

Shuswap Band

Newsletter

CHIEF AND COUNCIL

Chief and Council meets every Wednesday, if you would like to make an appointment to meet with them please call to book at (250) 341-3678

Cheques are issued and will be available every Tuesday.

All band members living off reserve, please update address with our receptionist so that you will receive your Christmas cheque.

Contact Clarine to update mailing address at (250) 341-3678 or reception@shuswapband.net

Our Membership Clerk will be issuing status cards on the 1st and 3rd Friday of every month starting in January 2016.

We are compiling a list of Band Members who have different tickets in trades such as plumbing, mechanics, painting, carpentry, etc. so that we are able to offer any jobs that we may have to you, as well as refer you to others.

To be put on the list please contact Clarine at (250) 341-3678 or reception@shuswapband.net

Please check out the Winter Solstice Ceremony & Feast “Honouring our Secwepemc Elders” poster attached to the back of newsletter for more information. Shuswap Band will cover travel and the phone number for billets is (250) 838-6496

Elk Harvesting - A letter of understanding is in place to hunt elk on the Swansea ranch property. Joe Cote and Tim Eugene will hunt for elk on the property for the Shuswap Band membership. We will have a freezer in the Community Centre with cut and wrapped Elk for all of the Shuswap Band members. We will let you know when the Elk meat is available.

DECEMBER

- CHIEF & COUNCIL
- COMPREHENSIVE COMMUNITY PLAN (CCP)
- HEALTH CENTRE
- COMMUNITY CHRISTMAS DINNER
- EDUCATION
- LANDS
- SOCIAL DEVELOPMENT
- COMMUNICATION
- YOUTH
- BIRTHDAYS
- SHUSWAP BAND CALENDAR

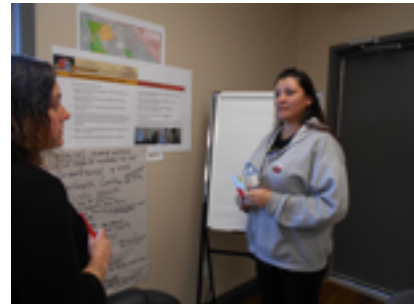
COMPREHENSIVE COMMUNITY PLAN (CCP)

On November 25th and 26th, a CCP priority “speed dating” event was held at Shuswap Band in Invermere and at St. Eugene’s in Cranbrook. The purpose of these events were to give



community members an opportunity to provide feedback on the top priorities that were identified through the CCP community engagement process so far. At the “speed dating” event there were staff members who facilitated each CCP topic area and participants were able to read the draft priorities and make suggestions as to how they could be improved or what was missing. There were

excellent comments made, and as a result each of the CCP topic areas have new or updated priorities. In addition, members at these meetings were able to communicate what their vision for the community is, and we will use this information to create a vision statement.



Now that we are clear and on the same page for the priorities, we will now use these as a guide to create the CCP document. We will be sharing the updated CCP priorities at Band Meetings and community events over the next few months, and will be working on drafting the CCP at the same time. I encourage you to drop in and review the document at any time.

Thank you all for taking the time out of your day to participate in a very important process. Congratulations to all the door prize winners!!



Just as a refresher, the CCP topic areas (which all have identified priorities now) are:

- Housing
- Infrastructure
- Governance
- Economic Development
- Recreation and Youth
- Lands and Resources
- Language and Culture
- Health and Wellness
- Education

We also held an art contest where we requested submissions to include in the CCP and on the cover. We have received several submissions so far and will announce the winner in the new year.

As always if you have questions, or want to be more involved please feel free to contact us at the office (250) 341-3678. I would like to take this time to wish you a very Merry Christmas and a Happy New Year. May your family have a safe and fun filled Christmas season.

Diana Cote - Comprehensive Community Plan Coordinator.

HEALTH CENTRE UPDATE

ABORIGINAL DIETICIAN & KINESIOLOGIST UPDATE:

December 18th from 9:00-11:00am - Smoothie Break at 9:30

TOPIC: Surviving the Holidays - Nutrition Tips and Tricks

Ten Tips for Healthy Holiday Eating attached to back of newsletter

SHUSWAP BAND IS SUPPORTING PURPLE NIGHT LIGHTS November 30th-December 7th

There will be a purple light lit in the Shuswap Band Office's front window to raise awareness around domestic violence

Shine a Light on Domestic Violence

#PurpleNightLight #LikeAGirl #MMW (Missing Murdered Indigenous Women)

“The truth is domestic violence and violence against women touch many of us. This violence is not a private matter. Behind closed doors it is shielded and it only intensifies. It is protected by silence - everyone's silence. Violence against women is learned. Each of us must examine - and change - the ways in which our behaviour might contribute to, ignore or excuse all such forms of violence.”

-Patrick Stewart

For more information, see attached Purple Light Campaign sheet.



Shuswap Band HIV 101 Session

Monday, January 11th from
5-7pm at Shuswap Band Office

We are pleased to have Gary Dalton from the Cranbrook Ankers Program provide us with an educational session around HIV & AIDS.

DINNER IS PROVIDED!

Shuswap Band Monthly Womens Health Sessions

Session #1 - Nov. 19th @ 12:00.

TOPIC: Menopause & Menstrual Cycles

Session #2 - Dec. 10th @ 12:00.

TOPIC: Body Image

Session #3 - Jan. 21st @ 12:00.

TOPIC: Chronic Pain & Pain Management

Session #4 - Feb. 25th @ 12:00.

TOPIC: Heart Health

Session #5 - Mar. 31st @ 12:00.

TOPIC: Nutrition

Lunch provided at every session

**ALL AGES
WELCOME!**

NATUROPATH UPDTE:

Naturopath Dr. Mike Baker will be here on Tuesday, December 8th all day. He provides pain management, acupuncture, holistic medicine and more. Please call Shauna for an appointment.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) and SAFETALK TRAINING:

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop. Anyone age 16 or older —ASIST can be learned and used by anyone.

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

To be put on our interest list for safeTALK and/or ASIST, or for more information please contact Morgan.

CHILDS HEALTH SERIES STARTING IN JANUARY

The Shuswap Band's Health Centre is going to be having Child's Health Series every Friday from 1-3:30pm starting on January 8th. Ages 0-12 are welcome! The series will cover Child's Health topics such as: healthy eating, exercise, culture, mental health, vision sleep, and much more! Every 5 weeks we'll have a FUN DAY!
There will be snacks and door prizes!



Thank you to everyone who came for the Shuswap Band Santa Photos! Your pictures are now ready to be picked up at the Band Office.

HEALTH CENTRE CALENDAR

~ DECEMBER 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Purple Night Lights - Shine a light on domestic violence Dec 1st-7th	2 SANTA PHOTOS 1-5PM	3	4	5
6	7	8 Naturopath in all-day 	9 Massage 	10 Women's Health 12:00 Lunch Provided - TOPIC: Body Image ALL AGES!	11	12
13	14	15	16 Massage 	17	18 Aboriginal Dietician/ Kinesiologist 9-11:30am TOPIC: Surviving Holidays Christmas Hamper Day!	19
20	21 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	22 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	23 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	24 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	25 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	26
27	28 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	29 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH 29	30 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	31 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH		

Registered Nurse/Health Nurse available Monday to Friday 9am-4pm - Shauna Cameron - Nursing Assessments, Pre & Post Natal Care, Non-Insured Health Benefits, Case Management, Sexual Health, Chronic Disease Management etc.

Community Support Worker available Monday to Friday 9am-4pm - Morgan Odland -Mental Health Counselling/Support, Drug and Alcohol Counselling, Parenting Support, Individual Counselling, Family Counselling, someone to talk to, etc.

Massage is every 2nd Wednesday - A professional blend of techniques, including the stimulation of trigger points, which clears your mind and body.

Foot Care Clinics are every 5 weeks - Foot and toenail care - learn how to keep your feet healthy etc.

Aboriginal Dietician has monthly visits - Dietary education, diabetic care, chronic disease management, etc.

Kinesiologist has monthly visits - Monthly education/individual appointments around: movement, safety, diet, chronic disease management etc.

Naturopath has monthly visits - Alternative medicine including homeopathy, herbalist, and acupuncture, as well as diet (nutrition) and lifestyle counselling etc.

NEXT MONTH - JANUARY

January 11th - HIV 101 educational session around HIV & AIDS 5-7pm
January 21st - Women's Health Session: Chronic Pain & Pain Management

For any information please contact our Health Professionals:

Health Coordinator Shauna Cameron at (250) 341-3678 ext. 1015 or
health@shuswapband.net

Community Support Worker Morgan Odland at (250) 341-3678 ext. 1009 or
modland@shuswapband.net

COMMUNITY CHRISTMAS DINNER



*Shuswap Band
Community
Christmas Dinner*

Date: *Sunday, December 13 2015*

Time: *4:00 p.m.*

Place: *Old Shuswap Band Office*

(in Basement)

*If anyone would like to help cook for the
Community Christmas Dinner, Please call the
Shuswap Band Office at (250_341-3678) or
text Christine at (250) 341-1553.*

Thank you.

*Merry Christmas and Happy New Year from
Chief and Council and Shuswap Band Staff.*



There will be a BINGO after the Christmas Dinner

EDUCATION

Any Elder(s) interested in being a consultant for J. Alfred Laird Elementary school please call Dorothy at (250) 342-6232

LANDS

The lands office is looking for expressions of interest from Band Members interested in sitting on our Lands Committee under our Land Code as well as Matrimonial Property Committee to develop a matrimonial real property law as required by our land code.

If interested, please contact our Lands Manager Kerri-Anne Thomas at (250) 341-3678 ext #1007 or lands@shuswapband.net

SOCIAL DEVELOPMENT

Christmas Hamper Day is December 18th. We will be delivering the Christmas Hampers to those living on-reserve on December 18th.

If you won't be home please contact our Social Development Manager Dolores Varga at (250) 341-3678 ext #1011 or dvarga@shuswapband.net



COMMUNICATION

The Shuswap Band website now has a login feature so that Band Members are able to see information that the general public does not need to see. We have also added a calendar feature on our website under this login so events are easy to see on a monthly basis.

To get your login information please contact our Communications Coordinator Morgan Odland at (250) 341-3678 ext #1009 or modland@shuswapband.net



YOUTH

Photo deadline submissions are extended to January 11th. Please email your submissions to Monica Fisher at youthworker@shuswapband.net

Photo class on December 14th at 4PM at the Shuswap Band Office!

BIRTHDAYS



HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN DECEMBER!

December 23rd - Megan Belcher

December 29th - Lawrence Nicholas

My apologies to anyone that I may have missed! There is a birthday calendar at the Band Office if you wish to submit birthdays to the newsletter.


Merry Christmas everyone
From Arlene and Family

**PLEASE VISIT OUR WEBSITE TO VIEW THE NEWSLETTER AND
OTHER UPDATES/INFORMATION AS IT BECOMES AVAILABLE:**

www.shuswapband.net

SHUSWAP BAND CALENDAR

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6	7	8 Naturopath in all-day 	9 Massage in Health Centre 	10 Women's Health 12:00 Lunch Provided - TOPIC: Body Image ALL AGES!	11	12
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					1 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	2
3	4 Naturopath 	5	6	7 Foot Care in Health Centre	8 Status Card Day Child's Health 1:00-3:30 Healthy Eating	9
10	11 Photo Submissions Due to Monica HIV 101 5:00-7:00pm Dinner provided	12	13	14	15 Child's Health 1:00-3:30 Exercise	16
17	18	19	20	21 Women's Health 12:00 Lunch Provided - TOPIC: Chronic Pain & Pain Management ALL AGES!	22 Status Card Day Child's Health 1:00-3:30 Cultural Day	23
24 31	25	26	27	28	29 Child's Health 1:00-3:30 Literacy	30

More information for January to come in newsletter on January 11th.