



Penticton Indian Band

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kt̓ cp̓əlk̓ stim̓  
*Cause to come back*

**akt̓ x̓wuminaʔ, Shingle Creek**

May 2, 2024 - 10:00 am

**Lower Vernon Creek**

May 7, 2024 - 10:00 am

**nx̓waq̓waʔstn, Mission Creek**

May 8, 2024 - 10:00 am

**Six Mile Creek**

May 9, 2024 - 10:00 am

**sn̓tuxwq̓nm, Castlegar**

May 13, 2024 - 10:00 am

**takliʔaickst, Slocan Lake**

May 13, 2024 - 2:00 pm

**sn̓k̓x̓yktn, Revelstoke**

May 14, 2024 - 10:00 am

**SOCKEYE FRY  
RELEASE  
CEREMONIES**

As part of our commitment as *sux̓wt̓xt̓em*, we will be hosting prayers and ceremonial releases of Okanagan Sockeye fry.

The Syilx Nation invites you to join us to give prayers for the release of Okanagan Sockeye fry throughout the Syilx Territory!

DATES SUBJECT TO CHANGE DUE TO WATER TEMPERATURES

For more information contact:  
Event Planner  
events@syilx.org or 250 707 0095  
www.okanagannation.com

Please Note: There may be additional ceremonies and releases taking place that are happening for *ki pelk̓ stim̓*. Please attend ceremonies at your own risk due to high water and safety concerns.

CHECK OUT MORE ON THE  
MEMBERS PORTAL  
[HTTPS://PIB.CA/](https://pib.ca/)



CONNECT WITH US ON SOCIAL MEDIA



THE OFFICIAL START OF SPRING COINCIDES WITH THE SEASON OF RENEWED WILDLIFE ACTIVITY. WARMER WEATHER MEANS BLACK BEARS, COUGARS AND COYOTES WITHIN OUR VALLEYS. BEARS ARE EMERGING FROM THEIR WINTER DENNING, LOOKING FOR CALORIE-RICH MEALS AFTER MONTHS OF FASTING. EXTRA CAUTION SHOULD BE TAKEN WITH MOTHER BEARS AND WHO HAVE NEW CUBS AND MOTHER COUGARS AND THEIR BABIES

THERE HAS BEEN SIGHTINGS OF BEARS AND COUGARS ALREADY.  
THERE WAS A SIGHTING ON WESTBENCH AND WESTHILLS (UPPER RESERVE)

### **TO AVOID ATTRACTING BEARS, COUGARS AND OTHER CRITTERS TO YOUR HOMES AND NEIGHBORHOODS:**

(You can read more information and safety tips at <https://wildsafebc.com/>)

- Avoid feeding or attracting other wild animals that may be prey for cougars. Fallen seed from bird feeders can attract rodents which are potential prey for cougars. Deer should never be fed
- If you keep chickens or small livestock, use a properly installed and maintained fence that is maintained regularly
- Store all of your feed in a secure rodent-proof location and ensure feeding areas are clean and free of attractants. Chicken coops and runs should be covered as cougars may leap or climb over fencing. Put small domestic livestock in an enclosed area at night. Use lighting around barns and pens to deter predators.
- Repellents and scare devices to deter cougars, however cougars are intelligent and quickly adapt. If you wish to try such devices, using a combination of devices and/or alternating between them may be more effective. Devices include lighting and flashing lights, sound amplifiers, horns.
- Store all garbage in a secure area, preferably a lockable garage or shed.
- Wash all food and recyclable containers thoroughly before placing in bins or leaving out for depot drop-off
- Freeze potentially smelly leftovers or scraps, especially meat and fish, and deposit in a garbage container just prior to placing at the curb for pick-up
- Remove bird feeders. Birdseed is a high-calorie snack for a hungry bear
- Place garbage at the end of the road ONLY on the morning of pick-up
- Keep your pets indoors, especially at night. Cats and dogs that are left to free-range can become easy prey targets. Feed your pets indoors. Uneaten pet food can attract cougars and other cougar prey species such as rodents (rats, squirrels) and raccoons.

### **CHILDREN AND COUGARS**

- Cougars may view children as prey targets due to their small size, high-pitched voices, and quick movements. Talk to your children and teach them what to do if they encounter a cougar. If you live in or near cougar habitat, here are some additional tips:
- Children should play in groups. **Do not leave children unsupervised.**
- Consider getting a dog or using a dog as an early warning system. A dog can see, smell and hear a cougar sooner than a human. However, be aware that off-leash dogs can attract and bring cougars and bears back to you.
- Consider erecting a fence around play areas. While cougars can leap or scale most fences, a solid wood fence that prevents a cougar from looking into a yard may lower the chance that a cougar will access the yard.
- Make sure children are home before dusk and stay indoors until after dawn - the period of time cougars are most active.
- If there have been cougar sightings, escort children to the bus stop early in the morning. Clear shrubs away from around the bus stops, making a radial area of about nine metres.
- Installing a light at the bus stop may also increase security.



THE OFFICIAL START OF SPRING COINCIDES WITH THE SEASON OF RENEWED WILDLIFE ACTIVITY. WARMER WEATHER MEANS BLACK BEARS, COUGARS AND COYOTES WITHIN OUR VALLEYS. BEARS ARE EMERGING FROM THEIR WINTER DENNING, LOOKING FOR CALORIE-RICH MEALS AFTER MONTHS OF FASTING. EXTRA CAUTION SHOULD BE TAKEN WITH MOTHER BEARS AND WHO HAVE NEW CUBS AND MOTHER COUGARS AND THEIR BABIES

THERE HAS BEEN SIGHTINGS OF BEARS AND COUGARS ALREADY.  
THERE WAS A SIGHTING ON WESTBENCH AND WESTHILLS (UPPER RESERVE)

**TO AVOID ATTRACTING BEARS, COUGARS AND OTHER CRITTERS TO YOUR HOMES AND NEIGHBORHOODS:**

*(You can read more information and safety tips at <https://wildsafebc.com/>)*

**AS THE WEATHER IS GETTING WARMER, MEMBERS AND OUR CHILDREN WILL BE OUTSIDE MORE WORKING AND/OR PLAYING. WHILE IT IS ENCOURAGED TO PRACTICE PRECAUTION AND/OR PREVENTION OR CALL 911, COMMUNITY SAFETY COUNCILLORS AND/OR NATURAL RESOURCES, WE ARE AWARE THAT SOME MEMBERS WANT TO TAKE A CARE OF THE WILDLIFE ANNOYANCES THEMSELVES. WE WANT TO ENSURE THAT SAFE AND PROPER PRECAUTIONS FOR USE OF ANY FIREARMS IS BEING FOLLOWED. PIB COMMUNITY MEMBERS SHOULD ALWAYS BE AWARE OF THEIR SURROUNDINGS BEFORE DISCHARGING ANY FIREARMS ON WILDLIFE.**

**If you are in an emergency high risk situation (if an animal has aggressive behaviour and/or has tried to attack you or your animals),**

**PLEASE CALL 911 IMMEDIATELY! and call the following:**

**Community Safety Councillor: Fred Kruger (250) 487-9867**

**Alternate Community Safety Councillor: Clint Gabriel (639) 997-1159**

***\*\*Please note - the RCMP can call or direct call the Conservation Officer after 911 is called***

**If you have seen a wildlife animal and they continue to be a nuisance call:**

**Natural Resources Guardians - (250) 492-0411**

In the event that you need to call before or after work hours (9:00am - 5:00pm) Monday - Friday or on the weekend and it is not an emergency, you can call the PIB Band Office (250) 493-0048, press 0, and leave a message at the Front Desk Voicemail and someone will return your call the next business day.

**Conservation Officer: - 1-877-952-7277**

**When Do Conservation Officers Respond?**

Conservation Officers respond to conflicts with dangerous wildlife where there is a risk to public safety. Examples of these situations include responding to attacks, bears breaking into buildings, repeated dangerous wildlife encounters at or near public locations, and situations where dangerous wildlife has become habituated (no longer afraid of humans) or food conditioned (dependent upon human provided foods) and now present a risk to public safety.



THE OFFICIAL START OF SPRING COINCIDES WITH THE SEASON OF RENEWED WILDLIFE ACTIVITY. WARMER WEATHER MEANS SNAKES COME OUT WITHIN OUR VALLEYS. SNAKES ARE EMERGING FROM THEIR WINTER DENNING, LOOKING TO GET OUT IN THE SUN AND FIND SMALL PREY.

BE AWARE OF YOUR SURROUNDING AND

**TO AVOID ENCOUNTERING A SNAKE DO A VISUAL SCAN OF THE AREA AND HAVE A STICK NEAR BY IN CASE ITS NEEDED.**

(You can read more information and safety tips at <https://wildsafebc.com/>)

**TRY TO STAY ON KNOWN PATHS AND FAMILIARIZE YOURSELF WITH SNAKE HABITATS AND BEHAVIOUR. WEAR LOOSE LONG PANTS AND LEATHER OR RUBBER BOOTS WHILE WALKING THROUGH TALL GRASSES.**

**ALWAYS KEEP YOUR HANDS AND FEET WHERE YOU CAN SEE THEM. USE A STICK TO MOVE OBJECTS WHEN YOU DO NOT KNOW WHAT IS AROUND OR UNDER THE OBJECT.**

**IF YOU HEAR A SNAKE, FIND OUT WHERE IT IS AND THEN KEEP A FAR DISTANCE AWAY - THE LENGTH OF . LET THE SNAKE CALM DOWN AND THEN SLOWLY BACK AWAY.**

**IF YOU ARE BITTEN BY A SNAKE**



**DO**

- STAY CALM & GET OUT OF THE AREA
- REMOVE ANY SHOES, CLOTHING, OR JEWELRY THAT MAY CONSTRICT AS YOU MAY START SWELLING.
- KEEP THE BITE BELOW THE HEART AND MARK IT EVERY 10 MINUTES

**DONT**

- PANIC
- CUT THE WOUND
- APPLY A TOURNIQUE OR ICE
- TRY TO SUCK OUT THE VENOM
- WASH THE BITE
- DRINK ALCOHOL OR CAFFINE
- TRY TO CAPTURE THE SNAKE



**Northern Pacific Rattlesnake**  
(*Crotalus oreganus*)

**Great Basin Gopher Snake**  
(*Pituophis catenifer deserticola*)

## IDENTIFYING TIPS

### Northern Pacific Rattlesnake

- Stout Body with blunt tail ending in a rattle
- Triangular head with a distinct neck
- Dark Cheeks
- Vertical pupils
- Light halo around darker blotches that transition to dark and light alternating bands near the tail



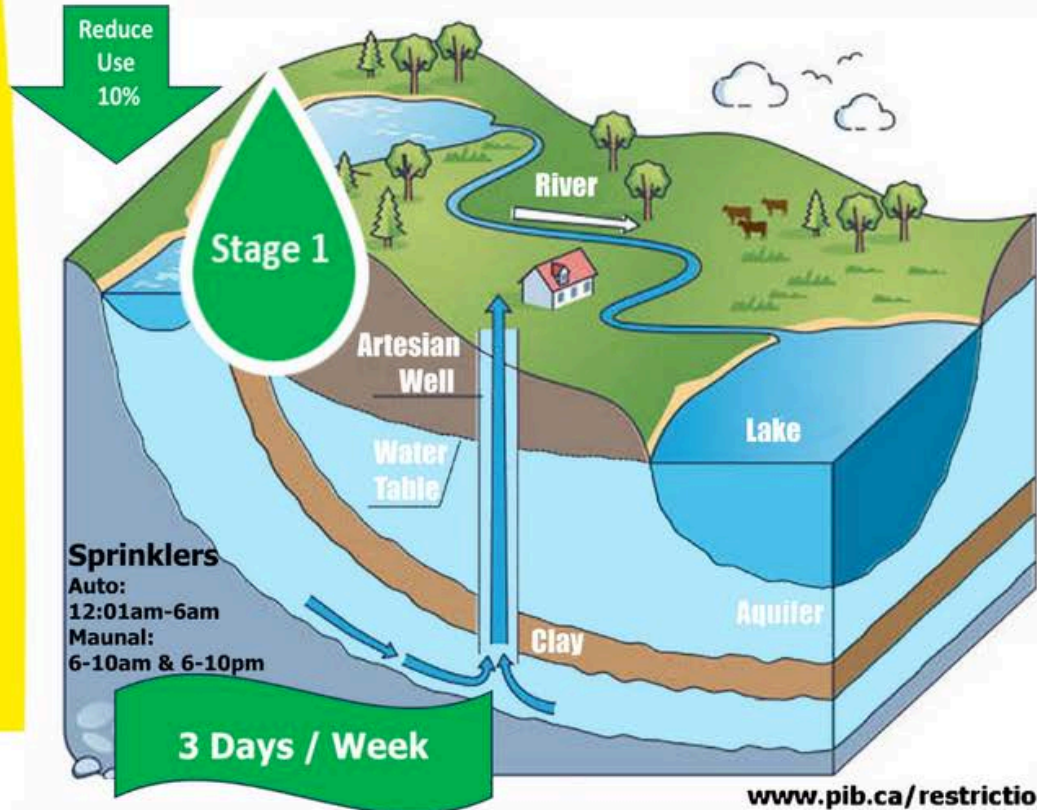
### Great Basin Gopher Snake

- Slim body with tapered tail with no rattle
- Sleek head
- Black "mask" or band that stretches across the face
- Round pupils
- Tan body with dark-brown markings; alternating bands near tail are less distinctive



## Residential Outdoor Water Use Restrictions

The Penticton Indian Band is moving to "Stage 1" Water Restrictions to assist in maintaining our water levels during the upcoming months. This is subject to change at any time.



STAGE 1 - 10% Reduction  
Moved from Blue to Green

Moving to from Normal to Stage 1 is to be expected from May 1st - August 31st every year in response to increased outdoor water use and warmer, drier spring and summer months. If dry weather conditions are coupled with a higher water demand by users, this may trigger a move to Stage 2.

**ODD**

**Odd** numbered street addresses may irrigate on Tuesday, Thursday, and Saturday

**EVEN**

**Even** numbered street addresses may irrigate on Wednesday, Friday, and Sunday.



**No Watering on Mondays**

**Automatic irrigation** systems can be programmed to run between 12:01am - 6am on designated days.

**Manual irrigation** may occur between 6am - 10am and 6pm - 10pm on designated days.

Only one hose bib outlet may be used at one time for sprinkling.

Using an open pipe or hose for irrigating purposes is prohibited, spring-loaded shut off nozzle is required on hoses.

Watering your edible plants gardens at anytime is permitted.

Customers are encouraged to utilize rainwater for appropriate uses such as garden irrigation.



## ROUTINE HYDRANT FLUSHING

**APRIL 29 - MAY 3, 2024**

### Routine Fire Hydrant flushing

The PIB staff will be flushing fire hydrants this Monday, April 29th through to Friday May 3rd. During the hours of 9:00am to 3:00pm. Residents may experience lower water pressure during these times. Some discoloration may occur during this process. In the event of discoloration, we advise running the cold water tap until water runs clear usually for 10 - 15 minutes, If the water coming from the tap is not clear after running for 15 minutes, wait 15-30 minutes and try again.



### What is Watermain Flushing?

Water main flushing is a routine maintenance process conducted by the water utilities department to clean and maintain the water distribution system. The increased flow rate scours the water pipe's inner walls and helps to remove build-up of naturally occurring debris and sediment.

It helps to maintain water quality, prevent corrosion and ensure proper water flow and pressure through the system.

Any Questions please contact

Alyssa Wilson

[awilson@pib.ca](mailto:awilson@pib.ca)

Utility Coordinator 250-493-0048 ext. 251

2024 PIB

# Spring Cleanup

April 22 - May 31, 2024

Public Works, Housing and C&M Re recycling are partnering for this years  
Community Clean Up

Enter to win some prizes by  
**SUBMITTING BEFORE AND AFTER PICTURES**

Send pictures to [communications@pib.ca](mailto:communications@pib.ca)

ENTER TO WIN  
GIFT CARDS  
FOR SEASONAL ITEMS OR  
SEASONAL ACTIVITIES

There will be 5 gift cards given out.  
They could be from any of the following:  
Walmart  
Canadian Tire  
Home Hardware  
RONA

There will also be a **GRAND PRIZE** of a Patio Set

## REMINDER OF PICK UP DATES

<b>MONDAYS - SMALL ITEMS:</b>	<b>TUESDAYS - GARBAGE &amp; RECYCLING:</b>	<b>WEDNESDAYS - METAL ITEMS:</b>	<b>THURSDAYS - WOOD ITEMS:</b>	<b>FRIDAYS - BIG ITEMS:</b>
	as per C&M Re recycling pick up policy			

Community Drop Off Location: PIB Public Works Yard (beside Band Office) compound will be **OPEN** Monday - Friday from 9:00am - 5:00pm  
**IMPORTANT:** Any community member that is requesting drop off at the Waste Transfer Station can contact either Eric Pierre @ 250-462-1255 or Sam Mitchell @ 250-328-5739 and we will have a team member meet them at the station. Please drop off in the sorted piles within the compound.  
**DO NOT LEAVE ITEMS OUTSIDE THE FENCE AFTER HOURS**



2024 PIB

# Spring Cleanup

April 22 - May 31, 2024

Public Works, Housing and C&M Re recycling are partnering for this years  
Community Clean Up

### MONDAYS - SMALL ITEMS:

- Electronics: Computers, Microwaves, TV, Stereos, etc
- Glass Products: Windows, Jars, Bottles, Containers, etc. Broken glass must be placed in a container.
- Plastics: Jugs, Bags, Garden Pots, etc.
- Paint/Oil/Petrol Products

### TUESDAYS - GARBAGE & RECYCLING: as per C&M Re recycling pick up policy

- Garbage - Must be in proper garbage bins and bags.
- Recycling - Must be in proper bins and bags

### WEDNESDAYS - METAL ITEMS:

- Old Barbecues, Bikes, trampolines, etc.

### THURSDAYS - WOOD ITEMS:

Any wood Furniture, Scrap Wood, Bookshelves, tables coffee tables and lumber, etc

### FRIDAYS - BIG ITEMS:

- Fridge, Stoves, Freezers, Air Conditioners, Washer and Dryers
- Tires
- Old mattresses, couches, Big junk items, etc

Community Drop Off Location: PIB Public Works Yard (beside Band Office) compound will be **OPEN** Monday - Friday from 9:00am - 5:00pm

**IMPORTANT:** Any community member that is requesting drop off at the Waste Transfer Station can contact either Eric Pierre @ 250-462-1255 or Sam Mitchell @ 250-328-5739 and we will have a team member meet them at the station. Please drop off in the sorted piles within the compound.  
**DO NOT LEAVE ITEMS OUTSIDE THE FENCE AFTER HOURS**

If you do not have a truck or vehicle and need your items picked up, please call Kendra Eneas at 250-493-0048 ext:224 and leave your pick-up information.  
**"Please have all items sorted into the above categories and ensure items are easily accessible. If items are not sorted properly or your items will not be picked up.""**





## 2024 PIB Community Clean Up

PIB will be starting Community Clean Up pickup April 22 – May 31, 2024. This includes garbage, metal, wood, Big and Small appliances. Please use Household Garbage and Recycling pick up bins, this pick up day will still be every Tuesday. Please fill in the form below, your signature will be mean acceptance to the rules of pick up and disposal

**Please initial here to acknowledge \_\_\_\_\_**

**Please fill in the form below,** Collection of Garbage, Metal, Wood, Small and Large items will take place every week by either C&M Recycling and PIB Public Works, starting at 7:30 a.m. To help reduce human interaction with wildlife, we ask that residents place household garbage in sealed containers. (Please see attached sheet for allocated pick up days)

**The following material will not be acceptable for collection (Please see notice for acceptable materials):**

1. Raw sewage and septic tank sludge;
2. Explosives
3. Materials defined by the Workplace Hazardous Material Information System Standards (WHIMIS) Standards as a compressed gas, flammable, combustible, oxidizing, poisonous, infectious, toxic, corrosive and dangerously reactive;
4. Trees, tree stumps, logs and land clearing debris;
5. Motor vehicle bodies and farm implements;
6. Carcasses (unless pursuant to a separate agreement) offal or viscera;
7. Construction wastes where gypsum wall board exceeds fifteen (15%) by weight of total load being disposed of;
8. Materials that are on fire or above the temperature of 65.5 degrees C;
9. Clean wood waste originating from industrial operations, construction, reconstruction or demolition
10. Biochemical waste except sharps (needles) that have been properly contained using the Isolysar Sharps Management system, managed by Sybertech Waste Reduction. (or any system or method approved by the Regional District);
11. Containers with significant residuals of any above listed materials; and
12. Special Waste.

**Owners and tenants of properties have items picked up please have sorted into the acceptable categories.**

On the designated day of collection, please have all items easily accessible and near the property line in full view of, but at a safe distance from, the shoulder of the road serving the Residential premises

REQUESTED PICK UP DATE:	
NAME:	
ON RESERVE ADDRESS:	PENTICTON, BC
PHONE NUMBER:	
EMAIL (optional):	

*By signing below, I hereby acknowledge that I have completely read and fully understand the terms as stated above;*

\_\_\_\_\_  
Band Member Signature

\_\_\_\_\_  
Authorized PIB Signature



**PENTICTON INDIAN BAND  
UTILITIES DEPARTMENT PRESENTS:  
HONOURING SIWŁK<sup>w</sup> (WATER)**

**APRIL 28TH, 2024**



**LOCATION: ENOWKIN  
TIME: 9:00 AM**

**LOCATION: PIB COMMUNITY HALL  
TIME: 10:00 - 3:30 PM**



**AGENDA:  
9:00 AM  
ENOWKIN**

**WATER CEREMONY – LED BY PIB ELDER  
\*PLEASE ARRIVE 15 MINUTES BEFORE THE CEREMONY  
AND DRESS FOR THE WEATHER. DRUMMERS WELCOME\***



**DOOR PRIZES!!!**

**10:00 AM  
PIB COMMUNITY HALL  
REFRESHMENTS & CONTINENTAL BREAKFAST**

**11:00 AM  
PIB UTILITIES WATER CONSERVATION PRESENTATION**

**12:00 PM  
BBQ LUNCH – WILL BE AVAILABLE FROM 12:00 PM TO  
2:00 PM  
VIA PIB FIRE DEPARTMENT**

  
**COME AND VISIT  
PIB FIRE DEPARTMENT**

**1:30 PM  
PIB UTILITIES PRESENTATION**



**ACTIVITY TABLE  
FOR THE KIDS**

**2:00 PM  
PIB FIRE DEPARTMENT ENGAGEMENT**

**3:30 PM  
EVENT ENDS**

**ANY QUESTIONS PLEASE CONTACT  
ALYSSA WILSON AWILSON@PIB.CA UTILITY  
COORDINATOR 250-493-0048 EXT. 251**

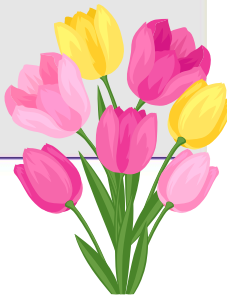
SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1 Wellbriety @ Recovery House 1-3pm Youth Gym Program @ 3:30pm S&amp;S @ Snxastwilxtn Centre Drive-Thru @ 4:30pm</p>	<p>2 Tot time Salmon Release @ 9am Day Treatment 1-3pm @ Recovery House Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House SOW Group 6-8pm @ Recovery House Elder's BINGO 4:30 - 9:30pm</p>	<p>3 Ladies Gym Program @ 9am Recovery House On-The-Land Program @ 1pm Youth Gym Program @ 3:30pm</p>	<p>4 Building Healthy Leaders 12-4pm @ Recovery House</p>
5	<p>6 Tot Time - (Gardening) 11-1pm Youth Gym Program @ 3:30pm Sta?kmix Group (Girls Youth) Recovery House @ 4-6pm</p>	<p>7 Ladies Gym Program @ 9am Mother's Day Tea @ Snxastwilxtn Centre 11-1pm ICOT 11-1 Day Treatment 1-3pm @ Recovery House Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm Zumba 6:30pm @ Hall</p>	<p>8 Adult Day Program (Swim Day) 10-2pm Wellbriety @ Recovery House 1-3pm Youth Gym Program @ 3:30pm S&amp;S @ Snxastwilxtn Centre Drive-Thru @ 4:30pm</p>	<p>9 Tot Time (Breaky w/ guest speaker) 9-11am Caregivers Support Group 10-11am @ Recovery House Day Treatment 1-3pm @ Recovery House Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House SOW Group 6-8pm @ Recovery House Elder's BINGO 4:30 - 9:30pm</p>	<p>10 Ladies Gym Program @ 9am Recovery House On-The-Land Program @ 1pm Youth Gym Program @ 3:30pm</p>	<p>11 Building Healthy Leaders 12-4pm @ Recovery House Equine Therapy 12:30pm - 2:30pm</p>
12	<p>13 Tot Time - (Gardening) 11-2pm Youth Gym Program @ 3:30pm Sta?kmix Group (Girls Youth) Recovery House @ 4-6pm</p>	<p>14 <b>HEALTHY HARVEST BOX (P/U @ Heritage Building)</b> Ladies Gym Program @ 9am ICOT 11-1 Pitt House Crystal Bowl Meditation 1-3pm Men's gym program @ 3:30pm Community Nutrition Program 5-7pm @ Snxastwilxtn Centre Zumba 6:30pm @ Hall</p>	<p>15 Elders Meeting 10-2pm @ Hall Community BBQ @ Recovery House - 12-1pm Wellbriety @ Recovery House 1-3pm Youth Gym Program @ 3:30pm</p>	<p>16 Tot Time - (Gotta Goat Farm) 9-11am Caregivers Support Group 10-11am @ Recovery House Day Treatment 2pm @ Recovery House (Life skills with FootPrints) Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House SOW Group 6-8pm @ Recovery House Elder's BINGO 4:30 - 9:30pm</p>	<p>17 Ladies Gym Program @ 9am Day Treatment 1pm @ Recovery House (Guest Speaker) Youth gym program @ 3:30pm</p>	<p>18 Building Healthy Leaders 12-4pm @ Recovery House Equine Therapy 12:30pm - 2:30pm</p>
19	<p>20 <b>STAT</b></p>	<p>21 Ladies Gym Program @ 9am ICOT 11-1 Day Treatment 1-3pm @ Recovery House AIDP/CHN Community Kitchen Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm Zumba 6:30pm @ Hall</p>	<p>22 Adult Day Program (RCMP) 10-2pm Wellbriety @ Recovery House 1-3pm Youth Gym Program @ 3:30pm Grief and Loss Support Group 5-7pm @ Recovery House</p>	<p>23 Tot Time (Playground Fun) 9-11am Caregivers Support Group 10-11am @ Recovery House Day Treatment 1-3pm @ Recovery House Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House SOW Group 6-8pm @ Recovery House Elder's BINGO 4:30 - 9:30pm</p>	<p>24 Ladies Gym Program @ 9am Recovery House On-The-Land Program @ 1pm Youth gym program @ 3:30pm</p>	<p>25 Building Healthy Leaders 12-4pm @ Recovery House</p>
26	<p>27 Youth Gym Program @ 3:30pm Sta?kmix Group (Girls Youth) Recovery House @ 4-6pm Tot Time - (Family night swim and Pizza) 5-7pm</p>	<p>28 Ladies Gym Program @ 9am ICOT 11-1 Food Preparation Tutorial (Melissa L.) 1pm @ Snxastwilxtn Centre Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm Zumba 6:30pm @ Hall</p>	<p>29 Elders Meeting 10-2pm @ Hall Grief and Trauma Workshop 10am-4pm @ Recovery House Youth Gym Program @ 3:30pm</p>	<p>30 Tot Time (Energyplex) 9-2pm Men's gym program @ 3:30pm Grief and Trauma Workshop 10am-4pm @ Recovery House SOW Group 6-8pm @ Recovery House Elder's BINGO 4:30 - 9:30pm</p>	<p>31 Ladies Gym Program @ 9am Tot Time WFN/PIB Combined 9-2pm Grief and Trauma Workshop 10am-4pm @ Recovery House Youth gym program @ 3:30pm</p>	<p>1 Building Healthy Leaders 12-4pm @ Recovery House</p>

**SOW:**  
Strong Okanagan  
Women

**ICOT:**  
Integrated Community  
Outreach  
Team

**ADP:**  
Adult Day  
Program

**CHN:**  
Community  
Health  
Nurse



## Sta?kmix Group

### "Sticky Note Exercise & Talking Circle"

Monday, April 29, 2024  
4-6PM

at Snxastwilxtn Recovery House

Dinner & Supplies Provided

Harmony- MHSU Worker:  
250-274-2530

Sydney- MHSU Worker  
250-274-3510



## Strong Okanagan Women's Group

Making Red Dress Day posters for the upcoming  
Red Dress Day Walk

Thursday May 2, 2024

6-8pm @Snxastwilxtn Recovery House

Dinner and Activity Supplies included



Harmony, MHSU Worker 250-274-2530

Sydney, MHSU Worker 250-274-3510

## PIB Mens Group sqáitmix<sup>w</sup> coming together Safe Space for Men

### MEN'S GROUP

WILL MEET EVERY THURSDAY AT THE  
RECOVERY HOUSE.

This a safe space for men from all ages to have an opportunity to come together to support each other and share some life experiences.

**Location:** Recovery House

**Time:** 4:30pm- 6:00pm

Time can be changed based on availability of members that can attend

**Food will be provided.**

**Please contact:**

Obi Oniah (Mental Health and Substance Use Worker)

Tel: 250-488-3862

Email: ooniah@pib.ca

PIB HEALTH



## Recovery Support Group Meeting



These meetings will take place every  
Sunday from 3:00 - 4:00 pm at the Heritage Building

THE PIB HEALTH DEPARTMENT IS HAPPY TO SUPPORT COMMUNITY MEMBERS,

LYLE BONNEAU, WHO WANTED TO START A SUPPORT GROUP FOR FAMILIES IN RECOVERY. THEY ARE PASSIONATE ABOUT SHARING THEIR EXPERIENCES AND BEING A POSITIVE ROLE MODEL TO OTHER MEMBERS. LYLE STATED THAT HE HAD BEEN USING DRUGS AND ALCOHOL FOR OVER 20 YEARS AND HAD ATTENDED SEVERAL DIFFERENT TREATMENT CENTERS. WHEN HE ATTENDED HIS LAST TREATMENT CENTRE AT ROUND LAKE, HE SAID THAT HE HAD A SPIRITUAL CONNECTION AND HAS SINCE BEEN SOBER FOR OVER A YEAR.

AT PRESENT HE IS A NEW DAD TO A DAUGHTER AND GETTING HIS LIFE BACK ON TRACK. THESE MEETINGS ARE ALSO HELPING HIM AS PART OF HIS OWN RECOVERY, AND HE IS HOPING TO INSPIRE OTHERS ESPECIALLY THE YOUTH AND PEOPLE CONSIDERING ATTENDING A TREATMENT CENTER OR THOSE THAT HAVE JUST STARTED ON THEIR RECOVERY JOURNEY.

**Location:** Heritage Building

**Time:** 3:00 pm - 4:00pm

**Light refreshments will be provided**

**For more information please contact:**

Obi Oniah

Mental Health and Substance Use Worker

Tel: 250-274-2642

Email: ooniah@pib.ca



MARK YOUR CALENDARS

# Elders Fundraising



*May 11th*

9:00 am - 4:00 pm

PIB Community Band Hall

**Breakfast**

**&**

**Garage**



**\$10.00**

**Breakfast includes:  
Sausage, bacon,  
hashbrowns, eggs,  
toast & drink**

**Want to book a  
table?**

**Call Cynthia**



**If you have any questions contact:  
Cynthia McEwan  
Phone number: 250-493-0048 Ext. 146**



## Cervical Cancer Testing



**GET  
SCREENED**

Cervix screening saves lives. You can now choose how you'd like to screen for cervical cancer:

Anyone with a cervix, including women and TTGD (Two-Spirit, transgender, and gender diverse) people, between the ages of 25 and 69, should be screened for cervical cancer every three to five years. The test is free and only takes a few minutes of your time.

Cervix Self-Screening is not recommended if any of the following apply to you:

Have had a Pap test in the last 3 years or completed Cervix Self-Screening in the last 5 years

- Currently pregnant or using a pessary
- Have had your cervix removed (e.g. total hysterectomy)
- Currently experiencing symptoms including vaginal bleeding after sex, between periods or after menopause; abnormal or increased vaginal discharge; unexplained pelvic pain or pain during sex



You will not be mailed a kit if, according to our records, you are not due for cervix screening or if you have had your cervix removed.

### SELF-SCREENING

Cervix self-screening makes it possible to screen for cervical cancer yourself. This highly effective test looks for HPV, the virus that causes cervical cancer

### PAP TEST

You may need a Pap test if you prefer to screen in person, are ineligible for self-screening or have been recommended it as a follow-up

### RESULTS

Your results will let you know if you need further testing or when you next regular cervix screening should be done

## HOW TO GET A CERVIX SELF-SCREENING KIT

Cervix self-screening is a new way to screen for cervical cancer that can be done wherever you feel comfortable, like your home or at a health care provider's office. It's an alternative to the Pap for routine screening.

1) You can request online at <https://submit.healthcarebc.ca/bccancer/cervix-screening-kitall>

2) You can call 1-877-702-6566

3) PIB Health will be receiving cervix self-screening kits very soon and the kits will be available for pick up for those who are eligible

**IF you would like to know if you are due to for the screening,  
please feel free to contact your PIB CHN at 250-493-7799,  
or speak with your doctor or NP**



## PIB HEALTH AND WELLNESS

**Date:** Tuesday 14th, May 2024  
**Time:** 5 – 7pm  
**Location:** PIB Health Centre

## PIB Community Nutritional Program

To provide education and awareness among PIB Community members about the significance of adopting a healthy and culturally rooted lifestyle. Our chef Ben, with over 40 years of culinary expertise across various domains, will leverage his experience to guide individuals towards better health through dietary and lifestyle adjustments. This program aims to empower participants to enhance their health through cultural and traditional foods.

- Traditional Knowledge and Culture
- Food and Nutrition on a Budget
- Basic Life Skills
- Safety, Sanitation and Knife Skills

This program will be a collaboration with Ben and PIB Health department.

**For More Information  
Please Contact  
Obi Oniah  
Mental Health and  
Substance Use Worker  
Ph: 250-274-2642**

**Email: [ooniah@pib.ca](mailto:ooniah@pib.ca)**



## YOUTH EQUINE THERAPY

(HORSE THERAPY)

**OPEN TO YOUTH AGES  
13 - 19 YEARS OLD**



- Maximum of 8 participants.
- Must be committed to all 6 sessions.
- Registration form and a Letter of Consent must be completed by parents/caregivers.

Starting Spring 2024 on Saturdays 12:30 -2:30pm

### DATES:

*\*\*6 sessions that are  
2 hours long*

- April 20 and April 27
- May 11 and May 18
- June 8 and June 15

### Riding 4 Life Equine Enterprises

Lot 43 Green Mountain Road  
198 Kickinee Grove  
Penticton, B.C.

(Right behind Super Save Gas station)

Transportation: Clients are encouraged to provide their own transportation to the site. *For those that need transportation the PIB Van can be booked*

#### For registration package, please contact:

Fernando Mendoza  
PIB Mental Health Substance Use Worker  
Cell: 250-274-3728  
Email: [fmendoza@pib.ca](mailto:fmendoza@pib.ca)



## RECLAIMING OUR GRIEF AND LOSS SESSIONS



Snxastwilxtn Recovery House  
"A place to heal"

We invite you to join us for our, Reclaiming Our Spirit: Grief and Trauma Workshop, where we unite to support one another.

This workshop is designed to provide a safe and nurturing environment for you to identify the complex emotions that come with loss and trauma, and to explore traditional and modern healing practices.

Throughout our time together, we will focus on reconnecting with our inner strength and resilience, where you can find solace, understanding, and strength. We invite you to open your heart and mind to the possibilities of healing and transformation as we move forward in reclaiming our spirit and finding renewal.

Snacks, beverages, and lunch provided.  
Transportation available if needed.

### WHEN:

Wednesday May 29th -  
Friday May 31st, 2024  
10:00 am - 4:00 pm

### WHERE:

PIB Recovery House  
310 Green Mountain Road

**OPEN TO ALL  
COMMUNITY**

**THERE WILL ALSO BE  
GUEST SPEAKERS**

If you have any questions,  
you can contact:

Melissa Letendre  
Recovery House Manager Penticton  
Indian Band  
Phone: (250) 274-3403  
Email: mletendre@pib.ca

Matt Jones  
Recovery House Assistant  
Penticton Indian Band  
Phone: (250) 274-3502  
Email: majones@pib.ca



## Snxastwilxtn Recovery House

310 Green Mountain Road  
"A Place to Heal"



May 15th,  
2024

12:00 -  
1:00 PM

Open to all community Members  
Eat in or Take out



Hot dogs, hamburgers, and beverages.

Healing happens in community

For more information call  
Matt Jones (250) 274-3502  
Melissa Letendre (250) 274-3403







## YOUTH RUN CLUB

MONDAY'S

APRIL 22, 29,  
MAY 6, 13, & 27

3:30PM - 5:00PM

MEET UPSTAIRS  
FOOTPRINTS

AGES  
12-18 YEARS

THIS 5-WEEK RUN CLUB IS TO PREPARE FOR THE ANNUAL SYLX UNITY RUN HAPPENING FROM MAY 30 - JUNE 2, 2024. YOUTH WANTING TO ATTEND UNITY RUN WITH PIB YOUTH REC, ARE ENCOURAGED TO PARTICIPATE IN RUN CLUB

YOUTH WHO PARTICIPATE WILL EARN RUNNING SHOES!

TO REGISTER CALL SOCIAL DEVELOPMENT AT 236-700-4686  
OR EMAIL YOUTH@SNPINKTN.CA



## ALL WELCOME LINE DANCE LESSONS GET READY TO KICK UP SOME DUST & BOOGIE



DATES: 10 MONDAY EVENINGS CLASSES

APRIL 8TH, 2024    MAY 6TH, 2024    JUNE 3RD, 2024  
APRIL 15TH, 2024    MAY 13TH, 2024    JUNE 10TH, 2024  
APRIL 22ND, 2024    MAY 27TH, 2024  
APRIL 29TH, 2024    MAY 27TH, 2024

WHERE: OSCS GYM  
DOORS OPEN 6:30PM

INTRODUCING: MADDIE BERARD-BELZILE, DANCE INSTRUCTOR, HAS BEEN TEACHING LINE DANCING FOR 1.5 YEAR. THEY KNOW 50+ LINE DANCE ROUTINES AND TAUGHT PEOPLE FROM BEGINNERS TO INTERMEDIATE

**START TIME: 7PM SHARP**

**BOTTLED WATER PROVIDED**

**ARRIVE EARLY, WARM-UP & STRETCH**





## PIB After School Kids Program

Ages 8-12 years

**Upstairs Footprints**  
(Kids can get off the bus @ the hall)

### **Outdoor Program    Tuesdays    3:30-5:30pm**

PIB Youth Rec is continuing our Kids Outdoor program. This active program will include sports, hikes, outdoor games, and field trips. Kids will need proper shoes & attire according to activity.

Dates: April 23,30, May 7, 14, 21, 28, June 4 & 11

**OR**

### **Indoor Program    Thursdays    3:30-5:30pm**

PIB Youth Rec is continuing our Kids Indoor arts & craft-based program. This program includes painting, jewelry making, mini fairy gardens, and a field trip to the art gallery.

Dates: April 18, 25, May 2, 9, 16, 23, 30, June 6 & 13

**This is a registered program, register at contact Social Development:  
Phone: 236-700-4686    Email: youth@snpinktn.ca**

Please Note: Children must choose between Tuesday Outdoor or Thursday Indoor Group. There is not enough space to attend both groups.

PIB Youth Rec

## PIB Youth Leadership

Every Wednesday 3:30pm - 5:30pm

Upstairs Footprints

(Youth can get off bus @the hall)

The Youth Team is continuing the Youth Leadership program.

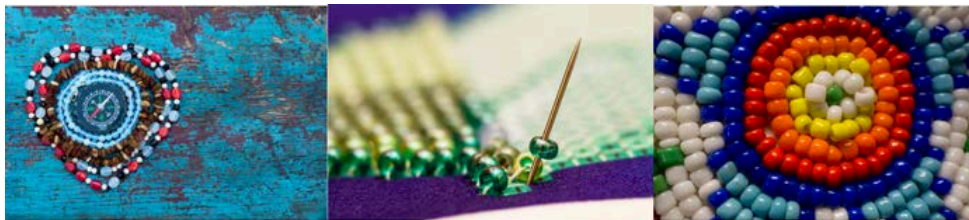
Youth Leadership is designed to support the skill-building, connection and personal development for youth ages 13-18 years.

This group will be involved with workshops, volunteering, and fundraising. We will partake in training like Food Safe & Job Interview Skills.

**Spring Dates:**  
**April 17, 24**  
**May 1, 8, 15, 22, 29**  
**June 5 & 12**

**To Register, Contact Xastitkw at  
250-488-9605 or  
youth@snpinktn.ca**

# Social Development



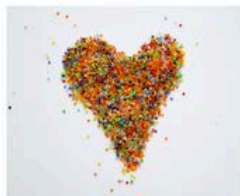
PIB

## BEADING NIGHTS

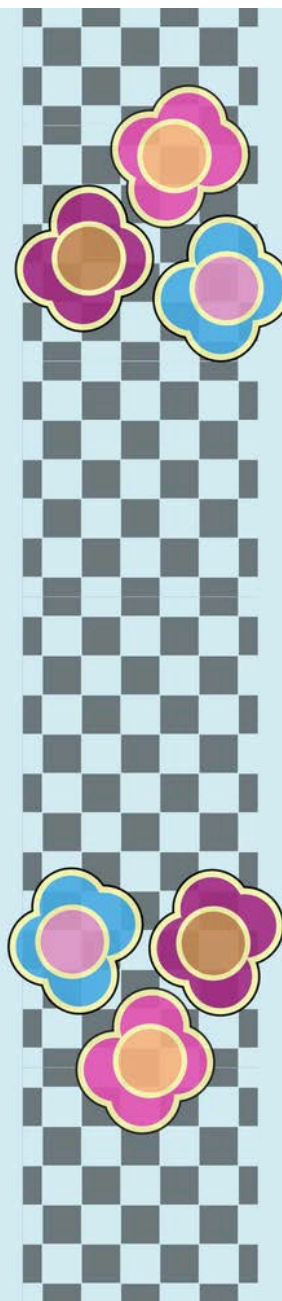
FRIDAY NIGHTS

6 - 9 PM

AT THE HALL



For more information call:  
Social Development  
236-700-4686



## Friday Night Drop In

Youth ages 13-18 years


@Youth Centre  
(Upstairs Footprints)

6:00pm - 10:00pm



**Dates: April 26  
May 3, 10, 17, 24  
June 7 & 14**

Youth are welcome join the Youth Rec Team every Friday night. This program is a mixture of hanging out at the centre and going on local activities like the movies or pool hall, food, actives and outings.

For more info, contact Xastitkw:   
250-488-9605 or [youth@snpinktn.ca](mailto:youth@snpinktn.ca)



## **PIB Post-Secondary Applications are due May 17<sup>th</sup>, 2024 for the FALL TERM & WINTER TERM**

Any students requiring post-secondary funding should fill out a Post-Secondary Application!

The PIB PSE Policy and PSE Application can be found on the PIB Website (under the Education tab) and if you email Kendra Eneas at [edu.keneas@pib.ca](mailto:edu.keneas@pib.ca).

The following is what needs to be submitted:

A completed application form		
Letter of intent		
Official Transcripts ( <i>Sealed and sent to the Education Centre, see address below</i> )		
Photocopy of status card		
Proof of tuition costs, supply costs, and additional student costs from your school		
Registration/Acceptance Letter (new students) /Proof of Continued Enrollment from Post-Sec Institution (continuing students)		
If applicable, a 3 <sup>rd</sup> Party Sponsorship Form from your institution		
Signed authorization and consent to release information form		
Direct Deposit information (eg. Void Cheque)		

**If you have any questions, feel free to contact:**

**Kendra Eneas**

**172 Outma Sqilx'w Place Penticton BC, V2A 0E3  
250-770-3210 or at [edu.keneas@pib.ca](mailto:edu.keneas@pib.ca)**

**Forms can be found online at PIB website  
or can be picked up at the PIB Education Department**



# APRIL

# Birthdays

APRIL 1ST  
TAYLEN CERENZIE-  
PAXTON

APRIL 4TH  
EMORY JR GABRIEL

APRIL 6TH  
LONDON HOUDE  
ARCHER WATERS

APRIL 8TH  
MAGGIE MAY CRAWFORD  
SHANE KRUGER

APRIL 11TH  
AMBLER GREGOIRE  
BARRY PHILLIP  
MAKAI PICKETT

APRIL 14TH  
HEATHER AUBIN  
CEAYA PIERRE

APRIL 16TH  
TRINITY JONES  
KINSLEY KRUGER  
DYLLAN MARCHAND  
KYLA-ANNE VETTEN

APRIL 18TH  
JEANNIE CAWSETON

APRIL 20TH  
KASYN KRUGER  
MARCI PHILLIP

APRIL 25TH  
CHARLIE ROSS

APRIL 2ND  
HARLEN KRUGER  
MARY LOUPRET

APRIL 5TH  
TATUMN BARBER  
JUANITA KRUGER  
TOBY NELSON  
SANDRA SQUAKIN

APRIL 7TH  
EILEEN CARLEY  
KINGSTON DELORME  
ANDY GUSH

APRIL 10TH  
MELODY KRUGER

APRIL 12  
DARRYL-JEAN PEEMAN

APRIL 15  
BENTLEY GARSON  
MEMORY HALL  
DESTINY KRUGER

APRIL 17TH  
LYNDSIE KRUGER

APRIL 19TH  
CRYSTAL GABRIEL  
JACINTA KRUGER

APRIL 23RD  
AARON GABRIEL  
STONE KRUGER

APRIL 26TH  
DAYNA KRUGER

A decorative border surrounds the page, featuring balloons in teal, gold, and white, along with scattered gold confetti and streamers.

# HAPPY

## *Birthday*

CELEBRATION

Do you know someone with  
a birthday in the month of

*May  
or  
June*

that you would like to  
celebrate?!

Send their name in to get  
added to the list for our  
Happy Birthday Celebration  
post next month

# Highlights

**April 17th, 2024**

way', What a great day,

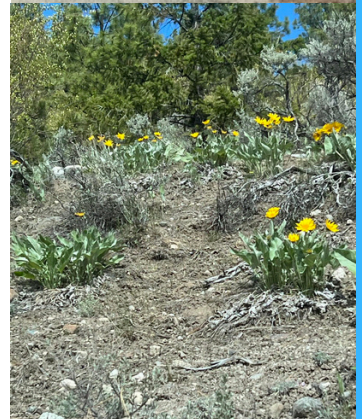
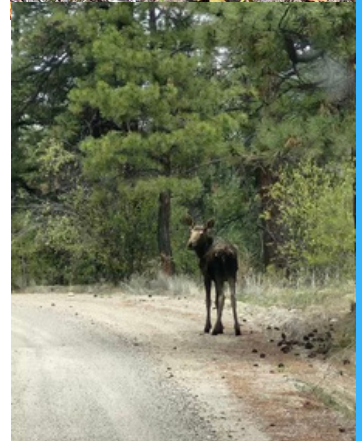


**We soft released 3 pairs of Burrowing Owls today.  
Big thanks to Carey Phillips Outma grade 2 teacher  
and her 7 students.**

**Annie Baptist and Smukaxen Pierre,  
Rick Kruger and his student  
and our FN RCMP Tristan Williams  
as well as Lauren and Lia from the Burrowing owl  
society.**

**Prayers were spoken and songs were sung.**

**Bonus was seeing a cow moose and  
half dozen White Tail deer.**



**way' a great day on the land.  
~James Pepper , Natural Resources**



# **DRIVING SCHOOL**

*Hosted by Outma and First Nations  
School Association*



## **Class 2 and 4 Driving Lessons:**

- Limited seats available
- Requires a clear Criminal Record check
- Requires Class 2 or 4 **Learners License**
- Course prepares participants to take the Class 2 or 4 road test



**REGISTER NOW**

Contact: Ali Alghazo, OSCS Vice Prinicipal  
email: [edu.aalghazo@pib.ca](mailto:edu.aalghazo@pib.ca)  
t: 250-493-2421







APRIL 26, 2024  
POSTINGS

## PIB NEWSLETTER EMPLOYMENT OPPORTUNITIES

All applicants should submit a cover letter and resume with each Job Posting, Please visit the PIB website to see Full Job Postings  
<http://pib.ca/employment>

### **APPLICATIONS DEADLINE: PLEASE SEE INDIVIDUAL JOB POSTINGS**

All applicants should submit a cover letter and resume with each Job Posting

- **Okanagan Language Teacher - Open until filled.**
- **Family Preservation Team Lead - Open until filled**
- **Family Preservation Worker - Deadline April 16, 2024**
- **Child & Youth Special Needs - Deadline April 16, 2024**
- **Little Paws Program Manager - Open until filled**
- **Child & Youth Support Needs - Open until filled.**
- **ECE Infant/Toddler Special Needs - Open until filled.**
- **Elders Coordinator - Open until filled.**
- **ECE Casual/On Call Position**
- **Consultant for PIB 10-year plan Request For Proposal - Deadline April 30th, 2024**
- **Westhills Aggregates Road - Forestry Road Builder Maintenance Equipment Operator - Open until filled.**
- **2023/2024 Wildfire Risk Reduction Crew Member**

**PLEASE VISIT THE PIB WEBSITE TO SEE  
ALL JOB POSTINGS  
[HTTP://PIB.CA/EMPLOYMENT](http://pib.ca/employment)**



FOR PIB JOB POSTINGS:  
Please send your Cover letters and resumes to [jobs@pib.ca](mailto:jobs@pib.ca)



**DO YOU OR KNOW OF ANY BAND MEMBER THAT WOULD LIKE TO RECEIVE THE PIB NEWSLETTER OR BY EMAIL?**



**The weekly Penticton Indian Band newsletter is distributed and available weekly. If you wish to download the most current newsletter go to this link:**

**[http://pib.ca/?page\\_id=4459](http://pib.ca/?page_id=4459)**

**IF YOU WISH TO RECEIVE THE LINK TO DOWNLOAD THE PENTICTON INDIAN BAND NEWSLETTER BY EMAIL, PLEASE SEND AN EMAIL OR CALL:**



**EMAIL: NEWSLETTER@PIB.CA  
CALL: 250-493-0048 EXT: 238**

**YOU WILL RECEIVE A CONFIRMATION THAT YOU WISH TO JOIN THE LIST.**

**PLEASE CONFIRM AND REPLY "YES" TO THE EMAIL. YOUR EMAIL WILL THEN BE ADDED TO THE LIST**

**If you have any questions, please contact the Communications Coordinator at the above contact information**