

Okanagan Indian Band

Senk'lip News



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

Dealing with Drugs on Reserve

Submitted by Addiction Workers: Wally Louis and Gary Bonneau

This is a very disturbing issue; however, it is one that has come to our attention. Is it not amazing that in one sense, we are looking at protecting our kids from drugs and then we hear that it is some of our own youth who are selling drugs to the younger ones? This is one of the many issues around drugs that we need to address.

We have all seen or heard how the **JUSTICE SYSTEM** deals with a person who is selling drugs. In the news we hear, "Well it's only "pot", and they're going to make it legal anyway".

The **DRUG ABUSE ISSUE** is an issue that needs to be addressed by the whole community.

This brings us to the meeting that was set up for April 7th, and the poor turnout of community members. There were only four Band members present to discuss this issue. As we see it, the drug problem is a community problem and it will take the whole community to make a difference. We need everyone's eyes and ears that see and hear things to start talking and address these types of problems.

It is our children and grandchildren that are being affected by drugs. Parents and grandparents must have the courage, the strength and the will to talk and question what the effects are of the drugs and drug dealing that are going on within their families.

The result of not addressing these issues is that our youth may become addicted or get into drug dealing, or both.

There are other problems that come along with drug usage. For example, kids will steal to buy drugs and some will bully others in school to hand over their money so they can buy drugs.

In current information on drugs, it is found that youth as young as 12 years old are working the streets to support their drug habits.

It seems to us that people soon forgot the incident that happened on a neighboring reserve, where

three young men lost their lives due to drugs. We also wonder why a person was dumped on our reserve on Easter Saturday near Neehoot. Was this a message to our community? How open and close are we to having such an incident occur in our community? Are we not looking at the big picture? How well are we policed? The RCMP is hired by the City of Vernon and it appears that the only time they come onto the Okanagan Indian Band is when something serious happens. Our community is not a high priority.

As we see it, the community members need to organize a **COMMUNITY WATCH** program on reserve, or some type of security to make it difficult for our own band members who are selling drugs to the youth.

If we as band members don't come forward and start working on this problem, it implies that we condone the use of drugs among our children. We need the whole community to put aside personal prejudices and come together in dealing with this common problem that is affecting our community.

Do we wait until someone loses their life due to the fact that they can't pay their bills to drug dealers before we take this problem seriously? We would like to think that the members would want to do something about this problem before more serious consequences happen.

We need to educate ourselves and address these matters. Together we can make a positive change for future generations.

Give us a call at the Health Department at 542-5094 if you are an interested community member who is willing to help make our community a safer place to live.

We are more than willing to set up a community meeting and work with others in further positive action.

Together, as a community, we can make a difference.

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

Health Department

Drinking Water Safety Program

Submitted by Judy Marchand

The drinking water program has been ongoing in the community for the last thirty years. Judy Marchand oversees the program and works in collaboration with the Water Quality Monitor, Environmental Health Officer, Community Members and the Public Works Department.

Lacey Gregoire and Keona Joe have provided services for the last fiscal year. Lacey returned to school to further her education and Keona was on a short term contract; thank you for doing a good job.

At present, the Okanagan Indian Band has posted the Water Quality Monitor Position, which will commence on May 2, 2005. In the mean

time, Judy Marchand is collecting water samples on a weekly basis.

The activities of the program are:

1. To sample and test drinking water supplies as per the Guidelines for Canadian Drinking Water Quality in distribution systems and cisterns as developed under the direction of the Environmental Health Officer (EHO).
2. To record all results on water quality data sheets weekly and send reports monthly to the EHO for interpretation of results and recommendations for further action, if necessary.
3. To perform quality assurance tests according to the quality assurance plan developed under the direction by the EHO.
4. Immediately upon determining that E.Coli

and/or total coliforms exceed the Guidelines for Canadian Drinking Water Quality or when there are unusual changes in disinfection residuals (for example, they are lower than expected), the Water Quality Monitor is to notify the EHO for interpretation of the results and recommendations on further action.

The Okanagan Indian band has seven water systems, which are monitored on a weekly basis. Private wells are checked bi-annually. Identified check points are used for collecting the water samples.

For more information, please contact Judy Marchand at the Health Department at 542-5094.

Mental Health Crisis Management

Submitted by Judy Marchand

Building Healthy Communities - The Mental Health Crisis Management program is identified as one of the programs in the Okanagan Indian Band's Contribution Agreement with Health Canada.

In order to better implement this program, the Health Department requires input and feedback from the membership.

The goal of the program is to provide skills to employees as well as community members to address mental health issues.

Objectives of the program are:

1. To establish a community-based mental health crisis management program.
2. To enhance community management and control and provide the necessary tools to aid in the intervention in problems of depression

and suicide by targeting communities in crisis.

3. To address critical gaps in mental health services and programs and to provide crisis intervention, aftercare and training to members of the Okanagan Indian Band community to help deal with crisis.
4. To provide support for intervention in crisis situations in order to reduce the number of suicide attempts and other violent situations.

In order to carry out these objectives, we can undertake activities in the following areas:

1. Provide and/or develop culturally sensitive accredited training for community members (i.e. crisis management, crisis intervention, trauma, suicide prevention, etc.).
2. Provide community education and awareness of the nature of mental health.
3. Provide assessment, counseling programs,

referrals for treatment and follow-up treatment, after care and rehabilitation to members of the Okanagan Indian Band.

Note: During the last fiscal year 2004-2005, a Community Emergency Plan was drafted and will be presented in a series of community meetings to the membership. An important component of this plan is addressing crisis in the community (Emergencies for example; Forest fires, disasters, house fires, tragic vehicle accidents, suicide to name a few).

May 1-7, 2005 is **EMERGENCY PREPAREDNESS WEEK**

What are your reasons for being prepared?

Prepare now.... Learn how

For more information - www.epweek.ca

Lab Services Offered

The Okanagan Indian Band Home Care Program will continue to offer lab services to clients and Band members.

**NEW HOURS EFFECTIVE APRIL 5, 2005
TUESDAY MORNING EACH WEEK**

Lab Technician Dawn Gilles will continue to visit Home Care Clients in their homes to take blood work on a regular basis. Dawn will do Lab work at the Health Department Office by appointment only on Tuesday mornings. Please phone the Health Dept. to make an appointment if you have a requisition from your doctor for blood work and want to use this service.

Wilma Young, Community Home Care Nurse



www.okib.ca

The OKIB website is currently at: www.okib.ca

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 for instructions.

What is Home and Community Care?

Home and Community Care is a program that offers services to people that are provided mainly in the home. Home and Community Care services are provided to people based on needs identified through a client assessment.

The purpose of these services is to help people keep their independence in their own home and allow them to be close to their loved ones as long as possible.

Services are provided in a holistic manner that looks at the person's physical, social, spiritual and emotional needs, because each person is different and unique.

Home and Community Care will support and improve the care provided by the family and community but should not replace it.

WHAT SERVICES ARE PART OF HOME AND COMMUNITY CARE?

The services that make up home and community care are:

Client Assessment

This is carried out by:

- ~ Talking with you and your family
- ~ Talking with your doctor and other people who have cared for you
- ~ Reviewing your health history
- ~ A physical checkup

The information gathered from these talks is written down and used to plan your care and the services you need. This plan will be discussed with you.

Case Management

This is the next step after your assessment to make sure that the plan for your care is right and is provided by the right care giver at the right time.

Home Care Nursing

This is:

- ~ Nursing care that is provided in your home or community setting.
- ~ Teaching you and your family to care for yourself.
- ~ Supervising the workers who provide you with personal care.

Personal Care

Help with activities like bathing, foot care and helping you get dressed.

Home Support

Help with light housekeeping, laundry and meal preparation.

In-Home Respite Services

Care for you when it is not safe for you to be left alone while your family, who usually cares for you, has a rest.

WHO BENEFITS FROM HOME AND COMMUNITY CARE SERVICES?

Persons of any age who have an assessed need who:

- ~ Have been discharged from a hospital - post-

operative or convalescent care.

- ~ Have an illness or disease needing follow up care.
- ~ Are unable to live alone while waiting for care in a long term care facility.
- ~ Having a disability requiring a need for assistance in the home.
- ~ Need nursing care in the home.
- ~ Choose to live at home instead of in a long term care facility as long as it is safe, affordable and services are available.

OTHERS WHO MAY BENEFIT FROM HOME AND COMMUNITY CARE ARE:

Family and friends who need support to continue to care for people in the home.

HOW ARE PEOPLE REFERRED?

You may refer yourself or you may be referred by others, such as family members, friends, your doctor, neighbors or hospitals.

WHO PROVIDES THESE SERVICES?

Home and Community Care services are provided mainly by registered nurses, home health aides/personal care workers at the community level. Home health aides/personal care workers are supported and supervised by a registered nurse.

For more information contact:

Wilma A. Young

Home and Community Care Nurse

Okanagan Indian Band

Phone: 250-542-5094

Fax: 250-542-3083

Email: Wilma.Young@okanagan.org

Okanagan (ukanaqín) Language

Names of Places

Head of the Lake - nk'mápəłks (inkamupalux)
(whole area)

Six mile creek area - sənλ'uxuxtən

Deep Creek - níx^wt (neehoot)

Dry Creek - n'səsulaʔx^w (isinsoolouw)

Mud hole - n'λ'uλ'uk'ʕalʔx^w (intuklukaloo)

Dirty lake - n'k'ək'sítaʔk^w (intaseequawitsp)



Come and Join Us For our Fabulous and Fifty Celebration Of the Parker Clan

Mary, Lorna, Barry and David
Will all be turning 50 this year!
(Along with Sharon who will be 50 next year)

Date: July 2, 2005

Location: Parker Cove Community Building

Potluck

Come and sing with us, tell stories with us and dance with us!

Everyone is welcome!

Snc'c'amala?tn Early Childhood Education Centre

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

From Lorraine Ladan, Manager

School Assessment

Susan Nelson attended the First Nations Schools Association Annual General Meeting and Conference in Vancouver on April 22 and 23. Susan had an opportunity to learn about further requirements concerning our school assessment and the visit by the evaluators. We are close to completing the necessary documentation and are getting ready for the actual visit by the evaluators on May 25, 26 and 27.

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

First Aid

Our Kindergarten Assistant, Trish Johnson, successfully completed her First Aid on April 16. Congratulations, Trish!

Mother's Day

We appreciate all of the moms and the hard work that they do all year for their families. Special activities will be taking place in the Infant/Toddler room, Preschool and Kindergarten on Friday, May 6 to celebrate this day.

Anti Bullying Program

A number of Snc'c'amala?tn staff will be attending a workshop called Safe Spaces on April 6 and 7. The workshop is a bullying prevention program designed specifically to use with pre-school aged children. We feel that now is the time to teach and encourage pro-social behaviours in order to reduce the emergence of bullying behaviours at older ages. We will be purchasing two kits to use with the children. Parents will be given more information after the staff are trained and we receive the kits.

Aboriginal Graduation Celebrations

Our Kindergarten students have been invited to perform once again at the Aboriginal Graduation Celebrations for School District # 22. They will be held at the Performing Arts Centre on Thursday, May 16 at 7:00 pm.

Preschool and Kindergarten Graduation

Parents, mark on your calendars that our graduation ceremonies for Preschool and Kindergarten students will be held at Snc'c'amala?tn on Friday, June 24. We hope that all parents can attend this important day. Further information will be sent to you regarding times.

We are considering celebrating our year long school evaluation at the same time, so it will

be a very special occasion.

Snc'c'amala?tn Closure

Just a reminder, that Snc'c'amala?tn will be entirely closed for Victoria Day on Monday, May 23.

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

skimxist Room - Infant/Toddler Room

Ramona Wilson - I/T Room Supervisor
Elaine Lavery - I/T Room Assistant

Wi, from Cole, Mackenzie, Renee, Sapien, Taylor, Morgan, Kenzie, Kyra, Qui'umqen, Shelby, Dante, Mack, Faith, Jeremy, and Waterbird. Happy Birthday wishes go out to Renee Fairgrieve (Brewer) and Faith and Jeremy Yow in May.

The weather is so much warmer and we have been spending hours outside. It is a joy to watch the children explore our playground and to interact with each other and share experiences together. I like to tell people that we spend our days singing and playing, and we do. Songs and games are important for young children to learn language and social skills and to strengthen their physical and emotional development. Play is a full-time job around here.



Kiley Earl and Matthew Peters at the computers.

We will be having "Muffins for Mom" on May 6th and "Donuts for Dad" on June 17th to honour our wonderful parents.

mhuya Room - 3/5 Room

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

Wi, greetings from the myhua room.

It has been very busy in our room. We have had two field trips to the Vernon Public Library for their story time. It is really fun to hear some new stories and songs by someone new. We also are going to the Valley Auction Centre to see all the different kinds of animals that are for sale. It's too bad we couldn't adopt some animal mascots for the daycare!

We have some activities planned for Earth Day on April 22, 2005.

Our Head Start Program will be having a visit from our "neighbours" at splats'n for a gathering with the children on May 30.

We have been doing a lot of discovery about different types of spring activities. We have made animal masks, footprints, paintings, flower colour games and may other exciting activities.

Now that the weather is warmer and spring is here we will be spending plenty of time outdoors exploring nature with our binoculars and magnifying glasses, plus taking walks to Komasket Park to have a wiener roast or two. So please remember to send along appropriate clothing with your child including hats, jackets, rubber boots and an extra change of clothes for those

unforeseen and unexpected incidences.

We would like to thank all of our parents who come out on:

Field trips (Martin Schneider, Deanne Craig, Joan Zabotel)

Family Day (Ronette Paul, Bruce Weaver, Deanne Craig, Wanda Duncan)

PAC Meetings (Wanda Duncan, Ronette Paul, Lynne Calaghan, Janine Harvath and Joan Zabotel)

Helping in the classroom (Wesley Bonneau, Deanne Craig, Bill Cohen, Lynne Calaghan)

You are all much appreciated!!!

Fall Head Start Program

For parents who have children that were born between January 1, 2002 and December 31, 2002, your child/ren is/are eligible for the Head Start program in September 2005.

Please stop by the daycare to pick up a registration form and talk to Vanessa or Shannon about next year's program. Have a great day!! Limlimpt.

Spəpl'ina? Room - Preschool

Susan Nelson - Preschool Supervisor

Donna Lewis - Preschool Assistant

Darlene Watson - Special Needs Assistant

Wi from the spəpl'ina? room. We hope everyone had a restful and wonderful spring break! We have been celebrating the new season of spring and enjoying the pleasant weather as well.

We enjoyed our excursion with Mona Williams, looking for sunflowers and new vegetation on the hillside above the school. Thanks (limlimpt) to all the parents who were able to participate in the event.

This month we are studying weather, flowers and baby animals/birds. Thank you (limlimpt) to the parents for applying sunscreen and sending their children in hats as the weather is warming up. Also, thank you (limlimpt) to all the parents for reviewing the bus safety rules with their children periodically ensuring appropriate behavior.

We hope to see all the Mom's come out for our annual Mother's Day Luncheon and Tea on Friday, May 6, 2005.

Happy planting!!

Pqəl'qin Room - Kindergarten

April Alexis - Kindergarten Teacher

Trish Johnson - Kindergarten Assistant

Wi to everyone! I hope everyone had a great Spring Break.

Since we've been back, we have been enjoying the spring weather and we try to get out-



Colton Goodwater/Jack and Ethan Joe at the preschool water table.

side as much as possible to get exercise and observe nature.

Our themes for April have been spring, rain/water cycles and insects. We have been learning about graphing and have enjoyed making spring flowers and rain pictures.

The Kindergarten class will be singing at the School District #22 First Nations Graduation Celebrations again this year and we have been busy practicing.

On April 28th, we took part in the Hop-a-Thon for Muscular Dystrophy. Thanks(Limlimpt) to all who supported us with their donations.

Happy Birthday to Derika Marchand! She turned six years old on April 9th.



Above: A group from the daycare pose for a picture on the hillside above the school.

Left: Matthew Peters exploring during an excursion on the hillside.

Sadies Walk 2005

Submitted by Laura Miller

Sadie's Walk was a success again this year. The weather was great and everyone did their best. We would also like to commemorate Rose Louis. Rose was a friend to many and will be missed by many. She will not be forgotten.

This year we had 242 walkers. There were a lot of boys and girls riding bikes as usual. No one rode any horses this year. Usually, at least one person rides a horse which is awesome. As well, no one roller bladed this year. And as usual, there was a wheelchair, Louise Issac. She has made it to every Sadie's Walk. What a model she is to the rest of us. She was honored this year with a small Pendleton Blanket. Thanks, Louise. Another person who has walked every year is Art Marchand, who was honored with a Sadie's Walk cap. Thanks, Art. Another person that we would like to mention is Robert Marchand. Every year, he has donated money to Sadie's Walk. He has always helped out as much as he can, and he does so without being asked. Robert, you are awesome. Thanks.

We would like to thank Jenelle Brewer, Allan Louis, Jon Spotted Eagle, Raymond Marchand, Bill Cohen and their families for taking time out of their busy schedule to join us in this community event. We really do appreciate it when elected members join in, we will be asking for your help next year. Thanks.

We would also like to thank Millie and Reynolds and their families for putting on the huge, delicious luncheon. It was totally awesome as usual. Sadie's Walk would not be the same if it weren't for the dinner. Thanks again. I know you put your whole heart into the dinner. And next year, we will have the balloons again. So many people have asked to have it back again, so we decided that we would. And yes, you can blame me for not having it this year.

The Health Department, Gary Bonneau, Diane and Wally Louis, Sharon and Ken Cullen and Lana Joe did an awesome job for the walk. Thanks to all of you and everyone else who helped again this year. ESPECIALLY, thanks to Bert Borring for staying to help clean up. It was much

appreciated by all of us.

Prizes given out were:

- | | |
|----------------------------------|-----------------------------------|
| Jennifer Parker - girls cap | Kelly Betcum - T-shirt |
| Louise Issac - cap | Kari Cowen - T-shirt |
| Sandy Burgess - T-shirt | Jenelle Brewer - pedometer |
| Brenda Mori - pedometer | Tristin Louis - cap |
| August Adam - pedometer | Derik Marchand - T-shirt |
| Wesley Marchand - T-shirt | Tom Lindley - pedometer |
| Keaton Sim - skipping rope | Lorraine Shannon - gymnastic ball |
| Cecil Johnson - water bottle | Darwyn Watson - T-shirt |
| Tetku Parker - exercise band | Millie Parker - pedometer |
| Tiffany Wilson - water bottle | Lilly Jack - water bottle |
| Lavina Bonneau - pedometer | Sarah Bob - cookbook |
| Shila Bonneau - T-shirt | Angela Guisly - water bottle |
| Marion Issac - water bottle | Haley Nokes - water bottle |
| Phyllis Bonneau/Miller - T-shirt | Leslie Issac - T-shirt |
| Raymond Marchand - cap | Enchechan Saddleman - T-shirt |
| Maggie Alexis - T-shirt | Willie Cohen - Skipping rope |

If you see your name and have not received your prize, please call Sharon Cullen at the Health Department and you can pick it up from there.

Thanks to Linda Williams for singing her song that she wrote for the day. It was awesome. It was very close to the heart. Thanks, Linda.

Next year is our 10th Anniversary for Sadie's Walk. We are in the planning stages of what we want for this occasion. If anyone would like to help us plan, please call Sharon, CHN - 542-5094. Or just come to our next meeting, May 24 at 6:30 pm at Creekside Restaurant in the back room. We welcome any help at all. Sharon is planning some activities throughout the year to help us become healthier by being more active.

Thank you to everyone for coming, and the best of health to every-





National Aboriginal Day

Submitted by Judy Marchand

June 21 is National Aboriginal Day, a day when all Canadians can celebrate the contributions Aboriginal peoples have made to Canada. In co-operation with national Aboriginal organizations, the Government of Canada chose June 21 for National Aboriginal Day because it is also the summer solstice, the longest day of the year. For generations many Aboriginal peoples have celebrated their culture and heritage on or near this day.

Today, Canada is proud to recognize the rich cultural diversity and unique achievements of Aboriginal peoples with a national day of celebration. National Aboriginal Day is for all Canadians - so share in the celebration!

Get involved, how do want to celebrate Aboriginal Day?

A Brief History of National Aboriginal Day

In 1982, The National Indian Brotherhood (now the Assembly of First Nations) conducted a national campaign to have June 21 recognized as National Aboriginal Solidarity Day.

More than a decade later in 1995, participants of the Sacred Assembly in Hull, Quebec - a national meeting of Aboriginal and non-aboriginal people organized by MP Elijah Harper - also called for a national day to recognize the contributions of Aboriginal peoples of Canada.

On June 13, 1996, June 21 was officially declared National Aboriginal Day at a ceremony hosted by the Governor General, The Right Honourable Romeo LeBlanc. Canadians marked the first annual celebration by hosting events in their communities, and 45 municipalities passed resolutions recognizing June 21 as National Aboriginal Day.

The Aboriginal peoples welcomed newcomers to their lands and helped them to survive, sharing their ways of life and their knowledge of agricultural techniques, medicines, hunting and fishing.

Various First Nations have played Canada's national summer sport, lacrosse, for centuries. Other popular sports started by Aboriginal peoples include snow-shoeing, tobogganing, dog-sledding, kayaking and canoeing.

Much of the practical winter clothing worn by Canadians today, such as parkas, mukluks, leather mitts and fur coats, has its origins in Aboriginal clothing design.

For many centuries, different Aboriginal groups had highly developed agricultural systems for growing and harvesting food. Some of the popular foods introduced by Aboriginal Peoples include potatoes, onions, squash, beans and several varieties of corn. Many foods that we think of as typically Canadian were in fact introduced by Aboriginal Peoples - spearmint gum, taffy, maple syrup, wild rice, popcorn and pemmican.

The constitution of the Iroquois Confederacy - The "Great Law of Peace" - is widely recognized as one of the most democratic political structures: it is based on the principles of persuasion, compromise, and consensus building.

Before the arrival of Europeans, various Aboriginal groups had established highly developed trade and economic systems. For example, they traded many items, including fur and silver, and used wampum beans made from polished shells as currency.

Many of what we find in our medicine cabinet stems from Aboriginal Peoples' traditional healing techniques and medicines. Witch hazel, petroleum jelly and a pain reliever derived from the bark of the willow tree are just a few of the Aboriginal discoveries that have influenced modern medicine and pharmacology.

Aboriginal peoples practiced sound environmental management of the lands and resources for centuries. Today, their traditional ecological knowledge serves as the foundation of many modern-day environmental practices.

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



EMPLOYMENT OPPORTUNITY

**SNC'C'AMALA?TN
OKANAGAN INDIAN BAND
EARLY CHILDHOOD EDUCATION CENTRE**

The following full time position is available.

Early Childhood Educator for the Infant Toddler Room

MUST HAVE:

- ~Early Childhood Education Certificate
- ~Infant/Toddler Certificate
- ~Eligible for registration as an Early Childhood Educator in B.C. by the Community Care Facilities Branch, Ministry of Health
- ~Current First Aid/CPR
- ~Experience working with infants and toddlers
- ~Experience working as part of a teaching team

Will need to work with other groups of children up to age five as required.

Preference may be given to those having knowledge of the Okanagan Indian Band community

Hours of work: 7.5 hours/day, may be alternating shifts.

Rate of pay: \$9.18/hour plus benefits (provincial operating grant in addition)

A Criminal Record Check, Medical Certificate and References are required.

Deadline for Applications: May 18, 2005 at 12:00 noon

Mail or deliver resume, cover letter and references to:

Sharmaine Gregoire, Executive Assistant
Okanagan Indian Band
RR#7, Site 8, Comp. 20
Vernon, B.C.
V1T 7Z3

Phone (250) 542-4328 Fax (250) 542-4990

ONLY THE APPLICANTS WHO ARE SCREENED FOR AN INTERVIEW WILL BE CONTACTED

Aboriginal Writers Guess Who's Back:

Writing Workshops with Starleigh Grass

Location: W. L. Seaton Secondary

These writing workshops are relaxed and fun. They are structured to allow you to explore and play with different aspects of creative writing. If you have work that you have already written, I can probably look it over and comment on it sometime during the workshop.

Three men and a Banana... And other Ways to create conflict

Monday, May 2, Periods 3 and 4

This workshop will give scenarios that you can play with in order to create conflict and/or resolve it. There will be two group writing activities and at least two individual writing activities. The form will be prose or poetry, whichever you prefer, as long as it can be used to build conflict.

Structured Poetry

Monday, May 9, Periods 3 and 4

Some of you will remember these from last year, when we did Ghazals and Pantouns. Also, this year we'll be doing a fun little thing called Limerick. If you can't think of something you want to do a limerick on, we can do them on inspirational posters or funny public people.

Talking Without Talking

Monday, May 16, Periods 3 and 4

This is your lucky day, because in this workshop we'll begin with exploring ways to have your prose or poetry characters communicate without talking. They don't have to be people, if you want to have angry fluffy kittens communicate with each other, or a flock of geese arguing and miscommunication ensues on which way is south, that works too. Also, if we have time we'll go over how to set tone for character communication through setting.

Please note: Aboriginal Students require PRIOR APPROVAL from their subject teachers in order to attend these workshops. Please see Ms. Wilson or Mr. Ellison for permission slips.

Thank You

from the Ben and Rose Louis Family

On behalf of the Rose Louis family, we would like to take this opportunity to thank all the people who showed us kindness and support, for those who gave donations, for those who donated flowers and for all cards received, as well as all the work done for the family during this difficult time.

We would also like to thank Byron and all those who assisted him in the carving of the cross for Mom. Special thanks to Rob Dinwoody for the music played as well as Emery Robins and Mrs. Steele.

Thank you to the people who said kind words about Mom. It was very much appreciated. Thanks to the Elders and Peggy for the use of the kitchen.

From the Rose Louis Family

Eva Lawrence Memorial

I want to take this time to give a special thanks to Ashley, Damon and Cal for all the work they did to put together the beautiful memorial for mom on March 11, 2005. They worked hard on the slide presentation and organizing; thank you boys. And to Mildred and Reynolds Bonneau, from our hearts, thank you for all the help you gave. To the stick game players that came to play and have fun for mom, thank you, I'm sure mom really enjoyed herself. Thank you to Auntie Bonnie, Judy Earl and Teresa C who came to help with the food prep and cooking. To all moms' friends and family that came to share the evening and their memories of mom, thank you.

It's been a hard year without our mom here with us. She's been our rock, teacher and our best friend. We'll miss her everyday. In our hearts, we know she is with us, watching over us everyday. She'll never be far from her family.

So again, Lim Limpt

From Mom's daughters: Janice, Brenda, Kathi and Denise

Species-At-Risk Surveys on IR#1

Submitted by Helen Davis, Artemis Wildlife Consultants

Band members may notice some odd noises in the night in the next couple of months. Don't be alarmed if you see people wandering along the road at night with a megaphone and headlamps!



Great Basin Spadefoot

Biologists with Artemis Wildlife Consultants (a company based in Spallumcheen) will be working in the area surveying for screech-owls, among other wildlife species, as part of a new wildlife project. Keith Louis, Fisheries and Aquatic Resources Projects Manager, will also take part in the surveys. This project, funded by the federal Interdepartmental

Recovery Fund, aims to determine which species-at-risk occur on Band lands so that they can be managed for in the long term.

Screech-owl surveys take place after sunset and involve playing the male territorial call on a megaphone. If male owls are around, they will usually call back to let the "intruder" know that this territory is occupied! Screech-owls are small owls (about 22 cm high) and nest in large cottonwood trees along rivers or lakes.

Spadefoots are pond dwelling amphibians that used to be called spadefoot toads. Spadefoot surveys also take place in the evening. Male spadefoots call to attract mates and thus can be counted by listening carefully for them.

"We are also looking for rattlesnakes, gopher snakes, and badgers," says biologist Helen Davis.

Landowners are being asked to report sightings of the following wildlife species on band lands: rattle snakes, gophersnakes, and badgers. Sightings can be reported to 1-888-223-4376 or emailed to info@artemiswildlife.com.

Focusing On Balance

Personal Development Workshops for Women

A fun and interactive way to improve your mental, emotional, physical and spiritual well-being and help you get out of the rut you may be experiencing.

10 Workshops from:

May 16 - June 18, 2005

Every Tuesday and Thursday from 9:00am - 3:00pm

**Daycare and lunch plus added incentives will be provided to participants*

The program concentrates on goal setting, health, family and social issues and self esteem.

To register call Cindy or Molly Brewer at (250) 542-4328.

The Facilitator:



Donalda Courtoreille is a Cree Native originally from Chetwynd, BC. She recently completed her Bachelor of Education from Okanagan University College. She has lived in the Okanagan for the past five years and been working at the Ki-Low-Na Friendship Society for the past three years. Donalda has specific training dealing with personal development and improving self worth.

Senk'ip Newsletter Mail-out List

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

_____		_____	
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

Senk'ip News

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 Bill Cohen
 Tim Isaac
 Peggy Joe
 Allan Louis
 Raymond Marchand
 Emery Robins
 Jon Spotted Eagle



Did You Know?



Of Canada's 50 aboriginal languages, 47 face extinction within one or two generations.

There is no law in Canada to protect endangered languages.
Our languages need to be supported by permanent and funded policies.

Prevalence of dementia in BC:

61,000 B.C. residents have dementia; 41,000 women and 20,000 men.
67% per cent of that 61,000 have Alzheimer's disease.
As the population ages, nearly 14,000 new cases of dementia will be diagnosed each year.
(These stats are from the Canadian study of health and aging)

Aboriginal people in the Justice system.

These stats are from the Native Courtworkers of BC

Aboriginal people make up only 6 - 7 % of Canada's population, yet they make up approximately 85 % of people in jail.

Aboriginals are less likely to get paroled.

NCCW Statistics shows an increase of Aboriginal women facing criminal offences. In 2002, 1521 Aboriginal women were charged, whereas in 2003 there were 2638, an increase of 1117.

NCCW Statistics shows that in 2002 there were 870 male youths and 399 female youths charged with criminal offences. 2003 shows a rather significant rise in criminal offences; 1430 male and 757 female youths were charged.

Youth don't make up 100% of our Aboriginal population.

However, they will be 100% of our future.



Hi, my name is Margaret Snow, the new Native Courtworker for the Vernon and Salmon Arm area.

My job is to assist people who are in conflict with the law. Listed below is my calendar and phone number, if you have any questions, please feel free to call me at any time.

My weekly schedule is as follows:

Mondays - Vernon office and Okanagan Band area

Tuesdays - Salmon Arm Court and area

Wednesdays - Vernon Court

Thursdays - Vernon Court

Fridays - Vernon Court and Office

My office is located at:

Aboriginal Health Organizations
#2 - 3003 - 29th Avenue
Vernon BC, V1T 1Y9

Phone: 250-545-1264

Fax: 250-545-8885



Aboriginal Student Celebration 2005



For your information, the Aboriginal Targeted Funding Program's 10th Annual **Aboriginal Student Celebration**, with a "Stars of the Future" theme is scheduled for **Thursday, May 12th, 2005 from 7:00pm - 8:00pm** at the Vernon & District Performing Arts Center.

This gathering is to Honor all Aboriginal students in our school district for progress made this year. Special recognition will be given to the Aboriginal grade 7 and grade 12 Graduates who choose to participate in this gathering.

As this celebration is in Honor of all Aboriginal students, they will have every opportunity to share and showcase their projects and talents!

The ceremonies will begin at 7:00 pm, followed by the Honouring of all Aboriginal students and the closing by 8:00 pm.

Last year there were about 500 people in attendance, this year we expect more...bigger and better!

For further information, please contact: Grant Stevens, First Nations Education Program at 549-9291 or email at grants@sd22.bc.ca

Community Bulletin



It's
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GIRL!
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Lela Marie Krotz

Born: March 2, 2005

Weight: 4lbs 10oz

Proud Parents: Glenn & Alanna Krotz

Proud Grandparents: Jerry & Eileen McBryan

Proud Grandparents: Ken & Helen Krotz

With many excited Uncles, Aunties and Cousins.

Okanagan Indian Band Health Department

Invites the community to join us for our
'xast i? spu?`us
Health & Wellness Fair

When: Thursday, May 12, 2005

Where: Head of the Lake Hall

Time: 12:30-5:00 pm

Door prizes to be won

*Safety Car Seat Checks will be provided
if you bring in your infant car seat*

Tobacco harmful effects displays

A few resources in attendance for the day will be:

- Canadian Cancer Society
- Canadian National Institute for the Blind
- Okanagan Aboriginal AIDS Society
- Okanagan Valley College of Massage
- Falls Prevention Program
- Traditional Medicine
- Tobacco Reduction
- Nutritionist/Good Food Box Program
- and Many others

Contact person:

Glenda Bonneau

Phone: 250-542-5094

Fax: 250-542-3083

Email: okibhealth@okanagan.org

Happy Birthday!

Happy **Belated** 22nd Birthday to Lindsey Brewer on April 22nd

Happy 25th Birthday to Laura Brewer on May 5th

Happy 3rd Birthday to Renee Fairgrieve (Brewer) on May 25th

From the Brewer Family



Happy 8th Birthday to Little Lindsay (Oppenheimer) on May 29th

Love from Mom and Dad,
Sister Yvonne and Sister Chelsea,
and Brother Brandon.

Inkamapulax Gathering 2005 Fundraiser

Brunch: 11 am to 2 pm

Loonie Auction: 1 pm

Location: Head of the Lake Hall

When: Sunday May 15, 2005

To donate please contact Sharmain Gregoire @ 542-4328

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 me at the training center (next to the health building), at the Band Office, e-mailed to me at holly.brewer@okanagan.org or mailed to:

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