

# Experience Native culture

A big, but perhaps underrated, portion of local history is the part played by the local First Nations people. But that is changing as the Secwepemc People have their Switzmalph Traditional Village open to give others a better understanding of their culture. Following the example and vision of the late Dr. Mary Thomas, the Secwepemc are working to not only preserve the language and traditions of their ancestors, but also to bring an appreciation of their culture to the non-Native community.

At the Village they offer tours so tourists and locals can see activities such as tanning hides and basket weaving.



They have displays of traditional and contemporary Native arts and crafts such as bull-rush weaving and beadwork. If you phone ahead, you can easily arrange for someone to guide you through. You can see kekulis, the traditional winter homes of the local First Nation people. There's a nature walk where you can see some of the traditional herbs and plants they still use today.

During certain times of the year, people can try a sweat lodge experience but the Secwepemc only do this themselves when the water is high so they can go to the river after the sweat lodge.

There is no charge for this, but they gratefully accept donations.

If you're visiting in June, you're welcome to come to the Powwow. Although a date wasn't set at press time, you can get information from their website or email. This really is a fun and cultural experience. They have pit cooking, a salmon bake and demonstrations of various kinds. Vendors of all kinds are welcome, but they have to book ahead.

The Village is located at 3281 First Avenue S.W. (IR #3 Neskonlith), just a few minutes west of Salmon Arm off the Trans Canada Highway, past the Salmon River Bridge.

And if you would like to be more involved or gain a greater appreciation of the First Nations culture, you can join the Switzmalph Cultural Society. A membership gets you notification of upcoming events, and offers training in traditional crafts. When the Secwepemc are asked to give training or demonstrations of various kinds, you will be invited to go along.

They also have some CDs for sale, which have interesting local legends and a guide to basket weaving.

For more information on any event or to go for a guided tour go to [www.switzmalph.com](http://www.switzmalph.com) or email [bonnie@switzmalph.com](mailto:bonnie@switzmalph.com)

**Gondwana Gallery**  
An eclectic store with a unique collection of artifacts, jewelry, musical instruments & home accents from AFRICA & beyond.

**The only one in B.C.**  
110 Lakeshore Drive  
Salmon Arm, BC  
250 832-2343  
[www.gondwanatrading.com](http://www.gondwanatrading.com)

**JAVA JIVE**  
**NEIGHBOURHOOD BISTRO**

100% CERTIFIED FAIR TRADE ORGANIC COFFEE

Specialty Drinks • Tea • Italian Sodas  
Smoothies • Soft-serve Treats • Wi-Fi

190A Trans Canada Highway NE  
Downtown Salmon Arm 250-832-5300

## LOVE 'N LACE Adult boutique



- Sensual Lingerie • Bridal Garters
- X-Rated Games • Adult Toys
- Oils, Potions & Lubricants
- Adult DVD's • Adult Novelties

**Centenoka Park Mall**  
**Salmon Arm, BC**  
**250-832-6236**

*come and discover your . . .*

**Worldwide selection of import and regional specialty food products**

**ph: 250.832.1585**

*Serving: Espresso, coffee, tea & panini sandwiches daily!*

*culinary inspirations gourmet & speciality foods*  
170 McLeod Street, Salmon Arm, BC  
[www.culinaryinspirations.ca](http://www.culinaryinspirations.ca)