

Okanagan Indian Band

Senk'lip News



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

Social Development Earnings Exemptions

Submitted by Cindy Brewer, Financial Assistance Worker

The Department of Indian and Northern Affairs Canada have advised the Social Development Department of the following change to the Social Development Policy and Procedures Manual:

Increases to Earnings Exemptions for Persons with Disabilities and Persons with Persistent Multiple Barriers.

Effective March 1, 2006 the earnings exemption levels for Persons with Disabilities (PWD) and Persons with Persistent Multiple Barriers (PPMB) will be increased.

The increased earnings exemptions will apply to earned income from employment declared by clients on or after March 1, 2006, if they have been in receipt of social assistance for three consecutive months.

New Earnings exemption level for PWD:

- A. Family units with one PWD recipient will have a full exemption on all earned income to a maximum of \$500 per month.
- B. Family units with two PWD recipients will have a full exemption on all earned income to a maximum of \$750 per month.

New Earnings exemption levels for PPMB:

PPMB cases, which include sole recipients who qualify as PPMB and couples where both members

qualify as PPMB, will be provided a full exemption on all earned income to a maximum of \$500 per month.

NOTE: All adult members of a family unit must qualify as PPMB in order to receive the high assistance, supplements and earnings exemption associated with PPMB. Couples where only one member qualifies as PPMB are not considered PPMB cases and receive no earnings exemption.

Policy Amendment to Section 4.9

Income and Exemption Eligibility

Earned or Other Income Exemption for Single Parent Recipients

The exemption only applies to a single parent recipient, who is under 65 years of age and who:

- ~ Has a dependent child,
- ~ Has in his or her care a dependent child in Guardian Financial Assistance, or
- ~ Has in his or her care a foster child, and the child has a disability that precludes the sole recipient from leaving home for the purposes of employment.

The exemption amount is up to \$300 per month for the family unit.

Should any of these situations apply to you or if you have any questions, please contact me at 542-4328 at your convenience.

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WANTED

Do you know of someone who is graduating from Secondary School or Post Secondary?

The Okanagan Indian Band Education Department is looking for grad photo's to publish in the Senk'lip and possibly the ONA Newsletter. Please forward pictures with a short profile of the student either by email or in person. For more information please contact Glenda at 1-250-542-4328 or by email at okibed-ucation@okanagan.org

Senk'lip 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
12420 Westside Road
Vernon, BC V1T 7Z3

Okanagan Indian Band
12420 Westside Road, Vernon BC, V1T 7Z3

Information on Home and Community Care Program

Submitted by Patricia Ellis, RN - OKIB Home Care RN

Did you know that anyone can make a referral to the Home and Community Care Program?

A phone call to the Health unit at 542-5094, with your name and number and the name of the person you would like to be referred to the program is a start. If you have a loved one coming out of the hospital or know of a community member who is in hospital please call. If someone comes out of the hospital it is best if a family member of the person or the person themselves can call the Health Department and let the RN know that they are at home. The RN can then contact the doctor for any written orders for any post surgical or medical procedures.

Once a referral is made to the Health Department, a date and time will be set for a formal Client Assessment in the home environment. Documentation will include a Home and Community Care Program Assessment Tool and a Care Plan. In consultation with the Client, the Care Plan will be developed based on individual and health care needs. Informed and written consent by the Client is required for the Care Plan to be implemented and binding. A Registered Nurse does a health care assessment with the Client. A confidential Client file system will be developed and kept up to date and reviewed regularly.

The referral to the Home and Community Care Program isn't just for people coming out of the hospital. Anyone who feels they need help with any medical condition that a registered nurse can help them with is welcome

to call including anyone with diabetes, arthritis, lung or heart disease, cancer; the list is endless.

The goal of the Okanagan Indian Band Home and Community Care Program is to provide or enhance a supportive health environment in the home and within the community. We aim to promote independence, maintain human dignity and provide a quality, cost effective alternative to institutional care. The intent of this care is to help people keep their independence in their own home and allow them to be close to their loved ones for as long as it is safe and possible.

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

All Community Care Workers are trained and supervised by a Registered Nurse. Our program is growing. If you have an interest in becoming a care aide, please call and we can set you on the right educational path in order to be certified.

Please contact the Okanagan Indian Band Health Department - Home and Community Care Program for information on referrals and services at 542-5094.

The Home and Community Program is to help keep you healthy and safe in your home.

Foster Parenting - Questions and Answers

Submitted by Sheila Ridder

Who gets approved to become a Foster parent?

- ~ Kind, caring, loving people who TRULY LIKE CHILDREN!
- ~ Trustworthy people (some kids can't or won't trust anybody).
- ~ Those who understand and agree with POSITIVE PARENTING; discipline that is not shaming, hurtful or punitive and that results in the child learning a new way to behave.
- ~ People who really try to understand about the kid's situations and life experiences, even when they can't imagine what it was like.
- ~ TEAM PLAYERS - often, the foster family is the single most important player on the child's team other than the child her/himself.
- ~ Those who will ask for HELP, ADVICE, GUIDANCE.
- ~ Those who are non-judgmental about the child's family. Even though you might dislike what the family has done, it's important to remain neutral so as not to inadvertently hurt her/him (remember that most kids want to be home with their families no matter how bad it is). Criticizing their families prompts kids to rally to their defence.
- ~ Those who RESPECT DIVERSITY - not only knowing and trying to understand that kids have come from different lifestyles, cultures, and communities, but ensuring that you respect those differences.
- ~ People in strong personal RELATIONSHIPS - a foster child will not make your relationship with your partner better if it's not already good. We welcome a variety of foster family structures (i.e. single applicants with or with-

out children; roommates; couples (common-law, same sex, married) multigenerational families (mother - daughter, mother - son). All of these examples exist in our current foster family network. We need to know you have strong personal supports in your life.

- ~ Those who have made a FAMILY DECISION to foster, including all members of your immediate family and those extended family members to whom you are close. You'll need the support!
- ~ People who can LAUGH at life and not sweat the small stuff.
- ~ People who have the ability to accept and respect even what you don't fully understand; the ability to modify your lives and homes for a while, until the child is comfortable in your environment.

Who does NOT get approved?

- ~ If anyone 18 or older is living in the home and has a criminal record for violent or sexual offences, the applicants will be automatically denied approval.
- ~ If you use corporal punishment with your own children, or others.
- ~ If you are not personally suitable, as determined from references and personal interview.
- ~ If you had past or current involvement with the Ministry; your own child in care, or protection investigations, these may preclude approval depending upon the nature of the involvement. If you currently have your own child/children in the care of the Ministry you

will NOT be approved to foster other children.

What are the home and physical space requirements?

- ~ Own bedroom (although siblings sometimes share). Foster kids should NOT share a room with your children (this isn't policy, but is our practice, both to meet the needs of your children and ours).
- ~ Fire exit from each bedroom; minimally a window.
- ~ If you have guns, they must be locked away with ammunition locked separately, and firing pins removed.
- ~ Smoke detectors, fire extinguishers, and an emergency plan.
- ~ No unsafe pets

What about smoking, drugs, alcohol use?

- ~ Ideally, if anyone in your home smokes, it is preferred if they smoke outside.
- ~ If there is alcohol in your home it must be locked, and preferably, out of sight.

What is the role of the foster child in my home and with my family?

- ~ Who do you picture your family fostering? Who would be best suited to your family?
- ~ How will the child fit? What are you willing to do to ensure your family is flexible enough to help the child feel welcome?
- ~ Foster kids deserve and need to be accepted

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just the way they are.

- ~ We don't want you to have unrealistic expectations for yourself, as the foster parent, or for the foster child.
- ~ Although foster kids may become playmates with your kids, this should not be your primary motivation for fostering.

How does becoming a foster parent affect me financially?

- ~ Restricted and Regular foster care homes receive maintenance for the children in the home (An amount that is deemed to be what it costs to provide care for a child). For 0 - 11 years = \$701.55, for 12 - 19 years = \$805.68. There is no compensation in these homes for the caregiver other than the child's contribution to room and board.
- ~ Level 1 provides for a slight increase in payment, which acknowledges that the caregiver has worked to improve skills and abilities.
- ~ Levels 2 and 3 - families receive the maintenance payment for each child and are compensated at a higher rate of "pay" for their skilled work. These families are often "career foster parents".
- ~ Foster care payments, at this time, are not considered taxable income by Revenue Canada. It is important, however, to discuss your situation with an accountant.
- ~ You MUST CLAIM foster care payments if you are in receipt of Employment Insurance, Income Assistance, Disability Benefits or Worker's Compensation.
- ~ These payments may or may not be deducted from other benefits dependent upon the individual circumstances of the recipient.

Definitions of different types of foster homes:

Regular homes are for children who require the general level of care. **Restricted homes** are provided for children who know, or are related to the foster family, often on an urgent basis. **Specialized homes** are for children with special, physical, mental, emotional or behavioural needs. There are three levels of specialized homes based on the skills and experience required to care for the child. **Respite or relief homes** are for short-term placements when the regular caregiver needs a break or weekend off from their parenting duties

Almost everybody starts as a "regular" foster home.

To move to Levels 1, 2 or 3 you must have:

- ~ A minimum one year of experience fostering at regular with a variety of children; two years preferred (professionally demonstrated expertise may provide an exception).
- ~ Achieved a score commensurate with each level on the levels assessment.
- ~ Demonstrated skills and abilities as good as, or exceeding the expectations of that level.
- ~ Willingness to perform the work identified in the schedule of the agreement relating to the particular levels designation.

What does the level 1, 2, 3 home mean?

Level 1 home provide care for up to six children who have average to moderately challenging behaviour. Level 1 foster parents may work outside the home but must have an emergency plan in place should a child return to the caregiver's

home unexpectedly.

Level 2 homes are designed for up to three children who have moderate to severely challenging behavior and/or a moderate to severe degree of risk to self, others or property. The primary foster parent may work outside the home, but must have an emergency plan in place should a child return to the caregiver's home unexpectedly.

Level 3 homes require very specialized child care skills and are allowed a maximum of two foster children. In some cases the children may be a danger to themselves or others and require additional support and supervision. The foster child may require medical skills such as tube feeding. The primary foster parent can work outside the home so long as the caregiver is available on a full-time basis, up to 24 hours per day, when required.

What motivates people to become a foster parent?

- ~ People apply to foster for a variety of reasons.
- ~ Important to be clear about what your reasons are, in order to be fair to the child and to your family.
- ~ Picture how a foster child might fit with your daily routines and lifestyle.
- ~ List pros and cons of fostering from your family's perspective

If you have any more questions or would like to become a foster parent please feel free to call me.

Sheila Ridden: in Vernon @ 558 0939, in Kelowna @ 707-1760, or by email @ aboriginalservices@okfosterparents.org

Social Development Division

Community Report

Submitted by Donna M Good Water

Manager, Social Development Division: Donna M. Good Water, MSW
Director, Snc'c'amala?tn Day Care: Lorraine Ladan
Director, Education: Kevin Ned

Way'. The Health/Social Development Department takes this time to say, "Thank-you" to all the people that attended Wally Louis' retirement dinner and to the people that organized the celebration.

Also, "Thank-You" to all the people who participated in Sadie's Walk; to the Bonneau/Parker Family and to the Health Department Staff. Congratulations on another successful event.

Administratively the Social Development Division is in the process of doing the year end reporting and the 2006-07 budgets. After the budgets have been reviewed the status of the Drug and Alcohol Position will be determined as well as a Youth Worker position. In this regard, the needs of the community will determine the development of staffing positions. Presently, the Home and Community Care is canvassing for certified On Call Card Aides; and the Spallumcheen Band is offering Early Childhood Education Certification. For more information contact Lorraine Ladan at the Day Care (545-3800).

The Finance Aide Worker position has been posted, and the deadline for application is April 26, 2006. The goal is to have a temporary worker

hired at the beginning of May. Your patience during this time of transition is appreciated. For inquiries for Social Assistance forward requests to myself, or schedule an appointment through Josie at the Band Office.

The Recreation, Education, Cultural and Social Fund are now accepting applications. Contact the Health Building for an application and a copy of the policy. Funds are available on a First Come First Serve basis, to both children and adults to a maximum of \$250.00 per person per year. Allocations are subject to the availability of funds.

The Addiction Program will be sponsoring a Talking Circle support group starting on Sunday May 14, 2006 at the Health Building. The maximum number of participants will be ten. If you are interested leave your name and phone number at the Health Office.

If you are interested in becoming a volunteer for the Social Development Division contact Gary Bonneau at the Health Department. Gary will be developing a Volunteer contact list. The volunteers will be responsible for organizing community events sponsored by the Social/Health Department such as the Halloween Party, the Christmas Party etc. Volunteers are needed ASAP for building two sweats, male and female.

Limlimt, Donna M. Good Water MSW

Funeral and Wake Protocol

Added as requested by interested Okanagan Indian Band Members

On May 13, 1998, a group of Okanagan Band Community Elders met at the New Horizon's building to discuss and have input into the DRAFT for Funeral and Wake Protocol as put out by the late Albert Saddleman. This DRAFT was put together at the request of one family. What follows is the REVISION of this and reflects the comments and concerns of approximately a dozen of our oldest Elders from the Okanagan Indian Community.

This document is to be viewed as a guideline by those wishing to follow what have become the traditions of the Okanagan Band Community for the purposes of Funerals and Wakes. This is a sharing of information for those unaware of these traditions. As we have in our Culture today a mixture of old and new beliefs and values, these are reflected in this sharing of our traditions.

It is not the intent of our Elders to offend anyone, only to express some concerns and beliefs that they have come to know in their lives and what has been passed on to them by their Elders. What is the hope is that our people will read this and become more aware of these traditions, why we do them and understand the meaning of these traditions in hopes of becoming a part of your lives and the lives of our future generations.

We will attempt to present these traditions in a step by step fashion. For every object or ritual presented, we will also include an explanation as to why it is done followed by what is considered common courtesy and respect for the grieving family and friends in attendance at the Funeral or Wake.

At first notification and confirmation of someone passing, the bell is to be rung as follows:

Message Ring: A steady methodical ring.

OR

Death Ring: Three rings, a pause, three rings, a pause, three rings, a pause.

The ringing of the bell in this manner indicates to the community that someone has passed on. Someone commented, "Anytime, day or night, when the bell rang in this manner, Pierre Louis would go down to see who it was. You knew it was a death bell by the three rings and a pause".

Wake Ceremony

The minimum requirement for the wake ceremony is three days with the funeral and burial on the fourth day after death. This can be extended at the request of the family. In the past, this was to accommodate those that would travel from a long ways.

When the body arrives at the wake loca-

tion, the body enters feet first and leaves feet first. As best the configuration of the house permits, the head to be placed towards the North and there people cannot walk past the head. Take into account the way that the coffin opens up. Also take into consideration that even on the outside people, especially children, should not walk past the head.

A member of the family must remain with the body for the duration of the wake. Taking shifts is the recommended method.

When the body arrives somewhere for the wake, it is important that a single candle remains lit throughout the duration of the wake, 24 hours a day. If space allows, two candles could be used, one at the head and one at the foot.

The candle(s) remains lit until funeral is finished. This means either it remains lit until midnight of the funeral day, or sometimes people leave the candle lit until daybreak the next morning when the grave is observed for any "signs".

One sacred fire is also to be lit at the arrival of the body for the wake. This fire is to remain lit for the duration of the wake and remain lit until after the funeral.

Shifts of fire keepers usually volunteer to keep the fire going while others rest throughout the night vigil. When the funeral procession leaves, someone remains behind at the wake location and looks after the candle and fire. At this time, the boughs, the old candles and the bits and pieces of the grave marker (wooden) are placed in the fire.

This sacred fire is shown respect by not allowing any debris to be cast into the fire at any time, i.e. cups cigarettes, candy wrappings, etc.

Food offerings are a recent borrowed tradition and it is up to you to decide what is best here. If you want to do this, consult with those who are knowledgeable.

The candle and the fire are an important part of the wake ceremony. A story related to this is as follows: The teachings of our people are that one should not leave behind any of their hair or fingernails or any part of themselves anywhere for it to get lost. That is the reason you will see some pick up their hair and other things and put them away. When a person dies the spirit is said to have four days to gather themselves up. This fire is to guide the spirit back from its travels and the candle shows where the body is located.

Food is prepared day and night to feed the visitors from near and far. The tables are set and reset to feed the people. The food and drink is to be consumed inside at the table and no food or drink was allowed outside. No food to be eaten

near the body. At sundown, the food was put away and the curtains drawn.

Precautions for the Sprit During the Wake Ceremony

- ~ Spirit time is 3:00am-daylight. At night, soul is around and may touch you and something might happen.
- ~ Children to refrain from running around outside and bringing attention to themselves.
- ~ Pregnant women should not view the body lest their unborn become "marked".
- ~ Refrain from throwing children in the air at the wake or funeral. This is seen as an offering and your child may be taken to the other side.
- ~ Children should not be allowed to run up to the body unsupervised.
- ~ Small children should not attend wake.

After the Wake

- ~ Bell ringing for funeral procession: As told to Edward Fred by Joe Abel.
- ~ When the procession is in sight, ring the bell by threes. Ring, Ring, Ring, is the same as Sanctus, Sanctus, Sanctus, followed by another three Ring, Ring, Ring, is the same as have mercy, have mercy, have mercy. Keep ringing until the hearse is at the church. When the body enters the church, the ringing stops.
- ~ When the body comes out (feet first) a steady ring, slow and steady, at your discretion as to how long (at least until the body enters the graveyard or reaches the graveside).
- ~ Filling in the grave - have someone mark the center of the grave to help site in the mound and place the marker correctly. After grave is mounded on top, shape the mound. The mound is to account for the rough box when it caves in after a period of time. It is not a good omen if a pile of dirt is left on the side. Any remaining dirt is to be spread out.
- ~ Following the funeral, the family can direct or personally do the burning of the personal possessions of the deceased. The remaining belongings of the deceased were, in the past, given away to family and friends.
- ~ Grave Signs: Early the next morning it is customary to visit the grave to see if there are any "signs". These signs could be of any animal. Animal signs are considered to be GOOD signs and may have been the "sumix" or spirit helper of the deceased.
- ~ A Deer hoof print indicated that the family was allowed to disregard the refrain from hunting for fresh meat and was recommended that a hunter go immediately to hunt.
- ~ A human foot print is considered not a good sign as this may warn of another soon to pass on.
- ~ Some put out the candle just before daybreak, in preparation of the visit to the grave for "signs".

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Rough Box: The rough box could consist of 2x8 lumber, three high for the height of 24 inches. This height is sufficient for most caskets and will allow for minimum cave in depth of mound. The box is generally measured inside 3 feet x 6 feet, with 2x4 corners on the inside and may have two 2x4 spreaders on the bottom spaced to allow the casket to rest on a level position. 2x8 lumber are recommended as the sandy soil has a tendency to cave in during digging.

To Demonstrate Appropriate Behaviour
In respect to the grieving family and friends

- ~ Refrain from laughing out loud during the wake and funeral ceremony, especially during final Mass.
- ~ No food or drinks consumed inside the graveyard.
- ~ Consider chairs and/or blankets for the Elders.
- ~ Recommend to leave the hall closed so the cooks can prepare for the feast after the funeral.
- ~ Recommend to stay with the family at least

- until the mound is completed; exceptions for extreme weather conditions.
- ~ Request the young men to assist with the hand shoveling; this is one small way to assist the grieving family.
- ~ Consider leaving the speeches until after the burial, as the putting away of our dead is the most important part of the funeral ceremony.

General Precautions and Considerations

- ~ Take only one piece from the pitch tree for the marker as more is viewed as inviting another to pass on.
- ~ Leave an offering at the tree to be used for the marker such as a prayer, tobacco, sage, etc.
- ~ In times past the community provided the family with fresh meat and berries for the following year. Generally the family refrained from hunting fresh meat or picking berries for approximately a year. Today we have grocery stores to accommodate this custom.
- ~ Cleanse yourself off before coming to the feast to eat after being in the graveyard with cold water, rose bushes, sage, holy water, etc.
- ~ Walk between the graves at the graveyard to

show respect to our ancestors that have gone before us.

After the Funeral

An Okanagan tradition is to invite all the visitors and friends to a feast after the funeral. This invitation is usually announced at the graveside by someone requested to do so by the grieving family. This is the family's way of showing respect and thanks for the support at the wake and funeral.

Consider to feed the visitors from afar first, take note also of hungry children, as the funeral services can be quite lengthy.

In the past, it was said that the Elder ladies did not hesitate to use their canes and pull ears to have the youth and adults show respect and keep order of the feast lineups.

After the feast, all food is attempted to be given away to the people. Any leftovers are taken back to the house and fed to the people there.

Information on Section 50 of the Indian Act

The Department of Indian Affairs has been requested to respond to the concerns regarding Section 50 of the Indian Act.

The concern or question is: Should a Band member will their land holdings to a non-band member, how would the Minister deal with the Estate land holding?

The Department stated: The Band member should **not** will their interest in land to a non-Band member.

When this happens, the land falls under Section 50 of the Indian Act and must be sold, by the Superintendent, to the highest bidder among the Band and its members.

The non-Band member beneficiary would receive the proceeds of the sale, but if no bids are received, the land reverts to the Band.

Section 50 of the Indian Act:

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 revert to band: (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.

R.S., c. I-6, s. 50.

Motivation Interviewing Training

Dates: May 23-24

Time: 9:00am - 4:00pm each day

Location: Days Inn, Penticton BC

Motivational Interviewing training is being facilitated by Eleanor Taylor from Nanaimo, BC.

This training is good for any person working within the social development field.

Training Outline

- **Day 1** 8 Stages of Learning MI
Models of Health Behavior Change
Spirit of MI
MI Micro skills
- **Day 2** Stages of Change - SOC
Change Talk
Dealing with Resistance
Stage Matched Interventions
- **Day 3** (normally held 2 - 3 months following 2 day training)
Agenda set by both trainer and participants to address skill levels
Review of MI - identifying areas of practice

● Training includes circle discussions, practical skill developing exercises, and a shared learning environment. Manuals will be provided for participants

● To register for this workshop please contact: Pam Louis at Okanagan Nation Transition/Emergency House by telephone at 493-4902 or email pam_louis@shaw.ca

Limited number of seats so please register early.

Snc'c'amala?tn Early Childhood Education Centre

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

Snc'c'amala?tn News

From Lorraine Ladan, Manager

Staff Training

Several staff will be attending conferences and workshops in April and May. We believe that ongoing professional development for staff will result in a higher quality program for your children.

Susan Nelson, Preschool Supervisor, will be attending a workshop in Vernon on April 29 and 30. The workshop is called "Playing by Heart" and is being presented by Fred Donaldson.

Josie Ferguson, 3-5 Daycare Supervisor, will be attending the Early Childhood Educators of BC (ECEBC) Conference on May 12 and 13 in Richmond. ECEBC is the professional organization for Early Childhood Educators.

Vanessa Antoine, Head Start Coordinator, will be attending the Head Start regional training session in Kamloops from May 23 to 25. Vanessa is on the organizing committee for this training opportunity.

Welcome Students

We are pleased to welcome two more students from Okanagan College to our program. Maria Sabbadin and Katie Making are both Infant Toddler practicum students and will be in our infant/toddler room until mid June.

skimxist Room - Infant/Toddler

Ramona Wilson - Room Supervisor
Barb Marchand, Lisa Abe, Rae Cohen - Assistants

Wi, we welcome Kara and her beautiful, big smile! The girls are out-numbered these days with only Kara, Mackenzie, Hydaya and Taylor. Our boys are Hunter, Deagan, Pwalxken, Cheveyo, Qui'umqen, Nahko, Nathan and Waterbird. Lately Taylor and Waterbird spend more time in the Head Start program and soon they will leave us. There may be more openings for full-time daycare soon. Also, anyone needing daycare for September should contact us as soon as possible.

The children practiced hopping for the Hop-A-Thon and we enjoyed the mini Sadie's Walk from Snc'c'amala?tn to Public Works. As the weather warms up we'll spend more time outside. It's been fun to have two College students, Katie and Marie, working with us and we welcome Marzena Mielniczuk to our team.

Thank you to the parents and other adults who respect our 'scent free zone' as much as possible. Perfumes and strong scents may cause respiratory/allergy problems for young children so the staff in the baby room use unscented products.

From all us cubs

mhuya Room - 3/5 Year Old Daycare and Head Start

Josie Ferguson - Room Supervisor
Vanessa Antoine - Head Start Coordinator
Maria Volansky and Luda Chirkoff - Assistants

Wi, from the mhuya room.

This month has been so beautiful. The sun is shining, the birds are back, the weather is warmer and there are lots of fun things to do. We still get cooler weather, as well as some rainy days, so please remember your coats, rain-boots, and hats.

There is a special Field Trip this month to Valley Auction, for some of us this is a great opportunity to see animals up close. We will wander around and look at all the animals, what fun that will be!!!

We had two special events happening at the Centre. Sadie's Walk was held on April 13 with our room walking to the Public Works building and back. Also our Hop-A-Thon for Muscular Dystrophy was April 21. Fun was had by all.

Our themes this month were nature, Easter and spring babies. We explored a lot of different animals this past month. We talked about what sounds some animals make. Also, we talked about what types of food some animals eat.

To end this month we had a hot dog roast with our families at



L to R: Nathan, Teacher Lisa Abe and Hydaya in the Infant/Toddler Room

Komasket Park. Our last one was lots of fun, so we decided to do it again!! Yummy, Yummy!

Earth day is also this month. We were able to get some seedlings from Tolko, so each child got to take one home. With our extra seedlings we planted them in our backyard. What a great way to help keep our Earth clean and green!!

Vanessa, Josie, Luda and Maria

Spəpl'ina? Room - Preschool

Susan Nelson - Preschool Supervisor
Donna Lewis - Assistant
Nancy Eustache - Special Needs Worker

Wi! from spēpl'ina? room.

Thank you to all the parents who returned the signed Field Trip permission slips back so quickly. It is a requirement by BC Provincial Childcare Licensing that we have a signed permission slip for each child on every outing. I recognize it is a lot of signing and returning of forms, so I try to put two or more Field Trips on one paper to eliminate the paper war.

We really enjoyed seeing the wild potatoes (sqYinqYinm) and thank you to Danielle Miller and Ruby Alexis who attended with the video camera and provided us with plant knowledge. The field trip to the SPCA was informative and the children loved seeing all the animals requiring adoption or fostering to good homes. We made sure everyone left empty handed and had to

restrain a few parents from adopting rabbits!!

The theme this month has been domestic and farm animals, wind socks and foods. I hope everyone has a pleasant walk on Friday for Sadie's Walk as well as an enjoyable Easter weekend. The children are looking forward to the Easter Bunny coming with all his treats! Remember to floss and brush the teeth!!

Happy Easter!

Susan, Donna and Nancy

Pqel'qin Room - Kindergarten

Tanya Saddleman-Joe - Kindergarten Teacher
Trish Johnson - Assistant

Wi from the Pqel'qin Room.

It has been a fun and very busy month in April in the Kindergarten room. We learned about flying bugs, 8-legged bugs, 6-legged bugs and we talked about how caterpillars turn into butterflies. We had a fun week before Easter working on our egg and bunny projects; we spent a week discussing the earth and how to keep it safe and of course talked about April showers.

We went on two special field trips that were organized by Mona Williams. First we went to pick "Indian Potatoes", the children were so excited when they found the potatoes at the end of the flower. We then washed them and ate some of them. Thank you to Ruby Alexis for coming along to help and for taking



Maria (kindergarten) hangs her birdfeeder outside Snc'c'amala?tn

some beautiful pictures. On our second field trip we went to pick sunflowers and have a picnic lunch and the children really enjoyed this. I would like to give a big thank you to Shirley Paul for sharing her wisdom and knowledge about picking potatoes and sunflowers.

On April 13, our class participated in the centre's mini Sadie's Walk, which we had prepared for by going for a twenty-minute walk every day for three weeks. We will be having our annual Hop-A-Thon on April 21 for Muscular Dystrophy. This is always fun!

On April 20, the Nakulamen group from Penticton will be doing a workshop with the Kindergarten class. They will perform their play and then teach the children a dance and song.

Congratulations to Talon Williams and Draigan Fairgrieve for completing their first home reading sheet and having read a total of 30 books, way to go, keep reading! Congratulations to Emily Wilson and Matthew Peters for completing their second home reading sheets and having read a total of 60 books this year, great reading! Congratulations to Patrick Camilleri and Nathan Allen for finishing their third home reading sheet and having read a total of 90 books, excellent job boys, awesome reading!

Tanya and Trish

Secretary/Receptionist

Joan Vedan

The Hop a Thon for Muscular Dystrophy was a success this year raising approximately \$100.25. Everyone here at the

Centre appreciates your contribution for this fabulous cause.

Limlimpt to all the families and Elders in our community for coming out to watch the children. The children like having visitors and it helps them know who our community members are.

At this time I would like to thank the following businesses and band buildings for their support:

- Little Kingdom Self Serve
- Arrowhead Gas
- Westside Pro Hardware
- Neehoot Grocery
- Creekside Gardens Restaurant

- Okanagan Indian Band Office
- OKIB Health Department
- OKIB Public Works

What would we do without such a great community?

Limlimpt Joan Vedan

Snc'c'amala?tn Nutrition Program Survey Results

Thank you to all of the parents who completed and returned the nutrition survey that we sent out last month. We received fifteen surveys with a lot of feedback. Thank you for your suggestions and comments. Every survey indicated that you are VERY SATISFIED with the nutrition program.

As you can see for what you indicated your child's likes and dislikes are, what your child may like could be another child's dislike. You can see how challenging it is to try to please all of the children every day, which is why we focus on a healthy balance and offer a wide

variety of foods.

We thought that you would be interested in reading the various suggestions and comments that we received. Again, thank you for your time.

Lorraine Ladan, Director
Walline Parker, Cook

SNACK SUGGESTIONS:

- apples
- apples boats with cheese sails
- breakfast burritos (scrambled eggs, cheese, meat, tomato and lettuce)
- carrots
- celery with peanut butter cheese
- cherry tomatoes
- crackers and cheese
- different cheeses
- dried raisins, cranberries and blueberries
- French toast
- fruit and veggie choices
- healthy muffins with lot of grated veggies added
- home made granola bars
- hot cereals
- jello with fruit
- oatmeal
- oranges
- trail mix
- veggies and dip
- yogurt and fruit with granola
- yogurt smoothies

LUNCH SUGGESTIONS:

- beef quesadillas
- chili
- corn on the cob
- green beans
- grilled cheese/tuna sandwiches
- hearty soups and stews
- hot dogs
- macaroni and cheese
- meatballs and potatoes
- meatballs with pasta or mashed potatoes
- not spicy chili
- sloppy joes
- soup
- spaghetti
- stew
- tacos
- vegetarian chili and cornbread with butter
- vegetarian dishes
- wraps with lots of healthy vegetables

MY CHILD REALLY LIKES THESE FOODS:

- all fruit
- apples
- beef
- broccoli
- buffalo chicken wings

- Caesar salad
- carrots
- celery
- cheese
- cheese strings
- chicken
- Chinese dishes
- corn on the cob or canned
- cottage cheese
- crackers
- crackers and cheese and meat
- cream corn
- cucumbers
- eggs
- fish
- French toast
- fresh fruits and vegetables
- granola bars with dried fruits and nuts
- grape tomatoes
- grapes
- green beans
- ham
- hardboiled eggs
- healthy fruit snacks (in bag)
- hot dogs
- macaroni and cheese
- meat and butter on bread (no mayo)
- Mexican dishes
- mini Breton crackers
- mushroom soup
- mushrooms
- noodles
- oranges
- pancakes
- peanut butter
- peas
- pizza with cheese and pineapple (no sauce)
- raw carrots
- ribs
- rice
- salads
- salmon
- sandwiches
- sausage
- soup
- spaghetti
- stew
- tomatoes
- vegetarian options such as hummus, tapenade, tabouleh
- watermelon
- whole wheat spaghetti (no sauce)
- yogurt

MY CHILD REALLY DISLIKES:

- beets (maybe)
- broccoli
- cheese
- chicken
- cooked carrots and most cooked
- veggies
- cornmeal
- crust
- eggs
- fries
- hamburger

juice
lettuce
meat sandwiches
muffins
new foods
oatmeal
onions
peanut butter
peppers
potatoes
salad
salad dressing
soup
tomatoes
tuna

COMMENTS

- ~ My child is not really willing to try something she doesn't like the look of.
- ~ You have a good menu.
- ~ Introducing any new, healthy foods has some risks (allergies or being disliked) but getting children to be adventurous might outweigh the cons.
- ~ I don't think my child dislikes much. She does try to get more of what she likes most, and leave the rest.
- ~ I feel you are doing a great job with snacks and lunch. When my child comes home I always ask her what she had for lunch. I like that the children try new foods and I also get ideas from what you make for the children!

- Thank you!
- ~ I would suggest all of the same lunches that are already offered, as I find it is very well balanced.
 - ~ Keep up the great work guys!
 - ~ You do a very good job! We as parents really enjoy knowing that our child is getting tasty and nutritious food while he is in your care. Thank you.
 - ~ I am pleased with the food program. My child likes all the other food but salad. It would be great if the school district would encourage hand washing and teeth brushing like you guys do. Keep it up!
 - ~ I like the meals prepared at the school. Thank you for making healthy meals.
 - ~ We think you are doing a terrific job! Our children love the foods that are provided. Thank you all for your hard work and for keeping us so informed and involved!
 - ~ What I have observed of the snacks and lunches have been great! Good variety, lots of fruit. Well balanced. I've seen staff respond when a child says they are hungry which I think is so good.
 - ~ My child gets picky at times but if reminded she usually will eat.
 - ~ I think you guys do an awesome job! I am truly grateful for the care and nurturing my child

- receives. Thank you. It is appreciated and I know I don't have to worry about her when she is there. Yes, totally fortunate for the nutrition program.
- ~ I am very satisfied with your snack choices, as well as my two children. I wouldn't change a thing!
- ~ My children like a variety of food which you supply to them already.
- ~ My child has no dislikes.
- ~ My children get choices of a variety of healthy food from your program that they normally wouldn't get at home. As a parent I am always very excited to see what is on your menu every week. Keep up the good work!
- ~ I haven't found anything that my child really hates.
- ~ Keep up the good work. The food always smells so good I wish I could stay for lunch!
- ~ I'm not sure what kind of pasta is used but whole wheat or brown rice pasta would be great and whole wheat pancakes!

Some of the goals of the nutrition program at Snc'c'amala?tn are as follows:

1. To provide essential nutrients and energy by offering healthy food choices so that children are

- well equipped to play and learn.
2. To provide a balance of carbohydrate, fat and protein to reduce risks for chronic disease such as heart disease, cancer and diabetes.
3. To offer a variety of foods including plenty of grains, vegetables and fruits.
4. To provide seasonal and fresh foods as available.
5. To encourage children to try new healthy foods.
6. To give children a positive attitude about healthy eating.
7. To prevent obesity which is becoming a chronic problem that includes children and young adults.
8. To deliver nutrition education to children and their families.
9. To provide high quality food with minimal preservatives, colouring and that is lower in fat, sugar and salt.
10. To create a healthy eating environment where children can socialize and enjoy food.
11. To educate children to learn to set their own limits around the amount of food they need.
12. To teach children proper hand washing before meals and to brush their teeth after meals.
13. To role model manners and healthy eating habits to the children.

Okanagan Book Launch

The release of the Okanagan children's book and CD took place at Snc'c'amala?tn on April 19. We were fortunate to have Eric Mitchell, the illustrator and author of the book present to carry out a demonstration. As well, it was an honour to have Pauline Gregoire and Adam Gregoire here. These are the two fluent Okanagan speakers whose voices you hear on the CD. It was felt that the CD was an essential part of the project so that individuals could hear and learn to pronounce the Okanagan words correctly. The book is intended to be used by parents with their children. A similar book and CD was made in the Shuswap language.

Thank you to everyone who was able to attend that evening. We had over 50 people here to celebrate the release of the book. We hope that you enjoy the book with your children. The book will be well used at the day-care and school.

Parent comment from Gwen Torres:

"Eric Mitchell's illustrations are excellent as is the audio disk that comes with it. The two Okanagan speakers, Pauline Gregoire and Adam Gregoire's pronunciations are clear and will be great for practicing the words and sounds. I hope that this will only be the first of many more books to come!"

The project was completed by the Aboriginal Success By 6 ® Committee. The book illustrates numbers, animals and colours. It was developed by Eric Mitchell who was contracted for the project. There was enough money in the grant to print 100 copies of the Okanagan book for this community, with the priority being one book for each family with a child up to six years of age.

Success By 6 ® is a community-building initiative that has a common vision: to ensure all children receive the nurturing and care they need in their first six years, and are ready to learn and succeed as they enter school. Success By 6 ® funds programs for children and families that include outreach, literacy, nutrition, children's play, parenting and family skills development based on individual community needs. The decision to make the Okanagan children's book was based on feedback obtained from a parent survey. The Success By 6 ® Committee is planning a second project for children with a legend in storybook form.



Spring and Fall Clean-up

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 driers, we have decided to divide the reserve into two areas with different clean-up dates. Clean-up dates are on the Refuse/Recycling Calendar.

Area A:

North of Pro Hardware - Includes Bradley Creek, Irish Creek, Head of the Lake, Round Lake and Salmon River.

Date: Thursday, May 11, 2006 - October 12, 2006

Area B:

South of Pro Hardware - Includes Six Mile, Nashwito (Siwash) Creek and Whitman's Creek.

Date: Thursday, May 18, 2006 - October 19, 2006

If you are unsure of the area you reside or 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 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 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 to be picked up:

- ~ 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

Refuse Collection Information

L.L. Disposal (545-7868), 8:00am - 4:30pm, Mon-Fri

Collection Time: Please put out refuse by 7:00am (Pickup times may have changed).

Quantity Limit: Each customer is entitled to put out a maximum of 2 cans or bags of refuse, limit 3 1/2 cu. Ft. capacity, 23 kg (50lbs) weight, one meter maximum length in any direction.

Extra Quantity: The driver will pick up more than the quota of two bags/cans if there is a sticker attached to each additional bag or container. Stickers can still be purchased at Pro Hardware, Racetrack Gas and Nehoot Store. No Exceptions.

Blue Bag Collection Information

L.L. Disposal (545-7868), 8:00am - 4:30pm, Mon-Fri

Collection Time: Please put recyclables out at the front curb in a clear or blue transparent bag by 7:00am (Pickup times may have changed).

Quantity Limit: You may put out an unlimited number of blue bags on your pickup day (every other week).

Items to Recycle: Office paper, newspaper, cardboard, tin cans, aluminum, books, magazines, #1-7 plastic, boxboard. These items are banned from the sanitary landfill. Containers must be clean.

Important Information Regarding OKIB Household Garbage and Recycling Collection

Recycling will be collected every second Wednesday, as noted on the 2006/07 calendar.

Glass containers are no longer accepted in the "Blue Bag Recycling" Program, but you can drop off glass recycling at specified facilities.

All plastics No. 1-7 are not accepted in the "Blue Bag Recycling" Program. Please remove all lids and caps from containers.

Please remember to put all recyclables in Blue or Clear Bags, so the driver is able to see the contents. Your recycling bag may not be collected if it contains any of the non-accepted items:

Accepted: All plastics #1-7, including plastic shopping bags, rinsed tin/aluminum cans, writing paper, office paper, envelopes, newspapers, magazines, catalogues, flattened cardboard.

Not Accepted: No glass jars, bottles (you can recycle glass at local bottle depots), no Styrofoam (i.e. egg cartons, meat trays, plates, cups etc.), no used tissues, napkins/paper towels, or paper plates, no spray cans (hairspray containers etc.), no motor oil or antifreeze containers.

Band members may pick up a calendar at Public Works or Band Office.

Senk'lip News

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

Narcotics Anonymous (NA) Meeting

In Enderby at Spallumcheen Band Hall
(Beside SuperSave Gas on Highway 97)

The meetings start at 7pm on Thursday nights.

For further info contact Wilma Maxine at (250) 838-6496

Family Preservation Worker

Submitted by Laurie Peters

I'd like to introduce myself to the community for those who don't know me, my mother is Marie Peters. My grandmother was Hannah Brewer and my great grandparents were Emily and Earnest Brewer. I have been living on OKIB for over five years now and I am thrilled to be working in my community.

My prior two positions were the Aboriginal Infant Development Consultant for the Vernon Friendship Centre and most recently the Aboriginal Mental Health Liaison for the Okanagan region through the Ki-Low-Na Friendship Society. In both of these positions the programs are voluntary and consist of client focused services and in home delivery of services.

A little information about my education background; first I have to say in looking back that much of my education was my own healing journey. I had originally went to post secondary to work with children, to ensure that each and every child know they are important and to ensure they all rose to their fullest potential, beaming with self-esteem and self-worth. I soon realized that I had to heal my own pains before I could work with others, especially those so precious. I continued on to get my B.A. in Psychology with a minor in Native Studies.

After completing university, I really didn't feel ready to join the working; I lacked practical skills and confidence. I chose to go back to college to take a diploma course in Mental Health that focused on issues that affect Aboriginal people. It provided on the job training and practical skills. It was emotionally challenging because there is so much hurt in our (all Aboriginal) communities. In my Second year I had to start dealing with my

own issues and as the old saying goes "that which doesn't kill you makes you stronger" or "Your Higher Power will not give you more than you can handle". I am proud to say I survived, and am living quite happy and content. I am looking forward to working for my community as the Family Preservation Worker.

The Family Preservation Program will deliver culturally appropriate services that empower families to seek self sufficiency and assist families to ensure their children's safety. The Family Preservation Worker will work with families in the home to develop appropriate support services that will strengthen, maintain and reunite families. Home services include but are not exclusive to:

1. Connecting families with supports in the community
2. Developing communication skills
3. Structure and routine
4. Problem solving
5. Goal setting
6. Education around developmental needs of children
7. Homemaking skills
8. Assisting the family in attaining concrete resources
9. Other assistance

The Family Preservation Program will also host community workshops that will enhance family communication skills, parenting, budgeting, nutrition, and behavior modification. Please look for upcoming workshops in the next newsletter.

Prince George Native Youth Hockey Tournament

Submitted by Peggy Joe

From all of the Parents of the Youth that participated in the Prince George Native Youth Hockey Tournament, a HUGE thank you to Vince Lewis, Richard Louis Sr. and Dan Wilson who coached our two boys teams this weekend. We appreciate your time, energy and commitment to our children and the game. There are so many people to thank, we couldn't possibly list them all, so thanks to everyone who came out and supported our kids with your donations and contributions. Great things can happen when we all pull together and work towards a common goal, the success of this trip is a prime example of just that.

On March 24th, 25th and 26th a number of our youth attended the Prince George all Native Jr. Hockey tournament. There were players from the Okanagan, Chase, Kamloops and Ashcroft who made up the bantam boys and the midget boys teams. The midget team was coached by Dan Wilson and Richard Louis Sr. Representing our community was Zack Wilson, Elias Wilson, Emery Robins Jr., Bill Robins and Collin Brewer. There were two divisions for the Midgets "competitive and developmental"; our boys were in the competitive side. They played a total of 4 games and although they didn't make the playoff round (only the top two teams played off) they did an exceptional job and gave everyone in attendance some extremely exciting games to watch. Dan Wilson and Richard Louis Sr. coached the Midget boys.

The Bantam boys were represented by Tyrell Louis, Josh Louis, Dylan Wilson, Taylor Belanger and Malachi Lewis. Their first game on Friday night was played against Fort Ware; they defeated them 12 to 1. Saturday morning started early with an 8:30am game against Cadotte Lake, again our boys were victorious defeating them 7 to 2. Saturday evening saw us facing our third opponents which were the Nak'azdli after a hard fought battle our boys again came out the victor with a score of 3 to 2. The final game was played Sunday afternoon at 2:30pm against Moberly Lake. Both teams were coming into this game undefeated, this was by far the most nerve wracking of all our games, the score was 1 nothing for our boys right

up until 3 minutes left in the third and our boys made 3 quick goals, the final score was the Totems 4 and Moberly Lake 0. The Bantam boys were awarded trophies and sweatshirts for their hard work and commitment.

As well, Cordell Oppenheimer traveled with his family to the tournament and played with the Prince George teams.

Our kids had an opportunity to not only play a sport that they all love to play but as well an opportunity to meet kids from other Nations and create some good memories of their youth that will last them a lifetime.

Hats off to all of the youth who represented our community in this tournament, I want to take this time to acknowledge all of you. Win or lose, our boys handled themselves with dignity and class and I don't believe you can ask for any more than that.



EARLY CHILDHOOD EDUCATION PROGRAM to be offered in SPALLUMCHEEN

Are you interested in working with young children to help them build their skills?

Classes will take place from Monday to Friday from 9 am to 4 pm beginning September 2006. You must have successfully completed Grade 12.

Students who have completed the 10.5 month program can begin working in a daycare centre. Upon completion of 500 hours or work, they can then apply for an ECE License.

Download our full calendar or application forms from the Native Education Centre website (see right) and apply or register directly online or contact:

Deanna Leon-Cook, ECE Program Director
SPALLUMCHEEN INDIAN BAND
Splatsin Child Care Society
splatsin@telus.net
(250) 838-6404 ext. 1



NATIVE EDUCATION CENTRE

Certificates & Diplomas:

- Adult Basic Education
- Applied Business Technology
- Digital Filmmaking
- Elder Care
- Family Counselling
- Early Childhood Education
- Justice Studies
- Land Stewardship
- Tourism Management

For further information visit
www.necvancouver.org
or call Admissions at
604-873-3761 ext. 328

Congratulations!

Derrick and Fernanda



Kortney Cerria Bonneau
Born April 16, 2006



A little sister for Raven, Juliana and Sabrina



Senk'ip Newsletter Mail-out List

Please fill out the form and return to the address below or by e-mail to receive your newsletter by mail.

_____ **First Name** _____ **Last Name**


_____ **Mailing Address**

_____ **City/Town** _____ **Province** _____ **Postal Code**

Mailing Information:

Okanagan Indian Band
12420 Westside Road
Vernon BC V1T 7Z3

Email: holly.brewer@okanagan.org



Okanagan Nation Alliance

Okanagan Sockeye Fry Release
into Skaha Lake

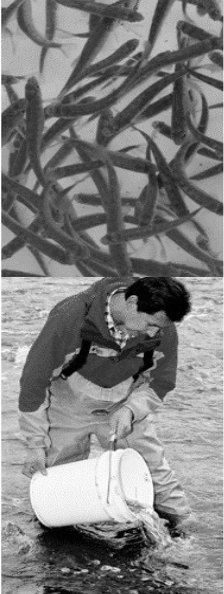


Ks p'elk'stim
"Cause it to come back"

Friday May 19 @ 9:30 am
Okanagan River @
Penticton Indian Band,
Green Mountain Rd and Hwy 97

Schedule of Events

- Opening Remarks
- Cultural Ceremony
- Release Sockeye Fry into Okanagan River
- Feast - Hosted at the En'owkin Centre

Please contact the Okanagan Nation Alliance at 250-707-0095 or the En'owkin Centre at 250-493-7181 for more information.

The Okanagan Nation Alliance will be hosting the third Okanagan Sockeye Fry Release into Skaha Lake on Friday May 19th in Penticton.

Please join us for a Cultural Ceremony, Fry Release and Feast and help us celebrate the return of Okanagan Sockeye to their historic habitat in Skaha Lake.

This is the second year of an experimental 12-year initiative being led by the Okanagan Nation Alliance to reintroduce sockeye back into their historic habitat and migration range after nearly a century of habitat destruction and blocked migration. Approximately 1.2 million sockeye fry were raised from eggs collected from the Okanagan River last fall and will be released into the Okanagan River at Penticton, where the fry will swim downstream to rear in Skaha Lake for one year.

An extensive monitoring and evaluation program will be undertaken to study the sockeye and kokanee interactions in Skaha Lake and to compare sockeye growth and development in Skaha Lake to the growth and development of the existing sockeye population in Osoyoos Lake. The tri-partite Canadian Okanagan Basin Technical Working Group (COBTWG) whose membership includes Fisheries and Oceans Canada, BC Ministry of Environment and the Okanagan Nation Alliance, has worked together collaboratively to apply scientific standards and methodologies in the design and assessment of the project.

The ONA has been involved in fostering and developing partnerships for Okanagan Basin fisheries and aquatic habitat restoration with the Colville Confederated Tribes, Fisheries and Oceans Canada (DFO) and the BC Ministry of Environment, and other governmental and non-governmental groups since its fisheries department was established in 1995. Funding for the 2005 broodyear reintroduction of sockeye salmon into Skaha Lake is being co-funded by Grant County Public Utility District and Chelan County Public Utility District as part of their sockeye mitigation requirements for the operation of hydro-electric facilities in the Columbia River.

We hope that you will be able to join us on May 19th to participate in the Reintroduction of Sockeye Salmon into Skaha Lake. If you have any questions, please contact me at 250-707-0095 or by email at deanamachin@syilx.org.

Sincerely,
Deana Machin
ONA Fisheries Program Manager

Mistaken Identity

Submitted by Alexis Gregoire

Last weekend, I decided that I would go out on my four-wheeler. While I was having fun riding around the old rodeo, two angry individuals approached me in a hostile manner and requested that I get off the land immediately. Both demanded to know who I was and where I was from. It was not until I told them my name did they realize that I was a band member. I was very offended that the two people thought that I was not a band member. Regardless of who I am, I was not doing anything wrong. I was riding during the day and was not disturbing anyone.

Yet people accumulate in the same area during the night and take apart the gazebo (historic building, see right), so they have something to burn for their bon fires. It is quite evident that the individuals that occupy the gazebo area during the night are drinking and who knows what else. The same two people that approached me probably just bury their heads in the sand and avoid the people that burn and destroy our historic buildings and recreational facilities.

Moreover, if band members are so concerned about non-band members monopolizing our facilities and land, we should start at the top, because non-band members use the gym and do not pay the 2-dollar fee. I later asked the person if he had changed over to OKIB and he said no, but he still refused to pay the fee because he is married to a band member. I will just assume that 2 dollars is too expensive for other people to pay... even though I pay the same amount to get on the transit system in Vancouver. I am only a student and I can manage to pay 2 dollars a day for a bus ride. It's unfortunate that the non-band members in the area that have jobs... still do not have enough money to use our gym or maybe they do not respect the OKIB policies.

