

# APRIL 2019

Kanaka Bar Indian Band



Thank you to all those who came  
To meet with Canada on **Sunday**  
**March 24<sup>th</sup>** at the **Band office**.

There were questions asked and  
Canada was able to answer some.

It will be interesting to hear the decision  
Canada makes in May 2019

1. **Yes, to Build,**
2. **No don't build or**
3. **Postponed decision** until after  
next federal election.

Canada did leave their power point.  
If you would like a copy please contact  
Pauline at band office.

Made at Kanaka, by Kanaka  
For Kanaka.

## Volume 4

### Events for April 2019

- 1- Chief & Council Mtg.
- 10- Cooking Class-Health Building  
Start:11am
- 18- 1pm Chief & Council Mtg.  
5pm Community Meeting  
Agenda Included...
- 19-Good Friday-OFFICE CLOSED
- 21-Easter Sunday
- 22-Easter Monday-OFFICE CLOSED

## Farmer's Almanac



### Pink Full Moon

The **Pink Full Moon** comes from the **Pink Flowers**-phlox- which is the first flower that blooms in the Spring. The moon doesn't actually appear pink in color; it appears "rose" due to the moon sharing the sky with the sun.

New Moon-April 6<sup>th</sup>, 2019

Full Moon- April 19<sup>th</sup>, 2019

## CEO BLUE-Carnation Zhuwaki

Communications can be difficult; especially when it comes to interpretation. How do you know you are being heard or understood? It is important a person learns how to use effective communications and listening skills.

Communication workshop reflection March 12<sup>th</sup> and 13<sup>th</sup> supported Kanaka staff to participate in a 2 -day Communication workshop. These 2 days gave us tools to improve our communication as well as acquire new tools.

Two new tools I acquired are, listening for the feeling behind what someone is saying and taking ownership in miscommunication.

**First tool** when we encounter an angry, frustrated or sarcastic person, it's easy to quickly dismiss them because of how they present themselves. However, if we take the time to listen to the feeling behind the words, we will notice that there is some vulnerability that the person is hiding.

**Second tool** I learnt was taking ownership. It's easier to pile blame on someone else rather than take responsibility. In any disagreement or misunderstanding, if we take ownership; it will make the process of reconciliation or making amends smoother.

Let's aim to communicate better, graciously and with respect.

I will be out of office from March 22, 2019- April 8<sup>th</sup>, 2019. Ceo Orange-Patrick will over-see administration business. [ceoblue@kanakabarband.ca](mailto:ceoblue@kanakabarband.ca)

## Communication at Kanaka

As I was passing the playground area on my way from the Band Office to the Health Building, I got stopped in my tracks from a comment I heard from the playground. I am not sure what the background was, all I remember was "Are you stupid or something?". I looked at the author of that phrase and low and behold, it was a boy of about 7 riding a bike and the comment was directed at a little girl of about 5. At 7 years old, where did this child learn to talk like that? I would hazard a guess that it's a phrase he hears thrown around by some adult in his life. Children are a blank slate given to us by the Creator and it is up to us to write a beautiful story on that slate. A lot of the learning for them is through watching and hearing us adults. Let's teach the children in our care to treat each other with respect and use speech that is seasoned with grace and respect.



## Social Development

Declaration Forms due April 21, 2019.

All SA clients may contact Darlene Garcia at the band office from Monday-Thursday.

**Please see receptionist to confirm Darlene's schedule to meet.** Darlene does not work Friday's; if you have any questions or concerns please contact Carnation or drop in to see her.

## Chickens

Kanaka Eggs  
\$4/doz. 18 Pk.-\$6



Please see **Toni at Health Building to purchase eggs.**

The Egg Cartons are very much appreciated and can be dropped off at the health building.

## Health Department

### Health Department March Dates

Wanda Dexel, BA-Psych CPCA-1-250-378-7596  
Tuesdays 11:00 am-2:00 pm  
April 9<sup>th</sup> and 23<sup>rd</sup>, 2019

Vince Abbott- Drug and Alcohol Counsellor  
April 12 & 26, 2019

April 8<sup>th</sup> Harm Reduction and Jordan's  
Principle Community Engagement.



Shanda – Nurse Practitioner  
Call for appt. 8:30-4pm  
April 11<sup>th</sup>, 2019

As an NP I am able to write prescriptions, order tests such as blood work, x-rays etc. I can also help connect you to community resources.

T.B Screening-April 10 and 12<sup>th</sup>, 2019

April 23<sup>rd</sup> is STI screening day.

### FREE CONFIDENTIAL STI SCREENING!

On April 23<sup>rd</sup> an outreach nurse from Kamloops will be in Kanaka Bar to offer free screening for sexually transmitted infections. Things you should know: STI testing has come a long way, there is no longer a need for any kind of vaginal or penis examination. Testing can now be done using a urine sample and a drop of blood. So you don't need to have any kind of invasive physical examination. Also, EVERYONE who is or who has been sexually active should be tested for STI's. Up to 40% of people with HIV don't know they are infected as it, like many other STI's, often doesn't have symptoms. The screening will consist of a

half hour appointment with the nurse where she will assess risk factors and decide what kind of screening is needed. Depending on the results of the testing there will be counselling and follow up appointments with the family doctor. There will be a STI information session at the lunch and learn on April 10<sup>th</sup> where you will also be able to book an appointment. If you miss this session you can also drop in and every effort will be made to fit you in to the schedule. We hope to see you there!

Community Health Nurse visit  
April 10 & 23<sup>th</sup> and 24<sup>th</sup>.

Cooking Class with Toni:  
April 10, 2019 and 24<sup>th</sup>, 2019  
Start: 11 am



Please call Toni at 250-455-2200 if you are interested in the Cooking Class, so she can determine how much to shop for ahead of time.

Shackan Hall – Hand Drumming

Every Thursday from  
April 4 - May 23, 2019 from 6-8pm

*Take care of your body.  
It's the only place you have  
To live in.*



## Wellness Coordinator

The Health department needs your help! We are looking for **responsible** and **reliable** people to be **wellness coordinators**. We are looking for 3 individuals for the following groups:

1. Gents' night out (men's wellness group)
2. Girls' night out (women's wellness group)
3. Youth wellness
4. Children's wellness

These wellness groups will be held once per month and the goal is to **engage all members** of the community in enriching activities that are fun and safe with the end goal of enriching our overall health. **Please call** the health department on 250 455 2200 to speak to **Carnation** for the full details on this role.



## Kindness at Kanaka

Almost 3 week ago while at the Health Building, it was a **snowy morning** and as usual the Health Building ramp was **covered** with snow. Normally someone takes care of that before I start work, but this morning no one had. Thirty minutes later into my workday, I **noticed** Darryl McIntire, **clearing** the **snow off** the ramp as well as the steps.

An hour later when I walked out of the Health Building to the Band Office, I

noticed that the **Health vehicles** had been **cleared of snow** as well! This was an **extra touch** that he was not required to do, but he did it anyway.

I smiled when I saw this. **Thank you, Darryl** for always **taking the initiative** to get work done and going the **extra mile** for others. You are an **inspiration to many**.



Do you have a story of **"kindness"** you would like to share so it can be featured in the newsletter? Please send all your random acts of kindness stories to:

[communications@kanakabarband.ca](mailto:communications@kanakabarband.ca)

## Easter Sunday

**Easter Sunday** in Canada celebrates **Jesus**



**Christ's** resurrection after his death; described in the **New Testament**.

Some people **observe** **Easter Sunday** by attending **church** while others **spend time** with their **families** and **friends** or **engaging** in **Easter egg** activities.

The **"Egg"** represents the **rebirth** of **nature** in the spring and the promise of **"new life"** in the **spring** and **summer** months to come.

**Happy Easter-** may you enjoy finding the **easter eggs**, **hot dog** and **marshmallow roasts**.



## Education

Kanaka Bar Education Department would like to ensure **community members on/off reserve** are aware of **deadlines prior** to advancing into the **Post-Secondary Education Program**.

**Please** come **see Janet Samson** to request/start an **application 4-6 months prior** to your course/program **starting date**.

This is a **requirement** with (**Indigenous Services Canada**) that **we follow**. If you have any **questions**, please **call** and I will be glad to **help/support** your **education** needs.

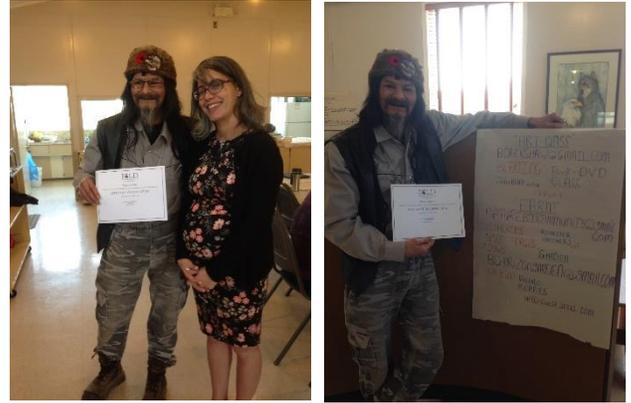
**Fall Semester**    **September-December**  
**DEADLINE: March 30, 2019**

**Summer Semester**    **May – August**  
**DEADLINE: November 30, 2019**

**Winter Semester**    **January –April**  
**DEADLINE: July 30, 2019**

**Please call Janet at**  
**Toll Free# 1-844-655-2200 ext. 222 or send me an email to:**  
[education@kanakabarband.ca](mailto:education@kanakabarband.ca)

Remember, **filling out forms, pre-registration** and ensuring **“your seat”** for **Post Education does take time**. **Call me**, let's **work together** to **build** your **education plan**.



Kanaka Bar would like to congratulate Rick Garcia for completing the **ICLD Roots of Indigenous Strengths and Entrepreneurship Program** on March 15, 2019.

Way to work hard and your dedication has paid off!



*Education is not only a ladder of opportunity, but it is also an investment in our future.*



## Membership



Karen Hance –  
Membership Clerk

**Monday to Thursday**  
from 9am to 3pm.  
**No Fridays**

Kanaka Bar Band Members-**Free**  
Non-Members-\$20

**Please make an appointment**, if you come in after 3pm your status card may not be done until the next day.

Documents you need to produce to Verify Identity are:

For **Adult** Certificate of Indian Status:  
**One** of **3** Identifications

- Valid Canadian Passport
- New version of CIS (after 2007)
- New Enhanced Driver's License **Or**

**2** of the Following **I.D's** and **One must** be a **Photo I.D.**

<ul style="list-style-type: none"> <li>• Birth Certificate</li> </ul>	<ul style="list-style-type: none"> <li>• Provincial ID- (BCID)</li> </ul>
<ul style="list-style-type: none"> <li>• Marriage Certificate</li> </ul>	<ul style="list-style-type: none"> <li>• Provincial Health (Health Care Card)</li> </ul>
<ul style="list-style-type: none"> <li>• Driver's License</li> </ul>	<ul style="list-style-type: none"> <li>• Firearms License</li> </ul>
<ul style="list-style-type: none"> <li>• Certificate of Indian Status</li> <li>• (not expired more than 6 mos.)</li> </ul>	

**S.I.N Not Accepted.** Absolutely no photo Copied I.D's **Accepted** or **damaged** documents-**must be original.**

Ages -16 yrs. old and under **must be** accompanied with a parent/guardian.

Parent must bring child's birth certificate.

For **non-band members**; it may take from 1-5 days depending on response time as I have to call your band and verify the information and eligibility as INAC **only** allows **2 status cards** per person a year.

If there has been a **change** in your last name by **marriage or divorce**; please **bring** in your documents for **name change** to become official.

If a family member is **deceased**; please bring in a **photo copy** of "death certificate" to membership clerk as there are forms to fill out to **de-activate file**. Please keep your "loved one's" I.D. for up to 5 years; in case you may need the information for your grandchildren for proof of family lineage for **future membership**.

There will be "new" changes to forms in the near future. Will Keep you posted.

Any form of **violence or disrespect** will not be tolerated in the Office.

Thank you, Karen Hance.  
Membership Clerk  
Email: [caretaker@kanakabarband.ca](mailto:caretaker@kanakabarband.ca)



*Sweet April showers do  
spring May flowers*

### Children's Newsletter Contribution

Parents, we are looking for children in the community to contribute to the newsletter. Please encourage your kids to submit a picture, drawing, story poem.

Please email: [communications@kanakabarband.ca](mailto:communications@kanakabarband.ca) or drop off at the band office to Pauline.

### Nlaka'pamux Language Words...

1. ha.EE/tA.a  
Yes
2. ash shEEEnche.qu-n?  
Do you have any younger brothers?
3. Ash chA.cha qu-n?  
Do you have any younger sisters?
4. 1                      2  
bAya                    shAya

If we practice saying "one word" a day You can imagine 30 words in a month; can Be Achieved.

We now have 12 words and I can only hope "we" continue to practice saying the words.



### Warriors Tournament



Communication leads to community, that is, to understanding, intimacy and mutual valuing

### The Lytton River Run Walk 10<sup>th</sup> Annual



event will be May 19<sup>th</sup> starting at the Info. Centre at 9am.

We are looking for **volunteers** to assist with this beautiful active event. Please contact [Martina](#) and [Dorrie](#) for more information at 250-455-2200. [Next meeting](#); date to be determined. Watch for next notice of meeting.



**Editor's Note:**

If there is anything you would like to see in the Newsletter, please email me or come into office and let me know. Scenery Pictures are great to submit; from Whichever **Province** or **State** you are living.

Regards,  
Communication

**2018 Starting Line Lytton River Walk Run...**

Let all your family and friends know To come to Lytton and participate to this fun filled event May Day Weekend.



**Feedback**

❖ **Pictures-** would you or your household have an issue with "your photo" being in the Newsletter?

If you **do not want** your picture included please inform communications department **your wishes will be respected.**

You are welcome to call Kanaka Band Office Reception or Communications at **250-455-2200** or come into office to give your feedback.

**Email:**  
[communications@kanakabarband.ca](mailto:communications@kanakabarband.ca)



Kanaka Bar Indian Band  
250-455-2200  
Toll Free # 1-866-455-2200

**Health Phone Number is "Now" under Kanaka Bar Band as "One Entity".**

