

Update on Mica 5/6 Draft Accommodation Agreement with BC Hydro

By Chief Robin Billy

The Mica Generating Station is a hydroelectric dam built on the Columbia River, 135 km north of Revelstoke, BC and was completed in 1973. When the dam was initially built, 2 of the 6 bays did not have turbines installed. In 2007, BC hydro began consulting with the Adams Lake Indian Band (ALIB) to seek our input on adding two new turbines into the existing dam producing an additional 1000 MW of electricity. Since the initial consultation, ALIB started working collectively with other Sexqeltkemic communities (initially Neskonlith and Splatnin) to ensure their voices were heard on the Mica 5/6 project.

Typically, proponents of these large projects consult with Bands and prepare an Accommodation Agreement **before the project starts**. These agreements include benefits to the Bands including: employment, contract opportunities, cash settlements and even land exchange. These agreements are extremely important to ensure that the interests

of the Secwepemc people are addressed prior to a project being approved.

However, the Accommodation Agreement was not completed prior to the Mica 5/6 project starting and after 5 years it is nearing completion and still no Agreement signed by the Bands. We have taken an aggressive approach in ensuring that BC Hydro concludes an Agreement with the Bands before the project is completed, otherwise there could be no benefits at all. BC Hydro has come back to the negotiation table and over the last several months' consultation has substantially increased accommodation in cash settlement, offer direct awards for employment and contracting opportunities and support training and capacity-building.

Over the past few months, we have held monthly title and rights meetings at the gym (last Wed of the month) to provide updates on this project and all of the other projects being proposed in our traditional territory. Please come out to monthly title and rights meetings to discuss the Mica 5/6 Agreement and other important title and rights developments. To strengthen two-way communications, encourage community engagement, be informed, to give input and dialogue. Next Title & Rights Information Session will be Wednesday, March 30th.



Mica 5/6 Revelstoke BC

2016/2017 Budget Information Meeting

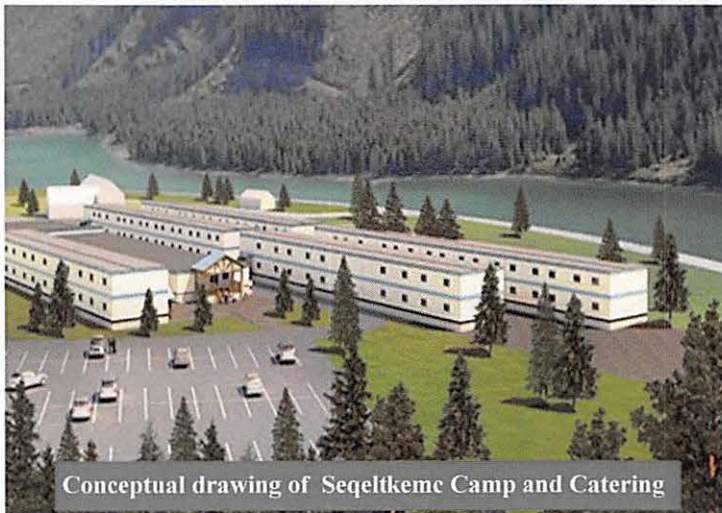
ALIB Membership are invited to Information Meeting on **Wed, March 2, 2016** at Adams Lake Recreation & Conference Centre, Chase, BC. Dinner at 5:00 pm, the meeting will begin at 6:00 pm.

General Band Meeting ALIB Membership are invited to GBM for **ratification vote on Wed, March 16, 2016** at Adams Lake Recreation & Conference Centre, Chase, BC. Dinner at 5:00 pm, the meeting will begin at 6:00 pm.

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Sexqeltkmc Camp and Catering at Mica Dam



Conceptual drawing of Sexqeltkmc Camp and Catering

Back in 2010 Adams Lake, Neskonlith and Splatsh Indian Bands formed the corporation of Sexqeltkmc Limited Partnership (SLP) to capitalize on many business opportunities that are available in our traditional territory of the Sexqeltkmc to Secwepemc (STS/Lakes Division). Sexqeltkmc Enterprises Inc.(SEI) was formed to manage the projects. One of the projects in 2013 was the BC Hydro

Mica Dam Facility Expansion that launched Sexqeltkmc Camps and Catering. The STS bands worked collectively and were awarded the largest contract to a First Nations joint-venture for the camp at Mica SEI partnered with Horizon North to provide camps, catering, security and a host of additional services like housekeeping, janitorial services and snow removal. This business has

been successfully operating the camp for 3 years and generating employment for band members. In 2014 Sexqeltkmc Camps and Catering received 'Joint Venture Business of the Year for Outstanding Achievement' from BC Achievement Foundation for our successful operation of the Mica camp. SEI in conjunction with the political body of STS continue to negotiate opportunities with government and industry on proposed projects in our territory.



Joint Venture Business of the Year for Outstanding Achievement.

FREE For All Aboriginal Youth,

Join us for an
indoor Archery
camp with
Coach Tim
Johnson

Equipment is
provided.

Location:

Adams Lake Rec Centre
Adams Lake Indian Band
6349 Chief Jules Drive, Chase BC

For more information contact:

Denise Michel
T: 250-679-3515
E: dmichel@alib.ca

Bernard Manuel
T: 250-350-3254
E: bmanuel@bcaafc.com

To register visit our online registration form:

<https://aboriginalsportbc.wufoo.com/forms/zlccsuig00se8r6/>



Aboriginal Sport, Recreation &
Physical Activity Partners Coun

Chase Archery Camp

****New Date****

**Saturday
March 5, 2016**

**Ages 10 + (Boys & Girls)
9 AM - 12 PM**



Sahhaltkum Daycare

Situated 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)

www.PageBorders.net

Exciting news for Chief Atahm School

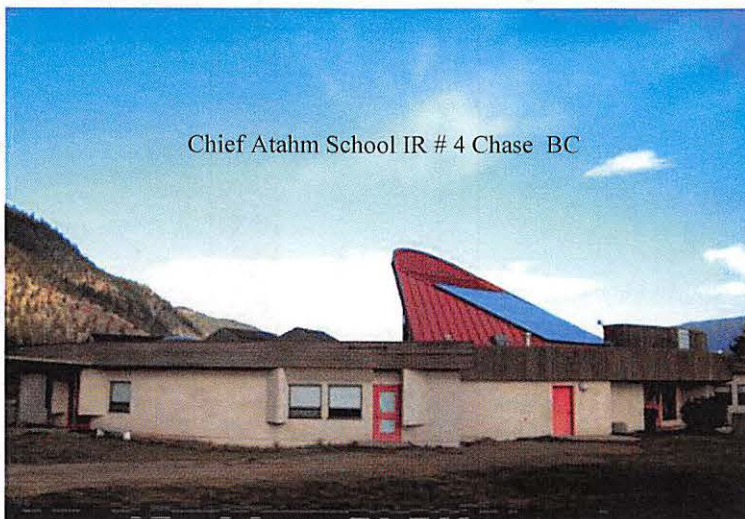
By Robin Billy – Chief Adams Lake Indian Band

I am pleased to announce that Adams Lake Indian Band has just received confirmation of \$2.25 Million for the Chief Atahm School expansion project! This project funded by Indigenous and Northern Affairs Canada (INAC) will allow Chief Atahm School to meet the needs of the High School, Special Needs and Curriculum Program. A needs assessment and feasibility study is underway now.

This project is part of the Adams Lake Indian Band's 5-year capital plan being spearheaded by Public Works, Capital and Infrastructure department. I would like to thank Maryann Yarama and her staff for their hard work and dedication in moving this project forward. In the past few months the Chief and Council (C&C) and Maryann met with senior INAC staff to move this project up on their priority list. Historically, this project was ranked low on their funding priority and the Band probably would not have received funding for at least 10 years. However, the C&C along with Maryann were able to satisfy additional funding requirements (partnership design with Westbank First Nation) and move this project from around 60th nationally to the top of the funding list for the School Innovation Fund.

As the new C&C we are excited by this project and continue to support one of the community's greatest assets: the Chief Atahm School. This school continues to produce children that learn the language, culture, and traditions of the Secwepemc people and who have even become

Secwepemcst'in teachers themselves. We hope this school expansion project paves the way for more students to join the school and gain exposure to one of the top immersion schools in the country. I would like to thank those people who had the vision to start Chief Atahm School, the staff, parents, and elders that continue to make the school a success!



p.s. stay tuned for exciting new developments in post-secondary training.

Save Paper/ Keep Informed

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, Upcoming Meetings/Events etc.

Call Karen at (250)679-8841 or

toll free 1-877-679-8841

Can also check out our website www.adamslakeband.org

Seeking General Feedback

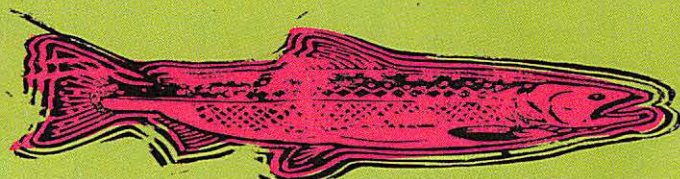
Over the past 6 months the Newsletter Team have made changes to production of our monthly newsletter. We are seeking general feedback on the recent progress. Can you suggest anything that might help in anyway for future issues? Please call Karen at (250)679-8841 Ext 2242 or email keverard@alib.ca

Karen Everard

Adams Lake Indian Band

Planning/Communications Coordinator

SECWPEMCSTIN LANGUAGE CLASS FOR FAMILIES



**MONDAYS 5:30-7:30PM
Jan.25th -April 25th**

Adams Lake Old Hall, Adams Lake reserve

Free. Bring potluck item to share
Bring your own dishes and cutlery

Sponsored by the George Manuel Institute

Adams Lake Indian Band
Community Panel
Box 588
Chase, BC
VOE1MO

Letter to Membership

February 17, 2016

Adams Lake Indian Band Membership

Re: Letter of Appeal to Adams Lake Indian Band By-Election 2016

The Community Panel received a Letter of Appeal on January 22, 2016 with regards to the Adams Lake Indian Band By-Election 2016.

The Community Panel has conducted its investigation and finds no violation to the election process therefore, the By-Election result of January 12, 2016 stands.

Kukstsemc,

Community Panel

For Circulation: Posted IR #4 and IR #6 ALIB Website ALIB Newsletter



Thumbs Up at the Cake Contest

Photo by Christine Eustache

Grayson gives his thumbs up for a cake at the Cake Contest that was held on Family Fun Day on Feb. 5, 2016 at the Adams Lake Recreation & Conference Centre.

**Thank
you!**

To the parents and community volunteers who helped out at the Valentines dance that was put on by the ALIB Girls Group. The Girls Group wishes to thank,

Charity Johnson
Alisha Billy
Loretta Wood
Ryan Stensrud
Mary Dennis
Gina Kim
Isaiah Manual
Rhonda Camille
Shane Camille

Submitted by Sandy Lund

RED NATION WARRIOR JAM SESSIONS

EVERY WEDNESDAYS

7PM- 10PM

SPIRITUAL CENTER

**WE ARE ALSO GOING TO HAVE SECWEPENMC
SONGS AND DANCE LESSONS ONCE A MONTH
ON THESE DATES.**

February 17th, March 16th, April 13th, May 11th, June 1st.

(MARK THEM DOWN)

6pm @ Spiritual Center

PLEASE EVERYBODY COME ON OUT!

Return your applications to Christine by March 4, 2016

Energy Conservation Assistance Program (ECAP)

What is ECAP?

ECAP is a BC Hydro program developed for households to benefit from energy efficient upgrades. The program is free to Homeowners and tenants that qualify for the program. Depending on the home, the upgrades can be worth about \$2,000 and can include a brand new Energy Star refrigerator. The program also includes an energy evaluation of your home, a health and safety check, and personalized education designed help occupants reduce their energy consumption and save money on their bills.

If your application is approved, BC Hydro's program contractors will conduct a free energy efficient evaluation and address things like:

- Air leakage and draft-proofing
- Moisture issues and recommend better ventilation (in some cases install quiet and efficient new fans)
- Insulation Levels in attic, walls and crawlspaces and add more insulation when it is cost effective to do so
- Conduct a depressurization test to ensure flue gases will not spill into the home in a worst case scenario
- Check the electrical consumption of your existing fridge and replace it with an energy star fridge if your current appliance doesn't meet appropriate standards



Also install free basic energy efficient products:

- Compact fluorescent lighting
- Draft-proofing measures (outlet gaskets, weather-stripping, and caulking)
- Low flow shower heads,
- Faucet aerators
- Hot water tank wrap
- Pipe wrap
- And night lights

Who can APPLY?

The person whose name is on the BC Hydro bill must fill out the application.

Must be living on Sahhalkum IR#4 or Switsemalph #IR6.

If you have any questions, please call Christine Eustache @ 250-679-8841.

Return your application to the Adams Lake Indian Band – ATTENTION: CHRISTINE.

ENERGY CONSERVATION ASSISTANCE PROGRAM

APPLICATION FORM FOR BC HYDRO ACCOUNT HOLDERS (FOR ABORIGINAL COMMUNITIES AND RESIDENTS OF NON-PROFIT HOUSING)

Bulk reference # _____

COMPLETING THE APPLICATION

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

- ☐ Complete the application in full (or we will not be able to process your application)
- ☐ Attach the Landlord Consent form (if you rent from a private landlord)
- ☐ Sign the declaration at the bottom of the page (highlighted in yellow below)

If you require assistance completing this application form please call 1 877 806 3242

1. ACCOUNT HOLDER INFORMATION

BC Hydro Account

First Name (on BC Hydro bill) _____ Last Name (on BC Hydro bill) _____

Account Address _____ Apt. No. _____

City _____ Province _____ Postal Code _____

Home Phone Number _____ Other Phone Number _____

BC Hydro Account Number _____

FortisBC (Natural Gas) Account

First Name (on FortisBC bill) _____ Last Name (on FortisBC bill) _____

FortisBC Account Number _____

2. PROPERTY INFORMATION

How many people live in your home? _____

What type of home do you live in? ☐ Detached house ☐ Duplex ☐ Townhouse ☐ Apartment/Condominium *
☐ Mobile Home ☐ Other _____

* Please see section 4 for eligible products and measures for apartment units

Do you own or rent your home? ☐ Own ☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

* If you live in a band owned home, or Non-Profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (Please indicate if home is Band owned) _____ Contact Phone Number _____

3. INCOME QUALIFICATION AND AUTHORIZATION FOR DISCLOSURE AND COLLECTION

I understand that in order to qualify as a participant in the Energy Conservation Assistance Program, BC Hydro requires proof that my income is under the Low-Income Cut-off (LICO) as published by Statistics Canada. By signing this form, I consent to BC Hydro collecting my personal information (including LICO income qualification status, name, contact information, and other items listed on this application form) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro Account Holder Signature _____ Date _____

(BC Hydro Account Holder)

FortisBC Account Holder Signature _____ Date _____

(If there is a FortisBC natural gas account associated with the residence)

OFFICE USE ONLY

Authorized Signature _____ Meets LICO Threshold ☐ Yes ☐ No

¹ To be eligible for this program, an applicant's combined household income must be less than the most recent income limits published by Statistics Canada's Low Income Cut-Off table (see Terms and Conditions). For those applicants that meet these criteria, BC Hydro and, if applicable, FortisBC will also evaluate the applicant's annual electricity, and if applicable, gas consumption. Meeting all these criteria, however, does not necessarily guarantee acceptance into the program. Mail completed applications to: BC Hydro and FortisBC ECAP Operations, PO Box 8910 Sun Terminal, Vancouver, BC, V6B 9Z9.



Read the next page carefully →

4. TERMS AND CONDITIONS

1. Residential property refers to the home occupied by a low-income owner or tenant at the address listed on this application and meets the qualifications set out below.
2. The applicant must at all times:
 - a. Be of a legal age of at least 18 years old as of the time of submission of this application
 - b. Be the current lawful occupant of the residential property and occupy the property as their principal residence on a year-round basis
 - c. Be an active BC Hydro residential account holder for the residential property referred to in this application, and if applicable, be an active FortisBC Energy Inc., FortisBC Energy (Vancouver Island) Inc or FortisBC Energy (Whistler) Inc., (together, FortisBC) residential natural gas account holder for the residential property referred to in this application.
 - d. Qualify as "low income" in that the applicant's combined gross (before tax) household income must be less than the most recent income limits published by Statistics Canada's Low Income Cut-Off (LICO).
3. BC Hydro and FortisBC reserve the right to, at any time, verify the accuracy and completeness of any and all information provided by the applicant, and the applicant must cooperate with this verification process. The applicant must notify Energy Conservation Assistance Program (ECAP) Operations if any information provided as part of this application changes at any time after the submission of the application.
4. The residential property must be a fully serviced existing building suitable for human habitation that is occupied on permanent year round basis (attached garages, outbuildings, buildings under construction, and unoccupied buildings are not eligible), and deemed to be in suitable condition for the improvements available through the program.
5. BC Hydro and FortisBC may without penalty or obligation, at its sole discretion, at any time, modify any terms or conditions or any of its requirements for program eligibility, and modify or terminate the program.
6. BC Hydro and FortisBC have the right to prioritize applications for program support within available funding based on any criteria deemed appropriate.

7. The availability, timing, and amount of program support are subject to available program funding.
8. BC Hydro and FortisBC are not obligated to provide program support to any applicants including those who meet all program eligibility criteria. It is within BC Hydro's and FortisBC's sole discretion to accept or reject any applicant who meets all program eligibility criteria.
9. BC Hydro and FortisBC will decide in their sole discretion which improvements an approved applicant will receive.
10. Households (determined by service address) are not eligible to receive the program more than once every 10 years.
11. Services for applicants in remote or hard to service locations may vary.
12. Apartment units are eligible to receive lighting products and water saving measures but are not eligible for refrigerator replacements, door weather-stripping, or any advanced measures including insulation upgrades, advanced draft proofing, and furnace replacements.

HOUSEHOLD INCOME THRESHOLDS			
Household Size	Maximum Household Income*	Household Size	Maximum Household Income
1 person	31,700	5 persons	66,700
2 persons	39,600	6 persons	75,200
3 persons	48,500	7 persons or more	83,700
4 persons	58,800		

FortisBC Energy Inc., FortisBC Energy (Vancouver Island) Inc. and FortisBC Energy (Whistler) Inc. do business as FortisBC. The companies are indirect, wholly owned subsidiaries of Fortis Inc. FortisBC uses the FortisBC name and logo under license from Fortis Inc.

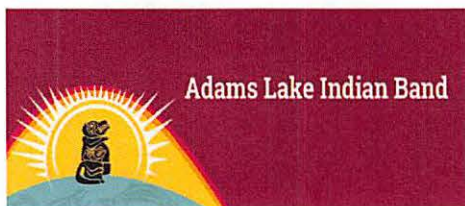
5. APPLICANT DECLARATION AND CONSENT

- I confirm that I am the owner of the above household or, if not, that I have the owner's permission to proceed with this application and the implementation of improvements to the household as contemplated by the program.
- If I rent my home, I understand that any improvements completed under this program cannot form the basis for an increase in rent above the provincial guidelines as it is not an expenditure that my landlord will have incurred.
- If this application is approved, I grant permission for the program contractors to conduct a free energy efficiency evaluation of my home and to install free basic energy efficient products including but not limited to: Compact Fluorescent Lighting, weather stripping, low flow shower heads, faucet aerators, pipe wrap, and night light(s).
- If during the free energy efficiency evaluation of my home contractors determine that the property qualifies for further upgrades that would be administered by FortisBC, including, for example, insulation and furnace upgrades, I hereby grant permission to FortisBC and FortisBC contractors to conduct an advanced assessment on the property, which may include but is not limited to a basic survey of the home's air quality, assessment of the level of the insulation in the home, and an estimation of the efficiency of gas furnaces.
- I acknowledge and agree that BC Hydro and FortisBC are not the designers, manufacturers or installers of the products installed under this program and that BC Hydro and FortisBC make no representation or warranty of any kind concerning such products or their installation or any potential cost savings therefrom. I further irrevocably waive any and all actions, claims, suits and demands (whether based in contract, tort, equity or otherwise) that I have or may in the future have against, and irrevocably release from liability and agree not to sue, BC Hydro, FortisBC or any of their affiliates or any of their respective officers, directors, employees, agents, contractors or representatives for any type of loss or damage that I may suffer including, without limitation, property loss or damage, financial loss or damage, or personal injury that arise or accrue from, as a result of, in relation to, or in connection with my involvement in the program or the use and installation of these products.
- I understand that any improvements to be performed in my home are subject to the availability of funds, program goals, and eligibility of the household under the program guidelines.
- I have attached the most recent copy of a qualifying document for each member of the household 18 years of age and over and permit BC Hydro and FortisBC to use this information to determine the total household income at the above residential property.
- If I have indicated that in the case that I do not qualify for the ECAP, I would like BC Hydro to use the information in this application to determine my eligibility for the Free Energy Savings Kit (ESK) program, I consent to BC Hydro shipping me a free ESK in the case that I do qualify for the free ESK.
- If I rent my home, I understand that work cannot be completed in my home without the permission of my landlord and that it is my task to have my landlord complete the Landlord Consent Form and attach the completed form to my application.
- If I rent my home, I understand and agree that all products installed and/or replaced in my home under the ECAP program, including but not limited to appliances (for example refrigerators and furnaces), fixtures (for example showerheads, faucet aerators) and all other

improvements are the property of the building owner and I will not remove or alter them.

Consent to Use Information:

- I understand that BC Hydro is collecting my personal information on this form for the purpose of administering ECAP. BC Hydro administers this program and related activities in furtherance of BC Hydro's energy conservation mandate and obligations under the Clean Energy Act and the Utilities Commission Act. BC Hydro uses, discloses and collects my personal information in accordance with the provisions of the Freedom of Information and Protection of Privacy Act. If I have any questions regarding ECAP, and/or the information collection undertaken on this form, I can contact BC Hydro at 604 431 9463 or 1 800 431 9463 outside the Lower Mainland.
- I understand that, if I have indicated that there is a FortisBC account associated with my residence, BC Hydro may disclose my personal information on this form, any information disclosed to BC Hydro as part of my application to the program, as well as information regarding the improvements carried out in my home under ECAP to FortisBC and its contractors. This includes, but is not limited to: my name, contact information, FortisBC Account number, health and safety assessment results, products installed, and building information and I consent to that disclosure. I understand that FortisBC will use and dispose of this information in accordance with the provisions of the Personal Information Protection Act.
- I consent to BC Hydro, FortisBC, and their contractors carrying out any necessary inquiry and to collect and use any information provided by me under this program for the purposes of administering, carrying out and evaluating the program including, without limitation, determining my eligibility to receive benefits under this program, conducting an evaluation of my home, recommending and installing energy efficient measures in my home and conducting a quality assurance evaluation. Specifically, I understand that, if I qualify for further benefits under ECAP that are administered by FortisBC, BC Hydro may disclose my personal information on this form, any information disclosed to FortisBC as part of my application to the program, as well as information regarding the work that was carried out in my home under ECAP to FortisBC and its contractors. This includes, but is not limited to: my name, contact information, FortisBC Account number, health and safety assessment results, products installed, and building information. I consent to such disclosure and understand that FortisBC will use and dispose of such information in accordance with the provisions of the British Columbia Personal Information Protection Act.
- I also consent to BC Hydro's, and if I have indicated that there is a FortisBC account associated with my residence, FortisBC's internal use of any information provided by me in this application and under this program and my BC Hydro and if applicable, FortisBC account information, including electricity and natural gas consumption at the above household for a period of 36 months before program participation and 36 months after program participation, for purposes of: (i) administering and verifying the effectiveness of the program, and (ii) expanding existing programs and designing new programs to better serve the needs of residential customers.
- I understand that BC Hydro and FortisBC may contact me (by phone, email, direct mail or similar method) for the purposes of program administration, implementation and evaluation and/or to provide me with further information on this or other similar conservation-related programs.



Adams Lake Indian Band

Cstélnec Newsletter

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. We also reserve the right to refuse advertising that in our opinion does not reflect the concept of the newsletter.

Contact the

Cstélnec Newsletter Team:

Karen Everard – CCSP/Communications
Co-ordinator

Bernadette Dennis-

Document Management File Clerk

Phone (250)679-8841

Email keverard@alib.ca

Web www.adamslakeband.org

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.

**Next issue will be on
Thurs. March 31, 2016.**

**Please send submissions
by March 24th.**

Announcement of Chief's Office Space Relocated

On February 15, 2016 after many years at the same location, the Chief's office and Executive Assistant to Chief & Council offices have moved office space at our administration building in Chase. The Chief's office has been in same room since early 90s, over 25 years. The office of Chief Billy has exchanged with Debra in Human Resources. The office of Beatrice has exchanged with Bernadette in Document Management. The office relocations allow the Boardroom to be central as Council Chambers, better staff work flow and less disruptive while meetings are in progress in the boardroom.

Their phone numbers and extension numbers remain the same (250)679-8841 extension number: Chief 2202, Beatrice 2201, Debra 2241 and Bernadette 2319. Please stop at Main Reception Desk and Rena will be glad to show you to their office.



Did you know Some fun facts

Did you know 11% of people are left handed.

Did you know a bear has 42 teeth.

Did you know an ostrich's eye is bigger than its brain.

Did you know lemons contain more sugar than strawberries.

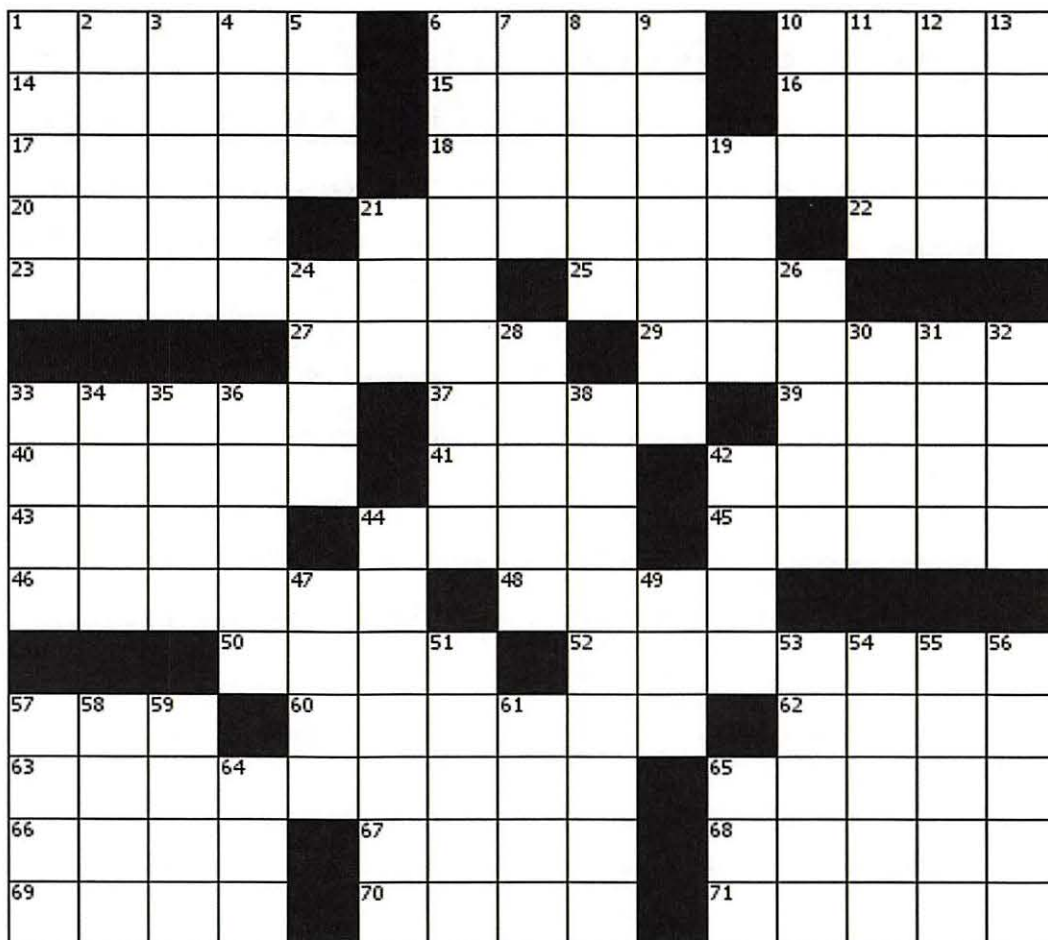
Did you know 8% of people have an extra rib.

Did you know 85% of plant life is found in the ocean.

Did you know stewardesses is the longest word that is typed with only the left hand .

Across

1. Night twinklers
6. Long story
10. Requests
14. Dogma
15. Interlock
16. Entreaty
17. Fidgety
18. Joining the military
20. Got it! (2 wds.)
21. Eager
22. Fawn's mom
23. Savings (2 wds.)
25. Adolescent
27. Dandelion, for one
29. Ghost
33. Window blind
37. Alaskan port
39. Area ____
40. Roof edges
41. Espionage org.
42. Surrendered
43. Gator's cousin
44. Transmitted
45. Regions
46. Lodger
48. Acquires
50. Touch
52. Housing agent
57. Mineral spring
60. "Lawrence of ____"
62. Adore
63. Lunchroom
65. Dined
66. ____ hygiene
67. The ____ Office
68. Brainy
69. Duration
70. Talk back
71. Epsom ____



Down

1. Discolored spot
2. Nervous
3. Poker stakes
4. Bowler's button
5. Pigpen
6. Development
7. Remain undecided
8. Tiny landmass
9. Beijing natives
10. Fitting
11. Skidded
12. Gambling game
13. Wise man

19. Pace

21. Develop
24. Female sheep
26. More congenial
28. Accomplishing
30. Went by bus
31. Concept
32. Koppel and Turner
33. Religious order
34. Rabbit like animal
35. Bard of ____
36. Coffee type, for short
38. Fabrics
42. Pedro's house
44. Sound systems

47. Uncluttered

49. Earl Grey, e.g.
51. Immature insect
53. Andes animal
54. Whole
55. Open to view
56. Sublets
57. Highlander
58. Trim
59. Distant
61. Prejudice
64. Graceful tree
65. 19th letter

Answers Page 12



Daylight Saving Time (DST) Sunday, March 13, 2016

The term "Spring Forward—Fall Back" is meant to trigger your memory to set your clocks **forward** one hour in the spring at the start of DST and one hour **back** in fall when DST ends. In the spring, clocks are changed on the second Sunday in March at 2 am. In the fall, clocks are set back on the first Sunday in November at 2 am.

**Remember to Spring forward Sunday,
March 13, 2016 at 2:00 am.**

ARE YOU INTERESTED IN TYPE 2 FIRE FIGHTING TRAINING/WORK OPPORTUNITIES?

The Adams Lake Indian Band Natural Resource Department is looking to recruit and/or train individuals for two (2) Five Person Type 2 Fire Crews to support the B.C. Wildfire Management Branch for the 2016 fire season.

The following requirements must be met for Adams Lake to qualify for registration;

All individuals must pass a Moderate fitness test which covers - All personnel must be physically fit that meet the moderate category fitness standard (walk 2 miles (3.22 kilometers) carrying 25 lbs (11.34 kilograms) within 30 minutes).

A five-person crew must have a crew leader and two firefighters (FF) with experience and can have two FF trainees with no experience.

Crew Leader: Successful completion of the following:

S 100 Basic Fire Suppression and Safety or equivalent (annual re-currency);

S 185 Fire Entrapment Avoidance;

S 212 Fire Line Communications or Restricted Radio Operators Licence;

S 230 Introduction to Supervision (Crew Boss);

S 235 Burn Off and Backfiring;

Incident Command System (ICS 100);

Acted as Crew Leader on three (3) fires OR twenty (20) days as a fire fighter (minimum 240 hours required);

Annual Physical Fitness Test – Moderate Standard

Note – Crew Leaders that have been accepted previous to this Standing Offer will not need to show additional experience and will continue to be accepted as Crew Leaders

Fire Fighter: Successful completion of the following:

S 100 Basic Fire Suppression and Safety or equivalent (annual re-currency);

S 185 Fire Entrapment Avoidance;

Five (5) certifiable days (12 hours per day) actively involved in fire fighting;

Annual Physical Fitness Test – Moderate Standard.

Trainee Fire Fighter: Successful completion of the following:

S 100 Basic Fire Suppression and Safety or equivalent (annual re-currency);

S 185 Fire Entrapment Avoidance;

Does not have five (5) certifiable days or sixty (60) hours fire fighting;

A Trainee Fire Fighter will be allowed as per the following:

5 person crew – 2 (one of which can be under the age of 18)

10 person crew – 3 (two of which can be under the age of 18)

Annual Physical Fitness Test – Moderate Standard

Power Saw Operator: Successful completion of the following:

Qualified Fire Fighter as detailed above;

Successful completion of a basic chainsaw operator's course or demonstrated experience as a chainsaw operator;

Danger Tree Assessor: Successful completion of the following:

Qualified Fire Fighter as detailed above;

Certification as a Danger Tree Assessor – Wildfire Module;

Contract crew members are Type 2 firefighters and are called to assist with wildfires that have lower intensity and present a lower risk to firefighter safety. These crews perform initial attack and sustained action on smoldering fires (Rank 1-2) Typically, they are used in wildfires that are considered to be contained, under control, or in mop-up stages.

If you are interested in training or have previous training/work experience, you must submit:

Current Resume and Cover letter

All relevant current certificates (fire fighting certificates, first aid etc)

A copy of Valid Drivers License if you have one

to the Natural Resource Department Valerie Michel or Adams Lake Receptionist no later than **March 3rd, 2016.**

Local Artist

A great opportunity to display your talent, the Chances Casino on our Switsemalgh IR # 7 reserve in Salmon Arm, is looking for local artist to display art work for sale.

If you are interested in this great opportunity please contact Lesley Thiessen,

Food and Beverage Manager at:

250-832-5634 or

Email lthiessen@berezan.ca

Online Courses Training with St. John's Ambulance

The First Nations Education Steering Committee (FNESC) and the First Nations Schools Association (FNSA) are pleased to administrate St. John's Ambulance Online Course training opportunities available to students in First Nations communities.

This online training is available for youth, **between the ages of 15 to 30 years old**, who reside on-reserve only, and who will return to secondary or post-secondary studies.

Each student may enroll in one or both of the St. John's Ambulance online courses:

1. WHMIS—Workplace Hazardous Materials Information System
2. Food Safe Basic Level 1.

Students that are interested please stop by ALIB Education Department to complete participant registration form. The **deadline to apply is March 31, 2016**, no applications received after this date.

*Hippity Hoppity
Easter's on its way!*

Looking for Elders photos

The Health & Wellness Department is currently looking for past and present photographs, size 8×10 / 8.5×11 photo sizes preferred.

The photos will be framed & displayed in the ALIB Chase Admin building.

If you have any questions, or would like to submit an Elders picture please contact Daidri Marr (250) 679-7726 (Ext 2372)

Or stop by the ALIB Elders room.

EDUCATION DEPARTMENT



**SWITSEMALPH
EVERY
WEDNESDAY**

Effective Feb 2016 Diane Anthony will be in the Salmon Arm area every Wednesday to be directly available to our members. Diane will also utilize these days to work with our Education Stakeholders in K-12/Post-Secondary.

Switsemalgh (AM) Salmon Arm (PM)

EDUCATION DEPARTMENT



BACK OFF

I know karate

mohitake.com

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THEY'LL NEVER FIND ME HERE



Household Hints & Tips

- ♦ To restore finished wood furniture, steep two tea bags in hot water for 10 minutes. Let cool, then dampen a clean soft cloth with tea and wipe over wood furniture. It will bring out the woods natural color and shine.
- ♦ Shaving your legs with hair conditioner instead of soap makes them soft and smooth. Just apply, shave, and rinse.

You're Joking

- Q - What do you call a bear with no teeth?
A - A gummy bear.
- Q - What does Pooh Bear call his girlfriend?
A - Hunny.
- Q - How do you start a teddy bear race?
A - Ready, teddy, go!
- Q - Why do pandas like old movies?
A - Because they're in black and white.
- Q - Why don't bears like fast food?
A - Because they can't catch it..
- Q - What colour socks do bears wear?
A - They don't wear socks, they have bear feet.

Happy Easter

March 2016

Health and Wellness Happenings

March 1

- ♦ Immunization Clinic 10-3pm
- ♦ Girls Group 3-5:30 (Chase)
- ♦ Supper Club (Gleneden)

March 2

- ♦ Footcare and Elders Massage (Chase)
- ♦ Appts with Robb
- ♦ Dudes Club Talks Mens Health Videconference 10:30-11:30

March 3

- ♦ Culture Club (Chase)
- ♦ AA meeting 8pm

March 4

- ♦ ALIB Telehealth Clinic
Doctor on shift

March 7

- ♦ Supper with Matt

March 8

- ♦ Aboriginal Student Success Vide conference 10:30
- ♦ Supper Club (Gleneden)
- ♦ Girls Group 3-5:30
- ♦ Family Circle (Chase)

March 9

- ♦ HIV/Aids in First nations communities teleconf 10:30am
- ♦ Appts with Robb

March 10

- ♦ Culture Club (Chase)

March 11

- ♦ ALIB Telehealth Clinic
Dr on shift 1-4pm

March 13

- ♦ PAL course at ALRCC

March 15

- ♦ Cuystwi Transformation Videoconference 10:30
- ♦ Supper Club (Gleneden)

- ♦ Girls Group

March 16

- ♦ Appts with Robb

March 17

- ♦ Culture Club (Chase)

March 18

- ♦ ALIB telehealth Clinic
Dr. on shift 1-4pm

March 19-20

- ♦ CORE course @ ALRCC

March 21

- ♦ Supper with Matt

March 22

- ♦ Immunization Clinic (Chase)
- ♦ Supper Club (Gleneden)
- ♦ Girls Group (Chase)

March 23

- ♦ Appts with Robb

March 24

- ♦ Culture Club (Chase)
- ♦ AA meeting 8pm

March 25

- ♦ Good Friday
Offices will be closed

March 28

- ♦ Easter Monday
Offices will be closed

March 29

- ♦ Supper Club Gleneden
- ♦ Girls group Chase
- ♦ Stress and Family Caregiving videoconference 10:30

March 30

- ♦ Appts with Robb

Need more info? Call Grace at 250.679.7726 for more info on any Health and Wellness events

Do you have a valid PAL??

Stop by the Health Centre and show Crystal
And you will be entered into our draw for a
Gun Cabinet and Gun Cleaning Kit
Call 250.679.7726 for more Info!!



Need your PAL or CORE??

We're working hard to promote safety in our community
through our Injury Surveillance Program!

So we are having a **PAL course on March 13**

And a **CORE course on March 19-20**

Those dates don't work for you??

Lucky we are booking another set of these courses for

The spring!! Dates to be announced

Call Crystal to be sure you get your name on the list as
spaces are limited!!

250.679.7726

There has been a change in venue so these courses will
take place at the ALIB gym (ALRCC)

Have you recently been injured??? Stop by the Health Centre
to fill out an injury surveillance report and be entered into our
draw for **200 dollars!!!**

Draw will be made on March 31, 2016

For more information call Crystal at 250.679.7726



**Reminder Every Friday we have a Doctor on shift at the Adams Lake Telehealth
Clinic from 1-4pm**

**These Doctors can handle referrals, refills for prescriptions and even sending
you for further testing!**

Call Crystal at 250.679.7726 to book your appt or for more information!!

Poison Prevention Week

March 20-26

The Following are some useful tips to help you prevent accidental poisonings in your home:

- ♦ Keep all potential poisons locked up and out of reach of children.
- ♦ Regularly gather expired and unused medications and take them to the pharmacy for proper disposal.
- ♦ Keep cleaning products in their original labelled and child resistant containers.
- ♦ Store cleaning products separate from any foods
- ♦ Know the plants you have in your home. Keep a running list of plants and whether they are poisonous or not.
- ♦ If you have poisonous plants in your home be sure to keep them out of the reach of young children.
- ♦ When taking medication always be sure to measure your dose appropriately!
- ♦ Follow instructions for use, using something that warns to use in a well ventilated area... be sure to follow the instructions for your safety.

For other safety tips visit the BC Poison Control website at:

www.dpic.org

**Don't guess.
Be sure.**

B.C. Poison Control Centre

604-682-5050
1-800-567-8911



Toxic

What to do if you think someone has been poisoned?

- ♦ **Stay calm!**
- ♦ **If the person is having convulsions or having trouble breathing call 9-1-1**
- ♦ **Otherwise call Poison Control centre at 1-800-567-8911 for further advise.**

About the poison control centre:

- ♦ The Poison Control Centre provides telephone information 24 hours a day 7 days a week.
- ♦ Specially trained pharmacists, nurses and Doctors provide treatment advice for all kinds of poisonings and poison prevention.
- ♦ You may be referred to a hospital or Doctors office but most poisonings can be treated at home with advise from your poison control centre.

Upcoming Events from other organizations/groups

Honouring our Elder's Luncheon

Tues. Mar. 1 from 11:30 am to 2:30 pm at Grand Hall, Campus Activity Centre, Thompson Rivers University, Kamloops, BC. For more information and to RSVP (by Thurs. Feb. 25 contact Misty Antoine at (250)828-5227.

Film - 'Fractured Land' Screening

Thurs. Mar. 3 at 6:00 pm at Salmar Classic Theatre, 360 Alexander St, NE, Salmon Arm, BC. Tickets at door.

Job Fair

Sat. Mar. 5 from 10:00 am to 2:00 pm at Quaaout Lodge. Rooms: Front Desk & Reservations, House-keeping, Golf Course: Guest Service, Pro Shop, Starters/Marshals, Ground Maintenance. Food & Beverage: Dining Room, Lounge, Kitchen, Catering. Race Trace Gas. Come prepared with resume and references.

Social Development Office

Income Assistance Monthly Declarations

Monthly Declarations are due no later than Wednesday, March 23, 2016 and the next cheque issue for April will be on Wednesday, March 30th, 2016.

Declarations not handed in before March 23rd will not receive a cheque as it will not be processed until the following week. There will be no exceptions.

Require Hydro and Fortis bills, Employment Forms etc.

No paperwork, No Cheque

Late paperwork, Late Cheque

Good Food Boxes

Features fresh fruit and vegetables. Delivery will be March 17 after 1:00 pm. Please ensure that you are home to receive. If you have any questions or need to make other arrangements to receive your good food box, please let me know.

Salomon Arm Office

I will be at our Switsemalphy office in Salmon Arm every Wednesday in the morning. Returning to Chase office in the afternoon.

Wendy Johnson, Band Social Development Worker

Adams Lake Indian Band

6424 Village Road, Chase BC V0E 1M0

250-679-7726 ext. 2213



Baked Ham with Sweet Glaze

Ingredients

Prep	Cook	Ready	Serves
20 m	2 h 30 m	3 h	20

1 (10 pound) fully-cooked, bone-in ham
 4 cups boiling water, or as needed
 1 cup packed brown sugar
 2 tablespoons all-purpose flour
 2 tablespoons dry mustard powder
 1/4 cup honey
 1 teaspoon fresh lemon juice, or as needed
 1 (20 ounce) can pineapple rings, drained
 1 (10 ounce) jar maraschino cherries, drained
 Toothpicks

Tip: Aluminum foil can be used to keep food moist and cook it evenly.

Directions

1. Preheat oven to 400 degrees F. Place ham on a rack set in a roasting pan, and carefully pour about 1/2 inch of boiling water into the pan beneath the ham.
2. Bake the ham in the preheated oven for 2 hours, or until a meat thermometer inserted into the thickest part of the meat (do not touch the bone) reads at least 140 degrees F.
3. Reduce oven heat to 350 degrees F. In a bowl, mix together the brown sugar, flour, dry mustard, honey, and lemon juice as needed to make a thick, smooth paste. Brush the ham generously with glaze. Skewer 1 pineapple ring and 1 maraschino cherry per toothpick, and insert the decorated picks all over the ham.
4. Return the ham to the oven, and roast for 15 minutes. Baste the ham, fruit and all, with glaze and juices that have collected in the bottom of the pan, return to the oven, and roast for an additional 15 minutes. Let the ham rest for at least 10 minutes before slicing.





FOR IMMEDIATE RELEASE

February 17, 2016

FPCC Celebrates 25 Years of Supporting Indigenous Languages and Arts in B.C.

Brentwood Bay, B.C. – The First Peoples' Cultural Council (FPCC) is proud to announce the release of its 25th Anniversary Report. For 25 years, FPCC has provided funding and resources to communities, monitored the status of First Nations languages, and collaborated with organizations on special projects that have raised the profile of Indigenous arts and languages in B.C., Canada and internationally. The report provides information on FPCC's key accomplishments, including impacts and progress.

Since FPCC began offering grants in 1991, the scope and breadth of its programs have grown steadily. In FPCC's first year delivering funding, just under \$775,000 was provided. By 2014/2015, that amount grew to \$3,100,000 in funding to communities, groups and individuals.

"As we release this report, we have a lot to celebrate," said Marlene Erickson, Chair of the Board at FPCC. "However, B.C.'s First Nations communities have been doing amazing work with limited resources for many years. Our goals moving forward are to work with communities to create new fluent speakers and to ensure that every Indigenous language in B.C. is documented, recorded and available to future learners."

"Our languages have been suppressed for 10 generations," said Tracey Herbert, Executive Director at FPCC. "FPCC has been fighting to bring them back for 25 years – one generation – but we have a long way to go. Although we are thrilled that Indigenous issues, including our languages, have been receiving increased attention, we need immediate action and investment to ensure their revitalization."

FPCC's Impact Over 25 Years at a Glance:

- Funding delivered over 25 years: \$37,906,696
- Communities benefiting from the Language Revitalization Planning Program: 135
- Archives of B.C. First Nations languages on FirstVoices: 38
- Numbers of words and phrases on FirstVoices: 96,239 and 43,501, respectively (just over 9% of what's required for all languages to be archived)
- Number of arts projects since 1996: 800
- Number of people attending language training since 2009: 529

Download report: http://www.fpcc.ca/files/PDF/General/FPCC_25th_Anniversary_Report.pdf

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

<u>(Eastern Dialect)</u>	<u>English</u>
cletí7tn	teapot
cmegmín	kettle
ste7	drink



**Sexqéltkémec te Secwepemc
(People of the Shuswap Lakes Region)
Executive Assistant Job Posting**

Position Title	Executive Assistant
Reports To	Sexqéltkémec te Secwepemc (STS) Political Coordinator
Department/Team	STS Team
Hours of Work	Part-time
Effective Date	March 2016

Position Purpose

To conduct Secretariat duties, as part of the STS Team. This position requires exceptional inter-personal and communication skills, self-motivation and the ability to work independently and as a team member

Key Result Areas and Tasks

- Performs all duties and responsibilities in accordance with the STS Employee Guidelines, standards, and procedures
- Attend all general and special meetings of the Political Executive, Political Council, Technical Working Group meetings, and community level engagement
- Assist the Political Coordinator in ensuring that all previous meeting minutes, recommendations, action items and motions are brought forward on the agenda
- Ensure meeting minutes are typed and distributed for approval
- Have meeting participants sign a list of attendance at meetings
- Record minutes of meetings and motions both in minutes and separately for easy reference
- Record minutes using an electronic recorder and transcriber for own verification
- Photocopy and distribute meeting/agenda packages
- Follow outline for recording and preserving minutes; update Motions Binder regularly, cross-referencing by sector
- Duplicate printed material, as necessary, for newsletters, meetings and/or workshops
- Update and create relevant databases
- Create and maintain hardcopy and digital filing system
- Assist in organizing caterers for meetings and pick up or delivery of food and refreshments
- Create and maintain inventory of office equipment

Relationships and Supervision

- Reports to Political Coordinator
- Works closely with Political Coordinator, Technical Coordinator, and Technical Working Group

Tools and Equipment

- Office equipment

Work Environment

- Based at Sexqéltkémec Enterprises Inc. office in Squilax

Position Requirements

- Prefer Post-secondary Certificate or Diploma in a related discipline (i.e. office administration, secretarial, business administration) or willingness to train
- Prefer 2-3 years office administration experience
- Prefer experience in minute taking
- Excellent office and filing skills
- Must have the knowledge and ability to operate computer systems and office equipment
- Previous experience working within a First Nations community or organization is considered a key asset
- Knowledge of and respect for the Secwepemc Nation and STS is valued
- Strong interpersonal skills
- Excellent oral and written communication skills
- Excellent listening skills
- Strong ability to organize, prioritize and manage time
- Able to work with minimum supervision
- Solid team player
- Proficient computer skills
- Discretion and ability to maintain confidentiality at all times
- Use of a reliable vehicle with appropriate insurance for work related purposes
- Valid Class 5 Driver's License and reliable transportation is required

Deadline for applications: February 26, 2016

Preference will be given to qualified Aboriginal applicants as per Section 7 of the Employment Equity Act. Please send resume with two references to:

Sexqéltkémec te Secwepemc

PO Box 1010, Chase, BC, V0E 1M0

Attention: Shelley Witzky

or email switzky@sts-lakes.ca

Tips

How To Boil Easter Eggs Perfectly

One of the most fun parts of Easter is coloring hard-boiled eggs. But it's not always the easiest task. Even though it would seem like you just drop the eggs in boiling water and cook them until they're hard, some eggs will crack, making the shells unusable as canvases. To make sure that doesn't happen this year, here are tips for making the perfect egg for Easter.

To Make Sure They Don't Stink Like Sulfur

Hard-boiled eggs have an unmistakable odor. While it's impossible to completely get rid of the sulfurous smell, there is a way to diminish it.

1. Place the eggs in a pan just big enough to hold them in a single layer.
2. Cover them with cold water and bring them to a rolling boil. Cook for one minute.
3. Remove them from the heat. When the water has cooled enough that you can put your hand in (about 20 minutes), the eggs will be perfectly cooked.

To Make Sure They Don't Crack

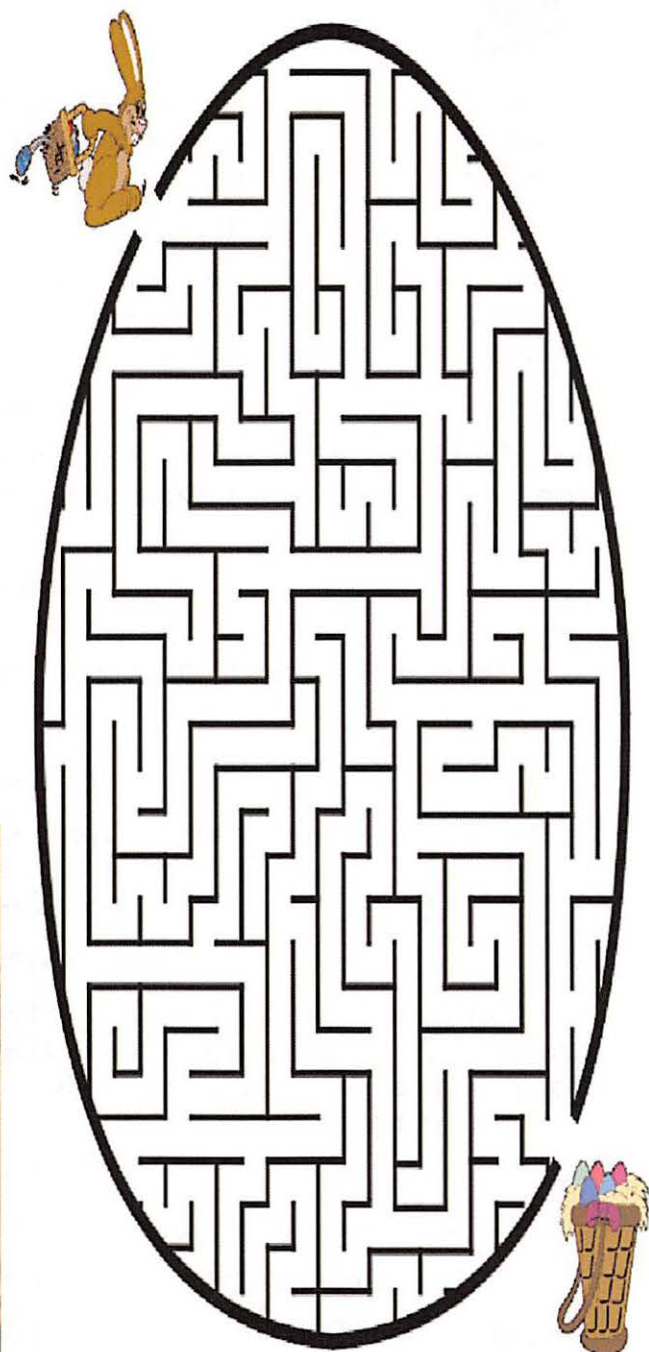
1. Before the burner is turned on add 1 teaspoon of vinegar for each egg in the pot. This apparently works because the proteins in the egg white congeal faster and plug the natural cracks in the shell.

2. Use eggs that have been refrigerated longer. The longer an egg has been in the refrigerator, the more its contents have shrunk. This means it is less likely to crack when cooking.

3. Make sure to bring the refrigerated eggs to room temperature before cooking, because cold eggs cooking in hot water will just increase the chance of cracks.



Help the Easter Bunny find his way through the maze to find a new basket for delivering the Easter eggs.



Upcoming Meetings/Events



Men's Basketball Tournament

Sat. Feb. 27 from 10:00 am to 4:00 pm at Adams Lake Recreation & Conference Centre, Chase, BC. Teams - Chu Chua Coyotes, Hoyas, Chu Chua Masters and Chase. Concession available. Contact ALRCC at (250)679-3515.

General Band Meeting—2016/2017 Budget Presentation

Wed. Mar. 2 from 5:00 pm to 8:30 pm at Adams Lake Recreation & Conference Centre, Chase, BC. Dinner from 5:00 to 6:00 pm; Budget Presentation from 6:00 to 8:30 pm. ALIB membership are invited to Information Meeting.

Friday Night Stick Games

Starting Fri. Mar. 4. Doors open at 5:30 pm at Adams Lake Band Hall, Chase, BC. Potluck feast, entertainment, Open Games, Concession, 50/50 every week. Bring your dishes. Everyone welcome.

Chase Archery Camp

Sat. Mar. 5 from 9:00 am to 12 noon for Ages 10+ boys & girls at Adams Lake Recreation & Conference Centre, Chase, BC. Contact Denise at (250)679-3515.



Easter Bingo

Sun. Mar. 6. 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. Ham & Turkey, Cash Prizes, Free Coffee, Door Prizes, Concession. Contact ALRCC at (250)679-3515.

Come & Train with 10K Program

You can still come and train for 10 K Program. 10 more weeks. Tuesdays & Thursdays 5:15 pm. Sundays at 7:00 pm or Mondays, Wednesday and Fridays at 8:45 am with Sandy Lund. All skill levels encouraged. Walk 10K, Learn to Run 10K or Run 10K Faster. At Adams Lake Recreation & Conference Centre (250)679-3515.

Spring Ahead

Sun. Mar. 13 Reminder to set your clocks ahead one hour. Daylight saving time at 2:00 am.

General Band Meeting—2016/2017 Budget Ratification Vote

Wed. Mar. 16 from 5:00 pm to 8:30 pm at Adams Lake Recreation & Conference Centre, Chase, BC. Dinner from 5:00 to 6:00 pm; Budget Presentation from 6:00 to 8:30 pm followed with vote on 2016/2017 budget. ALIB membership are encourage to attend this ratification vote.

Title & Rights Information Sessions

Wed. Mar. 30, Info Sessions are always the last Wed of the month to provide updates on projects being proposed in our traditional territory. Please come out to monthly title and rights meetings to discuss important title and rights developments. To strengthen two-way communications, encourage community engagement, be informed, to give input and dialogue.



INDIGENOUS FEMALE SELF-DEFENSE WORKSHOP

This workshop is an introductory to the principles, concepts, tools, skills and techniques that exist to empower Indigenous girls and women to protect themselves.

Instructor— Sakej Ward, a Mi'kmaw living Shxs'wow'hamel First Nations, is veteran of two militaries (Canadian and American) a former Sergeant of an elite airborne unit. Sakej has a unique background of military veteran, academic (holds two degrees), activists and member of an Indigenous Warrior Society.

When: March 19th & 20th, 2016

Where: Adams Lake Band Hall—Chase, BC

Time: 10:00 am to 5:00 pm
5:00 pm to 7:00 pm at Quaaout lodge

Meals Light lunch & Snacks provided

For: ALIB members—Open to all ages for Women & Girls age 12 & over - (Girls between 12 to 18 must have parent/guardian with them to participate).

Maximum 20 participates— Register Early

Those attending from Switsmalph rides or gas card will be made available

WHAT TO BRING

- WATER BOTTLE
- WEAR COMFORTABLE CLOTHES
- SWIMSUIT & TOWEL FOR QUAABOUT LODGE
- NOTEBOOK & PEN

For More information &/or contact Diane Anthony at 250-679-8841 or email danthony@alib.ca to register