

# SPLATSÍN NÉKW TĒ MAGCA

SPLATSIN MONTHLY



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Interested in a career  
with Splitsin?



Be sure to visit our Employment page to review the available opportunities:

[splitsin.ca/category/band-positions](https://splitsin.ca/category/band-positions)

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

## JOIN THE SSAC!

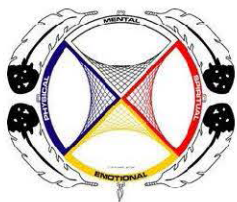
The Splitsin Stsmamlt Advisory Committee (SSAC) is seeking 3 Splitsin members to commit to a 1-year term.

As a committee member, you will:

- Participate in monthly meetings/gatherings in a productive environment.
- Receive an honorarium/stipend for your time.
- Benefit from training and informational sessions.

To apply, please submit a short paragraph about why you want to join the SSAC by e-mail to [yvonne\\_felix@splitsin.ca](mailto:yvonne_felix@splitsin.ca) or drop off at the Splitsin Administration Office to the attention of Yvonne Felix.





Splatsin Health  
5771 Old Vernon Rd.  
250-838-9538

## Seasonal Depression Home Remedies

- Sit in front of an artificial lightbox 30-45 minutes a day
- Spend more time outdoors in natural light
- Take vitamin D supplements
- Eat a balanced diet
- Exercise regularly
- Get proper sleep
- Consider taking a vacation (if possible) to a warmer, sunnier climate



*Winter is a tough season for many to get through. Shorter days, cooler weather, climate change, lack of snow, lack of sunlight can drop our mood, lower our energy and send us into hibernation mode.*

*Often, we get up to go to work and it is dark, out and we return at the end of the day with no light. If we work in an environment with no windows, we can go a long time without seeing brightness*

## Seasonal Disorder- (SAD)

SAD is thought to be caused by changes in the brains' chemistry that occur due to shorter day & less daylight. So how can we get through the winter and transition into spring more easily? Below are a few tips that you can hopefully incorporate to make you feel light and brighter....

- Decreased energy or fatigue, Rest when you can, Practice breathing exercises
- Physical aches or pains from cold weather. Take a nice comfortable bath
- Self-care, take time for yourself, Meditate, read a good book.
- Go for massage or acupuncture. Or simply take a comforting bath
- Meet a friend at a local coffee shop. Nurture yourself.
- -Take up a hobby, beading, crafts, puzzles.

## **Resources:**

- **24 hour supports Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention by phone or online chat.  
**Phone (toll-free): 1-855-242-3310 Website: [hopeforwellness.ca](http://hopeforwellness.ca).**
- **Interior Health Crisis Line: [1-888-353-CARE \(2273\)](tel:1-888-353-CARE)**
- **Suicide Crisis Helpline – [9-8-8](tel:1-800-273-8255)**
- **KUU-US 24/7 Indigenous Crisis Line: Toll free [1-800-588-8717](tel:1-800-588-8717)**
  - **Phone (Adults and Elders): 250-723-4050**
  - **Phone (Youth): 250-723-2040**



## 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.**

Thank you to everyone who took part in this year's Gingerbread House contest at the 2024 Winter Celebration!



# 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)



Doors open @ 5:30  
Movie starts @ 6:00

SPLATSIN EDUCATION DEPARTMENT  
SHIHIYA SCHOOL

# Family MOVIE

Let's ring in the new year  
together with a PJ Party!  
Wear your comfiest PJ's!

More information to follow  
regarding transportation.



Popcorn, drinks  
and  
1 candy per  
person provided



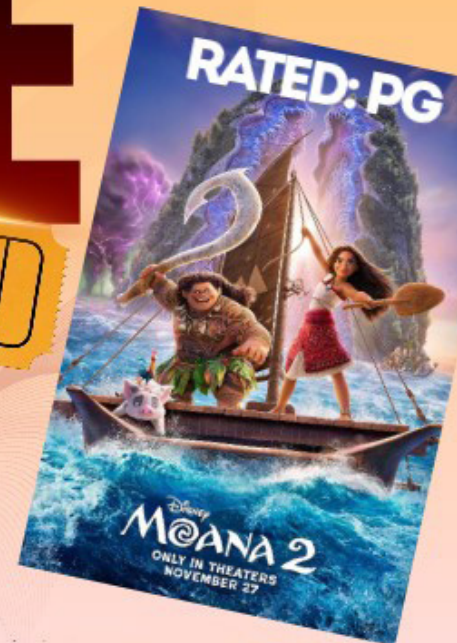
PIZZA DINNER PROVIDED!



Please RSVP with the QR code  
or follow this link:  
<https://forms.gle/PdY89hHVD8AchtYy7>



NIGHT



# St. Mary's Church Renovation: Project Update

The Splatsin Construction Services team has been making impressive strides on the renovation of St. Mary's Church.



The renovations are nearing completion and we expect to be ready for use early in 2025. Great work, everyone!



- Back Row (L to R): Raphael Claremont, Paul Nicholas, Clint Felix, Brett Felix
- Front Row (L to R): Doug Thomas, Pat Shandrowsky, Dustin Newcombe

Not pictured but equally vital to the team's success: John Clark, a Red Seal Finishing Carpenter who's been a tremendous help throughout the project.

**New Date  
&  
Venue**

# **WARRIOR TO WARRIOR**

**FOR MEN  
WORKSHOP**

**INSPIRE & RECLAIM OUR  
TRADITIONAL ROLES AS FATHERS,  
BROTHERS, UNCLES,  
GRANDFATHERS  
& WARRIORS**

**SATURDAY JANUARY 25TH  
9AM-4PM  
ALIB GYM**

*Prizes & Meals*



## **TOPICS**

- Healing the Dad ✓
- Traditional Roles of Men ✓
- Fatherhood is Leadership ✓



Contact Sheldon Jones if you are interested in this joining him for this workshop and to register for travel support!

E-mail [sheldon\\_jones@splatsin.ca](mailto:sheldon_jones@splatsin.ca) or call (250) 309-0986.

# ATTENTION SPLATSIN MEMBERS!!

We are looking for :

- Artisans
- Caterers
- Knowledge Keepers
- Elders who are willing to share and teach language, be available for on Call events for Opening remarks/ prayers.
- Youth, Elders, and Men for our Splatsin Stsmamlt Advisory Committee who have great ideas, attend 2 monthly meetings, and participate in weekend activities.

**Any questions please contact Yvonne**

**Email: [Yvonne\\_felix@splatsin.ca](mailto:Yvonne_felix@splatsin.ca)**

**Cel: (250) 306-8876**





## Splatsin te Secwépemc Rail Trail Update

The Rail Trail partners—Splatsin te Secwépemc, the Columbia Shuswap Regional District (CSRD), and the Regional District of North Okanagan (RDNO)—are excited to announce the next stages of construction are ready to proceed in 2025. The rail trail partners have been collaborating since 2015 to develop a 50-kilometre greenway for walking and cycling. This scenic trail connects the communities of Sicamous, CSRD Electoral Area E, RDNO Electoral Area F, Enderby, Splatsin, the Township of Spallumcheen, and Armstrong.

Upcoming construction will include flood erosion repairs along Mara Lake and the Shuswap River, aggregate surfacing of the trail, pedestrian-friendly modifications to rail bridges, road crossings, signage installation, and improved trailhead access between km 0.0 in Sicamous and km 42.6 at Stepney X Road. Final approvals from the Agricultural Land Commission (ALC) are still pending after the CSRD and RDNO agreed this spring to offer crossing easements for agricultural landowners who prefer them. Construction on sections within the Agricultural Land Reserve (ALR) will commence once the ALC issues a response to proceed. The rail trail partners are currently working with local farmers to finalize the crossing easement agreements.

In the meantime, work finalizing road crossings with the Provincial Ministry of Transportation and Infrastructure, submitting environmental management plans, and conducting archaeological assessments is underway. Construction of the rail trail within Splatsin IR#2 will commence early in 2025.

The Yucwmenlúcwu (Caretakers of the Land) team from Splatsin Development Corporation will oversee project management and lead the construction of the Rail Trail. Lawson Engineering Ltd has been hired to provide engineering design and construction services.

“As a proud member and Kukpi7 of Splatsin, it has been a tremendous honor to work alongside our partners in the creation of the Shuswap North Okanagan Rail Trail,” said Splatsin te Secwépemc Kukpi7 Michael Christian. “We extend our deepest gratitude to everyone who has contributed to the progress of this project. A special thank you goes to the provincial and federal governments for their generous financial support. Kukstsemc!”

In 2023, the Enderby-Splatsin pilot section (km 35.8-37.8) was completed with funding support from the Thompson-Okanagan Tourism Association, the Ministry of Tourism, Arts, Culture, and Sport, and the Federal/Provincial Investing in Canada Infrastructure Program - COVID-19 Resilience Infrastructure Stream. Additionally, two sections (km 0.5-4.5 and km 49.15-50.4) are nearing completion with support from the BC Active Transportation grant program, matching funds from CSRD and RDNO rail trail reserves, and contributions from the District of Sicamous and CSRD Area E Economic Opportunities Fund.

A community-led fundraising campaign helped to lay the foundation for these grants with support from the Shuswap Community Foundation and the Community Foundation of the North Okanagan. Many individuals and businesses throughout the Shuswap and North Okanagan donated to the rail trail project including major contributions from Askews Foods, SASCU, and the Rotary Club of Salmon Arm. The funds are in turn leveraged to apply for grant funding multiplying the impact of every dollar raised.

For more information, please visit <https://splatsin.ca/news-release-splatsin-te-secwepemc-rail-trail-update-12-20-24>