



Shuswap Band Newsletter

Pellsqepts (March) 2024

Weytk-p xwexwéyep

**Our Chief and council have been busy!
Just a short update to showcase some
meetings for the month of March.**

**The Shuswap Health Caucus is having a
Transition Ceremony to rename the group to
Melamen Society. This will be taking place in
Kamloops and we will be in attendance and
representing our campfire at this ceremony.
Safe travels to all!**

**Currently we have posted for Columbia River
Ceremonial Salmon Release Logo contest.
Winner will be announsil April 1, 2024. **see
poster in this newsletter**

**We are ramping up for the Ceremonial
Salmon Fry Release happening in May 2024.
Date/Location TBD. If you would like to
volunteer please let our reception know.**

**Also, 1st QTR distribution is happening March
1, 2024. Please stop by the Shuswap Band
Administration office to pick up your cheque.**

**Happy St. Patrick's Day to you.....may we
all have the luck of the Irish!**

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Pellsqepts

(March) 2024

Spring Wind Moon March Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Shuswap Band Quarterly Payment mailed out	
3	4	5	6	7	8	9
SKI Program			Massage Elder's Lunch & BINGO	Good Food Box		
10	11	12	13	14	15	16
SKI Program			WELLNESS DAY @ Health Center	Energy Efficiency Workshop 12-4 SB Boardroom	Deadline for Salmon Release LOGO Contest	
17	18	19	20	21	22	23
<u>NO</u> SKI PRO- GRAM TODAY!	Start of Spring Break for School kids	Dr. Clinic Dietician	Massage	Good Food Box Ankors 11-3 Health Center		Salmon Arm Pellsqepts Spring Winds Concert
24	25	26	27	28	29	30
SKI Program		Dr. Clinic Dietician	Massage			
31						
SKI Program						



HEALTH DEPARTMENT UPDATE

For all your health care needs please call

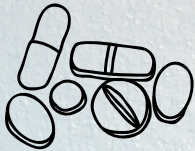
(250)- 341- 7786

Doctor Clinic

Dr Clinic : MARCH 19 & 26

9 am-12pm.

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



Pharmacist

The Pharmacist will be here
MARCH 19.



Foot Care Clinic

There will be **NOT** be a **Foot Care Clinic in March**, however, Kate will be at the WELNESS DAY, March 13.

The next Foot Care Clinic at the Health Center will be April 3, 2024, from 9am-3pm.

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.



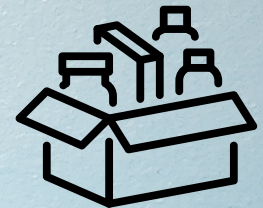
Dietician

If you require any supports with your dietary needs please call 250.341.7786 to arrange an appointment.
MARCH 19 & 26, 2024.



Massage

Massages with Lynn at Rising Sun Massage is continued to be offered for all band members, Lynn is available for appointments. If you would like a massage, please call Stephanie to arrange your appointment time. 778.526.8323
*There will be **no Massage March 13.**



Good Food Box

Good Food Box dates for March are: March 7 & 21. Please pick up between the hours of 10am- 2pm at the Health Center basement.

Naloxone Kits & Harm Reduction Supplies

Naloxone kits including nasal kits can be picked up for free at your local pharmacy or at Shuswap's health department. We also have harm reduction supplies for anyone in need.

Staff will support you with your needs in a confidential and safe manner.

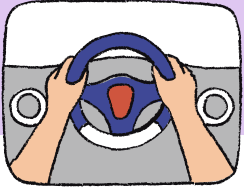
- Naloxone kits (nasal and needle) training available upon request.
- Fentanyl testing strips (training available upon request)
- Harm reduction supplies (sterile needles, sharps bins, sterile cookers with filters, safer sex supplies, straight and bubble pipes, etc.)

Shuswap Band Notices and Events



Class 4 Driver Training

Class 4 Driver training will be taking place. Please contact Kaylene 778-526-8179 or educationadmin@shuswapband.ca to register



Conflict Resolution Training



Conflict Resolution training – dates to be set. Please contact Kaylene 778-526-8179 or educationadmin@shuswapband.ca to register

Panorama Ski Program in March

Pano program, we run every Sunday except the 17th it's the first week of spring break.

Remember to get your information into Angela by Thursday noon each week.

aeugene@shuswapband.ca or call 250.341.3678



NOTICE to Shuswap Band Members:

RE: Quarterly Payment

March 1, 2024 quarterly payment will be issued via check this quarter.

To change or amend you address, please contact:

Katherine Stevens: dof@shuswapband.ca

Candice Sam accounting@shuswapband.ca



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 15, 2024

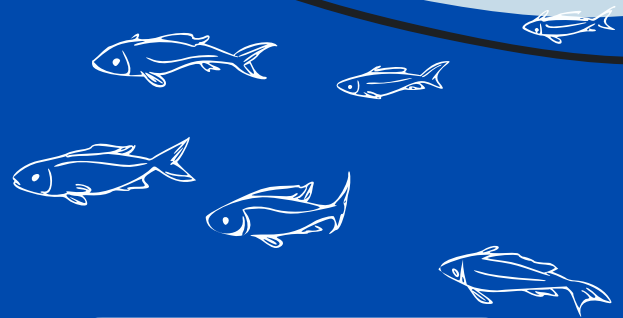
THE WINNERS WILL BE ANNOUNCED

APRIL 1, 2024

Send submissions to:

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



ANK©RS

Drug



Checking

WHAT IS IN YOUR DRUGS?

MAR
21

SHUSWAP HEALTH CENTER
INVERMERE, BC

CONFIDENTIAL • FREE • EDUCATIONAL

11:00AM
TO
3:00PM

WWW.ANKORS.BC.CA
[@HARM.REDUCTION.SAVES.LIVES \(IG\)](https://www.instagram.com/harm.reduction.saves.lives)

Elders Lunch & BINGO!

Please join the Shuswap Health Team for an afternoon of group cooking and a game of BINGO!

WEDNESDAY, MARCH 6, 2024

11AM - 2 PM

SHUSWAP COMMUNITY HALL

RSVP TO DON AT 250-341-7786



Cultural knucwetw6cw (Cultural work together)

FRIDAY, MARCH 1
&
FRIDAY, MARCH 8

STARTS@2PM

Health Center Basement

Finishing prior projects such as Baby boards, Drumsticks, Ribbon skirts/shirts, Regalia, Rattles, Bead work on moccasins.



**CALL OUT
FOR
ARTISANS**



WELLNESS DAY @ HEALTH CENTER



**SHUSWAP BAND IS LOOKING FOR ARTISANS
TO DISPLAY/SELL THEIR WARES AT WELLNESS DAY**

March 13, 2024

12 pm - 6 pm

Health Center

**If you are interested, and would like to set up a table,
please contact**

Deb: shuttle@shuswapband.ca

Stephanie: mc@shuswapband.ca

or call 778-526-8323



Energy Efficiency Workshops for New & Existing Homes

Community Workshops by Indigenous Building Specialists
through the Energy Efficiency Mentorship Program



Building Expertise Across Communities

The Fraser Basin Council is co-delivering the **Energy Efficiency Mentorship Program** with Indigenous housing expert Richard Hall of Nuxalk Nation. This work is in partnership with the Aboriginal Housing Management Association (AHMA) and the British Columbia Institute of Technology (BCIT).

The program helps build skills and knowledge in energy-efficient building construction within Indigenous communities in two ways.

First, a peer group of eight Indigenous building specialists in four regions of BC (Northern BC, Central Coast, Southern BC and BC Interior) complete training on housing energy efficiency through the Energy Efficiency Mentorship Program.

Second, these building specialists deliver a number of introductory workshops in communities in their regions about energy efficiency solutions and practices for both new construction and existing homes.

When you're making a home energy efficient, you're making it a more comfortable, healthier home.

Learn how to maximize the benefits!

Book a Free Community Home Energy Efficiency Workshop!

Indigenous builders are bringing their expertise to community workshops. Topics are tailored for each community. Examples:

- Understanding the House as a System
- Introduction to Zero-Energy Buildings
- BC Step Code Adoption: On and Off Reserve
- Investing in the Future of Indigenous Housing
- Building Specifications - The Wet West Coast Example

We booked our workshop!!

**Shuswap Band
March 14, 2024
12pm - 3pm
SB Boardroom**

**Come have lunch and learn about Home Energy!
*Prizes**



Fraser Basin Council



Get free energy saving products installed in your home with BC Hydro's Indigenous Communities Conservation Program

Keep your home warm, save energy, and lower your energy bills all while improving comfort.



Efficient LED light bulbs



Water saving fixtures



Air sealing walls, windows, doors and more

Plus have your home checked for additional energy saving opportunities.

Questions?

If you have questions about the program, please contact indigenousconservation@bchydro.com



LET'S LEARN . SECWEPEMCTSIN

cwelcwélt n k?
Are you well?



ANSWERS:

1. Me?e, cwelcwelt ke.

2. Ta?e, ta?e ke
scwelcwelt.

Yes, I am well.

No, I am not well.



Shuswap Band k-12 youth, Elders and Caregivers To Do List

1. Save March 22, 23 & 24 on your calendar

1. Register with Kaylene **PRIOR** to March 6 for rooms and travel. There are only 13 rooms available.

A shuttle is being provided for all those that enjoy visiting during the ride.

educationadmin@shuswapband.ca

OR

778-526-8179 for rooms and travel

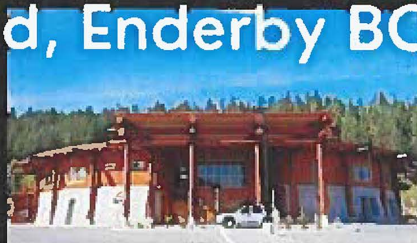
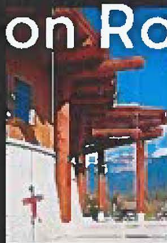
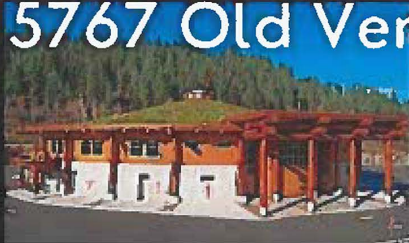


Salmon Arm Folk Music Society presents

PELLSQEPTS SPRING *Winds* 2024

Splatsin Centre

5767 Old Vernon Road, Enderby BC



SATURDAY MARCH 23, 2024 | 1 PM

EVERYONE INVITED | FREE ADMISSION

MUSIC | ARTISANS | FOOD TRUCKS | OPEN STICK GAMES

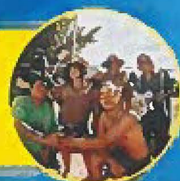
Local Talent from the Secwepmec and Sylix Nations

Donations to Splatsins Youth Group Encouraged



**BEING DEADLY
CONWAY KOOTNAY**

**THE MELAWMEN
COLLECTIVE**



**ALL MY RELATIONS
POW WOW DANCE GROUP**

DALLAS ARCAND



SABINA DENNIS

and many more!!!

Canada



BRITISH COLUMBIA
ARTS COUNCIL



BRITISH
COLUMBIA

**FOLK
MUSIC
SOCIETY**



REGENERATIVE AGRICULTURE

A New Micro-Credential in
FOOD SOVEREIGNTY

MARCH – APRIL 2024

Interested in building food sovereignty in your community?

Check out this new TRU Micro-credential in **Food Sovereignty** March 25–April 14, 2024

- Micro-credential Consists of Two Parts:
- 3 week, 3 credit course delivered remotely through video conference and moodle learning platform. Seminar dates March 26 (optional field trip) April 2, 9
 - 2 week practicum with Fred Fortier or applied learning plan which you can complete remotely (To be completed by September 30)

Are you interested in learning skills to improve access to locally grown food and develop a food Sovereignty work plan for your community?

- This course will give you the skills to build a Food Sovereignty program using the community development approach. You will learn about hosting a learning circle, explore the various successful food action projects, develop a proposal, work plan, secure funding while understanding the importance of partnerships and communications.
- In addition to all the community planning, students will develop practical skills in vegetable and greenhouse production using regenerative agriculture principles.
- This course will make you marketable as there is a rising demand for Food Sovereignty workers across B.C.

INSTRUCTORS:



Laura Kalina
Dietitian & Food Sovereignty Lead
Q'wemtsin Health Society



Fred Fortier
Gardener, Medicine Maker
and owner of Uncle Freddy's
Hot House and Nursery



THOMPSON RIVERS UNIVERSITY

WILLIAMS LAKE



For more information or help with registration contact **Gillian Watt, Program Coordinator**
gwatt@tru.ca or call 250 319 2367

tru.ca/ranching



Xqe7wélléñ-kuc ne Secwepemctsin

We are learning Secwepemctsin

These are the Accelerated Language Program (ALP) participants with their Secwepemctsin teacher. Language is important to us because it is the heart of our culture.

"The only wrong way to speak a language, is by not speaking it at all."

-Unknown

FOR INDIGENOUS YOUTH

Coping Skills

Below is a list of tools that Indigenous youth can use when life gets tough.

- Smudge yourself
- Pray
- Attend or participate in a ceremonial dance
- Attend Inipi (sweat), church, or other spiritual gathering
- Visit with a spiritual adviser
- Make tobacco lies
- Learn how to pick sage, cedar, etc.
- Pick sage, cedar, etc.
- Visit with an elder
- Learn about your family tree
- Learn about your family name
- Read and learn about your tribe and its history
- Learn about your tribe's oral stories
- Learn about ceremonies from a respected community leader or elder
- Bead. Earrings, headbands, moccasins
- Learn how to do quillwork
- Sew. Star quilts. Sweat dress/skirt.
- Learn to make moccasins
- Learn how to and make regalia
- Learn to dance (jingle, traditional, grass, ie)
- Learn the history of our dances
- Create art. Draw. Paint. Doodle.
- Craft
- Cook
- Bake
- Journal
- Read a book
- Write a book. Write a poem. Write a song.
- Learn about fishing or hunting with a male relative or community leader
- Volunteer to help clean your local church, nursing home, etc.
- Pull weeds and/or help clean a local cemetery
- Do chores. Help your aunt (aunt), unci (grandma), and ina (mama).
- Garden. Plants flowers, vegetables, or both. Start small.
- Write a letter to a loved one
- Call a loved one
- Read stories to younger children
- Volunteer time for a Native organization
- Join a youth group or leadership group
- Learn about and how to make traditional foods.
- Eat a healthy snack
- Offer some of that healthy food to the spirits.
- Move. Yoga, stretch, run, walk, hike, swim, golf, play ball, lacrosse, volleyball, badminton, skip
- Drink water
- Drink herbal tea. Try a traditional tea.
- Go horseback riding/learn to ride a horse
- Laugh.
- Play. Build a snowman. Make a Fort.
- Learn how to play hand games
- Watch ASMR videos
- Attend a fun event
- Listen to your favorite music. Sing loud and proud.
- Karaoke
- Go take photos
- Watch cat or dog videos on YouTube or TikTok
- Try a TikTok dance
- Learn to play guitar
- Go stargazing
- Watch documentaries about Native peoples and histories
- Say the alphabet backwards
- Count backwards by 3s or 7s from 100
- Establish and maintain a daily routine
- Start a gratitude list
- Meditate. Try Calm or Headspace.
- Practice deep breathing
- Try positive self-talk
- Establish a support system
- Cry. It's okay to cry.
- Sleep. Get some rest.

Indigenous youth:

YOU MATTER.

You are cared about.

You are loved. You are not alone.

Ask for help. Silence isn't strength.

Lifeline is available 24/7 at

1-800-273-8255

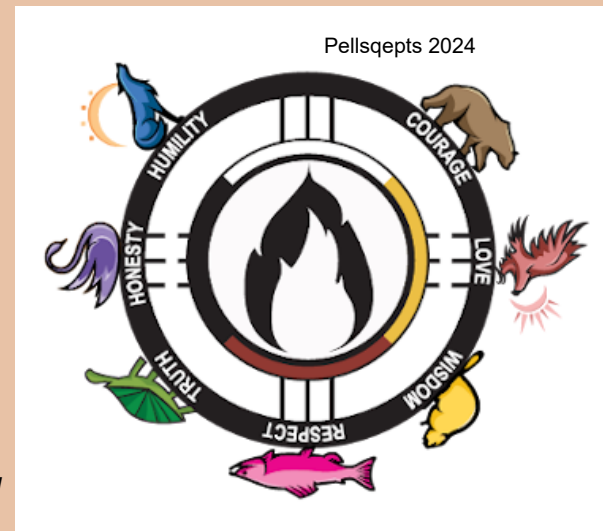
SECWEPENC CULTURE

Submitted by: Clarissa Stevens

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

Seven Grandfather Teachings

The seven principles of character that each of us should live by. Each teaching is represented by an animal.



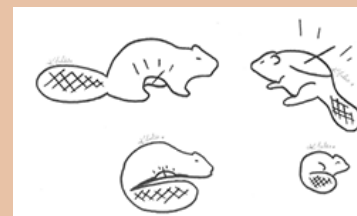
Bear skémcis represents Courage crelreláltse and is known to be the medicine keeper who guides communities with the knowledge held in the medicines. The picture of Mount Peter and Mount Paul inside Bear's paw represents how Bear holds the knowledge of Mother Earth in his steps and he has the courage to assist those in need by carrying medicines to them.



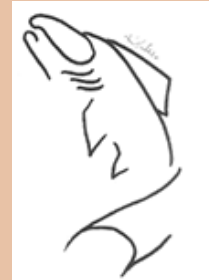
Eagle spelqvéqs represents Love xwexwi7úystem. He is our messenger. Eagle is the one who is closest to tqeltkúkwpi7 and sends positive thoughts and good medicine to Creator. He will also guide those who pass to the next part of their journey.



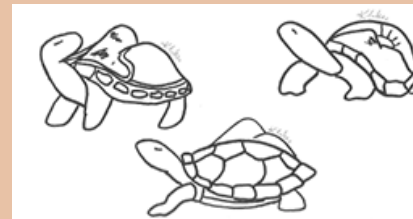
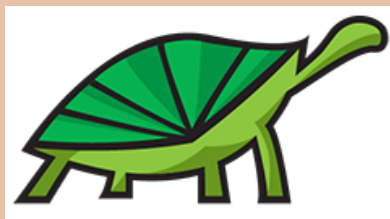
Beaver sflu7úwi represents Wisdom slxléx and is known to guide communities through role modeling hard work. The pictograph in beaver represents the pithouse, a traditional winter home of the Secwépemc people. Everyone needed to work together to create this home. Women would decide where the home would go, men would gather supplies, and together they would build a home to survive the winter months.



Salmon sǰlélten provides us with food and offers wisdom to those who approach **Respect** xyemstem. He swims against the flow to complete his job; this shows how he endures hardship to achieve higher goals. There is a legend of how Salmon sacrificed himself to provide food for the people so they may survive on the land. These are the medicines that he provides for the people.



Turtle spelǰwéqs represents **Truth** wenécwem and is known to represent the sacred lands we live on known as Turtle Island. Mount Peter and Mount Paul are depicted on the back of turtle to show how she is carrying us and holding us and the earth on her back.



Swan speqmíc A legend tells of Swan resolving differences through the spirit of respect, reciprocity, and by sharing knowledge with others. Swan takes action and leadership to overcome problems. This shows how swan moves gracefully, openly, and **Honesty** wenecwem7úy with his community.



Coyote sklep represents **Humility** tkwekwelkstsút-kt and is known to be the trickster and teacher. He is in the Legend of how Coyote and Bear made day and night. Coyote had to compromise with bear who wanted night all of the time while coyote wanted day. Instead, they agreed to have both, half of the time was day and the other half was night. The ability to compromise shows Coyote's humility.





Happy Birthday Candice Sam!! From friends, family and especially Tyler! ❤️

Ida's Birthday on Mar 5 – Happy Birthday to Ida from Floyd, Ed and Char

Floyd's Birthday on Mar 10 – Happy Birthday to Floyd from Ed, Ida and Char

Char's Birthday on Mar 29 – Happy Birthday to Char from Floyd, Ida and Ed



*Way to go
Kayli*



Gymnastics Competition

**Kayli Jasek won! She got
all silvers and silver
overall!**



Funnies

- I was meant to be rich, I can tell by the way that I spend money.
- I hope that when I inevitably choke to death on gummy bears, people just say that I was killed by bears and leave it at that!
- The older I get the less surprised I would be if a random body part just fell off.
- I did the math. I believe I will be able to retire 4 years after my funeral.
- I don't need a cleaner. I just need a friend to text me once a week and say that they are popping by in 20 minutes.
- Has anyone lived long enough to buy a second bottle of Worcestershire sauce?
- I can't afford an Ancestry DNA kit to learn about my relatives. So instead, I posted online that I won the lottery.
- It's like Winter is mad and keeps storming out, then coming back and yelling, "...an another thing!"
- Whoever wrote: "Easy Like Sunday Morning", obviously never had to get kids ready for church.
- The book we really need was, "What to Expect 17 years AFTER you were expecting".
- When people say, "enjoy them when they are young!" They are talking about your knees and hips, not your kids.

