

# Shuswap Band Newsletter

## Peltexelcten 2024 (August)



*Picture from the Unity Ride: Kukpi7 Roseanne Casimir, Kukpi7 Irvin Wai, Kukpi7 George Lampreau, and Councillor Richard Martin*

### Weyt-kp membership;

Kenpesq't (Shuswap Band) hosted seven sister communities for the "Unity Ride 2024", up at Dogleg Lake, July 16-18. An annual event that has the campfires from across the Secwepemculecw nation, travel together, renew friendships, visit with family, create new ties and make some lasting memories. The Opening Ceremony was at Skunk Cabbage in Revelstoke National Park, Monday, July 15. The group traveled with their families in vehicles & motor homes towing horse trailers. Stopping overnight at Kootenay Crossing in the Kootenay National Park to have Pipe Ceremony; inviting the Stoney Nation (a neighboring community from Morley, AB) to join us, to get acquainted & to share our intent of the annual event.

The Unity Ride entered Kenpesq't territory on July 16 and it was a hot one! Dogleg Lake was where we shared meals, ceremony, memories, and mosquitoes!

What an honor to partake in such a powerful event.

Councillor Richard Martin was the first on site and the last to leave. Having him and his family there and him being right in his element, welcoming in all those who participated, his vision of where to host, paths to take, and ensuring everyone's health and safety- was his intent.

Approximately 70 people, 30 horses/riders would complete a 15 km ride.







It was nice to put names to faces, seeing Kukpi7s, councillors, fellow employees, and the youth and elders come together to share the day, a few hours, or the whole Unity Ride. We are always stronger together.

The next leg of the ride had the caravan traveling to Gallagher Lake, BC. Where the Syilx Okanagan Nation welcomed and shared in the event. Taking in Ceremony at Spotted Lake. Leading up to the final day -where the Unity Ride 2024 crossed over the International Border at Osoyoos/ Oroville; there were walkers, iron horses, and a horseback procession.

The pride within each participant was heard in war cries, whistles, smiles and cries.

The last leg of the ride was back to Tkém'lups where the Unity Ride would end.

In total, the Unity Ride 2024 was projected to travel 1,618 km. Councillor Richard Martin would like to extend his gratitude to those who helped set up/take down, caterers, on site medic, volunteers and staff who helped make this event a success. Kukstsemc.

Kukstsemc to Shuswap Nation Tribal Council for the opportunity to share in ceremony, laughter, stick games, feasts, gifting, and the opportunity to showcase Kenpesq't, who we are and where we stand within the Secwepemculecw.





# Yakima Confederated Tribes Fish Passage event

Submitted by: Scott Cope, RPBio.  
Fisheries Biologist

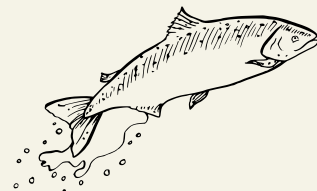


Mark Thomas, Devin Capilo, and Scott Cope had a great trip down to Cle Elum to attend the Yakima Confederated Tribes Fish Passage event at Cle Elum Dam, tour their hatchery and meet community leaders and members of the Salmon restoration staff. We also attended the Wells Dam Tour of their fish passage and hatchery facilities. This was a Columbia River Salmon Reintroduction Transboundary Tour (CRSRI) and members from Shuswap Band, Ktunaxa, and ONA were in attendance to introduce ourselves and discuss common goals of Salmon restoration based on the one river approach. Further visits to build on community connections, cultural and information exchanges among Columbia River Nations working at restoring Salmon are planned.



Our Junior Salmon Chief, Devin Capilo, was a delight to travel with and carried himself with distinction and poise.

We all learned a great deal and came back full of hope and enthusiasm for the journey forward in Salmon Restoration within the Canadian Columbia River.

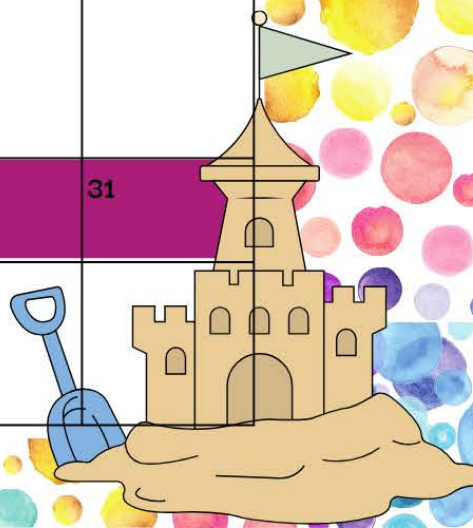
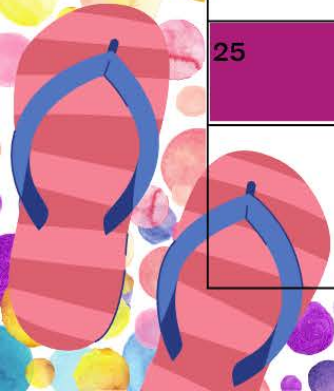




# Pelltixelcten 2024 (August)

## Shuswap Band Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
	OFFICE CLOSED	Foot Care Clinic	Massage w/Lyn	Good Food Box- Pick up Lion's Hall		
11	12	13	14	15	16	17
	Thai Massage		Massage w/ Lyn- call her for appointment			
18	19	20	21	22	23	24
	Thai Massage	Dr. Clinic ANKORS10-2 Dietician 9-3	Massage w/ Lyn- call her for appointment	Good Food Box		
25	26	27	28	29	30	31
			Massage w/ Lyn- call her for appointment			





# Health Department Update



To book appointments, please call **Stephanie** at the **Shuswap Health Centre: 778.526.8323**



**Good Food  
Box days:  
August 8 & 22**

**Doctor Clinic  
August 20**

**Foot Care Clinic  
August 7**

To book your appointment, please call the Shuswap Band Health Center.

## Mental Health Counselling & Outreach

Beth Castellano, our community support worker is available for Shuswap Members. Beth can help with applications or social work related issues. For an appointment call: 250.231.7805

Andrea Sakamoto is also available for counselling services. Monday - Thursday during the summer months, resuming Monday-Friday in September.



## Thai Massage

Every Monday at Health Center

### Massage with Lyn

Massage appointments are held at Lyn's in Radium Hot Springs.

7527 Main Street West #1  
250.341.5668



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.)



# Tracking Badgers & an update on Chronic Wasting Disease

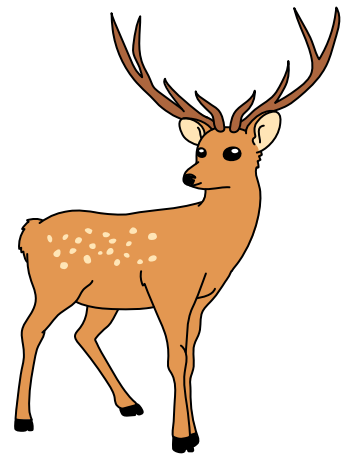
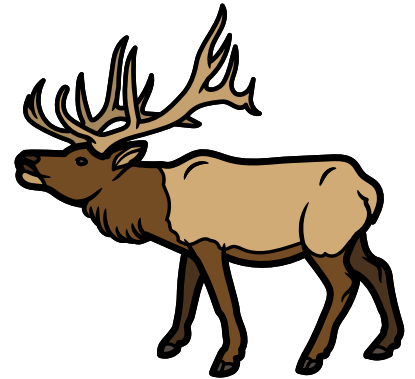
Submitted by Meghan Anderson, Senior Wildlife Biologist

**Have you spotted a badger?** Help with badger science and report your sighting: [badgers.bc.ca](http://badgers.bc.ca)

The data will be shared used by the BC Government and the Shuswap Band to track badger occurrences. The BC Government currently has no badger observations in the East Kootenay Region for 2024!

**Chronic wasting disease (CWD)** was detected last BC last fall for the first time in wildlife management units 4-20 and 4-03. It is a disease that affects cervids (deer, elk, moose, and caribou) and is 100% fatal. The current disease prevalence is estimated to be less than 1%, however, the disease can be very hard to detect and may be at a higher prevalence than currently estimated. The BC and Canadian Governments do not recommend consuming meat from animals that have CWD due to concerns that it could infect humans. Most of the time symptoms of the disease are not visible so it's not possible to visually detect an infected animal from an uninfected animal. We recommend that you get your meat tested for CWD and the Shuswap just received a grant from United Way BC to help with testing of meat! We have funding for a freezer and testing supplies. To get your game meat tested, you can either collect tissue samples yourself or ask the wildlife team or guardians to do this for you. Instructional videos on how to collect tissue samples will be available from the BC Government soon. We have testing kits available for community members that want to test meat themselves. Let Meghan know if you want your own testing kit ([meghananderson@shuswapband.ca](mailto:meghananderson@shuswapband.ca)).

If you want staff to do this for you, cut the head off the animal, remove the antlers, place the head in a bag, and place in the freezer outside the abattoir and notify Meghan ([meghananderson@shuswapband.ca](mailto:meghananderson@shuswapband.ca)). If you have a deer and want to keep the head for a mount, just cut off the lower jaw and put this in a bag in the freezer. If you have an elk or moose and want to keep the head for a mount, we will have to remove samples right away as the head and antlers will be too big for the freezer. If you remove the tissues yourself, just leave the samples in a bag in the freezer. Please complete an ear tag for any tissues, heads, or jaws you leave in the freezer. There will be ear tags for you at the freezer. We also recommend following these safe game meat handling protocols. There are also new restrictions in place to help minimize the spread of CWD. While Indigenous hunters do not need to follow these restrictions, you can play a part in managing the disease and help wildlife populations. Please reach out to Meghan if you would like more information on CWD or testing.







Due to the state of Emergency in B.C, upcoming weather advisories and surrounding wildfires, we would like to circulate our

# COMMUNITY EVACUATION MUSTER POINT PLAN

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## Muster Points:

1

**Home Base** - For Local Emergencies that require evacuation from your home

**Location** - Health Centre (Old Band Hall) Field

**Address** - 9975 Kinbasket Tr. Invermere B.C.

2

**Fort Steele** - If evacuated from Golden direction

**Location** - Gas Station (Esso) and Campground

**Address** - HWY 93, Wardner RD, Fort Steele, B.C.

3

**Radium Hot Springs** - If evacuated from Cranbrook direction

**Location** - Radium Hot Springs Visitor Information Centre & Kootenay National Park Visitor Information Centre Parking Lot

**Address** - 7556 Main Street East, Radium

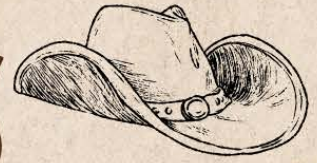
Further directions on where to go, who to contact and accommodations will be updated at the Muster Station on the day of evacuation.

A pilot vehicle will be assigned, and group travel will be encouraged.





# RIDING IN THE ROCKIES







# Shuswap Band Notices & Events



## Notice to Community

**BC Wildfire Service** will be utilizing the 'mudbog' site as an operational camp and command post . We are privileged to support the dedicated men and women who work tirelessly to ensure the safety of our community and its surroundings. We kindly request your cooperation in providing them with the necessary space and refrain from entering the designated area or delivering any food/baked goods or water.

### **Donations and offers of support:**

**BC Wildfire Service** and it's personnel are grateful to the people of British Columbia for their offers of support each season.

However, BC Wildfire Service crews and personnel are **NOT PERMITTED TO ACCEPT MONETARY GIFTS AND OTHER DONATIONS.**

Donations of food, supplies, equipment or other services should not be provided without prior direct arrangement.

Thank you for your understanding!



## Arrow Lake Salmon Release Ceremony a Success!

Submitted by Nate Medinski, MSc, RPBio  
Shuswap Band Fisheries Biologist



Shuswap Band fisheries staff (Dave Pascal and Nate Medinski) participated alongside the Okanagan Nation Alliance in the release of 20 adult Sockeye Salmon into the Arrow Lakes reservoir near Castlegar on July 11th. Dave performed a prayer at the start of the ceremony and released the first salmon of the day. This was another great example of collaboration among groups working towards the goal of salmon re-introduction in the Columbia River basin.



# SECURED CERTIFICATE OF INDIAN STATUS (SCIS) CARDS



**Registration number**

**Renewal date**



Are you entitled to be registered under the Indian Act?

Entitlement is based on the degree of descent from ancestors who are registered or entitled to be registered. To find out if you're entitled to be registered, ask yourself:

- Are either or both of my parents registered or entitled to be registered?
- Are any of my grandparents registered or entitled to be registered?
- Is anyone in my immediate or extended family registered or entitled to be registered?



What you need to submit when applying for registration under the Indian Act?

You need an application form. You can get one:

- online: Application forms for Indian status and status cards
- **in person from: your First Nations office. Shuswap Band Members-WE GOT THEM! Stop in!**



When you need a guarantor to confirm your identity. You need a guarantor if you're:

- applying by mail
- submitting identification that doesn't meet all valid acceptable identification requirements
- submitting a third-party application in person



How to submit acceptable photos when applying for a secure status card.

You can now take your own photo cost-free when applying for a secure status card and submit it straight from your smart phone using the SCIS Photo App.



Government  
of Canada

# 2024 YEAR END CELEBRATION



## **Congratulations to all the 2023/2024 students for a successful school year.**

The end of year celebration was held June 25 where the students received their Certificate of Recognition and gifts from Chief and Council.

The **Attendance Incentive Program** that took place this year gave the participants an opportunity to be entered into draws for prizes. There were 3 Travel Vouchers in the amount of \$1,200.00 each given out. Entries for this draw was based on their attendance, so the more they attended school, the more ballots they had in the draw box.

**These were broken into 3 categories:**

**K-Grade 3 winner was Isabella Ramsay**

**Grades 4-7 winner was Kayli Jasek**

**Grades 8-12 was Deeken Pascal**

This travel voucher can be used wherever they would like to go and needs to be booked through the Education Department.

There were also gift cards/certificates given to other winners.

**Congratulations to our Grade 12 graduate this year, Bill Warbrick, hoping you all the best in your future plans.**

**\*There were professional pictures taken at this event of the students, Kaylene will be printing these & notifying you when they are ready.**



# BEACH DAY: STICK GAMES!!



# SHUSWAP BAND SUMMER PROGRAM: WITH CULTURE & LANGUAGE



# PAINTING ROCKS FOR AROUND TOWN!



# Let's Learn Secwepemctsin

## Kwséltkten

(Family)



**Kyé7e**  
Grandmother



**Slé7e**  
Grandfather



**Kí7ce**  
Mother



**Qé7tse**  
Father



**Qetsk**  
Older Brother



**Kic**  
Older Sister



**Síntse**  
Younger  
Brother



**Re tséwe7**  
Me



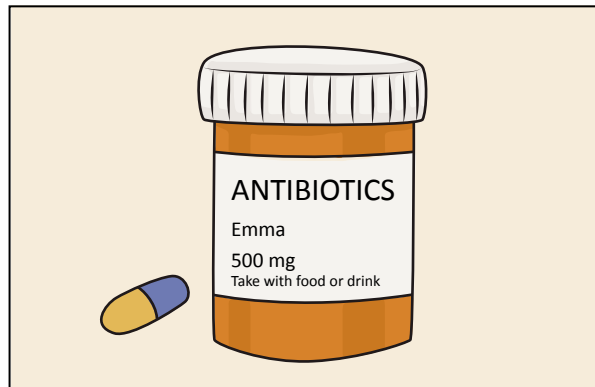
**Tsé7se**  
Younger  
Sister





Let's talk about sex

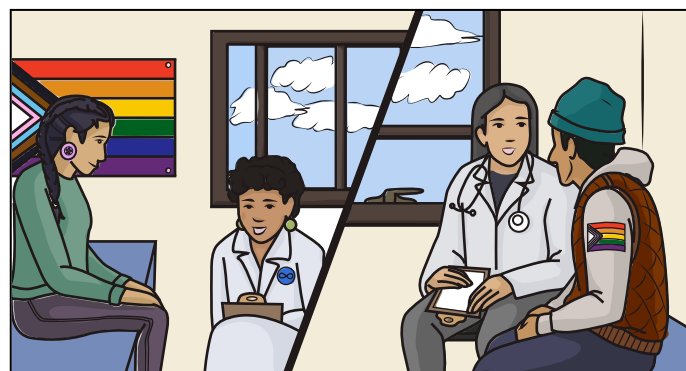
# What if I test positive for an STI?



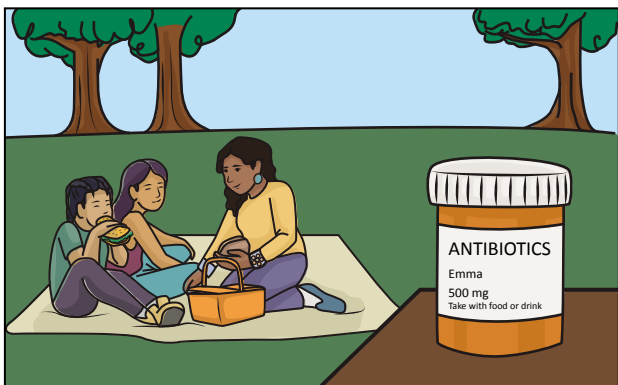
"I need to take medicine to treat it, but I have a date tonight with Joe. What do I do?"



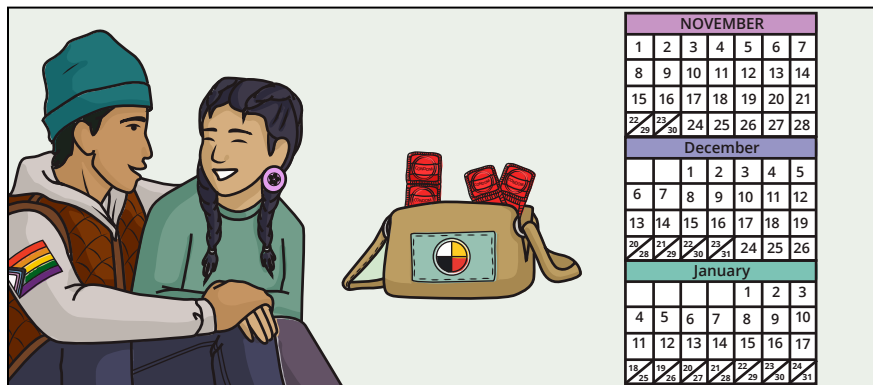
"It's okay, STIs are just a normal part of life. They are common and treatable. But you need to tell Joe so he can get tested. And don't have sex until you've finished your treatment – even with condoms."



"Always tell your partners so they get tested and treated. Don't blame each other. Sometimes, people have STIs for a long time and don't know."



"Even if you get an STI that is not curable, there are treatments that can help you live a healthy life without symptoms."



"And it's a good idea to have a plan, like having safer sex and getting tested every 3-6 months. Have honest talks with your partners. You're not alone. STIs are part of life."



# STEAMBOAT MUSIC FESTIVAL





# Telling Our Stories

“Understand the history to understand what to do about it”

Senator Murray Sinclair

July 2024

Gerard Gregoire, Patient Navigator

July is almost gone, and I did not get any huckleberries yet. At the time of this writing, I heard the road is closed to Parson, where everybody’s “secret” huckleberry spots are, because of the fire down that way.

Nevertheless, I hope you huckleberry pickers get your berries wherever you might go.

In the ten short years I’ve been in this gorgeous valley, there’s been a lot of change. I’ve seen hotter and drier summers along with more fires, smoke, tourists, insane traffic, animals killed on the highway and tragic losses in families.

These are significant changes that can affect our emotional, mental, spiritual and physical stability. I am a believer in climate change...and I still drive a diesel? I won’t get any deeper into this. The point I am getting to is, with the changes, I hope that you are coping well and if you aren’t, then I hope you will reach out to talk with someone.

On the other side of the ten years I’ve been here, this Syilx warrior managed to steal one of your women, although Gladly didn’t put up much of a fight when she was captured. I’ve gained a spouse, my family circle got bigger, I eat elk meat, I work for the Shuswap Band, I still play softball and I qualify for the senior’s discount at Home Hardware. I’m happy.

As the hot and smoky conditions continue, I hope the best for all of us and I look forward to some rain.

This edition, I will elaborate on defining addiction and follow up on treatment and recovery in the September newsletter. Let’s get at it.

## What Is Addiction?

Addiction is defined as compulsive and habitual use of mood-altering substances despite harmful

consequences. It is considered a brain disorder, because functional changes to the brain occur with problematic use.

Addiction is recognized as a chronic disease, like heart disease or diabetes. And just like heart disease and diabetes, addiction must be treated, managed, and monitored over a person’s lifetime. If left untreated, either of these conditions usually results in a lifetime of pain and a shortened lifespan.

Addiction is progressive, this means that if an addicted person continues to use alcohol or other drugs, things get worse, not better and essentially loses self-control. Alcohol and other drug addiction increases the risks for overdose, brain and liver dysfunction, suicide, violence, motor vehicle accidents, and other traumatic events.

## Why do people use alcohol and other drugs?

Alcohol and drug use typically begins with curiosity and peer influence. Do you recall the first time you used and were you with anybody?

Generally, people use drugs and alcohol to feel different, to feel good or to get an energy boost. After a stressful day, week or a personal challenge, it’s normal to want to unwind or calm down with a little help from our favourite drug of choice.

Alcohol and other drugs can produce feelings of euphoria and other effects. For example, after the euphoria of the first few drinks of alcohol, you may begin to feel relaxed, calm and more confident. With opioids, the euphoria is followed by feelings of relaxation, calm and satisfaction. With stimulants such as crack cocaine, the high is followed by feeling energetic and self-confident.



## When alcohol and other drug use becomes a problem

Social drinkers and recreational drug users can control the amount and frequency they use. Alcohol and drug use becomes a problem when you start to have problems associated with your use and you can't control when you use and how much you use.

For example, Bonnie, a recreational user gets convicted of driving under the influence and realizes, "Geeze, I won't let my use get out of control like that again" and she follows through with that statement by having a limit on how much she drinks and not driving while under the influence.

Or a recreational user might act like an idiot and inappropriately hits on all the women at the staff Christmas party while playing Santa. The next day or week, a contrite Santa will apologize and make amends with his co-workers for his rude behaviour and never lets his drinking and drug use get out of control again.

On the other hand, if Bonnie and Santa continue to let their alcohol and drug use get out of hand and they continue to have problems when they use, then that's an indication of the start of a substance use problem or addiction.

### Here are some of the signs and symptoms of an addiction problem:

- Feeling that you must use alcohol or drugs daily
- Use alcohol or drugs just to feel normal
- Having intense urges for the alcohol or drug that block out any other thoughts
- Needing more of the alcohol or drug to get the same effect
- Taking larger amounts of the drug or alcohol over a longer period of time
- Making certain that you maintain a supply of alcohol or drugs
- Spending money on the drug or alcohol, even though you can't afford it

- Social and recreational activities become less and less
- Not meeting obligations and work responsibilities
- Continuing to use, even though you know it's causing problems in your life or causing you physical or psychological harm
- Stealing or doing things you normally wouldn't do to get the alcohol or drug
- Driving or doing other risky activities when you're under the influence of alcohol or other drugs
- Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug
- Failing in your attempts to stop using the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug<sup>1</sup>

## Problem alcohol and drug use changes the brain

The initial decision to use alcohol or other drugs is usually a voluntary choice, however with addiction, a person's ability to exercise self-control can become seriously damaged. This serious loss of self-control is the hallmark of addiction.

Over time with continued problem use, changes in areas of the brain can occur that are critical to judgment, decision-making, learning, memory, and behavior control. These changes point to the compulsive nature of addiction.

### Why do some people become addicted to drugs, while others don't?

The likelihood of developing an addiction differs from person to person, and no single factor determines whether a person will become addicted to drugs. In general, the more *risk factors* a person has, the greater the chance that taking drugs will lead to drug use and addiction. *Protective factors*, on the other hand, reduce a person's risk.<sup>2</sup>

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<sup>1</sup> Mayo Clinic

<sup>2</sup> NIDA. 2024, January 5. Drug Misuse and Addiction. Retrieved from <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction> on 2024, July 18



## Risk and protective factors

Alcohol and other drug use typically begins at a young age. The risk factors that lead to substance use and addiction among Indigenous youth in Canada are exemplified in the table below with corresponding protective factors that may prevent or delay substance use.

Risk Factors for High-Risk Substance Use	Protective Factors for High-Risk Substance Use
Historical trauma- impacts of colonialism	Connection to language, culture and history
Family history of substance use	Parent or family engagement
Poverty	Education, skills building and work opportunities
Poor parental monitoring	Parental disapproval of substance use
Parent(s) substance use	Parental monitoring
Unstable or overcrowded housing	Stable, appropriate and permanent housing
Association with substance using peers	Positive relationships
Lack of school connectedness	School connectedness
Childhood sexual abuse	Safe, stable and nurturing family environment
Mental illness	Appropriate mental health supports and social inclusion

What are the risk and protective factors you think might be missing from this table? What risk and protective factors do you see relevant to your community?

Early intervention and prevention for youth is beneficial at a community level. Research shows that community prevention programming focused on substance use education, cultural knowledge, skill development and the involvement of community members led to the delay or likelihood of substance use disorder <sup>3</sup>.

By fostering a strong sense of identity and belonging, cultural knowledge supports youth in understanding and appreciating their tradition and values as a protective factor against substance misuse. <sup>4</sup>

<sup>3</sup> Mieke Snijder et al., "Preventing Substance Use among Indigenous Adolescents in the USA, Canada, Australia and New Zealand: A Systematic Review of the Literature," *Prevention Science* 21, no. 1 (October 22, 2019): 65–85, <https://doi.org/10.1007/s11121-019-01038-w>.

## Prevention saves lives

Have you ever heard of the river story? It goes like this.....

A woman was fishing in the river when she noticed a man was drowning. She dove into the river and pulled the drowning man out, saving his life. Barely getting her breath, she sees a young woman flailing in the river and she saves her too followed by another one and another one.

Exhausted, she realizes she would not be able save all the drowning people. She calls for help and as more people arrive to assist, she says "You take care of these people drowning in the river, I am going upstream to find out why all these people are falling into the river.

Upon arriving further upstream, she discovered a broken bridge was causing people to fall into the river and end up drowning where she had been fishing. She decided she would fix the bridge to stop them from falling in, instead of fishing them out after they were already drowning.

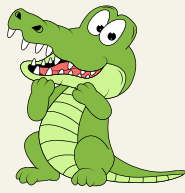
***"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."*** ~ Desmond Tutu



<sup>4</sup> Beth Castellano, Shuswap Band Social Worker



See you later, **ALLIGATOR!**



After a while, **CROCODILE!**



Gotta go, **BUFFALO!**



See you soon, **RACCOON!**



Be sweet, **PARAKEET!**

Take care, **POLAR BEAR!**



In a shake, **GARTER SNAKE!**



Hit the road, **HAPPY TOAD!**

Can't Stay, **BLUE JAY!**



Bye Bye, **BUTTERFLY!**



Give me a hug, **LADY BUG!**



Toodle-loo, **KANGAROO!**



Time to scoot, **LITTLE NEWT!**



Till then, **PENGUIN!**

Adios, **HIPPOS!**

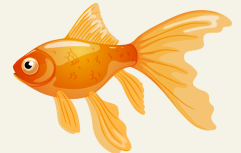


Hasta Manana, **IGUANA!**



Give us a kiss, **GOLDFISH!**

Get in line, **PORCUPINE!**



Out the door, **DINOSAUR!**



On the bus, **OCTOPUS!**

To your house, **QUIET MOUSE!**







**Happy Belly Button Day** to **Betty Burgoyne** from Ed, Ida & Floyd

**Happy Birthday Kelly-Rae** from Sheila & the gang!



**CONGRATULATIONS TO BRAD AND ALLYSSA ON THE BIRTH OF THEIR **BABY BOY, THEODORE RYAN EUGENE****



## Funnies

- Me: I have so much to do... 397 emails, 5 meetings, and all of the deadlines. Also Me: takes an online quiz to see what type of cheese I am.
- POV: All I wanted was a good paying job, but now I have to touch base, circle back, deep dive, be more impactful, come up with action plans, utilize my resources, go above and beyond, and piggy back on what Susan said.
- Journaling was the most useless thing I ever attempted. Not only am I still suffering- but now there is written evidence.
- Maybe mom was right all those years ago...maybe I won't be happy until someone loses an eye. Maybe that is what has been missing.
- I like my coffee, like I like my men....siding off the roof of my car as I drive off.
- Serious question. When someone is crying, how long should I wait before I take a bite of my hotdog?
- "I think i will go to bed early". Me at midnight: "Google- how tall was Jesus?"
- I heard someone refer to a person who likes multiple genres of music as "Polyjamorous" and that is how I will be identifying from now on.
- Don't just assume cause you see me on my porch, that I am home.
- When I become a ghost, I am going to leave messages on walls in blood, but they are going to be really positive like, "You did a great job today!"
- So when a crow remembers people who wronged them and holds a grudge it's "intelligent" and "really cool", but when I do it... I am "petty" and "need to let go".
- "Children learn from watching you". That is weird because I have never ran across the front yard wearing nothing but crocs and mittens, holding a unicorn and a juice box, screaming that I don't like carrots!!"
- Sometimes, I just want to grab my \$3 and run away.
- I grew up thinking my mom was always irritated for no reason, and now look at me: Always Irritated Junior!
- Does refusing to do cardio count as resistance training?
- I talk a lot of smack, for someone who can't function if the toe seam on my sock is in the wrong place.

