their families to attend. [CLICK HERE TO APPLY NOW!](#)

What happens at a Youth Dream Camp? Watch highlight videos on [Bears' Lair TV YouTube!](#) We provide everything to shape your ideas for NEW business into start-up plans!



- Tons of food, fun, workbooks, FREE hoodies and chances to win prizes.
- A safe, inclusive learning space to explore new ideas, develop skills and build social confidence.
- Hands-on activities to tackle 5 Team Challenges with Team Coach/mentors. Work with your Team to shape a start-up business plan then create and record your own Team Video Pitch!

One Youth Team will EACH WIN \$250 at the Community Celebration Dinner Event on July 13th!

Learn more on [Dream Camp Posters](#) - and be sure to share the news with your friends!

We are honoured to work with team members from the **Ktunaxa Nation** and **Shuswap Band** to support Indigenous Youth ages 11 to 18 from across the region to attend this FREE Business Dream Camp!



LOCATION: The 3-day Youth Dream Camp and follow-up Community Celebration Dinner Event will be hosted in Ktunaxa Nation territory, but is open to ALL Indigenous Youth in the region.

DREAM CAMP TRAINING DATES – Monday to Wednesday, July 10th to 12th 9:30am to 4:00pm

We start with a traditional greeting and group introductions...then Youth start working with Team Coach/Mentors to tackle 5 Team Challenges. Breakfasts, lunches and laughter are included each day as Youth Teams work together to shape start up plans, mini-pitch presentations and then record a 5-minute Team Video Pitches for their new business ideas!

COMMUNITY CELEBRATION DINNER EVENT – Thursday, July 13th from 5:00pm to 8:30pm

Join us for an amazing dinner to meet our sponsors and Dream Camp Team. Come celebrate the Youth participants, watch their Team Pitch Videos and see which Team **wins an extra \$250 each!**

COST: Thanks to our generous sponsors at **Paper Excellence**, this 4-day Dream Camp Experience is FREE for Youth and the community! **CLICK HERE TO APPLY!**

Questions? Email Kristin@BearsLairTV.com or text DREAM CAMP to 604-783-8304
To find more info, watch videos and follow [@BearsLair TV](#) on social SCAN THIS →



Please join us in celebrating:

NATIONAL INDIGENOUS PEOPLE'S DAY

1 PM -4 PM

JUNE 21, 2023

JAMES CHABOT PARK

WILL HAVE:

- **INDIGENOUS CRAFT VENDORS**
- **FOOD VENDORS**
- **HAMBURGERS**
- **POP CORN**
- **NDN TACOS**
- **T-SHIRTS FOR SALE.**
- **WORKSHOPS- PINE NEEDLE BASKETS- MEDICINE POUCHES- DREAM CATCHERS AND MORE**
- **POW WOW PERFORMANCES STARTING AT 1-4**



RR#2, 3A-492 ARROW ROAD
INVERMERE, BC
VOA 1K2
PH: 250-341-3678

SURVEY (RHS) 4

Shuswap Indian Band

The RHS4 will take place in your community

June 12 → **June 14**

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about wellness, access to health care, health conditions/behaviours, housing, food security, water quality, etc. The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it!

Receive a \$25
gift card for
participating

More information:



www.fnha.ca/health-surveys



Rae-Anne.Sasakamoose@fnha.ca



(250) 318-5495

The RHS4 will take
place...



IN-PERSON

LOCAL AUTHOR READING

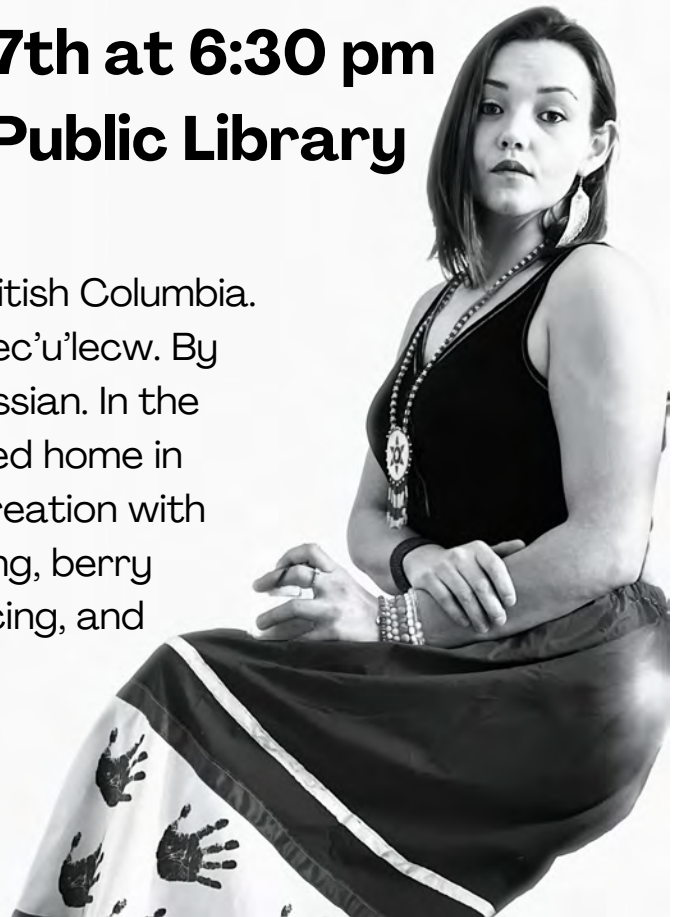
with SASHA EUGENE

Reading from her debut poetry collection, *Ninem*

**Wednesday, June 7th at 6:30 pm
at the Invermere Public Library**

About the author:

Sasha saw her first sunrise in Invermere, British Columbia. Her first gifted home was to the Sexwepmec'u'lecw. By blood she is Kinbasket, Secwepemc, and Russian. In the early 2000's she moved to her second gifted home in Siksika, Alberta. Sasha enjoys being out in creation with her seven year old son. They practice hunting, berry picking, gathering traditional medicine, dancing, and playing lahal.



About the book:

This poetry collection walks us through a battle with grief and depression. Over the years grief and all the stages that accompany it have been no stranger to the author. *Ninem* is based on the author's heart wrenching journey. Words strung together to portray the most somber times in the author's life. Times when all the author had was words. They come together beautifully to share heartache, anger, and death.

Copies will be available at the event.

250-342-6416

publiclibrary@invermere.net

13 invermere.bc.libraries.coop



Community Corner

Happy Birthday Chief Barb Cote from the staff, Council, Shuswap members!, friends & Family!!

Happy Birthday Dominique Sam! Love from your family xoxox

Happy Birthday Pam Martin from your kids and grandkids!

Happy Birthday Lorne Shovar from your wife and daughters! xoxo



Funnies

- What's Fast & Furious 10 going to be called?....Fast 10 your seatbelts!!?
- Sometimes I think that I am a reasonably intelligent person and sometimes I click the remote car door lock a second and third time for extra lockiness.
- Sometimes I feel like I should be contributing more to society, then I remember fat bottomed girls make the rocking world go round and I know that I am doing my part!
- What if the spider that you killed in your home had spent his entire life thinking that you were his roommate? Ever think about that? No. No... you only think of yourself!
- My daughter was doing her history homework and asked me what I knew about Galileo. I said, "He was a poor boy from a poor family".
- My answer when people ask me how old I am: I was once on a house phone with Block Buster Video.
- From about 1983 to 1991, Phil Collins sang like every fourth song on the radio. If you were in the car for 15 minutes, you heard Phil Collins at least once. That's how it was. I feel like anyone over 40 years old will confirm this to be accurate!
- Weight loss goals; to be able to clip my toe nails and breathe at the same time!
- My childhood led me to believe that as an adult I'd have to contend with truth serum, lava, quicksand and secret passageways. So far it's mostly been weight gain and existential dread!
- "How much of an allowance did you get as a teenager per week?" ME: I was allowed to live there!

RR #2 , 3A-492 Arrow Road, Invermere, BC V0A 1K2

Office: 250.341.3678 Fax: 250.341.3683

