



**Snpink'tn Indian Band**



# *Outma* NAAW WALK

**Come join Outma students to walk and recognize  
National Addictions Awareness Week.  
Outma students will start the walk from the PIB  
band office.  
Drummers welcome.**

**18 NOVEMBER 18TH  
10:45AM-11:45AM**





# SOBRIETY DINNER

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***Tuesday  
November 18th  
@ Band Hall  
5pm - 7pm***

***Come and  
celebrate sobriety!  
From 1 day to years  
of sobriety, we  
want to honor you!***

***Dinner, Recognitions,  
and Door Prizes***





**WEDNESDAY NOVEMBER 26, 2025 AT 1:30PM  
AT THE SKAHA INTERSECTION SITE**



## **JOIN THE PENTICTON INDIAN BAND, IN PARTNERSHIP WITH THE MINISTRY OF TRANSPORTATION AND TRANSIT, FOR THE CLOSING CEREMONY CELEBRATING THE COMPLETION OF THE NEW SKAHA INTERSECTION**

We are proud to announce the successful completion of the New Skaha Intersection project. Construction began in November 2024 and, through the dedication and collaboration of our teams and partners, has been completed in November 2025

For more information contact:  
PIB Communications  
Ph: (250) 493-0048 ext:238  
Email: [communications@pib.ca](mailto:communications@pib.ca)





# COMMUNITY EVENTS

## PENTICTON VEES VS VANCOUVER GIANTS



## TRUTH & RECONCILIATION NIGHT WITH THE VEES

Please join Penticton Indian Band & ONA in  
Partnership with the Penticton Vees for  
Truth & Reconciliation Night with the Vees

**NOVEMBER 28, 2025**



**GAME STARTS 7:00PM**



For More Information Please Contact Events Coordinator  
Rebecca Kruger: 250-493-0048 ext: 238 or [events@pib.ca](mailto:events@pib.ca)





# COMMUNITY EVENTS

## PIB HEALTH NOTICE TO COMMUNITY

NOVEMBER 2025

**There has been an increase in covid cases  
within community**

**So please practice safety in public!**

**We want to ensure that our community  
members stay safe and get well quickly**

**PREVENT THE SPREAD  
OF THE FLU AND  
COVID-19**

**There are many School  
Activities and  
Community Gatherings  
that are upcoming.  
“Please Practice Safety”  
If you are not feeling well,  
please stay home and  
help protect staff and  
community from the  
spread of the Flu and  
Covid**



**TO MONITOR SYMPTOMS, PRACTICE SAFE MEASURES (HAND  
WASHING/SANITIZING, STAYING HOME WHEN YOU FEEL UNWELL. THERE ARE  
RAPID TESTS AVAILABLE FOR COMMUNITY TO PICK UP HERE AT THE  
SNXASTWILXTN CENTRE FOR ANYONE WHO WOULD LIKE TO PICK UP  
FOR CONCERNS OR QUESTIONS CALL  
(250) 493-7799**





## PIB SOCIAL DEVELOPMENT

### HAS SPARTAN APPLES TO GIVEAWAY

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Apples are located in the  
Social Development Building  
Bring your bag or boxes and  
come get some apples

Spartans are delicious and  
good for baking!!



# COMMUNITY EVENTS

## **Snpink'tn Indian Band Firewood Program Information & Firewood Delivery Program Sign Up Form 2025-2026**

The **Snpink'tn Firewood Delivery Program** is available to all Elders, People with Disabilities, Single Persons and Single Parent Families that are unable to harvest their own firewood.

Please Contact Eric Pierre Public Works Manager at 250-462-1255 or Sam Mitchell Public Works Supervisor at 250-328-5739 to setup a delivery request


The **Snpink'tn Firewood Delivery Program** is a multi department initiative including NR, Public Works and Housing,

Natural Resources communicates with companies logging within our traditional territory to setup log delivery to the Snpink'tn Firewood Yard,

Public Works cuts to 12 inch lengths, splits and delivers with a 14ft Dump Trailer

Housing keeps records of Chimney Cleaning & Passed Inspections.

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Please complete the form below to Sign Up for the Firewood Delivery Program 2025-2026

Print Name: \_\_\_\_\_

On Reserve Civic Address: \_\_\_\_\_

Safe Drop Off Location within Yard: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Has your chimney been cleaned in the last 12 months? **Y / N** (circle one)

Has your chimney been Inspected in the last 12 months **Y / N** (circle one)

If No, Delivery will be available once a Passed Cleaning & Inspection has been submitted.

If you need assistance reaching a company for the Cleaning and Inspection,  
Please contact Halle Lezard - Housing Department at 250-493-0048 ext. 260

You may drop off the completed Firewood Delivery Program Form to Band Office Reception, or email to Sam Mitchell Public Works Supervisor at [public.smitchell@pib.ca](mailto:public.smitchell@pib.ca)





## Your Voice Matters

# Syilx Nation Community Survey Child & Family Services Reform

**Help shape the future of First Nations  
Child and Family Services!**

We're gathering input from Syilx Nation members to guide the Long-Term Reform for First Nations Child and Family Services Program.

Share your voice by completing the survey — and be entered to win great prizes!

**The survey and contest closes  
November 14, 2025, at 9am.**



**SCAN THE QR CODE OR CLICK  
THE LINK IN THE DESCRIPTION  
TO COMPLETE THE SURVEY**



**\*See description for prize details and more information**

### Questions or Concerns?

**Davis Janko, Child and Family Nation Planner**

T: 250 707 0095 ext. 224

E [nationplanner@syilx.org](mailto:nationplanner@syilx.org)

[www.syilx.org](http://www.syilx.org)

By working together as a Nation, we are able to share strengths, advocate more effectively, and leverage resources in a way that is only possible through collective capacity.



# NATION EVENTS



## cap̓ti'kʷl:

## kʷəckʷəcstim? i? stəʔtaʔtet

### Strengthening Our Truth

The Okanagan Nation Alliance, in collaboration with the En'owkin Centre, will be organizing several cap̓tikʷl Forums this year. These forums aim to gather feedback and foster community engagement by exploring the teachings within Syilx cap̓tikʷl in the context of policy and planning, as well as Syilx Nation building.

#### SESSION 1

**DEC 12, 2025**

Topic: Syilx Justice

#### SESSION 2

**JAN 21, 2026**

Topic: siw̓kʷ (Water)

#### SESSION 3

**FEB 18, 2026**

Topic: Health

**OPEN TO THOSE WITH SYILX ANCESTRY ONLY | VIRTUAL VIA ZOOM**



For more information contact:  
Raven Mikuletic, Senior Communications Coordinator  
[rmikuletic@syilx.org](mailto:rmikuletic@syilx.org) or 250-707-0095 ext. 121  
[www.syilx.org](http://www.syilx.org)

In Partnership With:  
En'owkin Centre



[www.enowkincentre.ca](http://www.enowkincentre.ca)



# NATION EVENTS



## Lake Country Native Association Invites You to the 28th Annual *Winter Family Gathering* *Traditional Pow Wow* November 22, 2025



Winfield Memorial Hall  
Noon to 7:00 p.m.  
Grand Entry: 1:00 p.m.  
Host Drum: Birch Creek  
M/C: Richard Jackson, Jr.  
*Tiny Tot Toonie Special*  
TRADITIONAL DINNER  
ARTS & CRAFTS VENDORS

*Bannock Tacos Fundraiser noon-3pm*

**FUN FOR THE WHOLE FAMILY !**

No Alcohol or Drugs

NO OUTSIDE RAFFLES/FUNDRAISERS

*For more information to register for a vendor table or special  
please contact*

*Mo Ziprick 250 470 8740 [moziprick@shaw.ca](mailto:moziprick@shaw.ca)*

*or Ann Bell 250 548 3723 [lcna@shaw.ca](mailto:lcna@shaw.ca)*

\* Please note:

Limited Vendor Tables.  
Please Book Now!



# COMMUNITY NOTICES & RESTRICTIONS



## Penticton Indian Band

841 Westhills Drive  
Penticton, British Columbia  
Canada V2A 0E8

Telephone: 250-493-0048 Fax: 250-493-2882

### **Urgent Community Reminder: Stage 1 Water Restrictions in Effect**

**Dear Community Members,**

The Thompson-Okanagan is currently under **Drought Level 3** conditions—classified as “Severely Dry” by the Province of British Columbia. This reflects the serious risk facing both our ecosystems and our water security.

Several urgent factors have contributed to this situation:

1. **Exceptionally low snowpack**—with some areas at just 39% of normal levels, the lowest recorded since 1970.
2. **Early snowmelt**—reducing natural runoff much earlier than expected.
3. **Below-average spring precipitation**—exacerbating already dry conditions.
4. **An unprecedented 6.5% increase in local water use** just since last month (April).

We recognize that this community has a strong track record of stepping up during difficult times. **Last year, during similar restrictions, we were able to actively monitor and witness your strong commitment to water conservation**—and we sincerely appreciate the efforts and cooperation that helped preserve our shared supply. We are hopeful and confident that, together, we can conserve as much or even more this year.

Please refer to the enclosed/attached visual for a clear breakdown of this year’s water restrictions. Your continued attention and action make a real difference.

Thank you for being part of the solution.

Sincerely,

Alyssa Wilson  
Utility Coordinator  
250-493-0048 ext 251





# CALL OUT FOR ARTISTS

**No Deadline**

**Chief & Council is seeking contributions from our talented local artists to help create a repository of gifts for facilitators. We invite you to share your portfolios, or photos of your artwork and crafts, for potential purchase.**

**There is no deadline to submit—this is an ongoing opportunity to showcase and celebrate local creativity.**

Please submit your artwork, crafts and beading with pricing to  
Rebecca Kruger: [events@pib.ca](mailto:events@pib.ca) or  
Call 250-493-0048 ext: 238







**ADDRESS:**  
**443-B GREEN  
MOUNTAIN  
RD.  
PENTICTON BC**



**HOURS:**  
**TUESDAY-FRIDAY: 9AM-7PM**  
**SATURDAY: 10AM-6PM**





# ALS QUICK FACTS

## ALS STANDS FOR

## AMYOTROPHIC LATERAL SCLEROSIS



ALS is a **terminal, progressive, neurodegenerative disease**. It is **not contagious**. Anyone can develop ALS at any time regardless of gender, socioeconomic status, geography, or race – although it most often affects people between ages 40 and 60.

The motor neurons that communicate messages from the brain to the muscles of the body that we use to move, talk, eat, swallow, and breathe break down and die in people who have ALS. This means the brain communicates less and less with these muscles, causing them to weaken and eventually stop working.

ALS is also known as **Lou Gehrig's disease** or **motor neuron disease (MND)**.

## ALS BY THE NUMBERS

Nearly

**4,000**

Canadians are currently living with ALS

**2 to 3**

people are diagnosed with ALS every day in Canada

**1 in 300**

is the lifetime risk for anyone to develop ALS

**80%**

of people with ALS die within 2 to 5 years of diagnosis

**1,000**

Canadians die from ALS and a similar number are diagnosed with ALS every year

**30%**

of ALS diagnoses are bulbar ALS where muscles of the head, face, and neck become paralyzed before the rest of the body

**90%+**

of people diagnosed with ALS do not have a family history of the disease

**15 to 25%**

of ALS cases have a known genetic mutation even without a family history of the disease

## SIGNS AND SYMPTOMS

Symptoms are a result of weakening muscles and can vary from person to person. Some common signs and symptoms include:

- Tripping
- Dropping things
- Slurred speech
- Difficulty swallowing
- Shortness of breath
- Weight loss
- Fatigue
- Weakness
- Muscles cramping or twitching

Some individuals experience non-motor symptoms including, but not limited to cognitive and behavioural changes, gastrointestinal issues, pain, and sleep disturbances. The type and severity of these changes varies from individual to individual.



## DIAGNOSIS

A neurologist may use these tests to help diagnose ALS through the process of elimination:



Blood and urine studies



Electrodiagnostic tests



Magnetic resonance imaging (MRI)



Muscle and nerve function tests

## TREATMENT

There is no cure for ALS. However, there are three Health Canada approved treatments that may help to slow progression of ALS:

- **Rilutek (riluzole)**
- **Radicava (edaravone)**
- **Qalsody (tofersen)**  
*(for the treatment of SOD1-ALS)*

## SUPPORT

ALS can be an incredibly challenging disease – physically, emotionally, psychologically, and financially. There is support available for Canadians living with ALS and their families through the ALS Society of Canada (ALS Canada) and the provincial ALS Societies. ALS Canada provides services and programs in these four areas:

### Research

Investing in the most impactful fundamental and clinical research that will fuel scientific discovery leading to life-changing treatment and maintaining a strong partnership with the network of clinicians across Canada dedicated to ALS research and clinical care.

### Community Services

Directly supporting people affected by ALS to ease their journey – through a hybrid model of in-home and virtual interactions, facilitated support groups, and provision of mobility equipment and communication devices in Ontario and clinical care.

### Advocacy

Advocating for policy changes that will have a meaningful impact on people living with ALS including equitable, timely, and affordable access to therapies, improved home and community care, and research funding.

### Education

Providing resources and learning opportunities on a variety of topics concerning the ALS community, including webinars, fact sheets, and the Canadian ALS Learning Institute to empower informed decision-making.

Across Canada, provincial ALS Societies provide local support to people living with ALS and their families, with ALS Canada providing community-based services to Ontario residents. Contact your provincial ALS Society to learn more. Please note: ALS Canada provides oversight and support for Nunavut as needed.

### ALS Society of Canada (and Ontario)

180 Bloor St W #500, Toronto, ON M5S 2V6  
416-497-2267 | als.ca

### ALS Society of British Columbia (and Yukon)

12328 - 13351 Commerce Parkway, Richmond, BC V6V 2X7  
1-800-708-3228 | alsbc.ca

### ALS Society of New Brunswick and Nova Scotia

1000 Windmill Rd, Dartmouth, NS B3B 1B4  
902-454-3636 | alsnbns.ca

### ALS Society of Newfoundland & Labrador

3 Herald Ave, Suite 3, Corner Brook, NL A2H 4B8  
1-888-364-9499 | alsnl.ca

### ALS Society of Saskatchewan

2430 8th Ave, Unit C, Regina, SK S4R 5E3  
306-949-4100 | alssask.ca

### ALS Society of Alberta (and Northwest Territories)

7874 10 Street NE, Calgary, AB T2E 8W1  
403-228-3857 | alsab.ca

### ALS Society of Manitoba

2A-1717 Dublin Ave, Winnipeg, MB R3H 0H2  
204-831-1510 | alsmb.ca

### ALS Society of Prince Edward Island

P.O. Box 1643, Summerside, PEI C1N 2V5  
902-439-1600 | alspei.ca

### ALS Society of Québec

5415 Paré Street, Suite 200 Mount-Royal, QC H4P 1P7  
514-725-2653 | sla-quebec.ca

## **"AMENDED COMMUNITY NOTICE"**

**Change of date for Council approval of FAL 2025**

**REPEAL OF THE PENTICTON INDIAN BAND 2016 FINANCIAL ADMINISTRATION LAW (FAL 2016)  
TO BE REPLACED WITH THE PIB 2025 FINANCIAL ADMINISTRATION LAW (FAL 2025) AT THE  
COUNCIL MEETING ON 'NOVEMBER 25, 2025' (Date Change)**

**You can view the "Amended Notice", " List of FAL Changes" and the "2025 Financial Administration Law" in the PIB Members Portal on the PIB Website. You must register for the website to view. You can go here to register for the PIB Members Portal here:**

**<https://pib.ca/contact/band-member-portal-registration/> and**

**You can view the documents are listed in the Members Page**

**<https://pib.ca/pib-and-entity-documents/>**



## **COMMUNITY NOTICE**

### **Council approval of FAL 2025**

**REPEAL OF THE PENTICTON INDIAN BAND 2016 FINANCIAL ADMINISTRATION LAW (FAL 2016)  
TO BE REPLACED WITH THE PIB 2025 FINANCIAL ADMINISTRATION LAW (FAL 2025)  
AT THE COUNCIL MEETING ON NOVEMBER 25, 2025**

The Penticton Indian Band enacted the *Penticton Indian Band Financial Administration Law, 2016* (FAL 2016) under the *First Nations Fiscal Management Act* (the "Act") on November 1, 2016. This law was made under the First Nations Financial Management Board (FMB) 2016 standards. PIB has since developed a full set of policies and controls to comply with the FAL 2016 and obtained Financial Management Systems (FMS) certification in late 2020.

The FMB updated the FAL standards in 2019, to make the FAL easier to understand and administer. PIB kept the 2016 FAL until now, as so many governance documents were in process referencing the 2016 FAL, and staff had no capacity to manage this transition.

PIB is now able to adopt the updated standards as recommended by the FMB. The FAL has been updated by the FMB and reviewed thoroughly by the PIB Finance and Audit Committee. At PIB's request, there is a more strongly worded Section 60 to enable Council and Community to have better controls and reduced risk from PIB for profit businesses.

On October 30, the PIB FAC approved the updated FAL 2025 and recommended it be approved by Council. This will be on the Council agenda November **25**. (Note amended date) Once approved this will replace and repeal FAL 2016. Members are always welcome to attend this or any Council meeting.

A copy of the changes to the FAL 2016 and the new FAL 2025 is available on the PIB Member web site or may be obtained from CFO Brian Conner [bconner@pib.ca](mailto:bconner@pib.ca), cell: 778-363-4367. Please contact the CFO, if you have any questions.



# Why Economic Development Matters

... because we deserve better



## Opportunity for Families

Creating good jobs and careers so families can thrive, stay connected, and build their future together.



## Community Resilience

Strengthening all sectors of the community to adapt, support each other, and face future challenges confidently.



## Quality of Life

Improving access to housing, healthcare, recreation, and culture while ensuring everyone enjoys a safe, healthy home.



## Community Services & Infrastructure

Economic growth funds schools, childcare, and infrastructure, giving communities the resources they need to succeed.



## Stronger Local Businesses

Supporting entrepreneurs and local businesses keeps money local and creates lasting opportunities for community growth.



## Pride in Staying Home

Providing opportunities right here at home so members can stay, grow, and contribute to their community.

*Economic development is community development — where every step of growth leads to a better life for our people.*







## BAND MEMBER BUSINESSES

***“Help us build our Band Member Business Directory and share your business today!”***

Please submit your Business Name, Contact Information and a Brief Description to be included in the PIB Band Member Business Directory and to stay informed about upcoming opportunities.

**Be part of a network  
that promotes local  
businesses  
and Connects you  
with Opportunities!**

**Please submit your Business Name and contact information to:**

Logan Tait-Reaume BA, CAPM  
Economic Development Officer  
839 Westhills Drive, Penticton, BC  
(204) 999-0526 | [Ltaitreaume@pib.ca](mailto:Ltaitreaume@pib.ca)





PENTICTON INDIAN BAND HOUSING  
NOV 2025

# WHAT NOT TO FLUSH

- WIPES (EVEN IF LABELED "FLUSHABLE")
- BABY WIPES
- FEMINIE HYGEINE PRODUCTS
- CONDOMS
- DIAPERS/  
INCONTINENCE PRODUCTS
- TISSUES
- FLOSS
- BANDAIDS
- COTTON BALLS/ QTIPS
- KITTY LITTER
- FATS/OILS/GREASE
- FOOD WASTE
- CIGARETTE BUTTS
- PAPER TOWEL /NAPKINS
- PLASTIC GLOVES
- OTHER GENERAL GARBAGE





# PIB Housing Department

October/November 2025



## Save Energy, Save Money

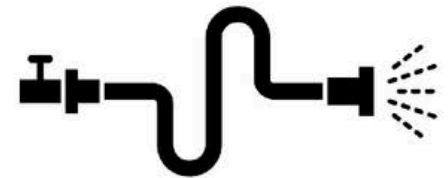
### *Tips to save on your electricity bills*

As the weather cools, we naturally turn up the heat to stay comfortable. During winter, we use more electricity than at any other time of year. However, there are several simple steps we can take around the home to help save energy and reduce our bills. These include hanging clothes to dry on an indoor drying rack instead of using a dryer, turning down the thermostat by one to two degrees (or installing a smart thermostat), and unplugging kitchen appliances or video game devices at night.

Did you know that the peak demand for electricity in our community occurs between 3:30 p.m. and 7:30 p.m.? This is the time when residents return home from work or school, turn up the heat, start cooking dinner, charge devices, and use other electrical equipment. Whenever possible, residents are encouraged to power or charge devices outside of these peak hours. Doing so helps keep overall electricity costs lower for everyone in our community.



Please don't hesitate to contact the Housing Department with any questions/concerns. You can contact Halle Lezard, Housing Coordinator, at 250-493-0048 ext. 260.



### *Don't forget to disconnect your garden hose for winter!*

To prevent water freezing and damage, it is important to disconnect your garden hose when the temperature drops below 0 degrees Celsius. Leaving a hose connected to an outside faucet can cause it to freeze and potentially burst, leading to leaks and water damage. Please contact the Housing Department should you require any assistance.

### *Winter is coming, it's a great time to change your furnace filter!*

They can be purchased at the Housing Department Building (behind the Administration Building).



# FIRST NATIONS CHILD AND FAMILY SERVICES HOUSING FUND



## HOW TO APPLY:

- 1.) Emailed to you upon request, please call (250) 493-0048 ext: 260
- 2.) Downloaded from the PIB Website: FNCFS Housing Fund Application Go to: <https://pib.ca/fncfs-application/>
3. Completed online at: FNCFS Housing Fund Application

## Need help with the Application?

Attend one of the following session at the Heritage Building (1001 Old airport Road)!

MONDAY, NOVEMBER 3, 2025 9AM-4PM

FRIDAY, NOVEMBER 7, 2025 9AM-4PM

THURSDAY, NOVEMBER 13, 2025 9AM-4PM

**DEADLINE FOR APPLICATIONS IS FRIDAY NOVEMBER 14, 2025 AT 3:30PM**

**FOR MORE INFORMATION CONTACT  
HALLE LEZARD, HOUSING COORDINATOR**

📞 250-493-0048 ext. 260

📍 841 Westhills Drive, Penticton, BC V2A 0E8

✉ [hlezard@pib.ca](mailto:hlezard@pib.ca)

SCAN  
ME





# FIRST NATIONS CHILD AND FAMILY SERVICES HOUSING FUND



The Penticton Indian Band is pleased to share that, under the Agreement-in-Principle on Long-Term Reform of the First Nations Child and Family Services Program and Jordan's Principle, Indigenous Services Canada has committed funding for the next five years to support First Nations throughout Canada.

This new funding is specifically aimed at addressing the housing needs of the First Nations children, **18 and under**, and their families, within the Penticton Indian Band homes only. The responsibility for the contractors lies with the PIB Housing Department.

**THIS FUNDING IS INTENDED TO IMPROVE HOUSING CONDITIONS PER HOME AND OVERALL WELL-BEING FOR FIRST NATIONS CHILDREN AND FAMILIES, INCLUDING:**

- Children and youth at risk of being taken into care due to inadequate housing;
- Family reunification efforts;
- Children and youth with complex or special needs requiring adapted housing;
- Home expansions or modifications to support caregiving or the best interests of the child;
- Other housing needs related to prevention and holistic family supports.

**FUNDING WILL BE DISTRIBUTED THROUGH THE PIB HOUSING DEPARTMENT AND MAY BE USED FOR:**

- Unfinished bedrooms;
- Windows, doors and/or HVAC;
- General repairs and modifications;
- Accessibility upgrades for children/ youth with disabilities.

Due to limited funds, we can only provide a maximum amount up to \$40,000.00 per household, if approved.

**FOR MORE INFORMATION CONTACT  
HALLE LEZARD, HOUSING COORDINATOR**

☎ 250-493-0048 ext. 260

📍 841 Westhills Drive, Penticton, BC V2A 0E8

✉ hlezard@pib.ca

SCAN  
ME





**NOVEMBER 19, 2025  
12:00PM – 4:00PM  
162 WESTHILL CRESCENT**



**saxe'wextam Department:**

## **SYILX LAND USER MEETING**

*providing direction on  
Channel signage and PFA's*

ALL PIB MEMBERS ARE  
WELCOME TO ATTEND

LIGHT SNACKS PROVIDED

FOR MORE INFORMATION: CAROLINE STEWART  
OFFICE ADMINISTRATOR (250) 492-0411 ext. 241

### **snpink'tn Land User Meeting**

 **November 19, 2025**

 **12:00 PM – 4:00 PM**

 **saxe'wextam Department Office  
(162 Westhill Crescent)**

**All snpink'tn Indian Band member Land Users are invited to join us for our upcoming meeting.**

#### **Topic:**

**To receive community direction on Channel Signage and PFA's,.  
This meeting is an opportunity to gather guidance, share updates, and continue strengthening communication within the community.**

**Light refreshments will be provided.**

**We look forward to seeing you there.**

**#teamtmix<sup>w</sup>**





## yilíkʷlxkn Volunteer Opportunity

We are looking for volunteers to help feed and care for the yilíkʷlxkn (Big Horn Sheep)

**As a yilíkʷlxkn Guardian you will:**

- ✓ Add hay and check water for Bighorn Sheep
- ✓ Sheep Counts and Fence Checks
- ✓ Be physically fit to lift hay bales
- ✓ Be provided training
- ✓ Have flexibility to volunteer when you want as much or as little as you want

 **ALL AGES  
WELCOME!**

**TO SIGN UP**   **Gemma Almendros,  
tmix™ Biologist**  **250-492-0411**  **galmendros@pib.ca**







### Yilíkʷlxkn (Big Horn Sheep) Guardians Needed! 🐏

Are you passionate about wildlife and the environment? Join our yilíkʷlxkn Volunteer Guardian Team and help support the health and care of Big Horn Sheep in our community!

#### What you'll do:

Assist with feeding and monitoring yilíkʷlxkn

Learn about the species and their habitat

Contribute to hands-on conservation efforts

#### Flexible volunteering:

Whether you have a few hours or many, your help makes a difference. Volunteer as much or as little as you like.

#### Who can join:

Anyone of any age with an interest in wildlife and conservation. No prior experience needed, just enthusiasm and a love for yilíkʷlxkn!

 **17** Get started today! email us at [galmendros@pib.ca](mailto:galmendros@pib.ca) or give us a call at 250-492-0411 or stop by at 162 Westhills Crescent! (old daycare log building)

#teamtmixʷ





## Community Notice: Important Information on Deer Consumption



Date: October 2, 2025

From: səxʷtəxtəm Department – snpink'tn Indian Band

The səxʷtəxtəm Department wishes to advise all community members of a current wildlife health concern affecting deer in our territory. Recent reports confirm the presence of hemorrhagic diseases (HD) in white-tailed deer populations in the Grand Forks area.

### WHAT IS HEMORRHAGIC DISEASE?

Hemorrhagic disease (HD) is caused by viruses known as Epizootic Hemorrhagic Disease (EHD) and Bluetongue Virus (BTV). These viruses are spread by tiny biting midges, often called “no-see-ums.”



They damage the blood vessels of animals and are often fatal.

**Deer with HD may show:**

- **Swelling of the face, head, neck, and tongue**
- **Difficulty breathing**
- **Weakness, lameness, or sudden death near water**
- **Blood-tinged nasal discharge, excessive salivation, or bloody diarrhea**

### RISKS TO HUNTERS AND FAMILIES

- **Not a human disease:** EHD and BTV are not transmitted to people.
- **Meat quality concerns:** While meat from infected deer is technically considered safe, the disease causes severe internal bleeding and bile damage. This makes the meat poor quality and potentially harmful.
- **Our guidance: Do not consume meat from deer showing signs of illness or found dead. Consumption by people and pets is strongly discouraged.**

### COMMUNITY ACTION

If you come across a deer that appears sick or has died under unusual circumstances:

- Do not handle or consume the animal.
- Immediately report the sighting to the səxʷtəxtəm Department or to ONA tmixw Biologists:

James Pepper 250-469-3183 / Gemma Almendros 604-338-6714 (səxʷtəxtəm Department)

Matthew Macpherson: 250-870-1862 / Kieran Braid: 250-681-3123 (ONA Biologist)

### CLOSING MESSAGE

Our community depends on tmixʷ and the care of our lands and waters. Your caution and reporting will help protect our members, pets, and future wildlife populations. Thank you for your caretakership.



## INFORMATION NOTE

**ORIGINATING ORGANIZATION:** Natural Resource Department – Okanagan Nation Alliance

**CONTACT PERSON:** Mackenzie Clarke, ONA tmix<sup>W</sup> Program Lead, Cailyn Glasser, ONA NR Manager, Jordan Coble, NRC Chair

**DATE:** October 1<sup>st</sup>, 2025

**DISTRIBUTION:** Natural Resources Committee, tmix<sup>W</sup> Working Group, and Chief's Executive Council

**SUBJECT:** Hemorrhagic Diseases in Wild Ungulates

### PURPOSE

To provide background information on hemorrhagic diseases in wild ungulates and offer recommendations for monitoring outbreaks in Syilx territory.

### BACKGROUND

Hemorrhagic disease (HD) is a general term for illnesses caused by both Epizootic Hemorrhagic Disease (EHD) and Bluetongue Virus (BTV). Both diseases cause damage to the lining of blood vessels, resulting in hemorrhaging throughout the body. Hemorrhagic diseases primarily affect white-tailed deer and bighorn sheep; however, mule deer, elk, and moose may also be susceptible to the disease. Hemorrhagic diseases are most commonly transmitted by biting midges of the genus *Culicoide* (commonly referred to as “no-see-ums”). Hemorrhagic diseases generally occur in the northwestern United States in late summer and early fall but can be spread to Canada when midges are blown north on seasonal wind currents. Warmer temperatures and shorter winters due to climate change may be increasing the prevalence of hemorrhagic disease outbreaks in Canada. Hemorrhagic diseases do not cause persistent infections, and there is no evidence to suggest that the midges can survive Canadian winters. Midges are generally killed off during the first frost, which ends the outbreak entirely. A mass mortality event linked to BTV was documented in the Grand Forks area in the fall of 2021. The outbreak primarily impacted bighorn sheep and white-tailed deer, causing the death of approximately two-thirds of the resident bighorn sheep population.

Over the past two weeks, approximately 30 white-tailed deer have been found dead around Grand Forks, some displaying symptoms of hemorrhagic disease; testing is currently being done to confirm the cause of the mortalities.

### CONSIDERATIONS

EHD and BT are often fatal. Dead or infected animals are often found near water. They may exhibit swelling of the face, head, neck, and tongue, difficulty breathing, extensive hemorrhages in many internal and external tissues, weakness and lameness, and blood-tinged nasal discharge, salivation, and bloody diarrhea. EHD and BTV are not known to be transmitted to humans. While meat is technically considered safe to eat, it should be assessed on a case-by-case basis, as the diseases cause internal hemorrhaging of blood and bile, which can impact the quality of the meat. ONA Biologists recommend that humans and pets not consume meat from infected animals.

### ACTIONS

As EHD and BTV are often fatal and not treatable, prevention is not possible. Community members are recommended to watch for dead or possibly infected animals exhibiting the previously noted symptoms and immediately inform their band's Natural Resources department or ONA tmix<sup>W</sup> Biologists Matthew Macpherson (250-870-1862) or Kieran Braid (250-681-3123).



## FortisBC Gas Advanced Metering Infrastructure Project



As part of our routine maintenance and ongoing upgrades, we will be replacing all gas meters connected to FortisBC gas customers' homes with a modern advanced meter (see image below) over the next few years.

### What are the Customer impacts?

The replacement work will take about one hour per home and occur Mon-Fri between the hours of 8:30 a.m. – 4:30 p.m. In some circumstances, the FortisBC technician may need to turn off the gas to your home during the meter exchange and relight impacted gas appliances in your home after the replacement.

**Homes without FortisBC gas service will not be impacted.**



Regards,

FortisBC Indigenous Relations AMI Team,  
Brianna, William & Greg

Email: [advancedgasmeters@fortisbc.com](mailto:advancedgasmeters@fortisbc.com)  
Phone: 1-888-224-2710  
FortisBC Energy Inc.



Scan here or visit  
[fortisbc.com/newgasmeters](https://fortisbc.com/newgasmeters) to learn more

The new meter will have future customer service benefits and safety enhancements that include:

#### **Increased convenience**

- Customers will be able to access information online about their daily gas use.
- We won't need to access customers' properties to read meters manually in most cases.

#### **Safety enhancements**

- We'll have the ability to disconnect gas remotely if we are made aware of an emergency situation such as a gas leak, wildfire, flood, tsunami or earthquake.

### When is the Work Taking Place?

For the remainder of 2025, FortisBC will contact customers as required to complete the meter exchange at their premise. Beginning as early as 2026 FortisBC will be completing the remainder of gas meter replacement work in community as part of the Advanced Metering Infrastructure Project.

Notification has been provided to the Penticton Indian Band Lands Department in advance of any meter exchange activities.

### How do the Meters Work?

The meters use ultrasonic technology (sound waves) to measure gas use, then send this information through a private wireless, low-bandwidth network. That means we'll no longer need to read most individual meters manually.

**We appreciate your ongoing cooperation!**



*Left: Existing Meter; Right: New Advanced Meter*



## FORTISBC DISTRIBUTION CUT OUT REPLACEMENT PROJECT (PIB Access Permit # 00706)

FortisBC is planning to complete an electric Cut-Out replacement project in the **Maron Valley area** of PIB IR#1.

Work is scheduled to begin on November 4<sup>th</sup> and is expected to be complete by end of day, Friday November 14<sup>th</sup>.

This project involves upgrading disconnect switches used to isolate powerlines on electric distribution poles. All work is overhead, and each switch takes approximately 1 hour to replace.

**To complete the work safely, 30-minute outages will be required.**

FortisBC's trucks & crews will be seen in the community during this time. This work will help to improve the reliability of FortisBC's electric distribution system.

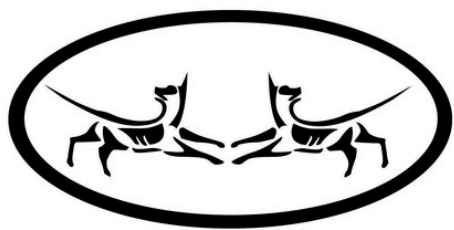
Community members can take simple steps to prepare for the brief outages:

- keep phones charged and conserve cell phone and laptop batteries.
- plug electronics and other sensitive equipment such as TVs, cable boxes, video game consoles and computers into surge-protecting power bars.
- switch off appliances, electronics and lights to prevent a power surge when service is restored. Leaving one light on will help you know when the power is back on.
- keep refrigerator and freezer doors closed as much as possible to keep food cold.
- wait 10 to 15 minutes after the power has been fully restored before slowly turning everything back on.

We appreciate the patience of everyone in the community as our crews work to complete repairs safely and as quickly as possible.







## Penticton Indian Band

841 Westhills Drive  
Penticton, British Columbia  
Canada V2A 0E8

Telephone: 250-493-0048 Fax: 250-493-2882

### 2025 PIB ACCESS PERMIT - COMMUNITY NOTICE

<b>Date of Issuance:</b>	<b>November 5, 2025</b>	<b>Permit No:</b>	<b>00708</b>
<b>Requested by:</b>	<a href="#">Jon Felker, Facilities Manager</a>		
<b>Approved by (Dept):</b>	Lands Department		
<b>Project Name:</b>	<b>Meter removal – Building not in use</b>		
<b>Name of Organization:</b>	<b>Fortis BC</b>		
<b>Site Contact Information:</b>	TBD		
<b>PIB Contact Information:</b>	Jon Felker, Facilities Manager - 778-531-0817		
<b>Access Date(s) requested:</b>	Mid-end of November		
<b>Access Area(s):</b>	<b>Band Hall Area</b>		
<b>Project Timeline:</b>	<b>Commencing:</b>	<b>Mid November</b>	<b>Completion: End of November</b>

#### SCOPE OF WORK:

To remove a meter that has not been in use for several years near the Band Hall. This is necessary for safety and auditing purposes by FortisBC

#### AREA MAP:





## Penticton Indian Band

841 Westhills Drive  
Penticton, British Columbia  
Canada V2A 0E8

Telephone: 236-700-4686 Fax: 250-493- 0037

November 13, 2025

**RE: INCOME ASSISTANCE – December 2025 MONTHLY DECLARATION NOTICE**

TO ALL INCOME ASSISTANCE CLIENTS;

*In order to qualify for the December 2025 direct deposit all clients will need to fill out a monthly declaration form by the cutoff date of November 19, 2025. Renewal forms can be picked up at the Social Development office 841 Westhills Drive during office hours Monday to Friday 9am to 5pm (closed during lunch hour).*

Late renewals or not legible renewals will delay your assistance. The December 2025 cheque day is Wednesday November 26, 2025. \*Note ALL eligible Income Assistance clients will also get a **‘Christmas Bonus’** included in their December entitlement, depending on family unit size it will range from \$60 and up.

Ensure to claim your ‘Band Distribution’ on your monthly renewal if you qualify for payment from your band, these payments are completely exempt and will not be held against you.

There is a grey metal box directly outside our Social Development office. Lift up the cover and put your completed renewal in. Box will be checked daily.

All renewals must be;

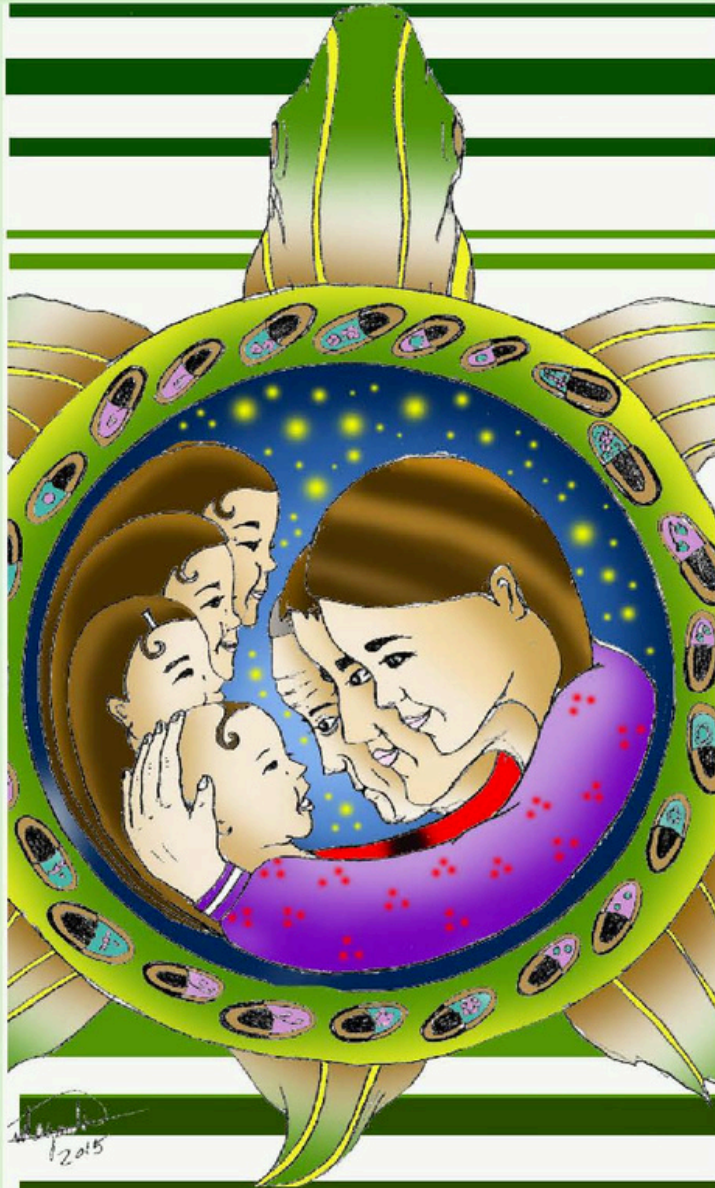
- Filled out in full.
- Legible (if we can't read it the form will not be accepted)
- If applicable -Spouse must also sign form
- You may also turn in bills – just ensure you sign those too.

Any questions call the office number 236-700-4686, or Andrea's Cell number 250-488-6105

Sincerely

Andrea Watts  
Band Social Development Worker- Assistant  
Penticton Indian Band





## Circle of Security

Skén:nen tsi Na'tehonterónnion

*"There is Peace Between Them"*

## Parenting Program

**nk'wílim ilx'w**

**"Family Love"**



Based on  
50+ years  
of attachment  
research

## Circle of Security Parenting



Discover and reflect on  
the needs of children  
& how meeting those needs  
can bring ease to the parent  
child relationship



Be a **Bigger, Stronger,  
Wiser, Kind and  
Committed** Grandparent,  
Parent, Aunt or Uncle.



Facilitator – Tamara Simon  
Cedar Path Counseling

IF You're **CURIOUS** or Interested  
TO JOIN This **TUESDAY CIRCLE**  
Starts: **TUES October 7, 2025**  
Time: **5:00 pm Dinner**  
**5:45 – Children's Program**  
**6:00 – 7:45 COS Program**

PLEASE CONTACT:

**Amanda Lowery**

**C: 250-488-1931**

**E: SD.ALLOWERY@PIB.CA**



## Working together to bring Government services to **you.**



**Date: Wednesday,  
November 26th, 2025**

**Time: 1:30pm - 3:30pm**

**Location:  
Snpink'tn  
Penticton Indian Band,  
Social Development Office  
842 West Hills Drive, Penticton**

ID requirements are based on the service offering requested.  
Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate,  
certificate of Indian Status and any other forms of federal or  
provincial identification you may have.

If you are unable to meet with us during this visit, you can  
request information and assistance through the Outreach  
Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

- Receive a PAC access code to sign up for a My Service Canada Account (MSCA)
- Get a Social Insurance Number (SIN)
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Pension information for Canada Pension Plan (CPP), Old Age Security (OAS) & Guaranteed Income Support (GIS)
- Canada Disability Benefit (CDB)
- Passport Information
- General Government of Canada information

Presented by: Service Canada



Government  
of Canada

Gouvernement  
du Canada

Canada





# SOCIAL DEVELOPMENT **YOUTH COUNCIL**

**3:30 to 5:00**

**When:** Every Second and Fourth Tuesday of the month

Starting: Sept 9<sup>th</sup> /2025

**Where:** Social Development Office

**Ages:** Grade 8 - 12

Youth are a force for change. Keep working  
and fighting to create a better world.



**This is a registered Program,** Register at Social  
development office or contact Keisha Kruger  
Email: [sd.kkruger@pib.ca](mailto:sd.kkruger@pib.ca) Phone 250-274-4274

SUN	MON	TUE	WED	THU	FRI	SAT
2 Swim/Gym 11-1pm Family Recovery Group 3-4pm @ Heritage Centre	3 Ladies Gym Program 9-10am Day Treatment 1-3pm @ Recovery House Meditation Class (Sound Journey) 6-7pm @ RH Youth Gym 3:30-4:45pm Sta?knix Group (Girls Youth) 3:30-5:30pm @ RH	4 <b>HEALTHY HARVEST @ HERITAGE BUILDING 11- 3pm</b> ICOT 11-1 COS 1-3pm @ RH Gym w/Obi 18+ 1-3:30pm Youth Gym 3:30-4:45pm Self Defense @ Hall 5-6pm AIDP/PPN – Combination 4:30-6:30 @ Heritage Centre	5 Ladies Gym Program 9-10am Elders Day Out 10:30-1:30pm (ONA @ LSIB) Gym Program w/Obi 18+ 1-3:30pm Wellbriety 1-3pm @ Recovery House Youth Gym Program 3:30-4:45pm Stroke Prevention and Recovery Session 4:30- 6pm @ Snxastwilxtn Centre Soccer Academy 5-6pm SOW 5-7pm @ RH	6 SNXASTWILXTN CENTRE CLOSED DUE TO STRAT PLANNING BINGO 4:30 – 9:30pm @ Hall	7 SNXASTWILXTN CENTRE CLOSED DUE TO STRAT PLANNING	1 1
9 Run/ Walk Program 11-1pm Family Recovery Group 3-4pm @ Heritage Centre	10 Ladies Gym Program 9-10am Day Treatment 1-3pm @ Recovery House Youth Gym 3:30-4:45pm Sta?knix Group (Girls Youth) 3:30-5:30pm @ RH	11 <b>STAT</b>	12 Ladies Gym Program 9-10am ADP (Paint Day w/ Delaney & Inez) 10-1pm @ Health Centre Gym Program w/Obi 18+ 1-3:30pm Wellbriety 1-3pm @ Recovery House Youth Gym Program 3:30-4:45pm Soccer Academy 5-6pm Aunies Group 5-7pm @ RH	13 Ladies Gym Program 9-10am RH On-The-Land Prg 11-3pm Tot Time (Swim) 12-3pm Youth Gym Program 3:30-4:45pm MTC @ 4:30-6pm - Recovery H BINGO 4:30 – 9:30pm @ Hall	14 Tot Time (Harvesting) 9-2pm  Art For Wellness 1- 3pm @ Recovery House	15
16 Swim/Gym 11-1pm Family Recovery Group 3-4pm @ Heritage Centre	17 Ladies Gym Program 9-10am Day Treatment 1-3pm @ Recovery House Meditation Class (Sound Journey) 6-7pm @ RH Youth Gym Program 3:30-4:45pm Sta?knix Group (Girls Youth) 3:30-5:30pm @ RH	18 ICOT 11-1 COS 1-3pm @ RH Gym w/Obi 18+ 1-3:30pm Youth Gym 3:30-4:45pm Self Defense @ Hall 5-6pm NAAW Dinner 5-7pm @ Hall Tot Time (Vees Game) 6pm	19 Ladies Gym Program 9-10am Elders Meeting 10-2pm @ Hall Gym Program w/Obi 18+ 1-3:30pm Wellbriety 1-3pm @ Recovery House Youth Gym Program 3:30-4:45pm Honoring Our Children @ Outma 3:30pm Soccer Academy 5-6pm SOW 5-8pm (Women's Sweat @ Health Centre)	20 Ladies Gym Program 9-10am RH On-The-Land Prg 11-3pm Tot Time (Swim) 12-3pm Community Soup Lunch @ Recovery House 12-12:45pm Youth Gym 3:30-4:45pm MTC @ 4:30-6pm - Recovery He BINGO 4:30 – 9:30pm @ Hall	21 Tot Time (OSNS) 9-11am @ Snxastwilxtn Centre Art For Wellness 1- 3pm @ Recovery House MHSU Clients Self Care Day 1-5pm	22
23 Run/Walk Program 11-1pm Family Recovery Group 3-4pm @ Heritage Centre	24 Ladies Gym Program 9-10am Day Treatment 1-3pm @ Recovery House Youth Gym 3:30-4:45pm Sta?knix Group (Girls Youth) 3:30-5:30pm @ RH Nutrition Program @ Snxastwilxtn Centre 5-6:30pm	25 ICOT 11-1 COS 1-3pm @ RH Gym w/Obi 18+ 1-3:30pm Elders Swifty Thrifty 1-4pm Youth Gym 3:30-4:45pm Self Defense @ Hall 5-6pm Tot Time (Movie/Pizza) 5-7pm @ Snxastwilxtn Centre	26 Ladies Gym Program 9-10am ADP (Yvonne & Lands) 10-1pm @ HealthCentre Gym Program w/Obi 18+ 1-3:30pm Wellbriety 1-3pm @ Recovery House Youth Gym Program 3:30-4:45pm Soccer Academy 5-6pm Aunies Group 5-7pm @ RH	27 Ladies Gym Program 9-10am RH On-The-Land Program 11-3pm Youth Gym Program 3:30-4:45pm MTC @ 4:30-6pm - Recovery H BINGO 4:30 – 9:30pm @ Hall Tot Time (Movie/Pizza Night) 5- 7pm @ Snxastwilxtn Centre	28 Tot Time (Wild Kids in Westbank) 10am Art For Wellness 1- 3pm @ Recovery House	29
30 Swim/ Gym 11-1pm Family Recovery Group 3-4pm @ Heritage Centre	MTC: Men's Talking Circle PPN: Pre/Postnatal	RH: Recovery House COS: Circle of Security	SOW: Strong Okanagan Women ADP: Adult Day Program	ICOT: Integrated Community Outreach Team IDP: Infant Development Program		



# NOVEMBER HEALTH PROGRAMS SCHEDULE

## WEDNESDAY, NOVEMBER 12<sup>TH</sup>

- Ladies Gym Program 9-10am
- ADP (Paint Day w/ Delaney & Inez) 10-1pm @ Snxastwilxtn Centre
- Gym Program w/Obi 18+ 1-3:30pm
- Wellbriety 1-3pm @ Recovery House
- Youth Gym Program 3:30-4:45pm
- Soccer Academy 5-6pm
- Aunties Group 5-7pm @ RH

## THURSDAY, NOVEMBER 13<sup>TH</sup>

- Ladies Gym Program 9-10am
- RH On-The-Land Program 11-3pm
- Tot Time (Swim) 12-3pm
- Youth Gym Program 3:30-4:45pm
- MTC @ 4:30-6pm - Recovery House
- BINGO 4:30 – 9:30pm @ Hall

## FRIDAY, NOVEMBER 14<sup>TH</sup>

- Tot Time (Harvesting) 9-2pm
- Art For Wellness 1-3pm @ Recovery House

## SUNDAY, NOVEMBER 16<sup>TH</sup>

- Swim/Gym 11-1pm
- Family Recovery Group 3-4pm @ Heritage Centre

## MONDAY, NOVEMBER 17<sup>TH</sup>

- Ladies Gym Program 9-10am
- Day Treatment 1-3pm @ Recovery House
- Meditation Class (Sound Journey) 6-7pm @ RH
- Youth Gym Program 3:30-4:45pm
- Sta?kmix Group (Girls Youth) 3:30-5:30pm @ RH

## TUESDAY, NOVEMBER 18<sup>TH</sup>

- ICOT 11-1
- COS 1-3pm @ RH
- Gym Program w/Obi 18+ 1-3:30pm
- Youth Gym Program 3:30-4:45pm
- Self Defense @ Hall 5-6pm
- NAAW Dinner 5-7pm @ Hall
- Tot Time (Vees Game) 6pm

## WEDNESDAY, NOVEMBER 19<sup>TH</sup>

- Ladies Gym Program 9-10am
- Elders Meeting 10-2pm @ Hall
- Gym Program w/Obi 18+ 1-3pm
- Wellbriety 1-3pm @ Recovery House
- Youth Gym Program 3:30-4:45pm
- Honoring Our Children @ Outma 3:30pm
- Soccer Academy 5-6pm
- SOW 5-8pm (Women's Sweat @ Snxastwilxtn Centre)

## THURSDAY, NOVEMBER 20<sup>TH</sup>

- Ladies Gym Program 9-10am
- RH On-The-Land Program 11-3pm
- Tot Time (Swim) 12-3pm
- Community Soup Lunch @ Recovery House 12-12:45pm
- Youth Gym Program 3:30-4:45pm
- MTC @ 4:30-6pm - Recovery House
- BINGO 4:30 – 9:30pm @ Hall

## FRIDAY, NOVEMBER 21<sup>ST</sup>

- Tot Time (OSNS) 9-11am @ Snxastwilxtn Centre
- Art For Wellness 1-3pm @ Recovery House
- MHSU Clients Self Care Day 1-5pm

# NOVEMBER HEALTH PROGRAMS SCHEDULE

## SUNDAY, NOVEMBER 23<sup>RD</sup>

- Run/Walk Program 11-1pm
- Family Recovery Group 3-4pm @ Heritage Centre

## MONDAY, NOVEMBER 24<sup>TH</sup>

- Ladies Gym Program 9-10am
- Day Treatment 1-3pm @ Recovery House
- Youth Gym Program 3:30-4:45pm
- Sta?kmix Group (Girls Youth) 3:30-5:30pm @ RH
- Nutrition Program @ Snxastwilxtn Centre 5-6:30pm

## TUESDAY, NOVEMBER 25<sup>TH</sup>

- ICOT 11-1
- COS 1-3pm @ RH
- Gym Program w/Obi 18+ 1-3:30pm
- Elders Swifty Thrifty Program 1-4pm
- Youth Gym Program 3:30-4:45pm
- Self Defense @ Hall 5-6pm
- Tot Time (Movie/Pizza) 5-7pm @ Snxastwilxtn Centre

## WEDNESDAY, NOVEMBER 26<sup>TH</sup>

- Ladies Gym Program 9-10am
- ADP (Yvonne & Lands) 10-1pm @ Snxastwilxtn Centre
- Gym Program w/Obi 18+ 1-3:30pm
- Wellbriety 1-3pm @ Recovery House
- Youth Gym Program 3:30-4:45pm
- Soccer Academy 5-6pm
- Aunties Group 5-7pm @ RH

## THURSDAY, NOVEMBER 27<sup>TH</sup>

- Ladies Gym Program 9-10am
- RH On-The-Land Program 11-3pm
- Youth Gym Program 3:30-4:45pm
- MTC @ 4:30-6pm - Recovery House
- BINGO 4:30 – 9:30pm @ Hall
- Tot Time (Movie/Pizza Night) 5-7pm @ Snxastwilxtn Centre

## FRIDAY, NOVEMBER 28<sup>TH</sup>

- Tot Time (Wild Kids in Westbank) 10am
- Art For Wellness 1-3pm @ Recovery House

## SUNDAY, NOVEMBER 30<sup>TH</sup>

- Swim/Gym 11-1pm
- Family Recovery Group 3-4pm @ Heritage Centre

## **ACRONYM LEGEND**

- MTC: Men's Talking Circle
- RH: Recovery House
- COS: Circle of Security
- SOW: Strong Okanagan Women
- PPN: Pre/Postnatal
- ADP: Adult Day Program
- IDP: Infant Development Program





**PIB HEALTH DEPARTMENT**



# **Get your Flu Shot or Covid Booster**



**at Snxastwilxtn Centre**

## **WHY GET THE FLU VACCINATION OR COVID BOOSTER SHOT?**

**The Flu or Covid can have very serious complications especially for community members under the age of one and community members who are living with asthma, diabetes, rheumatoid arthritis, and other chronic health conditions.**

**If you have any questions, please contact:**

**PIB Community Health Nurse at  
(office) 250-493-7799**

# ***Strong Okanagan Women's Group & Aunty's Group***

***Nov 5th : Women's Group: Hot Tub Soak &  
Sauna***

***5pm-545pm @ Recovery House  
6pm-730pm @ Community Centre  
\*Bring your swimsuit & towel\****

***Nov 12th: Aunty's Group: Rock Painting &  
Talking Circle***

***5pm-7pm @ Recovery House***

***Nov 19<sup>h</sup>: Women's Group: Honoring Our  
Children Community Event***

***5pm @ Outma***

***Nov 26th: Aunty's Group: Sweat Lodge  
5-8pm @ Snxastwilxtn Health Centre***

***Dinner, Refreshments & Activity Supplies Provided***

***For more information:  
Harmony, MSHU Worker 250-274-2530***



# **PIB Women's Sweatlodge**

**Wednesday November 26, 2025**

**&**

**Wednesday December 10, 2025**

**Snxastwilxtn Health Centre**

**198 Outma Sqilxw Place**

**Lighting the Fire: 3pm**

**1st Round: 5pm**

## **Protocols to be followed:**

**No Alcohol or Drug use for at least 4 days prior, includes marijuana  
Can NOT be on your Moon Time**

**Bring a towel & flip flops/sandals. Dress in  
whatever is comfortable for you.**

**Dinner & Refreshments provided**

**Running Women's Sweatlodge: Inez Pierre**

**Contact: Harmony Pickett, MHSU Worker 250-274-2530**



# BOOKING APPOINTMENTS FOR YOUR CHILDREN



## TO GET YOUR CHILD'S HEARING TESTED



1. If there is a hearing concern, it is recommended to have your child seen by a doctor or pediatrician. If the doctor has concerns they will do a referral to nearest audiology clinic for kids, for Penticton the audiology clinic is in Kelowna

1. You can call and book your child an appointment at the Kelowna audiology clinic by calling 250-469-7070, this may not be the most ideal way to get your child's hearing tested because the audiologist may send your child back to be seen by the doctor before the audiologist can test the hearing

## TO GET YOUR CHILD'S EYES TESTED

1. If you know of vision concerns in your family, your child's eyes should be examined by an eye doctor
2. (optometrist or ophthalmologist) by 3 years of age or earlier, especially if you notice any concerns.
3. Optometrists recommend the first routine eye examination, regardless of any concerns, between
4. age 6 to 12 months.

You can call a local eye doctor of your choice and book the appointment



## TO GET YOUR CHILD'S TEETH LOOKED AT BY A DENTIST:



The Canadian Dental Association recommends regular dental visits starting 6 months after your child's first tooth appears or when they are about 1 year old. Your child's first dental visit is a good time to discuss daily dental care, fluoride and eating habits

You can call a local dentist of your choice and book the appointment



**PIB**  
**Mens Group**  
**sqəłtmix<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](mailto:ooniah@pib.ca)

**PIB HEALTH**





# RECOVERY SUPPORT GROUP MEETING



**Are you thinking about treatment or just beginning your recovery journey? You're not alone.**

**Join us in a safe, supportive space where you can connect with others, share your story, or simply listen. This group is here to walk with you as part of your healing journey—whether you're thinking about treatment, just starting out or looking for support along the way.**

**Everyone is welcome.**

**No judgment. Just support, healing, understanding, and community.**

**EVERY SUNDAY AT THE RECOVERY HOUSE  
3:00PM - 6:00PM**

**LIGHT REFRESHMENTS WILL BE PROVIDED**

**For more information please contact:**

Obi Oniah

Mental Health and Substance Use Worker at

[ooniah@pib.ca](mailto:ooniah@pib.ca) or (250) 274-2642



## PIB Health Emergency Preparedness

**TO BE FILLED OUT ONLY BY PIB HEALTH STAFF**

Completed forms go directly to **Evening Star Casimir, Associate Health Manager**  
 Emailed to [ecasimir@pib.ca](mailto:ecasimir@pib.ca) or faxed to 250-493-0063 or placed in file folder

- ZONES**
- ☐ Zone 1
  - ☐ Zone 2
  - ☐ Zone 3
  - ☐ Zone 4
  - ☐ Zone 5

Client Information		DATE: _____	TIME: _____
<b>Surname:</b> _____		<b>First and Middle Name:</b> _____	
<b>Does Client reside on reserve:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No  <b>What does the client reside in:</b> <input type="checkbox"/> House <input type="checkbox"/> RV Trailer <input type="checkbox"/> Tent <input type="checkbox"/> Couch Surfing <input type="checkbox"/> Other _____  <b>Clients Address</b> _____		<b>TEAM THAT IS MONITORING CLIENT:</b>  <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Infant Development  <input type="checkbox"/> Chronic Illness  <input type="checkbox"/> Recovery House  <input type="checkbox"/> Clinic                         </div> <div> <input type="checkbox"/> Homecare  <input type="checkbox"/> MHSU  <input type="checkbox"/> Urban Outreach                         </div> </div> <b>Name of Staff Member:</b> _____  <b>Name of Secondary:</b> _____	
<b>Best way to contact client: (please circle)</b>  Text   Email   phone call   Facebook/Messenger  <b>Best contact number or address for client:</b> <div style="border: 1px solid black; height: 20px; width: 100%;"></div>		<b>EMERGEQNY CONTACT:</b>  <b>NAME:</b> _____  <b>NUMBER:</b> _____  <b>RELATIONSHIP:</b> _____	
HEALTH NEEDS			
<b>Do you have a Physician/Nurse Practitioner:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>What is the name of your care provider:</b> _____  <b>What Pharmacy do you use:</b> <input type="checkbox"/> Shoppers Drug Mart <input type="checkbox"/> Shoppers Simply (Ellis St Pharmacy) <input type="checkbox"/> Pharmasave (Riverside) <input type="checkbox"/> London Drugs <input type="checkbox"/> Walmart <input type="checkbox"/> Other _____		<b>Do you take any medication:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>Do you use medical equipment:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>What type:</b> <input type="checkbox"/> Wheelchair <input type="checkbox"/> Walker <input type="checkbox"/> Cane <input type="checkbox"/> Medical Bed <input type="checkbox"/> Oxygen Tank <input type="checkbox"/> Other _____	
VEHICLE		PETS & ANIMALS	
<b>Do you own a vehicle:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>What type:</b> <input type="checkbox"/> Truck <input type="checkbox"/> Van <input type="checkbox"/> Car <input type="checkbox"/> SUV <input type="checkbox"/> Trailer/RV <b>Additional working vehicles:</b> <input type="checkbox"/> Horse Trailer <input type="checkbox"/> Other _____ <b>Are you willing to haul animals with your trailer</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>Are you willing to haul animals back to their residence</b> <input type="checkbox"/> Yes <input type="checkbox"/> No		<b>Do you own any pets/animals:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <b>What kind (how many):</b> <input type="checkbox"/> Dog _____ <input type="checkbox"/> Cat _____ <input type="checkbox"/> Fish _____ <input type="checkbox"/> Reptiles (lizard, snake etc.) _____ <input type="checkbox"/> Horse _____ <input type="checkbox"/> Other _____ <b>Do you own any pet crates/kennels:</b> <input type="checkbox"/> Yes _____ <input type="checkbox"/> No	

This form was completed by the following PIB Staff member:

\_\_\_\_\_  
 PIB Staff Name (Print)

\_\_\_\_\_  
 PIB Staff Signature

# PENTICTON DRUG CHECKING NEWSLETTER

October 22<sup>nd</sup>, 2025



Wellness Society  
ASKWELLNESS.CA

## GENERAL UPDATES & THINGS TO KNOW

As the days get shorter and the temperatures drop, many of us naturally spend more time indoors. Unfortunately, this shift in routine may also coincide with an increased risk of drug use.

### Key Winter Concerns ⚠️

**Isolation and Overdose Risk:**  
Increased time spent indoors and in more isolated or hidden locations (perhaps seeking shelter from the cold) means that if an overdose occurs, it may go unnoticed for a longer period of time.

**impaired Judgment and Cold:**

Drugs can severely impair judgment and reduce the body's ability to sense or regulate cold, putting individuals at a heightened risk for hypothermia or other cold-related injuries if they venture outside or are in unheated areas.

In the past month, 52  
samples were tested  
in Penticton

The breakdown of  
expected substances is  
as follows:

27 Down (Unknown Opioid)  
7 Methamphetamine  
4 Crack Cocaine  
4 Cocaine  
2 Ketamine  
1 MDMA  
7 Unknown





## Drug Checking 101 - What is it and why is it important?

As the toxic drug emergency continues, drug checking is one way to reduce the risk of using unregulated drugs. Drug checking provides the most accurate information about what is in drugs, so people who use drugs can make informed choices about where, when, and how much to use.

- The service is fast, free, confidential, and is legal at approved sites. Samples can be as small as a grain of rice and results are typically available within 10 minutes.
- The staff who provide the service are non-judgmental and, no matter the results, we don't confiscate drugs, and they can be returned to you.
- Whatever reason you choose to use drugs; we want you to bring in or drop off a sample for testing before you use.

You have the right to know exactly what you're putting in your body! with drug checking, you can do that. Drug checking also helps us to track the trends in the illicit market and put out alerts for dangerous batches.

**1**

client brings in a portion of their sample to the technician - It only has to be the size of a grain of salt!

**2**

Using a combination of FTIR spectroscopy and testing strips, the technician will analyze the sample.

**3**

You are given your results, more information, and handed your drugs back. What you do next is your choice.

**DID YOU  
KNOW?**

You can sign up to get drug alerts sent directly to your phone! To sign up, text the word JOIN to 253787 (ALERTS). Message and data rates may apply.

To help better understand the drug supply in our community and help prevent further harm, we encourage all individuals who use substances, as well as community partners and outreach services, to submit samples for testing. If you are a person who uses drugs or have people close to you who do, whether it is through your work or personal life, I would like to reiterate some important harm reduction measures:

- Know the signs of an overdose and how to respond
- Get your drugs checked
- Carry Naloxone and know how to use it
- Don't use alone
- Start low, go slow

COMMUNITY

contributor

CORNER

A corner to feature quotes, stories, or artwork from people in the community who use drug checking services. Feel free to reach out to have your piece featured!

“Drug checking helps communities monitor drug-related trends. This means that public health and safety interventions can react in real time and rapidly disseminate information, adjust the response to overdose, improve programs for people who use drugs, and assess and plan for future demand for services and supports.”

-Anonymous, community member



*Disclaimer: While drug checking can help reduce the risk of using drugs by allowing users to make better informed decisions, please recognize that the use of FTIR spectrometry and test strips has limitations. Notably, the FTIR cannot detect substances that are present in amounts below its detection limit (5%) or substances that are absent from the reference databases. Test strips may fail to detect certain drug analogues, and the binary results cannot be translated to parts of the sample not tested with them. No drug use is completely safe, and checking your drugs does not eliminate all risk. Service users are always encouraged to use harm reduction practices while using substances (i.e. Carrying naloxone, not using alone, etc.)*

Samples can be dropped off for testing 24/7, seven days a week at ASK Wellness Burdock House and 8:30am-4:30pm Monday through Friday at the downtown Martin Street MHSU. In-person testing is available Monday through Friday at various locations across Penticton. Please don't hesitate to reach out for more info on testing hours and locations, or if you have any questions!

Alyssa Cavill  
FTIR Drug Checking Technician  
Cell: 250-328-9619  
Burdock Office: 250-328-5663  
[a.cavill@askwellness.ca](mailto:a.cavill@askwellness.ca)  
<https://drugchecking.ca/>



## Jumpstart Youth Employment Services

**Next Group:  
October 6 - November 14**

**Ages 16–30**



### Develop...

- An effective resume and cover letter
- Confident Interview skills
- Exemplary references
- Understanding of application and hiring process



### Life Skills

- Worker rights and self-advocacy
- Budgeting and financial literacy
- Professional dress
- RentSmart
- Boundary setting and assertive communication



### Connect

- Explore careers and job opportunities
- Network with industry leaders
- Rediscover yourself through personality and skill exploration
- Mentorship and 1-1 support



### Training

- Certificates and short-term education
- Attachment to extended learning programs
- Professional communication
- Time management



(250) 486-7873



jumpstart@ymcasibc.ca



***Get paid to  
get working!***

Scan QR Code  
to reach us



## December 9th: AI for Job Seekers

Are you wondering how artificial intelligence is changing the job search landscape? How can you use AI to stand out to potential employers, and what AI tools can streamline your job search process?

This webinar will explore the role of AI in today's job market, helping you understand how to leverage AI technologies to enhance your job search, improve your resume, and ace your interviews.

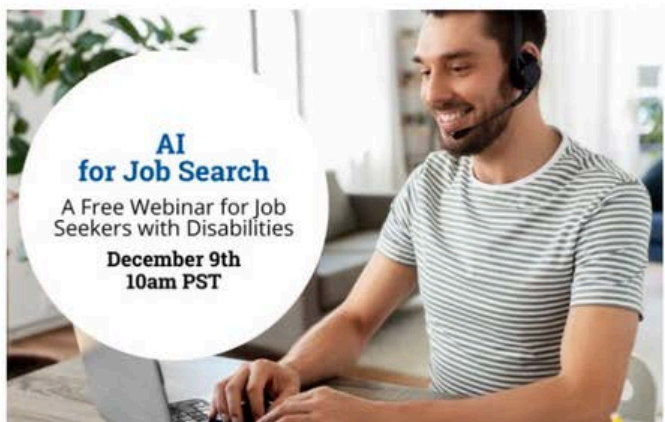
**Topic:** AI for Job Seekers

**Date:** December 9th, 2025

**Time:** 10:00 am P.S.T.

**Presented By:** Atlantic Region Neil Squire Staff

[Register Here](#)



**Go here to register: <https://www.neilsquire.ca/getinvolved/attend-webinar/creative-employment-options-webinar-series-2/>**

## January 13th: Wellness for Job Seekers with Disabilities

Navigating your employment journey as a person with a disability comes with unique challenges, and your well-being matters every step of the way. How do you manage stress during your job search or transition to employment? Can you build a healthy work-life balance while pursuing your career goals? What are the best ways to care for your mental and physical health during this process?

In this webinar, we'll explore these questions and share practical strategies to help you thrive as you move forward in your career, all while keeping your well-being a top priority.

**Topic:** Wellness for Job Seekers with Disabilities

**Date:** January 13th, 2026

**Time:** 10:00 am P.S.T.

**Presented By:** Prairie Region Neil Squire Staff

[Register Here](#)



## February 10th: Navigating the Hidden Job Market

Looking for a job can be especially challenging for people with disabilities, particularly when many opportunities are never advertised publicly. You might wonder, how do people find these hidden jobs? What does effective networking look like? How can I approach someone about a job that isn't posted online?

In this webinar, we'll answer these questions and explore practical strategies for tapping into the hidden job market. We'll focus on approaches that work for job seekers with disabilities and share a success story of someone who found meaningful employment by using non-traditional job search methods.

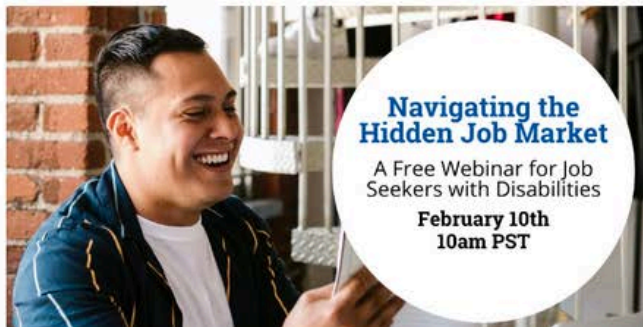
**Topic:** Navigating the Hidden Job Market

**Date:** February 10th, 2026

**Time:** 10:00 am P.S.T.

**Presented By:** Atlantic Region Neil Squire Staff

[Register Here](#)



Go here to register: <https://www.neilsquire.ca/getinvolved/attend-webinar/creative-employment-options-webinar-series-2/>

## March 10th: Mastering Interviews with Confidence

Interviews can be stressful for anyone, and even more so for people with disabilities who may worry about how to discuss accommodations or address potential biases. You might be asking yourself; how do I talk about my disability in an interview? Should I mention it at all? What can I do to feel more confident and prepared?

In this webinar, we'll answer these questions and provide tips to help you present yourself effectively and with confidence. We'll cover how to prepare for different types of interviews, how to talk about your strengths, and how to handle questions about accommodations.

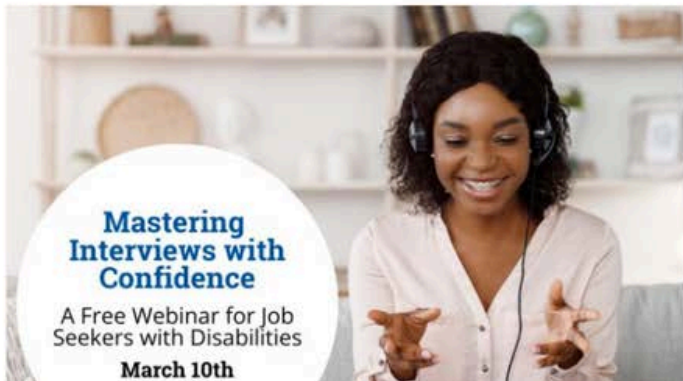
**Topic:** Mastering Interviews with Confidence

**Date:** March 10th, 2026

**Time:** 10:00 am P.D.T.

**Presented By:** Western Region Neil Squire Staff

[Register Here](#)







Okanagan Nation Transition Emergency House  
Mailing Address: #22-650 Duncan Avenue West  
Penticton, BC V2A 7N1  
Telephone: 250-493-4902

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Thursday, October 9, 2025

## **Practicum Student Opportunities – Okanagan Nation Transition Emergency House (ONTEH)**

Okanagan Nation Transition Emergency House (ONTEH) welcomes practicum students from post-secondary institutions seeking hands-on experience in community social services.

For 25 years, ONTEH has provided culturally grounded support focused on personal safety, empowerment, and transitional services for women and children. We are committed to offering students meaningful learning experiences that develop practical skills and professional growth.

What practicum students can expect:

- Observe and participate in daily operations
- Work alongside experienced staff and community leaders
- Gain practical skills relevant to their field of study
- Contribute to projects and programs under supervision

Eligible fields of study include:

Social Work, Human Services, Indigenous Studies, Counselling, Child & Youth Care, Psychology, Sociology, Education, Mental Health & Wellness, Women's/Gender Studies, Criminology (restorative justice or victim services focus), Public/Community Health, Early Childhood Education, and related programs.

To discuss practicum opportunities or establish a placement agreement, contact:

Glenda Louis, xaʔtus (Executive Director)

Email: [xatus@onteh.org](mailto:xatus@onteh.org) | Phone: 250-493-4902

*Gain valuable experience while making a positive impact in the community.*



OTDC

# IMPORTANT INFORMATION

## PIB EMPLOYMENT & TRAINING OFFICE HOURS

**OTDC/PIB EMPLOYMENT SERVICES TEMPORARY WORKER IS AVAILABLE IN THE SOCIAL DEVELOPMENT OFFICE BESIDE THE BAND OFFICE.**

**AVAILABLE DAYS: MONDAY, WEDNESDAY AND FRIDAY  
TIME: 9:00AM TO 4:00PM**

**CALL FOR AN APPOINTMENT: (250)-493-0048 EXT 229 OR LEAVE A MESSAGE.  
EMAIL: [OTDC.BJAGODICS@PIB.CA](mailto:OTDC.BJAGODICS@PIB.CA).**

### LOOKING FORWARD TO TALKING WITH YOU!

- ✓ DAY/TEMP JOBS
- ✓ EMPLOYMENT & TRAINING OPPORTUNITIES
- ✓ BAND SUPPORTED TRAINING PROGRAMS



**YOU CAN ALSO SEND  
IN YOUR CURRENT  
RESUMES or if you  
need help with your  
resume or have any  
questions email or  
call:**



**Barbara Jagodics, BBA, DpThea, CDP**

**Email [bjagodics@pib.ca](mailto:bjagodics@pib.ca) or Phone (250) 493-0048 ext: 229**





# PIB NEWSLETTER JOB OPPORTUNITIES

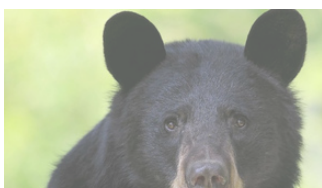
NOVEMBER 13, 2025  
POSTINGS

Please visit the PIB website to see Full Job Postings  
<http://pib.ca/employment>

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

**Applicants “Must submit a Cover Letter” and “A Resume” with each Job Application. You can also apply online on the PIB Website -- > [www.pib.ca/employment](http://www.pib.ca/employment)**

- OSCS School Bus Driver - **open until filled**
- Medical Office Assistant - **open until November 14, 2025**
- Education Assistant - **open until Filled**
- PIB Health Executive Assistant - **Open until filled**
- Little Paws Cook Assistant - **open until November 21, 2025**
- Civil Engineering Technologist - **open until filled**
- NR Technician Level 3 - **open until filled**
- NR Technician Level 2 (On Call/Casual)- **open until filled**
- NR Technician Level 1 - **open until filled**
- LP ECE Supervisor - **Open until filled**
- LP ECE Assistant Program Supervisor - **open until filled**
- LP Daycare Cook - Little Paws - **Open until filled**
- LP ECE IT - Early Childhood Educator Infant Toddler (IT)/Special Needs - **Open until filled**
- LP ECE - Early Childhood Educator - **Open until filled**



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)



# **HAPPY** Birthday

Do you know someone  
with a birthday in the  
month of



# OCTOBER



or



# NOVEMBER

who you want to celebrate!  
Send their name in to add  
Happy Birthday Celebration  
list we will post each month



send to: [Communications@pib.ca](mailto:Communications@pib.ca)  
or FB Messenger @Snpinktn Penticton