



SEXQÉLTKEMC  
TE SECWEP EMC

*Sexqéltkemoc Elders Site Tour June 20-22, 2016*

*Lake Louise, AB*

#### Submitted by Shelley Witzky

Sexqéltkemoc Elders journeyed through the Land of the Thundering Snow (Roger's Pass) visiting half a dozen Trans-Canada Highway 1 expansion projects (4 laning and bridge replacements) and beyond Lake Louise and on to the Secwepemc eastern boundary. Kinship and friendship ties were renewed, personal, family, and community stories were shared, along a fun-filled adventure across the vast Sexqéltkemoc region of the Secwepemc Nation. From lakeside info sessions, riverside meals, parkland trails, berry picking, to campfire laughter, the Elders reminisced of past gatherings and created new memories. A huge kukstemc to all who helped before, during and after this tour.



Kukstemc to: LSLIB, ALIB, NIB, SIB, and Splitsin Elders. Sexqéltkemoc Political Council for making this happen. Steven Teed, Owner of Delicious Business Catering and the amazing meals of deer, moose, elk, salmon, bison, berries, and local vegetables. Secwepemc Spiritual Leaders who followed bus and made sure Elders got home safe and happy. Parks Canada Superintendent and Parks Managers for their wonderful tour and hosting us at the Glacier National Park Bunkhouse. Videographers who captured precious stories. The young man whose tireless help made the heavy lifting not so heavy. The couple on Grizzly Watch who made us feel safe. The impromptu tour guide on the bus whose wealth of knowledge of the Continental Divide enlightened us all. Butch the Bus Driver, who got us all home safe. The Ministry of Transportation and Infrastructure for funding trip.

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# Exciting Developments for the Adams Lake Indian Band

## Chief's Report – June 2016

Firstly, I would like to wish everyone a happy and safe summer! June 21<sup>st</sup> marks Aboriginal Day and the summer solstice and I would like to thank ALIB staff (Iva & crew) that volunteered their time to organize events at the Chase Beach. On a personal note, I had a very tough week with a very defamatory thing said about my family, friends, and I on Facebook. Although everyone said my character would speak for itself (and even against the advice of a lawyer), I travelled to a top polygraph company in Vancouver as soon as I could to complete a lie detector test. A (-6) is a fail, a (+6) is a pass, I scored +17 and +18 on questions directly related to these accusations, which clearly demonstrates I would never do the awful things said about me. It doesn't really undo the damage done to me and I can't control what people say, but I felt it was **very important** to share my story.

On a way more positive note the ALIB is moving forward on many fronts: building new infrastructure, securing new revenue sources, and negotiating land that the Band can control and manage. Listed below are a few highlights of initiatives that the ALIB is working on.

### Governance

- Received funding to develop Strategic Plan for Self-Government
- Initiated Community Education program on governance
- Submitted proposal for comprehensive language program (in-class & internet-based)

### Title and Rights

#### LAND TENURE

- Negotiating management of Brennan Creek School Site
- Negotiating use and occupation of historic village sites along the Adams Lake
- Exploring management area of McGillvary Lake watershed with 2 other Bands

### ENERGY

- Mica 5/6 Agreement (concluded) \$750,000 cash payment to ALIB and \$4 M in direct award contracts to the 3 Bands (ALIB, NIB, and Splotsin)

### HIGHWAYS

- Draft Accommodation Agreement on Salmon Arm West highway project (community-driven process for negotiations)
- Section 35 negotiations (IR #7, and IR #4) (community-driven process for negotiations)

### Infrastructure

- IR #6 subdivision (design stage)
- Potable waterline (construction stage)
- Health Centre Expansion (design stage)
- Band Administration Building (feasibility stage)
- Chief Atahm school expansion (Design stage) secured \$2.25 Million dollars

### Lands

- Drafted proposal for detailed land use planning

### Economic Development

- Restructured Adams Lake Development Corporation
- Completing Feasibility Study for Elder's Care facility (West Harbor Village)
- Discussing possible joint-venture of Glen Echo Resorts

### Natural Resources

- Drafted agreement to engage Interfor (accommodation payment, forest management, jobs, and contract opportunities)
- Drafted agreement to engage Tolko (accommodation payment, forest management, jobs, and contract opportunities)

As you can see, we have achieved amazing progress as a community and I am excited for the future of the Adams Lake Indian Band. If we can work collectively on securing new land, building new business opportunities, preserving our language and culture, and addressing trauma and social issues there is nothing we cannot achieve. I am proud to be Chief of this community and we as a Council have worked hard to position Adams Lake for a strong and healthy future.

Lastly, please remember monthly Title & Rights meetings at ALIB gym last Thursday of the month (June 30, 2016) 3-5 pm genealogy, 5-8 pm very important discussions related to the traditional territory. I am glad to hear the Elder's site tour to Lake Louise, AB (June 20-22) was a great success elders shared their historical knowledge of our trade routes and place names.

## Adams Lake Indian Band

P.O. Box 588; Chase, BC/V0E 1M0  
PHONE: (250) 679-8841/FAX: (250) 679-8813  
Email: receptionist@alib.ca/Website: www.adamslakeband.org

June 16, 2016

Attn: ALIB Membership

### RE: GENERAL BAND MEETING

ALIB Members are invited to attend the General Band Meeting:

**Date:** Wednesday, June 29, 2016

**Time:** 5:00 – 8:30pm

**Location:** ALIB – Gymnasium

**Re:** Administration Building & Finance Committee Election

### AGENDA:

- o 5:00 - 6:00pm: Dinner
- o 6:00 – 6:30pm: Welcome Lawrence Lewis to ALIB
- o 6:30pm: Band Administration Building
- o 8:00pm: Finance Committee Election

*"Our Creator placed us on this land to take care of our people, our land, our language, our customs, our knowledge, our culture, our title, to be ours forever and ever. Ensuring that we live in a safe, healthy, self sufficient community where cultural values and identity are consistently valued promoted and embraced by all."*

## ADAMS LAKE INDIAN BAND

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

### CALL FOR EXPRESSION OF INTEREST

#### Finance Committee

July, 2016 – February, 2018

June 8, 2016

Expressions of interest are being sought from Adams Lake Indian Band Membership for representation on the Finance Committee.

#### Finance Committee Membership and Structure

The Finance Committee shall consist of the following appointed and elected members:

- a) The Band Council shall **appoint** the Chief, and/or designated member of Council, the Executive Director and the Director of Finance; and
- b) The Band Membership shall **elect** four (4) Band Members at a General Band Meeting. One (1) member representing Sahhalktum IR# 4, one (1) member representing Switsemalph IR# 6, one (1) Elder and one (1) additional Band Member.
- c) All appointed and elected Finance Committee members will have a term that will be consistent with the Adams Lake Indian Band Council term.

#### Finance Committee Member Qualifications

Expressions of interest for representation on the committee will be sought from ALIB Membership that meet the following **eligibility criteria**:

- a) Committee members must be an ALIB band member;
- b) May participate to the maximum of two (2) ALIB committees;
- c) In good financial standing, as confirmed by the ALIB Finance Department;
- d) Must sign Oath of Confidentiality;
- e) Be available to attend all meetings; and
- f) Knowledge and/or experience in financial administration will be a valuable asset.

#### Finance Committee Responsibilities

Shall be to:

- a) Review, amend and/or replace ALIB Financial Management Bylaw;
- b) Provide recommendations in the planning and prioritizing of financial commitments for the ensuing fiscal year. It shall, in this process, review any long term financial planning programs for both local service and capital projects that have previously been approved by Band Council Resolution;
- c) Meet as required and/or requested with Band Council to review the annual budget;
- d) Ensure the minutes of the Finance Committee meetings are recorded and kept at the Band Administration Office and are made available when requested;
- e) Review any financial matters, policies and procedures of the Band, if called upon by Band Council to do so and
- f) Establish Terms of Reference for the Finance Committee.

#### Elected Process

The four (4) seats available for the Finance Committee will be:

- a) Done at a duly convened General Band Meeting set for **Wed, June 29, 2016 at 5:00 pm** at the Adams Lake Recreation and Conference Centre, Chase, BC.
- b) Shall be though a show of hands for EACH of the representative seats.
- c) Tie-vote will be determined by coin toss.
- d) Band Members may submit their interest in the Finance Committee by attending the GBM or submitting their letter of interest.

Please submit your Expression of Interest to:

Adams Lake Indian Band

PO Box 588, Chase, BC V0E 1M0

John Mosimann, Acting Director of Finance

email: [jmosimann@alib.ca](mailto:jmosimann@alib.ca),

direct phone (250)679-2204

or drop off at Main Reception Desk, envelope marked attention to John Mosimann.





## SAVE THE DATE – July 22, 2016, Splatsin Community Centre

### *BC Hydro and Secwepemc Communities Begin Journey Towards a New Relationship*

For the past two years, Secwepemc representatives from various communities have worked towards a Protocol Agreement with BC Hydro – an agreement that represents the beginning of a new relationship between the company and our communities. A number of communities and leaders have now executed the Agreement, while others review and consider it.

As we move forward, all communities including those who have not signed will be invited to a celebration and signing ceremony hosted by Kukpi7 Christian and Splatsin, at their new community centre in Enderby. Executives from BC Hydro, including CEO Jessica McDonald, will be participating.

PLEASE SAVE THE DATE – July 22, 2016.

The first executive meeting of the parties will start at 10am. Details, agenda and an invitation to participants will be sent as we get closer to the date.

The celebration and community participation, open to all, will begin at 11:30. More details will be shared in the weeks to come.

Sincerely,

Ray Cormier

[ray\\_cormier@spatsin.ca](mailto:ray_cormier@spatsin.ca)

[250.540.8106](tel:250.540.8106)

## In support of moving forward



SAVE THE DATE – July 22, 2016, Splatsin Community Centre

BC Hydro and Secwepemc Communities Begin Journey Towards a New Relationship

Adams Lake Indian Band will be providing transportation to the event for membership/community members.

Please sign up via Email , phone call or fill out the form here or sign up at the front desk at both IR # 6 and # 4 (Deadline to sign up-July 18,2016)

NAME: \_\_\_\_\_ Phone # \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Sandy  
Lund  
And  
her  
Sister  
Lisa  
Friesen



## People

Submitted by Sandy Lund

Congratulation to Sandy Lund and sister, Lisa Friesen for running in the "Run for Water" in Abbotsford BC on May 29<sup>th</sup>. Sandy completed the 10 k Run while Lisa ran the ½ marathon and did a 21 k Run. Sandy started in the Run/Walk program at the ALIB gym two years ago and has done three 10 k runs to date. The Run/Walking group is an ongoing group that meets weekly to either run or walk. Please contact Sandy at the Band Office if you feel inspired to join. The group will start regularly in the fall.

**Coming  
Soon**

### Changes to ALIB Website

Would like to  
announce we are in  
process of  
redesigning ALIB's  
official website.

Web design to include:

- Update Content
- New Features
- Effective Navigation
- + Plus More

### Adams Lake Indian Band Website Project

Karen Everard

Art Michel

Dave Nordquist

Tel: (250)679-8841

Looking forward to launch  
August, 2016

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

Title & Rights Information Session  
Genealogy (Tentative) 3 pm – 5 pm.

Supper 5 – 6 pm

Info Session 6 – 8 pm

Thursday June 30, 2016

Adams Lake Indian Band Gym

Agenda:

- MOTI
- Forestry
- BC Hydro

Switsmalph Shuttle will available to and from Swits on June 30. Sign up with Annie or call her 250 – 833 – 0356. Require 5 – 10 people signed. Sign up before June 29 at 3 pm.

Information Sessions will be held every last Thursday of the month

Note Date Change



## 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

July 8: 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.

August 26: 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.



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.

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



## Injury Surveillance

Adams Lake Indian Band has taken part in this ongoing program. All information is kept confidential.

**Who:** Gender and age. **Where** did this happen.

**Why** did this happen. All information is kept confidential.

We have the forms at the Sexqeltqin Health Centre. Or please come in to fill out the form. Can also phone or email.

Your name will be entered monthly draw for \$200.00

Thanks,

Gracie Narcisse

Data Collector Injury

Phone: (250) 679-7726

Email: [health-reception@alib.ca](mailto:health-reception@alib.ca)





### **To All Adams Lake Band Membership**

The ALIB Fisheries Department is having a Boat Naming Contest for our main fishing boat and our recreation fishing boat (2 names).

**Criteria:** Names in Secwepemecstin with English name/meaning

**Prizes:** To Be Announced

**Closing Date:** June 30<sup>th</sup>, 2016

**Entries:** Please Submit to the ALIB Receptionist or Natural Resource Department in a sealed envelope marked **"BOAT NAMING CONTEST & DATE"**

**Contact:** Avis Deneault, Natural Resource Department, P: 250-679-8841



RECREATION BOAT



FISHING BOAT

**PRIZES** **NAME THAT BOAT!** **PRIZES**  
**CONTEST**





### **To All Adams Lake Band Membership**

**The ALIB Fisheries Department is having a Naming Contest for our Fish Station at IR4**

**Criteria:** Names in Secwepemecstin with English name/meaning

**Prizes:** To Be Announced

**Closing Date:** June 30<sup>th</sup>, 2016

**Entries:** Please Submit to the ALIB Receptionist or Natural Resource Department in a sealed envelope marked **"FISH STATION CONTEST & DATE"**

**Contact:** Avis Deneault, Natural Resource Department, P: 250-679-8841



**PRIZES** **NAME THAT PLACE!** **PRIZES**  
**CONTEST**





People and bears share space, it is important that we learn how to live with them harmoniously. Hundreds of bears are killed every year in BC because of bear-human conflicts. Bears have a very keen sense of smell and are easily attracted to improperly managed garbage. Bears that forage on easily accessible fruit are also drawn close to neighbourhoods and to other sources of food such as bird feeders, compost and barbecues. Bears may break into sheds or homes to find what they can smell from a distance. Bears quickly become habituated to these foods and spend more time near homes and businesses. **Bears cannot change their behaviour BUT WE CAN.** We can prevent this safety risk and the needless deaths of bears by removing and managing attractants.

Keep our **communities safe and the bears wild** by following these simple tips for managing bear attractants responsibly:

⇒ Keep Garbage out of Reach

Garbage is not healthy for bears. When bears learn that garbage means food, they come back to it again and again. Keep all garbage and recycling indoors, in a sturdy garage or shed until the morning of collection day, but not before 5:00 am.

⇒ Compost Responsibly and Pick all Ripe Fruit

Bears love eating vegetation, berries and other fruits. Pick all fruit from trees as soon as it ripens and clean up windfall on the ground.

⇒ Take bird feeders down until bears go into hibernation (November or December).

⇒ Feed pets inside or be sure to bring in all dishes and uneaten food at night.

⇒ Keep your barbecue clean.

⇒ Keep garbage containers clean.

⇒ Report Bear Encounters. If a bear is threatening, persistent or aggressive, call 1-877-952-7277 (RAPP). A call to the RAPP line puts you in touch with an operator who can provide advice and will contact a Conservation Officer if further action is necessary.



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)

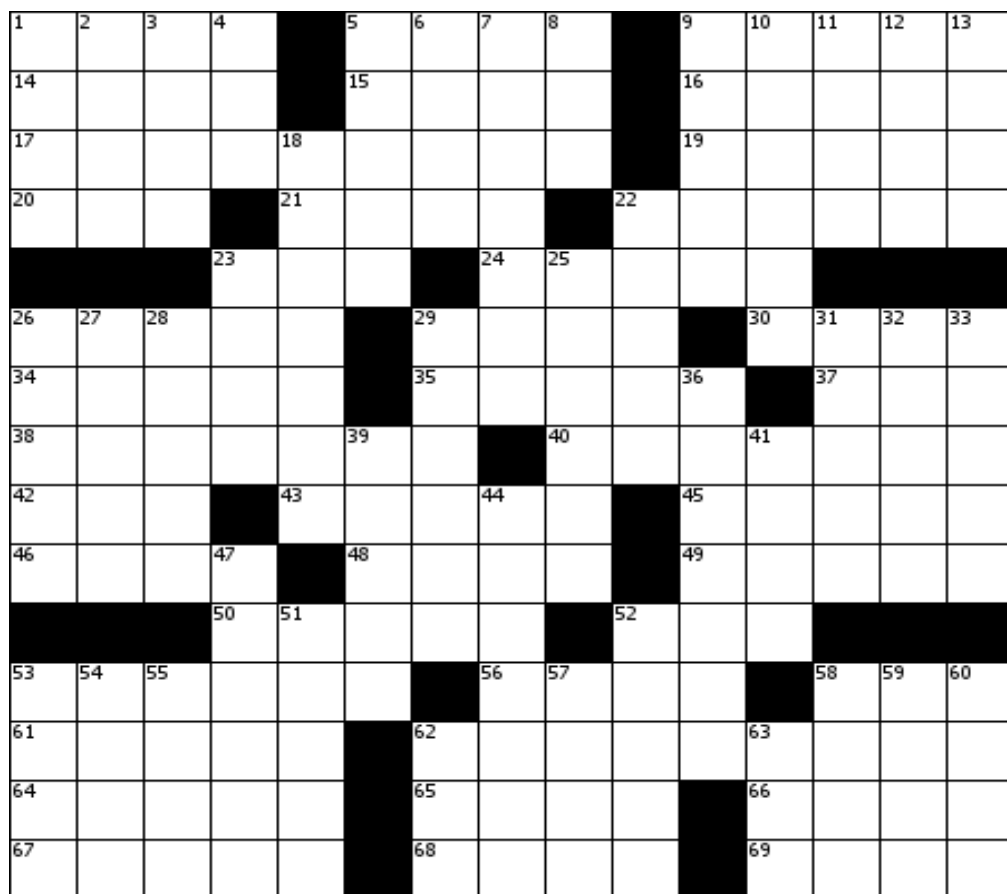
Web [www.adamslakeband.org](http://www.adamslakeband.org)

Closed weekends and holidays.



## Across

1. Tentacles
5. Operated
9. Up to the time of
14. Suitor
15. Slangy refusal
16. Concise
17. Amuse
19. Tease
20. Polka \_\_\_\_\_
21. Ventilates
22. Flat caps
23. Solid water
24. Chicago's airport
26. Orchestrate
29. Lyric poems
30. Modernize
34. Great destruction
35. Deserve
37. Zilch
38. Radiate
40. Voted in
42. Slippery fish
43. Portrayals
45. Homer Simpson's wife
46. Singer Diana \_\_\_\_\_
48. Count (on)
49. Comic Richard \_\_\_\_\_
50. Glue
52. Fish trap
53. Gambling site
56. Remote
58. Question
61. Accompanying
62. Liveliness
64. Hero's award
65. ZIP \_\_\_\_\_
66. Out of work
67. Weighing device
68. Walked upon
69. Admit defeat



## Down

1. Sleeping
2. Nevada town
3. Damon or Dillon
4. Prosecute
5. Loosen laces
6. Fly
7. TV series installment
8. Lion's home
9. Speak
10. Closer
11. Correct
12. Doesn't exist
13. Leases
18. Fast auto (2 wds.)
22. Aromatic herb
23. Golf club
25. Religious dissent
26. Transparent
27. Carved gem
28. Track shapes
29. Brunch dish
31. Way in
32. San \_\_\_\_\_
33. More aged
36. Type of paint
39. Trunk
41. Small wagon
44. Mrs. Roosevelt
47. Of the backbone
51. Right \_\_\_\_\_
52. Appointed
53. Picture takers, for short
54. Actor \_\_\_\_\_ Baldwin
55. Pop
57. Dog's name
58. Staff member
59. Realtor's sign
60. Leg hinge
62. Drama division
63. Twitch

Answers on Page 16

# You're Joking

Q - Why did the bee get married?

A - Because he found his honey.

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

A - A pork chop.

Q - What did the mother broom say to the baby broom?

A - It's time to go to sweep.

Q - Why couldn't the leopard play hide and seek?

A - Because he was always spotted.

Q - What is the colour of the wind?

A - Blew.

Q - Why did the young boy eat beans for dinner?

A - So he can take a bubble bath.



# MUSIC ON THE LAKE - SUMMER MUSIC SERIES, CHASE BC

## 2016 SUMMER LINE-UP!

JULY 5TH - SEAL SKULL HAMMER  
OLD TIME BLUEGRASS JUG/FOLK  
SALMON ARM, BC

JULY 12TH - SHATTERED BLUE  
CLASSIC ROCK  
KAMLOOPS, BC

JULY 19TH "LOCAL NIGHT!"  
SLEEPLESS NIGHTS - CHASE, BC  
FIREWEED - CHASE, BC

JULY 26TH - SADIE CAMPBELL  
ROCK & SOUTHERN BLUES  
VANCOUVER, BC

AUGUST 2ND - MARITIME KITCHEN PARTY  
EAST COAST, CELTIC ROCK/COUNTRY  
REVELSTOKE, BC

AUGUST 9TH - THE WEDDING BAND  
FOLK/ROCK  
LEE CREEK, BC

AUGUST 16TH - AN EVENING WITH  
KIRA HAUG, EVAN WILDS &  
JON TREICHEL - WORLD FUNK  
KAMLOOPS, BC

AUGUST 23RD - GREG DRUMMOND  
CELTIC ROCK  
VANCOUVER, BC

AUGUST 30TH - ED PEEKEEKOOT  
CREE MUSICIAN - MULTI  
INSTRUMENTALIST  
VANCOUVER, BC

PRESENTED BY:



JOYCE DUNN THEATRE  
MEMORIAL PARK

SPONSORED BY:  
VILLAGE OF CHASE  
CUPE LOCAL 900  
LISA ATKINSON - RILEY &  
ASSOCIATES REALTY LTD.  
CHASE & DISTRICT  
FESTIVAL SOCIETY

FOOD BANK ITEMS APPRECIATED  
FREE ADMISSION

TUESDAY NIGHTS!  
6:30PM - 8:30PM

BRING LAWNCHAIRS  
AND BLANKETS!

PARK MARKET  
LOCAL FARMS  
LOCAL WINERIES  
LOCAL ARTISANS  
FOOD TRUCKS & MORE

ART IN THE PARK  
LOCAL AND  
SHUSWAP AREA ARTISTS  
DISPLAY ONLY & RETAIL  
BOOTHES!

SHOP LOCAL/DINE LOCAL  
STAY LOCAL/PLAY LOCAL!!  
VISIT [WWW.CHASECHAMBER.COM](http://WWW.CHASECHAMBER.COM)  
FOR MORE DETAILS

2016 MARKET APPLICATION  
AVAILABLE AT  
[WWW.CHASEFESTIVAL.CA](http://WWW.CHASEFESTIVAL.CA)

chase  
MUSIC ON THE LAKE Summer Music Series





## Saskatoon Berry Cream Cheese Crumb Cake

### Ingredients

#### Crumb Layer:

- 1 1/2 cups brown sugar
- 1 1/2 cups all purpose flour
- 1 cup rolled oats
- 1 1/2 teaspoons ground cinnamon
- 2/3 cup vegetable oil

#### Berry Layer:

- 5 cups fresh Saskatoon berries
- 1/3 cup water
- 2 tablespoons lemon juice
- 3/4 cup white sugar
- 2 tablespoons all purpose flour

#### Cream Cheese Layer:

- 1 (4 oz) package cream cheese, diced

### Directions

1. Preheat oven to 350 degrees. Grease an 8 inch square baking pan.
2. Crumb layer: Whisk brown sugar, 1 1/2 cups flour, oats and cinnamon together in a bowl; gradually stir in oil until mixture is crumbly. Press half the crumb mixture into the prepared pan; set remaining crumbs aside for topping.
3. Bake in the preheated oven until firm, about 10 minutes. Remove crust from oven and cool slightly, leaving oven on.
4. Berry layer: Place Saskatoon berries and water in a saucepan. Bring to a simmer and cook for 10 minutes; stir in lemon juice. Whisk white sugar and flour together in a small bowl; stir sugar mixture into berries and cook until the mixture begins to thicken, about 3 minutes. Allow to cool for a few minutes; pour berry filling over crumb crust.
5. Cream cheese layer: Sprinkle cream cheese pieces evenly over berry filling. Spread remaining crumb mixture over cream cheese layer and press gently with a potatoe masher.
6. Bake in the preheated oven until crumb topping is golden and filling is bubbly, about 40 minutes.



### SAVE PAPER/KEEP INFORMED

#### Email Newsletter

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

Can also check out our website: [adamslakeband.org](http://adamslakeband.org)



# Gathering of Women to: Honour Your Journey

**When: August 5-7,  
2016**

**Where: Skwlax Pow-wow  
Grounds**

(1886 Little Shuswap Lake Rd., Squilax)

**All Women Welcome!**

Daily Key Note Speakers, Daily Workshops  
Evening Entertainment, Vendors, Games

For more information call:

Dog Creek Health Station Office  
Fax Registration to

250-440-5822  
250-440-5866



Co-Sponsored by:

Adams Lake Band, Canim Lake Band, Little Shuswap Lake Band  
Neskonlith Band, Stswecem'c Xgat'tem First Nation



Honour Your Journey- Skwlax pow-wow Arbour on August 5-7, 2016

Participant information: (please print clearly) Registration deadline: July 8, 2016

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Resource Provider: Y/N Name of Service: \_\_\_\_\_

Home address: \_\_\_\_\_

Band: \_\_\_\_\_ Postal code: \_\_\_\_\_

Emergency contacts:

1. Emergency contact:

2. Emergency contact:

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

Relationship \_\_\_\_\_ Relationship \_\_\_\_\_

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

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

Medical Information:

Any Allergies we should know about?

Authorization and consent:

- To the best of my knowledge I am in good health. I take full responsibility for my health and wellbeing at the gathering. I take responsibility for all my belongings and camping equipment. I will only share what I am comfortable sharing with others in the talking circle.

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

Fax registration: Deborah at 250 440 5866 or email: [communitysupport@canocreekband.ca](mailto:communitysupport@canocreekband.ca)

Dietary Restrictions:

Please know that participants are responsible to monitor their own food intake for potential allergens- when unsure of ingredients, please ask staff or cooks.



## BC Teen & Family Camp

is just around the corner!!

**August 8-14, 2016**

**Sts'ailes Lhawathet Lalem**

(formerly Chehalis Healing House)

**Agassiz, British Columbia**

Teen Camp is for ages 9-15 years and is similar to the adult program. The teen portion is from Monday through Friday and is filled with gentle processes developed to encourage and guide your child to discover who they are. They will learn new tools to help them accomplish more of what they want in life while discovering and changing patterns that are not working for them. Topics of discussion include peer pressure, self-esteem, family dynamics, blended families, drugs & alcohol, anger management, etc.

The teens are joined by their parents on Friday evening and begin a weekend filled with communication and growth in their family relationship.

INFORMATION & APPLICATION FORMS:

PLEASE CONTACT DAIDRI MARR (250)679-7726 (ext 2372)  
[dmarr@alib.ca](mailto:dmarr@alib.ca)

## Upcoming Events from other organizations/groups

### Secwepemc Cultural Family Campout

July 20 & 21 at Loon Lake. (15 km north from Bonaparte) Getting to know our neighbours. Contact Julie at (250)457-9624.

### 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.

## Did you know . . . . .

**Did you know** a hummingbird's heart beats at over 1,000 times a minute

**Did you know** dragonflies have 6 legs but can't walk

**Did you know** a group of frogs is called an army

**Did you know** only female mosquitoes bite

**Did you know** the lifespan of a squirrel is nine (9) years

**Did you know** the average hen lays 228 eggs a year

**Did you know** horses have 18 more bones than humans

**Did you know** a snail can sleep for three (3) years

## Some fun facts







# XYUM KUKSTEMC

For

JUNE 6, 2016 Performance

@ ADAMS LAKE RECREATION & CONFERENCE CENTRE

## COYOTE AND THE SALMON BROTHERS

COYOTE: HOWIE SHIELDS

SKUNK: DENISE MICHEL

FOX: RENA NORDQUIST

NARRATOR: JANICE MICHEL-BILLY

SALMON: KENNY BILLY

A STORY ADAPTED FROM STORYTELLER RALPH MCBRYAN'S  
SALMON BROTHERS AND ADAPTED INTO A STAGE SCRIPT BY

LAURA MICHEL-EVANS

AWESOME



## Healthy Aboriginal Network

Hello again. It's been awhile since we've released new resources; so let this be the day:

### Animated racism video

We created a video for the Indigenous Youth Wellness Project: Cuystwi at PHSA Indigenous Health. You can check it out on Youtube at <https://www.youtube.com/watch?v=7h9CBMD1b0w>. Or, if you have social media blocked at work you can watch it at <http://thehealthyaboriginal.net/other-projects/>. Roots of Racism is about a sister that takes her brother back through time to show him how racist policies developed in Canada. If you like it please consider sharing on [https://www.facebook.com/cuystwi/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/cuystwi/?ref=aymt_homepage_panel).

### Community justice comic book

We created a resource last year for the Grand Council of the Crees, who wanted to roll out a new program, but needed help in getting the word out to their communities. The books can be downloaded for free at <http://thehealthyaboriginal.net/> in both English and James Bay Cree. The story is about a Community Justice Committee, which is a group of volunteers who work closely with police and justice departments on minor and non-violent offences. The idea is that if the police and Crown know about the conflict, and agree to divert the offence to keep it out of the courts, the CJC can help with the resolution.

### Website update

And we've got a website update, showing a greater array of our work over the past 12 years - all 18 books, animation projects we've created for clients, how we focus group test our draft stories, augmented reality resources and UNCRC posters. You can check it all out at <http://thehealthyaboriginal.net/>.

### Suicide prevention comic book

We started to work on a suicide prevention resource to replace Darkness Calls last year, then got bogged down in work. We're getting back to it again, so if you would like to be involved on the team setting up the outline and content, please send an email to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

We hope you continue to find us relevant to youth's needs,

Sean Muir  
Executive Director

3322 Comox Road Courtenay, BC V9N 3P8

Phone 250-898-1193 [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net)

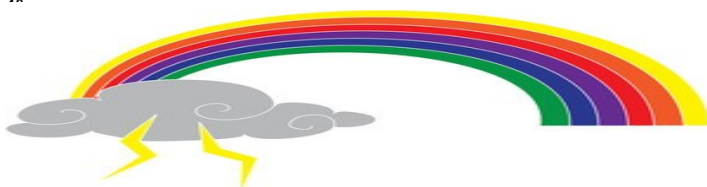
A BC incorporated non-profit Society

## Learn Secwepemetsin 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 Secwepemetsin 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 Secwepemetsin (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.



### Secwepemetsin

(Eastern Dialect)

English

skúlenst

rainbow

stíqt

cloud

stsetsqém

thunder

Next issue will be on  
Thurs. July 28, 2016.  
Please send submissions  
by July 21st.

I am the almighty!



Puzzle Solution © OnlineCrosswords.net

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

# MUSIC ON THE LAKE - SUMMER MUSIC SERIES

## ART IN THE PARK WALK

The Music on the Lake Organizing Committee is pleased to celebrate the Arts & Culture further in the Chase & surrounding areas by adding an "Art in the Park" Walk to their event this summer at Memorial Park! We'd love to showcase the diverse Arts & Culture in our area from basket weaving, drum making, photography & paintings, to collectibles, carvings and more! If you would like to "display only" there is no fee attached, for those wishing to sell their art there is a small fee of \$10/week or \$75/9 week series. All artists (display or retail) wishing to attend can fill out a Vendor Application form at the Chase & District Chamber of Commerce or at the Village of Chase office.

EVERY TUESDAY IN JULY & AUGUST!!

BROUGHT TO YOU BY:



## Household Hints & Tips

- ◆ If you sprinkle salt into the water when you are washing vegetables, it will draw out insects.
- ◆ Pickle juice should be saved and used for making coleslaw, potato salad, etc.
- ◆ If you sprinkle lemons with water and refrigerate them in a plastic bag, they will last a month or more.
- ◆ Clean stainless steel sinks with a paste made from baking soda and vinegar. Don't let the foaming scare you, that is what makes it work.
- ◆ Bleach wooden breadboards or cutting boards by applying lemon juice and letting it sit overnight. Wash and rinse in the morning.
- ◆ Remove stains from hands with lemon juice.



First Quarterly: Adams Lake Indian Band  
Community Meeting/Fun Fair!

Games

Fun

Food

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July 13, 2016  
FUN FAIR  
4:00pm-7:00pm

At: Adams lake Recreation and Conference Centre  
(Gym)

Dinner: BBQ Potluck Style (by ALIB depts.)

EMT (Executive Manager Team), Challenge

Prizes

Weyt-kp

Adams Lake Indian Band,

Members/Community,

Let's Have Fun!





# NEW GYM HOURS

STARTING June 23, 2016

**ALRCC will be open:**



**MONDAY - FRIDAY**

**6:00AM – 5:30PM**

(Excluding evenings when there are events booked)



For more information, call: Jessica Brush @ 250-679-3515 or email: jbrush@alib.ca



## JOB POSTING (2) Summer Student Position in Public Works and Housing

The Public Works and Housing Worker will work under the direction of the Adams Lake Band Public Works and Housing Supervisor and/or designate and mentor under various departments/consultants. The Maintenance Worker will assist grounds maintenance, Elder support and assist in all recreation sites, community gatherings and events; community buildings, and other areas to ensure they are properly maintained.

### DUTIES INCLUDE:

- Assist in the maintenance of grounds – general, elder homes and other areas.
- Assist with small public works and housing projects
- Daily schedule of maintenance as noted above
- Assist with general office duties if requested
- Provide general janitorial duties
- Working knowledge of safety and health policies
- Working knowledge of emergency procedures
- Maintain healthy lifestyle for role modeling purposes
- Punctuality and reliability is mandatory
- Follow the ALB Employment policies as to timeliness, confidentiality, personal appointments, and telephone calls.

### REQUIRED SKILLS AND ABILITIES:

- Must be a student in September 2015 to June 2016 and returning September 2016
- Working knowledge of all small hand tools
- Use of lawn mower, weed eater, hedgers, and other lawn equipment
- Physically fit
- Organized and detail-oriented
- Ability to work independently, and a team member
- Develop and write reports if required
- Safety Oriented First Aid course (an asset)
- Have own work gear prior to interview

### LICENCE AND CERTIFICATION:

- Class 5 Drivers License (An Asset)
- Acceptable criminal record check
- Have social insurance number

### TERMS OF EMPLOYMENT:

Fixed term position 8 weeks

Hours per week: 35 (max 35 hrs/week), with flexibility in hours/days of work.

Interested applicants please direct resumes to:

Debra Sloat, HR Manager, at email: [jobs@alib.ca](mailto:jobs@alib.ca)

**Deadline for applications will be July 5, 2016 at 4:00 p.m.**

**“BE STRONG,  
YOU NEVER  
KNOW WHO  
YOU ARE  
INSPIRING”**



## Secwepemc Cultural Family Campout

“Getting to know our neighbours”

**Wednesday July 20th &**

**Thursday July 21st, 2016**

**Location: Loon Lake**

Activities will include:

- |                      |                  |
|----------------------|------------------|
| • Cultural Workshops | • Massages       |
| • Canoe Racing       | • Entertainment  |
| • Horseback Riding   | • Camping        |
|                      | • Meals Provided |

### **Directions:**

- Drive 15km North from Bonaparte
- Turn Right on Loon Lake Rd.
- Drive 18km to start



**Bring your own camp gear, dishes & utensils,  
fishing rod, shovel & drum!**

**Absolutely NO Drugs & Alcohol!**

For more information contact:

**Julie Antoine 250-457-9624**



Updated June 22, 2016



**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 Ride (From North Thompson 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 & ARTISANTS —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 ALCOOL**

# Upcoming Meetings/Events

## **Title & Rights Information Sessions**

Thurs. June 30, 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. Tentative agenda: Highways, Forestry and Hydro. For more information call Dave at (250)679-8841.

## **Friday Night Stick Games**

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

## **Wednesday Night Jam Sessions**

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

## **Men's Fastball Tournament**

July 9 & 10 at Lone Pine Stadium, Adams Lake Reserve, Chase, BC. True double knock out. \$450 per team. For the love of the game. FMI contact Baja at (250)682-8213.

## **Indigenous Lacrosse Development Camp**

July 13 & 14 from 8:30 am to 3:00 pm at Adams Lake Recreation and Conference Centre, Chase, BC. With Alex Kedoh Hill, Professional lacrosse player will share his knowledge, skills and passion for the Creator's Game - Lacrosse. Open to indigenous males and females between the ages of 5-16 years old. \$75.00 per participant (cash only). FMI contact Amy at (250)852-2081.

## **Creator's Talking Circle**

July 9 and 23 (every 2nd and 4th Saturday) from 4:00 to 6:00 pm. Supper, stories, crafts & games at Switsemalsh Community Centre, Salmon Arm, BC FMI Howard & Jannie (250)835-0195.

## **40th Annual BC Elders Gathering**

July 11 - 14 Hosted by the Tsilhqot'in Nation. For more information contact Stanley Stump in Williams Lake, BC (250)392-3918.

## **Fun Fair**

Wed. July 13 from 4:00 pm to 7:00 pm at Adams Lake Recreation and Conference Centre, Chase, BC First quarterly community meeting. Food, Fun, Games, Prizes, Passport Game, BBQ potluck style by ALIB departments. Bring the whole family and let's have fun.

## **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.