

SPLATSIN COMMUNITY NEWSLETTER

December 2016, ISSUE 63



*Merry Christmas
And
Best wishes for a
Happy New Year*



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ANNOUNCEMENT

SPLATSIN DEVELOPMENT CORPORATION GIFT TO THE COMMUNITY



ANNUAL

Christmas

GIFT TO THE COMMUNITY

Splatsin Development Corporation is pleased to provide each house with a Turkey to help celebrate the Holiday Season.

Turkey Gift Vouchers will be handed out (one per household) to each house on December 7, 2016 and December 8, 2016. Please ensure that someone is at home to receive the Gift Voucher. Turkey's can be picked up at Red Basket, Enderby, BC, starting on December 12, 2016.

For any questions please contact Stacy Schreiner @ (250) 838-0775.



OVERDOSE ALERT

OVERDOSE ALERT

Please be aware there has been an increase in overdoses needing emergency medical attention usually after using some type of down.

Please look out for each other.

FOR YOUR SAFETY:

- ✓ Do **not** use alone and if you do, have someone check on you
- ✓ Make a plan and know how to respond to overdose
- ✓ Test by using small amounts first and slowly
- ✓ Do not use with alcohol or other drugs
- ✓ Take naloxone training to get a kit
- ✓ **Call 911 immediately** if something doesn't feel right
- ✓ If someone is unconscious, **GIVE BREATHS** until help arrives

TO RESPOND TO SOMEONE WHO IS NOT RESPONSIVE:

CALL 911 immediately and PROVIDE BREATHS until naloxone is administered and/or they are breathing on their own.



Date Posted: November 22, 2016
(please remove by November 30, 2016)

EVENTS

PANCAKES & POLITICS

PANCAKES & POLITICS



WHERE: SPLATSIN HEALTH CENTRE

**WHEN: FIRST MONDAY OF EACH MONTH
MONDAY, JANUARY 9th, 2017
7:30 AM - 8:30 AM**

**For more information please contact Tkwamipla7a
(Councillor) Daniel Joe @ 250-540-4716 or
daniel_joe@splatsin.ca**

EDUCATION

SHIHIYA SCHOOL NEWSLETTER

PELLTETAQEM

"CROSS-OVER MONTH"

Principal's News

Wow, the time sure has flown by this year.

On to a new and just as exciting year in 2017. It has been an amazing school so far, this year. We have been pleased to welcome new staff members Alicia Killman as a Certified Education Assistant and Selena Fletcher as our school secretary.

We are getting ready for our Christmas Concert and the kids certainly are excited.

We hope to see everyone at the Community Center on December 15, 2016 to watch the Concert and participate in the activities.

The staff and students are very excited to begin the planning stage of our new school. We will be sharing the stages and steps as we make progress and will invite everyone to be at the grand opening of our new building in a few years.

I want to wish everyone a safe and Merry Christmas and a Happy New Year.

Dates to Remember

- Report Card Day Mon. Dec. 12
- Thursday, Dec 15th – Christmas Concert
- Friday, Dec 16th – Last day of school before Christmas break
- Monday Dec 19th to Friday Dec 31st– Christmas break (No School)
- Tues Jan 3rd School is back in session!

Christmas Raffle Tickets are now on sale!

1 Ticket for \$2 or 3 for \$5

2 Meat baskets, one 21-25 lbs turkey, one movie night basket, one baking basket and one Christmas wrap and decor basket will be raffled off during the Christmas Concert.

They can be picked up from students or at the Band Office reception. If you have any items that you would like to donate for these baskets, please call the school 838-2246.

Proceeds go towards yearly activities for the students.



News from Mrs.Kopp's Class

We have been working on being Social Detectives.

Using our eyes, ears, and hearts to assess a situation and make positive choices.

The students have been working on recognizing their emotions and feelings and how to express them in a positive way.

We have been working on identifying what stress is and how does stress affect us and what tools can we use to cope with stress and the way it makes us feel.

We have been busy practicing for our Christmas Concert and the students are getting very excited to show all that they have learned.

News from Mrs.Sayenchuk's Class

November has been a busy month for us. Students have been working hard on their reading and math. We have also been writing some very simple imaginary stories, one about an imaginary character that they created and one about a made-up dinosaur. Students also did some writing about what they want to be when they grow up and what skills they might need to get there.

We had our first place-themed day, which was an imaginary trip to Hawaii! Students did a variety of activities about

Hawaii, including seeing where it is on a map, watching a video about volcanoes, making leis, looking at pictures of Hawaii, and tasting some pineapple and coconut. Their favourite part of the afternoon was creating our own volcano using Pepsi and Mentos candies!

We have started using Class Dojo and I'm happy to have some parents connected on there to see pictures, videos, and classroom updates! We are looking forward to the holiday festivities in December!

News from Mrs.Miller's Class

Wow! Time sure flies when you're having fun!

It's December already!

We have had a fantastic start to the school year. Class routines and rules have been put in place.

We have been busy learning our letter names and sounds. The students enjoy learning the poems each week.

We have learned about insects, spiders, and worms. We have been learning about our feelings and how to use our words to express them. We have been practicing for our Christmas concert! We can't wait for you to see the fantastic talent in our K4/K5 class!

Constance's Kitchen

Gingerbread Cupcakes

6 Tbsp. unsalted
butter

2 Tsp cinnamon

$\frac{1}{2}$ cup white sugar

1 Tsp allspice

$\frac{1}{2}$ cup molasses

$\frac{1}{2}$ Tsp nutmeg

1 egg

$\frac{1}{2}$ cup hot milk

1 egg yolk

$\frac{1}{4}$ Tsp salt

1 $\frac{1}{4}$ cups flour

1 Tsp baking soda

1 Tbsp. cocoa powder

1 Tbsp. ginger

icing sugar

1. Preheat oven to 350°F. Grease top of pan. Drop paper liners into muffin cups.
2. In a medium bowl, cream 5 tablespoons of butter with the white sugar. Add molasses and the egg and the egg yolk.
3. In a large bowl, sift together the flour, cocoa powder, ginger cinnamon, allspice, nutmeg and salt.
4. Dissolve the baking soda in the hot milk.
5. Add the dry mixture to the creamed mixture and stir until just combined. Stir in the hot milk
6. Fill muffin cups $\frac{3}{4}$ full. Bake for 20 mins or until a toothpick comes out clean. Cool in pan for 10 mins then sprinkle with icing sugar.



HEALTH

CRITICAL INCIDENT STRESS



CRITICAL INCIDENT STRESS

WHAT IS A CRITICAL INCIDENT?

A critical incident is *any incident* that causes a person to experience strong emotional or physical reactions that has the *potential to overwhelm one's normal coping abilities*. The incident is usually a tragic or traumatic event, such as but not limited to:

- Serious trauma or death of a colleague or loved one
- Serious trauma or death of a child
- Mass casualties
- Incidents that "should not have happened"
- Incidents with violence involved
- Incidents of physical, sexual or mental abuse
- Suicide of someone close or related

WHAT IS CRITICAL INCIDENT STRESS?

Critical Incident Stress is the physical, emotional and mental reactions that go along with living and working day to day in the midst of pain, suffering, chaos, trauma, evil and loss.

CRITICAL INCIDENT STRESS IS A NORMAL REACTION... IN NORMAL PEOPLE TO HIGHLY ABNORMAL EVENTS.

- CIS reactions *may* include physiological responses, which are *beyond your control*, are *normal and expected*.
- As *these reactions* are considered *common and expected*, they should *never be seen or thought of as a sign of human weakness*.
- Nor do all persons involved in the same incident, experience the same degree of severity or type of stress reaction. Some may not experience any stress reactions at all. This is also common.
- *Stress reactions* can occur at the scene or are *delayed* and may not begin to surface until hours, days, weeks or months after an event.
- *Stress reactions* are usually *temporary*, and can last from three to six weeks.

Note: Should you find that after three to six weeks you are still experiencing CIS reactions, then you should seek professional assistance.

**YOU NEED TO TAKE CARE OF YOURSELF
.... SO YOU CAN TAKE CARE OF THE TASK AT HAND.**

CONFIDENTIAL STI TESTING

N  **TIVE**
TESTED. PROUD.
KNOW YOUR BODY. KNOW YOUR STATUS.



CONFIDENTIAL STI TESTING

Testing provided for
sexually transmitted
infections

Call or text Melanie to book
an appointment

Chlamydia
Gonorrhea
Trichomoniasis
And more

Melanie
250-838-9538 or
text: 250-306-7764

THE RED ROAD TO WELLBRIETY MEETINGS



Every Wednesday night from
7:00 pm to 9:00 pm
At the Health Centre meeting room
For more information contact
Stewart at
250 838 9538 Ext. 306

FOOT CARE CLINIC



Foot
Care
Clinic

**Foot Care has changed it's days !!!! We are now
offering footcare every 2nd Thursday of the month.
Please contact Adeline to book your appointment
250-838-9538 ext 303**

SPLATSIN PRENATAL PROGRAM



Are You Pregnant? Or know someone pregnant?

Come & Register for our Prenatal Program!!

- Prenatal Nutrition Program
- Prenatal Classes Available.
- Topics include: growth & development, nutrition, labor & delivery, breastfeeding, infant care.
- (Lessons can be taught individually or in group depending on need)
- Infant Car seats available
- Breastfeeding Support, Breast pump loans
- Prenatal Support, Information, Books, resources and more!

Contact Melanie Marchand at the

Splatsin Health Centre 250-838-9538



CHILDREN'S ORAL HEALTH IMITATIVE (COHI)

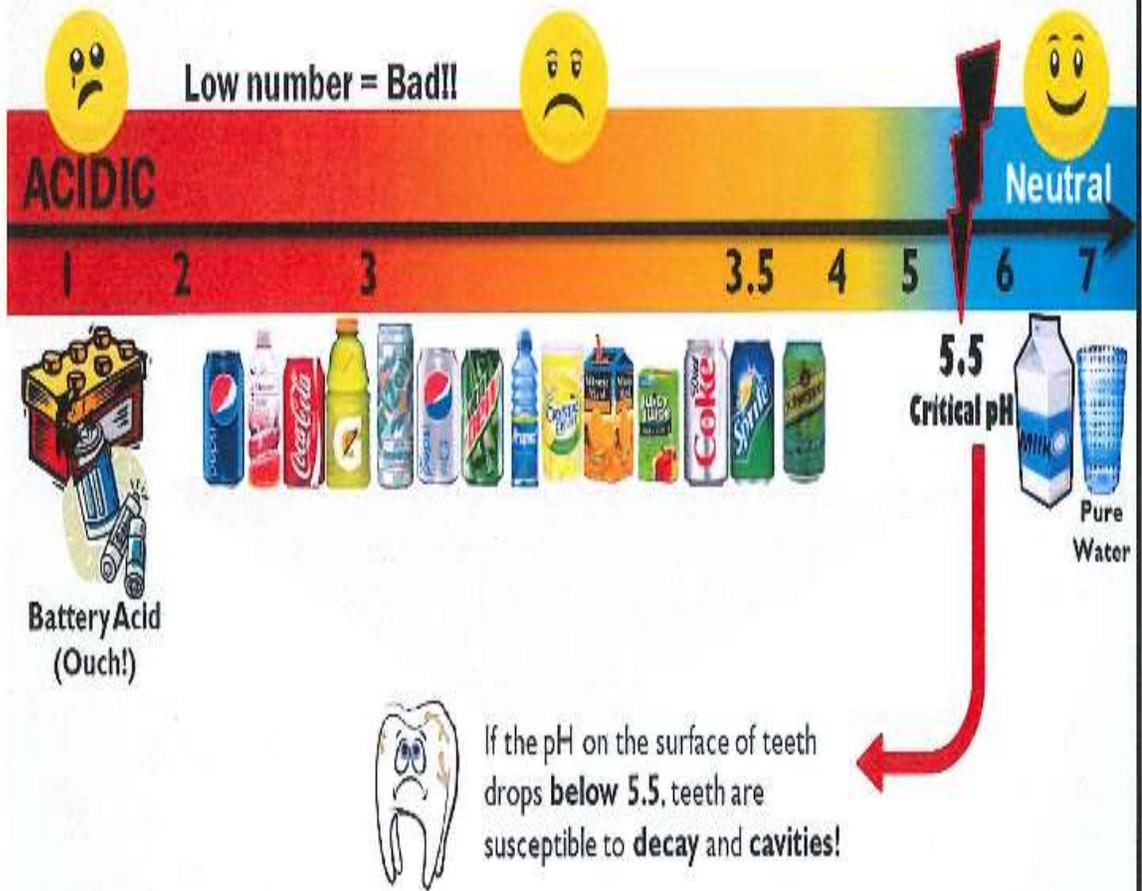
First Nations Health Authority

www.fnha.ca



SODA and JUICE = ACID

pH Scale - Measures the Amount of Acid



Source: Boston Children's Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart

FRUIT JUICES

First Nations Health Authority

www.fnha.ca



For More Information
(250)838-9538 ext. 307



Even in 100% natural juice with no added sugar, there is still sugar because fruit naturally contains sugar. It is better to eat fresh fruit or drink water.



Source: Boston Children's Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart

HOUSING



Happy New Years! Housing is pleased to look forward to great changes in 2017. We will be completing renovations on 9 homes through various CMHC projects, working with CMHC on our youth internship which is actively employing three young band members, and looking forward to the opening call for Residential Rehabilitation Assistance Program (RRAP), Emergency Repair Program(ERP), and various other subsidy programs in April 2017.

If you need information on renovation programs, or to identify your home as needing funding for major repairs, please come and see Michele Niles to discuss your options!

Michele Niles will be available daily to take appointments 10:00 AM-12:00 PM and 1:00 PM-4:30PM. Please contact the office to schedule your time. Lisa David, our Housing Youth Intern office Assistant, or Cindy Couch will be available to help you with Repairs and Maintenance requests, taking rent, and scheduling appointments.

PUBLIC WORKS

Sand is available for you and your family from the Public Works Yard. Hours to access the yard 9:00 AM – 4:00 PM Monday to Friday. Help prevent slips and falls by planning and using the sand available for you.

!!!HAPPY 2017!!!

TITLE & RIGHTS



Splatsin Title and Rights new gazebo for the Malakwa Bridge fishing access area. The area will have parking, trail access and Interpretative signage illustrating the Secwepemc relationship to the area and the fishery. The project is anticipated to be completed in the Spring of 2017.

CHILD AND FAMILY BENEFITS

What are child and family benefits?

Child and family benefits are payments meant to help individuals and families. The Canada Revenue Agency (CRA) administers these payments and [related provincial and territorial programs](#).

Are you eligible and do you want to apply for benefits?

Select a link below for more information on the benefit, credit, or program.

Find out if you are eligible for benefits and credits



**Married or
common-law with
children under 18
years old**

**Single with
children
under 18
years old**

**Married or
common-law
with no
children**

**Single and 19 or
older with no
children**

[Canada child benefit](#)

Yes

Yes

No

No

**[Goods and services
tax/harmonized sales
tax \(GST/HST\) credit](#)**

Yes

Yes

Yes

Yes

**[Provincial and
territorial
benefits and credits](#)**

Yes

Yes

Yes

Yes

You might also be eligible for other benefits

[Child disability benefit](#)

This is a tax-free benefit for families who care for a child under the age of 18 who is eligible for the disability tax credit.

[Working income tax benefit](#)

This is a refundable tax credit intended to provide tax relief for eligible working low-income individuals and families who are already in the workforce. It is also intended to encourage Canadians to enter the workforce.

[Children's special allowances](#)

This program provides payments to federal and provincial agencies and institutions that care for children (for example, children's aid societies).

Are you expecting a baby?

If you are the birth mother of a newborn, you can use the [Automated Benefits Application](#) on the birth registration form when you register your newborn with your province. This allows you to apply for the [Canada child benefit](#), the [GST/HST credit](#), and [related provincial or territorial programs](#) for your child.

Need to apply for child benefits for previous years?

You can still apply to get payments for these benefits if you were eligible and had a child who was under the age of 18 before July 2016, even if you did not apply in previous years:

- [Canada child tax benefit](#)
- [national child benefit supplement](#)
- [universal child care benefit](#)

The last regular payments for these previous-year benefits were issued in June 2016.

What do you need to do after you apply?

You don't have to apply for the benefits and credits every year. But every year you must:

- **file your income tax and benefit return**
 - to continue receiving the benefit and credit payments that you are entitled to, you have to file your income tax and benefit return on time every year, **even if you have no income in the year**. If you have a spouse or common-law partner, they also have to file a return every year.
- **keep your personal information up to date**
 - to make sure you are getting the right amount of benefits and credits, you must [keep your personal information updated](#) with the CRA.
- **keep your supporting documents in case we ask for them**
 - in the future, you might receive a letter from the CRA as part of the [validation process](#), asking you to confirm your personal information.

Sign up for:

- [direct deposit](#) to make sure you never miss a payment in the mail.
- the [MyBenefits CRA](#) mobile application or [My Account](#) so you can get your personalized benefit information anytime, anywhere.
- the [benefit and credit payment dates reminders](#) electronic mailing list to know when you will get your next payment.

Want to know how much you might get?

Go to the CRA [child and family benefits calculator](#) to see how much you might get.

Did you get a benefits overpayment? You may have a [balance owing](#).

When will you get your payment?

For all payment dates and contact information, see [benefit payment dates](#).

To view your personalized benefit information, including your next benefit payment date and amount, use the [MyBenefits CRA](#) mobile application.

ADMINISTRATION BUSINESS

DATES TO REMEMBER

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

Month	Administration Reporting	Community Assembly	Newsletter Deadline	Income Assistance Cheque Issue
2017 January	Jan 11	Jan 25	24	Dec 30
February	Feb 8	Feb 22	21	1
March	Mar 8	Mar 29	21	1
April	Apr 12	Apr 26	18	March 31
May	May 10	May 31	23	1
June	Jun 14	Jun 28	20	1
July	Jul 12	Jul 26	18	June 30
August	No Session	No Session	22	1
September	Sep 13	Sep 27	19	1
October	Oct 11	Oct 25	24	Sep 29
November	Nov 8	Nov 29	21	1
December	No Session	No Session	5	1

MEMBERSHIP HOURS

The Indian Registry Administrator will be in office on the following days

**For the Month of
December 2016:**

Wednesday 14

Thursday 15

CLOSED FOR THE HOLIDAYS

Wednesday Dec 21

Thursday Dec 22

Wednesday Dec 28

Thursday Dec 29

**For the Month of
January 2017:**

Wednesday Jan 4

Thursday Jan 5

Wednesday Jan 11

Thursday Jan 12

Wednesday Jan 18

Thursday Jan 19

Wednesday Jan 25

Thursday Jan 26

*The following is a list of
Accepted Identification to
obtain a Status Card:*

Primary I.D.:

Valid Canadian Passport

Secondary I.D.:

***Certificate of Birth**

***Certificate of Marriage or
Divorce**

***Provincial Health Card**

***Provincial Identification
Card**

***Driver's License**

***Employee I.D with
digitized photo**

***Student I.D. with
digitized photo**

***Firearms License**

***Current Status card
(Status card cannot be
expired more than 6
months)**

*Expired I.D., S.I.N. cards, photocopied I.D. or
certified I.D. **WILL NOT BE ACCEPTED***

I.D. must be intact and readable

*Your previously issued Status card (even if
expired) must be returned to the issuing officer
upon receipt of your replacement/renewal
Status card*

MEETING NOTICE

January 11 and 13 ,2017

Community General Assembly

Held at: Splatsin Community Centre

Agenda topic: To be announced

Supper served at 5:00 PM

Meeting begins 6:00 PM

Meeting Adjourns 8:00 PM

