



# Shuswap Band Newsletter

Pellctiteqem

## Pellctiteqem (December) 2023



### Message from Chief & Council

Weyt-kp membership! Wow, last month of 2023! So much has happened this year – our language, culture, education, Guardian Program, new staff, and so much more. Our staff is so amazing at making these things happen for our community.

What a gift it has been to watch our Youth grow! They are so proud of being First Nations. The Light Up the Night Parade in Invermere was one huge example. It was a very proud moment for all of us. We were lucky to meet with Premier Eby (wow he's tall), eight ministers and deputy ministers in Vancouver last month, and we are hopeful we will get some of our asks met. We also met with Canada and BC representatives to set up a tripartite agreement with them and the Shuswap Band. In addition to the Ministers' meetings, we also met with BC Hydro.

Last month, Shuswap Band Chief & Council met with Splat'sin, Adam's Lake Band, Little Shuswap Band, Neskonlith and Simpcw to discuss our mutual connection to the Columbia River Basin. There are lots of promising ventures in the future between the five Bands.

We are very close to finalizing our Local Education Agreement with SD6. It has been over 20 years since we have had one, and we will have copies for all who would like one once it is signed. Kukstsemc to all who attend the Education Circles and help guide us in what we want for our students' learning.

We have so much to report and update our community on. We plan to host an Open House in the spring to share the projects, programs, and initiatives happening across the administrative departments, including Territorial Stewardship and Kenpesq't Holdings, which will allow everyone to see the variety of work we are doing.

Kukstsemc to all our staff who work so hard for our community – we hope you enjoy a well-deserved holiday with your friends and family. We wish all of our Shuswap Community near and far a very Merry Christmas and safe and happy holiday season! We look forward to the new 2024 year and to carrying on all the incredible work we are doing for our community.



# Pellictiteqem 2023

(First Real Cold or Cross Over Moon)

## December Calendar of Shuswap Band Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Parks Canada 5-7pm	Yoga 11am Massage	BAND MTG/ Financial Audit 5-7pm		Movie @ CV Centre "Land of Giants"
10	11	12	13	14	15	16
Community Christmas Party 2pm		Dr. Clinic Dietician				
17	18	19	20	21	22	23
	Winner of Cannabis Questionnaire announced	Dr. Clinic	Yoga 11am Massage	GOOD FOOD BOX		
24	25	26	27	28	27	30
Shuswap Band Administration Office & Health Centre will be <b>CLOSED December 25 &amp; will re-open Monday, January 8, 2024.</b>						
31						

Events in January at the Shuswap Health Centre  
 Foot Care— January 11— book now  
 Dr. Mannheimer will be : January 9 & 30.



## B.C. Cabinet and First Nations Leaders' Gathering

*Article and picture submitted by  
Jeannette Allan, Project Manager for  
Landmark Resource Management*

On November 2<sup>nd</sup> and 3<sup>rd</sup>, Shuswap's Chief and Council and staff member attended the 2023 B.C. Cabinet and First Nations Leaders' Gathering ("FNLG") in Vancouver. The FNLG is an annual opportunity for First Nations leaders to meet on a one-to-one basis with provincial government representatives and directly raise concerns, objectives, and questions they may have. Shuswap attended a total of 16 meetings with various Ministers and Assistant Deputy Ministers ("ADMs") to address Shuswap's goals and objectives such as health and wellness, housing, fish and fisheries, lands, and climate change strategies, among other topics.

One of the highlights included federal government negotiators joining Chief and Council in requesting the Ministry of Indigenous Relations and Reconciliation of B.C. to fully engage at the Recognition of Indigenous Rights and Self-Determination ("RIRSD") table. The intent is to form a tripartite table between Shuswap and the provincial and federal governments in order to advance Shuswap's goals for reconciliation.

Notably, a leadership meeting was held between BC Hydro executives and Chief and Council. Shuswap Band presented its expectations for appropriate, fulsome, and constructive engagement and ways they can actively participate in activities occurring in the Columbia Campfire.



*(L to R: Josh Martin, Councillor Richard Martin, Premier David Eby, Kukpi7 Barb Cote, Councillor Mark Thomas)*



November 22, 2023

**Subject:** First Nations Drinking Water Settlement - Extended Deadline and Available Supports

Dear First Nations Communities in the Interior Region,

Please find below information about the First Nations Drinking Water Settlement, a step towards addressing the long-standing issue of drinking water advisories in First Nations communities across Canada. This settlement is a result of the class action lawsuits initiated by Neskantaga First Nation, Curve Lake First Nation, and Tataskweyak Cree Nation, with the support of law firms Olthuis Kleer Townshend LLP and McCarthy Tétrault LLP.

**Key Aspects of the Settlement:**

- **Extended Deadline for Claims:** The deadline to submit a claim has been **extended to March 7, 2024**. This extension provides more time for eligible First Nations and individuals impacted by long-term drinking water advisories to submit their claims.
- **Compensation:** The settlement includes \$1.8 billion in compensation for impacted First Nations and eligible individuals, plus an additional \$50 million for those who experienced specified injuries due to long-term advisories.
- **Infrastructure Funding:** \$6 billion is allocated to support the construction, upgrading, operation, and maintenance of water infrastructure for First Nations.

**Support for Claim Submission:**

- **Claims Administration Team:** For assistance in claim submission, please contact 1-833-252-4220.
- **Legal Advice:** Free legal advice is available through Class Counsel at 1-833-265-7589.
- **Emotional Support:** For emotional support related to this issue, Hope for Wellness offers services free of charge at 1-855-242-3310.

**Band Council Confirmation List (BCCL) Support Funding:**

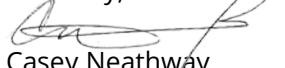
- **BCCL Funding:** Funding is available to supporting impacted First Nations in completing their BCCLs. These funds are intended to support a resources whose role will be to compile the BCCL.
- The BCCL must be received by the Administrator by **March 7, 2024**

**Compensation (Band Council):**

- **An initial \$500,000 base payment** will be paid to Communities after confirmation that the Band Council Acceptance Resolution has been reviewed by the Administrator
- **Additional payments, equal to 50% of the amounts paid to eligible individuals who lived in Community during an advisory** will be made after the claims deadline of March 7, 2024.

We encourage you to utilize these resources and supports to ensure your community's needs and rights are fully addressed.

Sincerely,

  
Casey Neathway  
Regional Director, EPHS

  
Stephanie Tooke  
Regional Manager, EPHS

  
Rob Fleming  
Manager, Drinking Water Safety



## Light up the Night Invermere, BC Christmas Parade Float

### Shuswap Band's 1st Christmas Parade Float ♥

So much fun!! It was so nice to see everything come together. Great job done by everyone involved and to everyone who participated.

Huge shout out to our semi truck driver  
Matt Ford & his helper Warren Warbrick.  
KUKSTSEMC to all the Youth, the  
Shuswap Guardians (Jamie & Jeremy),  
all the Band members and Staff.

Thank you to Councillor Richard Martin  
for getting us the trailer and assisting us  
along the way.

Submitted by:  
Suzie Thomas

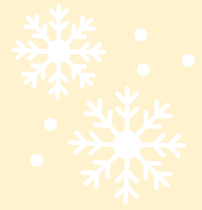


PARADE



# NOTICES

## TO SHUSWAP BAND MEMBERS



### OFFICE CLOSURE DATES

The Shuswap Band Administration Office and Health Center will be closed for the holiday season.

CLOSED from Monday, December 25, 2023 until Monday, January 8, 2024

\*Emergency numbers have been included in this newsletter and will be added to our Website and Facebook page.

### SHUSWAP STORIES BOOK

To get your copy of the book: "Shuswap Stories" Collected 1971-1975, please contact Clarissa or Suzie in the Language & Culture Department.

Clarissa: [cstevens@shuswapband.ca](mailto:cstevens@shuswapband.ca) or [stthomas@shuswapband.ca](mailto:stthomas@shuswapband.ca)

Office: 250.341.3678

### CALL OUT FOR DRUMMERS & SINGERS

We are looking for drummers & singers for the Holiday Train- DECEMBER 14  
Meet @ 4:45pm Forester's Road Railway Crossing. Contact Clarissa for additional information: [cstevens@shuswapband.ca](mailto:cstevens@shuswapband.ca)

### BOOT PROGRAM

Shuswap Band has a Boot Program for its students; kindergarten through to grade 12. You can pick up a Boot Voucher at the Reception desk in the Administration Office.

For members off-reserve, Shuswap Band will re-imburse your boot purchase up to \$200 with the submission of a receipt.

Please contact Kaylene for re-imbursement. [educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca)

# WELCOME TO OUR NEW STAFF!



## **Tisha Tardif - Language Coordinator**

Weytkp xwexweyt, Re skwest ri7 Tisha Tardif. Secwépemc-ke ell St7ek-ke te Kenpesqt. Tsyem-kuc me7n stékélt ell sesyí ne Kenpesqt. Re ki7ce ri7 Dorothy Warbrick ell re kye7e ri7 Rosalita Pascal. Le xpé7e lu7 Gustaf Pascal ell Le kye7úy lu7 Josephine Paul.

Hello everyone, my name is Tisha Tardif. I am Secwepemc and I'm from the Shuswap Band Reserve. I live with my daughter and boyfriend on the Shuswap Reserve. My mother is Dorothy Warbrick and my grandmother is Rosalita Pascal. My great-grandfather was Gustaf Pascal and my great-grandmother was Josephine Paul. A little more about me: I am the new Language Coordinator with the Shuswap Band. I have my Early Learning Child Care Diploma and recently received my Secwepemctsin Language Proficiency Diploma. I have lived in the valley for most of my life and have spent the last 7 years working at the School District 6 as Indigenous Education Support Worker. Learning plus teaching culture and language is a huge passion of mine and I am fortunate to be part of this team. I am very much looking forward to learning and growing with my community.



## **Sandy Dehart - Reception**

Hello, my name is Sandy Dehart. I am a member of the Shuswap Band and am excited to be joining the administration team at the front desk/reception. I am the proud mom of three adult children and grandmother to three boys. My paternal grandmother was the late Shelagh Dehart, whose maternal grandfather was the late Chief Pierre Kinbasket. My grandmother Shelagh was an amazing storyteller who generously shared many stories of her life. Having worked in many different administrative capacities throughout the years, I possess a myriad of skills and have a genuine interest and love of people. Looking forward to meeting all of you!



## **Deb Hoag - Shuttle Driver**

Hello, my name is Deb Hoag. I was raised in the Kootenays near Wasa. I began my 32-year-long career as a paramedic in Cranbrook, moved to Vancouver for advanced training and then on to Prince George for the remaining 18 years. My amazing husband and I retired from our jobs and "sold out" in 2019. We lived in our travel trailer and explored BC, the Yukon, Alberta and the American Southwest for the last 4 years. We've now decided to settle down in Radium to be closer to my family and rejoin the workforce. I enjoy outdoor activities, camping, travel, playing cards, and crafts and I am learning pickleball. I am looking forward to meeting everyone!



## **Andrea Sakamoto - Counsellor**

My name is Andrea Sakamoto and I am located in the East Kootenays. I thank the Secwépemc and Ktunaxa Nations for having me and my family to live, learn, and play on their stolen and unceded traditional territories. These Nations have lived and cared for the lands since time immemorial. Thank you for your timeless and continued efforts as the stewards and guardians of these lands, waters, air and animals. As a Transpersonal counsellor, I am effective in a practical, logical sense and we can meet at this level; my passion is in supporting you to experience a deeper level of connection, pondering and relating as we journey, gently, to a universal consideration. For every person, this is a unique path based on your individual life experiences and perspective. I believe in unconditional love, compassion and generosity. My life purpose is to support others to find a place of trust and surrender through our biggest transitions to ultimately find peace while connecting to the strengths and wisdom that these challenges can eventually offer us. It is an honour to be able to take this journey with you.



## **Welcome to Tony Pascal - our new Part-Time, Casual Shuttle Driver!**



# SHUSWAP BAND IS HIRING!

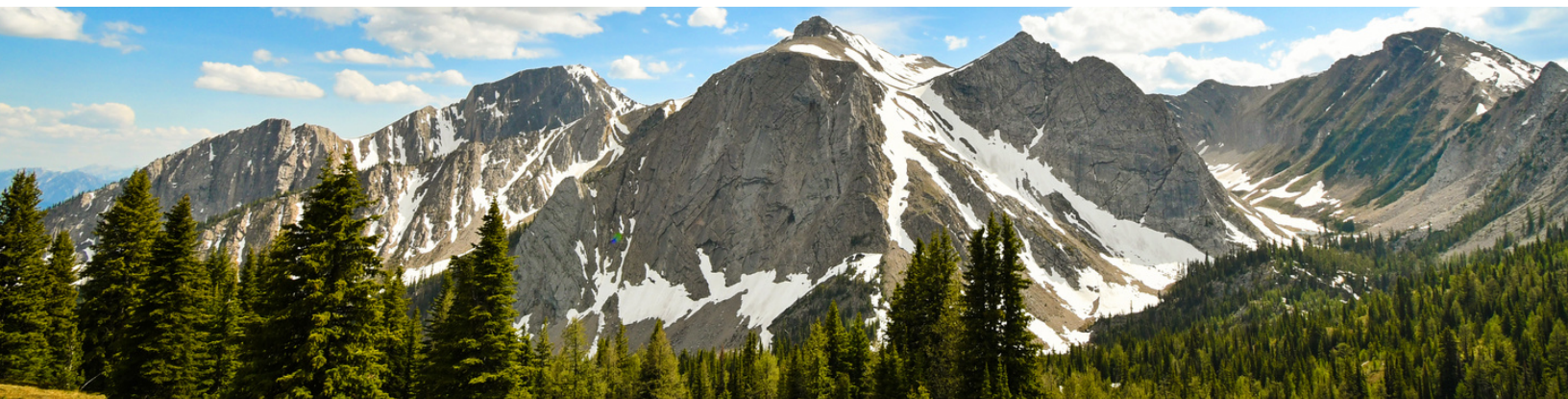


**Our currently available positions include:**

- Senior Wildlife Biologist
- Event Planner & Culture Admin
- Guardian Admin & Technical Assistant

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 health box, and more!

For more information, visit our website at [www.shuswapband.net/employment-opportunities](http://www.shuswapband.net/employment-opportunities) or email [HRdepartment@shuswapband.ca](mailto:HRdepartment@shuswapband.ca)



# YOUR OPINION COUNTS!

FILL OUT THE  
CANNABIS QUESTIONNAIRE  
AND ENTER TO WIN:

## GRAND PRIZE



**Enter soon to win ...**

**The Winner will be drawn: December 18th**

Participate in the questionnaire and you will be entered in the grand prize draw for a two night stay and \$200 food voucher at Stoney Nakada Resort and Casino.

The questionnaire is not anonymous and you will need to provide your name to be submitted and for your input to count.

**On Line Questionnaire**

One questionnaire and one entry only  
Shuswap members only



# **HEALTH DEPARTMENT UPDATE**

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

## **Doctor Clinic**

Dr Clinic will be **DECEMBER 12 & 19: 9 am-12pm.**

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

## **Dietitian**

If you require any supports with your dietary needs please call 250.341.7786 to arrange an appointment. Catherine, our dietitian will be here: **DECEMBER 12, 2023.**

## **Mental Health Counseling & Outreach**

Beth Castellano and Andrea Sakamoto are 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 continues to be offered for all band members, Lyn is **available for appointments: DECEMBER 6 & 20.** There will be no massage on DECEMBER 13 OR 27.

If you would like a massage, please call Stephanie to make an appointment. 778.526.8323

## **The Good Food Box**

There will only be **ONE Good Food Box in December** at it will be available to pick up **DECEMBER 21,** from the Health Center basement. There will be a \$50 gift card in lieu of turkeys or hams.

**PLEASE NOTE:** Moving forward with Good Food Box pick up times **we will only be holding the food boxes until Friday at noon.** Please make arrangements for it to be picked up if you can't pick it up yourself. If you are going to be away for the Food Box please let Stephanie know so that we are not ordering food that will not be picked up. You can reach her at 778-526-8323 or by email [mc@shuswapband.ca](mailto:mc@shuswapband.ca)

**We will be implementing a three strike rule for repeat offenders on this matter.**

## **Foot Care Clinic**

There will not be a Foot Care Clinic in December, the next Foot Care Clinic will be **JANUARY 11, 2024,** from 9am-3pm.

## **Yoga/gentle movement & fitness class with meditation**

This class will be available in person or via zoom, Wednesday, **DECEMBER 6 & 20** AT 11am -12pm.

## **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.



## Attention Band Members

Please submit your current contact information to the Shuswap Band Health Department so that we can better serve you and keep you informed of any health programs and services available to you.

All information given by you is strictly confidential and will not be shared with anyone without your express consent.

Fill out the form below and return it to the Health Centre reception.

Mail: Shuswap Band Health  
3A – 492 Arrow Road  
Invermere, BC V0A 1K2

Email & Scan: [wc@shuswapband.ca](mailto:wc@shuswapband.ca)

Phone in: 778-526-8323

Confidential Health Fax: 778-526-5120

<b>Full Name</b>	
<b>Date Of Birth</b>	
<b>Status number</b>	
<b>Personal Health Number</b>	
<b>Physical address</b>	
<b>Mailing address (if different)</b>	
<b>Telephone</b>	
<b>Email</b>	

Kukstemc



## Shuswap Band showed amazing support for National Addictions Awareness Week & for Don Burnstick

We had about 100 people attend the Don Burnstick Comedy Show and about 10 band members and staff attended Don's two workshops: "Healing the wounded warriors" and "The broken cycle of addiction".

Thank you everyone for the fantastic support!



Thank you and pictures submitted by the Shuswap Band Health Team.

# Parks Canada COMMUNITY MEETING

TUESDAY DECEMBER 5, 2023  
SHUSWAP BAND HALL  
5:00PM- 7:00 PM



## Red Streak Renaming

Be part of the community discussion and decision about renaming the Red Streak Loop Trail and how we would like the renaming ceremony to look like.



## Takkakaw Falls Panels

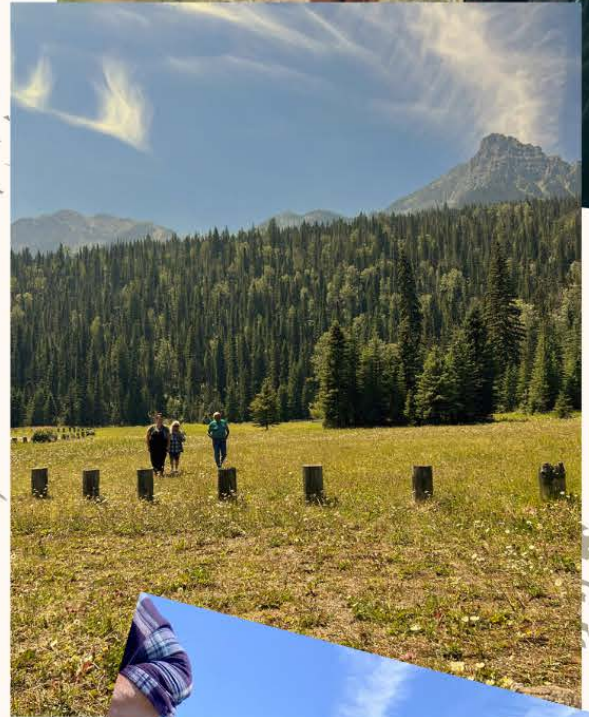
Feed back about what we heard the community say about what is wanted for additional signage along the trail. Review draft content as a community.

RSVP with Enola Eugene  
before November 30th, 2023

☎ 250-858-9715

🌐 [eeugene@shuswapband.ca](mailto:eeugene@shuswapband.ca)

Elder honoraria and a meal will be provided!



# SHUSWAP BAND MEETING

REVIEW THE  
2023 FINANCIAL AUDIT  
DECEMBER 7, 2023  
HEALTH CENTER BASEMENT

5:00 PM - 7:00 PM  
Dinner provided



JOIN ZOOM MEETING  
Meeting ID: 865 2732 1293  
Passcode: 598093  
Link will be on our FB page as well.

# Let's Learn Secwepemctsin

## Weytk

Weytk, translates to “you are alive,” or “You woke up,” which can be offensive to say to Elders as you would be commenting on how they’re alive or that they woke up today. This is the colonized, coined term for “Hello” and it’s one person saying “Hello” to one person.



## Weyt-kp

One person saying “Hello” to two or more people.



## Weytkp, xwexweytep

One person saying “Hello” to two or more people and everyone. xwexweytep means everyone.



# EDUCATION & TRAINING OPPORTUNITIES



## SWIMMING LESSONS

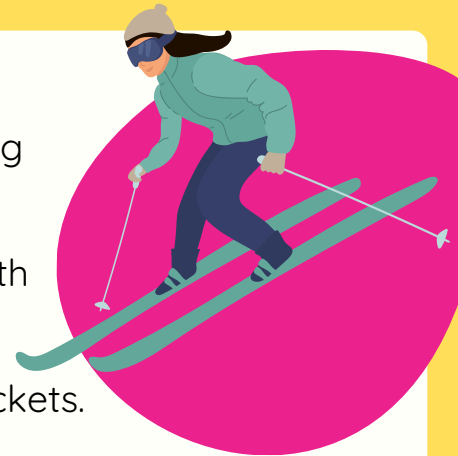
The youth that have been attending the swimming lessons are doing exceptionally well. Parents of any other youth that would like their children in lessons, please contact Kaylene – [educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca) to register them. Lessons are every Wednesday 5:15-6:00pm and a shuttle can be arranged if needed.

## TICKETS TO THE NEW SKI MOVIE

For anyone that needs a little boost to get their interest in skiing started, there are tickets available through the Education Department for the **new ski movie “The Land of Giants”** produced by Matchstick Productions taking place December 9th at the Columbia Valley Centre.

Tickets are going fast, so don't delay in contacting Kaylene [educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca) or 778-526-8179 for your tickets.

\*\* Pizza needs to be ordered with your movie ticket as well.



## ADDITIONAL ITEMS OF INTEREST:

- **Congratulations to Alex McCluskie.** Alex was in our 1st class of the DL Training and set a goal to have his “N” before Christmas, and he achieved that goal.
- **Post-Secondary Education Policy reminder** – funding is available for all Shuswap Band members with a 605 status #. The complete policy can be seen on the Shuswap Band website in the secure members only portal.

\*There is an opportunity for any Shuswap Band members that would like to **learn basic computer skills** beginning in January. Contact Kaylene – [educationadmin@shuswapband.ca](mailto:educationadmin@shuswapband.ca) or call 778-526-8179 if you are interested.



**Chenoe Paccagnan**

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

**Kaylene Earl**

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



# SHUSWAP BAND'S LAND USE PLAN

## We want to hear from you!

**Shuswap would like to re-visit formalizing a Land Use Plan as required under our Land Code. This would be a community driven planning process that helps guide current and future staff and leadership to make decisions that advance our community towards a desired vision.**

Please click on the link below to take the Land Use Plan Poll:  
This poll is anonymous and you do not need to sign-in or have a Google account to participate.

**<https://docs.google.com/forms/d/e/1FAIpQLSescsiBtuAmccQqp179V-5DShzVNHXJShnTAXAg3mvLY-ve7w/viewform>**

Kukstsemc,  
Sierra Stump  
Director of Lands, Public Works & Utilities

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



# 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



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For more information:

**Suzie Thomas**

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

250.341.3678 EXT. 207



# SECWEPEMC CULTURE

*Submitted by: Clarissa Stevens*

*Culture and Community Wellness Senior Advisor  
and Liaison/Indian Registry Administrator*



## The power of Ribbon Skirts

Ribbon work is not traditional, but ribbon work has become tradition.

Today ribbon skirts are used as a form of formal or traditional wear, which are worn for ceremonies, funerals, and social pow wows.

Modern day ribbon skirts are floor length, made with cotton, wool, or buckskin and silk ribbons are applied to the bottom of the skirt.

When native women partake in spiritual or cultural gatherings woman must wear skirts. Women are seen as powerful and resilient. Women must respect their camp dresses and not be disrespectful when wearing them.

When we wear our ribbon skirts, we are reaffirming what we know ourselves to be. It is your strength, and the strength of the community that claims you. It is part of our heritage, a collective heritage and although we all have different traditions and Sacred protocol surrounding the ribbon skirt, they do not belong specifically to any one group. We share history and tradition.

It is time our women empower other women.

When you wear ribbon skirts, you feel the strength, love, and protection of your Native sisters and aunties. You feel the most powerful when you wear your ribbon skirts because they are a reminder that you are not alone and there is an entire community and generations of ancestors who are with you at all times. Wear your ribbon skirt with pride, we represent the people who they failed to destroy, our skirts are a reminder that we are still here, wear your ribbon skirts for the ones denied living their culture, speaking their language, singing their songs in ceremony.

When you wear your ribbon skirt it is healing your spirit and connecting you to Mother Earth.

## In case you get the blues during Christmas...

Submitted by: Gerard Gregoire, Wellness Coordinator, Shuswap Band

Christmas time is usually a time of joy, family get togethers, presents, happiness and fun. For some it can trigger sadness and depression.

When you're not feeling merry and generous like those around you, the tendency is to judge yourself and feel separated from everyone else.

You are at an even greater risk for anxiety and depression if you usually do most of the planning, shopping, cooking, cleaning and tending to the kids during this time.



### Some of the factors that can add to stress and emotional struggles during the holidays:

- **Grief** from missing a deceased loved one. Holding down your feelings leads to depression and using alcohol or other drugs to deal with grief make things worse
- **Finances** when there is not enough money or the fear of not having enough money to buy gifts leads to sadness, shame and guilt
- **Stress** from shopping for gifts, planning and cooking family dinners and parties
- **Loneliness** often happens when you isolate and disconnect yourself from others. Single people and elderly tend to be more vulnerable at this time
- **Detachment from family** can lead to feelings of sadness, guilt, loneliness and resentment when you're not on good terms with your family and loved ones
- **Divorce and separation** grief gets compounded as memories of happier times with an ex-partner are triggered
- **People pleasing** your family, friends and relatives with what to get them, who to see, and what to do can make you feel guilty, which leads to depression
- **Seasonal Affective Disorder** affects many people who experience the blues during constant gloomy and overcast weather with little sunlight



### Tips to coping with the holiday blues

**Remember the spirit of Christmas** is being together with family sharing love, peace and goodwill

**Allow yourself the time to reflect and grieve** as grief is a natural human process that must happen with every loss

**Seek counselling** if necessary

**Reach out** and connect with family, friends, relatives and the surrounding community

**Ask for help** from your family, children and friends with the cooking, cleaning, shopping and planning

**Get out** and go for a walk, skate, sleigh ride, ski, visit, go for coffee, play cards....

**Buy what you can afford** as there is no shame in being honest and realistic with your finances

**Make a decision** on your holiday plans

**Shop early** to allow time for wrapping and avoiding the shopping stampede

**Make time to rest and re-energize** to take care of your spiritual, emotional, physical, and mental needs

## 24/7 Crisis lines if you need someone to talk to

KUU-US Adult/Elder line: 250723-4050

Child/Youth line: 250-723-2040

or Toll Free 1-800-588-8717

- **1800SUICIDE (1-800-784-2433)** is for individuals considering suicide, or for those who are concerned about someone who may be at risk of suicide.
- **310Mental Health Support (310-6789)** is a crisis line that provides emotional support, information and resources specific to mental health and substance use disorders.

**DECEMBER 12**  
**11AM - 4PM**

**SHUSWAP**  
**HEALTH**  
**CENTER**

**REDUCE**  
**OVERDOSE**  
**RISK!**

**WHAT IS IN YOUR DRUGS?**  
**DRUG CHECKING SAVES LIVES**  
**CONFIDENTIAL | FREE | REAL TIME**

### WHAT WE NEED FROM YOU:

- Match head size of your substance or....
- Used pipe or....
- Used cooker/filter.

### WHAT WE DO FOR YOU:

We use a small amount of substance or residue & test it with our FTIR machine, and we can tell you exactly what is in your drugs & return your drugs.

Shuswap Band Health Center

Office- 778-526-8324

Fax-778-526-5120

**ANKORS**



# EMERGENCY NUMBERS

The Shuswap Band Administration & Health Center hours are:  
Monday - Friday 9:00 am - 4:00 pm



The following numbers were prepared should you need assist after hours.

## ACTUAL EMERGENCY: 911



**AMBULANCE**  
250.342.6218



**POLICE** 250.342.9292



**FIRE DEPARTMENT**  
250.342.3200



**INVERMERE HOSPITAL**  
250.342.9201

## Lands, Public Works , Water & Sewer Related Emergencies



**Lands Manager, Sierra Stump:** 250.688.0899



**Public Works, Jarret St. John:** 250.613.362.8521



**CORIX:** 1.855.244.7808 (24-hours a day)

**Superior Propane:** 1.877.873.7467



**BC Hydro:** 1.800.224.9376



## Health & Mental Health Supports

**Support or Crisis Services,** call,

text or chat from anywhere in Canada anytime:

Toll Free- 1-833-456-4566

Text- 45645

Chat – [crisisservicescanada.ca](https://crisisservicescanada.ca)

(250) 342-2363 **Invermere Mental Health line**, anyone can call and make a referral or ask to speak with someone.

**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



## Community Corner



Happy Birthday to Annanete Eugene!!

A BIG shout out and Happy Birthday to Sasha Eugene from all her friends and family!!

The staff at Shuswap Band office want to say Happy Birthday to Wanda Laboucan!!



## Funnies

- Me after watching a murder mystery documentary: “ I need to get into shape or my chalk outline is gonna be a circle!”
- What do you call a restaurant that only sells beans? A gas station.
- My heartrate went up and my fitbit congratulated me on a good workout--- I was eating tacos!
- 8am: too tired to think. Noon: too tired to think. 5pm: too tired to think. Midnight: How do dragons blow out candles??
- If the human race held hands around the globe... a significant amount of them would drown.
- Sorry I can't make it. Contracted mood poisoning. Must've been something I hate.
- Drinking 1 gallon of water a day helps you avoid people's drama because you are too busy peeing. Stay hydrated my friends.
- What if Snow White was just pretending to sleep so that she didn't have to clean up after little people anymore. I totally get that.
- I called in sick to work. The boss asked, “What's going on?” I told him, “ I'm having trouble with me eyes. I can't see me coming in today”.
- If you need me, I am always just 5 missed calls and 6 text messages away!
- Get your relatives speaking to each other again, send out a heartfelt Christmas card with a picture of your family with an extra kid in there, that no one knows.



Please have a safe & happy holiday season!



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