

# Shuswap Band Newsletter

## **CHIEF & COUNCIL**

If you would like to book an appointment to see Chief and Council, please contact Lorena at 250-341-3678 Ext. 1008

**Cheques are issued and will be available every Thursday.**



## **NOVEMBER 2017**

- Chief & Council
- Health Centre
- Education & Training
- Territorial Operations
  - Lands Management Coordinator
  - Cultural Heritage
  - Consultation Coordinator
  - Comprehensive Community Plan
- Lands and Resources
- Employee Welcomes
- Birthdays
- Shuswap Band Calendar

Chief Cote will be away the week of October 30 through to November 3. She will be attending a BCAFN Women's Dialogue Session

Councillor Pascal will be away November 7 - 9<sup>th</sup> as she will be attending the Interior Regional Health Caucus in Kamloops.

Chief and Councillors will all be away from the office the week of November 13. Lorena Tegart will be available to take any calls for them at this time.

## 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. His services are by appointment or drop-in basis – appointments are preferred.

**In November he will be here: Nov 14<sup>th</sup> & Nov 18<sup>th</sup>**

Please contact Shauna for an appointment.

**HEALTHY FOOD BOXES** – Due to several food boxes not picked up, we will be changing food box to every 3 weeks for the next while. Healthy Food Boxes are now going to be at the Shuswap Band Community Hall for pickup from 12-3 **sharp**. Reminder, if you forgot to pick up a food box that you ordered, your name has been taken off the list. **You must make prior arrangements if you cannot pickup your food box.**

**Next Food Box: Nov 9<sup>th</sup> & Nov 30<sup>th</sup>**



**FLU CLINIC** – Will be offered as of Tuesday, **October 31<sup>st</sup>** and will be available throughout the entire flu season in the Health Department. Please call to make an appointment or drop-in to see Shauna for your Flu Shot.

**OVERDOSE PREVENTION & NALOXONE TRAINING** – On **October 3<sup>rd</sup>** the Health Department hosted a Community-wide forum and dinner on overdose prevention and Naloxone Training in which 2 staff members were the only people in attendance. Due to the fact that the opioid crisis is a public health emergency across B.C. we were hoping to have more participation in this important health issue. You can come into the health centre for the printed out material that was presented at this forum.

**HEALTH SURVEY** – The health department will be sending out a confidential quality assurance survey of our health services to the entire membership to obtain much needed feedback on membership health needs and wants. This will be a separate mail-out coming soon before Christmas.

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

**Health Coordinator, Shauna Cameron (250) 341-3678 ext 1015 or [health@shuswapband.net](mailto:health@shuswapband.net)**

**Community Support Worker, Morgan Floesser (250) 341-3678 ext 1009 or [mfloesser@shuswapband.net](mailto:mfloesser@shuswapband.net)**

## EDUCATION & TRAINING

**Log House Building** – Available in April. We are gathering names of those interested in doing this course so that by April we will have a group ready.

Please go to the following website for more information <http://www.bclogschool.com/>

**To all young entrepreneurs from the community:** Would you like to be sponsored by Columbia Basin Trust, to go to the YES event in Vancouver? CBT will sponsor two young members of the community to go to this event. Go to the website for more information: <https://youngentrepreneursymposium.ca/> In order to take advantage of this opportunity the youth need to connect directly with the New Relationship Trust – on their website, under register, there is a tab to request sponsorship.

**Targeted Initiative for Older Workers – Free course**

This program offers:

- Class-based skill development – including job searching and career planning (10 weeks)
- Funding to access training at local educational institutions/trainers
- Income support for the duration of in-class training
- Targeted wage subsidy for on-the-job training (4 weeks)

**REQUIREMENTS:**

Participants must meet the following eligibility criteria:

- Unemployed
- Aged 55 – 64 (in some circumstances, unemployed workers aged 50 – 54 or 65 and up may also participate)
- Be legally entitled to work in Canada
- Require new or enhanced skills for successful integration into new employment
- Live in an eligible community/region
- Be ready and committed to returning to work

**Food Safe** - Free course. At the end of the course, you will need to do an exam to obtain your food safe certification, all included in the course.

This certificate lasts for 5 years.

This is especially good for those who work in restaurant kitchens or catering.

## **TERRITORIAL OPERATIONS**

**Territorial Lands Management Coordinator**

**October 2017**

**Diana Cote**

**Columbia River Treaty CRT):** On November 2 Columbia Basin Trust will be providing a CRT 101 session. This session will be an overview of historical events and where we are today with the Columbia River Treaty. If you are interested in learning more, please give me a call at 778-526-5118

**Reconciliation Framework Agreement:** Technical working group meeting every third Thursday of each month. The Shuswap Band was the host Community for our October meeting. The Technical working group worked on strategic planning. We developed groupings of ongoing initiatives that will be negotiated at the RFA table. Political, Legislative and policy reviews, Cultural Heritage and Archeology, Territorial Patrol, Water, Fish and Wildlife, Forestry and Funding. Each of these headings has a list of projects.

This list went to the Joint Chiefs Council for discussion and delegation for Community lead. Councillor Tim Eugene attended the Joint Chiefs Council.

**Skills and Training.** The Territorial Staff and Education/Employment met with the College of the Rockies to discuss potential development and delivery of identified programs for our Community. Two of special interest is the Territorial Patrol, Trades and monitoring programs. If you have an interest please see Tais to submit your name.

**Advisory Planning Commission:** RDEK Advisory had one application this session.

**Salmon Festival:** I must commend all the Staff that were present to assist with the Salmon Festival. The horse ceremony included in this year's event was incredibly emotional and spiritual. The pow wow was well attended, and we ended the evening with retiring the flags and closing the doors at 9pm. A beautiful well attended event. Our Community should be proud for the well-organized event that the Shuswap Band provided. I would have liked more participation and information on the reintroduction of our Salmon as the Event is to educate our people and the community at large the cost to our Culture and people of the loss of our Salmon.

**Teck:** The Territorial Staff and Education/Employment met with Norm Fraser from Teck Coal. The session was intended for consultation and information us on the Line Creek water treatment plant. The treatment plant is to extract the selenium from the tailings of the coal mining. There are certainly concerns with this new process and we will have a slide show to provide to the Membership.

Action items from this meeting included revisiting the Shuswap Band/Teck MOU, Training in Water monitoring, providing us with Archaeological/environmental reports and the IMBA.

**Forestry:** The Shuswap Band is actively requesting and discussing the Wildfire Salvage opportunities within the Southeast fire centre.

**Columbia Basin Trust:** I attended the yearly Administrator Community Initiatives program meeting in Cranbrook. The four Ktunaxa Nations Bands and shuswap band meet to discuss the year program delivery.

**Toby Creek Adventures:** The Territorial Staff and one Elder participated in reviewing the licence of occupation for Toby Creek Adventures. We were provided a "in the field" review of proposed additions to and existing tenure. The two First Nation trapline owners were invited to participate to provide comments.

If you would like to learn more about the Columbia River Treaty workshop or the Teck Water Treatment facility or any of the other initiatives, please drop in or call.

Thank you

Diana

### **CULTURAL HERITAGE**

Winter Activities – Looking for ideas of things we can do indoors over the winter months! Are there still regalia or moccasins to be completed or started? Pine needle or birch bark baskets? Different beading? Please contact Pauline Eugene or Suzie Thomas with your interests and dates/times that work best for you!

Family Trees – See the attached templates to get started on your family trees! Please bring a copy of what you have to the Territorial Operations office.

Environmental Monitoring Training – If you have an interest to obtain environmental monitoring training, please contact Pauline Eugene or Suzie Thomas to be put on the list! We must have an idea of numbers to pursue curriculums and funding!

#### **The Secwépemc Calendar**

Long ago the Secwépemc had their own calendar. An annual seasonal round, termed “nek’ú7 te swucwt” (“one year”) consisted of thirteen months or moons (mégcen), with the month names derived from the activity people were carrying out at that time of the year or the characteristics of the weather or nature at that time.

The annual seasonal cycle started with the late fall month, Pellc7ell7ú7llcwteñ, the “entering month”, when people first entered their c7fstkceñ or winter underground home, and ended with Pesllwélsceñ, the fall-month, when people hunted and trapped game in the mountains (fall begins – October).

Pellc7ell7ú7llcwteñ - entering the winter home or entering month

Yi7éne te mégcen m-c7ell7ú7llcwes re Secwépemc ne c7es7fstkceñs.

This is the month the Secwépemc entered their winter homes.

**For any more information please contact our Cultural Heritage Coordinator, Pauline Eugene at 778-526-8110 Ext. 104 or [heritage@shuswapband.net](mailto:heritage@shuswapband.net)**

**Diana L. Thomas,  
Consultation Coordinator  
Territorial Office, Shuswap Band**

- ✦ October SWAP (Single Window Administrative Portal) or G2G Engagement (Government 2 Government Engagement).  
Shuswap Band receives 85% of the referrals that come into the Secwépemc Territory through the Single Window Administrative Portal. The SWAP Portal provides and maintains a single window between the province and Secwépemc.
- ✦ Salmon Festival October 14<sup>th</sup> with Ktunaxa Dance Troupe  
Assisted with the set up and clean up for the Salmon Festival  
Assisted with the cooking & serving
- ✦ Toby Creek Adventures  
Toured the area and reviewed the proposed amendments of Toby Creek Adventure Tenure along with Paradise Mine.
- ✦ FLNRO, Cranbrook Region  
Government Referral Training and processes training
- ✦ AAC Meeting
- ✦ Canfor Lydar & Salvage, Radium
- ✦ Parks Canada Review
- ✦ BC Hydro Presentation
- ✦ Teck Presentation
- ✦ COTR Meeting

### **COMPREHENSIVE COMMUNITY PLAN**

We have been very busy with this Document. We found the need to revisit a few things in the 44-page document. Adding our Cultural Values and language.

Members found the document very long. So, we will be splitting it into 2 pieces. One piece being more resource material and the second piece having more visuals and having our culture and language piece included.

Members have also requested we revisit the Vision Statement. We will be looking into that as well.

I thank all the members that have attended for their time and contribution.

Thank-You

Suzie Thomas

**Next CCP info session will be on Tuesday November 28, 2017 @ 5PM Dinner Provided**

**Any questions or comments please contact Suzie Thomas by email at [stthomas@shuswapband.net](mailto:stthomas@shuswapband.net) or by phone @ 778-526-8115.**

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## LANDS AND RESOURCES

### Civic Address

If you have a 911 Emergency, please use your new civic address. This will cut down on response time. Notices were sent to all members regarding civic addresses. If you did not receive a notice, please contact Sierra Stump at (250) 341-3678 or by email to [landclerk@shuswapband.net](mailto:landclerk@shuswapband.net)

### Wills Program

**IF YOU HAVE NOT HAD YOUR SECOND APPOINTMENT AND SIGNED YOUR WILL, PLEASE CALL OR EMAIL US ASAP.**

We will be posting new dates on our Facebook page for appointments.

Appointments can be made through our office but can be done either at the Band Office or at Rockies Law.

We have received funding for this fiscal year to continue our Estates Management Program. In addition to Wills this year, we will also offer Power of Attorney (A power of attorney is a legal document that gives another person the power to take care of your financial and legal matters for you) and Personal Representation Agreements (A Representation Agreement is the only way you can appoint someone to assist you or to act on your behalf for health care and personal care matters. It can also cover routine financial affairs). **SPACES ARE LIMITED**, please contact Sierra Stump at (250) 341-3678 or by email to [landclerk@shuswapband.net](mailto:landclerk@shuswapband.net) to add your name to the list for estate planning documents.

### Land Committee

The Land Code Committee Election will be on OCTOBER 29, 2017 at 9am-8pm in the Band Hall basement.

If you would like a copy of the Land Code or the nomination regulations, please contact us. There are also copies at the Band Office.

Look for your notification in the mail, on Facebook and on our website.

For more information, please contact Sierra Stump at (250) 341-3678 or by email to [landclerk@shuswapband.net](mailto:landclerk@shuswapband.net)

### Shuswap Creek

The Lands department is doing an Environmental Flow Needs Study of the creek with the assistance of FLNRO. There will also be a Cultural Heritage Study of the Shuswap Creek watershed happening soon. If you would like to participate, please contact Sierra Stump at (250) 341-3678 or by email to [landclerk@shuswapband.net](mailto:landclerk@shuswapband.net)

### Species at Risk

This project is complete.

Copies of the Final Report or GPS will be available for membership in due time.

### Section 35 Highway Widening

The Shuswap Indian Band did not agree with the value presented with respect to certain lands that the appraiser classified as rural or residential and requested that they re-appraise those lands to reflect a commercial value. This re-appraisal, which will be an addendum to the original appraisal, is in draft form.

### CanWest (Propane)

All Refunds have been processed for any members who were billed for Tank Rentals. Please check your statements. Rental amounts were reversed from December 2014-October 2017.



**EMPLOYEE WELCOMES**

**We would like to welcome both Zach McCluskie and Hayden Hemlock as our Maintenance Team here at the Shuswap Band.**

**We are excited to have them a part of our team for on-going maintenance support.**

**BIRTHDAYS**

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

- November 5<sup>th</sup> - Nicole Shovar
- November 10<sup>th</sup> - Aiden Kain
- November 20<sup>th</sup> - Stuart Powell  
Mark Thomas
- November 29<sup>th</sup> - John Martin

Happy Anniversary to Ida and Ed on November 26<sup>th</sup>.  
Happy 50<sup>th</sup> Anniversary to Frank and Pat Sam on November 30<sup>th</sup>!



**October Birthdays Celebrated at the Shuswap Band Office**

HAPPY BELATED BIRTHDAY  
TO TONY PASCAL ON  
OCTOBER 29<sup>th</sup>!

**SHUSWAP BAND CALENDAR**

**- NOVEMBER 2017 -**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Living Life to Full 12-4 Massage in Health Centre	2 CBT/CRT 101 Session	3	4 10am-5pm Repair Café in Shuswap Band Hall
5 Knowledge Keepers Council Meeting 10AM	6	7	8 Living Life to Full 12-4 Massage in Health Centre 4:30 Remembrance Day Walk, Vigil & Dinner @ Shuswap Band Hall	9 Food Box Pickup 12-3	10 OFFICE CLOSED: Remembrance Day	11
12	13	14 Dr. Mannheimer in Health Centre	15 Massage in Health Centre	16	17	18
19	20	21	22 Social Assistance Payment Massage in Health Centre	23	24	25
26	27	28 CCP Meeting @ 5PM Dr. Mannheimer in Health Centre	29 Massage in Health Centre	30 Food Box Pickup 12-3		

**- DECEMBER 2017 -**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 Dr. Mannheimer in Health Centre	13	14	15	16
17 Community Christmas Dinner	18 Social Assistance Payment	19 OFFICE CLOSED at 12:00	20 OFFICE CLOSED: Christmas Break, return Jan 1 <sup>st</sup>	21 OFFICE CLOSED: Christmas Break, return Jan 2 <sup>nd</sup>	22 OFFICE CLOSED: Christmas Break, return Jan 1 <sup>st</sup>	23
24 <hr/> 31	25 OFFICE CLOSED: Christmas Break, return Jan 2 <sup>nd</sup>	26 OFFICE CLOSED: Christmas Break, return Jan 1 <sup>st</sup>	27 OFFICE CLOSED: Christmas Break, return Jan 2 <sup>nd</sup>	28 OFFICE CLOSED: Christmas Break, return Jan 1 <sup>st</sup>	29 OFFICE CLOSED: Christmas Break, return Jan 2 <sup>nd</sup>	30

**December's calendar is tentative, please see updates on website calendar or in December newsletter.**





Don't Let The **Flu**  
Get to **You**

**Make Prevention  
Contagious!**

Your **immunity** benefits  
the entire **community!**

A flu immunization clinic will be held at:

Shuswap Health

LOCATION

Starting Tues Oct 31 2017

DATE

Call for appointment or drop in

TIME



ImmunizeBC

For more information about the influenza (flu) vaccine  
call HealthLinkBC at 8-1-1 or visit [www.immunizeBC.ca](http://www.immunizeBC.ca)

YOU'RE INVITED TO A

# *Remembrance Day Walk, Vigil, & Dinner*

HONOURING PREVIOUS AND CURRENT  
INDIGENOUS VETERANS

*WEDNESDAY, NOVEMBER 8TH*

*4:30 PM*

*MEET AT THE SHUSWAP BAND HALL*

*DRESS FOR THE WEATHER!*

FOR MORE INFORMATION, CALL:

SHUSWAP: 250.341.3678

AKISQNUK: 250.342.6301

AKISQNUK HEALTH CENTRE: 250.342.6379

*Ne Flanders Fields*

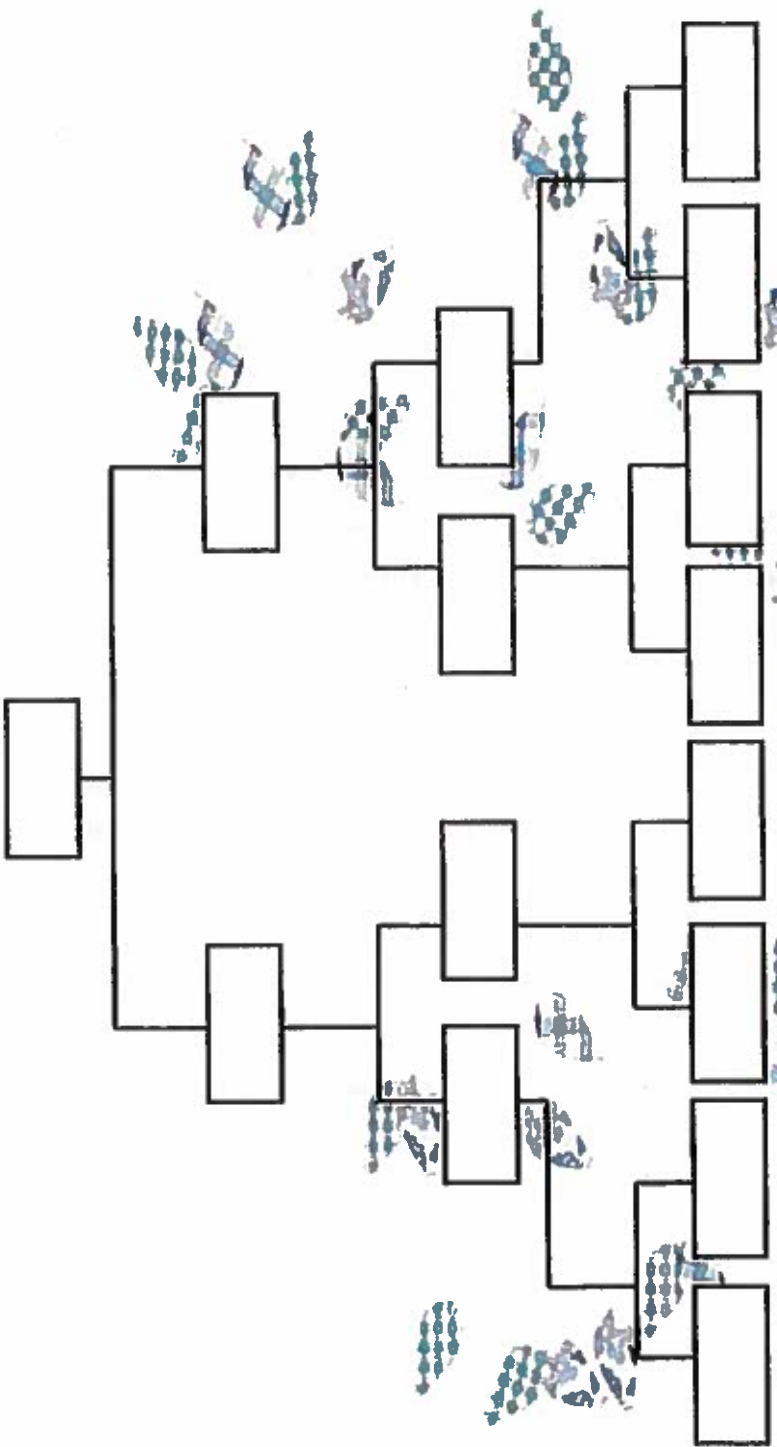
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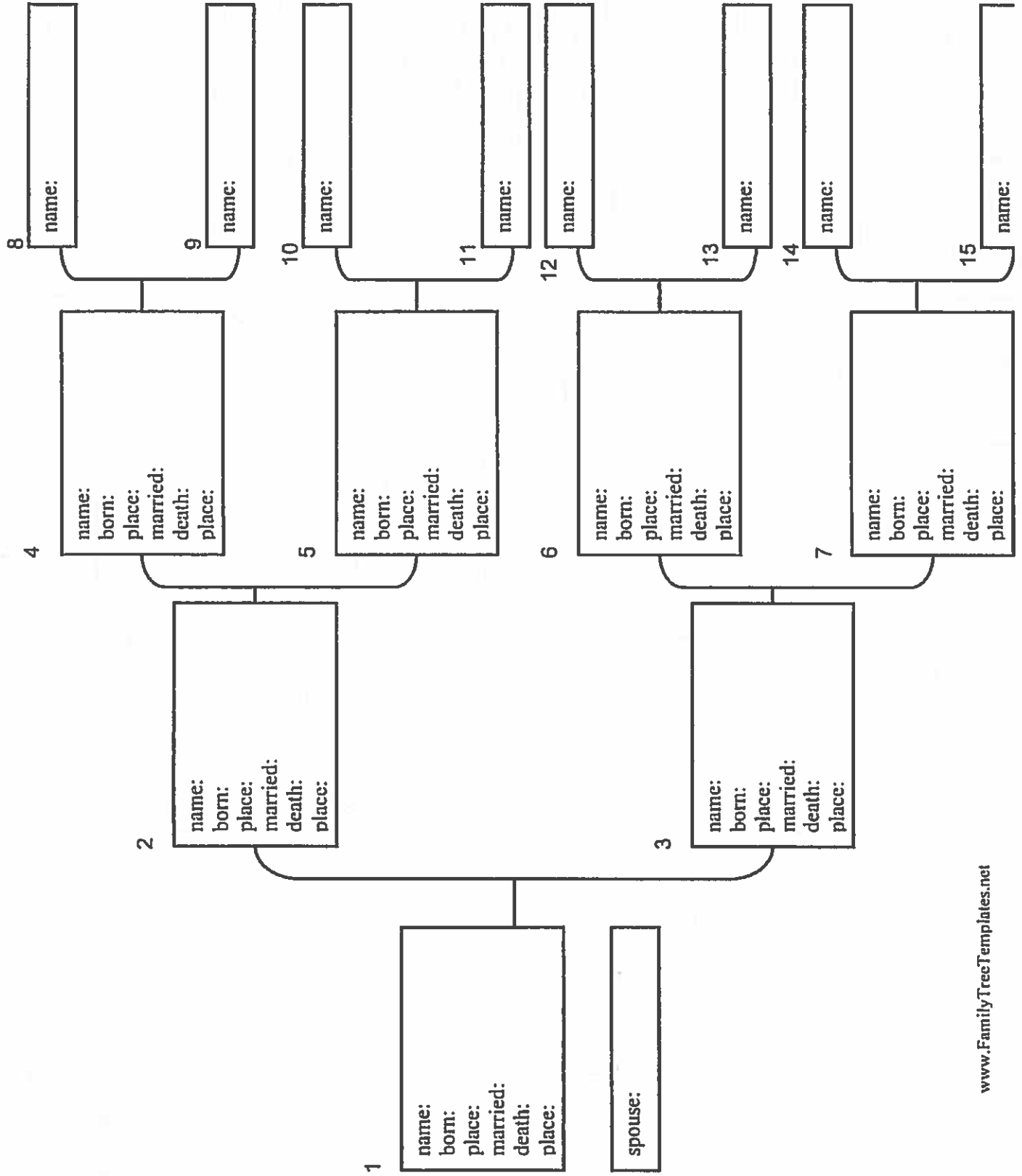
*By Lieut-Col. John McRae M.D translated to Secwepemctsin by Mona Jules*

*In Flanders Fields*

the poppies blow  
Between the crosses row on row.  
That mark our place  
and in the sky  
the larks, still bravely singing, fly.  
Scarce heard  
Amid the guns below.  
We are the Dead  
Short days ago  
We lived felt dawn,  
Saw sunset glow.  
Loved  
And were loved  
and now we lie  
in Flanders Fields.  
Take up our quarrel with the foe  
to you from falling hands we throw  
the torch  
be yours to hold it high.  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
in Flanders Field

# FAMILY TREE





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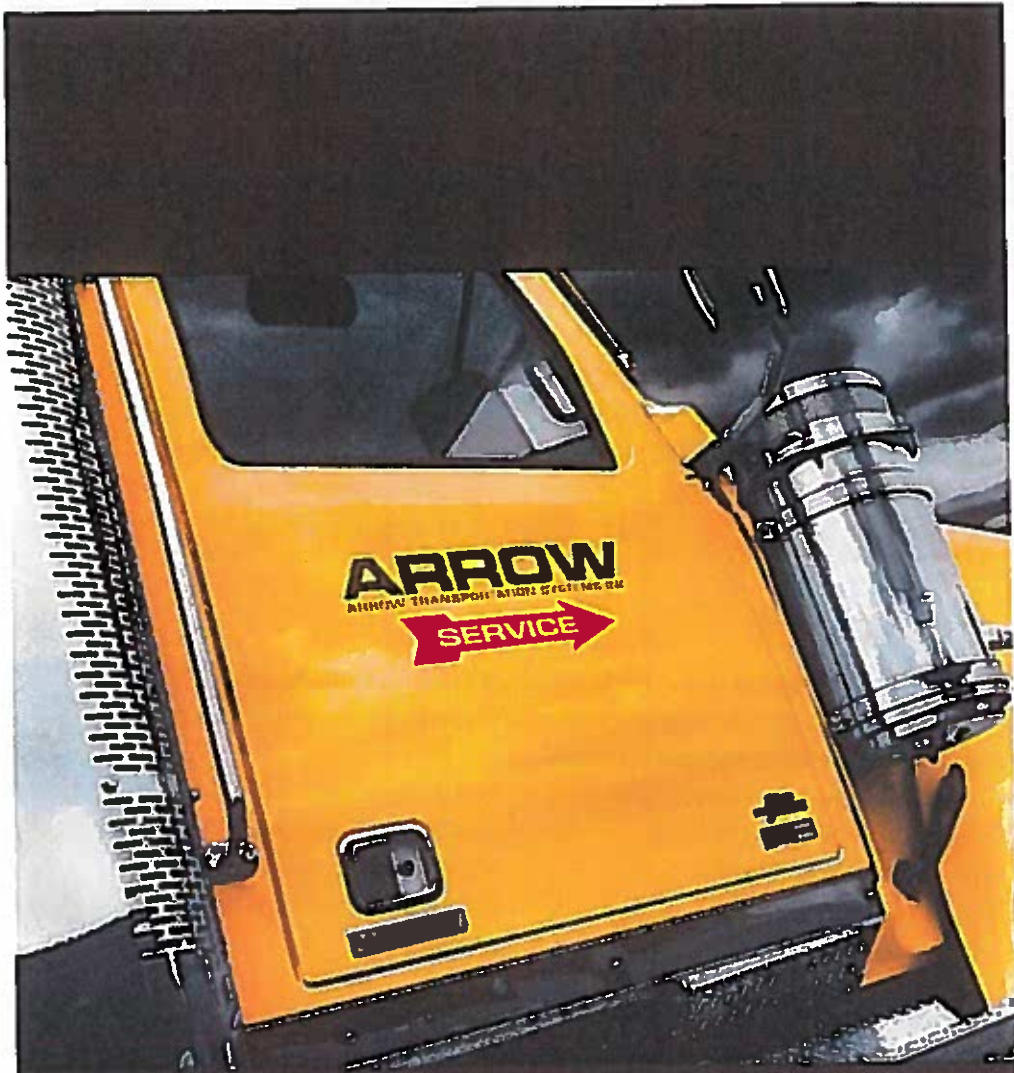
B: date born

P: birthplace

M: marriage date

D: date of death

DP: place of death



**Arrow Transportation Systems Inc. and First Nations  
Driver Training Partnership Program**

## Program Overview

**Fostering mutually beneficial relationships between Arrow and First Nations groups while developing qualified, competent drivers for full time employment are the goals of this program. The following phases will provide individuals of varying skillsets with the necessary education and training to begin a successful career as a Professional Driver at Arrow.**

Arrow commits to hiring the selected individuals for full time employment upon completion of:

- Life Skills and Job Readiness Program
- Class 1 with Air Brakes Licence
  - Class 1 and Air Brake written test
  - Preparation for Class 1 Licence
  - Professional Driver training (75 hours)
  - B-Train training (25 hours)
  - Class 1 road test
- Arrow's Driver Mentor Program

**Step 1 –** The Band and Arrow agree on a suitable candidate. As both Arrow and the Band will be investing significant resources into individuals, it is important that due care be taken at this phase. The qualities and competences that we will be looking for in an individual are:

- Desire to have a career as a Professional Driver
- A proven record of a strong work ethic
- A proven record of dependability
- A positive attitude
- Team-oriented
- Mechanically inclined
- Good Driving Abstract with 6 points or less
- Able to pass an ICBC medical exam
- Able to pass Arrow's pre-employment drug and alcohol test

### **Step 2 – Complete Life Skills and Job Readiness Program.**

This program will be approximately 5 days and will touch on many skills including:

- Time management
- Employment goals
- Working with others
- Directing personal finances, including day to day/monthly expenses and retirement planning
- Benefits of a healthy lifestyle, including exercise and nutrition
- Importance of professional appearance and attitude
- Importance of maintaining a schedule and being reliable (adequate sleep and understanding punctuality)
- Dealing with setbacks
- Importance of customer service for long term viability of employer and employee



**Step 3 - Complete Class 1 with Air Brakes Licence.**

Trainee will receive a minimum of 75 hours of driving training, which includes 25 hours of B-Train driving. This will provide the Initial foundation needed to prepare for the Class 1 road test and prepare for a career driving B-Train configurations in the trucking industry.

Students will experience/receive:

- A mix of urban and rural driving with mountain and highway training
- Vehicle inspection training
- Airbrake training to prepare for the ICBC road test
- Training from a licensed instructor using hands-on practice and demonstrations
- Proper driving techniques through a series of tasks that each student will practice to develop their driving skills
- Practical training is scheduled in 4 and 8 hour lessons using industry tractor/trailer combinations
- Students are required to complete 10 hours of home study to prepare for the airbrakes and Class 1 written exams

**Step 4 – Individual begins “on the job” training through Arrow’s Driver Mentor Program.**

This will consist of the following:

- Initial safety orientation, hiring paperwork and welcome to Arrow videos. (9 hours)
- Ride along training with a certified driver mentor to orientate and train, including the non-driving aspects of the job and the load/unload site protocols. Being very familiar with the job functions and sites prior to driving allows an individual to focus solely on driving when the time comes. (40 hours)
- On the job driver training with a certified driver mentor. During this phase the individual will be trained to independently complete all elements of being a Professional Driver with Arrow. The time to complete this phase will depend on the comfort level of the trainee and instructor. (Estimate 150-200 hours)
- Arrow will provide the equipment and trainers to complete the 200 – 250 hours of training.

**Step 5 – Individual starts at Arrow as a full time employee with a regular dispatch, full wage and benefits.**



# Who is Arrow?

Approaching 100 years, Arrow Transportation Systems Inc. has been part of the transportation and distribution landscape in Canada and the United States.

We provide high quality transportation, distribution, materials handling, logistics solutions and specialty services to customers throughout North America.

We are known as a technologically innovative organization that is staffed by the best people in the industry. We pride ourselves as being a company that consistently delivers high quality service that meets or exceeds customer expectations at long term competitive rates. We value our relationships with employees, customers, suppliers, First Nations partners and the communities in which we operate.

For more information or details contact:  
**Kevin Gayfer—Regional Manager**

(250) 318-0981 [kgayfer@arrow.ca](mailto:kgayfer@arrow.ca)

## Locations

