

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

September

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





Officed Closed

Monday September 7th, 2020

We will re-open Tuesday

September 8th, 2020 for phone calls and appointments only

8:30am – 4:30pm

- Happy Labour Day -
Have a safe & happy long weekend!

- Shackan Staff

First Nations Health Authority
Health through wellness

How to Wear Your Non-Medical Mask

Physical distancing remains a key practice during this pandemic. However, using non-medical masks helps when you cannot maintain physical distance from others, like at the grocery store. Let's protect each other by wearing our masks!

Put on your mask:

- Wash or sanitize hands before touching your clean mask.
- Hold mask by the ties/loops and inspect for damage. Discard if damaged.
- Put on mask, adjusting to cover nose, mouth and chin.
- Ensure there are no gaps and that you can breathe easily.
- Avoid touching your mask while wearing it. If you do, wash or sanitize hands.

Take off your mask:

- Wash or sanitize hands.
- Remove mask by only touching the ties or loops. Do not touch the front of your mask.
- Discard the mask immediately if disposable. If your mask is reusable, store it in a sealed bag until it can be washed in hot, soapy water.
- Wash or sanitize your hands again.

Learn more at the [FNHA.ca/coronavirus](https://fnha.ca/coronavirus)

AUGUST 2020

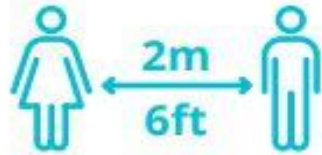


Stay Strong. Stay the Course.

Protect yourself and your loved ones



Wash your hands frequently for at least 20 seconds.



Maintain physical distancing.

Avoid gathering in large numbers.



Wear a mask whenever physical distancing is not possible.



Be cautious if you expand your bubble.



If you feel unwell, stay home.

Be kind to each other.



Testing is available for those who need it, but not everyone needs to be tested.



“ This is not the time to lower our guard. What we’ve been doing is working. Keep it up! ”

- Dr. Shannon McDonald
FNHA Acting Chief Medical Officer

Learn more at the [FNHA.ca/coronavirus](https://fnha.ca/coronavirus)

AUGUST 2020

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



AUGUST 27TH, 2020

TO: SHACKAN MEMBERS
FROM: SHACKAN ADMINISTRATION
SUBJECT: WATERING

We are asking Shackan Members to cease using sprinklers Johnny Joe well is getting low. Watering trees, shrubs, flowers, and gardens is permitted any time using **handheld watering NO SPRINKLERS.**

We are asking to ensure your indoor water supply is good and we do not run into any problems.

Thank you for your cooperation with this matter.

Some Watering Tips

- Here's a watering rule of thumb: **Water deep, not often.** Water should reach 8 to 12 inches down, creating a well of water for plants and trees to draw upon in high heat.
- **Hand-watering** with a garden hose and aerator is **best.** Count to 10 as you water the base of plants. Move and repeat.
- **Water late in the evening or early in the morning** when you water cooled soil in the evening or at night, less water evaporates than it would on hot soil during the day. And the plants can sufficiently supply themselves with water before the next day's heat.
- **Over-watering is bad** for the lawn/garden and will make it susceptible to outside pressures like drought, insects, weeds, and diseases besides the obvious waste of water.



Our Indigenous teachings are to take care of one another. Let's do this by wearing our masks, especially to protect our Elders and other vulnerable community members.

When to wear a mask.

Non-medical masks are recommended for use in situations where you cannot always maintain physical distance:



At the grocery store



On public transit



At the salon or barber



In other indoor settings

Masks are not enough.

Masking is one way we can help stop the spread of COVID-19, but it's also important to:



Maintain physical distancing



Wash hands frequently for 20 seconds



Avoid large gatherings

Remember that others may have valid reasons for not wearing masks. It's important to always be kind and respectful.

Stay strong, stay the course. Learn more at the [FNHA.ca](https://fnha.ca)

AUGUST 2020



B	I	N	G	O
Go on a hike as a family	Swim in a Lake or in the Ocean	Involve the whole family while cooking a meal	Play an outdoor sport	Go on a bike ride
Make an emergency evacuation plan for your home	Have a movie night	Finger paint	Read together	Go camping
Play a board game	Build a fort	Have a dance party	Have a karaoke night	Have a water fight
Roast marshmallows	Go on a picnic	Make an indoor compost bin	Regrow Vegetables	Collect rocks and sticks
Pick berries	Paint on rocks	Take a family photo	Make a bird feeder	Make a time capsule

BINGO

If you need help or have any questions about the Shackan BINGO (find on page 3) please contact Rebecca Fader at 250-378-5410 or by email at rebecca.fader@shackan.ca

Good Luck!!!



THE BOARD OF EDUCATION OF
SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

ADMINISTRATION OFFICE

Stephen McNiven, B.Ed., M.A., Superintendent of Schools
Barbara Ross, C.P.A., C.G.A., Secretary Treasurer

P.O. Box 4100, 1550 Chapman Street, Merritt, B.C., V1K 1B8, Phone: (250) 378-5161, Fax: (250) 378-6263

August 21, 2020

Hello to all Parents and Guardians of SD 58 students:

We wanted to reach out to you to once again let you know that we are continuing to plan and prepare for the return of students to schools starting in September. We recognize that requirements and expectations from the Ministries of Health and Education are continuing to evolve, so we are developing all our plans in a way that ensures we are able to adapt as information is updated.

The most current and up to date information on school reopening and requirements is available on the district website www.sd58.bc.ca. Your PAC presidents are also available to help you access information if needed, their contact information is available on your school's website.

We know that many people are trying to decide what the best choice for their children is regarding school in September. We are asking that you call or email your school-based principal to discuss any questions you may have about registering students or specific needs that you may have at this time. Please find the contact information for your child's school at www.sd58.bc.ca under the school top tab.

You can expect to receive more information from the District regarding school start up shortly after August 26, 2020. We are excited and eager to have your children back with us this September. We are confident that we will be able to meet the expectations of the Ministries of Health and Education in order to ensure that we have safe and caring schools that are ready to welcome and support your children and yourselves.

Sincerely,

Stephen McNiven
Superintendent of Schools

CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING

DRIVING LESSON

September 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

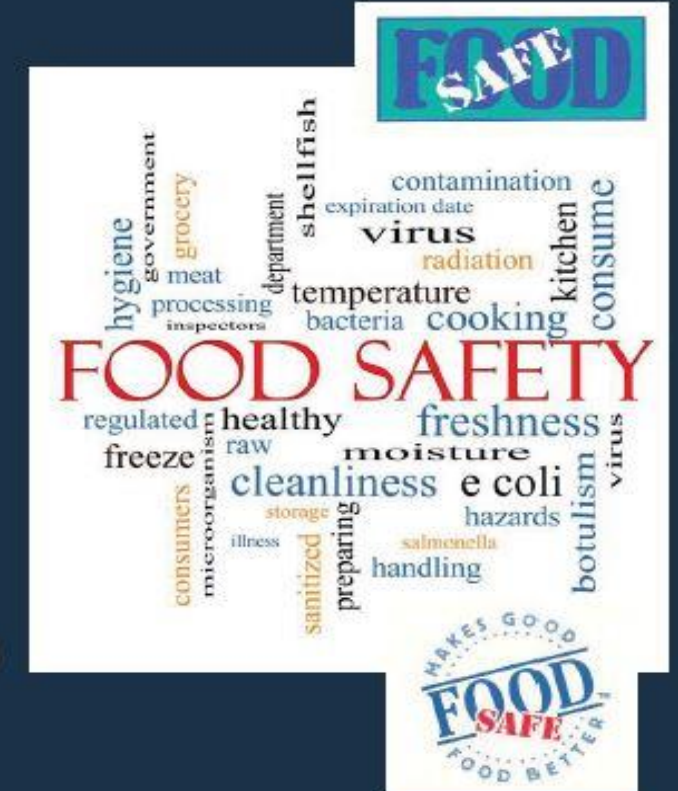


Citxw Nlaka'pamux Assembly
Employment & Training

Industry Workplace Certification

FOOD SAFE LEVEL 1

The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.



Location:

NVIT, Merritt BC

Dates:

Tuesday, September 1, 2020

Time:

8:30 am - 4:30 pm

Cost:

\$105/person

Nicole Johnny

Employment & Training Coordinator

Citxw Nlaka'pamux Assembly

njohnny@cna-trust.ca

250-378-1864

employment.cna-trust.ca



Find us on Facebook

CNA - Employment & Training

Ashcroft Indian Band, Boston Bar First Nation, Coldwater Indian Band, Cook's Ferry Indian Band, Nicomen Indian Band, Nooaitch Indian Band, Shackan Indian Band and Siska Indian Band

EMPLOYMENT.CNA-TRUST.CA

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
Phone: 250-378-1864
Facebook: [cna-employment & training](https://www.facebook.com/cna-employment&training)
Website: employment.cna-trust.ca



Citxw Nlaka'pamux Assembly

Call Out for Nlaka'pamux Working Group Participants:
HVC 2040 Project

Introduction

HVC is currently permitted to 2028; however, are investigating opportunities to extend the mine life to 2040 by extension of existing infrastructure. To do this, they must undergo a BC Environmental Assessment (EA) process to identify and mitigate potential environmental, economic, social, cultural and health impacts of the Project. In addition to the BC EA process the Project the CNA will also assess impacts to Nlaka'pamux Rights, Values and Interests so that Nlaka'pamux leadership (the eight Participating Bands) can make an informed decision on the project and ensure the Tmixw is protected for future generations. The CNA is establishing an Nlaka'pamux Community Working Group that will meet to share knowledge, stories and participate in specific aspects of the review of the Project to ensure Nlaka'pamux Rights, Values and Interests are assessed and integrated, and that the unique perspectives of each of the eight Participating Bands are represented.



- Meetings will be monthly from September 2020 until a decision on the environmental assessment is achieved by both Nlaka'pamux Leadership and the Province of British Columbia.
- Members will be expected to share knowledge of the project and the working group activities in their communities.
- Members will be compensated through honorarium. Honorarium for band staff participation (if participating during work hours) will be payable to the band.
- Meetings will take place on Microsoft Teams until such a time in-person meetings can take place under COVID-19 guidance by Health BC.



For More information and to apply please contact :
CNA Territorial Stewardship Technical Lead, Aliyah Rodominski.
tsd@cna-trust.ca (250) 378-1864



Objectives

- Ensure Nlaka'pamux rights, values and interests are integrated into the BC Environmental Assessment process.
- Assess impacts to Nlaka'pamux rights, values and interests from the Project.



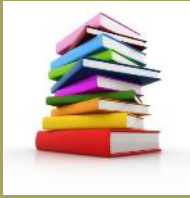
Qualifications

We invite all who are interested to apply.

It is expected that participants will be active contributors to the committee through attending all meetings and sharing your relevant experience and knowledge.

We invite knowledge holders, land users, technical experts, and those with history in the Highland Valley Area to participate.

We also invite both Elders and Youth to support inter-generational learning through this process.



Shackan Indian Band & Community *September 2020*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 <i>Shackan Office Closed</i> 	8	9	10 <i>Happy Birthday Mandy Froese</i>	11	12 <i>Happy Birthday Nexpetko Joe</i>
13 <i>Happy Birthday Rejeanna Oppeheim</i>	14	15	16 <i>Happy Birthday Dre Cressey</i>	17	18 <i>Happy Birthday Seraphina Henkes-Joe</i>	19 <i>Happy Birthday Clay Anthony</i>
20	21	22	23	24	25	26
27 <i>Happy Birthday Fred Charlie</i>	28	29 <i>Happy Birthday Shona Bara</i>	30 <i>Happy Birthday Savannah Joe</i>			