

JULY 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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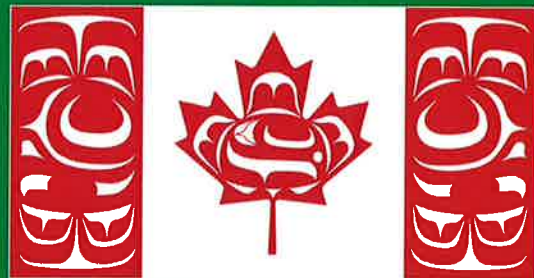
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Community News

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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.





Shackan Indian Band Contact Us



2099 Granite Ave. PO BOX 1360 Office: 250-378-5410
www.shackan.ca

- * **Chief - Arnold Lampreau**
sibchief@shackan.ca
- * **Councilor - Lindsay Tighe**
 - * sibcouncil1@shackan.ca
 - * **Councilor - Yvonne Joe**
 - * sibcouncil2@shackan.ca
- * **Band Administrator **Interim** - Teri Clayton**
 - * teri.clayton@shackan.ca
- * **Operations Coordinator & Membership - Crystal Leier**
crystal.leier@shackan.ca
 - * **Administrative Assistant - Jody John**
jody.john@shackan.ca
 - * **Finance Manager- Kathy Gray**
kathy.gray@shackan.ca
- * **Social Development & Education - VACANT**
 - *
- * **Housing & Water Works - David Clayton**
david.clayton@shackan.ca
- * **Land Code/Housing Projects - Teri Clayton**
teri.clayton@shackan.ca
- * **Operations & Maintenance - Toby Abbott & Lee Seymour**
maintenance@shackan.ca

Shackan Band News

Update from k^wúpi? Chief Arnie Lampreau, Councillor Lindsay Tighe & Councillor Yvonne Joe

June 2021

Band Council Resolutions:

Signed BCR's;

- Appointment of a new BOD Yvonne Joe to STC
- BCR for Health Building in Shackan, Through SCHSS

Chief and Council Duly Convened Meetings:

- Chief and Council have had several informal meetings and duly convened Chief & Council Meetings.
- All formal Chief and Council meetings have been held at the Shackan Community Hall and the Shackan Band office.

Other Meetings:

- Meeting held with Jim Adams to discuss options for Health Center building to be located in Shackan.
- As COVID restrictions lift, and we all get our second shot, we look forward to having a community meeting as soon as possible. Please continue to keep safe!

Shackan Band Office Administration:

- MNP is working on this year's audit.
- Highway 8 and Ministry of Transportation and Highways negotiations with updates from Darwin Hanna and Stuart Aird.
- Met with Moti Face to Face introductions
- Unscrambling office administrative issues – sorting through some of the concerns that were surfacing as we get more familiar with the office dynamics.
- Ongoing review of current employment contracts, job descriptions, and office policies, economic development business agreements, etc.
- Vacant positions, interviews are in the process.
- Review of current budget for Shackan Band in preparation for the upcoming fiscal year.
- Chief, Council and staff review of financial update from Finance Manager.
- Teri Clayton signed on as Interim Administrator until July 31, 2021.
- Short contract with Connie Joe for Financial and budget support
- Short contract with Sharon Parsons for Education support and reports.
- In-kind Agreement with Scw'ex'mx Child and Family for assistance from Deb Manual in Social Development and reports.

Nation Business:

- Attended MSS grad speech. Grad 2021
- Attended grad for LNIB, Rapid Sone at SCFSS
- Discussions about upcoming fishing season with DFO and Tracy Wimbush.
- Ongoing referral review for the Nlaka'pamux Nation activities. (i.e.: Trans-Mountain Pipeline, etc.).
- Attended Assembly of First Nations meeting.
- Seattle City Lights – DRAFT Terms of Reference for a coalition of 11 Nlaka'pamux bands. It is regarding a hydro electric dam within our territory in Washington State which is seeking a re-licencing agreement.
- TOR Signed for the 11 coalition Bands of the Nlaka'pamux
- Referral processes discussed with the Province, Ministry of Energy & Mines and Tmix^w Research (Scw'ex'mx Tribal Council)
- STC meeting regarding Spayum 286.
- Meeting with Cliff Thorstenson and the Chiefs regarding Nicola Valley Justice Services Society (NVJSS) and the Provinces First Nations Justice process. The Nicola Valley Chiefs support the NVJSS.
- Whole day meeting with the Nicola Chiefs. And STC.

Range Use Plans & Grazing Licences:

- The Manning Creek Grazing Licence was amended by Chief and Council then re-approved. Non-use agreement signed for the manning Permit.

Greenhouse:

- ISETS funding applied for to employ staff for the old greenhouse plants.
- The new greenhouse project is still ongoing, we are awaiting Urban Systems to report on their business plan for the new greenhouse.

Fire Department:

- Fire department operations are ongoing. We are still seeking additional training and staff to run the Fire Hall.
- Small fire truck was inspected and serviced.

Other Community Events:

- Attended services for late Joe Jules (Chuchua).
- Attended Truckers Convoy in Merritt before they left to go to KIRS.
- Attended LNIB 'Escorting Our Ancestors' Home and Honouring the 215' ceremony June 11, 12 & 13. (Lower Nicola).
- June 16 presented to the Independent Investigations Office (IIO) new cohorts as a family member of one who died in RCMP custody and to support the move to open Sobering Centers.
- Sxéxn'x Indigenous Day BBQ at community hall.
- Attended an AFGC circle to support a Sxéxn'x family.
- Community BBQ. Aboriginal Day.

Operations and Maintenance:

- Operations and Maintenance is doing their regular duties in the community.

Housing:

- New houses are installed, work is ongoing.
- The implementation of the housing projects has infringed on Shackan Road, repairs and water re-direction are ongoing to avoid further damage. Ongoing.

Special thanks to staff and council for all of their hard work and dedication to keeping us moving forward in a good way for the people.

The discovery of 215 child human remains at Kamloops Indian Residential School is very disturbing and triggering for many of us, please do your best to grieve in healthy and safe ways. Remember our medicines that we have used since time immemorial. Go to the water, brush off with smudge, visit each other (in a COVID safe way), etc.

Update to Shackan Members

From Teri Clayton – Interim Band Administrator
Hello Band Members!

The Band Office is now open and no longer needing to make an appointment to enter. It looks like we are on our way 'back to usual'.

Greenhouse Relocation – The greenhouse / nursery is getting a clean up. Once this is done we will be going forward with the routine collecting and growing seeds. If we have time this year, we will be expanding the greenhouse operation to include vegetable plants. We will give you further information next newsletter.

Modular Homes – If you live on Shackan IR11 or if you've been in the community, you've probably seen the homes at the new subdivision. The last four will be delivered in July. The finishers from Lake Country Modular will complete their tasks and get the homes ready for move in. If you are a Band member and interested in renting one of the homes, please call David Clayton for more information. David will be contacting you next week if you already have your application submitted.
The 2021-2022 Budget and the 2020-2021 Audit are continued to be worked on.

The Fire Department is recruiting for volunteer members. Training will be provided if you are interested in joining. Contact the Band Office if you would like more information.

Some of the staff sit on the Emergency Operations Committee along with Councillor Lindsay Tighe. They are learning how to organize for emergencies that affect the community. If you are interested in sitting on this Committee, please call Crystal Leier for more information.

Through some planning last year it was suggested the Band purchase a walk-in cooler for the purpose of members to use it for fish storage / cleaning, vegetable storage and wild meat hanging / dressing. We would like your feedback or further suggestions on this idea. Are there other ideas you might have?

The Chief and Council are looking into having a new building on IR11 in the future and part of that building would be a new kitchen with a large food prep area, a gathering hall, offices, and storage rooms. Is there something more you would like to see in the new building? Write your suggestions down and drop off at the Band Office or email it to jody.john@shackan.ca

Have a wonderful summer and keep safe!

Humelth

INFORMATION BULLETIN

For Immediate Release
2021FLNRO0051-001261
June 28, 2021

Ministry of Forests, Lands, Natural Resource Operations
and Rural Development
BC Wildfire Service

Campfires prohibited in British Columbia

VICTORIA – Effective at noon (Pacific time) on Wednesday, June 30, 2021, campfires, Category 2 and Category 3 open fires will be prohibited throughout the province of British Columbia.

This prohibition will remain in effect until noon on Oct. 15, 2021, or until the order is rescinded.

The provincial weather forecast calls for record-breaking high temperatures throughout B.C. this week and follows a spring of lower-than-average precipitation in the southern half of the province. These conditions are expected to persist in the coming weeks.

Camping is a long-standing tradition in this province. The B.C. government recognizes that people also enjoy having campfires, so it takes any decision to implement a campfire ban very seriously.

The BC Wildfire Service takes these extreme heat conditions seriously. Additional precautions are being undertaken throughout the province, including fire warden patrols, fixed-wing aircraft patrols and an active enforcement presence. Wildfire prevention is a shared responsibility. Human-caused wildfires are completely preventable and divert critical resources away from lightning-caused fires.

The BC Wildfire Service is constantly monitoring current and forecast conditions and maintaining preparedness.

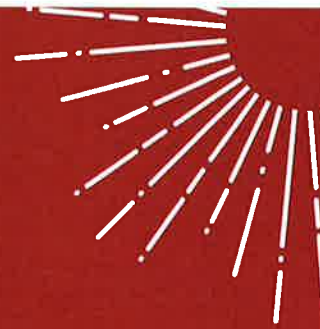
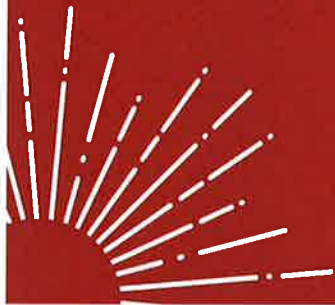
A campfire is defined as any fire smaller than 0.5 metres high by 0.5 metres wide.

In addition to campfires, Category 2, and Category 3 open fires, the following activities are also prohibited:

- The use of fireworks
- The use of sky lanterns
- The use of burn barrels or burn cages of any size or description
- The use of binary exploding targets
- The use of tiki and similar kinds of torches
- The use of chimineas
- The use of outdoor stoves or other portable campfire apparatus without a Canadian Standards Association (CSA) or Underwriter Laboratories of Canada (ULC) rating
- The use of air curtain burners in Cariboo, Coastal, Northwest, Prince George and Southeast fire centres

To report a wildfire, unattended campfire, or open burning violation, call 1 800 663-5555 toll-

THE SHACKAN
BAND OFFICE
WILL BE
CLOSED
THURSDAY &
FRIDAY
JULY 1-2, 2021
RE-OPEN
JULY 5, 2021



Pizza get together June 28, 2021





**LOOKING FOR
HOUSING
COMMITTEE
VOLUNTEERS**

IF YOU ARE INTERESTED IN VOLUNTEERING TO BE
IN THE HOUSING COMMITTEE CONTACT TERI AT
THE BAND OFFICE AT 250-378-5410



BC hydro 

**IF YOU HAVE SHAW
SATELITE, BC HYDRO,
BELL OR TELUS WE
HAVE TAX EXEMPT
FORMS AT THE BAND
OFFICE IF YOU WANT
TAX FREE UTILITIES**

You can call the band office to get the
forms emailed or come into the office to
pick up the forms
250-378-5410



Bell

 **TELUS**



LET US KNOW IF YOU WANT
A

FREE
Washer, Dryer or
Fridge

Call the Band Office
250-378-5410

Congratulations CLASS OF 2021



Happy Anniversary

*Happy 27th Anniversary
Wayne & Rhonda
MacDonald
July 2nd
Lots of Love Rena*

**Savannah Joe
&
Anyone else I forgot**





LOOKING FOR FIRE FIGHTER VOLUNTEERS ON SHACKAN RESERVE

If you are interested, please call the band office
250-378-5410 and let the Admin know you are
interested. If there is no answer, please leave a
message or comment on the Facebook post on the
Shackan Indian Band page

Community News



INTERIOR REGION
First Nations Health Authority

Mental Health and Wellness Supports

MENTAL HEALTH AND CRISIS SUPPORT LINES

- **Hope for Wellness Helpline: 1-855-242-3310**
Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada
- **Indian Residential School Survivors Society: 1-604-985-4464 or toll-free 1-800-721-0066**
- **KUU-US Crisis Line Society: 1-800-588-8717**
Indigenous crisis line in BC. Available 24 hours a day
- **Tsow-Tun Le Lum Society: 1-250-268-2463**
24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

- **Kids Help Line: 1-800-668-6868**
- **Adults Help Line: 1-800-663-1441**
- **Health Link BC: 811**
- **MHSU Interior Health: 1-888-353-2283**

FOR ONLINE RESOURCES FOR MENTAL HEALTH:

- **First Nations Health Authority - Mental Health and Substance Use:**
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- **Canadian Mental Health Association**
<https://cmha.ca/>
- **First Nations Health Authority - novel coronavirus (COVID-19)**
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness>

DOMESTIC VIOLENCE OR ABUSE

If you are in immediate danger call 911

- **Domestic Violence Help Line: 1-800-563-0808**
(confidential, 24 hours a day, service in multiple languages)
- **VictimLinkBC: 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week**
- **KUU-US Crisis Line Society: 1-800-588-8717**
Indigenous crisis line in BC operates 24 hours a day
- **Hope for Wellness Helpline: 1-855-242-3310**
Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

SUPPORT FOR CHILDREN AND YOUTH

- **Kids Help Phone: 1-800-668-6868**
- **Helpline for Children in BC: 310-1234**
(no area code needed)
- **KUU-US Crisis Line Society Child and Youth Crisis: 1-250-723-2040 or toll free 1-800-588-8717**
Available 24 hours a day

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.

CITXW NLAKA'PAMUX ASSEMBLY

On the Land

10AM - 2PM

Fri, June 11, 2021
Stein Valley Hike

Sat, June 26, 2021
Saskatoons

Fri, July 09, 2021
Soapberries

Sat, July 24, 2021
Stein Valley Hike

Fri, August 06, 2021
Labrador Tea

Sat, August 21, 2021
Drying Salmon

Fri, Sept 03, 2021
Huckleberries

Sat Sept 18, 2021
Elderberries

Locations TBD closer to the Gatherings

LIMITED \$50 Esso Gift Cards Available
MUST PRE-REGISTER for Gift Cards

COVID-19 Protocols will be followed
Bring your own water, lunch, snacks

For more information or to pre-register please
contact the CNA at 250-378-1864 or
language@cna-trust.ca





Naut'sa mawt
EVENT MANAGEMENT

Overview of Workshops

Each session will focus on different roadmap pathways and be a balance of sharing, discussion and questions and answers. You are welcome to attend as many or as few sessions as you like.

Session 1: Communities

Friday, June 25 (9:00am - 12:00pm PST)

Roadmap pathways to discuss: Buildings, Personal Travel, Community Emissions and Energy Use, Circular Economy/Waste

Session 2: Bioeconomy, Agriculture and Technology

Tuesday, June 29 (9:00am - 12:00pm PST)

Roadmap pathways to discuss: Session 2: Bioeconomy, Agriculture & Fisheries, Negative Emission Technology

Session 3: Low Carbon Energy and Industry

Tuesday, July 6 (9:00am - 12:00pm PST)

Roadmap pathways to discuss: Electricity, Clean Fuels, Oil & Gas, Industrial Decarbonization, Commercial transportation

Session 4: Wrap up and Reporting Back

Thursday, July 8 (9:00am - 12:00pm PST)

Please join this session to hear what has been shared in the previous three sessions and share any additional information or ideas that have been missed.

Engagement with Indigenous Peoples on the CleanBC Roadmap to 2030

June 25th, 29th, July 6th, and July 8th, 2021

9:00 am - 12:00 pm PST

Register at nmtcevents.com/cleanbc

As part of ongoing discussion and engagement on climate change, the provincial government is currently working on developing the 'CleanBC Roadmap to 2030 Targets and Beyond' to meet B.C.'s 2030 greenhouse gas reductions targets and put us on the road to net zero by 2050. The CleanBC Roadmap will explore pathways that will guide the province to meeting our climate targets. Indigenous leadership and voices are crucial to this process. The dialogue continues, building on our discussions over the last three years, in this round of virtual sessions.

Our goals are to:

- Create a safe space for discussion about the B.C. government's proposed approach to developing the Roadmap.
- Share how we are incorporating what we have heard from our past Indigenous engagements in the Roadmap development. What have we missed? Where can we focus? What are we getting right?
- Hear feedback, stories and ideas for potential actions and priorities to reduce pollution, increase climate resilience and support clean economic recovery.
- Share information on how each unique Roadmap pathway is developing.



BRITISH
COLUMBIA



Naut'sa mawt
EVENT MANAGEMENT



**Scw'exmx Child & Family Services
Society**

2975 Clapperton Avenue, Merritt BC V1K 1G2
Telephone: 250-378-2771
Fax: 250-378-2799
Toll-Free Number: 1-877-378-2773
Child Protection Concern After Office Hours: 1-800-663-9122
Children's Help Line: 310-1234 (For children and youth)

Gathering Our Warriors
Men's Support Group

**A SAFE PLACE FOR MEN TO COME AND
TALK WHATS IMPORTANT TO MEN.**

Wednesdays

12:00 - 3:00 p.m.

Thursdays

5:00-7:00 p.m.

**To register contact Dan Jager at 250-378-
2771 or Richard Jackson Jr at 250-378-5107**

Women's Group

Women's Group has now gone virtual. We run Fridays from 10 a.m. -1:00 p.m. We currently have 6 participants and a Resident Elder that attends the sessions.

Each session we open with a Prayer, have an open sharing circle and continue with our weekly theme that is chosen by the participants.

Due to COVID-19, we cannot gather or provide lunches. We do offer good conversation, laughs and some incredible crafting opportunities.

FRIDAYS

10:00 A.M. - 1:00 P.M.



June 2021

RCMP Newsletter

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

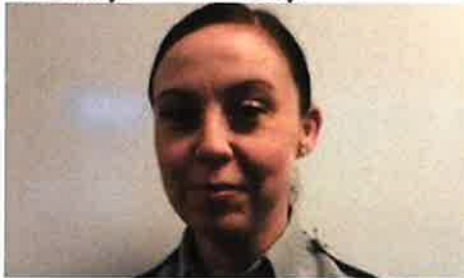
June is National Safety Month

Now that the weather is getting warmer people are taking advantage of it and getting their bicycles, motorcycles and quads out. Here are some Quick Safety Tips for riding dirt bike and quadding:

- Wear a Helmet
- Ride Sober
- Ride Responsibly
- All gear all the time
- Never Ride Alone

MEET the BEAT

Cst Carly Gerein was born and raised in Ashcroft. She worked as a hairdresser before joining the force. Carly started training at RCMP Depot Academy in March 2020 and had completed only 3 weeks of the 6 month training before Covid hit and everyone was sent home for 6 months. After a long wait, she was finally able to complete training and graduated in March 2021. When she is not working, Carly enjoys spending her free time outdoors with her two daughters. Merritt is Carly's first posting and she is looking forward to exploring the area and becoming involved in the community. Welcome Carly!



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



Challenge Coin Presentation

The Community Policing Office was the site of the Challenge Coin Presentation to Mary Angus, an Elder at Shackan Band. She was the driving force behind the design. Present for the ceremony was Cpl Aird, who is in charge of the Merritt FNP Section, Cst Denning, SSM Drouin, Merritt; Detachment Commander for Merritt RCMP and Harold Aljam, Mary's husband. The design of the coin captures places and things that are culturally significant to the local First Nations Community.

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

First Nations Health Benefits (Plan W)

Over-the-counter Medications Appropriate for Pharmacist-Initiated Treatment

Condition	Therapeutic Class	Examples of Accepted Products
Acne		Benzoyl Peroxide gel, lotion, wash
Allergic Conjunctivitis	Mast Cell Stabilizers	Sodium Cromoglycate
	Ocular Lubricants	
Allergic Rhinitis	Oral Antihistamines	loratadine, diphenhydramine
	Intranasal Mast Cell Stabilizer	
Bacterial Conjunctivitis and Otitis Externa	Topical Antibiotics	Gramicidin-Polymyxin B, Bacitracin-Polymyxin B
Childhood Nutrition	Multivitamin Tablets and Oral Liquid (for patients up to 6 years of age) Vitamin D Drops and Liquid	
Constipation	Stimulant Laxatives	Bisacodyl, Sennosides
	Purgative	Citric Acid-Magnesium Oxide- Sodium Picosulfate
	Osmotic Agents	Glycerin, Lactulose, Sodium Phosphate, PEG 3350
	Lavage	Macrogol-Potassium Chloride-Sodium Bicarbonate-Sodium Chloride-Sodium Sulfate
	Lubricants	Mineral Oil
	Bulk-forming Agents	Psyllium
Diabetes Mellitus	Skin Wipes	
	Insulin Pump Supplies	Infusion Set, Tubing, Cartridge
	Blood Glucose Testing Supplies	Lancets, Test Strips
	Insulin Supplies	Pen needles, syringes, and syringes and needles
Emergency Contraception		Levonorgestrel (1.5mg dose)
Fungal Infections of the skin and mucosa, including vaginal candidiasis	Topical Antifungals for Vaginal Candidiasis	Clotrimazole, Miconazole
	Oral Antifungals	Fluconazole (150mg dose) (Special Authority required)
	Topical Antifungals for Skin Infections	Miconazole, Nystatin, Tolnaftate
Lice	Pediculicides (Shampoo, Solution, Rinse)	Permethrin, Piperonyl Butoxide-Pyrethrins, Isopropyl Myristate, Dimethicone
Prenatal Multivitamins and Folic Acid Supplements	Multivitamin Tablets	
	Folic Acid Tablet 1mg tablets	



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**

Me7 knucwentwécw-kp (help one another)

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

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@nixfn.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.



BC's Restart Step 2: Starting June 15



**BC
recreational
travel**



**Outdoor
spectators: up to
50 people**



**Outdoor personal
gatherings: up to 50
people**



**Indoor & outdoor
team sports for
all ages**



**Indoor faith
gatherings: up to
50 people or 10%
capacity**



**Organized seated
indoor gatherings:
up to 50 people**



**High-intensity
indoor fitness
classes**



**Liquor service
until midnight**

BC'S RESTART PLAN

JULY



2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Office Closed Happy Birthday Yvonne Joe	2 Office Closed Happy Birthday Kelly Walker	3
4	5	6	7	8	9	10
					Happy Birthday Ernest George	
11	12	13	14	15	16	17
Happy Birthday Troy Seymour		Happy Birthday Arnold Lampreau			Happy Birthday Terold Payne	
18	19	20	21	22	23	24
				Happy Birthday Craig Sturdivant		
25	26	27	28	29	30	31
Happy Birthday Remona Ward		Happy Birthday Harley Tighe	Happy Birthday Betty-Jean Bergf	Happy Birthday Harlow Snow @ Mary Angus		Happy Birthday Shayla Dycks @ Billy Joe

FIRE/FLOOD EVACUATIONS DURING COVID-19



Are you ready to evacuate due to floods or fires if needed?

It is important you let your Health or EOC Staff know if you are isolating so they can plan ahead in case you need to be evacuated.



Build a Grab and Go Kit for each member of the family, including:



COVID-19 personal protective equipment (masks, hand sanitizer, etc.)



Phone charger and battery bank



Personal medications



Personal toiletries and items, such as an extra pair of glasses or contact lenses



Copy of your ID



Cash in small bills



Traditional/ Cultural Wellness Kit including Medicine, etc.

Please contact your community EOC for more information on what to include in a Grab and Go Kit.



First Nations Health Authority
Health through resilience

EVACUATION

If you are in isolation, your community will connect with Interior Health and First Nations Health Authority to set up isolation facility accommodations, meals and safe transportation if needed.

If you are not in isolation, you will be directed to a Reception Centre to receive Emergency Support Services (ESS) for food and accommodations. It is recommended, if possible, that you drive yourself and your household members to the Reception Centre. If this is not possible, other transportation options (potentially including group travel) will be arranged by your community's Emergency Operations Centre.

During evacuation, remember to follow all current provincial public health protocols, including COVID-19 preventative measures such as physical distancing, wearing a mask and sanitizing your hands after touching common touch surfaces such as door handles. It will also be important to keep the number of people that you and your family interact with to a minimum.



If you or someone you know begins to experience any potential symptoms of COVID-19 during your evacuation, please reach out to your community EOC or Health Staff, who can link you in to supports.

RETURNING HOME

Unless you have been advised otherwise by a health professional, you will not be required to self-isolate when you return home.

That being said, we recommend you continue to practice COVID-19 public health measures while you are evacuated and upon returning home to reduce the risk of coming into contact with, or exposing others to COVID-19.

Community EOC: _____
Health Staff: _____

DĀKELH DENE | KTUNAXA | N. ST'AT'IMC | NLAKA'PAMUX | SECWEPENC | SYLX | TSIHQOT'IN

COVID-19 MESSAGE FROM ISC BC REGION

UPDATE #82 / June 11, 2021

This update and earlier editions are also available on the First Nations Public Service Secretariat website.



Good Afternoon,

We send you this edition acknowledging the trauma to your communities from last month's discovery of the unmarked graves at the former Kamloops Indian Residential School. Many of our staff in BC Region are also your members, or come from Indigenous communities across Canada and share your sorrow on a personal level. Regardless of heritage, staff in BC Region work here because of our commitment to listening to, and collaborating with Indigenous partners in a meaningful and respectful manner on the path to healing and reconciliation. There are no words to describe the collective grief we share with you.

Six years after the *Truth and Reconciliation Commission* report, there is a stark reality and a new understanding of Canada's role in supporting the Indian Residential School system. Last week, legislation was passed to enact a National Day for Truth and Reconciliation. The new national day will honour survivors, their families and communities. It will also ensure that public commemoration of the tragic and painful history and legacy of residential schools remains a vital component of the reconciliation process. The commemoration date also coincides with Orange Shirt Day, September 30.

While this continues to be a difficult time, especially with the pandemic still part of our daily lives, there is hopeful news from the provincial government. With an increase in vaccinations and a decline in COVID-19 cases and hospitalizations, summer plans are looking brighter. On June 15, we expect the Province of BC to launch Phase 2 of the **BC Restart Plan**, which will lift travel restrictions and expand gatherings among some of the guidelines.

Also, we are pleased to share that over 79 per cent of adults in First Nations and Inuit communities have received at least one dose of a COVID-19 vaccine (as of June 2). According to the First Nations Health Authority's **Community Situation Report**, as of June 3, 2021, more than 94,800 First Nations people (and some non-First Nations people living in or near First Nations) have received their first dose of the COVID-19 vaccine. More than 30,000 First Nations people have received a second dose.

This is terrific progress, but we encourage everyone to continue following the advice of public health officials: wash your hands, practice physical distancing and wear a mask in public spaces or if you cannot keep your distance from others.

We appreciate all your efforts to support the health, safety and wellbeing of your community members. Thank you!

NATIONAL INDIGENOUS HISTORY MONTH

We recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada



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Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Membership Sign Up Instructions for Pacific Blue Cross/FNHA Benefits

1. Go to FNHA website: www.fnha.ca/benefits
2. Click on link 'Sign In to Your Member Profile'
3. Click on 'I want to Register for Access to my Member Profile'
4. Type in your Status #, then press Continue
5. Enter Registration Info (Name, Email, Date of Birth & 3 Security Questions and Answers)
6. Accept Agreement by checking boxes
7. Click on Register for Caresnet
8. Check your Email for temporary password
9. Sign back in with your status # and temporary password
10. Change temporary password to personal password



First Nations Health Authority
Health through wellness





Nlaka'pamux COVID-19 Testing

Have you been experiencing the following symptoms for 24 hours or more?

Mild Symptoms:

- ⇒ Low-grade fever
- ⇒ Cough
- ⇒ Malaise (overall discomfort)
- ⇒ Muscle aches
- ⇒ Runny nose
- ⇒ Nasal congestion
- ⇒ Loss of sense of smell
- ⇒ Painful swallowing
- ⇒ Loss of appetite
- ⇒ Fatigue
- ⇒ Sore throat
- ⇒ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ⇒ Fever
- ⇒ Shortness of breath
- ⇒ Difficulty breathing
- ⇒ Chest pain

****If you are having any of these severe symptoms please call your nearest emergency department to make arrangements to be seen by a health professional**

Self-Assessment

DETERMINE IF TESTING IS REQUIRED & ACCESS THE NEAREST COLLECTION CENTRE

The symptomatic individual can:

- Call their primary care provider (including Community Health Nurse (CHN), Nurse Practitioner (NP), or family physician)
- Call HealthLink BC at 8-1-1. If the individual chooses, they can share that they are First Nations during this call.
- Use the COVID-19 BC Support App
- Complete the BCCDC COVID-19 Symptom Self-Assessment Tool and self-refer to a testing site by calling the site to book an appointment.
- Call their nearest IH COVID-19 Testing and Assessment Centre.
- Locate the nearest testing centre on the BCCDC Collection Centre Finder.

Testing is done by appointment only,

**to book an appointment please contact your local
Health Centre/Hospital:**

Location	Booking	Dates/Times	Address	Phone Number (leave message)
Lytton FNHA nurses	by appt only	M-F 1:00pm-2:00pm	1535 St. Georges Rd	250-455-2715
Lillooet FNHA nurses	by appt only	M-F	296 Main St. Lillooet	250-256-7017
St. Bartholomew's Hospital—in ER	by appt only	M, W, F 11:00-12:00pm	575A Main St. Lytton	250-455-2221
Lytton First Nation Lisa Colwell	by appt only	M, T, W 8:30—2:00pm	To be booked	250-256-8182
Ashcroft Hospital & Community Health Centre	by appt only	M, W, F 1:00 -2:00pm	700 Hwy 97C	250-453-1905
Nicola Valley Hospital and Health Centre	by appt only	M, W, F 12:45pm-2:15pm	3451 Voght St. Merritt	250-378-3407
Lower Nicola Health Irene Howe Rainbow Acoby	by appt only	T & Th 9:30am—1:30pm	To be booked	250-378-4089
Scw'exmx Community Health—Rose Dionne	by appt only	M-F 9am—1pm	Tailgate test at home/ Drive-in 2090 Coutlee Ave	250-378-9745
Nlaka'pamux Health Terri Stockwell	by appt only	To be booked	To be booked	250-315-7120

3 STEPS TO GETTING THE VACCINE.

1



Register: If you are 18+, visit gov.bc.ca/getvaccinated or call 1-833-838-2323 to register.

2



Book your date: You'll receive an email or text and can then book your appointment.

3



Get vaccinated: Show up, get the shot and help protect yourself and those you love.

Register now at: gov.bc.ca/getvaccinated or call 1-833-838-2323 translation services available



SCHSS YOUTH VACCINE CLINIC

Scw'exmx Community Health Services Society will be holding a vaccine clinic for youth from the Coldwater, Nooaitch and Shackan communities between 12-17 years of age in mid-July (exact date TBD).

We will be reaching out to families in our communities in the near future to determine interest and to make appointments for this clinic.

We encourage all parents and youth who wish to be vaccinated to choose the best option for themselves and their families, and recommend getting vaccinated as soon as possible, either by registering at www.getvaccinated.gov.bc.ca or by making an appointment with SCHSS for our clinic in July.

AFTER VACCINATION PROVINCIAL PUBLIC SAFETY MEASURES WILL STILL APPLY, PLEASE CONTINUE TO WEAR A MASK, SOCIALLY DISTANCE AND WASH YOUR HANDS

Workshops/Training

Summer Reading Club



READ BOOKS – COMPLETE GOALS – WIN PRIZES – HAVE FUN

JUNE 28TH - AUGUST 21ST

3 Ways to Take Part:

- 1 Register online at TNRL.ca & complete the club online.
- 2 Register online at TNRL.ca & pick up a physical reading record at your library.
- 3 Register at your library & pick up a physical reading record.

Children, teens, or adults, there's a club for everyone!



Art by Zoe Sui The BC Summer Reading Club is sponsored by the BC Library Association, with generous assistance from the Public Libraries Branch, Ministry of Municipal Affairs, and OUPPE BC.

HAVE A JOB OFFER? NEED HELP WITH JOB STARTS?

WorkBC Employment
Services

We can help with:

- Work Boots
- Work Clothes
- Work Gear
- Certificates like First Aid, Food Safe or Pipeline Construction Safety Training
- Dependent Care
- Tools (if new in the trade)
- Commuting Supports

*eligibility conditions apply

**WorkBC offers FREE PROGRAMS AND SERVICES,
and one-on-one assistance with an Employment Advisor.**

OPEN FOR VIRTUAL SERVICE
LIMITED IN-PERSON SERVICES. PLEASE CALL AHEAD.

Contact us TODAY!

Tel: 250-378-5151 • Email: info-merritt@workbc.ca

 [@workbcmerritt](https://www.facebook.com/workbcmerritt)

This program is funded by the Government of Canada

TIME TO COMPLETE/UPGRADE YOUR GRADE 12

FREE STSS 0600 Essential Skills for Online Learning will start July 7th until August 20th - Prerequisite for upgrading or prepare for University
Obtain your BC Adult Graduate Diploma (Upgrading) ONLINE starting September 13th

Duration: 6.5 wks for Essential Skills and 10 wks for upgrading

Location: Online (Tk'emlups te Secwepemc)

Tuition/Textbooks: \$248 for upgrading and can apply for a TRU upgrading grant

**Schedule: Online classes 4 days a week (3 hours a day)
Open to all Indigenous students**

TOPICS INCLUDED IN THE STSS 0600 COURSE:

- Time Management
- Balancing life & personal commitments
- Financial/money-management
- Reading strategies/vocabulary development
- Note-taking/memory techniques
- Test taking strategies/study skills
- Critical thinking/problem-solving skills
- Communication/listening skills/group dynamics
- Oral presentations
- Transition support to post secondary learning

To register and for more information please contact

Trades & Training Coordinator - Terri Mindel at terri.mindel@kib.ca or 250-819-0428

Hosted by Thompson Rivers University UPREP &
The Office of Indigenous Education and
Tk'emlups te Secwepemc

<https://www.tru.ca/programs/abe/learn-skills-for-online-learning.html>





**OUTWARD BOUND
CANADA**

CPAWS
CANADIAN PARKS AND WILDERNESS SOCIETY
SOUTHERN ALBERTA CHAPTER

AUG 17 - 23

INDIGENOUS YOUTH AGES 19-25

FULLY- FUNDED BACKPACKING TRIP

PROGRAM KICK-OFF: JULY 21

7-DAY TRIP: AUG 17 -23

POST TRIP DEBRIEF: AUG 26

COMMUNITY SERVICE PROJECT: FALL 2021

NATURE IS FOR EVERYONE

Outward Bound Canada and CPAWS Southern Alberta are proud to offer this program so more Indigenous youth will have the tools to lead their communities in conserving wild places for future generations.

Participants will:

- Develop leadership skills,
- Understand diverse cultural approaches to conservation,
- Build community outreach skills, and
- Create professional and personal networks in the conservation field.



We Are Hiring

Scw'exmx Child and Family Services Society (SCFSS) is a family-centered Delegated Aboriginal Agency, guided by nłe?kepmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

POSITIONS AVAILABLE

- **Child Wellness Team Leader**
Permanent | Full-time (35 hours/week) | Closes July 19, 2021
- **Community Engagement Manager**
Permanent | Full-time (35 hours/week) | Open Until Filled
- **Family Enrichment Team Leader**
Permanent | Full-time (35 hours/week) | July 21, 2021
- **Finance Manager**
Permanent | Full-time (35 hours/week) | Open Until Filled
- **Director of Prevention Services**
Permanent | Full-time (35 hours/week) | July 22, 2021

APPLY NOW!

See our full postings on our website at www.scwexmx.com
Submit your cover letter and resume to opportunities@scwexmx.com
Attention: Janessa Collins, Human Resources Manager

Pursuant to Section 41 of the Human Rights Code, preference may be given to qualified applicant of Indigenous ancestry



CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING



PSO Power Saw Operator

IN PERSON TRAINING (VERNON)

Option 1 - July 6-7, 2021

Option 2 - July 7-8, 2021

(2 DAY COURSE)

Participants learn to identify related Occupational Health and Safety regulations, perform saw maintenance, correct chain filing procedures and safe cutting techniques, identify bucking and limbing hazards, complete basic chainsaw bucking cuts on level terrain.

*Sponsorship through CNA for Merritts only

RECEPTION@CNA-TRUST.CA
250-378-1864
2187A COUTLEE AVE, MERRITT BC

CITXW NLAKA'PAMUX ASSEMBLY

CALL-OUT FOR INTEREST

Ground Disturbance Level 2

If you are interested in getting Ground Disturbance Level 2 Certification, please let CNA know. We need a minimum of 6 interested individuals to schedule a course in Merritt, with respects to all restrictions and guidelines.

CONTACT MADELYNN ALBERT
Employment & Training Coordinator
malbert@cna-trust.ca
(250) 378-1864



NVIT is pleased to offer the following programs:
**Indigenous Language Fluency
Certificate & Diploma**

Zu?zu?stis he nq^wincutnkt
"Our language makes us strong" in Nte?kepmxcin

*These stories, this language, these ways, and this land are the only valuables we can give you -
but life is in them for those who know how to ask and how to learn ... (Cajete, 1994)*



The **Indigenous Language Fluency Certificate and Diploma** program is designed to meet the community, First Nations and academic standards to ensure NVIT graduates are successful and effective language fluent speakers in their respective BC Indigenous communities. This foundational and innovative program is offered in the following languages:

- Nte?kepmxcin
- Nsyilxcen
- Nadut'en
- St'at'imcets

This program is designed to be delivered year-long through the Fall, Spring and Summer semesters. If you are interested in this exciting program, please contact **Student Services** at 1-877-682-3300.



Artist: Andrew Dexel

For more information please visit:
www.nvit.ca/programs/default.htm



WEBSITE: nvit.ca
TOLL FREE: 1.877.682.3300



IMMEDIATE ENTRY BURSARY

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

For more information contact:

info@nvit.ca
1-877-682-3300



CITXW NLAKA'PAMUX ASSEMBLY
BABYSITTING COURSE

Saturday, June 19, 2021

COMFORT INN & SUITES

9AM - 4PM

**POSTPONED TO
AUGUST-6-2021**

This 6-hour program
provide training in the
business of babysitting,
proper supervision, basic
caregiving skills, and
responding properly to ill or
injured children and
infants.

**This program is intended for responsible
adolescents 10 years and up.**

LIMITED SEATS AVAILABLE

Sponsorship available for CNA Members

TO REGISTER OR FOR MORE INFORMATION CONTACT:
CNA EMPLOYMENT & TRAINING COORDINATOR
MADLYNN ALBERT
MALBERT@CNA-TRUST.CA

(250) 378-1864





Scw'exmx Tribal Council (STC)

#202-2090 COUTLEE AVENUE
P.O. BOX 188, MERRITT, BC V1K 1B8
Phone (250) 378-4235 Fax (250) 378-9119
e-mail: administration@scwexmxtribal.org



May 26, 2021

ON-CALL MINUTE TAKER

Scw'exmx Tribal Council's Fishery Department: Nicola Watershed Stewardship & Fisheries Authority (NWSFA) is inviting applications for an on-call minute taker. Work-from-home position for now due to COVID-19 restrictions on meetings. This position may require in-person attendance in the future.

Position Summary:

Reporting to the Fisheries Manager, the minute-taker is expected to produce an objective record of what happened during a meeting. This record should include:

- A clear summary of the meeting's discussions that conveys information to people who were unable to attend the meeting.
- Reminders of expected further actions.
- Historical backgrounds of the decisions made and the rationale behind them, where applicable.

Essential Skills:

- Completion of Grade 12 supplemented by a certificate or diploma in office administration and/or minute taking
- Two years proven experience in minute taking
- Strong computer literacy skills including Microsoft Office programs
- Excellent organizational and time management skills
- Able to prioritize work and meet deadlines based on changing needs
- Access to reliable internet connection
- Familiarity with Provincial and Federal fisheries is an asset
- Familiarity of Nlaka'pamux and St'át'imc culture is an asset
- Criminal Record Check will be required

Position Term: On-Call

Deadline for Applications: July 31, 2021

Submit Resumes to: Tracy Wimbush, Fisheries Manager
Scw'exmx Tribal Council
PO Box 188 Merritt BC V1K 1B8
Fax (250) 378-4235
Email: twimbush@scwexmxtribal.org

Project Management for Indigenous Women

Information session to be held Tuesday, July 20, 2021 at 7 pm.



Trans Mountain will be offering a Project Management for Indigenous Women Program (the "Program") in October 2021.

A limited number of participants will be selected for this unique Mount Royal University Project Management Program. This Program is being offered to women applicants currently supporting the Trans Mountain Expansion Project through community offices or its general construction contractors.

About the Project Management for Indigenous Women Program

- Start date October 2021
- 100% online through Google Classroom
- Six courses (one course/four weeks each plus a final project)
- 20-hour per course total time commitment (one hour online per week plus homework)
- 12-month program
- No cost to participant
- Women complete the Program as a single group
- Coaching support

What are some benefits to Participants?

- Provides essential training in the field and is designed to develop introductory project management skills
- Prepare to write the PMI® Certified Associate in Project Management (CAPM®) exam
- Understand Project Management and the industry, establish professional networks and advance your career
- Provides a safe environment to reflect, learn and share challenges
- Opportunity for personal growth and achievement of goals

Interested?

To apply for the Program, complete an Application Form and submit to Stephanie_Felker@transmountain.com by September 1, 2021. Successful applicants will be notified by Trans Mountain on September 25. If you have any questions about the Program, please contact Stephanie Felker by email or call 403.613.8459.



transmountain.com



Committed to safety since 1953.

If your interested, the Band office has applications

Citxw Nlaka'pamux Assembly
Employment & Training

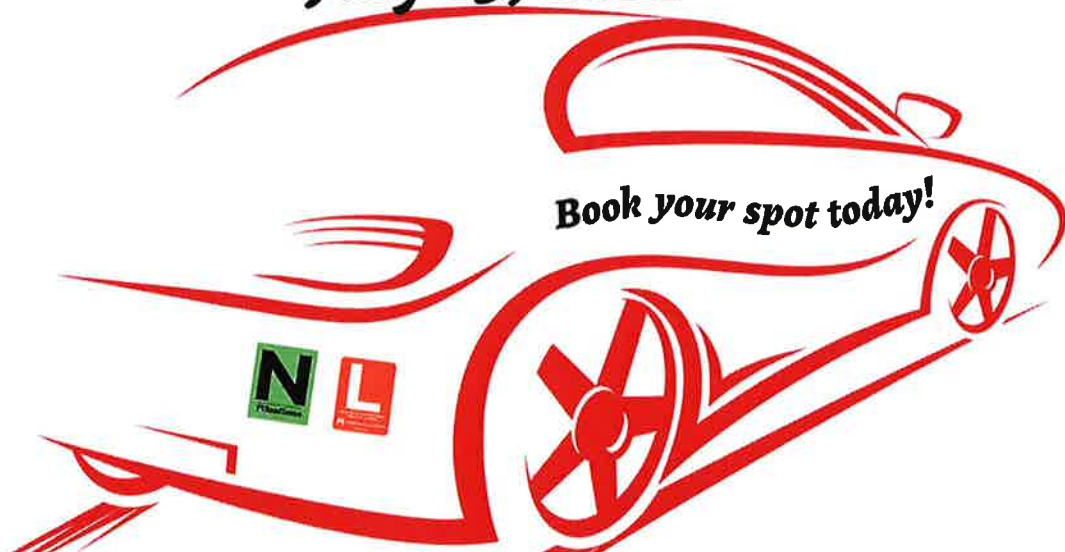
Merritt Driving Lessons

May 18, 2021-FULL

June 8, 2021 - FULL

June 22, 2021

July 13, 2021



Each lesson is 45 min long.

The cost is \$65/lesson plus admin fees.

Sponsorship is available for CNA Members of the eight 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:

Madelynn Albert

Employment & Training Coordinator

250-378-1864

malbert@cna-trust.ca

2187A Coutlee Ave, Merritt B.C.

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 Citw 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.**