

# 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.

**FIREWOOD PIT WILL BE OPEN ON  
SUNDAY NOVEMBER 8TH FROM  
10am-4pm.**

### UPDATE

It has been very busy for Chief and Council in the last year. We are closing in on being in council for one whole year and it has been very rewarding in what we have accomplished so far. The level of expertise we have working at our Band Office to provide services for on and off reserve is outstanding! The CCP is the most important tool we have for all members who have told us what they want and identified members priorities. Please contact Diana as this is our road map to what direction we need to go. Barb will be heading to Vancouver to proceed with getting some band housing and we have a plan to start hopefully early 2016. We have the land use plan in early stages and are working to get the water, sewer and hydro hook ups set up in a couple locations. There is also the mortgaged based housing which should interest some band members who want their own home. We haven't had any homes for members built here in over 30 years, so it's now time for us to change that. Our band meeting is set for December 3rd where we can give you all the details of all our activities, which we are positive you will be happy about. Even though some of you live far away and can't make the drive, we will send you the minutes of the meeting.

### **Elk**

Councillor Tim Eugene has had a meeting with John Niddrie from the Swansea Ranch about Elk. Mr. Niddrie, with the owner of Swansea Ranch, Chief and Council and Tara Szkorupa

### NOVEMBER

- CHIEF & COUNCIL UPDATE
- SOCIAL DEVELOPMENT
- COMPREHENSIVE COMMUNITY PLAN (CCP)
- HEALTH CENTRE
- YOUTH
- LANDS
- EDUCATION & TRAINING
- BIRTHDAYS
- EMPLOYMENT OPPORTUNITIES
  - HOMEMAKER
  - JANITOR
  - Snow Removal
- COMMUNICATION
- SHUSWAP BAND CALENDAR

from the Ministry of Forests wants the Shuswap Band to assist in harvesting of problem Elk. Chief and Council has agreed to harvest, cut, and wrap Elk for our community members. Starting in mid-November to early December we will be having Elk available in our community freezer to all membership on and off reserve. Please request at the Shuswap Band office of your needs for Elk. We in turn will reach out to all membership coming into the Band Office of the program Feel free to address any concerns or messages for the Elk program. We want to be able to provide for all community members. Mr. Niddrie has requested that only 2 hunters be allowed at the Swansea Ranch to keep the program simple. Tim and Joe Cote have agreed to the harvesting of the animals. We see the need for the culture aspect of the program. With the help of community members we could teach everything from the animal harvesting to processing the animal and making making of leathers and drums.

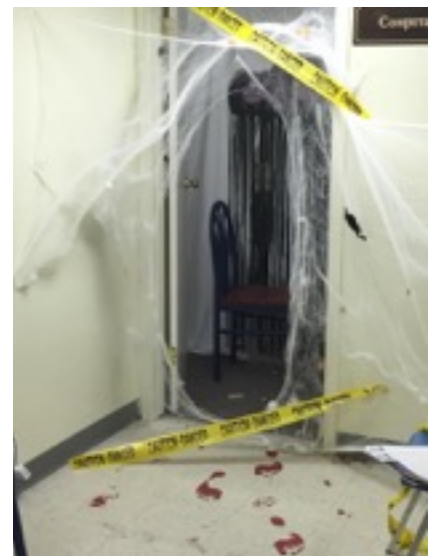
### **Off Reserve Members Christmas Gift**

In previous years, all on reserve members received a Christmas hamper and gift certificate. This was only given to families living on reserve. Chief and Council have decided that members living off reserve will receive a cheque of \$50.00 per person! We are very happy that we have the funds now that all can benefit from Shuswap Band. In order to carry this out, we need your correct mailing address. Please email [recpetion@shuswapband.net](mailto:recpetion@shuswapband.net) or call Clarine at (250) 341-3678. We hope this can help with your Christmas holiday. All members living on reserve will receive their hampers as they have in the past.

Thank you,  
Chief and Council.

## **SOCIAL DEVELOPMENT**

With the help from Akisqnuq First Nation and Shuswap Band Staff, we were able to host a very successful Halloween Party on October 29th at the Old Band Hall. We would like to thank all the families that came out to this event!



## **COMPREHENSIVE COMMUNITY PLAN (CCP)**

### **Update/Meeting Schedule**

When you imagine your perfect community, what attributes does it have? What do you LOVE about Shuswap Band? If your community were to “propose” an idea, would you say yes? We will be asking Shuswap Band members these questions.

We’ve taken your ideas from the Comprehensive Community Plan (CCP) surveys and meetings and finished a first draft of what you identified as top priorities for creating that perfect community. We’d like members to come to this event and, in a speed-dating style, weigh in on the draft priorities. Do they make a “match” with your **vision**? Do your **values** align? Can you see it working out for the “long-term?”

The meetings will be held from 12:00-2:00 on November 25<sup>th</sup> at St. Eugene’s and November 26<sup>th</sup> at the Band Hall. There will be door prizes, lunch, a chance to shape your community plan, and plenty of laughter.

### **CALLING ALL ARTISTS!**

Art can create intrigue; make people see things in new ways and makes a rough idea become clear.

The Comprehensive Community Planning (CCP) team is asking community members to interpret the nine themes that will be in the plan through art. We are looking for submissions in traditional art, contemporary art, painting, drawing, photography, digital design, a sculpture or model or anything else. Any and all areas of interest will be accepted!

You can depict how you see one of these theme as of 2015, how they looked in the past, OR how you want them to be in the future. It can be **real, imagined, or abstract**.

**Shuswap Band is offering \$100 for the winner in each theme area**, and there is no limit to the number of art pieces submitted or the themes you are submitting them for. It is up to you! The more quality art pieces and themes you submit, the higher the chance you will have of winning!

**There is also a \$300 prize for the top art piece, and it will be used for the cover page of the CCP.**

The deadline for the art submissions is firm, on December 1<sup>st</sup>. All late entries will be returned to the artist and not accepted.

If you are looking for ideas or inspiration for your art piece, you can attend the Comprehensive Community Plan Speed Dating meeting, where these themes will be discussed

**For more information please contact Diana at (250) 341-3678 or [dcote@shuswapband.net](mailto:dcote@shuswapband.net)**

## HEALTH CENTRE



The Seabird Diabetes Clinic on October 19th-22nd was very successful! Thank you to everyone who came to the clinic. Seabird staff reported it was one of their most well-attended clinics! We are hoping to have their staff return in the spring. We will keep you posted on the dates!

### SHUSWAP BAND FLU CLINIC

Our drop-in flu clinic will be on Monday  
November 9th from 12-6pm in Shuswap  
Band's Health Centre.

Ages 9+

If you are unable to make it to Shuswap  
Band's flu clinic, Invermere Public  
Health's flu clinic is on November 10th  
from 10-3 at the Invermere Community  
Hall.

**Horse Classes Friday afternoons** - A place where children are able to make companions with horses and learn about grooming, safety, etc. Please contact our Community Support Worker Morgan for details.

The Shuswap Band's Health Centre is going to be hosting women's health sessions once a month. Our first women's health session is on November 19th at 12:00, lunch will be provided. Our Topic: Menstrual Cycles and Menopause. This is available for all ages!

### Walkathon Update:

We have walked 82 more kilometres. We are still on our way to Splatsin in Enderby. Please remember to bring in your Activity logs to Shauna or Morgan in the Health Centre!

### Kinesiologist & Aboriginal Dietician Update:

November 23rd from 9:30-11:00am - Smoothie and muffin break. Topic: Diabetes - Come and learn about Diabetes and get your blood sugars and blood pressure checked. Meet with the Shuswap Community Dietician (Catherine Strachan) and Exercise Specialist (Shenoa Runge). \*SMOOTHIE RECPIE AT END OF NEWSLETTER\*

Our community Support Worker Morgan is now booking clients for counselling, support, or just someone to talk to!








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

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

**Community Support Worker Morgan (250) 341-3678 ext. 1009 or**

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

**HEALTH CENTRE CALENDAR**

~ November 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> Naturopath in Health Centre all day. 	3	<b>4</b> Massage in Health Centre 	<b>5</b> OPEN HOUSE 2-4PM 	6	7
8	<b>9</b> FLU CLINIC 12-6PM in Shuswap Health Centre	10	<b>11</b> Remembrance Day  BAND OFFICE CLOSED	12	13	14
15	16	17	<b>18</b> Massage in Health Centre 	<b>19</b> Women's Health 12:00 Lunch Provided - TOPIC: Menstrual Cycle & Menopause. ALL AGES!	20	21
22	<b>23</b> Aboriginal Dietician/ Kinesiologist 9-11:30am TOPIC: Diabetes 	24	25	<b>26</b> Foot Care in Health Centre 	27	28
29	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 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 - DECEMBER

**December 7th** -Naturopath 9:00am-4:00pm

**December 14th** - Aboriginal Dietician & Kinesiologist 9am-11:30am.

**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 or**

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



## YOUTH

We would like to introduce our Youth Worker, Monica Fisher:

I was born and raised in Invermere, British Columbia. I am a proud Metis woman and I enjoy downhill mountain biking, skiing and snowboarding, rock climbing, standup paddle boarding, fishing, hiking, dirt biking photography and exploring. I enjoy spending time in the outdoors and have found that putting my energy into that has helped me maintain balance in mind, body, spirit and emotion.

I always seemed to be the person people went to with their problems and always enjoyed helping others so Social Work and Disability Studies is what I entered into. Over the years I have worked in a number of different capacities ranging from working with youth with disabilities, working in group homes, then went onto working with the homeless population with addictions. I started at Three Voices of Healing as an Addictions Counsellor and have since left that position to take a course and have since taken the part time position as the Youth Worker with the Band.

Throughout the years of work, research and personal experience I have found that colonization and trauma, boredom and self-esteem are the biggest contributors to unhealthy choices so my priority in this position is to connect with the youth as a mentor, teach and expose the youth to all the amazing wonders (traditions, sports, recreation, crafts, and travel) that this area has to offer and promote a balanced, healthy life while increasing self-esteem, pride and usable skills.

I am honoured to have the opportunity to work with the Shuswap Youth! I have met with a few of our teens and we have come up with some great ideas of things to do. As I have asked from the kids what I need from all of you is a little patience while I transition into this new position, your ideas and to attend!

If you as parents have any ideas, concerns, questions please feel free to contact me at [youthworker@shuswapband.net](mailto:youthworker@shuswapband.net) or (250) 341-3678 ext. 1055

### **PHOTOGRAPHY WORKSHOP**

Photography Course offered to all ages November 17th at 4:30 - 6:30pm with Marlene Chabot. Snacks and refreshments will be provided. \*\*\*All youth who have been given the Coolpix Canon Camera are encouraged to attend with camera and camera manual. If you are unable to attend please bring the camera in so others are able to learn with it.

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

**If interested, please contact our Lands Manager Kerri-Anne Thomas at (250) 341-3678 ext. 1007 or [lands@shuswapband.net](mailto:lands@shuswapband.net)**

## EDUCATION & TRAINING

EDUCATION COORDINATOR OFFICE HOURS:

MONDAY & TUESDAYS 9am-4pm

WEDNESDAY 1/2 DAY : APPOINTMENTS

POST SECONDARY:

Post Secondary Students please remember the following important things:

Email and then send original copies of your transcripts within 2 weeks of receiving them

Scan and email your attendance records by the 15 of each month

WOOT WOOT...WAY TO GO ! YOU ARE NOW 1/2 WAY THROUGH YOUR FIRST SEMESTER!

ADULT LEARNERS:

ANYONE INTERESTED IN AN ADULT LEARNING CENTRE?

Any adults that want to upgrade to a Grade 12 level OR take a course or two... please contact Debra Fisher ASAP.

Sign up sheet at the front office

PARENTS OF SCHOOL AGE CHILDREN, SD#6 Local

An Access to Student Information Form was sent home with your child through the Aboriginal Education Support Workers 2 weeks ago.

This form is pertaining to your child/children's progress, attendance and any difficulties that may arise or especially for the good news!

It is so I can work with the Ab ed workers, teachers and staff for monitoring progress, attendance and assisting your child with any issues, and celebrating their successes. If you could please sign the form and return as soon as possible...a gift certificate for the first 3 to be returned to the Ab Ed Worker or Debra at the Band Hall by November 15th!

If you need another copy please let me know. If you would like me to come and personally bring you one and have a home visit, which I would love to do...or meet you for a cup of tea or coffee at your favourite location!

**Please contact Debra for more information (250) 341-3678 ext. 1014 or [education@shuswapband.net](mailto:education@shuswapband.net)**



## **BIRTHDAYS**

### **HAPPY BIRTHDAY TO ALL THAT ARE CELEBRATING BIRTHDAYS IN NOVEMBER!**

November 5th - Nicole Shovar  
November 20th - Stuart Powell  
November 20th - Ox Eugene

**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.



Happy 19th Wedding Anniversary  
to Ed & Ida Rivers on November 26th!

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

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

## **EMPLOYMENT OPPORTUNITIES**

Sidewalk Snow Removal between the West Gate and the Hot Pools in Kootenay National Park for Parks Canada. Please see our website [www.shuswapband.net](http://www.shuswapband.net) to see attached Request for Proposal that Parks Canada is requesting bids to be submitted for.

We are compiling an employment/skills set list and any band members who have trades, skills, a company or equipment and would like to be on this list for possible employment opportunities please contact the Shuswap Band Office (250) 341-3678

## **HOMEMAKER JOB DESCRIPTION**

**POSITION:** HOMEMAKER

**REPORTS TO:** HEALTH DIRECTOR AND 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. The Homemaker is responsible to provide any or all the following services on a full-time, or respite basis.

**Duties and Responsibilities:**

- Responsible for carrying out the home care services duties 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, (ect).
- Escorts and assists clients with routine shopping, banking, and other appointments as required on approved by H.D.
- Maintains up-to-date files on their clients, including details on home visits (dates services rendered, comments, ect.)
- Prepares and submits a weekly report on activities, including a daily log of home care services and activities, recommendations, etc. to the H.D.
- 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 H.D. or Social Development Worker.

When dealing with clients, the Homemaker is instructed to:

- Report a receipt with each purchase made with family money;
- Be careful regarding family possessions, and receive instructions about the use of appliances, etc.
- Do not take children or any adult away from the home except if pre-planned with HD and the family;
- Never bring children or others while on duty.
- Never advance personal money and never except financial gifts.

When dealing with clients, the Homemaker is instructed to:

- Do not accept new duties unless directed by the HD.
- Report any new illnesses in the client/family to the HD.
- Do not ever give medicine.
- Under no circumstances will the homemaker accept or supply intoxicating liquor or abuse drugs while on duty.

**QUALIFICATIONS:**

Education:

Food Safe

WIHMIS

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 required for this position.

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

**Terry Babin****Director of Operations****Shuswap Indian Band, Box 2847, Invermere B.C., V0A 1K2****Email: [dops@shuswapband.net](mailto:dops@shuswapband.net)****Fax: (250) 341-3683****Closing Date: November 10th, 2015 4:00pm MT.**

### **JANITOR JOB DESCRIPTION**

Shuswap Band has an immediate job posting for a Janitor.

Job entails cleaning bathrooms, vacuuming and mopping floors, dusting and other janitorial duties.

Hours of work will be 2.5 hours 2 days a week hours between 9am-4pm  
Monday to Friday.

You will be required to have a valid driver’s licence and reliable transportation.

Wages will depend on experience.

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

**Terry Babin****Director of Operations****Shuswap Indian Band, Box 2847, Invermere B.C., V0A 1K2****Email: [dops@shuswapband.net](mailto:dops@shuswapband.net)****Fax: (250) 341-3683****Closing Date: November 10th, 2015 4:00pm MT.**

## **SNOW REMOVAL CONTRACT**

Shuswap Indian Band is seeking snow removal contractors for upcoming winter season.

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

**Terry Babin**

**Director of Operations**

**Shuswap Indian Band, Box 2847, Invermere B.C., V0A 1K2**

**Email: [dops@shuswapband.net](mailto:dops@shuswapband.net)**

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

**Closing Date: November 10th, 2015 4:00pm MT.**

## **COMMUNICATION**

Email? Facebook? Newsletter? Phone?  
Website?







Please contact our Communications Coordinator to indicate the best way to contact you with Shuswap Band news, events, services, and more - Shuswap Band staff would like YOU, as Band Members to be able to access as much information as possible about what is happening.




**Please contact our Communications Coordinator Morgan Odland (250) 341-3678 ext. 1009 or [modland@shuswapband.net](mailto:modland@shuswapband.net) or pop into her office at anytime so we can update your contact information!**

**DON'T FORGET ABOUT THE CCP  
WORKSHOP!**  
November 25th at St. Euenes  
November 26th at Shuswap Band Hall

**SHUSWAP BAND CALENDAR**

~ November 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2  <b>Naturopath in Health Centre all day.</b></p> 	3	<p>4  <b>Massage in Health Centre</b></p> <p>Manny Jules Natural Resource Tax Meeting                      6-8pm dinner provided</p>	<p>5  <b>OPEN HOUSE 2-4PM</b></p> 	6	7
<p>8  <b>Firewood Pit Open from 10am-3pm</b></p> 	9	10	<p>11  <b>Remembrance Day</b></p>  <p><b>BAND OFFICE CLOSED</b></p>	12	<p>13  <b>Youth Camp at Blue Lake ages 13-17 contact Monica for more details</b></p>	<p>14  <b>Youth Camp at Blue Lake ages 13-17 contact Monica for more details</b></p>
15	16	<p>17  <b>Photography Workshop 4:30-6:30pm at Old Band Hall</b></p> 	18	<p>19  <b>Women's Health 12:00 Lunch Provided - TOPIC: Menstrual Cycle &amp; Menopause. ALL AGES!</b></p>	20	21
22	<p>23  <b>Aboriginal Dietician/ Kinesiologist 9-11:30am</b></p>  <p><b>PAL Course 5-10PM</b></p>	<p>24  <b>PAL Course 5-10PM</b></p>	<p>25  <b>CCP Meeting at St. Eugenes from 12:00-2:00</b></p>	<p>26  <b>CCP Meeting at Old Band Hall 12:00-2:00</b></p> <p>Foot Care in Health Centre</p>	27	28
<p>29  <b>CORE Course 10AM-5PM</b></p>	<p>30  <b>CORE Course 5-10PM</b></p>					

~ December 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CORE Course 5-10PM  Art Submissions due to Diana	2 CORE Course 5-10PM	3	4	5
6	7	8	9	10	11	12
13	14 Aboriginal Dietician & Kinesiologist 9-11:30am TOPIC: surviving the holidays 	15	16	17	18	19
20	21 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	22 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	23 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	24 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	25 CHRISTMAS DAY BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	26 BOXING DAY
27	28 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	29 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	30 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH	31 BAND OFFICE CLOSED FOR HOLIDAYS - RE-OPEN ON JAN 4TH		



