

SPLATSÍN NEKŴ'ŦE MAGCA

SPLATSIN MONTHLY



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Healthy Cooking on a Budget

*Fridays from 10-12
Flex Room, Splatsin
Health Services*

Contact Kristi by dialing
(250) 838-9538 for more
information.

COMMUNITY ASSEMBLIES LAST THURSDAY OF EACH MONTH

- JUNE 30
- JULY 28
- AUGUST 25
- SEPTEMBER 29
- OCTOBER 27
- NOVEMBER 24

BECOME INVOLVED AND HAVE YOUR SAY!
ATTEND IN PERSON OR VIRTUALLY VIA ZOOM.

**DINNER
PROVIDED**

EACH ASSEMBLY WILL BE HELD
FROM 5:00 P.M. - 7:00 P.M. AT THE
SPLATSIN COMMUNITY CENTRE





UPCOMING EVENTS

WELLBRIETY

July 5, 12, 19, 26
5:00 p.m. - 7:00 p.m.

In-person Wellbriety sessions take place Tuesday evenings at the Splatsin Community Centre. Dinner is included.

Wellbriety is focused on helping people achieve balance, and an support with:

- Conflict and disharmony in relationships.
- Impacts of abuse and violence.
- Grief.
- Other subjects.



Contact Jean Brown at (250) 306-6741 for more information.

CREATIVE CORNER

July 6, 13, 20, 27
1:30 p.m. - 3:30 p.m.

Held Wednesday afternoons at the Splatsin Community Centre, Creative Corner focuses on creativity and culture.

Enjoy socializing and artistic activities.

- Rattle making
- Beading
- Painting
- Designing mugs
- Ribbon skirts
- Charcoal drawings
- Medicine bags
- Dream catchers
- And more!



HEALTHY COOKING CLASS

July 8, 15, 22, 29
10:00 a.m. - 12:00 p.m.

Learn how to cook healthy on a budget! Takes place every Friday in the Flex Room at Splatsin Health Services from 10:00 a.m. to 12:00 p.m.

For more information, please call Kristi by dialing (250) 838-9538, ext. 304.

PULLING TOGETHER CANOE JOURNEY - BBQ LUNCH

July 11: 11:00 a.m. - 2:00 p.m.

Meet and greet the Pulling Together Canoe Journey participants as they arrive to Splatsin!

Attend a BBQ Lunch at the Splatsin Community Centre on Monday, July 11. Everyone is welcome!



INDIGENOUS MINDFULNESS WORKSHOP

July 18: 1:30 p.m. - 3:30 p.m.

Partake in smudging, meditation, drum breathing exercises, gentle stretching, and mindful eating. Held at the Splatsin Community Centre.

Everyone is welcome; registration is not required. Contact Jessica Kent for more information: e-mail jessica_kent@splatsin.ca or call (250) 309-2331.



PULLING TOGETHER CANOE JOURNEY

JULY 11-14, 2022

The annual Pulling Together Canoe Journey is a ten-day journey that brings together Indigenous communities, various police organizations, other public service agencies, and youth.

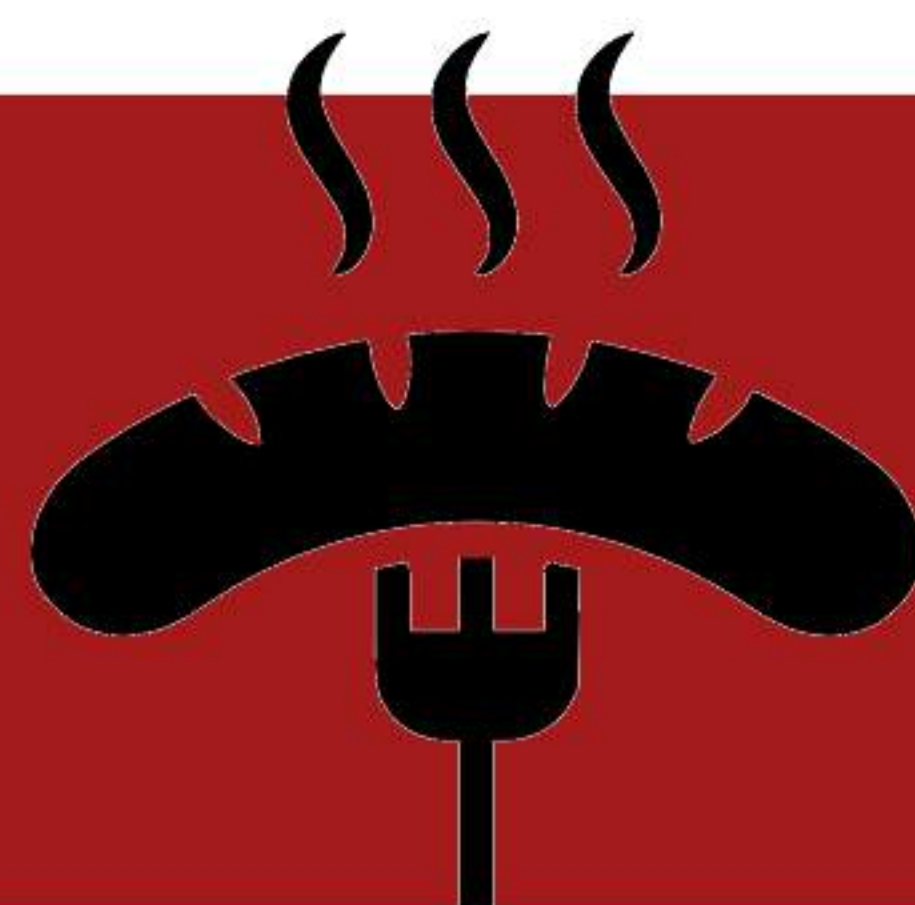
This year's Journey will take place throughout Secwepemc Territory beginning on July 11th in Splatstin and ending on July 21st in Simpcw.

Splatstin will be hosting approximately 500 people from around the Province on July 11, 12, 13 & 14. Hosting an event of this capacity is a large undertaking for our community; however, we feel it is crucial we are involved in initiatives focused on reconciliation between indigenous communities, public service agencies, municipalities, and businesses.

You're invited to attend BBQ Lunch! Meet and greet the Pulling Together Canoe Journey participants as they arrive to Splatstin. Everyone is welcome.

BBQ LUNCH

July 11, 2022 - 11am to 2pm
Splatstin Community Centre



RECREATION

YOUTH AFTER SCHOOL PROGRAM

Occurring on Mondays and Fridays from 4-6 pm, this program is for youth ages 12-18. This is an opportunity for Splatsin children and youth to participate in fun, meaningful and beneficial activities.

JUNIOR YOUTH RECREATION PROGRAM

Occurring on Wednesdays from 3-5 pm, this program is for youth ages 7-14. It is geared toward introducing Splatsin children to the Recreation Program at an early age in order for our staff to develop strong connections for future programming opportunities.

SPORT DEVELOPMENT PROGRAM

For ages 10-18, this program is open to Splatsin youth who are interested in developing their interest and skills in a variety of sports. We will introduce youth to a variety of sports in hopes that they gain an interest in one or more. When this happens, staff will look for ways to get youth more thoroughly involved in their chosen sport(s).

For more information about recreational activities, contact the Recreation Manager, Kyle Crump: call (250) 838-6496 ext. 314 or e-mail kyle_crump@splatsin.ca.

07 JULY

SPLATSIN RECREATION PRESENTS

- Junior Youth Recreation**
Ages 7-14 10:00AM-4:00PM
(Subject to Change)
SPLATSIN CENTRE
- Youth Recreation**
Ages 12-18
10:00 AM - 4:00 PM (Subject to Change)
SPLATSIN CENTRE
- SENIOR YOUTH RECREATION**
AGES 19-29
TIME TBD
SPLATSIN CENTRE
- SPORT DEVELOPMENT**
Ages 10 - 18
SPLATSIN CENTRE
- INTERGENERATIONAL ACTIVITIES**
AGES TBD
TIME TBD
SPLATSIN CENTRE

For more info about the Recreation Program's contact Kyle Crump

2505407570 or kyle_crump@splatsin.ca

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE 26 Closed	27 Closed- Admin	28 Summer Recreation Cultural Teaching & Enderby Pool	29 Summer Recreation Waterslides	30 Summer Recreation Cultural Teaching & Activity	JULY 1 Closed - STAT	2 Closed
3 Closed	4 Closed for Canoe Journey Preperation	5 Closed for Canoe Journey Preperation	6 Closed for Canoe Journey Preperation	7 Closed for Canoe Journey Preperation	8 Closed for Canoe Journey Preperation	9 Closed
10 Closed	11 Pulling Together Canoe Journey 2022	12 Pulling Together Canoe Journey 2022	13 Pulling Together Canoe Journey 2022	14 Pulling Together Canoe Journey 2022	15 Pulling Together Canoe Journey 2022	16 Pulling Together Canoe Journey 2022
17 Pulling Together Canoe Journey 2022	18 Pulling Together Canoe Journey 2022	19 Pulling Together Canoe Journey 2022	20 Pulling Together Canoe Journey 2022	21 Pulling Together Canoe Journey 2022	22 Closed	23 Closed
24 Closed	25 Closed - Admin	26 To Be Determined	27 To Be Determined	28 To Be Determined	29 To Be Determined	30 Closed
31 Closed						

NEKUSÁMES TE SPLATSIN RE TUTUWÍWT
MT'A CECÁCUTA XWISTÁS RE YAGWTWÍLCS



THE YOUNG MEN AND WOMEN OF SPLATSIN
YOUTH WANT TO BECOME STRONG



FLOOD PREPAREDNESS

Floods are common in the Secwepemcúlecw and can happen at any time of year. The most severe floods usually occur in spring and early summer due to heavy rain and melting snow. They can also be caused by storm surges, ice jams or damage to structures like dikes or dams.

Climate change and related extreme weather events have increased the flood risk. Rising temperatures, changing freeze-thaw cycles and rising water levels can all contribute to flooding. Floods can damage buildings, cause power outages, disrupt transportation and create landslides. Fast-moving flood waters can also be a hazard for people.

Here are some actions you can take to be prepared to deal with a flood.

HAVE A PLAN

Having an emergency plan is one of the best steps you can take to prepare for a flood. It can be as easy as starting a conversation at home.

CHOOSE EMERGENCY MEETING PLACES

During an emergency, such as a flood, it's important to gather with the people you live with to make sure everyone is safe. You might not be together when disaster strikes. You can make it easier to find each other by choosing emergency meeting places ahead of time. Pick one spot close to your home, such as a nearby hill or a neighbour's house. Then pick an alternate spot away from your immediate neighbourhood, such as a library or community building.

KNOW HOW YOU WILL COMMUNICATE

It's a good idea to save or write down a list of people you can call for help during an emergency. Ideally, at least one contact should live far enough away that they won't be affected by the same emergencies. It's also helpful to have at least one contact who lives in your community.

KNOW WHERE TO FIND INFORMATION

For reliable information during an emergency, always start with local sources. This could be your band office, municipality, regional district or local authority. Know in advance how they'll share vital information, whether it's through their website, social media, phone or local radio

RESEARCH INSURANCE COVERAGE

Check with your insurance representative to determine if sewer backup and/or residential flood insurance is available for your property. You can also contact the Insurance Bureau of Canada at 1-844-227-5422 for information regarding home insurance. Add your insurance information to your emergency plan to ensure it's handy when you need it.

MAKE GRAB-AND-GO BAGS

If flood waters get too close to your home, it may become unsafe to stay and you'll need to leave quickly. This is easier to do if you take time to build grab-and-go bags in advance. Fill backpacks or carrying bags with the supplies everyone in your household will need while away from home.



OTHER NEWS

SPLATSIN WATER SYMPOSIUM

August 5-7, 2022

Save the date!

Splatsin will be hosting a Water Symposium, which will take place out on the land at the Shuswap River.

Camping will be hosted at the Quilakwa RV Park. This event will feature a water ceremony, fun activities, and speakers from across the country. More details to follow in the next few weeks. Everyone is invited.

For more information please contact Robyn Laubman, Splatsin Territorial Water Manager by e-mailing robyn_laubman@splatsin.ca or calling (250) 838-6496.



WATER SYMPOSIUM THEMES INCLUDE:

- Rights of Water (Hullcar Aquifer)
- Protection of the Shuswap River
- Grassroots development for a water declaration

OFFICE OF THE INDIAN REGISTRY ADMINISTRATOR

OPEN ON WEDNESDAYS & THURSDAYS

PLEASE NOTE: All clients must book an appointment. Due to the length of appointments, there will be a 15-minute grace period for clients to be tardy. If clients are beyond the 15 minutes, they must reschedule.

If callers are local and wish to be added to the 'cancel' or 'no show' list, we can let them know when someone does not show or must cancel an appointment.

Non-Splatsin members need to have their membership clerk send an email to membership@splatsin.ca or fax (250) 838-6476 verification of the Status card particulars, including:

- Last known card issued (if available)
- Name
- Date of Birth
- Registration Number (Band Number)
- Registry Group (Band Name)

Administration Fees

\$45.00 for Paper Laminate Card (Non-Splatsin Members)

\$65.00 for Secure Certificate of Indian Status Card (Non-Splatsin Members)

APPOINTMENT TIMES

WEDNESDAY

9:00 A.M.

10:00 A.M.

11:00 A.M.
(DROP-IN)

1:00 P.M.

2:00 P.M.

PAPERWORK
(NO APPT)

THURSDAY

9:00 A.M.

10:00 A.M.

11:00 A.M.

1:00 P.M.

2:00 P.M.

3:00 P.M.

SOCIAL DEVELOPMENT REMINDER

Dear Social Development Clients,

Please be advised that it is your responsibility to keep your file up to date.

This includes the following actions:

- Ensuring your bills are submitted on time each month to prevent any disruption in your services. Social Development will be paying hydro, gas, and phone bills on the 15th and the last day of each month, so please have these submitted beforehand so we can take of them.
- Let us know if your banking information changes. Sometimes it's necessary to change banking but if this happens, please be sure to inform us so you can successfully receive payments.
- Let us know if your housing situation changes. If you move or if your rent has gone up or down, or if the number of people in your house has changed, please let us know as soon as possible.
- When updating your information, please ensure that forms are filled out completely and in a legible fashion. We require a completed form and your band number, signature, date, and printed name to process requests.

We appreciate your ongoing efforts to ensure your bills and information changes are submitted in a timely and clear manner! This ensures that payment is provided to you as quickly as possible.

PLEASE NOTE: The Administrative Office has now reopened to the public from Monday to Friday from 8:30 a.m. to 4:30 p.m. It is closed on holidays. As such, Social Development will be ceasing all text message communication with clients; instead, please call or come into the office if you need any assistance in updating your information.

Rights and Responsibilities of Social Development Applicants and Recipients

General Principle

Every person applying for or receiving social assistance has certain rights and responsibilities.

Rights

Applicants and recipients have the following rights:

- To make application when they believe they are in need.
- To be given the information and assistance needed for them to make proper application for the program.
- To have all personal information treated as private and confidential.
- To be free of any consideration of race, gender, colour, creed, or political affiliation in the administration of this program.
- To receive prompt, courteous, efficient, and fair treatment.
- To have their eligibility determined on the basis of objective evidence as required by program policy.
- To receive all assistance and benefits for which they qualify under the policy and procedures established in this handbook.
- To be informed of eligibility entitlement in writing if they so request.
- To appeal decisions concerning an application for, or provision of a benefit.
- To be informed of their responsibilities regarding initial and continuing eligibility.

Responsibilities

The responsibilities of applicants and recipients are:

- To disclose any information that is required under established policy and procedures.



BE BEAR AWARE!

With summer here, it is a wonderful time to get out on the tmicw (land). Title and Rights would like to remind you to be cautious because bears are waking up, and other animals have their young that they are trying to keep safe. Animals have made it through the long winter and are searching for food, and do not need any more stress. **Please be careful enjoying the territory.**

Here is a reminder to be bear aware and make your property bear-proof with as little damage as possible to the bear population or community members:

- Be aware that there are bears out and around so to keep garbage, birdfeeders and other types of food attractants locked up, empty or to make sure that it's not left unattended for too long to prevent bears hanging around and learning that people provide food sources.
- If you see a bear and it's not in transit to make noise and try to move it along, so long as there is a clear and safe way for the bear to leave the area.
- If people are leaving the office or their home, it's recommended to make noise as they are exiting and have a look around for any wildlife that may be moving through to let them know that you're there too and avoid any unwanted interaction. Bears are mostly just wanting to move through without any attention or trouble but it's increasingly more difficult for them to do so with all the development.

The Skwalaqs (Black Bear) is a friend to our people. They look after all the four-legged creatures as well as berries, fish, and water. We live in bear habitat and need to ensure that as stewards of the land, we are not contributing to unwanted conflict with wildlife.

If bears or cougars are showing more aggressive or threatening behaviour, please call the RAPP (report a poacher or polluter) line at **+1 (877) 952-7277**.