

# SPLATSIN COMMUNITY NEWSLETTER

October 2016, ISSUE 66

Remembrance Day

November 11, 2016

Lest We Forget



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## EVENTS

### RAFFLE TICKETS



## RAFFLE TICKETS



1 for \$5.00

3 for \$10.00

Draw will happen when all cards are sold

Proceeds going towards Grave markers for  
Willie Thomas Family.

More prizes to be announced.



For more information, contact Jean Brown

h: (250) 838-7144

c: (250) 309-3384

e-transfer to

[babee\\_brown@yahoo.com](mailto:babee_brown@yahoo.com),



Leave a note on how many cards you wish.





## HALLOWEEN PARTY

A vibrant orange and brown illustration for a Halloween party. It features three children in costumes: a girl as a witch holding a jack-o'-lantern, a boy as a pirate with a blue cape and eye patch, and a girl as a witch in a purple hat. They are standing behind a large, unrolled scroll that reads 'HALLOWEEN PARTY'. Above them is a circular logo with a stylized 'X' and the word 'SPLATSIN' at the bottom. To the right, a bat-shaped banner says 'FREE EVENT'. The background includes silhouettes of trees, tombstones, and flying bats. A spider is on a web in the bottom right corner of the illustration area.

**Family  
Halloween  
Fun!**

**FREE EVENT**

**HALLOWEEN PARTY**

**FRIDAY  
October 28 2016**  
Splatsin Community Centre

- Free Corn Maze Passes
- Halloween Activities
- Snacks & Prizes

**CONTACT:**  
Katrina or Melanie: 250-838-9538

**Dry Dance &  
Costume Party**  
5:00p.m. to 8:00p.m.

HALLOWEEN PARKINGLOT PARTY

**FREE  
EVENT**

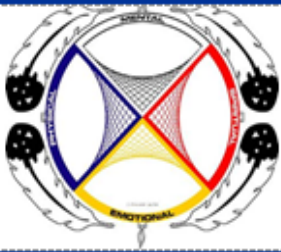
# TRUNK OR TREAT

**October 31st**  
6 P.M to 8 P.M  
@ SplatSin Community Building  
Parking lot

**DECORATE YOUR TRUNK**  
Bring lots of candy for the kids.  
Prizes to be awarded!

For more information & to register your car call  
Wilmas catering and special events.  
750-838-6371 or email [wilmamaxime@gmail.com](mailto:wilmamaxime@gmail.com)

## FLU SHOT CLINIC



# Influenza Season

December 2016 - March 2017

**Free Flu  
Shots  
available  
November  
1st**

**Drop in at  
Health Centre  
or attend a**

**Free Flu  
Clinic for  
SplatSin  
members:**

At Quilakwa  
Stop N Shop  
Boardroom

November 2  
9-12pm

November 9  
12-3pm

**Flu Season** is expected to run from December – March this year. Each year many people get sick with influenza which can lead to more serious health complications like pneumonia. Influenza vaccines are recommended as the best way to prevent the flu and are free for all First Nations people on or off reserve.

Some other important ways to avoid getting influenza:

- Wash your hands!
- Cover your sneeze/cough in a tissue or your sleeve.
- Throw tissues out right away!
- Keep household and work surfaces clean.
- Avoid touching your eyes, nose and mouth.
- Keep your distance from people who are sick.
- If you are feeling sick... Stay home!

Remember: Elders and infants are especially vulnerable to the flu virus. By choosing to get immunized you're protecting your community and loved ones.

*For more information contact: Melanie Marchand RN(c), BSN  
Community Health Nurse 250-838-9538*



VIDEO GAME NIGHT NOVEMBER 1ST 2016!

## Attention Video Gamers!!



Come play video games at the Splatsin Tsm7aksaltn and talk about your favourite games! There will be food provided!



Splatsin Tsm7aksaltn and researchers from UBC Okanagan are building a video game in Secwepemctsin and want to know about what you like about video games.

**When: November 1st 2016 at 5:00 PM**

**Where: Splatsin Tsm7aksaltn Language Room**

If you can make it, please let us know either by stopping in or by email at [aaronjwleon@gmail.com](mailto:aaronjwleon@gmail.com)

If you can't make it, you can participate in an online questionnaire. You can participate in both the online questionnaire and the community meeting if you wish!

If you would like to participate in an online, you can view and answer the questionnaire at this address: <http://bit.ly/2efDvU7>

**NATIONAL ADDICTIONS AWARENESS WEEK**

**SAVE THE DATE: DRAFT NAAW events**

**November 14 - 18<sup>th</sup> 2016**

**Monday Nov 14, 2016**

**11:00 am – 2:00 pm**

Opening Prayer and Blessing

**Where:** Community Walk from Health Centre through Enderby and back to Community Hall for Lunch Soup and Bannock

**Tuesday Nov 15<sup>th</sup> & Wednesday Nov 16, 2016**

**9:00 am – 4:00 pm**

**Workshop: Gathering our Strengths**

**Facilitator:** Darien Thira

“A strength based approach to healing our community from within using traditional values and teachings”

**Where:** Community meeting room in New community Hall 9pm to 4pm snacks and fruit tray provided

**Wednesday Evening Nov 16, 2016**

**6:30 pm – 9:00 pm**

Talent show & food with Cash Prizes

**Where:** community building

**Thursday Nov 17<sup>th</sup> & Friday Nov 18, 2016**

**9:00 am – 4:00 pm**

**Workshop: The Community is the Medicine**

**Facilitator:** Darien Thira

“This Workshop will draw on the community’s strengths and skills that already exist within it.”

**Bio:** Darien Thira PHD

Darien has been a Mental Health Consultant for many years focusing on first Nations Communities and their resilience to recover from the impact of colonization for a much more detailed resume please visit his website at: <http://thira.ca/>

**Friday Nov 18, 2016**

**6:30 pm - Midnight**

**Community Feast & Dance:** with DJ

\*\*\*\*\*For information about registering for Workshop please contact

Stewart Johnston 250 838 9538 ex 306

Limited seating so register ASAP - details subject to change



## TIPS AND TALES



# *Tips and Tales*

November 30th, 11am to 1 pm.

At Splatsin Health Centre.

This is a informal gathering that we can share information and socialize with friends. Come on out and enjoy the day. Rides upon request. Looking forward to seeing you all of you there.

Open to all community .

Please call Adeline at 250-838-9538 ext 303

HARM REDUCTION WORKSHOP

Join us for a Free Lunch!

For Splatsin Community Members  
Information Session with the Street Nurse  
**Friday, November 4<sup>th</sup> 12:00 -1:00**  
Quilakwa Stop N Shop Boardroom upstairs  
Guest Speaker: Jamie – Street Nurse

- ✓ Harm reduction. What is it and why do we do it.
- ✓ Common street drugs, how they are used and how risk can be reduced for individuals who utilize them.
- ✓ Overdose prevention and the Take Home Naloxone program. What is it and how it is helping to save lives.



Please contact Melanie, Community Health Nurse  
for any questions  
250-838-9538

## Overdose Kits Available



**Do you or someone you know  
need a Naloxone Kit or Harm  
Reduction supplies?**

Naloxone Kits reverse overdose and save lives.

**Overdose Death can be prevented!**

Naloxone Kits available at Splatsin Health Centre, harm  
reduction supplies also available.

**Call or Text: 250-306-7764 anonymity  
guaranteed**



TRADITIONAL PARENTING



# *Traditional Parenting & Learn to Sew*

*Importance of  
Bonding &  
more  
parenting topics*

*Share  
Teachings &  
Values*

*Every Tuesday*

*November 8 to December 13*

*1:00- 3:00*

*@ Splatsin Health Centre*

*Attend the Workshops and learn to make a  
ribbon shirt or skirt!*



*Sign up at Reception*



*Contact Melanie for more information 250- 838- 9538*



WEEKLY WALKING AT THE COMMUNITY CENTRE

# Weekly Walking at the Community Center

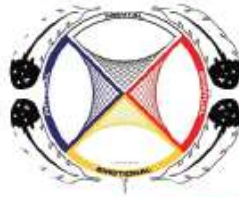
Mondays 11:00 to 12:00



Open to all Community

Please wear comfortable shoes and  
bring a water bottle. Walking sticks  
welcome. Please call Adeline at  
250-838-9538 for more info.

GIRL POWER GROUP



# Girl Power GROUP



*Snacks  
Crafts  
Fun!*

Every Thursday

Nov.3-Dec.8, 2016  
2:45 - 4:30pm

**Splatsin Health Centre**

Awareness • Skills • Creativity



*Ages  
9-12*



**ONLY 10 SPOTS AVAILABLE**

*please sign up with Melanie 250-838-9538*



## HEALTH

### SECOND HARVEST

Second Harvest is a food bank in Salmon Arm.

The SplatSin Health Centre provides rides there every other Friday. Show up to the Health Centre by 11:30am.

If you have mobility issues, live on reserve and are not able to reach the Health Centre you may request to be picked up from your home. Contact Laura Hockman at the Health Centre for more information: 250-838-9538 ext. 305

### FOOT CARE CLINIC

Foot Care Clinic is the second Thursday of every month. Please contact Adeline Simpson at (250) 838-9538 ext. 303 to book an appointment or more information.

### 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

### 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 ext. 309

**MEDICAL PATIENT TRANSPORTATION (MPT) Q&A**

**Q: Why am I unable to call and book my appointment the same day?**

**A:** If you require transportation to your medical appointment the MPT Coordinator needs minimum 24 hrs notice for local travel and 3 weeks' notice for long distance travel in order for the MPT Program to run effectively.

If you call in the day of your appointment there may be other clients pre-booked for the same time/date as you are requesting there for you would be denied transportation if there is no other MPT driver available to take you.

**Q: Why did the MPT Coordinator not receive my written note to book my Medical appointment?**

**A:** In order to book your transportation you need to directly call or drop in to book your appointment with Judy Thomas at Splatsin Health Centre 250-838-9538 ext 304 also call to confirm the day before, as written notes get lost or misplaced. (Verbal confirmation if required).

**Q: Why am I not eligible for MPT?**

**A:** You are only eligible if you live on reserve and carry a valid status card. First Nations Health Authority does not fund the program for band members living off reserve.

## HOW TO ACCESS MEDICAL PATIENT TRANSPORTATION

### **FOR ON RESERVE PERSONS WITH VALID STATUS ONLY**

Here are the steps to take:

#### **Local Transportation** (Salmon Arm, Armstrong, Vernon, Kelowna)

1. **Minimum Three (3) days' notice** to book local Medical Transportation requests.
2. Call Judy Thomas (MPT Coordinator) at Splatsin Health Services 250-838-9538 to check availability with your appointment time and date.
3. Physician or Receptionist will need to sign or stamp the bottom of the confirmation form. **(It is your responsibility to fully complete the form before returning it to the Medical Driver or Medical Transportation Coordinator).**

#### **Long Distance Transportation**

1. **Minimum 10 days' notice** to book travel arrangements.
2. Confirmation from your physician/specialist is required.
3. Call Judy Thomas (MPT Coordinator) with the time and date of your appointment
4. The Medical Transportation Coordinator will make arrangements based on the urgency of your situation. If the doctor/Specialist has requested an escort, I will need to receive prior approval from First Nations Health Authority.

#### **Purchase Orders for Local Transportation only**

(Salmon Arm, Armstrong, Vernon, Winfield, Kelowna, Kamloops and surrounding)

1. Pick up a confirmation of attendance form from Splatsin Health
2. Contact Judy Thomas if you are requesting a Purchase Order to get to your medical appointment **Purchase Orders can take up to 24 hours to process.**
3. Get your physician/specialist or receptionist to sign/stamp the form and return to Judy Thomas **within 3 business days for reimbursement.**



## ANNOUNCEMENTS

### TENT AND BALL PARK USAGE NOTICE

August 24, 2016

# **Notice**

Effective Immediately

The Public Works Department, requires 1 week notice to have the big blue and white tent set up and use of Quilakwa Ball Park

They have a schedule to follow and if adjustments have to be made they will require enough time to be able to adjust the current work schedule to accommodate setting up the tent and maintenance for the field

Thanks, in advance for your cooperation.

If you have any questions, please feel free to contact Bryce Jones at the band office.

**DATES TO REMEMBER**

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

<b>Month</b>	<b>Community Assembly</b>	<b>Newsletter Deadline</b>	<b>Income Assistance Cheque Issue</b>
<b>January</b>	27	19	
<b>February</b>	24	15	1
<b>March</b>	30	22	1
<b>April</b>	27	19	1
<b>May</b>	25	24	April 29
<b>June</b>	29	20	1
<b>July</b>	27	19	June 30
<b>August</b>	No Meeting	24	1
<b>September</b>	28	20	1
<b>October</b>	24	18	Sep 30
<b>November</b>	30	22	1
<b>December</b>	No Meeting	13	1

**BAND SOCIAL DEVELOPMENT WORKER SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM INTAKE/CLIENT APPOINTMENTS 11:30 AM	9:00 AM INTAKE/CLIENT APPOINTMENTS 11:30 AM	9:00 AM INTAKE/CLIENT APPOINTMENTS 11:30 AM	9:00 AM INTAKE/CLIENT APPOINTMENTS AND OFFICE WORK ALL DAY	9:00 AM INTAKE/CLIENT APPOINTMENTS 11:30 AM
OFFICE WORK	OFFICE WORK	OFFICE WORK	4:00 PM	OFFICE WORK

My weekly schedule, unless there's an emergency, I will be sticking to this schedule.

**THE WEEK BEFORE CHEQUE DAY, I WILL NOT BE SEEING CLIENTS**

**AS I'LL BE PREPARING THE NEXT MONTH'S CHEQUE RUN.**

Thanks for your co-operation.

Charlene William

Band Social Development Worker



**INCOME ASSISTANCE DECLARATION**

May 9, 2016

Good Day:

I'm sending out a reminder regarding monthly declarations. Each month, in order to receive a Social Assistance Cheque, you are **required** to fill out, fully, a declaration slip, which Megan has at reception and it has to be handed in by the **15<sup>th</sup> of each month**.

This will be the only notice regarding this, all declarations are being recorded and date stamped by Megan, and the 15<sup>th</sup>, at the end of the day, will be the only time I will be grabbing the declarations.

Declarations are required by **ALL** clients, whether you're an employable single, family, couple, PPMB, or PWD.

If your declaration is handed in after the 15<sup>th</sup>, there will be a wait period of up to a week after cheque day.

There's a sign behind Megan's desk that says the following:

**Absolutely**

No alcohol or drugs will be tolerated when the SA cheques are issued or the cheque will be held until further notice.

Mandate for declaration slips 15<sup>th</sup> of every month.

**By Order of Chief & Council**

Thank you for your co-operation,

Charlene William  
Band Social Development Worker





## MEMBERSHIP HOURS

### Indian Registry Administrator Hours of Operation

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

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,  
and \$45.00 for Non Splatsin individuals.



**INDIAN REGISTRY ADMINISTRATOR HOURS OF OPERATION CONT'D**

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

**For the Month of  
November:**

**Wednesday Nov 2**

**Thursday Nov 3**

**Wednesday Nov 9**

**Thursday Nov 10**

**Wednesday Nov 16**

**Thursday Nov 17**

**Wednesday Nov 23**

**Thursday Nov 24**

**For the Month of  
December:**

**Thursday Dec 1**

**Wednesday Dec 7**

**Thursday Dec 8**

**Wednesday Dec 14**

**Thursday Dec 15**

**Wednesday Dec 21**

**Thursday Dec 22**

**CLOSED FOR THE HOLIDAYS**

**Wednesday Dec 28**

**Thursday Dec 29**

*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*

*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)***

**MEETING NOTICE**

**October 24, 2016**

**Community General Assembly**

**Held at: Splatsin Community Centre**

**Agenda topic: Call Priority for the R.CM. P.  
and Community Events Updates**

**Supper served at 5:00 PM**

**Meeting begins 6:00 PM**

**Meeting Adjourns 8:00 PM**



**MEETING  
NOTICE!**