

Shuswap Band Newsletter

CHIEF & COUNCIL

If you would like to book an appointment to see Chief and Council, please contact Lorena at 778-526-8110 ext. 102.

Cheques are issued and will be available every Thursday.

In order to better serve the membership, an appointment schedule is being implemented. If you wish to see one of the staff, an appointment will be required. Appointments are to be made through the individual Staff member. Please call 250-341-3678 or come to the office to make an appointment.

February 2017

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- SKI PROGRAM
- CULTURE & HERITAGE
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Territorial Operations: Protecting our Lands and Serving our Community

Welcome to the new Shuswap Band Territorial Operations governance sector. We are located in the Original Band building, along with Chief and Council. (Now TO Office)

Territorial Operations will be responsible for all Land and Resources Management within our claimed Territory.

The main functions include but are not limited to, Forestry, Intergovernmental Relations, Natural Resource Initiatives and protection of our Title and Rights.

We would like to introduce our Staff:

Robert Hutton – Interim Director of Territorial Operations
Diana Cote – Territorial Lands Management Coordinator
Sierra Stump – Consultation and Referrals Coordinator
Suzie Thomas – Communications Coordinator (CCP)/Office Administration
Pauline Eugene – Cultural Heritage Coordinator, Knowledge Keeper Advisory Council
Lavonne Johnson – Information Management Coordinator/Documents Management System.

Please drop in for a coffee any time. We are open from 9:00 to 4:00 Monday to Friday.

HEALTH CENTRE UPDATE

DR MANNHEIMER – GENERAL PHYSICIAN He continues to provide medical outreach at the Shuswap Band Health Centre. He is available to see any Shuswap Band Members for doctor services on the 2nd and 4th Tuesday of every month, starting at 12:00. His services are by appointment or drop-in basis – appointments are preferred.

In February he will be here: February 14th & 28th.

Please contact Shauna for an appointment.

HEALTHY FOOD BOXES – Healthy Food Boxes are now going to be at the Territorial Operations Office in the basement for pickup from 12-3.

Food Boxes in February are: February 9th & 23rd

BEAUTY DAY – Our next Beauty Day is scheduled for **February 10th** from 10am-3pm at the Territorial Operations Office.

ASIST WORKSHOP – This workshop will be **February 16th & 17th** from 9am-4pm. Any band members interested in a 2-day training focused on helping people at risk of suicide, please call Morgan at the Band Office to get your name on the interest list.

FOOT CARE – Foot care is on **February 16th**, please call Shauna or Morgan to book an appointment.

WALKING GROUP – The Shuswap Health Department has started a walking group that is now up and running. We will be walking every Monday, Wednesday and Friday at 10am starting at the Shuswap Band Office, please join us!

For any information about Health Services please contact our Health Professionals:

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

**Community Support Worker, Morgan Floesser (250) 341-3678 ext 1009 or
modland@shuswapband.net**

SKI PROGRAM

Shuswap Indian Band and Panorama Mountain Village have an exciting project in the works for our membership who participate in the Sunday ski program.

We will be creating a 'video montage' featuring our membership and families. Panorama will be compiling a video and pictures every Sunday starting January 29th and running until the end of our season in March. Parents and guardians along with adults will need to sign a release form to be used in the video. Release forms will be available at the Band Office and every Sunday at the hill, when you pick up your tickets!

We look forward to presenting this video to you all after our ski program is complete.



CULTURE & HERITAGE

Lavonne Johnson and Pauline Eugene share an office in the Territorial Operations building! **Knowledge Keepers Next Meeting – February 20th**, starting with a lunch in the Shuswap Band Hall!! We will be reviewing a draft Terms of Reference for this group. This is what will help guide the purpose, roles and responsibilities and what types of activities the group will be participating in. We will also begin drafting our Shuswap Community Funeral protocols! So please bring any and all information you wish to share with this group so we can get something together. This document will be advisement only, as each family may do things differently or have shared ancestry with another Nation or religion. We would also like to discuss other matters, time permitting, such as community spirituality and healing and gain insight as to what activities we should be doing and supporting. After the Knowledge Keepers meeting, we will be having a dinner and then moving into a Comprehensive Community Planning meeting with Suzie Thomas! Please see the poster regarding a trip to Kamloops for the Honoring Our Elders luncheon!! We will be taking a van for those interested in attending. Please contact Pauline Eugene if you would like to attend so we can make the appropriate arrangements. You need to RSVP by February 22nd at the very latest.

Story of the Moon

The Moon was a very handsome man. During the winter he traveled constantly, camping every night in a different place. He had a wife called Wala and they had many children. When traveling, the Moon always went ahead and prepared a home (the halo) for his wife and children to camp in. Wala always carried her large birch bark baskets on her back. She carried her snow shovel made from birch bark in her hands. She used the shovel for filling buckets with snow to melt for water. Melted snow was the only water they could get in the winter. One morning Wala said to her husband, "Where are you going to pitch our camp tonight?" Where will you prepare a camp for your children?" She asked the question several times, but Moon never answered. At last he said, "Camp on my face". His wife listened to him and, jumping on his face, got stuck there. Moon could not get her off. So the Moon's handsome face become disfigured, and, when he transformed into the present moon, he could not shine very brightly. Wala may still be seen on the Moon's face, holding her birch bark baskets and snow shovel.

For February's Heart Month, here are the words for Heart!

púsmen	Heart in Secwepemctsin
?a:kiþwiy	Heart in Ktunaxa

**For any more information, please contact our Culture & Heritage Coordinator, Pauline Eugene at the Territorial Operations Office
778-526-8110 ext. 104 or heritage@shuswapband.net**

LANDS & RESOURCES

Committees

Matrimonial Real Property Committee – This Committee will be appointed by Band Council Resolution.

Anyone who wishes to sit on this committee needs to confirm their intention with Terry Babin on or before February 17, 2017. This committee will help create the Matrimonial Real Property. Once the BCR is signed, the first meeting of the Committee will be scheduled as soon as possible. The Matrimonial Real Property law is to reflect Shuswap values and customs and so we need participation from a wide variety of people to be part of that to develop a matrimonial real property law. Until a Shuswap Matrimonial Real Property law is passed, the federal Family Homes on Reserve and Matrimonial Interests or Rights Act applies. There are brochures at the Band Administration office for anyone who is interested on what rights and protections exist in that law. That law applies to members living on reserve and their partners regardless of status. Please contact Terry Babin to confirm your interest in sitting on the committee **even if you have previously advised Kerri-Anne.**

Lands Committee – This Committee is established by election under the Land Code. It will be comprised of two Members and one member of Council. Its role is to implement the Land Code and provide guidance to Chief and Council on the development of a land management system, laws, policies, and procedures. It also coordinates communication of lands issues between the community and chief and council and oversees community approvals and other consultations under the Land Code. Nominations will be requested shortly and an election scheduled.

Wills Program

The Wills program has been very successful. We have had three interview dates for Wills for Members and have scheduled one last one for the last few people. Almost 20 Members will get their Wills done through this program. If you were unable to get in this time, we are hopeful to be able to get additional funding next year as well.

If interested in committee work or the Will program or if you have any questions on lands, please contact me, Kerri-Anne Thomas, at (250) 341-3678 or by email at lands@shuswapband.net.

Section 35 Highway Widening

We continue our negotiations with Ministry of Transportation and Infrastructure for the highway widening and we are updating affected CP holders as information becomes available.

EMPLOYMENT

Shuswap Indian Band Lands Clerk/Office Assistant

Position Summary:

The Lands Clerk/Office Assistant is responsible for providing efficient and effective secretarial and administrative support to the Lands Manager and the Director of Operations.

Qualifications/Requirements:

- Understanding of applicable laws and regulations, Provincial and Federal environmental codes.
- Experience with land registrations and related documents or aptitude for training.
- Proficiency in Microsoft Office (Word/Excel/PowerPoint).
- Knowledge of the FN Lands Registry, contract law and land transactions.
- Knowledge of land interest agreements, leases, right-of-way's and permits as they relate to Shuswap Band.
- Excellent organizational skills.
- Knowledge of stakeholder and community concerns.

Primary Responsibilities:

- Data Entry.
- Maintaining a registry of all interests.
- Assist in the administration of the Land Code, Land Use Plan, Matrimonial Real Property Law, Land Use Decision Making By-Law and Custom Election By-Law.
- Providing all Committees with the necessary documents, organizing and recording minutes of all Committee meetings.
- General office duties including filing, researching, typing, scheduling and arranging meetings, responding to correspondence.
- Secretarial Support to Land Manager and Director of Operations

Please submit a cover letter and resume to Terry Babin, Director of Operations by Feb 15th:

Email: dops@shuswapband.net

Mail: Unit 3A, 492 Arrow Road
Invermere, BC
V0A 1K0

Preference will be given to Shuswap Band members. We thank all those for applying, but only those shortlisted will be contacted.

CLAN SPOKESPERSON

NOTICE

The Shuswap Band Chief and Council would like to extend an invitation for all families of the Shuswap Band to select a Clan advisory spokesperson that will represent all Shuswap Band families both on and off Reserve.

Although we strongly encourage this initial meeting to be a face-to-face, a call-in number will be provided to representatives not in the community or unable to make the meeting.

Please select a representative from each of the following families:

1. Stevens
2. Martin
3. Sam
4. Paul
5. Eugene
6. Cote
7. Thomas
8. Warbrick
9. Pascal
10. Teneese
11. Capilo
12. Other Clan representation (please provide input)

Please send an e-mail stating your Clan spokesperson by February 22, 2017 to Lorena Tegart, Executive Assistant at: ea@shuswapband.net or leave Lorena a message at 778-526-8111 Ext. 102.

The first meeting will be determined once Clan advisory spokespersons are selected.

Thank you in advance for your time,

Shuswap Band Chief and Council

BIRTHDAYS

HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN FEBRUARY! From the Shuswap Band Calendar located in the band office:

February 3rd – Joe Cote
 February 10th – Leah Gaze
 February 11th – Michael Sam
 February 13th – Nicholas Sam Jr
 February 21st – Patricia Sam
 February 24th – Ian Capilo

Happy Belated Birthday
Leelynd!

Love, Mom



SHUSWAP BAND CALENDAR

- FEBRUARY 2017 -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am: Walking Group Massage in Health Centre	2	3 10am: Walking Group	4
5 Ski Program	6 Shuswap Traditional Wellness Week (see poster attached) 10am: Walking Group	7 Shuswap Traditional Wellness Week (see poster attached)	8 Shuswap Traditional Wellness Week (see poster attached) 10am: Walking Group Massage in Health Centre BAND MEETING 5PM dinner 6PM swearing in ceremony with band meeting to follow	9 Shuswap Traditional Wellness Week (see poster attached) Food Box Pickup at Territorial Operations Office 12-3	10 Shuswap Traditional Wellness Week (see poster attached) Beauty Day at Territorial Operations Office 10-3	11
12 Ski Program	13 OFFICE CLOSED	14 Dr. Mannheimer in Health Centre	15 10am: Walking Group Massage in Health Centre	16 ASIST Workshop 9-4 Foot Care in Health Centre	17 ASIST Workshop 9-4	18
19 NO Ski Program	20 10am: Walking Group 12:00 Knowledge Keepers Meeting @ Band Office	21	22 10am: Walking Group Massage in Health Centre Social Assistant Payment	23 Food Box Pickup at Territorial Operations Office 12-3	24 10am: Walking Group	25
26 Ski Program	27 10am: Walking Group	28 Dr. Mannheimer in Health Centre				

- MARCH 2017 -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am: Walking Group Massage in Health Centre	2	3 10am: Walking Group	4
5	6 10am: Walking Group	7	8 10am: Walking Group Massage in Health Centre	9 Food Box Pickup at Territorial Operations Office 12-3	10 10am: Walking Group	11
12	13 10am: Walking Group	14 Dr. Mannheimer in Health Centre	15 10am: Walking Group Massage in Health Centre	16	17 10am: Walking Group	18
19	20 10am: Walking Group	21	22 10am: Walking Group Massage in Health Centre	23 Food Box Pickup at Territorial Operations Office 12-3	24 10am: Walking Group	25
26	27 10am: Walking Group	28 Dr. Mannheimer in Health Centre	29	30	31	

March's calendar is tentative, please see updates on website calendar or in March newsletter mailed out on March 7th.

SHUSWAP TRADITIONAL WELLNESS WEEK

February 6th-9th

Traditional Wellness Coordinator, David Archie, will be returning to our community with another traditional person.

February 6th:

10am - All Elders/Knowledge Keepers are encouraged to meet David Archie in person to have an open discussion.

12pm - Lunch provided

3pm - Community Ceremony (details to be determined)

February 7th:

10am - Community lateral Violence Awareness Workshop. This is open to ALL community members who would like to know more about lateral violence and how we can prevent it in the community.

12pm - Lunch provided

February 8th: David will be working with staff and consultants (Shuswap Band Office).

5pm - Swearing in Ceremony for Chief & Council, with a feast to follow before the Band Meeting.

February 9th: Left open fo David to meet with individuals who may have missed the opportunity on Monday to meet with him. This is also Food Box day, so feel free to have a coffee with him when you come in!

5pm - Brushing Off Ceremony & Feast!

Santa Fe Salad

This flavorful and colorful salad includes corn, beans and chicken, and is inspired by Mexican-American cuisine. It is served with tortilla chips and Banana Bread.

Santa Fe Salad	
Makes 4 servings	Per serving
12-oz (341 mL) can of corn	Calories 348
19-ounce (540 mL) can of black beans, rinsed in cold water and drained well	Carbohydrate 43 g
1 tbsp (15 mL) finely chopped fresh cilantro or parsley	Fiber 9 g
2 to 3 green onions, chopped	Protein 29 g
1 red pepper, cut into thin 1-inch (2.5 cm) slices	Fat, total 8 g
$\frac{1}{2}$ head of lettuce, torn into bite-size pieces	Fat, saturated 4 g
$\frac{1}{2}$ cup (125 mL) shredded or grated cheese	Cholesterol 60 mg
3 tbsp (45 mL) light coleslaw dressing	Sodium 860 mg
10 oz (300 g) chicken breasts or thighs, boneless and skin removed, sliced into thin pieces	
2 tbsp (25 mL) hickory smoke barbecue sauce	

1. In a large bowl, gently toss corn, black beans, cilantro, green onions, red pepper, lettuce and cheese. Mix in the coleslaw dressing. Divide salad onto four dinner plates (or large salad bowls).
2. Over medium heat, cook the chicken pieces in a nonstick pan with about 2 tablespoons (25 mL) of water. When the chicken is no longer pink inside, add the barbecue sauce. Reduce the heat and simmer for a couple of minutes.
3. Divide the chicken between the four plates, placing on top of the salad.