

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.

Happy New Year to all of the Shuswap Band Membership, we are wishing you all the best in the New Year, from our families to yours. The New Year is starting up fairly rapidly. Chief and council have met with Ernst and Young and we are close to completing the forensic audit.

We are currently working with Mr. Rob Hutton on two different projects that will help us as people to determine how the installation of the Mica dam, and the four lane highway from Kamloops to the Alberta border will affect us in our traditional territory. Our work thus far with B.C. Hydro, and the Ministry of Transportation and Infrastructure will assist us in the building of a stronger future both financially and in a partnership.

We are working to help the Shuswap Band create a better Economic Development Corporation. If we are to succeed in the creation of jobs for our people we must start somewhere, we must create an inventory of all skill of each and every one of you so that we can determine what our needs are and decide how we can move forward as a company created by us for us. These skills will also aide us in the purchasing of new equipment.

We are happy to announce that with a lot of work comes a good thing. In meetings with Mr. John Niddrie we finally have an agreement in place to be able to hunt Elk for the Shuswap Band community freezer. We are happy to say that the first Elk has been harvested and should be cut and wrapped by January 21st. We would like to thank Ox Eugene for volunteering his tractor and my nephew Eric Eugene for his time to provide food for our community. Please call (250) 341-3678 if you are interested in receiving some.

Unfortunately there is no more wood at the gravel pit so please help the people who are in need of wood until we can find another source to get more.

JANUARY

- CHIEF & COUNCIL
- COMPREHENSIVE COMMUNITY PLAN (CCP)
- HEALTH CENTRE
- LANDS
- YOUTH
- SKI PROGRAM
- SOCIAL DEVELOPMENT
- HOUSING
- EDUCATION
- LOCAL SCHOOL INFORMATION
- JOB OPPORTUNITY
- BIRTHDAYS
- SHUSWAP BAND CALENDAR

If you have a need or concern, where one of our staff can't help you, we ask you to please write a letter addressed to Chief and Council where we can address your need at our Wednesday Chief and Council meetings. Where community members who live on reserve, have INAC funding and most needs can be addressed by our staff, community members who live off reserve don't have that option. Your letter will be given the highest importance and we will respond as soon as we can.
Take care everyone and please be safe.

Thank you,
Chief and Council

COMPREHENSIVE COMMUNITY PLAN (CCP)

WEYT-KP

I would like to wish each and every one of you a very Happy New Year!! The best for happiness and health to you and your families.

We are rolling into the final stage of the comprehensive community plan. I would like to take this time to thank all Members that dedicated their time to help develop the Shuswap CCP. This document provides the foundation to all the programs within the Band and provides the Staff with the vision dictated by the community for the Community.

In November we held two meetings, one in Cranbrook and one in Invermere, to review and update the priorities within the themes. At the Band Meeting in December we reviewed these additions to the priorities. We feel we have completed the Community engagement process and will now move forward with compiling all the information you communicated to us.

Our next step is to develop the objectives and actions for each theme, the vision statement and the final draft CCP.

We have been discussing the final CCP and what is it going to look like? A tabletop book, a placemat, a handbook or perhaps a poster for your wall.

I would like to ask you for your ideas on what our final CCP will look like.

Thank you for all your support, input and incredible ideas.

Diana Cote
CCP Coordinator

Please feel free to call any time 250-342-1677. I am available to meet to discuss the CCP at your convenience.

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

HEALTH CENTRE UPDATE

Women's Health Series - January 21st
TOPIC: Chronic Pain & Pain Management
Lunch provided!

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 5+ 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!

HEALTHY FOOD BOXES STARTING JANUARY 28th from 11am-2pm!

January 29th will be our first Healthy Food Box Day! These boxes will include fresh fruits and vegetables. The cost is \$5 per box (maximum 1 per household). In order to receive a food box, you must call in two weeks before (January 14th) to order your box. Please contact Morgan (250) 341-3678 Ext. 1009 or Shauna (250) 341-3678 Ext.1015 to order.



HEALTH CENTRE CALENDAR

~ JANUARY 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BAND OFFICE CLOSED FOR HOLIDAYS. REOPENS ON JAN 4TH	2
3	4	5	6 Massage in Health Centre	7	8 Child's Health Session 1:00-3:30: Nutrition	9
10	11	12	13 Massage in Health Centre	14 Food Box Orders Due by 4pm Foot Care in Health Centre	15 Child's Health Session 1:00-3:30: Exercise	16
17	18 Naturopath in Health Centre	19	20 Massage in Health Centre	21 12:00 Women's Health Session: Chronic Pain & Pain Management	22 Child's Health Session 1:00-3:30: Culture	23
24 31	25 Aboriginal Dietician/ Kinesiologist	26	27 Massage in Health Centre	28 Food Box Pickup Day 11am-2pm Food Box Orders Due by 4pm	29 Child's Health Session 1:00-3:30: Literacy	30

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 - FEBRUARY

February 5th - Childs Health 1-3:30: Mental Health

February 10th - Massage in Health Centre

February 11th - Food Box Day & Food Box Orders due for Feb 25th

February 17th - Massage in Health Centre

February 19th - Childs Health 1-3:30: Dental Health

February 24th - Massage in Health Centre

February 25th - Womens Health: Heart Health & Food Box Orders Due

February 26th - Childs Health 1-3:30: Culture

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

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 to Council.
- Shuswap Band has been working with Urban Systems since April, 2015 to develop a unique and integrated approach to land use planning for our community. Much work has been done to guide and inform the creation of the Plan, including: community engagement, engineering and environmental overviews, and the development of discussion papers on land use opportunities and constraints.

This work has included:

- Information gathering, background research, and meetings with department staff on previous community planning documents which was utilized to prepare digital base mapping along with population and housing projections over the next twenty years;
- Infrastructure servicing overview highlighting infrastructure required to meet the 20 year growth demand;
- Community engagement meetings at various stages of the work on April 24, 2015, May 22, 2015 and December 3, 2015.
- One discussion paper and map on opportunities and constraints on each specific land use (residential, commercial, industrial, environmental and cultural significant areas, community use, and agriculture).
- Preparation of Land Use Plan and Policies (first and second drafts)

This month (January) Urban Systems will be meeting with Chief and Council and staff to review the Second Draft of the Land Use Plan based on the results from previous Land Use Plan and CCP engagement sessions. Further direction will be provided to Urban Systems to enable the Final Land Use Plan to be prepared and presented at a Chief and Council meeting for adoption via BCR in late February. Under our Land Code, the Land Use Plan must be given community approval by a ratification vote thereafter.

There will an Open House on the afternoon of Tuesday, January 19th from 1:00-3:00.

**If you have any questions or would like to review the Draft Land Use Plan, please contact
Kerri-Anne Thomas, Lands Manager at the Band Office
(250) 341-3678 ext. 1007.**

YOUTH

Photography Classes, Tuesday nights from 4-6:30 starting January 12th, 2016

We will be running a 4-6 week (depending on interest) photography class. Starting with photography basics and moving into composition, editing and special effects. It will incorporate both classroom workshops and indoor/outdoor photo sessions.

Shuswap Community Winter Festival February 13th from 11am-2pm at Kinsmen Beach

Come one come all!

Spend the afternoon having a blast with your community and your family. Everyone welcome!

- | | |
|-------------------------------|---|
| - Child and parent activities | - Kids games |
| - Community Craft | - Snowflake making |
| - Snowman bowling | - Winter baseball |
| - Fishing derby | - Fire pit with s'mores, hot dogs and more! |

Volunteers welcome - for more information please refer to Shuswap Band News.

Swimming Lessons ages 3+

Must pre-register, open to all members both on and off reserve.

All I need for registration is:

1. Swimmers name, birthdate and care card number
2. Contact name and phone number

MONDAYS Preschool Swim Lessons

January 18 - February 29 (no class Feb. 8)

- | | |
|-----------|--|
| 4:15-4:45 | Salamander (4-5 yr old will submerge in shallow water) |
| 5:00-5:30 | Sunfish (5+ yr old, comfortable with deeper water) |
| 5:40-6:10 | Crocodile/Whale (self-support/submerge in deep) |

TUESDAYS Preschool Swim Lessons

January 19 - February 23

- | | |
|------------|---|
| 12:30-1:00 | Sea Turtle (3-4 yr old first timers/timid in water) |
| 1:05-1:35 | Sea Otter (3-4 yr old comfort in water/will get face wet) |
| 1:40-2:10 | Salamander (4-5 yr old will submerge in shallow water) |
| 2:15-2:45 | Sunfish/Crocodile/Whale (5+ yr old, comfort in deeper) |

For more information please contact our Youth Worker, Monica Fisher at youthworker@shuswapband.net or (250) 341-3678 ext. 1005

SKI PROGRAM

Shuswap Ski Program
Open to Shuswap and Family Members:

Starts January 10th, 2016 and goes
EVERY Sunday until March 20th, 2016.
Please note there will be no ski program on
February 14th, 2016 due to Alberta Family Day.



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.

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

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.

SOCIAL DEVELOPMENT

SOCIAL ASSISTANCE PAYMENT DATES:

JANUARY 20th, 2016

FEBRUARY 17th, 2016

MARCH 23rd, 2016

APRIL 20th, 2016

MAY 25th, 2016

JUNE 22nd, 2016

JULY 27th, 2016

AUGUST 24th, 2016

SEPTEMBER 21st, 2016

OCTOBER 26th, 2016

NOVEMBER 23rd, 2016

DECEMBER 14th, 2016

PLEASE CLIP AND SAVE THESE DATES

Anyone requiring non insured travel Specialist appointments are required to get their request in 1 week prior to appointment date. It is the responsibility of the client to get a letter from the Specialist indicating date and time of appointment, without this there will be no travel cheque. In cases where it is an emergency every effort will be made to assist the Client.

Please bring your BC Hydro bills in as soon as they are received.

A reminder to Clients that are required to hand in JOB SEARCH FORMS these are required each month by the 15th. If you do not have an up to date resume, help is available, bring in your current resume and we will update it with you. If you need to discuss any of the above issues or any other matter regarding Social Assistance contact the receptionist to schedule an appointment with Dolores Varga Social Development Manager.

**Dolores Varga, Social Development Manager (250) 341-3678 Ext. 1011
or dvarga@shuswapband.net**

HOUSING

Helpful Hints to Prevent Mould Indoors:

- Keep your house dry
- Ensure every room in your house is adequately heated
- Prevent and repair leaks
- Use bathroom exhaust fans
- Use range fans
- Store fire wood outside
- Act quickly to keep small problems from getting bigger

Mould in your home can affect your health and the health of your family.

Small amounts of mould in a house are common and are easy to take care of if you catch it early.

You can clean up small areas of mould yourself if you are healthy, never attempt to clean mould if you suffer from asthma or other respiratory diseases, have a cold/flu or if you are pregnant.

Cleaning is temporary and mould will come back if you do not take care of the course of moisture and dampness.

EDUCATION

BLADERUNNERS PROGRAM STARTING JANUARY 11th, 2016

The BladeRunners Program times are:

Monday January 11th: 1pm - 5:30pm (NO lunch provided)

Tuesday January 12th: 9am - 4pm (Lunch provided)

Wednesday January 13th: 9am - 4pm (Lunch provided)

Thursday January 14th: 9am - 4pm (Lunch provided)

Friday January 15th: 9am - 12pm (NO lunch provided)

Located in the lower level of the Community Hall (Old Band Hall).

For any Education information please contact Debra Fisher, our Education Coordinator at (250) 341-3678 Ext. 1014 or education@shuswapband.net

LOCAL SCHOOL INFORMATION

David Thompson Secondary School

January 15th - Joe Pierre, Ktunaxa storyteller is coming to DTSS

January 19th - Amy Cross is coming to DTSS to do Metis jigging with the PE students

January 20th - Elders lunch at 12:45 - This invitation is for any Elder.

Open Doors

Yoga instructed by Joanne Bragg is being offered at the studio beside Grant's Food Bins. Two sessions are being offered: January 11th and 20th.

Classes will not be running during the last week of January because of Provincial Exams (January 25-29).

Martin Morigeau Elementary School

- January 5th - Art Club Gr. K-2
- January 7th - Gr. 3-7
- January 12th - Kindergarten Vision Screening
- January 13th - After school drama club
- January 14th - Art club Gr. 3-7 & After school floor hockey
- January 19th - Art club Gr. K-2
- January 20th - Hot lunch - Pizza & After school drama club
- January 21st - Art club Gr. 3-7 & After school floor hockey
- January 26th - Art club Gr. K-2
- January 27th - After school drama club
- January 28th - Art club Gr. 3-7 & After school floor hockey

For any information for other schools, please visit their website.

JOB OPPORTUNITY

The Shuswap Indian Band is accepting applications for a Secretary/Receptionist. This is a term position from January 25th to April 15th with the possibility of an extension.

Successful applicant reports to the Director of Operations and is responsible for providing secretarial, administrative and clerical services to all staff.

Duties include but are not limited to:

- Answering phone
- Collecting, date stamping and distributing incoming correspondence
- Prepares meeting packages, attends, records and transcribes minutes of all Band and Council Meetings
- Word processes all manuscripts, letters, documents and proposals
- Compiles and maintain an up to date telephone directory of numbers and addresses
- Files all correspondence
- Updates the bulletin board by posting and removal of outdated materials
- Ensures the Administrative Offices, Reception Area and Council Chambers are kept clean and organized

Please submit a cover letter and current resume to Terry Babin, Director of Operations at dops@shuswapband.net or Unit 3A 492 Arrow Road Invermere, BC V0A 1K0 by January 18th.

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

BIRTHDAYS



HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN DECEMBER!

From the Shuswap Band calendar located in the office:

January 6th - Sam Paul

January 26th - Arlene Hunter

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.

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

www.shuswapband.net

SHUSWAP BAND CALENDAR

~ JANUARY 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BAND OFFICE CLOSED FOR HOLIDAYS. REOPENS JAN 4	2
3	4	5	6 Massage in Health Centre	7	8 Child's Health Session 1:00-3:30: Nutrition	9
10 Ski Program	11 Photo Submissions Due to Monica Swim Lessons Bladerunners 1pm-5:30pm	12 Swim Lessons Bladerunners 9am-4pm 4:00-6:00 Photography Class	13 Massage in Health Centre Bladerunners 9am-4pm	14 Food Box Orders Due by 4pm Foot Care in Health Centre Bladerunners 9am-4pm	15 Child's Health Session 1:00-3:30: Exercise Bladerunners 9am-12pm	16
17 Ski Program	18 Naturopath in Health Centre Swim Lessons	19 Land use plan Open House 1:00-3:00 Swim Lessons 4:00-6:00 Photography Class	20 Massage in Health Centre	21 12:00 Women's Health Session: Chronic Pain & Pain Management	22 Child's Health Session 1:00-3:30: Culture	23
24 Ski Program	25 Aboriginal Dietician & Kinesiologist Swim Lessons	26 Swim Lessons 4:00-6:00 Photography Class	27 Massage in Health Centre	28 Food Box Pickup Day 11am-2pm Food Box Orders Due by 4pm	29 Child's Health Session 1:00-3:30: Literacy	30
31 Ski Program						

~ FEBRUARY 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Swim Lessons	2 Swim Lessons 4:00-6:00 Photography Class	3 Massage in Health Centre	4	5 Child's Health Session 1:00-3:30: Mental Health	6
7 Ski Program	8 OFFICE CLOSED NO Swim Lessons	9 Swim Lessons	10 Massage in Health Centre	11 Food Box Pickup Day 11am-2pm Food Box Orders Due by 4pm	12 Child's Health Session 1:00-3:30: FUN DAY - Painting	13 Community Winter Festival 11AM-2PM at Kinsmen Beach
14 NO Ski Program	15 Swim Lessons	16 Swim Lessons	17 Massage in Health Centre	18	19 Child's Health Session 1:00-3:30: Dental Health	20
21 Ski Program	22 Swim Lessons	23 Swim Lessons	24 Massage in Health Centre	25 12:00 Womens Health Session: Heart Health Food Box Pickup Day 11am-2pm Food Box Orders Due by 4pm	26 Child's Health Session 1:00-3:30: Culture	27
28 Ski Program	29 Swim Lessons					

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