

SEPTEMBER 2024

VOL. 10 ISS. 9

SPLATSIN NEKW'É MAGCA SPLATSIN MONTHLY



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Interested in a career
with Splatsin?



Be sure to visit our Employment page to review the available opportunities:
splatsin.ca/category/employment

Pursuant to section 16 of the Canadian Human Rights Act, preference may be given to applicants of aboriginal ancestry.



Fellows Aera Max

AIR PURIFIER FILTER

If you have received a Fellows Aera Max Air Purifier from Splatsin in the last couple of years, please contact Tylar Clark from Splatsin Health to arrange pickup of a replacement filter by calling (250) 838-9538.

** LIMITED QUANTITIES AVAILABLE **

Replacement filters for other models are on their way. We will provide an update on social pages and the Splatsin website when they arrive.

CALENDAR OF EVENTS

September

Wilma_maxime@splatsin.ca
Stephanie_harry@splatsin.ca
Sheldon_jones@splatsin.ca
Yvonne_felix@splatsin.ca



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stat Holiday	3	4	5 Quilting with Linda M 5:00-9:00	6	7 PAL Course 8:00-5:00
8 PAL Course 8:00-5:00	9	10	11	12 Orange Shirt Pins with Jean Brown 5:00-9:00	13	14 CORE Course 8:00-5:00
15 CORE Course 8:00-5:00	16	17	18	19 Birch Bark Baskets with Bernice Jensen 5:00-9:00	20	21
22 Tea Making with Rhona Bowe Community Feast 3-5PM	23	24	25	26	27	28
29	30					

REMINDER

**QUILAKWA
GIFT CARDS
ARE BEING
PHASED OUT**

Visit Quilakwa Canco to redeem
your card or exchange it for a
Canco Gift Card.



No longer valid after October 31, 2024.

**CARDIFF
MILLER
ART
WAREHOUSE**



**FREE ADMISSION
FOR ALL SPLATSIN
COMMUNITY MEMBERS**

507 GRANVILLE AVE., ENDERBY

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).

The Splatsin Recreation Department's guiding principle is **T.E.A.M.:**

Togetherness, Encouragement, Activities, and Mentorship.

NO REC CALENDAR AVAILABLE AT THIS TIME. PLEASE CHECK THE SPLATSIN WEBSITE AND SOCIAL PAGES IN COMING WEEKS.



Belvidere Park Rail Trail Weed pull

Saturday 21st September
9:00 am - 12:00 pm

WHERE: Belvidere park in Enderby

Food and refreshments will be provided!

RSVP: email, info@columbiashuswapinvasives.org to register and ensure all volunteers are provided snacks and beverages.

Gloves and tools will be provided (if you have your own you are encouraged to bring them).

All members of the community and surrounding area are welcome to join for a family friendly morning. We will be learning about invasive plants and how to remove them to help protect biodiversity and the natural ecology of the region.

Columbia Shuswap Invasive Species Society

Splatsin Cultural Department will be offering Feather work & Fan making.

workshop with Melem-st'ye White.

Date: October 6, 2024

Time: 8:00 AM – 5:00 PM

Place: Community Center

20 spots available.

Lunch supplied.

Please register with Wilma: wilma_maxime@splatsin.ca

Everette does not supply Eagle feathers. If you want a fan made of Eagle feathers you must bring your Own.

Only Imitation feathers will be supplied.

- Feather Work- Techniques for crafting beautiful intricate feather design
- Plume work- Assembling & decoration with stunning plumes.
- Fan's- Create Elegant fan.



OFFICE OF THE INDIAN REGISTRY ADMINISTRATOR

OPEN ON TUESDAYS, WEDNESDAYS,
AND THURSDAYS

APPOINTMENT TIMES

TUESDAYS, WEDNESDAYS,
& THURSDAYS

9:00 A.M.

10:00 A.M.

11:00 A.M.

1:00 P.M.

2:00 P.M.

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.

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)

Splatsin Community Smokehouse Coming Soon to Quilakwa RV Park & Campground

On September 7, Yucwmenlúcwu will build a smokehouse that will be available to Splatsin Community members to use starting this fall. The Community Smokehouse will be located at the Quilakwa Kekuli Cultural Grounds and Shihiya Outdoor Classroom space next to the RV & Campground (20 Enderby-Grindrod Road).

A community use policy and responsibility waiver are currently in development and an official launch event and ceremony for community later in September is being considered further. Stay tuned for more information in the coming weeks.

For more information or to express your interest in the smokehouse, please reach out to Ashley Christian by email at ashley.christian@splatsindc.com.



Acupuncture

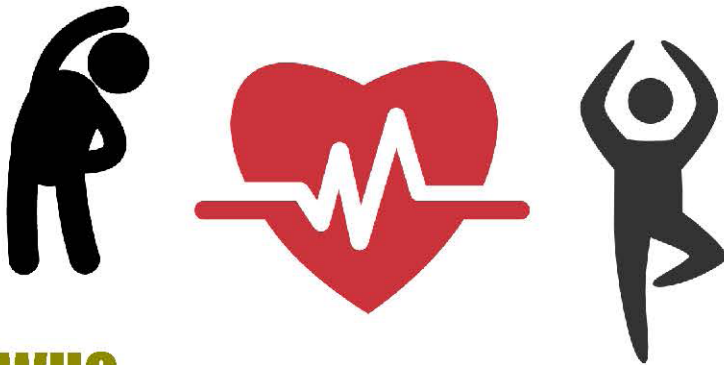
There are two September dates available for acupuncture appointments

Friday, September 13, 2024 and Friday, September 27, 2024

Please call Sheila at Health reception to book

250 838 9538

LOW IMPACT FITNESS



WHO

All ages and ability levels

WHEN

Thursdays
12:30-1:00pm

WHERE

Splatsin Community Centre
5767 Old Vernon Road, Enderby BC

Featuring mobility and strength exercises
with a focus on accessibility.

Everyone is welcome!

**NO EQUIPMENT
REQUIRED**

FREE EVENT!

There is no cost to
participate.

Non-perishable food
donations are
appreciated.

BENEFITS

Strength
Flexibility
Mobility
Fall prevention
Injury recovery
Improved health

SPONSORS

BC Emergency Health
Splatsin Health
Interior Health

More information:
250-837-1638

Mental Health and Wellness

Taking Care of Yourself: Wildfires



INTERIOR REGION
First Nations Health Authority

Däkelh Dené | *Ktunaxa* | *n. St'át'imc* | *Nlaka'pamux* | *Secwépemc* | *Syilx* | *Tsilhqot'in*

Recognize the Signs of Stress or Anxiety Related to Wildfire

The impact of wildfires on our communities can be devastating, especially when people are evacuated and displaced from their homes, communities, and lands. The stress of not knowing what life will look like after a wildfire can be daunting and stressful. As we know, many stressors, such as loss of natural resources (berries, traditional medicines, hunting, harvesting), homes, medical issues, and community displacement, have an adverse impact on our mental health and well-being. Being able to recognize the signs of stress, or anxiety related to wildfires is the first step in being able to tend those feelings and in taking care of yourself.



Trouble sleeping, nightmares, rumination or circling thoughts related to wildfires.



Stress and anxiety about warming weather. Feelings of dread or doom, hyperawareness of weather conditions.



Depression and uncertainty. Uneasy or fearful feelings about the future.



Withdrawing from friends and family, avoiding leaving your home.

So, how can we take care of ourselves in these times?



Be gentle on yourself, know that these feelings are normal and how you feel and process them is unique to you.



Mindfulness. Remember to breathe, this is simple but effective. Breathe in for 5, hold for 3, release for 5, hold for 3, repeat.



Connect to the land, observe its resiliency, its ability to regrow. Go to the water, allow it to heal you and the earth around you.



Lean on your friends, family and community for support. If you are struggling, the chances are that there are others that can relate to your feelings.

Mental Health and Wellness

Taking Care of Yourself: Wildfires



INTERIOR REGION
First Nations Health Authority

Dākelh Dené | *Ktunaxa* | *n. St'át'imc* | *Nlaka'pamux* | *Secwépemc* | *Syilx* | *Tsilhqot'in*

Resources for Communities and Organizations

First Nations Emergency Services Society (FNESS)

"We help First Nation communities find their way through the practical and financial reality of recovery and emergency response services. When you feel overlooked because your situation falls outside the standard guidelines, we'll do everything we can to connect you with the resources you need. We're here to help where and when you need us."

Toll-free: (604) 669-7305

Afterhours Assistance: (1-888) 822-3388

<https://www.fness.bc.ca>

Mobile Response Team (MRT)

MRT provides immediate, short-term psychosocial support to communities:

- Build skills and capacity.
- Enhance individual resiliency.
- Provide space for grief and loss.
- Offer supportive strategies for living with and responding to trauma.

Services are confidential and without cost.

Request services at: MRT@phsa.ca

Toll-free: (1-888) 686-3022

PreparedBC

PreparedBC provides a range of disaster readiness information, including a guide with specific information on Wildfire Preparedness. This guide provides information on what to do before, during and after a wildfire. Access the guide in full at:

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>

Phone Supports

Tsow-Tun Le Lum Society

Counselling and Cultural Supports

Toll-free: (1-888) 403-3123

Indian Residential

School Survivors and Family

Toll-free: (1-866) 925-4419

Hope for Wellness Crisis and

Counselling Help Line

Toll-free: (1-855) 242-3310

KUU-US Crisis Line

Toll-free: (1-800) 588-8717

Youth line: (250) 723-2040

Kids Help Phone

24hr Counselling and Support

Call: (1-800) 668-6868

Text: TALK to 686868

National Suicide Crisis Helpline

24 hours, 7 days a week:

Dial 9-8-8

FNHA Virtual Doctor of the Day

7 days a week, 8:30 am to 4:30 pm

Toll-free: **(1-855) 344-3800**

Appointments are open to all First Nations people and their families living in BC. The program includes doctors of Indigenous ancestry. All doctors and allied healthcare professionals are trained to follow the principles and practices of cultural safety and humility.



ORANGE SHIRT DAY WALK & GATHERING 2024

The Splatsin Monument
Committee invites you to join us
as we remember the history of
Residential Schools, honour the
Victims & celebrate the
Survivors

September 30th, 2024

Starting at 10AM at the Chamber of Commerce
(700 Railway Street, Enderby BC)

Finishing at the Splatsin Community Centre
(5767 Old Vernon Rd, Enderby BC)

Social gathering after with guest speakers, singers
& lunch



For more information please contact:

Executive Director Deanna Leon at (250) 838-6404 ext.1
or at executivedirector@tsm7aksaltn.ca

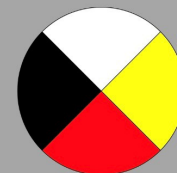
SPLATSIN NARCOTICS ANONYMOUS

Every Friday from 12:00 p.m. - 1:00 p.m.
Splatsin Health Centre

Need a ride? Call Paul Wright at (250) 309-9322.

SPLATSIN

NARCOTICS ANONYMOUS



FRIDAYS 12 PM - 1 PM