

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 Newsletter

Office: 250-378-5410

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www.shackan.ca

August

2020

2099 Granite Ave

PO BOX 1360

V1K 1B8



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 Office is closed Monday August 3rd for Civic Holiday. We will reopen Tuesday August 4th for phone calls and appointments 8:30am - 4:00pm

Have a Happy & Safe Long Weekend!

**Sorry for any inconvenience
-Shackan Staff**

CITXW NLAKA'PAMUX ASSEMBLY
**ENVIRONMENTAL
FIELD SKILLS
PROGRAM**



MERRITT, SEPTEMBER 7 TO 25, 2020

The Environmental Field Skills Certificate Program (EFS) is a very practical, field-based Environmental Monitoring skills training certificate program. The EFS is delivered on-demand, in communities throughout North America, utilizing local sites and watersheds as the 'classroom'.

The 120-hour (three-week) EFS provides course participants with high-quality, in-demand Environmental Monitoring field skills, including Backpack Electrofishing Certification. EFS 'graduates' are qualified and capable to lead or assist with environmental monitoring and assessment of mining, hydro-electric, oil & gas, forestry, road construction, and other natural resource-related programs and projects.

NRTG's Environmental Field Skills Certificate Program is delivered in partnership with Nicola Valley Institute of Technology (NVIT), Merritt, B.C. EFS Certificate program is accredited by BC's College of Applied Biology (CAB). CAB will recognize graduates of the EFS program as meeting the core academic requirements for entry as an Applied Biology Technician. An 'Applied Biology Technician' designation qualifies an individual as a B.C. provincially-recognized and certified technician and helps to expand their industry credibility.

Sponsorship available for CNA Members

For additional information please contact:

Nicole Johnny

Employment & Training Coordinator

Phone: 250-378-1864

Fax: 250-378-2910

Email: njohnny@cna-trust.ca

Website: employment.cna-trust.ca

CNA - Employment & Training



Citxw Nlaka'pamux Assembly
Employment & Training

Occupational First Aid Level 1



Cost \$120 + 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

FRIDAY AUGUST 21, 2020
WEDNESDAY SEPTEMBER 2, 2020

NVIT, Merritt Campus,
4155 Belshaw St

*Time for all 8:30am - 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.



Nicole Johnny
Employment & Training Coordinator
Email: njohnny@cna-trust.ca
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Facebook: [cna-employment & training](https://www.facebook.com/cna-employment&training)
Website: employment.cna-trust.ca



Please place all garbage in a bag before placing in the garbage bin to avoid unwanted pests and animals.

**ABSOLUTELY NO FISH OR ANIMALS GUTS/REMAINS
(Bring directly to the dump)**



Shackan Operation & Maintenance



4 garden boxes at the greenhouse are full of dirt and ready for Shackan community to help plant weed and help yourselves. If you have any seeds you'd like to share please do. Enjoy your community garden!



Citxw Nlaka'pamux Assembly

H₂S ALIVE

Wednesday August 19, 2020

8:30 am - 5:00 pm

Location: Best Western, Merritt BC

Cost: \$255/person + GST

*Sponsorship through CNA for members only

For additional information contact:

Nicole Johnny

Employment & Training Coordinator

Phone 250-378-1864

Fax 250-378-2910

Email njohnny@cna-trust.ca

Find us on Facebook CNA - Employment & Training

H2S ALIVE TRAINING COVERS:

- HEALTH HAZARDS
- PROPERTIES AND PROBABLE LOCATION OF H₂S
- RESCUE TECHNIQUES AND RESCUE BREATHING
- HAZARD ASSESSMENTS, AND CONTROLS
- RESPIRATORY PROTECTIVE EQUIPMENT - PRE-INSPECTION, DONNING, DOFFING, POST-USE INSPECTION OF SCBA/SABA
- DETECTION DEVICES - ELECTRONIC MONITORS, DETECTOR TUBES
- INITIAL RESPONSE STRATEGY TO AN H₂S EMERGENCY - RESCUE DRAGS AND CARRYING TECHNIQUES
- RESCUE TECHNIQUES AND RESCUE BREATHING
- SAMPLE CASE STUDIES
- WRITTEN TEST

MUST BRING GOV'T ISSUED ID



CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING

DRIVING LESSON

July 21,
August 11 & 25

Book your
lesson today!

- PATIENT EXPERIENCED TEACHER
- USE OF CAR FOR ROAD TEST
- PRACTICAL DRIVING SKILLS
- ROAD READINESS COURSE

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



For additional information contact
Nicole Johnny
Employment & Training Coordinator
250-378-1864
njohnny@cna-trust.ca
2187A Coutlee Ave, Merritt BC
Find us on Facebook CNA- Employment & Training



We had a fire very close to the community at the end of July. Please use this as a reminder of how the weather changes so quickly. It's warm which means its so dry! Be safe!!





**Be Ready
Be Safe**



CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING

ICBC TEST & LICENSE FEES

SPONSORSHIP
AVAILABLE FOR CNA
MEMBERS ONLY

ONE-TIME
SPONSORSHIP FOR
EACH CLASS OF
LICENSE

SPONSORSHIP EFFECTIVE
JANUARY 1, 2020. ANY FEES PRIOR
TO THIS DATE WILL NOT BE
CONSIDERED.

ARRANGMENTS MUST BE MADE A
MINIMUM OF 7 DAYS IN ADVANCE
OF EXAMS/TEST FEES, FOR WHICH
WILL BE PAID DIRECTLY.

REIMBURSEMENT AVAILABLE UPON
SUBMISSION OF RECEIPT.

ICBC FEES

CLASS 7L WRITTEN - \$15

CLASS 7N ROAD TEST - \$35
CLASS 7N LICENSE FEE - \$75

CLASS 5 ROAD TEST - \$50
CLASS 5 LICENSE FEE - \$75

IF YOUR CURRENT LICENSE EXPIRY DATE IS
BEYOND 6 MONTHS, THE FEE TO ADVANCE
LICENSE IS ONLY \$17, NOT \$75.



NICOLE JOHNNY
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Conayt Friendship Society

Call for Artists Design Contest

Conayt Friendship Society invites artists of the Nicola Valley to submit a design for a memorial in honour of Missing and Murdered Indigenous Women and Girls and LGBTQ2S Individuals.

The memorial will serve to:

- honour the lives and legacies of Missing and Murdered Indigenous Women and Girls and LGBTQ2S Individuals
- increase awareness about Missing and Murdered Indigenous Women and Girls and LGBTQ2S Individuals
- and contribute to the healing of community and family

All artistic designs will be considered.

Deadline for submission of artist's design will be August 14, 2020. A panel will review and judge submissions on or before August 31, 2020. Once an artist design is selected, Conayt will work with the artist to complete the memorial.

Deadline for memorial completion will November 30, 2020

The memorial dedication and celebration will be held in Merritt in January 2021. Exact location of memorial yet to be decided.

Further inquires about the project can be emailed to womenswellness@conayt.com



Firesmart Community

Clean Up



A huge THANK YOU to Craig Moore and the community members who came out to volunteer with the community clean up.



Community Pressure Canning Program

Coldwater Band Hall: August 19th and 20th, 10am-4pm

Nooaitch Health Building: August 25th and 26th, 10am-4pm

Shackan Band Hall: August 27^h, 10am-4pm

New COVID-19 Safety Practices:

-You MUST PRE-REGISTER: call Rose at 378-9745

**-Only ONE person per household, and 5-6 people maximum per daily session
(extra workshop days to be added if needed)**

**-Each person will have their own stove and prep area. Most stoves will be
outside, so please dress and prepare for possible hot/sunny weather**

-Masks must be worn while in the band halls

**-Nobody with possible Covid-19 symptoms, or who have symptomatic
household members may attend.**



General Info:

This year we will be providing the ingredients and jars to make BEEF STEW!

Members can bring their own venison or other meat to use if preferred

We will be bringing pressure canners and assisting/teaching how to use them.

Pre-wrapped sandwich lunch provided.

Door prizes to be won!

July 22, 2020

COVID-19 PANDEMIC RESPONSE



Interior Health

Key Messages: Don't Let COVID-19 Steal Our Summer!

We can stop the spread of COVID-19 in Kelowna and the surrounding area if we socialize safely this summer. That means we can enjoy our time with friends and loved ones – and still protect those most vulnerable in our community, including our seniors, elders, and those with serious health conditions.

Please speak up and speak out - whether on social media or in-person and share the following:

Top Ten Ways to Stay Safe This Summer:

1. **Sick? Stay home:** If you are feeling unwell, even with mild symptoms, stay home and get tested.
2. **Fewer faces in bigger spaces:** Limit your gatherings to small groups of people you know.
3. **Outdoors is better:** Enjoy the summer weather and protect your home – socialize outside and maintain physical distancing as much as possible.
4. **Smaller is better:** Gatherings with close friends should be limited to six people or fewer, especially when you're indoors.
5. **Keep your bubble small:** Avoid crowded, closed spaces as much as possible. The more people you interact with closely, the higher risk you will be exposed to COVID-19.
6. **Have a designated contact keeper:** If you host a gathering, keep a list of your guests and their contact information. This will help Public Health be in touch with contacts more quickly if there has been a COVID-19 exposure.
7. **Keep your distance:** Maintain two metres (six feet) between you and other people who aren't in your bubble.
8. **Mask up:** Wear a mask when you're in public and physical distancing isn't possible. This lets others around you know you're staying safe during this pandemic and that you're keeping them safe as well.
9. **No sharing:** Don't share food, drinks, or cigarettes with others. This summer is about "bring your own" and not potlucks.
10. **Practice good hand hygiene:** wash your hands often with soap and water for 20 seconds.



Follow IH's social media channels for the latest updates:

<https://www.facebook.com/InteriorHealth>
https://twitter.com/Interior_Health
<https://www.instagram.com/interiorhealthbc/>



Follow Government of BC's channels for the latest updates:

<https://www.facebook.com/BCProvincialGovernment>
<https://twitter.com/BCGovNews>
<https://www.instagram.com/governmentofbc/?hl=en>

Share and print our "[Summer is here](#)" poster.



CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING



Standard First Aid & CPR C

Intended

Audience

Persons who are occupationally required or just desire to have first aid knowledge and skills, such as emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters. This 13 hour (2 day) program helps business, industry, government agencies, employers and employees meet provincial and territorial OH&S requirements, and the federal COHS regulatory requirements for standard first aid and CPR training. MEDIC First Aid programs complement safety programs and link into the EMS response system. All materials are medically and instructionally up-to-date, affordable and practical.

Standard First Aid and CPR emphasizes prevention, recognition, and treatment. The combination of viewed image and narration, along with a variety of activities help students increase their retention of the essential patient care skills.

DATE: Aug 15 & 16, 2020

TIME: 9:00am - 4:30 pm

LOCATION:
Best Western, Merritt BC

COST: \$275/person+ GST

*Must bring ID

*Sponsorship through
CNA for members only.

Contact Information:

Nicole Johnny
Employment & Training
Phone: 250-378-1864
Email: njohnny@cna-trust.ca
In Person: 2187A Coutlee Ave, Merritt



Summer is here.

So is COVID-19.

The more people you hang out with,
the higher your risk of being exposed to
and spreading COVID-19.

Do your part: socialize safely.

- If sick, stay home – no exceptions
- Stay 2m apart
- Keep your groups small
- Don't share drinks or smokes
- Avoid crowded, closed, or indoor spaces
- Have a designated contact keeper at gatherings
- Don't socialize with people you don't know

**Remember: your choices make a difference –
you can keep others in your community safe.**

COVID-19 PANDEMIC RESPONSE



Interior Health



Shackan Indian Band & Community August 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i>Civic Holiday Shackan Office Closed</i>	4	5	6	7 <i>Happy Birthday Michelle Stone</i>	8 <i>Happy Birthday Marlon Joe</i>
9	10	11	12	13	14	15 Standard First Aid & CPR C—More info contact Nicole 378-1864
17 Standard First Aid & CPR C—More info contact Nicole 378-1864	18 <i>Happy Birthday David Albert</i>	19 H2S Alive for more info contact Nicole 378-1864 <i>Happy Birthday Ailsa Briones</i>	20	21 Occupational First Aid for more info contact Nicole 378-1864	22 <i>Happy Birthday Michael Seymour</i>	23
24	25	26	27 Community pressure canning. Must book your spot w/Rose 378-9745 <i>Happy Birthday Chief Jordan Joe</i>	28	29 <i>Happy Birthday Lee Seymour</i>	30
31						