

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

May

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



In Loving Memory of Ruby Adams

February 22nd, 1958 – March 27th, 2020



The family would like to thank the Community and Chief and Council for all of the love and support.

Services will be held at a later date
Donation's & food can be submitted at time of service



Shackan Indian Band Contact Us



2099 Granite Ave. PO BOX 1360 Office: 250-378-5410
www.shackan.ca

- * **Chief Jordan Joe**
jordan.joe@shackan.ca
- * **Councillor Joan Seymour**
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Benefits of Positive Thinking

- Stress Relief
- Increased Immunity
- Improved Wellness
- Better Resilience

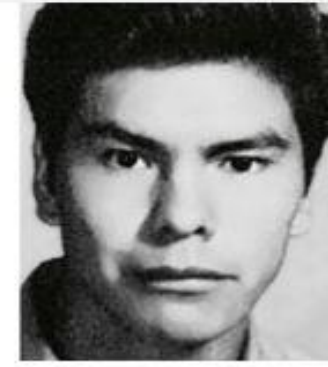
Even if positive thinking does not come naturally to you, there are plenty of great reasons to start cultivating affirmative thoughts and minimizing negative self-talk.



Positive Mind
Positive Vibes
Positive Life

Take time
to do
what makes
your soul happy

a smile
is the
prettiest
thing
you can
wear.



Willie Oscar Hance Gabriel passed away suddenly at the Nicola Valley General Hospital on April, 16, 2020. He is predeceased by his grandmother Louisa Hance Gabriel, grandfathers Willie Logan and Jimmie Major, his biological mother Mary Logan, his uncles Bill Harris Hance Gabriel and Jackie Major, two siblings: Robert Rodgers and Roy Rodgers and his wife Carol Hance. Willie has one surviving sister, Linda Hance Gabriel Epps and several other siblings in California: Ruby Rodgers, Will Rodgers, Ronnie Rodgers and Joann Rodgers. Willie had three sons and two stepdaughters, sons are: Joe Woodruff, Nathan Woodruff (mother Kathy?) and Willie Hance Jr. (mother Carol?). He also had numerous nephews, nieces, grandchildren, cousins and friends.

Willie was born in Merritt in 1944, removed for his community when he was 16 and relocated to California and eventually was placed in foster home care. It is ironic that Willie was returned to the Lower Nicola Indian Band between 2009-2010 because he was homeless and a burden to social institutions in Modesto, California. He had a difficult life, was homeless in California, suffered from chronic back injury pain, and struggled with alcoholism. Despite his circumstances, he was always quick to laugh and joke with community members. Willie used to talk about being 'sweet' because he had worked at a Hershey Chocolate Factory. Willie also worked as a custodian, security guard and short order cook. He liked to cook, his favorite dish was beans and rice. His favorite pastime was looking at western movies and listening to country and western music, he was also an excellent beader. He was proud of the cane that he beaded. As a young man, Willie danced the hoop dance with an American Indian dance group in California.

Due to the Coronavirus, funeral service and burial service will not be held at Lower Nicola Indian Band Cemetery. A heart-felt thanks to Irene Howe, Community Nurse; Chief Stuart Jackson of the Lower Nicola Indian Band; to the many elders who said prayers; to many community members who provided tele-support. A very special thank you to Merritt Funeral Chapel and the nurses at Nicola Valley General Hospital and to Dr. Fenrich who were there when Willie made his transition.

Willie is now with the creator and ancestors. Please do not hold on to your grief because he is now free.

I'M FREE – Unknown Author (edited and abbreviated)

Don't grieve for me, for now I'm free,
I'm following the path the Creator laid for me.
I took his hand when I heard his call,
I turned my back and left it all.

Perhaps my time seemed all too brief,
Don't lengthen it now with undue grief.
Lift up your heart and share with me,
Creator wanted me now,
HE SET ME FREE!



YARD BEAUTIFICATION

CONTEST

To enter into contest, email us at Robyn.McDonnell@scwexmx.com. In your email, please express your interest to participate in contest, your address and pictures of your yard at the start of beautification and then again at the end of the contest displaying your yard beautification. Only one submission per household will be accepted. Each submission will receive a participation gift. There will be a prize for the first, second and third place.

First Prize-\$500 Gift Card

Second Prize- \$200 Gift Card

Third Prize- \$100 Gift Card

CONTEST ENDS MAY 30, 2020

HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find ...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 emotion you feel



This is called GROUNDING - it can help when you feel like you've done too fair in your head and lost all control of your surroundings.

PLEASE SHARE THIS, IT COULD REALLY HELP SOMEONE IN NEED!



Social Media Program Schedule

Take part in our programs from home by connecting to one of our many social media pages

Monday **Activity Time**
Join in the fun, whether it be in a challenge or activity that consists of art, adventuring, crafting or play!

Tuesday **Culture & Language**
Grow and connect with us by learning different teachings in Nlaka'pamux/Syilx culture and language

Wednesday **Children & Youth Connection**
Find updated resources and support targeting children and youth

Thursday **Health & Wellness**
Teachings shared to help keep balance in the body, mind and soul

Friday **Parent/Guardian Connection**
Resources and supports targeting parents and guardians

Find us at Scw'exmx Child & Family Services on SnapChat
To be added to our email list for updated information please email celyrae.street@scwexmx.com

OPEN FIRE REGULATIONS

40%
40% of B.C. wildfires are human-caused and therefore preventable

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?

CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

REGULATIONS:

- You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.
- Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)
- During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.
- You must build a fire guard around your campfire.

CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:

- A fuel break must be established around any Category 2 burn area.
- Fireworks are banned when a Category 2 fire prohibition is in effect.
- Burning barrels are banned when a Category 2 fire prohibition is in effect.
- At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.

CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:

- A fuel break must be established around any Category 3 burn area.
- Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.
- You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

GENERAL REGULATIONS:

- Never burn in strong wind conditions.
- Your fire must be extinguished before leaving the area.
- Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.
- Do not conduct Category 2 or Category 3 burns when venting conditions are "Poor" or "Fair". Always check here first: www.bcatrquality.ca/readings/ventilation-index.html

*Further bans and restrictions can be implemented at the BC Wildfire Service's discretion.

Warning: Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.

Ministry of Forests, Lands and Natural Resource Operations

www.bcwildfire.ca

www.facebook.com/BCForestFireInfo

www.youtube.com/user/ProvinceofBC

[@BCGovFireInfo](https://www.facebook.com/BCGovFireInfo)



April 8, 2020

Good morning:

I am emailing today to advise that as of Wednesday, April 8th, 2020, we are closing all provincial parks and protected areas until further notice. All campgrounds, camping opportunities and accommodations will be closed until at least May 31, 2020. This action is being taken in response to the call for increased action to address the COVID-19 pandemic and aligning with federal and provincial experts requesting citizens to stay home.

With the desire of the public to get outdoors, many parks recently experienced peak season levels of use overwhelming parking lots, trails and trailheads, making physical distancing difficult if not impossible in some locations, and resulted in damage to our facilities and the environment. Along with this, the spill-over to neighbouring communities raised concerns with some First Nations, local citizens, local government officials, and police along with a general concern with provincial parks overcrowding and the lack of social distancing.

Today, with the Easter holiday upon us, and the challenges posed by COVID-19 and the expected influx of visitors, we feel it is beyond the ability of BC Parks to manage for physical distancing and general public safety. We feel this closure is necessary to ensure the health and safety of all, including that of our neighbouring Indigenous communities.

This closure is in no way intended to restrict Indigenous social, ceremonial, and cultural activities in provincial parks and protected areas that align with current health directives for public health and safety.

In these challenging times, BC Parks continues to recognize and respect the rights of Indigenous peoples. Thus, while taking these necessary steps to ensure public health and safety and to prevent the further spread of COVID-19, BC Parks will continue to make every reasonable effort to ensure that the steps taken will be respectful of Aboriginal and Treaty rights of Indigenous peoples.

BC Parks would like to address any concerns and input you may have regarding health and safety measures for the provincial park system during the COVID-19 crisis.

.../2

Ministry of Environment and
Climate Change Strategy

BC Parks
Kootenay Okanagan Region
BC Parks and Conservation Officer
Service Division

Mailing Address:
102 Industrial Place
Penticton BC V2A 7C8

Telephone: 250 490-6200
Facsimile: 250 490-2231
Website: www.gov.bc.ca/eaw

For individuals

COVID-19 Economic Response Plan

These resources are provided as a reference for those seeking information on the economic measures introduced by the Government of Canada to support Canadian workers and businesses during this challenging period. For more details, see [Canada's COVID-19 Economic Response Plan: www.canada.ca/en/department-finance/economic-response-plan.html](http://www.canada.ca/en/department-finance/economic-response-plan.html)

Helpful resources

Support for individuals and families

Increasing the Canada child benefit (CCB)	www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-benefits-credits-support-payments.htm#changes	CRA
Special Goods and Services Tax credit (GSTC) payment	www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-benefits-credits-support-payments.htm#changes	CRA
Extra time to file income tax returns	www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-benefits-credits-support-payments.htm#file	CRA
Mortgage support	www.cba.ca/mortgage-deferral-to-help-canadians-experiencing-financial-hardship-due-to-covid-19	CBA

Facing unemployment?

The new Canada Emergency Response Benefit	www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html	CRA
Apply for Employment Insurance (EI)	www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html	ESDC

Sick, quarantined, or in directed self-isolation?

The new Canada Emergency Response Benefit* (*also applies to people unable to work)	www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html	CRA
Improved access to Employment Insurance sickness benefits	https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html	ESDC

Senior?

Reduced minimum withdrawals for Registered Retirement Income Funds (RRIFs)	www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-benefits-credits-support-payments.htm#changes	CRA
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Students or recent graduate?

A moratorium on the repayment of Canada Student Loans	www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html	ESDC
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Support for people who need it most

Enhancing the Reaching Home initiative	www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#enhancing_reaching_home_initiative	ESDC
Support for women's shelters and sexual assault centres	www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#support_women_shelters_and_sexual_assault_centers	Department of Finance
A new Indigenous Community Support Fund	https://www.sac-isc.gc.ca/eng/1585189333380/1583189337198	Indigenous Services

Receiving benefit and credit payments



We encourage you to file your income tax and benefit return electronically and as early as possible before June 1, 2020, to make sure your benefits and credits are not interrupted.



You are encouraged to register for direct deposit on CRA's [My Account](#) self-service portal, as this is the quickest and most reliable way to get benefit and credit payments.



Canada Revenue Agency / Agence du revenu du Canada

Canada

COVID-19 MEASURES TO HELP CANADIANS

You may be eligible to receive some of these credits and benefits the Government of Canada has introduced to help Canadians during the COVID-19 pandemic.

CANADA EMERGENCY RESPONSE BENEFIT (CERB)

The CERB provides temporary income support to workers who have stopped working and are without employment or self-employment income for reasons related to COVID-19. The benefit amount of \$2,000 will be paid in blocks of four weeks (up to a maximum of 16 weeks).

Canadians can now apply for CERB through My Account or the automated phone line.

GOOD AND SERVICES TAX/HARMONIZED SALES TAX (GST/HST) CREDIT

The Government provided a one-time special payment on April 9, 2020. This payment doubles the maximum annual GST/HST credit payment amounts for the 2019-20 benefit year. The average boost for those eligible will be close to \$400 for single individuals and \$600 for couples.

You will get the extra payment amount automatically if you normally receive the GST/HST credit and have filed a 2018 tax return.

CANADA CHILD BENEFIT (CCB)

The Government increased the maximum annual CCB payment amounts, for the 2019-20 benefit year, by up to \$300 per child. The overall increase for families will be on average \$550 (approximately).

You will get the extra payment amount automatically as part of your May payment if you normally receive the CCB, have filed a 2018 tax return, and have a child under the age of 18.

The income tax deadline for individuals has been extended to June 1, 2020, and the deadline to pay amounts owed has been extended to September 1, 2020.

MY ACCOUNT

▶ canada.ca/my-cra-account

CRA COVID-19 INFORMATION

▶ canada.ca/cra-coronavirus

CHILD AND FAMILY BENEFITS

▶ canada.ca/child-family-benefits

BENEFIT ENQUIRIES

▶ 1-800-387-1193

TERRITORIAL TAX AND BENEFIT ENQUIRIES (ACCESSIBLE FROM 867 AREA CODE ONLY)

▶ 1-866-426-1527

GENERAL TAX ENQUIRIES

▶ 1-800-959-8281

CRA AUTOMATED PHONE SERVICE FOR CERB

▶ 1-800-959-2019 or
1-800-959-2041

Canada

SD 58 ONLINE LEARNING RESOURCES FOR PARENTS & STUDENTS



School District No. 58 Nicola-Similkameen

April 2020

Elementary Students

Links to these resources can be found on the district website under "Parent & Student Resources" then "For Students"

Worldbook Products (The login IDs for the elementary schools are SD58-VFE, SD58-NCE, SD58-MBE, SD58-DVE, SD58-MCE, SD58-JAE and SD58-CES. The password for all schools is sd58);



Worldbook Early Learning (Grades pre-K-3) is a district paid resource for preschoolers and children in the early elementary grades. It offers stories with guided reading and related activities, videos, games and lots of other activities including paint by number and tracing letters/numbers.



Worldbook Kids (Grades 3-9) is a district paid resource for elementary school students. It offers an information resource, videos, games and lots of other activities. There are lots of printables and off-line activities to do with your children.



Worldbook Science Power (Grades 3-6) is a district paid resource for elementary school students. It offers an information resource, videos, lessons, graphic organizers and activities. This resource has over 90 lessons complete with experiments.



Worldbook Student (Grades 3-9) is a district paid resource aimed toward an audience of upper-elementary through middle school students. Special features include a timeline builder, individual research accounts, and a "How to Do Research" features that will help students develop information literacy skills.



World Book L'Encyclopédie Découverte (Grades 3-9) is a district paid resource that offers World Book Kids content in French, great for immersion students. In addition to the comprehensive, kid-friendly encyclopedia on curriculum-based topics, you'll find a visual dictionary/dictionnaire visuel and activities in French.



Worldbook Advanced (Grades 3-9) is a district paid resource that contains up-to-the-minute access to worldwide news publications, government links from numerous countries, and multimedia reference materials. World Book Advanced uses technology to deepen comprehension, encourage collaboration between users, and create digital natives.



Matific (Grades K-6) is a district paid math resource with game-based activities to make math learning enjoyable. All elementary students should be able to log in from anywhere using the Office 365 login option. Students the same login ID and password that they use for Office 365.

Please note: It is important to use the link on the district website (under student resources) as the googled link is often for the US and will not allow login.



Khan Academy (Grades K-12) offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. You will find math by grade (K-7) along with science and the arts.



Criterion on Demand (K-12) is offering 170 of its most widely used feature films for educational purposes. When you log in, go to the drop down menu in the top left corner of the page. From there, choose the Premium Content link for Criterion on Demand. You will also find a variety of other videos, vgames and activities on the site for your child. To view what is offered, go to <https://learn360.infobase.com> and use the username 1902334-user and the password digital.



Have you heard about the new Minecraft Educational Edition? This is very similar to the commercial edition but it has some filtering to make it more acceptable in an educational setting. This is available to every student in our district. Students can access the Minecraft Education Edition from anywhere using their Office 365 login.

You can find challenges and special activities online that let students visit the International Space Station, tour landmarks, learn to code with a robot, explore marine biology, explore 3-D fractals and more.

<https://education.minecraft.net/class-resources/challenges/>

Secondary Students

Links to these resources can be found on the district website under "Parent & Student Resources" then "For Students".

Worldbook Products (The login IDs for the secondary schools are SD58-MSS and SD58-PSS. The password for all schools is sd58;



L'Encyclopédie Découverte (Grades 3-9) is a district paid resource that offers World Book Kids content in French, great for immersion students. In addition to the comprehensive, kid-friendly encyclopedia on curriculum-based topics, you'll find a visual dictionary/ dictionnaire visuel and activities in French.



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Gale Products (The login IDs for the secondary schools are SD58-MSS and SD58-PSS. The password for all schools is sd58;



Gale Global Issues in Context (Grades 8-12) offers international viewpoints on a broad spectrum of global issues, topics, and current events.



Gale Canada in Context (Grades 8-12) is an engaging online experience for those seeking contextual information on a broad range of Canadian topics, people, places, and events.



Gale Science in Context (Grades 8-12) is an engaging online experience for those seeking contextual information on hundreds of today's most significant science topics.

Brain Pop and Brain Pop Jr are available !

While we do not subscribe to Brain Pop and Brain Pop Jr. as a district, the company has stepped up and offered it's service free to educators and families for the next 2 months and depending on the situation, perhaps longer.

Brain Pop Jr. (Grades K-3)

BrainPOP Jr. is a web-based educational service geared towards children between kindergarten and third grade. It covers a range of subjects including Science, Reading and Writing, Social Studies, Math, Health, and Arts & Music. BrainPOP Jr.'s audio-heavy approach means it is easy to use for young children, making it highly recommended for children ages 4 to 9. Sign up for free access at <https://jr.brainpop.com/>.

Brain Pop (Grades 4-12)

BrainPop is a group of educational websites with over 1,000 short animated movies for students in grades K-12, together with quizzes and related materials, covering the subjects of science, social studies, English, math, engineering and technology, health, and arts and music. The site has videos, activities and quizzes on a variety of subjects that will easily engage your child. Sign up for free access at <https://brnppop.co/2WkFhM6>.

Mother's Day Word Search

A	O	N	Z	C	N	J	U	A	U	M	C	Y	Y	W
T	P	Z	A	A	E	L	N	R	L	H	L	H	A	E
L	J	P	Y	R	J	X	F	A	O	I	J	H	D	Z
H	J	H	R	D	L	R	C	C	M	S	S	Z	N	T
X	T	R	L	E	C	A	O	A	P	W	L	K	U	H
I	E	O	G	B	C	L	F	J	K	L	S	Z	S	O
A	V	R	U	U	A	I	N	E	F	E	Y	E	I	U
E	T	P	H	T	P	G	A	T	I	K	B	X	R	G
G	Y	E	E	S	M	O	M	T	G	U	A	E	S	H
C	Z	Q	M	M	I	F	F	F	E	C	D	L	Y	T
H	V	Y	C	X	S	R	D	E	A	U	W	E	R	F
Y	J	W	C	L	T	R	E	F	T	F	J	B	S	U
G	I	F	T	B	R	V	W	H	Q	E	Y	X	N	L
P	S	R	E	W	O	L	F	M	C	R	D	I	W	C
M	X	Q	O	C	E	Q	N	M	I	L	J	L	O	A

APPRECIATE
CAKE
CARD
CHERISH

CHOCOLATE
FAMILY
FLOWERS
GIFT

LOVE
MOM
SUNDAY
THOUGHTFUL

Happy Mother's Day!

“

Of all the special joys in life... a mother's love and tenderness is the greatest of them all.

FROM A MOTHER'S LOVE

The Canadian Centre for Child Protection is a national charity dedicated to the personal safety of all children. Our goal is to reduce the incidence of missing and sexually exploited children while educating the Canadian public about ways to keep children safe.

Supporting you through COVID-19

The Canadian Centre for Child Protection (Canadian Centre) is offering resources and information to help keep families, schools, child-serving organizations, and, most importantly, children safe during this unprecedented time.

With school closures due to COVID-19, children who are at home will potentially have more unrestricted time online. The Canadian Centre, through its program Cybertip.ca, is urging families to have conversations about internet safety and to work together to implement strategies that ensures everyone's digital well-being.

For more emerging online safety considerations and contact information should you have a question or concern about a child online, visit our COVID-19 response site: <https://protectchildren.ca/en/resources-research/supporting-you-through-covid-19/>



protectchildren.ca



@CdnChildProtect



Canadian Centre for Child Protection



@cdnchildprotect



Shackan Indian Band & Community *May 2020*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Happy Birthday Kyle James</i>	2 <i>Happy Birthday Priscilla Charlie</i>
3 <i>Happy Birthday Victoria Charlie & Marc Russel-Rippberger</i>	4	5	6 <i>Happy Birthday Francyne Joe</i>	7	8	9 <i>Happy Birthday Charles Baldwin</i>
10 <i>Happy Birthday Jackie Adams & Garrett MacDonald</i> 	11	12	13 <i>Happy Birthday Nevaeh Adams Verna Charlie Travais Oppenheim & Brad Rippberger</i>	14 <i>Happy Birthday Melody Moojelski</i>	15	16
17	18	19	20 <i>Happy Birthday Kevin Joe Sr.</i>	21	22 <i>Happy Birthday Jody John</i>	23
24	25 <i>Happy Birthday Marshall Moojelski</i>	26 <i>Happy Birthday Rapid Diablo</i>	27	28	29 <i>Happy Birthday Lisa Dycks</i>	30 <i>Happy Birthday Linda Epps</i>
31						