

# Shuswap Band Newsletter

## **CHIEF & COUNCIL**

Chief and Council meetings are currently being held on Tuesday's. If you would like to make an appointment to meet with them please call to book (250) 341-3678.

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.

Happy New Year everyone. Our wishes are for health, prosperity, and all the best for 2017.

It was a very sad end to 2016, and our deepest sympathy go out to the family and friends of Roxanne, Jamie and Felix. Our prayers and thoughts are with you all. First Nations Health Authority has provided funds to help us with our grief and sent some welcome help for ceremonial practices and counseling. This is ongoing and if there is anyone that is struggling, please don't hesitate to call Shauna to set up an appointment. We have the resources to help you.

We are excited about moving some of our staff, as well as Chief and Council back into the upstairs of the Band Hall. We are bursting out of the seams and need more space. We are establishing a Titles and Rights Department and will have CCP, Heritage, Knowledge Keeper, Title and Rights and Forestry moving next door. We look forward to a Grand Opening in early February.

A swearing in ceremony will be held in February 8<sup>th</sup>. David Archie, Cultural Advisor for the Shuswap Nation will be facilitating. We will keep you informed of the date.

Looking for membership interested in working in the Road Maintenance Department. This can include plowing, bridge maintenance and mechanics etc. This interest will require a valid Driver's License and is an out of town position.

So if you are interested we need to hear from you ASAP!! Please contact the Shuswap Band Office

## **JANUARY 2017**

- Chief & Council
- Inspiration of the Month
- Comprehensive Community Plan
- Health Centre Update
- Education
- Culture & Heritage
- Shuswap Ski Program
- Lands & Resources
- Birthdays
- Shuswap Band Calendar

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## 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month, starting at 12:00. His services are by appointment or drop-in basis – appointments are preferred.

**In January he will be here: January 10<sup>th</sup>**

Please contact Shauna for an appointment.

**HEALTHY FOOD BOXES** – We are now implementing a Food Box registration process where ALL members who are receiving a Food Box MUST fill out the registration form in full in order to be qualified for the program. This only needs to be filled out once for our records.

**Food Boxes in January are: January 12<sup>th</sup> and January 26<sup>th</sup>**

**GYM OUTREACH** - Did you know that as a Shuswap Band Member you can use either Valley Fitness or YPC Fitness Center's for FREE? Did you know that there is an exercise therapist that can help orient you to these facilities and develop a program that is specific to your needs, interests and abilities?

2017 Shuswap Health Gym Orientation Sessions:

**Monday January 30<sup>th</sup>**

Private or small group orientation and exercise programming available.

**CHILD'S DENTAL HEALTH** – **January 20<sup>th</sup>** from 1:30-4:00 Karla from Dr. O'Sullivan's office will be at the Shuswap Band Office for a child's dental health session.

**CONFIDENTIAL STI TESTING & HIV OUTREACH** – Alison Ko, the STI Outreach nurse will be coming to the Shuswap Band's health centre on **January 19<sup>th</sup>** (times to be announced).

**BEAUTY DAY** – Our next Beauty Day is scheduled for **February 10<sup>th</sup>** from 10am-3pm.

**ASIST WORKSHOP** – This workshop will be **February 16<sup>th</sup> & 17<sup>th</sup>** 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.

**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**

### **EVA JOSEPH LEARNING AND CULTURAL SOCIETY ENTRY TO EARLY CHILDHOOD EDUCATION PROGRAM JANUARY 9 - APRIL 21, 2017 (300-hour program | 15 weeks)**

The Eva Joseph Learning and Cultural Society Entry to Early Childhood Education program is a 300-hour college and university preparatory program for individuals interested in early childhood education and related fields of study. The coursework includes 225 hours of theory, 30 hours of direct observation in the Little Badger Early Learning Program, and 45 hours of supervised practice in the creation and implementation of a ten-week community playgroup. Graduates of this program can apply to the BC Ministry of Children and Family Development ECE Registry for an Early Childhood Educator Assistant Certificate.

The Entry to Early Childhood Education program is accessible to students with and without Ktunaxa ancestry who have a minimum of Grade 11 coursework. Entrance to the program requires confirmation of the willingness to learn to write, research, interpret, and reflect at a first-year college level; a career investigation; a police information check; two career suitability references, and a TB test. Students of First Nations, Métis, and Inuit ancestry receive priority placement in the program until November 15, 2016.

The maximum number of students in each offering of the program is 12. This class size makes it possible for students to receive timely feedback from the course instructor(s) on the theoretical and practical components of the program.

**For any information about Education please contact our Education Coordinator, Debra Fisher at (250) 341-3678 ext 1014 or [education@shuswapband.net](mailto:education@shuswapband.net)**

## **CULTURE & HERITAGE**

### **Cultural Department Update**

We hope you all had a wonderful holiday and are enjoying getting back into routines! There is going to be a lot of great stuff happening in 2017, so keep your eyes and ears open! Because of things changing last minute or an event planned after newsletter has been printed, Pauline posts regularly on Facebook. I know this isn't ideal, as not everyone uses social media, but this is the easiest way to get the word out. Please help spread the word if you see an event change or something planned with those around you! "Moccasin mail" is sometimes the best way to reach out. Please do not hesitate to call Pauline at the office to get any updates or to discuss ideas or concerns. There will be some office moving happening in the next couple weeks, so please be patient while this transition happens regarding phone system upgrades and such.

### **Regalia & Moccasin Making!**

Thursday **January 12<sup>th</sup>**, starting at 4:30 (Potluck Dinner – main dish will be Shepherd's Pie)

Saturday **January 21<sup>st</sup>**, starting at 2:30

Where: Shuswap Band Hall

Kathy Stevens will be coming to show us how to do moccasins! So please come join us if you would like to start on a pair for yourself or child. We are planning the regalia and moccasins at the same time so it isn't so burdening on people's schedules. And people can take their moccasins home to work on them as well, so we can have both projects running at the same time. If you are unable to attend, or live out of the area and would like to get a moccasin kit, please sign up with Pauline ASAP.

### **Thompson River University – Secwepemctsin Online Language Course**

Thompson River University, which is located in Kamloops has developed language courses for the Shuswap language (Secwepemctsin)! They are offering this course in an online format for those that are not in the Kamloops area. This is an introductory course, so no previous language experience is necessary. TRU has their own sponsorship process that we must also abide by. Please contact Pauline Eugene for your application package to get registered for this course ASAP! Easiest to email at [heritage@shuswapband.net](mailto:heritage@shuswapband.net) to request.

### **The Secwepemc – (The People)**

The Secwepemc have lived on their lands for thousands of years. Archeologist reports date evidence of their existence over 10,000 years. However, the Secwepemc Elders say the people have lived on their lands since the time of creation. The Secwepemc believe the world always existed.

According to a story retold by James Teit, in the beginning, the earth was inhabited by people who had both human and animal characteristics. Many other mythical creatures existed during this time. Many animals, birds, and fish did not exist. The earth was troubled by great winds, fires, and floods.

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## **SHUSWAP BAND SKI PROGRAM**



Please register before 2pm on Thursday of the week you will be skiing. You must call every week.  
(250) 341-3678

### **Duration:**

- 10-week program starting January 8<sup>th</sup>, 2017
- Sundays (January 8, 15, 22, 29, February 5, 12, 26 March 5, 12, 19)
- No program on Sunday, February 19<sup>th</sup>, 2017 for the Alberta Family Holiday
- Final day will be March 19, 2017

Rentals are available.

### **Kids Club:**

9:30-3pm hot lunch included. Ages 5-14

### **Snowbirds:**

One-hour lesson

9:30, 10:30, 11:30, 1:30 & 2:30 (2 spaces available per time slot)

Ages 3-5

### **Adult Lessons:**

10:00-12:00 or 1:00-3:00

A \$10 lunch voucher will be provided to members and their families (per person) for use in the Great Hall and the Tbar

2 missed lessons (no show) will result in a loss of privileges and participating in future lessons.

**SHUSWAP BAND CALENDAR**

**- JANUARY 2017 -**

| Sun                                    | Mon                                    | Tue  | Wed   | Thu   | Fri                                     | Sat                                   |
|--|--|--|---|---|---|---------------------------------------|
| 1<br><b>OFFICE CLOSED FOR HOLIDAYS</b> | 2<br><b>OFFICE CLOSED FOR HOLIDAYS</b> | 3<br><b>OFFICE CLOSED FOR HOLIDAYS</b>                           | 4   | 5<br>Massage in Health Centre<br><br>1:30 Will Informational Meeting                                    | 6                                       | 7                                     |
| 8<br>Ski Program                       | 9                                      | 10<br>Dr. Mannheimer in Health Centre<br><br>Will Interviews 1-4 | 11<br>Massage in Health Centre  | 12<br>Food Box Pickup Day 12-3<br><br>Foot Care in Health Centre<br><br>4:30 Regalia Making @ Band Hall | 13                                      | 14                                    |
| 15<br>Ski Program                      | 16                                     | 17<br><br>Will Interviews 1-4                                    | 18<br>Massage in Health Centre<br><br>12:30 CCP Meeting<br><br>Social Assistant Payment | 19<br>STI Testing & HIV Outreach in Health Centre   | 20<br>Child Dental Health Day 1:30-4:00 | 21<br>2:30 Regalia Making @ Band Hall |
| 22<br>Ski Program                      | 23                                     | 24   | 25<br>Massage in Health Centre  | 26<br>Food Box Pickup Day 12-3  | 27                                      | 28                                    |
| 29<br>Ski Program                      | 30<br>Gym Outreach                     | 31   |   |   |   |                                       |



RR 2 3A-492 Arrow. Rd Invermere, BC, V0A-1K2 Ph: 250.341.3678 Fax: 250.341.3683  
I would like to have my name put onto the SHUSWAP BAND HOUSING LIST

|   |   |
|---|---|
| Name _____  |   |
| Status Number _____                                     |   |
| Date of birth _____                                     |   |
| Contact Information ( home phone, cell or email ) _____ |   |
| Mailing Address _____<br>_____                          |   |
| Dependents  |   |
| Name _____  | Age _____                                 |
| Name _____  | Age _____                                 |
| Name _____  | Age _____                                 |
| Name _____  | Age _____                                 |
| Name _____  | Age _____                                 |
| Current Employer _____                                  |   |
| Years of Employment _____                               |   |
| Type of Housing You Require                             | Amount of Rent of Mortgage you can afford |
| 2-3 Bedroom _____                                       | \$ 400.00-\$700.00 _____                  |
| 4 Bedroom _____   | \$700.00-\$1000.00 _____                  |
| Other _____   | Other _____                               |
| Date of Application _____                               |   |



## Targeted Initiative for Older Workers Program Information Sheet - Invermere

### Winter 2017 Program

February 14- May 18

The Targeted Initiative for Older Workers Program began in early 2008 in the East Kootenays and has provided training to more than 100 participants, most of whom are either employed (full or part time) or working towards self-employment. The goal of the program is to assist older workers to re-enter the workforce or to become self-employed. The program is funded by the Ministry of Jobs, Tourism and Skills Training, responsible for Labour, and coordinated by College of the Rockies (COTR), Invermere Campus. Jim Jenkinson is the Program Coordinator. Contact Jim at 250-342-3210 Ext.7108 or [jjenkinson@cotr.bc.ca](mailto:jjenkinson@cotr.bc.ca) Program classes are held at COTR Invermere.

#### Eligibility to Participate:

- Preference to residents of Invermere area (including Radium Hot Springs, Edgewater, Brisco, Spillmacheen, Wilmer, Fairmont Hot Springs and Canal Flats and surrounding area)
- Aged 55-64 as of first day of program (in some circumstances, unemployed workers aged 50-54 or 65 and up may also participate)
- Unemployed and legally entitled to work in Canada
- **Employable** (including self-employment), available to attend program
- Employment is an expected outcome of the program. (Full or Part-Time)

**2017 Winter Program Dates:** February 14 – May 18, 2017

**Length of Program:** 14 weeks

**Classroom Period:** 4 days per week (Mon-Thu) 25 hours per week for 10 weeks

**Job Search Period:** Last four weeks of program

#### What You Receive:

- Training to boost your skills, support to boost your confidence
- Weekly allowance and a possible travel supplement if required
- One-on-one employment counselling and support
- COTR Workplace Skills Training Certificate
- COTR Microsoft® Office Certificate
- \*Funding for individualized training

#### Program Includes:

- Workshops on life skills and workplace skills
- Computer training
- Access to computer lab for resumes, job search, computer practice
- Supported job search, work experience or job shadowing
- Individualized training in work-related skills
- Self-employment training and support
- Self-employment workshops and speakers

**Workshops may include:** Managing Change, Goal Setting, Learning Styles, Communication Skills, Assertiveness, Conflict Resolution, Decision Making, Work Styles, Valuing Diversity, Customer Service Excellence, Fit and Healthy for Work.

**COTR Individualized Training Options** - \*up to \$1200 for individualized training on your own time

# Good Heart, Good Mind

ʔəy̓ tə šxʷqʷeləwən Ha7lh tin skwálwen ʔəy̓ tə nə sxʷqʷeləwən



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

We acknowledge that this conference takes place within the ancestral, traditional and unceded territories of the Musqueam, Squamish and Tsleil-Waututh people.

**Date: February 15th to 17th, 2017**

**Location: Blue Horizon Hotel**

**1225 Robson St, Vancouver, BC V6E 1C3**

**(604)-688-1411**

## What's our goal?

To provide a space for youth ages 18-24 residing in BC to come together, network and talk about the different forms of activism that they are engaging in within their communities. Our conference focuses on grass-roots activism in the form of visual arts. A large component of this conference will introduce you to a variety of projects that other Indigenous people are doing and give you a chance to strengthen your skills in the areas of media, filmmaking, public speaking, web development, tools to deal with racism and much more! . An important piece of this conference is leadership. Activism and leadership go hand in hand, you will have the opportunity to focus on developing a vision and direction for the leader you want to be in your community.

## Keynote Presentation: Ryan McMahon

## Conference Costs: Free

There is no fee to attend. Conference participants will have their hotel costs covered at the Blue Horizon Hotel. Participants travelling from outside of Vancouver will have their travel covered to attend the event. Breakfast & lunch will be provided on Feb 15th and 17th, while breakfast, lunch and dinner are provided on the Feb 16th. More information about expenses will be provided upon notification of successful application by the conference organizers.

## Application Process:

Please fill out pages 2-5 of this document. Incomplete applications will not be considered. Please scan and email a copy of the completed application to [cuystwi@phsa.ca](mailto:cuystwi@phsa.ca) by **January 31st, 2017**

**Who should Apply?** Indigenous Youth Ages 18—24 currently residing in British Columbia

**Successful Applicants:** Successful applicants will be notified by email by **Feb 1st, 2017**

For more information please contact Gabriella Emery, Project Manager, PHSA Indigenous Health  
email: [cuystwi@phsa.ca](mailto:cuystwi@phsa.ca) t. (604) 707 - 6380



## Traditional Plants Harvesting Food for a Healthy Lifestyle

Go to the land and water to find your first foods. Be active in exercising your right to hunt, fish, harvest, and gather in your territory. Ask the old people and the traditional and environmental knowledge keepers how to do this in a good way. It will be good for the mind, body and spirit and contribute to a self reliant future.

~Excerpt from Traditional Foods Fact Sheet – FNHA

### Match the Traditional Plant to its Usage

- |                                 |   |
|---------------------------------|---|
| 1. Soap Berries ____            | A. Young tips can be eaten as an energizing snack     |
| 2. Stinging Nettle ____         | B. Bark from this can be used to treat inflammation   |
| 3. Plantain or Frog's Leaf ____ | C. Can be made into Indian Ice Cream                  |
| 4. Douglas Fir Tips ____        | D. High in iron – can be eaten fresh or dried for tea |
| 5. Violets ____                 | E. Use as a poultice for small wounds and bug bites   |
| 6. Cottonwood/Willow ____       | F. 2 heart shaped leaves contain daily needs of Vit C |

### Challenge:

**Do something in the next 2 weeks that will incorporate traditional foods into your diet.**

**Example – make a stew with wild meat.**

Submitted by Catherine Strachan, Shuswap Dietitian

Next Visits and Smoothie Breaks Jan 30th and Feb 27<sup>th</sup> in the afternoon ( 130 – 430)

Catherine is available for individual diet and lifestyle appointments as well. Contact Shauna Cameron to book an appointment.

Answers: 1-C, 2-D, 3-E, 4-A, 5-F, 6-B