

# 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.

Reminder - Firewood is available but it needs splitting.

Old chairs and tables from the old band hall will be available for pickup on March 24th at the old band hall between 12:00 and 2:00.

**THE BAND OFFICE WILL BE CLOSED EVERY DAY FOR LUNCH BETWEEN 12-12:30 (except Tuesdays when Dr. Mannheimer is here).**

**THERE WILL BE NO CHRISTMAS DISBURSEMENTS ISSUED AFTER MARCH 31st.**

### BAND MEETING

**March 16th, 2016** is the next Shuswap Band Meeting at the old band hall.

Shuswap Band Staff will be cooking a meal beforehand for all members that attend.

Dinner from 5:00pm-6:00pm

Presentations: On CCP  
Land Use Plan - Tom Viesner from Urban Systems  
Staff reports/updates

### MARCH 2016

- CHIEF & COUNCIL
- BAND MEETING
- COMPREHENSIVE COMMUNITY PLAN
- MEMORANDUM OF UNDERSTANDING
- SUMMER PROGRAM
- COMMUNICATION
- LANDS
- HEALTH
- SOCIAL DEVELOPMENT
- EDUCATION
- YOUTH
- JOB OPPORTUNITY
- BIRTHDAYS
- SHUSWAP BAND CALENDAR

## COMPREHENSIVE COMMUNITY PLAN

### WEYT-KP

I am very happy to feel that spring is upon us. I hope everyone had a good winter season.

Our Comprehensive Community plan is winding down with the final draft being presented through a presentation. A hard copy will be made available for closer review.

It has been a very exciting two years to have had the opportunity to speak to so many of you and to learn and record your vision of our Community.

Through all your hard work and commitment I am happy to say that the Shuswap Band had implemented many of the priorities identified within the CCP into the Staff work plans.

We need to understand the CCP is a living document and will, in future years, be revisited to ensure we are following the vision and as we progress make changes.

I would like to take the time to thank each and everyone of you that participated and followed to the completion of the CCP.

I look forward to seeing you at the Band Meeting.

Diana Cote  
CCP Coordinator

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## MEMORANDUM OF UNDERSTANDING



### **PRESS RELEASE**

For Immediate Release

### **Shuswap Indian Band and CMH Heli-Skiing and Summer Adventures Sign Memorandum of Understanding**

**Invermere, B.C. – Feb 3, 2016:** The Shuswap Indian Band, an aboriginal community located in Invermere, B.C. and CMH, the world's first heli-skiing and heli-hiking operator, announced today that they have entered into a Memorandum of Understanding (MoU), to enhance information sharing and cross-cultural understanding, and develop environmental stewardship and community-based initiatives within Southeastern British Columbia's East Kootenay region.

The MoU was signed today by Shuswap Indian Band Chief Barb Cote and Rob Rohn, CMH Heli-Skiing and Summer Adventures Director of Mountain Operations.

“Because we operate in the Shuswap Indian Band’s traditional territory, we are delighted to formalize our partnership with the Shuswap Band and look forward to working together to develop meaningful community, cultural and environmental stewardship practices,” said Rohn.

“We are honoured to be working with CMH Heli-Skiing and Summer Adventures to be able to share our unique Shuswap culture with their guests,” said Chief Cote. “In our overnight experience at CMH Bugaboos we were amongst visitors from all over the world, and it was great to see the respect illustrated by CMH staff in recognizing the importance of local aboriginal culture, in addition to seeing the care they take in protecting the environment.”

Following today’s signing, the Shuswap Indian Band and CMH will begin work on specific initiatives focusing on tourism stewardship, Shuswap First Nation youth career development, and cultural sharing and preservation within CMH’s skiing and hiking operations.

#### **ABOUT SHUSWAP INDIAN BAND:**

*Shuswap Indian Band (Kenpesq't people) have always been keepers of the land, using its bounty to sustain their way of life. Native culture hinges on the belief that the land responds positively to care and respect. Traditionally, the people of the Shuswap Indian Band occupied and used a vast territory from the Big Bend area to Revelstoke to the Trail area in the south and east to the eastern foothills of the Rocky Mountains. Today, almost half of the Band members live on a single Indian Reserve adjacent to the town of Invermere. There are approximately 287 members living on and off reserve.*

#### **For more information on the Shuswap Indian Band visit:**

Web: [www.shuswapband.net](http://www.shuswapband.net)

Facebook: [facebook.com/shuswapbandnews](https://facebook.com/shuswapbandnews)

#### **ABOUT CMH HELI-SKIING & SUMMER ADVENTURES:**

*Celebrating 50 years of heli-adventures, CMH Heli-Skiing & Summer Adventures is the world's first Heli-Skiing and Heli-Hiking operator. From their head office in Banff, Alberta, CMH operates exceptional mountain experiences based from 11 lodges located in the Bugaboo, Purcell, Selkirk, Monashee and Cariboo ranges of British Columbia, Canada. Heli-Skiing takes place each year from December through April, and CMH Summer Adventures take place from July to mid-September.*

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### **SUMMER PROGRAM**

Shuswap band will be having another summer program for the summer of 2016! Pre-registration will be June 20-25th at the Band Office.

The summer program will run every Tuesday, Wednesday and Thursday from 10:00am-3:00pm for 6 weeks starting on July 12th and ending with a celebration on August 18th.

Each newsletter in the months leading up to July will have additional information and details around the summer program.

## 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](mailto:modland@shuswapband.net)**

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## LANDS

The lands manager 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 simply getting a list together of who is interested.

Shuswap Band Members - Please note that neither you nor your guest should not be using someone else's CP lands for your own use without the permission of the CP holder. Do not drive over or trespass on someone else's CP lands without their permission.

There will be a presentation on the Land Use Plan at the Band Meeting on March 16th.

The Band has recently completed a Phase II Environmental Site Assessment on reserve. Concerns has been raised about sources of contamination on reserve lands. Potential sources include derelict

vehicles, equipment, trailers, and other items which can contaminate our lands. We will be contacting individuals who are suspected of contributing to contamination of our lands.

**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](mailto:lands@shuswapband.net)**

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## **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 March 8th. 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.

### **TAKE-HOME NALOXONE CENTRE**

We are the only take-home naloxone centre in the Columbia Valley! This program is an overdose prevention program for anybody who is prescribed opioid medications. If anyone is interested in learning about this program, please call Shauna or Morgan at the band office.

### **HEALTHY FOOD BOXES**

Shuswap Band Members continue to enjoy the Healthy Food Boxes! 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 12:00 and 2:00pm - 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:

**March 10th** - Order due March 3rd

**March 24th** - Order due by March 17th



**FITNESS PASSES**

Mid-march there will be drop-in fitness passes available for Shuswap Band members at YPC fitness and Valley Fitness Centre. You must register with Shauna or Morgan at the band office to utilize the passes. Please contact Shauna or Morgan with your name and interest.

**For any information please contact our Health Professionals:**

**Health Coordinator Shauna Cameron at  
(250) 341-3678 ext. 1015 or [health@shuswapband.net](mailto:health@shuswapband.net)  
Community Support Worker Morgan Odland at  
(250) 341-3678 ext. 1009, [modland@shuswapband.net](mailto:modland@shuswapband.net)**

**SOCIAL DEVELOPMENT**

We have purchased tickets for Koba's Great Big Show located at Key City Theatre in Cranbrook on March 14th at 6:30pm.

This show will include: The Backyardigans, Max and Ruby, Franklin and Mike the Knight!

Please contact Dolores to get your ticket - It is on a first come first served basis.

**Chimney Cleaning**

There will be chimney cleaning on March 9th and 10th. Members will be contacted the night prior for a reminder to not start a fire.

**For any additional information please contact our Social Development Coordinator Dolores Varga at (250) 341-3678 ext 1011 or [dvarga@shuswapband.net](mailto:dvarga@shuswapband.net)**

**EDUCATION**

Mr. Pat McBryan will be coming in to work with Deb Fisher to work on the Shuswap Band's Family History. Anyone wanting to assist by bringing in pictures for us to scan or even share stories would be greatly appreciated!

## **YOUTH**

Thank You to all of you for making the Community Winter (not so winter) Festival such a success. That was so much fun!!

### **Youth Living Life to the Full**

Youth 12-18

Starts Tuesday, April 5<sup>th</sup> from 9:30 – 12:30 at DTSS counts as class time

Runs every Tuesday April 5<sup>th</sup> – April 26<sup>th</sup> with Lunch provided

Participants are taught skills how to deal with their feelings when fed up, worried or hopeless, and learn skills to help them tackle life's problems.

Please sign up with [Tracy.simpson@sd6.bc.ca](mailto:Tracy.simpson@sd6.bc.ca)

### **Community Family Tree Project**

Shuswap Band is working on the Community Family Tree Project and we need your help!

We community members who has spent a lot of time working on gathering an incredible amount of information on the Shuswap history and we would like to share this will all of you.

We will be making a brief presentation on some of the information on March 16<sup>th</sup> at the Band Meeting. If interested in participating please bring any information you have on your family history, genealogy and photographs to the meeting on March 16<sup>th</sup>. Once we have everything together we will collaborate to get you your personal family tree as well as a photo book of historical and current photos of our amazing community.

If anyone is interested in helping with this project please contact Deb at [education@shuswapband.net](mailto:education@shuswapband.net)

### **Pat and Baiba's Excellent Adventures**

Monday, March 21st @ 7pm

Photo documentary of Torgat National Park in Labrador, Canada.

Experience in Inuit culture, Targets national park and programs which work alongside with their First Nations people and view photos of the breathtaking scenery of Canada!

All ages, everyone welcome, popcorn and refreshments provided.

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## **JOB OPPORTUNITY**

**POSITION:** HOMEMAKER

**REPORTS TO:** HEALTH DIRECTOR & SOCIAL DEVELOPMENT WORKER

### **Position Summary:**

The Homemaker maintains the normal household routine for clients, including but not limited to, general housekeeping, grocery shopping, laundry, etc.

**Duties and Responsibilities:**

- Responsible for carrying out the home care services via home visits to clients, as per the weekly and monthly schedules.
- Keeps the client's homes in order; does a reasonable amount of washing and ironing, laundry, cooking and meal planning as necessary, general housekeeping duties, miscellaneous household tasks (ie: cleaning fridge and stove, etc).
- Escorts and assists clients with routine shopping, banking, and other appointments as required and approved by Health Director.
- Maintains up-to-date files on their clients, including a daily log of home care services rendered, comments, etc.
- Prepares and submits a weekly report on activities, including a daily log of home care services and activities, recommendations, etc. to the Health Director
- Pursues on-going professional development by attending relevant training workshops, seminars and conferences.
- Ensures strict confidentiality of all personal knowledge acquired on the job related to the clients and their families; discusses personal/medical matters only with classified personnel.
- Conduct any other relevant duties as requested by the Health Director or Social Development Worker.

**Qualifications:**

Education:

Food Safe

WHIMIS

Current First Aid and CPR

Valid Drivers License / Reliable Transportation

Home Care or Equivalent Certificate

Experience:

Minimum of 2 years related homemaker work

Experience in First Nations/Cross Cultural environment

Must have the ability to be flexible, and work varying hours

Must have shown evidence of working as a team member

Note: Criminal Record require for this position

**Please submit your cover letter and resume marked "confidential" to:**

**Terry Babin**

**Director of Operations**

**Shuswap Indian Band, Box 2847, Invermere BC, VoA 1K2**

**Email: dops@shuswapband.net**

**Fax: (250) 341-3683**

**Closing Date: March 18th, 2016.**

**BIRTHDAYS**

**HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN MARCH!**

**From the Shuswap Band calendar located in the office:**

- March 1st - Vivienne Shovar-Stevens
- March 5th - Ida Rivers
- March 6th - Diana Cote
- March 7th - Michael Stevens
- March 10th - Floyd Sam
- March 11th - Aaron Nicholas
- March 18th - Deekin Pascal
- March 21st - Tiffani Martin
- March 23rd - Anna McCluskie
- March 24th - Happy Anniversary to Basil & Riva Stevens!
- March 25th - Candice Sam
- March 29th - Charlena Sam
- March 31st - Jeremy Paul

Happy B-day to my  
Jeffery. Also to Kellen  
happy b-day.  
Love mumzies



Happy  
Birthday Baby  
Girl, Love  
Mommy and  
Daddy!

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](http://www.shuswapband.net)**

**SHUSWAP BAND CALENDAR**

~ MARCH 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Massage in Health Centre 	3 Food Box Orders Due	4	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 12-2	11	12
13 Ski Program	14 Naturopath in Health Centre  Koba's Great Big Show in Cranbrook 6:30pm contact Dolores for more info.	15	16 Massage in Health Centre  BAND MEETING 6PM AT BAND HALL 5:00 Dinner	17 Food Box Orders Due  Foot Care Day 	18	19
20 Ski Program	21 Pat & Baiba's Excellent Adventures at 7pm	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 12-2	25 OFFICE CLOSED - GOOD FRIDAY	26 EASTER PARTY 1:00PM at Old Band Hall 
27	28 OFFICE CLOSED - EASTER MONDAY 	29	30 Massage in Health Centre	31 Food Box Orders Due		

~ APRIL 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Massage in Health Centre	7 Food Box Pickup Day 12-2	8	9
10	11	12 Dr. Mannheimer in Health Centre at 12:00: drop-in or by appointment	13 Massage in Health Centre	14 Food Box Orders Due	15	16
17	18	19	20 Massage in Health Centre Social Assistance Payment	21 Food Box Pickup Day 12-2 Foot Care Day	22	23
24	25	26 Dr. Mannheimer in Health Centre at 12:00: drop-in or by appointment	27 Massage in Health Centre	28 Food Box Orders Due	29	30

More event details for April will be in April's newsletter on April 4th.