

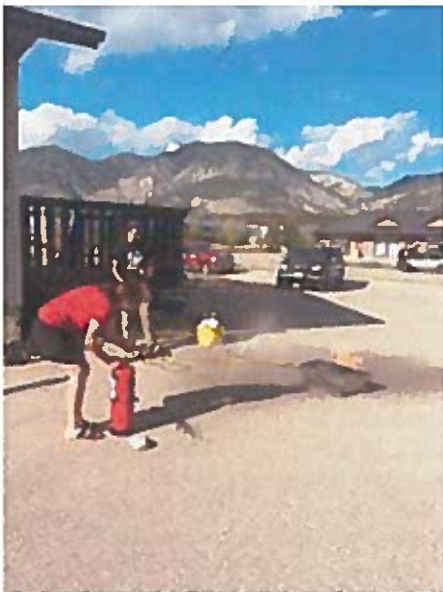
# Shuswap Band Newsletter

## **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 next Band Meeting will be held at the Shuswap Band Hall on September 13<sup>th</sup> at 5:00pm and snacks will be provided. This meeting will be live-streamed. If you would like to participate please provide email address to [modland@shuswapband.net](mailto:modland@shuswapband.net)**



Thanks to Columbia Garden Village for donating their fire extinguisher training equipment!

## **SEPTEMBER 2016**

- CHIEF & COUNCIL
- HEALTH CENTRE UPDATE
- EDUCATION
- CULTURE & HERITAGE
- COMPREHENSIVE COMMUNITY PLAN
- FISHING REGULATION CHANGES
- BIRTHDAYS
- SHUSWAP BAND CALENDAR

**Please join us for lunch at the Band Office on September 19<sup>th</sup> @ 12:00 noon.**

We realized that not everyone has had the opportunity or perhaps the necessary technology or equipment to view the Forensic Audit report that was presented on July 28 and we would like to provide this opportunity to everyone.

Please join us if you would like to hear the Reporting or if you would simply like to come and enjoy lunch. Everyone is welcome and we look forward to seeing you!

Thank you to Nick Pasowisty for all the donations of corn to our community. Also Marge Eugene Debbie and for the Apricots. Heartfelt thanks to all the Shuswap Band staff who work so hard in helping our community!



Chief Barb Cote invited the First Nations Health Authority to host the Secwepemc All Chiefs Meeting at Copper Point Resort on August 8<sup>th</sup> & 9<sup>th</sup>. All 17 Communities were represented. The Chiefs discussed governance, planning, health and wellness issues, human resources, and BC Hydro.

From left to right starting in the back row: Adams Lake - Chief Robin Billy; Bonaparte - Chief Ryan Day; Councillor Neskonlith Band - Fay Ginther; Simpcw - Chief Nathan Matthew; Shuswap Band - Chief Barb Cote; Tkemlups - Chief Fred Seymaer; High Bar - Chief Larry Fletcher; Canim Lake - Chief Patrick Harry; Splatsin - Chief Wayne Christian; Canoe/Dog Creek - Chief Patrick Harry. Front Row: Soda Creek - Chief Donna Dixon; Williams Lake - Chief Anne Louie; Neskonlith - Chief Judy Wilson; Esketemc - Chief Charlene Belleau; Whispering Pines/Clinton - Councillor Debbie Van de Mosselaer (Chief Steve Tresierra not here); Little Shuswap - Councillor Dale Tomma; (Chief Oliver Arnause not here); Skeetchestn - Chief Ron Ignace; Pipe Carrier from Esketemc - Fred Johnson.

Congratulations to Suzie Capilo for being the \$25 WalMart Door Prize winner!



On the evening of August 8<sup>th</sup> all 17 Secwepemc Communities were represented and we held our first ever Brushing Off Ceremony. It was very well attended by our community members and thanks to all the people who attended and those who helped cook the meal. It was a very powerful ceremony and we are very fortunate to have spiritual people in our Nation to help us get rid of all the pain and negativity in our community. We hope to have more cultural events like this as our spiritual side is very important to a balanced and happy life.

Thanks to Audrey Eugene and Pauline Eugene for the traditional gifts for the Chiefs of the Secwepemc Nation. The Chiefs were very honoured. Also, thanks to all the children who gifted the Chiefs with the gifts.

## **HEALTH CENTRE UPDATE**

**MICHAEL BRYANT – SEPTMEBER 15<sup>TH</sup> AT COPPER POINT RESORT 6:30pm.** 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.

This is a public event hosted by the Shuswap Band and priority seating will be given to the Shuswap Band Membership – PLEASE COME GET FREE TICKETS ASAP.

**INTERNATIONAL OVERDOSE AWARENESS DAY** – Shuswap Band Health Centre had an event for International Overdose Awareness Day on August 31<sup>st</sup>. It was an informational event around overdoses, naloxone, and safe inhalation/safe injection kits that we give away at the Band Office. Please contact Morgan for any more information or to get a naloxone/safe injection/safe inhalation kit.

**DIABETES WEEK-** Offering: Seabird Diabetes Team (diabetic screening, testing for diabetic eye changes, testing for kidney function and blood sugar levels and diabetic education); foot inspections by a foot care nurse; reflexology for feet and hands; full day with Aboriginal Dietician and Kinesiologist and diabetes 101 class offered. Please watch Facebook and website for specific dates.

**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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month, starting at 12:00. His services are by appointment or drop-in basis – appointments are preferred.

**In September the date he will be here is: September 27<sup>th</sup>**  
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 Sept. 19<sup>th</sup>** – 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.

**Food Box Pickup Dates are: September 8<sup>th</sup> & September 22<sup>nd</sup> from 12-3.**

**CELEBRATING BEAUTY DAY FOR MEN AND WOMEN** – Please come from 10am-3pm on October 21<sup>st</sup> to the Shuswap Band office for manicures, haircuts, foot care, waxing, reflexology, food, prizes and FUN!

**FYI:** Cranbrook Rec-Plex offers family swim days every sunday for \$10.50 (Family of 4).

**PURPLE LGHT CAMPAIGN** – October is Domestic Violence Awareness month. The Shuswap Band will be participating in the Purple Light Campaign to raise awareness by putting purple lights on the Teepee for the entire month of October.

**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 Floesser (250) 341-3678 ext 1009 or**  
**modland@shuswapband.net**

## EDUCATION

### **Shuswap Band Member Opportunities:**

- Older Workers Program (College of the Rockies) September 6<sup>th</sup> – December 8<sup>th</sup>  
Ages 55-64.
- RISC Archaeological Technician Certification Fall 2016  
Tipi Mountain and Shuswap Band
- Chainsaw Certificate (College of the Rockies) October 15<sup>th</sup> & 16<sup>th</sup>
- Noxious Weed Sprayer Certificate Fall 2016
- Resume Writing (College of the Rockies) Fall 2016
- Computer Skills (College of the Rockies) Fall 2016
- WildSafeBC Fall 2016
- Flagging Certificate Fall 2016

### **WELCOME BACK TO SCHOOL!**

Local Band Members SD#6 Parents: If you want to have access to local education services you must sign a permission form. These will be available at the front desk of your school, through your Aboriginal Education Support worker and the Shuswap Band front office.

#### Services Available:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>-School Fees</li> <li>-Sport Team Fees</li> <li>-Parent Support</li> <li>-Aboriginal Education Support Workers Team</li> <li>-Post Secondary Funding Application</li> </ul> | <ul style="list-style-type: none"> <li>-Supplies</li> <li>-Extra Curricular Activities</li> <li>-Community Initiatives</li> <li>-Post Secondary Guidance</li> <li>-Post Secondary Financial Support</li> </ul> |
|--|--|

All kindergarten and elementary school supplies in local schools will be provided. Each local school will bill us. If you paid for them already, bring in your receipt and we will reimburse you.

High School and Open Doors students will meet with Debra, Tuesday September 6<sup>th</sup> to discuss their needs and pick up their school supplies.

Shuswap Band hoodies will be provided for all Shuswap Band youth attending school full-time, this includes post-secondary! All I need is your size.

If we have any youth grade 8-12 that would like to take part in a Shuswap Band youth group, please contact Debra ASAP. There are a couple really exciting opportunities coming up. You do not have to be living on reserve or in this school district for this one! For all Shuswap Band members in British Columbia.

**For more information, please contact our Education Coordinator, Debra Fisher at (250) 341-3678 ext 1014 or [education@shuswapband.net](mailto:education@shuswapband.net)**

## CULTURE & HERITAGE

Secwepemc Salmon Related Words!  
Pésellkwe – Lake

cts'íxwelcten - spawning grounds

c7élltemc – Salmon Milt

ékwen – Salmon eggs (The salmon eggs were fermented and saved for soup and for medicine.)

kekncw – Kokanee salmon

sqlelten7úwi - sockeye salmon

sqléltén – salmon

kekésu7 - spring salmon

sqewqewíken – humpback salmon

tsecwésell – Jackspring Salmon

sxeyqs – Coho Salmon

You can listen to each of these on [www.firstvoices.com/en/secwepemc](http://www.firstvoices.com/en/secwepemc)

Please come join in on the Salmon Festival events happening down at Kinsmen beach! Following that will be a free salmon feast and pow wow at the Big White Tent on Capilo way!! Next year will be even bigger and better so if you'd like to be a part please let us know!! If you know of anyone who'd like to have a booth to sell any crafts or artwork, please contact Pauline Eugene.

I am pleased to announce we have Clarissa Stevens helping us with our regalia making workshops!!! So if you are interested in making a regalia, not just for children, please ensure you let Pauline Eugene or Clarissa Stevens know and start thinking of what you would like yours and/or your children's to look like! We will be starting likely on a Thursday or Friday evening, however if those days/times don't work please speak up and let us know so we can plan for another time as well. We understand everyone has different schedules, so we want to be sure we provide opportunities for everyone to participate that wishes to do so.

The Cultural Heritage department has developed a first draft of a work plan. If you have any suggestions, comments or concerns please let us know! Majority of the content has been taken directly from the Comprehensive Community Plan, and added on as needed to include the full scope of work we assist with.

I would like to get out into the community to meet with members, to hear ideas and connect with the membership and families. Language and culture is what connects all of us, regardless of who we are and where we come from. So please if you would like me to come to you, rather than coming into the band office, just let me know and we can make those arrangements!!

School is starting!! If you have any concerns regarding Aboriginal content or support in School District 6, please contact Debra Fisher or Pauline Eugene. We are part of the Aboriginal Enhancement Agreement, and need to know what is working and not for your children! Best wishes to ALL students in the upcoming year!

I will be looking at the new calendar year and working with our knowledge keepers to ensure we have adequate time to plan for different harvesting events. If this is something you are interested in, please be sure Pauline knows the best way to contact you.

Hunters, please let us know if you will not be using your hides this upcoming hunting season!! We will need them for learning how to scrape and tan hides, and making items from them. So do not let them go to waste if at all possible!

First Voices App

I have posted on Shuswap Band News and Shuswap First Nations Facebook groups the link to the firstvoices language app! So if you have an iPhone, iPod or iPad in your home, make sure you download it! It's free and a great resource to hear and learn the language.

Please make sure you participate in the Comprehensive Community Plan, as it really helps those program coordinators see what the community's needs and wants are. It is a tool to ensure your voice is heard in moving forward as a community!

Here are a few photos from adventures around our traditional territory on various projects!

Pauline Eugene, Cultural Heritage Coordinator with Mountain Dog "Ikanana" AKA "Ika"



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## COMPREHENSIVE COMMUNITY PLAN

Hello Band Members,

I have resumed my position as the Shuswap Band Comprehensive Community Plan Coordinator.

We are now working on the Goals and Action Items that the Community identified as priorities within the development of the first two phases of the CCP.

In the July Shuswap Newsletter, we included the spreadsheet summarizing the progress we have made and I am pleased to report that at this date we have accomplished much more.

I am presently meeting with the staff and updating the progress of action items and goals. I hope to have this updated by the first week of September.

I will be setting aside an afternoon for Members to visit the Band Office to review the updates and provide comments. I am also available for home visits or meet for coffee at your favorite coffee house.

**If you have any comments, questions or additions to the CCP I encourage you to contact me at the Band Office 250 341-3678 or email [dcote@shuswapband.net](mailto:dcote@shuswapband.net)**

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## FISHING REGULATION CHANGES

To get more information on these regulations, please stop by the Shuswap Band Office or contact your local Fish and Wildlife Office

**\*\*\*\*These regulation changes do not apply to First Nations sustenance fishing within our Traditional Territory**

VO Regulation Changes:

- 220796 - Regional regulations for non native invasive game fish
- 220800 - Sowerby Lake - Change regulation from:  
Trout daily quota = 2 (none over 40); single hook  
To:  
No ice fishing; rainbow trout daily quota = 1 (none under 50 cm); bait ban, single barbless hook.
- 220802 - Proposed sport fishing regulation change Sport Regulation - Change - Close fishing for burbot in Koocanusa Reservoir and the Upper Kootenay River
- 220809 - Lavington Creek Sport Fishing Regulation Change - Eastern brook trout daily quota = 20; Cutthroat trout and bull trout release
- 220810 - Declassifying Mark Creek - required to implement the youth/disabled accompanied regulation
- 220813 - Yellow perch daily quota = unlimited - Munroe Lake
- 220820 - Remove exemption that allows fishing in Palmer Bar Creek during the regional closure April 1
- 220825 - Implement "Yellow perch daily quota = unlimited" in Pend Orielle River
- 220818 - No Fishing. Closure of New Lake after new introduction of yellow perch (YP).
- 220897 - Implement new regulation at all 5 lakes: Twin Lakes, Big Fish and Botts Lake and have ever increasing numbers at Whitetail Lake and Premier Lake  
Brook trout daily quota = 20
- 220901 - Implement "Rainbow trout daily quota = 2" - Premier Lake
- 220904 - SunBurst Lake - Remove exemption of trout/char daily quota = 2.a

# Shuswap Band's Celebrating Beauty Day for Men and Women!

OCTOBER 21st  
10am-3pm

Manicures

Reflexology

Food

FUN!

Waxing



Prizes

Haircuts

This is a first-come  
first-served event

Foot Care

## **BIRTHDAYS**



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


- September 3<sup>rd</sup> – Dorothy Warbrick
- September 7<sup>th</sup> – Shelly Tardif
- September 15<sup>th</sup> – Pauline Paul
- September 16<sup>th</sup> – Gordon Martin
- September 23<sup>rd</sup> – Kathy Stevens
- September 25<sup>th</sup> – Whitney Pascal
- September 28<sup>th</sup> – Rose Paul

## SHUSWAP BAND CALENDAR

~ SEPTEMBER 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <b>OFFICE CLOSED: Labor Day</b>	6	7 <b>CCP Lunch &amp; Open House 11:30-2:00</b>  <b>Massage in Health Centre</b>	8  <b>Food Box Pickup 12-3</b>	9	10 <b>Secwepemc Salmon Feast &amp; Pow Wow 5- 9pm @ Big White Tent on Capilo Way</b>
11	12	13 <b>5PM BAND MEETING @ BAND HALL (Snacks Provided)</b>	14  <b>Massage in Health Centre</b>	15  <b>6:30pm Michael Bryant at Copper Point Resort</b>	16	17
18	19 <b>12:00 Forensic Audit Reporting Viewing &amp; Lunch at Band Office</b>  <b>Naturopath in Health Centre</b>	20	21  <b>Social Assistance Payment</b>  <b>Massage in Health Centre</b>	22  <b>Food Box Pickup 12-3</b>	23	24
25	26 <b>Diabetes Week: Aboriginal Dietitian &amp; Kinesiologist</b>	27 <b>Diabetes Week</b>  <b>Dr. Mannheimer in Health Centre</b>  <b>Nomination Meeting @ Band Hall 6-9pm.</b>	28 <b>Diabetes Week: Diabetic Foot inspections &amp; Reflexology</b>	29 <b>Diabetes Week: Foot Care</b>	30 <b>Diabetes Week</b>  <b>Orange Shirt Day!</b>	



-OCTOBER 2016-						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
			Massage in Health Centre	Food Box Pickup 12-3		
9	10	11	12	13	14	15
	OFFICE CLOSED: Thanksgiving	Dr. Mannheimer in Health Centre	Massage in Health Centre			
16	17	18	19	20	21	22
			Massage in Health Centre	Food Box Pickup 12-3	Celebrating Beauty Day 10am-3pm	
23	24	25	26	27	28	29
		Dr. Mannheimer in Health Centre	Massage in Health Centre			
30	31					
	Halloween 					

More details for October will be in the Newsletter on October 3rd



***"It is time for a renewed, nation-to-nation relationship with First Nations peoples."***

-Prime Minister Justin Trudeau



# — Invermere —

## Sept 27th 2016 Governance Hearing

**Every voice matters. All Secwepemc people are encouraged to attend.**

We are committed to working in unity to build up the Secwepemc Nation and re-establish our traditional ways of governing ourselves.

**What are your thoughts on a Nation-to-Nation relationship with Canada?**

**Come and share or witness to those that do.**

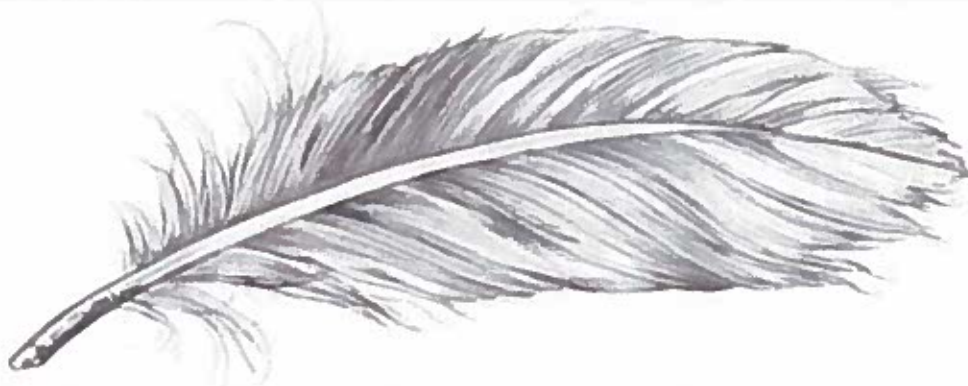
**Dinner &  
Door Prizes**

**Bring your Hand  
Drums!**

**Sept 27th @  
3:30pm**

**Community Hall**  
A translator will be available

**Story of  
Porcupine**  
Children welcome!



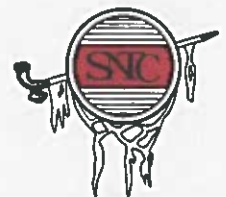
**For more information contact Shuswap Nation Tribal Council**

**Tel. 778-471-8209 Email. [artcoordinator@shuswapnation.org](mailto:artcoordinator@shuswapnation.org)**

**[www.shuswapnation.org](http://www.shuswapnation.org)**



**Shuswap Nation Tribal Council**





## NOTICE OF Nomination Meeting

Notice is hereby given to the Electors of the *Shuswap Indian Band* that a meeting will be held on **Tuesday, September 27, 2016** between the hours of **6:00 PM and 9:00 PM** at **Band Hall 4846 Airport Road**. The purpose of this meeting is to nominate candidates for the positions of three (3) councillors for the General Election to be held on Tuesday November 8, 2016. The election will be held in accordance with Indian Band Election Regulations – Schedule II.

A list of Electors is posted at the Shuswap Indian Band Administration Office.

### **In Person Nomination Forms**

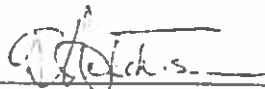
Anyone who wishes to be a candidate for the General Election must be nominated at the Nomination Meeting. Nominated candidates, their nominators and seconders will be required to complete an **In Person Nomination Form** and present it to the Electoral Officer at the meeting after the candidate has been nominated from the floor. The form may be completed by the candidate in preparation for the meeting and is available for pick up at the Shuswap Band Office or by contacting the Electoral Officer. This form will also be available at the Nomination Meeting.

### **Mail-in Nomination Forms**

Will be sent to those persons that cannot attend the **Nomination Meeting** or live off the reserve and wish to nominate candidates. Please note that any voter may nominate candidates by using a **Mail-in Nomination Form**. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. **Mail-in Nomination Forms** can be obtained from the Electoral Officer.

**Only Persons who are Electors of the Shuswap Indian Band can nominate candidates or seek candidacy.**

Given under my hand at Pritchard, BC on this 18th day of August, 2016



Gerry Hutchison, MA, Electoral Officer  
Box 167, Pritchard, BC V0E 2P0  
Phone: (250) 851-5951  
Email: [ghutchison599@gmail.com](mailto:ghutchison599@gmail.com)

## In-person Nomination Form

*Name of First Nation* Shuswap    *Date Nomination Meeting Held* 27/09/2016

I nominate \_\_\_\_\_

For the position of Councillor

### NOMINATOR

My name is \_\_\_\_\_ Band # \_\_\_\_\_

Signature \_\_\_\_\_

Phone Number \_\_\_\_\_

### SECONDER

I hereby second the nomination

My name is \_\_\_\_\_ Band # \_\_\_\_\_

Signature \_\_\_\_\_

Phone Number \_\_\_\_\_

### CANDIDATE

I accept the nomination and my Information Package.

I want my name to appear on the ballot as:

\_\_\_\_\_  
Surname

\_\_\_\_\_  
Given Names (nick names)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Band Number

\_\_\_\_\_  
Address



New Genesis Consulting  
Box 167, Pritchard, B.C. V0E 2P0  
(250) 851-5951 ghutchison599@gmail.com

To Whom it May Concern

Please be advised that in the interests of maintaining the integrity of distance between Band operations and the election process for Council, all distribution and posting of documents is the sole responsibility of the Electoral Officer.

In respect to the distribution of Voter's lists, they are to be posted at the Band Office and copies will be made available at the Nomination Meeting as required under Indian Act Election Regulations.

Any elector who has cause to find errors or omissions in the Voters list is to draw it to the attention of the Electoral Officer either at the Nomination Meeting or prior to that date.

Sincerely,

Gerry Hutchison MA

Electoral Officer

31/08/16

