

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.

**NOVEMBER 8TH
ELECTION: POLLING
STATION AT THE OLD
BAND HALL FROM
9AM-8PM**

NOVEMBER 2016

- CHIEF & COUNCIL
- MEMBER OF THE MONTH
- HEALTH CENTRE UPDATE
- CULTURE & HERITAGE
- EMPLOYMENT
- CCP
- EDUCATION
- BIRTHDAYS
- SHUSWAP BAND CALENDAR

Anyone wanting to help with wood, please leave your name at the office. Trying to have wood available to pick up or deliver by the weekend of November 5th.

INSPIRATIONAL MEMBER OF THE MONTH: ARLENE HUNTER

Shuswap Band member Arlene Hunter has lost an amazing 49 pounds! Her journey began after a health scare that resulted in hospitalization in July of 2016. Arlene states that her choice of exercise is walking "to better

[her] health". Arlene has successfully walked to town from her home once as well as walks every day for approximately 20 minutes. She states that the Fitbit that she wears and uses daily that was given to her from the Shuswap Band's Health Department has increased her motivation. Arlene's ultimate goal is to come down to 150 pounds, and to be able to run one day. Arlene states that in order for her to accomplish her goals, she states that her "brain, Lawrence (spouse), Betty (sister), children and dogs are what keeps [her] motivated...especially the 4 dogs because they don't have an excuse".

Arlene states that "the Shuswap Band's Food Box program has helped drastically" with her goals. She has completely cut pop and other unhealthy items out of her life for the better of her health as she used to drink 2 cases of pop a week. Her diet is based upon portion control, healthier food and drinking lots of water.

Some suggestions that Arlene has for others that are struggling with getting into a fitness routine is that "walking is good" as well as "train the brain" to keep yourself positive and on track. Arlene states that "doing and saying are two completely different things".

Congratulations Arlene!

If you know of someone in the Shuswap community who is inspiring, please contact Shuswap Band's Communications Coordinator, Morgan Floesser (250) 341-3678 ext 1009 or mfloesser@shuswapband.net



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 November the dates he will be here are: November 8th and November 22nd

Please contact Shauna for an appointment.

DR. BAKER – NATUROPATHIC DOCTOR Continues to provide alternative medicine including homeopathy, herbalist, and acupuncture, as well as diet (nutrition) and lifestyle.

He will be in the Health Centre on October 24th – please contact Shauna for an appointment.

HEALTHY FOOD BOXES – Food Box pickup is between 12:00-3:00 on food box day. If you do not pick up by 3pm your box will be re-distributed. If you do not pick up your food box, we will assume that you are not interested in the food box program and your name will be removed from the list until you contact Morgan or Shauna to order again.

Food Box Pickup Dates are: November 3rd and November 17th from 12-3.

BEAUTY DAY – We are looking at having another Beauty Day prior to Christmas, date to be determined.

DENTAL DAY – January we will be hosting another child dental day, dates to be determined.

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



CULTURE & HERITAGE

Regalia Making – We have had two workshops to date, and thank you to all the participants! Our next workshop will be November 5th (Saturday) 1PM – 5PM at the Band Hall. Please note you do not have to attend for the whole allotted time. I know we have an eager group who is enthusiastic, so want to ensure everyone has lots of time as it goes fast.

Our department will be starting fundraising for our Knowledge Keepers trips. This includes going to the Secwepemc Elders Council meetings with the Nation; and also the BC Elders Gathering next year! We will be doing raffles, 50/50's, bottle drives, etc!

For any more information regarding Culture and Heritage please contact Pauline Eugene at (250) 341-3678 ext 1006 or heritage@shuswapband.net

EMPLOYMENT

Wildland/Urban Interface Workers Required

Wildland/urban interface workers needed for immediate and upcoming forest fuel management projects, tree falling/thinning and basic labour.

Required: \$100, \$185, Level I First Aid, Current Driver's License and a minimum of 2 years' experience preferred.

Please send resumes and certifications to:
reception@shuswapband.net

COMPREHENSIVE COMMUNITY PLAN

Weyt-kp

We would like to welcome Suzie Thomas to our Team. Not only will Suzie be working on the Aboriginal Resource Management project, but she will also be assisting with the Phase three of the CCP

Suzie and I attended the Annual CCP Conference at St Eugene's Resort, Co-hosted by Aqam". The theme for this year's Conference was "Empowering Youth". We all recognize the importance of including our Youth in the day to day operations of our Community. We attended several workshops on how to engage our Youth.

We are working towards revisiting the 10 themes to ensure Culture, Language, Elders and Youth are included.

The CCP is a living document and we strive to ensure it is continually updated.

Suzie and Myself will be hosting multiple sessions to review the CCP and work with Members and Staff to revise the plan to ensure we meet our Bands Vision.

Last month we provided the progress of the Goals and Actions items within the CCP. For the next few Months we will be researching funding to meet those Goals.

The First session will take place within the Week of November 14th Date to be determined. We will hold a session at Shuswap Band and one in Cranbrook.

For any more information regarding the CCP, please contact Diana Cote at dcote@shuswapband.net

EDUCATION

I have met with SD#6 staff and administrators around Elders in the Classroom, protocols, and aboriginal perspective. I attended the School District #6 meeting around the long term facility plan to possibly change to 2 K-7 schools to fix the over student population and under population in our local schools. I spoke highly against the idea and since have had many other people say that they had never thought about some of the repercussions that I shared at the meeting. I spoke as a student who was part of the past when that was done in the "60's" when Invermere Elementary was split with J Alfred Laird School and how it divided our communities and the potential of serious deep rifts.

I attended the SEEM's training session on Employment and Training and found many useful resources and ideas. I have a guinea pig right now trying out my new skills on.

LOCAL SCHOOLS

Our K-12 students are busy at it and have had field trips, outdoor learning opportunities and exploring the new curriculum. I have visited each school in the the local zone and met some of the students and I can assure you that they are very special children.

ALL local schools have been notified that we will pay for the hot lunch programs, school supplies, and \$15 dollars toward the book days and a donation to each Aboriginal Education Support room for healthy snacks. I am going to be looking into grants to provide the same for BC off reserve students.

If you are off reserve and out of this local school zone; I really need your support on this! Please send me your info: Children's names, ages, grades, schools and your contact info and I will add it to my grant applications.

We have been accepted on 3 grants:

Ipad's K-12: was a huge success! We have shipped out to the schools another 9 iPads to SIB membership students from K-12 with in BC. We have 4 left so if you have children K-12 and reside in the province of BC please contact me asap.

Rifle Camp: we are working on details so watch at the band hall, through your abed workers and Facebook for details and dates. I am negotiating the opportunity to add Archery and the CORE course for the spring. Please contact Debra if you have children who would be interested.

Post Secondary Tour: we are setting up a Post Secondary Tour to SAIT, Mount Royal and University of Calgary for our youth grades 8-12. We will be having some of our grads and graduates from the Shuswap Band to help with the tour and chaperone. Again watch at band hall, your abed workers and Facebook for details

and dates.

POST SECONDARY:

If you considering Post Secondary for January intake please contact Debra Fisher asap for processing package.

Our post secondary students doing very well and fall term is already just about done! Good for you all for working so hard and for some of you who get your attendance to me on time.

The **Chain Saw Course** was a huge success with 7 of our membership taking part. They got to practise on the load of logs that were for winter wood for SIB membership. Thanks to COTR for working with us so well.

The **Discovery Trades Program** through COTR & DTSS has again been a huge success. They meet and work in the Bubble Tent daily.

Right now we are discussing a couple projects for the community, one being a floor for the Tipi so that next summer we can use it for a Tourist Info Centre in partnership with the Columbia Valley Chamber of Commerce. Anyone interested in being trained for a Visitor for this please contact education@shuswapband.net

The second project is producing some shutters for the Church so that snow, rain and dust does not destroy the work that has already been started and the building itself. They are also looking at putting proper eaves and fascia board on so that; bats and birds can't enter the ceiling part.

The **Mountain Hospitality Program** a **FREE** 5 week course and it is starting for the fall semester and will be offered again in the Spring. This course gives you so many certificates: First Aid, WHIMIS, Food Safe, Serving it Right, Plus 5 World Host Training Certificates, Computer Skills, Job Search Skills, Industry Skills, Intro to Front and Back Country Operations and a one week work placement!

Next intake is now: please get your name in asap as this course is very popular and much needed. Next session is March 13- April 21, 2017 Work Placement from April 17-21. This course is available in Cranbrook also, so contact education asap if interested for application package.

Water Source Protection Management:

Our first project with Thompson River University is a GO! 4 Shuswap Community Members are taking the Water Source Protection Management Planning Workshop course in Cranbrook, starting November 21-25. A big thank you to TRU, Kerri-Anne & Sierra for our team effort on this project!

It has been a busy month and an even busier next month!

BIRTHDAYS

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

November 5th – Nicole Shovar
November 20th – Stuart Powell

CONGRATULATIONS!!

To Ed and Ida Rivers on their 20th Wedding Anniversary on November 26th

AND

To Frank and Pat Sam on their Wedding Anniversary on November 30th.



SHUSWAP BAND CALENDAR

~ NOVEMBER 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Massage in Health Centre	3 Food Box Pickup 12-3	4 BINGO at Band Hall 6pm	5
6	7	8 Election Dr. Mannheimer in Health Centre	9 Massage in Health Centre	10 Foot Care in Health Centre	11 OFFICE CLOSED: Remembrance Day BINGO at Band Hall 6pm	12
13	14	15	16 Massage in Health Centre	17 Food Box Pickup 12-3	18 BINGO at Band Hall 6pm	19
20	21 Naturopath Dr. Baker in Health Centre	22 Dr. Mannheimer in Health Centre	23 Massage in Health Centre Social Assistance Payment	24	25 BINGO at Band Hall 6pm	26
27	28 Dietician & Kinesiologist in Health Centre	29	30 Massage in Health Centre			

~ DECEMBER 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Food Box Pickup Day 12-3	2 BINGO at Band Hall 6pm	3
4	5	6	7 Massage in Health Centre	8	9 BINGO at Band Hall 6pm	10
11	12	13 Dr. Mannheimer in Health Centre	14 Massage in Health Centre Social Assistance Payment	15 Food Box Pickup Day 12-3	16 BINGO at Band Hall 6pm	17
18	19	20	21	22	23 BINGO at Band Hall 6pm	24
25	26	27	28	29	30 BINGO at Band Hall 6pm	31