



# Canyon *Current*

“Increasing Knowledge Together for a Better Tomorrow”

Volume 3 - Issue 12 September 2011

## Kitselas Youth Learn About Lands



Kitselas Youth were the last group to venture onto the various Kitselas reserves with Lands Manager, Sonja Foss. A weekly series of field trips were organized over the summer months for Kitselas members as an opportunity to see where Kitselas lands are and learn more about the Land Code and Land Use Planning. This initiative was the starting point for more extensive discussions on Land Use Planning that are coming this fall. A Kick-Off Meeting on Land Use Planning was held on September 21st, see inside for more details on this event and others upcoming.

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# In the Community

**Bake Sale and Lotto Ticket Raffle Fundraiser September 30th 10:30 am - 1:30 pm - Gitau's Admin Office. Kitselas Yuletide Committee** will be fundraising to support community events (such as the annual Christmas Party, Halloween etc). If you would like to get involved please contact Sue at 250-615-8168. Everyone welcome!

**Community Garden Update-** Potatoes available in the Evergreen Street Garden and can soon be picked in the Gitau's Garden. Veggies in front of the school in Gitau's can be picked (beans are ready). For more information on the Community Garden or to volunteer for the next season contact Dorreen at 250-638-8339.

**Elaine's Bakery - Cakes - Pies - Tarts - Banana Bread - Pies \$6.00 each** (Lemon Meringue, Apple, Peach, Banana Cream, Cherry, Pumpkin); **Tarts \$.75 each** (Lemon, Cheesecake, Apple, Butter Tarts, Butterscotch, Berry, Banana Cream, Chocolate - all with your choice of cream); **Cakes \$5.00 - \$7.00** (Chocolate, Spice, Lemon, White, Devil's Food); **Banana Bread \$2.50** (mini loaf) or \$5.00 (regular loaf) with your choice of chocolate chips.

**To order call 250-635-2902 or 250-638-7191 (Cell)**

**Sash's Place (Gitau's) Open 12pm-10pm 7 days a week.**

Homemade Pizza - 18"-\$25.00, 16"-\$20.00, Personal Size-\$8.00, Stuffed Crust \$5.00 extra Ranch Dipping Sauce \$.50. *Toppings: Pepperoni, Pepperoni & Mushroom, Hawaiian, Deluxe, Veggie, Taco, Meat-lovers, Bacon Cheeseburger.* **NEW ITEMS Roast Beef Dip Combo:**

**\$10.50** (Toasted or Un-Toasted) **Fried Chicken Combo(s):** Single:

\$5.00 Double:\$7.00 Triple:\$9.00 **Homemade Hamburger**

**Combo:\$7.50** Regular or Bacon Cheese Burger. Fries \$2.50,

\$3.50 w/Gravy. Poutine \$4.50 or Poutine combo \$5.50. Onion

Rings \$3.00. Corn Dogs \$2.00 (\$5.00 - combo), Chicken Nuggets (10) - \$5.00 (\$8.00 - combo) Chicken wings (10) for \$9.50 (\$12.00 -

combo) **Smoothies: \$4.50 (16oz - Dairy or Non-Dairy)** *Strawberry, Strawberry Banana, Strawberry Banana Orange, Mixed Berry, Orange, Orange*

*Banana* **Place your order with Sasheen at 250-615-5587 or Text (only) 250-615-3673 or via Facebook.** Order in advance to ensure

order is made on time. Delivery available for those without vehicle or who cannot pick up. Outside Seating Area available - weather permitting.

**STORE \*Open Everyday 9am til 10pm\*** Pop, Chips, Chocolate bars, Ice Cream/Treats, Popcicles, Bread, Eggs, Tissue and more.

## Ongoing

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

Contact Sara Squires at 615-4771 for more info.

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

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 October 14th 2011**

Email: [newsroom@kitselas.com](mailto:newsroom@kitselas.com) OR Phone: 250-635-8882 ext 242



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[www.kitselas.com](http://www.kitselas.com)

Is your mailing address  
up-to-date?

Please help us to maintain  
communication with the  
Kitselas membership. If  
you have family and friends  
who do not currently  
receive information from the  
Communications Office please  
encourage them to be in touch!

**Ph: 250-635-8882 ext 242**

**E: [h.zornow@kitselas.com](mailto:h.zornow@kitselas.com)**

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

## Kitselas Band Welcomes New Director of Administration

The Kitselas Band Council and Staff are pleased to welcome aboard Geri Budden as the new Director of Administration. Geri is Nisga'a from Kincolith on her mothers side and Tsimshian from Kitsumkalum on her fathers side. She is a mother of two and grandmother of four. Geri has years of experience working with and for various government agencies and will be a wonderful asset to the Administration!

The Kitselas Band Council and Staff would like to thank Glenn Bennett for his service in this capacity and we welcome him back to the Treaty team.



### Congratulations Amy Bevan!

Amy won the \$50 Save-On-Foods gift card from the Lands Office for guessing the location of IR 7 - Ketonedá in the "Can you Guess Where This Is?" contest.



### BEAR WARNING!

Please remain aware of bear activity in the community. With fall approaching bear sightings are likely to increase until it is time to hibernate.

**Report problem bears to the Conservation Officer at 1-877-952-7277**

## LET'S TALK

**Kitselas Coffee House  
Wednesdays at 2:00 p.m.**

*A weekly gathering to voice concerns and discuss important community issues.*

Held on alternating weeks at:  
Satellite Health Station (Kulspai) and Elder's Centre (Gitaus)

*Coffee Provided, Donations of Refreshments Appreciated.*

Contact Hilary at 250-635-8882 ext 232 E: h.zornow@kitselas.com

*Come on Out, See What it's About!*  
**September 28th at 2:00 pm**  
**Elder's Centre - Gitaus**



# Tuberculosis Awareness



*Orie Shiga, RN (left) sits ready for Tuberculosis screening from Shawna Bucholz, RN from the BC Centre for Disease Control. Ms. Bucholz administers TB services for Aboriginal Communities and was in Kitselas communities September 12-14 as part of awareness campaign and to test members for TB. The test involves injecting a protein just beneath the skin surface of the arm and in 48 hours a trained nurse will check the injection site to determine whether the result is positive.*

Tuberculosis (TB) was common a long time ago and many people haven't given it a lot of thought in the present day. But, TB is definitely still active, and present in First Nations communities.

This tiny germ is breathed into the lungs. Most people exposed to the TB germs don't get sick, but it can lay dormant, or asleep, in a person's body for years. This is called TB infection and will not make the carrier sick and they are not contagious. However, if the body is not able to fight off the TB germs they will grow and multiply. Or, dormant TB can "wake up" if the body is weakened by HIV/AIDS, Diabetes, Cancer, Kidney Disease, Leukemia or Lymphoma. When this happens this is TB disease and will make the carrier sick and contagious to others around them. These people can easily pass on the germs by

coughing, singing or shouting.

Children are especially susceptible to the disease when they come into contact with a person who is contagious. TB disease is more likely to spread through the body in babies and children putting them at risk for TB meningitis, which, if left untreated could result in death.

While deaths resulting from TB are rare, First Nations people are more likely to be infected with TB than other Canadians. This is why screening is important. A positive test means you have the TB germ in your body, but it doesn't mean you have the disease. Further investigation will be required. Early detection of TB can prevent the spread of infection and it is curable. To learn more about TB contact the Kitselas Health Centre or TB services for Aboriginal Communities 604-707-2696.

## **Kitselas Health Staff Hours of Operation**

### **Health Coordinator:**

*Linda Innes*  
Monday to Friday  
8:30 AM – 4:00 PM

### **Personal Care Aide:**

*Danielle Branco*  
Monday to Friday  
8:45AM to 12:15 PM

### **Community Health Rep:**

*Jada Seymour*  
Monday to Friday  
10:00 AM to 4:00 PM

### **Community Health Nurse:**

*Orie Shiga, RN*  
Monday to Thursday  
9:00 AM – 2:00 PM,  
*Catherine Tanski, RN*  
Friday 12:00 PM – 4:00 PM

## **Symptoms of TB Disease:**

- Coughing for 2 weeks or longer
- Coughing up blood
- Lump(s) in the neck
- Weight Loss
- Chest Pain
- Feeling tired or weak
- Night sweats
- Fever

*If you have any of these symptoms you should ask your Doctor or Health Nurse about TB.*

**Get Checked for TB if you have:** HIV/AIDS, Diabetes, Cancer, Kidney Disease, Leukemia, Lymphoma

### **OR if...**

You have contact with someone who has TB disease

If you are underweight

Are on medication that suppresses immunity

If you have an organ transplant

**- Job Posting -  
Early Childhood Educator  
Assistant**

The Kitselas First Nation is seeking a highly motivated Licensed Early Childhood Education Assistant.

***Qualifications:***

- ECE Licensed
- Current Food Safe Certification
- Current CPR
- Up to date with immunization
- TB Test
- 1 year experience in a licensed childcare facility
- Clear Criminal Record Check
- A valid Drivers' license
- Eligible for EI in the last 36 months

***Specific Skills or Training:***

- Knowledge of Kitselas First Nations health and social issues
- Good Verbal and Written skills
- Proven Curriculum Development
- Knowledge of special needs
- Able to follow work-plans and take direction from other Professional support services
- Works well with others and creates a friendly environment for parents, caregivers and children

**Deadline for applications  
September 26th, 2011 at 3:00 pm**

PLEASE APPLY IN CONFIDENCE TO:

Linda Innes  
Health Coordinator  
2225 Gitaus Road  
Terrace BC  
V8G 0A9

Email: [health@kitselas.com](mailto:health@kitselas.com)

**The Dental  
Therapist will be  
in Gitaus from  
September 26th to  
October 6th.**



**Please call the  
Gitaus office at 250-635-5084 to  
speak to Hugh for an appointment.**

### No Status Indian Tax Credit

At the beginning of September, a number of people were in a panic to file a T1 Adjustment form in order to receive a tax credit for Status Indians from the federal government. The T1 Adjustment form and news of this supposed tax credit was in wide circulation amongst Native people in various different communities.

**THE FACTS:** The Canada Revenue Agency (CRA) has confirmed that NO such program exists to give Status Indians a tax credit. From what we have been able to understand, the rumour started when a group of individuals applied for and successfully received what is called a Training Tax Credit that is ONLY for Trades Apprenticeship students (an enhanced credit is also available for Trades Apprentices who are Status Indians). These individuals shared information with their network and directed them to file the T1 Adjustment Form and the misinformation spread via email and fax.

If you are not a Trades Apprentice and you filed this claim form you will need to write a letter to the Canada Revenue Agency right away, telling them to disregard your T1 Adjustment claim form. Include in the letter a note that you had received bad advice in submitting this form. Include your S.I.N and sign and date the letter. Be sure to keep a copy of the letter for your records.

**Mailing Address for CRA in British Columbia:**

Surrey Tax Centre  
9755 King George Boulevard  
Surrey BC V3T 5E1

For further assistance or if you have any additional questions or concerns related to this issue please call the CRA, toll free at 1-800-959-8281.

If you DO receive a cheque from submitting a claim form, but you are not eligible to receive it, do not cash it - you could be penalized.

# What is the Committee to the Council? Hilary Zornow

The Committee to the Council was created under the law making authority granted to the Kitselas Band Council through the Kitselas Reserves Lands Management Act (KRLM), also referred to as the Land Code. Section 3.3 of the KRLM states, “the Chief and Council of Kitselas may, through the development of laws, exercise Kitselas’ inherent right of self-government and provide for governance that is accessible, stable, effective, accountable and transparent.” In keeping with this tenant the Committee to the Council Act was created.

The Committee to the Council fills an advisory role to the Kitselas Chief and Council. This Committee is composed of Managers from the Kitselas Administration who

provide input into strategic, financial and operational plans for the Band Council.

Section 11 of The Committee to the Council Act reads:

“11. (1) The Committee to the Council shall be responsible to monitor and prioritize community issues on an ongoing basis and: (a) for matters requiring immediate action, give direction to respond; or (b) develop policies for recommendation to Chief and Council if required.” In the spirit of this role the Communications Mandate was created (see right).

The complete Committee to the Council Act can be found on-line at: [http://www.kitselas.com/images/uploads/docs/Committee\\_to\\_the\\_Council\\_Act\\_K.B.C.\\_2010-01.pdf](http://www.kitselas.com/images/uploads/docs/Committee_to_the_Council_Act_K.B.C._2010-01.pdf)

## What is the Communications Mandate?

On August 15th 2011 Chief and Council approved a proposal to implement a Communications Mandate that will commit to open and consistent communications with the membership and create a method for addressing community grievances. As part of implementing this mandate the Communications Director is now the official liaison between the Kitselas Membership and the Committee to the Council.

As such, my role will be to engage the public and bring concerns back to the Committee to the Council that can be addressed at the administrative or governance level.

This Mandate is intended to ensure a communications link for the Kitselas Membership to the Committee to the Council and as such the Kitselas Band Council - Individuals seeking to communicate with the Committee to the Council or the Kitselas Band Council can now do so through the Communications Director, Hilary Zornow.

Contact:  
Hilary Zornow, Communications Director  
Ph: (250) 635-8882 ext 242  
E: [h.zornow@kitselas.com](mailto:h.zornow@kitselas.com)

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



Looking for enthusiastic and energetic youth (12 - 18 years of age) who would like to work on a series of videos for YouTube. No acting experience needed, just bring your ideas and creativity!

If you are interested contact Hilary at 250-635-8882 ext 242 or TEXT 250-641-1461  
You can also find me on Facebook!  
[www.facebook.com/canyoncurrent](http://www.facebook.com/canyoncurrent)

# Kick-Off Meeting on Land Use Planning



*Top and top right: Kitselas members get to work on a community planning exercise for the various Kitselas reserves. Bottom: Sonja Foss, Lands Manager, delivers her presentation on the Kitselas Master Land Use Plan.*

A room of 71 people were in attendance at the Kick-Off Meeting on Land Use Planning September 21st 2011 at the Kitselas Hall. Participants were updated on the thoughts that have been collected so far from members on how they envision the future and a presentation detailed how the Kitselas Master Land Use Plan will unfold.

The audience watched a brief film explaining the charrette process, which will be used to develop the land use plan for Kitselas. A charrette is a multi-day planning session where community members get to work directly with planners, designers and architects. The purpose of the charrette is to ensure everyone's voice is heard. Rather than planners making decisions behind closed doors and presenting options to the community, the charrette allows the planners to take direction from the community to create a plan. The Kitselas Charrette is planned for November 2nd to the 5th and will be held

at the Gitau Admin Building. More information on this planning session will be forthcoming. A newsletter developed by the Lands Management Office describes this process as well as the details on the Kitselas Master Land Use Plan (see info to the right).

City of Terrace Employees Planner, David Block and Sustainability Coordinator, Tara Irwin and Regional District of Kitimat-Stikine Planner, Ken Newman volunteered to help guide participants through a planning exercise after the presentation, we are grateful for their time. Groups were arranged to brainstorm ideas on how each Kitselas reserve can be developed and it was a great way to begin to get a feel for how the charrette will work.

This is the first land use planning process for Kitselas reserve lands. As Sonja Foss addressed the audience, "this is a ground breaking moment in land management... Kitselas has an opportunity to tell us how to move forward."

  
Kitselas Master Land Use Plan

## What is a Charrette?

A Special Publication from the Kitselas Lands Management Office      Volume 1 - September 2011

**A Charrette: Where Everyone's Voice is Heard**

**Schedule of Events -**  
Kick-Off Meeting  
Land Use Planning  
September 21  
Open House 3:00 - 5:00 pm  
Dinner 5:00  
Meeting: 5:30 - 8:00 pm  
**Charrette**  
November 2, 3, 4 & 5  
Gitau Admin Office  
\*Rides will be available,  
more info TBA

As you can see in the above cartoon, a charrette is where everyone comes together to talk about and decide how their community should grow and look in the future. Do you ever wonder why certain buildings are located in certain areas? Do you have ideas about the different things you would like to see in your community? Do you ever think bus stops should be located in different spots? Are you concerned about your sense of safety? A charrette is your opportunity to bring your views and ideas forward!

A charrette is a multi-day community planning event where everyone is welcome to come together and work directly with planners, designers and architects. These professionals will listen to the community members' ideas and immediately get to work on a plan and show the community what they've come up with the next day. Community members will provide feedback and the designers work at it again. This process carries on over this multi-day event.

The Kitselas Lands Management Office will hold a 4-day charrette for all Kitselas residents (on and off reserve). Designers and landscape architects are coming to Kitselas in November. On September 21st we will kick off the Land Use Planning process presenting a number of different options to the community about how, when, where and what we'll be designing in November. We look forward to seeing you there!

© 2011 Photo by Sonja Foss

This newsletter was mailed to all Kitselas members with information on Land Use Planning. If you did not receive a copy please contact the Lands Management Office at 250-635-8882 ext 242 or view it online by visiting this link: <http://www.kitselas.com/images/uploads/docs/CharretteNewsletter.pdf>

# Home Maintenance from CMHC Home Maintenance Schedule

Fall is the time to get your home ready for the coming winter, which can be the most gruelling season for your home. During winter months, it is important to follow routine maintenance procedures, by checking your home carefully for any problems that may arise and taking corrective action as soon as possible. Spring is the time to assess winter damage, start repairs and prepare for warmer months. Over the summer, there are a number of indoor and outdoor maintenance tasks to look after, such as repairing walkways and steps, painting and checking your chimney and roof.

While most maintenance is seasonal, there are some things you should do on a frequent basis year-round:

- Make sure air vents indoors and outdoors (intake, exhaust and forced air) are not blocked by snow or debris.
- Check and clean range hood filters on a monthly basis.
- Test ground fault circuit interrupter(s) on electrical outlets monthly by pushing the test button, which should then cause the reset button to pop up.
- If there are young children in the house, make sure electrical outlets are equipped with safety plugs.
- Regularly check the house for safety hazards, such as a loose handrail, lifting or buckling flooring, inoperative smoke detectors, and so on

*Information taken from:*

*[http://www.cmhc.ca/en/co/maho/gemare/gemare\\_003.cfm](http://www.cmhc.ca/en/co/maho/gemare/gemare_003.cfm)*



## Some Fall Maintenance Ideas:

- Have furnace or heating system serviced by a qualified service company every two years for a gas furnace, and every year for an oil furnace
- Lubricate circulating pump on hot water heating system.
- Disconnect the power to the furnace and examine the forced-air furnace fan belt, if installed, for wear, looseness or noise; clean fan blades of any dirt buildup.
- Check chimneys for obstructions such as nests.
- Vacuum electric baseboard heaters to remove dust. Remove the grilles on forced-air systems and vacuum inside the ducts.
- Check and clean or replace furnace air filters each month during heating season.
- Check to see that bathroom exhaust fans and range hoods are operating properly.
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Check sump pump and line to ensure proper operation, and to ascertain that there are no line obstructions or visible leaks.
- Replace window screens with storm windows and remove interior insect screens from windows to allow air from the heating system to keep condensation off window glass and to allow more free solar energy into your home.
- Ensure windows and door close tightly; repair or replace weathers tripping, as needed.
- Ensure that the ground around your home slopes away from the foundation wall, so that water does not drain into your basement.
- Clean leaves from eaves troughs and roof, and test downspouts to ensure proper drainage from the roof.
- Close interior valve to outdoor hose connection and drain the hose bib (exterior faucet), unless your house has frost-proof hose bibs.