

## Community Vision

Members of the Shackan Band envision a Healthy community that lives in accordance with traditional Scw'exmx values. These values include sharing, helping, learning and teaching. These values translate into: helping the younger generation realize their potential, promoting everyone's involvement in the life of the Community, and also in being generous to those in need.

Scw'exmx Values: Respect for Self & Others; Positive Sharing; Positive Helping; Positive Learning; Positive Teaching; Healthy Lifestyle; and Self-Sufficiency.



## APRIL 2021 SHACKAN INDIAN BAND NEWSLETTER



### Mission Statement

The band office is to promote the development of a healthy lifestyle and self-sufficiency for Shackan community members. We will achieve by being helpful, positive, respectful and professional to leadership, co-workers and Shackan members when administering band programs



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# Shackan Indian Band Contact Us



2099 Granite Ave. PO BOX 1360 Office: 250-378-5410  
[www.shackan.ca](http://www.shackan.ca)

- \* **Chief - Arnold Lampreau**  
sibchief@shackan.ca
- \* **Councillor - Yvonne Joe**
- \* **Councillor - Lindsay Tighe**
- \* **Executive Director - Heather Fader**  
heather.fader@shackan.ca
- \* **Operations Coordinator & Membership - Crystal Leier**  
crystal.leier@shackan.ca
- \* **Administrative Assistant - Jody John**  
jody.john@shackan.ca
- \* **Finance - Kathy Gray**  
kathy.gray@shackan.ca
- \* **Social Development & Education**
- \* **Parent/Child Development Worker - Rebecca Fader**  
rebecca.fader@shackan.ca
- \* **Housing & Water Works - David Clayton**  
david.clayton@shackan.ca
- \* **Land Code - Teri Clayton**  
teri.clayton@shackan.ca
- \* **Operations & Maintenance - Toby Abbott & Lee Seymour**  
maintenance@shackan.ca

## Citxw Nlaka'pamux Assembly Employment & Training



## ICBC Certified AIR BRAKE Course

This course has been designed to prepare students for the ICBC written examination for an air brake endorsement to operate air brake equipped highway vehicles. Emphasis is placed on safe operating procedures, and ongoing maintenance for air brake systems. This ICBC certified course includes the airbrake pre-trip exam and the use of the truck for this test. Upon successful completion of this course, students have 90 days to write the air brake exam at ICBC to have the air brakes endorsement placed on your Driver's license.

Please note: ICBC has the right to review certified records and to retest certified students at their discretion



Prerequisite for course is a valid Class 5 BC driver's license.

### Dates and Times:

All 2020 air brake certification courses run Saturday and Sunday 8 am – 6 pm.  
Courses are held at TRU in the the Trades Building. Room 219 and parking is free, Lot T2.

- March 6-7, 2021
- March 20-21, 2021
- April 10-11, 2021
- April 24-25, 2021

For additional information or to register contact:

Employment & Training Department  
Madelynn Albert  
250-378-1864  
administration@cna-trust.ca  
2187A Coutlee Ave, Merritt BC



## OCCUPATIONAL FIRST AID LEVEL 3

Occupational First Aid Level 3 is a 10 day/70 hour program designed to further first aid training and knowledge. The OFA Level 3 course is suitable for people in these industries: lumber mill, pulp and paper mill, medic for oil and gas in BC (Alberta may require extra training), large logging companies, large road construction and flagging. No prior first aid knowledge required to attend this course. All students must be at least 16 years old and physically able to perform first aid. 100% attendance is mandatory to complete course.



### Course Content

- The role and duties of an Occupational First Aid Attendant
- Head-to-toe examination
- Operate oxygen therapy equipment and insert oral airways
- Medical emergencies
- Skin and soft tissue anatomy and function
- Management of soft tissue injuries
- Principles of burn management
- Ligament and tendon injuries
- Manage soft tissue injuries
- Manage oxygen therapy equipment
- Patient positioning
- Critical incident stress
- Manage oral airways
- Patient packaging for rapid transport
- Management of circulatory emergencies
- Manage circulatory critical interventions
- Head and brain injuries
- Neck and spinal injuries
- Immobilization
- General principles of management for fractures and dislocations

Date: Apr 5 - Apr 16, 2021 (10 day course)

Time: 8:00 AM – 4:00 PM

Location: OFA Level 3 -First Aid - Kamloops

#2A-750 Fortune Drive, Kamloops BC

\*Sponsorship available through CNA for Members only

### CNA Participating Bands

Ashcroft Indian Band  
Boston Bar First Nation  
Coldwater Indian Band  
Cook's Ferry Indian Band  
Nicomen Indian Band  
Nooaitch Indian Band  
Shackan Indian Band  
Siska Indian Band



Employment & Training Department  
250-378-1864  
administration@cna-trust.ca  
2187A Coutlee Ave Merritt BC

## OFFICE CLOSURE

Due to Covid-19 Shackan Band Office will remain locked, unless you have an appointment. To make an appointment, please call 250-378-5410. Staff will be working part-time from home.

*Sorry for any inconvenience*

*Shackan Band Staff*

# Shackan Band News



## SHACKAN BAND OFFICE WILL BE CLOSED

Friday April 2, 2021  
&  
April 5, 2021  
In leu of Good Friday  
&  
Easter Monday

The office will re-open  
On April 6, 2021 at 8:30 am

*Sorry for any inconvenience*



Citw Nlaka'pamux Assembly  
Employment & Training

## Occupational First Aid Level 1



Cost \$125 + GST Sponsorship Available For CNA Members

To be eligible for sponsorship the following criteria must be met:

- Must be CNA Member
- Must complete intake form
- Must be willing or able to work or be currently employed



Upcoming Course Dates

**Tuesday April 20, 2021**

OH&S Kamloops BC  
825-J Laval Crescent (Class 2)

\*Time for all 8:15am - 4:30pm

Occupational First Aid Level 1 provides an introductory knowledge on how to identify injuries and administer first aid to injuries. The OFA Level 1 course is suitable for people in many industries. Must be at least 16 years old and be able to physically perform first aid. Must bring Gov't issued I.D.



Employment & Training Department  
Email: [administration@cna-trust.ca](mailto:administration@cna-trust.ca)  
Phone: 250-378-1864  
Facebook: [cna-employment & training](https://www.facebook.com/cna-employment%20and%20training)  
Website: [employment.cna-trust.ca](https://www.employment.cna-trust.ca)

Gloves & Masks Mandatory

# Driving Lesson Dates



*Book your lessons today!*

January 26th  
 February 3rd  
 February 23rd  
 March 9th  
 March 23rd  
 April 6th  
 April 20th

May 4th  
 May 18th  
 Jun 8th  
 June 22nd  
 July 13th  
 July 27th  
 August 10th

\*Each lesson is 45 min long at the cost of \$65/lesson plus admin fees. Sponsorship available to Gitxw Nlaka'pamax Assembly (CNA) participating bands. All lessons must be purchased and booked through the CNA.

- Patient experienced teacher
- Practical driving skills
- Use of car for road test
- Road readiness course



For additional information contact:  
 Jaymie Brundage  
 Employment & Training Administration  
 250-378-1864  
 administration@cna-trust.ca  
 2187A Coutlee Ave, Merritt B.C.



## SHACKAN INDIAN BAND 2021 CHIEF AND COUNCIL ELECTION STATEMENT OF ELECTED CANDIDATES

27 March 2021

TO THE OFFICE OF CHIEF
<b>ARNOLD LAMPREAU</b>
TO THE OFFICE OF COUNCILLOR
<b>YVONNE JOE</b>
<b>LINDSAY TIGHE</b>

This election, and all of its regulatory processes and requirements, were diligently conducted in accordance with the Custom Election Code of the Shackan Indian Band (2017).

*N. Hajash*

NICOLE HAJASH, ELECTORAL OFFICER  
 250-889-1582 (ph) / 250-384-5416 (fx)





## CHIEF & COUNCIL OATH OF OFFICE SIGNING 2021



# WorkBC Employment Services



**UNEMPLOYED?**

**WANT TO WORK ON THE PIPELINE?**

## WE CAN HELP

WorkBC Centres in Merritt, Ashcroft, and Lillooet can help get you prepared for work on the Trans Mountain Expansion Project with certifications\* for:

- Pipeline Construction Safety Training
- Ground Disturbance II
- Emergency First Aid
- H2S Alive

\* Based on individual eligibility.

We'll help you shape a **targeted resume** and connect you to **hiring teams** with the Trans Mountain Expansion Project contractors.

### CONTACT US TODAY TO GET STARTED!

WorkBC Merritt  
t: 250.378.5151  
e: info@merrittesc.ca

WorkBC Ashcroft  
t: 250.453.2499  
e: info@ashcroftes.ca

WorkBC Lillooet  
t: 250.256.7758  
e: info@lillooetes.ca



The program is funded by the Government of Canada and the Province of British Columbia.

Citxw Nlaka'pamux Assembly  
Employment & Training Department

# Report Writing Online April 22, 2021 9:00am - 4:00pm

Technical Writing for Professionals

Report writing is, for many professionals, a fundamental part of their work. Whether it is a progress report, a technical paper, a final close-out report, or a myriad of other types of report. It may be solo authored or a compilation of multi-author contributions. Often the format is carefully scripted by convention. The goal of the report, though, is to provide important information to the reader, in a form that is clear and engaging.

The companion course Technical Writing for Professionals is recommended as a prerequisite for anyone with less than five years experience writing reports prior to taking this course. For those that have been writing reports more than five years you have likely learned the more basic lessons through the 'school of hard-knocks'.

This one-day, fully-online Technical Writing for Professionals: Report Writing course is to help professionals, particularly those new to their respective fields, develop more readable, clear, persuasive, and compelling reports. The instructors will introduce and reinforce principles and ideas — concepts that apply across industries and disciplines — to create compelling, engaging, and purposeful technical reports. A sample of the course content includes:

- Determining required content
- Standard formats of reports and when to depart these conventions
- Use of illustrations, tables, figures to enhance reading
- Tactics to write clearly and compellingly

Employment & Training Department  
administration@cna-trust.ca  
250-378-1864  
2187A Coutlee Ave



Greetings Shackan Band Members, this will be my last report as your Councilor, as my first term ends, and a new term begins. You as members need to know that it has been an honour to serve you. I am also gratefully to have had the opportunity to team up with Chief Jordan, Councilor Joan. Whether it be:



(Nicola Valley Justice Court Panel)

(witnessing our nlaka'apamux Lawyer become our own, Judge Philips)

representing our community as a Board of Director for both, Scw'exmox Child & Family Services Society and Nlaka'apamux Health Society, Hosting the Nlaka'apamux Language Conference.



(gathering on the land) ... (other community events).

Many changes have happened in these three short years. The surreal reality will set in once this pandemic is over.

My questions to the Creator are: How will my community; recover/ deal with/ or accept all that we have lost? Where is our safety net? Who will we turn to for wisdom & advice?



(my rendition of the RCMP's Challenge Coin)

Toward the end of my term, I ended up in isolation twice. The second time was prolonged. I was first exposed with Chief Jordan during a Board of Director & Leadership meeting. Then again for fourteen day, when Harold tested positive, however, upon his release from hospital, my isolation was extended another ten days.

Once again, Kuk'steyp, for giving me this past term to serve you and the BEST of LUCK to ALL those in the running for this next term for the Chief and Council seats.

Mary C. Angus

Shackan Councilor

March 2018-March 2021

Thank all the members who took the time to vote, we had a great turn out from our small community. This is something I'm very proud to be apart of, THANK YOU.

My congratulations to our newly elected Chief Arnold Lampreau and Councilors Lindsay Tighe and Yvonne Joe. I'm here for you if there is anything I can assist you with. As outgoing council I thank you all for sharing your knowledge, information and experience. As our community has gone through grief and Covid 19 on top of that had taken the wind out of me slowing my pace down. Since retiring from N7 (Mar.27/20) and now I can fulfill some of my interests as they come up. With the current restrictions let's remember it will end and we can plan our gatherings again. k uk steyp

THANK YOU ALL.

Humelth see you around.

Joan Seymour

Hente?

First of all, I would like thank all of those that have support myself and Council these last 3 years.

I raise my hands in thanks for putting your faith in me to run as Chief. I will be honest, I didn't think I would have ever been a Chief and I must say it was one of the hardest positions I have ever had the honor of filling. I have grown and learned so much these last 3 years about our community, history, culture, language and a great deal about myself. I will take everything that I have learned both the good and the hard lessons learned and continue on my path.

Seeing a new subdivision and water system in place, to getting the Nicola Native Lodge to the point where it will happen, not if but when. As well as Sitting as Co-chair for the Nicola Watershed Governance Project for the last year and a half, which will change how our Nlaka'pamux and Sylix Laus will be introduced into legislature and becoming a part of Canadian Law to protect and preserve our water for generations to come.

This last year during the Pandemic has been one for the books, we have lost many in the last few years and that will be felt for years to come. but with new housing comes new families which will licen up home once again.

I raise my hands and wish the best of luck to the new Chief and Council. I eagerly await what the future holds.

Regards,

Jordan Joe



TECHNICAL WRITING FOR PROFESSIONALS:  
**PROPOSALS**  
 APRIL 21, 2021  
 9:00 AM - 4:00 PM

**ONLINE COURSE**

- +** **FUNDING**  
learning to write proposals for funding or to bid on work
- +** **STRATEGY**  
a proposal is half psychology and strategy, half prose development
- +** **PRINCIPLES**  
learn concepts that apply across industries and discipline
- +** **PURPOSE**  
to create compelling, engaging, and purposeful proposals

Once you complete course you will have an understanding of timelines needed to create a good proposal, understanding the reader's needs and requirements, costing and budgeting, components of a useful proposal, persuasive writing, critical nature of editing and quality review.

 Employment & Training Department - [administration@cna-trust.ca](mailto:administration@cna-trust.ca) - 250-378-1864

This is a dynamic two-day course to improve the quality of technical writing. Technical Writing for Professionals equips students with hands-on tools to create technical writing which is more engaging, compelling, and persuasive. The approach taken with Technical Writing for Professionals is one of trying to address questions for which few, if any, other courses or books explicitly provide direction. Things like "how do I determine what to write? How do I determine my audience? How do I write more persuasively? How do I engage my audience more?" From there we can then move into mechanics of language (grammar, word conventions, etc.). Only half of this course is the mechanics and standard writing instruction; the other half is determining what you want to say and crafting it persuasively and engagingly. The focus is very much on principles, and these principles are applicable to any technical writing, from instructions on setting up your phone to writing a thousand-page Environmental Impact Assessment. Obviously, applications vary among different professions and disciplines, but the core needs of writing engagingly, clearly, and persuasively, from a position of credibility and trust are constant across all fields.

## NEED TO TAKE YOUR TECHNICAL WRITING SKILLS TO THE NEXT LEVEL?

Technical Writing Online Course  
April 19 & 20, 2021  
9am - 4pm

Citxw Nlaka'pamux Assembly  
Employment & Training Department  
administration@cna-trust.ca  
250-378-1864



CONGRATS TO  
SPRING  
CLEANING  
WINNERS



**FAREWELL  
DEBRA**

Debra's last day working as the Social Development/Education Coordinator was March 12, 2021. It was a great 8 years of having Debra helping the Shackan Band Community the way she did. She will be missed.





CITXW NLAKA'PAMUX ASSEMBLY  
EMPLOYMENT & TRAINING DEPARTMENT

**ARE YOU LOOKING**

**FOR WORK?**

**LET US HELP!**

COVER  
LETTERS

RESUME  
WRITING

JOB  
SEARCH

For further information contact  
Employment & Training Department  
Phone 250-378-1864  
Email [administration@cna-trust.ca](mailto:administration@cna-trust.ca)  
In person 2187A Coutlee Ave, Merritt BC

# Traditional Medicine Classes

With Dr. Jeanne Paul on Zoom

**SPRING SESSION:** May 29, 2021 at 12-3pm

- Cottonwoods, Son-before-the Father (Coltsfoot)
  - Respiratory System

**SUMMER SESSION:** July 24, 2021 at 12-3pm

- Western White Pine, Buckbrush
  - Immune System

**FALL SESSION:** Sept 25, 2021 at 12-3pm

- Devil's Club, Alder
  - Skin

- Learn glossary of terms, define how to use these medicines
- Learn the body system that relates to medicines of that season
- Learn the chemical composition/contra-indications and properties
- Learn the menstrumm's that draw out of the medical quality of the plant
- Learn the doctrine of signatures and how it relates to traditional medicines of that season

**Please contact Rebecca if you are interested, as we need numbers to send to Dr. Jeanne Paul**

If you are a Band Member and are interested, you can contact Rebecca Fader by email [rebecca.fader@shackan.ca](mailto:rebecca.fader@shackan.ca) or call the Band Office 250-378-5410

**Emails are needed** to send more information on the classes and to send the Zoom link to

The hall will also be available for the ones with no internet.





## SHACKAN INDIAN BAND

PO Box 1360  
2099 Granite Avenue  
Merritt, B.C. V1K 1M9  
Phone: 250-378-5410 Fax: 250-378-5219  
www.shackan.ca

March 9, 2021

Re: Education Assistance

For Post-Secondary students to be sponsored by the Shackan Band Education Department, providing funding is available, and meet with the [Guidelines 2021-2021](#) from Aboriginal Affairs and Northern Development Canada, the following is required:

- Letter of intent describing the program you plan to take in continuing your education.
- Transcript from the school, College, University you last attended.
- A letter of acceptance from the College of University you applied to attend school.
- Shackan Band application for Education Assistance Form completed and returned.
- Conditions of Educational Assistance Waiver Form completed and returned.
- Plus, a copy of your [last](#) grade 12 report card, Certificate, Degree or Diploma.
- Your complete package of application must be in office by [April 30, 2021](#).

Once I have all the above on file, you will then be notified if there is funding available.

In Support of Education,

Heather Fader  
Executive Director

**There are packages available at the front desk  
and they are on the shackan.ca website.  
Contact Rebecca at [rebecca.fader@shackan.ca](mailto:rebecca.fader@shackan.ca)  
or call the band office 250-378-5410**



## CITXW NLAKA'PAMUX ASSEMBLY EMPLOYMENT & TRAINING



# RISC April 26th - 30th 2021

Archaeology & CMT Inventory Training for Crew Members

The RISC Archaeology & CMT Inventory Training for Crew Members course is a five-day applied training program that provides participants with introductory research and sampling skills in the field of archaeology and heritage resources.



This RISC course includes both daily classroom and field training and exercises, where participants learn skills and abilities in site identification, survey design and procedures, and data and site recording procedures. Upon successful completion, participants are registered with the BC provincial government as a Certified RISC Technician, and receive a certificate signed and endorsed by the BC Archaeology Branch.

**LOCATION:** Merritt BC, specific address TBA.

**COST:** Sponsorship through CNA for members only, \$1250/seat.



**NRTG & BCAPA**

NRTG partners with the BC Association of Professional Archaeologists (BCAPA) and its members to offer this program to communities throughout western Canada.

2187A Coutlee Avenue, Merritt BC

[administration@cna-trust.ca](mailto:administration@cna-trust.ca)

250-378-1864



# NOW HIRING



For Security Guards across British Columbia and Alberta

## BASIC SECURITY TRAINING AVAILABLE

To work as a Security Guard in the provinces of British Columbia and Alberta, all applicants are required by law to complete the Basic Security Training certification course.

By enrolling in Securiguard's provincially-recognized, **40 hour program**, you will be equipped with the skills you need to succeed in the security industry!

### Courses cover:

- Professionalism & Ethics
- Legal Studies
- Report Writing
- Personal Safety

Sponsorship is available for future Securiguard employees!

If you are interested in registering for the course or learning more about opportunities with Securiguard, please contact us at:

[recruitment@securiguard.com](mailto:recruitment@securiguard.com)

*\*Online options available.*

# Community News

## COVID-19 BC Immunization Plan: Progress Update

Phase 1 Dec 2020-Feb 2021	Phase 2 Feb-April 2021	Phase 3 April-June 2021	Phase 4 July-Sept 2021
<b>High-risk population</b>		<b>General population</b>	
<ul style="list-style-type: none"> <li>• Residents, staff, and essential visitors to long-term care and assisted living</li> <li>• Individuals assessed for/awaiting long-term care</li> <li>• Hospital health care workers who may provide care for COVID-19 patients</li> <li>• Remote and isolated Indigenous communities</li> </ul>	<ul style="list-style-type: none"> <li>• Seniors aged 80+ who are not yet immunized</li> <li>• Indigenous peoples aged 65+, Elders, and additional communities not yet immunized</li> <li>• Hospital staff, community GPs and medical specialists not yet immunized</li> <li>• Vulnerable populations in select congregated settings</li> <li>• Staff in community home support and nurses caring for seniors</li> </ul>	<p>People aged 79 to 60, in five-year increments:</p> <ul style="list-style-type: none"> <li>• 79 to 75</li> <li>• 74 to 70</li> <li>• 69 to 65</li> <li>• 64 to 60</li> </ul> <p>• Indigenous peoples aged 64 to 45</p> <p>• People aged 69 to 16 who are clinically extremely vulnerable</p>	<p>People aged 59 to 18, in five-year increments:</p> <ul style="list-style-type: none"> <li>• 59 to 55</li> <li>• 54 to 50</li> <li>• 49 to 45</li> <li>• 44 to 40</li> <li>• 39 to 35</li> <li>• 34 to 30</li> <li>• 29 to 25</li> <li>• 24 to 18</li> </ul> <p>• Indigenous peoples aged 44 to 18</p>
<p>Once more vaccines are approved/available, people 64 to 18 yrs who are front-line essential workers or work in specific workplaces or industries may be included later in Phase 3.</p>			
<p> <span>○ Complete*</span> <span>○ Almost complete</span> <span>○ In-progress</span> <span>○ Begins in March</span> </p> <p><small>*First dose administered. Vaccines are being used throughout the Immunization Plan to manage outbreaks.</small></p> <p><small>The timeline for BC's COVID-19 Immunization Plan may change based on vaccine availability.</small></p>			





March 10, 2021



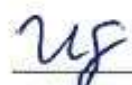
To Whom It May Concern:



Effective April 1, 2021 Scwexmx Tribal Council (STC) will be undertaking the delivery of the Indigenous Skills Employment and Training (ISET) Program for the member communities of Coldwater Band, Lower Nicola Band, Nooaitch Band, Shackan Band, and Upper Nicola Band.

We made an application to oversee the ISET agreement in our respective region so that we can deliver programs and services to directly benefit our membership and the surrounding organizations and to support our Nation rebuilding efforts.

Chief and Council look forward to administering the program and want to notify the communities and organizations that they can contact Arlene Johnston, [director@scwexmxtribal.org](mailto:director@scwexmxtribal.org), at 250-378-4235 to learn more about the program and application process. Clients can continue to make an appointment to meet with Deloris Charters at 2099 Quilchena Avenue, Merritt, BC V1K 1B8 at 250-280-7846 until March 31 2021. Effective April 1, 2021 appointments can be made at 250-378-4235.

Thank you.

  
 Chief Lee Spahan
   
 Chief Harvey McLeod
   
 Chief Marcel Shackelly

  
 Chief Jordan Joe
   
 Chief Stuart Jackson

# Workshops/Training

Citxw Nlaka'pamux Assembly  
Employment & Training

**S-100A & S-185A**  
BASIC FIRE SUPPRESSION  
&  
FIRE ENTRAPMENT  
Recertification

Virtual Training

Virtual Training

April 21 & 22, 2021

Entry-level training mandated by the BC Wildfire Service for Type 2/3 Wildland Fire Fighters includes S-100 and S-185. This certification needs to be renewed each year. Proof of previous certification required.

**Participating Bands:**

- Ashcroft
- Boston Bar
- Cooks Ferry
- Coldwater
- Nicomen
- Nooaitch
- Siska
- Shackan

To register, please email:

Madelynn Albert

Employment & Training Coordinator

[administration@cna-trust.ca](mailto:administration@cna-trust.ca)

\*Sponsorship through CNA for members only!



# SUMMER 2021 REGISTRATION IS NOW OPEN

For more information:

Visit [nvit.ca](http://nvit.ca)

Call 1-877-682-3300

Email [info@nvit.ca](mailto:info@nvit.ca)

View NVIT's current course offerings at:  
[www.nvit.ca/currentcourseofferings.htm](http://www.nvit.ca/currentcourseofferings.htm)



# IMMEDIATE ENTRY BURSARY

Deadline for Application Packages  
extended to **August 16, 2021.**

For more information contact:

[info@nvit.ca](mailto:info@nvit.ca)

1-877-682-3300



NLAKA'PAMUX HEALTH SERVICES SOCIETY

# NLAKA'PAMUX ELDERS EASTER DRIVE-THRU

Ages 60+ (Canyon Area only)

Wellness packages provided

April 9, 2021 • Friday •

11 am - 1 pm

Memorial Hall Parking Lot

Contact Joel or Jackie at (250) 378-9772 or  
[raphael.j@nlxfrn.com](mailto:raphael.j@nlxfrn.com) to reserve a time slot.





# Virtual Wellbriety Support Group

Open Daily Zoom Meetings

**EVERYONE IS WELCOME TO ATTEND**

**Every Day, Monday to Friday**

**1:00 pm to 3:00 pm Pacific Daylight Time**

Join by clicking this link or copy and paste the link into a web browser <https://us02web.zoom.us/j/84428458473>

Dial in option: 1-778-907-2071

Meeting ID: 844 2845 8473

*For more information contact:*

Dave Manuel, TteS Wellness Counsellor  
250-372-5030 [dave.manuel@kib.ca](mailto:dave.manuel@kib.ca)

Me7 knucwentwécw-kp (help one another)

Me7 yegwyúgw-t-k ell me7 yegwyúgw-t ke7 púsmen  
(Keep healthy and strong in body and mind)



## RCMP Newsletter

Working together towards Safe Homes, Safe Communities  
Merritt Detachment – First Nation Policing

March 2021

### Online Crime Reporting

Way to report the less serious crimes.

#### WHAT TO REPORT:

- lost or stolen items under \$5000
- property damage or vandalism that cost less than \$5000 to repair
- Crimes that happen within the jurisdiction of the Merritt RCMP

#### WHAT YOU NEED TO REPORT

- address
- phone number
- valid email address
- \*a typical file takes 15 mins or less to report

#### BENEFITS OF THE NEW SYSTEM

- immediate file number for you
- improved crime stats for RCMP
- increased efficiency

#### WHERE TO REPORT

[bc.rcmp-grc-grc.gc.ca/merritt/report](https://bc.rcmp-grc-grc.gc.ca/merritt/report)

Scammers are reaching out everyday in increasing numbers and we all need to be aware of how to protect ourselves. We encourage you to recognize, reject, and report fraud.

Recognize – attempted scams / fraud can come in many different forms. Reports involve emails, text, phone, fax, social media, internet and in person. We ask that you be careful with any attempt to contact you that you did not initiate.

Reject – this can be difficult for some people because often the scammers play on your curiosity. We encourage you to slow down, focus on one thing at a time and think before you click. Clicking on an email or link can seem harmless; however, it can also initiate a download that you are not aware of.

Do not give personal information to anyone that you do not know and remember that just because you have communicated online does not mean you know who you are talking to

Report – if you have experienced a financial loss due to a scammer this should be reported to our local police at their non-emergency number. If you need help recognizing whether something is a scam, you can contact the Community Policing Office.

### FRAUD PREVENTION MONTH

Every year thousands of Canadians are affected by fraud. The impact on individuals and families is devastating. The impact of Covid 19 scams in Canada alone (Mar/20 – Jan/21) saw over \$7 M lost to fraud.

-top reported incident related scams in 2020 was spear-phishing (\$27.9 million) which is the fraudulent practice of sending emails from a known or trusted sender in order to induce targeted individuals to reveal confidential information

- second highest incident was romance related scams (\$24 million)

-third highest incident was investment scams (\$19 million)

### Safety for Seniors

Remember that legitimate businesses, financial institutions, government agencies and help desks shouldn't be asking for personal or confidential information via email, voice or text message. If you believe the email communication to be valid, contact the company directly. There are many scams where a caller pretends to be a police, government official or even a senior home. During the call they often claim that your or a family member owes them money. Alternatively, people might pretend to be a distance relative and claim that they are desperately in need of money. In both instances, they are just looking for money. Computers are great if they have adequate protection. Make sure your computer has an anti-virus program and is connected to a firewall. These will make it much harder for anyone to access your personal information. For further Senior Cyber Safe info go to: <https://getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/snrs-nln-en.aspx>

### Ideas or Suggestions

Please contact our editor, Cst. Tammy DENNING, at the Merritt Detachment (250-378-4262) or via email at [tammy.denning@rcmp-grc.gc.ca](mailto:tammy.denning@rcmp-grc.gc.ca)



SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

**IF THE LIGHTS ARE**

**FLASHING**



**DON'T TRY**

**PASSING**

Passing a **STOPPED** school bus with flashing lights is against the law!

What will it take to make you **STOP**?

- \$368 Fine?
- 3 points on license?
- Injury of a Child?
- Imprisonment?



## Nlaka'pamux Health Services Society

2088 Quilchena Ave P.O Box 1624 Merritt BC, V1K 1B8

Telephone: (250) 378 9772

Fax: (250) 315 0283

Email: Mhreception@nlxfrn.com



*Due to the recent increase on the number of COVID-19 cases  
We would like to announce we have*

## **PHONES & TABLETS AVAILABLE**

**for those who are going into isolation  
directed by a medical professional**

At this time, all services and appointments will be offered VIA telephone and/or scheduled through Zoom.



**Please call  
Jackie or Bernadette  
250-378-9772**

to schedule an appointment  
to receive a device.





# April



# 2021



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

				1		2	Office Closed For Good Friday	3					
4	 Office Closed For Easter Monday Happy Birthday Wanda George	6	7	8		9	Happy Birthday James Adams	10					
11	Happy Birthday Rena Sam	12	Happy Birthday Donna Williams	13		14		15	Happy Birthday Tayton Payne	16		17	Happy Birthday Roipellst Joe
18		19		20	Happy Birthday Sue Seymour-Joe	21	Happy Birthday Phyllis Moses	22		23	Happy Birthday Mark Snow	24	
25		26		27		28		29		30			