

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

NOVEMBER
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





Chief & Council (Left—Joan Seymour, Middle—Chief Jordan Joe, Right—Mary Angus

On behalf of the Financial Management Board (FMB), we acknowledge your community's resilience and strength in financial management. Accordingly, it is our pleasure to present you the enclosed, framed Financial Management System (FMS) Certificate issued to Shackan First Nation.

- Do not share microphones, drums, or other items without cleaning in-between

7. Make sure there are places where people can clean their hands

- Put hand sanitizer at the entrance and near any food services. Make sure that washrooms have soap and paper towels. Avoid having a shared cloth hand-towels if it is a gathering of more than your "bubble of 6".
- Encourage people who visit to clean their hands:
 - When they arrive
 - Before they touch their face
 - Before they eat
 - After they touch things like tissues or doorknobs
 - After they use the washroom

8. Help children play safely

- Remind and help children to wash their hands before and after playing together (and as per above)
- Have kids play outside
- Try to have children play with others who are in their bubble or usual playgroup.

9. Cleaning: Before and after the gathering, wipe down surfaces that are touched by a lot of people, such as doorknobs, light switches, cupboard handles, and tables

10. Keep track of who attends: if there is a positive case diagnosed after the event, it will help your public health nurses if you have a list with names and numbers of those who came to the gathering.

11. Note on Band Hall use. These are enforceable rules if you are using the band hall for a gathering:

- Masks must be worn in the hall at all times (unless eating)
- Organizers are responsible for following cleaning protocols
- Organizers are responsible for providing hand sanitizer at entrances
- If serving a meal: organizers are responsible for doing so safely (see instruction #5, must be in the medium-risk category or lower).
- Band staff may inspect the hall before/during the event, and if physical distancing/mask wearing/meal serving protocols not being followed, the event may be canceled or shut down.

COVID-19 Prevention Protocols for Gatherings (Parties, Funerals, Wakes, Etc.)

1. **Check with everyone before the gathering about possible COVID-19 symptoms:** fever cough, sore throat, vomiting and diarrhea, loss of taste/smell
 - Anyone with possible symptoms should stay home and self-isolate
2. **Keep all gatherings as small as possible:**
 - **Lower Risk (preferred):** No more than 6 people attending the event who are not household members. These should be the same usual 6 people who are your household's bubble.
 - **Medium-High Risk:** 6-50 people. Limit gatherings this size whenever possible.
 - **Very High Risk:** Gatherings of over 50 people. It is currently *illegal* in BC to have gatherings of more than 50 people. If the RCMP hear of an event over the legal guest limit, they may show up and shut down the event, and fine the hosts/organizers.
3. **Whenever possible, keep gatherings outdoors!**
4. **If the gathering is more people than your household's "bubble of 6", everyone should wear a mask while indoors (and not eating).**
 - It is *mandatory* for everyone to wear a mask indoors if using the band hall for an event.
5. **Meals at gatherings:**
 - **Lowest Risk (preferred):** Do not serve any foods or drinks at gatherings
 - **Lower Risk:** Give out to-go plates/brown paper bags for people to take home and eat
 - **Medium Risk:** Having a sit-down meal. If you chose to serve a meal:
 - i. all individuals not part of your household's "bubble of 6" need to sit spaced out at separate tables (imagine tables at a restaurant)
 - ii. No lining up to get food, communal serving plates, or shared serving utensils. Cooks (after washing hands) must pre-plate the food and hand out individually around the room
 - **Highest Risk (PLEASE DO NOT DO THIS):** communal meals with people lining up for food, sitting close together, using shared serving plates and serving utensils
6. **For events with drumming and singing:**
 - Drummers need to stand 6 feet apart
 - Consider having fewer drummers and singers (singing especially is a high-risk activity for virus spread)
 - Have drumming and singing outside, or keep doors and windows open



We would like to thank Rena Sam for the 7 years of hard work she has done at the Shackan Band Office. Congratulations on your retirement. We have enjoyed working with you during your time here. We will miss your enjoyable presence at the office. Let the fun begin



Don't forget to
turn you clocks
back an hour
before bed on
October 31st!

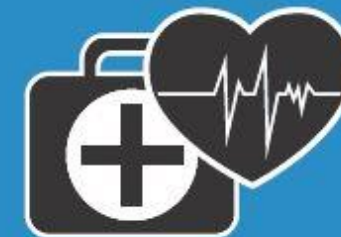


Transportation Endorsement

Transportation Endorsement
Friday November 27, 2020

8:30am - 4:30pm
Comfort Inn Merritt BC

*Prerequisite: Level 1 First Aid



For additional information contact

Nicole Johnny
Employment & Training Manager
Email: njohnny@cna-trust.ca

Jaymie Brundage
Employment & Training Administration
administration@cna-trust.ca

Phone: 250-378-1864
2187A Coutlee Ave

Find us on
Facebook
CNA - Employment & Training





GATHERING OUR WARRIORS II



MENS SUPPORT GROUP

Helping Fathers to Learn and Practice
Traditional Parenting Roles
and Cultural Connections

EVERY WEDNESDAY STARTING SEPTEMBER 30TH

at Scw'exmx Child & Family Services

Feel The Beat Room

Space Limited to 10 - 12 Men

Wed 12-3pm & Thurs 5-7pm

Time, Date and Location are subject to change



To register contact
Dan Jager, BSW @ 250-378-2771
Richard Jackson Jr, CAC II @ 250-378-5107

Remembrance Day Office Closure

Wednesday November 11th, 2020

We will reopen Thursday

November 12th for

appointments & phone calls

8:30am-4:30pm



Shackan Administrative

FLU CLINICS



New this year due to COVID-19 precautions:

FLU CLINICS ARE BY-APPOINTMENT ONLY,

NO DROP-INS!

Call Rose at 378-9745 to book your time slot

COLDWATER Band Hall: Tuesday, November 3rd

10am—6pm

SHACKAN Band Hall: Wednesday, November 4th

12pm—6pm

NOOAITCH Band Hall: Thursday, November 5th

10am-6pm

Or call Rose (378-9745) for a private office appointment



Scw'exmx Tribal Council (STC) Virtual Annual General Assembly

November 18, 2020

1 – 4 pm

Scw'exmx Tribal Council will be hosting an online AGA via Go to Meeting.

If you would like to participate, please send an email to Liz at egilchrist@scwexmxtribal.org and I will send you the link

*****Due to Covid-19, this meeting will not be held in person*****



Coldwater Indian Band



Nooaitch Indian Band



Shackan Indian Band



Upper Nicola Indian Band

For more information you can call 250-378-4235 or email administration@scwexmxtribal.org egilchrist@scwexmxtribal.org

scwexmxtribal.com

CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING

DRIVING LESSON

- October 2
- November 24
- December 15

**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



First Nations Health Authority
Health through wellness

*"As Indigenous people, we are strong. We are resilient.
We will get through this no matter how long it takes."*

- Dr. Evan Adams, Tla'amin Nation

**This is a time for kindness and understanding.
Please take care of yourselves and each other.
Let's have calm in our hearts
and trust in each other.**

**We respect each other by honouring privacy
for everyone in our community.**



We will get through COVID-19 together.

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

Tuesday October 6th, 2020 FULL
Friday October 30th, 2020 FULL
Friday November 20th, 2020
Friday December 11th, 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. Must bring Gov't issued I.D.

Jaymie Brundage
Employment & Training Administration
Email: administration@cna-trust.ca
Phone: 250-378-1864
Facebook: [cna-employment & training](https://www.facebook.com/cna-employment-&-training)
Website: employment.cna-trust.ca



Gloves & Masks Mandatory



Citxw Nlaka'pamux Assembly Urban/Off-Reserve Indigenous Services Canada Funding



CNA Participating Bands

Ashcroft, Boston Bar, Coldwater, Cook's Ferry, Nicomen, Nooaitch, Shackan, Siska

Must Complete Revised October Application

Even if you previously completed application

CNA has received funding from Indigenous Services Canada to provide a one-time financial assistance for urban/off-reserve CNA Members.

How to Apply:

Complete the application online by following the link on CNA Webpage: www.cna-trust.ca

Complete the application online by following the link on the CNA Facebook Page: www.facebook.com/cnatrust/

Phone: 250-378-1864 (Jessie and/or Madelynn)

Email: covidecna-trust.ca

Application Deadline: December 13, 2020

Eligible Categories

The eligible categories and associated fees for the ISC Urban/off-reserve funding is as follows:

1. \$150.00 CAD per eligible member in the Urban households who have lost their jobs due to Covid-19, (\$80.00 CAD per Ashcroft member)
2. \$150.00 CAD per eligible member in the Urban households who are unable to work due to school and daycare restrictions due to Covid-19, (\$80.00 CAD per Ashcroft member)
3. \$150.00 CAD per eligible member in the Urban households who are on a fixed income such as Social Assistance, Pension, Health Supports or other, (\$80.00CAD per Ashcroft member)
4. \$140.00 CAD per eligible member in the Urban households who have reduced income due to Covid-19, (\$70.00 CAD per Ashcroft member)
5. \$120.00 CAD per eligible member in the Urban households who do not have access to food due to supply due to Covid-19, (\$50.00 CAD per Ashcroft member)
6. \$120.00 CAD per eligible member in the Urban households who are experiencing financial hardship as a result of increased food prices due to Covid-19, (\$50.00CAD per Ashcroft member)

*Ashcroft Indian Band received funds from Indigenous Services Canada independently, therefore allowable funds through CNA program is decreased.

Important Information

All applications are being administered by the CNA only, PLEASE DO NOT CONTACT YOUR BAND about the application nor program delivery.

The CNA will be compiling the applications and verifying membership with the applicants band registry on a weekly basis. Once confirmation of membership is received by the CNA from the applicants registered Band, cheques will be processed and mailed out on a bi-weekly basis (based on the information provided in the application). Please be aware the funding is based on need resulting from COVID-19.

Should anyone require assistance in completing the application or would prefer to have it completed in person over the phone, please CALL the CNA at 250-378-1864 and speak to Madelynn or ask for support with ISC Funding as we will be happy to assist you.

We would ask you to share this information with your family and friends so we can ensure every eligible Member receives funding.

Citxw Nlaka'pamux Assembly Phone: 250-378-1864 Email: covidecna-trust.ca



The Halloween Party was a bit different this year because of Covid-19. It was a great turn out though, even in the chili weather. Congrats to Ranger and Phillis for winning The Amazing Halloween Race and guessing the closest amount of candies in the jars.




There was a dozen stations that the Halloween Race had. There was painting, soap stone making, dream catchers, smores, professional photos and pumpkin carving stations. Hope everyone enjoyed their selves.



Shackan Indian Band & Community November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 <i>Happy Birthday Kyley Davis-Seymour & Kash Cressey Flu Clinic – Band Hall Call Rose to make an appointment 250-378-9745</i>	5 <i>Happy Birthday Tabitha Briones & Rose Charlie</i>	6	7 <i>Happy Birthday Shalaquin Epps</i>
8	9	10 <i>Happy Birthday Fabian Oppenheim</i>	11 <i>Band Office Closed</i> 	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 <i>Happy Birthday Dan George</i>	28
29	30					