

Hello All!

My name is Andrew Leach. I am ALIB's interim senior manager (a.k.a. Band Manager).

First, a bit about me. I come from T'it'q'it, which is one of the St'at'imc communities (your neighbours).

This means that I am related to a whole bunch of people in the Lillooet and Mt. Currie area.

I was raised by my grandparents on the Rez. After high school, I went to university and got a Bachelors and Masters degree in business. I have 20 years' experience as a senior manager for First Nation organizations.

I am here as ALIB's interim senior manager for just a few months. ALIB is presently and actively looking for a permanent senior manager. As we all know, that's an important position and can sometimes be tough to fill.

My goal is to help tighten up some of our processes like reporting relationships and communications. As well, I'm here to help find a good senior manager.

If you have any questions about what's going on in the organization, please feel to drop me a line or arrange a meeting with me. Please 250-679-8841 (Extension 2203) or email [andrewleach@alib.ca](mailto:andrewleach@alib.ca)

Kukstsemc!

Andrew Leach MBA



#### 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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## CHIEF'S REPORT – JANUARY 2016

Firstly, I would like to wish everyone the best in the New Year! It has been very busy over the winter months and the Adams Lake Indian Band is positioned to succeed in so many different areas. Some of the key initiatives I have been working on are listed below:

**Title and Rights** – ALIB works on title and rights collectively with the other bands (LSLIB, NiB, Splatsin, and the Shuswap Band) as the Sexqeltkemoc te Secwepemc (STS). Currently, STS primarily responds to major projects where government and industry have to consult with our people. ALIB has developed a new communications process to inform all of its members on and off-reserve of these projects and hosts monthly meetings on **the last Wednesday of the month** at the ALIB gym. I encourage all members to please attend these important meetings and we arrange shuttle services from Swits 6!

**Highways** – Negotiations are underway for various projects under the TransCanada 4-laning project heading east to the Alberta border. The projects coming up this spring are the Salmon Arm West project, Illicillewat, and Donald East. The Bands working collectively are negotiating a corridor-wide agreement that includes but is not limited to: employment & training, cash settlement, contract opportunities, and other benefits. <http://www.th.gov.bc.ca/highwayprojects/bchwy1/>

In addition, we have started to discussions with the Ministry of Transportation and Infrastructure (MOTI) on roads currently go through our existing reserves that they have not secured tenure for. This could mean similar benefits including compensation for past use, cash settlement, and additional reserve lands. We have just launched a land selection study and will work closely with the people to select new reserve land.

**Forestry** – The Chief and Council have engaged Interfor and the surrounding Bands to draft a partnership agreement for operating in our territory. This agreement will result in cash payment per cubic metre of wood harvested, management of our forests, contract and employment opportunities, and access to wood for community projects. This agreement will be the first of its kind and will bring substantial benefits and will be presented to other forestry companies operating in our territory.

**Energy** – Over 5 years ago, BC Hydro initiated the Mica 5/6 project to install two new turbines at the Mica dam. At the start of this project the Bands were supposed to sign an Accommodation Agreement providing benefits to the local First Nations. However, this agreement was never concluded and I made it a priority at STS working with the other Bands. We have now come to a draft Agreement with BC Hydro that includes a cash settlement, land provisions, guaranteed contract opportunities and other benefits.

## Governance

ALIB has hosted two successful meetings to build awareness on traditional Secwepemc governance. I have drafted a proposal to build on our traditional governance workshop recommendations and actively pursue self-government. I have also volunteered to work on Nation-building throughout the Secwepemc Nation and called upon people throughout the Nation to assist. Feb 5 is the next Unity meeting and we can arrange transportation for members.

## Language

I drafted a proposal to the Aboriginal Language Initiative to develop an immersion program for people that do not currently have an opportunity to learn Secwepemcstín. The classes will be 8 hours per week for 6 months and will video-taped using the latest technology and converted to an online teaching format. This will allow people off-reserve to learn the language and if people miss a class they can catch up online! This will be a curriculum-based language program and will provide a roadmap to becoming a fluent speaker.

## Economic Development/Lands

The corporation owned by the Band (ALDCO) has historically lost millions of dollars since it was initiated. I am currently in the process of restructuring the corporation and creating a Limited Partnership and ensuring proper business plans for any business the Band gets involved in. Currently, the corporation is limited to selling lots at West Harbor Village and not involved in any other potential businesses. However, now that the corporation has been restructured we are now positioned to pursue sustainable and profitable businesses. There are several parcels of reserve land that are currently coming up for lease renewal where the Band can create business that bring in revenue, employ Band members, and ensure we take back our reserve lands.

We have worked hard to bring in millions of dollars in new revenue sources, primarily in title and rights negotiations. I encourage all people to get involved and get passionate about title and rights in our territory! Please attend these very important meetings and if you cannot or live off-reserve we will do our best to keep you informed. Aside from these initiatives we are making great strides in making the Band run more efficiently and creating new and innovative programs in health, education, recreation, and infrastructure. With the budget process underway we will be also hosting a community-based budgeting process to ensure the people are involved and part of setting priorities in 2016.

Kukstsemc, Robin Billy, Chief, Adams Lake Indian Band



## Councilor Brandy Jules

### Administration Pillar

#### Report for December—January, 2016

##### Weytk-p Xwexwèytep

Welcome everyone back from the Winter Break as January has almost come and gone.

I would like to first of all welcome Councilor Gina Johnny who took Office January 18<sup>th</sup>. She brings years of experience and knowledge to the table.

Also would like to welcome Andrew Leach who is our Interim Executive Director and specializes in First Nations Leadership.

##### Culture & Language:

Over the holidays, there were many gatherings which included Lahal. December 27<sup>th</sup> many youth got together to celebrate and enjoy a mini tournament.

December 31<sup>st</sup> and January 1<sup>st</sup>, Rita Anthony hosted a New Year's Tournament which had many members from all over come enjoy and bring in the New Year.

Many members from surrounding communities made recognition on how much of our Youth carry a hand drum and are powerful singers.

Every Wednesday evening Megan Williams hosts a drum night at our Spiritual Centre to learn our Secwepemc songs.

The First Peoples Aboriginal Language Initiative proposal was submitted and we received a response that stated we would not hear anything for another 28 weeks .

This proposal includes having Secwepemc teachers and elders to put together a curriculum program to teach a new generation of fluent speakers.

In order to achieve a level of fluency this will require a minimum of 8 hours per week up to six months for phase 1.

During this time, C&C are reviewing where we can find funds to get this program started as it is essential we get a language program kick started as the number of our fluent speakers are decreasing.

##### Human Resources:

C&C are still seeking resumes for the Executive Director position. As mentioned in the interim we have Andrew Leach and part of his mandate will be to sup-

port recruitment of Executive Director.

It is a work in progress on tightening up our policies and procedures that best fit our organization.

##### Strategic Planning:

Early December C&C and Pillars met to discuss work plans and offer solutions on how collaboration is essential in order to work effectively.

The CCSP/Communications Coordinator continues to support each Manager in their work plans and Managers are getting up to date with utilizing our Envisio software to measure our goals and report on our action items.

##### Committee's:

Early January each members who submitted interest in sitting on Committee's for the band should have been contacted as well as those who previously participated on committee's to be re-instated.

##### Meetings:

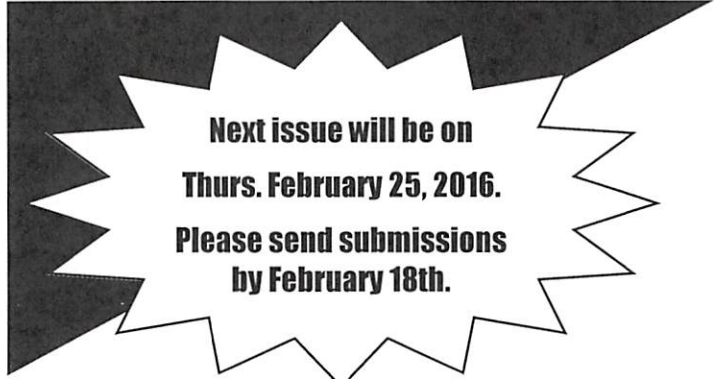
In December, C&C met with members in Vancouver to give an update on many items to do within our Title & Rights.

It was mentioned by one member that it would be beneficial to have C&C commit to meeting our members in Vancouver on a more regular basis.

Our C&C gave a deadline of January 31<sup>st</sup> to have the final draft reviewed on the Agreement with Interfor by both Neskonlith and Little Shuswap.

C&C along with our Title & Rights Department continue to have Information Sessions set aside every last Wednesday of the month. The decision making process has to come from the people when it comes to projects being proposed within our territory.

It is budget time, and January 25<sup>th</sup> C&C will be reviewing the 1<sup>st</sup> draft of the budget and ensuring we receive input from our Membership on programs and services.



**Next issue will be on  
Thurs. February 25, 2016.  
Please send submissions  
by February 18th.**

## **Councilor Greg Witzky**

### **Natural Resources Pillar Update**

### **for November & December 2015**

#### **Forestry:**

Steve Murphy informed me that forest harvesting activities have been completed at Gun Range, Louis Creek and China Valley.

Workers Mike Michel, Jamie Kenoras and Lorne Sampson Jr have cut and delivered about 80 pickup truck loads of firewood to homes with woodstoves, and sweats, to both IR # 4 and # 6.

Supervisor Sandy Andrew and workers Jamie Kenoras, Kevin Sampolio, Jamie August, and Ruben August have been hired to conduct forest stand treatments aimed at reducing forest fire hazards on IR # 2 and # 4. Funding is provided thru INAC and FNESS.

#### **Fisheries:**

Coho stream count walks are now finished for the season and final reports are being prepared by Val & Steve.

We have also applied for \$ 160,000 worth of stream restoration funding for Sinmax Creek.

Fern Jules is the lead fisheries technician on identifying areas for future stream restoration projects. Denny Coates will be contracted this spring to bring in heavy equipment for a project already approved with a \$40,000 budget.

As in the past these projects are funded by the SFC in conjunction with DFO.

#### **Archeology:**

We were successful in negotiating the additional proposed works with MOTI for site # 45. The work will commence in the spring.

Corey and Roger Saul continue to monitor highway construction on the off-reserve section by Hoffman's Bluff.

Sandy Andrew and Roger Saul completed a Pritchard fencing contract with MOTI.

Steve Murphy and Val Michel do ongoing contract reporting while reviewing, negotiating and amending current, and future, agreements with MOTI.

#### **Archeology & Cultural Heritage Assessments for Forestry:**

The PFR crew, Rhona Bowe with workers Dylan John, Tony Kenoras, Daylen Williams, Logan Michel, Jennifer Pooley, Sandy Andrew, Roger Saul and Emmy Weaver have completed all the fieldwork for 2015.

Margaret Weaver conducted office reviews on 672 forest blocks and completed AOA reports on the 365 blocks that

the field crews assessed. Her ongoing duties involve PFR reports to Interfor, Tolko, BCTS, Co-op, Stella Jones, Canoe, etc.

#### **GIS:**

Avis Deneault continually provides the Natural Resource and T & R departments with valuable mapping services, while seeking outside contracts primarily in the forestry industry.

#### **Meetings and Conferences:**

From November 5-6<sup>th</sup> I attended the Canim Lake unity meeting. Lorne Sampson Jr came along with me. A lot of elders from the Secwepemc Elders Council were present and we all agreed that the elder's voices should be present each time we hold unity meetings. Four Chiefs working committees were set up to address the following; 1. Child and family services. 2. Traditional land use & sharing protocols. 3. Traditional governance. 4. Territorial boundaries & mapping.

On November 9<sup>th</sup> I went to Switsmelph # 6 to investigate a serious concern regarding a community walking trail supposedly located too close to a band member's private fence line. I understand that this has been a very serious issue between two feuding families for a long time now. Healing circles aren't working to solve the problem so another way of restoring the peace must be found. My suggestion is that we need to agree upon what is the role & responsibility of the citizen in our communities. Since we have rules for the leadership, committees and staff should we not have rules for the membership as well? We had traditional laws in the past to deal with these feudal issues, so why don't we bring those laws back? These traditional laws were in place to enforce banning dangerous individuals from the community. Therefore, if certain members can't keep the peace then C & C will be forced to do this again, as it is our right and responsibility as leaders. The issue is getting out of control and certain people involved know they are doing the wrong thing, yet they continue with their antisocial activities regardless of the consequences.

On November 11<sup>th</sup> a band member got lost while hunting in the Adams Lake area. Luckily after almost 12 hours he was safely found in the late evening. Maryann Yarama, Val Michel, Lorne Sampson Jr, Bill Deluew, Robin Billy and I were a part of the search and rescue team. I learnt that ALB does have a functional emergency plan, but like most communities it needs to be updated regularly. The communal fishery crew and I also rescued this same band member from his small capsized fishing boat this past September. This person needs to come up with their own personal safety plan instead of costing the rest of us time and resources.

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## Councilor Greg Witzky continued

From November 19-20<sup>th</sup> I attended the Reconciliation Framework Agreement (RFA) joint C & C meeting over in Invermere. The RFA is up for renewal this April and some serious concerns must be addressed before we consider re-signing it. I think that some of our band members feel that we have sold out our rights and title to the land by signing this agreement. I personally believe that if we don't have these government to government agreements then resource exploitation will continue on without us anyway, like it has been done in the past. In the current reality we need money to protect our rights and title to the land. My question to you is if we do, or don't, take this money from the government is it good, or bad, for the community and why? Furthermore, I did learn that there are 5 tools for upcoming negotiations that need to be a part of an amended agreement. They are; 1. Shared decision making authority. 2. Robust revenue sharing. 3. Land transfer exchange. 4. Protection & special management of the land. 5. Relaxation of the RFA language. I would say to add a 6<sup>th</sup> tool which includes jurisdiction over specific land areas and resources.

On November 25<sup>th</sup> I attended the Shuswap Watershed Council (SWC) meeting in Salmon Arm along with local mayors, regional districts, and government environmental agencies. I learned that the Salmon, Shuswap, and Eagle Rivers are the three main streams polluting the Shuswap Lake with cattle manure run off. As a representative for the SNTC bands I am tasked with bringing forth a unified voice, to the SWC table, which addresses our concerns.

On December 2<sup>nd</sup> I was proud to represent the Adams Lake Band by participating in the long awaited Shuswap Trails Alliance terms of reference signing ceremony in Enderby. Dave Nordquist and Avis Denault were also in attendance showing their commitment to the process.

From December 14-15<sup>th</sup> C & C was in Vancouver to host a band member meeting at the Vancouver Native Education Center, meet with INAC as a Council, and then hold a skype video conference between us and the band administration support staff. It was enlightening to hear the concerns of our membership living in the city and what they would like C & C to do for those who live off the reserve. KUKSTSEMC ALL MY RELATIONS!

## Groundhog Day Tib Bits

By Karen Everard

Groundhog Day is celebrated in Canada and the United States on February 2 each year and was established in 1887. This tradition was brought over to North America, predominantly in Pennsylvania in the United States. It focuses on the concept of a groundhog coming out of its home in mid-winter to "predict" if spring is on its way in the northern hemisphere.

The Groundhog Day concept became popular in Canada in 1956 when *Wiarton Willie* became a household name for his early February "weather predictions". *Wiarton Willie* is the primary groundhog predictor. He is an albino groundhog who lives in Wiarton, Ont. He has been making his predictions since 1956; the role of *Willie* has been played by several groundhogs over the years. *Wiarton Willie* does not live in a burrow in the wild; he lives in a special house away from predators. It is unlikely that *Willie* would appear above ground on his own until early to mid-March. He is awakened from hibernation by the town's "Shadow Cabinet" to make his prediction. *Wiarton Willie* is not alone in his role as weather forecaster; he is joined by groundhogs across the country, including *Shubenacadie Sam* (Nova Scotia), *Brandon Bob* (Manitoba) and *Balzac*



*Billy* (Alberta).

Here's how it works: The Groundhog emerges from his hole after a long winter sleep to look for his shadow. If it is sunny and he sees his shadow, there will be six more weeks of winter and he returns to his hole. If it is cloudy and he does not see his shadow, he will stay above ground because the worst of winter is over and spring is on its way.

Groundhog Day marks the midway point between the winter solstice and the vernal equinox. Groundhog Day organizers maintain that the groundhogs' forecasts are accurate 75 to 90% of the time. However, meteorological records prove that the groundhogs' success rate is quite low. A study of weather data over several decades for 13 cities across Canada reveals there was an equal number of cloudy and sunny days on February 2. During that period, the groundhogs' predictions were correct only 37% of the time; ie, cold winter weather continued for several weeks following the appearance of sharp shadows on February 2, or were much milder than usual when that day was too cloudy for a shadow to be seen. However, for nearly two-thirds of the years the groundhogs' forecasts turned out to be wrong.

So what do you predict: Will there be six more weeks of winter - more snow and ice on the horizon - or will spring come early and a return of balmy temperatures?



## DAYCARE SERVICES



### 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)

## WANTED



### Cakes Needed for Cake Walk and Cake Contest for **Family Fun Day** **@ ALRCC** Friday, Feb 5/16 Drop cake off @ ALRCC Thursday, February 4, 2016 FMI: (250) 679-3515

Adams Lake Recreation & Conference Centre 6349 Chief Jules Dr. Ph. 250.679.3515 www.alrcc.net

## FUNDRAISER



Matthew Arnouse Educational Tours  
Trip 2016 Fundraiser



### Spaghetti or Stew Dinner/ Loonie Auction/House Bingo

Friday February 12, 2016

5:30 pm – 8:30 pm

Adams Lake Band HALL

Meal includes: Spaghetti & Sauce OR Stew, Garlic Bread, Salad, Dessert

Adult: \$8/plate Child (up to 13): \$6/plate

Family of 4: \$20 (additional kids: \$5/child)

Pop/Water: \$1

#### HOUSE BINGO after dinner

Bring your quarters, loonies, twonies

And come on out and have some fun!

Matthew Arnouse will be going to Berlin/Prague/Alps in March 2016 with his school. This is a very costly trip and I appreciate all the help from these fundraisers.

If you would like to donate an item for the Loonie Auction table, please phone and I can pick it up (within area): 250-574-3061 or you can drop off at 5926 Chief Jules Drive.

Thank you!

**Please note: 50/50 Raffle tickets are being sold and will be drawn on the night of this fundraiser.**

**1 strip of 3 tickets = \$2 or 3 strips of 3 = \$5.**

For more information call Kim Dennis: 250-574-3061

## ELDERS JAM

Hosting Jam Band

The Skins

February 5, 2016

6:00pm-11:00pm (Tentatively)

Location:

Splatsin Community Centre

**All Ages are Welcome**

Cost will be by Donation

Funds will go to cultural language events

**Absolutely No drugs or alcohol**

**Socks or non scuff shoes are required  
if you want to dance**

For more Information Or to be slotted in for a Jam

Contact:

Randy Williams

250-517-8455



Happy New Year from your Community Health Nurses  
Jackie & Shauna!

### **January is Alzheimer Awareness month.**

Alzheimer's disease is a brain disease where abnormal proteins collect in the brain cells. Symptoms of Alzheimer's include dementia such as memory loss, difficulty performing daily activities, and changes in judgement, reasoning, behaviour, and emotions. These dementia symptoms are permanent, and cannot be reversed.

Currently, there is no cure for Alzheimer's disease. However, there are treatment options and lifestyle choices that may slow it down.

#### **Risk Factors**

Risk factors for Alzheimer's are similar to those for heart disease. There are many risk factors that are modifiable, or are things that we as individuals can change/ do something about. There are other risk factors such as age, family history & genetics, and gender that we can't change.

Modifiable risk factors:

#### ***Smoking***

Smokers (compared to non-smokers or ex-smokers) are at a 45% increased risk of developing Alzheimer's (Alzheimer Society of Canada)

#### ***High Blood Pressure***

High blood pressure affects the heart, arteries and blood circulation, and increases the risk of developing Alzheimer's disease. High blood pressure can be treated with regular physical exercise, a healthy diet, and if needed, medications.

#### ***Diabetes***

On average, people with Type 2 Diabetes are twice as likely to develop dementia compared to those without diabetes

#### ***High Cholesterol***

People with high total cholesterol are more likely to develop to dementia compared to those with normal total cholesterol

#### ***Obesity & Lack of Physical Exercise***

Obesity and lack of physical exercise are risk factors for diabetes and high blood pressure. Obesity in midlife may increase the risk of dementia and Alzheimer disease.

#### ***Low levels of formal education***

Learning is important! Research shows that education lowers the risk of dementia. The quality and amount of education that protects against dementia, remains to be

clarified.

#### ***Depression***

People who experience depression later in life or who have a history of depression, may be at an increased risk for developing dementia

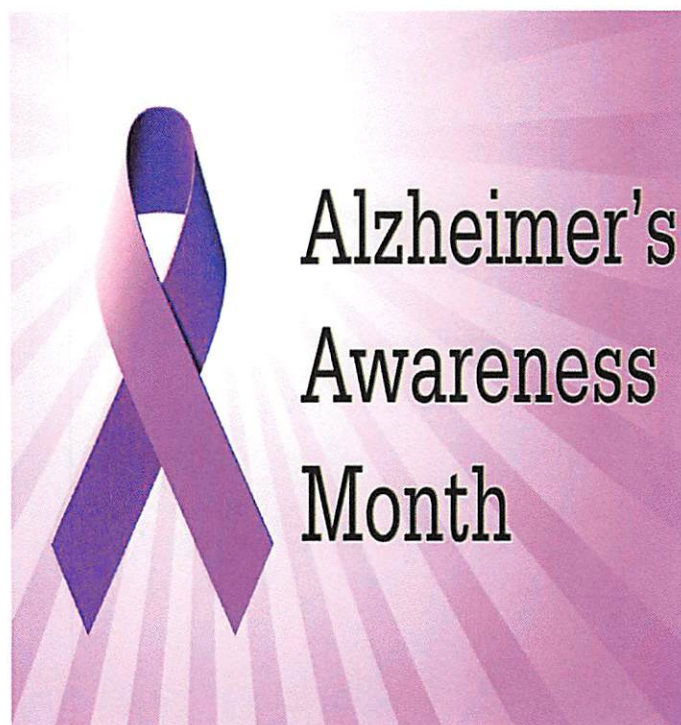
#### **Brain Health**

Your brain is one of your most important and vital organs. It plays a role in every action, every thought and process in your body. Just like the rest of your body, it needs to be looked after. Preventing Alzheimer's cannot be guaranteed, but leading a healthy lifestyle will keep your brain as healthy as possible as you age. By making healthier lifestyle choices now, you can improve your brain's ability to sustain long term health and fight illness.

Be good to your brain:

- Challenge yourself
- Be socially active
- Follow a healthy diet
- Be physically active
- Reduce stress
- Protect your head
- Make healthy lifestyle choices

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## 10 Warning Signs for Dementia

Whether you're experiencing possible symptoms or are concerned for someone you care about, here is a list of signs to look for:

1. **Memory loss affecting day-to-day abilities** – forgetting things or struggling to retain new information
2. **Difficulty performing familiar tasks** – forgetting how to do something you've been doing your whole life (such as preparing a meal or getting dressed)
3. **Problems with language** – forgetting words or substituting words that don't make sense
4. **Disorientation in time & space** – such as getting lost in a familiar place
5. **Impaired judgment** – such as wearing light clothing on a cold day
6. **Problems with abstract thinking** – such as not understanding what numbers signify on a calculator
7. **Misplacing things** – putting things in strange places (like an iron in the freezer)
8. **Changes in mood & behaviour** – exhibiting severe mood swings (being easy-going to quick-tempered)
9. **Changes in personality** – behaving out of character (such as feeling paranoid or threatened)
10. **Loss of initiative** – losing interest in friends, family and favourite activities

**If you are concerned about any of these signs, talk to your doctor.**

For more information, please visit the Alzheimer Society Canada: <http://www.alzheimer.ca/en>

**Alzheimer Society of B.C.** (<http://www.alzheimer.ca/bc> or E-mail: [info@alzheimerbc.org](mailto:info@alzheimerbc.org))

Tel: (604) 681-6530

Toll-free: 1-800-667-3742 (B.C. only)



**As of Jan. 7<sup>th</sup>/2016**

**The Office of the  
Band Social Development Worker  
Wendy Johnson  
Has moved to the Health Centre**

## CHILD & YOUTH MENTAL HEALTH



Robb is a member of the BC Association of Clinical Counsellors with a master's degree in counselling psychology from the University of British Columbia.

**Robb Lansdowne**

New Child and Youth Mental Health Clinician

SERVING FOUR COMMUNITIES IN THE SECWEPENC NATION



### How he can help

Robb has an extensive background in child and youth mental health within First Nation communities. His confidential services can provide children, youth, and families with the following:

- initial assessment and clinical screening
- mental wellness counselling
- referrals to other resources
- advocacy and support during treatment and healing

### Services Available

Robb can accept referrals for children and youth (ages 5 – 18 yrs) presenting with a range of concerns including:

- Trauma and PTSD
- Behavior Challenges
- Autism Spectrum
- FASD
- Grief and Loss
- Eating Disorders
- Residential School Intergenerational Survivors
- Family Stress

Referrals for Splatina children and youth (ages 5 – 18) can be forwarded to Laura Hockman, Community Resource Worker

### Splatina Health Centre

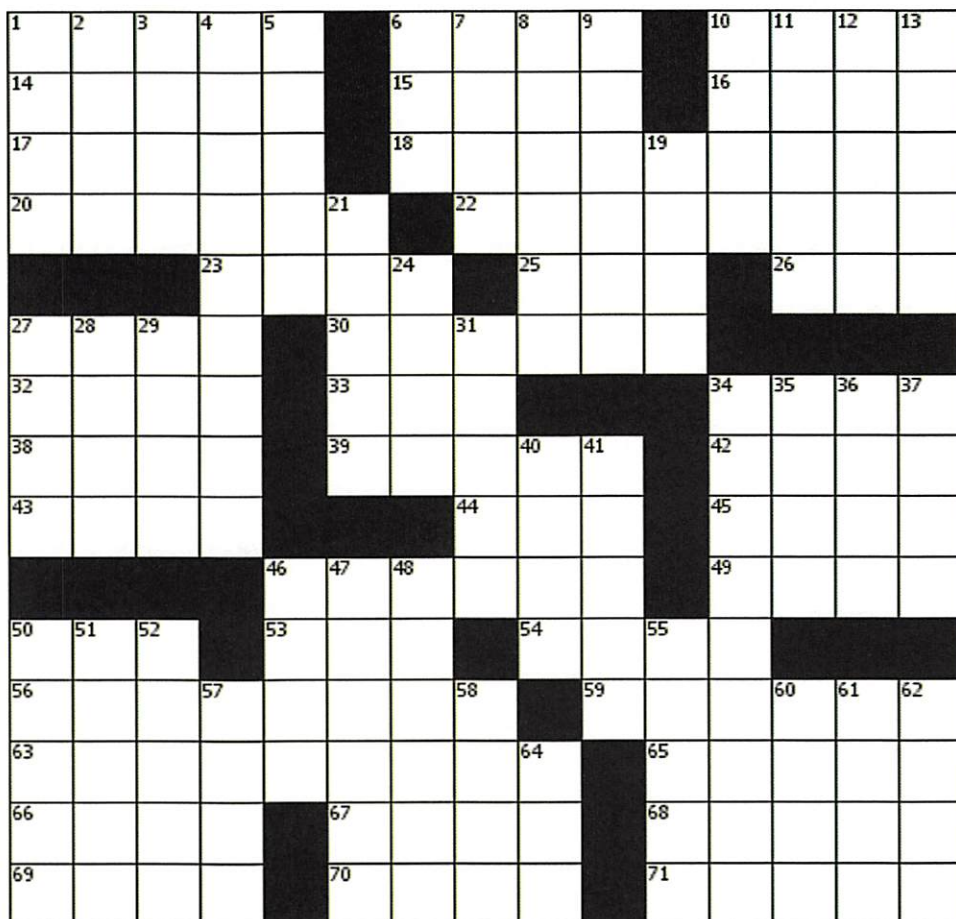
PO Box 460 Endertby BC V0E 1V0  
5775 Old Vernon Road  
Phone: 250-838-9538  
Confidential Fax: 250-838-6661  
Email: [laura\\_hockman@splatina.ca](mailto:laura_hockman@splatina.ca)



## Across

1. Hold responsible
6. Afflictions
10. Plumbing tube
14. Greased
15. Castle defense
16. Satan's specialty
17. Informal speech
18. Possible
20. Method
22. Lamp fuel
23. False god
25. Collection
26. Family member
27. Norway's capital
30. Walk cautiously
32. Earth's satellite
33. Outback bird
34. Carry around
38. Capri or Wight
39. Young insect
42. Parched
43. Related
44. Conger
45. Designate
46. Agree
49. Small valley
50. Illuminated
53. So-so grade
54. Medicine amount
56. Certain connectors
59. Stress
63. Johann \_\_\_\_ Bach
65. Wash lightly
66. Snow melter
67. Tresses
68. Poker stakes
69. Bullring shouts
70. "\_\_\_\_ Enchanted" (movie)
71. Positive replies

Answers on Page 13



## Down

1. Supervisor
2. Easter flower
3. Woeful word
4. Spoke of
5. Trimmed the border
6. Mischief-maker
7. Appearance
8. Newest
9. Music system
10. Cherished animals
11. Climbing plants
12. Keyboard instrument
13. Comic \_\_\_\_ DeGeneres
19. Musical sound
21. Motor inn
24. South American capital
27. Exclude
28. Average (hyph.)
29. Recline lazily
31. Thick soup
34. Citrus fruit
35. Spoken
36. Clock info
37. Genesis locale
40. Sell
41. Choir singers
46. Pretends
47. Boil
48. Continuing story
50. Cowboy's tool
51. Best
52. Dinette piece
55. Wander off
57. Touches lightly
58. Go by ship
60. Picnic crashers
61. Got it! (2 wds.)
62. Loch \_\_\_\_
64. Gun rights group (abbr.)

## 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](http://www.adamslakeband.org)




# Health and Wellness Happenings

## February 2016

### February 2

- Immunization Clinic
- Girls Group 3-5:30 
- Supper Club (Gleneden)

### February 3

- Footcare and Elders Massage 9-3pm
- Appts with Robb 

### February 4

- Culture Club 3-5:30

### February 5





- Livecare Clinic 1-4pm
- Open Gym night 6-12

### February 8

- Supper with Matt 6pm

### February 9

- Girls Group 3-5:30 
- Family Circle
- Supper Club (Gleneden) 


### February 10

- Gleneden activity (Youth)
- Appta with Robb

### February 11

- Culture Club 3-5:30
- Chase Supper Club 5-7

### February 12

- Livecare  Clinic 1-4pm
- Open Gym 6-12(midnight)

### February 15

- Elders Meeting

### February 16



- Immunization Clinic 5-7pm
- Girls Group 3-5:30
- Supper Club (Gleneden)

### February 17

- Gleneden Activity (Youth)
- Appts with Robb

### February 18



- Culture Club 3-5:30
- Chase Supper Club 5-7

### February 19



- Livecare Clinic 1-4pm
- Open Gym night 6-12
- Community Forum ALRCC

### February 20

- Community Forum ALRCC

### February 22

- Supper with Matt 6pm

### February 23

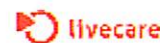
- Girls Group 3-5:30 
- Supper Club (Gleneden)

### February 24



- Gleneden Activity (Youth)
- Appts with Robb

### February 26



- Livecare Clinic 1-4pm
- Open Gym night 6-12

### February 29

- Elders Meeting 5-7pm

If you have any questions on Health and Wellness activities call the Health Centre at 250.679.7726





Do you want a Chance to win

**200 dollars cash??**

When you fill out an  
Injury Surveillance Report  
You are entered into a draw

For 200 dollars cash!

Any and all injuries count!

For more information or to report  
your injury call Grace at

250.679.7726



**Child and Youth Mental Health Clinician**

Robb is available every Wednesday for appointments with youth from our community.

To book an appointment with Robb call Grace at the Health Centre at 250.679.7726

**Supper with Matt**

Matt is available every other Monday for supper and one on one counselling sessions.

Matt has experience with relationships, substance abuse, grief, anger management and self esteem issues

Come join Matt for supper and a chat  
Call the Health centre for Matt's Schedule

250.679.7726

**We have a  
Doctor on Shift Every Friday  
At the Health Centre  
From 1-4pm  
Call 250.679.7726  
To book an appt or for more info**



# People

The following article is on the Cweth Michel Family of Chase, BC. It is posted on FaceBook and with their permission to have it inserted in our January Newsletter. Sorry to see them moving from our community and wish them well. For more information please check out Opal Michel's FaceBook page.



We are the Michel Family, and we need your help.

It is time for our family to make the big move to the coast. We have exhausted all of our medical resources here for our son who has Autism and have found some programs that could change his life on the coast. We also need the emotional support of living close to his Grandparents. We are fundraising for the costs of re-locating so he can access the expansive resources available in the Greater Vancouver Area.

Any donation amount makes a difference and we *GREATLY* appreciate it! Thank you so much for visiting our fundraising page. Our family is so grateful for the support. Donations can also be made by interac e-transfer to [mommyopal@yahoo.ca](mailto:mommyopal@yahoo.ca)

**Thank you!**

Opal, Cweth, Linden and Yelqotkwe



# You're Joking

Puzzle Solution © OnlineCrosswords.net

Q: What bird can lift the most?

A: A crane.

Q: What clothes does a house wear?

A: Address.

Q: What country makes you shiver?

A: Chile.

Q: How do you make an egg laugh?

A: Tell it a yolk.

Q: What has a lot of keys but can not open any doors?

A: A piano.

Q: What is a tree's favorite drink?

A: Root beer.

B	L	A	M	E		I	L	L	S		P	I	P	E		
O	I	L	E	D		M	O	A	T		E	V	I	L		
S	L	A	N	G		P	O	T	E	N	T	I	A	L		
S	Y	S	T	E	M		K	E	R	O	S	E	N	E		
			I	D	O	L		S	E	T		S	O	N		
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M	O	O	N			E	M	U				T	O	T	E	
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S	E	B	A	S	T	I	A	N			R	I	N	S	E	
S	A	L	T			H	A	I	R			A	N	T	E	S
O	L	E	S			E	L	L	A			Y	E	S	E	S

## Baked Tots Casserole

Submitted by Rena Nordquist

### Ingredients

1 bag tator tots or diced potatoes

1 diced onion

1 can mushroom soup

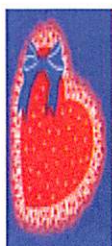
1 small container sour cream

2 cups grated Cheddar Cheese

### Directions

1. Preheat oven to 350 degrees
2. Mix all the ingredients together, pour into 9x13 baking dish.
3. Bake uncovered for 1 hour.

Good to have with breakfast also.



Although Valentines Day is the one day dedicated to express your love for someone special, we should all enjoy our love every day of the year. Happy February 14th





Marg Johnny

The family of Marg Johnny of Switsemalsh IR 6 would like to extend an invitation to people to come over and visit with Marg at her daughter Cindy Johnny's residents at 3750 52<sup>nd</sup> Avenue NW Gleneden. Marg welcomes visitors and likes to reminisce about old times and speaking the language. The family's only request is that no one come under the influence or if they may be infected with any germs of any kind as Marg's immune system is a bit weak. Kukstsemc

## Missing!

Black Rez Pup – White stripe on his chest,  
50 lbs. approx. His name is Boog. He belongs @  
5135 Kamloops/Shuswap Rd., Chase, BC  
Missing since Jan. 21 afternoon.  
Baby blue collar. Fun, playful, rambunctious.

He needs to come home.

Hayley (she has no phone)

## TRAINING

# TOURISM AND HOSPITALITY TRAINING INTAKE SESSION

## WHEN

Monday, February 15, 2016

(tentative start date Monday, February 29th, 2016)

## WHERE

**ASETS Chase Aboriginal  
Employment Office**  
637B Shuswap Avenue  
(beside the Kelmuc Centre)

## For more information:

Aikina Aleck,  
Employment Counsellor  
Email: [chaseec@assets.org](mailto:chaseec@assets.org)  
Contact: 1-250-679-2348



## COURSES

- = FOOD SAFE LEVEL 1
- = FIRST AID LEVEL 1
- = WHMIS
- = SERVING IT RIGHT
- = CASHIER TRAINING

ARE YOU AN ABORIGINAL  
INDIVIDUAL  
INTERESTED IN  
WORKING IN THE FOOD  
AND BEVERAGE, HOTEL,  
CAMPGROUND OR  
RECREATION  
INDUSTRY?

DO YOU REQUIRE  
CERTIFICATION?

WOULD YOU BE  
INTERESTED IN A ONE  
WEEK PROGRAM?



## JANUARY/FEBRUARY WORKSHOP DATES TAKE CHARGE OF YOUR FUTURE

**Resume/Cover Letter Outcomes:** Find out what employers say about effective resume length, headings and format. Learn how to outline your studies, experience and extra-curricular activities for maximum impact and focus your content to match job requirements. Avoid the common mistakes and improve your current resume so that you have a better chance of gaining an invitation to a job interview.

**Computer Basics Outcomes:** Navigating windows to open and save files. Activities created to help students practice skills such as font attributes (bold, italics), spacing, cut-and-paste. This workshop is suited for students with little to no computer experience.



Workshops Held  
Every Wednesday  
from 9:00 – 10:00

**Resume Writing**  
January 13  
February 3  
February 24

**Cover Letter**  
January 20  
February 10

**Computer Basics**  
January 27  
February 17

Please register in  
advance as  
seating may be  
limited.

## ABORIGINAL SKILLS EMPLOYMENT & TRAINING STRATEGIES

637B Shuswap Avenue  
Chase, BC  
(250) 679-2348

Monday – Thursday  
8:30 – 4:30

## Working in Natural Gas

**Exceptional training opportunity to learn about  
the natural gas industry**

Tuition support is available for eligible participants.

Successful candidates earn nine safety tickets: OFA 1, OFA TE, H2S Alive, WHMIS, TDG, Fall Protection, Confined Space, Petroleum Safety.

### Applicants must be:

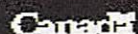
- Unemployed • Not attached to Employment Insurance
- Legally entitled to work in Canada • A resident of British Columbia
- Not be a student (ie. enrolled in high school or other post-secondary training)
- Not participating in another LMA funded program

The program runs at the following Okanagan College campuses:

Vernon Jan. 7 – Feb. 1, 2016  
Salmon Arm Feb. 2 – 16, 2016

Contact: Heather  
Phone: 1-800-289-8993, local 2293  
Email: [hfflood@okanagan.bc.ca](mailto:hfflood@okanagan.bc.ca)

Limited seating  
available,  
contact us soon!



Training provided by the Government of Canada  
through the Canada Labour Market Development Program

SHUSWAP REVELSTOKE • NORTH OKANAGAN  
CENTRAL OKANAGAN • SOUTH OKANAGAN SIMILKAMEEN



## Lakes Division Empowering Aboriginal Generation of Leaders & Entrepreneurs™

LD-EAGLE™



The Empowering Aboriginal Generation of Leaders and Entrepreneurs Program, known as EAGLE™ is focused on energizing and enabling Aboriginal People like you to explore opportunities in order to realize the dreams you have for yourself and your community through leadership and entrepreneurship. The EAGLE™ program is designed and delivered to be an interactive and fun 3 days of creativity, culture and competition.

The EAGLE™ program represents an open door into your journey with in the Lakes Division. Once you complete this 3 days exoratory program you will gain clarity on your path.

### LD-EAGLE™ Program



Perhaps after the EAGLE™ program, you are keen to start a business. Our highly successful LD-ACE™ program will be your next step to provide you with the training and mentorship you need to get your business off the ground and take flight. Upon graduation from the LD-ACE™ program, Aboriginal loan services can help you with your business financing needs. Please enter the open door that the EAGLE™ program represents for your future!

#### Program Prerequisites:

- ✓ Aboriginal People (any age)
- ✓ A strong motivation to explore your career options
- ✓ A willingness to contribute to classroom discussion & learning activities
- ✓ A willingness to be mentored throughout the business start-up process



**PETER B. GUSTAVSON**  
School of Business  
Executive Programs  
The world looks different from here.



## Lakes Division Aboriginal Canadian Entrepreneurs™ LD-ACE™



The Lakes Division Aboriginal Canadian Entrepreneurs™ (LD-ACE) is the right program at the right time with the right partner. It is the **right program** designed to provide you with the skills to start a business, allowing you full economic participation as an Aboriginal Business owner plugging in to the many exciting projects under way in our traditional territories. It is the **right time** for this program as the number and size of business opportunities in the Lakes Division has never been greater, and corporations doing business on our lands have never been more welcoming to engage with Aboriginal owned businesses in the development and operational phases of their projects. The **right partner** is the University of Victoria's Gustavson School of Business with a unique expertise in teaching and mentoring people like you on how to start and run a successful business.

Your Passion  
Your Possibilities  
Your Prosperity

### Apply Today!

#### Launch Date:

Feb 13 & 14, 2016  
(8:30 - 4:30 each day)

#### Where:

Splatsin Community Centre  
5775 Old Vernon Road,  
Enderby, BC

#### Contact:

(250) 306-5228  
debra.tamagi@gmail.com  
www.ldace.ca

More information  
to follow

Apply Today!  
Seats are limited



**Who can apply?** All Aboriginal People are encouraged to apply for the ACE™ program.

**What is it all about?** The program will include 18 weekends of interactive and practical entrepreneurial learning components along with 24 weeks of start-up & business mentorship and coaching.

### When is it taking place?

Feb. 13, 2016

Classroom Learning Modules

Mentorship & Coaching

Securing Financing

Launching your Venture

July 31, 2016

**Where will it be delivered?** Lakes Division & Enderby area will be the location of the 18 weekends of interactive classroom learning.

### How to Enroll:

1. Go to [www.ldace.ca](http://www.ldace.ca)  
OR call (250) 306-5228; [debra.tamagi@gmail.com](mailto:debra.tamagi@gmail.com)
2. Fill-in a one-pager about yourself
3. Program representative will contact you



**PETER B. GUSTAVSON**  
School of Business  
Executive Programs  
The world looks different from here.





## Careers for Aboriginal Persons -

### Post-Secondary Recruitment

Reference number: PSC15J-009189-001518

Selection process number: 15-PSR/RP-AP

Various Federal Government Organizations

Various work locations

Employment tenure: Indeterminate (permanent) or determinate (temporary)

The salary will depend on the position being staffed.

For more information on the Post-Secondary Recruitment (PSR) Program;

<http://jobs-emplois.gc.ca/psr-rp/index-eng.php>

**Closing date: 15 March 2016 - 23:59, Pacific Time** [\(more on closing date\)](#) ;

<http://emplois-jobs.gc.ca/centres/psrs-srpf/date-eng.htm>

**Who can apply:** Persons residing in Canada and Canadian citizens residing abroad AND

Who are also members of the following Employment Equity group: Aboriginal persons

**Apply online** <https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srpf/applicant/page1710?careerChoiceId=832428&psrsMode=2>

## Free Community Cooking



**Would you like to:**

**Cook healthy, low-cost meals?**

**Take home tasty meals for your family?**

**Meet new friends?**

**Come to the Community Cooking**

***Bring your own containers to bring food home***

**Where: Adams Lake Recreation & Conference Centre**

**When: Sunday, February 7, 2016 @ 11am**

**For More Information, Contact Denise Michel @ (250) 679-3515 [dmichel@alib.ca](mailto:dmichel@alib.ca)**

**Funded by:**



**First Nations Health Authority  
Health through wellness**



# You're Joking

Q: How was the Roman Empire cut in half?

A: With a pair of Caesars.

Q: What is a volcano?

A: A mountain with hiccups.

Q: What kind of car does Mickey Mouse's wife drive?

A: A Minnie van.

Q: What did the tie say to the hat?

A: You go on ahead and I'll hang around.



Join us for an evening of

## Family Fun

February 5<sup>th</sup>, 2016

4pm – 10pm

Concession

Bouncy Castles

Cake Contest

Cake Walk

Open Talent

Karaoke



"We acknowledge the financial support of the Province of British Columbia."

www.alrcc.net • 250.679.3515 • 6349 Chief Jules Drive, Chase, BC V0E 1M0



## Learn Secwepemctsin Words

Chief Atahm School (CAS) has archived and teach our language using *First Voices* web based tools and services . On this website you can engage and learn Secwepemctsin words, phrases, songs, stories, the alphabet.

Go to: [www.firstvoices.ca](http://www.firstvoices.ca)

- ◆ 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

piq

white

swúct

snow

swúcwtmucw

snowman



## Upcoming Events from other organisations/groups

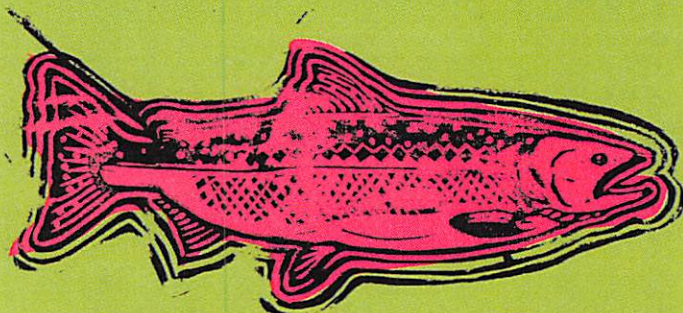
### Elders Jam

Fri. Feb. 5 at Splitsin Community Centre, Enderby, BC. Hosting Jam Band "The Skins". Time 6:00 pm—11:00 pm (tentatively). Cost will be by donation. For more information contact Randy at (250)517-8455.

### Lahal Tournament/85th Birthday Celebration

Sat. Feb. 6 at Skeetchestn Recreation Centre, Savona, BC. Entry fee \$100, min 5 people per team. Registration from 1 to 5 pm, no late entries. Traditional game starts at 3 pm, dinner at 5 pm, tournament at 6 pm. Come join us in celebration Christine Simon's 85th Birthday. For more information call Marshall at (250)373-2493.

## SECWEPEMCSTIN 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**

## Are you interested in taking A CORE or PAL safety course?

Health and Wellness will be

Hosting these courses in March

And need to know who is interested.

If you would take either of these courses!

**Please call Crystal at 250.679.7726**

Do you own a gun? We are also holding a  
draw for a gun cabinet!

Please come to the Health and Wellness

Centre to enter your name!!

Tickets will be at the reception area!

### ADAMS LAKE INDIAN BAND

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

### EXPRESSION OF INTEREST

Catering services required for March 2, 2016  
ALIB Budget Meeting @ Adams Lake Indian Band Gymnasium

- Provide & prepare a hot dinner meal plan for 50 people
- Deliver the food in a timely manner to a meeting facility
- Must have own cooking utensils/ware;
- Own transportation of food to site in a safe & healthy manner
- Responsible for clean up of kitchen area used including dishes, utensils, pots/pans, bowls
- that the food was delivered in to the site or make arrangement to remove;
- Pre-authorization for budget.

**Cancellation Policy;** This does include Acts of God

- 48 full hours is required to cancel contract
- After 48 hours
  - Pay back all funds paid for wages, supplies & food costs
  - Arrangements on delegation requires authorization to ensure contract is fulfilled

\* Adams Lake Band will cancel for reasons such as: Funeral, Acts of God

To apply for casual catering services:

- 1) Must present menu
- 2) Prepare for budget for total costs of catering services
- 3) Facilities used or required for preparing food <may be cost>
- 4) Acquisition of equipment
- 5) Other requirements: proof of transportation and facility availability
- 6) Certification – minimum requirement Food safe
- 7) Chef training or certification
- 8) Knowledge of Canada Food Guide

**Deadline:** Friday, February 10, 2016 at 4:30pm sharp (no exceptions)

**Attention:** Leah Gaze, Director of Finance

**Mail to:** Adams Lake Band  
P.O. Box 588, Chase, B.C. V0E 1M0  
**Email:** [lgaze@alib.ca](mailto:lgaze@alib.ca)  
**Fax:** 250-679-8813



# Upcoming Meetings/Events

## Chief Atahm Winter Celebration

Fri. Jan. 29 from 5:00 pm to 8:00 pm at Adams Lake Recreation & Conference Centre, Chase, BC. This event celebrates the Secwepmecstin culture includes a community meal and a play in Secwepmecstin and English by the students. All welcome to attend this event put on by the teachers, students, support staff and elders.

## Family Fun Evening

Fri. Feb. 5 from 4:00 pm to 10:00 pm at Adams Lake Recreation & Conference Centre, Chase, BC. Join us for an evening of Family Fun includes concession, bouncy castles, cake contest, calk walk, open talent and karaoke. Contact ALRCC at (250)679-3515.

## Community Cooking

Sun. Feb. 7 from 11:00 am at Adams Lake Recreation & Conference Centre, Chase, BC. Cook healthy, low-cost meals to take home. Bring your own containers to bring food home. For more information contact Denise at (250)679-3515.

## Spaghetti or Stew Dinner Fundraiser

Fri. Feb. 12 from 5:30 pm to 8:30 pm at Adams Lake Band Hall, Chase, BC. Meal includes: Spaghetti & Sauce OR Stew, garlic bread, salad and dessert. Matthew Arnouse fundraising for trip to Berlin/Prague/Alp's in March. Loonie Auction, House Bingo, 50/50. For more information contact Kim at (250)574-3061.

## Secwepmecstin Language Class for Families

Mondays starting January 25 to April 25th from 5:30 pm to 7:30 pm at Adams Lake Band Hall, Chase, BC. Free. Bring potluck items to share. Bring your own dishes and cutlery. Classes for February are Mondays Feb. 1, 15, 22 and 29.

## Chase Supper Club

Thursdays Feb. 11 & 18th from 5:00 pm to 7:00 pm at Sexqeltqin Health Centre, Chase, BC. Please bring a side dish, dessert or just yourself. For more information call (250)679-7726.



## Elder's Meetings

Mondays, Feb. 15 & 29 from 5:00 pm to 7:00 pm at ALIB Elder's Room, Chase, BC. For more information call Daidri at (250)679-7726.

## 2016/2017 Budget Information Meeting

Wed. March 2 will be a Information Meeting, dinner and discussion at Adams Lake Recreation & Conference Centre, Chase, BC. Wed. March 16 will be General Band Meeting for ratification vote. For more information please contact Chief or any member of Band Council.



# Valentine's Day Word Search

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

Arrow	Date	Hand holding	Roses
Be Mine	Diamond	Heart	Stroll
Candy	February	Hugs	Suitors
Card	Feelings	Kisses	Valentine
Chocolate	Flowers	Love	
Couples	Friendship	Lovers	
Cupid	Gift	Romance	

## FRIENDSHIP POEMS

Friends smile at you.  
 They like your face.  
 They want to be with you  
 Any old place.

Friends have fun with you.  
 Friends share  
 They're glad when you're happy –  
 When you're sad, they care.

If you're a friend  
 Then you care, too.  
 That's why your friends  
 Are glad you're you!!!

It's nice to have a friend like you!  
 I'll tell you what I'm going to do.  
 Because you make me so fine,  
 I'll take you for my Valentine!



## Cstelen 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

### Cstelen Newsletter Team:

**Karen Everard** – CCSP/Communications  
 Co-ordinator

**Bernadette Dennis-**

Document Management F/C

Phone (250)679-8841

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

Web [www.adamslakeband.org](http://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.





Community Panel  
Adams Lake Indian Band  
P.O. Box 588  
Chase, BC V0E 1M0

January 25, 2016

Weytkp Adams Lake Band Membership,

Re: Letter of appeal to Community Panel

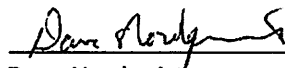
The Community Panel is in receipt of a Notice of Appeal to the 2016 By-election with Nomination date of January 9, 2016.

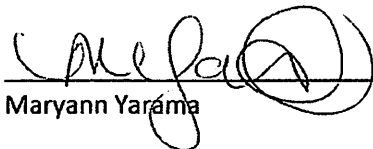
Under the 2014 Adams Lake Secwepemc Election Rules, the Panel has 30 days to render a decision from the date of receipt January 22, 2016.

Kukstec-kuc,

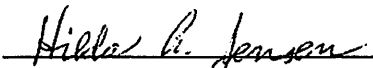
Community Panel

  
Lynn Duckchief

  
Dave Nordquist

  
Maryann Yarama

  
Sandra Lund

  
Hilda Annette Jensen