

# SPLATSÍN NEKŪ TĒ MAGCA

SPLATSIN MONTHLY



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## FOOD SAFE CERTIFICATION



WHEN?

AUG 11TH  
8:30-4:30



LUNCH  
PROVIDED

SPLATSIN COMMUNITY CENTRE  
Thursday, August 11, 2022

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

## Apply for an education grant from Canada Post!

Canada Post gives \$2,000 grants  
to Indigenous Peoples who have  
renewed their educational learning.



LEARN MORE AND APPLY BY VISITING  
[SPLATSIN.CA/CANADA-POST-GRANT](https://splatsin.ca/canada-post-grant)



## WELLBRIETY

August 2, 9, 16, 23, 30  
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

August 3, 10, 17, 24, 31  
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!



## COMMUNITY WATERSLIDE EVENT

August 4  
6:30 p.m. - 8:30 p.m.

Splatsin Education Department and Shihiya School invite Splatsin Families to a splashing good time at Salmon Arm Waterslides!

Sign up at the front desk of the Band Office. Call Nerissa at (250) 838-6496, ext. 713 for more info.



## FOOD SAFE CERTIFICATION

August 11: 8:30 a.m. - 4:30 p.m.

Get Food Safe certified in this free course!

Registration is required. Please contact Marla Turner by dialing (250) 838-9538.

## INDIGENOUS MINDFULNESS WORKSHOP

August 15: 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 formation: e-mail [jessica\\_kent@splatsin.ca](mailto:jessica_kent@splatsin.ca) or call (250) 309-2331.

## SECWPEMC SUMMER GATHERING

August 26-28: 9:00 a.m. - 8:00 p.m.  
6716 Horse Lake Rd.

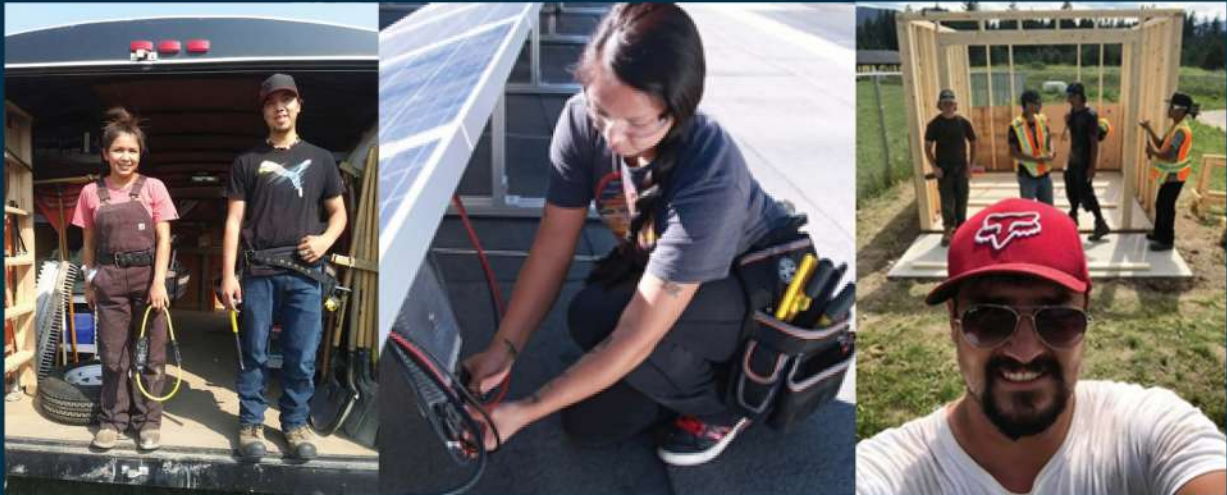
- Stsmemelt Principles
- Baby Welcoming Ceremony
- Mini Powwow
- Tiny Tot Special
- Secwepemc Princess Pageant
- Secwepemc Storytelling



AND  
MORE!

Contact Charmaine John for more information by dialing (778) 471-8200, ext. 210 or e-mail [langcoordinator@shuswapnation.org](mailto:langcoordinator@shuswapnation.org).

# Construction Trades Sampler Program (XWRK 0202)



## Get a taste for trades

This 12-week Splatsin Construction Trades Sampler gives students hands-on experience so they can gain the basic understanding of three common construction trades: carpentry, plumbing and electrical.

The students will be introduced to the design, planning, construction in a hands-on environment. The students will have the opportunity to build a project in the community and help renovate local homes and buildings. Upon completion of the program, students will have many new construction skills, have increased their employability, and decided which trades career they want to pursue. Students will also receive First Aid Level 1, Fall Arrest Certification, and Construction Safety Training Systems. Personal protective equipment and tools will be provided.

Program Dates:

September 26 to December 16, 2022

Splatsin First Nation

[tru.ca/trades](http://tru.ca/trades)

## INFORMATION & REGISTRATION

Phyllis Jezewsky (250) 838-6496 ext. 808  
[charlene\\_william@splatsin.ca](mailto:charlene_william@splatsin.ca)

*Students must be in good physical health and be able to lift 12 kilograms. The program is open to participants 17 to 35 years old).*



# 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](mailto:kyle_crump@splatsin.ca).

08 AUGUST

### SPLATSIN RECREATION PRESENTS

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

For more info about the Recreation Program's contact Kyle Crump  
2505407570 or [kyle\\_crump@splatsin.ca](mailto:kyle_crump@splatsin.ca)

| SUN                                                             | MON                                | TUE                                                                 | WED                                                               | THU                                                             | FRI                                                           | SAT                                                             |
|-----------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|
| Closed                                                          | AUGUST 1<br>Closed<br>STAT Holiday | 2<br>Junior Youth Recreation<br>Herald Provincial Park<br>Beach day | 3<br>Junior Youth Recreation<br>BC Wildlife Park<br>Kamloops      | 4<br>Junior Youth Recreation<br>Enderby Pool/Spray<br>Park      | 5<br>Youth Recreation<br>Field Trip TBD                       | 6<br>Closed                                                     |
| 7<br>Closed                                                     | 8<br>Closed- Admin                 | 9<br>Junior Youth Recreation<br>Splashdown Waterslides<br>Vernon    | 10<br>Junior Youth Recreation<br>Apex Trampoline Park<br>Kamloops | 11<br>Junior Youth Recreation<br>H2O Kelowna                    | 12<br>Youth Recreation<br>Okanagan<br>Adventure Park          | 13<br>Closed                                                    |
| 14<br>Closed                                                    | 15<br>Closed - Admin               | 16<br>Junior Youth Recreation<br>Mara Provincial Park<br>Beach Day  | 17<br>Junior Youth Recreation<br>Kelowna<br>Wibit Splash BC       | 18<br>Junior Youth Recreation<br>Armstrong Pool/Spray<br>Park   | 19<br>Youth Recreation<br>Revelstoke Mountain<br>Pipe Coaster | 20<br>Closed                                                    |
| 21<br>Closed                                                    | 22<br>Closed - Admin               | 23<br>Junior Youth Recreation<br>Kal Lake<br>Beach day              | 24<br>Junior Youth Recreation<br>Movie Day<br>TBD                 | 25<br>Junior Youth Recreation<br>Revelstoke<br>Enchanted Forest | 26<br>Closed - In Lieu                                        | 27<br>Youth Recreation<br>Travel to Vancouver<br>Whitecaps Game |
| 28<br>Youth Recreation<br>Cultus Lake Water<br>Park/Return Home | 29<br>Closed - Admin               | 30<br>Junior Youth Recreation<br>Enderby River Float                | 31<br>Junior Youth Recreation<br>Salmon Arm<br>Waterslides        | SEPTEMBER 1<br>To Be Determined                                 | 2<br>To Be Determined                                         | 3<br>Closed                                                     |

NEKUSÁMES TE SPLATSIN RE TUTUWÍWT MT'A CECÁCUTA XWISTÁS RE YAGWTWÍLCS  THE YOUNG MEN AND WOMEN OF SPLATSIN YOUTH WANT TO BECOME STRONG



## FISHING INFORMATION

### 2022 SALMON FORECAST

The local Chinook and Coho salmon populations are not expected to return in great abundance this season therefore Splatsin is recommending to target the late run of the Sockeye fisheries as an internal conservation measure to support the rebuilding of Coho and Chinook numbers for greater returns in the future. Community fishing event planning is in progress and an event is being planned for later this summer. Stay tuned for in-season fishing updates.

There have been excellent reports of local freshwater catches recently but be aware that water levels remain higher than normal! So, please be safe out there while fishing.

Fishing Methods include but are not restricted to, the following:

- Harpoon
- Spear
- Gaff
- Seine net
- Rod and reel angling
- Angling
- Dip net
- Gill net\*
- Live capture trap\*

\*(DFO requirement to mark fisher's Band Number on a floating buoy to identify from on-indigenous gear.)

**Snagging salmon is not permitted!** A high percentage of fish that are snagged and not landed die before being able to spawn. This is considered a waste and disrespectful of the salmon as a resource and is not supported by Splatsin.

**Fishing Areas** considered to contain the preferred salmon stocks for harvest include:

- Lower Shuswap and Middle Shuswap River (for Chinook fisheries)
- Shuswap, Mabel and Mara Lakes
- Salmon and Eagle Rivers (for directed Coho and Chinook fisheries)

Fishing Permits are being issued at the Splatsin Title & Rights portable, Monday to Friday from 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m., and during catch monitoring activities on the weekends, starting August 2nd.

Catch reporting is an important way to show we continue to exercise our right to fish. Only summary data will be used for fisheries planning purposes.

# 3 Day 2 Night Event

**Camping Reservations**

**Limited space!!!**

**34 Sites Available.**

**First Come First Serve**

**Games & Entertainment**

**Prayer & Smudge**

**Bring Your Own Dishes & Chairs**

**Light Snacks Provided  
& Potluck Dinners**

## Splatsin Water Symposium 2022

Quilakwa RV Park

20 Enderby Grindrod Rd, Enderby, BC V0E 1V4

August 5 - 7

Along the Shuswap River

Rights of Hullcar Aquifer

Grassroots Event for Water Protection

### Join Us

Water Protocols

Climate Change Issues

Water Law Facilitators

Information Booth Vendors

Creation & Water Stories

Oral Stories of Significance

& More!



Event Info

Can You Volunteer?

Shirley Bird (250)540-2643

Bart Thomas (250)833-6987

Ready to Reserve Your Spot?

Ashley Tarves (250)838-2022

Ashley.tarves@quilakwa.ca



## 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](mailto: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

THURSDAY

9:00 A.M.

9:00 A.M.

10:00 A.M.

10:00 A.M.

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

11:00 A.M.

1:00 P.M.

1:00 P.M.

2:00 P.M.

2:00 P.M.

PAPERWORK  
(NO APPT)

3:00 P.M.



## PULLING TOGETHER 2022: A GREAT SUCCESS

More than 400 participants, including , youth, police, and public service personnel entered the water in the Shuswap River at Belvidere Park in Enderby on Tuesday, July 12, under bright blue skies and glorious sunshine to start their Pulling Together canoe journey.

The event made its triumphant return after a two-year COVID break. The 20th journey, hosted by the Splitsin, Cstélnec (Adams Lake), Simpcw, and Tsq'escenemc (Canim Lake) First Nations, in cooperation with Tk'emlúps te Secwepemc, promotes healing, reconciliation, and respect for Indigenous host nations, as well as the sharing of Indigenous cultures.

The eight-day journey began with participants and their canoes being drummed into Shuswap River by Splitsin member Lauren and Edna Felix. More than 100 supporters lined the Bawtree Bridge to watch the canoes take off and make their way north.

The trek includes stops at Grindrod Park, Mara Lake, Pierre's Point and Blind Bay on Shuswap Lake. It wrapped up at Green Lake, a traditional summer gathering place for the Secwépemc People, on July 20.

 <https://pullingtogether.ca>  [pullingtogether](https://www.instagram.com/pullingtogether)  [@ptcanoe](https://twitter.com/ptcanoe)  [groups/2399564340](https://www.facebook.com/groups/2399564340)





# How to stay safe during extreme heat events



Close windows and curtains during the day and open them at night.



Check on others, especially those who live alone or are most at risk.



Take it easy and avoid intense activities.



Apply ice packs and cool, damp cloths to your wrists and neck.



Seek cooler locations like shaded areas, basements, or air-conditioned buildings.



Drink plenty of water, even when you don't feel thirsty.

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Climate change and colonization continue to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

## For emotional and spiritual support, call:

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

## For medical support call:

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800
- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number