

# MARCH 2019

Kanaka Bar Indian Band

Come out to Kanaka Boardroom on **Sunday March 24<sup>th</sup>, 2019** at **10 am**.  
Canada visits Kanaka to discuss Pipeline. Will the Pipeline be built?

What is Canada's Fiduciary?  
Especially, If they own the Pipeline?

Will this affect "Our" salmon?

We are looking for Kanaka's input?  
You can also email your questions to:  
[chief@kanakabarband.ca](mailto:chief@kanakabarband.ca) or  
[communications@kanakabarband.ca](mailto:communications@kanakabarband.ca)  
If you are not able to attend

Lunch Served

Made at Kanaka, by Kanaka  
For Kanaka.

Volume 3

## Events for March 2019

- 4- Chief & Council Mtg.
- 6- Cooking Class-Health Building  
Start:11am
- 16- Spring Break Starts
- 17<sup>th</sup>- St. Patrick's Day
- 21- 1pm Chief & Council Mtg.  
5pm Community Meeting  
Agenda Included...
- 24-Canada comes to Kanaka  
Pipeline Decision  
Time: 10am Band Office

## Farmer's Almanac



### Full Worm Moon

Another month, another moon. We have two Full Moon's this month. The 1<sup>st</sup> full moon falls on the 1<sup>st</sup> and is known as the **Full Worm Moon** is when the **ground begins** to soften and earth worms casts reappear, inviting the return of robins. **Roots start** to push their way up through the soil and the earth experiences a **re-birth** as it awakens from its winter slumber. The **second** full moon is on the 31<sup>st</sup> which makes the **second full moon** called the **Blue Moon**.

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

Full Moon-Mar 1<sup>st</sup> and 31st, 2019

## CEO BLUE-Carnation Zhuwaki

Communication Workshop:  
March 12-13<sup>th</sup>, 2019

Communication is something we do daily. There are many forms of communication, verbal, written and through body language.

How effective are we at communicating? How many times have we been misunderstood when our communication was misinterpreted?

Well, the Kanaka Bar Administration and Health Department have decided to “fine tune” it’s communication skills.

On March 12-13<sup>th</sup>, the Kanaka Bar Admin. and Health Department will be engaging in a 2-day Communication Workshop. The band and health building will not be fully operational, but someone will be on-site to answer calls. Please be patient during these 2 days. All non-urgent requests will be addressed on March 14<sup>th</sup>. Please call Ceo Blue on 250-455-2200 if you need clarification.



Education is the key to freeing oneself from the change of ignorance. One of my father's favorite sayings is “if you think education is expensive, try ignorance”. Realizing the importance of education, Kanaka Bar Education department will be launching K-12 After School Program and an Adult Education (literacy) program. The Education Department will be having engagement sessions with parents and adults interested in these 2 programs. Please see education section in the newsletter for further details.

ceoblue@kanakabarband.ca  
www.kanakabarband.ca

## Social Development

Declaration Forms due March 21, 2019. All SA clients may contact Darlene Garcia at the band office.

Please see receptionist to confirm Darlene’s schedule to meet.



### Chickens

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

Please see Toni at Health Building to purchase eggs.

With winter upon; please remember to bring your vegetables over to the chickens. They could use the extra nutrients to get through the cold nights.

Due to the weather being so “cold”; we are receiving approx. 1.5 dozen/daily.

Thank you to community members who have consistently been giving the chickens the veggie scraps; very much appreciated. This has definitely been making a difference as the eggs are very big. The Egg Cartons are very much appreciated, as well.



## Health Department

### Health Department March Dates

Wanda Dexel, BA-Psych CPCA-1-250-378-7596  
Tuesdays 11:00 am-2:00 pm  
March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.

Vince Abbott- Drug and Alcohol Counsellor  
March 15<sup>th</sup> & 20<sup>th</sup>, 2019



Shanda – Nurse Practitioner-  
**Call for appt.**

March 14, 2019-8:30-4pm

I like to book longer appointments because my heart really feels better caring for the whole person, not just their illnesses. 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.



Cassie M. - Little Foot  
**Advanced Foot Care.**  
We would like to thank Cassie for her support in foot care for Kanaka. Cassie is now on Maternity Leave.

We wish Cassie blessings of health and we look forward to her return; and to meet her “new bundle of joy”. Thank you for investing in Kanaka’s members and community in “self-care”.

If you have any questions regarding any of these program dates, please call the Health Office at 250-455-2200.



Community Health Nurse visit  
March 6 & 20<sup>th</sup>.



Cooking Class with Toni:  
March 6<sup>th</sup>, 2019 and 27<sup>th</sup>, 2019.  
Start: 11 am

**Proposed date** for next class:  
**April 10<sup>th</sup>, 2019**

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.

### 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

*“Kindness is a language which deaf can hear and the blind can see”.*

By Mark Twain

On February 25<sup>th</sup> around 3:45pm in the afternoon, I was returning from Lytton town center with Rick Garcia. We were on highway 1, just 3 minutes from Siwash Rd. Rick noticed a woman walking by herself and he got concerned about her safety because of cougar sightings in the area. Since I routinely take walks by myself, I was OK leaving the young lady to walk by herself and enjoy the beautiful. When we got closer to her, we noticed it was a young lady from the community. I still passed her as she seemed OK. Rick was still concerned and insisted we turn back and pick her up, so she doesn't get attacked by a cougar. He also insisted that I should not take walks by myself because it's not safe. I should take walks with a man \*chuckle\*. I was really touched by your concern for others Rick. Thank you for displaying kindness. May we continue to look out for each other as community members.

Submitted by: Carnation Zhuwaki



At the beginning of this week I was talking about all the fundraising we are having to do for my daughter's basketball trip. How I am getting exhausted and overwhelmed with all the donations I am having to help with. A community member had said they could donate a big sum of empties to help with my daughter's trip. I couldn't help but feel a bit happy knowing someone was just wanting to help my daughter like that just because they can with no strings attached. They may not think it is or was much, but to my daughter that made her day and it meant a lot when I told her. She says thank you so much for helping her get to her first big tournament ever. Kindness is still out there and can always make a difference for one.

-Toni-Lynn Michell

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)





## Education

Kanaka Bar Education Department would like to ensure community members **on/off reserve** are aware of deadlines prior to advancing into the PSE 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 January –April  
**DEADLINE: July 30, 2020**

**March 6<sup>th</sup>, 2019 at Health Building:**  
 K-12 After School Program **5-6pm**  
 Adult Literacy Program **6-7pm**  
 We look forward to seeing you.  
[education@kanakabarband.ca](mailto:education@kanakabarband.ca)

## St. Patrick's Day – March 17<sup>th</sup>



On St Patrick's Day, it is customary to wear **shamrocks**, green clothing or green accessories. St Patrick is said to have used the shamrock, a three-leaved plant, to explain the **Holy Trinity** to the **pagan Irish**.

In the story Goídel Glas, who was the son of **Scota** and Niul, was bitten by a snake and was saved from death by **Moses** placing his staff on the snakebite. As a reminder of the incident he would retain a green mark that would stay with him and he would lead his people to a land that would be free of snakes.

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.**

• Birth Certificate	• Provincial ID-(BCID)
• Marriage Certificate	• Provincial Health (Health Care Card)
• Driver's License	• Student ID current year
• Employee ID	• Firearms License
• Certificate of Indian Status (not expired more than 6 mos.)	

**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.** If I'm not in the office; Dorrie may assist.

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



### 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.

Children are **naturally drawn** to play outside and there are **many benefits** to outdoor play. It allows them to **explore** the environment, **develop muscle strength** and **coordination** and **gain self-confidence**. Realizing the importance of play, Kanaka Bar Administration **would like** to give the **playground a facelift**. Please call **Carnation** to discuss what **improvements** you would like to **see** in the playground area.



## The Year of the Indigenous Language



### Rights of Indigenous Peoples

In a resolution adopted by the UN General Assembly on December 19, 2016, **the year 2019 was proclaimed as the International Year of Indigenous Languages.**

[Ethnologue](#) states that a little over 7000 languages are spoken in the world today.

Around a third of these are endangered, with less than 1000 remaining speakers. More than half of the world's population speak only 23 languages.

### One Disappears Every Two Weeks

According to UNESCO, approximately 600 languages have disappeared in the last century, and they continue to disappear at a rate of one language every two weeks. Up to 90 percent of the world's languages are likely to disappear before the end of this century if current trends are allowed to continue.

### Urgency Needed

The aim is to “draw attention” to the critical loss of [indigenous languages](#) and the urgent [need to](#) preserve, [revitalize](#) and [promote](#) indigenous languages and to take further urgent steps at the national and international levels.

In the same document, the UN expresses “deep concern about the vast number of endangered languages, in particular, indigenous languages, and stressing that, despite the continuing efforts, there is an

urgent need to preserve, promote and revitalize endangered languages”. In the resolution, the UN stresses the need to strengthen the commitment of the UN's Member States to mainstream the promotion and protection of the rights of indigenous peoples into development policies and programs at the national, regional and international levels.

<https://www.linguisticsociety.org/contents/lisa-resources-2019-year-indigenous-languages>

### Nlaka'pamux Language Words...

1. What is your name?  
Shwat ka. shquasht
2. Pauline is my name  
Pauline n shquasht
3. Mother  
Skixze (Shkey-zuh)
4. Father  
Sqacze? (Shkuk-zuh or Skuk-zuk)

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

We now have 8 words and I can only hope “we” continue to practice saying the words.



### Seasonal Highway Closures

Before you travel; please check with [www.drivebc.ca](http://www.drivebc.ca) or call **Toll Free** (no charge):

**1-800-550-4997**

Whether it be due to weather or accidents or road repairs. Schedule your travel to **leave early** and **pack water** and **healthy snacks**.

It is important we respect our "Highway Workers" and allow them to rest when they have returned home from a long day or night's work. Please call Drive BC.



#### 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,  
Communications

*"Never stop dreaming"  
Never stop believing  
Never give up  
Never stop trying, and  
never stop Learning.*

Roy T. Bennett

### 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".**