

## 2016 Pulling Together Canoe Journey

Submitted by Chief Robin Billy

This year’s Pulling Together Canoe Journey (July 2-11, 2016) started in Lil’wat territory near Mt. Currie and down the Lillooet River into the Lillooet Lakes. The journey then entered the Harrison Lake at the North End and camped at Long Island, Harrison Hot Springs, and the final destination and feast at Sq’ewlets First Nation. The Adams Lake team consisted of Nelson Leon (skipper), Tim Johnson (skipper), Adams Lake youth, and our ground crew and organizers.



The Adams Lake canoe team have not only become excellent paddlers, but great youth ambassadors for our community. Our youth are becoming well known throughout the province for their hand drumming and



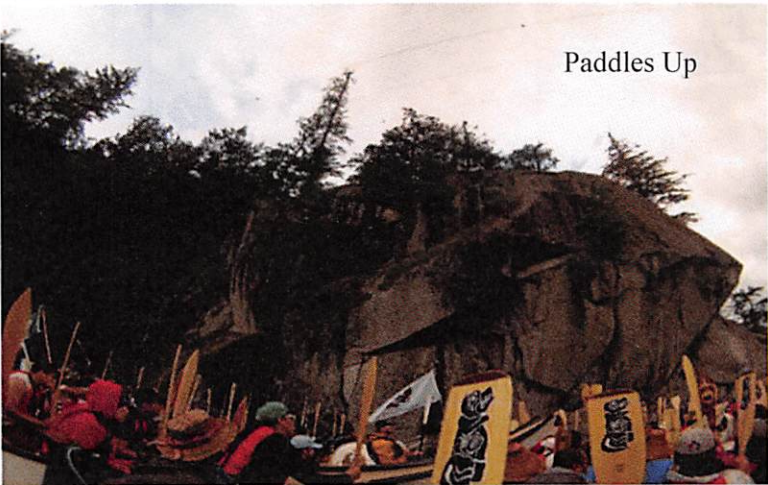
Youth from ALIB enjoying a pose before they go out and start another day of paddling in the 10 day Pulling Together Canoe Journey.

singing! This canoe journey provides a great opportunity for our young people to visit new territories, hone their paddling skills, and gain exposure to new cultures and people (Lil’wat, Samahquam, Skatin, Xa’xtsa, and Sts’ailes).

Although I was only able to make the last two days of paddling I am very proud that our community continues to participate in this event and we are bringing back our canoeing culture. There will be several other paddling events this summer (journey to Secwepemc Gathering, Adams Lake trips, etc.) and I encourage you to talk to your families and arrange a canoe trip this summer. We have several trained skippers in the community and can take families out if they are interested in getting out and visiting the land.

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Paddles Up





## Adams Lake Indian Band

Members Communications Survey

# Adams Lake Indian Band

## Band Members - Administration Building Survey

### WE WANT TO HEAR FROM YOU

Adams Lake Indian Band (ALIB) is looking to replace and consolidate its outdated band offices on Indian Reserve #4 in Chase, BC. We are seeking input from all Band Members on the building and lot selection. The capital construction costs for the building and site range from \$5 million to potentially \$10 million. A video presentation has been created and can be found on our web site [www.adamslakeband.org](http://www.adamslakeband.org) showing the 4 building options and 3 potential site locations. When the main band office buildings are replaced by the new administration building, ALIB will clear and level the affected lands and replace with a proposed park setting or give us another suggestion for the land use.

Please watch the video and then complete the survey. This survey can be found online at [www.survey.adamslakeband.org](http://www.survey.adamslakeband.org) or at the IR 4 and IR 6 band offices.

The survey should take less than 5 minutes to complete and all information will remain confidential. This survey is for Adams Lake Indian Band Members. The deadline for survey return is Friday, August 12, 2016. Complete the survey for a chance to win a \$250 Royal Bank Visa card for adults 18 years + or an iPod for youth 17 years and younger.

For more information or questions on this survey please contact Karen Everard, Communications Coordinator at 250-679-8841.

**[www.survey.adamslakeband.org](http://www.survey.adamslakeband.org)**

Visit our website to complete the survey online



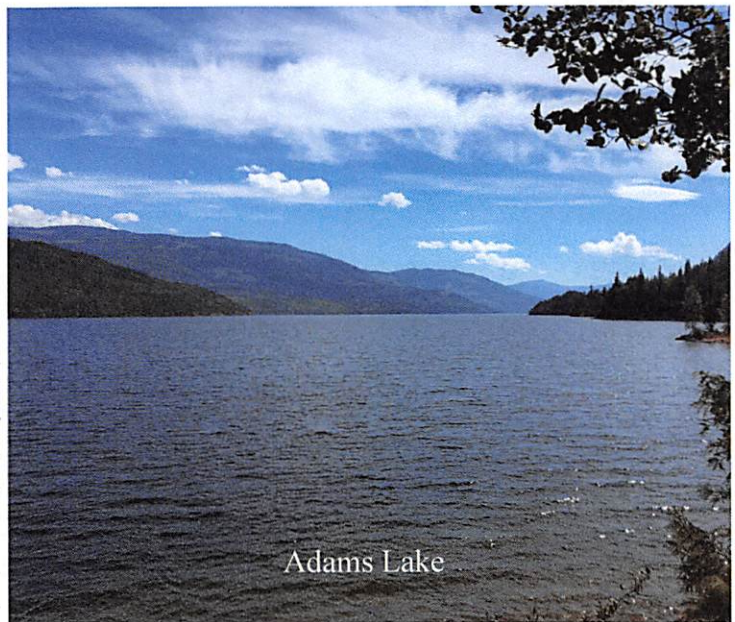
# Brennan Creek Campout

July 22-24, 2016

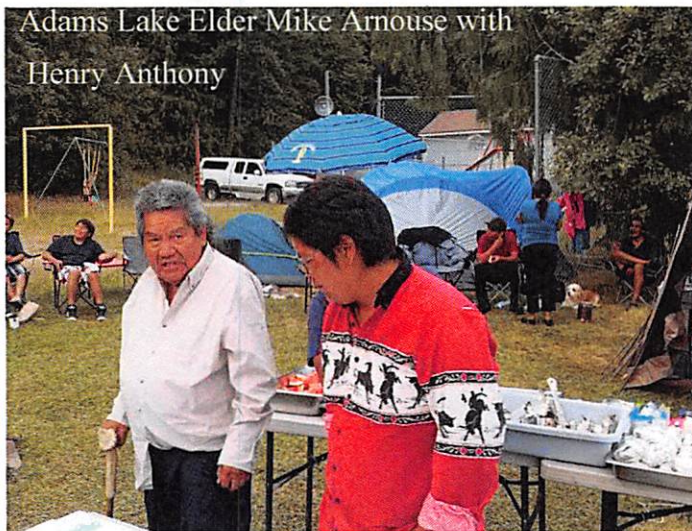
Submitted by Chief Robin Billy

The Adams Lake Indian Band organized a community campout at a former school site at Brennan Creek on the Adams Lake. This event was organized to discuss opportunities for ALIB to take back management and control of land along the Adams Lake. The Brennan Creek school site has been abandoned for several years and we are seeking to use this school as a satellite office for Chief Atahm and community education. In addition, we highlighted 16 more village sites along the Adams Lake that our Band is seeking to maintain and control.

The campout was well attended and site tours were arranged at various sites along the lake including pictograph sites, village sites, and other areas that are being developed. The first night was we set-up camp, the sec-



Adams Lake



Adams Lake Elder Mike Arnouse with Henry Anthony

ond day various tours were arranged throughout the day (Johnson Lake, White Bluffs, Hindu Point), and everyone enjoyed swimming, fishing, canoeing and games. Saturday evening elder Mike Arnouse led participants in a ceremony to welcome people back onto their land and gave some history of our people's use and occupation of the lake. After the ceremony there was an awesome feast cooked by Pete and Lana and discussion on future plans for management of the Adams Lake.

It is very important that ALIB starts to assert control and jurisdiction of its traditional territory and the Adams Lake is a great place to start. Home to our people for thousands of years the Adams Lake is the source of pristine water, habitat for migrating salmon, and the water source for a large wildlife popula-

tion. As with most beautiful lakes in our territory, the Adams Lake is under constant development pressure. A quick tour of the lake identified new camp sites, resort development, RV parks, and extensive boating and fishing.

The ALIB will continue this initiative and will be one of many campouts and tours to reoccupy the traditional territory. Thanks to all those that participated and organized; the spirit, energy, and fun at this event was amazing. I look forward to the next event and if you have any questions please do not hesitate to contact me. We will have this as a top priority agenda item at our monthly title and rights meeting last Thursday of the month at ALRCC gym.





**Councillor Greg Witzky**  
**Natural Resources Pillar Update**  
**for March to June 2016**

*I previously submitted an opinion article as my last Council report in May, which didn't include any updates on the Natural Resources Pillar. The following report provides that information.*

**Forestry:**

We have logging permits for areas including Adams Lake, Mt. Ida, Ptarmigan Hills/Fisher Creek, Cahility, and Louis Creek.

**Silviculture:**

Planting operations of ½ a million trees is complete.  
On-going brushing and Silviculture surveys.

**Community Wildfire Protection:**

Fuel management projects on I.R. # 2 / 4 / 5 are complete.

**Fisheries:**

Phase 1 Sinmax Creek habitat enhancement project is complete.  
Phase 2 Sinmax Creek habitat enhancement will take place this year. Denny Coates contractor.  
On-going communal fisheries, Coho stream walks, and Chinook creel surveys upcoming this season.

**Archeology:** (Highway 1 Four Lane Expansion)

On-going monitoring of Hoffman's Bluff to Neskonlith Reserve.  
Monte Creek to Pritchard is complete. (Site # 45 included)  
Salmon Arm West and Chase Creek West are pending.

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

PFR surveys of about 400 proposed cut blocks was completed last year and a similar amount is scheduled for this year.

**Recreation Site Maintenance:**

On-going co-management of 12 campgrounds within the Adams Lake Watershed.



Next issue of *Cstèlneć Newsletter*

Thurs. August 25, 2016

Deadline to submit submissions

Thurs. August 18th by 1:00 pm.

**GIS:**

On-going mapping for our forestry initiatives.  
Developing a mapping system for internal use by Lands, PW & Housing, and T & R Departments.

**Training:**

Silviculture surveying, RISC, firefighting, and environmental monitoring all complete.

**Meetings and Conferences attended:**

March 3 Emergency Operations Center training that is mandatory for my position as the ALB liaison officer for community emergencies.  
March 10 Interfor meeting to discuss terms of a proposed impact benefits & revenue sharing agreement. My role is to provide advice and political support to ALB technical staff.  
March 11 and April 25 The Wild Salmon Caravan planning committee. My role is to facilitate the Chase portion of the caravan coming thru here in early June.  
March 11 Chief Billy asked me to take his place at the MOTI Senior Council discussions in Kamloops.  
March 14 and April 13 SFC / DFO Conservation & Management Technical Working Group meetings in Kamloops. My role is to continually lobby DFO for First Nations shared decision making authority over policies and programs relating to fisheries management, stock enhancement, and habitat protection.  
March 17 / May 19 & 30 Reconciliation Framework Agreement (RFA) in Kamloops. The original intent of the RFA was to build a joint decision making consultation process between First Nations and the Province, but this has yet to be fulfilled.  
March 31 I chaired the membership committee meeting. Finally, after many years the updated membership rules have gone to C & C for review. The next step will be to communicate them out to the membership before having two community readings, followed by the vote.

**Continued on Page 5**





**Councillor Greg Witzky**  
**Natural Resources Pillar Update**  
**Continued from page 4**

- April 5-7 Forum on Conservation & Harvest Planning for Fraser Salmon in Kamloops. I was honored to do the opening and meal prayers. The forum is intended to provide an annual process for information sharing and discussion on Fraser salmon fisheries issues between DFO and First Nations. The First Nations use this opportunity to provide advice and recommendations on fisheries management plans.
- April 14 Went on a site tour of Malakwa Bridge fishing camp. All Sexqeltkmc to Secwepemc (Lakes Division or StS) First Nations are able to use the fishing camp.
- April 15 and June 20 Shuswap Trails Alliance (STA). My role is to ensure First Nations traditional land use and resource protection values are respected, and followed, when trails are being proposed in our territory.
- April 20-22 Sexqeltkmc to Secwepemc Joint Council meetings in Invermere. Participated in a pipe ceremony to set a healthy spiritual context for the meetings. The Little Shuswap and Shuswap bands were asked to become signatories, to the StS, during the meeting discussions.
- April 28 Water Sustainability Act (WSA) forum in Kamloops. The purpose of the forum is to share information about the intent and implementation of the WSA.
- May 13 Adams River Gorge Pictograph Protection Working Group. My role is to provide input and political support on the plan to build protective plexiglass covers on top of the vandalized pictographs.
- May 10 participated in the Village of Chase Council meeting. I spoke to the importance of both communities working together to create safe and healthy lifestyles on both sides of the river.
- May 25 Salmon Arm West Bay Trail Working Group.

My role is to provide advice and political support for the proposed boardwalk along the shoreline of Salmon Arm Bay, connecting the Indian Reserve and Salmon Arm city.

- May 26-27 Columbia Basin Regional Advisory Committee. My role is provide input to help inform hydro-electric facilities of potential improvements to the Canada / US Columbia River Treaty. This was a video conference in my office streaming live from the meeting in Castlegar.
- May 5-10 I travelled with Elder Mike Arnouse to the Wild Salmon Caravan from Mt. Robson to Matsqui First Nation. Hosted the caravan on May 7<sup>th</sup> in our community. The intention of the caravan is to nurture creative energy inspired by wild salmon and affirm inter-tribal relationships that are the foundation of Indigenous trade and fisheries knowledge adapted over the generations.
- June 13 participated in the Financial Administration Law (FAL) workshop in Kamloops. FAL discussions will take place with community members as we learn more about its potential impacts and benefits.
- June 15 Went on a site tour of the Brennan Creek school buildings and property. The intent is to negotiate a \$1.00 per year lease for the site, while we plan to take over the area for our wilderness cultural education center and family campground.
- June 17 I travelled with elder Mike Arnouse to the Highway #1 monument ceremony honoring our ancient connection to the trail corridor, upon which the highway was built.
- June 20 Shuswap Trails Alliance Regional Strategy Working Group in Salmon Arm. Discussion regarding replacing Provincial Park names with our Secwepemc place names.



*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)*

**RAPP**  
**Report All Poachers  
and Polluters**  
**Conservation Officer 24 Hour Hotline**  
**1-877-952-RAPP (7277)**





## ADMINISTRATION PILLAR

### Councillor Brandy Jules

#### Report for June – July 2016

Weytk-p Xwexwèyep

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#### Culture & Language:

C&C set aside \$50,000 for Language Curriculum for Adult Learning . Where are we at? The Education Department has taken the lead and initiative to get things moving forward with support from C&C The Aboriginal Language Initiative proposal for \$35,000 was successful and Shane Coutlee, (Education Manager), Rob Mathew and Craig DuckChief will be proposing the best model suitable for ALIB in September. This is an exciting Initiative and I look forward to getting started

Secwepemc Gathering is August 19-21 in Skeetchestn and Battle of the Bands will be traditional and they are asking No Drums



Chief Atahm Awards Assembly

#### Communications:

We still encourage all band members who would like to receive our newsletter to provide your email address to our Communications Manager Karen Everard or myself and I will pass your information on.

Revamping of our ALIB Website is in progress. Soft Launch will be at the end of August with testing of full launch mid to end of September.

ALIB wants your input on the Admin Buildings that were presented June 29<sup>th</sup>, please complete the survey that has gone out. Please check out the video that was recorded of the presentations of the Admin Building on our website OR on YouTube in which our Com-

munications Coordinator attached in the newsletter.

#### Human Resources:

Welcome all the summer students who are employed for summer months with ALIB.

The posting for Director of Finance has been re-posted .

Security Services have now transitioned into employees of the Band.

#### Finance:

June 29<sup>th</sup> GBM, we were seeking interested members to sit on our Finance Committee, 8 members expressed interest and these 8 members were all accepted . The first Finance Committee meeting is July 21<sup>st</sup>

Audit presentation to the Community is set for Tuesday July 26<sup>th</sup> at ALRCC

#### Governance:

Reminder of the last Thursday of each month; Title & Rights Information Sessions.

Last month, we started to work on Genealogy, the members who showed up were eager and excited to have this started.

ALIB is claiming back Brennen Creek Recreation Site and July 23<sup>rd</sup> and 24<sup>th</sup>, we will be touring the area, and have close to 35 people signed up.

All 17 Secwepemc Chiefs are scheduled to meet Monday July 25<sup>th</sup> in Williams Lake.

Next Secwepemc Unity Meeting is set for Friday August 5<sup>th</sup>, hosted by Tk'emlups Indian Band.



Brennen Creek School



## Councillor Norma Manuel

### Counsellors Report July 2016

#### Community Services Pillar

This report will focus upon three areas that will assist on moving on a path forward. Firstly, I lift my hands to those community members who strive to live healthy lives and continue to role model this way of life to our children, "Kukstsemc".

I attended a two-day workshop in Vancouver, B.C. First Nation Children and Family Gathering. The purpose of this workshop was to call to action; Reconciliation and Self-determination for First Nations children, Families and Nations in B.C. The immediate call to action stems from the Truth and Reconciliation Commission Recommendations, one to five, out of the ninety-four recommendations that refer to child welfare. The Truth and Reconciliation Commission is the study that was carried out across Canada identifying the impact of Residential Schools on the generation of this First People that continue to be the cause of community unhealthiness.

Both the Federal and Provincial government are responding to the recommendations in small step to address the recommendations as leaders, its our responsibility to continue to put forward initiatives that will address children and family needs.

Cindy Blackstock, Executive Director of First Nations Child and Family Caring Society of Canada, filed a law suit against the Federal Government for discrimination against the amount of welfare children families receive on reserve compared to those living off reserve. The courts ruled in favor of the judgment against the Federal Government.



The Second, area is my participation with Secwepemc Children & Families Services (SCFS). This delegated agency that provides services to our band. Initially SCFS was established as a stepping stone for Secwepemc Bands to develop policies and laws to provide services to community. Moving Forward, included participation at Board Meeting, selection of an Executive Director (Linda Thomas), who is aware of the issues that face communities as a Social Worker and as a Lawyer that has a keen interest in Children that are in courts.

What can we do, to-day? Focus immediately on good practice, increase focus on families, and address what effects family. I am working with Health Director, Housing Director and our Executive Director to establish a safe house. The focus of this endeavor is to provide a safe place for children. *How do we stand up for our children?* Put responsibility back where it belongs with each of us living in our community.

The third area is my participation with Round Lake Treatment Centre, as president of the Board of Directors. The Board of Directors works with the Executive Director and funding sources are building a recovery home adjacent to the Treatment Center that will house those persons who do not meet the requirement of sobriety. This facility will ensure more people will receive the treatment they require in a safe environment.

I continue to attend meetings that are important to moving forward in areas that will ensure a healthy path for all to walk on. I encourage you to attend,

"Title & Rights sessions facilitated by Dave Norquist.

In the Spirit of Healing,  
Norma Manuel M.A.

## You are Invited to A Night of Maps and Stories

Date: Thursday, Aug. 4 Time: 7 to 9 pm Location: Chief Atahm School

Over the years, there have been many field trips to record place names, traditional use and stories in Secwepemctsín. Robert Matthew, Lawrence Michel and Patrick Michel will show video footage from the CAS collection. There will be a map display with Secwepemc place names.

People will have a chance to learn the place names by playing, "La Carte".

There will be an opportunity to ask questions. Snacks and coffee will be provided.

Sponsored by Secwepemc-Ka, Chief Atahm School Parents

For more information contact Robert Matthew 250-818-5010 or email: robertmatthew@mac.com



# Aug 2016 Elders Events/Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CIVIC HOLIDAY 1	VACATION 2	VACATION 3	VACATION 4	WOMEN'S WELLNESS SKWLAX 1:00-8:00PM 5	WOMEN'S WELLNESS SKWLAX 9:00-4:30pm 6	WOMEN'S WELLNESS SKWLAX CLOSING CEREMONY 9-11PM 7
OFFICE ELDERS ROOM 8	OFFICE ELDERS ROOM 9	OFFICE ELDERS ROOM 10	SKWETSMELLP ELDERS LUNCH 12:00 NOON 11	OFF IN LIEU OF SAT AUG 6 <sup>TH</sup> WOMEN'S WELLNESS 12	13	14
ELDERS DINNER CHASE ELDERS ROOM 5:00-6:30pm 15	OFFICE ELDERS ROOM 16	OFFICE ELDERS ROOM 17	OFFICE ELDERS ROOM 18	34 <sup>TH</sup> ANNUAL GATHERING IN SKEETCHESTN 19	34 <sup>TH</sup> ANNUAL GATHERING IN SKEETCHESTN 20	34 <sup>TH</sup> ANNUAL GATHERING IN SKEETCHESTN 21
OFF IN LIEU OF 20 <sup>TH</sup> 22	OFFICE ELDERS ROOM 23	OFFICE ELDERS ROOM 24	OFFICE ELDERS ROOM 25	OFF IN LIEU OF 21 <sup>ST</sup> 26	27	28
OFFICE ELDERS ROOM 29	OFFICE ELDERS ROOM 30	OFFICE ELDERS ROOM 31	OFFICE ELDERS ROOM 1	VACATION 2	3	4

Please call Daidri Marr at 250-679-7726 (Extension 2372) for additional information or to arrange transportation to Elders events.

CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE DUE CIRCUMSTANCES BEYOND OUR CONTROL.

August joke:

*Dear Couples Who Fight in Public, stop trying to whisper and would it kill you to include some backstory.*

## NOTES:


Do you have an Elders event that you would like to attend and I haven't put it on the Elders calendar?

Please share your ideas with me and I will try my best to make it happen.



**ARE YOU  
AT RISK OF  
OVERDOSE?**

**Naloxone is a drug  
that reverses the  
effect of opiate  
overdose**



## COMING SOON TO ALIB TAKE HOME NALOXONE KITS

How is naloxone given? You can give naloxone by injection (into a muscle, or under the skin). In BC, the Take Home Naloxone program supplies injectable naloxone. You can inject naloxone through clothing into the muscle of the upper arm, upper leg, or buttock.

I don't use Opioids. Why should I be aware about Naloxone? Due to the amount of overdose deaths linked to Fentanyl, a deadly drug being laced in drugs. You never know when you may encounter an unresponsive person and could prevent their death by administering Naloxone if they were to have a kit on them.

Contact Sexqeltqin Health Centre at (250) 679-7726 and ask to speak to the Community Health Nurses or NNADAP worker for more info.

## What is naloxone?

Naloxone, or Narcan®, counteracts opioid overdose. Taking too much of opioid drugs (like morphine, heroin, methadone, oxycodone, and fentanyl) can make breathing slow down or stop. Naloxone reverses this, restoring normal breathing.

Take Home Naloxone Kits are for those who use Opioids (recreational or prescription). An educational session is required to get a kit.



## Garbage Disposal Bin

The Public Works Department will be bringing in the large 40 yard bin for membership use for HOUSEHOLD GARBAGE.

### Do Not Dispose of the following items:

- |                                                      |                                                                  |
|------------------------------------------------------|------------------------------------------------------------------|
| <input checked="" type="checkbox"/> Drywall          | <input checked="" type="checkbox"/> Drywall                      |
| <input checked="" type="checkbox"/> Wood             | <input checked="" type="checkbox"/> Tires                        |
| <input checked="" type="checkbox"/> Metal            | <input checked="" type="checkbox"/> Batteries                    |
| <input checked="" type="checkbox"/> Concrete         | <input checked="" type="checkbox"/> No liquids (ie. Paint, Oils) |
| <input checked="" type="checkbox"/> Asphalt shingles |                                                                  |

#### The Garbage Disposal Bin is:

- Available to IR4 and IR6 membership,
- When the bin is FULL – Please notify the Public Works Department or Pierre Moyese (Annie). The bin will be emptied and returned.

#### The Garbage Disposal Bin is a privilege, please follow our requests:

- Do not use the bin for any of the listed items above.
- Do not leave garbage outside of bin
- Do not over fill, please check the bin before you load up and use.

**The bin will be delivered July 25, 2016 to August 26, 2016.**

**LOCATIONS:** IR#4 – Maintenance Shop and  
IR#6 – Sparrow Road.





Adams Lake Indian Band's First Quarterly meeting was a huge success, thanks to you Adams Lake Members/Community, Staff, Chief and Council. We made 130 passports and ran out, there were people playing games and interacting/engaging with the staff members, we also had some sitting and visiting, watching all the fun around them. We had several positive feedback and a couple of constructive, we are striving on better communicating and interacting with ALIB members/Community. One goal was to start educating our youth as to their Band office and its programs and services (Departments). So with all the fun that happened, games, food, and just mingling; this is what you learnt at the 1st Quarterly ALIB Meeting July 13<sup>th</sup>, 2016.

#### Administration

- 1) Adams Lake Indian Band is 1 Band out of (Answer: 17) Bands of the Secwepemculecw territory.

#### Chief and Council

- 1) Name the 6 Chief and Councillors and their Pillar.

Answer 1) Chief Robin Billy / Governance 2) Councillor Greg Witzky/Natural Resources 3) Councillor Gina Johnny/ Sustainable Development 4) Councillor Norma Manuel/ Community Wellness 5) Councillor Ron Jules/ Infrastructure 6) Councillor Brandy Jules/ Administration

#### Human Resources

- 1) What is the email address to send your resume? Answer: jobs@alib.ca
- 2) Who can assist with resume writing? Answer: Chase Employment Center or ASSETS

#### CCSP & Communications

- 1) What are the 4 colors in the CCSP logo? Answer: Red, White, Yellow, Black
- 2) Name one benefit of communicating? Answer: Everyone will be informed on band business and initiatives. (There were many good answers)

#### Title and Rights

- 1) Name one of the goals of the T&R Department. Answer: Support the governance initiative.
- 2) Name a Major Project. Answer: Sun Peaks, Columbia River Treaty
- 3) What is the Lakes Division? Answer: The 5 bands -Little Shuswap Indian Band, Neskonlith Indian Band, Adams Lake Indian Band, Shuswap Indian Band and Splatshin.

#### Public Works and Housing

- 1) How many houses on I.R # 4? Answer: 108
- 2) How many community water systems does Public Works manage? Answer: 15

#### Lands and Taxation

- 1) What are the names of Adams lake Indian Bands 7 reserves?  
Answer: 1) Cstélen 2) Sq7em 3) Tegwáps 4) Sexqeltqín  
5) Stequmqhulpa 6) Sxwetsméllp 7) Sxwetsméllp

#### I.T

- 1) The process of starting or restarting a computer is called:  
A) Start up (Answer: B. Booting) C) Connecting D) Resetting
- 2) Name two (2) web browsers? Answer: Chrome, Internet Explorer, Safari, Opera, Maxthon, Microsoft Edge, Netscape Browser.

#### Finance

1. Who is the current Acting Director of Finance for Adams Lake Indian Band? Answer: John Mosimann
2. What is the average range of expenditures paid by Adams Lake Indian Band every year? Answer: (between \$12 to \$15 million dollars each year)
3. How many people work in the Finance Department and what are their positions?  
Answer: (5) John Mosimann Acting Director of Finance  
Theresa Tremere Finance Supervisor  
Diane Frechette Finance Assistant  
Tracy Friesen Accounts Receivable  
Rhonda Kenoras Accounts Payable
4. What is the average number of employees working for Adams Lake Indian Band?  
Answer: Average number of employees is between- 100 to 120

#### Natural Resources

- 1) What are the two main fish Adams Lake Fisheries fish for each year?  
Answer: Sockeye and Chinook
- 2) What does "GIS" stand for?  
Answer: Graphical Interface System



#### Education:

- 1) What are the 2 school districts that Adams Lake Indian Band works with?  
Answer: School districts 73 Kamloops and 83 Salmon Arm area.

#### Fire Department

- 1) How many fire hydrants on IR #4 and IR # 6? Answer: 29 Fire Hydrants

#### CAS Chief Atahm School

- 1) What is the name of the Parent Group? Answer: Tekwemple7

#### Post-Secondary

- 1) How many post-secondary graduates this year 2015-2016? Answer: (3)  
2) What are the 4 closest Post-Secondary schools?  
Answer: TRU, Oakanagan Collage, NVIT, UBCO.

#### Recreation

1. What are some activities that will raise your heart rate? Answer: Any physical activity, including sports, exercise and just being active  
2. What is the reason for the increase in heart rate? Answer: To increase blood flow to the working muscles for energy, oxygen and water.  
3. What are some reasons for an increase in the respiratory rate (breathing rate) when doing physical activity? Answer: To increase oxygen uptake and carbon dioxide output in order to meet the needs for the working muscles.

#### Community Wellness Spiritual Health:

- 1) Who organizes cultural and spiritual activities for the Health & Wellness department?  
Answer: Cultural Worker – Howard Shields

#### Mental Health:

- 1) Who is the Family Support Worker/Social Worker at the Health & Wellness Department?  
Answer: Nancy Tarrant

#### Daycare

- 1) In Answer: (early 1970's) when the Sahalkum Daycare opened what was the building used for before daycare? Answer: Museum

#### Livcare

#### Physical Health:

- 1) What is the preschool program that runs out of the Chase Health & Wellness Department?  
Answer: Headstart

#### Emotional Health:

- 1) True or False: Depression related to pregnancy can occur anytime during pregnancy up until 1 year after the birth of the baby. Answer: True

The winner of the Grand Prize (freezer) was Christine Anthony. Christine completed the Passport and put her name into the draw to win.



Team Infrastructure was the winner of the Executive Manager Challenge. (Build the tallest structure out of material in the mystery bag)



Thank you to all, keep an eye open for the 2<sup>nd</sup> Quarterly ALIB community Meeting in October Administration.





## Sexqeltqin Health Centre

Adams Lake Band  
PO Box 1009  
Chase, BC V0E 1M0

Telephone: (250)679-7726 Fax: (250)679-2234

Dear Parent and Student,

The Health and Wellness Department is coordinating the "The Choice is Yours Tour" for youth ages 14-18.

The objective of this field trip is for the youth to see firsthand what life can be like on the Downtown Eastside of Vancouver. Due to the nature of this trip and to ensure safety of all participants we are only able to accept a total of 8 youth participants. 4 females and 4 males accompanied by 4 chaperones/facilitators.

The Tentative agenda is as follows:

August 23 - Departure from Chase, REED

August 24 - YouthCo Presentation, Presentation at YDC

August 25 - UGM presentation/walk about, ODD Squad, VPD

August 26 - Return to Chase with fun along the way.

Applications from youth will be reviewed and selection based on a brief summary provided by the youth below. Applications can be handed in at the Health Centre to Crystal at reception or to Jeromy. The deadline for applications is **August 5, 2016 by 4:30 NO EXCEPTIONS**. A strict code of conduct will be set and must be agreed upon by all participants. For more information, Please Contact Jeromy at 250.679.7726 ext 2227.

### Student Application

Student Name \_\_\_\_\_ School \_\_\_\_\_  
Grade \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Birthdate \_\_\_\_\_  
Medical # \_\_\_\_\_ Emergency Contact: \_\_\_\_\_  
Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_  
Allergies: \_\_\_\_\_

Give a brief summary on Why you should be chosen to attend "The Choice is Yours Tour".

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Chaperone Application form

### "The Choice is Yours Tour"

**August 23-26, 2016**

The Adams Lake Health and Wellness Department is planning "The Choice is Yours" tour to DTES August 23-26, 2016. We require 4 Chaperones to accompany the 8 youth that will be attending the tour. We will be selecting the Chaperones based on the following applications. Completed applications must be submitted to Jeromy at the Health and Wellness Center no later than Friday August 5, 2016 @ 4:30 pm (No Exceptions)

### Application for Chaperones

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

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Years of Sobriety: \_\_\_\_\_

Address: \_\_\_\_\_


Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Current Criminal Record Check? \_\_\_\_\_ First Aid? \_\_\_\_\_

Have read and will agree to sign the Chaperone Policy and guidelines agreement? \_\_\_\_\_

Please give us a brief Summary as to why you feel you should be chosen as a Chaperone for "The Choice is Yours" Tour.

\_\_\_\_\_  
\_\_\_\_\_

**Adams Lake Indian Band**

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

Contact the Cstélnec Newsletter Team:

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

**Bernadette Dennis**  
Administrative Support

**Mail** PO Box 588, Chase, BC V0E 1M0  
**Office** 6453 Hillcrest Rd, Chase, BC V0E 1M0  
**Phone** (250)679-8841  
**Hours** Monday – Friday 8:00 am to 4:30 pm  
**Email** [keverard@alib.ca](mailto:keverard@alib.ca)



## Across

1. Rewrite
5. Etching fluids
10. Eden resident
14. Divorce city
15. Misplaces
16. Volcanic flow
17. Cool!
18. District attorney
20. Regal
22. Prophetic signs
23. RI time zone
24. Makes bigger
27. Brewery product
28. Warty amphibian
29. Health resort
32. Dishonor
35. Steak, e.g.
36. Strike
37. Artist's board
39. Get
41. Not odd
42. Epochs
44. Tardier

45. 12th mo.

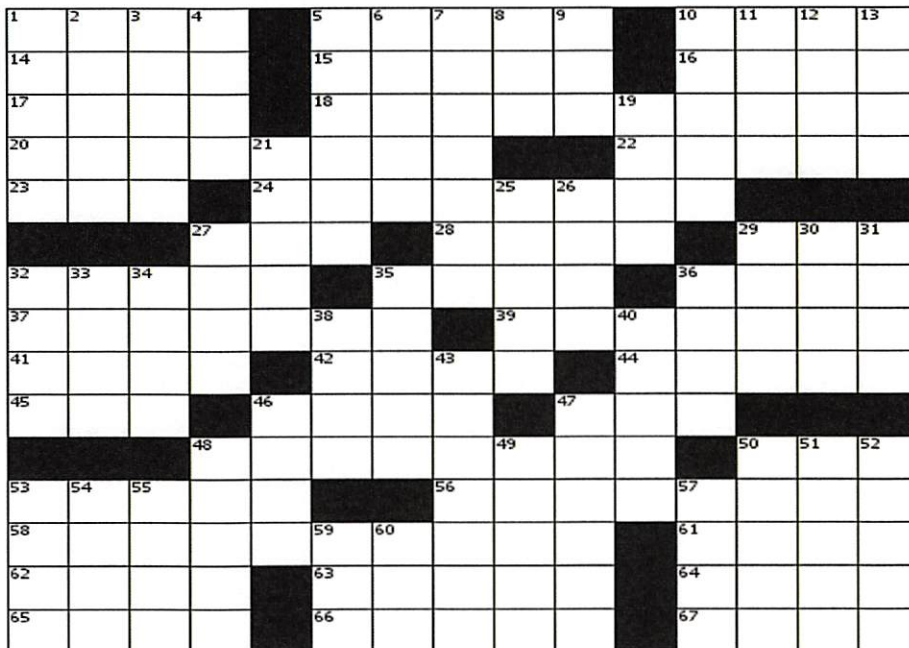
46. Small casks
47. Lamb's dad
48. College term
50. Joke
53. Hoarse
56. Phone number prefix (2 wds.)
58. Unfriendly
61. Ill-mannered
62. Fit of anger
63. Author Oscar
64. Fruit beverages
65. Present!
66. Relieved
67. Created

## Down

1. Bert's friend
2. Considers
3. Not fitting
4. Lug
5. Like Swiss mountains
6. Atoll material
7. Quarantine
8. French preposition
9. Wind dir.
10. Grads
11. Calendar number
12. Stratford-upon-\_\_\_\_\_
13. The Red Planet
19. Female student
21. Rented again
25. Lions' cries
26. Fence opening
27. Prayer ending
29. Cut
30. Do roadwork
31. Mimicker
32. Ran
33. Own
34. Guinness of "Star Wars"
35. Highway sign
36. Stitched line
38. Be abundant
40. Nurse \_\_\_\_\_ Barton
43. Assaults

46. Florida islands
47. Teetered
48. Malice
49. Commerce
50. Cheese type
51. Summed up
52. Migratory birds
53. Impetuous
54. Green Gables girl
55. Mix
57. Stuff
59. Have debts
60. Undercover gp.

Answers Page 15



# New Staff

It is with great pleasure that I announce Melissa Kenoras has joined our Education Team and fills our new position as Education Administrative Support. We welcome both her background education and office related experience to the ALIB organization. Equally noteworthy, Melissa lives at Switsemalph IR 6 and this will play an integral part with assisting us with our goal of effective communication to ensure information is shared equally between both reserves.

Melissa's immediate schedule over the next couple of months will be at our Chase office to familiarize herself with the roles and responsibilities of the Education Department. Once Melissa has gained this foundational knowledge her schedule will then change to include working days at both reserves. The Education Department now has designated space in the Blue Building at Switsemalph and once this room is set up, Melissa will be our primary contact within this new space and will be a key member of our team to ensure the community feels welcomed and supported. Please help me welcome Melissa to the ALIB Education Department. Kukstenc, Shane



**Melissa Kenoras,**  
**Education Administrative Support**





**Blood Pressure machine**



**Stethoscope**



**JedMed Camera  
with attachments**

## Adams Lake Telehealth (Livecare)

Our Livecare clinic has appointments every Friday from 1-4pm right at the Health Centre!

We have a variety of tools that we use during our appointments:

**JedMed:** This high resolution camera is used to take a closer look at Eyes, ears throats and the skins surface

**Stethoscope:** Our stethoscope is connected right to our cart and allows the Doctor to hear heart beats and other sounds!

**Thermometer & Blood Pressure cuff:** So we can take important vitals like any other clinic!

Do you want to have a peek at our instruments and learn more?

Our clinic is Every Friday from 1-4pm (Walk ins are welcome)

To book an appt Call 250.679.7726

## Youth Worker Trainings

**August 26:** Addictions and Youth

**September 15&16:** Bullying and Addressing Challenging behaviour

**October 14:** Facilitating Gender and Sexual Identity in youth

**November 4:** Delivering Presentations and Workshops for youth

**December 2-3:** Youth Workshop

Come to one or all sessions. Certificates will be given out at the end of each day!

These training are ideal for people interested in working with youth and all community members! Lunches will be provided!

Call The health centre to sign up!  
250.679.7726



Health and Wellness is busy and working on our 10 year Health Plan and we need your help!

We need to collect some valuable feedback from the community that we work so hard to serve!

We will be putting one or two questions into each newsletter regarding our services.

**Answer our questions and return to the Health and Wellness Centre and you will be entered into our draw for prizes!!**

**Access to Services:**

I can usually get the care of services

That I need, when I need them

- ☐ Yes
- ☐ No
- ☐ Non Applicable



The Health Centre is clean and comfortable.

- ☐ Yes
- ☐ No
- ☐ Non Applicable

Return this to the Health and Wellness Centre to be entered into our draw!





# JOB POSTING

## Early Childhood Educator

Adams Lake Indian Band located in Chase, BC is seeking Early Childhood Educator with a positive outlook for a progressive, First Nations organization in the beautiful Shuswap area. Reporting to and under the direction of the Daycare Manager the Early Childhood Educator will be responsible for assisting in the care of the children at the Sahhalkum Daycare Center. We are currently seeking team members who are committed to being culturally aware, intentional, collaborative and reflective in their work, are enthusiastic about on-going professional development and have a disposition towards inquiry. We currently have one full time position available

### ESSENTIAL FUNCTIONS AND RESPONSIBILITIES

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

### REQUIRED KNOWLEDGE SKILLS AND ABILITIES

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

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

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

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

**This position will be open until it is filled. We will begin looking at resumes August 2, 2016**

The **Health & Wellness Department** is hosting a “**Gearing up for School**” Health Fair Focusing on ages 4-6, offering Kindergarten



booster immunizations, dental, vision and hearing screening. In addition, it will be a kickoff event for our “**Early Years Centre**”, serving children 0-6 years old. Come and learn what services will be offered at this Centre. Lunch provided.

**When:** Tuesday, August 16<sup>th</sup>,  
from 10-2 pm

**Where:** The Head Start classroom in the Health Centre

**Who:** Children 0-6 years and  
their caregivers

**What:** Come and learn about the services that the Early Years Centre will provide, as well as access additional Health services: Kindergarten booster immunizations, learn about vision and hearing screening, speech therapy, dental screening, and much more.


Please call the Health Centre for more information at (250) 679-7726



### SAVE PAPER/KEEP INFORMED

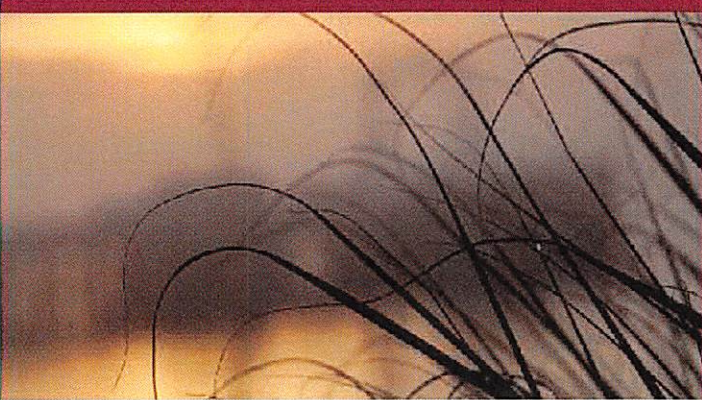
Provide the Band Office with your e-mail address and we can keep you informed on Band News, Notices, Initiatives, Projects, Program/Services, Chief & Council Reports.





*Sexqéltkémc te Secwepémc*

Website Update



Check out the Sexqéltkémc te Secwepémc (STS Lakes Division) website for these updates:

June 20-22, 2016 Sexqéltkémc Elders Site Tour Photos – on the Community Page

Trans-Canada Highway 1 Project Summaries – on the Project Page

Reinstate Funding for Aboriginal Languages Petition – on the Community Page

Check back for upcoming events: Seasonal Rounds this fall, People's Assembly this winter

**[www.sts-lakes.ca](http://www.sts-lakes.ca)**

Sexqéltkémc te Secwepémc Lakes Division

MAILING ADDRESS: PO Box 1010, Chase, BC V0E 1M0

PHYSICAL ADDRESS: 102-440 Squilar-Anglemont Rd., Chase, BC V0E 1M0

**WWW.STS-LAKES.CA**

p 250.679.2108 Ext. 102 e stslakes@gmail.com



## Broccoli & Bacon Salad

Makes 10 servings, 4 h 15 m

### Ingredients

#### Salad:

- 2 pounds broccoli florets
- 10 slices crisply cooked bacon, crumbled
- 1/2 cup chopped red onion
- 1/2 cup golden raisins
- 1/2 cup cashews
- 1/2 cup sliced water chestnuts

#### Dressing:

- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons vinegar

### Directions:

1. Toss broccoli, bacon, red onion, raisins, cashews and water chestnuts together in a large bowl.
2. Whisk mayonnaise, sugar and vinegar together until smooth; pour over salad and toss to coat.
3. Cover bowl with plastic wrap and refrigerate until the dressing sets, at least 4 hours.

Can also use dried cranberries, pecans, walnuts or sunflower seeds.

## Household Hints & Tips

- ♦ Cleaning your blender is much easier if you fill it about a third of the way with hot water, add a couple drops of your dishwasher detergent and then turn it on.
- ♦ Prevent celery from wilting by wrapping it in foil before putting it in the fridge and it will keep for weeks.
- ♦ It generally takes 10 minutes per inch of thickness to cook fish. To be sure it doesn't overcook, start checking the fish at 7 to 8 minutes.
- ♦ Whiten your finger nail tips by soaking your nails in a bowl with lemon juice.

## You're Joking

Q - What has 4 eyes but can't see?

A - Mississippi.

Q - What starts with the letter "t", is filled with "t" and ends in a "t"?

A - A teapot.

Q - What goes up but never comes down?


A - Your age.



*Be Inspired!*  
**Women's Entrepreneur Conference**  
 November 4 - 6, 2016 - Kamloops, B.C.

*Be Inspired! Women's Entrepreneur Conference encourages networking and professional development opportunities amongst women entrepreneurs through information sharing, mentoring, presentations and panels!*

*Be Inspired! Join us!*



## Upcoming Events from other organizations/groups

### 37th Annual Kamloopa Pow-Wow

July 29 - 31 Kamloops Pow Wow grounds, Kamloops, BC. General admission. More info call (250)828-9782.

### Honour Your Journey

August 12-14 at Skwllax Pow-wow grounds. All women welcome. You must register to take part. More info call (250)440-5822.

### 34th Annual Secwepemc Gathering

August 19-21 hosted by Skeetchestn Indian Band. Meals served, campground, billeting available, spots available for vendors & artisans. Info packages upon request. Event coordinator (250)373-2493 ext. 202.

### Music on the Lake, Summer Music Series

Every Tuesdays in July & August from 6:30 to 8:30 pm at Joyce Dunn Theatre Memorial Park, Chase, BC. Bring lawn chairs and blankets. Food, art and more. Free admission, food bank items appreciated.

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

*Be Inspired!*  
**Women's Entrepreneur Conference**  
 November 4 - 6, 2016

**Request for Proposal (RFP) CALL FOR PRESENTERS**

**REGISTRATION:**  
 Student/ Seniors: \$250.00  
 Early Bird: \$350.00  
 (Available until 5:00 pm Friday, Sept. 16, 2016)  
 Regular: \$450.00  
 Corporate/ Group Rates: (Available Mon., Sept. 19, 2016)  
 Table of 5: \$2,000.00  
 Table of 10: \$3,500.00

**TABLE/BOOTH/VENDOR REGISTRATION:**  
 Entrepreneur - \$99.00  
 Home Based Business - \$99.00  
 Resource Table - \$199.00

To request registration information contact Marketing Coordinator, Victoria Jaenig at Email: [beinspired.kamloops@gmail.com](mailto:beinspired.kamloops@gmail.com) or Call/ text: 250-330-8326

**NOTE:**  
 Advance payment required! All cheques payable to "Be Inspired!", E-Transfers accepted (Send to: [julie.joh@hotmail.com](mailto:julie.joh@hotmail.com)) or with cash at Eagle Eye Gifts, 442 Victoria Street, Kamloops B.C.

**WORKSHOP SESSIONS**  
 Each workshop is allotted 75 minutes (60 mins in length + 15 min. Q&A)  
 Must accommodate a min. of 25 participants  
 Topics must relate to: Women and/ or Business, Entrepreneur or Economic Development

**PANEL**  
 "Share your Story", 15 minutes  
 Topics: The Business Idea, Starting-Up Your Business, Seasoned Business Owner or Retired Business Owner

Contact Event Coordinator Julie Joh  
 Email: [julie.joh@hotmail.com](mailto:julie.joh@hotmail.com)  
 In person/ mail: 442 Victoria Street, Kamloops, BC V2C 2A7





**Did you know . . . . .**

**Some fun facts**

**Did you know** the opposite sides of a die always adds up to 7.

**Did you know** in a deck of cards the king of hearts is the only king without a moustache.

**Did you know** cows don't have upper front teeth.

**Did you know** there are more chickens than people.

**Did you know** tigers have stripped skin as well as fur.

**Did you know** cucumbers are 96% water.

???

Puzzle Solution © OnlineCrosswords.net

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



Acupuncture with Dr.  
Daniel Lee, Doctor of  
Traditional Chinese  
Medicine.

**August 2, 2016**  
**9:00-4:00 PM**

Elders Room  
Age 6 and up  
PLEASE BRING YOUR HEALTH CARE  
CARD, or HAVE YOUR HEALTH CARD  
NUMBER ON HAND.  
COST: FREE for ALIB members or ALIB  
community members or ALIB staff.  
Length: 30-minute session  
Please contact the Health Center to  
book an appointment (250) 679-7726



## Taekwondo Performance

**Adams Lake Recreation and Conference Centre**

**Wednesday August the 3<sup>rd</sup>**

5:00 pm-Dinner

6:00 pm-Performance by 15 Korean Masters

8:00 pm-Training upon request

(agenda subject to change)

**Thursday August the 4<sup>th</sup>**

10:00 am to 12:00 pm-Training

12:00 pm-lunch for students

1:00 pm-Parents pick up students

Wavier forms must be signed by parents

Taekwondo training for ages 6 and up

Please bring a WATER BOTTLE and wear comfortable clothes.

## 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

kelc

Hand

lexlixkst

Fingers

kepekst

Finger Ring





August 2016

Youth for IR#4 and IR#6 Activities Calendar

Sandy Lund 778-257-4123 or e-mail slund@alib.ca



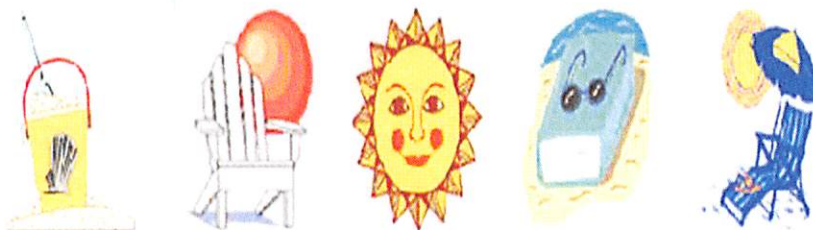
Sun	Mon	Tue	Wed	Thu	Fri	Sat
All youth must sign a one-year waiver form to participate in activities	1 BC Family Day Office Closed	2 Sandy on Holidays till the 6th	3 Sandy on Holidays till the 6th	4 Sandy on Holidays till the 6th	5 Women's Gathering	6 Sun with sunglasses Women's Gathering
7 Women's Gathering	8 Sandy on Holidays till the 6th	9 Movie in Salmon Arm. Must sign up. Time TBA. Limited to 8 youth. \$5/youth	10 Office day	11 Off in Lieu of the 20th	12 Off in Lieu of the 21st	13 Cartoon character
14 S.N.T.C. youth council meeting leave Chase at 4:30pm return at 8pm	15	16 Movie in Kamloops. Must sign up. Time TBA. Limited to 8 youth. \$5/youth	17 BBQ/swim in Swits leave at 10am return at 5pm	18 Office day	19 34th Annual Secwepemc Gathering in Skeetchestn	20 34th Annual Secwepemc Gathering in Skeetchestn
21 34th Annual Secwepemc Gathering in Skeetchestn	22 Off in Lieu of the 23rd	23 The Choice is yours Tour Downtown Eastside Vancouver Must of pre-registered	24 The Choice is yours Tour Downtown Eastside Vancouver	25 The Choice is yours Tour Downtown Eastside Vancouver	26 The Choice is yours Tour Downtown Eastside Vancouver Addictions and Youth-training at Health Center 9am-4pm	27 Sun with sunglasses
28 Sun with sunglasses	29 Off in Lieu of the 24th	30 Off in Lieu of the 25th	31 Off in Lieu of the 26th	32 Sun with sunglasses	33 Sun with sunglasses	34 Calendar subject to change without notice

**Friendly notice that the SNTC Youth Council meeting is scheduled for August 15<sup>th</sup>, 2016 at the SNTC office at 5:00 PM. Dinner is provided as always.**

The Shuswap Nation Tribal Council Youth Council (SNTC YC) is an opportunity for the Secwepemc youth to represent their community, their culture and themselves, to establish their voice and to be heard. It is the intent of the SNTC YC to find the potential leader in each Secwepemc youth and to facilitate their growth in order to encourage and support our future generations in the pursuit of accountable representation, self-governance and social and economic development.

The Youth Council meets monthly at the Shuswap Nation Tribal Council in the boardroom. Youth who are involved with the council will be given information regarding upcoming youth events, conferences and gathering. Some youth who attend regularly meetings may be sponsored by the SNTC Youth Council to attend such events. Chair, Mike McKenzie, is also working on having a leadership group come in to provide the kids with some fun workshops to promote speaking and leadership skills so I will have more information on that in the future.

If you are between the ages 14-29 and are interested in being involved in the Secwepemc Communities or would like to attend or to find out more information call **Sandy Lund 778-257-4123.** Sandy will be leaving the ALIB youth center at the GYM at 4:30 pm. Please RSVP Sandy Lund.





## Fun in the Sun Event

For ALIB Members ONLY that are  
in Kindergarten & Grade 1 this year

August 2<sup>nd</sup> to August 5<sup>th</sup>, 2016

Time: 10:00 am to 2:00 pm  
Who: ALIB Education Dept is hosting this event  
When: August 2<sup>nd</sup> to August 5<sup>th</sup>, 2016  
Where: Will be noted on calendar  
Other: lunch will be provided daily

Registration is required – Maximum of 15 students allowed



### Your Child **must** bring the following:

- ✓ Own Water Bottle – (use daily)
- ✓ Swim Wear & towel
- ✓ Light Jacket
- ✓ Sunscreen
- ✓ Hat
- ✓ Back Pack
- ✓ Bring own booster seat in needed for field trips

### Ensure your child:

- ✓ Has proper foot wear
- ✓ Dress accordingly (weather)
- ✓ **NO** JUNK Food allowed
- ✓ **No** Toys Allowed

Parents if you can volunteer to assist with Driving to field trips – Please let us know when you register your child:

Are you available to assist (volunteer) Yes No

Do you have proper insurance Yes No

How many children fit in your car/van: \_\_\_\_\_

Contact Information: \_\_\_\_\_

If you require additional information, contact ALIB Education Department



Fun in the Sun Event – Chase, BC  
August 2<sup>nd</sup>, 2016 (Tuesday) to August 5<sup>th</sup>, 2016 (Friday)  
10:00 am drop off at ALIB Educ Office  
2:00 pm pick up at ALIB Educ office

### Parent Consent/Registration Form 2016

#### Student information:

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
School Attended: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address of residence: \_\_\_\_\_ City & Postal Code: \_\_\_\_\_  
Care Card Number: \_\_\_\_\_ Family Doctor: \_\_\_\_\_

#### Parents/Guardians:

Mother's Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Cell No. \_\_\_\_\_  
Father's Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Cell No. \_\_\_\_\_

#### EMERGENCY CONTACT:

1st Contact  
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Cell No. \_\_\_\_\_  
Relationship to child (example: grandparent, aunt, daycare provider, etc.): \_\_\_\_\_

2nd Contact  
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Cell No. \_\_\_\_\_  
Relationship to child (example: grandparent, aunt, daycare provider, etc.): \_\_\_\_\_

#### List any Allergies:

I, the undersigned parent or guardians of the above named student, request that my son/daughter be allowed to participate in the Fun in the Sun Event.

#### I understand and agree to:

- Committing getting my child(ren) to the site each day and understand that regular attendance is imperative in order for my child to be successful and to show growth.
- I agree to drop off child(ren) 10 minutes prior to each event at ALIB Education Office
- I agree to pick up my child(ren) when event is completed at ALIB Education Office
- My child will abide by rules & guidelines; respect the facility and staff

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Sponsored by: Adams Lake Band Education Department





PHOTO CONTRIBUTED

**Provincial champs:** *The Shuswap Midget Outlaws were crowned midget B division provincial box lacrosse champions after defeating Nicola Valley 5-4 in the final on Sunday in Coquitlam.*

## Outlaws raid provincial finals

By Evan Buhler

### OBSERVER STAFF

The Shuswap Midget Outlaws redeemed themselves on the provincial level this year after finishing in fifth place at last year's tournament.

This year in Coquitlam, the Outlaws went the distance to lift the midget B division provincial box lacrosse championship.

The competition was fierce, but the Outlaws held their own and went undefeated in the tournament.

Shuswap opened the provincials with a nervy start on Friday morning against the Abbotsford Warriors.

The Outlaws saw through the early tournament nerves and outlasted Abbotsford to win 5-4. With confidence from their win over the Warriors, the Outlaws easily outclassed the New Westminster Salmonbellies in a 9-2 win. Saturday morning saw the Outlaws play another entertaining and close affair against the Comox Valley Wild.

Again the Outlaws were able to see off their opposition winning 4-3. Their third win of the tournament

propelled them into the semifinal as the second seed behind Nicola Valley, on goal difference.

In the semifinal they faced the Port Coquitlam Saints, winning 5-4.

The win set up an all-Interior final as they would face their rivals from Merritt, the Nicola Valley Thunder.

The play was open and back-and-forth as the Thunder took a 4-3 lead into the third period. In the dying minutes of the third, the Outlaws shifted into a higher gear and pulled off two quick goals to take their first lead of the game.

The Outlaws held on in the final seconds to take the title in a 5-4 victory.

**Congratulations to the *Outlaws* Lacrosse Team winning provincials. Shout Out to the two Adams Lake Indian Band Youth from Switsemaliph No. 6.**



## Youth Worker Trainings At the ALIB Health and Wellness Centre

Health and Wellness is working on an exciting, informative series of trainings for those who are interested in working with youth. These workshops are open for all to attend

### Please note changes in dates

#### August 26: Addictions and Youth

##### "Being Proactive for Change"

An opportunity to gather and share information to support your role in addressing addictions in our community. We will build a collaborative action plan to use in our day to day work.

#### September 15: Bullying

##### "A Proactive and Preventative approach"

Gain a comprehensive understanding of bullying and ways to be proactive and preventative. This will be an interactive, activity based learning experience.

#### September 16: Addressing Challenging behaviour in youth

Gain practical, applicable skills to use day to day with youth, in this fast paced, participative and practice driven day.



These exciting workshops are open to all community members to attend, and will take place at the Health and Wellness Centre from 9-4pm

If you are interested and would like to sign up please contact Crystal at the Health and Wellness Centre to sign up at 250-679-7726 or at [ckelly@alib.ca](mailto:ckelly@alib.ca)

#### October 14: Facilitating Gender and Sexual Identity in youth

Come learn how youth workers can create open, welcoming, inclusive climates and environments for lesbian, gay, bi-sexual, transgender, queer and curious individuals. How can youth workers share information to facilitate gender and sexual identities for individuals in groups, teams and community settings.

#### November 4: Delivering Presentations & Workshops for youth

This workshop will be followed by a two day practicum experience for youth. They will be supported in the planning, preparation and presentation of this one day youth event by the workshop facilitator. This will be an exciting, energizing opportunity to apply the skills of the youth worker training services.

#### December 1-3: Youth Workshop

This is where we get to put all of our trainings into an interactive, fun, exciting workshop for youth.



## Adams Lake Band

(Switsmalph Summer Reading/Recreation Program)

**Objective:** Provide our elementary aged children with an educational program to enhance reading skills/comprehension & that incorporates fun interactive activities to model health behaviors & lifestyles

**Date:** Aug 15<sup>th</sup> to Aug 26<sup>th</sup>, 2016 - Monday to Friday

**Time:** 10:00 am to 3:00 pm

**Location:** Switsmalph Community Building (Blue building)

**For:** All ALIB Youth or Community members in Grade K to 7 in Switsmalph area

**Deadline: August 5, 2016** - to submit registration form to ALIB Education Dept. or drop off Switsmalph Office make attn. to: ALIB Educ Dept. &/or send to [danthony@alib.ca](mailto:danthony@alib.ca)

**Pick up Registration Form at ALIB Education Dept.**

Contact ALB Education Department for Additional Information



**AUGUST 19-21**

**CULTURAL**

Language conference  
Bingo & workshops  
Lahal / Stick games  
Workshops:  
Drum making  
Hide tanning  
Flint knapping  
Oil painting  
Ethnobotany  
Beading  
Chiefs meeting  
Sweat Lodges  
Field trip on  
Traditional  
Territory  
Opening and  
Closing  
Ceremony  
Pow wow Sunday

**AWESOME EVENINGS**

Youth Dance Friday evening  
Adult Dance Saturday evening  
Live Performance show Friday and Saturday

**SPORTS**

Horseshoe  
Marathon  
Archery  
Ball Hockey  
Soft Ball



**CHILDREN AND YOUTH**

Face painting  
Bouncy Castle and water slides  
Child minding hub  
Art Mural  
Football "Intro camp"  
Petting Zoo  
Art workshops

**Sunrise Ceremony Friday 6:00am, Opening Ceremony Friday 4:30pm  
Pow Wow, Hand Drum Contest and Closing Ceremony Sunday 12:00pm-5:00pm.**

**Unity Ride (From Chase to Skeetch) August 17th to 20th  
Canoe Journey (From North and South Thompson) August 18th to 19th  
Motorcycle Run (From Enderby to Skeetch) August 20th 9:00am-3:00pm**

**FREE EVENT- MEALS SERVED—EVERYONE WELCOME  
CAMPGROUND CENTRALLY LOCATED IN SKEETCHESTN VILLAGE  
BILLETING AVAILABLE  
PEDESTRIAN FRIENDLY—ENVIRONMENTALLY FRIENDLY**

**VENDORS & ARTISANS –SPOTS STILL AVAILABLE—MUST REGISTER  
INFO PACKAGES UPON REQUEST**

Contact: Skeetchestn Indian Band [www.skeetchestn.ca](http://www.skeetchestn.ca) 34th Annual Shuswap Gathering

Event Coordinator 250-373-2493 ext. 202 [adminassist@skeetchestn.ca](mailto:adminassist@skeetchestn.ca)

Disclaimer: Skeetchestn Indian Band is not responsible for any Injury, Lost/Stolen/Damaged items or injury.



**BCHydro**



**NO DRUGS OR ALCOHOL**



# Upcoming Meetings/Events

## **Title & Rights Information Sessions**

Thurs. July 28, Dinner 5:00 pm; Session 6:00 to 8:00 pm. Info Sessions are always the last Thursday of the month to provide updates on projects being proposed in our traditional territory. Discuss important title and rights developments. Be informed, give input and dialogue. For more information call Dave at (250)679-8841.

## **Acupuncture Sessions**

Tues. August 2 from 9:00 am to 4:00 pm in Elder's Room, Chase, BC Book your 30 minute appointment with Health Centre Receptionist (250)679-7726. Please bring your medical service card and wear comfortable clothing.

## **A Night of Maps and Stories**

Thurs. August 4 from 7:00 to 9:00 pm at Chief Atahm School, Chase, BC. Over the years there have been many field trips to record place names, traditional use and stories in Secwepemctsin. Video footage from the CAS collection will be shown and a map displaying the Secwepemc place names. Snacks and coffee provided. Sponsored by Secwepemc-Ka, Chief Atahm School Parents. FMI contact Robert at (250)818-5010.

## **Secwepemc Nation Meeting**

Fri. August 5 at Sk'elep School of Excellence Gymnasium, Kamloops, BC From 8:30 am to 3:45 pm. Lunch provided. FMI call Sarah at (778)471-8200.

## **2016 BC Aboriginal Provincial Golf Championships & Development Camp**

August 7 to 9th at Talking Rock Golf Course, Chase, BC. FMI contact Frank 1-800-663-4303.

## **Administration Building Survey Deadline**

Friday, August 12, 2016 is the deadline to complete the survey for a chance to win \$250 Visa card for adults or an iPod for youth. Watch the video on our website [www.adamslakeband.org](http://www.adamslakeband.org) and then complete the survey online at [www.survey.adamslakeband.org](http://www.survey.adamslakeband.org). FMI Karen (250)679-8841.

## **Creator's Talking Circle**

August 13 & 27th (every 2nd and 4th Saturday) from 4:00 to 6:00 pm. Supper, stories, crafts & games at Switsemal Community Centre, Salmon Arm, BC FMI Howard & Jannie (250)835-0195.

## **34th Annual Secwepemc Gathering**

August 19 to 21 hosted by Skeetchestn Indian Band, Savona, BC. Cultural, sports, children and youth activities. Live Performance show Friday and Saturday. Everyone welcome. FMI call event coordinator at (250)373-2493 extension 202.

## **ALIB Website Soft Launch**

Wed. August 31 will be the soft launch of our new redesigned website. While it's live and fully operational there will still be some refinements to be made before the official launch planned for mid September. We're so excited. FMI contact Karen or Art at (250)679-8841.