

# Shuswap Band Newsletter

*Pellc7ell7ullcwten (November) 2023*



## Message from Chief & Council Weyt-kp membership!

Happy November! It is getting chilly out and the holidays are just around the corner. Chief & Council would like to update the community on some of the vital initiatives that we are working on at this time:

**CRT - Round 19** was completed in Portland, Oregon this month. Intersessional meetings happen when we are not able to arrange in person negotiation sessions and these are scheduled weekly to biweekly. Meeting schedules have become much more condensed due to the USA's desire to have an Agreement in Principle (AIP) by the end of 2023. They prefer to get ahead of the USA election process and the likelihood of a shift in leadership to the Republican Party. This change in pace has demanded much more of our time to address the topics important to us as Indigenous Nations (IN's). The pace being suggested isn't necessarily reflective of what IN's would like to see; our Cultural Values and Ecosystem Function issues are real and require the attention needed to make clear and informed decisions.

**Forestry - Golden Mill** has been bought out by Pacific Wood Tech (PWT), as was mentioned in prior community reports. The relationship with the new owners includes our engagement on Shuswap Band opportunity within the organization and its forest tenure in our territory. We have a MOU with PWT and are working towards a Relationship Agreement.

BC and Shuswap Band have been discussing increasing Shuswap Band opportunity in the forestry sector with increased tenure as per the province's goal to give INs 20% of the BC Annual Allowable Cut (AAC). This is ongoing. Our concerns around the Forestry Sector include Old Growth, Caribou, Rev sharing, Governance, and increased Tenure for our Band. We will be addressing and discussing these issues this week with the First Nation and BC Ministers meetings, which occurs annually.









**BC Hydro** - We have had many meetings with BCH and are getting progress shown on some of Shuswap's concerns we have relayed in the past. We have a leadership meeting with BCH executives this week in Vancouver.. Additionally, there are issues around fish passage and finalizing our Relationship Agreement.

**Parks** - We are in the process of finalizing the BC Parks file on our shared management with Invermere to manage James Chabot Park in Athelmere. Additionally, Parks Canada is in talks with the Band on cultural use within the Parks, particularly around exclusive-use sites. This work is ongoing.

Have a great November!

# Pellc7ell7ullcwten 2

## (NOVEMBER) *Shuswap Band Calendar of Events*

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <b>YOGA for Shuswap members</b> 11am-12pm Massage	2  Good Food Box 10am-2pm  Foot Care Clinic	3	4  Set your clocks <b>BACK</b> one hour before going to bed tonight.
5	6 Elk Engagement 4:30-6:30pm	7	8 <b>National Indigenous Veterans Day</b> <b>Cannabis Engagement</b> 5pm Massage	9	10	11 <b>Veteran's Day</b> 
12 	13 <b>Admin Office &amp; Health Center CLOSED</b>	14 Dr. Clinic	15 <b>YOGA for Shuswap members</b> 11am-12pm Massage	16 Good Food Box 10am-2pm 	17	18 
19	20	21	22 Shuswap Social Assistance Pymts <b>Don Burnstick Workshop &amp; Comedy</b> - see posters for times Massage	23 <b>Education Circle</b> 5-7pm Boardroom	24	25 
26	27	28 Dr. Clinic  Emilie/ Pharmacist Health Center	29 Massage	30 Good Food Box 10am-2pm 		

### Some fun Holiday Dates in November:

- November 2 - Men make dinner Day
- November 3 - Sandwich Day
- November 4 - Common Sense Day
- November 5 - Zero Tasking Day
- November 8 - Tongue Twister Day
- November 10 - Vanilla Cupcake Day
- November 13 - National Kindness Day
- November 14 - Pickle Day
- November 15 - Clean your Fridge Day
- November 16 - Fast Food Day
- November 17 - Take a Hike Day
- November 20 - National Absurdity Day



- November 21 - World Hello Day
- November 22 - Go for a Ride Day
- November 24 - Celebrate your Unique Talent Day
- November 26 - Cake Day
- November 28 - Red Planet Day
- November 29 - Electronic Greeting Card Day
- Computer Security Day



# **HEALTH DEPARTMENT UPDATE**

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



## **Doctor Clinic**

Dr Clinic will be November 14 & 28, 9 am-12pm.

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

## **Dietician**

There will be NO Dietician visit in November. Catherine returns December 12. If you require any supports with your dietary needs please call 778.526.8323 to arrange an appointment.

## **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, Lyn is available for appointments: November 1, 8, 15, 22, & 29. (Every Wednesday)

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

## **Pharmacist**

Emily the Pharmacist will be here November 28. Call for an appointment.

## **The Good Food Box**

The Good Food Box will be available to pick up November 2, 16, & 30, 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.)



# REMEMBERING SHUSWAP VETERANS





SHUSWAP MEMBERS  
you are invited:

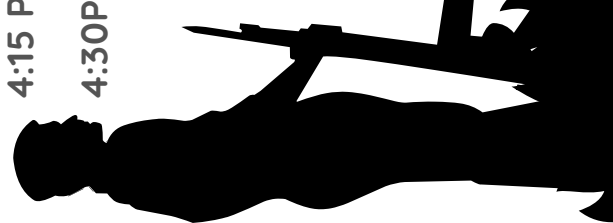
TWO AMAZING EVENTS - ONE NIGHT!

NATIONAL INDIGENOUS  
VETERANS DAY

NOVEMBER 8TH 2023  
SHUSWAP COMMUNITY HALL  
4:00 PM - 5:00 PM

- 4:00PM Welcome Song
- 4:05PM Moment of silence
- 4:10PM Honor Song
- 4:15 PM Start Art Activity
- 4:30PM Snacks

Contact: Suzie Thomas  
sthomas@shuswapband.ca  
250.341.3678



COMMUNITY  
ENGAGEMENT SESSION  
FOR CANNABIS ON RESERVE

NOVEMBER 8TH 2023  
SHUSWAP COMMUNITY HALL  
5:00 PM - 8:00 PM

- 5:00PM Dinner
- 6:00PM Discussion

A Cannabis Consultant will be in attendance to answer any questions you may have.

[https://us06web.zoom.us/j/85777731810?](https://us06web.zoom.us/j/85777731810?pwd=q5e0AHilrw9OwOiaM7KPF0c0eXM9pB.1)  
[pwd=q5e0AHilrw9OwOiaM7KPF0c0eXM9pB.1](https://us06web.zoom.us/j/85777731810?pwd=q5e0AHilrw9OwOiaM7KPF0c0eXM9pB.1)

Meeting ID: 857 7773 1810  
Passcode: 830438

Contact: Sierra Stump  
sstump@shuswapband.ca  
250.341.3678







# Shuswap Band Celebrates Attendance at School



## Notice to Parents, Caregivers and Students:

We understand that it can be hard to go to school some days, but we also know that consistent attendance promotes important social skills and opens future career opportunities. To celebrate attendance, we have created a rewards program that pays students when they go to school.

**We will pay students in Kindergarten to Grade 3 \$1/day,  
students in Grades 4 – 7 \$2/day,  
& high school students (Grade 8 -12) \$3/day.**

We will also have **a year end raffle** where every family with students in K-12 can win prizes. Families have an opportunity to **win one of 3 grand prizes**, which will be overnight getaways including a family activity, meals and travel allowances.

**The more students attend school, the greater the chance of winning one of the grand prizes!**

Please contact Brent Wilson, Student Navigator at 250-341-5677, to learn more about the program and to participate in it.



# EDUCATION & TRAINING OPPORTUNITIES



## SWIMMING LESSONS

REMINDER: The Swimming Lessons for Shuswap Band K-12 Youth begins NOVEMBER 1 at the Fairmont Hot Springs pool.

5:15pm - 6:00pm

## BRAINSTORMING SESSION

NOVEMBER 14, 2023

5pm-7pm

Calling all parents/caregivers of school age children. Your input is needed. Dinner will be provided for those that RSVP with Kaylene. (information below)

Come, enter your name for a chance to win an ipad.



## EDUCATION CIRCLE

NOVEMBER 23, 2023

5pm-7pm

Shuswap members please join us for a light dinner & meeting with the Senior Leaders of School District #6. The School District would love to hear from you directly about what matters to you & the education of your children.

RSVP with Kaylene. (information below)



## ADDITIONAL ITEMS OF INTEREST:

- **Basic Computer Operation Training.** if you are interested, please contact Kaylene.
- **MS Excel Classes,** Level 1, 2 & 3 are being offered at the College of the Rockies in the month of November, if you are interested please register with Kaylene on or before November 1.
- **"Every Child Matters" Hoodies** for sale at Band Office. \$55 each. Only two sizes currently available: Large & XL.
- **Boot Program:** K-12 SB members can pick up boot vouchers @ the reception desk of the Shuswap Band Office.



**Chenoa Paccagnan**

Director of Education & Employment  
[cpaccagnan@shuswapband.ca](mailto:cpaccagnan@shuswapband.ca) 7  
250.341.3678 ext. # 203

**Kaylene Earl**

Education & Employment Assistant  
[educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)  
Direct: 778.526.8179



# ELK ENGAGEMENT

---

*November 6th, 2023 4:30-6:30*

*dinner to be provided*

Share your concerns about Elk/Elk  
Habitat to direct feedback on the  
Kootenay Elk Stewardship Plan and to  
inform future work in the TS department.



RSVP ENOLA EEUGENE@SHUSWAPBAND.CA OR  
CALL THE OFFICE @ 250-341-3678



# Guardian's Hunting Trip 2023

*Submitted by Guardian  
Manager, Josh Martin*

We want to start by thanking Hawk Martin, Jason Nicholas, and Councillor Richard Martin. Without your help,

this could not have been possible. Throughout the days at the hunting camp, there were many kilometres traversed and lots of spent shells practicing. If we weren't out hunting, we were either fishing or spending quality time at camp. We were able to get one bull elk for the community. We will distribute it to the elders here in the near future.

We tented for camp, and we got firewood for the tents, which were equipped with Wood stoves,



which was amazing. The camp setup worked awesome. For everyone. We went and did some shooting to sight in the rifles, The 300 I shot was amazingly loud, it was an amazing learning experience.

We ended up processing one elk that was a 6x6, so that was a magnificent size elk. It's going to be great to try it, We caught three rainbows, as well. After the elk was shot, we processed it by skinning it and de-heading it. The next day, it was brought out to Kimberly to be butchered up into various meat cuts. All in all, it was a great trip. I can't wait to do a youth hunting camp in the

future.

What a fun experience it was to camp out and tour around the beautiful mountain ranges.

Up at 6:30 am every morning to start the day stoking the campfire, and starting the coffee and tea water.

It was a good team-building experience. We ended up taking down one elk, thanks to Jason Nicolas and saw multiple others and one cow moose and its two calves' - no shots taken due to the day turning to night, and there were only two of us at that part of the mountain. Other than that, I'm happy to say I'm very excited to go on another one when the time presents itself for me and the team (The Guardians)

I'd like to say a big thanks to Josh Martin, Rich martin, Robert Martin, and the Guardian's team.







Parks  
Canada

Parcs  
Canada

Canada

**We want to hear from you!**

# Secwépemc Indigenous Guardians Program

**Please join us for a community workshop in Revelstoke, BC**

Shuswap Band, Splat sin, Skw'lax te Secwepemculucw, Adams Lake, and Neskonlith are working with Parks Canada to create an Indigenous Guardians Program in four National Parks across the Secwépemc territory.

**Your community priorities and direction will guide the program — please join us!**

Friday, November 10, 8:30 AM - 4:30 PM Pacific

Selkirk Room | Regent Hotel | Revelstoke, BC

*Lodging is provided at the Regent Hotel, Revelstoke, BC.*

*Call 250-837-2107 to reserve a room under the "Parks Canada — November 10" booking.*

*Coffee, lunch, and light refreshments are provided. Please let us know of any dietary restrictions.*

**Please RSVP by October 25 to your band representative (see below).**

## Band Representatives



**Shuswap Band**  
Josh Martin

[jmartin@shuswapband.ca](mailto:jmartin@shuswapband.ca)



**Splat sin**  
Ryan Felix

[ryan.felix@splatsindc.com](mailto:ryan.felix@splatsindc.com)



**Skw'lax te  
Secwepemculucw**  
Dianne Francois  
[dfrancois@lsib.ca](mailto:dfrancois@lsib.ca)



**Adams Lake**  
Dave Nordquist  
[dnordquist@alib.ca](mailto:dnordquist@alib.ca)



**Neskonlith**  
Brad Arnouse  
[bradarnouse@neskonlith.net](mailto:bradarnouse@neskonlith.net)

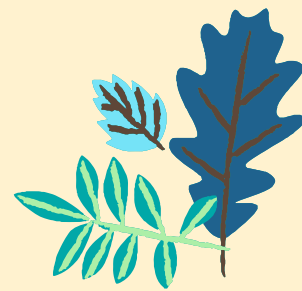




# NOTICES

## TO SHUSWAP BAND MEMBERS

### FIREWOOD ON RESERVE



For any members living On Reserve who are unable to get wood and are not eligible for the Elders Wood Delivery Program, please note that we have two community wood piles that will be set up this week.

1st location is at the Village Loop Rd (Church Subdivision) next to the church.

2nd location is at the top of North Reservoir Rd by the playground parking lot.

Wood will be limited and may not be replenished on a regular basis, so we ask that you be respectful and only take what you need.

Any abuse reported will result in termination of the community wood piles.



## PLAYGROUND CLEAN UP

With the weather changing we ask that you clean up after your children at the playgrounds. Frozen clothes, toys, or blankets become hazards to others.

Shuswap Band has provided toyboxes at each location that you can use. Moving forward, any items left at the playgrounds will be placed in the garbage.

## AFTER SCHOOL PROGRAM

**WEDNESDAYS**  
**3:30 - 4:30PM**  
**FOR HIGH SCHOOL**  
**STUDENTS AT DTSS**

Snacks will be provided & transportation home for students who need a ride.

Parents please confirm your child's attendance w/ Brent by Tuesday each week.

Text at 250-341-5677.

Brent Wilson, Student Navigator – Education Department  
Shuswap Band

E: [brent.wilson@shuswapband.ca](mailto:brent.wilson@shuswapband.ca)






# MERRY CHRISTMAS

## SHUSWAP COMMUNITY DINNER



**DECEMBER 10, 2023**

TIME: 2:00 PM  
COLUMBIA VALLEY CENTER



Pictures with Santa 2:00 pm - 3:00 pm

Goodie Bags

Turkey/Ham Dinner



For more information:

**Suzie Thomas**

[sthomas@shuswapband.ca](mailto:sthomas@shuswapband.ca)



250.341.3678 EXT. 207





# Shuswap Band

## Members:

You are invited to participate in the

# Accelerated Language Program.

The Accelerated Language Program will be:

**Tuesdays and Thursdays 9am to 4pm.**

**Tentatively starting Nov 12.**

Snacks and lunch provided.

Selected participants will receive \$20 per hour

---

In addition, we are looking for members to become

## Silent Speakers

Please contact Tisha if you are interested.

Kukstsemc



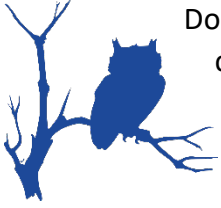
Please contact: Tisha Tardif

Language Coordinator

[language@shuswapband.ca](mailto:language@shuswapband.ca)

250.341.3678

# Species at Risk on Shuswap Lands



Do you know that Shuswap's reserve lands contain habitat that supports species-at-risk (SAR)? In October, several Guardians, along with Shuswap's contractor, Envis Consulting, completed habitat assessments on the reserve to identify the potential for 3 species to occur. These species, selected through a community poll, were the flammulated owl, the painted turtle, and the little brown bat (of note, the badger was also chosen, however since multiple badger studies have already been completed, it was not included for phase one of the work).

Before heading to the field, a mapping exercise was completed to eliminate any non-habitat areas. Then, over the course of a few days the crew visited the high potential sites to make observations on habitat conditions, confirm whether the sites were suitable SAR habitat, and list which areas would be ideal for future studies. The field work also helped to identify and map significant features such as wildlife trees, bank nesting sites and wetlands.

This winter, the information gathered will be used to establish a monitoring program for some of these sites to determine actual animal populations. Non-intrusive monitoring will take place after the snow melts, once some of the wildlife (owl) has returned, and when they are more active. It will be done using techniques such as wildlife cameras, track counts and sound surveys.

To learn more about the species at risk project, contact Sierra Stump at [ssump@shuswapband.ca](mailto:ssump@shuswapband.ca). Sightings of species at risk can be reported to the Guardians at [jmartin@shuswapband.ca](mailto:jmartin@shuswapband.ca).







# DON BURNSTICK

dek

NOVEMBER 22, 2023

2 WORKSHOPS- 1 COMEDY NIGHT

In support of National Addictions Awareness Week

Time: 9:30am - 11:30am @ Lion's Hall

HEALING THE WOUNDED WARRIOR

(register at the Shuswap Health Center 778-526.8323)

Based on the tradition that men are warriors, protectors, and providers for their families and communities, many of our men have been led off their path through addictions, unresolved grief, and repressed issues. This workshop helps men develop skills needed to address this issues and become true modern-day warriors.

Time: 1:30pm- 3:30pm @ Lion's Hall

THE BROKEN CYCLE OF ADDICTION

(register at the Shuswap Health Center 778-526.8323)

With his extensive background in the field of addictions, Don addresses the cycle of addiction, the multi-generational effects, and primary and secondary addictions. Don explored the tools needed to break the addictive cycle.

Time: 7:00 pm - 8:00 pm @ Columbia Valley Centre

LIVE COMEDY SHOW

Don is a Cree from the Alexander First Nation located outside of Edmonton, AB. He is now been involved with the healing/personal wellness movement for over 30 years and has utilized humor and performance to provide a holistic approach to healing. His message speaks to a proud heritage, the importance of healing through laughter and his continuing desire to leave a better world for future generations.

# YOGA CLASSES @ BAND HALL



## *Classes for Shuswap Community:*

*November 1 & 15*

*December 6 & 20*

***11:00 AM - 12:00 PM***

## *Classes for Shuswap Staff:*

*November 1 & 15*

*December 6 & 20*

***12:00 PM - 1:00 PM***



# SECWEPEMC CULTURE

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

## Why women wear skirts in ceremony

The reason we wear skirts in all ceremonies, dances, sweat lodges, and healing sessions, is that it represents the 13 Grandmother's Teachings. The 13 Grandmothers and mothers are our teachers. Life to unconditional love, peace, unity, our Ancient Traditional Psychology, life skills, communication, understanding, using our gifts, teachers in the old ways, ceremonies, prayers, intentions, using our vision, sensing, seeing, visualize, reading energy, focusing the mind, and everything that we would need to be a balanced person in this lifetime.

Women are naturally connected to Mother Earth, we are born with natural abilities, sensing, feelings, knowing, empathy, healing hands, etc.

When we put on a dress it shifts our energy, to be more connected to our own gifts, Creator, Mother Earth and the other side, yes all our own guides and the guides that come to us for help. It is also grounding, helps keep the internal balance and connects us to higher dimensions where any ceremonies, prayers, or interactions with other people are at a deeper connection.

Wearing a skirt allows the other side to know whether you are male or female when in a sacred ceremony, it protects the sacredness of our own creational energy, it protects our sacred creational energy from hurting others, it allows each woman to connect directly to Mother Earth with a stronger connection, this connection also allows our connection to our higher power to be more secure as well. Many times people will not accept old ways because they do not understand the energetic implications, they are safety measures for EVERYONE.

I only dance when I have a skirt on and NEVER on my moon time. We are powerful then and if we have not healed our past, our energies are super unpredictable and can truly hurt people, the dancers, the singers, and throw the energy right off- where the demons and dark ones can take over the sacred ceremony. Everything about the old way is about total safety and understanding energy and how it affects the physical world. Yes, the spiritual world is energy and it directly affects the physical world. So "Skirt-up ladies!", it is ok to feel feminine. That is our true power, to be connected to Mother Earth and to the Creator.

Embrace your power and feel it run through your whole being, then we can really make good changes- that is when our prayers are POWERFUL.

We are the backbone of our homes, society, and first teachers, healers, and leaders, we just have to learn to be grannies. We are trained to be male when our true power is our feminine side, the gentle side, be like the sacred smudge and influence everything around you to be calm and loving.





## Community Corner

Happy Birthday Poppa Ox! love from your children & grandchildren!



Ida and Ed have a few THANK YOUs that they would like to pass on: Thank you to Don Devlin and his team for the hot ELDER MEALS that he brings every week! Thank you to Angela at the Band Office for always being so helpful and kind. We appreciate it! And Thank you to Gerard for the ride!

Thank you Shuswap Band Council for the Health & Wellness Weekend that staff received! Thank you to the Shuswap Members who graciously allowed staff to have the weekend off. Now we move forward together with renewed energy and positivity.



## Funnies



- Ever notice when geese fly in a V formation, one side is always longer than the other? This is because there are more geese on that side.
- Why is being alive so expensive?? I'm not even sure that I am having a good time.
- My son has been away all week on a school trip. I asked my daughter: "Do you miss your brother?" She looked at me puzzled and said: "Isn't he in his room?" ALL Week!!
- No one will remember: your salary, your fancy title, how "busy" you were, how stressed out you were, or how many hours you worked.....but poop your pants that one time!!!
- Human Body: I can grow a fully formed baby in like 9 months. I'm talking brain, functioning respiratory system, eyeballs--EVERYTHING-- 9 months!! Me: Cool, cool...how long will it take for my twisted ankle to get better? Human Body: 7 years--and it will never be the same.
- My very most favorite part of a football game, is when they get together and tell secrets before each play.
- Stop editing your pics!! What if you go missing??How will we find you if you look like Angelina Jolie on Social Media and a potato in real life?
- Need to finally get my life in order. I have decided to take an extended break from social media. I will see you again in 12 minutes. Best of luck with everything and stay safe.
- With the rise of self-driving vehicles, it's only a matter of time until there is a country song where the guy's truck leaves him.
- There is no better karate instructor as a spider web in your face!

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

