

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 Thursday.

As Chief and Council, we always choose what is in the best interest of our members. We have had to make many hard decisions based on how to get out of debt, and as a team we are making huge progress.

Challenges have included the sale of the Rosa Paul property. This sale was not initiated by us, but by INAC. We had no power to stop the sale, but were able to ensure the property has been retained as Band land.

The Three Voices of Healing Centre has caused quite a controversy. Peace Hills Trust and First Nations Health Authority are attempting to resolve this issue and will be providing an update in early February.

There are many partnerships we are working towards that will provide opportunities for our community. Being part of the Secwepemc Nation provides us with a bigger voice and we are signing joint partnerships where we share common interests.

The Columbia River Treaty is now ready to be updated and Canada and BC have come to our table to look at how we want to be consulted. This is a huge undertaking and we will need your input in any of the decisions that are to be made. A link on our website is where you can look at the history of the CRT and we will be hosting information meetings so you can be a part of this very important venture.

We have upcoming consultation agreements with INAC, BC Hyrdo, BC Forestry, RDEK, and Parks Canada. We are finalizing the Corridor Wide Agreement with the Ministry of Transportation and anticipate a signing ceremony this summer. With the work of our team, these partnerships will help our community move forward in not only monetary ways but gives us the opportunity to protect our culture and history in the areas that they are working.

FEBRUARY

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- YOUTH
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One of the projects we are currently working on is genealogy. Band members had expressed an interest in documenting family history. We are also requesting the sharing of knowledge and stories that include land use of the Shuswap people in Canal Flats-Kootenay River and Fernie-Elkford areas, land use (hunting, fishing, gathering, recreational) in areas.

The Band has a limited amount of firewood available. Please call the office if you are in need. Elders will be given priority.

The Band has 3 elk to be distributed to members. Please leave your name at the office if you would like to have some delivered.

There are so many things to look forward to in our community. We as Chief and Council are very proud of what we have been able to accomplish in the last 14 months and have a dedicated staff that will provide services to serve you in so many ways.

Please check the website for updates on activities and employment opportunities.

Chief and Council

COMMUNITY PLANNING UPDATE

Over the past six months Shuswap Band has been working on two community planning initiatives, the Comprehensive Community Plan and the Land Use Plan.

COMPREHENSIVE COMMUNITY PLAN

Shuswap Band has been engaging in this project over the course of two years. In the first year, the focus was on collecting surveys on community goals and direction from community members and compiling the information into a brochure. This year, we have collected more community surveys and also staff surveys that formed the basis for drafting the plan. There were community meetings held on September 9th where members could come to learn more about the results of the initial survey. Key priorities were drafted for each of the theme areas and these priorities were reviewed by the community at the “Speed Dating” event on November 25th and 26th. The objective of this event was to allow members who had expressed interest in a particular theme area (ex. housing or governance) to come together into a small group to provide their input into the priorities they were most passionate about. There were several suggested changes as a result of the “Speed Dating” that were incorporated into the draft Plan.

Finally on January 19th, an Open House was held where members were able to look over the newly updated priorities that contained the suggestions from the “Speed Dating” meeting. As a result of this last Open House, there were no changes to the priorities, but it was suggested that some of the priorities that pertained to Social Development be moved to a new theme area. The full Comprehensive Community Plan document is in development but a draft version should be completed in February.

LAND USE PLAN

The Land Use Planning process started in April 2015 with a community meeting where members could provide their ideas on how land should be used and where certain types of development should be located. We used this information to draft objectives and policies for all the different types

of land use on Shuswap Band, and then we took these draft objectives and policies back to the community for further review in May and June. Following this, background information on engineering and infrastructure was gathered, and a draft Land Use Plan was created. On October 28th and 29th members had the opportunity to review the full draft Land Use Plan at a community meeting. Now, the final edits are being made to the Land Use Plan to ensure that it complies with the Land Code, and Shuswap Band is anticipating the adoption of this plan in March 2016.

Want to take another look at the plans?

If you didn't have time to attend the community meetings and Open Houses, don't worry, it's not too late to review the draft plans. In order to ensure that all members are able to read and review the draft plans, we will be posting the in-progress Comprehensive Community Plan and Land Use Plan documents to the members only portion of the website. You will be able to log into the website and see a summary of the planning process for each of these projects as well as the draft document.

Look out for further notices on the Land Use Plan adoption meeting date and new versions of the Comprehensive Community Plan.

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. These roles provide an opportunity for band members to be involved in the implementation of laws and policies with respect to the Land Code. Being on the committee will involve a regular commitment to attend meetings, review documents and make recommendations.

In connection with Lands Committee, there will be Notice of a Nomination Meeting posted. There will be an opportunity for candidates (who must be Band Members) to be nominated and seconded for the Lands Committee. That nomination process will be described in the notice but mailed nominations will be accepted as well as verbal nominations at the actual Nomination Meeting. Every candidate will need to be seconded as well. If there are more nominations than the two positions available, there will be an election that will follow. If there are only two Members nominated, those Members will be automatically on the Land Committee.

The Matrimonial Real Property Law Committee will not require an election so at this time, we are just asking for expressions of interest.

For any additional information please contact Kerri-Anne Thomas, Lands Manager at the Band Office at (250) 341-3678 ext. 1007 or lands@shuswapband.net

HEALTH CENTRE UPDATE

PLEASE WELCOME DR. GARETH MANNHEIMER TO OUR HEALTH TEAM!

He will be providing medical outreach at the Shuswap Band's Health Centre starting in March 2016. He will be available to see any Shuswap Band member for doctor services on the 2nd and 4th Tuesday of every month starting at 12:00. His services will be by appointment or on a drop-in basis. Appointments are preferred. He will be providing the same services at the Shuswap Band office as he does at his medical clinic. You do not have to be one of his clients to come and see him as his services are open to all Shuswap Band Members! If his time here becomes booked up, he will expand to a weekly service.

In March the dates he will be here as follows:

Tuesday, March 8th starting at 12:00 and Tuesday March 22nd starting at 12:00.

Please contact Shauna to make an appointment with him or drop-in to see him.

COMMUNITY GREENHOUSE

One of the main priorities from the Comprehensive Community Plan was developing a Community Garden for Shuswap Band. We are looking for community members interest to sit on a Community Garden Committee to get things started with the goal of initiating this project by late spring 2016 if there is enough interest.

Community Garden Committee meeting set for February 10th at noon at the Shuswap Band Office to discuss ideas and initial planning - LUNCH PROVIDED



CHILDS HEALTH SERIES

EVERY Friday from 1-3:30 drop-in for children ages 5+. Each week there will be a different health topic. Transportation from schools to the band office can be arranged.
SNACKS AND DOOR PRIZES EACH WEEK!

PRESCRIPTION DRUG ABUSE/MISUSE

There has been an increase in prescription drug abuse/misuse in the Invermere area, BC, and throughout Canada. With this rise has come an increase in overdose cases involving misuse of prescription drugs in the form of snorting, smoking, and oral intake. The Shuswap Band's Health department is looking into providing some education around this increasing problem. Please contact Morgan to put your name on the interest list. NOTE - the health nurse Shauna Cameron is able to teach and prescribe naloxone kits. If you are in need or would just like the education please contact Shauna at the band office.

CHIROPRACTIC SERVICES



Drs. Donna McArthur and John Swallow have had a family chiropractic practice in Invermere for the past twenty years., Invermere Family Chiropractic. Back then they were very excited to move here and have since developed a deep love for the Columbia Valley and its people. They are very happy to offer their services to the members of the Shuswap Band and

will be seeing you at their office in Invermere. They are located between the new yoga studio and the barber shop at 505-7 Avenue, on the right just past Sobeys. Their clinic treats patients of all ages from newborns who might be colicky or constipated, to the elderly, and everyone in between. They offer a variety of techniques from low force, gentle instrument assisted adjustments to conventional manual treatment. They have already met many members of the Shuswap Band and look forward to helping many more of you reach a pain free, functional life. Please call to set up an appointment 250-342-9666. They are usually open six days a week.

The Shuswap Band health department will cover the co-fee payment for up to 10 sessions per year. If you require more than 10 sessions, you must see Shauna at the health unit for prior approval.

WALKATHON UPDATE

We have passed Splatsin (378 kms) and we are currently at 396 kms in total. We have 56 more kms to reach Neskonlith Band and Little Shuswap Band. Please remember to bring in your exercise hours.

For those of you who have a fitbit, this is an excellent way to track your kilometres.

HEALTHY FOOD BOXES

Our first Healthy Food Box day was a success, with lots of interest! These boxes include fresh fruits and vegetables. The cost is \$5 per box (maximum 1 box per household). In order to receive a food box, you must call in 1 week before to order. If you are interested in a Healthy Food Box, please contact Morgan or Shauna. Food boxes must be picked up between 11am and 3:30pm - Boxes not picked up will be re-distributed as we do not have the ability to refrigerate the left over boxes. If you cannot pick up your food box please arrange for someone else to pick it up for you. The Food Box dates are as follows:

February 11th - Order due February 4th.

February 25th - Order due by February 18th.



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,
modland@shuswapband.net or text (250) 341-8327**

SKI PROGRAM

Shuswap Ski Program - Open to Shuswap and Family members

EVERY Sunday until March 20th, 2016 (no ski program Feb 14)

To Register: Names have to be in by 2pm on the THURSDAY before you plan to ski. You MUST call every week (250) 341-3678

Shuswap Band Members will be provided with a \$10.00 lunch voucher (redeemable at the Great Hall. Alcohol not included. No change given). Children in the full-day program are provided a hot lunch.



Ticket pick-up times are from 8am-11am in the Great Hall, if you will not be able to pick up your ticket before 11am please make other arrangements. If you are taking lessons or have your child(ren) enrolled in lessons, please ensure you have enough time to get rentals and still be on time for your lessons. Instructors will not wait and your lesson will be cancelled. REMEMBER - There will be a lineup for rentals.

Times for lessons are as follows:

Kids Full Day 5+ 9:30-3:00 Meeting at Base of Carpets

Adult 1/2 Day 10:00-12:00 or 1:00-3:00 Meeting at Base of Carpets

Snowbirds 1 hr Meeting times: 2 spaces per time (9:30, 10:30, 11:30, 1:30, 2:30) Meeting at Base of Carpets.

COMMUNICATION

NEWSLETTERS

If you would like to receive monthly newsletters in the mail, please contact Morgan to add or update your address.

WEBSITE

ALL band members! There is now a band member login for the Shuswap Band website. This is for band members to see information that the general public does not necessarily need to see. Please contact Morgan so you are able to login to see important information, as well as the calendar of events available to you at the band office!



FACEBOOK PAGE

I will continue to provide information on the Shuswap Band news, as well as the Shuswap Band First Nation Invermere Facebook pages, as well as my own work Facebook account for those who have added me to receive information.

For any information please contact our Communications Coordinator, Morgan Odland at (250) 341-3678 ext 1009, modland@shuswapband.net or text (250) 341-8327

EMPLOYMENT OPPORTUNITY

Job Posting: Cultural Heritage Program Coordinator

Start Date: February 15, 2016
Salary: to be determined
Term: Full-time (32.5hours/week) - term ends October 31, 2016
Oversees: N/A

Reporting to the Director of Operations, the CHP Coordinator will oversee the development and implementation of the Shuswap Indian Band Cultural Heritage Program. This person is expected to attend internal/external meetings within Shuswap Indian Band territory, including training sessions and field trips, and provide ongoing reporting to Chief and Council and Band membership.

The CHP Assistant will have a good understanding of the following:

- Use of Microsoft Word, Excel, Outlook and primary social media tools;
- Office administration procedures, including filing, reviewing reports and other technical papers, preparing memos, letters, reports and other correspondence; and
- Shuswap Indian Band community, culture and values.

The CHP Coordinator will exhibit good interpersonal and communications skills, an ability to work effectively with community members, Band staff and consultants.

The successful candidate will possess a valid BC Driver's License and be willing to travel extensively within the Shuswap Indian Band territory.

Please submit a resume, cover letter and references to Terry Babin, dops@shuswapband.net by February 9th.

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

SILVICULTURE SURVEYOR TRAINING AND ACCREDITATION INITIATIVE

The Thompson Rivers District is hoping to embark on a Silviculture Surveyor Training and Accreditation Initiative (through the Forest For Tomorrow program) with Secwepemc First Nations communities. We are interested in pursuing this project for a number of reasons, including building First Nations' capacity in natural resource management; providing skill development and employment opportunities for First Nations communities; and strengthening the silviculture workforce by increasing the number of qualified surveyors in the Thompson Okanagan Region. We also believe this initiative supports the Secwepemc RFA objective of "increasing Secwepemc economic participation in the natural resources sector".

The approach for this initiative is to build on the Secwepemc Environmental Monitoring Pilot Project that was completed in 2015. We are hoping to expand participant's knowledge and expertise in forest stewardship monitoring by training community members in how to conduct a silviculture survey and preparing them to write an accreditation exam with the goal of becoming accredited silviculture surveyors.

We propose that the course would be delivered in three phases (taught by John Wallis, RPF, Wallis Environmental Consultants Ltd):

Phase 1: (February 29 – March 11, 2016)

- 10 day course to discuss and practice silviculture surveys in both the classroom and field setting.

Phase 2: (June 2016)

- 10 day course that will focus on field training, where participants will carry out silviculture surveys on Ministry cutblocks using the course material learned in Phase 1.
- This will occur under the supervision of an experienced and qualified instructor

Phase 3: (September 2016)

- Final 10 day course that will prepare participants for the accreditation exam. This course provides the opportunity for practice and review to have a complete understanding of all aspects of silviculture surveys.

Administration of the final accreditation exam, delivered over a 2-day period.

I am looking to confirm whether Secwepemc RFA communities are interested in this initiative. We could take a maximum of 2 members from each community, preferably those with a technical diploma, but not mandatory.

If there is interest, I would be happy to discuss further. **Please let me know by February 12th, 2016 if you are interested** (we need to confirm Phase 1 by the end of January).

If you have any questions, don't hesitate to contact SIERRA STUMP AT 250.341.3678 EXT 1008. This could potentially lead to upcoming silviculture positions being discussed by the band.

***Please note we are still waiting on the funding particulars ie: travel, hotel, meal allowances etc.

YOUTH

Community Winter Festival - Fishing, winter sports, family fun, crafts and games Feb 13th Kinsmen Beach 12-4

You still have time! Swimming lessons have been postponed until the spring when they have more instructors for all the kids that have signed up. Sign up your kids, 3-10 years of age for lessons!

If parents have kids under the age of 3 years old and are interested in doing a parents and toddler class please ask, if we can get 6 kids and guardians involved we can get a special class

Living Life to the Fullest Certificate - Healthy living and healthy coping skills. 3 hours a week for 4 weeks. Starting in March for youth aged 13-18 years old. For information <http://www.llttf.ca/youth/>

**To register or for any information on events please contact Monica at
250) 341-3678 ext. 1005 youth worker@shuswapband.net**

BIRTHDAYS

HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN FEBRUARY!

From the Shuswap Band calendar located in the office:

February 10th - Leah Gaze

February 11th - Michael Sam

February 21st - Patricia Sam



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

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

www.shuswapband.net

SHUSWAP BAND CALENDAR

~ FEBRUARY 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Naturopath in Health Centre	2 4:00-6:00 Photography Class	3 Massage in Health Centre 	4 Food Box Orders Due	5 Child's Health Session 1:00-3:30	6
7 Ski Program	8 OFFICE CLOSED Family Day	9	10 Massage in Health Centre  Community Greenhouse Meeting 12:00	11 Food Box Pickup Day 11-3:30 Foot Care in Health Centre	12 Child's Health Session 1:00-3:30	13 Community Winter Festival 11AM-2PM at Kinsmen Beach
14 NO Ski Program  St. Valentine	15 Naturopath in Health Centre 	16	17 Massage in Health Centre 	18 Food Box Orders Due	19 Child's Health 1:00-3:30: DENTAL HYGIENIST COMING IN 	20
21 Ski Program	22 Aboriginal Dietician & Kinesiologist 	23	24 Massage in Health Centre 	25 12:00 Womens Health Food Box Pickup Day 11-3:30	26	27
28 Ski Program	29 Naturopath in Health Centre					

SHUSWAP BAND CALENDAR

~ MARCH 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Massage in Health Centre 	3 Food Box Orders Due	4 Child's Health Session 1:00-3:30	5
6 Ski Program	7	8 Dr. Mannheimer in Health Centre at 12:00: drop-in or by appointment	9 Massage in Health Centre	10 Food Box Pickup Day 11-3:30	11 Child's Health Session 1:00-3:30	12
13 Ski Program	14 Naturopath in Health Centre	15	16 Massage in Health Centre BAND MEETING 6PM AT BAND HALL	17 Food Box Orders Due	18 Child's Health Session 1:00-3:30	19
20 Ski Program	21	22 Dr. Mannheimer in Health Centre at 12:00: drop-in or by appointment	23 Massage in Health Centre Social Assistance Payment	24 Food Box Pickup Day 11-3:30	25 OFFICE CLOSED - GOOD FRIDAY	25
27	28 OFFICE CLOSED - EASTER MONDAY	29	30 Massage in Health Centre	31 Womens Health Session 12:00 Food Box Orders Due		

More information for March to come in newsletter on March 7th.