

MOCCASIN TELEGRAM



Kukpi7 Tomma signing Secwepemc Lakes Communities MOU with Kukpi7's from Adams Lake, Splatsin and Neskonlith . (Photo: Vikki Tronson)

T'KWAM7ÍPLA7 DAWN FRANCOIS



Waytk'p (Hello Everyone):

I hope all is well with everyone! I've been working on many portfolio items. My overall goal is to provide economic freedom for our Skwlāx band members and to accomplish that; we must ensure that processes are followed.

Update:

Here is a snapshot of the governance and business meetings I attend. This list is not all-encompassing, but it is a glimpse. For a complete list, come into my office and peek at my whiteboard, and we can discuss my role and responsibilities. I look forward to visiting.

The Quaaout Lodge and the Major Projects team had a Quaaout Lodge Rebuild meeting on February 29th, we decided to start the rebuild process. Lots of work to do and it's very preliminary but yes, the build is going to happen!

On February 11-13th there was a Le te Melamen strategic planning meeting, where various health issues were discussed for the whole Secwepemcú'lecw.

February 19 & 20th Councillor Julie and I attended the First Nations Tax Commission meeting in Vancouver, Skwlax was gifted a blanket for their participation. Manny Jules presented ideas about implementing a First Nations owned and operated land registry for reserve lands across Canada.

Currently the land registry system resides within ISC and is basically a repository/library that is slow to reflect changes at the speed of business. It hinders land transfers and other land acquisitions, as they are slow to process. Keep an eye out for those ideas.

February 26 & 27th we did a team building workshop, council, ED's and EAs attended it was an enlightening experience, was great for staff morale.

Various dates in March we are recruiting the Board of Directors for our corporations; the interviews are being conducted now. I want to say Kukstamc to the 7 band members who put forth their names to sit on one of the corporations' boards. That's amazing we have so many talented, knowledgeable, and skilled members *thumbs up*

T'KWAM7ÍPLA7 DAWN FRANCOIS



Skwlax's Children's Jurisdiction path has been an ongoing discussion since 2023, before the fire. Since then, we have had to pause this planning, but now we are back on track.

Desira John has presented a preliminary path multiple times at various band meetings. Our members will support choosing a path/model for jurisdiction as this is a whole band member initiative, not just a select few.

She's organized a team with the wellness center, and Rod Jeffries is part of that team. We are in the infancy stage, just the beginning. We are conducting a needs assessment first to see where the gaps are. Multiple community engagement invites have been posted and have occurred already. The next one is March 24 & 25, at the Quaaout Lodge. Please come out and join in as all voices are needed to move forward. Our children are important!

March 10th & 11th the housing team, Councillor Julie and I attended the Housing Strategic Planning sessions. This is map out the future landscape of the master housing plans and budgets. Refer to Councillor Julie's report on housing.

Please recycle, update your email and mailing address, and participate in various committees. We need all your voices represented! If you have any questions, please email me at dawn.francois@lslb.ca

Kukstamc,
Dawn Francois, MBA



EMPOWERING INDIGENOUS WOMEN IN ENTREPRENEURSHIP
EXPLORING PERSONALITIES WORKSHOP

All Nations Trust Company in Collaboration With
Special Guest & Facilitator Michelle Dignard, From
Insightful Training Solutions Inc.

DATE: March 14, 2025
TIME: 9:00 am - 4:00 pm
WHERE: ANTCO Boardroom
320 Chief Eli LaRue Way,
Kamloops BC, V2H 1H1

Register with April Paul by March 12, 2025
aprilp@antco.ca
Space is limited - Register Early!

OBJECTIVES:

- Join us as we take a unique approach to learning more about ourselves as Indigenous Women Entrepreneurs.
- Explore how personality types impact the different approaches we take to work and life.
- Identify factors to consider when creating a business lifestyle that works for you.

INCLUDES: Snacks, Lunch, Swag, & Door Prizes

Insightful
Training Solutions Inc.



Skwlax te Secwepemcúleew

NOTICE OF REFERENDUM

The intent of this notification is to inform the Skwlax te Secwepemcúleew Referendum Vote to amend the 2017 Custom Election Regulations.

TITLE:	2025 Skwlax te Secwepemcúleew Custom Election Regulations Referendum
DATE:	Saturday, February 22, 2025
TIME:	8:00 AM - 6:00 PM
PLACE:	Skwlax Band Hall - 1886 Little Shuswap Lake Road

To vote in person, please bring your status card and another piece of identification. Off-Reserve Members, mail out ballots will be automatically mailed out, please read instructions on how to return your package after you have voted.

If you have any questions or concerns regarding the referendum, please contact:

Jan Thomas, Electoral Officer
CELL: 778-878-6113
EMAIL: jackson5722@gmail.com

POSTPONED

Housing Recovery Update

Housing Rebuild Update: Progress Behind the Scenes & How You Can Prepare

We want to take a moment to reassure our CP holders and homeowners that the rebuild project remains a top priority. While it may feel like progress has slowed, significant work is happening in the background to ensure everything is in place for the next phase of construction.

Ongoing Efforts & Next Steps

Our team continues to focus on key project elements, developing an overarching Housing Rebuild Program, securing funding approvals, and preparing contractor selection processes. These steps are crucial to setting a strong foundation for the rebuild.

Additionally, we are planning a re-engagement session with CP holders in the near future. This will allow us to revisit plans, gather feedback, and ensure that each homeowner is supported in creating a home that suits their needs. We will provide more details on these sessions soon.

How You Can Stay Involved

As we move through this process, we encourage homeowners to continue preparing for their rebuild. While we handle logistics on our end, there are several ways you can stay proactive in shaping your future home:

- ✓ Develop your vision – Think about the features you want in your home. Consider layouts, designs, and any must-have elements.
- ✓ Research building plans – Explore different home styles and layouts that spark your interest. Having an idea of what you like will make the planning process smoother.
- ✓ Stay informed – Follow our updates and participate in upcoming engagement sessions to stay involved in the decision-making process.

Your Patience is Appreciated

We understand that waiting for visible progress can be challenging, but please know that every step we are taking now is crucial for a successful rebuild. Our shared goal remains the same: to build strong, lasting homes that reflect the needs of our community.

If you have any questions or want to discuss your next steps, please don't hesitate to reach out to our Housing Team at 250-679-3203 or housing@lsib.ca. Thank you for your continued support—we look forward to moving forward together!

SKWLĀX TE SECWEPENCÚLECW WINTER SCENES



Photos: Rhys Laug, Natalie Durning,
Sam Frye, Dustin Tomma

WILDFIRE RECOVERY AND EMERGENCY PROGRAM MANAGER REPORT

Freshet season is here....

Floods are common in B.C. 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. This seasonal flooding is known as freshet.

Annual precipitation has increased across the province, and summers tend to be drier than in the past. These trends contribute to increasingly destructive weather events, including flooding.

Precautions to take when around water:

Walking:

Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go the other way – six inches of swiftly moving water can sweep you off your feet.

Never underestimate the swiftness of the water – flooded rivers and streams are unpredictable. Even though the surface water may be smooth, the water is moving very fast.

Driving:

If you come upon a flooded road while driving, turn around and go another way.

Never stay with your car in a flooded area – if your car stalls, abandon it immediately and get away from the water to safety.

If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground – most cars can be swept away by less than two feet of moving water.

Boating:

Flood time is not a time for play – flooded streams and rivers are not safe for recreational boating.

Boaters who must be on the water should use caution – be aware that your wake can cause greater flooding issues on land. Be courteous.

Around dams or dikes:

Do not walk on dams or dikes.

Stay away from dikes and flood control devices – there is a high potential to be carried away by swift currents.

Heed warnings around flood-control devices.

WILDFIRE RECOVERY AND EMERGENCY PROGRAM MANAGER REPORT

Children and pets:

Do not let children in or near any flood water!

Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.

Never let children play near rivers or storm drains when the water is rising or high – swimming skills have nothing to do with surviving in a flooded river.

Pets can get into trouble, too – there have been cases of people drowning trying to rescue their pets.

Keep your family and yourself safe.

It's also important to remind everyone that there are still risks present as a result from the wildfire and this time of year they are more prevalent. If you are heading out to the back country, please keep an eye out for the other potential hazards including heavy runoffs and landslides.

Landslide and Flooding Risks Due to Wildfires

What you can do to recognize and deal with the hazards



1

HOW does wildfire activity increase the risk of landslides and flooding?

Periodically, British Columbia experiences severe wildfires near populated areas, such as those that occurred in 2003, 2009, 2010, 2015 and 2017.

A severe wildfire damages the forest canopy, as well as the smaller plants and soil below the trees. This can result in increased runoff after intense rainfall or a rapid snowmelt, putting homes or other structures below the burned area at risk of localized floods and landslides.



2

WHAT specific hazards should you watch for after a wildfire?

- » Flooding, especially after an intense rainfall
- » Landslides, which could include a debris flow and/or rockfall

What weather conditions trigger post-wildfire floods and debris flows?

The most common trigger is intense rainfall (for example, 10 mm of rain falling in under 30 minutes). The risk increases if the rainfall follows a prolonged dry period, because water can't soak into dry, fire-altered soils quickly.



3

HOW can you deal with post-wildfire hazards?

- » Be informed. Be ready.
- » Familiarize yourself with the landscape and its normal drainage channels.
- » Contact local authorities to learn about any emergency response plans and evacuation plans for your area.
- » Develop your own emergency plans.



4

WHAT should you do during a storm or heavy runoff event?

- » Pay attention to weather forecasts.
- » Check the Environment Canada weather forecast at http://weather.gc.ca/forecast_e.html
- » Avoid areas where a wildfire has recently occurred.
- » Never drive across a flooded road.
- » Do not enter water channels or hike upstream.
- » Consider leaving the area if you are concerned.
- » On forested land where a wildfire has recently occurred, avoid camping on floodplains, beside streams, on alluvial fans or at the base of burned slopes.

How long do post-wildfire risks last?

In areas that have been severely burned, post-wildfire risks may last for two years or more. Increased flood or debris flow risks may persist for much longer.



Additional resources are available online:

- » BC Wildfire Service: www.bcwildfire.ca
- » Environment Canada weather: www.weather.gc.ca/canada_e.html
- » Ministry of Forests, Lands, Natural Resource Operations and Rural Development: www.gov.bc.ca/for

REBUILD RECONNECTION DINNER



Thursday, March 27th



4:30 PM – 7:00 PM



Quaaout Lodge

Join us for an evening of reconnection as we come together to discuss the future of the Rebuild Program.

- ✦ Meet the Rebuild Team – Learn about the plan and progress.
- 🏠 Hear from Building Companies – Explore design options.
- 🍽️ Enjoy a Beautiful Dinner – Connect with community members.
- ❓ Ask Questions – Get the information you need.

This is an important opportunity to engage, share ideas, and be part of the journey ahead.

We look forward to seeing you there!

FOR MORE INFORMATION, PLEASE CONTACT:

MALLORY GOSSE



250-832-2782



MGOSSE@LSLB.CA



Hi, my name is Logan Launay, I am 13 years old and am from the 'William' family. My mom is Marlene Manness and my dad is Rick Launay. We live on the Island in Nanaimo but this year I have been living in Victoria to attend a hockey academy.

This all started out when I learned to skate when I was just three years old and started playing hockey when I was five. For the past five years I have been on the ice 8-12+ times a week improving my skills. Over the years I have tried out for and made some highly competitive teams including HPL Wolves, Snipers, Nanaimo Tier 1 two years in a row and now the Pacific Coast Hockey Academy. Last year with the Nanaimo Tier 1 team, we won the Island Division and came fourth in the Provincials. I was also invited out to the 'Up My Hockey Invitational tournament' and played for a team at the Prince George Aboriginal Youth Hockey tournament.

This year I am in grade 8 attending the Pacific Coast Hockey Academy. Our day consists of class in the morning, daily ice practice and physical training in the gym. I have been working hard and was recognized for my work both on and off the ice by being made an assistant captain on our team. As part of our program, we spend a lot of time travelling to other cities as a team without our parents. When we travel as a team I am required to be accountable for myself by making good decisions. The academy has helped me become not only a better hockey player but a healthy, motivated and responsible student.

I have been given a lot of support to get where I am today and am very thankful to my family, the band and others that are helping me pursue my goals.

MESSAGE FROM FINANCE:

KELLY BALLARD-STES CHIEF FINANCIAL OFFICER



Update from the Finance Department – we’ve just completed the 2023 audit and are now turning our attention to the 2024 audit; as we work to get caught up on all audits since the wildfire. We’re getting there! The goal is to have the 2024 audit completed before summer and the 2025 audit completed this fall. That makes for 3 audits completed in 2025 – this is exciting stuff for Finance!

Dad joke of the day: Why did the banker change his job?
Answer: He just lost interest

ECONOMIC DEVELOPMENT PILLAR

Dale Jackson-Executive Director

SKWLĀX CHEVRON



Skwlāx Centre Rebuild Update

Following the successful installation of a modular gas station building and fuel pumps in response to the devastating wildfire, the Skwlāx Centre Rebuild project is now officially underway.

A working group has been established to initiate the planning stages for the development of the Skwlāx Centre including a permanent gas station building. As part of this initial phase, a Highest and Best Use Analysis will be conducted to assess optimal commercial opportunities for the site, ensuring the long-term success of new development.

Skwlāx Centre Rebuild Project **Values**

- Honour Skwlāx te Secwepemcúíecw commitment to providing services to the community and reflect traditional culture and values
- Protect the Tmícw for the coming seven generations
- Analyze and maximize the highest revenue generating uses for the site and building

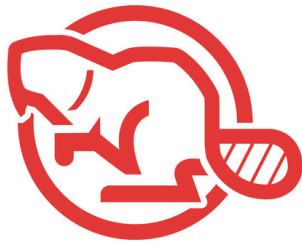
Project **Next Steps**

- Highest & Best Use Analysis
- Community Engagements Sessions
- Master Development Plan



ECONOMIC DEVELOPMENT PILLAR

Band Member Owned Business Profile



BEAVERTOOTH™
RESOURCES LTD.

jason@beavertoothresources.ca

(250) 574-2017

BeaverTooth Resources Ltd. is an independent forestry service contractor. The new startup was founded in March 2020 by Jason August (Band Member of Skw'lax te Secwépemcúlecw (SteS)).

BeaverTooth strives to employ SteS members and community residents. Jason has 10+ years, extensive experience working in timber harvesting operations as a Certified Hand Faller through the British Columbia Forest Safety Council (BCFSC). Jason recently obtained a seat as the Indigenous Representative for the Interior Region, with the Falling Technical Advisory Committee through the BCFSC. BeaverTooth is a SAFE certified company (BCFSC) and employs certified chainsaw operators, truck drivers, equipment operators, laborers, and administration staff. The company is focused on creating strong local partnerships that drive economic development within the Shuswap, Kootenay, Thompson Rivers, and Okanagan regions.

BeaverTooth's primary service areas include:

- Wildfire risk reduction/forest fuel management treatments
- Hand falling for forest harvesting, road construction, utilities/infrastructure projects etc.
- Specialized tree services including but not limited to Danger Tree Assessing and Certified Utility Arborists
- Logging services including but not limited to skidding, excavating, mechanized falling
 - BC Wildfire Type 3 Crew services
 - Small scale excavating services
 - Snow removal and sanding services
 - Mobile Treatment Center services
 - Dump truck/hauling services
 - Firewood sales

Economic Development would like to celebrate all Band Member Owned businesses in this space. Please email your submission along with logos and pertinent info to Maureen Clarke: mclarke@lslb.ca .



Interfor will be conducting a rock scaling project on the Momich FSR (Forest Service Road) between 6.0 km and 8.0 km on the following weekends:

- April 5–6
- April 12–13
- April 19–20 (if necessary)

The road will be closed while crews are on site but will reopen each evening. An alternative route is available via the 1020 FSR.



Federal Election 2025 Elections Canada is looking for SteS members for various positions

Quaaout Lodge will be the site of a polling station for the upcoming election (Date TBA). There are various paid positions available. These positions include “Ambassadors-both for an Elder and Youth (over age 16)”.

To apply: elections.ca/jobs

Questions? please contact ^tBirgit Widmaier: Assistant
Returning Officer (250) 351-6147

Some positions include training hours (paid). There will be a number of different polling stations including Quaaout Lodge, Chase, Celista, Scotch Creek and Anglemont. Please indicate to Elections Canada where you would like to be located.

TALKING ROCK GOLF COURSE & QUAAOUT LODGE – UPDATE



Cody Bell



Rhys Laug

After acting in the Interim General Manager role for Quaaout Lodge & Talking Rock Resort since March 2023, Rhys Laug has chosen to step away from this role to focus on major projects including restoration of the Quaaout Lodge and Resort Master Planning. His new role as Director of Facilities & Capital Projects will continue to support various SteS initiatives as part of the SteS Major Projects Working Group, Emergency Management & Wildfire Recovery Team, and the Economic Development Pillar. Rhys has been actively supporting the Skwlax community since joining the Quaaout Lodge & Talking Rock Resort in December 2010.

The new General Manager/Executive Golf Professional for Quaaout Lodge & Talking Rock Resort is Cody Bell, who joined the resort as the Director of Golf/Head Golf Professional in August 2023, quickly becoming a strong and collaborative leader within the resort management team. Cody came to the Resort after moving back to his hometown of Salmon Arm where he was born and raised. Coming from a golf course management background, Cody has been recognized by the Professional Golf Association of BC as an award-winning professional both on and off the course and still plays competitively whenever he has the chance. He looks forward to leading the Resort team and the opportunities that lie ahead for the facility.



Quaaout Lodge Rebuild Update



The Quaaout Lodge Rebuild project has restarted after pausing to focus on community recovery. Kukstsémc to everyone for your support to move this important project forward.

We are now in the Schematic Design phase, which will be followed by the Design Development Phase in the coming months.

Kukstsémc to so many of you who participated in the rebuild community consultations in 2023 that has provided the rebuild team with a wealth of amazing ideas, feedback, and insights that form the basis of the project through these next phases.

Steps completed so far:

- | | |
|---|--|
| <ul style="list-style-type: none"> Community consultations and vision Market analysis Financial feasibility analysis | <ul style="list-style-type: none"> Archaeological assessment Geotechnical assessment Existing building assessment |
|---|--|

It is important that this project meets high standards including:

- | | |
|--|---|
| <ul style="list-style-type: none"> Respect and reflect the Skwlāx te Secwépemcúlecw culture and values Meet or exceed BC Building Code Energy efficient Barrier-free accessibility | <ul style="list-style-type: none"> Designed to be a profitable year-round destination Modernization of existing building Modern fire suppression sprinkler systems Inclusion of Skwlax members and businesses |
|--|---|

Projected Timeline:

- | | |
|---|--|
| <ul style="list-style-type: none"> Schematic Design Design Development Construction Documents Tendering Existing Building Renovations New Lodge Construction Grand Opening | <p>February –April 2025
 May – July 2025
 August – November 2025
 December 2025 – February 2026
 Winter 2025/26, Winter 2026/27
 March 2026 – Late 2027
 January/February 2028</p> |
|---|--|

100+ Community Members
Participated in 8
Engagement Sessions
39 Community Survey
Responses





WE'RE HIRING

Exciting news! We're hiring and looking for talented individuals to join our team.

OPEN POSITIONS :

- ☒ Line Cooks
- ☒ Food & Beverage Servers
- ☒ Estheticians
- ☒ Public Areas Housekeeper



→ **APPLY NOW** ←



Send your resume to
JOBS@QUAAOUTLODGE.COM

Visit our website

WWW.QUAAOUTLODGE.COM



MARCH 2025 SKWLAX UPDATE



Celebrating Women in Construction
Week! March 3-7th, 2025
women aren't just
building a balanced & prosperous future,
we're redefining the industry!

Good Morning: le7 te scwénwen

Good Afternoon: le7 te screpqín

Good Evening: le7 te sr7al

BUILDING A BALANCED & PROSPEROUS FUTURE

We are delighted to welcome the team from the Cultural Heritage Protection Department as they collaborate with us at the shop yard.

Nola Markey - Cultural Heritage Director

Libby Chisholm - Researcher

Tracy Laug - Project Administration

Jacqueline Chojko-Bolec - Project Coordinator/Archaeologist



SRM had a wonderful time at Thompson Rivers University Indigenous Week for the Elders Luncheon, meeting with new Elders, reconnecting with familiar faces gaining insight into Secwépemc traditions through their perspectives. The Powwow was the perfect way to cap off a truly memorable day. We're excited to continue learning, celebrating, and growing together.

📞 778-601-8877



WWW.SKWLAX.COM



INFO@SKWLAX.COM

STES JOB POSTINGS



How would you like to be a part of our SteS Team? Lots of Opportunities and a great workplace environment. We could have a spot for you!

Check out the job postings at <https://lslb.ca/employment/>

EMAIL: HR@LSLB.CA

FAX: 250-679-3220

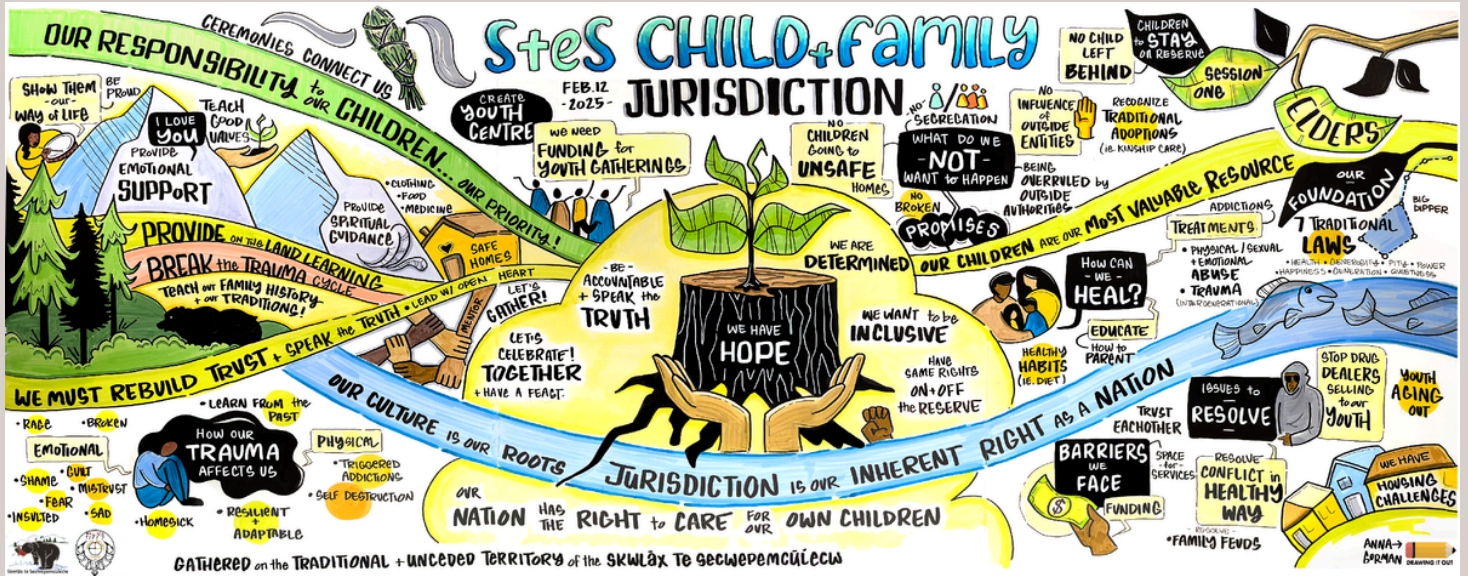
IN PERSON: STES OFFICE

1886 LITTLE SHUSWAP LAKE ROAD, CHASE, BC V0E 1M2



Skwlāx te Secwepemcúlecw Education Department went to Vancouver in early December for an off reserve Training and Employment Needs Assessment and Holiday Dinner (photos from Councillor Julie John)

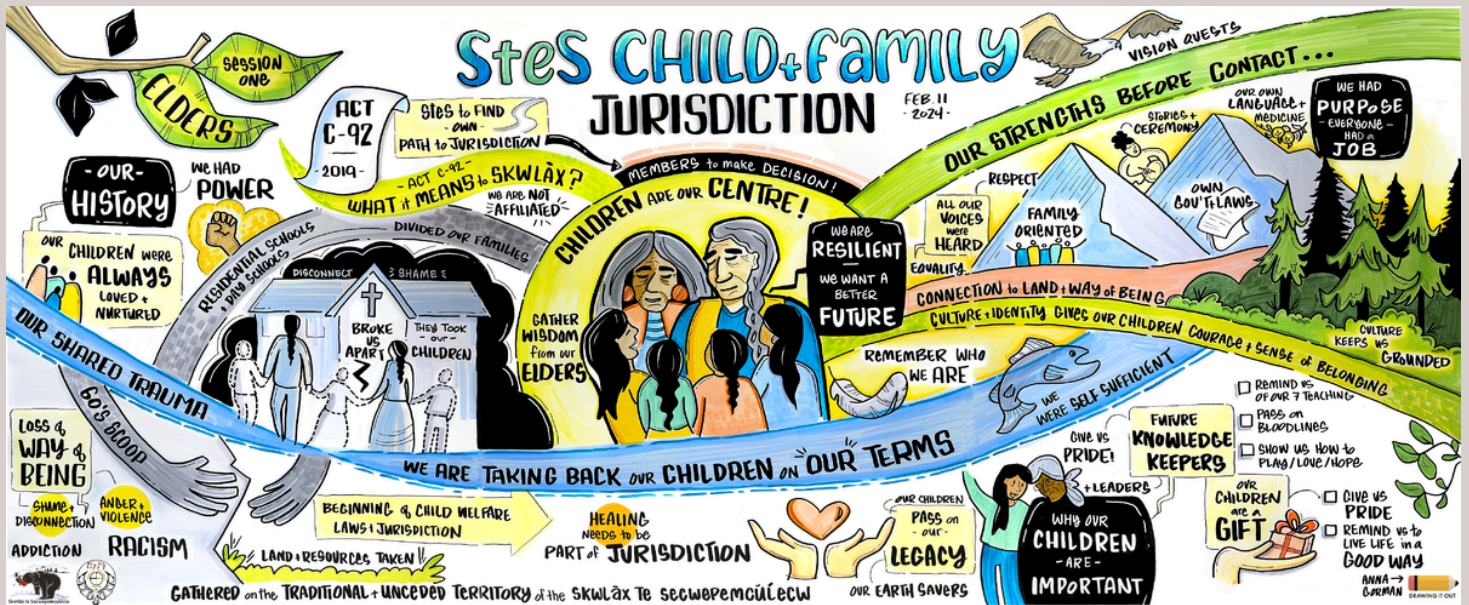
Child & Family Jurisdiction



20 band/community members took in the first two Child and Family Jurisdiction sessions at Quaaout Lodge On Feb 11 and 12th. The sessions were facilitated by Rod Jeffries. These are graphic illustrations of those two sessions courtesy of "Draw it Out". There are more sessions coming up:

Community Session March 19th and 20th – 3pm-8pm – Quaaout Lodge
Staff Session March 24th and 25th - 8am-3pm - Quaaout Lodge

Mark it on your calendar. Shuttle Rides are available for the March 19-20 sessions. Call Skwlax Wellness Centre at 250-679-3702.



Secwépemc Landmarks Project Reveals Phase II Sculptures

Shelley Witzky-Spemulecw (Early-riser)
Secwepemc Landmarks Project Manager
Shuswap Hut & Trail Alliance

Steltegixús (Chase Creek Falls) unveiling on September 27th, 2024 was attended by local leaders of Cstélnec (Adams Lake Indian Band) and the Village of Chase, as well as Elders, youth, community members, and artisans of the local Secwepemc communities. The unveiling occurred several weeks after trail upgrades. These upgrades were carefully designed to move the trail further away from the creek bed to lessen impact on aquatic life, make the trail more accessible for people with mobility issues, and ensure trail safety for future recreation users.



Mayor David Lepsoe and Chief Lynn Kenoras-Duck



Secwepemc artisans Tania Willard and Kel-c Jules



Secwépemc Landmarks Project Reveals Phase II Sculptures

Qw7awt unveiling on October 24, 2024, happened along the sunny shores of Quaaout Lodge and a beautiful fall day. Kukpi7 James Tomma and the Tkwemiple7 of Little Shuswap Lake Band spoke about the importance of language and working together for unity. Skwłāx Elders and Youth unveiled the sculpture and lit the ceremonial fire together. Secwepemc artisan, Tania Willard, spoke of how the plants, animals, and oral histories from the Elders Advisory Committee at the site visits inspired the design of the sculpture. Her desire was for the sculptures to be active and so each one has a feature that can be lit, either by fire, propane, or potentially solar capacities.



There are five more sculptures to be unveiled in spring and summer 2025 and posters will be submitted with more information closer to those dates.

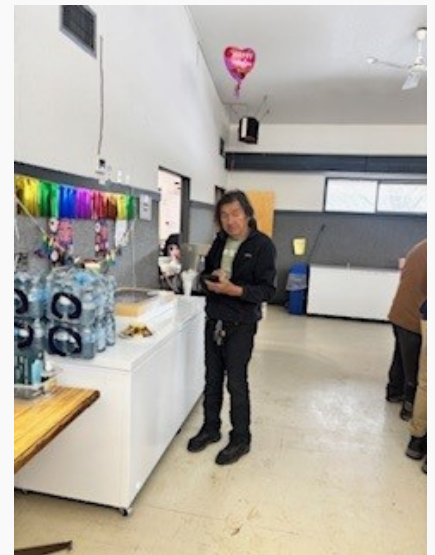
The Secwepemc Landmarks are monitored by the Guardians program at numerous local Secwepemc communities and the trails are managed by the Shuswap Trail Alliance. More information about both is available here: [Shuswap Trail Alliance](#)

Secwepemc Landmarks Project Team

SteS Training and Employment Needs Assessment Luncheon



The Skwlāx te Secwepemcúlecw Band Hall was the site of this event on Valentine's Day.



Photos by Cassandra Kearley)



Band Member Assistance

Band Member Assistance

- Dental costs, anything above what FNHA and what your medical benefits do not cover (proof required). If you cannot pay and get reimbursed please contact CSW.

- Prescription costs, anything above what FNHA and what your medical benefits do not cover (proof required). If you cannot pay and get reimbursed please contact CSW.

- Optical costs anything above what FNHA and your medical benefits do not cover (proof required). If you cannot pay and get reimbursed please contact CSW.

Recreation Funds

- Ages 0-3 is \$300 per fiscal year
- Ages 4-18 is Unlimited per fiscal year
- Ages 19 and over is \$1000 per fiscal year

- Recreation activities must be provided through a registered league, or organization. All receipts and invoices must have an official business letterhead/logo.
- If you are unable to pay and get reimbursed please contact CSW.

- Funding for youth 4-18 includes tournament fees and cost of accommodations. This will provide one room per family. Proof of tournament dates and registration needed.

Funeral Assistance

- The first step if a family member passes away on reserve is to contact Social Development (Destiny Francois).

- Off reserve members are to contact the Community Support Worker directly (Shania West).

- There is a funeral document and brochure to refer to. Reminder that once you figure out a funeral home to contact us with an update.

Compassionate Care
Medical Crisis/Funeral

This policy supports band members to travel in regards to family medical emergencies or to funerals for loved ones. This policy supports up to \$500.00 for travel costs such as gas, meals and accommodations.

Compassionate Care
End of Life/Palliative Care

This policy supports band members that are experiencing long term medical distress, Palliative Care, or if their in serious medical distress. This fund is to assist with long term hospital stays for any of the above, any extensions of stays are viewed on a case-by case basis and needs approval by Executive Director of Wellness or by Chief and Council.

Nutrition Hampers

This policy provides band members living on reserve with emergency supports regarding food security up to 4 times per fiscal year. To apply for one please contact the Community Support Worker for the application, it is given through purchase orders to Safety Mart in Chase.

“To ensure our strong families continue to flourish rich with love, empathy and respect that is rooted in our Secwepemc laws and culture.”

Child and Family Services Vision

Shania West
Community Support Worker

Office Hours
Monday - Friday 8am -3pm

 15-1528 Little Shuswap Lake rd, Chase, BC, V0E 1M2

 Office (250)679-3702 ext 212 Cell (778)824-1391

 swest@skwlaxwellness.com

CULTURAL HERITAGE PROTECTION DEPARTMENT BY NOLA MARKEY

Skwlāx Cultural Heritage Protection Department has been involved with repatriation research that identifies cultural property held in museums or private collections, in preparation of their return to Skwlāx in the future. For example, research results and museum visits identified some of the Skwlāx material culture (artifacts) held at the Royal BC Museum (RBCM) (Photo 1) and the repatriation initiatives of private collections (Photo 2) undertaken by the Tomma family (Leo, Molly, Virginia, and Patsy). Among some of the artifacts identified are fish sinkers, fish spears, arrowheads, digging stick handles, pipes, wedges, gravers, hammer/pounders, baskets, beaded headwear and purses, dresses and other regalia, along with a variety of classic mortar (stone bowl) and pestle (stone club-shape) sets (Photo 2), including types of smooth stone slabs and stone hand hammers or cylindrical shaped pestles (Photo 3).

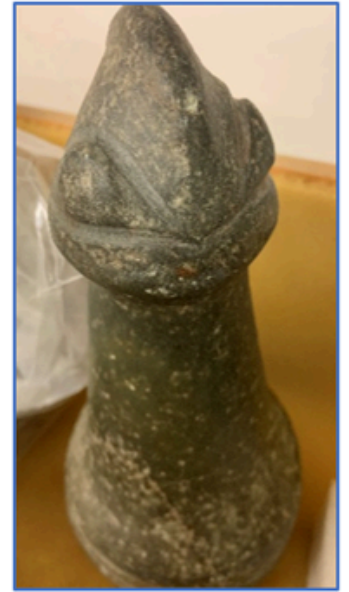
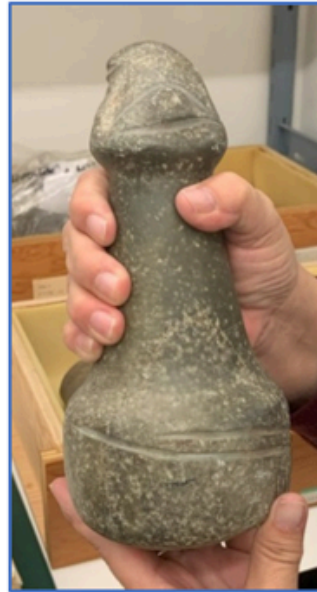


Photo 1: RBCM - Quaaout Andesite Pestle with carved animal head, possibly linked to an individual style or story



Photo 2: Skwlāx repatriated: Mortar and Pestle in 2023

When people think about mortars and pestles, one of the first things that comes to mind is food preparation. Mortars are vessels in which dried fish, meat, or berries, for example are, pounded or rubbed with a pestle. This device could be used to finely process hard or fibrous food for feeding the very young or the very elderly who had difficulty chewing, for example. Skwlāx member (Virginia Woolridge) recalled her mother would grind the hazelnuts and mix them into bread batter. A mortar and pestle tool set could also be used to grind

technology. The archaeological (ancient) record suggests that mortars and pestles of any age are not very common at archaeological sites on the Canadian Plateau. However, based on research conducted by the Skwlāx Cultural Heritage Department, a variety of mortar and pestle tools have been recorded from both Quaaout and Chum Creek ancient village sites that currently link up to approximately 5,000 years ago. The tools have been associated with long term village life, strategically located near reliable food resources that support communities year-round. The detail of work on the pestle illustrated in Photo 1 required a significant amount of time, patience, and skill. Mortars and pestles crafted by Skwlāx ancestors were an important and valued part of their toolkit.

Mortars and pestles have a long history (40,000 years) and varied uses by peoples around the world, including the Secwépemc. When



Photo 3: Chum Creek – Arnouse Collection: Stone slabs, hand hammers and cylindrical shape pestles

CULTURAL HERITAGE PROTECTION DEPARTMENT

BY NOLA MARKEY

herbs for teas and medicines, as well as manufacturing ochre from iron rich rocks to grind into a fine powdered pigment to be used as paint ([Photo 4](#)). The ochre powder was then mixed with oil or animal fat for medicinal and ritual use, as well as painting designs on clothing, baskets, animal hides, and pictographs on rock faces, as



Photo 4: Vermilion Pass: Ochre Powder

documented on Squilax Mountain. Smaller mortar and pestle tools were used to grind wild species of tobacco for ceremonial purposes, and pestles made of birch wood were used for berries.

Skwłāx is uniquely located in an area rich in salmon where harvesting and drying salmon was a common practice. Once the drying of salmon was completed, a portion of the salmon was pounded into a fine powder, mixed with some fish oil and dried berries to produce a salmon pemmican. Not only was the salmon nutritious, it sustained the Secwépemc communities over the winter months and was also traded with the Stoney and Piikani Blackfoot in exchange for resources such as buffalo meat or various medicines not available in the Shuswap Lakes region.

What do we know about mortars and pestles:

- Mortars and pestles were often made from similar stone materials such as hard granites, basalts, andesites and quartzites; other cultures used wood or ceramic depending on the resources available in their area.
- Pestles were multipurpose tools used as hammers to pound wooden stakes in the ground, or to pound bone and antler wedges to split wood, and in some cases as weapons (cylindrical shape):
- Mortars (bowls) were made from a naturally shaped boulder by chipping/pecking with hammerstones and sometimes chisels, creating a circular groove to the specific depth around the unwanted portion of the bowl; percussion flaking was used to shape the bowl; rubbing soft stones or sand were used to smooth the bowl.
- Experimental archaeology tested that manual mortar production of a small sized bowl is estimated to take about 20 hours to make – the softer the stone (soapstone) the easier the process, the harder the stone (granite) the longer the process, but will create a more durable bowl.
- The arrival of mortar and pestle tool production are linked to climate change, different resources available (i.e., salmon, hazelnuts) and social structure (changing tasks by gender, processing labour):
- Residue analysis in other studies indicate that the functions of mortars include their use in grinding both floral (plants) and faunal (animals), pigments, clays, and medicinals; and used as vessels (mixing, cooking, storage), oil or fat lamps, and for ornamental and ritual purposes; and,
- Pestle designs ([Photo 1](#) and [5](#)) could be associated with practical resource function, individual artistic style, family totem/clan, speciality (medicine man/woman), regional gift exchange or trade.

The ingenuity and longevity of the mortar and pestle, designed by our ancestors, has changed very little over thousands of years, used by numerous cultures worldwide. Mortars and pestles are used today by pharmacists, chefs, and is still part of our modern kitchen toolkit – it's timeless!



Photo 5: Skwłāx pestle styles repatriated from a private collection in 2023



Caring for Our Children & Family Our Way

We need your input!

Why you
should attend

Your voice needs to
be heard!

What support
services do you want
for your children?

Are you
concerned with safety
in community?

To provide input on the
direction Skwlax can take to
protect our children &
families

To be aware of the laws
that impact our
children & families

What role does
community
play to protect our
children?

To ensure our children &
families are strengthen
through culture and
connection



*CHILDCARE
AVAILABLE*

*DINNER
PROVIDED*

*BINGO & DOOR
PRIZES*

*BRUSH OFFS
& SMUDGING*

Where: **Quaaout Lodge**

When: **March 19 + 20th 2025**

Time: **3:00PM - 8 PM**

Call: **250-679-3702**

**SHUTTLE AVAILABLE FOR PICK UP/DROP OFF
CALL WELLNESS IF NEEDED**

WELLNESS PILLAR

BERNIE CHARLIE
EXECUTIVE DIRECTOR

WHAT TO DO WHEN A LOVED ONE PASSES AWAY



WHEN A LOVED ONE PASSES AWAY IT TENDS TO GET STRESSFUL AND BUSY. THIS GUIDE WILL ASSIST WITH THE INITIAL STEPS DURING THIS DIFFICULT TIME.

First Initial Steps

Decide who the appointed family/representative will be for all communication purposes. They will be the point of contact for everything.

Connect with Sylvia Andrew, Executive Director of TRS Lands, Tax Administrator, Wills & Estates for Sk'wlax to locate a will if the band member had one.

The family representative can connect with Sk'wlax Social Development Staff member and the Community Support Worker by contacting the Sk'wlax Wellness Centre.

Monetary Supports

Sk'wlax Social Development/Indigenous Services Canada

Band Member Assistance

Off Reserve can contact the Community Support Worker directly.

WELLNESS PILLAR

BERNIE CHARLIE
EXECUTIVE DIRECTOR

Funeral Homes

Choose a funeral home in your area, after you've chosen one, contact Social Development or the Community Support Worker to update on where you choose for administrative purposes.

Local Funeral Home Suggestions

<i>Shoenings (Kamloops)</i> <i>513 Seymour St, Kamloops, BC</i> <i>www.dignitymemorial.com</i> <i>(250)374-1454</i>	<i>Kamloops Funeral Home (Kamloops)</i> <i>285 Fortune Dr, Kamloops, BC</i> <i>www.kamloopsfuneralhome.com</i> <i>(250)554-2577</i>
<i>Bowers (Salmon Arm)</i> <i>440 10 St SW, Salmon Arm, BC</i> <i>www.bowersfuneralservice.com</i> <i>(250)832-2223</i>	<i>Fischers (Salmon Arm)</i> <i>4060 1 Ave SW, Salmon Arm, BC</i> <i>www.fischersfuneralservices.com</i> <i>(250)833-1129</i>

Off Reserve Social Development Information

If the person was residing off reserve at the time of death and burial is to take place on reserve within BC, the Ministry of Social Development will pay any or all of the following:

- 60 percent of the funeral providers service fee to a local funeral director
- the cost of a casket to a local funeral director
- transportation to the person's reserve

The family representative will need to call 1(866)0800 to start the process.

Ask to speak to the funeral director.

WELLNESS PILLAR

BERIE CHARLIE
EXECUTIVE DIRECTOR

*"We believe that equity, reliability, empathy, integrity,
and compassion are critical to the establishment and
maintenance of healthy relationships."*

SKW'LAX TE SECWEPENC'ULECW VALUES

Mental Health Support

Kuu-Uus 24 Hour Crisis Line Toll free (1-800-588-8717)

WHO TO CONTACT

SHANIA WEST - COMMUNITY SUPPORT
SWEST@SKWLAXWELLNESS.COM
(250)679-3702 EXT. 212

DESTINY FRANCOIS - SOCIAL DEVELOPMENT
DESTINY.FRANCOIS@SKWLAXWELLNESS.COM
(250)679-3702 EXT. 209



Drum Practice



EVERY TUESDAY

Open to Community

3:00PM - 6:00PM



SKWLAX WELLNESS CENTER



The poster features a light cream background with a brown border. It is decorated with various colorful illustrations of crafting supplies: a pink polka-dot fabric piece, a blue button, orange and green fuzzy pom-poms, a blue clothespin, a red button, three balls of yarn (green, orange, red), a pair of red-handled scissors, a green spool of thread, a blue dressmaker's mannequin, a red button, a red ball of yarn, a needle with thread, a pink button, a pink fabric piece, a pink button pin cushion, and a blue sewing machine. The main title 'Midweek Makes: Crafting Night' is in a large, dark brown serif font. Below it, the frequency 'Every Wednesday' is in a smaller bold font, followed by the time '3:00 PM - 6:00 PM' with a clock icon. The location 'Skwlax Wellness Centre Boardroom' is preceded by a red location pin icon. The event details 'Bring Your Crafts & Works-in-Progress! Relax, Chat, & Enjoy Tea' are in a medium font. The inclusivity note 'Open to community, Bring Your Beadwork, Sewing, Crocheting, Knitting, Painting, or Unfinished Projects!' is in a smaller font. The disclaimer 'Children are welcome but must have a parent with them at all times.' is in a small font. The host 'Culture Department Skwlax Wellness Centre' is at the bottom.

Midweek Makes: Crafting Night

Every Wednesday

🕒 3:00 PM - 6:00 PM

📍 Skwlax Wellness Centre Boardroom

Bring Your Crafts & Works-in-Progress!
Relax, Chat, & Enjoy Tea

Open to community, Bring Your
Beadwork, Sewing, Crocheting,
Knitting, Painting, or Unfinished
Projects!

Children are welcome but must have a
parent with them at all times.

Culture Department Skwlax Wellness Centre

STES WELLNESS PILLAR

What you need to know about the

FLU

When to Seek Urgent Medical Attention

In Children:

- Fast breathing or working hard to breathe
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash
- Being unable to eat
- Having no tears when crying

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough
- Severe or persistent vomiting

Flu Prevention

- **Get vaccinated** each year.
- **Cover your nose and mouth** with a tissue when you cough or sneeze.
- **Wash your hands** often with soap and water or an alcohol-based hand rub.



- **Avoid touching your eyes, nose or mouth.**
- Try to **avoid close contact with sick people.**
- If you have the flu, **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities.
- **Practice good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

COLD

VS

FLU

Common Symptoms:

Cough, sore throat,
runny or stuffy nose,
minor muscle or
body aches, mild fatigue



Common Symptoms:

Fever, chills, cough, sore
throat, runny or stuffy
nose, muscle or body
aches, headache, fatigue

STES LAND AND EDUCATION PRESENTATION: KELOWNA, BC



SteS Education and Lands held an informational meeting February 6, 2025 at the Delta Hotel in Kelowna, BC (photos : Cassandra Kearley)



EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY

Skwłāx te Secwepemcūlecw

PRIZE 1: SKWLAX MEMBER ONLY
TROY-BILT Lawn Tractor (\$2500 Value)

PRIZE 2: \$2000 TRAVEL VOUCHER
DRAW DATE: Nov 27/2024

WHAT IS THIS?
A survey to collect Training & Employment DATA to assist the EDUCATION DEPARTMENT.

WHY?
To Develop a TRAINING & EMPLOYMENT Strategic Plan to match training with Skwłāx te Secwepemcūlecw Labour Market NEEDS!

WHO?
ALL ON & OFF RESERVE MEMBERS & SteS Staff

All information gathered with be held in high confidence and only for training purposes!

This questionnaire will be available electronically using Survey Monkey and by Paper Copy if requested!

SCAN ME
TRAINING & EMPLOYMENT NEEDS ASSESSMENT SURVEY
E-mail: cassandra.kearley@LSLB.ca
250-679-3203 X 110

Supported by Chief & Council

Skwłāx te Secwepemcūlecw
UNIVERSITY TOUR
MARCH 17- 20, 2025

ABOUT US
We provide a good quality education system with international standards for our students.

UNIVERSITIES ATTENDING

- Thompson Rivers University
- Nicola Valley Institute of Technology
- University of British Columbia
- Capilano University
- Native Education College
- Justice Institute of British Columbia

REQUIREMENTS :

- GRADE 10-12
- GOOD ATTENDANCE
- NEVER BEEN ENROLLED AS A UNIVERSITY STUDENT

DEADLINE TO REGISTER: MARCH 1, 2025

MORE INFORMATION :

CASSANDRA.KEARLEY@LSLB.CA
1886 LITTLE SHUSWAP LAKE RD
250-833-2967

STES BAND MEMBERS ONLY

Logos: UBC, Thompson Rivers University, Justice Institute of British Columbia, Capilano University, NVIT, Native Education College



Sunset at Quaaout Lodge (Photos-Rhys Haug)

EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY

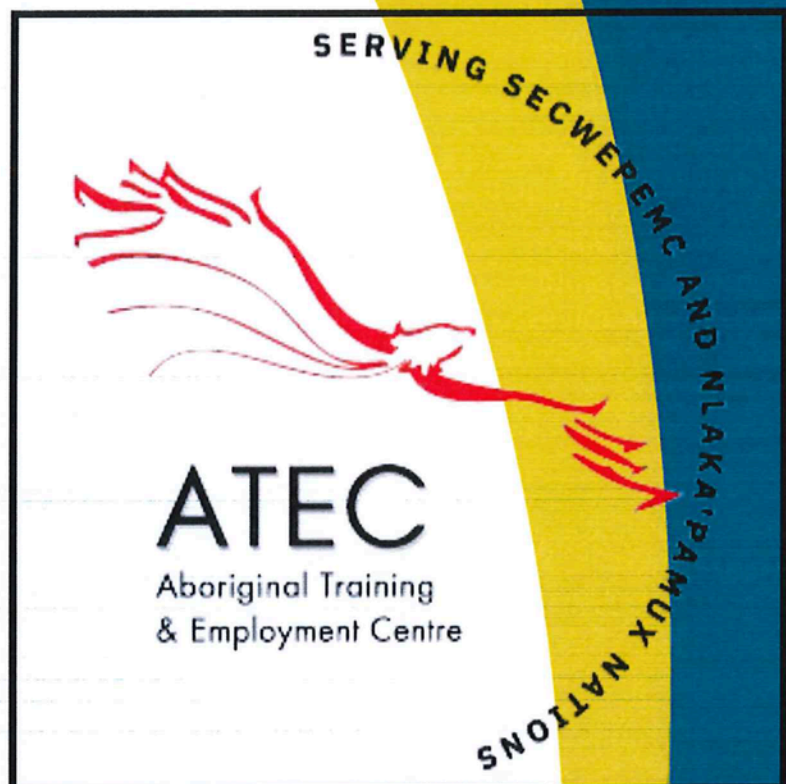


TRAINING & EMPLOYMENT SERVICES

SNTC ISET IS THE SERVICE CANADA INDIGENOUS SKILLS & EMPLOYMENT TRAINING PROGRAM (ISET) AGREEMENT HOLDER SERVING INDIGENOUS PEOPLE LOCATED IN THE SECWEPENC AND NLAKE'PAMUX NATIONS IN THE CENTRAL INTERIOR OF B.C. SNTC ISET PROVIDES EMPLOYMENT SERVICES TO UNEMPLOYED AND UNDER-EMPLOYED INDIGENOUS INDIVIDUALS RESIDING IN OUR SERVICE AREA, REGARDLESS OF THEIR ORIGIN IN CANADA.

Our Services:

- ✓ RESUMES/COVERLETTERS
- ✓ FUNDING FOR TRAINING
- ✓ TRAINING
- ✓ RESOURCES



Contact us for an
appointment:



Phone Number:

250-679-3203 EXT 110

Email



cassandra.kearley@LSLB.ca

EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY

**Fully
Funded**

 **TRU**
Women in
Trades

**Feb 18 –
May 1,
2025**

Indigenous-Focused Women in Trades Training Exploratory Program

Sample seven different trades offered at TRU and gain up to 10 trade-specific tickets during this 11-week exploratory (non-credit) program

778-471-8365



www.tru.ca/witt



witt@tru.ca



 Canada

 BRITISH COLUMBIA

SKILLEDTRADES BC

This program is funded by the Government of Canada
and the Province of British Columbia.



EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY



Happy Graduation

All Graduates are encouraged to fill out our Graduation Registration.

Please scan the QR code below or send request for registration form
to: Beverly Narcisse Email: btomma@lslb.ca



EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY

Congratulations!



Brianna Billy
For Graduating the
ECE Program 🎉



Title: 2020 FOREST RIVER CHEROKEE 36'

Asking Price: \$39,000 obo

Features: A master bedroom with queen bed, bunkhouse bedroom (sleeps 4), spacious kitchen including freezer & icemaker, living room with TV, pullout couch & electric fireplace, washroom featuring bonus bathtub shower, air conditioning & heating, outdoor kitchen, and plenty of indoor/outdoor storage!

Contact: Amber Douillard, Project Assistant, Phone: (250) 319-6135,
Email: adouillard@lsib.ca



EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY

Skwlāx te Secwepemcúlecw
presents the 2nd Annual:



JOB & CAREER FAIR

APRIL 16, 2025



Location

**QUAAOUT LODGE & TALKING ROCK
RESORT**
1663 LITTLE SHUSWAP LAKE ROAD

**VENDORS
REGISTER NOW**



EVENT TIMES:

12:00 PM – 3:00 PM– STUDENTS
SCHOOL DISTRICT 73 & 83 STUDENTS

3:00 PM– 6:00 PM– OPEN TO COMMUNITY
OPEN TO PUBLIC



OC Indigenous
Services



EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY



ADAMS LAKE ELDERS
BINGO NIGHT

CONCESSION AVAILABLE

AT THE ADAMS LAKE INDIAN BAND GYMNASIUM

MARCH 28TH, 2025

Doors Open @ 5:00pm
Warm ups @ 5:30pm *5 Games*
Regulars @ 7:00pm

• 6 Up Booklet \$30 • 9 Up Booklet \$40 • 12 Up Booklet \$ 50	Specials • 5 Games @ \$2 each
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DOOR PRIZES

LOONIE AUCTION

CONCESSION

Joan 250-574-3756

CONTACT LIST

Name	Contact Information	Role/Responsibility
Julie John	julie.john@lslb.ca	Councillor-Portfolio Manager: Housing
Dale M. Jackson	djackson@lslb.ca	Executive Director-Economic Development
Andrea Stelter	astelter@lslb.ca	Emergency Program & Wildfire Recovery Manager
Kristina John	kjohn@lslb.ca	Emergency Program Coordinator
Rhys Laug	rlaug@quaaoutlodge.com	Director of Facilities & Capital Projects: Quaaout Lodge
Cody Bell	cody.bell@quaaoutlodge.com	General Manager and Executive Golf Professional-Quaaout Lodge at Talking Rock Resort
Kyle Kreutzer	kyle.kreutzer@lslb.ca	Executive Director-Administration
Kelly Ballard	kelly.ballard@lslb.ca	Chief Financial Officer
Domenic Fiorenza	dfiorenza@lslb.ca	Executive Director-TRS & Forestry Manager
Sylvia Andrews	sandrews@lslb.ca	Executive Director-TRS, Lands, Tax Administrator & Wills/Estates
Emily Everson	housingclerk@lslb.ca	Housing Assistant Manager
Maureen Clarke	mclarke@lslb.ca	Executive Assistant-Economic Development
Joanie Elias	jelias@lslb.ca	Interim Housing Manager
Mallory Gosse	mgosse@lslb.ca	Housing & Recovery Coordinator
Sherri O'Dine	sales@quaaoutlodge.com	Events & Sales-Quaaout Lodge at Talking Rock Resort
Jason Bryson	publicworks@lslb.ca	Public Works Manager
Nola Markey	nmarkey@lslb.ca	Cultural Heritage Archaeology Manager
Larry Read	lread@lslb.ca	Communications Coordinator



Photo credits: Dustin Tomma, Cassandra Kearley



SteS Economic Development would like to celebrate all Band Member Owned businesses in this space. Please email your submission along with logos and pertinent info to Maureen Clarke: mclarke@lslb.ca .



jason@beavertoothresources.ca
(250) 574-2017



Damian Arnouse
250-515-4469



Skwlax Chevron
250-679-8657
Open 7 days a week
6:00 AM-9:00 PM



aggsales@skwax.com
672-910-0202



info@skwlax.com
778-601-8877



TALKING ROCK
— GOLF COURSE —
AND QUAAOUT LODGE
www.quaaoutlodge.com
250-679-3090