



Shuswap Band Newsletter

Pellctsikenten (September) 2023

Message from Chief & Council Weyt-kp membership

Where did the summer go? It has certainly been a hot one, and we still have September ahead of us which is usually pretty hot too. Please continue to be ready for any potential emergency measures if the need arises.

One of the great success stories of 2023 has been the summer program for our youth, which has been an excellent program. Council even got to join in on one of the excursions. Great job Kaylene, Chenoa, the bus drivers, and all the parents who supported the event. It was good to see so many smiling faces. One of the comments we heard was, "I always knew the members, but I never really *knew* them. It was good to get to know some of our fellow members."

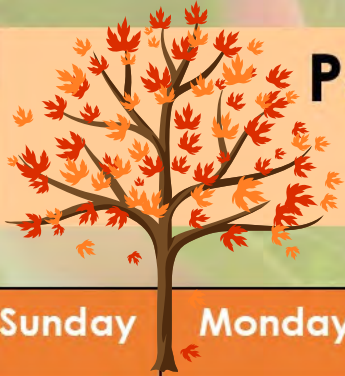
Thanks to our accounting department for getting our audit in on time. For community members who are interested, it is posted on the website - please have a look.

We will be starting interviews for the Executive Director (previously Director of Operations and CAO). We are also interviewing for the Territorial Manager and Kenpesq't Holdings Limited General Manager positions over the next few weeks. Tess MacDougall, the previous Interim Territorial Stewardship Manager, has taken on the role of HR Generalist, helping with interviews, policy writing, etc. Brooke Barber, who has worked with us in our Territorial Stewardship Department extensively in the past as a researcher and project manager, is filling in as the Interim Territorial Manager while we hire.

It has been difficult over the past few months, with the increase in drug use and crime. We pray for those impacted and encourage those aware of the situation to seek help for themselves and the users. We can't emphasize enough that we have the help here when needed. All you have to do is ask.

The Salmon Festival is fast approaching on Saturday, September 9th. We hope you have the time to join us - this event supports our community and there has been lots of hard work done by our team to prepare for such a large event. Come learn more about salmon, meet some new people, and engage in the many activities provided. We are hoping for good weather!

School is starting up next week, and its back to routine for families with school-age children. We wish all the students a successful year ahead!



Pelltsikenten (September) 2023

Shuswap Band Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 
	Admin Office & Health Center CLOSED		Massage Cancelled for this day	Good Food Box		SALMON FESTIVAL James Chabot 10am
10	11	12	13	14	15	16
		Dr. Clinic Dietician	Massage			
17	18	19	20	21	22	23
		Dr. Clinic	Massage	Foot Care Clinic Good Food Box		
24	25	26	27	28	29	30
			Massage	Wellness Day	Dietician ORANGE SHIRT DAY	

Shuswap Band Office & Health Center resume regular hours September 5, 2023.
Monday to Friday 9:00 am to 4:00 pm

Salmon Festival

Shuswap Band would like to invite you
to celebrate with us:

SEPTEMBER 9, 2023

10 AM - 4 PM JAMES CHABOT BEACH

*Canoe Brigade

*Sharing of Salmon

*Secwepemc Storyteller- Kenthen Thomas

*Drumming Circle - Rhythm by Nature

*Hand Drummers

*Columbia River Headwater Dance Troupe

*Hoop Dance Performance

*Vendors



HEALTH DEPARTMENT UPDATE

For all your health care needs please call

(250)- 341- 7786

Doctor Clinic

Dr Clinic will be September 12 & 19, 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. September 12 & 29.

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: EXCEPT September 6. If you would like a massage, please call Stephanie to arrange your appointment time. 250-341-7786

Pharmacist

There will be no Pharmacist in September, although she will be here October 3.

The Good Food Box

The Good Food Box will be available to pick up September 7 & 21 from the Health Center basement. Please come between the hours of 10:30 am and 2:30 pm.

Foot Care Clinic

Foot care clinic is September 21, 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.)





SHUSWAP BAND IS HIRING!



OUR CURRENTLY OPEN POSITIONS INCLUDE:

- General Manager, KHL • Community Nurse
- Receptionist • Shuttle Driver

Come join our dynamic team and enjoy a flexible work environment, health & wellness benefits, an employer-matched pension plan, 2 weeks off at Christmas plus 2 weeks vacation, a bi-weekly healthy food box, and more!

For more information, visit our website at
www.shuswapband.net/employment-opportunities/
or email **HR@shuswapband.ca**

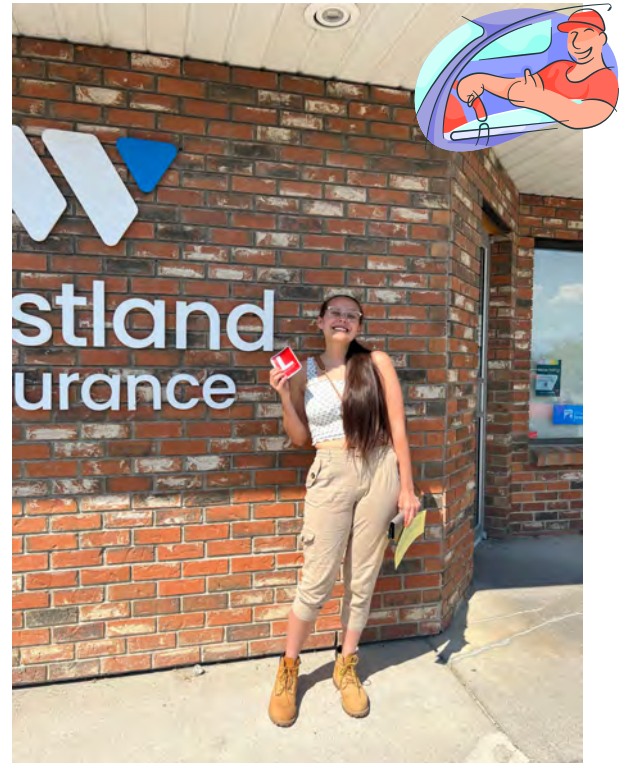
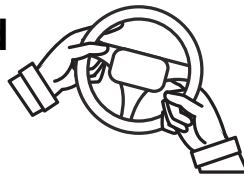
WANT HELP GETTING YOUR LICENSE?

The Shuswap Band is helping Band members get or get back their driver's licenses.

Since the program started 1.5 years ago, we have helped 14 Band members get their Learners, their N or their Class 5.

We are setting up a class for the fall for people to prepare for their Learner's testing.

If you are interested in getting a license or getting your license back, please reach out to the Education and Employment Department.



Meagan Eugene pictured here, proudly displaying her new "L".

THE KINBASKET WATER & SEWER CO. & PUBLIC WORKS FLEET OF TRUCKS



2023 Summer camp



FEATURING

Shuswap Band youth & caregivers

LOOKING FORWARD TO 2024!

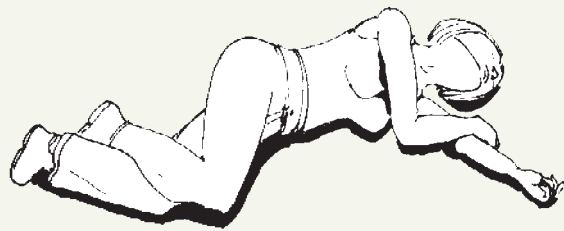


Overdose death can be **PREVENTED**

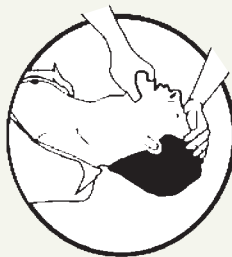
Take Home Naloxone Kits reverse overdose and save lives.

Follow the **SAVE ME** steps below to save a life.

If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



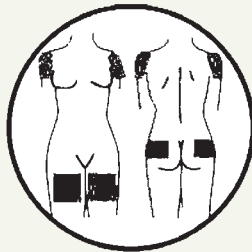
AIRWAY



VENTILATE
1 breath every
5 seconds



EVALUATE



MUSCULAR
INJECTION
1mL of Naloxone



EVALUATE
2nd dose?

Artwork created by:
towardtheheart.com



First Nations Health Authority
Health through wellness

If you see someone having an overdose: **Call 9-1-1**
To speak with a nurse about non-emergency overdose prevention: **Call 8-1-1**
For more information visit us online: www.fnha.ca/overdose

Please meet our new Shuswap Staff Members

I'm honoured to be the Student Navigator, committed to working with students, families and the schools to ensure your children have what they need to succeed. Since 2008, I have worked for the school district in many different positions between David Thompson Secondary School and Open Doors Alternate School, teaching all subject areas and grades 8-12, including learning services.

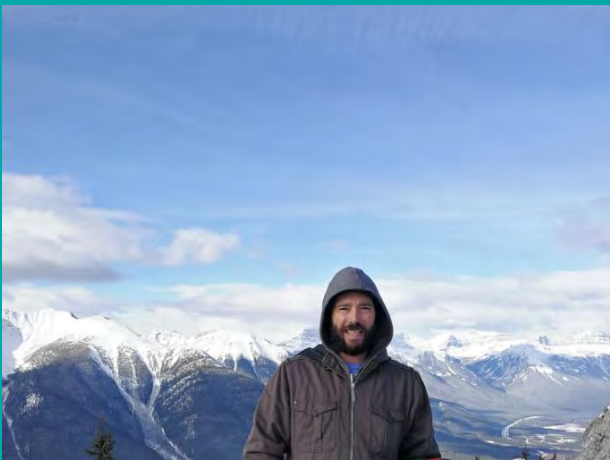
I'm thrilled to be a part of your children's journey through education and look forward to talking to all parents and caregivers with students in SD6 and farther afield about how to best support your children. Together, we will provide the supports needed for the personal growth and well-being of our children.

I moved to Invermere from Ontario in 2004, attracted by the outdoors and small-town culture of the area. When I'm not working, I enjoy spending time with my family, camping, skiing, skating and exploring the amazing outdoors.

Getting firewood, quadding, fishing and hunting are my favourite outdoor activities. I'm excited to meet everyone here soon. Please reach out to me anytime - I am in the Band Office building.



Brent Wilson
Student Navigator



Curt Johnson
Maintenance Supervisor



I moved to the valley 2.5 years ago from Calgary. I was a B pressure welder for over 20 years and have worked a variety of maintenance and facility roles in the past. I moved here with my family and am a father of two boys. I enjoy biking, the occasional day at the beach, and playing hockey when possible. I love to travel and have visited 25 countries so far. I lived in Abu Dhabi for three years, where I took a break from the welding industry and coached youth hockey for the local Arab community.

I am excited to join the Land, Public Works and Utilities department as the Maintenance Supervisor and looking forward to working with the Shuswap Community.



"Discover the Joy of Pickleball: Embrace the Game the fastest growing sport! For Children, Teens, and Adults!"

🌿 Are you ready to experience the excitement of pickleball, a sport that's both fun and engaging? As indigenous people, we value our traditions and the importance of community. Now, it's time to add a new tradition to the mix: pickleball!

🏓 Pickleball is a paddle sport that combines elements of tennis, badminton, and table everyone to come together and enjoy the thrill of competition.

🌟 Why Pickleball?

- *Easy to Learn: Whether you're new to sports or an experienced athlete, pickleball is accessible and easy to pick up.*
- *Community-Building: Join a growing community of players who share your enthusiasm and love for the game.*
- *Physical Activity: Stay active, improve your fitness, and boost your well-being with every game.*
- *Cultural Celebration: Embrace the game while celebrating your indigenous heritage, fostering unity between old and new traditions.*

🌿 Join Us! Don't miss out on the chance to connect with your community and experience the joy of pickleball. Paddles and balls provided.

📅 [September 13, 2023] ⌚ [6:30 pm] 📍 [Mount Nelson Park behind Laird School]



For more information and to reserve your spot, contact Stephanie at the Shuswap Health Centre.

Why do we register documents in the First Nation Lands Registry (FNLR)?

It is important to register your interest in reserve land in order to prove and protect that interest in land. What is an Interest? It is defined as an interest in Shuswap Band lands, including allotments, house, lease, right of way, license, mortgage, permit, easement and sublease.

Among other benefits, registering your interest in land will:

- Prove and establish your interest and entitlement to your land;
- If you do not have a registered interest, land title could be challenged in a court of law and you may not be able to pass the land onto to your beneficiaries.
- Prevent other people from successfully claiming entitlement to your land; and
- Allow you to easily transfer or pass on your interest to your children, family or friends.

Other examples of why we register instruments/documents: a member is unlikely to qualify for a mortgage without a registered interest in their land and registered interests will help any right of way holders contact the land owner prior to conducting work on those lands.

A document that is not registered in the FNLR is considered to be buckshee and can be unenforceable in a court of law. Shuswap Band Land Code (sect 28) also has requirements under Registration of Interests and Licenses. Please contact us for a copy.

If you have pre-existing paperwork showing ownership of your home or land, please bring it in so we can authenticate it and register it.

Sierra Stump
Director of Lands, Public Works & Utilities

T: 250-341-3678 Ext. 1014
E: ssump@shuswapband.ca
www.shuswapband.net



COMMUNITY CORNER



HAPPY BIRTHDAY Matthew Eugene Doyle- September 28th



We are wishing all of our students a wonderful new school year and remember - **Succeeding at school does not mean never making mistakes.** Everybody makes mistakes. That's how we learn and grow. Just do your best. Be kind to yourself and to others & enjoy the journey!!



FUNNIES



- The average 4 year old asks 437 questions a day... that is why you are tired.
- Me in winter: I don't do well with the cold and the lack of sun. Me in the Spring: I don't do well with my allergies. Me in the summer: I suffer in the heat and the humidity. Me for two weeks in the autumn: Well, this is nice.
- I got called "pretty" today!! Well actually the full statement was, "you're pretty annoying", but I am trying to focus on only positive things.
- We all know where the Big Apple is, but does anyone one know where the ... Minneapolis.
- Once you hit a certain age, life is just a delicate balance of trying to stay awake and trying to go to sleep. While slowly getting worse at both.
- My wife made me coffee this morning and winked at me when she handed me the cup... I have never been more scared of a drink in all of my life.
- I hate when cashiers feel the need to check if my money is real. If I could make counterfeit money I wouldn't be at the Dollar Tree, Karen.
- Every time the universe sends me a sign, I am like....ok... but I think I'll wait for a signer sign.
- I'm grateful that thoughts don't appear in bubbles over our heads.
- Aliens are gonna be super confused when they show up threatening to overthrow our leaders and we're all stoked and offer to help.
- I wonder how many animals we had to ride before we discovered that horses were cool with it.
- Don't rush into a relationship. Be friends first. Maybe they have hotter friends! Thank me later.

Shuswap Band Administration Office
RR# 2, 3A- 492 Arrow Road
Invermere, BC V0A 1K2
250.341.3678

