

MAY 2019

Kanaka Bar Indian Band

10th Annual Lytton River Walk Run

Sunday May 19th, 2019 at 9am

Early Registration

Friday May 17th at Visitor Info at 2pm
Registration: Sunday May 19th at
8am-8:45am

Looking for volunteers:

-timer, registration, set up and take down, water stations, take pictures. Loading truck.



Made at Kanaka, by Kanaka
For Kanaka.

Volume 5

Events for May 2019

6- Chief & Council Mtg.

8 & 22- Cooking Class-Health
Building
Start: 11am

16- 1pm Chief & Council Mtg.
5pm Community Meeting

19- Sunday-Lytton River Walk Run
Start at Info. Centre.

18-20th- May Day Festivities in
Lytton

20th- Office Closed

Farmer's Almanac



Full Flower Moon

The Flower moon signifies the flowers that bloom during this month. There is a myriad of wild flowers; which bloom in May such as, violets, Sun drops, indigo, lupine, and bluebells are just some of popular spring flowers that grow.

New Moon-May 4th, 2019

Full Moon- May 18th, 2019

CEO BLUE-Carnation Zhuwaki

Communication can be difficult; especially when it comes to interpretation. How do you know you are being heard or understood? It is important that we learn how to use effective communication and listening skills.

Two new tools I acquired from the communication workshop 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- 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.

ceoblue@kanakabarband.ca

Social Development

Declaration Forms due May 23, 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 call or drop in to see Carnation.

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 May Dates

Wanda Dexel, BA-Psych CPCA-1-250-378-7596

Tuesdays 11:00 am-2:00 pm

Vince Abbott- Drug and Alcohol Counsellor

May 10 & 24, 2019

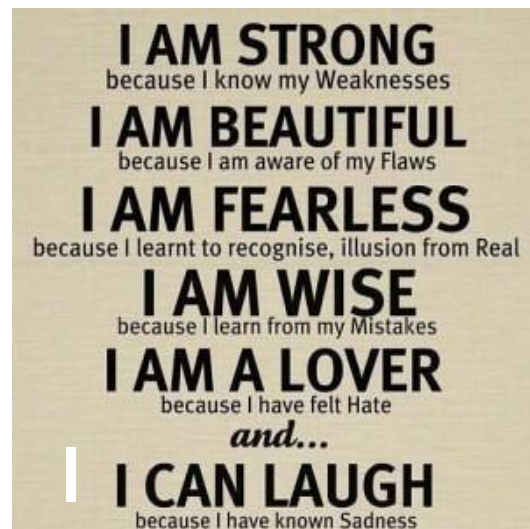


Shanda – Nurse Practitioner

Call for appt. 8:30-4pm

May 23rd, 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.





Cooking Class with Toni:

May **8th** and **22nd**, 2019
Start: 11am at health building.

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

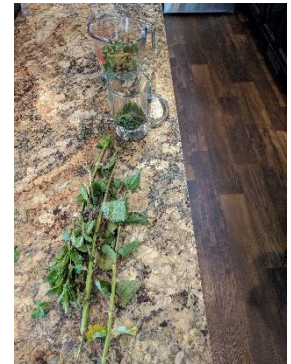


Do you have a story of "kindness" you would like to share so it can be featured in the newsletter? Please send all your random acts of kindness stories to: communications@kanakabarband.ca



Spinach is ready in the greenhouse.
Come pick.

Stinging Nettle →



←
Green Salad made by ingredients from Kanaka's Green house.

Come see what's growing in the Green house. There are a variety of greens which can be made into a salad.

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

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**.



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

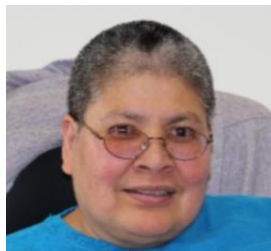


Dorrie and Martina- are stepping down from Coordinating the Lytton River Walk Run after May 19th.
 Kanaka would like to thank Dorrie and Martina for their 8 years of dedication to the Lytton River Walk Run Program. For the past 8 years Dorrie and Martina gave their time, positive energy and belief of “let’s get into shape; together as a community”.
 Thank you -Dorrie and Martina-

Dorrie and Martina would also like to thank all those who have donated monetary, door prizes and have helped in any way to assist with the Lytton River Walk Run Program over the years.

Thank you

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.**

• Birth Certificate	• Provincial ID- (BCID)
• Marriage Certificate	• Provincial Health (Health Care Card)
• Driver's License	• 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.**

For **New Born**- A **Large Birth Certificate** is requested to register.

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: membership@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 or
drop off at the band office to Pauline.

Nlaka'pamux Language Words...

1. Yee.A qu-n Tloo
Are you well today?
2. Ka.lhAsh
3
3. Shba.Ach
Bear
4. Qua-nata a shba.Ach
Look at the bear!

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

We now have 16 words and I can only
hope "we" continue to practice saying
the words.



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

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

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

