

Announcement of CCSP/Communication and Membership



Offices Relocated

On April 11, 2016 after 8 years at the same location, the Comprehensive Community Strategic Planning (CCSP) office have moved from CCSP Building on Village Road in Chase, BC to the Resource Building at 6447 Hillcrest Road, Chase, BC. Downstairs across from the IT Dept. CCSP/Communications will share the location with Membership. Phone number and extension numbers remain the same (250)679-8841; extension number #2242 CCSP/ Communications Coordinator, Karen Everard. The phone # for Interim Membership Clerk, Jeromy Biron is #2247. Please stop at Main Reception Desk and Rena N will be glad to direct you to their offices.

Feel free to stop by for a visit or chat about Community Planning or Communications. Kukstemc.



Karen Everard

CCSP/Communications Coordinator

Adams Lake Indian Band

Please note my new street address

6447 Hillcrest Road

PO Box 588

Chase, BC V0E 1M0

Ph (250)679-8841 Ext 2242

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ICD:D, B.A., DPSM

Lawrence believes strongly in community service, especially in services to Aboriginal initiatives and activities: he is presently a Rotarian since 2003, and has by invitation been a Director for the Strathcona Community Futures, Campbell River Museum, Provincial Task Force for Aboriginal Economic Development, Vice-President and President - UVic Native Student Union and sat as National Aboriginal Student Spokesperson with the Canadian Federation of Student.



Adams Lake Indian Band would like to welcome *Lawrence Lewis* to the organization and the community in your role as Executive Director. We are looking forward to you joining our team and your success at ALIB.

Make Chief Atahm your choice for your child's education.

Place: Chief Atahm School

2016/2017 school year.

We offer a small school atmosphere and small classes
And a Secwepemctsin immersion program for Nursery to
Grade 3.

School expansion initiative to occur over the next 3 years.

Everyone welcome to attend.

Come and find out about our school: Tours available, meet the staff, Registration packages also available.

Snacks provided, door prizes offered (draw for iPad mini)

Hope to see you there!



From your Community Health Nurses, Jackie and Shauna

April 23-30 marks “**National Immunization Awareness Week**”, and is a great time to highlight the importance of immunizations and being up to date with them. Most immunizations are given in infancy and childhood when individuals are most at risk from complications of diseases. Communicable Disease is still prevalent in our communities, and many Communicable Diseases are preventable with vaccines. Many diseases can have serious complications, permanent and lasting damage, or even death. Currently Pertussis, also known as Whooping Cough, is circulating widely in our area and the rest of the province.

Whooping Cough is a serious infection of the airways caused by Pertussis bacteria. Whooping cough can cause pneumonia, seizures, brain damage or death. These complications are most often seen in infants. The bacteria is spread through airborne droplets from coughing, sneezing, or close contact. Whooping Cough can cause severe coughing (can break ribs) that often ends with a “whoop” sound before the next breath (adults often don’t have this sound though). This cough can last several months and occurs more often at night. Without antibiotics, a person can be infectious for 5 weeks, spreading the disease to others. Infants, and women in their 3rd Trimester of pregnancy are most at risk for complications from this disease.

Cases of **Mumps** have recently been diagnosed in Fraser Health Authority. Communicable Disease isn’t contained within borders, and so can spread easily through travel. Mumps can cause fever, headaches, and swelling of the salivary glands and cheeks (“chipmunk cheeks”). About 1 in 20 people with Mumps get Meningitis, a life threatening infection of the lining of the brain. Mumps can also cause temporary, along with permanent deafness. About 1 in 4 adult men and teenage boys develop painful swelling of the testicles. Mumps is spread through airborne droplets from coughing, sneezing, kissing, or exchange of saliva.

Healthy adults need a Tetanus /Diphtheria immunization every 10 years. Those adults with chronic health conditions may require additional immunizations. Come and talk to your friendly Community Health Nurses if you have questions about immunizations or want to see if you are up to date with immunizations. For additional information on Immunizations, please visit the Immunize BC and Immunize Canada websites:

Immunize BC Website: <http://www.immunizebc.ca/>

Immunize Canada Website: <http://immunize.ca/en/events/niaw.aspx>

Household Hints & Tips

- ◆ To clean pots, pans, or casserole dishes that have burnt on food, place a couple of dryer sheets in them and fill with hot water let it soak for a few hours. Then wash and rinse.
- ◆ Oops, dropped a raw egg on the floor? Grab the salt shaker and pour a thick layer of salt over the egg and wait a few minutes, then clean up and discard.
- ◆ Use shaving cream to clean bathroom mirrors will keep them from fogging.
- ◆ To keep ants out of your pets food if feeding outside, place bowl of food in a pan of water.
- ◆ Taking your dog for a walk every day is good exercise, it's not only good for them but it benefits you as well.
- ◆ Soaking window decals with baby wipes will soften the adhesive allowing for easier removal of decal.
- ◆ To neutralize ash tray smells in your car sprinkle the tray with baking soda.

WILDFIRE COMMUNITY PREPAREDNESS DAY Saturday, May 7, 2016

TOGETHER WE ARE PREPARED

Accomplish something great and organize neighbours, friends or a community group and participate in a project that reduces your wildfire risk. Commit a couple of hours, or the entire day and join others throughout the nation in making their communities a safer place to live. Find project ideas for your home and neighbourhood at www.firesmartcanada.ca



#IAMFireSmart
Follow FireSmart Canada

www.firesmartcanada.ca

Sponsored by:



FireSmart Canada, NFPA, The Co-operators and the Institute for Catastrophic Loss Reduction are pleased to support the 2016 Wildfire Community Preparedness Day campaign. We have not prepared or evaluated any of the community projects, activities or activities. The organizers of any local activity may require endorsement or approval of a project, its safety or effectiveness, and the sponsors disclaim all liability in connection with any such project, activity or activities.

TOGETHER WE ARE PREPARED

Accomplish something great and organize neighbours, friends or a community group and participate in a project that reduces your wildfire risk. Commit a couple of hours, or the entire day and join others throughout the nation making communities a safer place to live on Saturday, May 7, 2016. Challenge your neighbourhood, friends, family members, co-workers, community service group, youth organization, club or any eligible group to create a project and accomplish something great together!

Efforts will raise community wildfire awareness, help protect homes and help neighbourhoods and entire communities work towards becoming FireSmart.

In collaboration with the National Fire Protection Association (NFPA), the Institute for Catastrophic Loss Reduction (ICLR), and The Co-operators, FireSmart Canada is pleased to present the second annual National Wildfire Community Preparedness Day on May 7, 2016.

Wildfire Communities Preparedness Day, communities across Canada are encouraged to participate in local mitigation projects to help reduce the risk of wildfire damage to their homes and neighbourhoods.

Find project ideas for your home and neighbourhood at www.firesmartcanada.ca

Notice for Membership Clerk of Adams Lake Indian Band

The Adams Lake Band Membership office has moved from the C.C. P. Building to the Education building across from IT Department

* For inquiries please contact:
Interim membership clerk Jeromy Biron

Contact: (250) 679-7726

Time: 8:00 am—4:30 pm

Thanks



HOMEOWNER'S MANUAL

FireSmart Begins at Home





Chase Hamper Society
P.O. Box 137
Chase, B.C. V0E 1M0

ADAMS LAKE

April 8, 2016

Chief and Council:

I am writing to inform you of the new changes implemented at the Chase Hamper Society.

Clients who access the services of the Chase Hamper Society are now required to register with us and complete the Agreement to Services. By completing the Agreement to Services the client agrees to one registration per family, proof of residency, proof of dependents, maximum four hampers per year, no misuse of the service, service maybe discontinued if you miss three hamper pick up dates and client information is to be updated every three months.

Clients are to provide ID for themselves plus any other adults or children living in the house. ID can either be, BC ID, BC driver's license, Indian Status Card or BC Care Cards. Clients are required to provide proof of address. This can be their ID with address on it, rent receipt or utility bill. We realize all clients may not be able to provide this information.

Clients are to call the Chase Hamper Society phone as usual at 250-682-6155 and make their request for a hamper. Hamper pick up days will be the first Monday of every month 9:00 – 11:00 a.m. and the third Monday of every month 1:00 – 3:00 p.m. With the exception of a statutory holiday the pick-up day would be Tuesday. Clients will receive a reminder call the day before to pick up their hamper.

In some situations a client may not be able to wait until the next hamper pick up day which is totally understandable and an emergency hamper will be provided.

In the past we provided all of our clients a food voucher for either grocery store in Chase. We have now discontinued this, and only families with children will receive a food voucher.

This new process is in the review stages and we are working very hard to ensure that our clients are taken care of.

Should you have any questions or concerns please address those to the Chair of the Chase Hamper Society.

As of March 21, 2016 our Executive Directors are:

Chair – Maureen MacDonald
Vice Chair – Valerie Guillaume
Treasure – Chuck Wyld
Food Manager – Brandi Nakazawa
Secretary – MacDonald/Guillaume

Sincerely,

Maureen MacDonald
Chair,
Chase Hamper Society



South Thompson River from Hoffman's Bluff
Looking west

On Tuesday, March 29, 2016, a helicopter was seen in the vicinity of Hoffman's Bluff and this activity was reported to Secwepemc leaders. The helicopter was on site to remove 6 posts from a temporary rock attenuating fence and did not disturb the rock face. This is to prepare for the permanent rock attenuating fence that will hang over the rock face to catch any rock and gravel that may fall. This rock fence is east of the Rat Cave.

Spiritual Monitors are on site as liaison between Secwepemc leaders and road construction staff to ensure Secwepemc protocol is upheld and to spiritually protect workers, staff, and traffic passing by from harm. For all people, for Secwepemc, and for non-Aboriginal.

Pillar Landmark at the top of Hoffman's Bluff

Spiritual Monitors went to great lengths to protect this ancient landmark from any damage or movement from road construction below the site and it has not been disturbed at all. Contractors and staff have been completely supportive of Secwepemc Protocol.



If you have any questions please call Sexqéltkem te Secwepemc staff at 250-679-2108, ext. 102 or check out our website www.sts-lakes.ca

Mother's Day BINGO

Sunday,
May 1st

Doors Open 5:30 PM
Warm up 6:15 PM
Walk Ins 6:45 PM
Early Birds 7:00 PM
Regulars Start 7:10 PM

Regular Prices Apply

\$30 Special Includes:

9 UP
2 Specials
Odd/Even

•Special
Mother's Day
Door Prizes!

•Free Coffee!

•Concession!

ADAMS LAKE RECREATION & CONFERENCE CENTRE

For More Information Contact ALRCC 679-3515

Next issue will be on

Thurs. May 26th, 2016.

Please send submissions

by May 19th.



Adams Lake Indian Band

Cstélnec Newsletter

Contact the Cstélnec Newsletter Team:

Karen Everard – CCSP/Communications Co-ordinator

Bernadette Dennis– Administrative Support

Phone (250)679-8841

Email keverard@alib.ca **Web** www.adamslakeband.org

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.

Mail PO Box 588, Chase, BC V0E 1M0

Office 6453 Hillcrest Rd, Chase, BC V0E 1M0

Hours Monday – Friday 8:00 am to 4:30 pm

Closed weekends and holidays.

Searching for the owners of a 70-year-old Kamloops family photo album

By Glynn Brothen



A page of the photos found in a 70-year-old album in a unit at Simpson's Mini Storage in Abbotsford

Image Credit: contributed

February 18, 2016 - 9:00 PM

ABBOTSFORD - A young woman who has kept a family photo album safe for over three years hopes to find its owners by making her discovery public.

"It's falling apart. It's really weathered but it has ten pages of photos. Since I've had it, I've kept it in a drawer so nothing could happen to them," Kristen Gunther says. "I just put the photos on Facebook and hoped social media would do its thing,"

When Gunther, 22, flipped through the pages of the book she noticed Kamloops was written on the back of most of the photos, including the Kamloops Residential School. Douglas Lake was a second location named within the album. Several photos of what she thinks is a family are from 1939 and this most recent date in the book was in 1943.

All people in the black and white photos are First Nations, she says. There are two small newspaper clippings tucked in the back of the book which mention bareback horse rider Bud Spielman at a rodeo in Sisters, Oregon in 1946.

Names in the book are: Elsie McDougal, August McCouley, Gwen Ward, Angela, Phil, Berry, Naneen, Dinny, Sheila and Rossy.

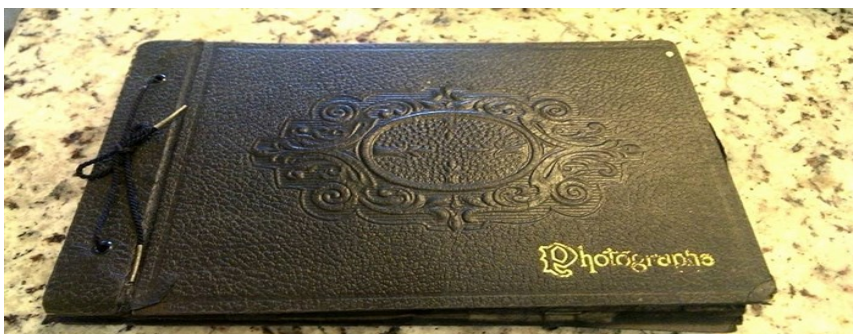


Image Credit: contributed

Continued on Pages 8 & 9

Gunther's father originally found the album, bound with black cardstock and string, around three years ago. She says her mother worked at Simpson Mini Storage and her dad would usually clean out the abandoned units.

"He could donate items, sell them or keep them," Gunther says. "They were units that people couldn't afford anymore or had been abandoned. It happened quite frequently."

When Gunther's dad found the photo album, she says he recognized it contained a wealth of history and likely held deep meaning for its original owner. He chose to keep it protected and planned to find out who it belonged to. Unfortunately, she says, no one wrote down what unit it came from.

Gunther's father died in 2013 and she recently found the album again after going through some of his old items.

While Gunther is happy to speak to those who identify the family members in the photos, she's hoping to find out who specifically owned the album so she can return it to them. She says many have reached out to her and encouraged her to donate the album to a museum, but she says that's not her choice.

"They're not my photos to just donate; it's not my family history," she says.

Here are some photos of the album, along with Gunther's original Facebook post which has been shared nearly 700 times. If you are the owner, or know who might own it, contact Gunther by messaging her on Facebook.



Image Credit: contributed



Image Credit: contributed

Continued Page 9



Image Credit: contributed

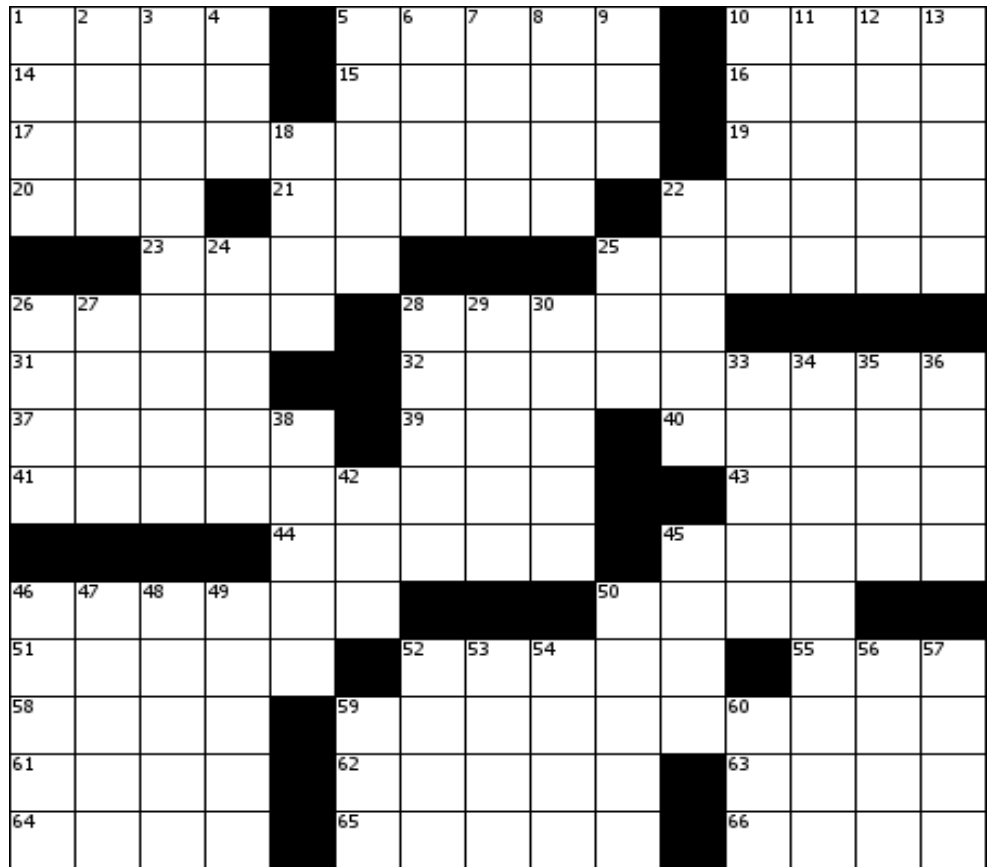


To contact a reporter for this story, email Glynn Brothen at gbrothen@infonews.ca or call [250-319-7494](tel:250-319-7494). To contact the editor, email mjones@infonews.ca or call [250-718-2724](tel:250-718-2724).

-This story was corrected at 8:20 a.m., February 19, 2016. Gunther's family did not own the storage unit although her mother worked there. This story was changed to reflect that fact.

Across

1. Froth
5. Range
10. Oceans
14. Furthermore
15. Slender candle
16. Tattle
17. Slow down
19. Historic canal
20. Compass dir.
21. Church walkway
22. Endeavored
23. Horse strap
25. Bedding
26. Church table
28. Zeal
31. Bellow
32. Certain noncoms
37. Warble
39. Watch
40. Slumber
41. Without meaning
43. Froster
44. Sees socially
45. Sucker
46. Vitality
50. Travel document
51. "Brokeback Mountain", e.g.
52. Gem surface
55. ____ Grande
58. Baking place
59. Fun and games
61. Perfect scores
62. Stately home
63. Actress ____ Bancroft
64. Besides that
65. Stairs
66. Monster's loch



Down

1. Whiten
2. Bullring cries
3. Determine for sure
4. Homer's bartender
5. Beer mug
6. Roadsters
7. October's stone
8. Baseball's ____ Rose
9. Poetic "before"
10. Violinist Isaac ____
11. Spooky
12. E.T., e.g.
13. Winter toys
18. Animal's den
22. Grows weary
24. British noblemen
25. Ship's diary
26. Skills
27. Folk knowledge
28. Desirable quality
29. ____ Witherspoon of "Walk the Line"
30. Woman's garment
33. Assumed name
34. Peach variety
35. Links gadgets
36. Lively
38. Shelflike rock
42. Place
45. Pocket bread
46. Overact
47. Fictional book
48. Makes level
49. Remove soap
50. Changes direction
52. Deed
53. Common skin problem
54. Riding whip
56. Charged atoms
57. Wallet stuffers
59. Real estate abbr.
60. Summer shade

Answers Page 14



You're Joking

Q - What did the green grape say to the purple grape?

A - OMG!, Breathe, BREATHEEEEEEE!!!

Q - What do you call a pig that does karate?

A - A pork chop.

Q - What do computers eat for a snack?

A - Microchips.

Walk a Mile in Her Moccasins

Men's March to Stop Sexual Assault & Violence Against Women

Raise awareness in our community about serious causes and effects to men's sexualized violence against women. The men will walk a mile in high heels or moccasins.

April 30th, 2016 at 11:00am

Walk from Little Shuswap Band Hall to the Skwllax Bridge

ALL men are invited. Lunch to follow at the Band Hall

For more information contact:

Rocky Tomma, 778.220.3077 OR Dawn Francois, 250.679.3702

Seeking Feedback

Over the past months the Newsletter Team have made changes to production of our monthly newsletter. We are seeking general feedback on the recent progress. Can you suggest anything that might help in anyway for future issues? Please call Karen at (250)679-8841 Ext 2242 or email keverard@alib.ca

Karen Everard

Adams Lake Indian Band

Planning/Communications Coordinator



SAVE PAPER/KEEP INFORMED

Email Newsletter

Provide the Band Office with your e-mail address and we can keep you informed on Band News, Notices, Initiatives, Projects, Program/Services, Chief & Council Reports.

Can also check out our website: adamslakeband.org

Things Mothers Say



All of us were guided by our mother's voice, wisdom and common sense, even if we didn't think so at the time. Whether we remember what she said fondly, or try to forget these phrases, they are still part of us. Ultimately, without even realizing it, we pass them along to our children, who will in most likelihood pass it on to their children.

Here are a few that maybe you will remember!!!

1. "Someday your face will freeze like that!"
2. "What if everyone jumped off a cliff ... Would you do it, too?"
3. "You're going to put your eye out with that thing!"
4. "How many times do I have to tell you ... Don't throw things in the house!"
5. "Close the door behind you. Were you born in a barn?"
6. "Don't put that in your mouth ... you don't know where it's already been."
7. "Eat those carrots, they're good for your eyes. Have you ever seen a rabbit wearing glasses?"
8. "Did you flush and wash your hands?"
9. "You can be anything you want to be ... if you just set your mind to it."
10. "There's enough dirt in those ears to grow potatoes!"
11. "I don't care what "everyone" is doing. I care what your doing!"
12. "If you can't say something nice ... don't say anything at all."
13. "I hope someday you have children just like you."
14. "Don't talk with your mouth full!"
15. "Always put on clean underwear in the morning, in case you're in an accident."
16. "Sit like a lady!"
17. "Don't pick ... it'll get infected."
18. "I'm not just talking to hear myself talk."
19. "I'm going to give you until the count of three."
20. "Don't cross your eyes or they'll freeze that way."
21. "If you swallow a watermelon seed, a watermelon will grow in your stomach."
22. "Men perspire ... ladies glisten."
23. And last but not least, my personal favorite: "I LOVE YOU!"



Sahhaltkum Daycare

Situating on Adams Lake Band
6439 Hillcrest Rd.
Chase, BC

250-679-2229
or 250-679-8841

- Fully qualified ECE Workers
- For Ages: 3 months to 12 years
- Open from 7:30 a.m. to 5:00 p.m.
- Some extra services available (ie. Hot lunch, after daycare service)

Sahhaltkum Daycare has space available in our:

- Infant/Toddler (under 3 years) Program
- 3 to 5 Years Program
- Out of School Care Program (6 to 12 years)

Gateway to the Building Trades For Women



Program Overview:

Students will begin the course in the classroom learning safety and best practices for the job site. Students will then begin working on hands-on projects individually and as a team in a variety of trades.

Trades covered may include:

- Carpentry/Joinery
- Plumbing/Piping
- Electrical
- Automotive/Collision/RV
- Sheet Metal
- Welding

Admission Requirements:

Unemployed (with no post-secondary credits or certificates) or underemployed individuals (ineligible to receive EI benefits) with a genuine interest in exploring trades training.

Program Schedule

Salmon Arm Trades Campus
September 26 - December 16, 2016

Day and Time:
Monday - Thursday: 8:00am-3:00pm
Friday: 8:00am - 12 noon

For more information:


Women in Trades Training
Phone: 250-762-5445 local 4825
Email: wtti@okanagan.bc.ca
Website: www.okanagan.bc.ca/wtti



Participants will:

- Gain practical and theoretical experience in a wide variety of trades
- Receive direct knowledge required to make an informed decision about which trade to enter
- Learn how to secure employment and further training
- Obtain industry knowledge from mentors and guest speakers
- OFA 1 certification

Upon completion of the program students can seek direct entry into employment and apprenticeship or enter a trades foundation level training program.



INDIGENOUS PATHWAYS to Language

May 6th & 7th, 2016
Kamloops, BC
THOMPSON RIVERS UNIVERSITY

S p l u k w s r Q e l m u c w ũ w i

Chief Atahm School and Thompson Rivers University invite you to an
International Indigenous Language Conference

Tony Trinick
Te Kura o Te Puna Wananga School of Māori Education
University of Auckland

& Other Maori
Language Educators

Sami Language Revitalization
Finmark, Norway

Jane Juuso

Chief Atahm School Staff TPR, Storytelling through Language, Immersion
Strategies, Land-Based Learning and more!

Call Now to Register! 250-679-8837

caschool@alib.ca chiefatahm.com

Community Yard Sale

Tired of tripping over those books, kids' toys, furniture & clothes that you just don't need but can't throw away? For just **\$5 a table** you can bring it all down to the ALRCC (Gym) and make a little extra money! Take advantage of this great indoor location that can house it all! Come and do some selling and shopping

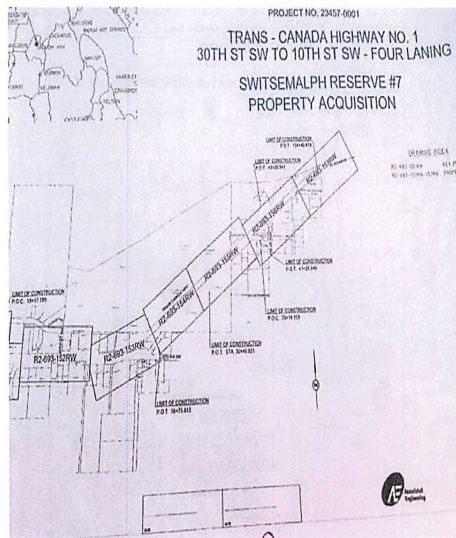
Call Sandy Lund today at 778-257-4123 to book your tables

Saturday May 14th @ the ALRCC (Gym)

8:00 am—1:00 pm



Concession and Loonie tables, a fundraiser for Adams Lake Band Youth



MAY 3, 2016

5:00 P.M. TO 8:00 P.M.

OPEN HOUSE

SWITSEMALPH IR #7

Review of the Trans-Canada Highway 4 Laning Impacting IR 7 only.

GRAND ROOM, CHANCES SALMON ARM, BC

APPIES / COFFEE / TEA WILL BE PROVIDED (No Minors)



ALIB and Ministry of Transportation Section 35

Come review the map and ask questions

ALIB members welcome

IR # 7 lease holders welcome

Questions: contact Iva Jules 250-319-9591

CHANCES SALMON ARM

300- 10th Street SW
Salmon Arm, BC

Tuesday, May 3, 2016

Start: 5:00 p.m.

End: 8:00 p.m.

Band Office Closure

May Long Weekend

Our offices will be closed on Mon, May 23, 2016. Re-opening on Tues, May 24th at 8:00 am. Safe weekend to everyone.

You're Joking

Q - What often falls but never gets hurt?

A - Rain.

Q - How do you make an egg laugh?

A - Tell it a yolk.

Q - What can you hold without ever touching it?

A - A conversation.

Q - What clothes does a house wear?

A - Address.

Q - What kind of cats like to go bowling?

A - Alley cats.

F	O	A	M		S	C	O	P	E		S	E	A	S
A	L	S	O		T	A	P	E	R		T	E	L	L
D	E	C	E	L	E	R	A	T	E		E	R	I	E
E	S	E		A	I	S	L	E		T	R	I	E	D
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A	L	T	A	R		A	R	D	O	R				
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E	N	E	R	G	Y					V	I	S	A	
M	O	V	I	E		F	A	C	E	T		R	I	O
O	V	E	N		R	E	C	R	E	A	T	I	O	N
T	E	N	S		M	A	N	O	R		A	N	N	E
E	L	S	E		S	T	E	P	S		N	E	S	S



Asparagus and Mozzarella Stuffed Chicken Breasts

Ingredients

2 large skinless, boneless chicken breast halves

salt and black pepper to taste

8 asparagus spears, trimmed - divided

1/2 cup shredded mozzarella cheese, divided, (add more cheese if you like)

1/4 cup Italian seasoned bread crumbs

Drizzle of extra virgin olive oil

Optional

- ◆ Add a slice of prosciutto ham on the inside of chicken, then add the asparagus and cheese.
- ◆ Brush with thin coating of miracle whip on outside of roll, sprinkle with parmesan cheese.

Prep 20 mins, Cook 25 mins + depend on thickness of chicken.

Ready in 45 mins. Serves 2.

Directions

1. Preheat an oven to 375 degrees F. Grease an 8x8-inch baking dish. Or use parchment paper.
2. Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper. Drizzle with extra virgin olive oil.
3. Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.
4. Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. Cover with foil for the last 10 minutes and the chicken will come out moist. Serve with long grain wild rice or roasted potatoes, salad and veggies.

April 14, 2016

Upcoming Events from other organizations/groups

Strength in Numbers

May 5 at TRU Clocktower Theatre, Kamloops, BC. A movie on mountain biking. Doors, 50/50 at 6:30 pm. Show at 7:00 pm. Admission: Adults \$12, Students \$10, Under 8 free. Cash only. More info call (250)299-8731.

Secwepemc Governance Meeting

May 8—11 at Splat-sin Community Centre, Enderby, BC. Facilitated discussions and engagement on governance and Secwepemc title & rights, health and wellness, children and families, implementation planning, setting priorities. To register or more information call Kelly-Ann at SNTC (778)471-8208.

Together Shuswap 6th Annual Workshop

May 11 at Splat-sin Community Centre, Enderby, BC. Bring cultures, governments, sectors and community members of the Shuswap together for a day of education, celebration, sharing, exploration and action toward creating a better Shuswap for all of its people.

Chu Chua Golf Tourney

June 18 at Chinook Cove Golf, Barriere, BC. 4 person Texas Scramble (1 lady/team). \$85/player. Includes 18 holes, shared power cart and spaghetti dinner. Door prizes. To register call Jeff at (250)542-9656.

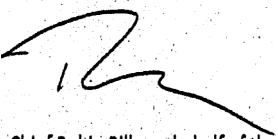
Attention: Adams Lake Indian Band Membership and Community Members

This letter is to confirm that the 2016 Census Staff will be on Adams Lake Reserves I.R # 1-7 between the periods April 15 - June 15. The Census team will be visiting households in our communities to collect important Census data. The Census data is important because it provides Canada and BC critical and essential information on people, households and communities which drive future federal and provincial budget decisions – many of these funding decisions directly impact ALIB and aboriginal communities.

Please welcome the 2016 Census Staff into our Community and provide whatever information you are comfortable with sharing. This is a completely voluntary process.

If you have any questions or require any clarification please contact me directly.

Kukstsemc



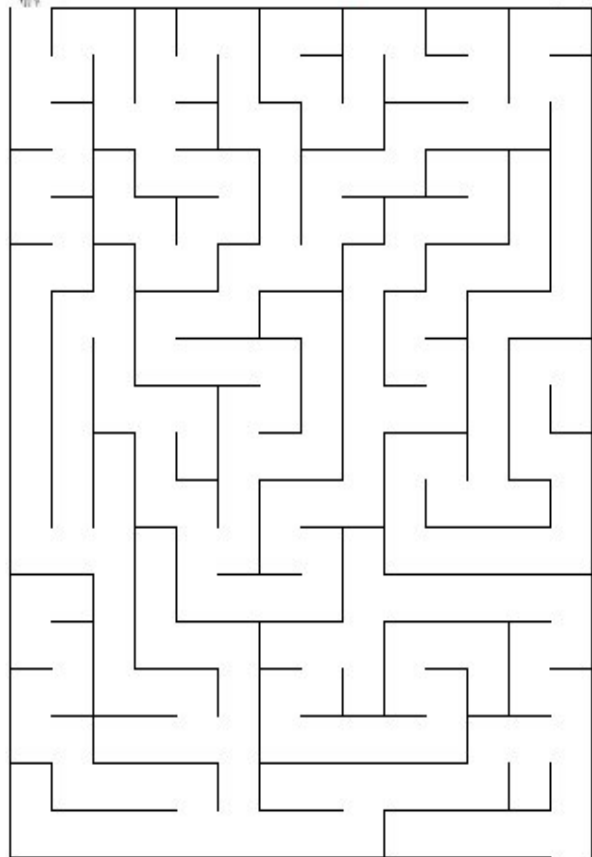
Chief Robin Billy on behalf of the
Adams Lake Indian Band Chief and Council

Did you know Some fun facts

- Did you know the first Lifesaver flavour was peppermint.
- Did you know paper money was first used in China.
- Did you know the first toothbrush was invented in 1498.
- Did you know the first metered taxi was introduced in 1907.
- Did you know a duck can't walk without bobbing its head.
- Did you know ants stretch when they wake up in the morning.
- Did you know months that start on a Sunday will always have a Friday the 13th.
- Did you know lions can't roar until the age of 2.



Mother's Day Maze



www.AllFreePrintable.com



Mother's Day

WORD SEARCH

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

MOTHERS
DAY
MOMS
KIDS
PARENT
HOLIDAY
LOVING

CARING
CHILDREN
GRANDMOTHER
RESPECT
THOUGHTFUL
FAMILY
CONSIDERATE

HONOR
GIVING
SPECIAL
HAPPY
MAY
SPRING

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

- ◆ Click on English
- ◆ Click on Choose a Language
Scroll down to near bottom
- ◆ Choose Secwepemctsin (Eastern Dialect)
This brings you to CAS Community Portal
- ◆ Click on Learn Our Language
On left hand side bar you can pick:
Words, Phrases, Songs, Stories, Alphabet.
- ◆ If you click on Secwepemctsin word, you will hear audio on how to say the word.



Secwepemctsin

(Eastern Dialect)

English

spyú7

bird

s7egé7ce

crow

c7ú7seten

nest

"Parent/youth Consent Form for the Adams Lake Indian Band Youth Programs from April 1st, 2016 to March 31st, 2017

During the period from April 1st, 2016 to March 31st, 2017; the Youth Participants will be required to participate in group activities on IR# 4, IR#8, Kamloops and Salmon Arm and surrounding areas.

While every obvious level of safety has been taken into consideration for the protection of the Youth participants, we recognize that unforeseeable events do occur.

Parent / Guardian Agreement: WAIVER AND RELEASE OF ALL CLAIMS

I/We the undersigned _____ parents or guardians of _____, a minor, do hereby authorize the participation of, and accept responsibility for the attendance of said minor, and all activities in connection therewith of the Youth programs offered by the Adams Lake Indian Band. I/We certify that our son/daughter is in good health and is able to participate in the event.

I recognize and acknowledge that there are certain risks associated with my child's participation in the programs offered by the Adams Lake Indian Band, and I agree to assume any and all risk of injuries, damage, or loss, to either myself or my child's person or property which may sustain as a result of participation in the ALIB youth programs.

I hereby full and forever release and discharge the Adams Lake Band and its employees or any other person or persons performing any service whatsoever for the above event, from any and all claims for injuries, damage, or loss, which may now have or will have in the future, arising out of, or in any way have been associated with the activities of the program listed above.

I/We agree to allow photographs taken by personnel to be used in publicity, including display boards, booklets, press releases, brochures and Facebook.

I/we authorize the staff, agents or employees of the Adams Lake Indian Band to administer first aid and to seek all necessary medical attention for the youth named in this agreement in the event the parent/guardian cannot be reached.

Signed _____ Relationship _____ Date _____

Youth Participant Agreement:

1. I agree to take responsibility for my personal safety and will behave in a responsible and respectful manner.
2. I agree to be respectful toward the Chaperone/staff, other Parents and Youth.
3. I will be respectful Adams Lake Band Recreation and Gym Rules.
4. While traveling to and from Program activities, I will conduct myself in a respectful and responsible manner.
5. I will participate fully in all group activities of any event that I am signed up for.
6. Alcohol-Drugs-Smoking-Snuff - Not permitted

Signed: _____ Date: _____
(Youth/Participant)

Medical Information:

Childs Full Name _____ DOB: _____

Care Card #: _____

Emergency Contact Name and Number- Name: _____

Emergency Contact Name and Number- Name: _____

Are you aware of the Child having any allergies or food sensitivities of any kind? Y / N If yes please state _____
Please add any comments that you feel are useful or necessary for the safety or benefit of the Child: _____

Seabird Mobile Diabetes

Seabird mobile diabetes team will be visiting our community **May 9 and 10.**

Join us for a diabetes info session and supper May 9 at the ALIB gym

On May 10 they will be at the Health Centre For Diabetic screening

To make an appointment call

The Health Centre at 250-679-7726

Seabird Mobile Diabetes team



Congratulations to Lana Louis

Winner of our \$200 prize
For our Injury Surveillance Draw



For a chance to win our next draw
Fill out your Injury Surveillance report
At the Health Centre

This Draw is open to all Community members!

For more info

Call Grace at 250-679-7726

ASIST Training

On March 29 & 30, Staff from Health and Wellness took part in an ASIST training workshop.

ASIST provides skills in Suicide first aid and suicide prevention.



ASIST

If you or someone you know is struggling with thoughts of suicide the following people can help.



Jeromy at
Health Centre



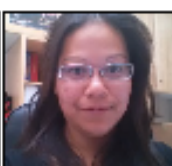
Shauna at
Sxwetsmellp



Rhonda at
Health Centre



Grace at
Health Centre



Crystal at
Health Centre

Not pictured:

Jackie Jones at Health Centre

Sandy Lund at Youth Centre ALROC

Howard Shields at Sxwetsmellp

Annie Williams at Sxwetsmellp

Upcoming Videoconferences

We have registered for the following videoconferences come grab a coffee and join the conversation:

- May 5: Trauma, Loss and reclaiming our spirit. Guys Youth Circle
- May 24: Supporting those with Mental Health and Addictions
- May 26: How Grandparents impact Aboriginal student success

~Video conferences start at 10 am in the Health Boardroom ~

Whitehatter Internet Safety

On May 19 from 6:30-8:30

Adams Lake, Neskonlith and Little Shuswap Lake Bands are hosting an Internet Safety presentation at the Chase Community Hall

This event is totally free and open to all parents, caregivers, students and community

For more info call Jeromy at 250-679-7726





ALIB Telehealth Clinic wants to hear from you

Our regular ALIB telehealth is every Friday 1-4pm as regularly scheduled.

We are planning to access some of the many specialists available to us through Livecare. We just need to hear what type of specialists you would like access to.

Some of the specialists available include:



- Bariatrics (Weight loss)
- Endocrinology (Diabetes)
- Child occupational therapist
- Speech pathologist therapist
- Eating disorder Counsellor
- Anxiety Disorder Counsellor
- Psychiatrist
- Child and Adolescent Psychiatrist
- Nutritionist
- Addictions Counsellor
- Depression Counsellor
- ADHD Counsellor
- Family/Marital Counsellor

Accessing these services is easy. Call to book an appointment with our regular Doctor and they will make the referral to the specialist.

Anyone with a Carecard can book an appointment with our telehealth clinic

To book an appointment or let us know what specialists you want to see,

Call Crystal at 250-679-7726 Or email ckelly@alib.ca

May 7 is Child and youth mental health awareness day

400+ youth across Canada were asked what they want adults/parents to say to them.

These answers topped the list:

- How are you?
- You are smart
- You are worth it
- You are amazing
- I am proud of you
- You are perfect
- I love you
- I am always here when you need me
- I value your opinion
- You can talk to me about anything

Supper with Matt

Supper with Matt is every other Monday

His next visits are **May 2, 16 and 30**

Call Matt at 778-471-5058 for an appt

Dr. Jas visit



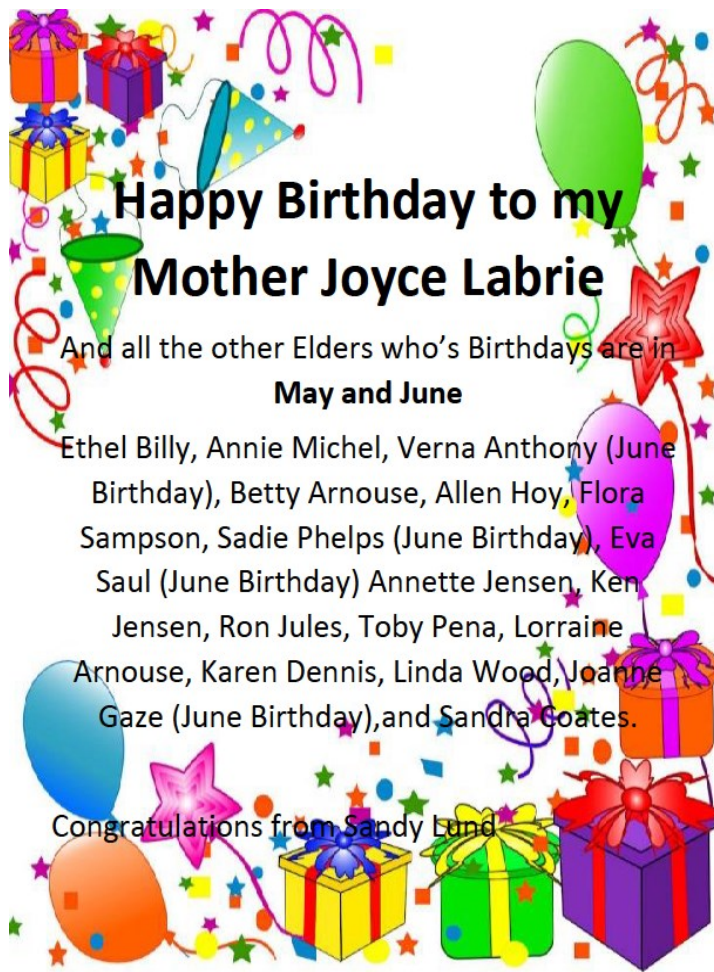
Keep an eye out Dr. Jas and his hygienists from Chase Dental will be visiting our Community! Date and time to be announced

**The Countdown is on
For Health and Wellness' next
Accreditation Survey**

6 months

And counting!!

We want to maintain our Accreditation status
To show that we are continuously working hard at providing high quality services to our community!



4th Annual Motorcycle Run 2016

Dear Businesses/Friends

I am writing in regards to the plans for our 4th Annual Motorcycle Run event which will be on August 20th, 2016. The purpose of this event is to have fun on the land and to unify people. Our volunteer team led by Secwepemculecw community members, are organizing the planning process. We are seeking financial support to help with costs such as:

Meeting locations, Field support team/Volunteers, Emergency staging/Shelter and Unifying nations.

Financial contributions will be used to cover the costs mentioned above and to ensure a safe and alcohol free event that includes Secwepemc culture that will be shared on this journey.

Thank you for your consideration to enhance our fund raising efforts. Tax deductible receipts will be provided upon request.

In addition, any additional monetary support raised will help this event and provide for end feast and celebration joined @ the gathering for the Secwepemc people.

Make donation to: Secwepemculecw Motorcycle Run

Box 741, Chase, BC V0E 1M0

Henry Anthony, founder.

We're not with other events during this time. Ride at your own risk, we're not responsible for injury/theft.



ROUND LAKE TREATMENT CENTRE

The Journey to Wellness: Addressing Our Trauma & Shame A COLLEAGUES WELLNESS PROGRAM June 20-24, 2016

This intensive five day wellness program is designed for First Nations service providers that want to take time out for their personal and professional development. All participants must reside at the Centre and commit to a structured program.

This workshop will examine the impact of trauma and unresolved grief by taking participants through a series of awareness and healing activities. Special attention will be placed on lateral violence—an impact of oppression. Essential to the healing process is culture.

Emphasis will be placed on safety, trust, grief work and self-care. Balance also requires the ability to have fun, experience joy and to laugh together, so please feel free to bring your sense of play and ha-ha. Participants will leave with a greater understanding of the necessary healing steps that can be taken to resolve trauma on the journey to wellness.

DATES: June 20-24, 2016

ADMISSION: Limited to 36 beds

FEE: \$250 must be submitted with your application.

- If you are being funded through First Nations Health, the \$250 Application Fee will be refunded upon successful completion of the program.
- If you are not funded through First Nations Health, this fee will be applied to the cost of the program and no further funds will be required.
- Cancellations **MUST** be received no less than 5 days prior to the program start date to receive a refund.

APPLICATION DEADLINE: June 3, 2016

Applicants accept and understand that they will be placed in shared accommodation with a colleague and are responsible for all travel expenses and arrangements. Accepted participants must be prepared to participate fully and without distraction.

Download an Application from our website: www.roundlaketreatmentcentre.ca

Email Application to: Intake@roundlake.bc.ca to register

Or Fax to 250-546-3227.



Call 250-546-3077 for more details.



May 2016



Youth for IR#4 and IR#6 Activities Calendar Sandy Lund 778-257-4123 or e-mail slund@alib.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 All youth must have a current waiver form signed to participate in out of town activities	2 ARCHERY in Swits 3pm to 5:30pm	3 Girls group grades 7 and up. 3-5:30pm	4 Swits Craft Activity **4 pm-5:30pm 11am-2pm office Staff meeting 1-3pm	5 Movie at TRU "Strength in Numbers" a movie on mountain biking \$10/student meet at gym at 5:30pm, return at 10pm	6 No School for Chief Atahm Laser tag in Kamloops, \$10 /youth lunch included Meet at gym at 10am, return at 3 pm	7 Need Volunteers (with current criminal record checks) for Open Gym night! Zero tolerance for drugs and alcohol
8 <i>Happy Mother's Day</i>	9 Swits 3-5pm Activity	10 Girls group grades 7 and up. 3-5:30pm	11 Swits 3-5:30pm Craft Activity 11am-2pm office	12 Culture Club 3pm-5:30pm ARCHERY 7-11 year olds from 3:30pm to 4:30pm 12-18 year olds from 4:30-5:30pm	13 Open gym night 6pm-12am Office 4:30-6pm	14 Community Yard Sale at the ALRCC gym 8am to 1pm Fundraiser for ALIB youth
15	16 No School for Chase SNTC Youth Council meeting in Kamloops leave at 4:30am return about 9:30pm All youth 14 and up invited to attend	17 Off in Lieu of the 14th	18 Swits 3-5:30pm Craft Activity 11am-2pm office	19 Culture Club 3pm-5:30pm ARCHERY 7-11 year olds from 3:30pm to 4:30pm 12-18 year olds from 4:30-5:30pm	20 No school for Salmon Arm Student Trail Day-learning how to build a trail Salmon Arm area	21
22	23 No School Office closed 	24 Girls group grades 7 and up. 3-5:30pm	25 Swits Craft Activity **4 pm-5:30pm Staff meeting 1 to 3pm 11am-2pm office	26 Workshop 9 am to 4pm in Salmon Arm	27 Open gym night 6pm-12am Office 4:30-6pm	28
29 	30 Swits 3-5pm Activity	31 Girls group grades 7 and up. 3-5:30pm	June 1 Swits Craft Activity 3-5:30pm 11am-2pm office	June 2 Culture Club 3pm-5:30pm	June 3 Waymaker Youth Conference	June 4 Waymaker Youth Conference

EXPRESSION OF INTEREST

For Adams Lake Band Community

Catering services required for Monday May 9, 2016
Diabetes Info Session and Dinner @ Adams Lake Recreation Community Centre

Provide Dinner for 75 people:

Menu Plan

- o A strict schedule will be followed, meals are as scheduled:
- o 5:30 pm Dinner: \$12.00 - \$15.00
- o Certified kitchen must be used;
- o Own transportation for food delivery.
- o Must have own cooking utensils/ware if not at the gym
- o Responsible for clean-up of kitchen area used including, dishes, utensils, pots/pans, bowls etc.
- o Responsible for general clean-up of tables/chairs/floor/ used for serving.
- o Responsible for paper supplies (beverage cups, paper plates, eating utensils napkins, coffee/tea, cream sugar, salt & pepper).
- o Pre-organization regarding shopping for food & Obtain Pre-Authorization for budget

Methods of bidding:

- o Food, kitchen rental, wages, must be all included in bid.
- o Provide actuals for food needed to be purchased and estimates for purchase costs.
- o Successful bid will be required to sign a contract.
- o Successful contractor will do the shopping.

Cancellation Policy;

- Includes Acts of God, circumstances beyond our control
- Refunds are to be total amount of contract
- 48 hours Prior to Event:
 - Pay back all funds paid for wages, supplies
 - Sub-contractors- any assignments to this contract requires pre-authorization.

To apply for catering services:

- 1) Present dinner menu and budget
- 2) Facilities used or required for preparing food <may be cost>
- 3) Acquisition of equipment; or gym and equipment request
- 4) Other requirements: proof of transportation and facility availability
- 5) Certification – minimum requirement Food Safe (copy required)
- 6) Chef training or certification
- 7) Knowledge of Canada Food Guide

Deadline: Tuesday May 3, 2016 at 9:00 A.M. – (NO EXCEPTIONS)

Attention: Rhonda Camille, Sexqeltqin Health Center

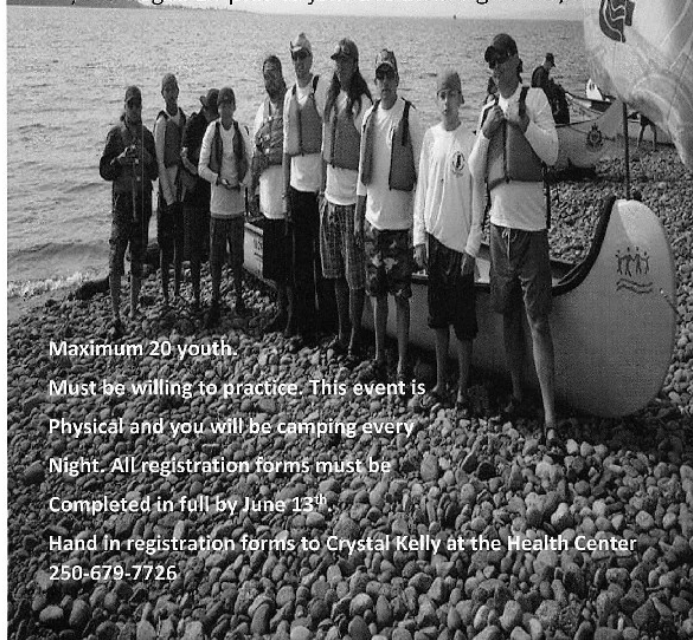
Mail/Fax to: Adams Lake Band
P.O. Box 588, Chase, B.C. V0E 1M0
Phone: 250-679-7726 Fax: 250-679-2234 Email: rjules@alib.ca

Pulling Together Canoe Journey 2016

"Journey Back to the Future"

July 2nd to July 11th

Adams Lake Indian Band Canoe family is looking for youth ages 14 plus to join this exciting 10 day event



Maximum 20 youth

Must be willing to practice. This event is

Physical and you will be camping every

Night. All registration forms must be

Completed in full by June 13th

Hand in registration forms to Crystal Kelly at the Health Center
250-679-7726

Upcoming Meetings/Events

Wednesday Night Jam Sessions

Every Wednesday from 7:00 to 10:00 pm at Adams Lake Spiritual Centre, Chase, BC. All songs are shared. Everybody is more than welcome to come out to sing and learn and teach us.

Friday Night Stick Games

Every Friday. Doors open at 5:30 pm. Adams Lake Band Hall, Chase, BC. Potluck Feast, bring your dishes, Entertainment, Open Games, Concession, 50/50. Everyone welcome.

Chief Atahm School Open House

Thurs. April 28 and Thurs. May 26 from 3:00 to 6:00 pm at Chief Atahm School, Chase, BC. Accepting new registrations for Grades 1 - 9 for 2016/2017 school year. Come find out about our school. Tours available, meet the staff. Snacks provided. Prizes offered and a draw for iPad mini. Everyone welcome. Contact CAS at (250)679-8837.

Mother's Day Bingo

Sun. May 1. Doors open 5:30 pm; Warm Up 6:15 pm; Walk Ins 6:45 pm; Early Birds 7:00 pm; Regulars Start 7:10 pm. At Adams Lake Recreation & Conference Centre, Chase, BC, Free Coffee, Special Mother's Day Door Prizes, Concession. Contact ALRCC at (250)679-3515.

Open House -Trans Canada Highway, Four Laning 30th Street SW to 10th Street SW

Tues. May 3 from 5:00 pm to 8:00 pm at Chances, Salmon Arm, BC. ALIB and IR #7 lease holders welcome to come review map and ask questions. Appies, coffee/tea will be provided. No minors. For more information call Iva (250)319-9591.

International Indigenous Language Conference

May 6 & 7th at Thompson Rivers University, Kamloops, BC. Call Chief Atahm School to register (250)679-8837.

Diabetes Clinic

May 9 & 10 at Sexqeltqin Health Centre, Chase, BC. Seabird Mobile Diabetes Team will be on-site testing for diabetic eye changes, testing your kidney, blood sugar and diabetes education. To book an appointment call (250)679-7726.

Community Yard Sale

Sat. May 14 from 8:00 am to 1:00 pm at Adams Lake Recreations & Conference Centre, Chase, BC. Concession, loonie tables, a fundraiser for ALIB Youth. Rent a table for \$5. Come and do some selling and shopping. For more information call Sandy at (778)257-4123.

Creator's Talking Circle

May 14 & 28 (every 2nd and 4th Saturday) from 4:00 to 6:00 pm. Supper, stories, crafts & games at Switsemalph Community Centre, Salmon Arm, BC. FMI Howard & Jannie (250)835-0195.

Title & Rights Information Sessions

Wed. May 25th, Info Sessions are always the last Wed of the month to provide updates on projects being proposed in our traditional territory. Discuss important title and rights developments. be informed, to give input and dialogue. For more information call Dave at (250)679-8841.