

## Okanagan Indian Band

# Senk'lip News



*"Ensuring the Future through Cultural, Social and Economic Development."*

### A Gamblers Story

*Submitted by Anonymous*

Wai! I am a fellow member of the Okanagan Indian Band who would like to share some of my story of strength and hope with members of the community. I am a compulsive gambler who is learning to live a full and productive life with the help of the Creator and the Gamblers Anonymous program. I have been in GA for almost a year and in this short amount of time I have started to experience life without hiding behind behaviors that are harmful to me like gambling, boozing or drugging.

I started gambling, via playing cards, at a very young age; I would say I was around ten years old. At the time it was fun and seemed harmless. I played games where I would bet pennies, nickels or dimes. Games like blackjack or poker were the games of choice during that time. At around thirteen, I was introduced to bingo. Many people don't consider bingo gambling but in the GA program, gambling is defined as: any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance of "skill" constitutes gambling. With that being an acceptable definition, I would say it is safe to say that bingo, lottery tickets or slot machines constitute gambling. I played bingo off and on for many years before it became a problem in my life. In the earlier years of my gambling, a trip an hour or two away from home was no big deal; I thought that a change in location might change my luck. I went a few years without gambling but during that time in retrospect I was harming myself with alcohol. Ever the escape artist I was. I was still hiding out behind addiction so I didn't have to feel emotions. It is strange that I can't remember where and when my last drink was but I can tell you exactly where I gambled, what day it was and what machine I made my last bet in. Gambling kicked my butt like nothing else ever did before! My gambling expanded from bingo to lottery tickets (scratch tickets), slot machines then to keno. The cost of a night out went up from around ten dollars a night in the beginning to, I would say, somewhere around five hundred a night at the end of my gambling career.

Growing up, honesty was very important in the household where I was raised. In my addiction, I turned into a liar, manipulator and a master at hiding the financial damage from everybody, including my spouse. My

addiction turned me into a person I didn't even recognize anymore, I didn't even have the sense to know how messed up I was! I was out of control and a part of my brain didn't even want to acknowledge what I was doing to myself. I would wake up in the morning, whether I won or lost, thinking about gambling. Most nights I spent more money than I intended to and spent more time than I had planned. My morning hours were a fog most days because I was so tired from the night before. On nights when my money ran out and I went home earlier, sleep would elude me because my guilt would take over. I would toss and turn, trying to replay the night and how I could have made my money last longer or maybe played something else to win something. Many of my waking hours were spent on the bet; my mind would go over the household finances so I could try to squeeze more gambling money into the budget. Gambling was on my mind all day, every day in one way, shape or form. "How much money did I spend last night? How much can I take today?" Those two questions played over and over in my head like a tape recorder. If I were having a particularly bad day, I would turn my thoughts to my bet so I could numb myself to get through whatever was stressing me out in that moment. If I were having a good day, I would tell myself that I deserved a night out and would plan accordingly. I remember starting arguments with my spouse and that would create an excuse to go out for an evening of bingo or the casino. I felt like the last thing I wanted to do was deal with my life, the good or the bad. There were times when things were quiet and peaceful and my disease would tell me that I didn't deserve such happiness. Gambling loved causing chaos and chaos created within me an urge to go out to numb myself.

The first time I walked into a GA meeting, I felt like I crawled in. My disease brought me to the lowest place I had ever been in. I was on the verge of losing my family and was having thoughts of hurting myself. I created such financial damage it was inevitable my spouse was going to find out sooner or later. All of the household bills were late and I do mean all of the household bills. I tried to stop gambling so many times but failed at every attempt. I even came to the point when I told myself if I only took a certain amount of money with me I would go home once that money was gone. I would coincidentally have my bankcard with me and

*Continued on next page...*

#### **PAGE 2**

A Gamblers Story (cont.)

#### **PAGE 3**

Health Department

#### **PAGE 4 & 5**

Snc'c'amala?tn

#### **PAGE 6**

Vernon Pro Rodeo

#### **PAGE 7**

Spring Clean Up

#### **PAGE 8**

Aboriginal Children in Care

#### **PAGE 9**

Language Development

#### **PAGE 10 & 11**

Community Info

#### **PAGE 12**

Community Bulletin

*Continued from previous page...*

would overdraw on the chequing account to have more cash to gamble with. I tried to control my gambling but the gambling controlled me. My first meeting was very hard for me. I paced back and forth praying for the courage to walk in that room. I prayed that I would hear something, anything, that would give me hope that I could stop. I heard some members share about how they earned their seat in the room, and I tell you, I could relate to what everybody was saying! I sat quietly and listened and cried throughout the meeting. By the time I left that meeting I knew I found a place where I could get help.

Everybody that spoke that night made so much sense to me and I saw them hugging each other and laughing, meanwhile I was in so much pain! Something struck me that night that told me that I could have that happiness in my life, I was curious to see how they had each stayed away from the bet. Some people were in the program for quite some time and others were fairly new, but we were all connected to each other through gambling. I knew the Creator led me into that first meeting. Initially, I entered that room out of fear of losing my family, what keeps me in the program is the desire to have a better life for me. GA has taught me my thinking and living is not normal. I work every day at trying to make better choices for my family and myself. If I have a particularly stressful day now or stressful moment, I know I am not alone. My connection with the Creator is stronger than it has ever been in my life. I constantly ask for guidance. I have surrendered to the fact that I am a compulsive gambler and that my life was unmanageable. The program is simple but by no means easy.

My first Friday night of not gambling was very unusual. My mind was on the action all day! Friday night was my one sure night of being out practicing my addiction. I felt sick to my stomach, was shaking and on the verge of vomiting all day! I thought I was coming down with the flu or something! I was lashing out at everybody I was in contact with that day! I thought I should find my way to my second GA meeting. I shared my experience from that day with the group and lo and behold I was told I experienced withdrawals! That realization shook me to the core! My body and mind had been so accustomed to the adrenaline that it went into shock from the lack of being in the action for those three days of being free from the bet.

That night I made a commitment to myself to attend as many meetings as I could. I realized how strong the disease is and wanted to change my life from that point on. I came to the conclusion that night that I went to any length to make a bet; I wanted to go to any length to make a meeting to help myself. Fortunately I am blessed with a spouse who loved me enough to wait for me to get the help I needed. I wasn't told to get out; I was told to do what I needed to do to "fix" myself.

Since being in the GA program and becoming involved, I have reached out to newer members as well as the members who have been around for a while. My life has changed in so many ways it would take me days and days to write all of the good things that have happened to me in the last year of my life. I can tell you that when things happen in my life that are great or not so great I can get through it without having the desire to harm myself or others in my life. I don't run away from problems anymore, I am learning how to feel. I don't have to pretend that everything in my life is perfect. What an incredible feeling it is to face life with that knowledge that I am not alone. I have the Creator with me as well as my friends in the program.

I turned my back on the Creator a long time ago and I fought him all the way. Once I got out of the way and let his will for me lead me, my life was so much better. My life is not perfect by any means, but I can walk through life knowing that no matter what happens, I will get through it.

Since being in GA, I don't have to lie to others or myself to cover up my last lie. I sleep more peacefully and accept the fact that no matter what comes my way today I am more equipped to deal with life. I have made friends in the program who don't judge me or give me answers to my life questions, they let me talk things through so I don't have to carry things around with me. I have a lifetime of work ahead of me because I feel like

I am "a work in progress". I strive for progress through the GA program, not perfection. My thoughts of gambling are less and less now. I don't know what tomorrow is going to bring, but I know that for today I will do what I can to prevent my next bet. As long as I live in today and remember the tools I have learned, I will do my best to stay away from the bet. When a gambling thought flashes through my brain, I choose not to act on that thought.

Before GA, I acted and reacted impulsively and today I don't have to do that anymore. In my very first few weeks of GA meetings I heard people say that they are glad they are compulsive gamblers. I thought those people were completely nuts! I now understand what they mean when they say that. I know that gambling caused a lot of pain and I can't forget that but I don't have to live in the misery. If I forget the pain I was in at my first meeting, I am in big trouble because my disease is waiting inside me patiently waiting for me to think I am "cured". Once I think I don't need GA anymore my disease has already taken over. I can't change what I did when I was practicing my disease, but I can try my darndest to make better choices for myself. If you think you have a gambling problem and want help, it is out there!

Here are twenty questions to ask yourself to decide if you are a compulsive gambler.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return to win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed or considered committing an illegal act to finance gambling?
17. Did gambling cause you to have difficulty sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

If you answered yes to any of these questions and want further information, please contact [www.gamblersanonymous.org](http://www.gamblersanonymous.org) or consult your local telephone directory. Addiction to gambling doesn't only affect a certain age, race, religion or education level, it will happily overtake anybody's life. There is help available to the spouse, family member or friend of the compulsive gambler through gam-anon. More information about gam-anon can be reached through the GA website.

Thank you for taking the time to read this article and please know that if you need help, there are hands out there that you can grab on to who can help you start living a better life. I live my life now one day at a time and am a very grateful recovering compulsive gambler. I am grateful because, had it not been for GA, I would still be out there hurting myself and everybody around me. GA saved my life and I give thanks for the program and the people in the rooms every day of my life for helping me learn how to live my life. Lim Limpt.

## Health Department

### Non-Insured Health Benefits:

The Non-Insured Health Benefits (NIHB) Program is a national health benefit program. It pays for some or all of the costs of medical, dental and pharmacy services that eligible First Nations and Inuit may need. The program provides a range of health benefits to meet medical or dental needs not covered by provincial, territorial or other third party health plans.

Benefits provided include:

- ~ Drugs
- ~ Medical Transportation
- ~ Dental
- ~ Medical Supplies and Equipment (i.e. wheelchairs, canes, crutches or prosthesis)
- ~ Vision (eye exams, eyeglasses)
- ~ Mental Health Counselling (short term crisis intervention services)
- ~ British Columbia Medical Plan premiums, where applicable (B.C. & Alberta)

For more information on these benefits please contact Karen Oppenheimer at (250) 542-5094

### What is Patient Travel?

Patient travel (or medical transportation) is specifically for special medical services that aren't available in your home community. The Non-Insured Health Benefits Program (NIHB) assists the client with the financial costs of traveling to the appointment or hospital (nearest appropriate facility). This may cover expenses such as mileage, meals and accommodations that the client might incur while out of town. Assistance can be provided for approved escorts when deemed medically required or legally required by a physician. Arrangements for travel are made through the Okanagan Indian Band Health Department using NIHB contribution agreement funding.

To determine eligibility, the following informa-

tion is required:

- ~ Client must be living on reserve and be a registered First Nation member (not necessarily OKIB). OKIB members living off reserve can access Non-Insured Health Benefits too, but must apply to First Nation and Inuit Health Branch Regional Office in Vancouver.
- ~ Referral letter from family doctor indicating specialist being referred to for appointment.
- ~ Specialist must indicate date and time of appointment - this should be on medical letterhead or prescription pad. Also needed is the general medical reason for the appointment and whether it is a follow-up appointment or initial consultation.
- ~ Personal information needed for travel claim: status number, date of birth, phone number.

For more information on Patient Travel or other Non-Insured Health Benefits, please contact Karen Oppenheimer at (250) 542-5094 or fax to (250) 542-3083.

## Solvent Abuse Self Help Program

*Submitted by Wally Louis*

To parents of school aged children and concerned Band members: please be aware that solvent abuse is just as dangerous to our children as addiction, alcohol and street drugs. Protecting your children and giving them a good start in life is your responsibility. Learn all you can and help protect your children from the harmful effects of solvents.

### What are solvents?

A solvent is a liquid that can dissolve many other substances. Solvents that are abused most commonly are called "volatile" because they evaporate when exposed to air and can then be inhaled. Some of the most easily obtained solvents include: gasoline, paint thinner, cleaning fluids, paints, glue, typewriter correction fluid, plastic cement, aerosol sprays, butane and propane.

### What is solvent abuse?

Solvent abuse is the intentional inhalation of a solvent to get a high. Like any other addiction, the user may become dependent on the solvent. As a person uses solvents, their system builds up tolerance to the solvent, requiring them to use more solvents just to get the same high.

Repeated solvent abuse causes the abuser to become psychologically dependent on the solvent. When this happens, sniffing becomes so important in the abusers' thoughts, emotions and daily activities that the need to get high becomes

a requirement to function from day to day.

Withdrawals from substance abuse symptoms are: chills, hallucinations, headaches, abdominal cramps, and delirium tremors. Other effects that solvents have on the abuser include: difficulties in school, with the law and with family and violent, aggressive and hostile behavior towards others. Abusers can have low self-esteem and can become depressed and are at risk of suicide, medical and physical problems and limited possibilities for a better way of life.

### Medical Effects

All solvents are extremely toxic and inhalation is poisonous to all major organs of the body. It can cause damage and even death to the brain cells. This can also cause severe damage to the kidneys, liver and to the nervous system. Solvent abuse causes irreparable damage to the brain cells, resulting in the loss of different brain functions (short and long term memory loss, poor muscle coordination, difficulty in concentrating, tremors or seizures and many more). Solvent abuse has a toxic effect on the heart causing irregular heart rhythms, permanent heart damage and failure (sudden death) when the heart beats quickly and irregularly until it seizes up and stops. Solvent abuse causes the lungs to become coated with solvents and leads to complications such as suffocating (death) and breathing difficulties. Greater risks are pneumonia, impaired physical abilities, liver damage or failure, impaired ability of the liver to cleanse the body and blood of

impurities, jaundice and hepatitis.

**Kidneys:** Solvents have a direct affect on the kidneys, causing them to overwork in ridding the body of the poisons in solvents. Kidney failure is a common cause of death to those who continuously abuse solvents. Even short term users have kidney damage.

**Blood:** Solvents are toxic to the bone marrow, where blood cells are produced, and cause anemia, or thin blood low in iron. This causes an abuser of solvents to have frequent colds, flu's, and other infections and causes them to be tired all the time and have low energy.

**Stomach:** When solvents are swallowed they cause ulcers, loss of appetite, weight loss, vitamin deficiencies and malnutrition. Solvents affect our muscles and bones, causing poor muscle tone and athletic abilities. Solvent abusers are less likely to reach their optimal height and weight and tend to be small for their age. They may also have brittle bones that fracture easily, skin problems and have poor abilities to heal wounds.

Sniffing inhalants can be a gateway to other drugs. These problems can be prevented through **EDUCATION**. We do have up-to-date material on solvent abuse. Nenyuani Treatment in Williams Lake has developed a treatment for solvent abuse addictions for First Nations Youth. **Prevention is still better than treatment.** For more information, please call 542-4328, Self-help Program.

# Snc'c'amala?tn Early Childhood Education Centre

Phone: (250) 545-3800 Fax: (250) 545-4553

From Lorraine Ladan, Manager

## CENTRE CLOSURES

Just a reminder, Snc'c'amala?tn will be entirely closed for two days over spring break for staff professional development. The days closed will be:

**Thursday, March 31, 2005**  
**Friday, April 1, 2005**

These are days that School District #22 will also be closed. Please make certain that you have alternate child care arrangements for these days. Thank you.

## SPRING BREAK

The preschool and kindergarten will be closed for two weeks for spring break, from March 22 to April 1. If you think that you may need daycare during this time, please make your request early with Shannon Marsh, supervisor of the 3-5 year old daycare. Spaces are limited.

## SCHOOL ASSESSMENT

Two outside evaluators have been assigned to our school for the assessment. They will be here for three days during the week of Victoria Day in May. Len Merriman is the Principal of T'lisalagi'lakw School in Alert Bay. Margaret Noble is a retired School Administrator and Educator. She last was at Bella Bella Community School and now lives in Vancouver. I had the opportunity to meet them in Vancouver recently and they are both very experienced and enthusiastic individuals. They will want to speak to some of our Preschool and Kindergarten parents when they are here.

The committee is busy trying to finish up all of the work that is required for the visit in May. We hope to have a get-together with our families and children towards the end of the school year to celebrate a successful and complete assessment.

If you have any questions about the assessment, you can speak to Lorraine at the school or by calling 545-3800.

## SNC'C'AMALA?TN REGISTRATION **Preschool and Kindergarten Registration** 2005/2006 School Year

To enter Preschool in September of 2005, children must be four (4) years of age on or before December 31, 2005.

To enter Kindergarten in September of 2005, children must be five (5) years of age on or before December 31, 2005.

All Preschool and Kindergarten registrants must have copies of the following on file at the school:

- 1) Birth certificate
- 2) Immunization record
- 3) BC Care Card
- 4) Status card

You may stop by the school to pick up a registration package or call 545-3800. Students should be registered as soon as possible.

The future starts here - Snc'c'amala?tn

## INFANT/TODDLER ROOM

*Supervisor: Ramona Wilson*  
*Assistants: Elaine Lavery, Karen Cooper, Nancy Eustache and Barb Marchand*

Sapien has a new baby brother! Congratulations to Tanya and Justin Joe; we can't wait to see him. Congratulations also to Edie and John Camilleri. Kate and Patrick have a new baby brother too. Our room is very quiet while Kate and Sapien are at home with their little brothers. We will soon be missing Blake Williams and Cole Cassidy when their families move away from our community. The Infant and Toddler room has gone from a very busy place to a much quieter one and there are a few openings available for full-time daycare.

The slower pace has also allowed us to do our "spring cleaning" and we have cleaned, sorted, and re-organized our space. Walks to Komasket Park are wonderful opportunities for our children to explore and exercise their little legs, so we go there almost every day. Thanks to the OKIB staff who keep the park tidy and in good repair.

**Birthday wishes:** Mack East celebrated his 2nd birthday on March 7th and Taylor Louis also turned two years old on March 14th. Thanks to Grandma Diane Louis for the lovely cupcakes.

## MHUYA ROOM

*Vanessa Antoine, Head Start Coordinator*  
*Nancy Eustache, Special Needs Worker*  
*Shannon Marsh, 3-5 Room Supervisor*  
*Jen Hayhurst, 3-5 Room Assistant*

Hello everybody! We've been a busy room in the last month and will continue to be busy all through the spring.

We have an ECE practicum student from OUC in our classroom, Liz. Welcome Liz to our busy and fun room.



Left to right: Jeremy Yow, Renee Fairgrieve and Faith Yow enjoying a little drumming at the daycare.

This month we will be busy cooking up a storm. We are trying to make some new and exciting foods. Yum yum. We are also having some St. Patrick's Day activities as well as small Easter egg hunts in our room. How awesome is that?!

Don't forget about our Hop-a-Thon for Muscular Dystrophy on Friday April 8th at 10:00am. Please join us if you can and put on your bunny ears and hop away with us.

Just a reminder to all our parents that the children still need to be dressed properly for the weather. This includes:

- A spring coat
- Splash pants
- Indoor **and** outdoor shoes
- Hats with brims
- At least one spare set of clothes

Just a reminder, the whole centre will be closed on Friday, March 25th, Thursday, March 31st and Friday, April 1st for Good Friday and two staff Pro-D days. Sorry for any inconvenience this may cause.

Our next Head Start PAC Meeting is on Wednesday, April 13th at 9:00am. Please join us if you can.

## RABBIT ROOM

*Susan Nelson, Preschool Teacher*  
*Donna Lewis, Preschool Assistant*

It sure feels like spring is here and we



Viewing baskets are (Top to bottom): Chase Gregoire, Mona Williams, Giselle Torres, Sorcha Pasco and Victoria Schneider.

have been enjoying spending time outside soaking up the sunshine.

February was a special month as we learned about self-esteem, feelings and self-awareness.

Thank you to Mona, our Cultural Worker, who made speplinas with the children. We made awesome fruit pies during our foods and senses week and the children enjoyed cutting different vegetables (except the onions!) for our soup.

We have been learning about leprechauns and what they represent on St. Patrick's Day. Easter eggs are being coloured and Easter baskets painted in preparation for the Easter bunny's arrival. I hope everyone has a restful and enjoyable spring break!

**P'OELOIN ROOM**

April Alexis, Kindergarten Teacher  
Trish Johnson, Kindergarten Assistant

Wi! from the P'qelqin room.

Congratulations and best wishes to Tanya and Justin on the birth of their new baby boy, a brother for Sapien! The class is looking forward to a visit from Mrs. Saddleman-Joe and the baby.

March has been a very busy month in the Kindergarten Classroom. We welcomed a new student to our class, Cordell Oppenheimer, and we are happy to have him join us!

We have been busy reading books and doing activities related to our themes for this month, which have included lions and lambs, wind, Easter eggs/bunnies and St. Patrick's Day. The students have enjoyed making kites, wind-socks, shamrocks and Easter eggs. The students also had an opportunity to watch some of our Elders making traditional baskets. They really enjoyed seeing how they were made.

Congratulations to Kyla Williams, Nxo'mqen Parker and Raymond Alexis for completing their 2nd home reading sheets. Way to go!



Mona Williams (left) with Lucy Louis, showing some children homeade baskets



Children from the daycare viewing some of the baskets



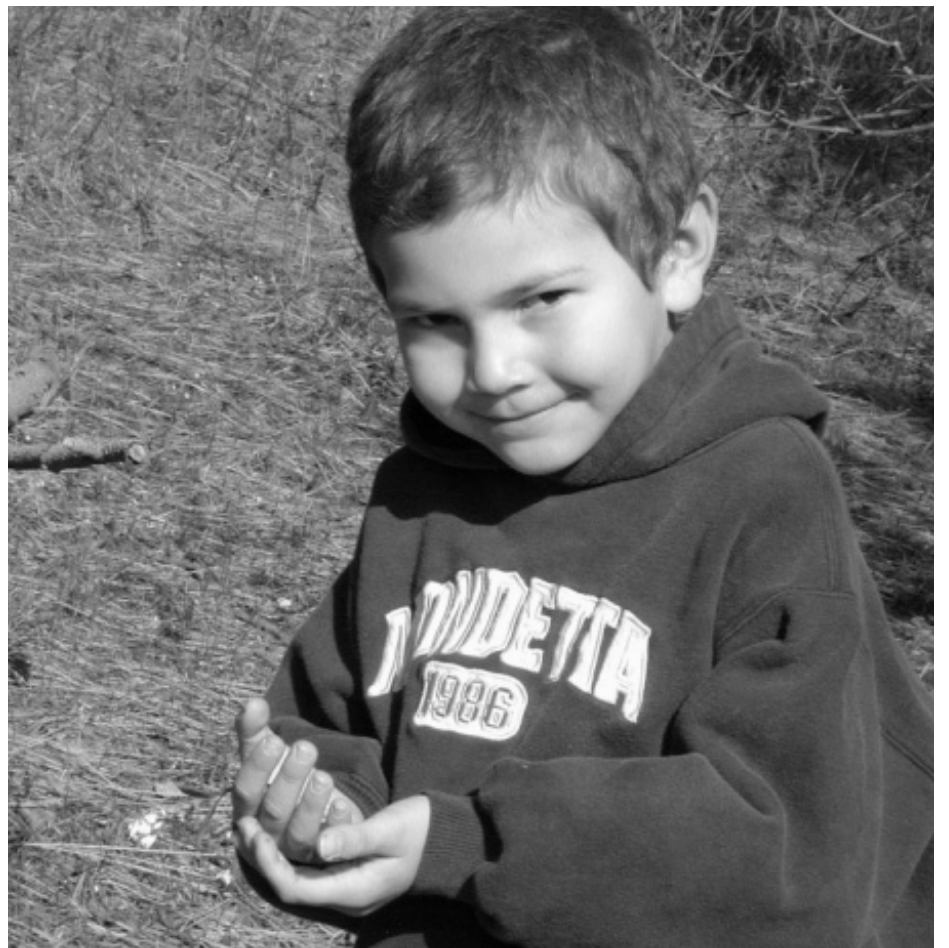
Nxo'mqen Parker chatting with Lucy Louis



Lucy Louis (left) and Bonnie Lawrence showing their baskets at the daycare

## A Field Trip to Dry Creek

Nolan Lawrence and Nxo'mqen Parker enjoying the day exploring the Potato Fields at Dry Creek.



# CPRA VERNON PRO RODEO

(Held at Louis Estates Rodeo Grounds)

## May 7th & 8th, 2005

Starts 1:00 pm  
Saturday & Sunday

Concession  
On Site

50/50 Draws  
Both Days

**Announcer  
Bob Baker**

**the Cowboys  
Choice  
ON SITE**

**Admission**  
General \$12.00  
Seniors \$10.00  
Students \$10.00  
(Kids 6 & under Free)

**20% net profit will be given to the  
Heart and Stroke Fund  
In Memory of Oliver Louis**

**Stock Contractor:  
C+ RODEO**

**Ladies Barrels**  
**Tie Down Roping**  
**Steer Wrestling**  
**Bull Riding**  
**Bare Back**  
**Saddle Bronc**  
**Wild Cow Milking**

**Ben Louis Sr. Memorial**  
**TEAM ROPING**

**PRINCE SILVER SPURS  
TO CHAMPIONS**  
**TEAM ROPING**  
**HEATHER & HEATHER**

**Clown Acts**  
**Ricky Ticky Wanchuck**  
**Sons Kolby & Quinn**

**For Information 1-250-542-4527**  
email: [vernonprorodeo@hotmail.com](mailto:vernonprorodeo@hotmail.com)

## Vernon Pro Rodeo

We have changed our dates to May 7th & 8th, 2005, 1:00pm start.

We are putting on another Professional Rodeo at the Louis Estates Rodeo Grounds.

Last year, we donated \$200.00 (20%) of the Net Profits to the Heart and Stroke Fund. To make a better donation this year, we need more "volunteers" (donate your time).

Last year was a good turnout for our first year, and we had good weather.

We are looking for volunteers for that weekend if anyone has experience in:

- ~ Working with pushing cows to sorting or opening gate
- ~ Watching the contestants gate
- ~ Concession helpers (Food safe certificates would be great)
- ~ Prep cooks
- ~ Servers
- ~ Cashiers
- ~ Soda drinks and coffee corner
- ~ Parking directions
- ~ Maintenance (washrooms, garbage, etc)
- ~ 50/50 sales persons
- ~ Program sales
- ~ Main gate

Cowboy Church will take place on Sunday at 9:00am at the Rodeo Grounds.

We hope to see you there!

## Spring and Fall Cleanup

The purpose of the clean up is to enable residents to clean up their homes and yards of any unwanted items. To make the clean up more efficient for residents and drivers, we have decided to divide the reserve into two areas with different clean up dates. Clean up dates are on the Refuse/Recycle Calendar.

### AREA A

North of Newport Beach - includes Irish Creek, Head of the Lake, Round Lake and Salmon River.

**Date: Thursday, May 12, 2005 & Thursday, October 13, 2005.**

### AREA B

South of Newport Beach - includes Bradley Creek (near the Old Mill Site), Six Mile, Nashwito (Siwash) Creek and Whiteman's Creek.

**Date: Thursday, May 19, 2005 & Thursday, October 20, 2005.**

*If you are unsure of the area in which you reside or the pick up date for your area, please contact OKIB Public Works at 542-3444.*

#### To ensure orderly pick up of items:

- ~ Place items at your regular garbage pick up location.
- ~ All items must be placed out by 7am.
- ~ Drivers will only stop at each residence once.
- ~ Drivers will only collect items that are accepted at the regional landfill.
- ~ Box or bag miscellaneous junk.
- ~ Scattered or loose junk will not be picked up.

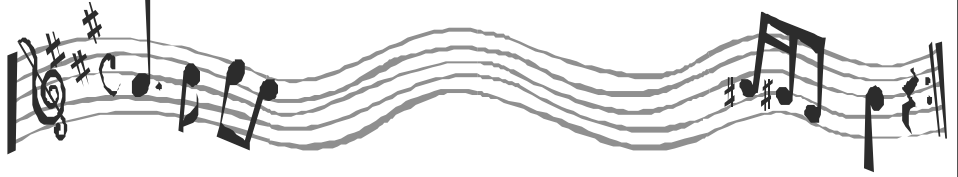
#### Items that CAN be put out to be picked up:

- ~ Old furniture - includes sofas, beds.
- ~ TV's and microwaves.
- ~ Lumber and building products.
- ~ Paint, if the can is open and driver can see that the paint is dried.
- ~ Bundles of branches and bushes NOT larger than 3x3x3 feet.
- ~ Bicycles.
- ~ Any miscellaneous junk you don't want.

#### Items that CANNOT be put out for collection:

- ~ Paint, if the can is not open.
- ~ Car parts.
- ~ Major appliances - Fridge, stove, washer/dryer, etc.
- ~ Chemicals, lubricants, toxic products.
- ~ Any item that two people cannot lift.


**DO NOT PUT ITEMS OUT UNTIL DAY BEFORE PICK-UP**

## New Hymn Books St. Benedict - St. Theresa

New hymn books entitled "Gather" have been purchased for St. Benedict and St. Theresa Churches. If anyone wishes to help offset the cost, you can donate \$20.00. For this, either your name or family name will be inscribed on a label that will be placed in a hymn book; it will read, "Gather, a gift of (name)", or you can donate it "In memory of (name)" for a deceased family member.

Contact Peggy Brewer at 542-2745 or the rectory at St. James at 542-1276.



## Inkamupalux Elders

### April Schedule

**April 6** - Elders Dinner at Creekside

**April 14** - Foster Parent Information Event (Molly Brewer)

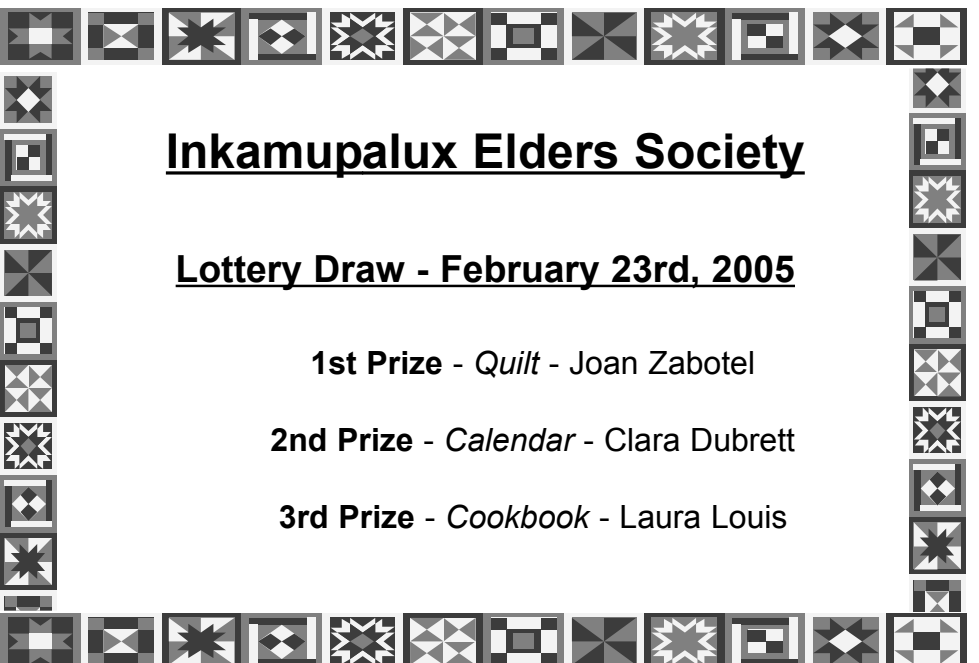
**April 17** - Elders Lunch at New Horizons

**April 20** - Elders Dinner at New Horizons

**April 27** - Elders Lunch at New Horizons

**April 28** - Okanagan Elders Meeting in Penticton

Any Elders or handicapped persons wishing to have a dinner delivered to them can call 545-2404 on the above dates.



## Inkamupalux Elders Society

### Lottery Draw - February 23rd, 2005

**1st Prize** - *Quilt* - Joan Zabetel

**2nd Prize** - *Calendar* - Clara Dubrett

**3rd Prize** - *Cookbook* - Laura Louis

## Aboriginal Children in Care

Submitted by Molly Brewer

### Who really has the jurisdiction over our Aboriginal child Welfare?

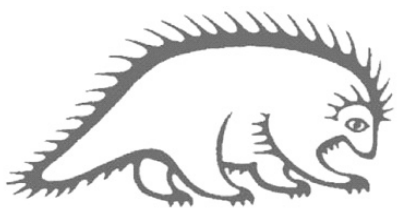
Many First Nations people are wondering if the Ministry for Children and Families has the right to come onto a reserve to investigate families and intervene when they suspect child maltreatment. It states in a 2002 Literature review that focused on aspects of Aboriginal Child Welfare in Canada that the Constitution Act, 1867, combined with Section 88 of the "Indian Act", laws of general application, such as the child welfare, fall under the jurisdiction of the Provinces, while "Indians and lands reserved for Indians fall under the jurisdiction of the Federal Indian Act". It was in 1951 that revisions to the Indian Act were done. This included the introduction to Section 88, which enabled the extension of Provincial child welfare services to Aboriginal people living on reserve. Section 88 states:

"88. Subject to the terms of any treaty and any other Act of the Parliament of Canada, all laws of general application from time to time in force in any province are applicable to and in respect of Indians in the province, except to the extent that such laws are inconsistent with this Act or any order, rule, regulation or by-law

made thereunder, and except to the extent that such laws make provision for any matter for which provision are made by under this Act."

Basically it is stating that if there is no provision for service under the Indian Act, the Province is deemed responsible. What does this mean for families who reside on the reserve? It means that under the Provincial law, the Ministry for Children and Families has the responsibility to ensure that all children, regardless of where they reside (on or off reserve), are safe from sexual, physical, emotional and mental abuse.

To ensure that families from the Okanagan Indian Band and Aboriginal families residing on the Okanagan Indian Band are treated fairly and have adequate support, a Protocol was negotiated with the Ministry for Children and Families. This Protocol outlines a working relationship between the Ministry and the Okanagan Indian Band. Though this is not reclaiming our jurisdiction, it asserts that we have never given up our jurisdiction over our children or families and are willing to work together while we strive to reclaim jurisdiction over matters relating to our children and families.



Okanagan Indian Band



Okanagan Indian Band

### Percy Lezard Facilitator

Family Relationships:  
Love and hate is a fine line.

### All are Welcome!

Percy Lezard is an Okanagan Nation Member from the Penticton Indian Band; she has been working in the Social Services Sector for the past 16 years with special attention and concentration in Violence against Women and Children. She has facilitated groups, done one on one counselling, as well as providing after care.

#### Presented by the Social Development Department

Lunch will be provided for both days.

#### Event Details

**April 25th:** 10am-3:30pm - Healthy Family Relationships  
**April 26th:** 10am-3:30pm - Sexuality: In and out of relationships  
**Where:** New Horizons Building  
**What:** Two very informative workshops  
**Who:** Any band member wishing to learn more and have open dialogue with respect to relationships

To register, contact:

**Diane Louis**  
 Phone: (250) 542-4328

### Foster Parents Needed: Helping Our Aboriginal Children In Care

#### SPECIAL INFORMATION SHARING EVENT

Find out how you can become a foster parent!

#### Event Details

**Location:** New Horizons Building, Westside Rd, Vernon BC

**When:** Thursday, April 14th, 2005

**Time:** 1:00 PM

We will be introducing the representatives for the Ministry of Children and Family Development. Discussion will be focused on the steps in becoming a foster parent and what the criteria is. The need to provide Aboriginal homes for the Aboriginal children in care cannot be understated, so please, if you are interested, come out and ask questions!

For more information, contact:

**Molly Brewer**  
 Phone: (250) 542-4328

### The Nature of Aboriginal Mental Health

"Today, Indians are like a man who got up early in the morning and looked out his door and saw something shining in the road a little ways away. It was something he wanted and he walked over and picked it up, and when he was done picking it up he saw something further along that he also wanted. He went and got that and it happened again and he kept walking down the road picking up things. Then, all of a sudden, he turned around and he couldn't find his way back home again". ~Mr. Buffalo Tiger

## Language Development Every Day Matters

### I help my child learn to listen and talk well.

#### Today I find a few minutes to read to my child.

One way to use these activity sheets is to stick one up on your refrigerator door. Your child is growing in many ways every day.

Every child needs practice learning how to listen and how to talk. Children learn from hearing others talk and from trying to use words themselves.

These activities are to help you help your child learn these things.

#### SET POSITIVE LIMITS

Try telling your child what to do rather than what not to do. In some activities, it may be important to set limits (or rules).

Example:

"Let's put all the socks here."  
"You can pick out three books."  
"You can use words to tell Rosa."

Children and adults often respond better to **do** than to **don't**. Try it. See how it works for you.

### PRAISE YOUR CHILD

Growing up is hard work. It is important to remember to praise your child for the efforts he/she is making.

At the end of each activity, tell your child something good.

Examples:

"I like playing dress-up with you."

"You are a big help shopping."

"Wow, what a great job you did playing telephone."

And remember to praise yourself. You are working hard at this, too!



## NOTICE TO OKIB BAND MEMBERS OF HOUSE NUMBERS

As most of you know, the Community Development Division has been working on issuing every Band Member a house number to be placed on their house in a location that would make it easy for emergency personnel to locate the correct house in an emergency situation.

We are asking that anyone who has not received their house/business number(s), to please stop by the Community Development building and pick up their number(s) between the hours of 9:00 am - 12:00 pm and 1:00 pm - 4:30 pm.

If you should have any questions, please feel free to call Stacey Yow, Community Planning Assistant, at the number listed below:

Bob Osborne, Director  
Stacey Yow, Community Planning Assistant  
Okanagan Indian Band  
Community Development Division  
PHONE: (250) 542-3444

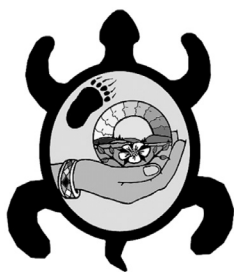
## Senklip Submissions

The deadline for submissions to the Senk'lip Newsletter will be the 15th of every month. Please submit all articles or other material you would like posted on or before this date.

All material can be forwarded to Holly Brewer at the training center (next to the health building), at the Band Office, e-mailed to [holly.brewer@okanagan.org](mailto:holly.brewer@okanagan.org) or mailed to:

Okanagan Indian Band  
RR#7 Site 8 Comp 20  
Vernon, BC V1T 7Z3

**OKANAGAN NATION  
TRANSITION/EMERGENCY HOUSE**  
 RR#2 Site - 60 Comp - 27  
 Penticton B.C. V2A 6J7  
 Ph. (250) 493-4952  
 Fax. (250) 493-2882  
 Email: laurieonteh@yahoo.com



Laurie Wilson - Family Law Advocate

I am pleased to introduce myself to you as the Family Law Advocate for the Okanagan Nation communities. I have been provided an office at the transition house and will be working with referrals from ONTEH and the social development offices within the Nation. I will be in the office 2 days per week and, on Fridays, will attend Family Court.

I will be acting as a liaison with other community services and will be developing a network of resources for those facing family law issues. I will also provide educational workshops dealing with the building of advocacy skills for individuals and band administrations dealing with family law issues.

Specifically, I may provide:

*Legal support for stages of family court including:*

- Interviewing and assessment/analysis of legal problems;
- Legal research;
- Problem solving;
- Preparation of documents needed for lawyer/court;
- Accompanying to court;
- Providing information/education about the Family Court process;
- Attend case conferences to provide representation ie: Ministry of Children and Family matters.

*Legal Education for community/administration of the Okanagan Nation including:*

- Development of workshops teaching legal self-advocacy skills and information on Family Law issues;
- Organize service to other communities within the Okanagan Nation;
- Host forums on barriers/access to legal services;
- Create a network with community to coordinate work with legal issues so as not to duplicate services.

If I can assist you, please talk to your Band Social Worker and they will refer your issue to me. Please note that I will only be able to assist with legal issues related to Family Law but will be happy to steer you to someone who can be of help to you for other matters.

## Post- Secondary Education Deadline Dates

**Fall (Sept - Dec) Application Deadline:**  
*April 30th every year*

**Winter (Jan - Apr) Application Deadline:**  
*September 30th every year*

Post Secondary Education Assistance packages are available upon request at the Band Office or you can contact Kevin Ned by e-mail at kevin.ned@okanagan.org for a package to be sent by e-mail.

If you any questions or concerns about the Post-Secondary Program, please call the Education Department at the OKIB Office at 542-4328 ext. 211.

**Kevin Ned - Social Development Director**



**www.okib.ca**

The OKIB website is currently at: [www.okib.ca](http://www.okib.ca) (temporarily)

Please feel free to browse the OKIB site and view current news and information and the new members only area.

Instructions for login and passwords for the members only area can be viewed on the website or by e-mail.

e-mail: [holly.brewer@okanagan.org](mailto:holly.brewer@okanagan.org) for instructions.

## Senk'lip News

**Editor**  
 Holly Brewer

**Chief**  
 Fabian Alexis

**Phone:** (250) 260-3266  
**Fax:** (250) 542-3113  
**Email:**  
[holly.brewer@okanagan.org](mailto:holly.brewer@okanagan.org)

**Council**  
 Tim Alexis  
 Reynolds Bonneau  
 Jenelle Brewer  
 Bill Cohen  
 Tim Isaac  
 Peggy Joe  
 Allan Louis  
 Raymond Marchand  
 Emery Robins  
 Jon Spotted Eagle

**Mail:**  
 Okanagan Indian Band  
 RR#7 Site 8 Comp 20  
 Vernon BC  
 V1T 7Z3

## Senk'lip Newsletter Mail-out List

Please fill out the form below and return if your address has or will be changed, or if you would like to receive your newsletter by mail.

_____		_____	
<b>First Name</b>		<b>Last Name</b>	
_____			
<b>Mailing Address</b>			
_____			
_____	_____	_____	_____
<b>City/Town</b>	<b>Province</b>	<b>Postal Code</b>	

**Mailing Information:**

Okanagan Indian Band  
 RR#7 Site 8 Comp 20  
 Vernon BC V1T 7Z3

**Or e-mail:** [holly.brewer@okanagan.org](mailto:holly.brewer@okanagan.org)

## Nk'ma'pel'qs Gathering 2004: Special Thanks



*Okanagan Indian Band*

The Okanagan Indian Band would like to express its appreciation to the following persons and businesses who helped to make the 2004 Okanagan Band Nk'ma'pel'qs Gathering a huge success. We appreciate your contribution. Thank you very much.

<b>Jimmy Bonneau</b>	<b>A &amp; G Supply</b>
<b>Canwest Propane</b>	<b>OK Aggregates</b>
<b>Major Pope</b>	<b>JC Electric</b>
<b>Smart Choice Plumbing</b>	<b>Pat Maxnuk</b>
<b>Don Hubner</b>	<b>Mini Shadows Welding</b>
<b>Hi-Pro Sportswear</b>	<b>SRI Homes</b>
<b>Wayne Watson Excavating</b>	<b>Harvey &amp; Walline Parker</b>
<b>Cathy Gottfriedsen</b>	<b>Canada Post</b>
<b>Reynolds Bonneau</b>	<b>Swan Lake Nursery</b>
<b>Ray &amp; Lavina Bonneau</b>	<b>Epic Food Equipment</b>
<b>LL Disposal</b>	<b>Acklands Granger</b>
<b>Terasen Gas</b>	<b>The Brick House</b>
<b>Little Kingdom Self Serve</b>	<b>Ron Palmer</b>
<b>Eddy Miller</b>	<b>CJV Carpet One</b>
<b>Armstrong Machine</b>	<b>Sandy Lewis</b>
<b>Chuck Louie</b>	<b>Jennifer Camille</b>
<b>Advertising Works</b>	

The OKIB would also like to recognize Mini Shadows Welding for the donations of materials for the BBQ pits for 2003.



## Did You Know?



Canada has the highest youth incarceration rate (lockup) in the western world, including the United States.

More than 1.3 million Canadians - 4.4% of the national population - report having some Aboriginal ancestry, up from 3.3% since 1995.

3.3% of Canada's population is Aboriginal, compared to 1.5% in the U.S.A.

Canada's total Aboriginal birthrate is 1.5% higher than the national average of 10 births per 1,000 people.

5.6% of all children in Canada are Aboriginal.

More than one third (35%) of Aboriginal people are 14 years and younger...compared to 19% of the non Aboriginal population.

Aboriginal population is growing at a rate of 3% a year.

*These stats are taken from stats Canada.*

# Community Bulletin



Nxo'mqen, Nakoda, Qui'umqen and their baby brother, due on Aboriginal Day, would like to announce the marriage of their parents Ian Parker and Tetku Coutlee on March 2, 2005 in a surprise, immediate family ceremony.

The couple would like to thank their moms, sisters Tanya, Danielle, Lepika and Suli for helping, even though they found out last minute, my beautiful cousin Glenda, especially since we had to trick her and Janna Lynne for doing my hair in 15 minutes.

We'd also like to congratulate Tanya, Justin and Sapien on their new baby boy Pwalxken and wish a Happy Birthday to Auntie Danny and Gramma Sarah.

Love Tetku, Ian and the Boys.



## Pwalxken Kristian Joe

**Born:** March 4, 2005  
**Weight:** 8lbs 11.5oz

Born to Justin and Tanya Joe.  
A Brother to Sapien.  
A Grandson for Gene Joe, Mabel Saddleman,  
Mary and Alton Louis and Sandra Saddleman.

## Happy Birthday!!!



### Happy Birthday

"Papa" Bart Jones on April 3rd

Love you tons:  
Deedee, all the kids, Shaili and Kole

### Happy Belated Birthday

Bob Bonneau (16th) on March 7th

and

Cory Bonneau (19th) on March 8th

## DROP IN Laboratory Tests Offered

**Where:** OKIB Health Building, Six Mile

Lab Technician will be in on the following days:  
March 30th  
April: Every Tuesday Only

**Appointments Only**

**Community Members Only**

**8:30am - 9:30am**

Phone for appointments:

**Mary Louis**  
542-5094  
Fax: 542-5094  
email: okibhealth@okanagan.org