



Shackan Indian Band

CONNECTION



JULY 2018

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.

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



Shackan Indian Band

PO Box 1360, 2099 Granite Ave. Merritt, BC V1K 1B8

Phone: (250)-378-5410 | Fax: (250)-378-5219 | Email: crystal.leier@shackan.ca | Web: <http://shackan.com>

JULY BIRTHDAYS

1st – Yvonne Joe

2nd – Kelly Walker

9th – Ernest George

11th – Troy Seymour

13th – Arnold Lampreau

16th – Jerrold Payne

22nd – Craig Sturdivant

25th – Ramona Ward

27th – Harley Tighe

28th – Betty-Jean Bergh

29th – Harlow Snow

29th – Mary Angus

31st – Billie Joe

31st – Shayla Dycks

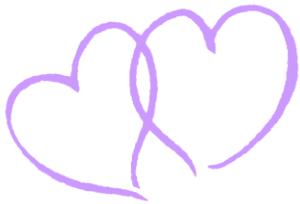




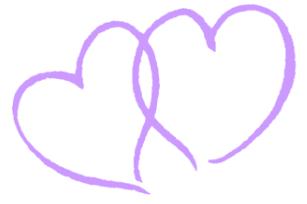
*Happy Anniversary
Wayne & Rhonda
MacDonald*



*With lots of love
From Mom XO*



*Congratulations
Mr. & Mrs. Payne*



*Edward & Jody We Wish you a life time of happiness from all
of the staff at Shackan*

SHACKAN SUCCESS

Shackan Development Corporation signed their first partnership with Ecora.

Ecora's friendly and passionate team offers a full spectrum of consulting services in natural resource, and engineering to their diverse clients in forestry, oil and gas, municipal developments, environmental, alternative energy, and other industries. In addition to these clients, Ecora has a big focus on partnering with First Nations communities to help them provide for-profit, professional and technical services in their territories.



Congratulations to all of the students that have graduated! Whether it was kindergarten moving to grade 1 - grade 7 into high school, graduated high school or college Wherever you go, go with all your heart!

MOTHER'S DAY PAINT NIGHT WITH MERRITT BRUSH STROKES MARIANNE, HOSTED BY DEBRA MANUEL WAS A HIT, EVERYONE HAD A GREAT TIME!!





FATHER'S DAY DINNER PUT ON BY SCW'EXMX COMMUNITY HEALTH WAS A SUCCESS!

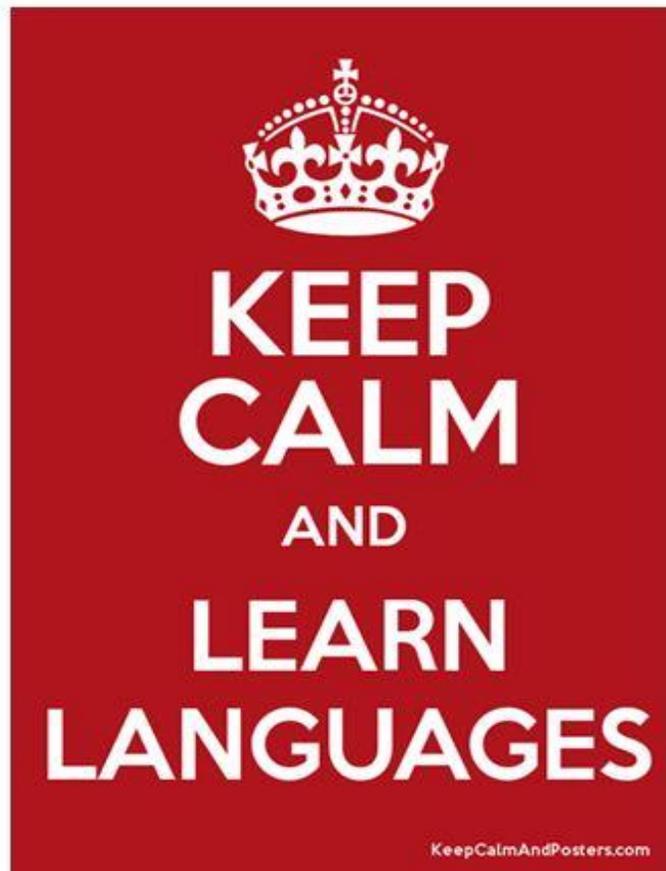


**SHACKAN
NTE?KEMXCIN
(LANGUAGE)
CONFERENCE**

**PLEASE
REGISTER!!**

PLEASE CONTACT
CRYSTAL AT THE FRONT
DESK (250-378-5410) &
LET HER KNOW IF YOU
WILL BE ATTENDING

**JULY 25TH &
26TH 2018
CHATAWAY
LAKE RESORT**



**ELDERS, YOUTH,
FAMILIES
10:00AM – 7:00
PM**

**CAMPING WILL BE
AVAILABLE FOR
THOSE WHO WISH**

**FAMILY CAMP
CHATAWAY
LAKE RESORT**

JULY 27TH, 28TH & 29TH

**28TH EVENT –
PAINTING**

1:00PM – 4:30PM



THE BEAR

**YOU MUST
REGISTER!!**

**PAINTING WILL
BE HELD BY
MARIANNE WITH
BRUSH STROKES**

**MEN, WOMEN,
YOUTH 16 &
OLDER ARE
WELCOME!**

**PLEASE CALL
CRYSTAL AT THE
FRONT DESK 250-
378-5410 TO
REGISTER FOR THIS
EVENT.**

**THERE WILL BE
BABYSITTING FOR
YOUR LITTLE ONES.**

SHACKAN COMMUNITY GATHERING INVITATION

JOIN US FOR POTLUCK LUNCH!

SUNDAY JULY 22ND, 2018

1:00pm – 4:00pm

Shackan Community Hall

Please bring your favourite dish!

RSVP to Crystal Leier at the front desk 250-378-5410 & let her know what you'll be bringing.

Winner's for the Energy efficient Fridge & Freezer will be announced!!

Nicola 5 Community Meeting



LNIB Shulus Hall
Sunday, July 8, 2018
1:00pm-4:00pm
Dinner to follow

Community members from Coldwater Indian Band, Lower Nicola Indian Band, Nooaitch Indian Band, Shackan Indian Band and Upper Nicola Indian Band are invited to bring your ideas on how the 5 Nicola communities can work together. Initiatives they would like to collaborate with are Stewardship, Asset Management and Emergency Response to name a few.

If you have any questions please call Sondra Tom at 250-378-5157



Journeys into Tomorrow Transition House

Is proud to offer the following workshop **free of charge** to the public with lunch provided

RESILIENCE IN CHILDREN – Creative Strategies for Helping

Date: July 18 – 19, 2018

Time: 9 am – 4 pm

Location: Merritt Civic Centre - Room 3

Day 1 Topics include:

- Attachment Overview: Relationship, Rhythm, and Resilience
- What we've learned about growing brains
- Why imagination and play are still important
- Creative Strategies for engagement

Day 2 Topics include:

- Emotional Literacy and Expressive Techniques
- Building connections with Parents/Caregivers
- Tips for Handling Transitions and Crises
- Capacity-building for Prevention and Transformation

For more information or to register, call: 250-378-6170





"If the legends fall silent, who will teach the children of our ways?"

Chief Dan George

Traditional Practices & Protocols

Seeking Nlaka'pamux knowledge experts, willing to share, teach, and pass on this vital information. Some examples include, hand drum making, ribbon skirt/shirt making, hunting, gathering, fishing, gill net making, dip net making, aromatherapy, traditional medicine, medicine people, life skills training etc. In our attempt to continue providing workshops, we need the experts to help ensure revitalization of our people and cultural ways is upheld.

Please contact Nicole Johnny, for further information or to put your name forward.

reception@cna-trust.ca

250-378-1864

Citxw Nlaka'pamux Assembly



July 2018



Feel The Beat is a cultural revitalization program that's main focus is the restoration of the protocols and values rooted in the culture of the Nlakapamux and Sylix peoples in the way of seasonal teachings. Feel The Beat is always an open invitation to all heritage , all peoples, to participate in a safe environment to learn and grow in culture. We aim to provide leadership and opportunity to connect to our culture identity.

Culture Events –2975 Clapperton Avenue –Everyone Welcome-4:30-8:30pm- POTLUCK DINNER 6PM

Tuesday 3 July 2018	10:00 AM	Men and Women Sweat Lodge Building (Lunch Provided)	Nooatich
Thursday 5 July 2018	10:00 AM	Men and Women Sweat Lodge Building (Lunch Provided)	Nooatich
Tuesday 10 July 2018	8:30 AM	Stein Valley Hike (Bring Proper Footwear, Water Bottle, Harvest Bag. Lunch and Snack Provided	Stein Valley
Thursday 12 July 2018	4:30 PM	Sage Candles and Huckleberry Lip Balm Making	SCFSS
Tuesday 17 July 2018	4:00 PM	Harvesting Berries Saskatoon or Soap Berries	SCFSS
Wednesday 18 July 2018	4:30 PM	Preserving- Canning and Drying Berries	SCFSS
Thursday 19 July 2018	4:30 PM	Preserving- Canning and Drying Berries	SCFSS
Monday 23 July 2018	4:30 PM	Nicola Valley Canoe Pull July 23-25 2018 Registration Needed to partake in event with SCFSS/FTB	

★ Guidelines and Values ★

Drug/Alcohol Free Zone
Be RESPECTFUL to self and others
No Lateral Violence Tolerated

Advised that you must be 12 years and over to be left unsupervised

For more info Contact Cultural Program Coordinator Jacqueline Merritt
250 378-2771 ext 241 email youthworker@scwemx.com
or find us online for updated event info @scwemxchildandfamilyservices



Traditional Medicine Classes with Dr. Jeanne Paul!

Goals

- Define the basic Traditional/Uses/Actions of the Plants harvested.
- Learn a Body System that relates to the Plant.
- Learn the Chemical/Interactions of each Plant.
- Study the Herbal Glossary.
- Learn the Menstruums and its action.
- Harvest in an ecological, respectful manner
- Learn the Doctrine of Signatures.
- Learn how to make a final product

Requirements

- **Must Attend all classes**-there is a lot of learning and it can be fast paced.
- **Please make sure to pack snacks and drinks** (lunch will be provided Monday & Tuesday)
- C.N.A membership will be given priority (Ashcroft, Boston Bar, Coldwater, Cook's Ferry, Nicomen, Nooditch, Shackan, Siska).

Registration
Deadline is
July 9, 2018



Chief Whistemnitsa Complex-Cook's Ferry

July 23-Wild Craft 9 AM-12 PM
-Classroom 1 PM-3 PM

July 24-Wild Craft 9 AM-12 PM
-Classroom 1 PM-3 PM

July 25-Classroom 9 AM-12 PM

Aug. 13-Classroom 9 AM-12 PM
-Potluck 12 PM-1:30 PM

Named Doctor of the Year for
2017!



30
SEATS
MAX.

Please return registration form to Corrina Manuel at cmanuel@cna-trust, or (250) 378-2910 (Fax), and call (250) 378-1864 for information.

Traditional Medicine Classes with Dr. Jeanne Paul!

Goals

- Define the basic Traditional/Uses/Actions of the Plants harvested.
- Learn a Body System that relates to the Plant.
- Learn the Chemical/Interactions of each Plant.
- Study the Herbal Glossary.
- Learn the Menstruums and its action.
- Harvest in an ecological, respectful manner
- Learn the Doctrine of Signatures.
- Learn how to make a final product from the cured Medicines: Creams, Lotions, Sprays, Oils.

Requirements

- **Must Attend all classes-there is a lot of learning and it can be fast paced.**
- **Please make sure to pack snacks and drinks** (lunch will be provided Monday & Tuesday)
- C.N.A membership will be given priority (Ashcroft, Boston Bar, Coldwater, Cook's Ferry, Nicomen, Nooaitch, Shackan, Siska).

Registration
Deadline is
August 6,
2018

Siska Band Hall

- Aug. 20-Wild Craft 9 AM-12 PM
-Classroom 1 PM-3 PM
- Aug. 21-Wild Craft 9 AM-12 PM
-Classroom 1 PM-3 PM
- Aug. 22-Classroom 9 AM-12 PM
- Sept. 17-Classroom 9 AM-12 PM
-Potluck 12 PM-1:30 PM

Named Doctor of the Year for
2017!



30
SEATS
MAX.

Please return registration form
to Corrina Manuel at
cmanuel@cna-trust, or
(250) 378-2910 (Fax),
and call (250) 378-1864 for
information.

Poison Ivy



Dispose of properly: Do not compost, shred or burn poison ivy. Inhaling the smoke can cause serious injury to your lungs.

2 Options for Removal – Hand Pull: *But you must be wearing proper protective wear and need to get the root or* Chemical Removal: *Professionals come in and spray*
DO NOT BURN!!

BRITISH COLUMBIA CAMPFIRE REGULATIONS



Violating these regulations could cost you **\$1,150**.

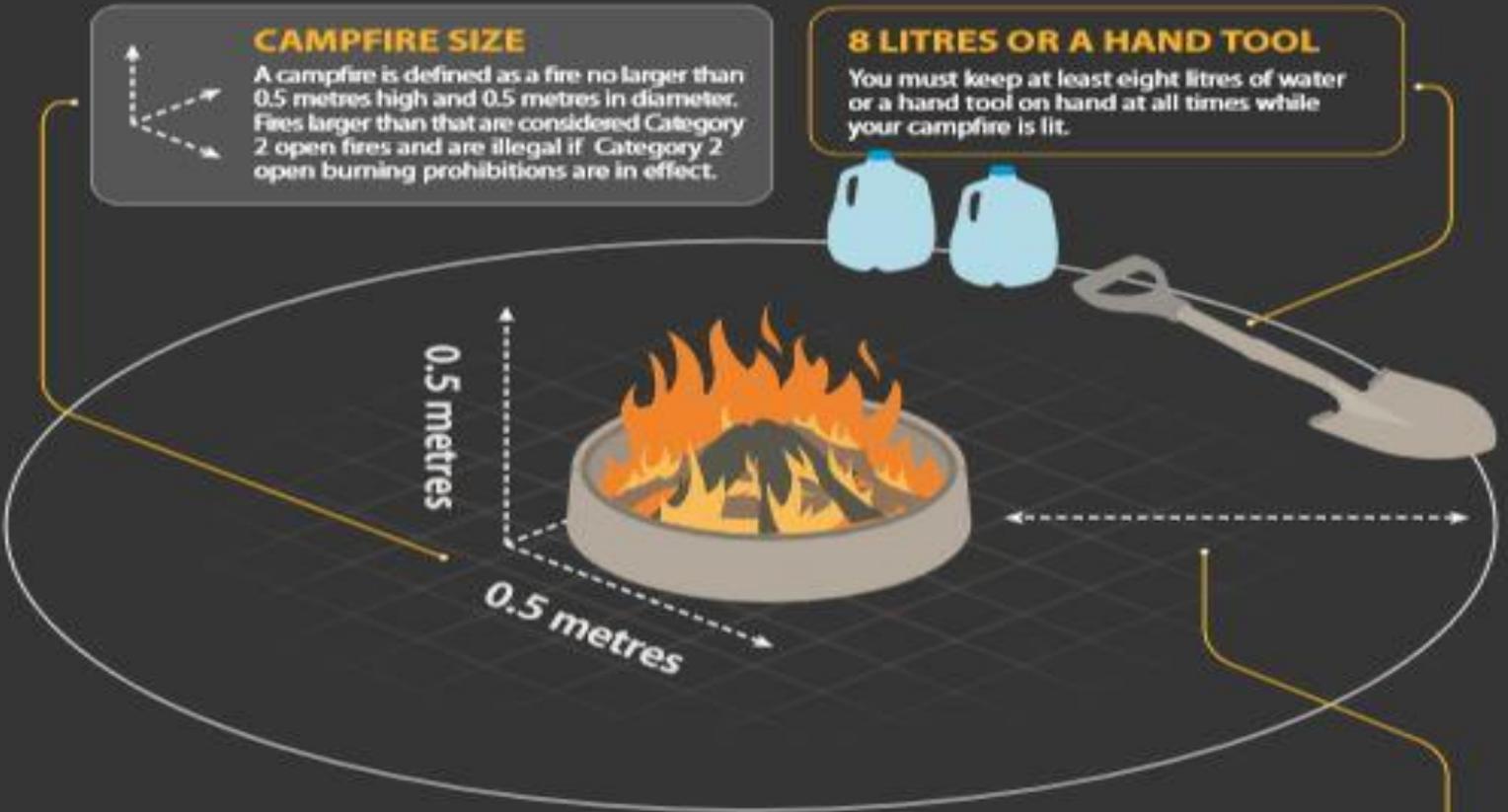
If a violation causes a wildfire, the person responsible may also be ordered to pay all firefighting and associated costs.

CAMPFIRE SIZE

A campfire is defined as a fire no larger than 0.5 metres high and 0.5 metres in diameter. Fires larger than that are considered Category 2 open fires and are illegal if Category 2 open burning prohibitions are in effect.

8 LITRES OR A HAND TOOL

You must keep at least eight litres of water or a hand tool on hand at all times while your campfire is lit.



PUTTING OUT YOUR FIRE

Before you leave the area for any amount of time, your campfire **MUST** be fully extinguished. The ashes of your fire must be cool to the touch.

FUEL BREAK

You must have a fuel break around your campfire. This area must be cleared of debris and anything combustible. It needs to be wide enough to stop the spread of the fire. A rock ring around the fire can also help prevent it from spreading.

You **MUST NOT** leave your fire unattended for **ANY** length of time.

Report wildfires, unattended campfires or violations of regulations by calling ***5555** on a cell or **1 800 663-5555** toll-free.



BC Wildfire Service



BCwildfire.ca



@BCGovFireInfo

Boston Bar First Nation welcomes you to:

Youth Fish Camp 2018

When: August 8,9,10 2018.

Where: Anderson Creek Camp Ground
Boston Bar, BC

Time: Aug 8,9, (9am-3:30pm) Aug 10 (9am-3 pm.) Daily

Activities:

- Demonstrations on how to Fish, Gut, Fillet, Stwen, smoke, can and Salt Salmon

Need to Register for camp contact NNTC 1-866-455-2711 (Camping available-optional) LIMITED spots. Refer to registration form. No child minding parental guidance needed. Come out join us for 3 great days of Teachings. There will be door prizes for all. Lunch and refreshments provided. (bring own water bottle, Utensils, lawn chair)

Elder's and Knowledge Keepers Welcome



University
of Victoria

Indigenous Academic &
Community Engagement



Indigenous Mini-University Summer Camp

August 13—17, 2018



The Indigenous Student Mini-University Summer Camp gives you a taste of university life. It is a week filled with academic, physical, creative, cultural and social activities, and a great way to learn about post-secondary education and envision your educational options in the future. Mini-U is open to Indigenous students (First Nations, status, non-status, Métis and Inuit) in Grades 8 to 12 who reside in BC.

**For more information and/or to request an application form,
please contact: Yvonne Houssin (250) 853-3994 email: mini-u@uvic.ca**

Cost: \$50.00 non-refundable deposit with application

JOBS & TRAINING

Shop Labourer

LNB Construction ★★★★★ 8 reviews - Merritt, BC

\$15 - \$16 an hour

[Apply On Company Site](#)

The shop laborer is intended to assist with all day to day tasks in a heavy industrial mechanical shop

Position

- Basic maintenance of pickup trucks
- Take direction from shop heavy duty mechanic
- Maintain cleanliness of shop
- Maintain cleanliness of pickup trucks and equipment
- Parts running
- Work as a team with office and shop staff
- Other duties as required

Required Skills

Requirements:

- Experience working in a civil construction or shop environment is an asset
- Clear safety focus
- Flexible schedule
- High school graduation
- Must be mechanically inclined
- Valid Class 5 driver's license, with clean abstract
- Physically fit with ability to lift 75 pounds

Physical Demands: Position requires employee to frequently stand, walk, twist, bend, reach and kneel. Employees must be able to lift 60 – 80 lbs above shoulder height.



Sales Associate - The Source

The Source ★★★★★ 312 reviews - Merritt, BC

[Apply On Company Site](#)

Be a Brand Ambassador for The Source

Contribute to the team's success by achieving Consumer Electronics, Wireless and Residential Services monthly sales targets

Provide each customer with an exceptional in-store experience by developing strong relationships and meeting customer needs

Collaborate with team members to ensure compliance to all store operational standards

Profile we're looking for.

Motivated Associates who can meet personal and store sales goals

Energetic and enthusiastic individuals who can effectively communicate with customers and co-workers

Passionate about connected technology including mobile devices, home automation and the growing suite of Internet of Things (IoT) enabled devices

Experience in customer service as well as a telecom background are a definite asset

Ability to uncover needs, recommend products and follow up with customers

Flexibility to work days, evenings and weekends is a must

Work Perks.

Competitive compensation package and variable pay

Recognition and rewards program

Best in class sales training programs

Career advancement opportunities in retail and corporate

Associate discounts

Position Type: Retail Stores

Position: Sales Associate - The Source

Job Location: Canada : British Columbia : Merritt

Application Deadline: 07/02/2018

It's all about you

With an opportunity to work close to home, we're proud to offer a competitive compensation package including an extensive recognition and rewards program, career advancement opportunities, awesome training programs, competitive medical and dental benefits, charity and volunteer opportunities and of course, associate discounts!

The Source celebrates and embraces diversity as part of our Company culture. We strive to be an inclusive, equitable and accessible environment that supports both our internal and external customers, ensuring everyone feels valued and respected.

CANADA DAY ACTIVITIES

Canada

Find and circle all of the words that are hidden in the grid.
The remaining 47 letters spell a secret message.

T P L O O N I E A I R O T C I V W D S H
 E C R T U V A N U N H S B C A H N N R P
 U O B I R A C N E I E O H E I T O A E A
 L E L B N C I S A I T A C T A T V L V T
 Y S A R O C O M R W R I E K C R A D A F
 O E B I T O E I A L E H U I E S S N E H
 T E R T M O A E O P O H R L T Y C U B X
 T G A I S R I T D R L E C S A E O O P A
 A C D S P N T R S W D E E T R Q T F N F
 W U O H O E I E A E A R S S A V I W O I
 A R R C T I N A R T O R M Y T K A E K L
 T L C O E G O F T F N F D A R J S N U A
 O I W L A E D M O N T O N I N U O A Y H
 Q N Q U T P C E B E U Q U E S I P H S B
 U G E M R I C I T O R O N T O L T S N Q
 E U E B E N R E G I N A M B E C A O C S
 L I O I B N C I F A E L E L P A M N B T
 S E K A L I M Y E L L O W K N I F E D A
 W O N S A W P K C I W S N U R B W E N Y
 N O R T H W E S T T E R R I T O R I E S

ALBERTA
 BEARS
 BEAVERS
 BRITISH COLUMBIA
 CARIBOU
 CHARLOTTETOWN
 CURLING
 EDMONTON
 FORESTS
 FREDERICTON
 GEESE
 HALIFAX

HOCKEY
 IQALUIT
 LABRADOR
 LAKES
 LOONIE
 MANITOBA
 MAPLE LEAF
 MAPLE SYRUP
 MOOSE
 MOUNTAINS
 NEW BRUNSWICK

NEWFOUNDLAND
 NORTHWEST TERRITORIES
 NOVA SCOTIA
 NUNAVUT
 OIL
 ONTARIO
 OTTAWA
 PRAIRIES
 PRINCE EDWARD ISLAND
 QUEBEC
 RCMP

REGINA
 SASKATCHEWAN
 SNOW
 ST. JOHN'S
 TOQUE
 TORONTO
 VICTORIA
 WHITEHORSE
 WINNIPEG
 YELLOWKNIFE
 YUKON

HAPPY



DAY