



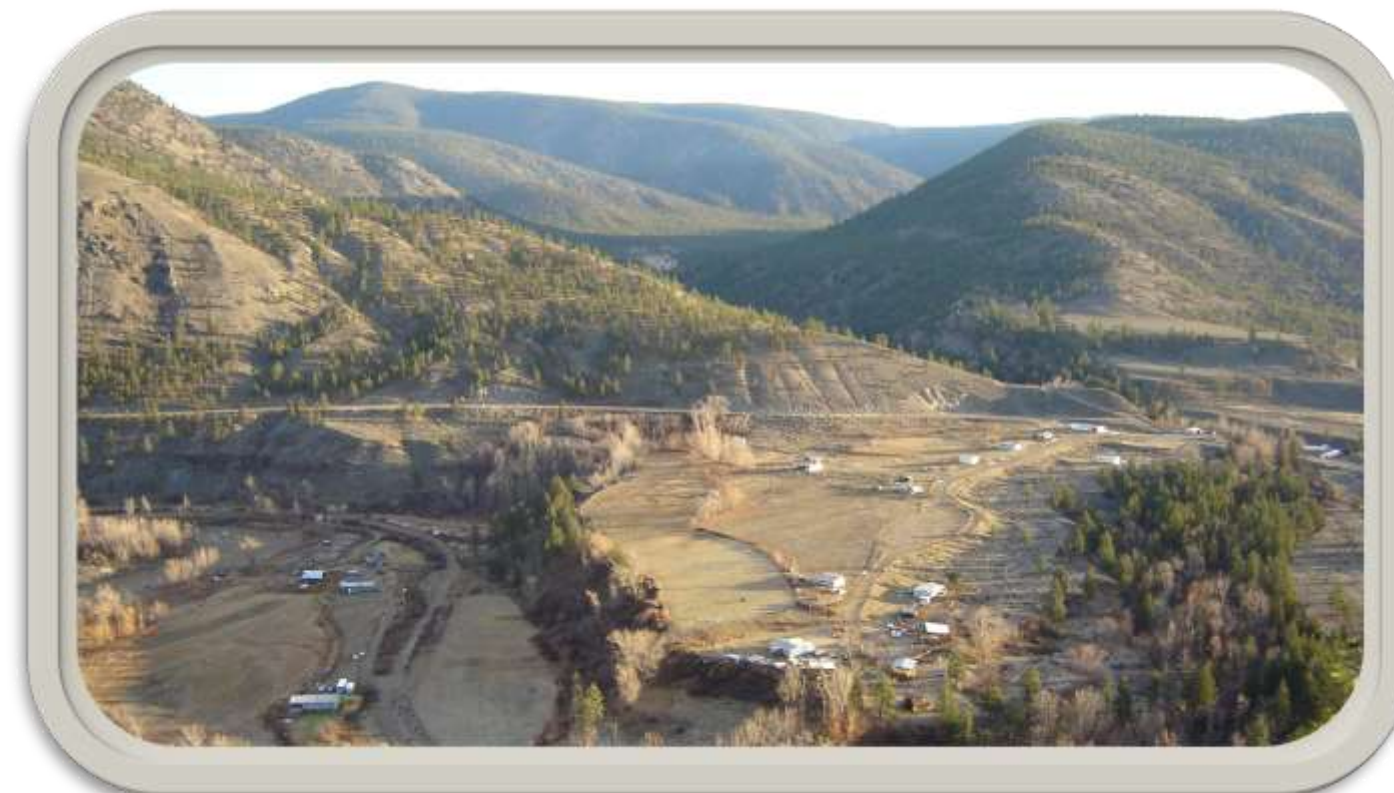
## Community Vision

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.



From Shackan Band Staff and Chief & Council



## 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



# Executive Director Report November 2020

## Administration

- Due to COVID restriction the office is locked, can make appointments if need to meet with staff, all COVID restrictions are in place and provincial recommendations being followed.
- Continuing to send out monthly Newsletter
- Sending out quarterly staff letter
- Band Generals for year date and agendas set on hold due to COVID restrictions
- Rena Sam has retired
- Jody John has been hired on temporary basis while staffing needs are reassessed



**Nlaka'pamux Health  
Services Society**



## ANNUAL GENERAL MEETING

**Date: December 8th, 2020**

**Time: 10:00 am - 1:00 pm**

### DISCUSSIONS ON

Introduction to NHSS Board of Directors  
NHSS updates  
Financial Report  
Appointment of Auditors  
Questions & Discussion  
Door Prizes

Due to COVID19 Restrictions this will be a virtual ZOOM meeting

**JOIN BY COMPUTER - Meeting ID 832 3312 5456 Passcode: 2503789772**

**JOIN BY PHONE - Dial in Information: 1-778-907-2071 Passcode: 2503789772**

Zoom link can be found on FB @nlxhealth

**OPEN TO 12 NLAKA'PAMUX COMMUNITIES SERVED BY NHSS**

**FOR MORE INFORMATION**

Contact Nlaka'pamux Health Services Society at  
250-378-9772 or email [mhreception@nlxfrn.com](mailto:mhreception@nlxfrn.com)

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## Recent Activities

### Human Resources

- Job Descriptions updated
- Performance goals and work plan in process linking to Comprehensive Community Plan and Strategic Plan

### Finance

- Annual Audit completed and passed by Chief and Council
- Completely monthly review of statements
- Started budgeting process for next fiscal year

### Housing

- New subdivision underway

### Highway 8

- Continuing to meet with Ministry to Transportation and Infrastructure on the past and future infringements from the highway
- Filed Specific Claim documents to Federal Government on land infringements of Highway 8 on Shackan.
- Archology work is in process on this project
- Work plans have been developed and funding is being received by the Provincial and Federal government to move this process forward.
- Completing historical maps to be sure of land loss and loss of use for negotiations on compensations and land exchange

### Green House

- Continue to apply for funding to move the green house relocation and expansion forward.



- Received Indigenous Forestry Initiative funding to help with relocation
- In discussion with NATS Nursery on working together.

### Land Code

- Land Code Committee in place
- COVID restriction have extended the process but still working to have members vote on Land Code

### Emergency Planning

- Working with Public Services Canada to start the process of developing a community Safety Plan.
- Individual planning session for each Band in Process
- Applied for funding for a joint Emergency Operation Group to service all Bands more effectively

### BC Hydro West Kelowna Project

- Waiting for BC Hydro to determine which route option going to go with
- Once know more work and assessments will be done
- BC Hydro providing capacity dollars to participate.
- Community Information meeting will be held in the future.,

### Comprehensive Community Plan (CCP)

- CCP was the base information used in the Chief and Council and Board of directors planning session held in January 2020
- Goals and objectives from the plan have been used to develop Strategic Plan
- Strategic Plan is driving the workplans for the staff
- Reports on the activities on the goals and objective will continue to be given to membership.



## 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**

*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: 829 8096 8751**

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



CITXW NLAKA'PAMUX ASSEMBLY  
EMPLOYMENT & TRAINING DEPARTMENT  
COMPLETE OUR SURVEY FOR YOUR CHANCE TO WIN!

**EMPLOYMENT  
&  
TRAINING**

**Nicole Johnny**  
Employment & Training Manager  
Phone: 250-378-1864  
Email: njohnny@cna-trust.ca

**Jaymie Brundage**  
Employment & Training Admin Assistant  
Phone: 250-378-1864  
Email: administration@cna-trust.ca

WIN \$100 VISA SURVEY

WIN \$100 VISA SURVEY

WIN \$100 VISA SURVEY

WIN \$100 VISA SURVEY

WIN \$100 VISA SURVEY

WIN \$100 VISA SURVEY

ASHCROFT, BOSTON BAR, COLDWATER, COOK'S FERRY  
NICOMEN, NOOAITCH, SHACKAN, SISKA

Attention CNA Members!  
Complete survey in link below to be entered for your chance to win 1 of 8 \$100 Visa.  
Other options to complete survey:  
Contact CNA office 250-378-1864 and we will complete survey with you.  
Stop by the CNA office 2187A Coutlee Ave, Merritt BC and pick up a hard copy to complete.



## Shackan Development Corporation

### Structure

- Board of Directors are
  - Francyne Joe
  - Trevor Morrison
  - Geoff Greenwell
  - Chief Jordan Joe – Not a voting board member
- The Board has been meeting regularly and reviewing business opportunities.
- Economic Development Activity
  - Continue with the Joint Venture with ~~Stuwix~~ Resources in forestry
  - Have new environmental company partnership with ECORA Environmental, Company name is ~~Zuminstr~~
  - Formed partnership with Indigenous Bloom and working on building a growing facility on Shackan reserve.
- Shackan Development opportunities in process
  - Working on new partnership for construction company which would also operate a gravel pit on reserve.
  - Been approached by company that operates work camps for a potential partnership. This would create opportunity to build and maintain the work cam for TMX Pipeline and other work camp opportunities.
  - Exploring other business opportunities both on and off reserve as arise.
  - Developing a draft plan for an industrial Park on reserve.
- Planning session was held with Chief and Council and Board of Directors to develop strategic plan for Shackan Development Corporation.

4



## Update from Chief Jordan Joe

It has been some time since the last update, and I must apologize for that. The Covid-19 Pandemic has been a difficult and interesting situation to say the least. This situation that we are in has tested all of us and one thing that keeps coming up is that we are all in this together. Chief and Council is working with multiple organizations to help keep everyone safe and healthy, but it is up to us all to keep safe so we can all come together once we can do so safely.

The Nicola Native Lodge Society has been busy. Constitution and bylaws have all been updated and now fall under the new societies act. This means the planning stage can move forward again. Currently a consulting company that has applied for funding is taking charge of the early stages of planning what can be done at the new facility. The rezoning application has gone into the city for approval and will take approximately 2 months to complete. In the meantime, other work on the site is starting or will start over the winter. This will include an Archeological survey and a Geotechnical Survey to check for any artifacts and ensure ground stability. Currently what is being planned is now what is being called an inter-generational facility. With a total of 47 units in phase 1, these units will be available for elders, families and youth. There is interest from another Organization to include phase 2, which may be similar, however that will be further developed once phase 1 is better flushed out. Specific numbers of available spaces will also be further developed, and design features will still need to be defined, this is where the community will let us know what needs and wants there will be as well as servicing. That will be coming in the new year, due to Covid-19 we will need to figure out how to get everyone's input. So more to come on that. The reasoning behind it being an intergenerational facility is so that the elders will have their families and any youth that needs help or a place to belong can stay here where it can feel like a small community.

The Nicola Watershed Governance Project is moving forward and growing with multiple projects in the works, such as environmental flows monitoring, and knowledge gathering. The Projects that are being worked on at the NWGP range from environmental flows monitoring, which includes First Nation input and discussion during drought season and high flows during freshet run off (snow pack melting) to knowledge gathering from the Elders to Youth. Again, Covid has limited the opportunity for more gatherings and have been done using phone interviews or online. The team would like to gather more information and stories from the community, more to follow from the NWGP team. They are also looking at how they can bring what has been done and what we would like to see into the schools so the next generation is aware and included in Water Governance, helping shape the next water Champions.

Spayum Holdings has also been busy trying to get projects under way. Currently the former Grasslands site is being surveyed for a modular home community. This development will help provide some much-needed housing in the Nicola Valley as well as generate income for further projects or services that will benefit the communities. Gateway 286 is also under way. Currently Spayum is in discussions to have the 25 acres transferred to the company and planning will be under way for phase 1, which may include a gas station, food services and a potential cultural interpretative centre. This will still have some room for additional opportunities to the communities in the future.

The road and paving for the new subdivision has been completed! A huge thank you to Teri Clayton Phil Oostenbrink of Brinkline Contracting, McElhanney, ISC and everyone else that made it possible. We will be needing a name for the new road and would like to ask you to provide some ideas, so please keep an eye out for that soon.

The City of Merritt Fire Department has graciously donated a fire truck to Shackan. A huge Thank you to Len and Merritt Fire Chief Dave Tomkinson for setting this up and getting this great opportunity for the community. The truck can/will be retrofitted to best serve the area and the type of fire that we typically get in our area, this will also allow us to partner with other bands for training, recruitment and protection. Again, once Covid is under better control, more training and recruitment will be done.

The last eight months has been difficult and testing for us all. We will get through this together. I know it is difficult now and with the season changing we can't falter; we need to keep ourselves safe. And when it is time again to gather, we need to do it as a community. I believe we can get through this and we are all in it together. Please stay safe, be kind and take care of yourselves.

K'uk'wstéyp

Thank you all



## BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

**WHO**—Indigenous students of any age across Canada with limited financial resources, including those students living with disabilities. To be eligible, you must be of low-income, enrolled in Formal education (online, remote, on-site), and actively attending

**WHAT**—The Indigenous Support for Student Learning Program is accepting applications from eligible students to be considered to receive a laptop and related accessories

**WHY**—To support and assist Indigenous students in their continued educational success and participation

Resources are limited—apply today!  
Applications must be received by March 15, 2021  
Visit [www.bcands.bc.ca](http://www.bcands.bc.ca) for more information and to apply

 **British Columbia Aboriginal Network on Disability Society**

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8  
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312  
Email: [sslp@bcands.bc.ca](mailto:sslp@bcands.bc.ca) — [www.bcands.bc.ca](http://www.bcands.bc.ca)



## Training Opportunities



### Foundations Program

**Foundations** is a 12-week introductory program that explores six in-demand skills within the tech sector and is offered online. This is the perfect opportunity to discover various career paths before choosing a specialty in our Futures program.

### Upcoming Dates

**Foundations (9) NVIT Virtual Classroom**

**Location:** Online – Virtual Classroom

**Start Date:** January 4, 2021

**Application Deadline:** December 11, 2020

Interested in First Nation Technology Councils Foundations in Innovation and Technology?

Go to the link below to apply:

<https://www.tfaforms.com/4686742>



## Social Development/Education/Cultural Worker-Debra Manuel BSW

### Personnel:

- We have "Hands at Home Care" doing the home care for 3 of our elders in Community. They are registered Care Aides and Professional Cleaners from Merritt.
- All meetings have been cancelled in person
- Been having Zoom, Phone, Virtual & Webinar meetings with:
  1. School District #58
  2. AADNC meetings i.e... Social Income Assistance, Education & Covid-19
  3. Indigenous Services Canada
  4. First Nation Education Steering Committee
  5. Scw'exmx Child & Family Services
  6. Scw'exmx Community Health
  7. UNB Grandmother's group
  8. Salish Fire Keepers Society Gathering
- We were approved for Continuing Our Journey-NIB Trust Funds for the next 5 years ending March 31, 2025 that "Bridging Elders with Youth and Families through Language and Culture. The total amount of the Grant proceeds is \$211,800.00 for the period of April 1, 2020 to March 31, 2025 fiscal years, covering a 60-month period.

➤ Just approved for funding with "Indigenous Skills Training and Education Programs" of \$110,600 to deliver the Employment Skills Access (EAS) program in partnership with Nicola Valley Institute of Technology (NVIT) to train Shackan Band members to become better suited to pursue a career in either the Culinary or Construction fields. Essential skills for the workplace will be offered emphasizing knowledge, skills, and standards relevant to both Aboriginal and non-Aboriginal individuals, families, and communities. Will be looking for 10 or less participants for this program if anybody is interest please call office leave name with front desk, email: [debra.manuel@shackan.ca](mailto:debra.manuel@shackan.ca) or cell# 250-378-7575.

Approved for 2020-2021 "Prevention Funding \$237,500 from Scw'exmx Child & Family Services" to:

### Program Objectives and Goals

1. To advance strengths-based prevention programs within the Shackan Community that honors local resources and experts, while encouraging culturally strong lifestyles.
  2. Create access to a unique and high-quality wellness program for Shackan youth, young adults and families that promotes culture and language.
  3. Deliver capacity building, education, life experience, mentorship, and training opportunities.
- We have been working with this funding and Rebecca Fader has been working as the Parent/Children Development Worker.
  - We also had an Amazing Halloween Race event for the community October 24, 2020 at Shackan. This was all outdoors and a very cold, cold day, however, we had a good number of members come out in their great costumes and showed us what they had. Members not only enjoyed the cold day but geographically know their community a little better with what Shackan Community has. We had young to elder participant and this year's winner for best dressed was Ranger Oppenheim and Phyllis Moses.



- Approved for 2020-2021 with BC Aboriginal Child Care Society Emergency COVID-19 Funding of \$10,000 for "Gathering Strength and Nurturing Growth"
  - 1) Nikki Joe was doing research and working on emergency magnet fridge plates for Shackan Community Members. Also, Christine Anderson to make phone calls to community members to get more information to members regarding Covid-19. For this years Christmas hampers we will take funding from here to get hampers for Shackan Community Members, as we could not do canning (No Jars).
- Started and application to BC Aboriginal Child Care Society for Minor Capital funds to purchase a vehicle, paint the whole hall, check into air condition, dishwasher for kitchen, storage shed, picnic tables/sun shade for outdoors of hall (more room for families) Just put this one on back burner because of Covid-19 and the amount of work on my plate for the time been.
- Post-Secondary application closed April 30, 2021. For Post-Secondary 2021-2022, it is good reminder for the once wanting to attend Post-Secondary to start applying now.
- Community Members applying for EI, can phone 1-877-631-2657 to apply to save all the paperwork and waiting online. If nobody answers they will get back to you just have to leave your phone number so they can call you back. Have all documents ready when you call them.
- If refused from your EI or the CERB than bring in the letter and we can complete application for Income Assistance. Important to have this letter otherwise cannot proceed with IA application.
- **Coronavirus:**

**Recommendations still reminds:**

While risk remains low, message from public health nurse (handwashing, covering cough/sneeze, staying home if ill).

Masks: It is recommended that the public wear masks.

Household emergency planning: It is advisable that all households have a 2-week supply of food and other essentials, such as toilet paper, formula/diapers, prescription medication, animal food. When people are diagnosed with/exposed to coronavirus, they are often asked to self-isolate in their home for a 2-week period.

**We change everyday with Covid-19 we will put our best out there for a Community Christmas Event, even if it is a drop off and go. Just keep up to the Band and Global News.**
- We have Seven (7) Post-Secondary students for 2020-2021.  
And Nine (9) Income Assistance clients for 2020-2021  
Jody John has completed the Post-Secondary Policy and forward to C & C for edit. Thank you, Jody.
- I have been working from my home in morning and office on daily base. I do answer my cell phone: 250-378-7575 or respond to emails: [debra.manuel@shackan.ca](mailto:debra.manuel@shackan.ca). also, the ones that is on Facebook with me can message as I check that early mornings.

This is the business part of year be safe and have a warm happy holiday when you can with hot cup of hot chocolate, tea, or coffee.

Thank you



**Scw'exmx Child and Family Services Society**  
**PRESENTS**

# 12 Days of Giveaways

**WE WILL BE HOSTING TWELVE DAYS OF GIVEAWAYS STARTING**

## **TUESDAY DECEMBER 1ST**

**STAY TUNED FOR OUR CONTEST LIVE ON OUR FACEBOOK!**

**PRIZE MUST BE PICKED UP WITHIN 24 HOURS!**  
**ONLY ONE ENTRY PER PERSON**



**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

**Joan Seymour—Council**

Hello members and welcome to Fall or Autumn.

It's been a while, and tough times dealing with Covid-19 and getting tasks completed, both personal and professional seemed to take longer.

- Oct 6th** - got my flu shot, hope you all got yours's;
- Oct 7th** - SCFSS file review with myself and Rena Sam invited;
- Oct 21st**- Council Meeting 10-12
- Oct 24th** - Halloween Scavenger Hunt, heard all had fun. Winners congrats
- Oct 27th** - SCHSS Board Meeting
- Oct 29th** - I purchased my SVU for better access and getting out. ( I Love it).  
(My last purchase)
- Nov 17th** - Governance Training Module #1 from 9-4pm at Office
- Nov 18th** - Council Meeting 10-11:30.  
- Governance Training Module #3; Recording the Past: Meeting  
Minutes and notes 1-4pm;
- Nov 19th** - Governance Training Module #2; Chairing a Meeting 1-4pm; (scheduling another day to complete training).
- Nov 24th** - SCHSS Board meeting.
- Nov 25th** - Presentations:
  - 10-11 am by Matt Schuett from Blue Earth regarding quA-yum; Solar facility;
  - 11-12 am by Cliff Thorstenson & Team from
  - Indigenous Justice Centre.

**Up coming:**

- Dec 8th** - SCHSS AGM through Zoom only.
- Dec 16th** - Council Meeting.

I wish you all a very merry Christmas and safe New Year in 2021.

I well see you all healthy and safe all yearlong. Continue to be well and happy.

Humelth, Joan

**Mary Angus—Council**

The Nlaka'pamux Health Services Society has been in operation for one year now. The society has had their first AGM on November 24th. There is to date, seven on Board of Directors of the twelve Nlaka'pamux communities.

There are some virtual workshops available through pəşke? (Hummingbird) Ladies. They offer several painting therapy sessions, harvesting on the land, beading, self care, and public speakers.

There is also a Coyote Brotherhood offered to the men of all ages. They offer support in physical, mental wellness and just a fun get together.

The Council meetings attended, have been mostly via Microsoft Team. As council we had the opportunity to finally participate in a Governance Training, Minute Taking and Chairing Meetings offered by Coldwater Indian Band, which were all virtual sessions on November 17-19. More will be offered and in the future, as we had to cancel the face to face part of it. We as council will wait to find out how this will proceed, either in December or in the New Year.



**Rebecca Fader**  
Parent/Children Development Worker

- ◆ Partnered up with Persistence training center
- ◆ Looking into an elders class starting in the new year
- ◆ Signed children up for the kids classes after school
- ◆ Encouraging members to sign up and attend
- ◆ Language Nest at the community hall with Emma Joe

**Member transportation:**

- ◆ Medical appointments
- ◆ Grocery shopping
- ◆ After school pick up
- ◆ Strong Start

**Working with children on their development skills through play:**

- ◆ Social skills
- ◆ Cognitive skills
- ◆ Emotional skills
- ◆ Physical skills
- ◆ Family participation activities
- ◆ Bingo
- ◆ Community events
- ◆ Halloween
- ◆ Christmas deliveries

**After school pick up :**

- ◆ Reading
- ◆ Baking
- ◆ Card games
- ◆ Board games
- ◆ Drawing
- ◆ Healthy snacks
- ◆ Zoom meetings
- ◆ Reading
- ◆ Games

**Zoom meetings :**

- ◆ Reading
- ◆ Games



**Crystal Leier**  
Administrative Assistant

**Day to Day**

- ◆ Answering emails/phone, helping members on and off reserve
- ◆ Calendars, website, social media, Phonevite,
- ◆ Making sure any new information gets out to you all on and off reserve
- ◆ Ensuring the office is stocked with office & toiletry supplies
- ◆ Helping all staff when and where it is needed

**Membership**

Status cards and updating when is needed, helping members and no members fill out applications to be registered. Taking online training that is available to ensure I am helping you the best I can.

**Other things I have been up too**

Over the past 8 months, I have been working hard on contacting all Shackan band members on and off reserve to update their contact information. *It is so important for so many different reasons, so please keep your contact information up to date with the office.*

I am still working on my Certified Aboriginal Professional Administrator (CAPA), just finished CAPA 4 and waiting to move forward to 5.

**Jody John**  
Contract Administrative Assistant

I started working at the Shackan Band office in October. I am on a 3 month contract to help with the different departments in the office. I just finished doing up a new Policy Manual for Post Secondary. I will be helping Debra and Rebecca with the Christmas hampers and kids/elders presents. Getting things bought and sorted for the Shackan community and delivery. I have also been adding the emails that Crystal had already got from band members, and I've been adding their information to the Shackan Band website. Soon we want to be able to have all the Shackan Band members be able to go onto the website and log into a band members only page, where you can access info that only band members can read. I have also been assisting Lee and Toby on their new water program, with inputting their info.

**Reception:**

- ◆ Answer the phones
- ◆ Order supplies
- ◆ Newsletters
- ◆ Check the mail
- ◆ Update the website and Facebook (Newsletter, jobs, info for band members)
- ◆ Make up notices for the band members on reserve
- ◆ Organize the faxes that come in

# Community Information



## 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**

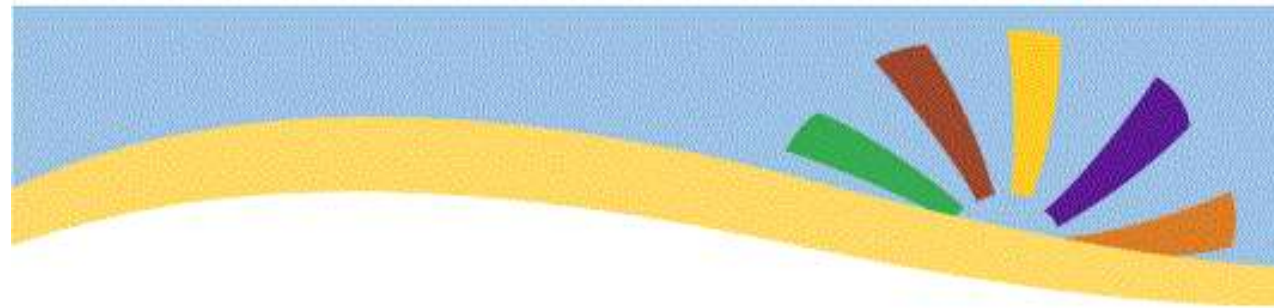
### Self-Assessment

**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.





# Shackan Elders



\* Shackan Indian Band and Persistence Training Centre have teamed up to have a Chair Class just for you.

Classes will cover the following

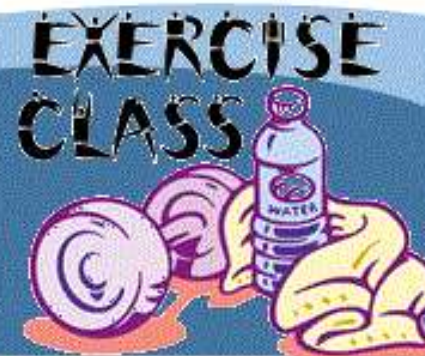
- Joint Health
- Fall Prevention
- Flexibility
- Muscle Repair

Private Classes (Not open to the public) once a week with a trained coach.

Contact Rebecca Fader for more information

[Rebecca.fader@shackan.ca](mailto:Rebecca.fader@shackan.ca)

250-378-5410



Will know after December 7th, when the gym will re-open



# Shackan Band Information

Merry Christmas

## Shackan Band Office Closure

**Thursday December 24, 2020 Closes at 12:00pm**

**Until**

**Monday January 4, 2021 at 8:30am**

*Merry Christmas & Happy New Year*

*Sorry for any inconvenience  
Shackan Band Staff*



BINGO is back ... and it is once again about spending time with your family and staying safe at home and outdoors in your community.

Fill in the whole board (if you need ideas or have any questions, please do not hesitate to email me at Rebecca.fader@shackan.ca or Facebook message me).

Do not forget to take pictures of it while doing the activities and send them to me via email or Facebook. (We are making memories and we want to remember these times together).

1st, 2nd, and 3rd prizes awarded in order I receive, so don't wait to send them in even if it is one or two at a time.

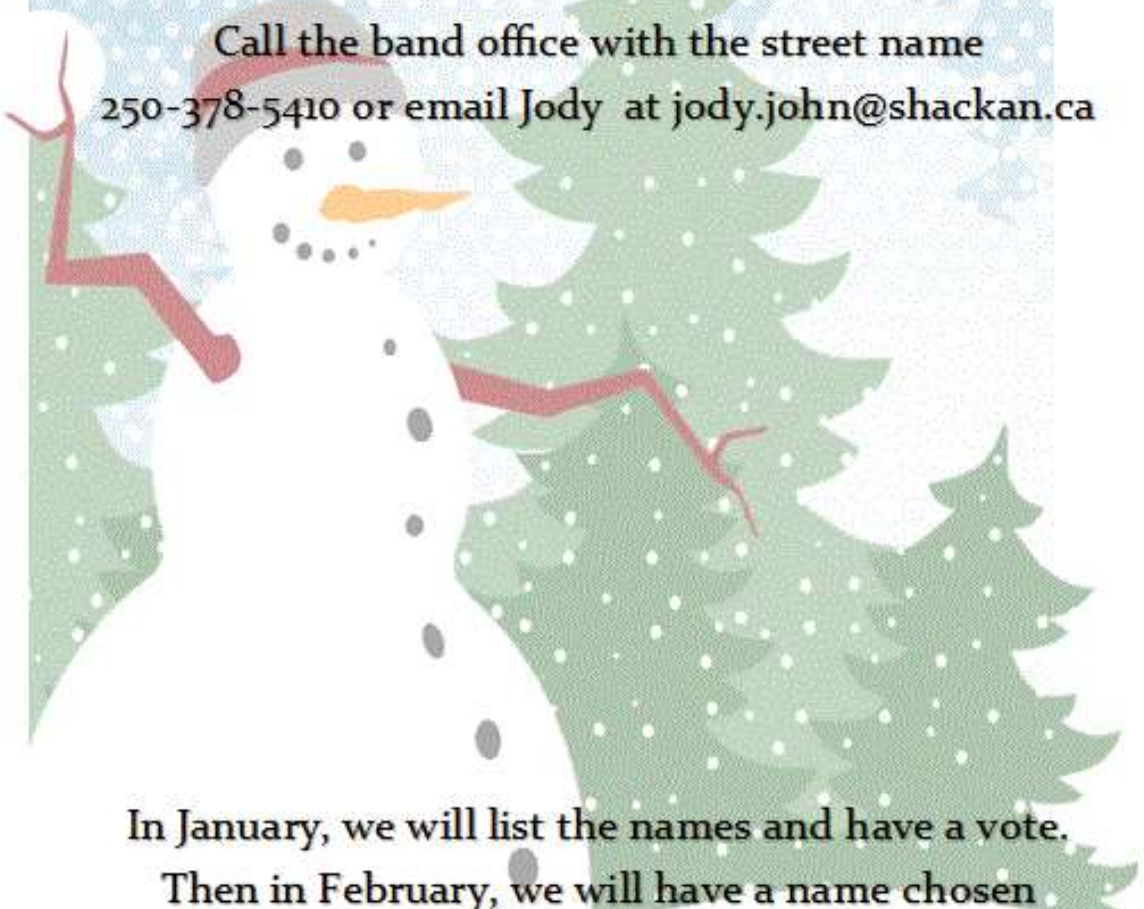
<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Build a snow man	Bake Christmas Cookies together	Decorate your tree together	Write a letter to Santa	Make Reindeer food
Read a Christmas Story	Walk/ Drive around and look at Christmas lights	Sing Christmas Carols	Play in the snow	Make paper snowflakes
Donate old toys	Make and send Christmas Cards	<b>FREE SPOT</b>	Have a pajama party	Drink hot chocolate
Build and decorate a gingerbread house	Play Board / Card games	Watch Christmas movies	Make snow angels	Write a story together
Go Skating/ Snow shoeing/ Skiing together	Cook a meal together	Work on a puzzle together	Have a crafting day	Teach each other something you are good at



# CONTEST

Shackan Indian Band is asking band members to come up with a new **STREET NAME** for the new housing development road.

Call the band office with the street name 250-378-5410 or email Jody at [jody.john@shackan.ca](mailto:jody.john@shackan.ca)



In January, we will list the names and have a vote. Then in February, we will have a name chosen.

**WINNER WILL GET A PRIZE**



**Congrats Ocean Joy Maygard.  
She was awarded  
Most Improved Firefighter of the Year**



*Congrats!*



A festive announcement card with a red patterned border. The title "Christmas Hamper Delivery" is written in a decorative, outlined font at the top. Below the title, the text reads: "Debra, Rebecca and Jody will be delivering the Christmas Hampers to on reserve band members on December 14th starting at 11am. There will also be a phonevite being sent out on December 11th to remind you." At the bottom, there is a "Happy Holidays" graphic featuring a cartoon elf, a Christmas tree, and the words "Happy Holidays" in a stylized font. The card is decorated with red and gold Christmas ornaments and a red bow at the top left and bottom right.





# December



# 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Happy Birthday Anthony Briones	10 Happy Birthday Wyatt MacDonald	11 Last day to send SCHSS Picture of your Gingerbread House Contest Photo	12
13	14 Christmas hamper Delivery (on reserve)	15 In town delivery Children/Elders Christmas presents	16	17 Happy Birthday Dorothy Cisco	18 Happy Birthday Mandy Jimmie	19 Happy Birthday Jessica Charlie
20	21 	22	23 Happy Birthday Cheryl Adams	24 <b>OFFICE CLOSED</b> →	25 	26 Happy Birthday Wayne MacDonald
27	28 <b>OFFICE CLOSED</b> →	29	30	31 Happy Birthday Walter Kellosalmi		

