



Canyon Current

“Increasing Knowledge Together for a Better Tomorrow”

Volume 3 - Issue 9 June 2011

All Aboard! It's time for a Field Trip...



Kitselas Matriarchs join the Wabsuwilaks'm Students for the first in a series of Field Trips hosted by the Lands Management Office to venture out and discover Kitselas territory.

It was a great day to tour the various Kitselas Reserves on June 17th 2011. Sonja Foss, Lands Manager, has been dreaming up this project for some time and with the arrival of funds for the department to begin a Land Use Plan an opportunity for Kitselas members to visit, and get to know the lands in their territory, is now a reality. While the Land Code has been in place since 2005, very few are clear on what it means. These field trips are an opportunity to learn more about the Land Code and understand why land use planning is so important. Anyone who would like to participate is encouraged to join in, see back cover for more info!

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In the Community

Kitselas Headstart Graduation June 24th at 1:00 pm Gitaus Administration Building.

Kitselas Education Dinner June 28th Doors open at 5:30 pm, presentations begin at 6:00 pm with dinner to follow. Please RSVP with Sharon at 250-635-5084.

Speech/Language Screening July 6th , 2011 at 12 pm - Gitaus Band Office for children ages 1 to 6 years old at the weekly **Parent Connection Group**. Pat Sloane, a speech language pathologist, will be working with children to make sure that their language and social skills are developing properly. This screening is especially important for children who are getting ready for kindergarten. Come out for lunch and make a difference in your child's development! Questions? Call the Community Health Nurse at 250-635-5084.

Good Food Box – 1 pm Every 3rd Wednesday of the month.

Free for Pre/Post Natal families (with children aged 0-2) \$10.00 for non-clients. Money needs to be collected before shopping. Contact Sara Squires at 615-4771 for more information or to add your name to the list.

*Please note: You cannot be a part of the Pre-Natal Good Food Box if you are part of another group (Elders or Diabetic Good Food Box). Also, you **must** collect your Good Food Box at the Wednesday 1 pm meeting time.

Ongoing

Elder's Group meets every Thursday for lunch at the Satellite Office - Kulspai at 12:00 pm

Floor Hockey - Fridays from 7-9 pm at the Kulspai Community Hall. Call Dustin Parker for more information at 635-1985.

Parent Connection every Wednesday at 12:00 pm Gitaus Admin Office. Join us for lunch, questions and sharing.

Sm'algyax Lessons - Wednesdays 10am - 12pm and 1 - 2:30 pm at Wabsuwilaks'm Gitselasu. Please call the school in advance to confirm your attendance at 635-3301.

Do you have a community event, announcement, story or photo you would like to share? Community submissions are always welcomed at the Canyon Current! The next deadline for submissions is

Friday July 15th 2011.

Email: newsroom@kitselas.com OR Phone: 250-635-8882 ext 242
Contact our office if you would like to receive an electronic copy of the newsletter. Your email address will also be added to a distribution list for any news or updates that come through the communications office.

Social Assistance Cheques will be released **June 22nd** for persons with disabilities and multiple barriers. The annual review is occurring and all Budget Sheets and Applications, as well as ID and renewals forms need to be in place. Cheques will be released **June 23** for employable couples and singles. ID and signatures for cheques will be required as a minimum.



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Correction Notice:

In the May issue of the *Canyon Current* our new Health Director, Linda Innes' husband was improperly named Edward, his name should have read KEITH. Deepest apologies to Linda and her husband KEITH for this error or any confusion this may have caused.

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@Kitselas

Visit us on
Facebook

[www.facebook.com/
CanyonCurrent](http://www.facebook.com/CanyonCurrent)

Kitselas Treaty Group:
<http://on.fb.me/kitselastreaty>

Youth Lead Community Clean-Up Initiative



Photo courtesy Marcia Spencer

The communities of Gitau and Kulpai got “spiffed up” over a four day clean-up May 25th to 29th lead by the Kitselas Youth. Special mentions go out to Brittany Blackburn and Tatianna Fisher who helped for all four days. Thank you Isaiah Bevan-Wright, Rena Gray, and Aaron Robinson who came out for three of the days. Madison Seymour, James Swanson, Colton Woods, Noah Robinson came out for a couple of days. Leanne Woods, Arnelda, Robinson, Amadeus Derrick, Sierra Spencer, Danaya Spencer-Alec, Oscar Carlick, and Brett Joseph also pitched in for a day. Great job everyone! The Youth group is grateful for Melissa Gerow and Elmer Wright for picking up the bags of garbage. Thanks go out to the Health Department, Social Development Department and Kitselas Band Council for their contributions. Also a thank you going out to Dorreen McMillan & Lynn Wright for refreshments. Let’s keep our community clean!

*Treat the earth well: it was not given to you by your parents,
it was loaned to you by your children.
We do not inherit the Earth from our Ancestors,
we borrow it from our Children.*

**KITSELAS YOUTH
CENTRE HOURS:**
Sunday to Tuesday
6:00 -9:00 pm
**Wednesday &
Thursday**
6:00 - 8:00 pm
Friday & Saturday
6:00 - 10:00 pm

**The Canucks
Loonie Auction
Raised \$1537.69
to support
the Kitselas
Headstart
Graduation!
Thank you
community
members
for your
participation!**



**Have you had a change
of address over the
last two years?**

To ensure you receive information from the Kitselas Administration Office you must update your mailing address.

Contact Hilary Zornow, Communications Director at 250-635-8882 ext 242 or email h.zornow@kitselas.com to forward your new contact information.

50/50 Draw

July 1st, 2011

at 12:00 pm

Tickets

\$2 for 1 or \$5 for 3

Winner takes half of what is raised if name is drawn. Proceeds to assist trip to Vancouver.

Available from Candice Robinson, Robert Munroe, Kitsumkalum Tempo, Kitsumkalum Band Office or House of Simoighets.

Home: 250-635-6699, Cell: 250-641-3517 or 250-615-2313

Introducing your new Council



L-R: Chief Judy Gerow, Councilor Cora Kennedy, Councilor Gerry Seymour, Councilor Joe Bevan and Councilor Wilfred Bennett Sr. It was a real nail-biter as Council votes were counted on-site after the polls closed at 8:00 pm on June 10th 2011. About 20 members sat in wait at the Kitselas Hall for the final election results.

This year's nominations reached an incredible 6 Chief candidates and 17 Council candidates. However, as the election date drew near, two chief candidates opted to withdraw leaving their names to stand for council and two council nominees opted to withdraw. It was a tight race with Judy Gerow coming ahead of long-time Chief Councilor, Glenn Bennett by 11 votes. Judy is only the second female Chief to serve Kitselas, Flora Bevan being the first approximately 50 years ago.

Judy Gerow was also the successful candidate for the third Council position. Under the Indian Act the next person with the highest votes cannot be declared the next elected Councillor. The new Council will now determine the next steps concerning the vacant Council position. If they decide to hold a by-election the process would start from the beginning with council appointing an electoral officer and following INAC regulation for Indian Band Council election. The new Council completed their orientation on June 14th and will hold their first meeting during the week of June 27th 2011.

Congratulations to the new Council and a sincere thanks to the departing Chief and Council members for their time, commitment and service to the community of Kitselas.

The Kitselas 2011 Education Dinner!

The Kitselas Community Hall
June 28th 5:30pm

To celebrate all of our
K-Grade 12, post-secondary, and
Wabsuwilaks'm students in pursuing
their education!

Hosted by:
The Kitselas Education
Department & Band Council

ATTENTION GRADE 11 & 12 STUDENTS "TEST DRIVE" @ NWCC

Want to know what it's like to be a college student?

Go to NWCC's Terrace Campus from July 12-14, 2011

This program is open to grade 11 & 12 students. Fees of \$150 paid by Education Department (includes 2 nights in the dorms, 6 meals, & 1 Continuing Education Certificate course. You can.....

- Live on campus to experience campus life
- Get an introduction to academic, technical, & trades programs
- Take a Continuing Education certificate course
- Learn about financial aid opportunities
- Find out what it takes to be a successful college student

Contact Debbie @ 635-5084 ext #231 for further information or to pick up the application. Seating is limited to 5 students from Kitselas

Wabsuwilaks'm Gitselasu unveils a new semester

Class is going to look different when the new semester begins this fall at the Learning Centre in Gitaus. At an open-house held June 20th 2011, a new plan for studies and a structured schedule were unveiled for the 2011/12 school year.

Over the past year, studies have been student directed with Fred Wilson, Adult Instructor, tutoring students. The 2011/12 year has been re-designed to ensure student success and progression past secondary studies. Students will take four full-time courses in each of the two semesters that will represent the school year. These grade 11 and 12 courses will allow students to achieve their actual Dogwood diploma, a major precursor to post-secondary studies.

Individuals who would like to participate in this school year will need to apply and go through an interview process to ensure success throughout the year. Students will be required to sign a contract committing to attending school regularly and working toward graduation. While this is a different approach, it is a critical change to ensuring the school is providing valuable services to students who aim to complete grade 12.

To learn more students are encouraged to contact Fred at 250-635-3301 or Debbie at 250-635-5084 ext. 231 for more information.



Course Offerings

First Semester - September 2011 to Mid-January 2012

English 11, First Nations - *this course is equivalent to English 11 and focuses on literature written by First Nations people.*

First Nations Studies 11 - *this course is equivalent to Social Studies 11, but focuses on First Nations perspectives*

Apprentice and Work Place Math 10 - *this pathway is designed to provide students with the mathematical understandings and critical thinking skills relevant to the majority of trades and essential for direct entry into the workplace.*

Personal Futures 12 and Information Communication

Technology Media 12 - *students set goals for success in Personal Futures 12 and enhance personal skills to ensure future success. ITCM 12 is a computer based course where students will learn and expand their views of computers and the internet. Students will learn to create their own webpage and learn how to use a variety of computer applications. These courses will be integrated and will run through to June 2012.*

Second semester - February 2012 to Mid-June 2012

English 12, First Nations - *equivalent to English 12.*

First Nations Studies 12 - *equivalent to Social Studies 12.*

Apprentice and Workplace Math 11 - *this course is accepted as grade 11 math credit for graduation and entrance for some post-secondary programs.*

Personal Futures 12 and ICTM 12 - *these courses still running through to June 2012.*

Time Schedule for the 2011-12 School Year

School opens at 8:45 am

First Block: 9:00 am

Second Block: 10:05 am

Third Block: 11:10 am

Lunch Break at 12:15 pm to 1:00 pm

Fourth Block: 1:05 pm

Fifth Block: 2:10 pm

End of Day: 3:15 pm

Students will be permitted to make coffee and other beverages throughout class-time, but will have to stay on task and complete assignments in the allotted time-frame. Contingent on Chief and Council and Kitselas Education, all regular holidays will be observed. A scheduled Winter and Spring break will be announced at the beginning of the school year.

10 Ways to Overcome Job Search Phone Phobia.

By Rob Taub, expert at careerealm.com

Job search phone phobia is very common. There are many types of phone calls. The calls that give people the most trouble are the "Introductory Calls". The purpose of the call is to make you known. The goal is to get an appointment or at least another call. This type of call is infamously known as the "Cold Call". If done right, with preparation and practice, you can turn it into a "Warm Call".



Here are some basics to help you:

1. Develop a script for your call and rehearse it periodically and out loud. Make sure you keep it brief remembering the goal is an appointment or another call. If too much is exchanged during that call there will be no reason for another.
2. Always stand when making a call. This will help you sound better and project confidence. Did you ever see a choir sit when they sing?
3. Learn to talk with a smile. People hear your smile; and since they can't see you don't have to worry about looking silly if you've not done it before. Hint: Hang a small mirror opposite you at the height you are standing. I dare anyone to stare at themselves in a mirror during a phone call and not crack a smile.
4. Make a list of your most feared questions. Script your answers and rehearse them out loud. Practice delivering each answer in 5 to 10 seconds.
5. Use an exercise-call. Always call a friend for exercise before calling someone who could be influential in your search. Having a friendly voice at the other end can do wonders before an important call.
6. Before calling a potential contact direct, try this: call the company's main number and ask for the name of the contact's administrator/assistant (a.k.a the Gatekeeper). Call that person direct, and use his or her name.
7. Using a Gatekeeper's name may win you favor. Be polite and brief and understand you may not get through during that call and that's okay; it's an opportunity to demonstrate your flexibility. Ask the gatekeeper to suggest what you should do.
- 7 1/2. If asked to leave a number you can say you will be in and out for the next several days and it would probably be best for you to try to call. Ask when s/he thinks it would be best.
8. Get referrals. Research companies, reconnect with all your past contacts and seek referrals. Introductory Calls should be calls to persons to whom you are referred. It's easier to get through a gatekeeper if you call and mention that Mr./Ms. suggested you call.
9. Treat your personal contacts as you would influential persons: have a script and keep it brief. Brevity helps to ensure they don't avoid your next call.
10. If you get sent to voice mail, you can try "O" to get an operator and perhaps find another number or person. Do not leave a voice mail message. If you do, you cannot call back anytime soon. You placed the ball in their court.

In a job search, we sometimes attach the "phone call" to all sorts of negative emotions, the greatest being rejection. Practicing the basic skills outlined in 1 through 4 and the other techniques suggested here will lessen an instinct to avoid the phone. This is the first step in overcoming phone phobia. Also, learn from experience. As they say, if you want to learn golf, play golf. After a few calls, following your exercise call to a friend, it starts to get easier.

Need assistance with your job search?

Contact Joanne Weget, Employment Counsellor
at 250-635-5084 ext 235 or email: employment@kitselas.com

Is home maintenance a mystery to you? Don't know where to start or how to identify potential problems? This workshop will take the mystery out of these issues and help you make your home safer and healthier to live in.



In this hands-on practical workshop, you will learn from Aboriginal trainers how to:

- Safely do basic home repairs yourself
- Prevent major repairs and more costly repairs later
- Save money for your family and community
- Control and prevent pests
- Be proud of your home

Date: Saturday, July 16th and Sunday July 17th
Time: 9:00 am - 4:00 pm
Location: Kitselas Health & Admin Building
2225 Gitau Rd

Continental breakfast and a buffet lunch to be provided. All participants will receive a Basic Home Maintenance First Nations Home Occupant's Guide. Plus a DVD or VHS copy of Closer to Home: Where Home Maintenance Starts.

Sign-up Now! Limited to 30 people.
Call Ulyses Venegas, Housing Manager
At (25) 635-5084



Social Housing Information - Ulyses Venegas

As a resident in one of the Kitselas Social Housing units, you pay a monthly rent that is based on the cost of construction and the cost of financing. Your rent may change from time to time as a result of changes to either of these factors:

- Prior to completion of construction, market rents are calculated based on the estimated costs of building the houses. At the time you signed your rental agreement, the rate that was quoted to you was likely based on the construction estimate.
- Once construction is complete and all costs are known, including the interest costs of borrowing the money to build the houses, the market rent is adjusted to reflect the actual costs of construction, not the estimated costs.
- Some of the market rents for Kitselas Social Housing units were not adjusted to reflect actual construction costs and that situation is under review at this time. If your market rent was based on construction estimates, not actual

costs, you may be subject to a rent adjustment. If that is the case, you will be advised of the amount in an individual letter and arrangements will be made for a transition in the event that it results in a rent increase.

That market rent should remain the same until the mortgage is renewed, usually every three to five years. At that time, if mortgage interest rates have increased, your market rent will increase to reflect the cost of borrowing.

Some of the Kitselas Social Housing mortgages are up for renewal, and while mortgage rates have remained generally low, you may expect a rent increase if the interest rates are higher than they were when the housing units were built.

You will be advised individually if this occurs. If you have any questions about the information contained in this letter, please contact me at the Housing Office, by telephone at 250 635 5084 ext. 232 or by email housing@kitselas.com

Tenants, please remember to keep your yards clean. Under the Tenancy Agreement, which should have been signed by all tenants, you have agreed to the following:

Maintenance

31. The Tenant shall maintain ordinary health, cleanliness and sanitary standards throughout the house and premises.
32. The Tenant shall maintain the House and Premises in a state of decoration to comply with reasonable standards as determined by the Band in its sole discretion.
33. The Tenant shall keep all fences, and keep the flower beds, gardens, lawns and other landscaping on the premises cultivated and maintained.

To clarify what this means or if there are any additional questions related to the Tenancy Agreement please contact Ulyses.

Getting out on the Land: Kitselas Field Trips

Many Kitselas members drive past Kitselas reserve lands without realizing it. This is because aside from development on Kulspai, Gitaus and cabins in Endudoon the remaining 6 reserves (there are 9 all together) are largely undeveloped. There are no clearly marked boundaries with the exception of the surveyed posts that are hidden in the bush along each side of highway 16. Now, the Kitselas membership has an opportunity to get out on the land and discover first hand where the various reserves are and learn more about land use planning and the Land Code.

The field trip starts with a tour at Ketonda (IR # 7), where participants take a walk through the bush to explore the territory and engage in a discussion. The trip carries on down highway 16 stopping at the various reserves until finally ending at Endudoon (IR # 4). Along the way Sonja Foss engages participants with question and answer opportunities and a general discussion of the lands currently managed by Kitselas and the potential they have. The field trips are a kicking off point for the discussions and information to come on land use planning and the community vision, which was started in Spring 2011 and will be brought back to the community this coming Fall.

The field trips are open to any Kitselas member who would like to participate and is free of charge. You must sign-up in advance to avoid trip cancellations due to lack of interest. Contact Sonja Foss at 250-635-8882 ext 232 or email: sfoss@kitselas.com to sign-up or for more information.

The following are the dates scheduled for field trips:

July 8th, 2011

July 29th, 2011

August 12th, 2011

August 26th, 2011

IMPORTANT: you will need to pack your own snacks, lunch and drinks (meals are not included). Insect Repellent is highly recommended and you should wear suitable clothing for walking in the bush and on uneven surfaces.

What *IS* the Land Code?

The Land Code was the first law to be created under the Kitselas Reserve Lands Management Act (2005) and it gave Kitselas decision-making authority on reserve lands. This power was held by the Minister of Indian and Northern Affairs. The other critical piece to come from the Land Code is the ability to make laws. In the past the *Indian Act* only allowed Chief and Council to implement by-laws, subject to Ministerial approval. Whereas the Land Code gives Kitselas the ability to make laws that are constitutionally protected. This means no one can change Kitselas' laws other than Kitselas. Indian Affairs no longer has the authority to over-rule the laws enacted by Kitselas. It is only through the Land Code that Kitselas can make laws, that is why the Lands Management Office is involved in the law making process.

Below: Sonja Foss shows the group the boundary line to IR # 7

