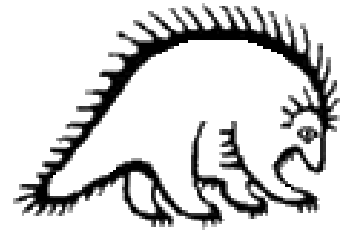


*Okanagan Indian Band*

Senk'lip News



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

**OKIB Elects New Chief and Council**

On February 28, 2005, the Okanagan Indian Band held elections for Chief and Council. Over 600 Band members came out to cast their ballots at Head of the Lake Hall.

In a close vote, the Band elected Fabian Alexis as Chief of the Okanagan Indian Band. Final tallies for Chief are: Fabian Alexis - 232 votes, Lyle Brewer - 213 votes, Dave Lawrence - 112 votes.

In addition, ten councillors were elected for the new two year term. The newly elected council members are as follows: Tim Alexis - 199 votes, Reynolds Bonneau - 213 votes, Jenelle Brewer - 180 votes, Bill Cohen - 255 votes, Tim Isaac - 211 votes, Margaret (Peggy) Joe - 176 votes, Allan Louis - 250 votes, Raymond Marchand - 231 votes, Emery Robins - 183 votes, Jon Spotted Eagle - 175 votes.

The new term began on March 2, 2005 with the signing of the "oath of office", and will run for the next two years.

Congratulations and best of luck to the new Chief and Council. We look forward to what each individual has to bring to the community.

*Please see page 2 for more on the newly elected Chief and Council.*

**Alexander Estate Update**

**Background**

The Alexander Estate litigation was commenced during the term of the previous council in response to the proposed sale of the land assets of the late Tommy Alexander (Lot 79, Block B, Okanagan IR#1) to Reynolds Bonneau, Mildred Bonneau and Wallace Parker, members of the Okanagan Band. The property in question is an 80 acre parcel of land fronting onto Okanagan Lake.

When Tommy Alexander died, his only heirs were his nieces and nephews, the sons and daughters of his late sister, Ellen Tomat. The nieces and nephews of Tommy Alexander were not members of the Okanagan Band although they were members of the Westbank Band and the Okanagan Nation. The Department of Indian Affairs made a determination they were the only heirs and that they were entitled to inherit the land interest in Lot 79. Because they weren't Band members, however, they could not acquire a CP to the land and they had to sell their interest.

In July, 2001, the Council of the day commenced a legal action arguing that Tommy Alexander's land assets (Lot 79) should revert to the Band because s. 48

prohibited persons who are more remote than a brother or sister from inheriting land from an intestate relative. An "intestate" is a person who died without a will. The Band also argued that, even if the land could be sold by the Tomats, it wasn't auctioned by the Department pursuant to s. 50(2) of the Indian Act, therefore, it was invalid.

Early in the litigation, the parties to the action recognized that a difference over the interpretation of s. 48 of the Indian Act was at the heart of the dispute. As a result, all parties agreed to refer the question of the interpretation of s. 48 to the BC Supreme Court to save costs. The Supreme Court decided that the land reverted to the Band upon the death of Mr. Alexander because s. 48 prohibited persons more remote than a brother or sister from inheriting the land of an intestate relative. Because of s. 48 of the Indian Act, Lot 79 did not become a part of Tommy Alexander's Estate when he died because he died intestate and his closest relatives were more remote than a brother or sister.

The purchasers appealed the BC Supreme Court decision to the Court of Appeal. The Court of Appeal held that the BC Supreme Court had been correct and dismissed the appeal. The purchasers' asked the

*continued on page 7...*

**CONTENTS**

**PAGE 2 - 5**  
Chief and Council

**PAGE 6**  
No Deal On Westside Rd.

**PAGE 7**  
Financial Administration Bylaw

**PAGE 8 & 9**  
News

**PAGE 10 & 11**  
Snc'c'amala?tn News

**PAGE 12**  
Health Department

**PAGE 13**  
Community Planning Meeting

**PAGE 14**  
An Okanagan Warrior

**PAGE 15**  
Good Food Box

**PAGE 16**  
Community Bulletin

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

# YOUR CHIEF AND COUNCIL



Chief and Council at the Swearing in Ceremony held at Head of the Lake Hall on March 2, 2005.

*Left to Right: Tim Isaac, Peggy Joe, Bill Cohen, Jenelle Brewer, Fabian Alexis, Emery Robins, Tim Alexis, Allan Louis. Missing are: Reynolds Bonneau, Jon Spotted Eagle, Raymond Marchand.*

## FABIAN ALEXIS CHIEF



I would like to start by saying thank-you to electors. I am very honored to be chosen as Chief of the Okanagan Indian Band. I also thank all of the candidates for running for a seat on Band Council this year, your interest in serving the community shows we have a healthy democracy. I would like to thank Lyle Brewer and Dave Lawrence for letting their names stand. This year's election was very close.

I thank the people who asked me to run, the grandmothers and grandfathers who encouraged me. My uncle Murray Alexis was also Chief for many years. His years of service inspired me. My great grandfather Pierre Louis was also Chief for many years.

My main focus this term will be on community input because the community members are the real driving force of any elected body including the Okanagan Indian Band.

I look forward to working with the Okanagan Nation Alliance in the protection and in the exercising of our Aboriginal Title and Rights. Anything to do with Aboriginal Title and Rights is important. It's our whole existence.

In closing, I will say that I look forward to the challenges of the next two years and I will put forth my best effort to ensure that the Okanagan Indian Band is well represented and that the rights of our grandchildren are at the forefront of any and all decisions that we make.

## REYNOLDS BONNEAU COUNCIL MEMBER

It is truly an honour to be re-elected to Council, a sincere thanks to all who supported me at the polls.

I will continue to to my utmost to represent all membership equally and fairly in all matters that come to council.

I wish to acknowledge those who let their names stand for election to council.

I wish to express special thanks to Lyle Brewer, June Cole, Byron Louis and Raymond Paul for their contributions as members of Chief and Council during the last term.



# FOR THE TERM 2005-2007



## JENELLE BREWER COUNCIL MEMBER

I would like to thank everyone who made it out to vote, especially those who encourage and support me. I would like to thank June Cole and Vernetta Mcmillan for nominating me.

I am honored to be trusted with the position of council and this will be my main focus for the next 2 years. It is exciting to have been elected for this term and look forward to working with the new Chief and Council. As I have already said, I have much to learn and am grateful to the teachers I will have to guide me through this process.

Limlimpt.

## JON SPOTTED EAGLE COUNCIL MEMBER

I would like to take the time to thank my immediate family, extended family, friends and community for their continued faith and support. I look forward to the next 2 years and feel that working together with Chief and Council we can accomplish the goals set forth.

I would like to congratulate the Chief and Council elected this term and would like to thank all candidates who put their name forth and ran in this election as I feel there are many talented and gifted individuals who would be an asset to our council and community.

In particular, I would like to thank former chief Lyle Brewer and councilors June Cole, Raymond Paul and Byron Louis for all their dedicated hard work and all their insight and input. I wish you all well. Thank you.



## BILL COHEN COUNCIL MEMBER



## TIM ALEXIS COUNCIL MEMBER



**TIM ISAAC**  
COUNCIL MEMBER



**MARGARET (PEGGY) JOE**  
COUNCIL MEMBER



**RAYMOND MARCHAND**  
COUNCIL MEMBER



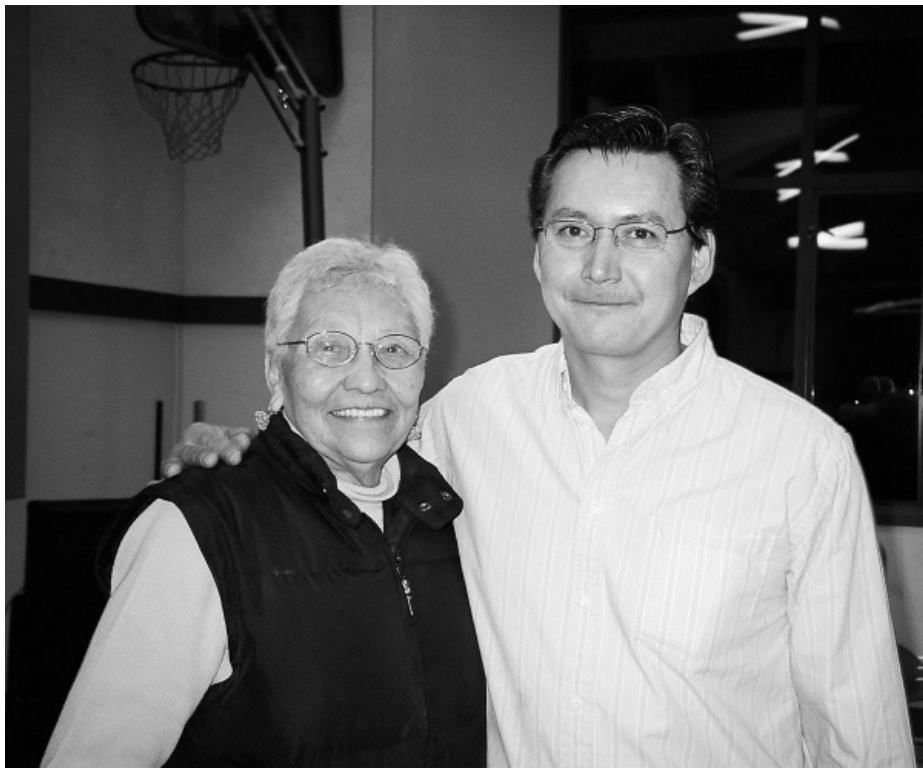
**ALLAN LOUIS**  
COUNCIL MEMBER



**EMERY ROBINS**  
COUNCIL MEMBER

Congratulations to the newly  
elected Chief and Council!  
  
Best of wishes for the next  
two years!  
  
From the Okanagan Indian  
Band Staff

## Okanagan Indian Band Chief and Council Swearing In Ceremony



Top Left: Clara Dubrett from Duck Lake and Chief Fabian Alexis

Middle Left: Chief and Council members swearing in

Below: Chief Fabian Alexis with spouse, Loveday

Bottom Right: Newcomer Jenelle Brewer

Bottom Right: Newcomer Bill Cohen



## A Letter to the Electors:

Dear Okanagan Band Members,

**Re: 2005 Okanagan Band Election**

I'd like to say thank you to the electors of the Okanagan Band for giving me the honour of serving you as Ilmyx<sup>W</sup>-m during the past two years. It was a very rewarding experience and I feel that I was able to make a significant contribution to the Band during my two years in office.

I can assure you that my commitment to our community is unwavering and that you will continue to see and hear from me. As I've said many times, the first priority of our leaders is to build strong and friendly relationships between each of us as individuals. The same responsibility falls upon each of us as individuals and I intend to do my part.

I would like to wish our new Ilmyx<sup>W</sup>-m and Council the very best during the coming term. I believe that they are all very community minded individuals and will serve us well.

If you have any questions, please give me a call at (250) 260-8115.

Wiy, Lim Limpt,  
**Lyle Brewer**  
 e-mail: lyleb@rezman.com

## No Deal on Westside Road

Prior to the expiry of the past Council term, several Band Council members reported that they had been questioned about rumors that the Council has transferred the rights to Westside Road to the Province. Those rumors are simply untrue. There has been no deal related to ownership of Westside Road or any other road running through or by the Okanagan Reserves.

The only agreement entered into between the Band and the Province is an agreement whereby the Ministry of Transportation will provide the Band with an \$18,000 contribution to assist the Band with the costs of completing its comprehensive community planning project. The purposes of the contribution are to develop plans for addressing highway safety, access and tenure issues affecting the Band's reserve lands. In regard to tenure issues, the agreement calls for the Band and the Province to explore options for resolving tenure issues that are acceptable to both parties. The Band has not agreed to any particular solution.

The resolution of Westside Road tenure issues would be impossible without the knowledge and consent of the many CP land owners affected by Westside Road tenure issues. It would be impossible for the Council to make any agreement in respect of any road tenure issue affecting CP lands without the affected CP holder's fully informed, written consent.

In making the funding agreement with the Ministry of Highways, the Council was adamant that the agreement make no reference to transfers of land to the Province under Section 35 of the Indian Act or imply that the Band would be working towards that objective. In making the agreement, the Chief and Council had no interest in transferring the administration and control of Westside Road or any other road to the Province. Rather, the Council's objective was to resolve outstanding tenure issues, obtain compensation for the Band and locatees affected by past infringements and to clarify the terms and conditions upon which the Province can continue to operate public roads on our reserves. The unresolved tenure issues need to be addressed. The Province has been using roads running through our reserves without proper authority and without proper compensation for far too long. It is also high time that the Council addressed safety and access issues affecting our reserve lands. Safe roads are critical to the health and well-being of our community. Safe and easy access is critical to community and economic development.

The recent agreement with the Ministry of Transportation will also facilitate the advancement of a specific claim developed by the Band in relation to Westside Road. That claim detailed past and ongoing infringements and was developed with a view to obtaining a settlement on Westside Road.

### Letter to the Editor:

This is a short reply to Peggy Brewer's reply to Rhoda Poschenrieder in the last edition of Senk'lip. In respect for my grandmother in the future please do not use her name in a political squabble. If you want to honor a person's memory please let her rest in peace, then you are showing respect for the person but also the surviving family members.

Thank-you.

Sincerely, Patricia A. Wilson

# Get Ready for "Sadie's Walk"

"Sadie's Walk" will take place on Good Friday **Start walking 20 min. a day!**



## Membership Input Sought on Financial Administration Bylaw

The Okanagan Band Council will be seeking the input of the Band membership to a Financial Administration Bylaw at a general Band meeting to be held early in the new Council term. The date and time for the general Band meeting will be set following the election of the new council on February 28th. The purpose of the new bylaw will be to establish rules that the Council will have to follow when it come to managing the Band's financial assets.

To provide a focal point for discussion, the Council has approved a draft Financial Administration Bylaw for distribution to the Band membership. The draft bylaw has not been given first reading by the Council. It has only been approved at this point as a draft for discussion.

One of the key features of the draft Financial Administration Bylaw is the requirement for the Council to segregate Band funds from contribution funds and funds related to the Band's business interests. The bylaw requires these funds to be kept in separate bank accounts and prohibits the

transfer of funds between bank accounts without a Band Council resolution. The restrictions on the transfer of funds between bank accounts will prevent a repeat of the situation where program funds were effectively transferred to cover deficits on the Eagle Rock Aggregates operation without the express approval of the Council to authorize the redirection of the funds.

An additional feature of the draft bylaw is the requirement for the Council to develop an annual operating plan and budget with input from the Band membership. The operating plan and budget is required to cover a five year time frame although expenditures will only be approved for the coming fiscal year. The draft bylaw also sets limits on borrowing and establishes a process that the Council must follow in advance of making a loan or guaranteeing a loan.

A copy of the draft Financial Administration Bylaw is available on the Band's website at [www.okanagan.org](http://www.okanagan.org). Copies can also be obtained from the Band Office or by calling the Band office at 250-542-4328.

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### **Alexander Estate Update continued from page 1...**

Supreme Court of Canada to hear an appeal of the BC Court of Appeal decision but the Supreme Court of Canada refused leave to appeal. The interpretation of s. 48 of the Indian Act has therefore been decided. The action commenced by the Council established that, pursuant to s. 48 of the Indian Act, persons who are more remote than a brother or sister cannot inherit land from an intestate relative. Despite that ruling, they can inherit the land if it is willed to them.

When the legal action was initiated, the purchasers also raised a number of defenses against the Band's claim that are separate from the Indian Act issues. These principally amount to saying that the Band raised its claim too late and, by its own efforts to purchase a part of the property prior to the sale to the purchasers, it was stopped from making its claim. The former Chief and Council countered that they had raised the claim with the purchasers before the purchase was completed and also disputed whether or not the legal principles the purchasers are relying on have any application to reserve land.

Following the decision of the Supreme Court of Canada, the purchasers have decided to continue with the action based on the other defenses that they have raised. The Council instructed us to continue the legal action by bringing an application for a summary trial (that is a fast track trial proceeding) to try to bring this matter to an end. Robert Janes, the Band's lawyer, has filed all the material necessary to proceed with the summary trial and had obtained various dates which have been adjourned for the reason described below. The purchasers have filed responding affidavits.

The purchasers have launched a claim against Canada and the Administrator of Mr. Alexander's Estate (Anne Tomat) seeking to recover the purchase price if they lose their claim for the land. The Estate has defended the claim and has also sued its lawyers (Murray Glazier) seeking a refund of any monies they spent in

completing the deal.

As a result of the increased complexity of this case, Mr. Janes became increasingly concerned about the increased expense of this case and suggested that Council consider mediation as means of resolving the case. It was agreed by all parties to attempt to resolve matters through mediation. A number of attempts were made to schedule discoveries and mediation, however, Canada and the Tomats advised that they would be making an offer to settle the case late in 2004 and requested that the mediation be put on hold. Robert Janes advised Council that it was his belief that attempting to negotiate an out of court settlement would save the Band significant costs if Canada and the Estate came forward with a serious offer. Given the pending offer, Mr. Janes recommended that the Council agree to putting the mediation on hold which was done.

### **Current Status**

Early in February, Canada and the Estate made an offer to the Band and the purchasers to settle the case. The offer was directed primarily at the purchasers. Canada and the Estate have indicated that they are eager to have a settlement in place prior to the end of the Federal Government's fiscal year end (March 31, 2005). The Council has reviewed the offer and advised that it is acceptable to the Council subject to some minor housekeeping issues. The offer essentially provided for the return of the land to the Band in return for the Band dismissing its actions against Canada and the purchasers without costs, except for the costs already ordered in the reasons of Justice Taylor rendered in August, 2002 (BC Supreme Court). The settlement essentially gave the Band what it was seeking in the legal action. The Bonneaus and Wally Parker have not yet responded to the offer.

The Council and Robert Janes met briefly with the Bonneaus and Wally Parker on February 9th to discuss the settlement offer. The only deci-

sion made at that meeting was to coordinate a meeting of all of the parties, being the Council, Reynolds and Mildred Bonneau and Wally Parker, Canada and the Tomats in March to review the offer and, hopefully, conclude a settlement.

Robert Janes has also scheduled the summary trial hearing for later in March, although this may be cancelled or rescheduled depending on the outcome of discussion related to settlement offer made by Canada and the Tomats.

### **Why Hasn't The Reserve Land Register Been Corrected?**

The Reserve Land Register currently shows that Lot 79 is in the possession of Reynolds Bonneau, Mildred Bonneau and Wallace Parker. Questions have been raised as to why this hasn't yet been corrected. Robert Janes has been consulted on this matter and has advised that it is highly unlikely that the Minister would do so because the Minister is a party to the current legal proceedings and, in doing so, the Minister would be inviting a new legal action. Mr. Janes, has recommended that, despite the decision on s. 48 of the Indian Act, a request to the Minister to correct the Reserve Land Register not be made until the current legal proceedings have concluded. He also continues to recommend that the issue not be brought to a head on the ground pending the outcome of the legal action.

### **Summary**

In conclusion, the current Council has not changed the course of the current legal proceedings or instructed Robert Janes to amend or soften any of the arguments that were advanced by the previous Council. The Council has done its part to keep the case moving by responding quickly to matters before it and has consistently followed the advice of Robert Janes, the Band's legal advisor. It is hoped that the case will finally be settled this Spring.

## A Letter to the Editor:

*Re: Response to the letter that was distributed to Band Members the day before elections.*

Speaking for myself, it saddens me to see such an act of deviousness and cowardness towards our former Chief Lyle Brewer. I believe that Lyle was doing an excellent job as our Chief, a belief that is held by many of our Band members.

I also believe he was doing what he believed was in the best interest of our community. Moreover, I as a Band member will stand by him.

It is unfortunate that a select group of Band members need to go to such lengths to undermine our Chief. Are we teaching our children to be vindictive and slanderous to one another? We all belong to this Band and as members we should unite and all be on one side.

Therefore, let's teach our children to be open, honest and always be there to help those who need it. Let's not have prejudice on our reserve for we are all brothers and sisters to our creator.

For the person or persons who wrote that letter: Do you have a clear conscious when you sleep at night? Did writing all that about our previous Chief and Councilors give you peace of mind?

Well, I am very glad it made you feel better about yourself, for I am not afraid to sign my name to a letter that I have written.

Thank you,  
Nora Oppenheimer

## BASKETBALL FUNDRAISER

### EASTER BRUNCH CRAFT SALE & BAKE SALE



When: March 20, 2005

Time: 11 am to 2:30 pm



Where: Head of the Lake Hall

*Come out and support the  
Okanagan Pride Girls Basketball Team*

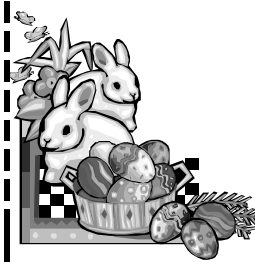
Proceeds will be used for tournaments  
and ref fees for exhibition games

*If you have any questions you can contact:*

Lacey Gregoire at 308-4838

Danielle Saddleman at 542-7534

JoDeane Williams at 542-6304



## Spring Trip to Vancouver and Victoria, BC

(Grades 10 -12 First Nations Students)

April 2005



The Aboriginal Education Department is planning a trip to Vancouver and Victoria. This is the second year that we are offering a bus tour from W. L. Seaton. We will be going to Vancouver and Victoria, BC. A visit to the capital city in the spring time will be very exciting.

The trip has been changed from March 8th to 11th, 2005 to April 18th, 19th and 20th, 2005.

The purpose of our trip is; 1) to visit universities and colleges in the Lower Mainland and Vancouver Island, 2) our main attraction this year is to tour the University of Victoria and see their facilities and to find out what programs they offer, 3) we will also be taking in an Aboriginal Career Fair hosted by Camuson College and UVic on April 19th, 2005, 4) we will also visit the Provincial museum at Victoria's Inner Harbor and take in an IMAX show.

This trip is open to Senior Aboriginal students enrolled at W. L. Seaton with a priority to those planning to pursue post secondary education. Grade 12 students will have a preference as this is their final year, followed by the 11's and 10's. It is also on a first-come, first-served basis. So this means you must complete the registration slip and provide your deposit money immediately to have a seat held for you.

Rules and Regulations: Students must be in good standing with the school. All school rules apply at all times. Curfew and room checks are established for 10 pm. In any case, no student is to leave the hotel room at any time without the chaperone assigned to their group.

We will be traveling by Country Coach Line of Penticton, BC. We will be staying at downtown Victoria hotel. There will be adult chaperones on the trip. The schedule of the trip is tentative yet. We need 30 students to make the trip viable.

Cost: \$200.00 (This price includes ferry ticket, bus travel costs and accommodations, and as subsidy from school funds. Cost is lower as the native theatre performance will not be available for our rescheduled dates).

Students are responsible to bring funds for all meals and snacks, and any pocket money they may need. Accommodations booked for economy will see 4 students sharing one room. Because we will have lots of room on the bus, students are encouraged to bring food in a small cooler to cut down on the cost of restaurant meals.

In order for this trip to actually take place, I must have 30 students signed up and pay a deposit by Wed. April 6th, 2005 at 11:30 am.

If sufficient students register by this date, the trip is "on" and all tickets and other arrangements will be made. If fewer than 30 students, then the trip is cancelled and funds will be returned. Once the trip is confirmed as a "GO" no refunds are granted unless a qualifying student is able to be a replacement from the wait list.

Notice will be provided to the student and parents via our autodialed system that will confirm the trip or cancel the trip on Wednesday.

Please contact Ms. Wilson, Aboriginal Education and Support Services at W.L. Seaton Secondary School 542-3361 Ext. 3107, if you have any questions or concerns.

## Superintendent of INAC to Sell Family Home

In response to previous court decisions it would appear that the Department of Indian Affairs Northern Development is being very meticulous in matters of intestacy. In order to ensure that there can be no question regarding a breach of Fiduciary Responsibility on the Department's side, they have opted to adhere strictly to the "Letter of the Law" when it comes to Section 50 of the Indian Act.

In a letter to the heirs of the Estate of Frances Gertrude Oppenheimer (Tex), the heirs have been informed that; as one of the heirs is not a member of the Band they may not hold a registered interest in Band Lands, thus section 50 of the Indian Act which deals specifically with such situations states:

Non-resident of reserve:

50. (1) A person who is not entitled to reside on a reserve does not by devise or descent acquire a right to possession or occupation of land in that reserve.

Sale by superintendent:

(2) Where a right to possession or occupation of land in a reserve passes by devise or descent to a person who is not entitled to reside on a reserve, that right shall be offered for sale by the superintendent to the highest bidder among persons who are entitled to reside on the reserve and the proceeds of the sale shall be paid to the devisee or descendant, as the case may be.

Unsold lands:

3) Where no tender is received within six months or such further period as the Minister may direct after the date when the right to possession or occupation of land is offered for sale under subsection (2), the right shall revert to the band free from any claim on the part of the devisee or descendant, subject to the payment, at the discretion of the Minister, to the devisee or descendant, from the funds of the band, of such compensation for permanent improvements as the Minister may determine.

Approval required:

(4) The purchaser of a right to possession or occupation of land under subsection (2) shall be deemed not to be in lawful possession or occupation of the land until the possession is approved by the Minister.

This letter further states that as the Non Band member has not

*"inherited an interest in the land, but, rather an entitlement to the proceeds from the sale of that interest," they are "not in the position to sell, release and assign, or in any other way dispose of the 1/2 interest which remains in the name of the estate."*

It is under this auspice that the superintendent intends to sell to *"the highest bidder among those entitled to reside on the reserve (Band Members)"*, the 1/2 interest in the estate.

And, to further aggravate and prolong the matter the entire process for *"carrying out such sales is being formulated in Ottawa"* with no indication of when the sale might take place.

In essence, what this does is, it removes any possibility of direct family members, who are entitled to this type of an interest, to dispose of that interest to other family members, and now leaves it wide open for non-family members to acquire an interest/share in the estate.

Unfortunately, making a will doesn't address the issue because it makes no difference how the **non-member** acquires their interest in estate lands. Until there is a change in the law, Band members who want to avoid this issue will have no option but to make a will to exclude any heirs or other persons who aren't Band members from inheriting an interest in land. Section 50 doesn't apply to off-reserve land assets or to non-land assets situated on reserve.

Other issues of concern and questions that come to my mind are:

1. It is, in my view, that this is an infringement of the personal right to buy or sell an interest in estate property that has devolved on intestacy.
2. Does this principle apply to all the estates that have been settled in the past?
3. If there is a section 50 sale of reserve land, what happens to boundary issues and how will they be settled to accommodate that sale?

In conclusion, it is my opinion that this needs to be reviewed and possibly another action launched to address the issue of "Equality before the Law", whether it be by the Band, Okanagan Tribal Council, Union of British Columbia Indian Chiefs, or the Assembly of First Nations, as non-natives do not have to suffer the same consequences in the same situation.

**Floyd Oppenheimer,**  
On Behalf of William Oppenheimer

### Senk'l'ip Newsletter Mail-out List

Please fill out the form below and mail to the OKIB Office using the information below if you would like to receive the Senk'l'ip Newsletter.

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City/Town

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

**Mailing Information:**

Okanagan Indian Band

RR#7 Site 8 Comp 20

Vernon BC V1T 7Z3

Email: [holly.brewer@okanagan.org](mailto:holly.brewer@okanagan.org)

### Senklip Submissions

The deadline for submissions to the Senk'l'ip 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 me at [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**

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

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

From Lorraine Ladan, Manager

## KINDERGARTEN STAFF CHANGES

We are saying good-bye to Mrs. Tanya Saddleman-Joe for a while as she leaves to have baby number two in the near future. We will miss you, but thank you for helping to keep our day-care full!

We are pleased to have Mrs. April Alexis take her place for the interim, who has been the regular Teacher on Call for the class.

## PARENT WORKSHOP

Thank you to the parents who attended the Moe the Mouse workshop at New Horizon's in January. We hope that you learned some useful and easy techniques to assist your child with their speech and language development.

## 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

Part of the school assessment process, is that each school has a mentor assigned to them. Our school mentor is Karen Aoki from Port McNeil on Vancouver Island. She teaches at Wagalus School in Port Hardy. Karen was here for a school visit on February 7 and 8. She met all of the committee members and gave us some positive feedback on where we are in the assessment process and the work that we have done so far.

Several school staff will be attending a workshop on February 25 to help guide us through the next steps of the assessment, which involves setting a school growth plan.

Thank you to all parents who completed surveys earlier in the school year, which has

given us some valuable information for our school assessment. The Preschool and Kindergarten classes are both part of the school assessment. All information completed to date is available at the school for any parents or community members who are interested.

## CAR SEAT SAFETY

Mona Williams, Cultural Worker and Driver, and Vanessa Antoine, Head Start Coordinator, completed a three-day clinic this month on the proper use of installing and using child safety car seats. They are now certified by St. John Ambulance.

## ON-CALL STAFF

We would like to extend a special thanks to the individuals who work on-call regularly at Snc'c'amala?tn. We really appreciate your flexibility and how you often meet our needs with very short notice. Thank you for covering for us when we are sick or on vacation.

The following individuals have worked on-call for us during the past year, and some for much longer:

April Alexis - *Kindergarten Teacher*  
Luba Andrushko - *Early Childhood Educator*  
Perry Joe-Williams - *Driver*  
Sharon Johnson - *Early Childhood Educator*  
Paula Louis - *Cook*  
Jenny McCune - *Daycare Assistant*  
Barb Marchand - *Early Childhood Educator and Kindergarten Teacher*  
Walline Parker - *Cook*  
Yvonne Oppenheimer - *Daycare Assistant*  
Olgie Spitzer - *Early Childhood Educator*

## INFANT TODDLER ROOM

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

Happy 2nd Birthday greetings to Taylor Louis (her parents are Leah and Darin Louis) and Mack East (his mom is Brandy East). We welcome Dante Watson to our room; his parents are Natalie Wilson and Mikey Watson. Congratulations to Terri-Rose and Dave McMillan's family on the birth of their big baby boy, he's a little brother for Kyra. We have been busy this month with playing and sleeping and eating and art. That is the daily routine for our room, including many trips to the bathroom, and snacks and drinks every few hours. Art is a wonderful activity for children of any age and we explore many materials and may only spend a few minutes creating our masterpieces. At this age, it really is the experience that matters, and not so much the end result. Safety and fun is what we strive for everyday. It truly is a wonderful place to spend our days.

## 3/5 YEAR OLD AND HEAD START ROOM

*Shannon Marsh, Room Supervisor*  
*Jennefer Hayhurst, Early Childhood Educator*  
*Vanessa Antoine, Head Start Coordinator*  
*Nancy Eustache, Special Needs Worker*

Wi, from the mhuya room.

We have been racing along so far this year. We can't believe it's already mid-February. We have been celebrating so many activities this month. So far we have learned about Groundhog Day, the Chinese New Year and Valentines Day. We had felt stories, books, art activities and toys all revolving around these topics.

As a very special treat, some of us even got to ride on the snc'c'amala?tn float in the parade on the 5th, it was so much fun! We waved at all the people standing on the side of the road. There sure were a lot of people watching us!

We would like to send a warm welcome to our new children in the program: Emma, Kirsten and Dakota. We would also like to welcome back Jacob.

We are very full in our classroom, which is great to see. We are at full capacity almost every day, which makes for a very busy morning and lots of fun and games in our room.

## PAC MEETING/ HEAD START PARENTS

We have a PAC Meeting: Thursday March 3, 2005 at 9:00 am.

At 10:30am we will have Sharon Cullen in to discuss Heart Start activities with our parents. We hope to see you there!!!

## PRESCHOOL

*Preschool Supervisor, Susan Nelson*  
*Preschool Assistant, Donna Lewis*  
*Special Needs Worker, Darlene Watson*

Wi from the Speplina Room.

Thanks to all the parents who attended our fun Valentine's Party. We had lots of happy faces playing games and decorating cupcakes. Happy Birthday to Pablito Siska and upcoming birthdays this month for Ethan Joe and Stephane Foster.

Our art activities have centered on Valentines crafts, groundhogs, dinosaurs and snowmen. Our upcoming themes for March are St. Patrick's Day and Easter celebrations.

Welcome Darlene Watson who is assisting in the Preschool classroom. A special thanks to Sharon Cullen and Lana Joe at the OKIB Health Department for an informative field trip visit. We enjoyed the nutritious snack and tour of the facility.



## Snc'c'amala?tn Okanagan Indian Band Early Childhood Education Centre

*Snc'c'amala?tn Daycare Vernon Winter Carnival Parade Float*

The children loved visiting the 'Big School Bus' and our thanks to Genine Earl for instructing the children on bus safety. We appreciated Maria Foster presenting the felt story to the children. We are always open to having parents come in and share a craft, song, story or speak to the class about their talents or employment.

Reminder of Spring Break from March 19th to April 4th, 2004 (yahoo!)

### **KINDERGARTEN**

*Teacher, Tanya Saddleman-Joe  
Kindergarten Assistant, Trisha Johnson*

Wi! From the p'qelqin room.

February has been a fun and busy month in the Kindergarten room. It was a month of learning new things and celebrating. We learned about groundhogs for Groundhog Day, some of the hazardous chemicals that are around our houses and how to recognize them by their symbols on the cans/bottles, how to be heart smart and eating healthy.

We celebrated the Chinese New Year to tie into the centre's float entry in the Vernon Winter

giving them to friends and family and of course receiving them.

We also celebrated the 100th day of school by having a 100th day party. The students made a 100's Fruit Loop necklace, counted to 100-by 1's, 5's, 10's, worked on their 100's book, each brought 100 small snack items to contribute to our class' 100's trail mix and created an art piece made of 100 items. The next day we talked about 101 and 101 Dalmatians.

It has been a great year for me with the children. I will miss them and all the staff very much. My last day of work before going on maternity leave was February 18th. I will return back to work at the end of next November. I'd like to give a big thank you to April Alexis who will take my place until my return. She has been the teacher on call for my classroom a number of times this year when I've been away. The children enjoy her as a teacher and will have some great learning experiences with her. Best wishes to April and Trish.

Congratulations to Franklin Antoine for completing his 1st home reading sheet and having read a total of 30 books, way to go, keep reading! Congratulations to Nolan Lawrence, Leandra

Parker and Chenielle Ottesen for completing their 2nd home reading sheets and having read a total of 60 books this year, great reading!

Parker and Chenielle Ottesen for completing their 2nd home reading sheets and having read a total of 60 books this year, great reading!

### **2005 Vernon Winter Carnival**

We received a 2nd place ribbon in the schools' category for our float "Fortunate Beginnings". The theme was celebrating the Chinese New Year and the children made up posters for the 12 signs of the zodiac with the names in Okanagan.

Thanks to Shirley Paul and Mona Williams for providing the spelling of the Okanagan animals.

Ramona Wilson and Tanya Saddleman-Joe provided the energy and coordination for the Snc'c'amala?tn float this year and are to be congratulated for all of their volunteer time.

We spent many hours building the dragon, pagoda, mountains and making decorations for our float. We thank the parents and staff who volunteered their time: Wanda Duncan, Shayla Lawrence, Stacey Yow, Tige Marchand, Bailey Marchand, Ruby Alexis, Justin Joe, Tetku Coutlee, Ian Parker, Trish Johnson, Tanya Saddleman-Joe, Danielle and Lepika Saddleman, Shane Miller, Joan Zabetel, Ramona Wilson, Lorraine Ladan, Walline Parker, Gwen Torres and Trina Garnot.

Thank you to all of the parents and family members who came out the day of the parade to ride on the float with children. Everyone looked great!

Special thanks to: McMillan Contracting Ltd. for providing the truck and the driver, Chad Japp; IRL Truck Centre for letting us use a bay to decorate and store our float overnight; Rocky Mountain Transport for lending us the trailer; Creekside Gardens for the use of the flowers and Bill Marchand for lending us the hay. We couldn't have done it without your help.

## Social Development Division Update

The Social Development Division consists of the following:

**Health Department:** Ellis O'Brien, Director  
**Social Development Department:** Molly Brewer (Acting Director)  
**Education Department:** Kevin Ned, Director  
**Snc'c'amala?tn Day Care:** Lorraine Ladan, Director

In the past two months, the Social Development Division Directors had two meetings to discuss the Divisions structure and the Bands policy and procedures. The outcome is the recognition of the need for a few structural changes and the need for some policy and procedure revision. The meetings also assisted the Division Directors and Manager in identifying the administrative, the structural and the financial needs of the departments, as well as providing the Departments an opportunity to do collaborative service and community planning. Collaborative Planning of this nature ensures community services and events are not duplicated or missed.

In this regard, the overall goal for the Social Development Division

is to meet Band Membership needs. This can be achieved by developing a strong administrative and fiscal management plan. Therefore, over the next several months, the existing programs will undergo a review to assist in determining the goals and the objectives for a Five Year Plan. In this process, past Band surveys and assessments will be used to identify membership needs and will form the base for the Plan. For example, in a Youth Survey, the participants made requests for a BMX Track and a Skate Board Site. The information provided by the youth will be implemented into the Social Development Divisions Five Year Plan.

It is important to note, that as the Social Development Division manager, the intent is to ensure that community input is reflected in both the band programs and the band plan. Therefore, community consultation is imperative for successful planning.

Lim Limpt,  
Donna M. Good Water MSW  
Social Development Division Manager

# OKIB Health Department

## DROP IN Laboratory Tests Offered

Where: OKIB Health Building, Six Mile  
 When: Every Friday morning 8:30am - 11:00am  
 Phone: Wilma or Mary 542-5094 Fax: 542-5094 email: okibhealth@okanagan.org

**LAB TESTS OFFERED:**

Albumin	FSH
Alk. Phos	Glucose (fasting, random, 2 hr.pc)
ALT	GGT
Amylase	HDL
Anti TPO	HbA1C
AST	HIV
B12	INR
BHCG	Iron (Total iron: TIBC)
Bilirubin-D	LDH
Bilirubin-T	LDL
BUN	LH
Calcium	Lytes (Na&K)
Chlorides (Cl)	Magnesium
Cholesterol	Protein (Total)
CK	Potassium (K+)
CO2 (Bicarb)	Phosphate (PO4)
CPK	Prolactin
CRP	Progesterone
CBC (Hematology Profile)**	PSA
CRP (c reactive protein)	PTT
Creatinine	SPE
Creatinine Clearance***	Sodium (Na)
Cortisol***	Testosterone
ESR	Tryglycerides
Estradiol	TSH
Ferritin	T3
Folate	Urate
Free T4	Urea

\*\* Includes WCB, RCB, Hgb, Hb, Hct, Indices, Platelets  
 \*\*\* Special Instructions

**SPECIAL TESTS**

**DRUG LEVELS:** Digoxin, Phenytoin, Theophylline, Lithium  
 (Need time of last dose. Blood must be drawn at least 6 hrs or more after last dose)

**DRUG SCREEN:** (urine; indicate specific drug)

**URINALYSIS:** Macro/micro (if indicated), Culture

**24 HR. URINE for Na, K etc.:** (\*special instructions)

**OCCULT BLOOD:** (\*special instructions)

**SPECIAL INSTRUCTIONS**

**CREATININE CLEARANCE:** Patient must collect all their urine for 24 consecutive hours. A blood specimen must be drawn during this time. Come to the Health Dept. on Fri. morning to get the container and instructions, and be prepared to do the collection the following Thurs/Fri. Bring the specimen to the Health Dept. on the Fri. morning of completion.

**24 HR. URINE:** Patient must collect all their urine for 24 consecutive hours. Come to the Health Dept. on Fri. morning to get the container and instructions, and be prepared to do the collection the following Thurs/Fri. Bring the specimen to the Health Dept. on the Fri. morning of completion.

**CORTISOL:** Random and 8am; (4 pm Cortisol must be done in Vernon @ Valley Med. Lab between 3- 4 pm on the same day as the 8am spec)

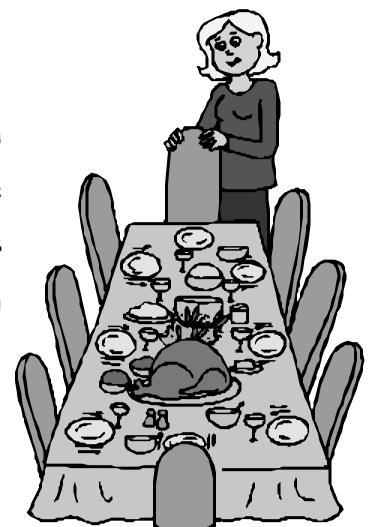
**OCCULT BLOOD:** Patient must come in on Fri. morning to pick up kit and be prepared to do the collection the following week on Tues., Wed., and Thurs. Bring the kit back to the Health Dept. on the Fri. morning after completing the collection.

**FASTING GLUCOSE, CHOLESTEROL, TRIGLYCERIDES, LDL, HDL:** All of these tests require that the patient fast for 14 hours before having their blood drawn. Water and medications are permitted. Glucose-Patients may fast for **only** 10 hrs.

### Inkamupalux Elders Invitation

The Inkamupalux Elders are extending a reciprocal invitation to Elders from other Okanagan Bands, Adams Lake, Kamloops and Spallumcheen to a dinner to be held at Head of the Lake Hall on March 30, 2005 at 12:00 noon. There will be a loonie auction with the proceeds going to the Okanagan Nation gathering being held this year. Donations are gratefully appreciated.

For more information, contact Peggy Brewer at 542-2745 or Judy Marchand at 542-5094.



## Friends of Fintry Provincial Park Society

The Friends of Fintry Provincial Park Society is trying to preserve as much as possible of the Fintry delta area and restore it to the Dun-Water and Fairbridge Farm era - 1909 and 1948.

We know that Captain James C. Dun-Waters frequently listened to and hired people from the Okanagan Indian Band. In fact, we understand his choice of location for the Manor House and barns was strongly influenced by their advice.

We hope that some of the former employees and/or their families would be willing to share their memories of Fintry with us. We're interested in what work they did, what the living and working conditions were like, how they felt about

Captain Dun-Waters and his staff and any thing else they could remember.

We particularly hope they can tell us more about the water/irrigation system the Laird installed on Shorts Creek. We understand the First Nations People were very instrumental in its construction and maintenance.

Any information given to our Society would not be used for publication or profit. We simply want to fill in some of the many gaps in our knowledge of Dun-Waters time. If any details were incorporated in the introductory video we are about to produce or included verbally in the guided tours, please be assured money from the tours goes directly into our restoration projects.

We do pay our Executive Director, but all other work at Fintry is on a voluntary basis. (In 2003, the Friends of Fintry contributed almost \$47,000.00 worth of volunteer labour.)

We have already started to re-establish the Dun-Waters' working relationship with OKIB. For the last two summers, working with OTDC, we have had the pleasure of hiring 4 First Nations students to act as interpreter/tour guides.

I hope people will be willing to share their memories with us.

Sincerely

Ken Waldon, President, Friends of Fintry Society  
[www.fintry.ca](http://www.fintry.ca)

## COMMUNITY PLANNING MEETING UPDATE

The Community Development Division would like to thank all those who attended the Community Planning Meetings that were held recently. The overall attendance was outstanding!! We are all very excited about the communities input and involvement in the future plans of band reserve land. After compiling all of the information we received from all that attended, the overall outcome reflects that the community wants to head into the 21st Century with an emphasis based on family, culture, language, education, housing, and much more.

Some of the suggestions and comments that we received are outlined below and have been grouped by the individual meetings:

### **Parkers Cove Meeting; January 31, 2005 (attendance 4):**

1. What type of land uses would you like to see on our reserve lands and where would you like to see it located? (i.e., agricultural, institutional, commercial, residential, industrial and/or recreational development).
  - *BMX park*
  - *Reserve signage (outlining territorial hunting rights\reserve land)*
  - *More housing*
  - *Water improvements for now and the future*

### **New Horizon's Meeting; February 7, 2005 (attendance 7):**

1. What type of land uses would you like to see on our reserve lands and where would you like to see it located? (i.e., agricultural, institutional, commercial, residential, industrial and/or recreational development).
  - *BMX track*
  - *Bicycle park*
  - *Arena*
  - *Gym*
  - *Skate board park (all of the above located at either Komasket, 6 mile, HOL, and/or Whiteman's area)*

- *Student housing (to be located at Duck Lake)*
  - *Recreational development center*
  - *Playground for smaller kids*
2. What kind of improvements would you like to see? (i.e., water system, roads, flood and erosion control, fire protection and 911 emergency services.)
    - *Fisheries*
    - *Water systems*
    - *Natural gas supply*
  3. What other opportunities would you like to see in our community?
    - *Theatre/Art gallery*
    - *Culture Centre (that works at Senk'lip Native Theatre)*
    - *Better communications*
    - *Policing*

### **HOL Meeting, February 10, 2005; (attendance 53):**

1. What type of land uses would you like to see on our reserve lands and where would you like to see it located? (i.e., agricultural, institutional, commercial, residential, industrial and/or recreational development).
  - *School at Komasket with adult section and daycare (and i.e., Montessori, Sylvan Learning, or Waldorf Center)*
  - *Develop recreation area at Silver Star*
  - *New Band office located by daycare by Public Works*
  - *New Health building located at Komasket*
  - *Seniors Assisted Living Center located at HOL with place for New Horizons within the same building*
  - *Waterslides park*
  - *Recreation center: with ice rink, swimming pool, and gym*
  - *Commercial shopping center: with drug store and banking*
  - *Culture\Spiritual Centre*
  - *Tree nursery*

2. What kind of improvements would you like to see? (i.e., water system, roads, flood and erosion control, fire protection and 911 emergency services.)
  - *New\improved water system at Bradley Creek*
  - *New fire hall located at HOL and Round Lake area*
  - *Road improvements*
  - *Access to 911*
3. What other opportunities would you like to see in our community?
  - *New Community\Recreation park at Smitken property with running and walking trails\miniature golf course and skateboard park*
  - *New Community Hall at Duck Lake (with walking and running trails)*
  - *Cultural museum and centre in conjunction with elders*
  - *Language and culture a priority*
  - *More employment opportunities and a willingness to train with direction to members on what will be in demand in the future.*
  - *Training for Band members to be educated in order to plan, manage and operate*

For those who were not able to attend the meeting in their area, we will be scheduling more Community Planning Meetings in the near future. Please look for future postings of these meetings in the Senk'lip News and on the band website [www.okib.ca](http://www.okib.ca).

We are all very excited with all the feedback we received and what the members have envisioned for the future. If you have any other questions or suggestions, please do not hesitate to call Stacy Yow, Community Planning Assistant, at the number listed below or email: [stacy.yow@okanagan.org](mailto:stacy.yow@okanagan.org). Thanks again to all that attended!

Bob Osborne, Community Development Div.  
OKIB, Phone: (250) 542-3444

## An Okanagan Warrior

Submitted by: Molly Brewer

In recent months, there has been a series of community forums across the Okanagan regarding drug trafficking and use. Out of these forums there have been many discussions on how we, as a community, can come together and help one another. What is the cause, why is this happening, who is doing such activities, are these symptoms of deeper problems, and how could we get people to stop??? All very important questions, all very difficult to answer. In particular, there was discussion that some individuals that were involved in drug trafficking referred to themselves as Okanagan Warriors. Chief Clarence Louie had put the question out there, what is an Okanagan Warrior?

In talking this task to heart, I had the chance to speak to Gary Joseph, a member of the Colville Confederated Tribe and the author of *Quest for Dignity: Synthesizing in Indian Recovery*. He had shared a little about his thoughts and stated that it would be fine to print his information about Warriors of the People.

Warriors of the People: Warriors have been missing from our society for a while now. They are only found in the myths and legends of our people. These are the people who protected our land, people, our ways, and ideals. They did this freely and voluntarily, with honor.

The warriors from times past learned from their parents, elders, the leaders, and medicine people, who were warriors themselves. They had the warrior's heart and soul. Their bravery, fierceness and loyalty provided security, stability, and continuity.

We face the greatest menace to ourselves since we've been in this world as people. Without the warriors, we are a defeated and shamed people. It is because of this humiliation and shame, we are a people without honor and dignity. If there was a time we needed the warrior to save us, it is now. It is now that we must call forth the warrior from within ourselves.

This person will seek dignity and honor for the people. This person must have the courage to confront our people. Confront them with the fact that they have no vision, that they have forgotten their ideals. This person is a human being of integrity, of the highest order. This person will be humble to the extreme, and will serve in gratitude. This person will make the supreme effort, in service of the people. This person will above all love the life he or she has made a covenant to serve.

The great warriors would serve best if they ruled within themselves the instincts that

help them survive. The warrior's greatest challenge was in knowing the self; through this knowledge, develop the discipline to overcome selfishness, self-centeredness, self-pity, and self-deception. The warrior will overcome his or her own propensity for self-indulgence.

The warrior will develop toughness, strength, and purity in mind and body. The warrior will reserve the highest honor and respect for the truth. The warrior will not deny or fear facing truth, for it is through truth comes knowledge of the higher purpose in life.

In all ways, constantly and vigilantly, the warrior will seek to know the higher purpose in life. It is through prayer, signing, fasting, and dancing, the warrior readies the self to receive knowledge of the higher purpose.

Who or what is this greatest menace our people have ever faced? Why is it that our people are humiliated and shamed? What has caused such incomprehensible demoralization? It is ourselves, it is those of us who have surrendered, who are captive and prisoners of selfishness, self-centeredness, self-pity and self-deception! It is those among us who have quit seeking their higher purpose! Lets campaign to free our captives and prisoners.

## OKIB Child Welfare Program

Submitted by: Molly Brewer

Greetings. Since arriving in this position as the social worker for the Okanagan Band, I have been very active in program planning for our children and families. Having reviewed past assessments that membership participated in with respect to child welfare gave me some good indication of where we should be going with programs.

In the following months, there will be a series of workshops, activities and camps suitable to all age groups and genders. These workshops will be interactive, informative and fun, not to mention either lunch or dinners will be served depending on times. Be sure to see next month's issues for more information on the first of our many series.

## Inter Agency Meetings: "A Culture of Cooperation"

Submitted by: Molly Brewer

Collaborative efforts have been made between WL Seaton, Alexis Park Elementary, Vernon First Nation Friendship Centre and the Okanagan Indian Band to meet and discuss how we can link our programs to assist students and families better. We believe that in our last two meetings our levels of communication between agencies have opened up. There has been a commitment between these parties to do some planning that will examine ways for our agencies to be better involved in each other's programs and projects. We have gotten off to a good start and we look forward to our work together.

**Partners in planning include:**  
*Okanagan Indian Band Program Staff* - Molly Brewer, Diane Louis, Kevin Ned  
*WL Seaton First Nation Advocate* - Patricia Wilson  
*Aboriginal Education Program Principal* - Grant Stevens  
*WL Seaton Teacher* - Ruth Jantz  
*Alexis Park Principal* - Peter Haines  
*WL Seaton Principal* - Don Balcombe  
*First Nations Friendship Centre* - Wendy Antoine

<i>Senk'lip News</i>	
<b>Editor</b> Holly Brewer	<b>Chief</b> Fabian Alexis
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<b>Mail:</b> Okanagan Indian Band RR#7 Site 8 Comp 20 Vernon BC V1T 7Z3	

**View current OKIB news and information at:**




## The Good Food Box Program

### What is it?

The Good Food Box Program is produce-buying cooperative, to help everyone to include more fresh fruits and vegetables in their meals.

The low cost of the Good Food Box is made possible because of group buying. By pooling the money, the Good Food Box program can buy food at wholesale and get better prices. Volunteer labor for sorting and packing keeps the prices down. The selection of produce in the box changes according to the season, but basic items such as potatoes, carrots, onions are always included. Items are chosen according to what is good quality, in-season and affordable at the time. The Good Food Box buys direct from farmers when possible. It works in co-operation with local food producers and retailers.

The Good Food Box (Produce Buying Cooperative) is based through Interior Health - Donna Antonishak (Community Nutritionist) with Diane Fleming (Coordinator)

Judy Marchand, Gary Bonneau, Cindy Brewer, Karen Oppenheimer and Wally Louis are generally the staff members who work collaboratively to provide this program within the Okanagan Community. (I.a. the payments, coordinating, pick up, packing, telephone reminders, etc.)

### How Does It Work?

Pay \$10 by the second Wednesday of each month. Distribution is always the third Thursday of the month. We will try to have the boxes ready for pick up at the Head of the Lake Hall at 12:00 Noon. Payments can be made at the Health Center or at pick up. Payments can also be made in advance for a couple of months.

Here is a sample of some of the possible Good Food Box contents for summer and fall. Most of the time there are 10-12 items:

**Summer:** Potatoes, onions, carrots, zucchini, tomatoes, cabbage, green beans, cucumber, melon, apples, cherries, peaches, apricots.

**Fall:** Potatoes, onions, carrots, squash, cabbage, broccoli, green and red peppers, tomatoes, beets, garlic, leeks, oranges, bananas, apples, pears.

### Can I choose what I want in my box?

No, everyone gets the same thing. If you don't like an item in your box, you may want to trade it with someone else. We are happy to hear your feedback on the mix of foods in the box and the quality. A newsletter is included in the box; it will give you preparation and food storage tips, recipes for more unusual items and nutritional information.

### How much money can I save?

The value of the box is close to double the value at a regular supermarket, depending on the store and the time of year.

### Why do I save money?

One reason you save is because of the pre-order system. When you order your box in advance, we can minimize waste by buying the right amount of food. The group buying power that comes from ordering in bulk also saves money. We save packing costs because staff and volunteers come to the distribution center to pack the boxes.

### Can anyone participate?

Yes, The Good Food Box program was founded to help everyone get enough fresh fruits and vegetables in their diet.

### How to get involved

Volunteers from each community pack the food into boxes at our distribution center between 10:30 am -12:00 pm on distribution day. Participants are encouraged to volunteer when they can. You can call the Health Center to volunteer (542-5094).

## Okanagan Pride Girls Basketball Team

The Okanagan Pride girls basketball team would like to thank all those who turned out in support for the Brunch Fundraiser on Sunday, February 20, 2005 at Head of the Lake Hall. It was a huge success. Also included were a bake sale and raffle.



### Raffle Winners:

- 1st Prize of \$100: Jade Spotted Eagle
- 2nd Prize \$50 Gift Certificate - Royal Knight: Peggy Brewer
- 3rd Prize \$10 Scratch Tickets: Paula CaDotte

Also, a big thanks to the community members who donated towards our bottle drive, and donations and help from; Josie Saddleman, Lucy Louis, Leonard and Virginia Gregoire, Mary and Alton Louis, Helen Brewer, Bobbi Brewer, Lepika Saddleman and parents of the players.

There will be 50/50 tickets being sold in the community for a draw to be made at their next Fundraiser Easter Brunch, Bake Sale & Craft Fair on March 20, 2005 11:00am - 2:30 pm.

If anyone would like to set up a table (\$10), please contact Lacey Gregoire at 260-7058 (leave a msg), JoDean Williams at 542-6304 or Danielle Saddleman at 542-7534.

The girls will be participating in two upcoming tournaments; the 3rd Annual Pacific North-West All Native Men's and Women's Basketball Championship, February 25 - 27, and the Kamloops All Native Men's and Women's Basketball Tournament, March 25 - 27.

### In Thanks, Okanagan Pride Girls Basketball Team:

Lacey Gregoire, Alexis Gregoire, JoDean Williams, Natasha Gregoire, Julie Brewer, Sherry Louis, Danielle Saddleman, Coola Louis, Tara Lynne Joe, Samantha Lewis, Rena Nicholas and Jade Louis.

# Community Bulletin



## Information Meeting

**When:** Thursday, March 17th, 2005

**Where:** Head of the Lake Hall

Territorial Stewardship Division Strategic Business/Operating Plan

### Community Review and Input

#### Agenda

3:30 pm: Open House  
5:30 pm: Dinner

Dinner followed by discussion

**For more information please contact:**

Jenny Louis, Executive Assistant  
Territorial Stewardship Division  
Phone: (250) 542-7132  
Email: okibnrd@okanagan.org



## Garrett Boyd Louis

**Born:** February 10th, 2005

**Weight:** 7lbs 4oz

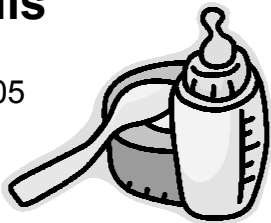
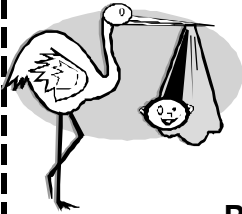
**Proud Parents:** Ben and Erin Louis

**Great Grandma:** Rose Louis

**Great Grandparents:** Art & Mona Chambers  
**Great Grandparents:** Gene & Susan Stone

**Grandparents:** Gary and Joan Stone  
**Grandparents:** Cecil and Carol Louis

Proud Aunts and Uncles and too numerous to mention cousins.



IN PARTNERSHIP WITH REC EXCELLENCE THE NK'MAPLQS TOURNAMENT COMMITTEE IS PROUD TO PRESENT THE:

### 1st ANNUAL ALL-NATIVE NK'MAPLQS HOCKEY CHALLENGE CUP

**WHEN:** April 1,2,3 2005  
**WHERE:** Vernon Multiplex

This Inaugural Hockey Tournament will be a 16-team non-contact (rec rules) format, guaranteeing each team 3 games, with the finals being single elimination.

A non-refundable entry fee of \$700.00 and team roster are required by March 21, 2005, payable to RECREATION EXCELLENCE (Certified cheque, money order, Visa or MasterCard).

Beverage Garden on-site, Arts & Craft table space available (call for info.)

Dance Saturday Night: location TBA

Prize money will be pro-rated according to the number of teams entered into the tournament.

#### PRIZE MONIES (16 Teams):

1st: \$3000.00  
2nd: \$2000.00  
3rd: \$1000.00

Individual and Team trophies will be presented at the conclusion of the three-day tournament.

For more information and to volunteer, please contact:

Keith Louis (250) 309-4674  
Kevin Ned (250) 768-8125  
Jay Louis (250) 308-6144  
Shelly Mitchell (250) 542-5623 Ext.101

For tournament packages visit Rec-Ex Website at:  
[www.recreationexcellence.com](http://www.recreationexcellence.com)



**HAPPY 3rd ANIVERSARY** Ben & Erin Louis of Linden, Alberta on March 30th & special congratulations on the birth of their son Garrett.

**Happy 1st Birthday** Ryder Louis-Quibell on March 4th.

From Sam, Jaedyn, Levi, Amber (mom), and Mama Rita