

# Shuswap Band Newsletter

Pelltsipweten (February) 2024



## Message from Chief & Council

Weyt-kp Membership! Greetings from Chief and Council for the Month of February! It's hard to believe January 2024 has zipped by. We hope all of the community had a restful holiday with family and friends.

Our council and staff have jumped right in to January with lots of work and exciting things to come for Shuswap Band. We are starting to get the planning done for our new Administration building. We are starting with Senior Management by sitting down and discussing what each department needs for the new space. We will be reaching out to the community for your input shortly. We want to do our best to plan this multiuse building and create a site that will meet our needs for many years. It will be great to leave the business area we are currently in. It will allow us our own gathering space with privacy for all our business, cultural, and community events.

We are happy to report some of our members are getting the courage to change their lives and reaching out for help with their mental health. We have earmarked funding if you want to go to a treatment centre, which means there is no nine month wait. We can help immediately!!!! Please reach out to our Health Department and make 2024 the time to get your life back.

February is full of meetings for Chief and Council with all levels of Government and with Kenpesq' t Development lead by TJ Neault. This will be a busy time with plenty of great work in our Traditional Territory. We are close to finally getting our land back from the 99 year leases, which will open up huge potential for economic development once again.

We are working on the Eastern Specific Claim, which will bring significant funds to our community. There will be an opportunity for Community to vote on how distributions will be decided.

We were saddened to have lost one of our Elders. Our condolences go out to the family and friends of Alice Sam. We would like to give a huge thank you to all those who went above and beyond to support the family during this difficult time.

We continue to be so thankful for our amazing staff that work so hard for our community. We have some new staff starting - notably, we welcome Manon Moreau as our new Territorial Stewardship Director. If you are interested in some of the upcoming job postings, please apply!

We are looking forward to good things happening in the coming year!

Some of the projects we currently have in the works:

**Forestry:** Not too much to add from last report. The initiatives we were working on are continuing. The Pilot Forestry Project in Kinbasket area is still being planned and is an innovative approach to forestry and wildlife management. Shuswap Band is working on obtaining additional forestry tenure in the Golden, Revelstoke, Cranbrook and Kootenay Lake Timber Supply Areas (TSAs).

**CRT:** The Columbia River Treaty is nearing negotiation session 20. Many issues discussed include Redress, Culture, Governance, Interim Revenue Sharing, Joint Ecosystem Management, Salmon, Riparian/Wetlands and Flood Risk. Discussions between Canada and the USA are sensitive and subject to heavy confidentiality.

**Columbia River Salmon Reintroduction Initiative (CRSRI):** Salmon restoration plans are being carried out by the CRSRI Team. The Upper Columbia United Tribes are continuing with their Salmon Recovery Plans, specifically Stage 2 of their plan. This includes salmon migrating through the border into Canada. These are exciting times and indicate we are getting closer to understanding the recovery issues and how to address them. An obvious one is the need for fish to migrate downstream to the ocean and that issue is on the radar of the CRSRI Team. Other issues like climate change, passage at facilities and water levels are being assessed, too.

**BC Hydro:** Shuswap Band and BC Hydro have entered into a Friendship Agreement. This is intended to take the place of the MoU and indicates a deeper commitment by BC Hydro to the Band. The Band uses these meetings to pressure BC Hydro in areas of interest like archaeology, entrainment, and other impacts not associated with CRT facilities.

**Salmon Release:** The annual Salmon Release is fast approaching in May. We look forward to the event and want to notify all that the event will take place below the Athlmer Bridge this year.

**The Columbia Habitat Aquatic Resource Study (CHARS)** is nearing completion. It was intended to look at available Sturgeon and Cutthroat Trout habitat in the tributaries from Canal Flats to Donald. This study will inform restoration activities and assist us in understanding the needs for the salmon when they return. The Band is also looking at the impacts to our local lakes and what can be done to protect them and encourage different practices that are less impactful, such as wake-boating.

# HEALTH DEPARTMENT UPDATE

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

## Doctor Clinic

Dr Mannheimer will be  
here

FEBRUARY 13 & 27,  
9 am-12 pm

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



## Massage

Massages with Lynn at Rising  
Sun Massage are available  
every Wednesday.

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

## Foot Care Clinic

The next Foot Care Clinic will  
be FEBRUARY 22, 2024 from  
9 am-3 pm.



## Dietician

If you require any  
supports with your dietary  
needs please call  
250.341.7786 to arrange  
an appointment.  
February 13 & 27



## Good Food Box

The Good Food Box will be  
available for pickup in the Health  
Center basement  
10am - 2pm  
February 8 & 22

## Mental Health Counselling & Outreach

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.



## Pharmacist

Emily will be at the  
Health Center  
February 20. Call to make  
an appointment.

## 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.)



# Pelltsipwenten

(February) 2024

**Cache Pits Moon**

**February Calendar of  
Shuswap Band Events**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Junior A Hockey @ the Arena	
4	5	6	7	8	9	10
Ski Program @ Pano		Trauma Support Workshop	Massage	FOOD BOX Deadline to register for Ski program		
11	12	13	14	15	16	17
Ski Program @ Pano		Dr. Clinic Dietician Trauma Support Workshop	Valentine's Day Massage	Errand & Shopping Day		
18	19	20	21	22	23	24
NO SKI PROGRAM TODAY	Family Day <b>Office is CLOSED</b>	Pharmacist Cook a Mexican Dish @ Su Casa Trauma Support Workshop	Massage	Multi Use Vision Mtg. Foot Care FOOD BOX Deadline to register for Ski Program	Hockey in Cranbrook (see poster)	
25	26	27	28	29		
Ski Program @ Pano		Dr. Clinic Dietician Trauma Support Workshop	Massage	Leap Year! Errand & Shopping Day Deadline to register for Ski Program		



**SAVE THE DATE:** March 13, 2024  
WELLNESS (Beauty) DAY 12 pm– 6 pm 4



# COLUMBIA RIVER CEREMONIAL SALMON RELEASE

## LOGO CONTEST

Theme: "What does the  
restoration of salmon mean to  
you?"

**CATCH BIG PRIZES FOR THE  
BEST LOGO!!**

Contest is open to Youth 18  
years old & under from the  
Sylx (ONA), Secwepemc &  
Ktunaxa Communities.

One submission per  
participant.

**DEADLINE FOR SUBMISSIONS:**

**MARCH 1, 2024**

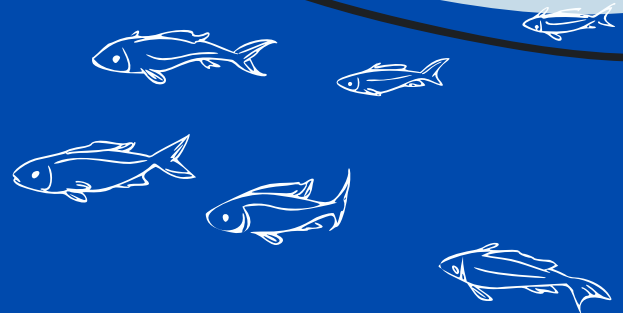
**THE WINNERS WILL BE ANNOUNCED**

**APRIL 1, 2024**

Send submissions to:

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

5



**ENTER TO WIN:**

**PRIZES :**

**1st Place : \$1,000**

**PLUS: All of the 2024  
Salmon Release Ceremony  
SWAG , Posters, Invitations  
etc. will be your design!!**

**2nd Place : \$500**

**3rd Place : \$300**

**4th & 5th Place: \$100**



# WELCOME TO OUR NEW STAFF!



## Manon Moreau

### Territorial Stewardship Director

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

Manon Moreau is the new Territorial Stewardship Director with Shuswap Band effective February 1, 2024. Manon was raised in Invermere, BC. She completed her secondary and undergraduate education in Edmonton. She has a Master of Arts degree from the University of Victoria in Political Science with a focus on natural resource and environmental policy.

After university, Manon moved to Yukon in 1997 with her partner Marc Barrault, who was born and raised in Invermere. She began working for the Government of Canada and then switched to the Government of Yukon in 2000. She has held a variety of senior positions in the Government of Yukon public service and was also the director of

governance at Kwanlin Dün First Nation in 2009. She became the assistant deputy minister of sustainable resources in 2017 where she led the final approvals of the Peel Watershed Regional Land Use Plan. She then moved into the role as President of the Yukon Liquor Corporation and Lotteries Yukon in 2020. In 2021, she was appointed Deputy Minister of Environment and the Deputy Minister of French Language Services Directorate. She recently retired in January 2024 from the Government of Yukon so she and Marc could relocate to the Invermere area to be closer to family and friends. They have two adult children: Aimery and Amélia.

Manon is looking forward to settling back into the valley to enjoy its nature and gardening season. She is very excited to start this new adventure with the Shuswap Band!

## NOTICE OF NEW GENERAL MANAGER FOR KENPESQ'T GROUP OF COMPANIES

Kenpesq't Group of Companies would like to announce the appointment of its new General Manager, TJ Neault (MBA, PMP, CET).

TJ has over 15 years of experience in analytics, development, leadership, and project management. For the past year he was a Board member to Kenpesq't, where he has been providing strategic direction to its operations. TJ volunteers his time as a Committee member to the Columbia Valley Recreation Planning Initiative where he is responsible for providing land use recommendations aimed at sustainable recreation and environmental protection. TJ is also a board member to the Columbia Valley Cycling Society where he guided the Board members through the development of a five-year business strategy and corresponding digital strategy.

As of January 2023, all inquiries and correspondence related to business and procurement related to Shuswap Band and its membership are to be directed to TJ in accordance with Shuswap Band's Business Governance policies at the following points of contact: [tjneault@kenpesqt.ca](mailto:tjneault@kenpesqt.ca), [gm@kenpesqt.ca](mailto:gm@kenpesqt.ca), or (403) 828-5570



**KENPESQ'T**  
TERRITORIAL OPERATIONS



# SHUSWAP BAND IS HIRING!



## Our currently available positions include:

- Community Nurse (Mat Leave Cover)
- Referrals Coordinator
- Senior Wildlife Biologist
- Event Planner & Culture Admin

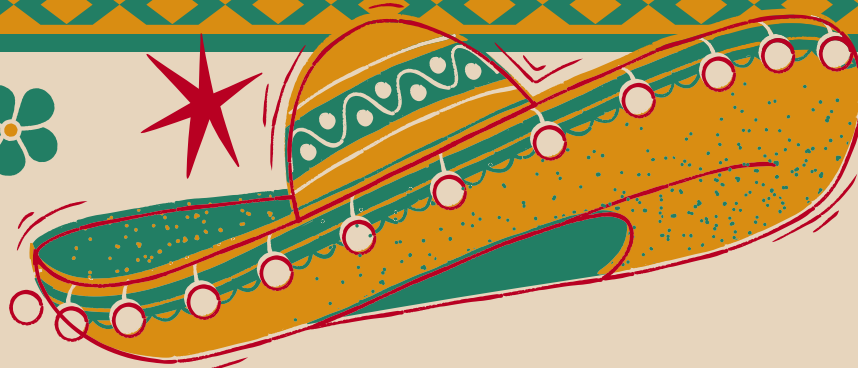
Come join our dynamic team and enjoy a flexible work environment, health & wellness benefits, an employer-matched pension plan, 2 weeks off at Christmas plus 2 weeks vacation, a bi-weekly health box, and more!

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)



Shuswap Band's HR team will be working hard over the next few months to develop a new HR Policy Manual. This manual, which will be called "Practices & Ways", will incorporate traditional knowledge and practices. It will move us away from the standard business Policy Manual and be more culturally aware to suit better the work we do as an organization. We will continue to update the community on the progress of this project as we work with Jouta HR to complete it over the next few months.

If you're interested in learning more, email  
[HRdepartment@shuswapband.ca](mailto:HRdepartment@shuswapband.ca)



**COME LEARN TO COOK A  
MEXICAN DISH**  
**Su Casa Authentic Kitchen  
in FAIRMONT**

**FEBRUARY 20, 2024**

**ARRIVE at Su Casa Authentic Kitchen  
at 10:30am**

**k-12 Shuswap Band members invited**

**Register with Kaylene prior to FEBRUARY 9**

**778-526-8179**

**Education & Employment Department update:**

As Chenoa Paccagnan is currently on leave and all Education and Employment questions should be directed to Kaylene Earl either by phone 778-526-8179 or email

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

We are starting to organize the youth trips for 2024, with the 1st one being held on the school Pro D Day February 20.

Please remember to register with Kaylene in order to ensure that space and food is adequate. We will be learning how to make (and eat) a Mexican meal and learn a little about the Mexican culture. Hope to see all k-12 Shuswap Band youth there.

# WEAVING THE SACRED BLANKET TRAUMA SUPPORT

Begin the journey to  
reclaim self



AN 8-WEEK SERIES BEGINNING  
EVERY TUESDAY, STARTING JANUARY 23, 2024  
4:30PM-6:30PM

- open to Shuswap Band Members 18 years +
- Dinner is served
- Shuttle is available

To register or for more information, please contact:  
Andrea Sakamoto - [kootenaykindredco@outlook.com](mailto:kootenaykindredco@outlook.com) or  
contact Stephanie at the Health Center-  
[mc@shuswapband.ca](mailto:mc@shuswapband.ca)  
Cell# 250.961.0993

# ERRAND & SHOPPING DAY

---

Every 2<sup>nd</sup> Thursday  
Starting Feb 15<sup>th</sup>  
10 am to 1 pm

---

Please Contact Deb by email  
[shuttle@shuswapband.ca](mailto:shuttle@shuswapband.ca)  
or Steph 778-526-8323  
if you require a local ride.

Banking, pharmacy, groceries, thrift store, coffee  
shop....whatever you need to get done!

# SHUSWAP SKI/SNOWBOARD PROGRAM

## STARTING JANUARY 14

**SIGN UP THURSDAY BY 12 PM EACH  
WEEK**



**AEUGENE@SHUSWAPBAND.CA  
250.270.0151**



## *Catch some Junior 'A' hockey action in February!*

### Friday February 2<sup>nd</sup>

- Kimberley Dynamiters at Columbia Valley Rockies
- 7 PM at Eddie Mountain Arena
- Ride available

Call or text 250-409-4616 for your free ticket by noon February 1st



### Friday February 23<sup>rd</sup>

- Trail Smoke Eaters at Cranbrook Bucks
- 7 PM at Western Financial Place
- Ride available

Call or text 250-409-4616 for your free ticket by noon February 13th

# Multi Use Administration Visioning Session

*Shuswap Band Members:*

*Come and meet with the team from Urban Arts Architecture and tell us your vision for our new Multi Use Administration building!*

**Where: SB Boardroom**

**When: Feb 22 5-8pm Dinner served**



**WE WANT TO HEAR FROM YOU!**

**WHAT WOULD YOU LIKE TO SEE INSIDE THE COMMUNITY BUILDING?**

**WHAT SHOULD THE BUILDING LOOK LIKE?**

**COME TELL US YOUR VISION!!**

**IF YOU ARE UNABLE TO ATTEND, YOU CAN EMAIL YOUR SUGGESTIONS**

**TO: [RECEPTION@SHUSWAPBAND.CA](mailto:RECEPTION@SHUSWAPBAND.CA)**

**OR DROP IN ANY TIME TO THE ADMINISTRATION OFFICE & TELL US YOUR THOUGHTS!**



# Let's Learn Secwepemctsín

Let's learn some phrases we can  
use instead of Weytk or kukstsémc.



**Tsec.winúcw- k**  
**Morning to you**

**Le7 e swíktsi**  
**It is good to see you**



**Me7 wíktsi**  
**I will be seeing you**

# SECWEPEMC CULTURE



*Submitted by: Clarissa Stevens*

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

## What makes an Elder?

The big challenge in answering this question is that not all communities are the same and it really depends on the culture or community to define what makes an Elder.

One common trait amongst Aboriginal Elders is a deep spirituality that influences every aspect of their lives and teachings. They strive to show by example - by living their lives according to deeply ingrained principles, values, and teachings.

### Do you have to be a certain age to be an elder?

Being an Elder is not defined by age, but rather Elders are recognized because they have earned the respect of their community through wisdom, harmony, and balance of their actions in their teachings. In First Nation Elder vs Senior we take a closer look at the importance of effective communication.

### Can both men and women be elders?

Being an Elder is not gender specific as in my own experience I know both male and female Elders.

### Is the role of an Elder the same everywhere you go across the country?

While the exact role of Elders may change from community to community, there are common principles that Elders try to instill in their community members such as respect for the natural world and that the earth is their mother. Aboriginal Elders are deeply committed to share their knowledge, provide guidance, teach others to respect the natural world, to learn to listen and feel the rhythms of the elements and seasons.

### Has the role of Elders changed over time?

In some communities, when families move apart, Elders will travel to visit the family members in order to keep in touch and to prevent them from forgetting their connections. In some jurisdictions, Elders have a real presence in the schools. Some Elders have also formed organizations, with regular meetings and websites such as the BC Elders Gathering.

### What are the duties of elders?

In my experience, the duties of an Elder today can include: conducting smudges, sweats, prayers, opening prayers, participating in protocol at meetings and events, counselling, sweetgrass ceremonies and negotiations to name but a few.

### When an Elder is invited to conduct an opening prayer or smudge, what is the customary honorarium and how does one find that out?

Honorarium amounts vary but Elders do get compensated for travel and time. You have to determine which Nation's traditional lands you are in, and then contact the office of that Nation and ask if they can suggest an Elder and the amount of the customary honorarium. Please read First Nation Elder Protocol for more complete information.

### Are other gifts welcome or expected?

There are four sacred plants: tobacco, sweet grass, sage and cedar. A gift of one of the four sacred plants is seen as recognition of the wisdom an Elder can share. In Inuit culture, tobacco is not used ceremonially.

## Community Corner



Happy Birthday Ian Capilo!! Lots of love from your wife and kids!

Happy Birthday Kaylene Earl from the staff at Shuswap Band! Have a great day!

Happy Birthday Neeko!! We love you! xoxoxo from your family!

Happy Birthday Riva, Marge, & Chantel!

**February 29th - LEAP YEAR!** Traditionally this is the one day that women are free to propose to their partners. In some countries if the man refused, he would have to pay a fine, or give the woman 12 pairs of gloves to cover her “un-ringed” hands.



## Funnies



- The Devil whispered in my ear. “You’re not strong enough to withstand the storm”. I whispered back,” At least I didn’t lose my golden fiddle to some hillbilly in Georgia!”
- A recent study found people who take their coffee black are more likely to exhibit psychopathic traits.... and... people who order a quad shot, non-fat, vanilla soy, extra foam, light whip with caramel drizzle are more likely to be their victims.
- Legend states that when you are overwhelmed and on the verge of a nervous breakdown, a small child will appear to tell you that you have cut their sandwich wrong.
- Whenever I tell someone where I live, they say: “OMG, that is so far!” I’m like, “Calm down, I’m not inviting you over!”
- Quit thinking that you’re “all that!”... you’re not even all there!!
- Chinese take-out: \$22, Tip:\$3, getting home to find out that they forgot part of my order: Riceless!!
- My wife is always stealing my T-shirts and boxer shorts to lounge around the house in, but I wear one of her dresses- one time, and suddenly, “We gotta talk!”
- I helped my neighbor out with something this morning and she said to me: “ I could marry you!” I couldn’t believe it..... you do something nice for someone and they threaten to ruin your life in return.
- Me yelling at squirrels in the street to move so that they don’t die is probably the same feeling God has watching me live my life most days.
- Falling in love makes you do stupid things. One time I even got married.
- I ordered a chicken and an egg from Amazon.... I will let you know.
- I don’t always WHOOP- but when I do- there it is!!



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

