



Adams Lake Indian Band Cstélnec Newsletter

May, 2016

Congratulations to 2016 Runners/Walkers **Vancouver Sun Run and Boogie the Bridge!!yaah**

Submitted by Denise Michel

Runners: Charity Johnson, Tammy Miskulin, Clayton Anthony, Alisha Billy, Carla Grinder, Sandy Lund

Walkers: Sarah Michel, Kaan Nukon, Mary Dennis, Andrea John, Denise Michel, Dalla Powder, Margaret Deneault, Bernadette Dennis, Beatrice Anthony



May all you wonderful

Dads enjoy a

Happy Father's Day

Inside this issue:

Councillor's Reports	2-7
Naming Contests	10-11
STS, Lakes Division Update	14-16
Recipe Corner	17
Job Postings	21
Update Contact Information Form	22
Membership Office Hours	23
Upcoming Meetings/Events	24

Councilor Greg Witzky
Natural Resources Pillar Report
for March & April 2016

I'll take this opportunity to forgo my usual council report and instead write an easy to read article concerning what I believe is holding our community back from obtaining the standard of life outlined in our vision statement. Firstly, our vision statement says;

"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."

The main problem I see holding us back from living our vision to its fullest is that there is a gap between those who work for the band office or Council, and those who do not. It's almost like a perceived us against them mentality that gets worse with each passing election cycle. It has been weighing us down for a long time now and needs to be addressed before we move forward as a healthy unified voice. I think mostly it boils down to people feeling its unfair that some have a band office job while others do not, but I could be mistaken.

Even before we can find the best solution we must first identify who will lead us in our own government functions such as culture, traditions, language, administration, employment, education, health & wellness, housing, communications and economic development just to name a few. If we agree that it must be the elders and family heads then who will they be? Who is the spokesperson for your family? How does your family decide who it is? How will your family ensure their collective voice is put forward in a respectful manner by their spokesperson? Will the community decision making process be consensus based or will the majority rule still apply? What are the seven traditional laws that governed us in the past? How do we enforce these laws on others, as well as ourselves?

We all seem to agree that the bigger picture issue is with how the government has purposely and relentlessly stolen our land, language, culture and resources. Yet we can't seem to agree on a united effort to let go of their oppressive systems, which keeps us from having an equitable share of what was rightfully ours to begin with. There has been a lot of historical, and current, talks about traditional governance and returning to the old ways of looking after ourselves. Where we stumble in doing this is when it comes

time to decide on how to adapt our ancient wisdom to live within this new world we have become accustomed too. I don't have the answer but I am a willing participant in helping to find a solution.

Right now with the imposed INAC electoral solution it is a majority vote that determines who makes decisions on your behalf. This C & C system is flawed and has never proven to benefit the entire community all at the same time. We need open minds, intense debate, and constructive criticism to properly work this issue out in an effective and timely manner. Much of this work needs to get done before more of our fluent elders leave this world for the other. What we don't need is unhealthy name calling, lies, threats, and blame shaming of each other's opinions and ideas. I believe that disrespectful verbal attacks went against the natural order of our laws, and were not tolerated by the community. What you say out loud can't be unheard.

If we continually fight amongst each other then we are no better off than the colonizers who stole our lands and resources, after our ancestors welcomed them into these lands. In recent history the 1910 Sir Wilfred Memorial states;

"Some of our Chiefs said, these people wish to be partners with us in our country. We must, therefore, be the same as brothers to them, and live as one family. We will share equally in everything half and half in land, water, timber, etc. What ours will be theirs, and what is theirs will be ours. We will help each other to be great and good."

If so many past respected Chiefs can agree to this kind of forward thinking ideology then I trust we to can do the same.

The big question now is how do we collectively hold the government, and industry, accountable and responsible for their past wrong doings, and how do we want them to right the wrongs? I will end here and pray to our Creator that together we will readily come up with some proactive and realistic conclusions. A good start is for us to educate ourselves in order to make informed decisions, which are not based on emotionally fueled outbreaks aimed at hurting one another.

All My Relations.



WEYTKP

Report from Councillor Gina Johnny

Kukstec-kuc T'kwemiple Ron, T'kwemiple Brandy, T'kwemiple Greg, Elder Lawrence, Managers & staff for witnessing, Welcoming, prayer and support while I signed the Oath of Office on January 18th, 2016. Twenty minutes after the signing Oath of Office, attended draft of the band budget with acting Finance Director Leah. Band Budget was passed at a GBM on April 13th/16 copies and detail clarification is available with Director of Finance John Mosimann.

Wishing a very Happy Birthday to all who turned one year older especially to Elders whom are 70 plus years young, the new babies born, volunteers and 2016 graduates. Special wishes/prayers and support to individuals not well and to families whom are grieving.

The Pillar I'm advocating is Sustainable Development - Lands =Manager Iva Jules & Economic Development, Steve M and Iva.

I contemplated and procrastinated on how my report to the community was going out, other than the old daily calendar. I've decided on items this report next report will be updates and discussions on Lands and Ec. Dev.

One meeting I attended was parallel and supported ALIB's vision for Traditional Gov't. "A number of important issues and opportunities emerged from this gathering and provided an excellent foundation of feedback from the community on matters important to them" quoted Satsan- Herb George. I read the report, all who participated your input was recorded and what I gathered is this is one of the many steps needed to have communities involved to support-restoring traditional governance governing on our territories. Similar responses, ideas and vision came from the leadership at the Secwepemc Governance Meeting at Splatsin's new Gym on May 9th-11, 2016. When the Secwepemc Chief's start the whole process of a Secwepemc Gov't the recommended 'next steps' drafted out at this meeting will be the driving

tools.

Day one was: 'where are we at?' started with a 'story of Porcupine' by Julianna A., presentations and update from projects going on in our territory came from:

Secwepemc Child & Family by Nicki & Michel McMaster.

Secwepemc Health Caucus by Londel Riffle,

Secwepemc Hydro by Ray Cormier,

Secwepemc Reconciliation Framework Agreement (SRFA) by Mark M.

St'kemplups Skeetecheson Nation (SSN) by Sonny Labourdais,

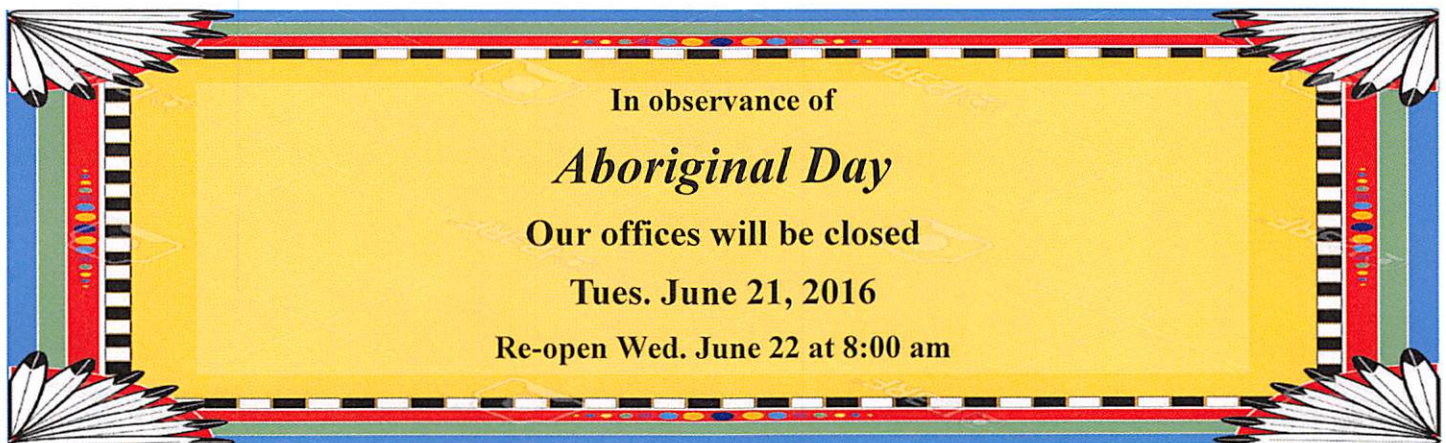
Sqeltkemc te Secwepemc (STS) by Shelly

Esketemc'-community & family gov't strategy by Chief Charlene Belleau.

Day two: large group discussion on -'who are we?' On Secwepemc Laws, where & what are they, how are we going to interweave general laws into governance with support of our people.

The focus of the three days was to address the questions "what will our nation government look like into the future?" and to identify what is it that is holding us, what are we going to use to get there and to identify the forces driving future change. I participated with group Se7sele (2) our proposed Next Step model opened discussions on how Co-ordination & Communications will guide the work: - Ceremony/Spirituality, Secwepemc People (collective unity), family heads (representatives), 17 campfires (bands), Divisions and (caretaker) Yucwemin'men. A review and further discussion will occur and a comparison to the Esketemc model may affect change to this model. For clarification and information, plans will be available on the Secwepemc Nation Tribal Chief's (SNTC) web site.

Continued on Page 4



Councillor Gina Johnny

Sustainable Development Pillar

Continued from page 3

Swixweytec- Our Ancestral Voice =ALIB comprehensive Community Strategic Plan (CCSP) – from the beginning of our planning process we decided that for us a comprehensive community strategic plan would be a guiding tool to help us as our community grows as we take on more social initiatives and as we consider important economic development activities. The plan therefore takes into consideration the community's dreams for the future assessing its wants and needs and sets out objectives and a roadmap for getting it done. CCSP started in 2009 completed in 2014 and the community vision/mission statements is reflected in departments annual work plans. For a copy, contact Annie 250-833-0356.

Reconnecting with Sun Peaks project – just to mention the area stirs up past issues and to discuss it, is complex. But we can't ignore it Sun Peaks continues to move forward -so where are we in the discussions? ALIB & LSIB coordinated with Castlemain and CopperMoon Communications with objectives and tasked to find out utilizing questions such as: "what would it take to create a new framework for the Secwepemc and Sun Peaks Resort to work together for mutual benefit". Two community open house sessions were held, 1 was at the ALIB gym and Quaaout Lodge. Results are available and soon to be posted.

Last but not least leadership from the 5 bands -ALIB,

LSIB, Nesk., Shuswap and Splotsin attended a two day strategic, ceremony and planning for Sexqelt-kemc te' Secwepemc (STS) commonly called the Lakes Division, April 21st & 22nd, 2016 Copper Point Resort Invermere BC. April 21st opened with a prayer, an agenda was created that included open discussions, for plans and better communication. i.e. business council draft TOR, build a Mining strategy utilizing indigenous model, T&R info session. On April 22nd ceremony held out on the land to welcome and was gifted with Eagle staffs to LSIB and Shuswap Band to STS. What an honor and a presence the ceremony had, 5 Ku7kupi and Kwe7miples, Eagles and Hawks observing and participating in the ceremony. Information, update and minutes will be at the next STS May 26th/16 Pierre's Point Log building - Sxwetsmellp6.

Reminder of the STS Elders Tour June 20th -22nd/16 Registration is required 250-679-2108 registration forms available at each of the Band offices.

My main office is at the Pierre Moyese Health Administration building Sxwetsmellp6, a desk at in Lands department.

Kukstec-kuc, Y'icwetsutce

Gina

Congratulations to the Class of 2016

Chase Senior Secondary Graduates	Highschool Graduates	Post-Secondary Graduates
 Matthew Amouré	<ul style="list-style-type: none">• River Williams-More, Beattie School of Arts• Cameron Coates, Valleyview Highschool• Carmen Kenoras, SASS• Alyssa Lyson, Penticton Highschool• Tyson Ono, St. Thomas More Collegiate• Byron Kenoras, Tupper Highschool• Dakota Stallard, Mount Douglass School	<ul style="list-style-type: none">• Janice Michel-Billy, UVIC• Diane Anthony, NVIT• Various members completed short term programs
 Katherine Womack		Adams Lake Indian Band Chase, B.C. 250-679-8841
 Tony Dennis		
 Milla Andrew		
 Austin Sheena		
 Tierra Dennis		

ADMINISTRATION PILLAR

Councillor Brandy Jules

Report for April – May 2016

Weytk-p Xwexwèyep

Knucwente-kuc es yegwyegwt.s-kuc

Culture & Language:

"How do you plan to Improve your language if you do not speak it", 2016 Salish Language Conference.

"You can always buy a shirt, new shoes, but you can not buy another day. You're only given today", Rob Mathew, CAS Language Conference.

May 6th I attended the Chief Atahm Language Conference held at TRU, 175 participants were registered. Land Based Language Education Session:

- Knowing your language and land is part of being Secwepemc
- Tegwùps (IR # 3) is where you start to hear the rapids
- Maps are just a reminder that the place exists, we need to go out on the land & area

Creating an Indigenous Oral Language Proficiency Assessment Tool: Màori



Very Few Speakers

Fluent speakers

This C&C set aside \$50,000 for Language & Culture as a starting point:

- ♦ Where are we at?
- ♦ Looking at having the Education Department take the lead and initiative to get things moving forward with support from C&C
- ♦ Last year, a proposal was submitted to the Aboriginal Language Initiative, however we will not hear if we were successful until June which is why we want to kick start a language program for our community.

Friday night open games continue at our ALIB hall, they are great turn outs and it is awesome to see how many of our youth attend and look forward to this evening.

CCSP:

Our CCSP Coordinator remains busy with work plans and implementing the reporting structure into Envio (which is the software we are currently utilizing)

This fiscal we do plan to host an annual Information Session and update our Membership on where we are at.



Human Resources:

As many of you may know, but for those who do not, C&C hired a new Executive Director Lawrence Lewis April 4th.

Our HR Manager is taking the Lead in creating a Reporting Structure Org Chart .

Our HR Manager along with the Public Works & Housing Manager are taking the lead in creating an Executive Compensation Policy.

Continued Page 6

Councillor Brandy Jules continued from page 5

Finance:

The 2016-17 Annual Budget was approved by Membership on April 13th, 2016.

In August 2016 C&C signed a BCR to move forward with the Financial Administrative Law:

- Currently the Finance Committee with our Director of Finance and Executive Director have met to get briefed on what is, and what needs to be reviewed
- June 13th C&C will be meeting for a one day presentation on the Financial Administrative Law

Governance:

April 21st, the Sexqèlkemc te Secwepemc held a Eagle Staff Ceremony in Invermere, BC to officially welcome in Shuswap Indian Band and Little Shuswap Lake Indian Band. We are now collectively working as five communities.

May 6th Unity Meeting in Dog Creek was cancelled

May 8-11 was the Secwepemc Governance Meeting held in Splatshin Community Centre:

- Overall my perspective on where I think our Nation is at is we have done a lot of work to date however we are far from where we need to be
- Talking Collective but I can not say when the last time we had all 17 bands represented in the same room
- We are re-building on what has already been put in front of us without having our entire nation represented

- I have sat at these tables this past year and a bit and feel we have moved some what but have also taken steps back
- We go into meetings, and walk out just as we came in because there is no one assigned to these tasks and actions
- I hear from Leaderships that we have been talking about Unity for 30 plus years which means past and present Leadership were talking about Unity when I was a baby, now here I am 31 years old hearing about it and knowing we are still talking about it
- We get asked, Where are our Youth? Good question, how do we get them engaged, what is it that we want them to walk away with?
- A Lot to think about, and it can get overwhelming at times but I am thankful for what I am being taught
- “We need to Stand Each Other Up”.



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

**Next issue will be on
Thurs. June 30th, 2016.**

**Please send submissions
by June 23.**

Councillor Norma Manuel
Adams Lake Indian Band,
Councilor's Report May 2016

As questions were posed to Chief and Council, 'Why are you doing what you are doing?' This question motivated me to think about what I am doing, as a Councilor and why.

Through the interactions and relationship building that I've accomplished while attending meetings, workshops and speaking with individuals serves me with a sense of direction to build a foundation for generations to come. The focus of this direction is to strive to make our community a healthy environment for the citizens of Adams Lake Band, as well as to grow and function as productive individuals.

At this time of year our attention is on the many new beginnings, new growth in all four life area, preparation as school is ending for holidays for some who are graduating and moving to the next level of their life's journey. "Congratulations to our parents and students." These students will eventually be your leaders.

Administrative restructuring consists of change, development, and order that will result in providing functional services to all band members. To that result, council engaged Executive Director, Lawrence Lewis, to facilitate structuring of service delivery through band office administration.

I attended the town hall meeting in chase regarding recent vandalism. "Citizens on patrol" were a part of the meeting. This is a group of people, who volunteer to walk/drive around, ensure people are safe and report any suspicious activity.

Title and Rights meeting are held to keep membership informed regarding updates with BC Hydro, Highways, Mica 6 and Sun Peaks. These meeting are held on the last Thursday of the month. This is a regular scheduled meeting to keep you informed on title and Rights.

"Why am I doing, what I do?"

It is to develop a pathway for you and our following generations. It is for the children who need a path to follow, on their journey. It is to share my experience, knowledge gained from my ancestors, family, teachers, and all the persons who have been a part of my life. It is to offer an opportunity for all to become self-reliant, responsible and independent while living in our community.

While attending meetings, workshops my thoughts are on who will follow with me. This motivates me to participate at my best, to be aware of where I am walking, to be confident that I'm "making good tracks", for those who are to follow and for those who are yet to come.

Kukstemc,
Norma Manuel



*Aboriginal
Day
Tuesday,
June 21, 2016*

Fire prohibitions in Kamloops Fire Centre start Sunday, May 15

5/12/2016 9:57 AM

KAMLOOPS - Effective at noon on May 15, 2016, Category 2 and Category 3 open fires will be prohibited throughout the Kamloops Fire Centre to help prevent human-caused wildfires and protect the public.

From April 1 to May 11, 2016, BC Wildfire Service crews responded to 36 wildfires in the Kamloops Fire Centre. Many of these wildfires were the result of poorly planned open burning.

Anyone intending to conduct a Category 2 or Category 3 fire must extinguish it by noon on May 15, 2016. This prohibition will remain in effect until Oct. 15, 2016, or until further notice.

Specifically, prohibited activities will include:

- * The burning of any waste, slash or other materials (piled or unpiled) larger than one-half metre by one-half metre.
- * The burning of more than two open fires of any size at the same time.
- * Stubble or grass fires of any size over any area.
- * The use of fireworks, sky lanterns or burning barrels of any size or description.

This prohibition does not ban campfires that are a half-metre high by a half-metre wide (or smaller) and does not apply to cooking stoves that use gas, propane or briquettes.

This prohibition covers all B.C. parks, Crown lands and private lands, but it does not apply within the boundaries of a local government that has forest fire protection bylaws in place and is serviced by a fire department. Before lighting any fire, people should check with local authorities to see if any other burning bylaws or restrictions are in effect.

Always check the venting conditions before conducting an open burn. If venting conditions are rated "poor" or "fair", open burning is restricted. The venting index can be found at:

<http://www.bc.airquality.ca/readings/ventilation-index.html>

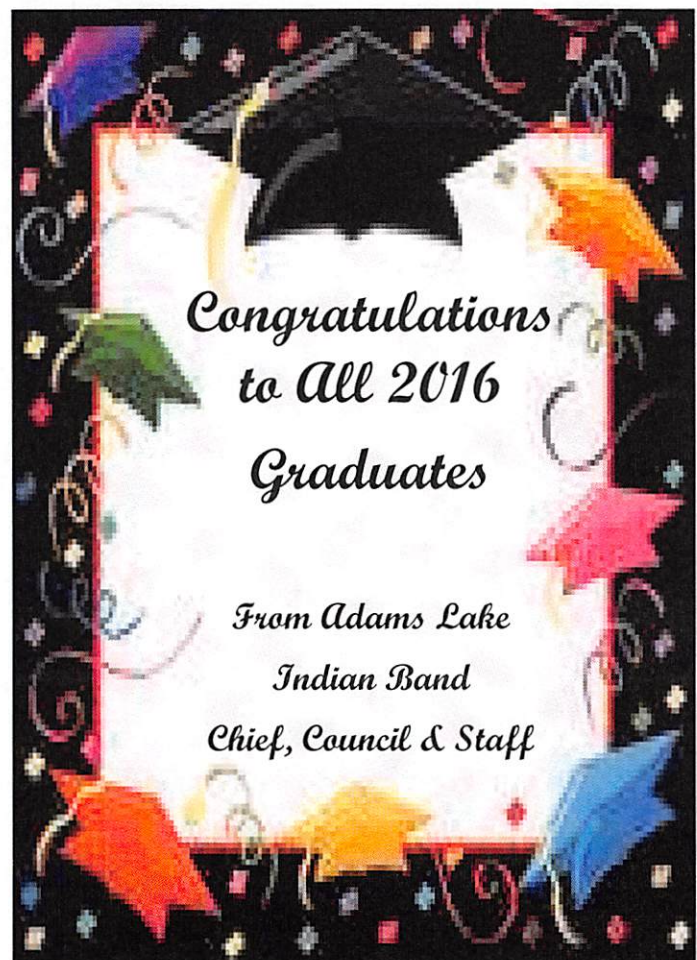
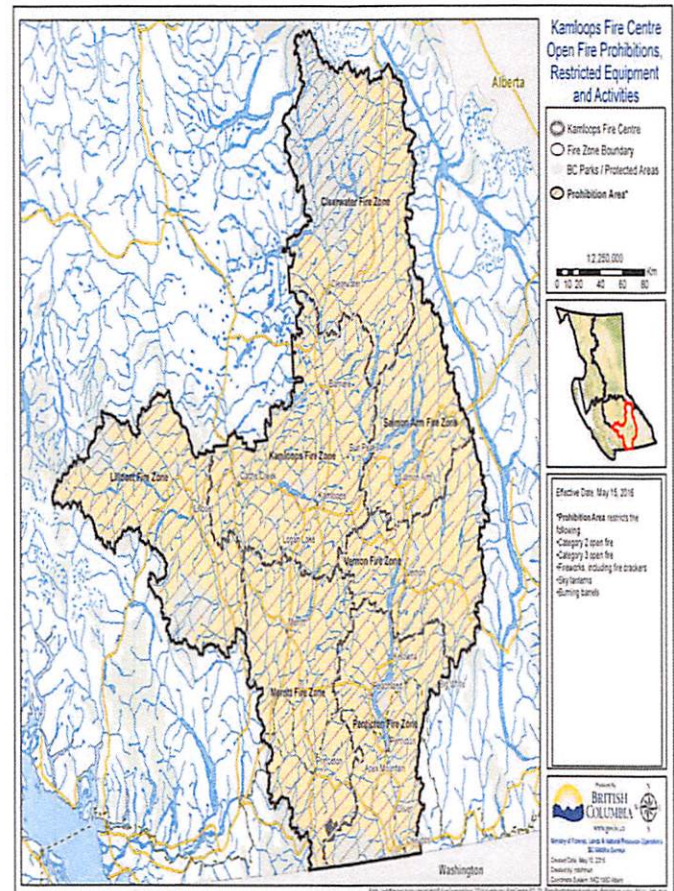
Anyone found in contravention of an open burning prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

The Kamloops Fire Centre would like to thank the public for its continued help in preventing wildfires. If you see flames or smoke, call 1 800 663-5555 toll-free or dial *5555 on your cellphone.

For the latest information on wildfire activity, conditions and prohibitions, visit the B.C. Wildfire Service website: www.bcwildfire.ca You can also follow the latest B.C. wildfire news:

* On Twitter: <http://twitter.com/BCGovFireInfo>

* On Facebook: <http://facebook.com/BCForestFireInfo>



Title & Rights Monthly Information Session
Adams Lake Band Gym
Thursday May 26, 2016
Info Session 6:00 pm – 8:00 pm
Dinner 5:00 pm

Agenda:


- ⇒ MOTI
- ⇒ BC Hydro Agreement
- ⇒ Interfor Agreement

Swits Shuttle

There will be no shuttle service this month. We will keep Switsmalph membership informed for Junes shuttle service.

Information sessions will be held every last Thursday of the month
Note date change.





Adams Lake Indian Band
Cstélnec Newsletter

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

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
Web www.adamslakeband.org
Closed weekends and holidays.

10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)



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 30th, 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



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 30th, 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



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

BRENT OSCAR MEDICAL FUNDRAISER



Spaghetti/Bannock
(Includes Drink & Dessert)

Adult: \$10/plate Child (up to 12): \$7
Family of 4: \$30

We thank you in advance to those who can make
it out to the dinner to contribute.

50/50 House Bingo Loonie Auction

FMI call Mona Gaze 250-679-2131

MAY 29/16 @ P.M.

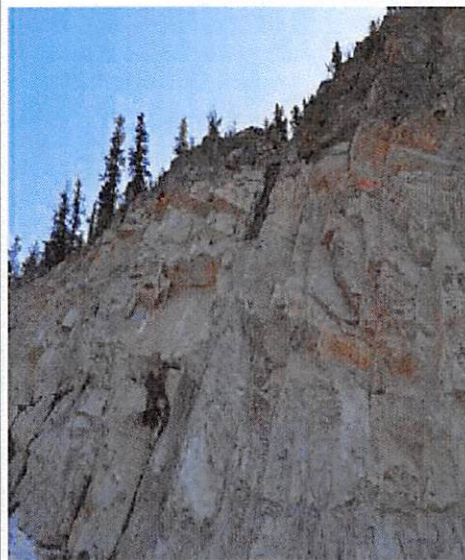
ADAMS LAKE RECREATION
& CONFERENCE CENTRE
6349 CHIEF JULES DR,
CHASE, BC V0E 1M0

Trans-Canada Highway 1 (TCH1) Expansion Hoffman's Bluff Site Update – May 4, 2016

Please note: a crane will be on site to hang high strength mesh over a draw (vertical gravel seam of water) that has the potential to dry up, the wind blows loose sand, and some small rock and stones can come down in that spot. This is why higher strength mesh is being securely hung over the draw, a crane is required due to the weight of the mesh. This work is anticipated to occur in the next several weeks. This work is well outside the buffer zone of the Rat Cave, but Spiritual Monitors will be on site.

Spiritual Monitors are on site during any road construction work near the Rat Cave or other arch sites.

Cultural Monitors are on site during all road construction.



If you have any questions please call
Sexqétkemc te Secwepemc staff at 250-
679-2108, ext. 102 or check out our
website www.sts-lakes.ca



What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...*

- Unknown -

Father's Day Puzzle

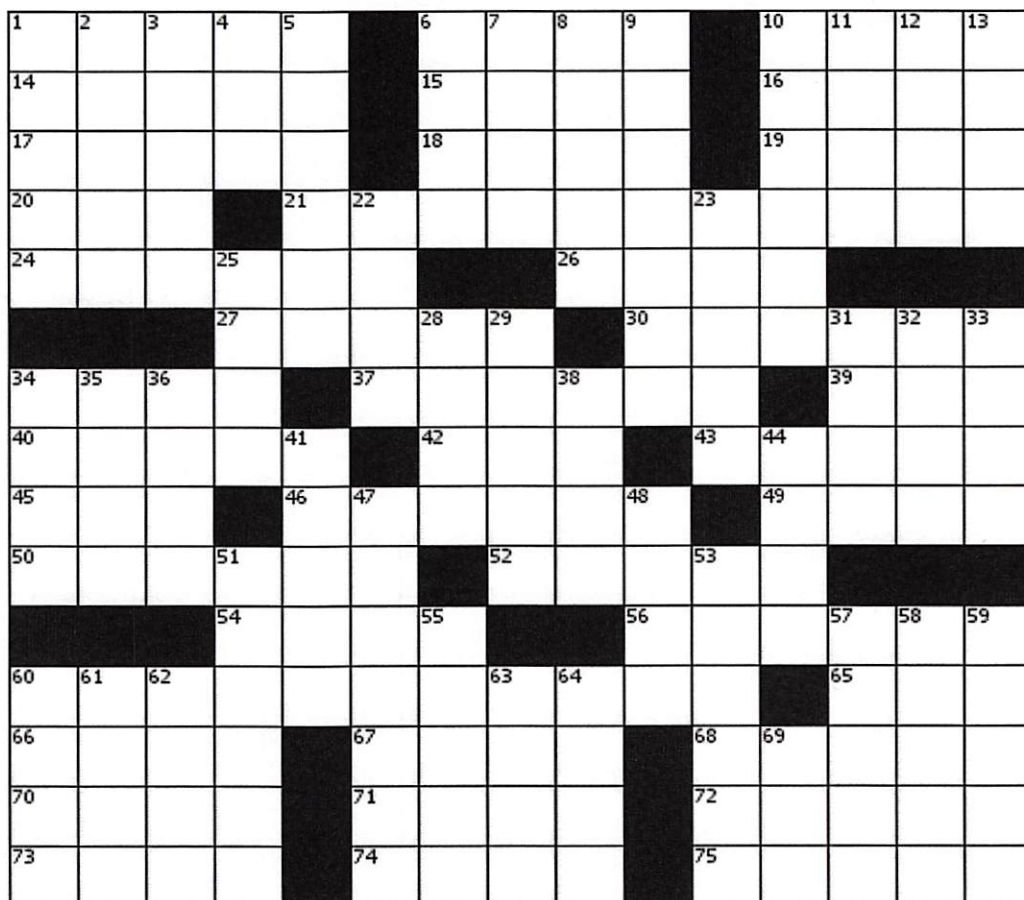
Once you've found and looped all the items from this word list in the diagram below, the unused letters will spell out a special message.



BALL GAME	FISHING	PATERNAL	
BARBECUE	GADGETS	PATIENCE	STRENGTH
CHILDREN	GUARDIAN	PERSISTENCE	TOLERANCE
COMMON SENSE	HANDYMAN	PRINCIPLES	WISDOM
COUNSEL	MAN CAVE	SOCKS	
DEVICES	PARENT	SPORTS	

Across

1. Road guide
6. Buddhist monk
10. Honest
14. Publish
15. Persia, today
16. Enthusiastic review
17. Chinese "bear"
18. Skirt length
19. Zenith
20. Pot cover
21. Main
24. Empower
26. Chimed
27. Marsh plants
30. Wobble
34. Juan's house
37. Alphabet part
39. Summer refresher
40. Maturing
42. Zodiac lion
43. Keepsake
45. Small carpet
46. Narrate
49. Sell
50. Summer shoe
52. Rent contract
54. Notion
56. Leased apartment
60. Rare coin, e.g.
65. Boxer Muhammad ____
66. Tibet's locale
67. Hue
68. Valleys
70. Bed support
71. At one time
72. Put forth
73. Pulled apart
74. Gather crops
75. Takes a break



Down

1. Granny Smith, e.g.
2. Teach
3. Actress ____ Blair
4. Additionally
5. Paper fastener
6. Shade of green
7. Waterless
8. Feudal estate
9. Make lively
10. Florida fruit
11. Mama's man
12. Fifty-fifty
13. Ensuing
22. Stagger
23. Motionless
25. Muffin type
28. Small valley
29. Burglarize
31. Swipe
32. Biblical locale
33. Pull apart
34. Automobiles
35. Mexican water
36. Autograph
38. Lug
41. School division
44. Baking place
47. Voter
48. English nobleman
51. Expand
53. Sower
55. Expiate
57. Yarns
58. Paying attention
59. Shopping reminders
60. Hurl
61. Norwegian city
62. Perjurer
63. Peruvian Indian
64. Honk
69. Logger's tool

Answers Page 17



Next issue of *Cstèlnec Newsletter*

Thurs. June 30th.

Deadline to submit submissions

Thurs. June 23 by 1:00 pm.



Sunday, June 19th, 2016

Sexqéltkemc Region Update
Submitted by Shelley Witzky

Sexqéltkemc te Secwepemc

Skátsin (Neskonlith)
Cstelnec ell Sxwetsmellp (Adams Lake)
Splatsin
Qw7ewt (Little Shuswap Lake)
Kempesc't (Shuswap Indian Band)

**Mandate: exert inherent Secwepemc Title and Rights as
Yecweminmin to Secwepemculecw**

www.sts-lakes.ca



Eagle Staff Ceremony

Sexqéltkemc Kukukpi7 joined in an Eagle Staff Ceremony on Thursday, April 21, 2016 on traditional territory, Eagle Ranch near Invermere, BC. Over 40 Secwepemc from the 5 Sexqéltkemc Bands were present, including youth, Elders, and Spiritual Leaders.

Current Activities

- TCH₁ expansion:
Hoffman's Bluff, Chase
Creek Road, Chase West,
Salmon Arm West,
Malakwa Bridge
- Elders Council
- Spiritual Monitors
- Elders Bus Tour of TCH₁
Project Sites June 20-22,
2016
- Sts'xum Monument, June
17, 2016



Successes

Ministry of Transportation and Infrastructure

- Corridor Wide
Agreement with Ministry
of Transportation and
Infrastructure
- Agreement to work
together and a process
for consultation
- Asserting Secwepemc
Protocol (Spiritual
Monitors)

BC Hydro

Term Sheet includes:

- Lump sum payment
- Procurement opportunities
- Community engagement capacity
funding
- Nation level Relationship Protocol
- Capacity Funding to March 31, 2016
- Capacity Funding to F2017
- Exploring Water Use planning project
opportunities
- Human Resources/Training
opportunities
- Broader community engagement plan
- Monument at Mica Site or Revelstoke

Challenges

- Vast scope of projects and sectors in region
- Geographic distance
- Lack of capacity at Band and Regional level
- Indian Act – Band government limitations
- Institutional – education, religion, etc.
- Situational – poverty, community conflict, no land ownership to levy loans for economic development
- The dialogue of the deaf – those in power do the talking, make decisions, know nothing about the politically silent “others”
- Communication – internal and external
- Competing for contracts and should be direct award
- Lack of involvement / interest or time to understand and be involved by some
- Re-instituting Traditional Governance



Key Messages

- Work with local, regional, and National Secwepemc Governments
- Culture and Language priority
- Title and Jurisdiction
- Traditional Governance

Find us at:

Box 1010, Chase, BC
V0E 1M0
102-440 Squilax-
Anglemont Road
Chase, BC V0E 1M2
250-679-2108 ext. 102

www.cstelnec.ca

You're Joking

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

A - A piano.

Q - What kind of ties can't you wear?

A - Railroad ties.

Q - What did the bee say to the flower?

A - Hello honey.

Q - Which day of the week do chickens hate most?

A - Fry-day.

Q - What does a spider do when he gets angry?

A - He goes up the wall.

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



Directions

In a large skillet, heat butter over medium heat. Brown ribs in batches;

Transfer to a 5-qt. slow cooker. Add remaining ingredients. Cook, covered, on low 6-8 hours or until meat is tender.

Summer is coming

We invite you to submit a favorite recipe to share:

BBQ, salads, appetizers, side dishes, desserts, punch recipes, fish, stir fry, burgers, etc.

Submit by e-mail to keverard@alib.ca in subject line enter Newsletter submission. Or you can drop off at front desk in Chase or Salmon Arm offices. Kukstern

Lip Smackin' Ribs Recipe

TOTAL TIME: Prep: 20 min. Cook: 6 hours

MAKES: 8 servings

Ingredients

3 tablespoons butter

3 to 5 pounds boneless country-style pork ribs

1 can (15 ounces) tomato sauce

1 cup packed brown sugar

1 cup ketchup

1/4 cup prepared mustard

2 tablespoons honey

3 teaspoons pepper

2 teaspoons dried savory (alternate thyme)

1 teaspoon salt

Serve with rice pilaf or mashed potatoes, fresh vegetables.



CBC TV Series Casting and Looking for ARTISTS!

Lark Productions is now casting Canadian artists for a ground breaking CBC series that celebrates art in all its forms. They are looking for artists from a wide variety of media.

Description

Lark Productions is searching for creative, confident, energetic artists looking to showcase their skills and talent on national TV. Lark is now casting Canadian artists for a ground breaking CBC series that celebrates art in all its forms. They are looking for artists from a wide variety of media. From painters, sculptors and mixed media artists, to tattoo, piñata, graffiti, carving, clothing, and jewellery design, street chalk art, animators, toy or doll artisans. All creative media are accepted.

Lark Productions wants to hear from you if:

- You want an opportunity to showcase your talent on a televised, national stage
- You have basic art skills
- You are enthusiastic to take on an art challenge outside your specialized medium
- You are comfortable on camera and have an outgoing personality
- You aren't afraid to get a little competitive.

Casting is currently open so apply today by sending your name, photo, bio, contact info and 2-3 samples of your artistic work to casting@larkproductions.ca

Please include links to any relevant pages or media articles.

Lark Productions: <http://larkproductions.ca/>



Upcoming Events from other organizations/groups

Rock Art Conference

May 28 at Stein Valley Nlaka'pamux School in Lytton, BC. A day of illustrated talks featuring over 16 specialist on rock art studies. Pictographs (rock paintings) and petroglyphs (rock carvings). To register or more info call John at (250)455-2711.

Chu Chua Golf Tourney

June 18 at Chinook Cove Golf, Barriere, BC. 4 person Texas Scramble (1 lady/team). \$85/player. Includes 18 holes, shared power cart and spaghetti dinner. Door prizes. To register call Jeff at (250)542-9656.

House Bingo

Skwlax Elders Group House Bingo every Tuesday at Skwlax Hall. Doors open at 6:00 pm. Snacks provided. Everyone welcome.



Did you know Some fun facts

Did you know the average person falls asleep in 7 minutes.

Did you know the longest street in the world is Young Street in Toronto Canada measuring 1,896 km (1,178 miles).

Did you know all insects have 6 legs.

Did you know the sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet.

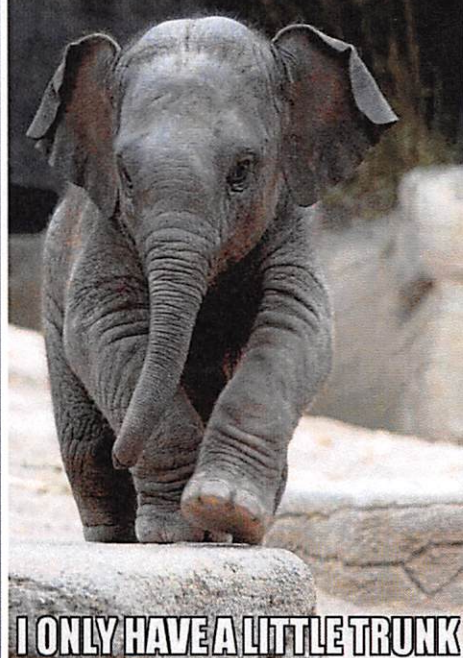
Did you know all the blinking in one day equates to having your eyes closed for 30 minutes.

Did you know sponges hold more cold water than hot.

Did you know frogs can't swallow with their eyes open.

Did you know cats have over 100 vocal chords.

CAN I BORROW A SUITCASE



You're Joking

Common Proverbs Made Funny

A first grade teacher shared a number of well known proverbs with her students, asking them to complete the sentence. Their answers were surprisingly insightful:

As you shall make your bed so shall you... mess it up.

It's always darkest before... daylight savings time.

Never underestimate the power of... termites.

Don't bite the hand that... looks dirty.

Where there's smoke, there's... pollution.

Happy the bride who... gets all the presents!

A penny saved is... not much.

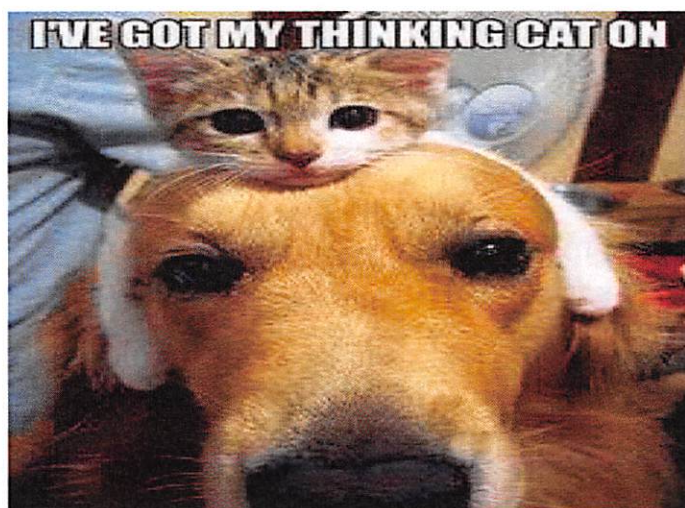


SAVE PAPER/KEEP INFORMED

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



Learn Secwepemctsin Words

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

Go to: www.firstvoices.ca

- ◆ Click on English
- ◆ Click on Choose a Language
 - Scroll down to near bottom
- ◆ Choose Secwepemctsin (Eastern Dialect)
 - This brings you to CAS Community Portal
- ◆ Click on Learn Our Language
 - On left hand side bar you can pick:
Words, Phrases, Songs, Stories, Alphabet.
- ◆ If you click on Secwepemctsin word, you will hear audio on how to say the word.



Secwepemctsin

(Eastern Dialect)

English

ske7cís

grizzly bear

skwleqs

bear

tši7

deer



FOR GRADES 1 TO 3
(LIMITED 20 SEATS)



FOR GRADES 4 TO 9
(LIMITED 20 SEATS)

JULY 5TH TO JULY 22, 2016

READING N RECREATION PROGRAM

9:00 am to 2:15 pm

MATH CAMP

9:00 am to 12:00 pm

Both camps are fully funded by School District 73. Reading Program is to support struggling readers to enhance their Reading skills. Math Camp is gear to enhance their math skills.

Adams Lake Band Education Department is existed to obtain these programs for 3 weeks in July - Registration forms will be posted online soon will keep you posted.



When:

July 5 to July 22, 2016

Where:

at Chief Atahm School

Time:

Reading N Rec - Full day,
Math - half day

Who:

Open to all Students
attend Public School CAS
limited to 5 seats ONLY
per program -
Students MUST have
PEN #

Why:

To enhance your
child(ren) learning skills in
Math & Reading plus have
fun

CONTACT

Adams Lake Band -
Education Dept for more
information

250-679-8841 or email
danthony@alib.ca

Adams Lake Indian Band Wellness Funding Policies

Attention: ALIB Membership

If you would like a copy of Funding Policies, please stop by the Band Office or can request a copy by e-mail health-reception@alib.ca

Adams Lake Indian Band Wellness Funding Policies



This document holds Policy, Procedures and Applications for:

Recreations Funds	Wellness Funds
Band Travel	Elder's Gathering
Funeral Funds	

Approved by Chief & Council March 29, 2016

1

Celebration of the Spirit of Wild Salmon



**Wild Salmon
Caravan**

SAVE THE DATE!
**Tuesday
June 7, 2016**

Adams Lake Indian Band, Chase, BC
Unceded Secwepemc Lands and Waters

June 7

5:00 pm - Welcoming at Adams Lake Indian Band Fishing Station

6:00 pm - Feast, more songs, speakers, film showings and stick games at ALIB Gym

VISIT OUR FACEBOOK PAGE:

on.fb.me/1Ksu9Tk

SUBSCRIBE TO OUR LIST SERVING

wildsalmoncaravan.org

Household Hints & Tips

- ♦ For smelly plastic food containers toss a ball of newspaper into container and seal lid. Smell will be gone in a few days, stronger smells make take longer.
- ♦ To clean dishwashers buy two small packs of unsweetened lemon Kool-Aid, pour 1 pack into each detergent cup then run the dishwasher on the hottest longest cycle.
- ♦ To prevent soggy salads, place an inverted saucer in the bottom of the salad bowl. The excess liquid will drain off under the saucer and the salad stays fresh and crisp.



JOB POSTING Summer Student Position Sahhaltkum Daycare

Adams Lake Indian Band is seeking a Summer Student to work under the direction of the Adams Lake Band Daycare Supervisor/Senior Staff and mentor under various departments/consultants. The Summer Student Daycare Worker will assist in the care and management of children enrolled in Sahhaltkum Daycare and or Community Events.

DUTIES INCLUDE:

- Assist in the planning and implementing of daily/weekly program.
- Assist with supervision of children ages 3 months to 12 years of age
- Ability to have daily interaction with parents
- Assist with daily food preparation
- Provide housekeeping 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 and Sahhaltkum Daycare policies as to timeliness, confidentiality, personal appointments, and telephone calls.

REQUIRED SKILLS AND ABILITIES:

- Attending School Full time student – September 2015 to June 2016
- Excellent communications skills – verbal, written and human relations
- Organized and detail-oriented
- Ability to work independently, and a team member
- Familiarity/knowledge of Secwepemc language and culture
- Safety Oriented First Aid course (an asset but we can provide training)

BONA FIDE OCCUPATIONAL REQUIREMENTS (REQUIRED DOCUMENTS)

- Food Safe (An Asset/not required)
- Acceptable criminal record check prior to start date
- Reliable transportation to work an asset
- Proof of 2015 – 2016 Term School Attendance
- Have a Social Insurance Number

TERMS OF EMPLOYMENT:

Fixed term position 9 weeks, Between: July 4, 2016 to September 2nd, 2016
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
Deadline for applications will be May 31, 2016 at 4:00 p.m.



JOB POSTING Office Administration Clerk

Adams Lake Indian Band's Education Department is seeking a motivated entry level Office Administration Clerk. The Education Department has an exciting mandate in working with the community in building Adams Lake member's education/training capacity. They work with numerous stakeholders such as local school districts, post-secondary institutes, employment/training organizations, and other regional/provincial/national offices. This position is under the direct supervision of the Education Manager and/or designate.

Key Responsibilities:

- Typing, keyboarding, preparing correspondence, reports, communications, forms, tables and charts, copies or dictation;
- Preparing, processing and auditing basic reports, records and other documents;
- Gathering and compiling statistics;
- Monitoring, managing, and posting in all social media platforms;
- Operating a full range of office equipment;
- Keeping the office organized and tidy;
- Preparing and maintaining files and records;
- Performing receptionist duties, answering phone, opening, sorting & allocating mail;
- Performing inventories and preparing requisitions for supplies;
- Work will include computer operation such as data entry on student's records, processing & retrieval.

Requirements:

- Minimum Grade 12 or Equivalency;
- Own Transportation;
- Experience/Knowledge of Microsoft Office (Word, Excel, etc);
- Eagerness to learn, team player with great attitude and positive energy;
- Must be First Nations
- Must have been unemployed for 3 months or more as per Wage Subsidy Program eligibility requirements

As this is an entry level position we will provide mandatory training to support the successful candidate (minimum of 3 Okanagan College Courses). As per Adams Lake Staffing Policy, Internal Applicants will have priority in the application process.

Interested applicants please direct resumes to:
Debra Sloat, HR Manager, at email: jobs@alib.ca

Deadline for applications will be June 3, 2016 at 4:00 p.m.

Sahhaltkum Daycare

Situated on Adams Lake Band
6439 Hillcrest Rd.
Chase, BC

250-679-2229
or 250-679-8841

- Fully qualified ECE Workers
- For Ages: 3 months to 12 years
- Open from 7:30 a.m. to 5:00 p.m.
- Some extra services available (ie. Hot lunch, after daycare service)

Sahhaltkum Daycare has space available in our:

- Infant/Toddler (under 3 years) Program
- 3 to 5 Years Program
- Out of School Care Program (6 to 12 years)

www.PageBorders.net



Primary Reading & Recreation Program 2016
July 5th to July 22, 2016
9:00 am to 2:30 pm
Held at CAS Classroom



Expression of Interest – Job Opportunity

Primary Reading & Program is full day program that runs five (5) days a week from July 5 to July 22, 2016 with the morning devoted to literacy activities and the afternoon to recreation.

We are looking for energetic and enthusiastic people (2) to help with this program. Those hired will be paid an honorarium by School District 73. The camp will run from 9:00 am to 2:30 pm at one of the classrooms at Chief Atahm School.

This is wonderful opportunity to learn more about teaching primary students and to develop a "tool kit" of strategies for teaching, reading and physical education.

There are various Primary & Recreation Sites across School District 73 for students in grade 1 to 3 who have been identified needing extra support. The intent of the summer reading program is to support struggling readers and to enhance their lives through physical education and social interaction.

Candidates for this position are encouraged to have experience working with children in recreation and cultural youth programs. It's preferred that they are currently enrolled in School District as Aboriginal Support Worker or with other Districts. Provide Criminal Record check to Adams Lake Band must have valid driver's license (preferred class 4).

Please submit cover letter and resume outlining your qualifications to:

Adams Lake Band, Education Department
PO Box 588
Chase, BC V0E 1M0

For more information about program contact ALIB Education Department 250-679-8841

May 26, 2016

Adams Lake Indian Band Communication Department is asking all Band Members to update their contact information if you move or have a change in your contact information. It is important for the Band Office to have up to date information of our Membership. We use this information to keep you informed about upcoming referendums, draft laws, elections and other news relevant to our membership.

Please fill in the information below. (Please print)

Update Contact Information

Date _____

First Name _____

Last Name _____

Email _____

Home Phone _____

Nickname or alias _____

Cell Phone _____

Street Address _____

City _____ Province _____ Postal Code _____

Mailing Address (*if different from street address*)

City _____ Province _____ Postal Code _____

Please check with an "X" if you:

- ☐ Yes, keep me informed of Band communications, news, events, referendums, drafts laws, elections and other relevant information that directly impacts me as a Band Member.
- ☐ How would you like to receive future communications from Adams Lake Indian Band?
 - ☐ Phone ☐ Email ☐ Mail ☐ ALIB Website ☐ Live Video Broadcast

Please return form to:

Adams Lake Indian Band

Attention: Communications Coordinator

Karen Everard

PO Box 588

Chase, BC V0E 1M0

Or Phone in on toll free 1-877-679-8841

Kukstemc

Karen Everard,

Community Planning and Communications Coordinator

Emergency Repair Program (ERP) On-Reserve



What is the Emergency Repair Program (ERP) On-Reserve?

ERP On-Reserve offers financial assistance to help low-income households on reserve make emergency repairs required for the continued safe occupancy of their home.

Who is eligible?

First Nations or individual First Nation members on reserve whose incomes are at or below the established thresholds for the area are eligible to apply for financial assistance.

Eligible repairs

Only those repairs urgently required to make a house safe are eligible for assistance.

Examples include:

- heating systems
- chimneys
- doors and windows
- foundations
- roofs, walls, floors and ceilings

- vents, louvers
- plumbing
- electrical systems.

IMPORTANT: Any work carried out before application is approved in writing is not eligible.

What assistance is available?

Assistance is in the form of a contribution which does not have to be repaid. The maximum contribution amount is \$20,000* per unit.

*For northern or remote areas the maximum total amount may be increased by an additional 25 percent.

Where can I get more information?

Contact your CMHC Consultant or local CMHC office. You can also contact CMHC at 1-800-668-2642.

Other CMHC programs are available on-reserve to assist with repairs to substandard housing, accessibility modifications and adaptations for persons with disabilities and seniors.

Follow Us



cmhc.ca

- Total Household Income less than \$37,000.
- Contact AUB Housing Department to determine eligibility and apply.

Canada

Working together for housing solutions



**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

Adams Lake Indian Band Membership Office Hours

I will be in my office on **Wednesdays and Thursdays from 8:00 am to 4:30 pm**. Closed at lunch hour. My office is located at 6447 Hillcrest Road, Chase, BC. Office is downstairs at the Resources Building.

Salmon Arm Office

Will be going to the Salmon Arm office as needed on Thursdays with prior notice of booked appointments. To book an appointment please call Annie in Salmon Arm office at (250)833-0356.

Status Cards Fees

Adams Lake Indian Band Members – FREE, Non-Band Members - \$20.00.

To issue a status card, client MUST provide TWO pieces of ID (one MUST be a digitized photo).

Births: In order to register any BIRTHS please bring in your child(s) original Long Form Birth Certificate.

Deaths: In order to register a DEATH, a death certificate or burial permit must be provided, only then will the name be taken OFF of the band list.

Update your Contact Information

It is important to let Band Office know if you have a change of address. We use this information to keep you informed about upcoming referendums, drafted laws or policies, elections and other news relevant to our membership.

Kukstemic

Eva Saul

Membership Clerk/Indian Registration Administrator

Upcoming Meetings/Events

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.

Title & Rights Information Sessions

Thurs. May 26, Dinner 5:00 pm; Session 6:00 to 8:00 pm. Agenda: Ministry of Transportation & Infrastructure, BC Hydro Agreement and Interfor Agreement. Info Sessions are always the **last Thursday of the month (NOTE DATE CHANGE)** 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.

Chief Atahm School Open House

Thurs. May 26 from 3:00 to 6:00 pm at Chief Atahm School, Chase, BC. Accepting new registrations for Grades 1 - 9 for 2016/2017 school year. Come find out about our school. Tours available, meet the staff. Snacks provided. Prizes offered and a draw for iPad mini. Everyone welcome. Contact CAS at (250)679-8837.

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.

Brent Oscar Medical Fundraiser

Sun. May 29 at 5:00 pm at Adams Lake Recreations & Conference Centre, Chase, BC. Spaghetti, bannock, drink & dessert. \$10/adult; \$7/child to age 12; Family of 4 \$30. House Bingo, 50/50, Loonie Auction. More information call Mona at (250)679-2131.

Bingo

Sun. June 5. Doors open 5:30 pm; Warm Up 6:15 pm; Walk Ins 6:45 pm; Early Birds 7:00 pm; Regulars Start 7:10 pm. At Adams Lake Recreation & Conference Centre, Chase, BC, Free Coffee, Door Prizes, Concession. Will restart again in September. Contact ALRCC at (250)679-3515.

Wild Salmon Caravan

Tues. June 7 at 5:00 pm. Welcome & Songs at ALIB Fishing Station, Chase, BC. Followed at 6:00 pm at Adams Lake Recreation & Conference Centre with feast, songs, speakers, film showing and stick games.

Creator's Talking Circle

May 28, June 11 & 25 (every 2nd and 4th Saturday) from 4:00 to 6:00 pm. Supper, stories, crafts & games at Switsemalph Community Centre, Salmon Arm, BC. FMI Howard & Jannie (250)835-0195.

BBQ Event

Tues. June 28 at 5:00 pm at Adams Lake Recreation & Conference Centre, Chase, BC. Hosted by ALIB Education Department. All ALIB members welcome.