

## *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  
Fax: 250-378-5219  
[www.shackan.ca](http://www.shackan.ca)

June  
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





**Toby & Lee will start to pick up recycling again on Thursdays. Make sure to have it sorted and ready to go!**



## *Shackan Indian Band Contact Us*



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

- \* *Chief Jordan Joe*  
*jordan.joe@shackan.ca*
- \* *Councillor Joan Seymour*  
*joan.seymour@shackan.ca*
- \* *Councillor Mary Angus*  
*mary.angus@shackan.ca*
- \* *Executive Director Heather Fader*  
*heather.fader@shackan.ca*
- \* *Administrative Assistant & Membership Crystal Leier*  
*crystal.leier@shackan.ca*
- \* *Administrative Support Rena Sam*  
*rena.sam@shackan.ca*
- \* *Finance Kathy Gray*  
*kathy.gray@shackan.ca*
- \* *Social Development & Education Debra Manuel*  
*debra.manuel@shackan.ca*
- \* *Housing & Water Works David Clayton*  
*david.clayton@shackan.ca*
- \* *Land Code Teri Clayton*  
*teri.clayton@shackan.ca*
- \* *Operations & Maintenance Toby Abbott & Lee Seymour*  
*maintenance@shackan.ca*



**Job Posting**  
**Citxw Nlaka'pamux Assembly (CNA)**  
**Summer Student Positions**



The Citxw Nlaka'pamux Assembly (CNA) was formed for the purpose of managing and administering the Participating Bands commitments in the Participation Agreement with Teck Highland Valley Copper and the Economic Community Development Agreement with the Province of British Columbia.

The CNA is seeking temporary full-time summer student applications for the below noted positions based on 35 hours per week, for a period of 8 weeks at a minimum rate of \$17.50 per hour. To be eligible, candidates must be between 15-30 years of age at the start of employment. Successful candidates must have good communication skills while being physically capable of spending long periods of time on their feet and in all weather conditions. Some positions may require applicants to demonstrate computer and software competency. Possession of a valid driver's license and access to a personal vehicle may be considered an asset for some positions.

The positions for consideration are as follows:

- Administrative Support
- Special Events Support
- On the Land Support
- Community Support
- Communications Support
- General Labourer
- Concession Operator
- Concession Worker
- Youth Camp Leader
- Youth Camp Coordinator

Due to Covid-19, job descriptions and position requirements are subject to change. We will do our best to match successful applicants with positions around the applicants' area of interest as it relates to position availability. Start dates to vary between May 25<sup>th</sup> and July 1<sup>st</sup>.

**Please Submit a Cover Letter and Resume to:**

Citxw Nlaka'pamux Assembly  
 Mail: PO Box 618, Merritt, B.C. V1K 1B8  
 Email: [hr@cna-trust.ca](mailto:hr@cna-trust.ca)  
 Fax: 250-378-2910  
 In Person: 2187-A Coutlee Avenue Merritt, BC

We wish to thank all applicants for their interest and effort in applying for the position; however, only candidates selected for interviews will be contacted. Your application to this posting is deemed to be your consent to the collection, use and necessary disclosure of personal information for the purposes of recruitment. Citxw Nlaka'pamux Assembly respects the privacy of all applicants and the confidentiality of personal information. The health and safety of our staff and community members are our number one concern, as such, all Provincial Health authority and Worksafe BC guidelines will be met or exceeded. Successful youth camp applicants will require a Criminal Record Check.

# GREETINGS!!

How time flies!

It seems like a long two months of being home and home life has been busy.

I have been seeing masks. I send most of them to Navajo Nation.

So much has happened and to a large extent have been feeling out of touch and unable to REALLY support Shackan family in their time of need.

I have spent a majority of my time on Zoom, Microsoft Teams or on Webinars.

One night I counted 52 hummingbirds in one photo taken in front of my bay window.

My blueberry bushes are in bloom....my rose are in bloom.

Mary Angus



# RIBBON SKIRT COMPETITION

Calling Citxw Nlaka'pamux Assembly members!

Submit to [programs@cna-trust.ca](mailto:programs@cna-trust.ca) by  
Wed, June 10, 2020 at 4:30pm:

- a photo of your skirt,
- the price of your skirt, and
- the nlaka'pamux band you are from

Competition starts on Wed, May 20, 2020  
CNA will select and buy the top 10 designs

CNA will award a Singer sewing  
machine for the best design!



*Scw'exmx Child & Family Services Society*

*Our Children. Our Responsibility.*

## **JOB POSTING: INTERN SOCIAL WORKER (full-time) Comprehensive Benefit Package**

Our vision is that we are all somebody's 7<sup>th</sup> generation. We are working collaboratively to facilitate opportunities for our children, families and communities to achieve their full potential and realize a healthy quality of life through the implementation of our laws, jurisdiction, and our ancestral beliefs, values and teachings. Scw'exmx Child and Family Services Society (SCFSS) has been providing child protection and support services to the Nicola Valley (Merritt, B.C.) since 1994.

Please learn more about us [www.scwexmx.com](http://www.scwexmx.com) and Merritt, B.C. [www.merritt.ca](http://www.merritt.ca)

### **The Opportunity:**

Scw'exmx Child and Family Services Society (SCFSS) is seeking a highly motivated and dynamic individual to join our team as an Intern Social Worker. As an integral member of a multi-disciplinary team, the Social Worker will have an opportunity to develop their culturally appropriate services and information which enhance the relationships and wellness of children and families who are experiencing significant challenges, in the Merritt area.

### **KNOWLEDGE, SKILLS AND ABILITIES:**

- Demonstrated proactive approaches to problem-solving with strong decision-making capability
- Highly resourceful team-player, with the ability to be extremely effective independently
- Ability to handle unpleasant and emotionally charged situations
- Strong understanding of social, economic, political and historical concerns in Aboriginal communities
- Ability to communicate in an appropriate manner orally and in writing
- Ability to effectively use standard computer applications
- Excellent interpersonal and communication skills

### **EDUCATION AND EXPERIENCE:**

- Bachelor's Degree in social work or similar field is preferred
- Must be eligible for C6 delegation
- Minimum one-year experience working with First Nations children, youth, families and communities
- Ability to interpret and apply Federal and Provincial legislation and standards of practice
- A valid BC class 5 driver's license and criminal record check are mandatory

Your interest in contributing as part of our team at a great organization begins with submitting your cover letter and resume as one document saved as (your last name Resume SW June 4, 2020) before June 4, 2020 with the email subject line as **"Applying to SW June 2020"** to [opportunities@scwexmx.com](mailto:opportunities@scwexmx.com)

**Attn: Kyra Mason, Programs Manager**  
2975 Clapperton Ave. Merritt, B.C. V1K 1G2  
Tel: (250) 378-2771 • Fax: (250) 378-2799

*Pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Aboriginal ancestry.*

*Scw'exmx Child & Family Services Society thanks all those who apply, however, only candidates selected to interview will be contacted.*



# FATHER'S DAY

## Word Search

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

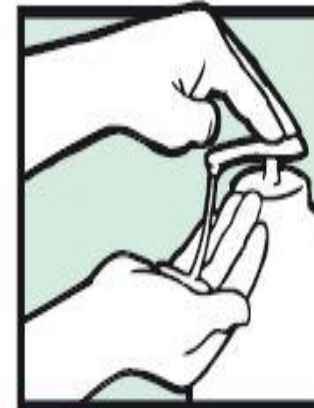
ADORE  
CHILD  
COMFORT  
FATHER  
FUNNY  
GAMES  
GENEROUS  
GUIDE  
HANDSOME  
HARDWORKING  
HUGS  
HUSBAND  
JOKES  
KIND  
KISSES

LEARN  
LIFE  
LOVE  
MEMORIES  
MENTOR  
PLAY  
PROTECT  
SILLY  
SPECIAL  
STRONG  
SUPPORT  
SWEET  
TEACH  
THANKS  
TOGETHER



# Handwashing with Soap and Water

Protect Yourself and others from COVID-19



**1** Remove jewelry. Wet hands with warm water, add soap to palms and rub hands together to create lather.



**2** Thoroughly cover all surfaces of your hands and fingers with lather and work fingertips into palms to clean under nails.



**3** Rinse hands well under warm running water.



**4** Dry with a single-use towel and then use towel to turn off the tap.

Hands should be washed for a minimum of 20-30 seconds. To help children wash long enough, say the ABC's or sing "Twinkle, Twinkle Little Star."

For more information on COVID-19, visit: <http://www.bccdc.ca>



## TV MONITOR ZOOM CLASSES: TRADITIONAL MEDICINE OUTLINE FOR 2020

**PREAMBLE:** We are living at a critical time of our lives that COVID 19 has affected us locally, provincially indeed the whole world. With this in mind I had to decide how best we could still continue our Traditional Medicine even if minimal, how best to continue our learning of our Medicines. Technology as usual has come to the rescue, hence these Zoom classes. Hopefully you will be able to participate especially the Advanced students who requested that their studies be not interrupted and others that began with me as recently as 2019. Thank you all for this Warriorship you've developed towards studying our Traditional Medicines.

**INSTRUCTOR:** Dr. Jeanne Paul comes from the Tla'amin Band. She graduated from the National University of Natural Medicine in Portland, Oregon 1991. She had become the first, First Nations to graduate in this profession for Canada. August of 2017 she was awarded "Doctor of the Year", a recognition by her profession the work she does with Traditional Medicine for the First Nations of B.C. She again was the first, First Nations to receive this honor for Canada. Her dedication in teaching Traditional Medicine in the Native villages has spread throughout B.C. Uniquely she uses the local Plants from each of their territories to make Traditional Medicines has become her Signature. The techniques in making and using these Medicines are gleaned from her studies and research in Botanical Medicine as a Naturopathic Doctor. She is presently working with the University of Vancouver Island to help with her students getting Certified after a completion of a 3 Year Traditional Medicine Program she has developed, a Program of studying Traditional Medicine like no other for Canada.

## SELF-CARE DURING COVID-19 PAN



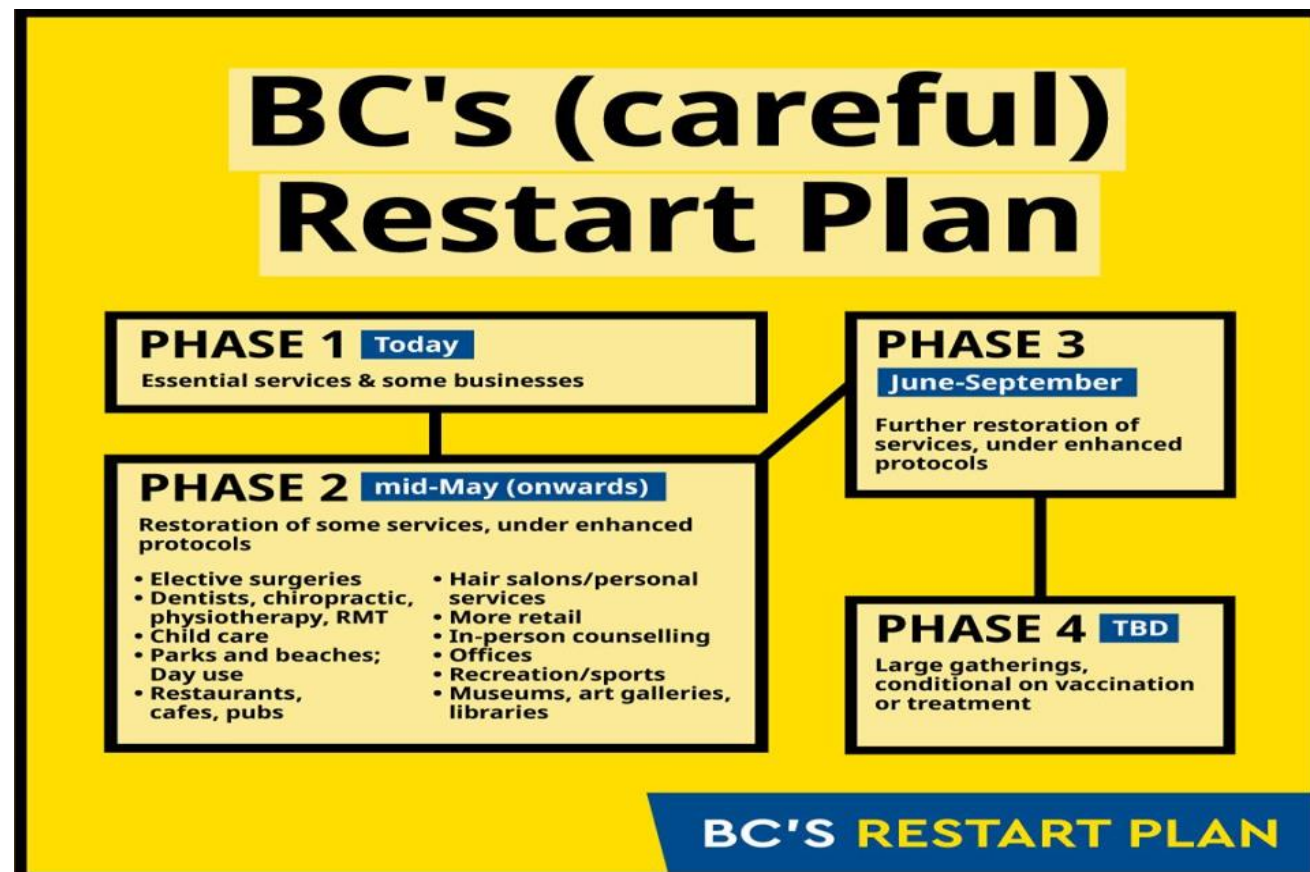
BC's restart will be a careful, step-by-step process to make sure our combined efforts and sacrifices are not squandered.

Some restrictions will be in place for a while. But some things will become a little easier, starting mid-May.

But to keep moving forward, it's going to take all of us – people, businesses and organizations – staying vigilant and following BC's enhanced protocols, like cleaning more often and making spaces safer.

Let's all do our part as we move forward, together.

Learn more about BC's Restart Plan: [www.gov.bc.ca/restartBC](http://www.gov.bc.ca/restartBC)



**ZOOM CLASSE OUTLINE FOR 2020: will total 5 hours per class total = 20 hours.**

**MAY 23, 2020: 10-3pm Saturdays. (1/2 hr. Lunch)**

**CARDIOVASCULAR SYSTEM:**

- Learn the physiology and pathophysiology of the Heart
- Learn the Medicines that will heal the Heart
- Disease: Broken Heart Syndrome
- Live Patient Interview (when possible) with the condition.
- Learn 2 current Spring Medicines: Demo.
- Notes will be sent 2 wks. before class to copy at home.

**JUNE 27, 2020: 10-3pm. Saturdays.**

**RESPIRATORY/ EMUNCTORIES SYSTEM:**

- Learn the physiology and pathophysiology of the Lungs, Kidney, Liver, Pancreas
- Learn the Medicine that relate to the Lecture.
- Disease: Co-VID 19 active and Convalescence
- Live Patient Interview (when possible)
- Learn Summer Medicine: Demo
- Notes: copy 2 wks. before class.

**JULY 25, 2020: 10-3pm. Saturdays**

**DIGESTIVE/ URINARY SYSTEM:**

- Repeat Process as above but with different Medicines that relate to these System.

**AUGUST 22, 2020: 10-3pm. Saturdays.**

**IMMUNE SYSTEM/REPRODUCTIVE: MALE/FEMALE**

- Disease: Cancer: relate to Breast, Prostate, Lung, Liver, Pancreas
- Learn Medicines/ Pathophysiology/Physiology: that relate to the conditions

**If you have any questions regarding education please contact Debra Manuel at [debra.manuel@shackan.ca](mailto:debra.manuel@shackan.ca) or by phone (cell) 250-378-7575**



## Are you a First Nations Student in College or University?



YOU MIGHT QUALIFY FOR THE FOLLOWING FINANCIAL AID:

### CANADA EMERGENCY STUDENT BENEFIT (CESB)

The CESB provides **\$1,250/month** for eligible students from May through August 2020, and **\$1,750** for students with dependents and those with permanent disabilities.

**Online applications** are expected to be available in the coming weeks.

Payments will be administered through the **Canada Revenue Agency (CRA)**

For more details on the program visit [canada.ca/coronavirus](https://canada.ca/coronavirus)

### MORE FUNDING FOR POST-SECONDARY EDUCATION

The **Post-Secondary Student Support Program (PSSSP)** is administered through local First Nations.

*Contact your local band office to find out if you qualify.*

Additional funding was announced including a one year **\$75 million** investment in Indigenous post-secondary education, with **\$65 million** going to support First Nations post-secondary education students.

### LOANS & GRANTS FOR POST-SECONDARY EDUCATION

#### New updates to Canada Student Service Grant:

**\$5,000** for students volunteering over the summer to help with COVID-19

Increase 2020-2021 grants for full time students up to **\$6,000** and part-time students up to **\$3,600**

#### Loans and scholarships:

Increase weekly loan amounts for students from \$210 to **\$350/week**

Additional grants and scholarships available through universities and colleges

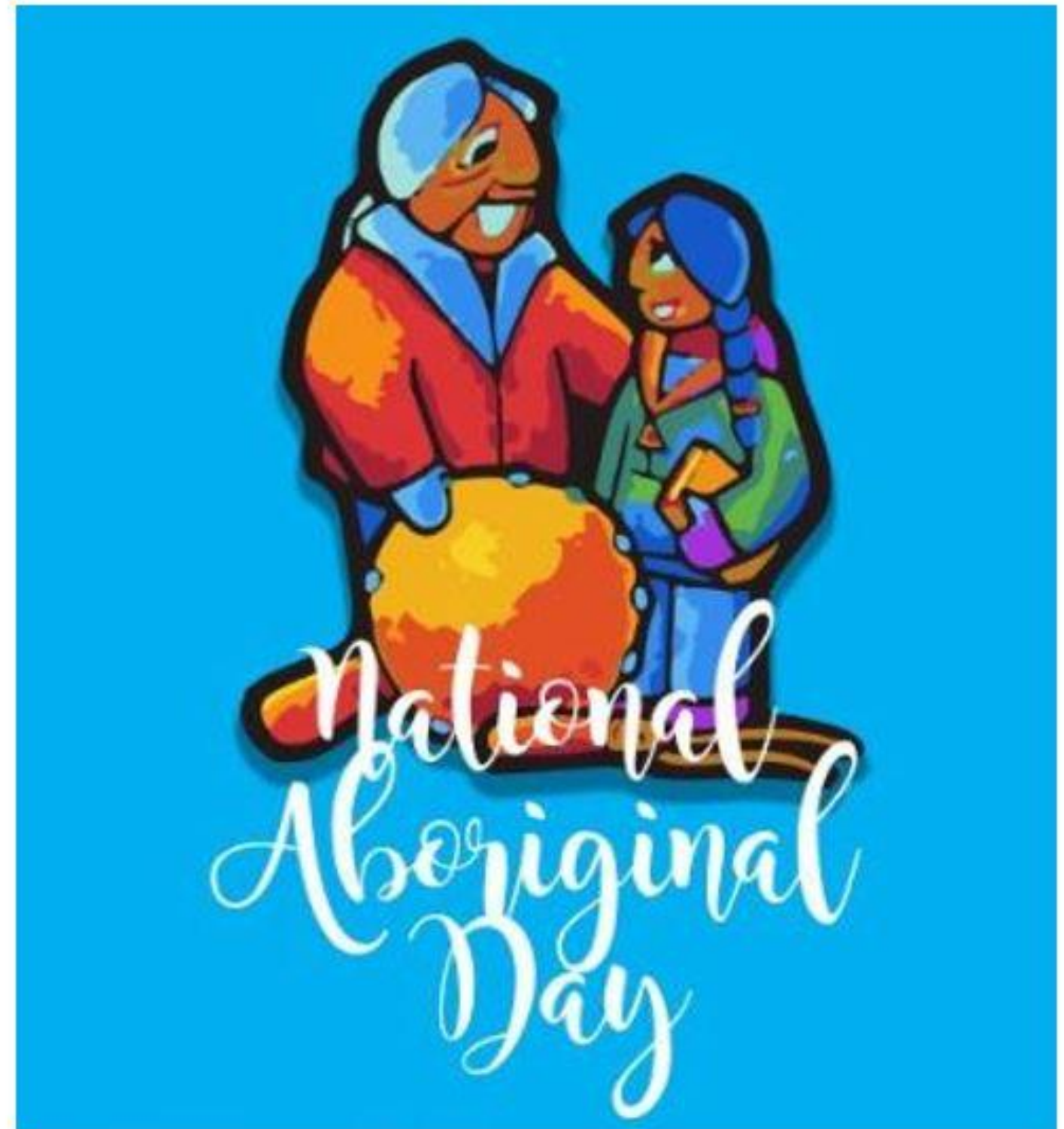


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# HAPPY FATHER'S DAY

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Dads are amazing people. They can turn problems into opportunities and ordinary days into memories that stay with us a lifetime. - Catherine Pulsifer



*Sunday June 21<sup>st</sup>, 2020*



# Shackan Indian Band & Community June 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 <i>Happy Birthday Lindsay Tighe</i>	6 <i>Happy Birthday William Voght</i>
7 <i>Happy Birthday Ocean Angus</i>	8 <i>Happy Birthday Jerrica Joe, Michael Rippberger &amp; Zachery Wyatt</i>	9	10	11	12	13 <i>Happy Birthday Tyrone Davis-Seymour</i>
14 <i>Happy Birthday Jessica Andrew</i>	15	16 <i>Happy Birthday Kyle James Jr.</i>	17	18	19	20
21  <b>HAPPY FATHER'S DAY</b>	22	23	24	25	26	27
28	29	30	<i>May Birthdays Missed</i> 😞  May 12th—Happy Belated 7th Birthday Deklynn May 20th—Happy Belated 5th Birthday Alexander			