

Congratulations Administration Building Survey Prize Winners

We recently conducted a Membership Survey seeking feedback on proposed new Administration Building and lot selections. We would like to thank those 119 people who participated for taking the time to complete the survey before the survey period ended on August 12th, 2016. The Band is in the early stages of planning; will share these results and host Community Meeting (s) for further discussion. Everyone who completed the survey went into the draw to win a prize, and a big congratulation to the lucky winners:

Brianna Narcisse

of Chase, BC - youth winner of a IPod

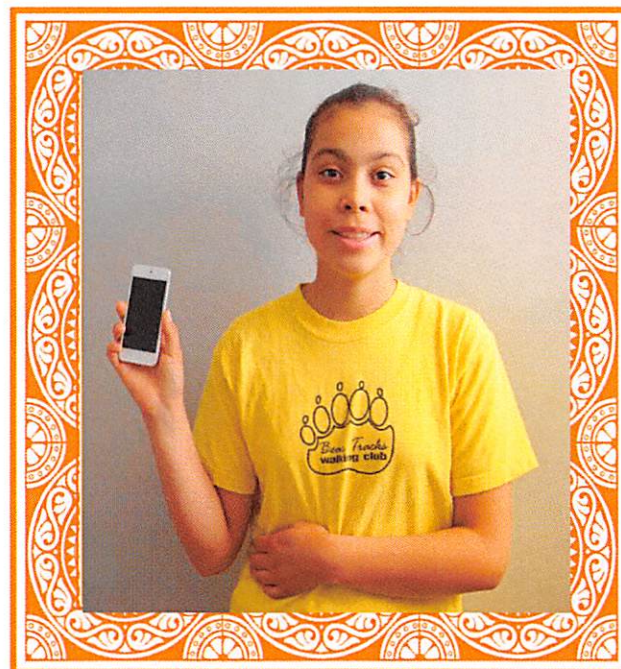
Daniel Lysons

of Kamloops, BC - adult winner of a
\$250 Visa Card

Once again kukstemc and the results of the survey will be released shortly.

Karen Everard

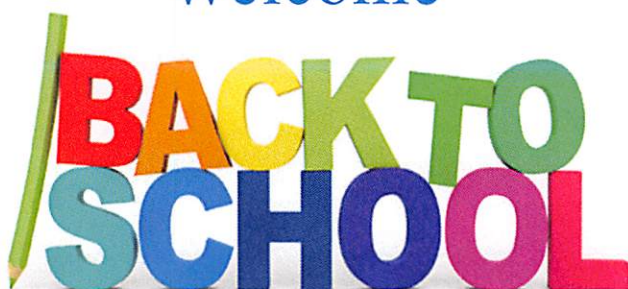
Communications Coordinator



Brianna Narcisse

Holding her new IPod

Welcome



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Councillor Ronnie Jules Report

Lexlexi7ve

June – July, 2016



Weytk;

June and July have been busy at organizations holding and honoring their grads separately and collectively. I was able to attend four grads: Neskonlith on June 17, SD 73 1st Nations Grad at TRU on May 26, Chase Secondary on May 27 and our own ALIB on June 28. Today each of the Secwepemc bands hold their own separate grads and most other activities, and yet we say we always meet at funerals and memorials. Therefore, a lot of our youth do not know their relatives from other bands and the younger elders do not know some of their relatives either and that goes for myself.

One of the answers for that is to get parents fully involved in planning from the start in grad activities and during the school year activities. We also find ourselves attending funerals for loved ones and close friends near and far this year and also missing some we should have attended but could not make for good reason.

On June 7, we hosted the Wild Salmon Caravan, at the gym. This was put together with the big help of Councillor Greg Witzky. It was a fine day and evening and a lot of good comments on the welcome and good people of ALIB. The visitors also gave us some good information on the importance of the wild salmon to the Secwepemc and why we should always pass this down to our young ones.

On June 17, they (Highways & Bands) had the unveiling of the monument at Minors Bluff that represents the sacred remains and other artifacts that tells the story of how, long our ancestors were living all over this very large area before contact. The story is on the Monument. Thanks to Rod Tomma and Michelle Peters for shaping the monument and Shelly Witzky for setting things up from our side.

This work took a long time but now it is complete. Our band had a good turnout at the wharf on Aboriginal Day (June 21). I think this has the potential to get big in the coming years. There were cultural and other displays for everyone to take part and free food. A really good job done by our organizers.

On July 11-14 many of us took part in the 40th Annual Elders Gathering in Williams Lake. This gathering is now one of the largest gatherings of people in BC. This was my 2nd time going to this event and the highlight for me was the Wild, Wild West Rodeo, and we had our young all-around cowboy Lincoln Yarama in the competition and his niece Amelia who also did great. We also had two great workers that really helped the elders and ensure that we were seated and had our meals ready for us. I would like to give a huge Kukstsemc to Daidri Marr and Annie Williams, you two made this event fun and no stress, you both put the elders first and ensured that everyone had a seat. We were one of the lucky ones that had rooms booked a head of time.

On July 23rd, I took part in the Brennan Creek camp out and tours, this was "Number One"!!! With the fun activities, stories, boat rides, swimming, lahal, horseshoes and just visiting with one another. There were lots of Stspetekwle and memories and only a few lies told. I and David camped out not far from there in 1960 with our parents. Our dad was working then and we only fished - hiked - and picked berries with our mom.

Many of our people will be going there now that we will be taking full control of that area that has a small school and soccer field.

Our new Administration building has been in the front of our Capital plans along with a new housing sub-division for IR 6. We have other projects that have been brought to the General Band meetings such as the addition to Chief Atahm School and piping good water to the west for people who are on wells.

Every day our whole council has to react to politics and development of our resources in our area. If we don't, then that's how towns and big development happens around us. So make sure you give more support to our young ones in their education and make sure they get that certificate that no one else can get.

Take care for now and be kind.

Ronnie

40th Annual Elders Gathering July 2016

News from the 40th Elders Gathering

Thousands of elders attended Tuesday's July 12th 2016 grand opening of the 40th Annual BC Elders Gathering in Williams Lake, including 22 Adams Lake Indian Band Elders, Staff support & Council.

"What a beautiful day it is to see all of our elders gathered in our own territory," said Williams Lake Indian Band Chief Ann Louie, as she welcomed everyone inside the Cariboo Memorial Complex arena.

There were numerous events for the Elders which included bus tours of the Territory, Arts & Crafts tent city, and the Rodeo (which had over 3000 Elders in attendance) to name a few. The ALIB Elders also enjoyed the Wednesday night dance with Ritchie and the Fendeman, and Cree Shu.

The next Elders gathering will be in Campbell River, BC. I would also like to personally thank Annie Williams (Volunteer Elders Helper) for her kind help while at the Elders Gathering.

Daidri Marr, Elders Coordinator Adams Lake Indian Band



CREE SHU



Grand Entry

Grand Father - Slé7e

Grand Mother - Kyé7e

Grand Child - Imts

Great Grand Father - xpé7e

Great Grand Mother - Kyé7úy

Spelling and words from the Secwepemc

Dictionary / edited by Chief Atahm School.



Household Hints & Tips

Things You Can Use Twice Before Tossing

- *Tissue Boxes:* Once they're empty you can use these as a plastic bag dispenser, just fill with grocery bags and you'll be able to neatly pull out one at a time.
- *Plastic Bread Clips:* Save a few of the square plastic clips that keep bread bags closed to use as tiny scrapers. They come in handy to remove labels, price tags, and even do a good job scratching lottery tickets.
- *Butter Wrappers:* Once you've removed a block of butter from its wrapping, place the wrapping in a plastic container or bag and refrigerate. Use it to grease baking pans.





Adams Lake Indian Band

Education Department
PO Box 588, Chase, BC - V0E 1M0
Phone: (250) 679-8841 or Fax: (250) 679-8811

K-12 Funding Support and Consent Form – 2016/17 School Year

Parent/Guardian: _____

Full Mailing Address (City, Postal Code): _____

Phone Number: _____

Does your child Reside ☐ On ☐ Off Reserve
(Please Check One)

Email Address: _____

Student Name	Grade	Age	School Name & Address	Require Band Number

(Legal Documentation of Guardianship **MUST** be attached if child is in care)

ALIB Education Dept. will contribute full or partial funds towards the following:

- Mandatory K- 12 Public School Fees – **Paid directly to School:**
 - Parents/Guardians responsible for Textbook Deposits, Public Transit, Lunches, and Room & Board – Education Department does not cover these costs;
- Classroom related fieldtrips where all students attend when it is generally expected/required that all students attend (Extra-Curricular Fieldtrips will not be covered – i.e. Winter/Spring Break) – **Paid Directly to School.**
- Up to 50% of the cost for Non-Mandatory or Extra-Curricular K-12 fees – dependent on both attendance and academic standing of student – **Paid Directly to School:**
 - MUST** provide pre-approved acceptance and **MUST** submit all supporting documents, including associated costs, to ALIB Education Department (Sports, Band, etc.);
- Set Rate for each Grade 12 Graduate to purchase pictures, clothing, and yearbook – Each Graduate required to provide ALIB Education with Grad Photo – **Paid Directly to Parent.**

Parent/Guardian Consent for ALIB Education Director and/or Coordinator to:

- I hereby give my consent and authorize the school being attended by the child(ren) indicated above to release all relevant information to the Director and staff of Adams Lake Band's Education Department. This includes attendance records, academic progress reports, interim reports, quarterly or semester grade reports, behavioral contracts, special assessments and Individual Education Plans that have been developed by local school district staff pertaining directly to my child's learning outcomes. This information will be used by our Education Director and/or Education Coordinator for advocacy, counselling, and collaboration purposes with appropriate School District Staff to better assist in achieving learning outcomes for my child. All information will be held in strict confidence by the Director and staff of Adams Lake Band's Education Department at all times;
- I give my permission for the child(ren) indicated above to be photographed during the school year (ALIB Purposes Only) and I further agree that the management and staff of Adams Lake Band's Education Department may publish such photos or videos to promote Adams Lake Band's educational and cultural goals;
- I give my permission for the child(ren) indicated above to have their name publicized (ALIB Purposes Only) for their accomplishments and/or achievements. This includes having their name included in the ALIB Annual Education Recognition Celebration held at Chase in June 2017.

The signature below indicates my confirmation and consent to the above and that all information provided is both accurate and up to date.

Deadline for K-12 Support and Consent Form is **September 30, 2016.** The Education Department must receive this **completed** form before processing the school supply cheque to you.

Parent/Guardian Signature
Guardian(s) require written approval from parents or agency

Date

RECIPE-CONTEST-2016!



Send us your **traditional, favorite, or healthy** seafood/salmon recipe to be featured in our 'RiverFresh Cookbook' for a chance to win a

RIVERFRESH gift certificate & basket valued at **over \$175.00!**

To enter: Send your name & recipe to RFbilling@shuswapnation.org or to
ATTN: Ashley Michel- 680 Athabasca St. W, Kamloops, BC, V2H 1C4

Draw Date: September 12th, 2016



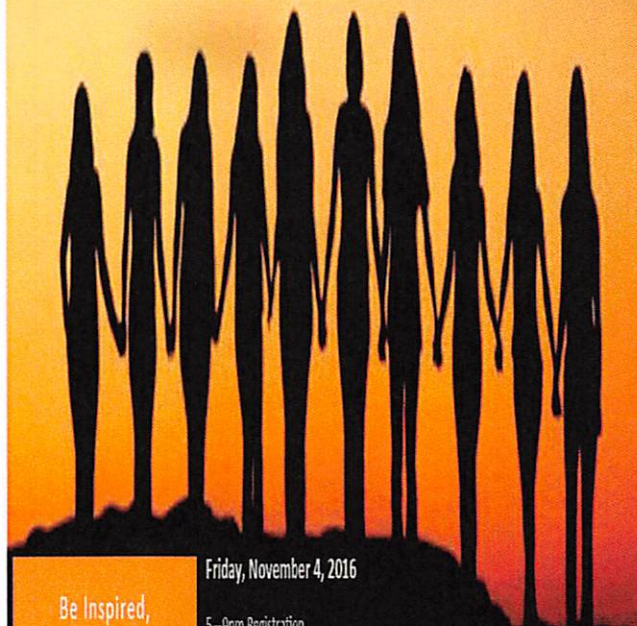
Recipes will not be sent back nor compensated. By submitting your recipe you agree to give Riverfresh the rights to publish sent recipe.

WOMEN'S ENTREPRENEUR CONFERENCE



**Saturday & Sunday,
November 5 & 6, 2016**

**Coast Hotel & Conference Centre,
Kamloops, BC**



**Be Inspired,
Be Motivated,
Be Moved**

Friday, November 4, 2016

5-9pm Registration

Saturday, November 5, 2016

All-day conference with keynote speakers,
panel discussion, Hoop Performer,
tradeshow, Dinner & Musical Performance

by Fara Palmer, R & B, Pop and Sister Clan

Sunday, November 6, 2016

All-day conference with concurrent work-
shops, Bears Den, Keynote Speaker, Special
Guest

9:30am-5:00pm All Day Conference

Special Guest:

Dr. Warren Farrell,

Why a woman entrepreneur can
"Have it all" -if she knows how to
navigate the trade-offs

Keynote Speakers:

Natalie Peace, MBA, BBA

**Janelle Alphonse, Profes-
sional Body Builder**

8:30am Registration

9am-5pm Conference

5pm-9pm Tradeshow

6pm Dinner

7pm Entertainment

*Wellness Room Available all weekend

Registration: Julie John, Event Coordinator, 250-572-6215

www.beinspiredevents.ca

FB: <https://www.facebook.com/events/222688651418747/>

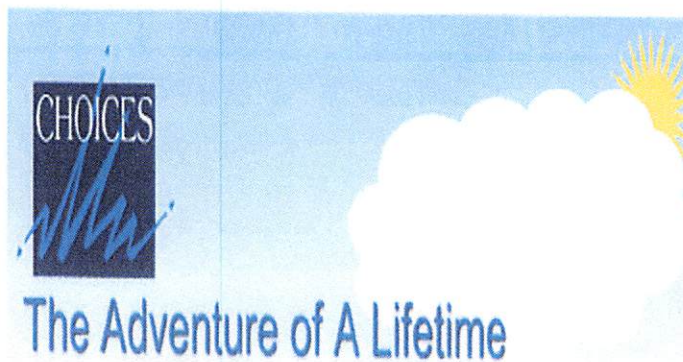
Twitter: Be_Inspired_Eve

Eventbrite: Be Inspired! Women's Entrepreneur Conference

Sponsors



Hotel Reservation: 250-828-6660



When: Monday, August 29, 2016

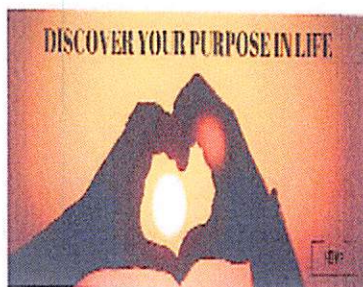
Where: Switsmalph IR6 Community Building

2551—50th Avenue Salmon Arm, BC

Time: 6:00 p.m.—Light dinner

7:00 pm—Presentation on Choices Seminars

Choices Seminars BC will teach you how to apply the necessary tools and attain the joy, success, and fulfillment in life you have always thought impossible. Our simple, effective processes perfected over the last 30 years have proven to have a profound and positive impact in the lives of our alumni and will in yours as well.



All past Graduates are welcomed to attend wear your Choices T-Shirt; bring a friend, family member—"To hear about this amazing program—Look forward to seeing everyone there".

Hosted by ALIB Education Department 250-679-8841



JOB POSTING

Early Childhood Educator

Adams Lake Indian Band located in Chase, BC is seeking Early Childhood Educator with a positive outlook for a progressive, First Nations organization in the beautiful Shuswap area.

Reporting to and under the direction of the Daycare Manager the Early Childhood Educator will be responsible for assisting in the care of the children at the Sahhalkum Daycare Center. We are currently seeking team members who are committed to being culturally aware, intentional, collaborative and reflective in their work, are enthusiastic about on-going professional development and have a disposition towards inquiry. We currently have one full time position available

ESSENTIAL FUNCTIONS AND RESPONSIBILITIES

- Develop curriculum that aligns with organizational goals, mission, vision and values
- Build relationships with children and families through respectful and positive interactions
- Establish and maintain positive, collaborative and effective team relationships

REQUIRED KNOWLEDGE SKILLS AND ABILITIES

- Must have Early Childhood Education Certificate, (preferably infant/toddler and or special needs)
- Must be willing to complete vulnerable criminal record check.
- Must be able to work a flexible work schedule
- Must be able to provide medical clearance for working in a setting involving working with children
- Preferably has Food Safe Certificate
- Must have a valid child safe first-aid certificate
- Preferably Familiarity/knowledge of Secwepemc language and culture;

The Early Childhood Educator position is a full time position (37.5 hours per week) with hours of work between 7:15am and 5:30pm but employees are expected to be flexible to possible evening and or weekend work when required. We offer an exceptional team experience in a dynamic and creative work environment, with competitive wages as well as health benefits. If you love working with children and families, and feel you can meet the demands of this role, please respond to this ad with your cover letter, resume and references.

Expected start date is September 1st. We thank all applicants; however, only those selected for an interview will be contacted.

Please email your resumes and cover letter to: Debra Sloat, HR Manager, at email: jobs@alib.ca

This position will be open until it is filled.

Title & Rights Information Session

Thursday Sept 29, 2016

Adams Lake Band Gym

There will be no T & R session for month of August

Agenda:

- 3:00 – 5:00 pm
Genealogy
- 5:00 – 6:00 pm
Supper
- 6:00 – 8:00 pm
Info Session Draft Agenda

Glen Eden Shuttle Service will be available. Pick up time from Glen Eden band office will be 2:00pm return 9 pm.

Contact Annie at 250-833-0356 or drop by office to sign up for shuttle.

Title & Rights Information Session

Thursday Sept 15, 2016

Pierre's Point Log Building – Glen Eden

Agenda:

- 3:00 – 5:00 pm
Genealogy
- 5:00 – 6:00 pm
Supper
- 6:00 – 8:00 pm
Info Session Draft Agenda



DIRECTIONS to SHC 2016

Drive 90 km, 1 hour, 29 minutes

A Chase, BC, Canada

Head southeast on Coburn St toward Paquette Rd

200 m

Turn left onto Trans-Canada Hwy/BC-1 E

9.75 km

Turn right toward Squilax-Anglemont Rd (signs for Scotch Creek/Anglemont/Adams Lake)

3.75 km

Continue onto Squilax-Anglemont Rd

15.5 km

Turn left to stay on Squilax-Anglemont Rd

48.5 km

Continue onto Ross Creek-Ruckell Point Forest Service Rd

1.2 km

Continue straight

1.50 km

Turn left

901 m

Turn right onto Celista-Seymour Forest Service Rd

3.18 km

B Celista-Seymour Forest Service Rd, Saint Ives, BC V0E 1M9, Canada

Activities to include:

First kill ceremonies - Done on site of kill, Lahai, Pit cooking, Hide tanning, Smoke house, Story telling, Language and Cultural lessons, Handdrumming, Singing
Everyone Welcome
Children must be accompanied by an adult.
Please come prepared with tent, sleeping bags, extra clothes, towels, chairs, plates, and cutlery
Please follow red and yellow ribbons on road side.



Secwepemc Hunting Camp

Set-up: Saturday - August 27, 2016

Feast: Tuesday - August 30, 2016

Location: Seymour Arm Area

Contact Information:

secwepemchuntingcamp@gmail.com

Shawn Billy: 250-572-2924

Bonnie: 250-682-8213

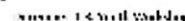
Health and Wellbeing: working on an exciting, life-making series of writings for those who are interested in working with youth. These writings are open for all kinds of

• **Longitudinal studies**

11

dates to be announced

longer, and, in addition, with a more
capable youth, with increased productivity
and increased income.



This research project is a collaboration between the University of Michigan and the University of California, Berkeley.

If you are interested and would like to apply please contact Crystal on 01447 854111 or email crystal@hugoboss.co.uk

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BRIDGING TO TRADES IN ADAMS LAKE

START DATE: OCTOBER 3, 2016
LOCATION: SWITSMALPH IR 6
(SALMON ARM, BC)



This 12 week program gives students the required courses in Math and English to have greater opportunity for acceptance into trades schools pre-apprenticeship programs. Explore Four different trades including:

WELDING
ELECTRICAL
PIPING/PLUMBING
MILLWRIGHT

TO REGISTER, CONTACT:
(Adams Lake)
Diane Anthony
Education Coordinator
250-679-8841 ext. 2239
or danthony@alib.ca

Canada

BRITISH COLUMBIA

Funding provided through the Canada-British Columbia Labour Market Agreement



NICOLA VALLEY
INSTITUTE OF
TECHNOLOGY

TOLL FREE: 1.877.682.3300 VANCOUVER: 604.602.9555
MERRITT: 250.378.3300 ONLINE: NVIT.ca

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 Co-ordinator

Bernadette Dennis
Administrative Support

Mail PO Box 588, Chase, BC V0E 1M0

Office 6453 Hillcrest Rd, Chase, BC V0E 1M0

Phone (250)679-8841

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

Email keverard@alib.ca

Web www.adamslakeband.org

Closed weekends and holidays.



Next issue of *Cstèlnec Newsletter*

Thurs. September 29th, 2016

Deadline to submit submissions

Thurs. September 22nd by 1:00 pm.

"The sixth sick
sheik's sixth
sheep's sick"

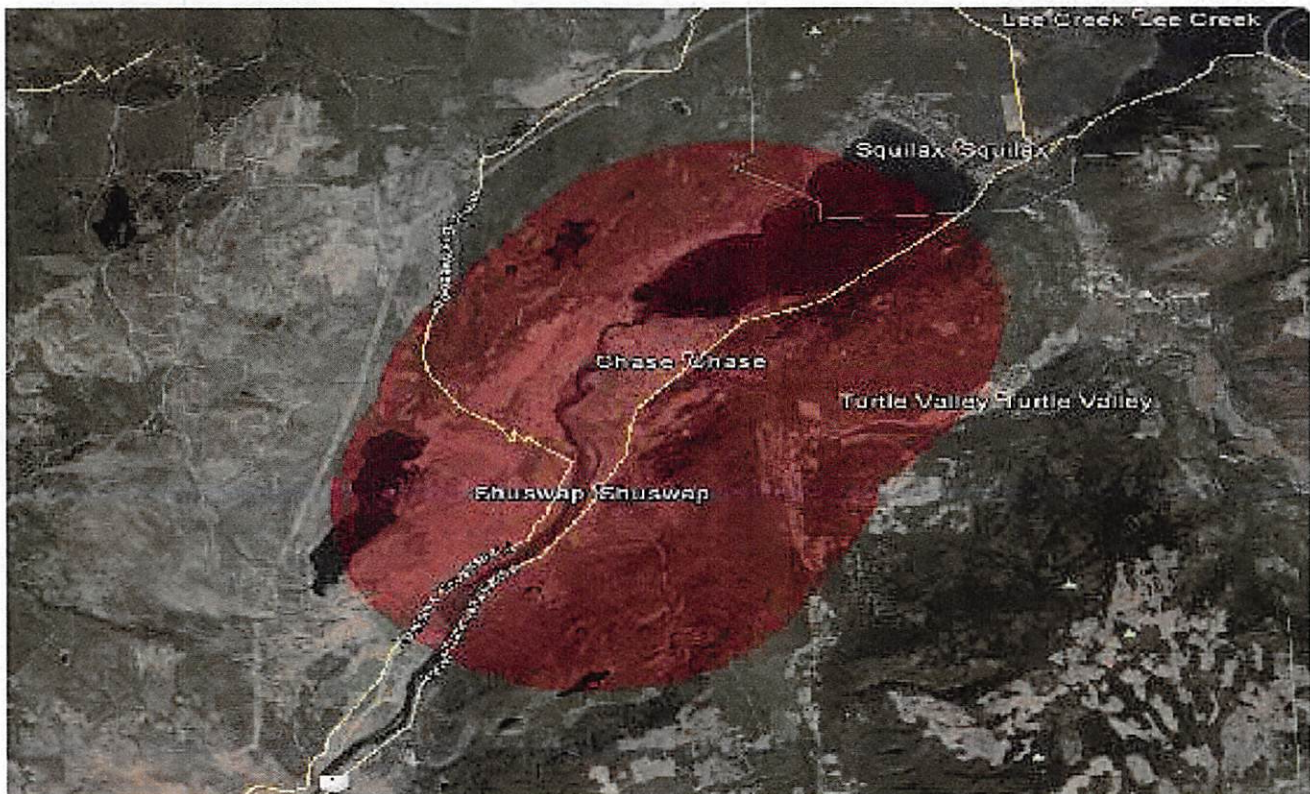
is said to be the toughest
tongue twister in English.

Chase West 4 Laning Project

The Chase West Culture Heritage Assessment interviews which are conducted by Deanne Anthony & Wesley Oscar. If you are interested in being interviewed on this project, we will be starting Aug 29 until Sept 30, 2016. Interviews will take about 2 – 3 hours. Contact us at 250-679-8841 ext 2369, or email deannea@alib.ca.

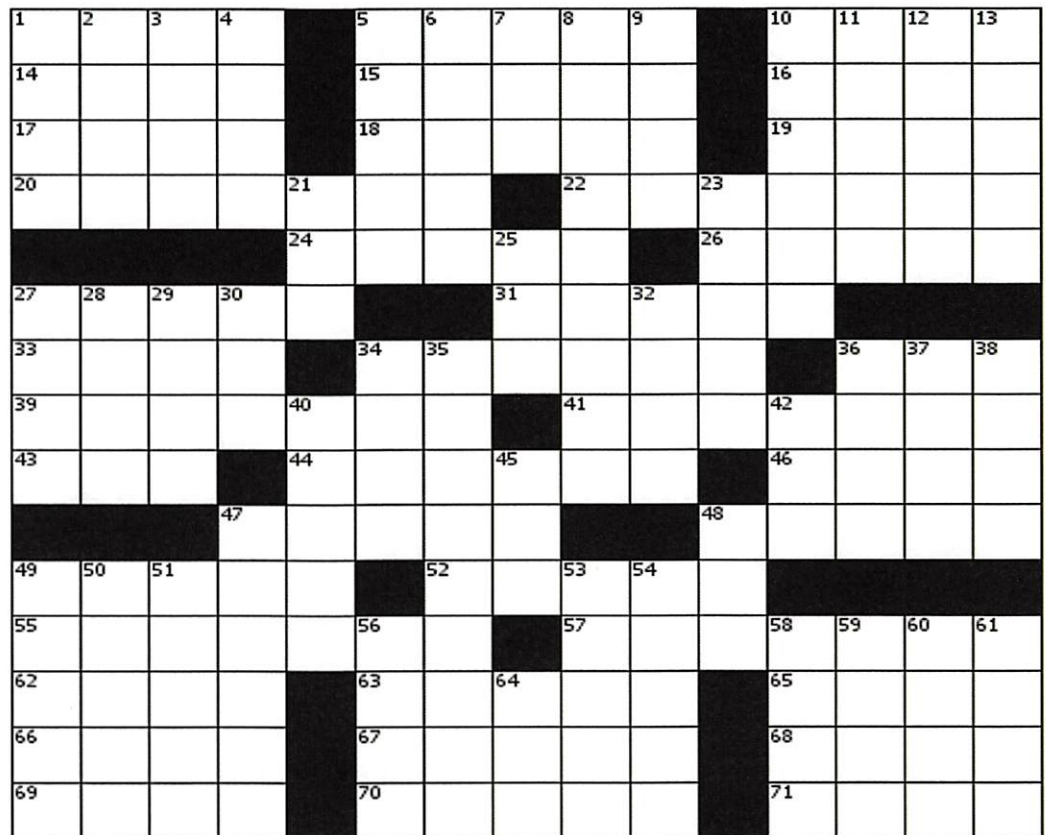
Interview questions will based on where a person has hunted, gathered berries, medicine plants, traditional trails are located.

Here is a map of the area we will be interviewing about, Chase Creek Road to Jade Mountain. Here is a chance to share your knowledge for future generations.



Across

1. Graceful trees
5. Stockpile
10. Client
14. Ark builder
15. Hidden supply
16. Rant and _____
17. Flightless bird
18. Church table
19. Mellows
20. Church tower
22. Leftover piece
24. Fable collector
26. Deposes
27. Modify
31. Cozy retreats
33. Coal pit
34. Right away
36. Couple
39. Aquatic mammal
41. Made of clay
43. Spanish cheer
44. Accompany
46. Loaf end
47. Dined
48. In want
49. Blizzard
52. Old hat
55. Mass _____ (subways, e.g.)
57. Sandra Day _____
62. Comfort
63. Heavenly scales
65. Staff officer
66. Fruit drinks
67. Actress Sophia _____
68. Like some tea
69. For fear that
70. Scornful sound



Down

1. Outcomes
2. Stolen goods
3. Manufactured
4. Loafer, e.g.
5. Piano exercise
6. Fables
7. Perform
8. Knife user's tool
9. Present!
10. Seventh planet
11. Legendary stories
12. Occasion
13. Relaxes
21. Butter portion
23. Engine
25. Lennon's Yoko _____
27. Bullets, for short
28. Radio part
29. Green Gables girl
30. Garden vegetable
32. RBI, e.g.
34. Annoying person
35. TV signal quality
36. "Of _____ I Sing"
37. Unwanted plant
38. Just
40. Sport groups
42. "Sex and _____ City"
45. Stop _____ dime (2 wds.)
47. Author _____ Hemingway
48. "The Matrix" hero
49. Burglarize
50. Vocation
51. Desert stops
53. More painful
54. Meager
56. Troubles
58. Metal fastener
59. Agreeable
60. Keats poems
61. Cincinnati team
64. Sis's sibling

Answers Page 15



You're Joking

Q - Why does Humpty Dumpty love autumn?

A - Because Humpty Dumpty had a great fall.

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

A - A pork chop.

Q - What did the banana say to the doctor?

A - I'm not peeling well.

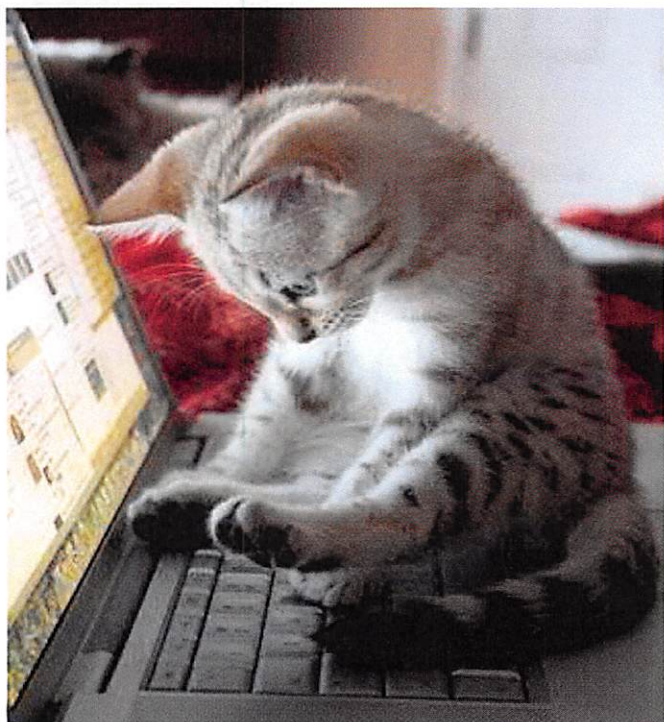
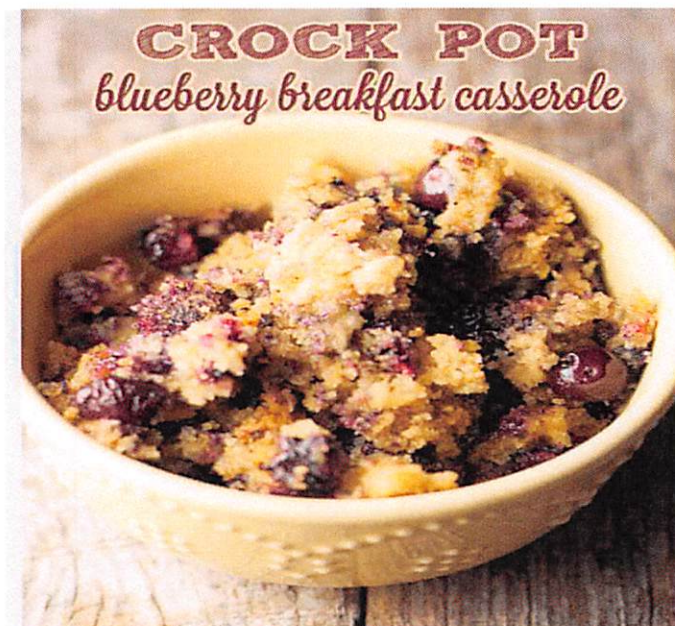
Recipe Corner

Ingredients

3 Tbsp Melted Butter
 1 Cup Long Cooking Oats
 1 Cup Cream of Wheat- uncooked
 1 Cup Flour
 1 Cup Brown Sugar
 1 Egg Slightly Beaten
 1 Cup Milk
 ¼ Cup Oil
 1 T Baking Powder
 ½ tsp Salt
 2 Cups Blueberries
 ¼ Cup Chopped Walnuts

Instructions

1. Mix all ingredients except blueberries and nuts.
2. Fold in blueberries and nuts.
3. Pour batter into your crock pot
4. Cover and cook on low for 3 hours or high for 1½ -2 hours or until the casserole sets up
5. Serve warm.



You're Joking

- Q - What does a nosey pepper do?
 A - Get jalapeno business.
- Q - Why can't you hear a pterodactyl go to the bathroom?
 A - Because the "P" is silent.
- Q - What time is it when you have to go to the dentist?
 A - Tooth-hurtie.
- Q - When you get a bladder infection,
 A - Urine trouble.
- Q - How do you count cows?
 A - With a cowculator.

JOB POSTING

DEPARTMENT: Title and Rights
POSITION/TITLE: Title and Rights- Transcriber

Job Summary

This position will report to the Title and Rights Coordinator, transcribing interviews onto an acceptable format quickly and accurately.

ESSENTIAL FUNCTIONS AND RESPONSIBILITIES

- Performs all duties and responsibilities in accordance with Adams Lake Indian Band policies and procedures;
- Database entry of all completed transcripts for QA/QC;
- Work with Title and Rights staff

Bona fide Occupational Requirements (required documents)

- 1
- Must have a Social Insurance Number
 - Adams Lake Indian Band member

Knowledge/Skills

- Possess research skills;
- Transcribe interviews onto an acceptable format quickly and accurately;
- Diplomacy, tact and confidentiality in dealing with people and sensitive information;
- Maintain a high level of accuracy in preparing and entering information;
- Knowledge of Secwepemc Traditional uses and an ability to work with elders;
- Possess computer skills;
- Transcription, data management and entry, digital filing
- Use of computer software: Word, Excel, Power Point, data management

Term of Position:

Start: September 19 2016 and will be for 2 months with the chance of an extension. Wage commensurate with experience.

Interested applicants please direct resumes to: Human Resources

- In person to be dropped off at the Administration Office Reception Desk;
- By Fax to #250-679-8813 or E-mail to dsloot@alib.ca

Deadline for applications will be September 14, 2016

Did you know

Some fun facts

- Did you know August has the highest % of births
- Did you know 8% of people have an extra rib
- Did you know all insects have 6 legs
- Did you know your tongue is the fastest healing part of your body
- Did you know there is no sound in space
- Did you know African elephants only have 4 teeth



Safety Reminders for Back to School

SCHOOL BUS TRAVEL

Research conducted by Transport Canada shows that school bus travel is one of the safest methods of transportation. Every driver must remember that when approaching a stopped school bus (on a non-divided road) that has its overhead red signal-lights flashing and side stop sign out, must stop before reaching the bus and must not proceed until the bus moves or the overhead red signal-lights have stopped flashing. ***Here are some safety tips to share with children to ensure safe travel.***

Getting to and on the school bus:

Arrive at the bus stop at least five minutes before the scheduled pick up time. Children should never run after the school bus to try to catch it. If you miss the bus, go back home or if you are at school, report to a teacher. Stay on the sidewalk, well away from the roadway and stay back until the bus has come to a full stop and the door opens. If your child needs to cross the street, teach them to look to the left, then to the right, and to the left once more before crossing the street. Use the handrail when boarding or exiting the bus. **Riding on the school bus:**

Take a seat as quickly as possible, put belongings under the seat and stay seated.

Never stick anything out of the window, including arms or heads. Save food for snack time at school or until you get home. Wait until the school bus comes to a complete stop before getting off. **After riding on the school bus:**

When getting off the bus: take two large steps away from bus. If you must walk in front of the bus, walk ahead at least three metres (10 giant steps). The driver must be able to see you and will give a signal when it is safe to

cross. Cross in a single file.

If a child drops something near or under the school bus, they should never attempt to retrieve it without the driver's permission.

TRAVEL BY CAR

Parents and guardians must respect their child's school safety measures for dropping off and picking up their children at school. Every effort must be made to avoid collision and injury by refraining to create hazardous situations of traffic congestion and unsafe driving practices within the school zone. Respect posted speed limits, and designated drop-off and pick-up areas.

TRAVEL BY BICYCLE

To ride a bicycle to and from school, children must be mature enough (minimum 9 – 12 years old), and must have enough experience. The rider should be able to scan ahead and check behind without swerving. ***To ensure safe cycling, young cyclists must:***

Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in).

Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea to have a safety flag.

Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.

Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.

Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

WALKING TO SCHOOL

Many children use roadways to make their way to and from school. Parents and guardians must review road safety rules with their children and the importance of not accepting rides or any invitations from strangers. It is best to walk with a buddy and keep focused on getting straight home. ***To keep safe on roads, children pedestrians must:***

Find a safe and direct route to school with the help of their parents. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established.

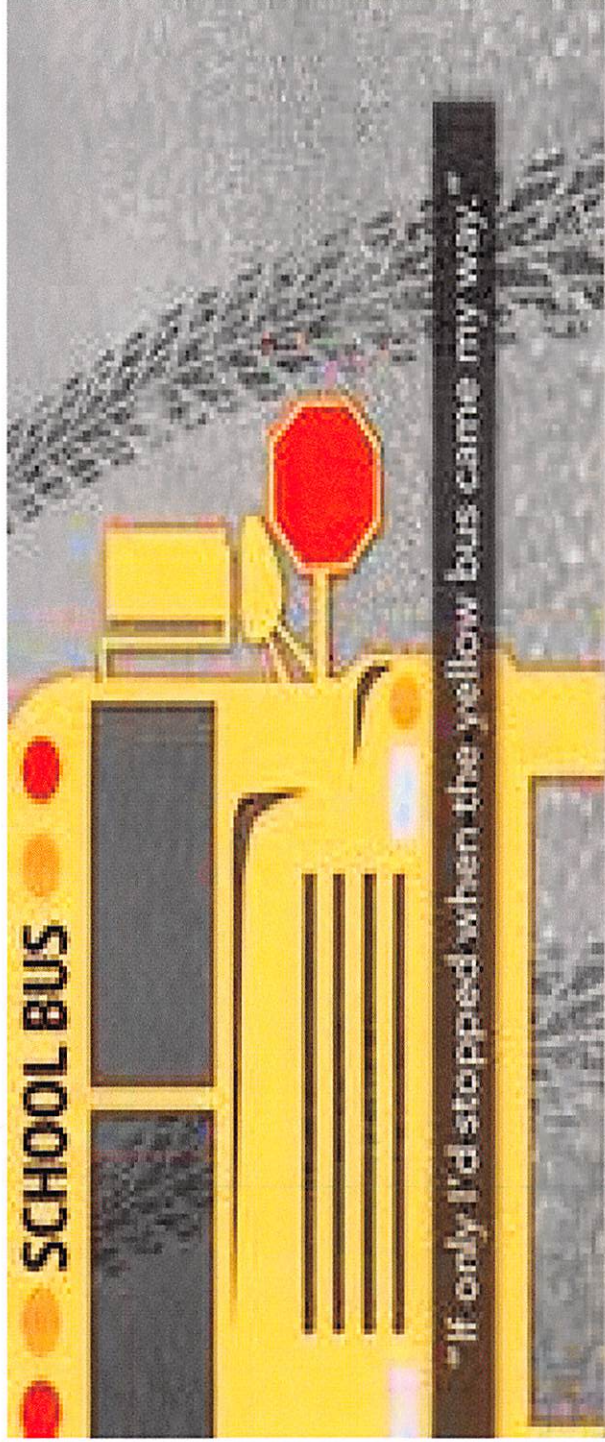
Stay on sidewalks whenever possible. If there is no sidewalk, use the left side of the road facing traffic.

Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.

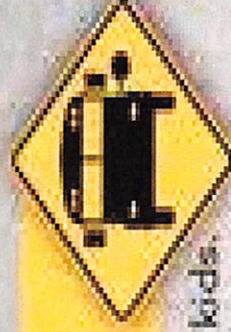
Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

Prevention is the key to safety. With education and awareness, all children should be able to get safely to school and home again. Take the time to share these valuable rules and tips with your children.

SCHOOL BUS



No Regrets When You DRIVE WITH CARE



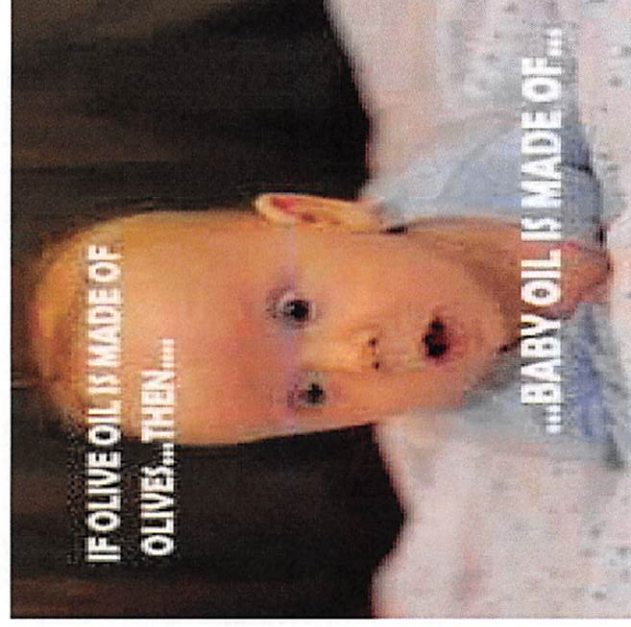
- Slow down near bus stops and watch out for kids.
- Red flashing lights and an extended stop arm means the school bus has stopped to load or unload children.
- On a two-lane road or a divided roadway with no median, all drivers in both directions must stop.
- Obey the traffic laws, signals and speed limits.

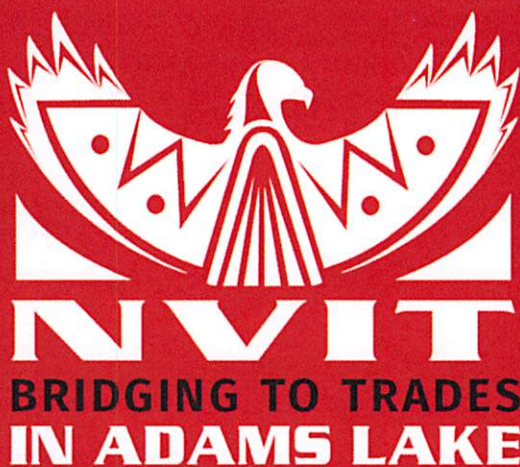
Funded by FDOT

PHONE DOWN! BUCKLE UP!

Puzzle Solution © OnlineCrosswords.net

E	L	M	S		S		S	T	A	S	H		U	S	E	R
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S	T	E	E	P	L	E	P	L	E	R	E	M	O	N	A	T
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L	E	S	T				S	N	O	R	T		L	E	S	S





NVIT

BRIDGING TO TRADES IN ADAMS LAKE



TOLL FREE
1.877.682.3300

MERRITT
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VANCOUVER
1.604.602.9555

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This 12 week program gives students the required courses in Math and English to have greater opportunity for acceptance into trades schools pre-apprenticeship programs. Explore Four different trades including:

**WELDING
ELECTRICAL
PIPING/PLUMBING
MILLWRIGHT**

TO REGISTER, CONTACT:
(Adams Lake)
Diane Anthony
Education Coordinator
250-679-8841 ext. 2239
or danthony@alib.ca

LOCATION: SWITSMALPH IR 6
(Salmon Arm, BC)

START DATE: OCTOBER 3, 2016

Canada

**BRITISH
COLUMBIA**

Funding provided through the Canada-British Columbia Labour Market Agreement

Upcoming Events from other organizations/groups

Budgeting Talking Circle

Fri. Aug. 26 at 2:00 pm at Neskonlith Hall, Chase, BC. Adults over 19 all welcome. FMI call Mary (250)679-3295.

What is Consent - Men's Night

Mon. Aug. 29 from 5:00 to 7:00 pm at CLC Dining Room, 345 Chief Alex Thomas Way, Kamloops, BC For males 12 years of age and older. Presentation during dinner than head over to Fun Factor for a game of Laser Tag. FMI and to register call Gina at (250)828-9797.

What is Consent - Women's Night

Wed. Aug. 31 from 5:00 to 7:00 pm at CLC Dining Room, 345 Chief Alex Thomas Way, Kamloops, BC For females 12 years of age and older. Presentation during dinner than head over to Fun Factor for a game of Laser Tag. FMI and to register call Gina at (250)828-9797.

Simpew Resource Group Golf Tournament

Fri. Sept. 9 from 1:30 to 4:30 at Chinook Cove Golf Course, Barriere, BC. FMI and register call Tina at (250)434-2356.

Finding balance in a world of chaos

Fri. Sept. 9 from 2:00 to 3:00 pm at Neskonlith Hall, Chase, BC. Adults over 19 all welcome. FMI call Mary (250)679-3295.

Pipe Ceremony

Fri. Sept. 23 at 1:00 pm at Neskonlith Hall, Chase, BC. Adults over 19 all welcome. FMI call Mary (250)679-3295.

Some of the above events may have a poster displayed here within Cstelnec Newsletter with more details.

ALIB Website

Under Construction

By Karen Everard

Communications Coordinator



Adams Lake Indian Band have been in the process of redesigning our official website. Which represents the culmination of very large amount of work by members of the IT and Communication Departments; staff and external contractors over the last few months. We will be rolling out the website and its new functionality over the next few weeks so stay tuned for some exciting new features. We proposed a soft launch date of August 31 but due to website architecture, the workflows used to produce content and other issues, there were some hiccups. Any project this large is sure to have some challenges and setbacks along the way.

A new date to do soft launch has been changed to September 16. While it will be live and fully operational there will still be some refinements to be made before the official launch planned for end of September. I never buy a car without going on a test drive and we're applying the same methodology to our site roll-out. We will need your help. If you see a problem or think something should be edited or enhanced, just let us know by giving us a call and we will do our best to meet your expectations.

We'll let you know about other features and enhancements as they become available. I think you are going to like the new site and we are looking forward to enhancing our communication with you in the coming year using this fantastic new resource.

As always, if you want to give me input directly, just give me a call at (250)679-8841.

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

ápels

apple

ctékle7tn

lunchbox

ec r lleq̓méltēs

teacher

Upcoming Meetings/Events

Title & Rights Information Sessions

No information session in August. Two sessions will be held in September. Thurs. Sept. 15 at Pierre's Point Log Building in Salmon Arm. 3 to 5 pm Genealogy; 5 to 6 pm Dinner; 6 to 8 pm information session. Thurs. Sept. 29 at Adams Lake Recreation and Conference Centre in Chase, BC. 3 to 5 pm Genealogy; 5 to 6 pm Dinner; 6 to 8 pm information Session. Glen Eden shuttle service for pick up at 2 pm and return at 9 pm. Please sign up for shuttle service at Swits office.

Secwepemc Hunting Camp 2016

Set up Sat. August 27, feast Tues. August 30. Location will be in the Seymour Arm Area (Celista-Seymour Forest Service Rd, Saint Ives, BC) Activities include: first kill ceremonies, lahal, pit cooking, hide tanning, smoke house plus more. Everyone welcome, children must be accompanied by an adult. Come prepared with tent, sleeping, clothes, towels, chairs, plates and cutlery. For map and more information contact Shawn at (250)572-2924 or Bonnie at (250)682-8213.

Choices Seminars Presentation

Mon. August 29 at Swits Community Building in Salmon Arm, BC 6:00 pm light dinner; 7:00 pm presentation. Hosted by ALIB Education Department.

Band Office Closure

Please be advised our Band Offices will be closed on Monday, September 5 for Labour Day. Re-open on Tuesday September 6 at 8:00 am. Safe long weekend to all.

Riverfresh Recipe Contest

Send your traditional, favorite or healthy seafood/salmon recipe to RFbilling@shuswapnation.org. Chance to win Riverfresh gift certificate and basket valued at over \$175. Draw date will be September 12, 2016.

2nd Quarter ALIB Community Meeting

Wed. Oct. 26th save the date. Watch for more details at a later date.

