



Neskonlith Band Newsletter

March 2026
Pellsqe'pts
"Spring Wind"

Band Office Hours:
Monday – Friday
8:30am – 4:00pm
Closed for Lunch
12:00-12:30pm



NESKONLITH
INDIAN BAND

BAND OFFICES CLOSED

VICTORIA DAY
STATUTORY HOLIDAY



MONDAY
MAY 18TH

Regular office hours will resume
Tuesday, May 19th.

Have a safe and enjoyable long weekend!



EVERY CHILD MATTERS

Would you like to contribute to our newsletter? Have something the community might be interested in?

Contributions may include:

- Announcements - births, anniversaries, celebrations, birthdays.
- Recipe sharing.
- Articles on sports groups – let us hear how our children are doing.
- Report on workshops you have attended or trips with elders and/or youth.
- Stories you would like to share.

We reserve the right to refuse and/or edit submissions.

We would like to receive your input on what information you would like to see in our newsletter.

Please email submissions to:
newsletter@neskonlith.net

Council Update

Chief Irvin Wai



Walking Forward with Care and Responsibility

I want to take some time to share more detailed updates on recent meetings, regional gatherings, and national discussions that affect our community today and into the future. All of this work connects back to our responsibilities to our land, our water, our children, and the generations that will come after us.

Future Planning and Relationship-Building with Salmon Arm

On March 13, I met with representatives from Urban Systems to talk about possible long-term collaboration opportunities between Neskonlith and the City of Salmon Arm. This meeting was not about making decisions — it was about building relationships, sharing perspectives, and understanding what careful planning could look like over time.

One of the main topics discussed was future housing needs in the region. We talked specifically about lands on Switzmalph IR#3, near 50th Street NW and 10th Avenue NW, which have already been designated for long-term use over the next 135 years. These

lands may eventually offer opportunities for single-family housing, but any future consideration must be done responsibly and in a way that respects community values, environmental limits, and Nation priorities.

At this stage:

- No decisions have been made
- No development plans have been approved
- No timelines have been set

The conversation focused on understanding what could be possible and how relationships between local governments and First Nations can improve planning outcomes for everyone. As this work continues, I am committed to keeping members informed and ensuring that community voices are heard before any direction is taken

Our Water, Our Future – Protecting What Sustains Us

On March 21, I attended *Our Water, Our Future*, a regional event hosted by the Shuswap Climate Action Society at the Salmon Arm Library as part of BC World Water Week. This gathering brought together community members, organizations, and leaders who are actively working to protect water throughout the Shuswap.

We heard about on-the-ground projects already underway, including:

- Water quality monitoring
- Watershed protection initiatives
- Preventing the spread of invasive species
- Long-term planning for climate impacts

A major focus of the discussion was invasive fish species, which continue to spread across Interior lakes and rivers. Species such as smallmouth bass, yellow perch, and goldfish are often introduced through illegal stocking or contaminated boats and equipment. These fish disrupt natural ecosystems, reduce oxygen levels, increase algae growth, and harm native salmon and trout populations.

Invasive species don't just affect fish — they affect:

- Drinking water quality
- Cultural and food fishing practices
- Recreation and tourism
- Overall watershed health

Protecting water means taking everyday actions seriously: cleaning boats and gear, never moving fish between bodies of water, and reporting invasive species sightings. As I shared during the event, you can't drink oil and you can't eat money. Water protection is about responsibility — to ourselves and to future generations

Shuswap Nation Tribal Council – Strengthening Nation Work

In February, I participated in the Shuswap Nation Tribal Council (SNTC) Chiefs Meeting in Salmon Arm alongside other Kukpi7, Elders, Youth representatives, and staff. This meeting focused on governance stability, financial accountability, cultural continuity, and preparing the next generation of leaders.

Key updates include:

- Programs and services continue without interruption while recruitment for a new Tribal Director is underway
- Nation finances remain stable, with unaudited financial statements approved for all SNTC divisions
- Governance responsibilities continue to be met while leadership transitions are carefully managed

Youth participation was a strong and meaningful part of the meeting. Youth shared reflections on Unity Ride 2026, describing it as more than an event — it is a land-based leadership journey where responsibility, teamwork, patience, and respect are learned through experience.

Elders also provided teachings related to the Eagle Staff, explaining that leadership starts with intention and carries responsibility. The Eagle Staff is not a symbol of authority alone — it is a living reminder that leadership is about bringing people together in a good way, caring for one another, and acting with humility and accountability.

This Nation-level work supports intergenerational learning, strengthens governance, and ensures our voices continue to be present in regional and national spaces

Loving Justice Plan – Standing Up for Our Children

First Nations Chiefs across Canada are currently reviewing the Loving Justice Plan, a national initiative focused on ending discrimination in First Nations Child and Family Services. This plan follows years of Canadian

Human Rights Tribunal rulings that confirmed the system has been discriminatory and harmful.

A previous settlement proposed in 2024 was rejected by Chiefs, who made it clear that lasting reform must be First Nations-led, not imposed. The Loving Justice Plan was developed by the First Nations Child & Family Caring Society and the National Children's Chiefs Commission in response to that direction.

Chiefs are now being asked to provide feedback on:

- Whether the plan is supported
- What changes or improvements are needed
- How it can better reflect lived experience

Important dates to know:

- April 3, 2026** – Deadline for Chiefs to provide feedback
- April 15, 2026** – Revised plan shared with Chiefs
- July 2026** – Expected discussion at the AFN Assembly

This process is about ensuring our children are protected, families are supported, and future systems are rooted in care, accountability, and First Nations leadership.



Steve Basil celebration of life. The bear hides were donated to his family and one is hung at the SNTC office.



This picture is from our Chiefs' Conference in Penticton, where we discussed the federal government's proposed restructuring of DRIPPA.

Closing Thoughts

Thank you to everyone who continues to show up, ask questions, and care deeply about our community. The work around land, water, governance, youth, and children is all connected. I will continue to share updates openly as these conversations move forward.

Kukpi7 Wai

Councillor Mindy Dick



Twimpla7 Mindy Dick for Education, Language and Culture

March 4, 2026, Neskonlith Indian Band participated in a Joint Local Education Agreement (LEA) meeting with School District No. 73, led by Michael Bowden, District Principal of Indigenous Education.

The meeting brought together partner First Nations, education staff, and school district representatives to continue collaborative work on strengthening LEAs.



During the meeting, participants reviewed an updated draft LEA, which included changes and suggested language based on earlier discussions. The goal of this work is to ensure that LEAs clearly reflect First Nations priorities, strengthen accountability, and better support Indigenous students and families.

Key discussion areas included:

- Clarifying roles and responsibilities between First Nations and the school district
- Ensuring consistent communication and shared expectations
- Identifying ways to better support student success and well-being
- Reviewing proposed language and structure for a joint LEA approach

This meeting was part of an ongoing process, and no final decisions were made. Feedback gathered will continue to inform revisions as the work moves forward.

Neskonlith remains committed to advocating for strong education agreements that respect our students, families, and community values, and to working collaboratively to improve education outcomes for our learners.

Further updates will be shared as this work progresses.

I had the honour of attending Semiahmoo pow wow March 6,7 and 8th/2026 , where I was grateful to witness the strength of culture, community, and connection. It was truly moving to see dancers, drummers, singers, and families come together in a good way, sharing traditions that continue to uplift our people.



Mindy and Leah

March 9, 2026, Neskonlith Chief and Council met with Band Directors for a Directors' Presentation Meeting

The meeting provided an opportunity for Directors to share updates from their respective departments, highlight current priorities, and identify items that may require Council awareness or direction.

These meetings support strong communication and coordination between Council and Administration, helping ensure that programs and services remain aligned with community needs and Council priorities.

Chief and Council thank all Directors for their participation and ongoing work in supporting the Neskonlith community.

Tmicw Meeting March 10/2026 ,
March 10, 2026, Neskonlith Indian

Band held a series of Tmicw (Land) meetings focused on Section 35 matters. These meetings brought together Chief and Council, Tmicw staff, legal and technical advisors, and government representatives to discuss land-related issues affecting the community.

Discussions focused on coordination around land and highway matters, ongoing consultation processes, and next steps to address outstanding land concerns. This work is part of Neskonlith's continued efforts to protect community interests and advance land-related priorities.

Follow-up actions and discussions will continue as this work moves forward.

I recently had the honour of attending the Healing Our Hearts Pow Wow March 13-15/2026, where I was grateful to connect with community members and participated in a meaningful grand entry. During the pow wow, I had the opportunity to speak about the Neskonlith Pow Wow and the importance of coming together to celebrate culture, healing and community. I was so appreciative and proud of standing with the other leaders, dancers, drummers & singers, and other community members that I did get to reconnect with. Events like this reminds us of the strength of our people and the importance of continuing to support gathering that bring the healing and unity.

Interwoven Futures: Threads of Resilience in
Sovereign Economics BC
Assembly of First Nations March 17,18,19.

Leaders and entrepreneurs shared how Indigenous-owned businesses are strengthening economics sovereignty while actively participating in regional and national supply chains.

The session highlighted powerful examples of indigenous entrepreneurship, including business like Swakwel Industrial, which supplies building materials while reinvesting revenue back into our community priorities. These models show how economic development can support long-term sustainability, create local employment, and reinvest in our people- while remaining grounded in our values and self-determination.

What stood out most was the leadership of young Indigenous entrepreneurs who are proving that economic growth and sovereignty can go hand in hand. Sovereign economics is about more than business it is reclaiming control over our economic future, supporting our communities, and creating pathways of opportunity for future generations.

As we continue to explore opportunities for Neskonlith, these discussions remind us of the importance of investing in Indigenous-led solutions that align with our cultural teachings, responsibilities, and vision for self-reliance.

One other panellist was Tea Creek a Indigenous-owned initiative led by a award winning Indigenous entrepreneur Jacob Beaton. Tea Creek offers training and employment programs, including construction training and a range of other courses that support workforce development.

One exciting aspect of the opportunity is that Tea Creek covers the training cost of the training itself. For community participation, the primary costs to consider would be mileage and meal allowances for participants. This makes it a low-barrier opportunity for individuals who may be interested in gaining new skills and certification.

In addition to training, Tea Creek is known for its strong commitment to community wellness. They also provide fresh vegetables to communities, recognizing that many children and families experience food insecurity.

To learn more about Tea Creek and their programs, visit www.teacreek.ca

Dr. Danielle Behn Smith



I met Dr. Danielle Behn Smith she aired a show on APTN and toured all across family practice that aligns with Indigenous approaches to health and healing. A leader who actively advances reconciliation, Daniele works to raise awareness and promote acknowledgement that Indigenous-specific racism is perpetuated through white supremacist policies and practices that remain hardwired into our systems and processes and impede

the health and wellness of Indigenous .

I will be receiving a certificate of completion. The workshop provided valuable training and practical learning focused on strengthening First Nations Governance and Community Safety.

The session covered key areas including the Indian Act, band Council Procedures Regulations, and law enforcement. As part of the hands on learning we worked in groups to draft mock bylaws. Our group drafted a model on Animal Care & Control by-laws, while the other group focused on fisheries bylaw the exercise helped deepen our understanding of how by laws are structured and how they can be applied within our communities.

We also discussed practical approaches to addressing abandoned and unwanted vehicles in the community and ways to encourage community participation and vehicle removal. Some of the incentive ideas discussed included:

- A \$200 Gift card draw for each vehicle removed, and
- Entry into a \$5,000 draw at the end of the month for every vehicle removal.

These discussions highlighted creative and positive ways to work together as a community to improve safety, cleanliness and overall well-being.

Kukwtsetmc To the facilitators for sharing their knowledge and providing A supportive learning environment. The skills and information gained from this workshop will be valuable as you continue working toward effective

and enforceable bylaws for Neskonlith.

March 25 26, 2026 attended the Columbia collaborative meeting

The meeting brought together leadership from participating First Nations and partner organizations to discuss shared priorities related to the Columbia River system and regional collaboration.

Key discussion areas included:

- Governance and coordination within the Columbia Collaborative
 - Ongoing discussions related to revenue-sharing matters
 - Capacity needs for salmon restoration and fish passage work
 - Updates on Fish and Wildlife Compensation Program (FWCP) engagement and future priorities
- Participants reviewed meeting materials and draft correspondence related to these items, with follow-up work to continue after the meeting.
- Neskonlith continues to participate in the Columbia Collaborative to ensure that community interests, environmental stewardship, and inter-Nation cooperation remain central to regional decision-making.

2 | BC LOG & TIMBER BUILDING INDUSTRY ASSOCIATION | 2026 | Conference Program

Neskonlith Indian Band Welcomes the BCLTBIA



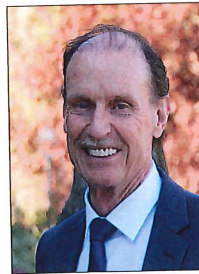
Chief Irvin Wai
Neskonlith Indian Band

Good morning esteemed guests and colleagues,
I am Chief Irvin Wai of the Neskonlith Indian Reserve, (Secwepemc territory) and it is my privilege to extend a heartfelt welcome to each of you as you begin your annual conference of the BC Log & Timber Building Industry Association. This gathering is significant as it unfolds on the traditional lands of The Secwepemc People — a territory steeped in history and valued as our ancestral haven through countless generations along with all living things and plants, a land we have cherished and called home since time immemorial.

As you begin your discussions and collaborations throughout this event, I urge you to take a moment to appreciate the profound significance of these lands and the enduring traditions that have shaped it over the ages. May your time together be characterized by mutual respect, empathy, and a shared dedication to fostering understanding and collaboration as you progress through the agenda ahead. Embrace the fruitful exchanges and synergies that will undoubtedly arise from your interactions during this AGM. Together, you can honor the past, enrich the present, and collectively shape a brighter future. Most importantly, we all deserve to have a home be it a pit house or a log house to dream.

And if time permits, enjoy what Salmon Arm and the local communities have to offer as you are in a truly beautiful part of British Columbia. I extend my gratitude to each of you for your presence here and wish for your time together to be not only productive, but also enlightening and a building of new relationships that last a lifetime.

Salmon Arm Mayor Welcomes the BCLTBIA



Alan Harrison, Mayor
City of Salmon Arm

Welcome Delegates, Sponsors and Industry Professionals,
It is great to have you all back for the 29th Annual BC Log and Timber Building Industry Conference here in Salmon Arm!

In looking at this year's offerings, it is full of interesting seminars and demonstrations, as well as skill competitions and opportunities to network with others in your industry. Sometimes that networking is the most valuable part! We are happy to have you back in the Shuswap. There is a lot to do, close to the Prestige Conference Centre. I invite you to meander downtown and take in the vibrant atmosphere filled with our many little shops and cafes. If you need a break between sessions, there are nature walks of all distances right outside your door.

Thank you to the hard-working organizers of the conference, and to the presenters and sponsors who will share their expertise.

I will see you at your opening session.

**Kukpi7 Irvin Wai & Mayor Al Harrison
attend the 2026 BC Log & Timber
Building Industry Association
Conference**

Celebrated March Birthdays...



Best wishes to you...

*Wendy Deneault
Debbie Williams
Art Anthony
Theoron Gregory
Jolene Anderson
Aiden Manuel
Tanita Sampson
Logan Christian
Lucca Cook
Livia Sampolio
Phyllis Thomas
James Deneault*

*Kristina Deleeuw
Diana Thomas
Skahiish Manuel
Johnny Purdaby Jr
Lola Purdaby
Jennifer Thomas
Paxton Cook
Mary Thomas, Jr
Lori Thomas/Williams
Ron Williams
Cindy Jackson
Karen R. August*

*Happy Heavenly Birthday to my granddaughter,
Allayah Deneault (Bird) March 20
Love Grandma, (Freda August).*



*Celebrating
April
Birthdays...*



Best wishes to you...

- Gage Ginther*
- Beverly Saul*
- Brooklyn Johnny*
- Francis Lampreau*
- Stefan Sampson*
- Eli Narcisse*
- Lorna Thomas*
- Sandy Purdaby*
- Candie Thomas*
- Kelly Allan*
- Ashton August*
- Zenobia Thomas*
- Darius Scurvey*



Attention home owners/Renters recyclables such as carboard, glass etc. are not the responsibility of our garbage collection team Please bring recyclables to your nearest Eco depot.

INSECT REPELLENT PLANTS

For your garden

Sweet Basil



Mosquito Housefly

Rosemary



Mosquito Flea

Marigold



Mosquito Aphid

Lavender



Mosquito Housefly Flea

Lemon Grass



Mosquito Housefly Flea

Lemon Balm



Mosquito Housefly

Peppermint



Mosquito Spider Housefly

Thyme



Mosquito Ant

Catnip



Mosquito Cockroach

IR3 Release April 1st

IR1 & 2 Realease

April 13



Neskonlith Indian Band

www.neskonlith.net

Cwclw'it Wellness Centre
3973 Old Highway
Box 318, Chase, BC V0E 1M0
T: 250.679.3295 F: 250.679.3288

Melamen Health Center
461 First Nations Rd.
Salmon Arm, BC V1E 2Z5
T: 250.833.0202 F: 250.833.0990



Neskonlith & Secwepemc Child and Family Services

ONE-TIME RECREATION BIKE & HELMET

Neskonlith Band Members fill out an application for a manual peddle bike and a helmet.

Eligibility:

On reserve and neighbouring Neskonlith Indian Band members

Off reserve band members:

Please provide your mailing address and contact information to receive your gift card by mail.

Bike Size Child & Youth, & Adults

No substitutions or alterations allowed as per contract

SUBMIT REQUESTS TO

Health Receptions

● switreception@neskonlith.net

● wellnessreception@neskonlith.net



Earth Day

April 22, 2026



GOT JUNK

Kukstsemc
to Social Wellness for
the
LUNCH TO FOLLOW
ON IR#2 & IR #3
APRIL 22, 2026

MONTH OF MARCH

**SINGLE PARENT FAMILIES, ELDERLY,
PERSONS WITH LIMITED MOBILITY
THAT NEED ASSISTANCE WITH
MOVING JUNK CAN
REQUEST HELP TO MOVE JUNK TO THE
CURBSIDE FOR PICK-UP THROUGH
MARIA OR DORENE**



**WASTE BINS WILL ARRIVE
IN COMMUNITIES ON
APRIL 15, 2026**

NESKONLITH COMMUNITY STRONG PEOPLE SAFE LAND

DRY CONDITIONS. BRIGHTER FUTURES.
LET'S BURN RESPONSIBLY.

We live here.
We care here.
Together, we
keep it safe.

Healthy forests.
Strong families.
A safer tomorrow.

DRY CONDITIONS CAN TURN A SMALL SPARK INTO A BIG PROBLEM.
PLEASE TAKE CARE. OUR COMMUNITY, OUR HOME, OUR FUTURE.

BURNING SAFETY

OUTDOOR BURNING? TAKE EXTRA CARE.



Always have adequate water nearby.



Keep burns small and contained.



Constantly monitor your burn.



Fully extinguish and check for hot spots before leaving.

CAMPFIRE SAFETY

GOOD FIRES. GOOD MEMORIES.



Keep water (or a way to get water) close by.



Keep fires small and in a fire ring or



Never leave a campfire unattended.



Drown it. Stir it. Feel it. Cold to the touch.

GOOD CHOICES TODAY. STRONGER TOMORROW.

THANK YOU FOR PROTECTING NESKONLITH FOR GENERATIONS TO COME.

RESPECT THE LAND * PROTECT OUR PEOPLE * BUILD OUR FUTURE

Emergency Preparedness: Be Ready, Stay Safe

Our community's safety is a shared responsibility. Emergencies such as wildfires, power outages, floods, or severe weather can happen with little warning. Taking time now to prepare can help protect you, your family, and our community.

Be Prepared

Every household is encouraged to have an emergency plan and supplies ready.

Build a Grab-and-Go Emergency Kit:

- Drinking water (at least 72 hours)
- Non-perishable food
- Flashlight and extra batteries
- First aid kit
- Medications and prescriptions
- Important documents (ID, insurance, band information)
- Warm clothing and blankets
- Phone charger and battery pack

Make a Plan

- Know safe evacuation routes from your home
- Choose a meeting place for your family
- Keep a list of emergency contacts
- Plan for pets and livestock
- Ensure everyone in your household understands the plan

Stay Informed

- Follow community updates and notices
- Listen to local radio or official alerts during emergencies
- Keep your phone charged and notifications on

Community Care

Let's continue to look out for one another:

- Check in on Elders and neighbours
- Offer help where you can
- Share information with those who may not have access



Need Support?

If you require assistance with emergency planning or supplies, please contact the Band Office or Emergency Coordinator.

Preparedness helps keep our families strong and our community resilient. Taking small steps today can make a big difference tomorrow.

Stay safe. Stay ready. Take care of one another.




SLOW PITCH

PLEASE BE ADVISED THAT THE NESKONLITH BALL DIAMOND WILL BE IN USE ON FRIDAY EVENINGS FROM 6:00 PM TO 9:00 PM TO FACILITATE THE CHASE SLOW PITCH LEAGUE.



THIS LEAGUE SUPPORTS TEAMS FROM:

**NESKONLITH INDIAN BAND
ADAMS LAKE BAND
SKWLĀX TE SECWEPENCÚTEC**

WE APPRECIATE THE COMMUNITY'S UNDERSTANDING AND SUPPORT IN MAKING SPACE FOR THIS RECREATIONAL OPPORTUNITY. SPECTATORS ARE WELCOME TO COME OUT AND ENJOY THE GAMES!



KUKSTSÉMC!

VANDALISM & THEFT

WE NEED OUR COMMUNITY'S HELP



Recently, the Skatsin Resources wood chipper and excavator were damaged, and items stolen.

- ⚠️ Vandalized equipment
- ⚠️ Theft of valuable items
- ⚠️ Damage to Neskonlith Band property

Please keep an eye out for suspicious activities.

REPORT ANY INFORMATION!

This is our community. Let's work together to protect it.

RESPECT THE LAND ✨ PROTECT OUR PEOPLE ✨ BUILD OUR FUTURE ✨




NESKONLITH NOTICE FIRE SEASON

TO ALL NESKONLITH MEMBERSHIP,

AS THE WEATHER WARMS AND CONDITIONS REMAIN DRY, WE ASK EVERYONE TO STAY VIGILANT AS WE ENTER FIRE SEASON.

EMERGENCY PLANS ARE IN PLACE, AND TRAINED TEAM MEMBERS WILL PROVIDE DIRECTION IF NEEDED.

IN THE EVENT OF A FIRE, CALL 911 IMMEDIATELY BEFORE CONTACTING ANYONE ELSE.


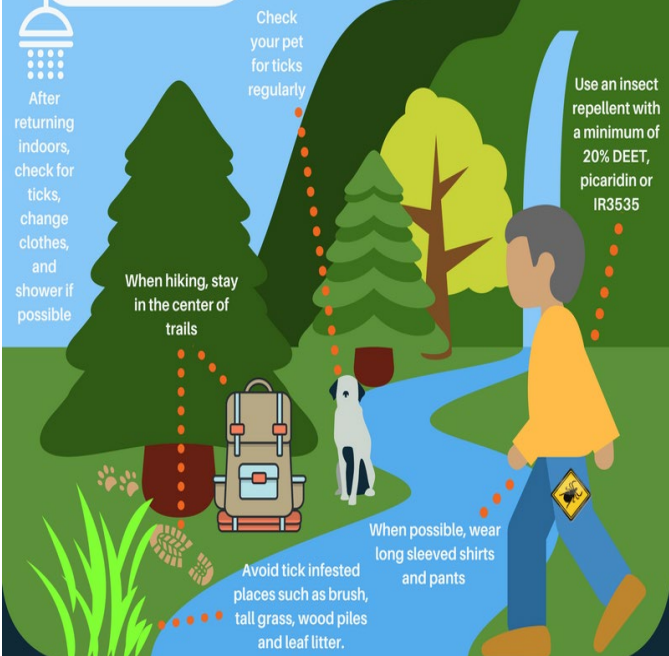
IF YOU MUST EVACUATE AND HAVE A SPRINKLER SYSTEM, DO NOT TURN IT ON BEFORE LEAVING. A DESIGNATED TEAM WILL ACTIVATE SYSTEMS AS NEEDED TO HELP CONSERVE WATER.

MORE INFORMATION SESSIONS WILL BE SHARED SOON TO HELP KEEP EVERYONE INFORMED.

THANK YOU FOR YOUR COOPERATION IN HELPING KEEP OUR COMMUNITY SAFE.



Tick Season Prevention Tips

- After returning indoors, check for ticks, change clothes, and shower if possible
- Check your pet for ticks regularly
- Use an insect repellent with a minimum of 20% DEET, picaridin or IR3535
- When hiking, stay in the center of trails
- When possible, wear long sleeved shirts and pants
- Avoid tick infested places such as brush, tall grass, wood piles and leaf litter.

Neskonlith Tmicw/Lands Department Update

The Tmicw department has been reviewing project details for the Newsome Creek culvert replacement in Sorrento. The works will involve the re-alignment of 140 m of fish bearing channel downstream as well as stabilization of the side slopes. Prior to work commencing this spring, the Tmicw staff and community knowledge workers hosted ceremony on March 27 with representatives from Ministry of Transportation .



Photo by Melissa Manuel

This small ceremony brought us together to honor the spirit of the Sewllkwe (water) and fish that call this place home. We also spoke about the intentions to restore the riparian habitat, minimizing impacts to fish at various stages of their lifecycles. Our sacred offerings were made to the water, nourishing the ancestral ties to this space and upholding Secwepemc ceremonial protocols for all stages of this project. More details will come as the project progresses.



Photo from Triton report: impaired riparian zone and fish habitat in Newsome Creek

Information Needed for Wills and Estates

Wills

Many members have expressed concerns about creating a Will, as it can feel like a contradiction to our oral history traditions.

However, not having a Will—especially if you hold a **Certificate of Possession (CP)**—can lead to unintended consequences, including:

- Decisions about your lands and belongings being made by **Canada or its representatives**
- Your personal wishes not being honored or carried out
- Disagreements among family members, adding stress during an already difficult time of grieving

Creating a Will is one way to ensure your voice is heard and your wishes are respected.

Will forms are available at the office, and we are here to support you through the process, including assistance with writing and witnessing your documentation.

Estates

The following information and documents should be provided to **Membership** to register with ISC (Indian Affairs):

- Legal name changes: from Divorce or Marriage, or inclusion of Secwepemcstn names
- Marriage certificates
- Divorce certificates
- Death certificates
- Full legal name and Status number
- parents', siblings' and children's names (biological and/or adopted in)
- if one of your siblings pass, then we need their children's names –
- if they are band members or not

If they are not band members the options are:

- They can sign a disclaimer form saying they do not wish to be involved
- It may trigger a Section 50 sale, in which the money would be divided among the non-band-member relatives.

As a recipient of the Stronger BC Future Skills Grant, Larissa successfully completed a weeklong Basic RPAs (Drone) Pilot training course at TRU. The course provided hands-on experience with pilot training as well as aviation regulations, safety protocols, flight planning and emergency procedures. This training will support the Tmicw department staff in various aspects of lands management, referrals reviews, and stewardship initiatives.



Major referrals projects

Proposed Biosolids treatment and storage on property neighboring IR1 Reserve

-the organization will be presenting to Chief and Council related to this project in April. We have responded with serious environmental and social concerns that require further community involvement.

Taseko Yellowhead copper mine:

The 4 band technical staff have been working collectively to discuss the Simpew environmental assessment process

Ruddock creek (Imperial Metals) expansion project:

The 4 band technical staff have continued to bring forward the historical opposition of Imperial Metals in the territory, and unaddressed concerns of environmental and social impacts.

For any additional information or questions arising from this report, please contact Tmicw Referrals Coordinator, Larissa Deneault (Setse7)



IMPORTANT NOTICE

OPEN BURNING REQUIREMENTS:

All members are asked to **notify Sk'atsin Resources and the Adams Lake Fire Department before** conducting any burning in yards or fields.

Required Information:

Please be prepared to provide the following details:

- Number of people assisting with the burn
- Equipment and resources available on site
- Specific location or pile/area planned for burning

Safety Considerations

If you are planning to burn, please ensure:

- There are **no strong or heavy winds**
- Adequate **ventilation** is present

Please be advised that due to **minimal snow accumulation this past winter**, conditions remain unusually dry. Reduced moisture levels increase fire risk, as vegetation and soil — including trees, dry grass, leaves, branches, and forest floor materials — are more susceptible to ignition, even during winter and spring months.

Your cooperation helps protect our community and surrounding territory. Thank you!

Please notify the following contacts **prior to burning**:

CONTACT INFO:

Sk'atsin Resources
Mark Stott
☎ 250-679-3296

Adams Lake Fire Dept
☎ 250-679-8841



Important Travel Advisory

The Assembly of First Nations (AFN) has heard reports that some First Nation citizens have been subjected to increased questioning and detainment by U.S. Immigration and Customs Enforcement (ICE). The AFN strongly condemns these actions and reaffirms First Nations' inherent and Jay Treaty rights to cross-border mobility.

The AFN advises any First Nations members traveling to the U.S. to carry valid identification, including a Status Card or a Canadian passport. Anyone requiring assistance with Status Card applications, renewals, replacements, or urgent processing related to travel may contact Indigenous Services Canada's Secure Certificate of Indian Status (SCIS) Program at 1-800-567-9604 or visit www.canada.ca/indigenous-services-canada.

Please note that federal law enforcement may not be familiar with Tribal IDs. If an ICE agent does not accept your Tribal ID as identification, the Native American Rights Fund recommends that you request to speak to their supervisor.

In emergency cases, Canadian citizens in the U.S. can contact the Canadian Consulate for assistance through 1-613-996-8885.



NESKONLITH COMMUNITY NOTICE

UPDATE: SWITSEMALPH IR #3 SUBDIVISION

Future Housing for Community Members

We want to give you an update about the Switsemalph IR #3 Subdivision project, which will bring new homes for people in our community.

The first design phase officially started in **June 2025**. The Neskonlith Indian Band is working on the plans for these new houses in IR #3, so more community members will have a place to live. To help with this, Neskonlith is teaming up with **Urban Systems Ltd. (Urban)** to do technical studies and keep the project moving forward.



WORK COMPLETED TO DATE

Last year, you might have seen workers in Switsemalph IR #3 doing some tests and checks on the land. These checks are now finished and included:

- Soil testing (done by EXP Services)
- Groundwater testing (done by Kala Geosciences)
- Environmental checks (done by Urban Systems)
- Measuring the land (done by Pin Point Surveying)
- Checking for important cultural sites (organized by SK'atsin)



KEY REPORTS COMPLETED

After these checks, here are some important things we finished:

- First Environmental Site Assessment report
- Environmental Overview Assessment
- Cultural Heritage Assessment
- Draft plan for wastewater (septic system) management
- Draft Geotechnical (ground stability) Assessment



RECENT UPDATE

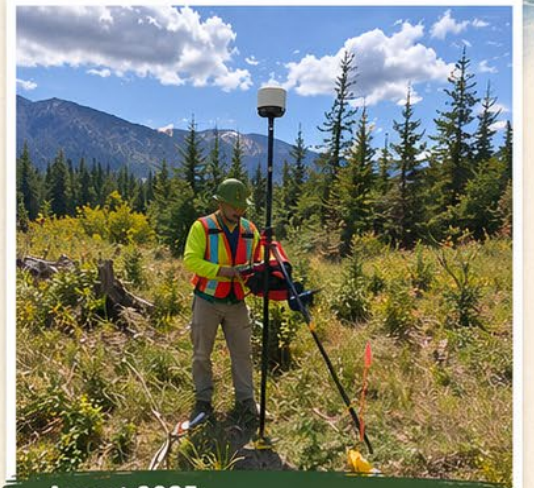
Urban Systems recently met with the Neskonlith Chief and Council on **February 24, 2026**, to give a project update and talk about the next steps for the design.



LOOKING AHEAD

Soon, Urban Systems will show the first design to Chief and Council. After that, the team will start working on more detailed plans.

The new subdivision will have more than twenty homes for community members, and there are ideas to build triplexes or fourplexes in some areas so even more families could have homes.



August 2025
Environmental Assessment work onsite



July 2025
Test Pit work to inform septic field design



QUESTIONS?

For more information, please contact the **Band Office**.

Thank you for your continued support as we work together to build homes for our community and future generations.

NESKONLITH INDIAN BAND

Are you interested in owning a home
In Neskonlith?



HOME OWNERSHIP & MONEY MANAGEMENT SESSION

ARE YOU INTERESTED IN BUILDING, BUYING OR RENOVATING A HOME ON NESKONLITH? BOOK A ONE-ON-ONE CONFIDENTIAL MONEY MANAGEMENT COUNSELLING SESSION

You will learn:

- What is a good credit score
- How to check credit score
- How to repair bad credit
- How to budget / Buy a Car
- Homeownership
- Mortgages

Thursday March 26th 10:30 - 4:00 PM

Neskonlith Band Office

Contact: Maria Beaurain

mariabeaurain@neskonlith.net

T: (250) 679-3295



FNMHF
FIRST NATIONS MARKET HOUSING FUND





More Than Products: A Purpose You Can Trust

At *Up the Hill Inc.*, we don't create our wellness products & gifts just to make them. Every product has a purpose. Our work is about sharing Indigenous knowledge and culture with the world, showing that self-care rooted in tradition is powerful, unique, and effective.

Rooted in Ancestral Wisdom

The wisdom we use in our blends and rituals comes from generations before us. My mother and great-grandmother taught me how to listen to plants, how to harvest with respect, and how to live with culture. Their teachings are alive in every step of our business — from the way we gather herbs to the way we share them with you.

Cultural note: Each product begins with gratitude — a prayer to the land, thanks to the plants, and respect for the knowledge that has sustained our people for generations.

Self-Care With Meaning

Self-care is a ceremony. It's a way of living that honors the heart, mind, body and spirit. Our herbal blends aren't designed to follow fads — they're a trend crafted to restore balance, bring joy, and connect you with the wisdom of plants.

Cultural note: When you sip our tea or use our kits, you're joining a

ritual that carries Indigenous healing knowledge forward.

Sharing Culture, Breaking Stigma

Indigenous people have often faced stigma and misunderstanding. Through our work, we want to change that. By sharing our culture openly and proudly, we show that Indigenous knowledge is not only relevant — it's powerful, healing, and trustworthy. Our products are more than items; they're full of stories, teachings, and offerings that remind the world that Indigenous healing wisdom belongs at the center of wellness.

Cultural note: Each blend is a way of saying: "We are here, and our knowledge matters."

A Business You Can Trust

Trust is at the heart of *Up the Hill Inc.* We are intentional in our creations, transparent in our practices, and guided by values that honor both tradition and modern needs. When you choose our products, you can trust they're made with care, compliance, and authenticity. Behind every blend is a purpose — to heal, to connect, and to celebrate Indigenous culture.

At *Up the Hill Inc.*, we are more than a business. We are a living expression of Indigenous knowledge and culture. We don't create products for the sake of production; we create them to share wisdom, to minimize stigma, and to offer something unique that truly works. This is our way of living — and it's a way you can trust.

NESKONLITH COMMUNITY

Share Our STORY!

Celebrating Our People, Our Past & Our Present

We would love to showcase the achievements and contributions of our community & band members.

To do so, we are requesting **submissions of photographs and writeups.**

Please share your photos, both old and recent, capturing memorable moments within our community. Your contributions will help us celebrate the rich history and vibrant presence of our membership.

Please submit your photos to:
newsletter@neskonlith.net

Thank you for your participation and support!

OUR CHILDREN ARE SACRED

"KNUCWETE R STSMEMELT"

IT'S EVERYONE'S RESPONSIBILITY TO PROTECT & SUPPORT OUR CHILDREN & FAMILIES, & IT TAKES COURAGE & TRUST TO TALK TO SOMEONE WHEN A CHILD IS IN NEED OF SAFETY

KNOW THE FACTS, YOUR RIGHTS, & WHERE TO GO FOR ADVOCACY

GIVEN THESE FACTS:

There are more children in care now than at the height of Residential School

(Cindy Blackstock 2014)

215 Children's remains were found at the Kamloops Indian Residential School

(CBC News, May 27, 2021)

Child welfare experiences are seen as an extension to Residential School policies that force children from their homes.

(Forsma, J.,(2014)

**CONCERNS OF CHILD WELFARE ARE VALID.
IT'S TIME TO STAND IN SOLIDARITY WITH US TO ASSERT OUR
TRADITIONAL WAYS OF CARING FOR OUR CHILDREN**

Neskonlith Health & Wellness are here to SUPPORT & ADVOCATE for you. We take great honour in providing prevention services, but we also rely on your courage to reach out. If you ever wonder what to do, please call us at Health Centre (250) 679-3295. All calls are kept confidential.

PREVENTION SERVICES

STEP 1: CALL THE HEALTH CENTRE & TALK TO YOUR SOCIAL WORKER/BAND REPRESENTATIVE AT (250) 679-3295 (228) OUR FOCUS IS ON PREVENTION AND STRENGTHENING CHILDREN & FAMILIES

STEP 2: WE'VE PARTNERED WITH THE PARENTS LEGAL CENTRE TO PROVIDE FREE LEGAL ADVICE AND ADVOCACY FOR CHILD WELFARE INVOLVEMENT

STEP 3: TO MEET HEALTH NEEDS & ADDRESS SERVICE FUNDING GAPS, WE CAN ASSIST WITH JORDAN'S PRINCIPLE APPLICATIONS

STEP 4: CONNECT WITH WRAP AROUND SERVICES: SOCIAL WORKER, FAMILY SUPPORT, & COMMUNITY HEALTH NURSE/COORDINATORS

DUTY TO REPORT

STEP 1: IF YOU THINK A CHILD OR YOUTH UNDER 19 YEARS OF AGE IS BEING ABUSED OR NEGLECTED, YOU HAVE THE LEGAL DUTY TO REPORT YOUR CONCERN TO A CHILD WELFARE WORKER.

STEP 1: PHONE 1 800 663-9122 OR (604) 660-9122 AT ANY TIME OF THE DAY OR NIGHT.

STEP 3: YOUR CALL WILL BE DIRECTED TO AN INTAKE WORKER (YOU CAN CALL ANONYMOUSLY).

YOUR SOCIAL WORKER WILL BE NOTIFIED ASAP IMMEDIATELY AND ADVOCATE WITH YOU AND FOR YOU.

(GOVERNMENT OF BC, 2021)

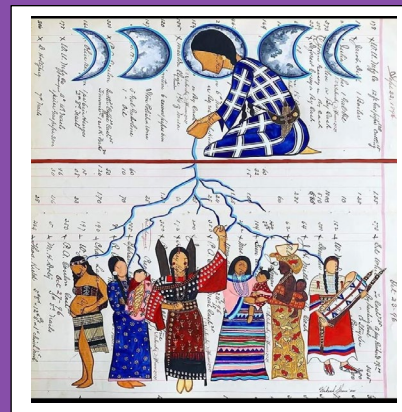


Have you ever heard the legend of the Mermaids under Copper Island?

Not actually Mermaids, they were called Qelmucwetkwe (Kul-a-moo-whot-kwa) meaning water people and were said to live in the caves and rocks under the water in Copper Island.

In George Dawson's 1888 diary, legend says "They consisted of creatures with heads like human beings and tails like fish, long hair, and about twice the size of a man."

These creatures originally apparently lived up at Adams Lake in a cave, but eventually one went down the river to Kamloops and the other one went to Copper Island.



International Womens Day

♥ words and artwork - Wakeah Jane

• Grandmothers Prayer •

Long before she knew she would become a mother and a grandmother - she prayed hard for the future generations to come. She planted a seed in each of us. Praying that we would never suffer harsh realities that this world carries as she did. Praying for our strength and resiliency to overcome it all if we did. Praying for the wombs and the babies. Her prayers are the very roots of us. It flows through the blood in our bodies so gently and intently like water. Creating new and better paths. She prays that her prayers radiate and reach as far as those who came in contact with her relations. Our matriarchs are celebrated everyday by us simply being and carrying on their legacies.
- Wakeah Jane ♥

**4TH ANNUAL
STK MEN'S FASTBALL
TOURNAMENT**

JUNE 5-7 CHARLES ANDERSON STADIUM, KAMLOOPS



Follow STK Fastball on Facebook for Updates

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



FIRST NATIONS' Emergency Services
BRITISH COLUMBIA

JORDANS PRINCIPLE INFORMATION:

Available 24 hours, 7 days a week

- Jordan's Principle Call Centre: [1-855-JP-CHILD](tel:1-855-JP-CHILD) ([1-855-572-4453](tel:1-855-572-4453))
- teletypewriter: [1-866-553-0554](tel:1-866-553-0554)

What is covered

Jordan's Principle responds to unmet needs of First Nations children no matter where they live in Canada.

Different levels of government fund different services for First Nations children. As a result, it can be hard to figure out how to access necessary products, services and supports.

Under Jordan's Principle, we can:

- inform families about the help available for their child and how to access it
- coordinate access to products, services and supports
- provide funding when it's needed to make sure products, services and supports are accessed without delay

What is funded

Each child's situation is unique. Please confirm coverage in advance with your [regional focal point for Jordan's Principle](#).

Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have. Some examples of what has been funded under Jordan's Principle include:

Health

- mobility aids
- wheelchair ramps
- addiction services
- services from Elders
- mental health services
- specialized hearing aids
- traditional healing services
- services for children in care
- assessments and screenings
- transportation to appointments
- medical supplies and equipment
- long-term care for children with specialized needs
- therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)

Social

- social worker
- land-based activities
- personal support worker
- specialized summer camps
- respite care (individual or group)
- specialized programs based on cultural beliefs and practices

Education

- school supplies
- tutoring services
- teaching assistants
- specialized school transportation
- psycho-educational assessments
- assistive technologies and electronics

Who is covered

On November 25, 2020, the Canadian Human Rights Tribunal (CHRT) released a ruling about Jordan's Principle eligibility. A child under the age of majority in their province or territory of residence can access Jordan's Principle, if they permanently reside in Canada and if the child meets one of the following criteria:

- is registered or eligible to be registered under the *Indian Act*
- has one parent or guardian who is registered or eligible to be registered under the *Indian Act*
- is recognized by their nation for the purposes of Jordan's Principle
- is ordinarily resident on reserve

The eligibility above replaces the CHRT interim motion ruling of February 2019.

To find out more about how to confirm with a First Nations official that a child is recognized by their nation (for the purposes of Jordan's Principle), contact your [regional focal point for Jordan's Principle](#) or the [Jordan's Principle Call Centre](#).

If you are a First Nations leader or official, looking for more information about what this means to your nation, please contact your regional office or [regional focal point for Jordan's Principle](#).

Ordinarily resident on reserve means that an Indigenous child:

- lives on reserve
- normally lives on reserve even if the child or one of the members of their household (such as a sibling, parent, extended family living with child) may have been required to spend some time away temporarily from the community to access services such as health care or education where there are no other comparable services available in the community
- was ordinarily resident on reserve immediately prior to accessing Jordan's Principle
- is a dependent of a family that maintains a primary residence on reserve
- returns to live on reserve with parents, guardians or caregivers during the year, even if they live elsewhere while attending school or to receive medical care or other services
- meets student eligibility requirements in Yukon Territory

A child taken into care of a Child and family services agency or into a kinship or informal agreement is considered ordinarily resident on reserve where:

- the child's parent or guardian lived on reserve at the time the child was taken into care or
- a child goes into the care of a guardian who lives on reserve

Requests for Inuit children can be made through the [Inuit Child First Initiative](#).

Please [contact us](#) if you're not sure how to help an Indigenous child who needs access to products, supports and services.



Jordans Principle Service Coordinator Outreach

Where: Neskonlith
Wellness Building, Chase
When: Time: 9:30am-12noon

Where: Neskonlith
Melamen Centre, Salmon Arm
When: Time: 9:45am-12noon

Dates for 2026/2027:

Apr 14, 2026
May 12, 2026
June 9, 2026
July 14, 2026
Aug, No Outreach
(on leave)
Sept 8, 2026
Oct 13, 2026
Nov 10, 2026
Dec 8, 2026
Jan 12, 2027
Feb 9, 2027
Mar 9, 2027

Dates for 2026/2027:

Apr 28, 2026
May 26, 2026
June 23, 2026
July 28, 2026
Aug, No Outreach
(on leave)
Sept 22, 2026
Oct 27, 2026
Nov 24, 2026
Dec, No Outreach (Holidays)
Jan 26, 2027
Feb 23, 2027
Mar 23, 2027

*Dates may be cancelled or changed at last minute, if exceptional circumstances arise.



Meet with the Jordans Principle Service Coordinator
to determine if this initiative
(to address gaps in health services for medical, social and
educational needs for Indigenous children/youth),
can assist with your child's unmet needs.

Please call 236-597-3373 to book an appointment.

Deadmans Creek

ANNUAL RODEO

FIRST WEEKEND OF MAY

May 2nd and 3rd 2026,
1pm start daily

Major Event

Bull riding, Bareback riding,
Barrel racing, Tie Down roping,
Team roping, Steer Wrestling,
Contemporary & Ranch Saddle Bronc riding

Junior Events

Steer riding & Barrel racing

Pee wee Events

Barrel racing

Other Events

Wild Cow Milking, Calf Scramble, Whisky Race, Stick Horse Race, and
traditional events.
Other events to be announced.

For more information and updates on the event, search:
Annual Deadmans Creek Open Rodeo 2026 on Facebook

Rodeo grounds located 50km west of Kamloops on Trans Canada Hwy

RODEO ENTRIES APRIL 14th, 15th and 16th 2026
from 5:30pm till 9:00pm contact

(250) 373-2577

Entries will **ONLY** be accepted by phone.

No early or late entries will be accepted.

Suspect an OVERDOSE? Stay and

CALL 911

or your local emergency number

The Good Samaritan law can protect you from simple drug possession charges.

Together we can **#StopOverdoses**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Learn more at Canada.ca/Opioids



Canada

Know How to Recognize an Opioid Overdose

Anyone using opioids, even in small amounts, can overdose.

Fentanyl and other dangerous substances are being mixed with or disguised as other drugs like heroin, oxycodone, cocaine and ecstasy/MDMA.

SIGNS OF AN OPIOID OVERDOSE



Blue lips
or nails



Dizziness
and confusion



Can't be
woken up



Choking,
gurgling or
snoring sounds



Slow,
weak or no
breathing



Drowsiness
or difficulty
staying awake

SUSPECT AN OVERDOSE?

CALL **911**
or your local
emergency
number

Ask festival
staff for
HELP

Administer
NALOXONE
if you have it

STAY
with the person
until help arrives

The Good Samaritan law can protect you from simple drug possession charges. You have the power to save a life.

Together we can **#StopOverdoses**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Learn more at Canada.ca/Opioids



Canada

Paycheck-to-Paycheck Budgeting Made Simple

1 Budget Per Paycheck



Each time you get paid, assign every dollar a job.

	Income (example):	\$1,000
	Rent:	\$400
	Groceries:	\$150
	Bills:	\$200
	Transport:	\$100
	Leftover:	\$150

→ You're planning survival for this pay cycle only.

2 Cover Essentials First

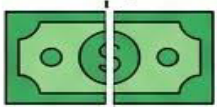


Always prioritize in this order:

- Rent
- Utilities
- Groceries
- Transportation
- Minimum debt payments

Everything else is optional.

3 Split Big Bills Across Paychecks



If rent is \$800 and you're paid twice:

- Set aside \$400 from each paycheck.



This prevents last-minute stress.

4 Use Weekly Limits



Break your leftover money into weekly spending.

Example:
\$200 left → \$50 per week
→ Money going into weekly boxes.

Stop spending when the weekly limit is done.

5 Create a "Buffer" Category



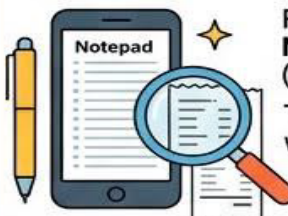
Even if small: Save \$10-\$20 per paycheck.



This builds a cushion so one emergency doesn't break your cycle.



6 Track Every Dollar (Temporarily)



For 2-3 weeks: Note all spending (apps or notes).

This quickly reveals where money leaks.

- Dripping tap or small cracks.

7 Cut Only What Matters

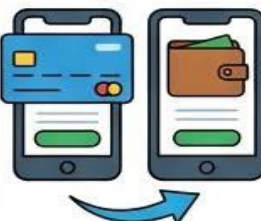


Focus on high-impact cuts:

- Eating out
- Subscriptions
- Impulse shopping

Don't stress over tiny expenses.

8 Use Separate Accounts (If Possible)



Account 1: Bills
Account 2: Spending

Money going into distinct digital channels or safes.

This reduces accidental overspending.

yes

DINNER in a BOWL



Egg Roll in a Bowl

1.5 lbs ground beef
1 large onion (diced)
1 tbsp garlic (minced)
2 tbsp sesame oil
1/2 cup carrots (shredded)
16 oz coleslaw mix
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp red pepper flakes
1.5 tsp ground ginger
1/2-3/4 cup soy sauce
2 tbsp vegetable oil
Green onions



Burger Bowl

Burger Base:
1 lb lean ground beef
1 tsp onion powder
1 tsp garlic powder
1 tsp kosher salt
1 tsp black pepper
1/4 tsp paprika
Salad Dressing:
1/4 cup mayonnaise
2 tbsp ketchup
2 tsp dill pickles
1/2 tsp yellow mustard
1/2 tsp garlic powder
1/2 tsp onion powder
Salad:
4 cups romaine lettuce
1 cup cherry tomatoes
1 cup red onion
1 cup dill pickle chips
1 cup sharp cheddar
3 cups French fries



Sushi Bowl

4 cups sushi rice
1/4 cup + 1 tsp seasoned rice wine vinegar
8 oz imitation crab meat
1 cup cucumber
1 cup Haas avocados
1/2 cup carrots
0.17 oz roasted seaweed snacks
1/2 cup mayonnaise
1 tbsp sriracha sauce
1 tbsp black sesame seeds
1 tbsp white sesame seeds
4 tsp low-sodium soy sauce



Butter Chicken

3 lbs chicken breasts
1 cup onion
4 tbsp unsalted butter
1 tbsp garlic
1 tbsp ginger
2 1/2 tsp curry powder
2 tsp chili powder
2 tsp garam masala
1/2 tsp cumin
1/2 tsp salt
1 cup tomato sauce
1 1/4 cups heavy cream
6 tbsp tomato paste
2 tbsp cornstarch
4 cups jasmine rice
Fresh cilantro



Beef Bowl

2 tbsp olive oil
1/2 cup yellow onion
1 cup green bell pepper
1 cup red bell pepper
1 cup yellow bell pepper
1 tbsp garlic
1 tsp ginger root
1 lb lean ground beef
1/2 cup low-sodium soy sauce
1/4 cup hoisin sauce
1-2 tsp sriracha sauce
1/2 tsp kosher salt
1/2 tsp black pepper
17.3 oz Jasmine rice



Burrito Bowl

1.5 lbs chicken breasts
4 cups white rice
15 oz seasoned black beans
15.25 oz whole kernel yellow corn
1 avocado
2 cups Roma tomatoes
1/2 cup white onion
1 tbsp jalapeño
2 tbsp cilantro
2 tsp lime juice
2 tbsp olive oil
+seasonings

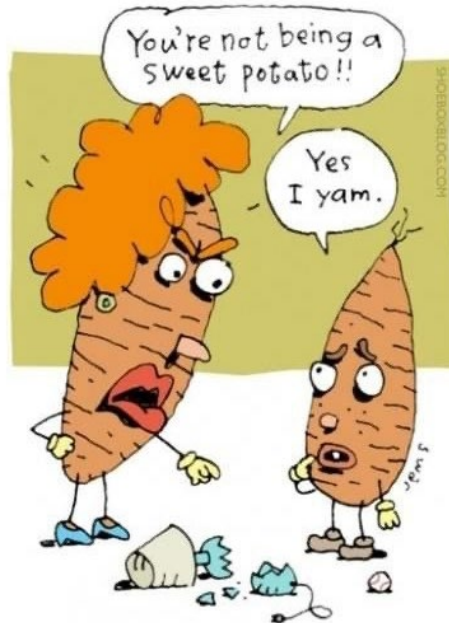
"Fun"ny Pages

Why did the hamburger
coffee and jelly beans
go to the gym?



He wanted better buns.

— COFFEE AND JELLY BEANS —



WHY DID THE CHICKEN
JOIN A BAND?



BECAUSE IT HAD THE DRUMSTICKS!

— COFFEE AND JELLY BEANS —

WHAT DO YOU CALL
A LIZARD THAT SINGS?



A RAP-TILE

— COFFEE AND JELLY BEANS —



Why can't you
coffee and jelly beans
trust a burrito?



Cause it will
spill the beans.

— COFFEE AND JELLY BEANS —



What did the duck say
coffee and jelly beans
when he dropped the dishes?



I hope I didn't quack any!

— COFFEE AND JELLY BEANS —

WHAT DO SWEET POTATOES
WEAR TO BED?



THEIR YAMMIES!

— COFFEE AND JELLY BEANS —



FUN WITH ROCKS!

FREE EVENT

SATURDAY, APRIL 18, 2026

10:00AM - 2:00PM

Secwépemc Museum & Heritage Park

ROCK IDENTIFICATION :

11:00AM - 1:00PM

Local rockhounding club members and geologists will be on hand to help identify your own rocks - so bring one along!

THIS IS A DAY FULL OF HANDS-ON ROCK ACTIVITIES FOR AGES 2-99!
EXPLORE HANDS-ON ROCKS, LEARN ABOUT LOCAL GEOLOGY, AND DISCOVER THE MUSEUM'S ROCK COLLECTION!



SNTC ASETS & ATEC



How we can help!

For Clients:
Employment Counselling & Referrals
Support with resumes & interview skills
Access to career exploration tools
Training & Certificates
Job Start Supports
Access to telephones and computers

For Employers:
Targeted Wage Subsidy
Summer Student
Direct Purchase Program

Kamloops Office:
250 554 4556

Ashcroft Office:
250 453 0093

 www.sntcassets.com



NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

HAVE YOU BEEN CHARGED WITH A CRIMINAL OFFENCE?

HAVE YOU BEEN DENIED LEGAL AID?

WE CAN HELP YOU!

- WE CAN HELP YOU WITH ANY COURT APPEARANCE IN ADULT CRIMINAL COURT
- WE CAN HELP YOU WITH AN OUTSTANDING WARRANT
- WE CAN HELP CANVAS LEGAL AID APPLICATIONS
- THERE IS **NO FEE** FOR OUR SERVICES

MY CONTACT INFO IS:

BERT KEEPER
Native Courtworker

855-221-5728 Ext.361 | Cell: 250-299-6519
Email: bkeeper@nccabc.com

PLAYGROUP

FOR CHILDREN AGED 0-6 AND THEIR PARENTS OR CAREGIVERS

9:30am - 11:30am
Every Thursday morning
Includes a craft, a story and a snack
Drop In



FREE

Chase & Area Family Services

Catholic Church Basement
1185 Shuswap Ave
Chase, BC

NESKONLITH BAND EMERGENCY RESOURCE PHONE NUMBERS

Neskonlith Band Office: 250-679-3295 (Mon-Fri 8:00am - 3:30pm)

Emergency Number (Fire/Ambulance/Police):

911 Emergency Services

Non-Emergency Numbers:

(250) 679-3221 Police

(250) 679-8655 Fire

(250) 679-5937 Ambulance

Medical

Chase D&T Centre: 250-679-3220

Salmon Arm Hospital: 250-833-3600

Kamloops Royal Inland Hospital: 250-374-5111

Poison Control Centre: 1-800-567-8911

Alcohol and Drug Information and Referral Service: 1-800-663-1441

1-250-679-1420 Chase Clinic

1-250-679-3312 Chase Health Centre

1-250-679-3442 Chase Wellness Centre

1-250-679-3556 Chase Dental Clinic

1-250-955-0660 Scotch Creek Medical Centre

1-250-679-8611 Chase Pharmacy- Pharmachoice Drug Mart

1-250-679-3656 Chase Veterinary Clinic

1-800-567-8911 Poison Information (24-hour Line)

811 HealthLink BC (24-Hour, confidential health information and advice)

Child Welfare

After hours Child Protection (SCFS and MCFD) 250-310-1234

Ministry of Child and Family Services general enquiries:

1-877-387-7027

After hour emergencies: 1-800-663-9122

Crisis / Distress Support Lines:

(250) 377-0088 Kamloops Mental Health & Substance Abuse after Hours Emergency

(888) 353-2273 (CARE) Interior Health Authority Crisis Line

(250) 314-9669 Secwepemc Child and Family Services Child Protection Reporting

(250) 310-1234 Child Protection After Hours Reporting & Response Line

(250) 374-2456 AA Answering Service

1-866 925-4419 – 24 HOUR CRISIS LINE for Residential School Survivors

(250) 310-6789 – 24 HOUR CRISIS LINE in BC (Mental Health & Addictions Support)

1-866-661-3311 - 24 HOUR CRISIS / DISTRESS Line for Emotional Support & Suicide Distress

1-800-SUICIDE (784-2433) Suicide Distress Line

1-866-872-0113 Suicide Hotline www.CrisisCentreChat.ca online crisis chat service for Adults

1-800-668-6868 Kids Help Phone (Professional Counsellors)

1-800-448-4663 Youth Crisis Hotline

www.YouthInBc.com online chat service for youth

1-604-872-1234 Seniors Distress Line 1-800-563-0808

Adams Lake Band Fire Department: 250-679-3500

N.I.B. EMERGENCY RESOURCE PHONE NUMBERS FOR SALMON ARM

(250)833-0202 Melamen Health Centre (Mon-Fri 8:00am-3:30pm)

Emergency Numbers:

911 Emergency Services (Fire/Ambulance/Police)

811 HealthLink BC (24-hr. confidential Health Information & Advice)

Non-Emergency Numbers:

(250)832-8044 Police

(250)803-4060 Fire Hall

(250)833-0188 Ambulance

Medical:

(250)833-3600 Shuswap Lake General Hospital

(250)833-1990 Mount Ida Medical Clinic

(250)832-2321 Salmon Arm Medical Clinic

(250)833-3377 Montebello Medical Clinic

(250)833-4103 Salmon Arm & area Mental Health & Substance Use Services

Animal Clinics:

(250)832-6069 Shuswap Veterinary Clinic

(250)833-5364 Uptown Animal Hospital

(250)832-7376 SPCA

1(877)952-7277 Wildlife Sightings (Bears, etc.)

(250)804-7000 Conservation Officer, Salmon Arm

SPRING HOME MAINTENANCE CHECKLIST

INTERIOR

- Clean Air Ducts
- Check Window/Door Seals
- Check Smoke/CO Detectors
- Check Attic for Roof Leaks
- Check Faucets for Leaks
- Replace Furnace Filter

EXTERIOR

- Inspect Roof for Damage
- Clean Gutters & Downspouts
- Pest Mitigation as Needed
- Service AC Unit
- Prepare Sprinkler System
- Begin Landscape Work

Your Spring Home Maintenance Checklist



Taking Care of Our Homes, Taking Care of Each Other

As the snow melts and the land begins to wake, spring is a time of renewal for our community. It's also a good time to check in on our homes after the winter season. Taking care of our living spaces helps keep our families safe, comfortable, and healthy. Here are some simple steps to help you get your home ready for the warmer months:

Around the Home

- Walk around your home and look for any damage from winter
- Check your roof for loose or missing shingles
- Clean out gutters so water can drain properly
- Look for cracks in the foundation or areas where water collects
- Make sure steps, decks, and railings are safe and secure

Outside Checks

- Wash windows and screens to bring in the spring light
- Check siding, paint, and door seals for wear or drafts
- Turn on outdoor taps and check for leaks
- Clean up yards and prepare for gardening season

Inside the Home

- Change furnace filters and make sure your heating system is working well
- Test smoke alarms and carbon monoxide detectors
- Check under sinks and around toilets for leaks
- Clean vents to improve air quality
- Take a look at your hot water tank for any signs of rust or wear

Health & Safety

- Watch for moisture or mold, especially in basements
- Seal any gaps or cracks to keep your home energy efficient
- Check emergency supplies and replace anything expired
- Make sure fire extinguishers are ready to use

Looking Out for One Another
Spring is also a time to come together. If you're able, consider helping a neighbour or Elder with yard clean-up or small repairs. Even a quick check-in can make a big difference.

Taking care of our homes is part of taking care of our community. Small steps now can help prevent bigger problems later and keep our homes strong for the seasons ahead.

If you need support with home maintenance or repairs, please reach out to the Housing Department staff for available programs and services.

NESKONLITH

RIBBON HOODIE

Making

COMMUNITY WORKSHOP RECAP

A DAY OF CREATIVITY, CONNECTION & CULTURE

Community came together for a hands-on Ribbon Hoodie Making workshop at the Neskonlith Band Hall. Laughter, learning, and collaboration filled the space as participants designed, sewed, and shared ideas.

HIGHLIGHTS

- Shared Skills & Knowledge**
Participants learned techniques, helped one another, and brought creative visions to life.
- Ribbon Designs with Meaning**
Each hoodie reflects our identity, strength, and tradition.
- Good Company & Great Food**
Fryer's Express kept everyone fuelled while we worked and connected.
- Community Spirit**
From the first stitch to the final ribbon, it was a day to remember.

THANK YOU TO EVERYONE WHO JOINED, SHARED, AND CREATED.

Our Culture. Our Hands. Our Hoodies.

Tips to FireSmart Your Home

Taking action to FireSmart your property will dramatically decrease the risk of wildfire damaging your home. The best part is, it's surprisingly easy to do.

Hold sheds and other structures to the same standards as your home.

Relocate propane tanks 10-30 meters from your home, and keep combustible vegetation a minimum of 10 metres from propane tanks.

Move firewood and lumber 10-30 meters away from home.

Prune trees to create a two-meter clearance from the ground to the lowest branches.

Add non-combustible 3 millimetre screens to external vents (except dryer vents).

Reduce the flammability of your landscaping and plant wildfire resistant vegetation. [Learn landscaping.](#)

Download the [FireSmart home assessment](#) and do a self-assessment of your home and property.

Clean under your deck to remove any combustible material. Establish a 1.5 metre non-combustible zone around the perimeter of the house and deck.

Clean and maintain gutters and roofs. Keep decks and balconies clear of leaves and debris.

Keep grass and weeds cut below 10 centimetres.

Have a [wildfire evacuation plan](#) and make sure everyone in your household knows what to do.

FireSmart, Intelli-Teu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre.



Learn more at FireSmartBC.ca

FireSmart Your Home: Protecting Our Families & Lands

As we move into warmer months, the risk of wildfires increases across our region. Taking steps now to FireSmart your home can greatly reduce the risk of fire damage and help protect your family, your home, and our community.

FireSmarting is about making small, practical changes that help slow the spread of wildfire and give firefighters a better chance to protect homes.

What is FireSmart?

FireSmart means reducing fire hazards around your home and property. Wildfires can spread quickly through dry grass, debris, and nearby trees—but a well-maintained space can make a big difference.

Start with the Area Closest to Your Home (0–1.5 metres)

This is the most important zone.

- Remove dry leaves, pine needles, and debris from around your home
- Keep roofs, gutters, and decks clean
- Move firewood, propane tanks, and flammable materials away from walls
- Avoid planting highly flammable shrubs right next to your home

Create Space (1.5–10 metres)

- Trim branches so they are at least 2 metres from the ground
- Space out trees and shrubs to reduce fire spread

- Keep grass short and remove dead vegetation
- Maintain driveways and access routes for emergency vehicles

Manage Your Yard (10–30 metres)

- Clear fallen branches and dry brush
- Thin dense tree areas where possible
- Remove ladder fuels (vegetation that allows fire to climb into trees)

Make Your Home More Fire-Resistant

- Use fire-resistant roofing and siding materials if upgrading
- Install spark arrestors on chimneys
- Cover vents with fine mesh to keep embers out
- Keep decks and patios clear of combustible items

Be Prepared

- Ensure you have access to water (hoses, pumps, or stored water)
- Clearly mark your address so emergency crews can find you quickly

- Have an emergency plan and grab-and-go kit ready

Working Together as a Community

FireSmarting is strongest when we all take part. By reducing hazards around each home, we help protect the entire community.

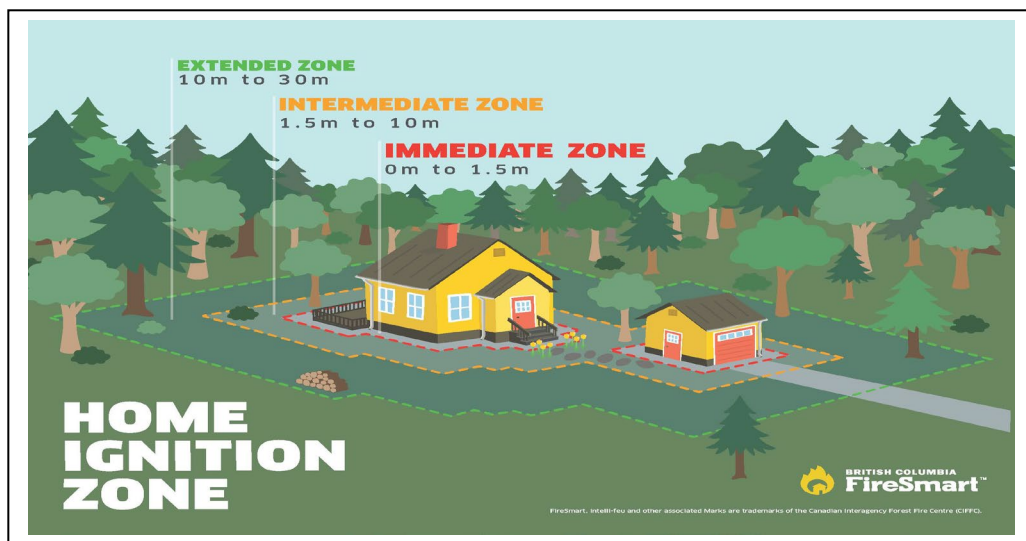
- Check in with neighbours and Elders who may need help
- Work together to clean up shared spaces
- Share knowledge and support one another

Need Help Getting Started?

Support may be available through community programs or the Band Office. Reach out for information on FireSmart resources, clean-up efforts, or assistance.

Protecting our homes also means protecting the land, our families, and future generations. Every step we take today helps keep Neskonlith strong and safe.

**Be FireSmart. Be prepared.
Take care of one another.**



NESKONLITH INDIAN BAND: EDUCATION DEPARTMENT

APPRENTICESHIP TRAINING: LEVELS 1 & 2



TRAINING INFORMATION:

In Partnership with ISETs Neskonlith Indian Band is pleased to announce an Apprenticeship Training opportunity for Level 1 and Level 2 participants. This intake will support two students per program only.

Successful applicants will complete their technical training on-site through one of our partnered post-secondary institutions: Thompson Rivers University or Okanagan College.

All participants must meet the admission and program requirements of the selected post-secondary institution to qualify.

Participants will also be eligible for a Wage Subsidy, supporting the required work hours needed to progress through Levels 1 and 2 of their apprenticeship.

2 STUDENTS/PROGRAM:

- **PLUMBER**
- **CARPENTRY**
- **ELECTRICIAN**
- **PROJECT MANAGEMENT
CERTIFICATE**

Must Have Skilled Trades BC ID#



for more information, please contact:
Postsecondary@nibeducation.com
 250-679-3295 ext.127

TOLKO

WOODLANDS INDIGENOUS STUDENT SCHOLARSHIP PROGRAM 2026

TWENTY FIVE \$1,000 AWARDS

Tolko Woodlands is proud to offer twenty five scholarships to Indigenous students who are pursuing post-secondary education, with priority given to applicants registered in forestry or related fields of study.

ELIGIBILITY CRITERIA

Applicants must be:

- enrolled in a recognized post-secondary institution
- reside within Tolko's areas of operations
- of Indigenous ancestry

HOW TO APPLY:

Applicants must provide the following:

- proof of acceptance into a recognized post-secondary program
- a completed application form

Scan here to apply!



**Application Deadline:
June 30, 2026**



OUTAGE NOTIFICATION

Hi Neskonlith,

We're performing work on our system in your area that requires us to temporarily turn off your electricity service.



PLANNED POWER OUTAGE DETAILS (WO 90049522-01)



Locations: 708 CHF NESKONLITH DR, PRITCHARD
739 CHF NESKONLITH DR, PRITCHARD
792 CHF WM PIERISH DR, PRITCHARD
NESKONLITH RESERVE 2, PRITCHARD
OFFICE - 750 CHIEF NESKONLIT DR, PRITCHARD



From: Sunday, May 3, 2026 08:00 AM (estimated)
To: Sunday, May 3, 2026 04:00 PM (estimated)



Reason: Stations Inspections

Landlords, please advise your tenants accordingly.



PREPARE FOR THE OUTAGE

Before the outage begins, turn off electric heaters, major appliances and unplug sensitive electronics to protect them from damage. If you rely on electric medical equipment or access doors, have a plan to maintain use.

[MORE WAYS TO PREPARE →](#)



WHY WE PLAN POWER OUTAGES

Planned outages allow us to safely maintain and improve our electric system, which helps reduce the frequency of unplanned outages caused by storms and equipment failures. We understand that outages are inconvenient, and we appreciate your patience.

[HOW WE PLAN OUTAGE TIMES →](#)



GET THE LATEST STATUS

Planned power outages may be cancelled without notice due to safety, adverse weather or emergencies. Get the latest status of your planned outage online or give us a call at

**1 800 BCHYDRO
(1 800 224 9376).**



Thank you for understanding.

We'll restore your power as soon as possible.