

MOCCASIN TELEGRAM

WELCOME HOME!



HOUSING RECOVERY TASK FORCE:

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Photo Credits:

WELCOME HOME!

APRIL 24, 2024



April 24, 2024, will go down as a great day in Skwlāx te Secwepemcúlecw history. Band members were joined by leaders from various First Nations and non-First Nations governments, partners, supporters and the media to celebrate the opening of "Dancing Fawn II"– the first of four new subdivisions created in the wake of the 2023 Bush Creek East Wildfire. Here are some photos from the "Welcome Back" event.



WELCOME HOME!

APRIL 24, 2024



MESSAGE FROM HOUSING CHAIR- COUNCILOR JENNY JOHN



Waytk! I have been in this position by acclamation since March 22, 2024, and was immediately sworn in after the nomination meeting and started on Monday, March 25, 2024. My parents are Helen John (Anthony) and late father Narcisse John (Mousie). I have three children, Devon Pearson, Darian, and Bruce Jackson and one granddaughter, Nova Rose Pearson. My siblings are Andrea John, Craig John, David John, Roberta Bungay, Doug Anthony, Kelly John, Les Anthony, Chris Anthony, and late brother Kevin John.

My education background includes events and convention management diploma from TRU and then laddered into the Bachelor Tourism Management program, and eventually moving into the EMBA, Indigenous Business Leadership at Simon Fraser University which I graduated in 2020.

Prior to getting into leadership, I ran my own business Be Inspired! Events Planning which I took on various event planning contracts within Secwepemulucw. Since getting into leadership, I have ended all of my contracts I had in place to be in this position full time. I have a space in Chase in which my mom has taken over the Be Inspired Boutique (Women's gently used clothing) which I am super proud of her to explore the world of entrepreneurship!

Since my short time in this seat till now, I have been busy with catching up, and getting informed, and updated on many items and topics including housing and education. Previously, I sat on the housing and education committees. It has been extremely busy but I am so excited for this opportunity to learn. I have been busy and starting to read documents, and policies which I know will be ongoing for a while, so I am knowledgeable and educated the best of my abilities on our bands policies and procedures, to make informed and educated decisions.

I look forward to working with our community at this level. I am super honored to be a part of leadership, for the first time to have two women on council. I know Kukpi7 James Tomma and Councilor Dawn Francois have a lot of skills and strengths that I can also learn from and can contribute my education and experience to a strong Skwłāx team!

COUNCILLOR REPORT-DAWN FRANCOIS



FRESH NEW SPRING VIBES IN THE AIR! REGROWTH, BABY ANIMALS BEING BORN, NEW BABY BAND MEMBERS AND NEW BAND STAFF ARE ALL WELCOMED! WE ARE SLOWLY YET CONSISTENTLY MOVING THROUGH OUR WILDFIRE SITUATION OF LAST YEAR. THE NEW SECOND DANCING FAWN SUBDIVISION WILL BE OPEN SOON! (NEW NAME TO BE DETERMINED).

WE NEED TO BE PREPARED THAT OUR LANDSCAPE WILL LOOK DIFFERENT QUITE QUICKLY, IT WILL LOOK BARREN. WE HAVE 9 CUT BLOCKS SCHEDULED TO REMOVE THE BURNED TREES AND FALLEN TREES. PLEASE BE READY AND WE WILL SHARE INFO FOR THE REPLANTING OF OUR TREES, PLANTS, AND MEDICINE AT A FUTURE UPDATE BAND MEETING.

UPDATE: WE ARE PLANNING A HUGE FAMILY FRIENDLY EVENT TO COMMEMORATE OUR 1ST YEAR ANNIVERSARY OF THE FIRE. WE HAVE HIRED AN EVENTS COORDINATOR TO SUPPORT US WITH PLANNING. HER NAME IS ELENA MARKIN. THE EVENT WILL TAKE PLACE ON SUNDAY, AUGUST 18TH, 2024, AT THE QUAAOUT LODGE OUTSIDE. WE HAVE LOTS PLANNED THAT INCLUDE A COMMUNITY WALK AND SMUDGING OF MOST AREAS, SPEAKERS, FOOD, ACTIVITIES, AND A GOLF TOURNAMENT. PLEASE REFER TO THE POSTER IN THE NEWSLETTER.

THE 2024/2025 BUDGETS WILL BE DONE BY MAY 2024 WHICH IS AWESOME, WE HAVE A NEW ACCOUNTING SYSTEM CALLED XYNTAX THAT WILL PROVIDE FASTER AND MORE EFFICIENT WORK PATHS. WE HAVE REORGANIZED OUR KUKPI7 AND COUNCIL PORTFOLIOS SINCE JULIE JOHN HAS COME ABOARD. WE ARE REVIEWING AND CHANGING OUR FINANCIAL ADMINISTRATION LAW TO PROVIDE STRONGER GOVERNANCE AND PROCEDURES FOR THE COUNCIL AND EXECUTIVE DIRECTORS TO FOLLOW, IT WAS CREATED IN 2019 AND SITUATIONS HAVE CHANGED, AND WE NEED TO REFLECT ON THESE NEW SITUATIONS.

THE WELLNESS CENTRE HAS PASSED NEW POLICIES FOR COMPASSIONATE CARE MEDICAL CRISIS, COMPASSIONATE CARE CELEBRATION OF LIFE, CELEBRATION OF LIFE POLICY, RECREATION FUND POLICY, AND BAND MEMBER ASSISTANCE POLICY (NOT SOCIAL ASSISTANCE, WHICH IS DIFFERENT). PLEASE CALL DOMINA OR JENNIFER AT THE WELLNESS FOR FURTHER CLARIFICATION.

WE ARE PLANNING SOME BAND WIDE REFERENDUMS TO BE IMPLEMENTED LATER THIS YEAR. THE POLICIES TO BE REVIEWED AND PASSED ARE THE ELECTION CODE, BAND MEMBERSHIP CODE AND LAND DESIGNATION. WE WILL KEEP YOU UPDATED ON THESE PLANS.

WE'D LIKE TO WELCOME OUR NEW INTERIM EXECUTIVE DIRECTOR FOR ADMINISTRATION PILLAR, ZACH PARKER, HE COMES WITH A WEALTH OF KNOWLEDGE AND EXPERIENCE, DROP BY, AND SAY WAYTK TO HIM. KUKSTAMC AND I LOOK FORWARD TO SEEING YOU ALL AT THE NEXT UPDATE MEETING, IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT ME.



SKWLĀX TE SECWÉPEMCÚ'ECW

**CELEBRATING OUR RESILIENCE
& REBUILD OF OUR COMMUNITY**

SKWLĀX

OUR COMMUNITY INVITES YOU TO

SKWLĀX

COMMEMORATION OF THE WILDFIRE

**FREE
EVENT**



SUNDAY

Aug 18, 2024



STARTS AT

10:00 AM



QUAAOUT LODGE

1663 Little Shuswap Lk. Rd

FEATURING

- Sunrise Ceremony
- Community Blessing
- Big Drum Songs
- Community Walk
- Food
- Music
- Games & Activities for all
- Golf Tournament
- and more

REGISTER NOW

www.lslb.ca/events

Everyone is welcome!

<https://www.eventbrite.ca/e/skwlax-commemoration-of-the-wildfire-tickets-887797414967>

RAPID HOUSING

Significant progress on the rapid housing program has been made over the last month. Several houses have been installed at Dancing Fawn and foundations are starting at Little Shuswap Lake Road East and the North Subdivision. The anticipation is that the first homes will be ready for occupancy in late May. Most of the lot construction will be completed by the end of May. The majority of homes being installed by the summer. A housing allocation plan has been developed and will be reviewed individually with the households to let them know which house they will be moved into and a timeline for the move. Tenancy agreements will also be developed and reviewed with the people moving into the homes.

Many members have been inquiring about the financial impact of this project. While costs remain to be determined, the design and construction costs are likely to be in the \$30 - \$35 million range with a substantial portion of the construction value the result of work done by SRM. We have been provided an initial allotment of \$24 million for the rapid housing program and we are currently working with Indigenous Services Canada to get funding for the remainder.

While the primary benefit of the Rapid Housing Program is to get people home as soon as possible, other benefits include:

- Being able to provide all properties on Little Shuswap Lake Road East with connection to the community water system and thus not being subjected to a boil water advisory.
- Developing serviced lots for future rebuilds
- Expanding our permanent housing supply as these houses will be converted into Band rentals after they are no longer needed for the rapid housing program.

While the rapid housing program is moving quickly, we are also in the process of developing a rebuild plan that will enable us to request ISC funding to cover any potential funding shortfalls as we are getting clarity on how much insurance will cover for the rebuild. While a lot of work remains to be done, it is anticipated that through the funding we receive we will be able to generally replace what was lost (i.e. we can replace a 1500 sq. ft. house with another 1500 sq. ft. house). Some of the questions we need to answer for the rebuild plan include:

- What kind of housing do people want for their rebuild (modular vs. stick build, two storey house|vs. rancher, etc.)
- What houses need accessibility measures incorporated into them?
- What standards do we want to see achieved for new housing such as being Fire Smart and energy efficient?
- What cultural values should be incorporated into new housing?
- What kind of professional services do we need to assist the rebuild (e.g.do we need an architect or housing designer, etc.)
- What are we going to do with the Band rental housing that was lost?

We will be discussing the rebuild plan with members in the coming weeks.

As a reminder, health support is still being delivered through wellness for members that require assistance post-fire.

Dancing Fawn II



North Sub II



Skwlāx te Secwepemcúlecw Job Fair-April 26-27, 2024



Attendance was strong as a two-day job fair was held at Quaaout Lodge



CONGRATULATIONS TO STES BAND MEMBER JEAN
CHOENHALZ WHO WON A GIFT CERTIFICATE TO THE LE7KE
SPA AT QUAAOUT LODGE.
SHE ENTERED A DRAW AT THE JOB FAIR.

RECOVERY MANAGER- ANDREA STELTER REPORT



Landslide and Flooding Risks Due to Wildfire

Following any major wildfire event there are additional hazards that people need to be made aware of including landslide and flood risk warnings. The information provided below can help you and your family avoid a potentially dangerous situation, especially if you are planning on visiting the back country.

1. How does wildfire activity increase the risk of landslides and flooding?

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 infrastructure 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 (a specific type of fast-moving and powerful landslide, resulting from heavy water runoff and carrying large amounts of soil, rocks, wood debris and trees)
 - rockfall (resulting from the fire-induced cracking of rocks and the loss of stumps, logs and roots that would normally hold loose rocks in place)

3. What weather conditions trigger post wildfire floods and debris flows?

The most common trigger is intense rainfall (e.g. 10mm 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. The water is repelled and flows over the land, instead of soaking into it. In coastal areas, fall rainstorms are the most likely causes of post-wildfire floods or debris flows. A rapid spring snowmelt can also be a trigger in drainage areas that have experienced severe wildfires.

4. How can you deal with post-wildfire hazards?

- Be informed. Be ready.
- Familiarize yourself with the landscape and its normal drainage channels. Know where your home or property is situated with respect to natural drainage channels. Find out if any floods or landslides have occurred in the area in recent years.
- Develop your own emergency plans for your family, property and/or business. Post-wildfire hazard events can occur with little advance warning, so it's important to be prepared.
- If a wildfire occurs on Crown (provincially owned) land, a post-wildfire risk analysis may be conducted to determine if the safety of nearby residential areas may be affected. Contact your local government office or Emergency Management BC (EMBC) to see if a risk analysis has been done in your area.

5. What should you do during a storm or heavy runoff event?

- Pay attention to weather forecasts that include thunderstorm or heavy rainfall warnings.
- Check the current Environment Canada weather forecast at http://weather.gc.ca/canada_e.html
- Avoid driving in an area where a wildfire has recently occurred. Potential dangers include washed-out bridges and culverts. Roads running below steep banks are susceptible to landslides. If it's absolutely necessary to travel in the area, stay alert and watch the road ahead of you for collapsed pavement, mud, fallen rocks or other indications of debris flows.



- Never drive across a flooded road.
- If your home is in an at-risk area and severe weather is occurring or in the forecast, stay alert. Listen for any unusual sounds (e.g. tree trunks cracking or boulders knocking together) and watch for changes to water flows in local stream channels. Consider sleeping on an upper floor of your home and don't sleep in the basement.
- Do not enter water channels or hike upstream to inspect water lines or buildings. Consider leaving the area temporarily if you are concerned (and if it is safe to do so).
- On forested land where a wildfire has recently occurred, avoid camping on floodplains, beside small streams, on alluvial fans or at the base of burned slopes. Be aware that forest service roads or resource roads may wash out if a flood occurs and could cut off access to the area.

6. How long do post-wildfire risks last?

In areas that have been severely burned, post-wildfire risks may last for two years or more. However, the increased risk of floods or debris flows in severely burned areas may persist much longer. After two or three years, the regrowth of vegetation and reduced water repellency of the soil should lower the risk considerably.

7. How can you get more information about potential risks to your property?

SteS has been working with geotechnical specialists to gather information and data for our local area and will be notifying the residents that are at risk. We are also working with these companies to risk mitigation plans.

This bulletin provides general information only and does not cover all potential hazards. Additional information resources are available online:

- Current wildfires: www.bcwildfire.ca
- Engineers and Geoscientists British Columbia <https://www.egbc.ca/>
- Environment Canada weather: http://weather.gc.ca/canada_e.html
- Emergency Management BC
<https://www2.gov.bc.ca/gov/content/safety/emergencypreparedness-response-recovery.ca>
- Ministry of Forests, Lands, Natural Resource Operations and Rural Development district offices and contacts: www.gov.bc.ca/for





**Scwicw (yellow avalanche lily) and Skwekwíne (spring beauty)
potatoes coming up around Skwlax (photos: Libby Jay
Chisholm)**



SKWLAX GAS STATION RE-BUILD

By John Anderson
Skwlax Chevron Manager



As anyone who has driven by the site recently can see, the Temporary Chevron Station is getting closer to opening! The canopy over the pumps is up and yes, it is starting to look like a Gas Station.

The infrastructure work is all complete.

This site has electricity. Water, sewer, and Internet. We are currently receiving coolers, freezers and other in-store equipment, daily.

Staffing is for the most part in place.

There is still a lot to do but we will be open before the May long weekend.

RE-BUILD OF BURNT OUT HOMES

Cleanup of Wildfire ravaged homes on Little Shuswap Lake Road intensified in April near the Skwłāx te Secwepemcúlecw band office and fire hall.



Skwlāx Wellness Center



SAVE THE DATE

SKWLAX RESOURCE MANAGEMENT PRESENTS

FIRST ANNUAL GOLF TOURNAMENT & FUNDRAISER

All proceeds raised in support of:
Skwlāx te Secwepemcūlecw
Wildfire Recovery & Youth/Career Development

JUNE 20, 2024 || QUAAOUT LODGE & TALKING ROCK GOLF COURSE



SPONSORSHIP PACKAGES AVAILABLE!

For More Information, Please Email:

info@skwlax.com

ADDITIONAL DETAILS TO COME

CULTURAL HERITAGE DEPARTMENT

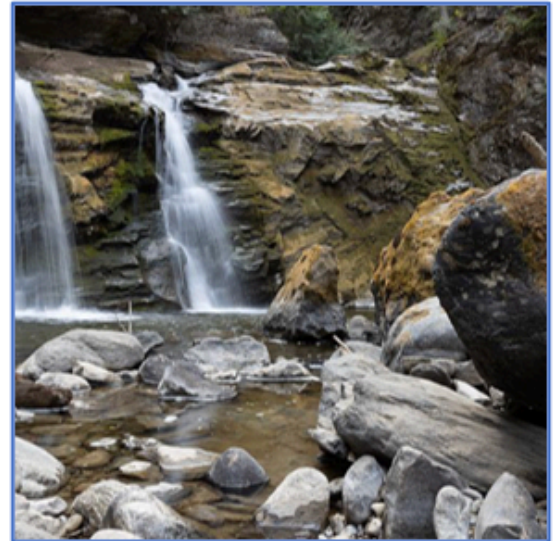
Cultural Heritage Protection Department Xqelmecweske - Ancestral Names



Photograph 1: White Lake – Cpéqetkwe meaning “white water” in Secwepemctsin referring to the white sediments in the lake (Skwlāx Archives).

Currently, the Cultural Heritage Protection Department is working on a variety of research projects, including the Skwlāx place names project. Place names are an important part of Skwlāx cultural heritage with a direct physical connection to the land (tmícw). This work is essential because these place names reflect the teachings of Skwlāx ancestors, often specifically describing what is unique about a place in Secwepemcúlecw. These names are links to the long ago past typically in specific places, to the resources of the lands and waters and to tmicw itself. Ancestral names (xqelmecweske) carry cultural geographical information about events, language, landforms and landmarks, people, and stories. The importance of designating and retaining Skwlāx place names is outlined in Article 13¹ of the United Nations Declaration of the Right of Indigenous Peoples.

Skwlāx place names are often descriptive and reflect the richness of the language centred around a deep bond to the tmícw. They produce mental images of a geographical location. Since time immemorial Skwlāx ancestors shared their knowledge by teaching, telling stories, and singing songs. One way of sharing knowledge about the land between generations, was to name places. Many places throughout Secwepemcúlecw have more than one name. For instance, the Revelstoke area is known as Sts’gil’xtn (whirlwind – the way the wind blows there), and Sts’ek’kín (point of association – where the Secwépemc and Sinixt came together). White Lake and Chase Creek Falls have a name describing what it looks like (**Photograph 1** and **2**), while the same place such as White Lake is also referred to as *Medicine Lake*, because the mud could be used to create a wrap to draw out toxins. Names for landmarks and locations along travel corridors provide points of reference for travellers and for those who might describe events on the landscape. For example,



Photograph 2: Chase Creek Falls – Steltegelxús meaning steep drop and water foams up (Skwlāx Archives).

CULTURAL HERITAGE DEPARTMENT



Photograph 3: Cemetétkwe (Copper Island).

Copper Island on Shuswap Lake (Photograph 3), was recorded by Bill Arnouse as Cemetétkwe. In the archives, George Dawson (1891) documents a Secwépemc story about “water people” (kul-a-moo-whot-kwa: phonetic spelling) who are said to live in the caves under the water at Copper Island. Dawson was told that many of the large lakes have “water people” who have special powers. He learned from the Secwépemc that the landform (Copper Island) was known as Hoom-a-tat'-kwa (phonetic spelling), meaning in the middle of the lake.

¹ Article 13 (1) states *Indigenous peoples have the right to revitalize, use, develop and transmit to future generations their histories, languages, oral traditions, philosophies, writing systems and literatures, and to designate and retain their own names for communities, places, and persons.*



Photograph 4: Jack Sam (Skwłāx Archives).

Generally, places are not named for people, although there are some exceptions. Jack Sam (born in 1870), who was a great hunter lived along the lakeshore of Little Shuswap Lake, now named Jack Sam's Bay (Photograph 4).

Ancestral place names connect living heritage (language, stories of a specific place or time, social and cultural practices, ecological knowledge, teachings on living in good relations with others and the land, and ancient narratives) to the tmicw. Place names describe what was seen by those ancestors who named the places on the landscape and are useful indicators of how the environment of a place has changed over time. Place

names also provide evidence of land use and occupation, indicating where Skwłāx ancestors held deep relationships with lands and waters, plants and animals, and spiritual beings. This ancestral speech in the form of place names also reflect Skwłāx responsibility in relation to their lands. Sharing place names between generations has been negatively impacted by colonialism (e.g., establishment of reserves separating many families from the land, the residential school system and other forces of culture and language disruption). The reclamation of place names and lands is interwoven and tied to language, culture revitalization, knowledge, and identity.



Photograph 5: Joan Arnouse and Betty Arnouse, November 2023.

CULTURAL HERITAGE DEPARTMENT



Photograph 6: Wilfred Tomma and Oliver Arnouse, November 2023.

In 2022, the Skwłāx Cultural Heritage Department was awarded a grant from the First Peoples Cultural Council to undertake the first phase of the Sense of Place research project. The project began with a review of place names in the Skwłāx archives, where over 800 place names in or near Skwłāxúłecw were gathered and documented into a database. Some of these place names were mapped on four key maps showing areas around Skwłāx's five communities: Quaaout, Tsexkwelkwálts (Chum Creek), Meadow Creek, Xwkwikwúyt (Scotch Creek), and

Silketwa (North Bay). Review sessions were hosted with Skwłāx Elders and language speakers (Photograph 5 and 6) to examine archival place names specific to Skwłāx's five communities. One land-based interview also took place to record Secwépemc place names around Adams Lake, Momich, and Scotch Creek with Elton Arnouse. Work will continue to finalize the eastern Secwépemc spelling of some of the place names and applying correct spelling to documented words recorded phonetically.

Skwłāx place names, are ancient and dynamic, preserving memories from long ago times, but also reflecting the evolving nature of language, cultural practices, and historical events. In 2024, the project team will continue to reach out to Skwłāx community members and Elders to document more place names, and members are invited to contact the Cultural Heritage Protection Department to share any new information to add to the database.

SOCIAL DEVELOPMENT

CLAUDETTE BILLY, B.S.W., B.S.D.W.
SOCIAL DEVELOPMENT MANAGER



Things have been busy. I am happy to be able to help community as the needs arise.

- Intake and updates for community members utilizing Income Assistance is continuous.
- I created and sent out a needs assessment to Income assistance clients. This assessment can be answered by any community member. All the information shared will be kept confidential and anonymous.
 - I will be creating and circulating more needs assessments.
- It is important that your contact information and files are kept up to date.
 - I hope to hear from more community members.

Please feel free to connect with me.

My email address: Claudette.Billy@skwlaxwellness.com or phone: 250-819-1951

EDUCATION UPDATE

TAMMY THOMAS
EDUCATION MGR/POST SECONDARY





INDIGENOUS CAREER NAVIGATOR

Antoine Allard, Parks Canada

Are you an Indigenous person looking to build a career within the federal public service that suits your individual needs & professional goals?

Phone icon (431) 337-5463

Email icon antoine.allard@pc.gc.ca

Services for Indigenous Employees

- Tailored career guidance and strategic planning
- Preparation for interviews and exams
- Providing information on existing developmental and learning programs
- Assistance developing a learning plan
- Resume and cover letter advice
- Guidance through job searches and staffing processes

About the Role

The Indigenous Career Navigator (ICN) provides professional career support to Indigenous employees, Indigenous students and Indigenous peoples currently working in or seeking employment within the federal public service. The ICN extends advice to hiring managers on Indigenous workforce matters, such as recruitment, retention, engagement and outreach.

Support for Hiring Managers

- ✓ Expert advice on Indigenous employee engagement & outreach
- ✓ Help finding suitable Indigenous candidates
- ✓ Guidance for supporting Indigenous employees' career growth



LEARN MORE >



Starting May 6th, 2024

Endorsed by BC Wildfire and includes Cultural Burning practises

Wildland Firefighting Training



Preparation for Fire Fighting Season

-Free Funded Program tied to Industry employment

-Four Week Training Program

Fire Fighting Courses

S100 Basic Fire Fighting Training.....S185 Entrapment Avoidance.....CS 100 Incident Command.....Communications....Burning Off & Backfiring.....S130 Fire Safety.....Heavy Equipment.....Helicopter Safety...Fire Behaviour.....Fire Weather...Pumps & Pumping Systems...GPS & Compass...emergency response

Drone Training and Forestry Courses

One week of Drone Training...Power Saw Operator....Line Cutting & Slashing...Brush Saw Safety...Introduction to Tree Species BC...Introduction to Danger Tree Awareness

Work Site Safety Courses

First Aid...WHMIS...TDG...Transportation Endorsement...Bear Aware

Program will take place at Tk'emlups te Secwepemc and registration open to anyone in the Secwepemc Nation (Kamloops area)

Contact Terri Mindel—Trades and Training Coordinator at 250-819-0428 or at terri.mindel@ttes.ca

OUTLAND YOUTH EMPLOYMENT PROGRAM 2024



APPLY TODAY!

OUTLAND YOUTH EMPLOYMENT PROGRAM



- EARN A WAGE
- GET HIGHSCHOOL CREDITS
- EARN TICKETS/CERTIFICATES



APPLY TODAY!

OUTLAND YOUTH EMPLOYMENT PROGRAM



- EARN A WAGE
- GET HIGHSCHOOL CREDITS
- EARN TICKETS/CERTIFICATES



"Please Note: Pickup location is Kamloops. Participants must arrange their own transportation and be prepared to work away from home for July and August. Camp duration is six weeks, with flexible start and end dates."

For more information, please scan the bar code on the poster with the camera app on your cell phone (click the appearing link) or email oyep@dexterra.com.

STES WELLNESS PILLAR

A flyer for a crafting event. The background is cream-colored with a brown border. It features various craft-related illustrations: a pink polka-dot cloth, a blue button, orange and green fuzzy shapes, a blue clothespin, a green button, a ball of green yarn, a ball of red yarn, a ball of orange yarn, a pair of red-handled scissors, a green thread spool, a blue dressmaker's mannequin, a pink dress pattern, a red button, a red ball of yarn, a needle and thread, a pink pincushion with colorful pins, a red button, and a blue sewing machine. The text is centered and reads: "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.", and "Culture Department Skwlax Wellness Centre".

**Midweek Makes:
Crafting Night**

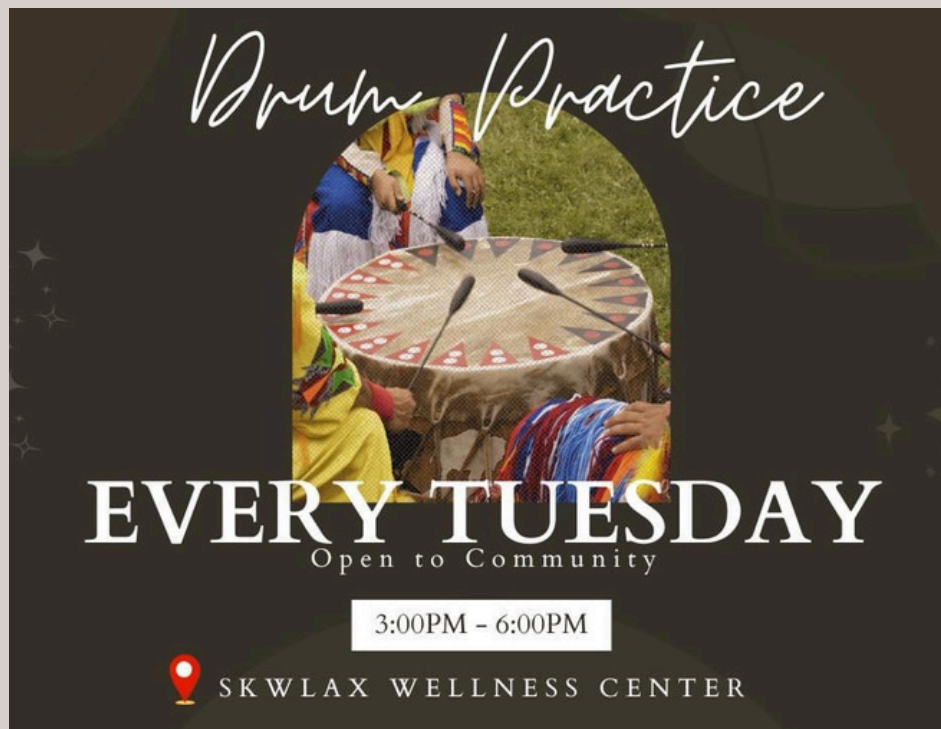
Every Wednesday
🕒 3:00 PM - 6:00 PM
📍 Skwlax Wellness Centre Boardroom

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

A flyer for a drum practice session. The background is dark brown with a circular inset showing a group of people in traditional Indigenous attire playing large drums. The text is centered and reads: "Drum Practice" in a white script font, "EVERY TUESDAY" in a large white serif font, "Open to Community" in a smaller white serif font, "3:00PM - 6:00PM" in a white sans-serif font inside a white box, and "📍 SKWLAX WELLNESS CENTER" in a white sans-serif font with a red location pin icon. There are also small white star-like graphics on the left side.

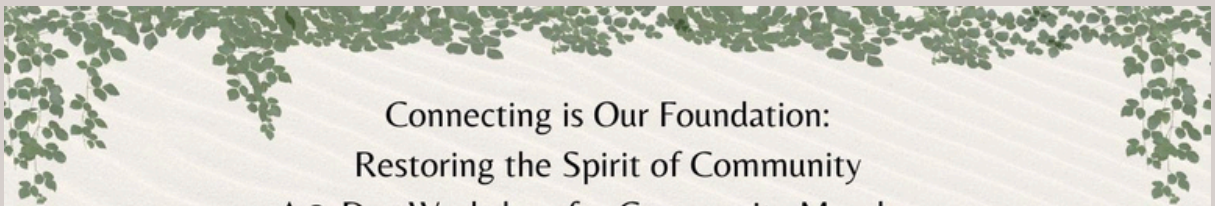
Drum Practice

EVERY TUESDAY
Open to Community

3:00PM - 6:00PM

📍 SKWLAX WELLNESS CENTER

STES WELLNESS PILLAR



Connecting is Our Foundation: Restoring the Spirit of Community A 3-Day Workshop for Community Members

Prior to contact, Indigenous people were deeply connected to each other. Connection and relationships to self, each other and Creation form the foundation of who we are as people of this land. One of the most profound impacts of colonization and trauma has been the traditional systems, teachings, values and beliefs that have now eroded to the point where many people are individually focused with many divisions within the community. Our communal spirit, that did keep us strong & focused, has been torn apart. We do, however, still see moments of that richness in our communities. For Skw'lax, the wildfire that devastated much of the community has disconnected many of the people due to the evacuation and ultimately, the relocation of people in temporary housing. This workshop will examine how we can deal with the impacts of colonization & trauma, while at the same time, strengthening our spirit and resilience. Issues including impacts of trauma, lateral violence and conflict/disagreement will be discussed to better examine possible solutions. Balance in the community is key to resolution - the balance of giving and receiving. The session will close with attention to strengthening our resilience and reviving the values & belief systems that did keep us strong and connected to one another. Moving ahead with a bright future requires us to walk through the discomfort while staying focused on today and tomorrow. What legacy will we leave our great grandchildren!!!

Facilitator:
Rod jeffries
Ancestral Visions



*"Bloom where you
are planted."*

1st Annual General Meeting & Open House
***Lakes Secwepemc Foodland
Conservation Society***

Sunday May 5th, 2024

Time: 11:00 am - 5:00 pm

Location: Neskonlith Band Hall

Lunch Provided

***All members of the Lakes Secwepemc
extended family networks are welcome!***

For more information email lisa.kenoras@wgifs.org,
and dawn.morrisson@wgifs.org
Please RSVP so we can plan our meals accordingly.

Career Opportunities



Please see links to websites for full job descriptions or
see the job postings at the Band office

StS opportunities-[Employment](#) | [Skwłāx te Secwepemc](#)
[\(ls1b.ca\)](#)



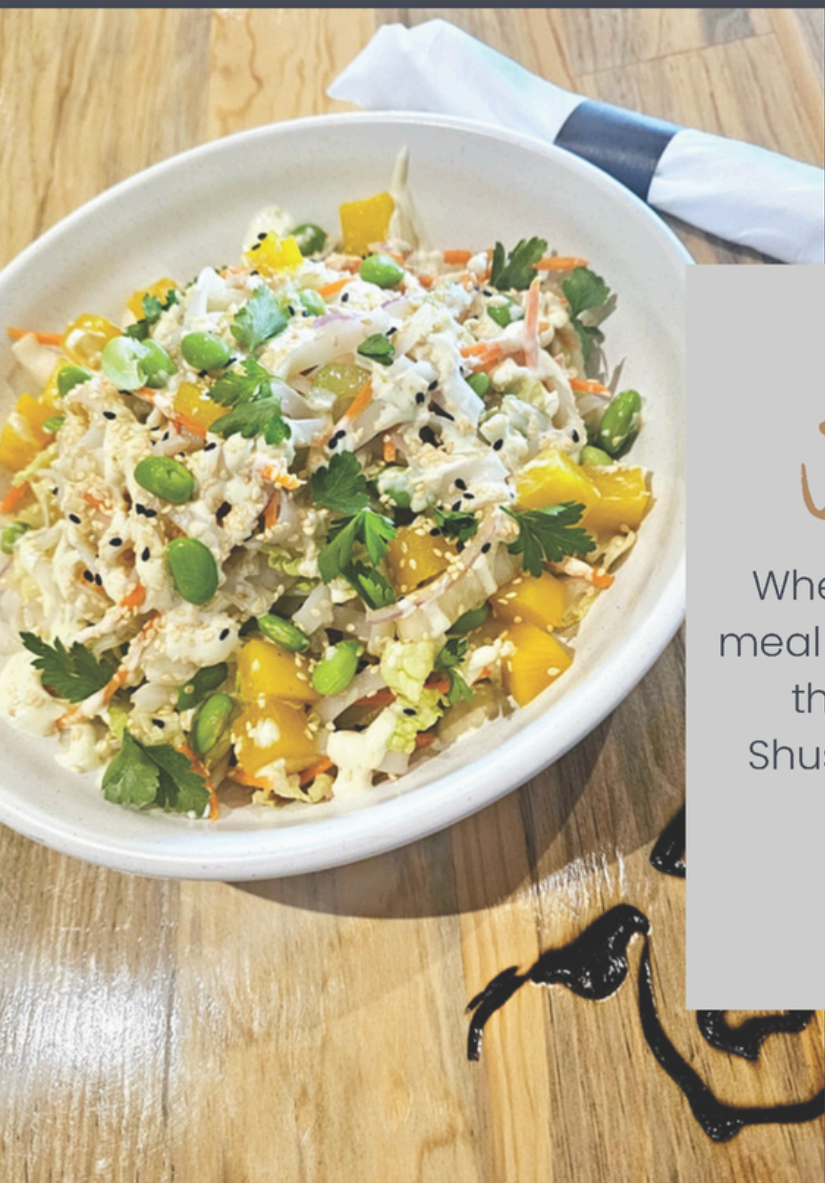
(photo: Jason Kwan: Federal Indigenous Services Ministry)

TALKING ROCK OPEN !



Talking Rock Golf Resort opened for the 2024 season on Wednesday April 17th. For the most part, the golf course was unscathed from the Bush Creek Wildfire.





QUAAOUT
LODGE & SPA
AT TALKING ROCK RESORT

Jack Sams

Whether you're joining us for a meal or a drink, or simply to enjoy the beautiful views of Little Shuswap Lake, we're excited to have you back with us.

250-679-4200

www.quaaoutlodge.com



**Celebrating Mom,
for the month of May!**

**Enter the Le7ke Spa
Mother's Day Draw
before May 11th and earn
a chance to win
an Eminence gift box and
an Oasis Luxury
Pedicure, with every
purchase at Le7ke Spa!**

**Get your feet sandal
ready with an amazing
pedicure that includes a
mango scrub, hot stone
pedi-massage and a
parafango moisturizing
treatment.**

**Oasis Luxury Pedicures
-\$80**

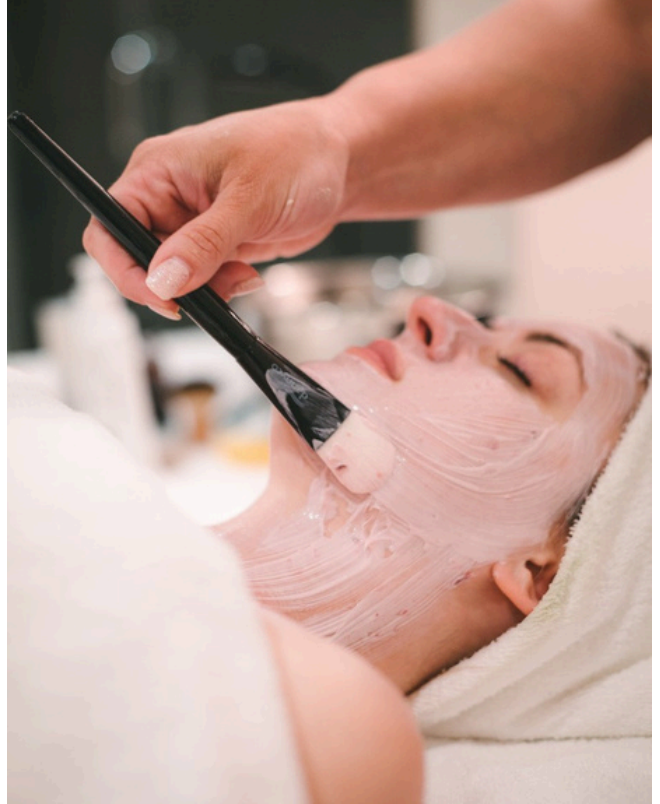
**Oasis Luxury Pedicure
for 2
-\$155**



ÉMINENCE
ORGANIC SKIN CARE
HUNGARY • SINCE 1958



April Features



Eminence Organics Spring Facial

250 679-3018 spa@quaadoutlodge.com

Book this amazing Facial designed specifically for your skin \$190.00 and receive a full-size Eminence Cleanser and Mist to take home. (That's a \$30 Savings)

Or just book an Eminence facial for \$100.00 (\$20.00 Savings)

60 min Shuswap Relaxation Massage - \$100. couples 60 min - \$200.

90 min Shuswap Relaxation Massage - \$145. couples 90 min - \$290.

CONTACT LIST

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“WHEN YOU
HAVE A
DREAM-
YOU’VE GOT
TO GRAB IT
AND NEVER
LET IT GO”

-CAROL BURNETT

(photo: Larry Read)