



# Adams Lake Indian Band

## Cstélnec Newsletter

May, 2018

### CAIRN DEDICATION

May 9, 2018

*By Dick Hermann, Chase Museum Society*

The new **CANADA 150 CAIRN**, at the Chase Museum, was formally dedicated on Saturday morning, May 05, 2018.

The dedication was attended by our local MP (Mel Arnold), our local MLA (Todd Stone), the Village of Chase (Mayor Rick Berrigan and others), representatives from the various indigenous participants, the Chase Museum and Archives Society, and members of the general public.

The dedication ceremony was opened by the President of the Chase Museum Board, (Anne Lamoureux), and continued with comments by government representatives, and comments, prayers, and blessings by indigenous representatives.

Major funding for the cairn was provided by a grant from the BC Museums Association as part of the Canada 150 Lasting Legacies Program. Support was also provided by the Village of Chase, the Little Shuswap (Skw'lx) Indian Band, the Neskonlith (Sk'atsin te Secwepémc) Indian Band, and the Adams Lake (Cstélec te Secwepémc) Indian Band. The support of all parties is recognized by individual plaques mounted on the cairn. The brass bell mounted on the top of the cairn was originally donated by the CPR, to the Church that was the original occupant of the building that now houses the Chase Museum. The cairn contains a time capsule, to be opened at a distant future date.

The cairn commemorates the history of the development of the area, and will stand through the future as a reminder to all, of the importance of contributions made by the many individuals whose efforts have brought us to where we are.



Left to right:  
 Fay Ginther, Councillor, Neskonlith Band  
 Anne Lamoureux, President, Museum Board  
 Mel Arnold, MP  
 Shelley Witzky, Councillor, Adams Lake Band  
 Judy Wilson, Chief, Neskonlith Band  
 Rick Berrigan, Mayor, Village of Chase  
 Todd Stone, MLA

**Adams Lake Indian Band Offices**  
**will be closed on**  
**Thurs. June 21st**  
**For National Aboriginal Day**  
**Re-Open on**  
**Fri. June 22nd**  
**At 8:00 am.**

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## Councilor Shelley Witzky Report

May 24, 2018

Weytkp, Shelley Witzky re skwes. Secwepemc ka. Tkwamipla7 te Cstèlnec. Hello, my name is Shelley Witzky. I am Secwepemc and a Councilor of Adams Lake Band. I am giving a brief update on meetings I attended in May. As a Council, we are in the midst of reviewing the budget and Chief and Council Terms of Reference.

At the end of April, I attended the Wild Salmon Caravan planning meeting in Sorrento. The Wild Salmon Caravan (WSC) main theme is transformative – transcending paradox and the darkness surrounding political issues impacting Wild Salmon and their habitat. As such, the WSC coordinates an annual caravan from Vancouver to Mt. Robson with stops in various communities to raise awareness about the importance of wild salmon and educate the public with interactive workshops, dinners, and ceremony. The date for this year's caravan is September 22/18 (Vancouver), 2<sup>nd</sup> stop TBD, last stop September 29/18 Chase, with a Parade. We are looking for facilitators to lead workshops before and during the WSC, such as arts build (kids crafts to learn about salmon), Lahal Tournament, etc. Please email Coordinator Dawn Morrison at: [dmo6842@gmail.com](mailto:dmo6842@gmail.com) for more info or to sign up to facilitate a workshop.

I attended the BC Hydro Protocol Joint Council meeting in Kamloops on May 4, 2018. This table is a steering committee for the work that needs to be done to implement the Secwepemc Protocol with BC Hydro, which is an agreement to work together. The Joint Council reviewed the numerous Terms of Reference and made recommendations for changes that reflect Secwepemc values, title and rights.

On May 5, 2018 I attended the unveiling of the rock cairn and Secwepemc Flag at the Chase Museum, along with a time capsule to be opened in 100 years. Adams Lake and Neskonlith leadership said a few words on the importance of working together and

building relationships. Local MP Mel Arnold, MLA Todd Stone, and Mayor Ron Berrigan also spoke a few words to that affect. An Elder blessed the flag and a pray was said in Secwepemcstìn. The three local Bands are represented on 3 sides of the rock cairn, and the Village of Chase on the 4<sup>th</sup> side. It's nice to see our Secwepemc flag represented here. Check it out sometime and see the pictographs etched into the plaques. Kukstemc to the people who coordinated the creation of this rock cairn for their hard work and dedication.

May 14/18 several Council attended the BC Hydro Joint Executive Team meeting in Kamloops to approve the Terms of Reference developed by the steering committee and determine next steps. This executive team meets only twice per year and so it's important to stay on top of this initiative. Again, the Secwepemc Protocol is an agreement to work with BC Hydro to eventually develop capacity to take on aspects of their projects in our traditional territory.

On May 15/18 the Indigenous Tourism Advisory Committee met (with reps from Splatsin, Neskonlith, and Adams Lake Bands) to finalize the job description and contract for a Tourism Coordinator to enhance Secwepemc presence in the Shuswap region tourism.

May 24 and 25, 2018 the 5 Bands met to discuss the Corridor Wide Agreement (CWA) with the Ministry of Transportation and Infrastructure and how we can develop capacity and partake in the highway expansion and other projects. The 5 Bands are Splatsin, Shuswap Band, Little Shuswap Lake, Neskonlith, and Adams Lake Bands.

Several other internal meetings to move forward ALIB's Strategic Plan are also happening.

Kukstemc.

**Councilor Shelley Witzky.**







**Adams Lake Indian Band**  
P.O. Box 588; Chase, BC/V0E 1M0  
PHONE: (250) 679-8841/FAX: (250) 679-8813  
www.adamslakeband.org/email: receptionist@alib.ca

May 31, 2018

## GENERAL BAND MEETING

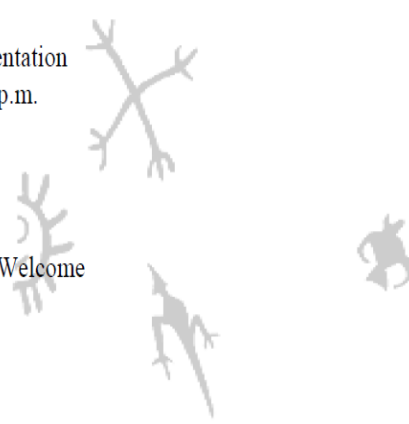
NOTICE IS HEREBY GIVEN TO THE ADAMS LAKE BAND MEMBERS THAT A GENERAL BAND MEETING WILL BE HELD ON:

**DATE:** Sunday, June 10, 2018  
**TIME:** 11 a.m. – 4 p.m.  
**LOCATION:** ALRCC Gymnasium

### AGENDA:

- Budget Presentation
- Dinner 4:00 p.m.

\*Drummers Welcome



May 31, 2018 – 2<sup>nd</sup> Notice

## Preferred ALIB Communication Method



**UPDATE YOUR CONTACT INFO**

By Karen Everard,  
Communications Department

Dear ALIB Members: We are currently updating our communications data base to engage members through more effective communications. We ask that you let us know your most current contact information. Your contact information will be kept confidential in the Membership and Communications offices. We respect that some of you prefer traditional methods of reading, while others have gone paperless or prefer digital reading. Please update us on how you prefer to receive ALIB Communications.

Name:

Mailing Address:

Email:

Phone:

Please provide the information by seeing me at the ALIB Office, email me at [keverard@alib.ca](mailto:keverard@alib.ca), calling me at (250)679-8841 or Toll Free 1-877-679-8841. Or use *Update Contact Info Form* found on ALIB website: [www.adamslakeband.org](http://www.adamslakeband.org)

## From the desk of the Membership Clerk

May 30, 2018

### Membership Office Hours

I will be in my office **on Wednesdays and Thursdays from 8:00 am to 4:30 pm**. Closed at lunch hour. My office is located at 6447 Hillcrest Road, Chase, BC. Office is downstairs at the Resources Building.

### Salmon Arm Office

Will be going to the Salmon Arm office as needed on Thursdays with **prior notice** of booked appointments. To book an appointment please call Annie in Salmon Arm office at (250)833-0356.

Kukstemic

Eva Saul

Membership Clerk/

Indian Registration Administrator

Want to contribute to the  
***Cstélnec Newsletter?***

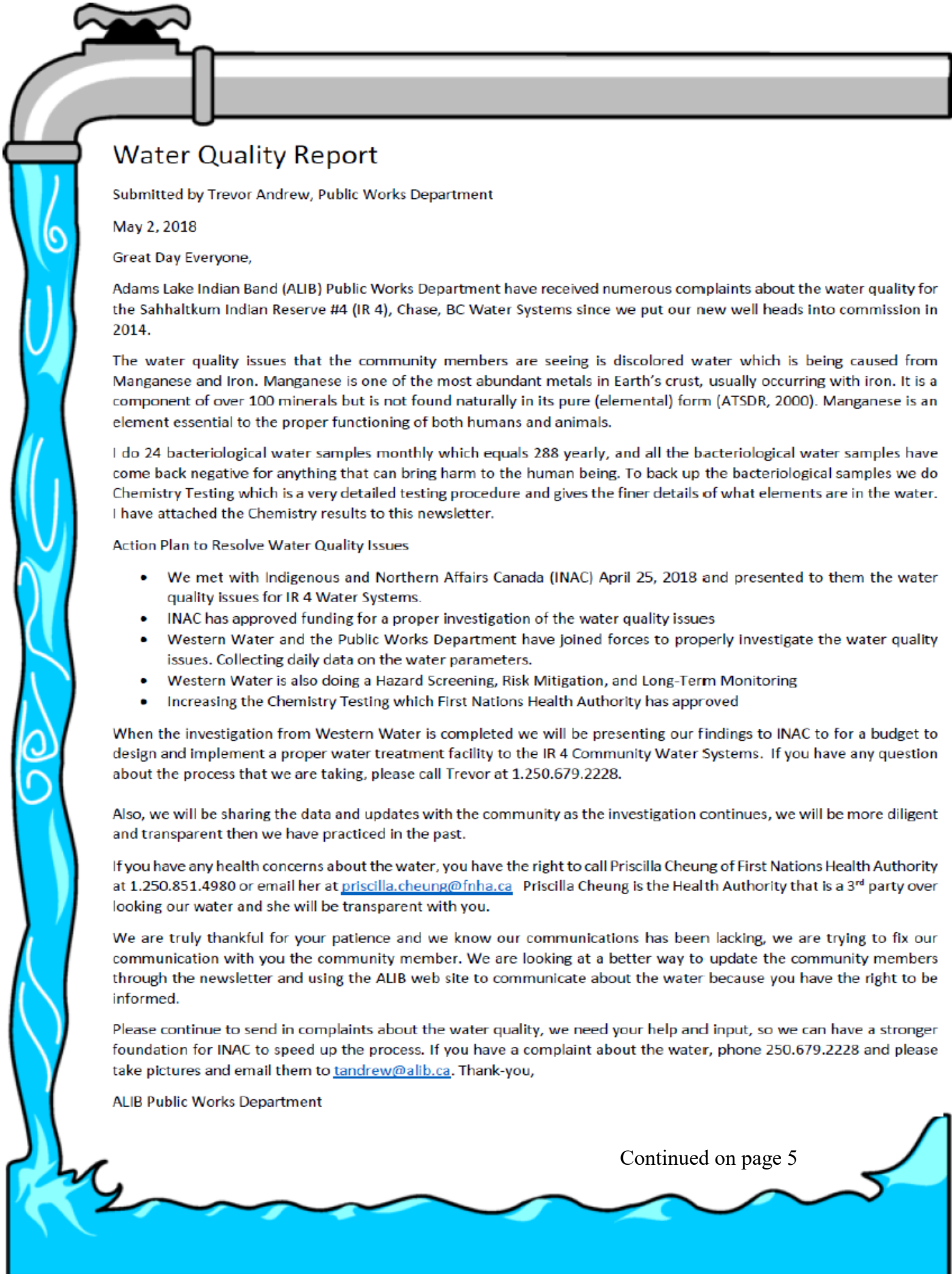
**Deadline to  
submit submissions**

**Wed. June 20th**

**by 1:00 pm**

Email to: [keverard@alib.ca](mailto:keverard@alib.ca)





## Water Quality Report

Submitted by Trevor Andrew, Public Works Department

May 2, 2018

Great Day Everyone,

Adams Lake Indian Band (ALIB) Public Works Department have received numerous complaints about the water quality for the Sahhalkum Indian Reserve #4 (IR 4), Chase, BC Water Systems since we put our new well heads into commission in 2014.

The water quality issues that the community members are seeing is discolored water which is being caused from Manganese and Iron. Manganese is one of the most abundant metals in Earth's crust, usually occurring with iron. It is a component of over 100 minerals but is not found naturally in its pure (elemental) form (ATSDR, 2000). Manganese is an element essential to the proper functioning of both humans and animals.

I do 24 bacteriological water samples monthly which equals 288 yearly, and all the bacteriological water samples have come back negative for anything that can bring harm to the human being. To back up the bacteriological samples we do Chemistry Testing which is a very detailed testing procedure and gives the finer details of what elements are in the water. I have attached the Chemistry results to this newsletter.

### Action Plan to Resolve Water Quality Issues

- We met with Indigenous and Northern Affairs Canada (INAC) April 25, 2018 and presented to them the water quality issues for IR 4 Water Systems.
- INAC has approved funding for a proper investigation of the water quality issues
- Western Water and the Public Works Department have joined forces to properly investigate the water quality issues. Collecting daily data on the water parameters.
- Western Water is also doing a Hazard Screening, Risk Mitigation, and Long-Term Monitoring
- Increasing the Chemistry Testing which First Nations Health Authority has approved

When the investigation from Western Water is completed we will be presenting our findings to INAC to for a budget to design and implement a proper water treatment facility to the IR 4 Community Water Systems. If you have any question about the process that we are taking, please call Trevor at 1.250.679.2228.

Also, we will be sharing the data and updates with the community as the investigation continues, we will be more diligent and transparent then we have practiced in the past.

If you have any health concerns about the water, you have the right to call Priscilla Cheung of First Nations Health Authority at 1.250.851.4980 or email her at [priscilla.cheung@fnha.ca](mailto:priscilla.cheung@fnha.ca) Priscilla Cheung is the Health Authority that is a 3<sup>rd</sup> party over looking our water and she will be transparent with you.

We are truly thankful for your patience and we know our communications has been lacking, we are trying to fix our communication with you the community member. We are looking at a better way to update the community members through the newsletter and using the ALIB web site to communicate about the water because you have the right to be informed.

Please continue to send in complaints about the water quality, we need your help and input, so we can have a stronger foundation for INAC to speed up the process. If you have a complaint about the water, phone 250.679.2228 and please take pictures and email them to [tandrew@alib.ca](mailto:tandrew@alib.ca). Thank-you,

ALIB Public Works Department

Continued on page 5





Maxxam Job #: B817207  
Report Date: 2018/03/12

## Chemistry Results

Success Through Science

FIRST NATIONS HEALTH AUTHORITY  
Client Project #: ADAMS LAKE INDIAN BAND  
Your P.O. #: CONTRACT 000000014  
Sampler Initials: PC

### ELEMENTS BY ATOMIC SPECTROSCOPY (DRINKING WATER)

Maxxam ID			TB4943		
Sampling Date			2017/08/25 13:30		
COC Number			2E98F		
	UNITS	AO	ADAMS LAKE INDIAN BAND SAHHALTKUM CWS BINGO HALL	RDL	QC Batch
<b>Total Metals by ICPMS</b>					
Total Iron (Fe)	mg/L	0.3	1.36	0.010	8929793
Total Manganese (Mn)	mg/L	0.05	1.66	0.0010	8929793
No Fill	No Exceedance				
Grey	Exceeds 1 criteria policy/level				
Black	Exceeds both criteria/levels				
RDL = Reportable Detection Limit					



Maxxam Job #: B817766  
Report Date: 2018/03/14

Success Through Science

FIRST NATIONS HEALTH AUTHORITY  
Client Project #: ADAMS LAKE BAND  
Your P.O. #: CONTRACT 000000014

### ELEMENTS BY ATOMIC SPECTROSCOPY (DRINKING WATER)

Maxxam ID			TB7440		
Sampling Date			2018/03/08 12:15		
COC Number			10801		
	UNITS	AO	ADAMS LAKE BAND BAND OFFICE - KITCHEN TAP	RDL	QC Batch
<b>Total Metals by ICPMS</b>					
Total Manganese (Mn)	mg/L	0.05	0.0213	0.0010	8931661
No Fill	No Exceedance				
Grey	Exceeds 1 criteria policy/level				
Black	Exceeds both criteria/levels				
RDL = Reportable Detection Limit					



Maxxam Job #: B817768  
Report Date: 2018/03/14

Success Through Science

FIRST NATIONS HEALTH AUTHORITY  
Client Project #: ADAMS LAKE BAND  
Your P.O. #: CONTRACT 000000014

### ELEMENTS BY ATOMIC SPECTROSCOPY (DRINKING WATER)

Maxxam ID			TB7467		
Sampling Date			2018/03/08 12:00		
COC Number			2FEB6		
	UNITS	AO	ADAMS LAKE BAND WELL HEAD #3 - RAW	RDL	QC Batch
<b>Total Metals by ICPMS</b>					
Total Manganese (Mn)	mg/L	0.05	0.0112	0.0010	8931661
No Fill	No Exceedance				
Grey	Exceeds 1 criteria policy/level				
Black	Exceeds both criteria/levels				
RDL = Reportable Detection Limit					

RECEIVED

MAY 04 2018

ADAMS LAKE BAND

## NOTICE TO MEMBERSHIP

**Are you changing your Band membership in the near future?**

**Do you have a lawful possession of reserve land (i.e. Certificate of Possession or other evidence of title) with your current First Nation?**

IF SO: Read this important information about the operation of Section 25 of the *Indian Act*.

25(1) "An Indian who ceases to be entitled to reside on a reserve may, within six months or such further period as the Minister may direct, transfer to the band or another member of the band the right to possession of any lands in the reserve of which he was lawfully in possession."

25(2) "Where an Indian does not dispose of his right of possession in accordance with Subsection (1), the right to possession of the land reverts to the band, subject to the to the payment to the Indian who was lawfully in possession of the land, from the funds of the band, of such compensation for permanent improvements as the Minister may determine."

If you are changing Band membership and are affected by Section 25 of the *Indian Act*, you need to complete a Transfer form (Transfer of Land in an Indian Reserve), and submit the transfer to Indigenous Services Canada (ISC) within 6 months of changing your membership. You will also need to provide the documentation required under the *Family Homes on Reserves and Matrimonial Interests or Rights Act*.

All necessary forms can be obtained in the following ways:

- Online at: <https://www.aadnc-aandc.gc.ca/eng/1100100034806/1100100034808>
- Upon request to: [aadnc.bclandregistry.aandc@canada.ca](mailto:aadnc.bclandregistry.aandc@canada.ca)
- Telephone to: 1-800-665-9320 and ask for an Individual Land Holdings Specialist

Any extension to the 6-month period, as noted in Section 25(2), needs to be requested in writing prior to the end of the 6-month period. A lawful possession which is not transferred within the 6-month period will revert to the Band.

For further information about the operation of Section 25 of the *Indian Act* contact ISC and ask to speak with an Individual Land Holdings Specialist at BC Regional Office.

Toll free: 1-800-665-9320 or email [aadnc.bclandregistry.aandc@canada.ca](mailto:aadnc.bclandregistry.aandc@canada.ca)



### Coming Home to the Heart Releasing Intergenerational Trauma

With  
Diana Allen  
Shaman, Sacred Sound Musician, Artist, Author

To move ahead and create a future full of infinite possibilities, it is important to clear and heal the thoughts, feelings and actions that have been handed down by our ancestors.

If you have experienced abuse, alcoholism, addictions, depression, loss of cultural pride, loss of safety and respect, feeling worthless or hopeless, these limiting patterns can be released and healed.

If the past is glossed over with false positivity and not released from the DNA cellular memory the energies are active in the subconscious mind and the limiting patterns and beliefs are re-enacted and handed down to the next generation. The method Diana teaches is one of releasing, clearing and healing, not re-traumatizing yourself from what you have experienced. The ancestors have also given you unique gifts. Connecting to the heart of compassion is a step to reclaiming your freedom and inner wholeness, finding and sharing your gifts with your community.

Originally from Canada, Diana now lives in France and for the past 30 years has facilitated workshops around the world. She is happy to come back to the Shuswap to assist previous participants to continue their learning and welcome new participants to the powerful clearings and healing that she offers. A few years ago, Diana re-connected with her birth family and found her full blood Cherokee Great Grandmother. The intergenerational trauma is very evident in her birth family and even though she was adopted, the trauma held in the lineage was played out through a physically abusive adoptive mother. Healing the wounds of the ancestors held in the cellular memory so the past can be in its rightful place and not impact your present and future is powerful and important work.

Adams Lake Indian Band Hall  
6430 Village Road

NEW DATES. June 1st, 2nd, 3rd, 2018

Cost: \$250.00 ALIB band members & community members will have this cost covered. Please fill out an ALIB wellness application form with Daidri Marr. For more details email [dmarr@alib.ca](mailto:dmarr@alib.ca) or call 250-679-7726 (ext 2372)

Neskonlith Band Health Centre,  
421 First Nations Rd. Salmon Arm, BC  
June 8th, 9th, 10th

Cost covered by band - contact Carla Sam 250-679-3295 to register

This is also being offered to non band members  
Please call Talitha at 250-851-1312 to register.

Friday 7-9pm Saturday and Sunday 10am-5pm  
Please bring a notebook and a dish for the potluck lunch Saturday and Sunday.







## HEADSTART AND EARLY YEARS HOSTING SAFETY AT THE PARK CELEBRATION

WITH BARBEQUE: HOT DOGS,  
HAMBURGERS AND SALAD

**JUNE 5, 2018 3:30 – 5:30**

NEW PARK BY THE 5 PLEX,  
CORNER OF CENTRE ROAD & MOUNTAINVIEW ROAD, CHASE, BC

Information on kids and concussions. Car seat safety.  
Come out and celebrate at our new park

# FOOD FOR Thought

*“Walk tall as the trees; live strong as the mountains; be gentle as the spring winds; keep the warmth of summer in your heart; and the Great Spirit will always be with you.”*



## FOREST OPERATOR

The Forest Operator – Faller Training program is tuition-free and designed to provide eligible participants with hands-on experience and vocational training in the forest industry. The program will include employability and occupational skills training including forest sector training, professional development, initial 30-day New Faller Training and on the job work experience.

To apply for this tuition-free program, applicants must:

- Meet the definition of an EI client
- Be eligible for WorkBC Case Management and be referred by a WorkBC Case Manager
- Have a valid driver's license

This full-time 18-week program runs at Okanagan College in Vernon and Kelowna.

For more information or to verify your eligibility for this program, please contact WorkBC:

WorkBC Employment Services Centres:

3105 33rd Street  
Vernon, BC  
250-545-2215

102-1460 Pandosy Street  
Kelowna, BC  
778-478-8390 ext. 1036

**PROGRAM DATES:**

June 11 – Oct. 12, 2018

For program information:

Phone: 1-888-831-0341 ext. 6503

Email: [mekline@okanagan.bc.ca](mailto:mekline@okanagan.bc.ca)



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.



CONTINUING STUDIES

2018-2019

Nursery/Kindergarten Registration

# Fun Fair

Chief Atahm School and Language Nest

Adams Lake Gym 6349 Chief Jules Dr, Chase

Finger  
Food  
& Activities

## Accepting New Students

Join us and learn more about our  
unique Secwepemctsin Immersion  
Programs and Register for the  
upcoming school year!

Bouncy  
-Castle  
& Games

Language  
Nest  
Registration  
Ages 6mo-3yrs

Friday  
June 8th, 2018  
4-7:30pm

Secwepemctsin  
Immersion

Free  
Admission  
Ages 6 & under

Prizes!

TO REGISTER  
ON SITE

PLEASE  
BRING:

- Copy of Birth Certificate
- Indian Status Card
- Any legal documentation concerning guardianship



WWW.CHIEFATAHM.COM  
WWW.CHIEFATAHMNEST.WEBNODE.COM

## Be Fire Smart

As we head into warming and drying weather, please be Fire Smart. Exercise caution.

Find Wildfire Prevention for your Home and Community online at

[www2.gov.bc.ca/gov/content/safety/wildfire-status/prevention/for-your-home-community](http://www2.gov.bc.ca/gov/content/safety/wildfire-status/prevention/for-your-home-community)

To report a forest fire call

1-800-663-5555 or

\*5555 on your cell phone



CHASE DRY GRAD 2018 BOWLING AND  
SILENT AUCTION!

June 3rd 2018 2pm

Tickets Available Now

\$20.00 per person

Check with a Grad!

Tickets available from Kandi at RBC



Next issue of

**Cstèlnec Newsletter**

**Thurs. June 28th**

Deadline to  
submit submissions

Wed. June 20th

by 1:00 pm

## Adams Lake Indian Band



We invite stories, recipes, photos, articles and any other information that would be of interest to our communities and membership. We reserve the right to accept or refuse submissions and edit for content and length. Contact the *Cstèlnec Newsletter* Team:

**Karen Everard**, CCSP/Communications Dept.

**Denise Michel**, Information Communications Technology Support

**Mail:** PO Box 588 **Office:** 6453 Hillcrest Rd, Chase, BC V0E 1M0

**Phone** (250)679-8841 **Email:** keverard@alib.ca **Web:** www.adamslakeband.org  
Monday to Friday 8:00 am to 4:30 pm; Closed weekends & holidays.



# Summer Day Camps



FOR GRADES 1 to 3

FOR GRADES 4 To 7

## JULY 4<sup>TH</sup> TO JULY 22<sup>ND</sup> 2018

### PRIMARY READING PROGRAM (Maximum 22)

When: July 3 to July 20, 2018

Time: 9:00 AM – 2:30 PM (M – F)

Location: Chief Atahm School

**For: Grades 1 – 3 ONLY**

Open to all student (Public/CAS)  
(Limit of 8 Seats for CAS students)

### MATH CAMP (Maximum 25)

When: July 3 to July 20, 2018

Time: 9:00 AM-12:00 PM (M – F)

Location: Chief Atahm School

**For Grades 4 – 7 ONLY**

Open to all students (Public/CAS)  
(Limit of 8 seats for CAS Students)

**Contact ALIB Education Dept. for Registration Form or Register on School District #73 Website.**

Both camps are fully funded by School District # 73 – Reading Programs to support struggling readers to enhance their Reading skills. Math Camp is geared to enhance their math skills.

**Who:**  
Open to all Students attending Public School. (CAS limited to 8 seats only per program)

Students **MUST** have **PEN#**

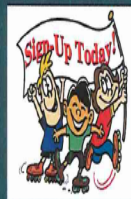
**When**  
Primary Reading Program

- Full day

Math Program – Half day

**Where**  
At Chief Atahm School

**Why**  
To enhance your child(ren) learning skills in Math & Reading plus have fun



**CONTACT**  
Adams Lake Band Education  
Dept. (host) for more information  
250-679-8841 or email  
[danthony@alib.ca](mailto:danthony@alib.ca)



## Primary Reading & Recreation Program 2018

July 3rd to July 20th, 2018

9:00 am to 2:30 pm

Held at Chief Atahm School (Chase, BC)



## Expression of Interest – Job Opportunity

Primary Reading & Program is full day program that runs five (5) days a week from July 3 to July 20, 2018 with the morning devoted to literacy activities and the afternoon to recreation.

We are looking for energetic and enthusiastic people (2) to help with this program. Those hired will be paid a set honorarium by School District 73. The camp will run from 9:00 am to 2:30 pm at two of the classrooms at Chief Atahm School.

This is wonderful opportunity to learn more about teaching primary students and to develop a “tool kit” of strategies for teaching, reading and physical education.

There are various Primary & Recreation Sites across School District 73 for students in grade 1 to 3 who have been identified needing extra support. The intent of the summer reading program is to support struggling readers and to enhance their lives through physical education and social interaction.

Candidate for this position are encouraged to have experience working with children in recreation and cultural youth programs. Candidate have organizational skills and problem-solving techniques, work as team player. It's preferred that they are currently enrolled in School District as Aboriginal Support Worker or with other Districts. Provide Criminal Record check to Adams Lake Band must be provided. Have valid Class 5 driver's license (preferred class 4).

Please submit cover letter and resume outlining your qualifications to:

Adams Lake Band, Education Department  
PO Box 588  
Chase, BC V0E 1M0

By – June 22, 2018

For more information about program contact ALIB Education Department 250-679-8841

# Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

**SAFETY MART FOODS CHASE**  
**JUNE 29 - 30, 2018**

To book your appointment call 1-800-663-9203

Mammograms are available for women ages 40 and over. Make an informed decision to screen for breast cancer. Visit [www.screeningbc.ca](http://www.screeningbc.ca) to learn more.

## Wilderness & Remote First Aid

The ultimate first aid for outdoor adventurers. Whether you snowmobile, bike, hike, quad, kayak or work outdoors, you will be prepared for any first aid emergency. This course covers the basic level of Wilderness and Remote First Aid, Standard First Aid and CPR plus realistic, hands-on, outdoor scenarios to practice your skills. Learn to recognize and treat cuts, burns, sprains, strains, head trauma, spine injuries, GI problems, shock, hypothermia, frostbite, heat illness, medical emergencies and more. Also covered is providing extended care for up to 24 hours, stretcher building, multiple casualty management and evacuation planning. Portions of the course are taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.

The schedule for the course is:

Day 1 – 5:30 – 9:30 pm in classroom

Day 2 – 9 am – 6 pm, supper break from 6 – 8 pm and then night scenarios from 8 – 10 pm (entire day outdoors)

Day 3 – 9 am – 4 pm (all outdoors)

**SEXQELTQIN Health Center** is looking for community interest on bringing this important training to the community. If you would like to take this course and over 18 years of age, please call the health center and ask for Robin Murphy for any inquires. 250 679-7726 needed 12 participants for this training or we will need to cancel the training.



April 11, 2018



### Community Dumpsters Available Till June, 2018

There are community dumpsters available for community use. Two locations:

**Sahhalkum IR #4** - Band Hall Parking Lot, 6430 Village Road, Chase, BC

\* **Switsemalph IR #6** - At end of Subdivision on 52nd Ave, Salmon Arm, BC

(\* Note location change at IR #6)

Items NOT allowed in the bin:

- Fridges
- Water Coolers
- Air Conditioners
- Hazardous Materials
- Construction Materials

It is the responsibility of the tenant/homeowner to dispose the above debris to the nearest landfill CSRD or TNRD.

When the bin is full please call the Public Works Department to have it emptied.

Do NOT leave garbage on the outside of the bin.

This service will end approximately June, 2018

Your cooperation is appreciated.

Adams Lake Indian Band  
Public Works Department  
Phone (250)679-2228.

April 11, 2018

### ATTENTION: PET OWNERS

#### RE: Stray Animals

If you are a pet owner and your animal is one of those that roam around the community then this notice is for you.

Animals have to be contained to their property.

There are dogs roaming around that are a potential danger to the community.

These animals will be caught and sent to the impound at the owners cost.

This is a written warning.

**PLEASE KEEP YOUR PETS  
CONTAINED IN YOUR YARD.**

Kukstsemc

Adams Lake Indian Band

Public Works Department

Phone (250)679-2228



## ADAMS LAKE INDIAN BAND

PO Box 588  
Chase, BC V0E 1M0  
Phone: (250) 679-8841  
Fax: (250) 679-8813

RECEIVED

MAY 24 2018

ADAMS LAKE BAND

### EXPRESSION OF INTEREST

Catering Services required for Sunday, June 10, 2018 at 4 p.m.

- Prepare Lunch for 100 people  
**Menu of Choice with provision beverage**, (coffee, tea, water/juice) before the event begins. Menu sensitive to diabetics and allergies (no spices, peppers, tomatoes).
- Dinner to be served at 4:00pm
- Bid to include estimate for food purchase
- Have own cooking utensils/ware; if using kitchen supplies - no kitchen supplies to leave kitchen
- Own transportation of food to site in a safe & healthy manner
- Responsible to clean up the kitchen/area used to serve and prepare; this includes cleaning dishes, utensils, pots/pans, bowls that the food was delivered in to the site and make arrangements to remove; with no leftover food to be left in the kitchen
- Successful bid will be required to sign a contract with ALIB
- Successful contractor will do the shopping
- **Cancellation Policy:** This does include Acts of God  
Refunds are to be total amount of contract  
48 hours prior to the event: pay back all funds paid for wages and supplies  
Sub-contractors any assignments to this contract requires pre-authorization.  
\* Adams Lake Band the serves right to cancel for reasons such as: Funeral, Acts of God

#### Methods of bidding:

Total Bid Cost to include menu and cost of food purchase, and the preparation of Dinner.  
(\*no travel costs provided)

#### To apply for casual catering services:

- 1) Facility used or required for preparing food (ALRCC) – Complete Kitchen Use Forms
- 2) Acquisition of equipment, rental, request of use (complete check list form)
- 3) Proof of transportation and facility availability (must have own reliable vehicle, vehicle insurance, and valid Driver's License, if this event requires mobility to venue)
- 4) Certification – minimum requirement Food Safe (photocopy required)
- 5) Chef training or certification
- 6) Knowledge of Canada Food Guide & Meals for Diabetics, person with allergies
- 7) Menu & Cost submission for event Dinner with provision of coffee/tea and beverage

**Deadline:** Friday, June 01, 2018 (NO Exceptions)  
**To:** Stacey Berryman, Adams Lake Indian Band  
P.O. Box 588, Chase, B.C. V0E 1M0  
Fax: 250-679-8813/Email: sberryman@alib.ca

## ADAMS LAKE INDIAN BAND

PO Box 588  
Chase, BC V0E 1M0  
Phone: (250) 679-8841  
Fax: (250) 679-8813

### EXPRESSION OF INTEREST

Catering Services required for June 14, 2018 @ 5:00 pm

- Prepare dinner for 250 people (**Set amount**)  
**Menu of Choice with provision beverage**, (coffee, tea, water/juice) before the event begins. Menu sensitive to diabetics and allergies (no spices, peppers, tomatoes).
- Bid to include estimate for food purchase
- Have own cooking utensils/ware; if using kitchen supplies - no kitchen supplies to leave kitchen
- Own transportation of food to site in a safe & healthy manner
- Responsible to clean up the kitchen/area used to serve and prepare; this includes cleaning dishes, utensils, pots/pans, bowls that the food was delivered in to the site and make arrangements to remove; with no leftover food to be left in the kitchen
- Successful bid will be required to sign a contract with ALIB
- Successful contractor will do the shopping
- **Cancellation Policy:** This does include Acts of God  
Refunds are to be total amount of contract  
48 hours prior to the event: pay back all funds paid for wages and supplies  
Sub-contractors any assignments to this contract requires pre-authorization.  
\* Adams Lake Band the serves right to cancel for reasons such as: Funeral, Acts of God

#### Methods of bidding:

Total Bid Cost to include menu and cost of food purchase, and the preparation of Dinner.  
(\*no travel costs provided)

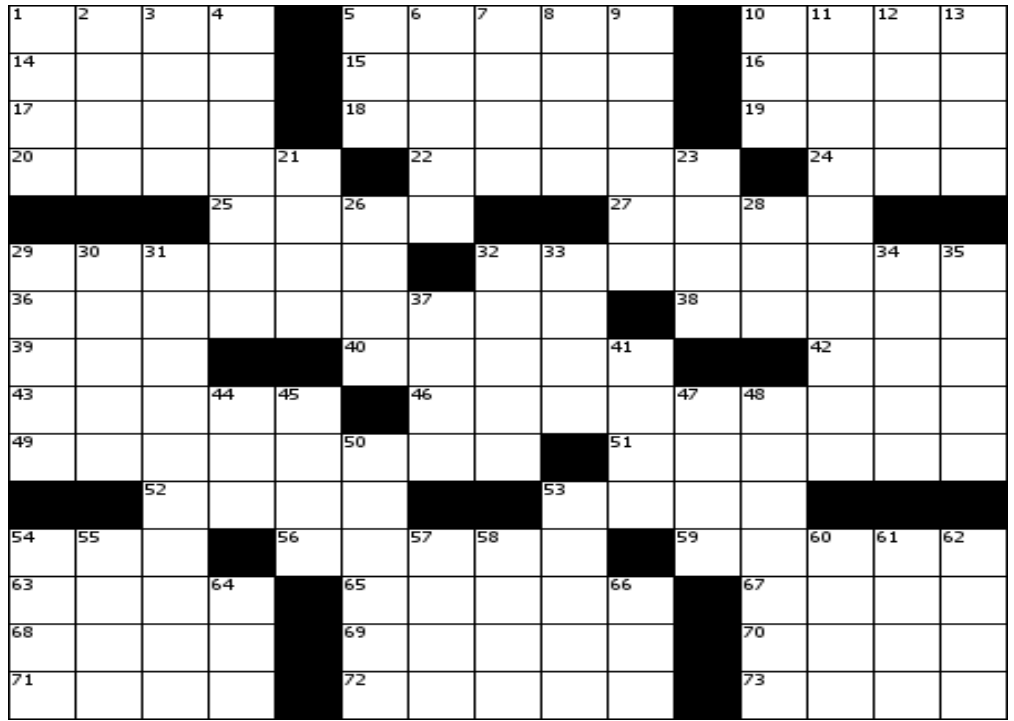
#### To apply for casual catering services – all the following documents must be included in the Bid for approval.

- 1) Facility used or required for preparing food (ALRCC) – Complete Kitchen Use Forms
- 2) Acquisition of equipment, rental, request of use (complete check list form)
- 3) Proof of transportation and facility availability (must have own reliable vehicle, vehicle insurance, and valid Driver's License, if this event requires mobility to venue)
- 4) Certification – minimum requirement Food Safe (photocopy required)
- 5) Chef training or certification (preferred)
- 6) Knowledge of Canada Food Guide & Meals for Diabetics, person with allergies
- 7) Prepare Menu & Cost submission for event Dinner with provision of coffee/tea and beverage

**Deadline:** Friday, June 6, 2018 by 4:00 pm (NO Exceptions)  
**To:** Diane Anthony, Education Coordinator, Adams Lake Indian Band  
P.O. Box 588, Chase, B.C. V0E 1M0  
Fax: 250-679-8813/Email: danthony@alib.ca

**Across**

- 1. Washstand item
- 5. Ralph \_\_\_\_\_ Emerson
- 10. Enclose
- 14. Unclothed
- 15. Cutter
- 16. Mound
- 17. Military prison
- 18. Author Oscar \_\_\_\_\_
- 19. Upon
- 20. Pub mug
- 22. Beside
- 24. Understood
- 25. Military cafeteria
- 27. James \_\_\_\_\_ Jones
- 29. Most unusual
- 32. Most ahead of time
- 36. Indistinguishable
- 38. Room
- 39. Burst
- 40. Ceremonial events
- 42. \_\_\_\_\_ Moines
- 43. Upright
- 46. Bible division
- 49. Lawyer's fee
- 51. Cautions
- 52. Notion
- 53. Kind
- 54. Snitch
- 56. Extra tire
- 59. Yarn unit
- 63. Prepare copy
- 65. Property claims
- 67. Light brown
- 68. Writer \_\_\_\_\_ Barry
- 69. Archie Bunker's wife
- 70. Injection
- 71. Warning sign
- 72. Taste or smell
- 73. Heavy weights



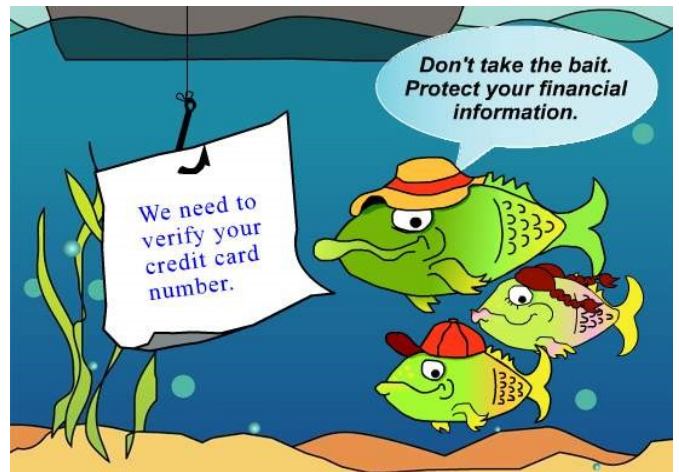
**Down**

- 1. Wanes
- 2. Skin bump
- 3. Albany's canal
- 4. Systematic plan
- 5. Wind dir.
- 6. Pseudonym
- 7. Recline lazily
- 8. Flightless bird
- 9. Kitchen gadget
- 10. Reporter's question
- 11. Criminal mastermind
- 12. Palo \_\_\_\_\_
- 13. Plan
- 21. Robin's home
- 23. Guys' dates
- 26. Move slightly
- 28. Pull apart
- 29. Less green
- 30. Love to pieces
- 31. Monotonous
- 32. Devourer
- 33. Pub beverages
- 34. Fragrance
- 35. Trials
- 37. Refer to
- 41. Stick around
- 44. Rogue
- 45. Neckwear items
- 47. "Heidi" setting
- 48. Most submissive
- 50. Italian seaport
- 53. Circus shelter
- 54. Renovate
- 55. Eden resident
- 57. Staff officer
- 58. Harness part
- 60. Reverberate
- 61. Press
- 62. Disappointed shout
- 64. Twice five
- 66. Pronoun

**Answers page 19**

# You're Joking

- Q - Guess what time the man went to the dentist?
- A - Tooth hurt-y.
- Q - Why can't you have a nose 12 inches long?
- A - Because then it would be a foot.
- Q - Why did the coffee file a police report?
- A - It got mugged.
- Q - What do you call a pony with a sore throat?
- A - A little horse.







## Chairperson of the Shuswap Nation Tribal Council

### By Acclamation

Congratulations to Splitsin Chief Wayne Christian acclaimed Tribal Chief of the Shuswap Nation Tribal Council (SNTC). Back in April, 2018 Chief Christian was the only one person whose nomination was completed and who was qualified to stand as a candidate for the scheduled election to take place May 9th, 2018, however the election didn't need to go ahead and Chief Christian was declared Tribal Chief of SNTC for another three year term.

*Congratulations  
Kukpi7 Christian*

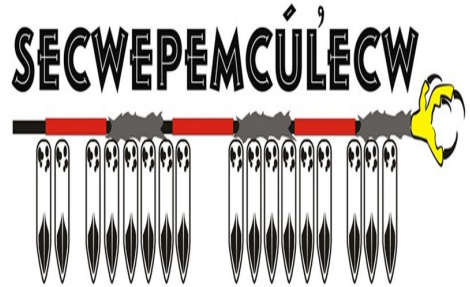


Image Credit: spiritmap.ca

Wayne Christian  
Chief of Splitsin and  
Chairperson of SNTC

### Upcoming Events from other organizations/groups



**Everyone Welcome!**

**Location: Neskonlith Hall**

**\$10 a table**

**Door prizes!**



Contact: Donna Jules, 250-679-2710,  
elderscoordinator@neskonlith.net

You are invited to Adams Lake Band Education Celebration  
For ALIB Students from K-12 & Post Secondary, etc

**On June 14, 2018 at 5:00 pm**

At Adams Lake Band Gymnasium, Chase, BC

Light Dinner at 5:15 pm



RSVP by June 6, 2018 to ALB Education Department 250-679-8841

For Catering purposes



## Campfire Breakfast Potatoes

### Ingredients

6 slices bacon, cut crosswise into 1/4-inch pieces  
 1 tablespoon olive oil  
 2 white potatoes, cubed  
 salt and ground black pepper to taste  
 1 onion, chopped  
 4 eggs, beaten

**Options:** Add sausage, bell peppers, garlic, tomatoes.

Garnish with sour cream and chives. Put cheese on top and hot sauce.



### Directions

1. Cook and stir bacon in a skillet over medium heat until crispy, about 5 minutes. Transfer to a paper towel-lined plate to drain, discarding most of the grease.
2. Return skillet to the stove and add olive oil; heat over medium heat. Add potatoes, salt, and pepper; cook and stir until browned and somewhat crispy, about 10 minutes.
3. Mix onion into potatoes and cook until onion is translucent, about 5 minutes. Return bacon to the skillet; cook and stir until heated through, 1 to 2 minutes.
4. Pour eggs over potato mixture; cook and stir until eggs are set, 5 to 6 minutes.

**Do you have a favourite recipe you would like to share?**

Email it to [keverard@alib.ca](mailto:keverard@alib.ca) or drop off at main reception desk in Chase or Salmon Arm offices.



### Household Hints & Tips

#### Things to get rid of and decluttering ideas

From [www.goodhousekeeping.com](http://www.goodhousekeeping.com)

- ⇒ Former best seller books cluttering up the book shelves. Pass on your former favorite beach reads to friends by holding a book swap.
- ⇒ Worn sheets/old towels that are practically translucent you can cut them up to use them as rags or you can donate to animal shelters for pet bedding.
- ⇒ Old eye makeup (mascara, eyeliner, eye shadow and eye creams) can block the oil glands of your lids, a buildup here can lead to a nasty infections. Experts recommend tossing it after three months.
- ⇒ Loofahs apparently only supposed to have a lifespan of three weeks before they actually get you dirtier than cleaner.
- ⇒ Old mattresses, experts say that a mattress should be replaced every eight years, by which time it would have amassed 10 pounds of dead skin cells.
- ⇒ Your stash of travel toiletries (small bottles of shampoo/conditioners etc. from hotel rooms) can be donated to homeless shelters, men/women's shelters.
- ⇒ Recycle old occasion cards (birthday, valentines, Christmas etc.) or use them as the basis for a craft to make gift tags or postcards.
- ⇒ Painful shoes - high heels or flats that hurt your feet, organize a shoe swap party with your friends. Would be good to include handbags, purses too.
- ⇒ Leftover cans of paint have to properly disposed of or recycled. Or instead of tossing it, donate it to elementary school for big art projects coming up, or use on smaller projects like dress up an old stool or bookshelf.

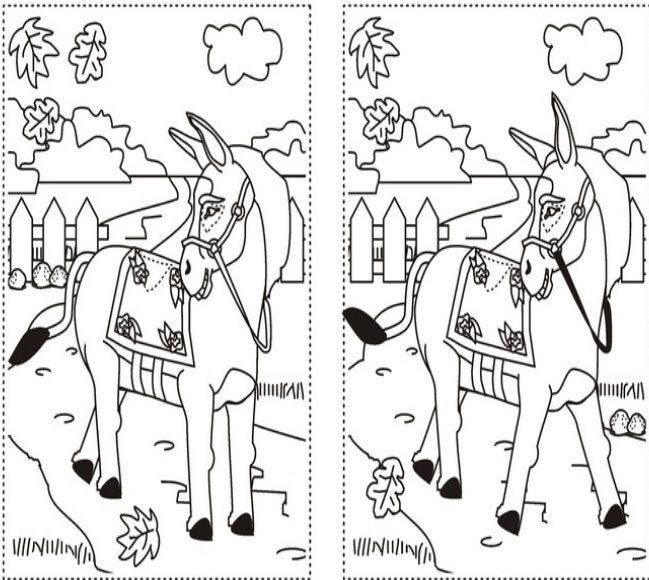


## Black Bear



skwleqs

Find the ten differences between the two pictures.



**MONDAY NIGHT PADDLE** 6PM - 8PM  
**MEET @ ALIB FISH STATION**

Let's get out on the water!

MAY 28TH  
 JUNE 11TH  
 & 25TH

Contact: Tim Johnson  
 250-253-4838

Fun, Adventure, Exercise!

## Learn Secwepemctsin Words

Chief Atahm School (CAS) has archived and teach our language using *First Voices* web based tools and services . On this website you can engage and learn Secwepemctsin words, phrases, songs, stories, the alphabet. Go to: [www.firstvoices.ca](http://www.firstvoices.ca) 1)Click on English 2) Click on **Choose a Language**. 3)Scroll down to near bottom and **Choose Secwepemctsin** (Eastern Dialect). This brings you to CAS Community Portal . 4) Click on **Learn Our Language**. On left hand side bar you can pick: Words, Phrases, Songs, Stories, Alphabet. 5) If you click on Secwepemctsin word, you will hear audio on how to say the word.

### Secwepemctsin

(Eastern Dialect)

**Kwelkwákwelt**

**Kwítem**

**Kútse**

### English

**dandelion**

**dig roots (esp. wild potato)**

**Indian celery, *Angelica arguta***





May 4, 2018

**Invitation to Participate - Indigenous Climate Action Toolkit Workshop**

I am writing to see if you might be interested in having a workshop in your community to talk about climate change from your own cultural knowledge and experience.

I am a Coordinator with Indigenous Climate Action (ICA), and we are working to develop a toolkit with Indigenous communities that supports community understanding of climate change (from both scientific and Indigenous forms of knowledge). We would like to seek input into what kind of teaching and planning tools would best support the generation of climate knowledge and leadership in your region.

A little about ICA: we are a very new Indigenous-led organization, working to strengthen Indigenous communities as leaders of climate solutions. We have two very clear targets. At a community and regional level, our aim is to create teaching and planning tools with and for Indigenous communities to spread awareness about climate change. At a national and international level, our goal is to put forward an Indigenous position on climate change from our own cultural values and expertise, so that it will shape policy to protect the earth.

**Our Vision for the Toolkit**

Our aim is to develop a Toolkit that Indigenous peoples can use to build on their own knowledge and strengths; and that provides useful information to help protect our territories and ways of life from the changes taking place.

We are holding workshops in central communities or regions across Canada from February to July 2018, as the first stage in this project. The purpose of each workshop is to:

- Share basic climate change information (both scientific and Indigenous understandings)
- Ask community members what would help raise awareness about climate change in their community/region and what would help to respond to the challenges
- Seek input from communities on the toolkit design (what type of format, what type of content, etc.)

I hope you can join us for the meeting in Kamloops on Tuesday June 5, 2018 from 8:30 am to 5:00 pm. The meeting will be held at Shuswap Nation Tribal Council Conference Room, 680 Athabasca St. West. Lunch, refreshments, and some gas subsidies (if needed) will be provided.

If you are interested in being involved or learning more, please get in touch with our Toolkit Researcher, Dawn Morrison. Contact info below.

Kukstsemc,

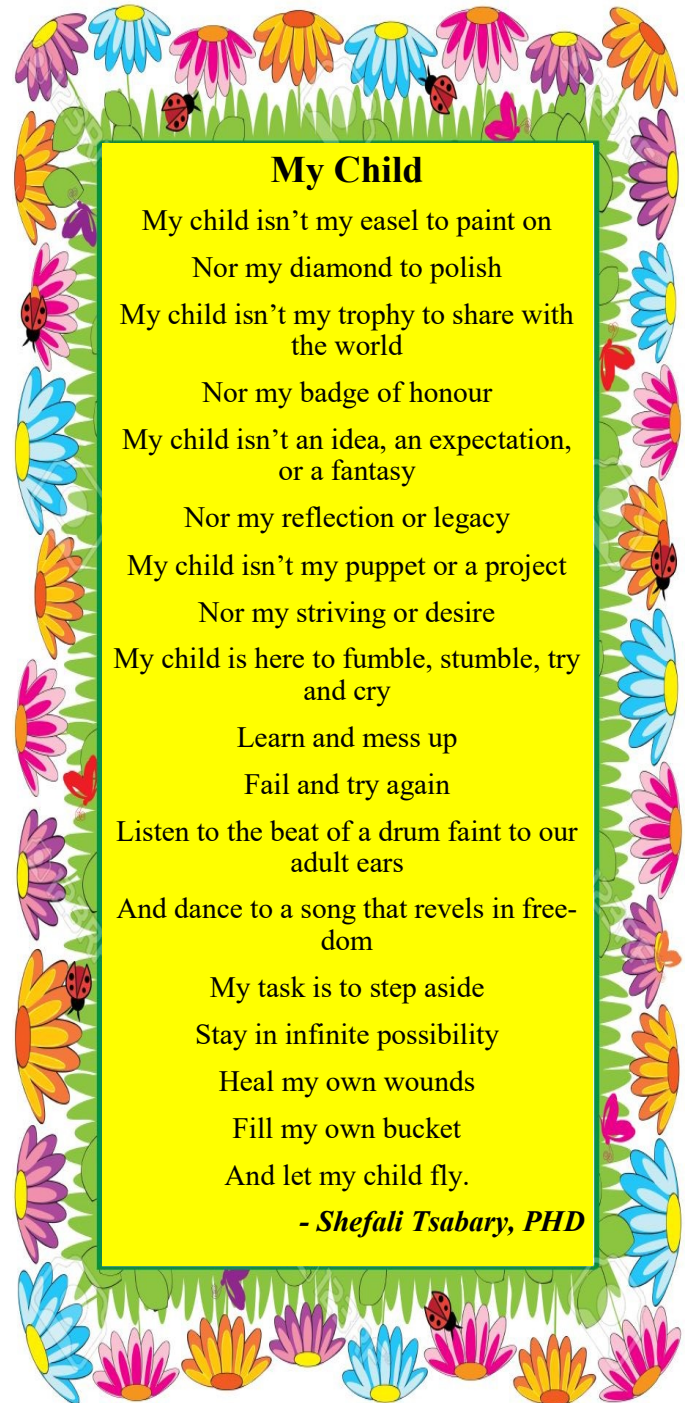
Dawn Morrison, Researcher/Toolkit Coordinator

**Northern and Western Regions: British Columbia, Yukon, Northwest Territories, Nunavut, Alberta**

Dawn Morrison

E-mail: [dawn@indigenousclimateaction.com](mailto:dawn@indigenousclimateaction.com)

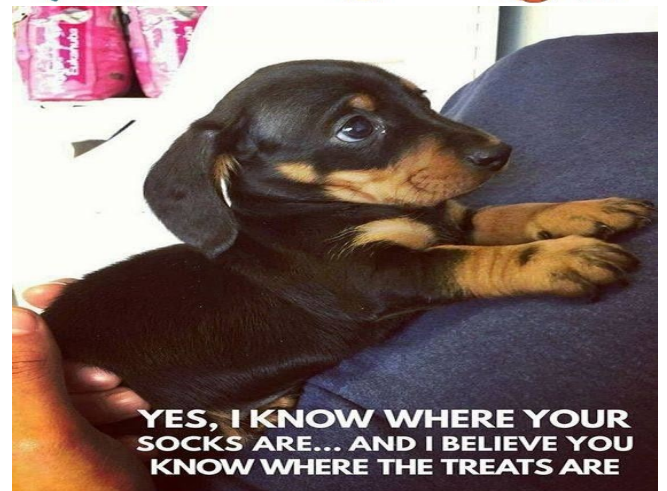
Mobile: 778.879.5106



**My Child**

My child isn't my easel to paint on  
 Nor my diamond to polish  
 My child isn't my trophy to share with  
 the world  
 Nor my badge of honour  
 My child isn't an idea, an expectation,  
 or a fantasy  
 Nor my reflection or legacy  
 My child isn't my puppet or a project  
 Nor my striving or desire  
 My child is here to fumble, stumble, try  
 and cry  
 Learn and mess up  
 Fail and try again  
 Listen to the beat of a drum faint to our  
 adult ears  
 And dance to a song that revels in free-  
 dom  
 My task is to step aside  
 Stay in infinite possibility  
 Heal my own wounds  
 Fill my own bucket  
 And let my child fly.

*- Shefali Tsabary, PHD*







Shuswap Stories by James Teit. Each month the *Cstèlnec Newsletter* will reprint a story to share.

**James Alexander Teit (1864 - 1922)** Born in Scotland, Teit immigrated to Spences Bridge, BC in 1884. In 1904 he visited Secwepemc communities at Splantsin, Shuswap Lake, Kamloops and Savona (Skeetchestn). There are a series of books, many articles and his fieldnotes on his recordings. Teit viewed Native peoples as his contemporaries friends, relatives and neighbours who lived a lifestyle similar to his own.

### 37. STORY OF HU'PKEN.<sup>1</sup>

Hu'pken<sup>2</sup> was a lad who lived with his parents, but would do nothing they told him. He was very mischievous, lazy, and quarrelsome, and would not train himself like other lads. As he was a nuisance to the people, his parents arranged to desert him at the first opportunity.

One day the boy went off into the woods and lay down in the shade, as he felt very lazy, and thought his parents might send him to do some work. When he returned home at sundown, he found the houses all deserted, so he started to follow the people's tracks and learn where they had gone. He said, "They cannot be far away, for I hear them whistling." He went in the direction of the sound, but next time it came from another quarter, — sometimes in front of him, then behind him, sometimes distant, and again close. Soon he became weary of following the sound, which really came from the excrements of the people, and, as it was getting dark, he returned to the village.

He entered one house after another, feeling very angry and disconsolate. He could find nothing to eat, except in the houses of Raven and Crow, who had left some fish-skins and other scraps. In the last house he noticed a large basket turned mouth down, and, feeling angry, he kicked it over, saying, "Why did the people not take this with them also?"

He was surprised to find his old grandmother hidden underneath. She was too old to follow the people, and they had left her behind. He was going to kick her also, but she said to him, "Do not kick me! I will be of service to you, and will teach you many things. Here is a lighted slow-match. Kindle a fire with it."

Then the old woman taught him how to make bows and arrows, and shoot game, that they might have food and clothing. At first he shot mice, rats, chipmunks, and squirrels; and the old woman sewed their skins together and made robes. Then he shot many bright-plumaged birds, and she also sewed their skins into robes. On sunny days the lad delighted in spreading out all his many robes in the sunshine, and admiring them. At last he was able to shoot large game, such as deer, sheep, elk, and bears, and he soon had great stores of skins, fat, and meat.

Now Porcupine happened to come along. When he saw the large

amount of provisions the lad had collected, he hurried away to the people's camp, and told them that Hu'pken was now a great hunter, and had large stores of meat and fat, and many beautiful robes. The people would not believe Porcupine's story, and sent Crow to verify the report.

When Crow arrived, Hu'pken invited him to eat, and asked him how the people fared. Crow said, "We have found very little game, and are all starving." When he returned, Hu'pken gave him a present of fat to carry to the people; but Crow hid it and told the people that Porcupine had lied about the lad, who was just as poor as when they left him. During the night Crow got up and fed his children with some of the fat. The children quarrelled over the food, and made much noise as they ate; and the people, hearing them, said, "Crow is feeding his children secretly."

Crow returned to Hu'pken and got more fat, which he fed to his children, so that they became fat and sleek. Then the people said, "Crow must feed his children on good food, for they are getting fat, while our children are getting thin. We know he is no hunter, and cannot kill game. Where does he obtain his supply?" They sent Flying-Squirrel to watch Crow. He clad himself in black moss, and, keeping in the timber, walked along unobserved, and watched Crow's camp. Seeing Crow's children eating fat<sup>1</sup>, he returned and informed the people, who asked Crow where he got it, and he acknowledged that he received it from Hu'pken. The people then returned to their village, where they were feasted by the lad. Hu'pken had filled the houses of Crow and others who had left him food, but he put no meat into the houses of those who had not pitied him.

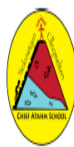
<sup>1</sup> A small variety of bird which attacks other birds. I had no chance to identify it.

<sup>2</sup> See Teit, *Traditions of the Thompson River Indians*, pp. 26, 51.

<sup>1</sup> Some say Flying-Squirrel heard Crow's children eating, and their father scolding them for making a noise, as the people would hear them and become suspicious. He ran out and seized some of their food, which he brought to the people, who discovered that it was fat.



**Chief Atahm School**  
**TPRS Language Teaching Summer Institute**  
**July 2018**



Chief Atahm School c/o Adams Lake Indian Band  
 P.O. Box 1068  
 6371 Chief Jules Way  
 Chase, B.C. V0E 1M0

Phone: (250) 679-8837  
 Fax: (250) 679-8862  
 Email: [caschool@alib.ca](mailto:caschool@alib.ca)  
[www.chiefatahm.com](http://www.chiefatahm.com)



The 14<sup>th</sup> Annual Chief Atahm School Language Teaching Summer Institute is designed to bring together new and experienced First Nations Language Teachers. The summer courses are an opportunity to share our collective dreams of Language Revitalization by exploring theory and practice. The 2018 sessions will feature a 5-day TPR-Storytelling Course and a 5-day TPR-S and Advanced Language Teaching Techniques course. Both of these courses are accredited through Thompson Rivers University and through Nicola Valley Institute of Technology. Both courses are transferable to major institutions in BC.

The cost for each participant for each of the five day TPRS Summer Institute courses is \$800.00. This cost includes all instruction, handouts, and light lunches (soup & sandwich). There are limited spaces available for low cost billeting. There are motels, rv and camp sites, and other accommodations in the area.

**TPR-Storytelling Course: Monday July 9<sup>th</sup> to Friday July 13, 2018**

The TPR-Storytelling methodology for second language teaching has been successfully implemented in language classrooms worldwide. This story-based teaching method employs Classic TPR, an action-based methodology that quickly develops a core communicative vocabulary, and progresses on to speaking using stories. Chief Atahm School has developed an intensive training program to help aboriginal language teachers build successful language programs through utilizing action-based, innovative teaching strategies. During this institute each participant will be provided with training through lectures, modeling, activities, and multimedia presentations to help develop skills specific to TPR-S. Dr. Kathryn Michel's, First Nations Language Essentials Level One (2018, FNSA/FNESC) will be used as the framework.

Accreditation Information for NVIT EDUC 260: Innovative Teaching & Practices and TRU EDLL 3900: Methods for Teaching Aboriginal Languages  
 Register for 3 credits, from either NVIT or Thompson Rivers University (TRU) for extra cost: \$25 admin fee

**Advanced TPRS Techniques, Monday July 16<sup>th</sup> to Friday July 20<sup>th</sup>, 2018:**

In this five day course, we will expand on the TPR Storytelling methodology and introduce learning to converse and read in the language. The focus will be on developing speaking skills and how literacy can support communication. This intensive course will provide many practical and theoretical experiences, including: lesson planning, creating yearly overviews, using technology and curriculum development. The First Nations Language Essentials Level Two draft will be used as a teaching framework.

Accreditation Information for NVIT EDUC 280: Methods in 2<sup>nd</sup> Lang Acquisition and EDLL 3920 – Practices for Aboriginal Language Teaching  
 Register for 3 credits, from either NVIT or Thompson Rivers University (TRU) for extra cost: \$25 admin fee

**Course Instructors:**

Dr. Kathryn Michel, EdD  
 Janice Michel-Billy, M.Ed

**Accommodations in Chase and area:**

<i>Overlander Motel</i>	<i>Chase Country Inn Motel</i>	<i>Quaaout Lodge &amp; Talking</i>
<i>181 Shuswap Ave</i>	<i>576 Coburn St.</i>	<i>Rock Golf Course</i>
<i>Chase, BC</i>	<i>Chase, BC</i>	<i>1663 Little Shuswap Lake Rd</i>
<i>Phone: 250-679-8633</i>	<i>Phone: 250-679-3333</i>	<i>Phone: 250-679-3090</i>
		<i>Toll Free: 1-800-663-4303</i>

**For more information contact:**

Kim Dennis, Chief Atahm School  
 Phone: 250-679-8837  
 Fax: 250-679-8862  
 Email: [caschool@alib.ca](mailto:caschool@alib.ca) Website: [www.chiefatahm.com](http://www.chiefatahm.com)

**Summer Institute 2018: Registration Form**

**TPR-Storytelling Course (TPRS)**  
**July 9 – 13, 2018 (5 days)**  
 The cost for each participant for the 5-day institute is \$800.  
 This cost includes tuition, course handouts, and light lunches (soup & sandwich).

Register for 3 credits, Thompson Rivers University (TRU) for extra cost: \$25 admin fee  
 EDLL 3900 – Method for Teach Aboriginal Language

Register for 3 credits, Nicola Valley Institute of Technology (NVIT) for extra cost: \$25 admin fee  
 EDUC 260: Innovative Teaching & Practices

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**Advanced TPRS Techniques July 16 – 20, 2018 (5 days)**  
 The cost for each participant for the 5-day institute is \$800.  
 This cost includes tuition, course handouts, and light lunches (soup & sandwich).

Register for 3 credits, Thompson Rivers University (TRU) for extra cost: \$25 admin fee  
 EDLL 3920 – Practices for Aboriginal Language

Register for 3 credits, Nicola Valley Institute of Technology (NVIT) for extra cost: \$25 admin fee  
 NVIT EDUC 280: Methods in 2<sup>nd</sup> Lang Acquisition

---

Request Billeting – There are limited spaces available for low cost billeting. Phone Kim  
 For more information.

Name: \_\_\_\_\_

Billing Organization: \_\_\_\_\_

Organization mailing address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_

Email (please print clearly): \_\_\_\_\_

**Payment:** Sorry, we don't take Credit Cards (Registration is NOT complete until payment has been received)

Cheque no. \_\_\_\_\_ (Cheques payable to Adams Lake Indian Band-Chief Atahm School)

Money order  Purchase Order No. \_\_\_\_\_ (Attach P.O.)

**Cancellations and Refunds:** Registration fees will be refunded, less a \$100.00 administration fee, if cancellation is received in writing no later than June 30, 2018. After that date, registration fees are non-refundable. All funds will be processed after the courses. Substitutions are allowed.

Unfortunately, we are unable to accommodate special diets, however, there will be access to a fridge and kitchen if needed

Signature: \_\_\_\_\_

For more information contact Kim Dennis at (250) 679-8837

Confirmation letter of registration will be sent.



# You're Joking

Q - What do you call your Dad when he falls through the ice?

A - A POPsicle.

Q - What happens when you talk to a cow?

A - It goes in one ear and out the udder.

Q - What is black when you buy it, red when you use it and white when you are done with it?

A - Charcoal.

Q - What has to be broken before you can use it?

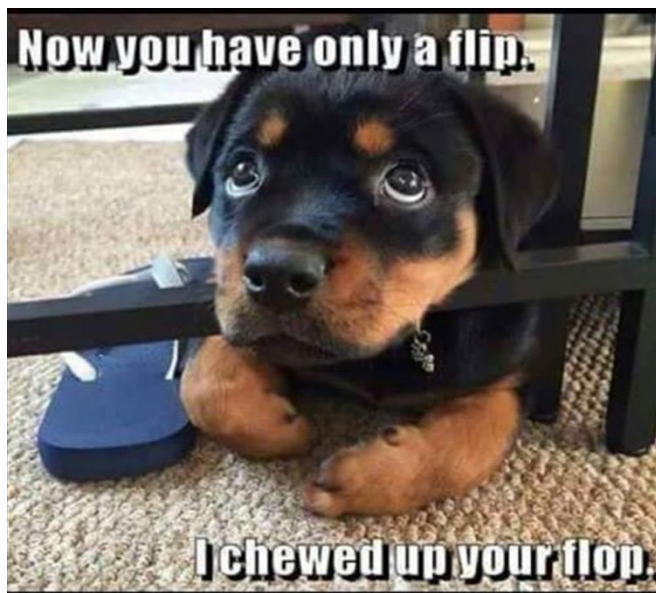
A - An egg.

Q - What is big as an elephant, but weights nothing at all?

A - The shadow of an elephant.

Puzzle Solution © OnlineCrosswords.net

E	W	E	R		W	A	L	D	O		W	R	A	P	
B	A	R	E		S	L	O	O	P		H	I	L	L	
B	R	I	G		W	I	L	D	E		O	N	T	O	
S	T	E	I	N		A	L	O	N	G		G	O	T	
			M	E	S	S		E	A	R	L				
R	A	R	E	S	T		E	A	R	L	I	E	S	T	
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P	O	P			R	I	T	E	S			D	E	S	
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R	E	T	A	I	N	E	R		A	L	E	R	T	S	
			I	D	E	A			T	Y	P	E			
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**Did you know . . . .**

**Some random fun facts about animals**

- **Did you know** gorillas can catch human colds and other illnesses.
- **Did you know** there is an average of 50,000 spiders per acre in green areas.
- **Did you know** the leg bones of a bat are so thin that no bat can walk.
- **Did you know** a tarantula spider can survive for more than two years without food.
- **Did you know** some male songbirds sing more than 2,000 times each day.
- **Did you know** the average fox weighs 14 pounds.
- **Did you know** ostriches can run faster than horses and the males can roar like lions.
- **Did you know** a grasshopper can leap 20 times the length of its own body.
- **Did you know** a woodpecker can peck 20 times per second.

**GOT YOUR P.A.L**

(Possession and Acquisition Licence)

If so, you have a chance to win a gun cabinet, gun lock or cleaning kit. All you need to do is show your valid PAL card at the reception desk at Sexqeltqin Health Centre, Chase, BC for your name to be put in draw. This is for ALIB band members and community members. Any inquires please contact Robin M at (250)679-7726.

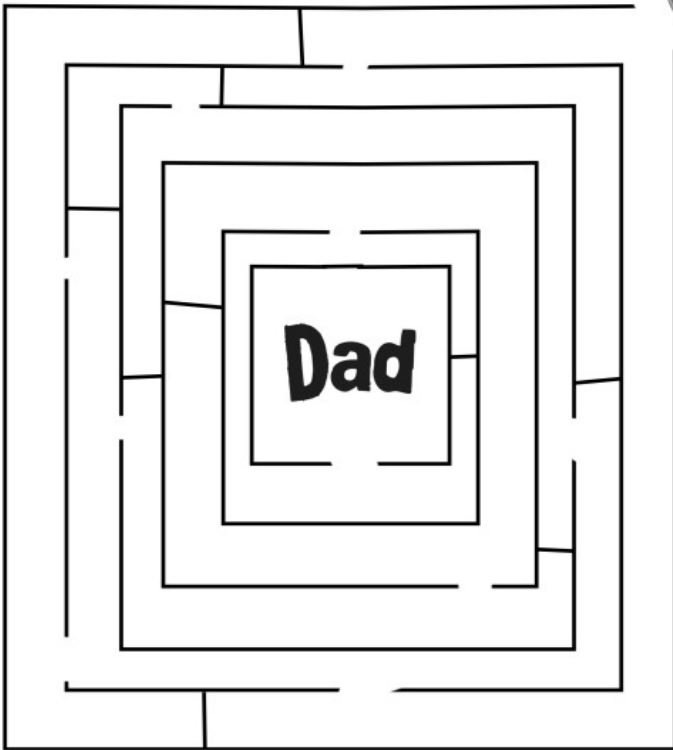
**Happy Father's Day**

Sunday, June 17th

Can you say this tongue twister  
three times in a row fast?

**Six sleek swans swam swiftly southward.**

# Help Dad Go Fishing!



*"Walk a little slower, Daddy,"  
 Said a little child so small.  
 "I'm following in your footsteps  
 and I don't want to fall.  
 Sometimes your steps are very fast,  
 sometimes they're hard to see.  
 So walk a little slower,  
 Daddy, for you are leading me.  
 Someday when I'm all grown up, you're  
 what I want to be.  
 Then I will have a little child who'll  
 want to follow me,  
 And I will want to lead just right and  
 know that I was true.  
 So walk a little slower, Daddy,  
 for I must follow you."*

YourBirthdayQuotes.com



**FATHER**  
**KIND trust**  
 nurturing friend  
**WISDOM**  
 family man **LO**  
 thoughtful **VE**  
**STRONG patient**





**JOB POSTING**  
**(2) Summer Student Position**  
**Sahhalkum Daycare**

Adams Lake Indian Band is seeking a Summer Student to work under the direction of the Adams Lake Band Daycare Supervisor/Senior Staff and mentor under various departments/consultants. The Summer Student Daycare Worker will assist in the care and management of children enrolled in Sahhalkum Daycare and or Community Events.

**DUTIES INCLUDE:**

- Assist in the planning and implementing of daily/weekly program.
- Assist with supervision of children ages 3 months to 12 years of age
- Ability to have daily interaction with parents
- Assist with daily food preparation
- Provide housekeeping duties
- Working knowledge of safety and health policies
- Working knowledge of emergency procedures
- Maintain healthy lifestyle for role modeling purposes
- Punctuality and reliability is mandatory
- Follow the ALB Employment and Sahhalkum Daycare policies as to timeliness, confidentiality, personal appointments, and telephone calls.

**REQUIRED SKILLS AND ABILITIES:**

- *Attending School Full time student – September 2017 to June 2018*
- Excellent communications skills – verbal, written and human relations
- Organized and detail-oriented
- Ability to work independently, and a team member
- Familiarity/knowledge of Secwepemc language and culture
- Safety Oriented First Aid course (an asset but we can provide training)

**BONAFIDE OCCUPATIONAL REQUIREMENTS (REQUIRED DOCUMENTS)**

- Food Safe (An Asset/not required)
- Acceptable criminal record check prior to start date
- Reliable transportation to work an asset
- Have a Social Insurance Number
- Must meet ASETS criteria for referral that is required for interview

**TERMS OF EMPLOYMENT:**

Fixed term position 8 weeks, Between: July 3, 2018 to August 31, 2018  
 Hours per week: 37.5 (max 37.5 hrs/week), with flexibility in hours/days of work.

Interested applicants please direct resumes to:

Marnie Baxter, at email: mbaxter@alib.ca

**Deadline for applications will be June 15, 2018 at 4:00 p.m.**

“Thank you for your interest in this position; only those contacted will be interviewed”



**JOB POSTING**  
**(2) Summer Student Position**  
**Public Works**

The Public Works and Housing Worker will work under the direction of the Adams Lake Band Public Works and Housing Supervisor and/or designate and mentor under various departments/consultants. The Maintenance Worker will assist grounds maintenance, elder support and assist in all recreation sites, community gatherings and events; community buildings, and other areas to ensure they are properly maintained.

**DUTIES INCLUDE:**

- Assist in the maintenance of grounds – general, elder homes and other areas.
- Assist with small public works and housing projects
- Daily schedule of maintenance as noted above
- Assist with general office duties if requested
- Provide general janitorial duties
- Working knowledge of safety and health policies
- Working knowledge of emergency procedures
- Maintain healthy lifestyle for role modeling purposes
- Punctuality and reliability is mandatory
- Follow the ALB Employment policies as to timeliness, confidentiality, personal appointments, and telephone calls.

**REQUIRED SKILLS AND ABILITIES:**

- Must be a student in September 2017 to June 2018 and returning September 2018
- Working knowledge of all small hand tools
- Use of lawn mower, weed eater, hedgers, and other lawn equipment
- Physically fit
- Organized and detail-oriented
- Ability to work independently, and a team member
- Develop and write reports if required
- Safety Oriented First Aid course (an asset)
- Have own work gear prior to interview

**BONAFIDE OCCUPATIONAL REQUIREMENTS (REQUIRED DOCUMENTS):**

- Class 5 Drivers License (preferred)
- Acceptable criminal record check
- Have social insurance number
- Must meet ASETS criteria for referral that is required for interview

**TERMS OF EMPLOYMENT:**

Fixed term position 8 weeks, BETWEEN JULY 3, 2018 - AUGUST 31, 2018  
 Hours per week: 37.5 (max 37.5 hrs./week), with flexibility in hours/days of work.

Interested applicants please direct resumes to:

Jerry Andrew, Interim Infrastructure & Emergency Services Director at email: jandrew@alib.ca

**Deadline for applications will be June 15, 2018 at 4:00 p.m.**

“Thank you for your interest in this position; only those contacted will be interviewed”

# Tips

## Camping Tricks

Here are a few camping tricks found on google *matadornetwork.com*.

- ◆ Protect your toilet paper = To keep your toilet paper from being crushed or getting wet, take a plastic coffee can, cut a slit on the side. Put in toilet paper in and run the paper out the side of the cut out.
- ◆ Create a makeshift music speaker = place your phone or IPod in a ceramic mug.
- ◆ Sage is a natural mosquito repellent = throw some on the fire every now and then, should keep them away.
- ◆ Fire starters instead of matches = Coat a cotton ball in Vaseline and then wrap it in a square of aluminum foil. When it's time to use it, cut an X in the foil, pull a bit of the cotton out, twist it into a wick and light it. Should last about 10 minutes.
- ◆ Pre-make your pancakes = Pre-make your pancake batter, put it in plastic bags and then freeze them. They will double as ice packs and you can then thaw and cook them up. You won't have to worry about spoiled milk or eggs.
- ◆ Make single serve coffee = Just put some coffee in a coffee filter, tie it up with dental floss and then use it as a teabag in hot water.



### Are you a Sixties Scoop Survivor? A proposed settlement may affect you.

The Ontario Superior Court and the Federal Court will decide on a proposed settlement in Saskatoon May 10, 11, 2018 at 10am and in Toronto on May 29, 30, 2018 at 10am.

The Proposed Settlement Benefits: It will provide compensation to all Class Members who were adopted or made permanent wards and who were alive on February 20, 2009. The proposed settlement will also establish a foundation to enable change and reconciliation and access to education, healing/wellness and commemoration activities for communities and individuals. The Foundation is intended to bridge the generations and give meaning to suffering as well as to provide healing and reconciliation for the whole of Canada, now and for the future. Benefits from the Foundation are not restricted to Class Members.

Canada has agreed to fund the Foundation in the amount of at least \$50 million to enable change and reconciliation and, in particular, access to education, healing/wellness and commemoration activities for communities and individuals.

Canada has also agreed to make payments to Eligible Class Members as follows: If fewer than 20,000 Eligible Class Members submit claims, each Eligible Class Member will receive an amount equal to \$500 million divided by the number of Eligible Class Members who submit claims, to a maximum for \$50,000 per person.

If between 20,000 and 30,000 Eligible Class Members submit claims, each Eligible Class Member will receive \$25,000.

If more than 30,000 Eligible Class Members submit claims, each Eligible Class Member will receive an amount equal to \$750 million divided by the number of Eligible Class Members who submit claims.

If there are fewer than 20,000 claims by Eligible Class Members and the total amount paid to Eligible Class Members is less than \$500 million, the difference between the total amount paid to Eligible Class Members and \$500 million shall be paid to the Foundation.

The proposed settlement includes all registered Indians and Inuit people who removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents.

If you are not sure whether you are included in the proposed settlement, you may call 1-(844)-287-4270 with questions or visit [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info) or [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

**Contact Daidri at (250)679-7726 for document hand out with more information.**





**June 2018**  
 Youth Activities For ALIB  
 Tim Johnson - 250-804-3266  
[tjohnson@alib.ca](mailto:tjohnson@alib.ca)

June  
 2018

**ALIB ELDERS ACTIVITIES**

- Did you know that ALIB members over the age of 65 and reside on ALIB may qualify for Structure insurance? Conditions apply, please call Christine at Public Works for additional information and to determine if you are on the list. 250-679-8841

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Canoeing with CAS 1-2:30pm Community Canoeing 6-8pm	29 Crafts 3:30-5:30pm Supper Club 5:30-6pm Youth in SA (grades 8-12) 6:30-9:30pm	30 Girls Group 3:30-7:00pm	31 Hiking 3-6pm	1 Waymaker Youth Gathering	2 Waymaker Youth Gathering
3 Waymaker Youth Gathering	4 Office Meeting Day 8am-4:30pm	5 Crafts 3:30-5:30pm Supper Club 5:30-6pm Youth in SA (grades 8-12) 6:30-9:30pm	6 Girls Group 3:30-7:00pm	7 Art at Carlin Hall 6-8pm Man Cave 5-7pm	8 Off in lieu	9
10 Office Meeting Day 8am-4:30pm Community Canoeing 6-8pm	11 Crafts 3:30-5:30pm Supper Club 5:30-6pm Youth in SA (grades 8-12) 6:30-9:30pm	12 Girls Group 3:30-7:00pm	13 Art at Carlin Hall 6-8pm	14 Art at Carlin Hall 6-8pm	15	16 Art at Carlin Hall 6-8pm
17 Father's Day	18 Office Meeting Day 8am-4:30pm	19 Crafts 3:30-5:30pm Supper Club 5:30-6pm Youth in SA (grades 8-12) 6:30-9:30pm	20 Girls Group 3:30-7:00pm	21 Aboriginal day @ Swits 10am-3pm @ Quaoout lodge 4-10pm	22 Off in lieu	23
24 Office Meeting Day 8am-4:30pm Community Canoeing 6-8pm	25 Crafts 3:30-5:30pm Supper Club 5:30-6pm Youth in SA (grades 8-12) 6:30-9:30pm	26 Girls Group 3:30-7:00pm	27 Girls Group 3:30-7:00pm	28 LAST DAY OF SCHOOL PARTY!!! 2-6PM	29 Off in lieu	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Coming home to the heart workshop ALIB 7-9pm	2 Coming home to the heart workshop 10am-5pm ALIB
3 Coming home to the heart workshop ALIB 10am-5pm	4 Office	5 Sage gathering leave Chase 10am-3pm	6 Office	7 Office	8 Haircuts Chase elders room 10am-2:00pm Age 60+	9
10	11 Off in lieu of June 2, 2018	12 Office	13 Skeetcheshn/LSLIB & ALIB elders picnic, LSLIB cultural site 12 noon	14 Office	15 Elders lunch Sxwetsmellp 12 noon	16
17	18 Chase Elders dinner 5pm-6:30pm Chase elders room	19 Office	20 Office	21 Aboriginal day band office closed	22 Off in lieu of June 3, 2018	23
24	25 Office	26 Esket Elders Governance meeting travel day	27 Esket Elders Governance meeting, Alkali Lake Age 60+	28 Esket Elders Governance meeting, Alkali Lake age 60+	29 Esket Elders Governance meeting, travel home. Age 60+	30

Please call Daidri Marr at 250-679-7726 (Extension 2372) for additional information or to arrange transportation to Elders events. CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL.

# Upcoming Meetings/Events

## **Coming Home to the Heart - 3 day workshop**

Fri. June 1 from 7:00 to 9:00 pm; Sat. June 2, and Sun. June 3rd from 10:00 am to 5:00 pm at the Adams Lake Band Hall, 6430 Village Road, Chase, BC. Releasing and Healing Inter-Generational Trauma with Diana Allen. Cost \$250.00, ALIB band members and community members will have this cost covered. Please wear comfortable clothing, bring a note book and a dish for potluck lunch on Saturday and Sunday. FMI and to fill in application contact Daidri at (250)679-7726.

## **Chase Dry Grad Bowling & Silent Auction**

Sun. June 3rd at 2:00 pm Tickets are \$20.00 per person, available from Kandi at Royal Bank of Canada, Chase, BC or check with a 2018 Grad.

## **Safety at the Park & Celebration**

Tues. June 5th at 3:30 to 5:30 pm at the Park by the 5 plex, ALIB IR #4, corner of Centre Road & Mountainview Road, Chase, BC. Headstart & Early Years hosting a BBQ hot dogs, hamburgers and salad. Information on concussion, car seat safety. FMI contact Health Centre at (250)679-7726.

## **School Registration & Fun Fair**

Fri. June 8th at 4:00 to 7:30 pm at Adams Lake Recreation and Conference Centre, Chase, BC. Chief Atahm School and Language Nest hosting. Learn about unique Secwepemctsin Immersion Programs and Register for the upcoming school year. Finger food, bouncy castle, games and activities, prizes. Free admission for ages six and under.

## **General Band Meeting—2018/2019 Budget Presentation**

Sun. June 10 from 11:00 am to 4:00 pm at Adams Lake Recreation and Conference Centre, Chase, BC. Department Manager's will have booths set up to answer questions regarding their budget and work plans. Followed with a dinner being served at 4:00 pm. Hand drummer welcome.

## **ALIB Canoe Monday Night Paddles**

Mon. June 11 and Mon. June 25 meet down at the ALIB Fish Station from 6:00 pm to 8:00 pm. Let's get out on the water for fun, adventure and exercise. FMI contact Tim at (250)253-4838.

## **ALIB Education Celebration**

Thurs. June 14 at 5:00 pm at the Adams Lake Recreation and Conference Centre, Chase, BC. Celebrating all ALIB students from K-12 & Post Secondary, etc. Followed by light dinner at 5:15 pm. Please RSVP by Wed. June 6 to ALIB Education Dept. (250)679-8841 for catering purposes.

## **Band Office Closed Aboriginal Day**

Thurs. June 21st our band offices will be closed for Aboriginal Day. Re-opening on Fri. June 22nd at 8:00 am to 4:30 pm, closed for lunch from 12:00 to 1:00 pm.

## **Digital Mobile Mammography Coming to Chase**

Fri. June 29 and Sat. June 30 at Safety Mart Foods, Chase, BC. BC Cancer Breast Screening service - mammograms are available for women ages 40 and over. To book your appointment call 1-800-663-9203.

## **Chief Atahm School TPRS Language Teaching Summer Institute July 2018**

The 14th Annual CAS Language Teaching Summer Institute is coming up in July, 2018. Two courses will be offered for TPR Storytelling and Advanced Language Teaching Techniques. FMI and to register contact Kim at (250)679-8837.

This page is provided to show upcoming meetings/events. All bookings are subject to change in the event of an emergency. Some of the above events may have a poster displayed here within **Cstèlnec Newsletter** with more details.