

Shuswap Band Newsletter

Pesllwelsten (October) 2023

Message from Chief & Council:

Weyt-kp Membership! Welcome back to the routine of school schedules and buses. Fall colors are poking through, and even the sights of snow-covered mountain tops are telling us that another season is here.

A huge Kukstemc to those who helped with another successful Salmon Festival! We are now beginning the preparations for next year's event. If you have any thoughts on improving this or other events, like the Salmon Release in May, please let our Cultural Team know.

Our members have likely noticed the presence of a security patrol on reserve, particularly at night. They are intended to curb crime and other illegal activities, such as drug deals, from occurring on our reserve. It's important to make the people on reserve feel safe so they don't have to be concerned about becoming the next victim of crime. We have received positive feedback and would like to hear more from the community. Please send your comments to Sierra Stump at the office - [sstump@shuswapband.ca](mailto:ssstump@shuswapband.ca).

The Ministers' and BC's Indigenous Leadership meetings are taking place in November 2023. These meetings will be Shuswap Band leadership's opportunity to voice our concerns to various ministers in the provincial government. These meetings allow us face-to-face time with the highest level of government in the province to ensure they are aware of issues that affect us. Topics of discussion include housing, education, wildlife, agriculture, child and family, emergency management, energy and mines, environment and climate change, forestry, health, reconciliation, jobs and EC dev, mental health and addictions, public safety, social development, water and land protection, and other important issues. We look forward to these meetings each year because they have an impact on what the provincial staff are doing on the ground. They also give us a chance to hold the Government accountable for our asks from last year.

We are approaching Round 19 of CRT Negotiations, which are being held in Portland, Oregon. Councilor Mark and much of the Secwepemc Team will be attending virtually. We are approaching the Agreement in Principle (AIP) stages of CRT. This will require consultation with our Nation on whether we accept the terms of that "snapshot" in time. The AIP will indicate what we are dealing with at the time and will not be a final treaty. The final treaty will be in a much different form. If you would like to learn more, contact Councillor Mark Thomas at mthomas@shuswapband.ca.

We are reaching the final stages of agreement with Pacific Wood Tech (PWT) on terms of the Revelstoke area wood supply that PWT has a permit for. We are working with the other Secwepemc communities and will agree on the management of the Malakwa License north of Revelstoke. The Golden partnership to acquire a Community Forest license with our Development Corporation is ongoing, and we hope to get some clarity on the process soon as there is an upcoming Timber Supply Review (TSR). The pilot project in the Kinbasket area to demonstrate a new and innovative harvest model is still being drafted.

We continue to meet monthly with Invermere and will continue to work together on our Active Transportation Trail. There is a lot of work still needed to get to the bridge-building stage, including working with other governments to ensure the right regulations are in place. When complete, the bridge will connect our two communities.

In recognition of Truth and Reconciliation, we will join the walk from the Health Building to the Invermere Community Hall on Saturday, September 30th. Kukstemc to our Culture team for organizing this event. It is a day for reflection of our Residential Survivors, their families, and all the children who did not get to come home.

On a lighter note, next weekend is Thanksgiving. We wish our members and all of our families a Happy Thanksgiving! Enjoy family time, outdoor fun, and lots of turkey or ham!



Kukwstetselp from Shuswap Band for another great Salmon Festival

Kukwstse'tselp to our Sponsors, to people who attended and participated!

Event Sponsors

Columbia Power	TECK
Sinova	BC Hydro
Columbia Basin Trust	Kalesnikoff Timber Inspires
TC Energy	Landmark Resource Management
Just Music Stage & Audio	Winter Wren Photography
Hughie Nokleby Photography	Columbia River Paddle
First Nation Health Authority	

Event Supporters

*Louie Thomas/ Kukpiy7 Irvin & Neskonlith Community for the gift of a 40-foot Canoe.
Shuswap Band will be unveiling at next year's Salmon Fest!

*Shuswap Nation Tribal Council Staff & Cultural Supports

*Ktunaxa Nation Members & Staff

*Akisqnuq First Nation Council, Staff & Community Members

*Columbia River Headwater Hoop Dancers & their teacher Clarissa Stevens

*Canoe Paddlers

*All of our hand drummers & singers

*Our MC's: Shuswap Band Councillor, Mark Thomas, Akisqnuq First Nation Chief Donald Sam,
& Jeremy Stevens

*Big Chief First Aid Mobile Station

*Rachael Hagan: Level 3 First Aid Attendant

*BC Parks: James Chabot Provincial Park & Park Operator

*Columbia River Salmon Reintroduction Initiative (CRSRI)

*Cooks who prepared the meal: Dolores, Wanda, Ida R, Ida A, Sue, & Kaylene

*Cookie Makers: Linda Hemlock, Micheal Stevens, Diana Cote, Skylar McCluskie, Kaylene Earl,
& Trisha Wilson

*Fry Bread Makers: Kathy Stevens, Riva Stevens, Laverna Stevens, & Nathalie Allard

*Presenters: Kenthen Thomas, Smokii Sumac, Patrick Carrick-Rhythm by Nature, & Adam Neil

*Shuswap Band Chief & Council, Staff, & Community Members

*Little Badgers Daycare & the amazing face painters

*A Special Shout out to our Youth that stepped up & helped: Deeken Pascal, Emma Capilo, &
Devin Capilo

*Salmon Chief and Shuswap Band Councillor Mark Thomas & his team who picked up and
prepared the salmon for the sharing of the meal

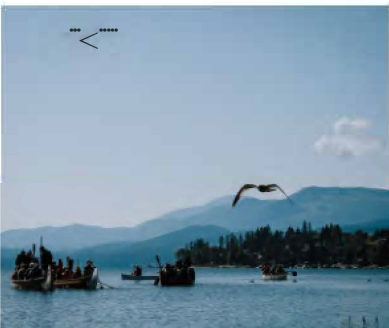
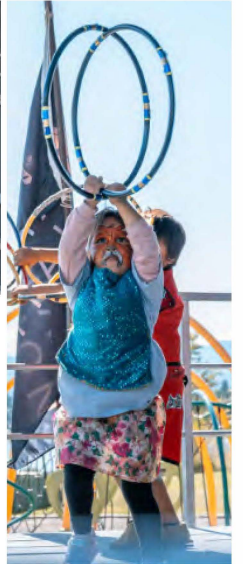
We send our regrets if we have missed someone.

Can't wait to see you all next year!

Assorted pics

Salmon Festival 2023







Thank you for choosing to make your home on the Shuswap Band Lands.

As part of living in the community and signing a rental agreement, you have a responsibility to adhere to the policies and rules. If you would like a copy of your rental agreement, please let us know.

- **There are NO PETS ALLOWED. This includes emotional support animals. There is NO Provincial recognition for Emotional Support Animals in British Columbia.**
- **Smoking is permitted outside of the unit only.**
- **There should be no driving over known infrastructure, septic tanks etc. Please park in designated driveway.**
- **Pools are not allowed.**
- **Free standing carports are not allowed.**
- **Large fires are not permitted. Tenants are to follow BC Wildfire Service Orders.**
- **Unregistered vehicles will be towed away, tenant will be responsible for all costs.**
- **Unsightly yards are not permitted and can be cause for eviction.**
- **Quiet Time is 11:00 pm to 8:00 am**

Please notify the Housing Dept at 250-341-3678 ext. 1011 if you have any maintenance or have any concerns.

Please call 911 if you witness any illegal activity.

Let's keep our Community Safe.

Dolores Nicholas

Social Development/Housing/Cultural and Language Director



Decriminalization of People Who Use Drugs in BC

Adults 18+ in BC are allowed to possess ('hold') small amounts of certain illegal drugs for personal use (opioids, cocaine including crack and powder, methamphetamine, MDMA). Some exceptions apply.

Why

Substance use is a public health issue, not a criminal one. Shame and fear of criminalization can drive people to use drugs alone, and using toxic drugs alone can be fatal.

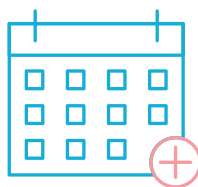
Decriminalization will help reduce stigma and encourage people who use drugs to seek lifesaving services and care.

Decriminalization is not legalization. These drugs remain illegal and unregulated and will not be sold in stores. Drug trafficking and related offences remain illegal.



Who

Adults 18+ in BC. It does not apply to people under the age of 18.



When

From January 31, 2023, until January 31, 2026.



Where

The Province of BC only.

What will change ...

Adults 18+ in BC can possess ('hold') a total amount equal to or less than 2.5 grams of these illegal drugs for personal use:

- Opioids (including heroin, morphine, and fentanyl)
- Cocaine (including crack and powder cocaine)
- Methamphetamine (meth)
- MDMA (ecstasy)

Adults in possession of up to 2.5 grams of these drugs for personal use will not be arrested, charged, fined, or have their drugs seized. Instead, information about voluntary health and social supports will be offered.

Municipal bylaws on public use may apply.

What remains illegal in BC ...

Any amount of any illegal drugs, including the four types listed, cannot be possessed:

- On the properties of elementary and secondary schools and childcare facilities;
- In airports or other ports of entry;
- Within reach of a person operating a motor vehicle or watercraft; or
- On playgrounds, skateparks, and wading pools and spray pools;

And cannot be

- Imported or exported;
- Produced or trafficked; or
- Taken across a domestic or international border.

HEALTH DEPARTMENT UPDATE

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

Doctor Clinic

Dr Clinic will be October 10 & 24, 9 am-12pm.

Dr Lothian will be substituting for Dr. Mannheimer October 10, and will be back for the October 24 Doctor Clinic.

To book your appointment please call the Health Center at 250-341-7786.

Dietician

If you require any supports with your dietary needs please call 250.341.7786 to arrange an appointment.
October 10, 2023.

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, Lynn is available for appointments: October 4 & 11. There will be no massage on October 18 & 25.

If you would like a massage, please call Stephanie to arrange your appointment time. 778.526.8323

Pharmacist

Emily the Pharmacist will be here October 3.

The Good Food Box

The Good Food Box will be available to pick up October 5 (thanksgiving food box with a ham or turkey) and October 19, from the Health Center basement.

Please come between the hours of 10:00 am and 2:00 pm.

Foot Care Clinic

No Foot Care Clinic in October, the next Foot Care Clinic will be November 2, 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.)



Social Development

Social Assistance payments Calendar

October 25, 2023 (for November)

November 22, 2023 (for December)

December 20, 2023 (for January 2024)

All clients need to have their Declaration form in by the 15th of each month to be eligible.

If you require assistance with updating your resume, please contact Kaylene Earl
Employment and Readiness Coordinator @ 250-341-3678



Language

The Language Dept is excited to announce that classes will be starting in the next couple of weeks.



Extra-Curricular Activity Policy

The purpose of the Extra-Curricular Activity Policy is to establish guidelines for Shuswap Band members to access and obtain available funds for recreation, sporting, cultural, and social activities through fair and equitable process. An Extra-Curricular Activity Policy is available in the Shuswap Band Administration office and online at shuswapband.net. Click the "Education & Training" tab, you will find the link for this policy. Once you have filled it out- please send to Angela Eugene:
aeugene@shuswapband.ca

Species at Risk assessments



During the week of October 16-20th, Shuswap Band Guardians will be doing Species at Risk assessments. If you have CP land and do NOT want assessments done on your property, please let us know via email at sstump@shuswapband.ca or 250.341.3678.

Species identified in our area and from our FB poll are:

bat, owl, turtle and swallows (these are just the common name and not the technical species name).

There will be no ground disturbance or digging
Kukstsemc,



ALL SHUSWAP BAND MEMBERS ARE WELCOME TO: COME CAN MEAT WITH US!

We will be canning elk, deer & bison
Participants will be able to take canned meat home with them.



**OCTOBER 17, 2023
3:00 PM - 8:00 PM
LION'S HALL (BEHIND INFO CENTER)**



To sign up please
contact:

GERARD GREGOIRE
WELLNESS COORDINATOR
SHUSWAP BAND
OFFICE: 778-526-8324
CELL: 250-409-4616

or

SUZIE THOMAS
COMMUNITY TECHNICAL ADVISOR
& EVENTS SUPERVISOR
OFFICE: 250-341-3678
DIRECT: 778-526-8116

SECWEPEMC CULTURE

*Submitted by: Clarissa Stevens
Culture and Community Wellness Senior Advisor
and Liaison/Indian Registry Administrator*

Smudging

A Definition of Smudging:

Smudging is traditionally a ceremony for purifying or cleansing the soul of negative thoughts of a person or place. There are **four elements** involved in a smudge:

The container: traditionally a shell representing water, is the first element.

The four sacred plants: (cedar, sage, sweetgrass, tobacco), gifts from mother earth, represent the second element.

The fire: produced from lighting the sacred plants represents the third element.

The smoke: produced from the fire represents air, the fourth element.

During a smudge plant leaves or stems are placed in the container and ignited (preferably with a wooden match). The flames are then gently blown out and the smoke, which heals the mind, heart and body, is wafted over the person, either by hand or with an eagle feather. The person being smudged pulls the smoke to them and gently inhales the smoke. The ashes traditionally are returned to mother earth by disposing them outside on bare soil - it is believed that the negative thoughts and feelings have been absorbed by the ashes. A person can smudge themselves, or, someone can lead a smudge by holding the container and directing the smoke over others.

Smudging is also used to clear negative energy from rooms and homes.

it's important to first look at what exactly the practice of smudging entails. By definition, smudging is a ceremony that consists of burning plant herbs and resins in either a clay or shelled bowl while prayers are being done. This results in a smoke cloud formation that is believed to cleanse the air and those within it.

Sage: Sage, both *Salvia Apiana* (white sage) and *Salvia Officinalis* (common sage) are healing herbs used. The term "Salvia" comes from the Latin word "salvare," which means "to feel healthy and well and healing." Both white sage and common sage are also used to offer strength, clarity, wisdom, and often represent the maternal lineage of women.

Cedar: Cedar is popular for cleaning and purifying, eliminating the evil spirits within people and objects to remediate balance. Burning cedar is also used to promote positivity and deeply connect humans to the spiritual world.

Sweetgrass: Known as the hair of Mother Earth, resembling kindness, and widely used by all Native Americans, sweetgrass is believed to carry prayers into the spirit world. The smoke from the herbs is said to take the words and transition them over. It is also known as "holy grass" and when it burns it does not produce an open flame, but a sweetly scented smoke.

Tobacco: Tobacco is a highly sacred medicine in many cultures and is firmly believed to be the ideal bridge between the human and spiritual worlds. It does not need to be smoked but is still able to provide spiritual benefits. The use of this acts as a human commitment established and supported by the spiritual world, showing gratitude for the beauty in life.



Health Meeting

October 5th

Come Join us at the Band Hall for an information session with FNHA on Plan W Coverag\$. and find out what Benefits you can access with this plan



**Dinner will be provided
5-7pm**



SHUSWAP BAND MEMBERS WE NEED YOUR INPUT

Do you have concern about rangelands?

W h e r e ?

W h a t ?

W h y ?

Let us know, so that we can inform our discussions with Range Management Staff. What are your concerns? What areas are of a concern? and what is the potential impact on the animals?

RHLANNON KIRTON
RESEARCH SCIENTIST / BIOLOGIST
SHUSWAP BAND

Email
rkirton@shuswapband.ca

Telephone
250.341.3678

SWIMMING LESSONS

Whether you're a first-time swimmer or looking to improve your strokes, our experienced instructors will guide you every step of the way.

PROGRAM FEATURES:

- ✓ 4 levels of learning
- ✓ Adult lessons
- ✓ Shuttle provided if needed



REGISTER WITH KAYLENE



778-526-8179

educationadmin@shuswapband.ca

Recognition of Indigenous Rights and Self-Determination table with Canada

Submitted by Jeannette Allen, Landmark- a Shuswap Band Contractor

Since 2021, Shuswap and Canada have regularly met at a Recognition of Indigenous Rights and Self-Determination (“RIRSD”) table. This table was created so that Shuswap could begin to envision a path toward self-determination while also addressing reconciliation. In the RIRSD meetings, Chief and Council have raised concerns with Canada about title and rights (this refers to Aboriginal Rights and Title that we maintain to protect our resources within our lands and waters) as well as developing a sustainable economic governance. In June 2023, Shuswap and Canada agreed on a list of priority issues to discuss and implement in the coming years. These issues represent individual and shared interests between the parties that include prioritizing community health and wellness (this includes both physical and mental well-being), fish and fisheries, lands, carbon dating and mapping kekulis (house pits), and establishing communication processes with neighbouring communities.

In August 2023, Canada and Shuswap invited the Province of BC (“BC”) to participate in discussions at the RIRSD table. BC was invited to the table with the intention of forming a tripartite table (a three-party table between Shuswap, Canada, and BC) where all three governments can collaborate and use the Articles identified in the United Nations Declaration on the Rights of Indigenous Peoples (“UNDRIP”) and Declaration on Rights of Indigenous Peoples Act (“DRIPA”). These two declarations, passed by the United Nations and BC respectively, act as frameworks in which reconciliation can occur and ensure that Indigenous peoples are included in decisions that affect them, their communities, and territories. The Articles outlined in UNDRIP and DRIPA can act as tools to strengthen and guide reconciliation efforts and our path to self-determination. Until BC is given the mandate (a formal order) to officially participate as an active member at the RIRSD table, they have agreed to join as observers. Chief and Council are planning to meet with the ministers at the end of October to ask for the official mandate.



Canada Revenue Agency – Drop in clinic

Date: October 19, 2023

Time: 10:00am to 3:00pm

Location: 492 Arrow Rd, Invermere, BC

Get information on benefits & credits such as: Canada Child Benefit, GST/HST Credit, Disability Tax Credit and Child Disability Benefit and the Canada Workers Benefit

We Can Help You:

- Answer questions about income tax return(s)
- Print income tax slips for current and prior years
- Print and provide information on notices of assessment
- Provide information on benefits and credits
- Update your address

Please Note: Bring 1 photo ID and your Social Insurance Number to receive assistance

For more information contact: Dolores Nicholas at 250-341-3678






CHRONIC WASTING DISEASE (CWD)

October 24th 5-7pm

**Join us for Dinner and
information session.**



October 28th 10am - 12pm

**Training - How to test for
CWD & wildlife health
knowledge sharing session**



Space is limited for sample training.

**Please RSVP by October 15th 2023 with Rhiannon
Kirton at rkirton@shuswapband.ca or call the office
@ 250-341-3678**



Yoga Classes



At the Band Hall

October 18th



**Classes for the community starts at
11am and finishes at 12pm**



**Classes for Shuswap Band
Staff**



**Starts at 12pm and
finishes at 1pm**



**Future Dates are as follows
November 1st and 15th
December 6th and 20th
same times as above**



Interested in obtaining your 7L Driver's License?

Apply to Career Basics: Learner's License Exam Prep Program



Session Dates

October 31, November 1 & 2, 2023

2 pm - 6 pm

Registration Deadline: October 13, 2023

To take place in the Shuswap Band Boardroom

This online program is designed to help you prepare to write your BC Drivers 7L License knowledge test. You will explore your learning style, study skills, and test-taking strategies and work your way through the driving manual with the support of a facilitator during this 12-hour program.

Program requirements

- Pre-registration with: Kaylene Earl- Shuswap Band Education Dept.
- Primary ID (BCID, SCIC, Birth Certificate etc.)
- Secondary ID (Bank Card, BC Services Card, Status card)

Upon registration confirmation you will be provided with a welcome package and instructions how to access the online program.

Contact Kaylene Earl for more information

educationadmin@shuswapband.ca Direct: 778-526-8179





EMERGENCY NUMBERS

ACTUAL EMERGENCY: 911



AMBULANCE
250.342.6218



POLICE 250.342.9292



FIRE DEPARTMENT
250.342.3200



INVERMERE HOSPITAL
250.342.9201

Health & Mental Health Supports



Shuswap Health Center's Cell number: 250.341.7786

Shuswap Home Support: (for home care clients only) 250.342.2338 or 205.342.2337

General Health Inquiries: 811

Chisel Peak Clinic: 250.341.6900

Invermere Clinic: 250.342.9206

Pharmasave: 250.342.8877

Lambert-Kipp Pharmacy: 250.342.6612

Support or Crisis Services, call, text or chat from anywhere in Canada anytime:

Toll Free: 1.833.456.4566 Text: 45645 Chat: crisisservicescanada.ca 250.342.2363

Kids help line (ages 20 years & under - Canada): 1.800.668.6868

First Nation & Inuit Hope for Wellness: 1.855.242.3310

Canadian Residential Schools Crisis Line: 1.866.925.4419

Trans Lifeline (all ages): 1.877.330.6366

Lands, Public Works, Water & Sewer Related Emergencies

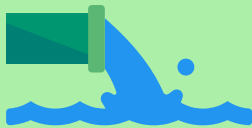


Lands Manager, Sierra Stump: 250.688.0899



Public Works, Jarret St. John: 250.613.362.8521

Kinbasket Water & Sewer: 250.409.5539 (24 hours a day)



Superior Propane: 1.877.873.7467

BC Hydro: 1.800.224.9376



CRIME+STOPPERS
BC CRIME STOPPERS

CALL 1.800.222.8477

Funnies

- Hangman is a lovely childhood game where you slowly draw a man killing himself if another kid can't read your mind.
- I was home for the long weekend and my parents cooked beef tenderloin. I said, "Man, Budapest is going to love this." They asked who Budapest was. I said, "I named my stomach Budapest because it is the capital of HUNGRY!" and that is when they stopped talking to me.
- No offence to the Von Trapps, but if I go to a lavish party and 7 kids start singing about how they have to go to bed, I am using that time to refill my drink and go to the bathroom.
- I finally admitted to my wife that I've been secretly collecting magazines since we first got married. When I showed her she said: "Wow!! you've got a lot of issues!!"
- The doctor said he would have me on my feet in two weeks. It was true. I had to sell my car to pay the hospital bed.
- What did the nut say while chasing the other nut? Imma cashew!!
- I named my dog "5-miles", so I can tell people that I walk 5-miles every day.
- Never compliment a woman on her mustache, no matter how epic it is.
- I didn't realize that I was supposed to know how to do everything by my second rodeo.... seems like a very low amount of rodeos.
- If I had a dollar for every time I didn't know what was going on... I'd be like: "Why am I always getting all this money?"
- I'm at the age that I appreciate a nice handrail.

The infographic features a central yellow circle with a dashed border containing the text: "CALLING ALL PARENTS/CAREGIVERS OF SCHOOL AGE CHILDREN YOUR INPUT IS NEEDED". Below this, it states "DINNER WILL BE PROVIDED FOR THOSE THAT CONFIRM ATTENDANCE" and "REGISTER BY CONTACTING KAYLENE - EDUCATIONADMIN@SHUSWAPBAND.CA". Surrounding this central circle are six yellow thought bubbles with icons: a group of people (top left), a calendar (top center), a menu (top right), a winter hat (right), a speech bubble (bottom right), and a checklist (bottom left). The bottom of the infographic has a dark blue banner with the text "COME AND ENTER YOUR NAME TO WIN AN IPAD" and "Shuswap Band Administration Office".

2024 YOUTH SUMMER TRIPS

YOUTH WINTER TRIPS

OPEN DISCUSSIONS IN A SAFE SPACE

SAFETY REQUIREMENTS FOR UPCOMING TRIPS

OCTOBER 18 - COMMUNITY HALL
5:00PM-7:00PM

DINNER WILL BE PROVIDED FOR THOSE THAT REGISTER

CALLING ALL PARENTS/CAREGIVERS OF SCHOOL AGE CHILDREN YOUR INPUT IS NEEDED

DINNER WILL BE PROVIDED FOR THOSE THAT CONFIRM ATTENDANCE

REGISTER BY CONTACTING KAYLENE -
EDUCATIONADMIN@SHUSWAPBAND.CA

COME AND ENTER YOUR NAME TO WIN AN IPAD

Shuswap Band Administration Office

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