SPLATSIN COMMUNITY NEWSLETTER March 2016, ISSUE 59 Spring Working Together Toward Independence Independence Spring Splats, which was a splan of the splats of the splan of the splan of the splats of the splats of the splats of the splan of the sp





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2016 NEWSLETTER DEADLINES AND MEETING DATES

All meetings are scheduled but due to unforeseen circumstances they may be changed

Month	Information Sessions	Community Assembly	Newsletter Deadline	Income Assistance Cheque Issue
January		27	19	
February	10	24	15	1
March	9	30	22	1
April	13	27	19	1
May	11	25	24	April 29
June	8	29	20	1
July	13	27	19	June 30
August	No Session	No Meeting	24	1
September	14	28	20	1
October	12	26	18	Sep 30
November	9	30	22	1
December	No Session	No Meeting	13	1

INDIAN REGISTRY ADMINISTRATOR HOURS OF OPERATION

As of April 1, 2013 the office of the Indian Registry Administrator will be open Wednesday and Thursday from 8:30 AM to 3:00 PM. The office closes for lunch from 12:00 PM and reopens at 1:00 PM.

Office (1) 2 3

Hours

In order to renew your status card you will need valid picture identification as well as a secondary piece of identification. This policy came into effect October 1, 2009.

As of April 1, 2011 the fee to renew your status card is \$10.00 if you are a Splatsin Band member, if

you are not a Splatsin band member the fee is \$45.00

ANNOUNCEMENTS

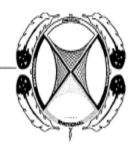
HEALTH OPEN HOUSE ON HOLD



Splatsin Health Services

PO Box 460 Enderby BC V0E 1V0 5775 Old Vernon Road

Tel: 250-838-9538 Fax: 250-838-9548 www.splatsin.ca



Please note the monthly Open House at Splatsin Health Centre is no longer running. Please disregard the community calendar that was distributed earlier this year. We will notify community if this program runs again. Please contact Shayla at 250-838-9538 for any questions or concerns. Thank you on behalf of Splatsin Health Centre.

FUNDRAISER

50/50 FUNDRAISER

Help a family in need.

50/50 card sale

\$10.00 per card

Draw will happen when all cards are sold

50/50



For more

information

contact

Theresa William

(250) 838-6496

To purchase tickets contact

Charlene William

(250) 838-6496

williamcharlene7@gmail.com

To send e-transfer

HEALTH AND WELLNESS FUNDING 2016/2017

We will **not** be accepting applications after **April 1, 2016** for

Adult and Youth; health and wellness funding.

We encourage you to keep all receipts for **possible** reimbursement for 2017 funding.

There will be new applications along with changes to the funding policy as per availability of approved Band Sourced Funds.

We are anticipating <u>June 2016</u> being the date of accepting new applications and coverage for Adult and Youth Health and Wellness.

Thank you for your co-operation

Judy Thomas Splatsin Health Services

250-838-9538

JOB AND TRAINING OPPORTUNITIES

PARKS CANADA CO-OP STUDENT



CO-OP STUDENT ADVERTISEMENT

Mount Revelstoke and Glacier national parks Revelstoke, British Columbia

Job Title -Resource Conservation students

Employer – Parks Canada Agency - Parks Canada is Federal Government Agency responsible for national parks, national historic sites and marine conservation areas from coast to coast to coast. Parks Canada protects and presents Canada's natural and cultural treasures for present and future generation of Canadians. Parks Canada is a world leader in natural and cultural conservation. Our field unit protects and presents Mount Revelstoke National Park, Glacier National Park, and Rogers Pass National Historic Site.

Number of positions - 2 (see project description).

Work Location - Rogers Pass, British Columbia.

Education Requirements – Completion of one-year of post-secondary education in the specializations noted below, and returning to school.

Specializations – Program related to environmental and/or natural sciences (e.g. biology, ecology, geology). Other disciplines may be considered. Student must be part of a co-op or work practicum program at a recognized post-secondary institution.

Skill Requirements -

- 1. Knowledge/interest in Canada's National Parks
- 2. Ability to work individually and in a team setting
- 3. Effective interpersonal and communication skills
- 4. Intermediate computer skills (MS Word, Email, Presentation software)
- 5. Data Collection and Entry
- 6. Report Preparation
- 7. Travelling and/or working in a backcountry environment
- Use of technical field equipment (GPS, map, compass, etc)
- 9. Exercises sound judgment
- 10. Organized
- 11. Takes initiative
- 12. Possession and maintenance of a valid (Class 5) driver's licence is considered an asset.





Parks Canada Parcs Canada



PARKS CANADA PG2



CO-OP STUDENT ADVERTISEMENT

Mount Revelstoke and Glacier national parks Revelstoke, British Columbia

Hours per week -37.5 hours per week. Some evenings and/or weekends may be required. Hourly rate of pay - up to \$17.92-\$20.51 per hour.

Duration of employment - 14 weeks (approx. May 24 - August 31).

Language Requirements - English essential.

Conditions of Employment:

- · Obtain and maintain Reliability Status security clearance;
- · Willingness to wear identifier clothing and personal safety equipment;
- Willingness to work shift work, weekends, holidays, overtime and in various weather conditions:
- · Willingness to travel between various work sites and in inclement weather conditions.

How to apply:

Email application (resume, covering letter and references) quoting selection process number 2016-CAP-MRG-COOP-RM-011 by March 30, 2016 to:

Human Resources hou-mrg.hr-rh@pc.gc.ca

General inquiries – please contact Bryan Chruszcz, Ecologist Team Leader at 250-837-7560 or bryan.chruszcz@pc.gc.ca.

Housing and transportation will be the responsibility of the successful candidates.

Parks Canada is committed to the principles of diversity and employment equity under the Employment Equity Act, and strives to ensure that our workforce reflects the diverse nature of Canadian society. We encourage women, Aboriginal peoples, persons with disabilities and members of a visible minority group to self-identify in their cover letter.

The Public Service of Canada is committed to developing inclusive, barrier-free selection and appointment processes and work environments. If contacted in relation to this process, please advise the organization's representative of your need for accommodation measures which must be taken to enable you to be assessed in a fair and equitable manner.

In accordance with paragraph 8(2)(a) of the Privacy Act, information or material, whether provided directly by the candidate or otherwise obtained by the selection board, used during the selection process for the purpose of assessing a candidate may be used as part of the selection review and recourse processes. Such relevant information may be provided to third parties, such as other candidates or their representatives, who have a legitimate reason to be aware of that information.



PARKS CANADA PG3



CO-OP STUDENT ADVERTISEMENT

Mount Revelstoke and Glacier national parks Revelstoke, British Columbia

Students will work on one or both of the following projects depending on the field unit program needs.

Project Description #1: Ecological Restoration Project

The position involves management of invasive plants, restoration of the endangered Whitebark pine trees, and other vegetation monitoring projects in Mount Revelstoke and Glacier National Parks. The student will engage in restoration activities such as Whitebark pine cone caging, cone collection, and seedling assessment. The student will assist the Vegetation Specialist with the collection of data related to invasive plants as well as efforts to control these species. Students will monitor plots and collect and handle plant specimens.

Project Description #2: Ecological Integrity Monitoring

Student involved with this project will assist with Ecological Integrity freshwater indicators including the creation of site cards for amphibian breeding ponds, wetland classification in both Glacier and Mount Revelstoke National Parks, Environment Canada's monthly water quality sampling, wildlife remote camera monitoring program, wildlife monitoring programs for mountain goats and terrestrial birds.

Anticipated experience -

It is anticipated that the students in both projects will gain experience in:

- Public service product delivery,
- Project management,
- · Principles of ecological integrity and how that relates to Parks Canada's mandate,
- Field reporting,
- Data management,
- Team work.

Version française disponible sur demande

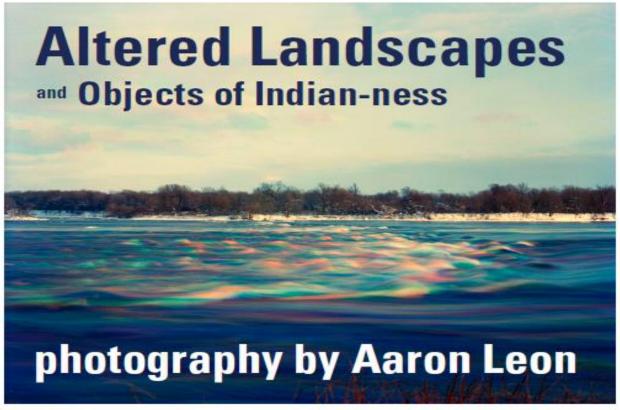




EVENTS

ALTERED LANDSCAPES

Salmon Arm Art Gallery Presents



With guest wood carver Lottie Kozak



April 2 to 30, 2016

Opening Reception Friday, April 1, 7pm
Gallery Hours Tuesday to Saturday, 11am to 4pm
Coffee Break Thursday, April 21, 2pm to 4pm
Family Saturdays 11am to 3:30pm drop-in
Sponsored by Joyce Henderson









70 Hudson Ave. NE « Salmon Arm, BC 250 832-1170 « www.salmonarmartscentre.ca



The Arthritis Society

Presents a 2 day workshop on Arthritis, April 6th & 13th, 2016 at, Splatsin Health Centre.

10 am- 2 pm

The first workshop will be on "Understanding Arthritis" and "Chronic Pain". The second workshop is "Exercising Control" over Arthritis and tips, tricks and tools to manage your Joints.

Each workshop will have lunch provided. Rides available upon request. Please contact Adeline at 250-838-9538 to sign up or for further information.



SPLATSIN FIRST NATION DIGITAL LANGUAGE TOOLS



Splatsin Tsm7aksaltn with researchers from UBC Okanagan are searching for people who are interested in participating in a study about Secwepemctsin language learning and video

games and apps. The project will involve interviews and focus groups (community meetings).

We are looking for people who are interested in gaming, apps, technology, language, techs, art, artists, illustrators, coders, creatives, culture, and/or storytelling that might have some insight into what language, culture, and technology can look like together.

The Tsm7aksaltn is hosting a meeting on April 11th from 5:00 PM – 8:00 PM. We will have pizza as well as healthy snacks. We will have video games and apps set up for everyone to try out.

To participate, please contact any member of the research team by email:

David Lacho:

david.lacho@gmail.com

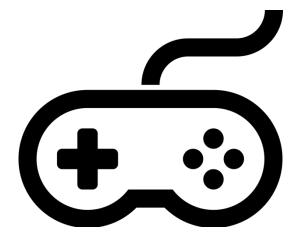
Christine Schreyer:

Christine.schreyer@gmail.com

Rosalind Williams:

zoralind@gmail.com

Aaron Leon: neon_leon135@hotmail.com



Tuwitames Screening April 19th 2016



We will be hosting a screening of the play Tuwitames that originally ran in the summer of 2014

There have been a lot of people mentioning that they would like to see the play, well now is your chance (to see a movie of the play)!

Tuwitames..... "is a journey of growing up that

transcends time and the way we mark the passing of time. A journey that takes us back to a time when the **Secwepemc** world view was maintained

and passed from generation to generation only by word of mouth, before the introduction of the English writing system. *Tuwitames* retraces the events and consequences that result when cultures collide but in the end demonstrates how those ancient teachings transcend time...... if we listen." Tswum/ Rosalind Williams We will screen the play on April 19th 2016 at 7:00 pm Sharp! (So arrive a bit earlier to find seating) at the community center. We will open at 6:00 pm for selling of bannock, popcorn and other goodies.

So come on out and watch local Splatsin story telling featuring a local Splatsin/ Neskonlith cast, singer/song writer Renae Morrisseau from Vancouver, stage management by Dorothy Jenkins, Written by James Fagen Tait, Cathy Stubbington, and Rosalind Williams.

Tuwitames Screening
April 19th 2016
6:00 pm Movie at 7:00 pm
Splatsin Community Center
5775 Old Vernon Rd RR 3, Enderby, BC V0E 1V3



Elders Chat

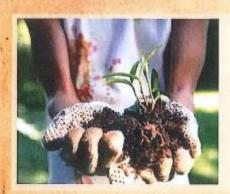
April 20th from 11am to 2pm Splatsin Health Center

This is an informal gathering, where we can share information and socialize with friends. This month will be a special 1 year celebration of Elder's Chat.

You won't want to miss out, as there are a lot of surprises in store. Looking forward to seeing you there. Lunch is provided, and rides are available upon request.

Please contact Adeline at 250-838-9538 ext. 303

TETANUS PREVENTION



PROTECT YOURSELF AGAINST TETANUS

WHAT IS TETANUS?

Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment. The bacteria enter the body through breaks in the skin or wounds caused by contaminated objects. The toxin that is released into the body affects the nervous system, causing painful muscle spasms that can affect the ability to breathe.

TETANUS PREVENTION

Being fully immunized is the most effective way to prevent tetanus. Tetanus immunization is recommended for individuals of all ages, with booster shots every 10 years.

Tetanus vaccines are safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.

Splatsin Health Services

PO Box 460 Enderby BC V0E 1V0 5775 Old Vernon Road Tel: 250-838-9538 Fax: 250-838-9548 www.splatsin.ca

TETANUS IMMUNIZATION IS SAFE AND EFFECTIVE

Please contact Melanie or Shayla Community Health Nurse 250-838-9538



SPLATSIN STSMAMLT SERVICES

HAVE YOU EVER THOUGHT ABOUT FOSTERING FOR SPLATSIN?

While fostering is not for everyone or every family, there are many community members with the skills, knowledge and ability necessary to provide a safe and loving home for children until they can be re-united with their family.



Splatsin Stsmamlt Services is always

looking to increase the number of First Nations homes available to Splatsin children. While many extended family members come forward to assist their relatives, this is not always possible for some. If you are a community member that can provide a healthy, loving, stable home to a child we welcome you to have a conversation with Stsmamlt Services Staff about fostering. Even though you may not be related to a child in need of a placement, as a healthy and productive member of the community, you are in the unique position of helping children to learn about and participate in their Splatsin culture.

We encourage you to have a talk with your family today to discuss whether fostering for the Splatsin

Band may fit for you. If fostering is not for you, perhaps you may know of someone else in the community that could make an excellent foster parent.

If you would like more information about fostering for Splatsin please contact Heidi Cohen, Resource Social Worker, Splatsin Stsmamlt Services at (250)838-6496 ext 218 or come by the department located in the Band office, to pick up an application package.



Health

THE RED ROAD TO WELLBRIETY MEETINGS

Red road to Welbriety meets every Wednesday night from



7:00 pm to 9:00 pm

At the Health Centre meeting room

For more information

Contact Stewart Johnston at

250 838 9538 Ext. 306

FOOT CARE CLINIC

Foot Care Clinics are

The Second Thursday of the month

Open to all persons living with diabetes and elders in the community. Call Splatsin Health to book appointments. Ask for Adeline

Splatsin Health Centre 250-838-9538

SPLATSIN PRENATAL PROGRAM

Are you Pregnant? Or know someone who is Pregnant?

Come & Register for the prenatal Program!

- Prenatal nutrition
- Prenatal Classed Available
- Topics Include

- Growth & Development
- Nutrition
- Labor and Delivery
- Breastfeeding



• Infant Care

(Lessons can be taught individually or in group sessions depending on need) Infant car seats available; Breastfeeding Support, Breast Pump Loans, Prenatal Support, Information, Books, Resources and More! Contact Melanie Marchand at the health center (250) 838-9538



INFRASTRUCTURE & LANDS

HOUSING

INCOME VERIFICATION & CONTRACT RENEWAL

Income verification is due for March 31 2016. If you were not successful in bringing in your paperwork, you have until April 30 to do so.

As of May 1, 2016, all un-verified rental locations will be charged max rent!

I am looking for your:

- Notice of Assessment (mailed to you after you file your taxes)
 or
- Summary Page (from when you file your taxes)

All Tenants must come in to sign onto 2015/2016 contracts in order to prove your residence on reserve. This is necessary for;

- Housing File Compliance
- Tax Free Billing on Gas, Hydro, Satellite, Internet & all Tax Free services provided on reserve.

All Duplex locations are set rents. You must come in only to redo your new contract in order to have proof of residence on reserve.



SMOKE DETECTORS

TEST YOUR SMOKE ALARMS ©



Housing Installed LED 10 yr. sealed battery smoke detectors in all rental houses. If you did not receive any please contact us for your smoke detectors. These are available for private and rental homes.

GARBAGE REMOVAL

Remember all Splatsin Band Members <u>**DO NOT PAY</u>** fees for the Armstrong Dump! This is paid on your behalf at the dump! Bring your status card and present that when you go through.</u>



OPERATIONS & MAINTENANCE

GARBAGE NOTICE

ALL BAGS MUST BE BY THE ROAD / CURB

By 8:30 AM NO LOOSE



BAGS

GARBAGE MUST BE PLACED IN PROPER

BLACK/GREEN GARBAGE BAGS

MAXIMUM 4 BAGS

or GARBAGE WILL NOT BE PICKED UP!!!!

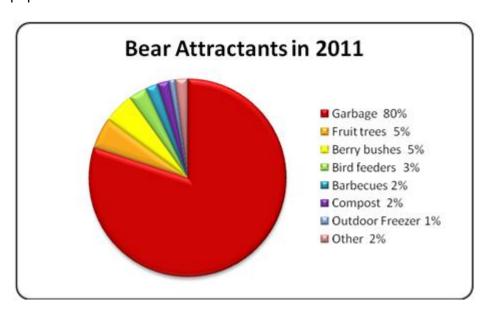
NO CARDBOARD

ONLY TOGETHER CAN WE IMPROVE THE STANDARD OF LIVING HERE AT SPLATSIN!

BE BEAR AWARE

It's spring again!! We are now hearing the concerns of community members regarding the sightings of black bears in our residential and business areas.

The following is a compilation of general information to assist us in managing this yearly issue in a positive and proactive manner with as little damage as possible to our resident bear population or us.



There's a bear in my yard!

What to do when you find a bear in your yard:

- **1.** If you, members of your family or pets are outside, move slowly and quietly inside. Do not turn your back to the bear, but do not make eye contact either.
- **2.** Telephone your neighbors and advise them that a bear is in the area.
- **3.** Sit back and wait. If the bear has no reason to stay, it should soon leave.
- **4.** If the bear does not leave within an hour or so, becomes aggressive, or attempts to enter your residence, you should immediately call the **Conservation Officer (1-877-356-2029) and ENDERBY RCMP (250-838-6818).**

Once the bear is gone, ask yourself the following questions:

- 1. Why was the bear in my yard? What attracted it here? See our list of bear attractants below and suggestions for handling them.
- 2. Remove all attractants.

3. Ensure there are easy paths of escape for any wild animal that may enter your yard. If you have large areas of unruly bush that may provide cover, consider removing them.

Bears are fascinating to watch; however, we must ensure they are not rewarded with food when they visit us. A bear that finds food will return, becoming bolder and more curious. By leaving attractants on your property, you are putting the bears, yourself, your family, and your neighbors at risk.

Under the *Wildlife Act*, it is unlawful to provide food to wild animals, either purposely or by neglect. If you do not remove food sources, you may be facing as much as \$15,000.00 in fines.

Bear proofing means managing bear attractants

Bears are driven by their stomach. An enormous amount of energy is stored in fat over the summer and fall months so that a bear can survive a winter without eating. Hibernating bears can lose as much as 25-30% of their body weight over the winter. As a result, bears become increasingly active in their search for food as summer wanes and fall approaches. Their keen sense of smell allows them to identify potential food sources from considerable distances.

When hungry bears come into town, they shouldn't find attractive smells or food. We want them to continue on their way and not linger in our neighborhoods. Becoming Bear Aware is not difficult. A small change in your behavior and habits requires little effort but produces large benefits.

Our garbage pickup days are on Tuesdays of each week

Garbage Management

In most communities, improperly stored garbage is the main attractant for bears. By altering our storage habits, we can eliminate garbage-conditioned bears with very little effort. Here are some steps to bear-proofing your garbage.

- 1. Do not put your garbage to the curb until the morning it will be picked up.
- **2. Use a heavy-duty container with a secure lid.** This not only deters bears, but also ravens, dogs, and other animals that may get into your garbage.
- **3. Store your garbage in a secure location, and ensure it is odor-free.** A secure location is *not* your carport or a flimsy shed that a bear could easily enter. A shed with a door that closes securely or the interior of your house is best. A simple way to reduce odors is to place any smelly food articles in a Ziploc bag and freeze it until garbage day.

4. Use our community recycling services as much as you can. Separating your paper, glass, plastic, tins, and cardboard from your "smelly" garbage will leave an average household with only a few bags per week - easy to toss into your freezer or keep in a tightly closed bag in your basement.

Fruit Trees and Berries

In our community you don't have to look far to find a lovely fruit tree growing in someone's yard. These beautiful trees, however, pose a serious public safety issue.

Domestic fruit trees are not a natural source of food for

bears. They are acknowledged as a bear attractant, and bring bears into our community. You may not mind if a bear feasts on your fruit, but what you are doing is not only dangerous, it is an offence under the *Wildlife Act*. These bears become used to humans and our surroundings; they become more bold in exploring urban areas. Though you may tolerate a bear's presence, your neighbors may not.

If you leave your fruit tree unmanaged and untended, you are endangering members of our community. You are creating a food-conditioned and habituated bear who will come into contact with humans. The greater the amount of contact, the greater the potential for a negative incident. Are you willing to accept responsibility if a person is harmed by one of these habituated and food conditioned bears?

Bears do not care about the condition of your trees. They may break branches and stems, causing irreparable damage and weakening the tree. By following the steps below, your fruit trees will also benefit!

Please consider the following options:

- **1. Prune your fruit trees**, so they will produce only the amount of fruit that you are able to pick and consume.
- **2. Clean all fallen fruit** from beneath the trees and shrubs daily, and pick fruit and berries as soon as they ripen.
- **3. A small, inexpensive electric fence system** will act as a bear deterrent for your trees.
- **5.** If you do not use the fruit from your trees and shrubs, consider replacing it. There are many beautiful flowering trees and shrubs that do not produce fruit.

Compost and Gardening

Our area is a green, fertile community where gardening is a hobby of many people. For the



most part, bears are not attracted to our vegetable gardens or flowers. However, the compost pile, if managed improperly, can attract bears into our backyard. To eliminate this attractant, take the following precautions:

- 1. Never add meat, oil, or cooked food to your pile. Dairy products, baked goods, and un-rinsed eggshells are strong attractants for many animals, not just bears. Avoid adding these items.
- **2. Reduce the odors emanating from your pile.** Turn the pile regularly, and ensure that it contains enough moisture. Bury all new kitchen scraps with grass clippings or garden refuse. Sprinkle lime on the pile, which helps to reduce odors.
- **3. During the most active bear season, avoid adding kitchen scraps.** These scraps can be placed in the freezer until the bears begin to hibernate. To increase the rate of decomposition, break down your scraps into smaller pieces. Consider an indoor worm composter, which is odor-free and convenient.

For more information on composting, visit the following web sites:

How to Compost – A Complete Composting Resource http://www.howtocompost.org/

Composting with Red Wiggler Worms http://www.cityfarmer.org/wormcomp61.html

EarthEasy Composting http://eartheasy.com/grow_compost.htm

Birdfeeders

Birdfeeders attracting bears? Most people are surprised that bears would frequent a birdfeeder. But consider that nuts and seeds are very high in protein and fat, nutrients that bears require in quantity as they try to gain weight for the winter. Hummingbird feeders, with their sugar content, are also an attractant for bears.

The purpose of most birdfeeders is to supply food to birds when natural resources are scarce - in the winter and early. Many people also enjoy watching birds, and use feeders to entice them into the yard. However, if you live in an area where bears are a problem, you may be unwittingly participating in habituating a bear to being in your neighborhood.





Bears are clever at finding food!

Bears and birdfeeders are a bad combination. What can you do?

Remove birdfeeders during the spring, summer, and fall months. Be sure to clean up uneaten seed and nuts from the ground. There are plenty of natural food sources for birds in the wild.

If you wish to attract birds to your yard in the summer, **create a "bird friendly" yard.** Supply perches and natural food sources that your favorite birds enjoy. Plant shrubs and bushes as refuge and nest sites. Instead of a hummingbird feeder, plant bright red, deepthroated flowers that hummingbirds enjoy. Ask at your local gardening center for a list of plants that attract birds.

For more information on bird friendly gardening:

http://www.home-herb-garden.com/birds.html

Barbeques and Smokers

Nothing says summer has arrived like the scent of a barbeque wafting on the breeze. However, these lovely odors also appeal to bears. Since bears have an incredible sense of smell, your sizzling steak may bring in a bear from quite a distance.



Please take the following precautions:

- 1. Thoroughly burn off or clean your barbeque after every use.
- 2. Keep your barbeque covered, and if possible, store it in a secure location.
- 3. If your barbeque has a grease catch, ensure that it is removed and cleaned after each use.

Smokers

Many residents enjoy smoking fish and other products. These tasty treats are very tempting to not only bears, but birds, dogs, and other animals. If you use a smoker on a regular basis, follow the same precautions listed for the barbeque. If you must run your smoker for extended periods of time, especially overnight, consider a small, portable electric fence as a deterrent.

Pet and Livestock Feed

If your pets or animals eat it, a bear will eat it. How do you store your pet and livestock feed? Here are some suggestions to keep bears out of feed:

- **1. Feed pets, and store pet food, indoors.** If you feed pets outside, place their dishes in a secure location during the night. Store food in a secure shed or in the house.
- **2. Store livestock feed in bear-proof containers,** within electric fencing, or in secure buildings.

Cultural activities:

Please keep in mind that in our community we have many people that hunt and have or will have hides hanging. The smell of these hides is a big attractant to bears. Place them in your freezer or give them away as soon as possible if you are not intending to use them yourself.

