

Shuswap Band Newsletter

CHIEF & COUNCIL

Chief and Council meetings are currently being held on Tuesday's. If you would like to make an appointment to meet with them please call to book (250) 341-3678.

Cheques are issued and will be available every Thursday.

THE BAND OFFICE WILL BE CLOSED EVERY DAY FOR LUNCH BETWEEN 12-12:30 (except Tuesdays when Dr. Mannheimer is here).

Phases 1 and 2 of the forensic audit conducted by Ernst and Young have been completed and were presented to the membership on July 28th.

Ann Scotton, Chief Audit and Evaluation Executive, Jean-Marc Lafreniere Director, Assessment and Investigation Services Branch, INAC and Steve Whitla, Fraud Investigation and Dispute Services, Ernst and Young presented the findings. The Audit report has been submitted to the RCMP and an investigation is now being conducted.

The meeting was recorded and went out live to band members that had signed up to the WebEx site. We can provide any band member a copy of the taped version of the meeting when it becomes available.

Chief and Council are unable to provide comments on this matter while it is under investigation.

AUGUST 2016

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- HEALTH CENTRE
- CULTURE & HERITAGE
- BRUSHING OFF CEREMONY
- SALMON FEAST & POW WOW
- EDUCATION
- COMMUNICATIONS
- BIRTHDAYS
- SECWPEMC CALENDAR
- SHUSWAP BAND CALENDAR

REMINDER – Fire Extinguisher Training on August 11th at 5pm at the Band Hall. Hot dogs will be provided!

HEALTH CENTRE UPDATE

MICHAEL BRYANT – SEPTMEBER 15TH AT COPPER POINT RESORT 6:30pm.

Former Attorney General | Bestselling Author of *28 Seconds*. A night that began with a dinner to celebrate his twelfth wedding anniversary ended in a jail cell for Michael Bryant – the Harvard-educated lawyer, politician, and CEO – when he was charged with dangerous driving causing death. Speaking publicly about his personal challenges, Bryant's is a dramatic story of inspiration, survival, tough choices, and transformation. Bryant is a former Ontario Cabinet Minister and the Attorney General of Ontario. He is currently a principal at Ishkonigan, a consulting and mediation firm owned and operated by former National Chief of the Assembly of First Nations Phil Fontaine, which assists indigenous communities, Bryant also teaches at the University of Toronto. His bestselling memoir, *28 Seconds: A True Story of Addiction, Tragedy, and Hope*, is his first book.

CHILDCARE WILL BE PROVIDED FOR THIS EVENT

This is a public event hosted by the Shuswap Band and priority seating will be given to the Shuswap Band Membership.

PLEASE REGISTER FOR EVENT AND/OR CHILDCARE WITH SHAUNA OR MORGAN BY SEPTEMBER 1ST

SEABIRD MOBILE DIABETES TEAM will be returning to the Shuswap Band for the week of September 26th. Please contact Shauna to book your appointment which can include diabetic screening, testing for diabetic eye changes, testing for kidney function and blood sugar levels and diabetic education. During this week they will also be hosting a Diabetes 101 course.

DR MANNHEIMER – GENERAL PHYSICIAN He continues to provide medical outreach at the Shuswap Band Health Centre. He is available to see any Shuswap Band Members for doctor services on the 2nd and 4th Tuesday of every month, starting at 12:00. His services are by appointment or drop-in basis – appointments are preferred.

In August the dates he will be here are as follows: August 9th and 23rd – please contact Shauna for an appointment.

DR. BAKER – NATUROPATHIC DOCTOR Continues to provide alternative medicine including homeopathy, herbalist, and acupuncture, as well as diet (nutrition) and lifestyle. **He will be in the Health Centre on August 22nd** – please contact Shauna for an appointment.

GYM PASSES – If you are interested in becoming more active, the Shuswap Band sponsors drop-in workouts at either YPC Fitness or Valley Fitness Centre. Please contact Morgan or Shauna for details.

HEALTHY FOOD BOXES – Food Box pickup is between 12:00-3:00 on food box day. If you do not pick up by 3pm your box will be re-distributed. If you do not pick up your food box, we will assume that you are not interested in the food box program and your name will be removed from the list until you contact Morgan or Shauna to order again.

****REMINDER** There will only be one food box in August on August 25th!**

HANDPRINT PROJECT – As part of the Summer Program the Shuswap Health Centre did a handprint project. We are inviting children of all ages to come and put their handprint on these boards to decorate the health wing.

**For any information about Health Services please contact our Health Professionals:
Health Coordinator, Shauna Cameron (250) 341-3678 ext 1015 or
health@shuswapband.net
Community Support Worker, Morgan Odland (250) 341-3678 ext 1009 or
modland@shuswapband.net**

CULTURE & HERITAGE

BRUSHING OFF CEREMONY – August 8th 5pm

Shuswap Band will be hosting the first Brushing off Ceremony at our band hall. The brushing off ceremony is a special ceremony in which special cultural people that will be brushing off with eagle feathers to clear us of our hurts – pains and illness. While we are brushing off, songs are sung. There will be a full explanation of the ceremony beforehand. This is a potluck dinner, so please bring something. Brushing off ceremony begins at 5pm, then dinner to follow. The 17 Secwepemc chiefs will be in attendance. This should be an amazing cultural event.

“The community’s main language and culture goal is to establish a strong sense of identity. The band is supporting culture and language programs and is creating a place for culture and language gatherings to support the rebirth of our people through teaching of our cultural ways, we are consistently working to protect our cultural heritage sites.”
– *Comprehensive Community Plan*

Regalia Making – Please contact Pauline Eugene no later than August 10th if you are interested in teaching community members how to make the different regalia’s. We will be providing the materials and tools necessary for Fancy Shawl, Jingle, and Grass dancing regalia’s. Unfortunately, because of the protocols around eagle feathers, chicken and traditional men’s can only be done if individuals provide their own feathers.

Moccasin Making – Please contact Pauline Eugene if you have an interest in teaching community members how to make Secwepemc moccasins! We will be ordering the hide soon to start these, so please let us know if you would like to facilitate these workshops.

Beading – We have some beads to begin loom beading, and other styles to go on moccasins, regalia’s, and crafts. If you have skills you would like to share with your community, please let us know as soon as possible!

If we do not receive any interest from the community, we will be inviting someone from the other Secwepemc communities to help us learn these important cultural skills. Please help spread the word to those that do not read Facebook or the newsletter.

Language Needs Assessment

We are updating our language needs assessment, this is to enable us to apply for grants through First People’s Cultural Council. If you speak or know of language speakers in the community, regardless of fluency level, please let Pauline Eugene know! We are beginning to plan for the upcoming proposal calls for the next fiscal year. So if you have any ideas on what you would like to see in our community regarding language learning/activities, please do not hesitate to contact Pauline!

Archaeology is another component of the Cultural Heritage/lands departments, so please if you have any concerns about activity happening in the traditional territory, please contact Pauline or Sierra at the band office!

For those that have iPads/iPods, please be sure to check out the **Firstvoices language app** available through the iTunes store (free)! If you require assistance, please bring your equipment into the band office to Pauline, or contact her to arrange a meeting. Unfortunately, this is only a Mac/iOS software app, and cannot be loaded on Androids/Windows at this time. For those that have access to computers/tablets/laptops and the internet, please be sure to check out the FirstVoices.ca website!

<http://www.firstvoices.com/en/Secwepemc> Click on the “drop down” menu, and select Secwepemc (you will see the various dialects they have available). From there you can click “learn our language” and will bring you to a page with multiple options to hear the language. There is also a kids activity section under “Play a Game”, which has a lot of fun stuff for adults too! If you would like a tutorial or any assistance please do not hesitate to ask Pauline!

Lots of planning coming up, and will be needing community input, so please contact Pauline Eugene to let her know the best way to reach you!

For more information, please contact our Culture & Heritage Coordinator, Pauline Eugene at (250) 341-3678 ext 1006 or heritage@shuswapband.net



SECWEPÉMIC

**SALMON FEAST
&
POW WOW**

**BIG WHITE TENT
@
CAPILO WAY**

Columbia
Basin **trust**

**SEPTEMBER 10TH
SATURDAY
5:00 – 9:00 PM**

EDUCATION

Post-Secondary Applications – Shuswap Indian Band does not have a post-secondary deadline date at this time like most bands. If you are interested in post-secondary education or upgrading, PLEASE make an appointment with Debra Fisher.

NOTICE- My position is not a full-time position however; I will meet you at the band office with an appointment.

For more information regarding education please contact our Education Coordinator, Debra Fisher (250) 341-3678 ext 1014, cell (250) 688-5096 or education@shuswapband.net PLEASE LEAVE A MESSAGE

The Shuswap Indian Band is compiling an employment/skills set and education list: Any band or family members who have trades, skills, a company or equipment and would like to be on this list for future employment or contracts with Parks Canada, and other agencies; please send your information to info@shuswapband.net

COMMUNICATIONS

The Shuswap Band is still compiling a list of contact information from membership. Please contact Morgan to get your email addresses, phone numbers and mailing addresses etc., on the list so we can get information to you as soon as it becomes available.

The Shuswap Band is still seeking an artist to produce a new logo for the Shuswap Band. Artists of all ages are encouraged to submit a logo related to the Shuswap culture and preference would be for a circular logo. Please submit to Morgan via email or in person.

For any information please contact our Communications Coordinator, Morgan Odland at (250) 341-3678 or modland@shuswapband.net

BIRTHDAYS

HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN AUGUST! From the Shuswap Band Calendar located in the band office:



August 6th – Laverna Stevens
 August 8th – Eric Thomas
 August 9th – Cecelia Nokelby
 August 9th – Betty Paul
 August 9th – Shane Johnson
 August 14th – Keith Stevens
 August 16th – Clarine Capilo
 August 19th – Lavonne Johnson
 August 20th – Shawn Belcher
 August 20th – Stephanie Eugene
 August 23rd – Jenna Jasek
 August 24th – Julia Thomas
 August 28th – Alex Eugene
 August 28th – Eric Eugene

SECWPEMC CALENDAR

The Secwepemc people originally had 13 months, or moons as they are called.

The calendar months are determined by activities of each month, growing season and each division of the Shuswap has their own kinds of activities therefore, the calendar differs slightly in each community. (Verified by the late Amy August of the Neskonlith Band).

Seasonal activities were identified by birds or insects before the written calendar. At the first chirp or signal of a certain migratory bird or insect, activities such as berry picking or fishing would begin. Certain birds sang their song when the soapberry ripened for instance or the yellow jacket (bee) buzzed about when the salmon arrived in the rivers and streams.

The Secwepemc have always known their seasonal calendar and their survival over thousands of years indicated that they were correct in their knowledge of the seasonal round of activities. (As told by Kye'7e Sulye'n of Skeetchestn).

Months	Secwepemc Meanings	Secwepemc Name
January	remain at home	Pellkwe't'min
February	with cache-pits	Pelltsipwen'ten
March	spring wind	Pellsqe'pts
April	snow melts	Peslle'wten
May	root-digging moon	Pell7ell7e'7llqten
June	strawberry month	Pelltspe'ntsk
July	everything ripens	Pelltqwelq'we'l't
August	salmon run up stream	Pellct'e'xel'cten
September	many salmon moon	Pesqelqle'lten
October	fall begins	Pesllwe'lsten
November	entering the winter home	Pellc7ell7u'7llcwten'
December	fall and winter merge	Pelltete'tq'em

SHUSWAP BAND CALENDAR

~ AUGUST 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE CLOSED: BC DAY	2 Summer Camp Health Day & Painting 10am-3pm	3 Summer Camp at Calaway Park 8am-7pm Massage in Health Centre	4 Summer Camp at Fairmont Pools 10am-3pm	5	6
7	8 Brushing off Ceremony 5pm at Band Hall	9 Summer Camp Movie & Fry Bread Day 10am-3pm Dr. Mannheimer in Health Centre at 12:00	10 Summer Camp at Fort Steele 10am-3pm Massage in Health Centre	11 Summer Camp at Beach & Magic Show 10am-3pm 5pm Fire Extinguisher training NO FOOD BOX	12	13
14	15	16 Summer Camp Golfing & RCMP Bike Day 10am-3pm	17 Summer Camp at Fish Hatchery & Swimming 10am-3pm Massage in Health Centre	18 Summer Camp End Celebration 12-3pm	19	20
21	22 Naturopath Dr. Baker in Health Centre	23 Dr. Mannheimer in Health Centre at 12:00	24 Social Assistance payment Massage in Health Centre	25 Food Box Pickup 12-3	26	27
28	29	30	31 Massage in Health Centre			

~ SEPTEMBER 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Michael Bryant Registration Due Foot Care in Health Centre	2	3
4	5	6	7 Massage in Health Centre	8 Food Box Pickup 12-3	9	10
11	12	13 Dr. Mannheimer in Health Centre	14 Massage in Health Centre	15 6:30pm Michael Bryant at Copper Point Resort	16	17
18	19	20	21 Massage in Health Centre	22 Food Box Pickup 12-3	23	24
25	26 Seabird Diabetes Team in Health Centre	27 Seabird Diabetes Team in Health Centre Dr. Mannheimer in Health Centre	28 Seabird Diabetes Team in Health Centre	29 Seabird Diabetes Team in Health Centre	30 Seabird Diabetes Team in Health Centre	

More details for September will be in the Newsletter on September 5th