

Community Vision

Members of the Shackan Band envision a Healthy community that lives in accordance with traditional Scw'exmx values. These values include sharing, helping, learning and teaching. These values translate into: helping the younger generation realize their potential, promoting everyone's involvement in the life of the Community, and also in being generous to those in need.

Scw'exmx Values: Respect for Self & Others; Positive Sharing; Positive Helping; Positive Learning; Positive Teaching; Healthy Lifestyle; and Self-Sufficiency.



Shackan Indian Band Newsletter

Office: 250-378-5410
Fax: 250-378-5219
www.shackan.ca

April
2020

2099 Granite Ave
PO BOX 1360
V1K 1B8



Mission Statement

The band office is to promote the development of a healthy lifestyle and self-sufficiency for Shackan community members. We will achieve by being helpful, positive, respectful and professional to leadership, co-workers and Shackan members when administering band programs



**SHACKAN BAND
OFFICE WILL
BE CLOSED**

Friday, April 10th,

&

Monday, April 13th

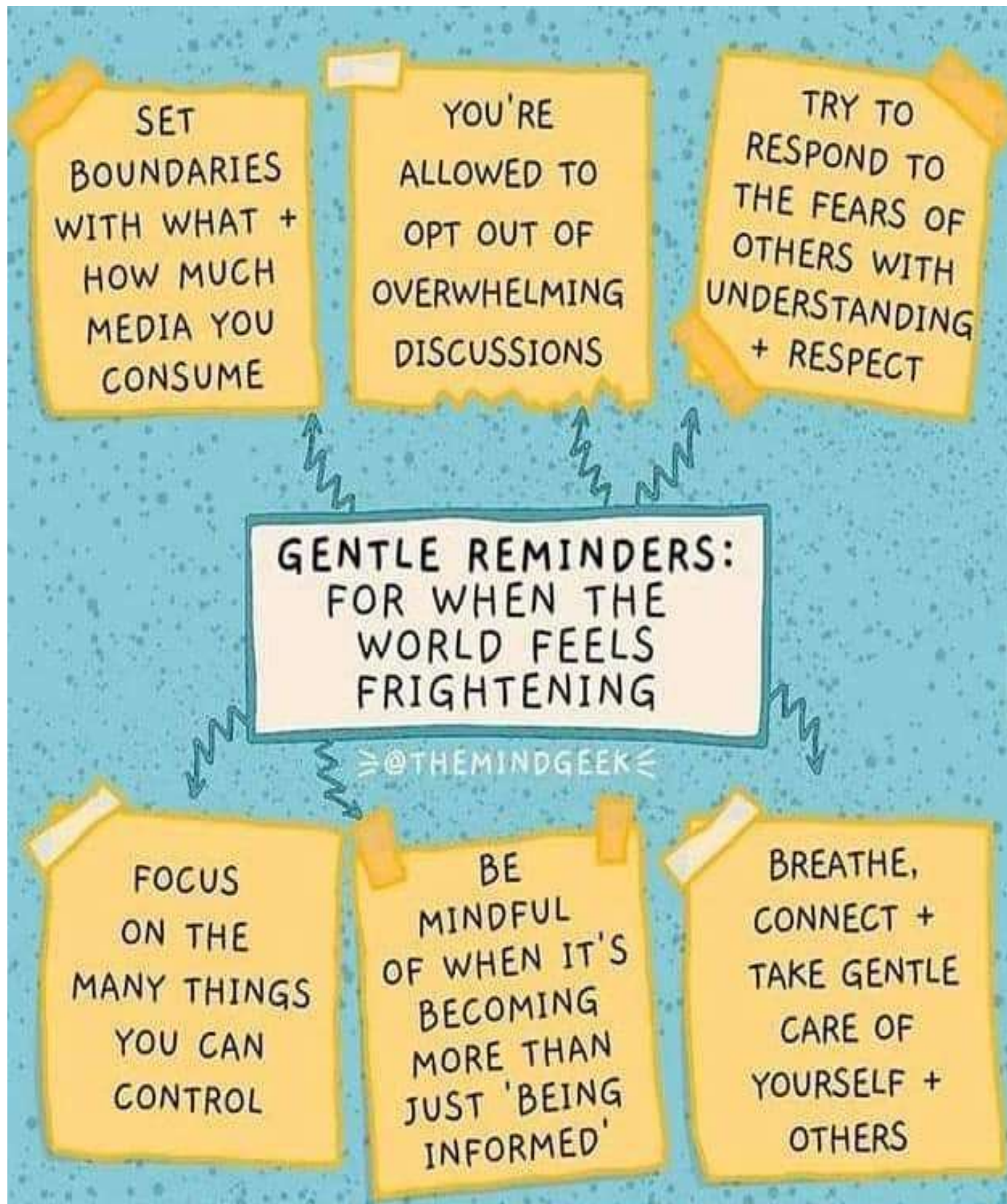
Good Friday & Easter Monday

Shackan Band Office will reopen on
Tuesday, April 14th for regular
business hours 8:30am – 4:30pm

Have a great long weekend!

HAPPY EASTER!!





SHACKAN INDIAN BAND

PO Box 1860
2099 Granite Avenue
Merritt, B.C. V1K 1M9
Phone: 250-378-5410 Fax: 250-378-5219
www.shackan.ca

Shackan Band Members Contact Information

Please give Crystal a call at 250-378-5410 or email crystal.leier@shackan.ca with your contact information. Its so important to keep your contact information current and up to date.

- First Middle Last Name
 - Mailing Address
 - Email Address
 - Home Phone
 - Cell Phone

**Share this with all band members you know as I may not have their email to get them this.*

Thank you
Crystal Leier

United We Stand, Divided We Fall



SHACKAN INDIAN BAND

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November 22, 2019

Re: Education Assistance

In order for Post-Secondary students to be sponsored by the Shackan Band Education Department, providing funding is available, and meet with the Guidelines 2019-2020 from Indigenous Services Canada, the following is required:

- Letter of intent describing the program you plan to take in continuing your education.
- Transcript from the school you last attended.
- A letter of acceptance from the College or University you applied to attend school.
- Shackan Band application for Education Assistance Form completed and returned.
- Conditions of Educational Assistance Waiver Form completed and returned.
- Plus, a copy of your grade 12 report card, or Diploma.
- Your complete package of application must be in office by April 30, 2020.

Once I have all the above on file, you will then be notified if there is funding available.

In Support of Education,

Debra Manuel
Education Coordinator



United We Stand, Divided We Fall

77 (MORE) Simple STEM Activities for Families

- ✓ Create a treasure hunt with a map & clues
- Learn to identify trees by their leaves
- Read a book with a STEM theme
- Make the alphabet from sticks or other natural items
- Make your name or words out of recycled materials
- Interview a relative using storycorps.org
- Take your bike apart and put it back together it
- Make something from old puzzle pieces
- Watch *Hidden Figures*
- Make a LEGO maze
- Test objects in your house to see if they float or sink
- Write instructions to make a sandwich & let someone follow them exactly
- Use the cards A-10 & play *War*, but see who can add, subtract, or multiply fastest
- Play Battleship
- Build a paper airplane launcher
- Build a fort using couch cushions & blankets
- Plant some flowers
- Make something useful from duct tape
- Invent something to solve a problem in your home
- Make "rubber stamps" out of cardboard & pasta
- Learn to solve a Rubik's Cube
- Write your own book, including drawings & cover
- Rearrange furniture in a room to improve function & movement in the room
- Track & graph your high score in a game
- Make ice cubes from various liquids & see how long each takes to freeze
- Make dinner for your family
- Determine how much waste there is from cooking a meal
- Invent your own musical instrument
- Try making gears using the website gearsket.ch
- Create a secret code using a shift or "Caesar" cipher
- Pick a word & see how many other words you can make from the letters
- Measure & graph temperature or rain totals
- Draw your own comic book
- Make a time capsule to open in 10 years
- Make artwork using shaving cream, food coloring, & a toothpick
- Plant a butterfly garden
- Invent a toy for your pet
- Watch *Cloudy with a Chance of Meatballs*
- Freeze a small toy or coin in water & make a time-lapse video of it melting
- Put different amounts of water in glass containers & tap gently to make music
- Make paper airplanes using foldnfly.com
- Try sprouting a carrot top, dried bean, or fruit seed
- Put some dirty pennies in vinegar
- Put celery or flowers in water that contains food coloring
- Learn bird calls
- Build the tallest tower with 1 piece of paper & tape
- Turn an old book into a secret hiding place
- Learn to cook a new recipe or invent your own
- Observe the moon each night & take pictures to make a time-lapse video
- Measure things with a tape measure
- Build a model city with items in your house
- Make a bird feeder using a pinecone, suet, & birdseed
- Count how many & what type of birds come to your birdfeeder
- Make a mini-golf course
- Read a book & make a "book trailer"
- Paint rocks with encouraging words
- Weave a bracelet
- Learn about a STEM career
- Write a story, act it out with your family, & record it
- Make a sundial
- Invent a board game using bottle caps or other small items as pieces
- Draw something with isometric dot paper
- Make a slow-motion video of something in nature
- Learn to fold cloth napkins
- Make bread using yeast
- Draw 20 circles & turn each into something (pizza, planets, wheels, etc)
- Build something using toothpicks or straws
- Practice coding using Scratch or code.org
- Learn to crochet or knit
- Make your own tangrams
- Learn how cellphones work
- Draw a detailed map of a room in your home
- Learn to sew
- Make something from an empty toothpaste tube
- Look at the clouds
- Learn about the history of technology in your area
- Make cardboard automata (movable sculpture)

Chris Woods @dailySTEM
dailystem.com/resources

Daily Home Schedule

7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas

LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING

CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

MOVEMENT

- DANCE PARTY
- GONOODLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

FREE PLAY

- LEGOS/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

COOKING

- HOMEMADE PIZZA
- POPSICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/OOBLECK
- APPLESAUCE
- JELLO/PUDDING
- FRUIT SALAD

STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- I SPY

OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

For more information visit: biasbehavioral.com
 Follow @biasbehavioral on social media
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50 THINGS TO THROW AWAY for instant decluttering

- | | |
|--|-------------------------------|
| Old magazines | Old hats and gloves |
| Old couch pillows | Worn out shoes |
| Movies you don't watch | Worn out blankets |
| Movies that are scratched | Old pillows |
| Burnt out candles | Expired food |
| Extra cords | Take out menus |
| Games with missing pieces | Restaurant sauce packets |
| Old books | Old coupons |
| Broken makeup | Old cleaning supplies |
| Old makeup | Cups with missing pieces |
| Old nail polish | Anything you have too much of |
| Old perfume | Excess tupperware |
| Old toothbrushes | Rags with holes |
| Half empty bottles | Expired medication |
| Towels with holes | Old mail |
| Anything you haven't used in the last 3 months | Old manuals |
| Socks without a match | Old receipts |
| Socks with holes | Old paperwork |
| Underwear with holes | Birthday cards |
| Clothes you haven't worn in at least 6 months | Broken toys |
| Clothes that don't fit | Happy meal toys |
| Earrings without a match | Anything with missing pieces |
| Old ties | Things they never play with |
| Old belts | Duplicates |
| Old purses | Puzzles with missing pieces |

Spring has sprung! What a great time of year to declutter & feel refreshed for summer. Above is a list of stuff to get rid of for an instant declutter!

KEEP SAFE FROM COVID-19

STAY HOME: Do not go into any home other than your own.

Do not allow visitors. Do not go into public spaces (like grocery stores) unless necessary, and send only one person shopping

DO NOT GIVE RIDES: Only people who live in the same household should be in a car together. Confined spaces like vehicles are high-risk for spreading coronavirus.

-NO CHILDREN PLAYING together if they live in different households. This applies to both indoors and outdoors.

-Elders and those with chronic diseases are safest to stay home! Send others for errands or shopping.

-Wash hands frequently. With soap for at least 20 seconds. You can also use hand sanitizer.

-Frequently clean surfaces such as doorknobs, counters, phones with bleach solution.

-Go outside in nature: But stay within your household group and keep 2 meters back from others. Go to places with fewer people, like the forest or river.

-Keep yourself healthy: eating well, resting, self-care activities.

-Be prepared for the possibility of a two-week quarantine where you cannot leave your home. Stock necessary items, but please **avoid hoarding**.

-Do not go to hospital or family doctor offices unless needing urgent medical care. Most GPs in town are offering phone appointments instead of clinic visits.

-For non-medical coronavirus information call: 1-888-COVID19

March 25, 2020

Possible symptoms of COVID-19: **cough, fever, sore throat, sneezing and difficulty breathing**

If you have even ANY of these symptoms, you AND your close contacts immediately self-isolate for 2 weeks.

Call 811, your GP, or SCHSS nursing staff for further instructions. Use the self-assessment tool at: <https://bc.thrive.health/>

Minimal testing available due to shortages. **Treat all symptoms as if you have COVID-19. Do not assume you have a cold or flu!**

CONTACT NUMBERS FOR SCHSS NURSING STAFF WORKING FROM HOME:

Rose: 250-315-3128

Rena: 250-280-1045

Crystal: 250-315-6357

Melissa: 250-280-2027



How to Self-Isolate

- If you develop symptoms you will need to **self-isolate** and phone your GP. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test.
- You will need to self-isolate if you have coronavirus or have symptoms of coronavirus. This could be before you get tested for coronavirus, while you wait for test results or when a positive result is confirmed.
- Most people with coronavirus will only have mild symptoms and will get well within weeks. Even though the symptoms are mild, you can still spread the virus to others.
- If you have to self-isolate, stay indoors and avoid contact with other people.
- Only stop self-isolation when both of these apply to you:
 - you have had no fever for 5 days
 - it has been 14 days since you first developed symptoms

How to Self-Isolate, *continued*

Do Stay at home, in a room with the window open. Keep away from others in your home as much as you can. Check your symptoms—call a doctor if they get worse. Phone your doctor if you need to—do not visit them. Cover your coughs and sneezes using a tissue—clean your hands properly afterwards. Wash your hands properly and often. Use your own towel—do not share a towel with others. Clean your room every day with a household cleaner or disinfectant.

Don't Do not go to work, school, religious services or public areas. Do not share your things. Do not use public transport or taxis. Do not invite visitors to your home.

Keep away from older people, anyone with long-term medical conditions and pregnant women.

It's OK for friends, family or delivery drivers to drop off food or supplies. Make sure you're not in the same room as them, when they do.

How to Self-Quarantine

- If you are well, but you have been in close contact with a case of coronavirus you will need to self-quarantine. You will also need to self-quarantine if you have returned from certain countries. This is to stop other people from getting coronavirus.
- Self-quarantine means avoiding contact with other people as much as possible by staying at home or in your hotel.
- You can still go outside for walks, runs or cycles on your own. But you should not spend time in close contact with other people.
- Other household members do not need to restrict their activities unless they are told to.

Don't Do not go to school, college or work.
Do not use public transport.
Do not go to meetings, social gatherings, group events or crowded places.
Do not have visitors at your home.
Do not go shopping—where possible, order your groceries online or have some family or friends drop them off.
Do not contact older people, people with chronic health problems and pregnant women.



Some photos from the 3 day Stain Glass Workshop Debra held at Shackan Community Hall. Thank you Mary Angus for teaching!



More Stain Glass fun!!!



Thank you to everyone who came out!

STRESS JOKES

An old man lived alone on the outskirts of Merritt. He wanted to dig up his garden to plant potatoes, but it was very hard work. His only son, who would have helped him, was in prison. The old man wrote a letter to his son and mentioned his situation:

Dear Son,

I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year. I hate to miss doing the garden, because your mother always loved planting time. I'm just getting too old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me, if you weren't in prison.

Love, Dad

Shortly, the old man received this telegram:

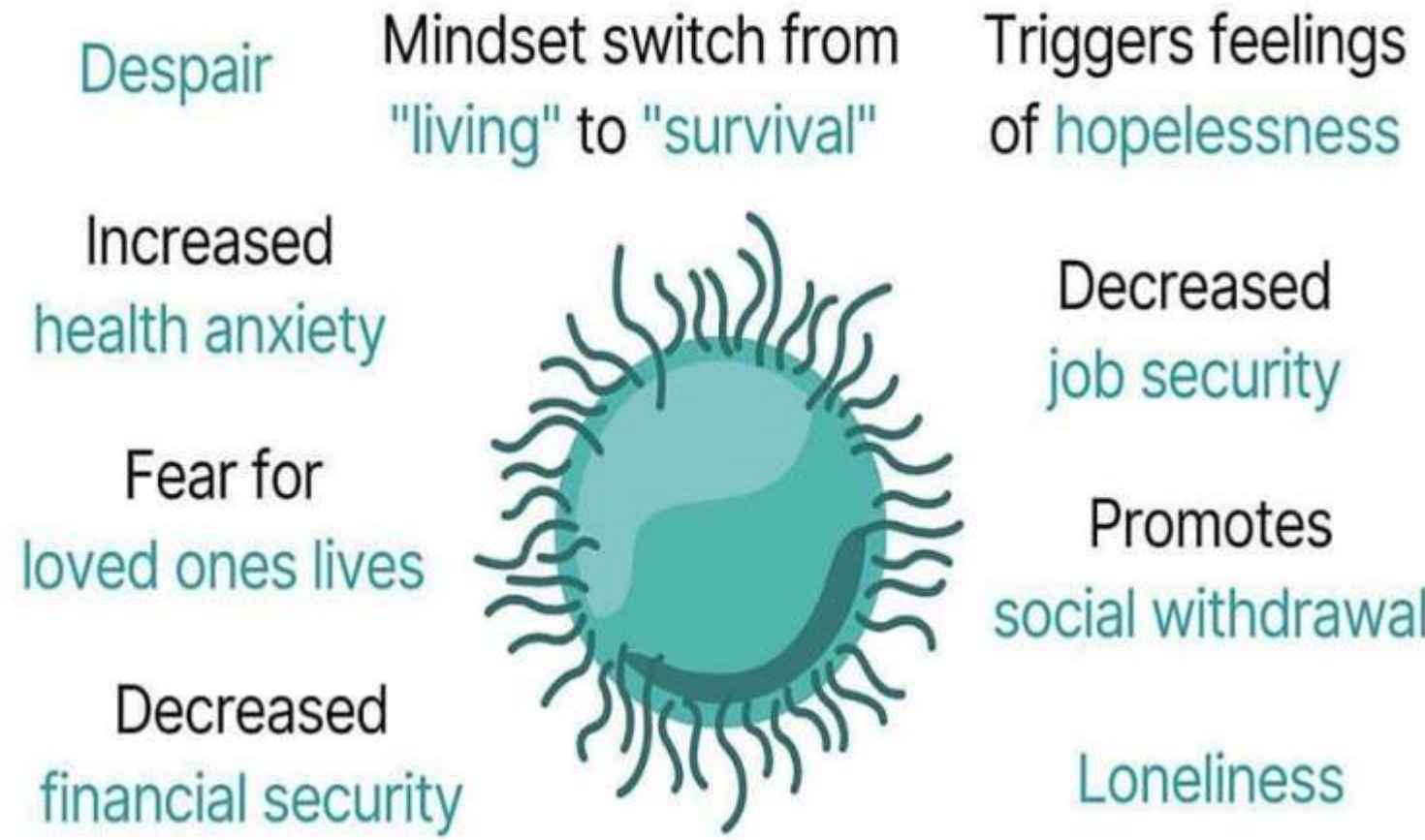
For Heaven's sake, Dad, don't dig up the garden!! That's where I buried the GUNS!!

At 4 a.m. the next morning, a dozen police officers showed up and dug up the entire garden without finding any guns. Confused, the old man wrote another note to his son telling him what happened, and asked him what to do next.

His son's reply was: "Go ahead and plant your potatoes, Dad.. It's the best I could do for you from here."



Why The Coronavirus Is Triggering Mental Health Issues:



Quarantine makes it more difficult to distract oneself from existing mental health issues


Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.


@RealDepressionProject

Shackan Indian Band Contacts

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PO Box 1360
Merritt, BC
V1K 1B8

Office: 250 378 5410
Fax: 250 378 5219



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Finance Officer Kathy Gray
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Social Development/ Education Worker Debra Manuel


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Housing David Clayton
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teri.clayton@shackan.ca






Administration/IRA Crystal Leier
crystal.leier@shackan.ca


Administration Support Rena Sam
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Protect Yourself ...and others from COVID-19

Stop the spread of viruses that make you and others sick!

				
Clean your hands often with soap and warm water for 20 seconds or use alcohol-based hand cleanser.	Stay home if you are sick.	Throw tissues away immediately.	No tissue? Cough or sneeze into your upper sleeve, not your hands.	Avoid touching your face.

 **BRITISH COLUMBIA** | Ministry of Health

For more information on COVID-19, visit: <http://www.bccdc.ca>

Happy
Easter!



Help the Easter Bunny
find his basket.



EASTER


BASKET	E	R	O	B	T	E	P	E	C	T	B	I
BONNET	C	A	J	L	O	H	K	D	B	P	U	Z
BUNNY	Z	Z	S	Y	X	N	I	N	Z	F	N	Q
CANDY	E	S	F	T	A	G	N	W	E	T	N	O
CHOCOLATE	J	F	I	U	E	R	P	E	E	T	Y	I
DYE	L	C	F	Q	P	R	N	K	T	S	S	R
EASTER	L	I	I	N	A	F	S	C	P	U	P	C
EGGS	U	Y	L	T	X	A	P	I	T	A	R	H
GRASS	N	K	Y	I	B	R	L	X	U	I	I	L
HUNT	G	H	S	K	E	U	T	B	P	L	N	X
LILIES	C	R	I	A	T	S	D	Y	E	E	G	H
SPRING	U	S	A	A	H	Y	A	D	N	U	S	L
SUNDAY	J	O	C	S	L	Z	H	S	Q	Q	V	S
TULIPS	R	N	T	R	S	C	H	E	M	P	U	I
	H	U	N	T	L	C	A	N	D	Y	T	B
	S	A	C	M	R	E	G	G	S	X	I	L
	T	U	C	H	O	C	O	L	A	T	E	T





April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 <i>Happy Birthday Wanda George</i>	6	7	8	9 <i>Happy Birthday James Adams</i>	10 <i>Good Friday Shackan Office Closed</i>	11 <i>Happy Birthday Rena Sam</i>
12 <i>Happy Birthday Donna Williams</i> 	13 <i>Easter Monday Shackan Office Closed</i>	14 <i>Happy Birthday Angie (Adams) Rainer</i>	15 <i>Happy Birthday Tayton Payne</i>	16	17 <i>Happy Birthday Roipellst Joe</i>	18
19 <i>Happy Birthday Donna Adams</i>	20 <i>Happy Birthday Sue Seymour-Joe</i>	21 <i>Happy Birthday Phyllis Moses</i>	22	23 <i>Happy Birthday Mark Snow</i>	24	25 <i>Happy Birthday Bernie James</i>
26	27	28	29	30		