

### Notice

In respect to the passing of our Adams Lake band member and the family,

Adams Lake Indian Band **will not** be holding our annual ALIB Remembrance Day Ceremony on Friday, November 11, 2016.

Membership is encouraged to attend *Recognition & Honouring our Secwepemc Fallen Warriors* ceremony scheduled on Sunday, November 6th at the Chase Community Hall,

547 Shuswap Ave,  
Chase, BC.



### Recognition & Honouring Our Secwepemc "Fallen Warriors" Veterans Day - Open Invitation

**DATE:** November 6<sup>th</sup>, 2016

**LOCATION:** Chase Community Hall, 547 Shuswap Avenue, Chase, BC.

#### Agenda

- 9:00 am Coffee/View Displays
- 9:30 Assembly called
- 9:35 Introduce Prayer Drum Song
- 9:45 MC – Welcoming and "Purpose of the Celebration"
- 9:50 Last Post
- 10:00 Minute of Silence followed by the Revelly
- 10:02 Lament followed by Dignitary speeches
- 11:00 Victory Song Drum Group
- 11:10 Introduction of Veterans Past and Present
- 11:15 MC Councillor George Dennis introduces Honoured Guests
- 11:45 Closing Prayer - Honour Song
- 12:00 Lunch (open mic, and Power Point Presentation)



**CONTACT:** KUKPI7 JUDY WILSON - CELL: 250-320-7738

**EMAIL:** [chiefjwilson61@gmail.com](mailto:chiefjwilson61@gmail.com)

**COUNCILLOR GEORGE DENNIS** 111, SPLATSIN OFFICE -  
**PHONE:** 250-838-6496 EXT. 545 OR CELL: 250-306-8016

**EMAIL:** [george\\_dennis@splatsin.ca](mailto:george_dennis@splatsin.ca)

**COUNCILLOR NORMA MANUEL:** **PHONE:** 250-679-8841.

**EMAIL:** [nmanuel@alib.ca](mailto:nmanuel@alib.ca)

**Communications Coordinator:** Cora Anthony: 250-679-3295 Ext: 225  
**Cell:** 778-220-3405.

### Adams Lake Indian Band Membership

November 4, 2016

Please be advised that we will be communicating our next steps in moving forward early next week. Our band offices have reopened and will continue to serve our community.



Kukstemc

Councillor Greg Witzky and

Councillor Norma Manuel

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## Letter to Membership

RECEIVED  
OCT 24 2016  
ADAMS LAKE BAND

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

October 23, 2016

To the Electors to the Adams Lake Indian Band

Re: Petition to Remove Band Council Members

On September 26, 2016, the Community Panel has received a petition that met the requirements to remove three (3) Members from Band Council. The Community Panel had to investigate a render a decision within thirty (30) days.

As a result of the Investigation, the Community Panel finds the following:

- Ronnie Jules has been removed from office of Band Council effective October 23, 2016 for Breach of Oath of Office (five violations)
- Gina Johnny has been removed from office of Band Council effective October 23, 2016 for Breach of Oath of Office (three violations)
- Brandy Jules has been removed from office of Band Council effective October 23, 2016 for Breach of Oath of Office (four violations)

Respectfully,

Community Panel

Maryann Yarama  
Lynn Kenoras  
Hilda Annette Jensen  
David Nordquist  
Sandra Lund



**Daylight Savings Time ENDS on  
Sunday, November 6th, 2016**

Remember to set clocks back 1 hour before going to bed on Saturday night Nov 5.




Sunday, Nov. 6 at **2:00 AM** clocks are turned **backward** 1 hour to **1:00 AM** local standard time.

# RAPP

## Report All Poachers and Polluters

Conservation Officer 24 Hour Hotline

### 1-877-952-RAPP (7277)



**Next issue will be on  
Thurs. November 24,  
2016.**



SUBMITTED OCTOBER 27, 2016

## MEMO – ROBIN BILLY

It is with a heavy heart that I resign as Chief of the Adams Lake Indian Band. The reasons are many, but primarily for personal reasons. Currently, have been 3 Councilors removed and it is like a bomb has been dropped on our community. After long consultation with my family I have to do what is best for them. I have worked extremely hard for Adams Lake and my focus has always been **on the land** and taking care of our territory. However, our Council keeps getting sucked back into Administrative-type issues and it consumes so much of our energy and pits people against each other. I truly believe if we work collectively to take back our land, all of the constant infighting in the community would cease.

I apologize to the people that supported me, our elders, and youth but I believe the Indian Act system will continue to further divide us and I won't have friends, family, and community members turn against me over it. I care for and respect all of our people but have to take care of myself and family first. In the spring you will see the results of our Council's hard work: new potable water line, new subdivision in Switsmalph, Chief Atahm School expansion, health centre expansion, partnership development with Glen Echo, cabins built up the Adams Lake (in progress), talking back land up the Adams Lake,, and so much more. In 18 months we were able to accomplish a lot and as a community we cannot let this work die.

I will be moving out on the land with no service/internet for a while and focus on hunting and providing for my family. I have only taken 4 days off since taking office and no longer do any of the things I love. Once I start to feel better I will type detailed notes on all of the important files we have been working on. There is so much more to say but this role is not conducive to a person's health and well-being. It has become normalized to attack Chief and Council and is intensified now with social media. Prayers for everyone and every job I served my people and accomplished so much, I will continue this work but not under the Indian Act system....As a leader I am prepared to sacrifice my position, not only to heal the divide in our community but for the start of something better.... - Kukstsemc

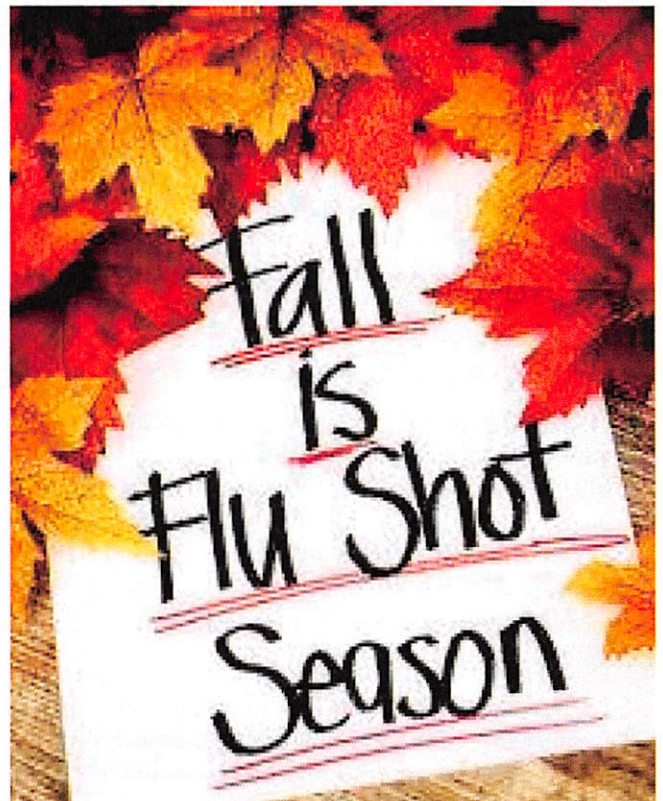


November 3, 2016

Dearest family and friends.

We are saddened to announce the passing of our beloved sister Cheryl Michel. A huge thank you to all those who have assisted so far and all the kind words said. No details on arrangements yet. The fire is at Mike Michel's residence at 5949 Mountainview Road, Sahhalkum Reserve #4, Chase, BC. For more information contact Maryann Sampson at (250)682-3424 . Monetary donations contact Karen Everard at (250)319-9043.

Kukstsemc  
Valerie Michel





**Gina Johnny- T'kwe7miple Cstelnec te Sxwetsmèllp**

Weytkp.

It's been a busy several months and I'm excited in giving you a brief update/collection of all that I have been involved in and recent happenings within our communities.

This term as a council member I decided to spend more time in the community, take part in events, be visible, attend regular meetings and take part in meeting with membership.

In the first week of May attended a Lands department information session in Salmon Arm -this was to review the Trans-Canada Highway (TCH) 4laning & its impact on IR7- the discussion of the impact and how 4laning can affect the crossing in Sxwetsmèllp. The presentation was a balance of conversational, confrontational and was supportive, attendance was minimal. The other highlight was discussions on the 4laning and repairs TCH is doing in preparation of 4laning through to the Alberta boarder. Keep your ears to the ground for continued information and meeting updates.

C&C has been working, preparing and seeking various levels of funding agencies to assist in drafting out a proposal and agreement that would partner with Managements, organizations or business on the ALIB lands. This process is to draft out and find out what is the best use for our current lands. Reminder that ALIB Lands completed three Land Use Plans (LUP) 2012-2014 that focused business options on various portions of the reserve. Contact Iva, Lands Manager or Rena G, Executive Lands Assistant for review of the LUP.

Sexqeltkemic te Secwepemc-STS, meetings are usually the last Thursday of every month, meetings have been at the Pierre's Point Log Building -this is a central area for all bands to travel to, general agenda items are Governance, Projects, Energy, Tourism & Developments, Special Projects, Legal, Business, negotiators report.

The STS (people of the Secwepemc Lakes Division) is a coalition of the ALIB, Neskonlith and Splatsh since 2009. In a recent ceremony held in April the Little Shuswap Lake and Shuswap bands were welcomed to STS. Being politically correct is hard to do here, LSLIB & Shuswap was always there just not at the table during negotiations for agreements with corporations, business.

STS's business purpose is to enhance business in the STS territory. By liaising with existing business, establish job/work contracts, partnerships, ensure Agreements between major corporations. STS's vision is to rebuild

the historic kinship ties, assert aboriginal title & rights throughout the STS territory. To achieve this goal is to be stewards of Tmicw, sewllkwe ell mesmescen. All with the support and notification to membership.

Sexqeltkemic Enterprise Inc. (SEI) and Sexqeltkemic Limited Partnership (SLP) is the business arm of Sexqeltkemic te Secwepemc (STS). Appointed Board member for ALIB is Diane Jules. Business makes recommendation to the STS political on matters that will enhance, create and or attract work, contracts and or business off reserve on the STS shared territory. The SEI's main office is adjacent the Skwlax Gas Station. Dorry W is the Executive Receptionist; Leona L is Account for STS & SEI, Shawn B, Executive. STS formed the business entity of SEI and SLP in 2010. SEI portfolio are: Environmental Services, Energy, construction, Cloud and fiber and training opportunities. For more Information, stop by the main office of STS/SEI. Speak with Shelley W, STS Political Coordinator or Shawn B.

ALIB T&R's meetings were held on the last Thursday of every month at the Adams Lake Recreation & Conference Centre (Chase), but has now changed to first Wednesday of every month. The special and awesome work before each session is the sharing of family tree's (genealogy). T&R will host a session November 17th at the Pierre's Point Log building (PPLB) and will be scheduling regular bi-monthly sessions. All T&R meetings are open. Agenda items are updates on projects i.e. MOTI/TCH, Hydro, Sun peaks, projects that are within the STS territory. T&R department has a pamphlet and can be viewed on the ALIB Web page.

The financial work facilitated by ALIB is review of the Financial Administration Law (FAL). On June 29<sup>th</sup> ALIB held a GBM to elect Members to sit on the FAL Committee and ALIB finance committee. Eight candidates expressed interest and meeting have been scheduled. For information contact the finance department newly hired Chief Financial Officer (CFO) George Bailey. John M (interim CFO) is also orientating and working with ALIB finance.

One contiguous item at the Secwepemc Nation level is the negotiations of an Agreement-In-Principal (AIP) with the Northern Secwepemc te Qelmucw (NSTQ) Secwepemc Nation Tribal Chiefs (SNTC) have coordinated a responds to the AIP and a map that depicts land parcels currently identified for inclusion in the NSTQ AIP. For information contact Chief Robin or Bonnie L at the SNTC office Kamloops.

**Continued on page 5**





## Gina Johnny- T'kwe7miple Cstelnec te Sxwetsmèllp

Continued from page 4

ALIB C&C were presented with a list of Band Member concerns at a GBM held on March 29, 2016. Administration/departments and C&C coordinated a response to the list of concerns, for a copy contact Elaine J or Diane J for copy of the response. Also the motion put forward support for projects to move into implementation stage i.e. the Envisio program= departments long term planning. For information on the Envisio program contact Karen E, CCSP Coordinator.

A project that I bring to your attention is the Sxwetzmèllp ell Sxwetsmèllp cemetery revitalization (Salmon Arm). This project has been a silent but unlimited, significant other. With support of the communities a small team formed: Councilor Louis Thomas, Mark and Patty Thomas, Diana Thomas and myself. This cemetery has been shared by the two communities for centuries and over the years many community members and other organizations have volunteered hours of cleaning, cut-

ting and identifying the area's of loved ones. Not to create any more conflict than there is, I totally believe- if you can't take care your ancestors how can we move on with our healing. The vision is to have the site mapped out with plots of family members located, recorded, hopefully complete with info of individual and a headstone. In spring of 2017 the plan is to have a ceremony celebrating the site, recognizing Veterans at the site and to call our Relations back. Other plans include a spiritual Center, Laws around funeral, burials, repatriation interment, private sites. Next meeting date has not been set, will keep you posted.

Last but not the best, Kukstec-kuc to the Sxwetsmèllp community for the ceremony that 'Celebrated Our Grandparents' on October 16/16, totally amazing on how many grandchildren are out there. Congratulations. Pictures will be available, contact Howie S.

The greatest gift was the sharing of the healing and support that occurred at the Celebration.

Kukstsemc' Gina



### 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.

Kukstsemc

Eva Saul

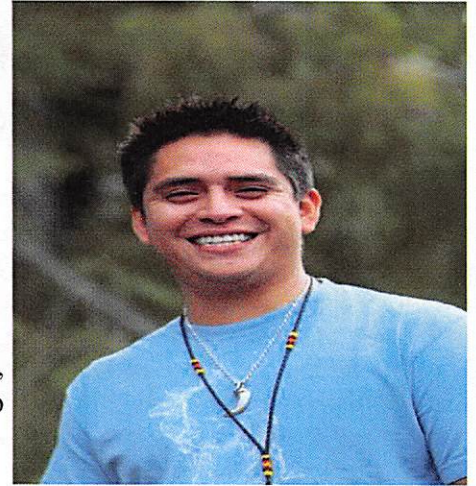
Membership Clerk/Indian Registration Administrator



# Thank You

From the family of **Hat Pooley –Qmut** (George Emil Pooley)

We would like to thank all the helpers, cooks, fire keepers, drummers, and everyone who helped during the funeral for service for Hat, who passed suddenly on Sept 6, 2016.



Hat loved his community and took pride in being an Adams Lake band member. He made a presence in the community by cooking for his community every week, renovating the hall, building the children's playground, working as BMW, youth worker and building the Chances casino.

Hat had a passion for music and it surrounded him, his friends and family. He loved his daughter and nephews and nieces beyond anything else. We will miss him very much, this is a time of great loss to us, the music industry and to the community he loved.

Your support, kindness and understanding is very appreciated by mom Joyce, sisters Jayna & Jennifer Pooley, daughter Emily Pooley, nephews Kash, Kohl, and Kade, step nieces Kayla and Josie, Grandpa Norman Smith, Grandma Mildred, Papa Albert and many cousins in BC and Arizona.

## Flu season has arrived....

### Achhoo!

Influenza, commonly called the Flu, can often be confused with the common cold & stomach flu. It is in fact very different, and can have severe complications, including viral or bacterial pneumonia, respiratory failure and even death. Getting the Flu shot and washing your hands lots are 2 of the best ways to protect yourself and those around you from getting the Flu.

#### What are Flu symptoms?

- Fever
- Headache
- Muscle pain
- Extreme tiredness
- Runny nose
- Sore throat & cough
- Breathing problems/Chest discomfort

#### How do I stay Healthy?

- Get plenty of rest
- Keep hydrated
- Eat fresh foods with lots of vitamins
- Wash hands frequently
- Stay home if quite unwell (coughing, sneezing, fever) to break cycle of transmission
- Get the Flu shot

#### I don't ever get sick, why should I be concerned?

We can carry the germs for the Flu and not get sick from it. That means that we can spread the illness to others around us without knowing it. Elders, newborn babies, people with weakened immune systems, and those with chronic conditions can have serious complications from getting the Flu.

**Don't let the Flu happen to you,** and come visit your friendly Community Health Nurses to get your Flu shot. Those around you,

including elders, people with weak immune systems, children, and babies depend on it. Do your part to keep the Adams Lake community healthy.



#### Handwashing is important!

The age old advice of the importance of washing our hands still holds true. Handwashing is an important way to break the cycle of transmission of germs by washing them down the drain.

**Get your Zzzzzzz's.....**Getting a proper amount of sleep helps our immune systems fight off infections.





# Sun Peaks Resort

## 2016/2017 Lift Ticket/Pass Program



### Kamloops & Area First Nations

If you are an *Adams Lake Indian Band Member*, this program is as follows:

1. Authorized band members can purchase a Sun Peaks Season Pass **for \$325 plus GST**. These passes will be discounted regular season passes with an authorization form only.

### OR

2. Authorized band members can receive **up to 5 complimentary lift tickets** over the 16/17 winter season. A designated person from the Band Office must book the individuals in advance through AnneMarie Dill or Alecia Stevens in Guest Services. Please see **Crystal Kelly** at Health Centre for Authorization Form. Upon arrival the individuals must check in at Guest Services to pick up their tickets or pass and complete their waiver. Guest Services will have a list of authorized individuals from AnneMarie and a sign-in sheet.
3. Rental Equipment will be available for these same groups on the following basis: Comp standard rentals for mid-week, non-holiday periods. The price differential between standard and high performance will be charged for an upgrade. For holidays and weekends (Friday to Sunday) rentals will be discounted by 50% off the rack rate for either standard or high performance.
4. Children's Groups for the Bands will be complimentary for lift, lesson and rental. Chaperone comps are on a 1:20 basis for secondary school groups, 1:10 for elementary school groups and include lift passes only. These groups must be booked in advance through the Sales and Marketing Coordinator (Pauline Domanski) and will be limited to mid-week and non-holiday periods unless specific permission is granted from Darcy Alexander.

**Please contact Crystal Kelly at Health Centre  
for copy of the Authorization Form.  
Phone (250)679-7726.**

## You're Joking

- Q - What did the mother broom say to the baby broom?  
A - It's time to go to sweep.  
Q - What do you do when your chair breaks?  
A - Call a chairman.  
Q - What has one horn and gives milk?  
A - A milk truck.

### *Save Paper/ Keep Informed*

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

*Call Karen at (250)679-8841 or  
toll free 1-877-679-8841*

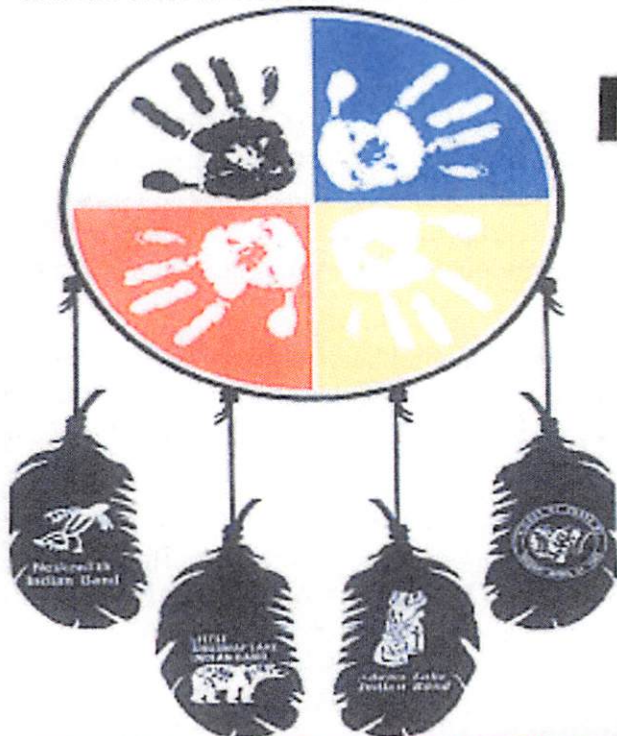
*Can also check out our website  
[www.adamslakeband.org](http://www.adamslakeband.org)*



# NAAAW

## National Aboriginal

## Addictions Awareness Week



## Nov. 14-18/16

- Guest Speakers all week
- Door Prizes drawn at each event!
- Free Events and food provided
- Rides available call ALIB 250-679-7726
- Culture is HEALING!

Co-sponsored by:

Adams Lake Band, Little Shuswap Lake Band, and Neskonlith Band

### Monday, Nov. 14:

#### **Neskonlith Band**

Open Ceremony  
at Hall-Welcome  
& Wellbriety  
discussion w/  
Charlotte Manual  
11am-2pm  
Lunch provided  
Contact: Mary  
Walsh  
250-679-3295

### Tuesday, Nov. 15

#### **Switsmalph IRS Log Building**

Flint Knapping &  
Medicine Bags  
Time: 5:30pm-9pm  
Dinner Provided  
Contact:  
Howard Shields  
250-2539900

### Wednesday, Nov. 16:

#### **Chase High School**

Student Health Fair  
10am-2pm  
Contact:  
Allison Dickenson, RN  
250-679-3295

### Thursday, Nov. 17:

#### **Little Shuswap Lake Band**

Bonfire at Cultural  
Site: Gambling  
presentation by  
Roxanne Lesperance  
4pm-7pm  
Traditional Lahal Game  
Dinner provided  
Contact: Rachel  
250-679-3702

### Friday, Nov. 18:

#### **Adams Lake Band**

Comedian & Dinner  
Closing Ceremony  
2:30-5pm workshop  
Broken Circle Addiction  
5:30-6:45pm Dinner  
7-9pm Don Burnstick  
Contact: Jeromy  
250-679-7726

**Alcohol & Drug Free Events! Committee is not  
responsible for injury, loss, or stolen items.**





## Neskonlith Indian Band

Box 318, Chase, BC V0E 1M0  
Phone (250) 679-3295 Fax (250) 679-5306  
www.neskonlith.org



October 19, 2016

Attention: Respected Leadership and Members of the Secwépemc

The purpose of the "Secwépemc Fallen Warriors Veterans" day to be held at the Adams Lake Band Gym on November 6<sup>th</sup>. 2016 is to bring our veterans and their families together for recognition and acknowledgement of their suffering, sacrifice, contributions for our People. Overall First Nations participation in Canada's war efforts was proportionately higher than that of any other group, they fought these wars and came back to our communities without any recognition or acknowledgement.

For many years our Secwépemc Veterans have been neglected by both the federal and provincial governments, the Veterans have many health, housing and social issues that need to be addressed and this must start with our own leadership. It is time for our Secwépemc Veterans and their respective families to have a day for honouring and healing within our nation. National Aboriginal Veterans Day is held annually on November 8<sup>th</sup> in Canada and in BC in the lower mainland the event has been held the Sunday prior to Remembrance Day. Therefore Sunday November 6<sup>th</sup>. was selected for the upcoming "Secwépemc Fallen Warriors Veterans" day. On this day the Secwépemc Veterans and their families will share their experiences and bring greater understanding to us all for the work needed towards healing historical trauma and health for our communities. Please take time on Sunday, November 6<sup>th</sup>. to participate and support our "Secwépemc Fallen Warriors Veterans" and their families.

Respectfully,



Kukpi7 Judy Wilson

Did you know . . . . .

Some fun facts



**Did you know** dreamt is the only word that ends in mt

**Did you know** Switzerland eats the most chocolate equating to 10 kilos/person/year

**Did you know** each time you see a full moon you always see the same side

**Did you know** the average human brain contains around 78% water

**Did you know** a 1 minute kiss burns 26 calories

**Did you know** crocodiles never outgrow their enclosure

### Recognition & Honouring Our Secwepemc Fallen Warriors Veterans Day

Sunday, November 6th, 2016, 9:00 am at

Chase Community Hall,

547 Shuswap Ave, Chase, BC

Lunch provided

Neskonlith, Adams Lake and Splatshin Indian Bands





# Sahhaltkum Daycare

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

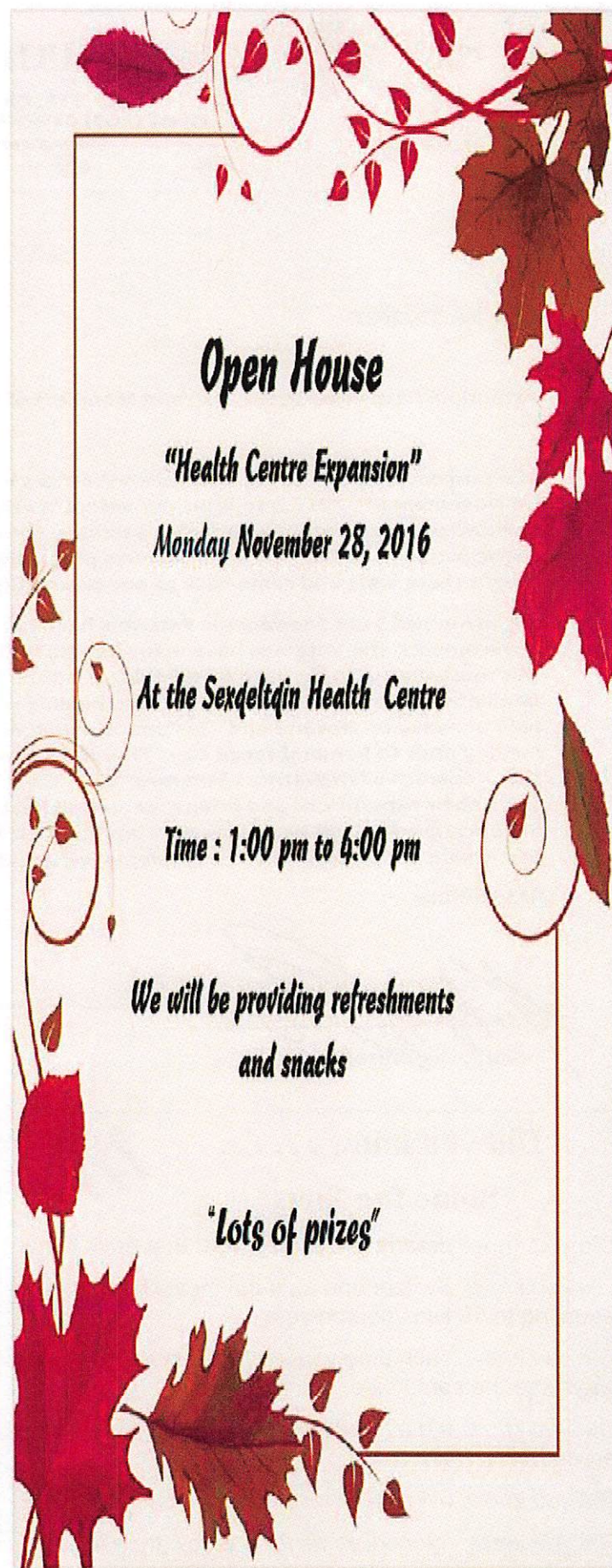
250-679-2229  
or 250-679-8841

- 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](http://www.PageBorders.net)



# Open House

*"Health Centre Expansion"*

**Monday November 28, 2016**

**At the Sexqeltqin Health Centre**

**Time : 1:00 pm to 4:00 pm**

*We will be providing refreshments  
and snacks*

*"Lots of prizes"*



## Matt the Counsellor



**New Day and time: Every Second Sunday** starting Oct. 23

Oct. 23, Nov. 6, 20th, Dec. 4 etc.

**ALIB Health Centre (Chase):**

Meal 2:30-3:00 pm

Scheduled session times: 3:00 - 5:30 pm

**Switsemalph Learning Centre (Salmon Arm):**

Meal 6:00 pm-6:30 pm

Scheduled session times: 6:30-9 00 pm

Please call 778-471-5058 or 250-320-0846 to schedule sessions

I also provide telephone sessions for those who need to talk sooner or can't make Sundays

Meals and sessions are free :)

## Note: Date change to first Wednesday of every month

### Title & Rights Information Session

Wednesday November 2, 2016

Adams Lake Band Gym

#### Agenda:

- ♦ 3:00 – 5:00 pm  
Genealogy
- ♦ 5:00 – 6:00 pm  
Supper
- ♦ 6:00 – 8:00 pm

Info Session Draft Agenda

## Adams Lake Indian Band



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

Contact the Cstélneec 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.





## Title & Rights Information Session

Thursday, November 17, 2016

Pierre's Point Log Building

Glen Eden

### Agenda:

- ♦ 3:00 – 5:00 pm  
Genealogy
- ♦ 5:00 – 6:00 pm  
Supper
- ♦ 6:00 – 8:00 pm

Info Session Draft Agenda

Puzzle Solution © OnlineCrosswords.net

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

**Qelmuwetkwe**  
People of the Water

Master Shuswap storytellers Kenthen & Lyle Thomas will transport you to the world of legends of the "People of the Water".

*Dinner Theatre*

EVENING SHOWS  
November 4 & 5

LUNCHTIME MATINEE  
Sunday, November 6

**Quaaout**  
Lodge & Spa  
At Talking Rock Golf Resort

FOR RESERVATIONS OR INFORMATION:  
1.800.663.4303  
QUAAOUTLODGE.COM

4 COURSE DINNER & SHOW \$59  
OVERNIGHT PACKAGES FROM \$229\*  
(includes dinner, show, & accommodation)  
\*Taxes not included.



# Elk Hunting in the East Kootenays 2015/2016 Hunting Seasons

Please see letter from the Shuswap Band.



RR 2 3A-492 Arrow. Rd

Invermere, BC, V0A-1K2

Ph: 250.341.3678 Fax: 250.341.3683

Email: [info@shuswapband.net](mailto:info@shuswapband.net)

September 1, 2015

To All Shuswap Nation Chief, Council and Nation Members:

## Re: Elk population in the East Kootenays

At a meeting of concerned parties it was determined that the Elk population in the Findlay Creek and Skookumchuck area is in serious decline. The Elk herds will need a minimum two years of restricted hunting to bring the population back to a healthy number. Present at this meeting, there was representation from Ministry of Forests, The Columbia Kootenay Conservation Officer and Bob Jamieson, a representative involved in the elk count for the East Kootenays.

Shuswap Band Chief and Council ask that all First Nation hunters follow the regular Elk hunting season for a minimum of two years. It is important that all concerned, native and non-native, abide by these regulations designed to preserve the Elk populations for future generations.

We are requesting the Shuswap Communities, by consensus, agree to the rules in place for the 2015 hunting season. Specifically in the Skookumchuck and Findlay Creek hunting areas. The rules are as follows:

1. Permit Only Hunting for all First Nations members wishing to hunt in the East Kootenays, will be \$ 30.00 (thirty) dollars. For 1 Elk, or 1 moose, and a deer, either Whitetail or Mule deer. These permits will be issued by the Shuswap Band Titles And Rights Department.

Please contact Rosalita Pascal at (250) 341-3678 Monday – Friday, or submit written requests to

RR#2 3A- 492 Arrow road, Invermere B.C. V0A-1K2. Electronic submissions can be made by request to [rpascal@shuswapband.net](mailto:rpascal@shuswapband.net)

2. All hunters will be required to report to the Shuswap Band of their intentions to hunt.

3. All hunters not permitted; will have their animals removed and given to the local First Nations for supporting community membership.

4. All proper documentation must be provided to local Conservation Officers at their request.

5. A notice of our guidelines along with the statement that: if we do not regulate hunting; there will be no Elk left to hunt. This will be sent out to all Bands.

6. All Elk taken from the East Kootenays must be reported to the Shuswap Band.

7. There will be no hunting after December 1 for the 2015/2016 hunting seasons.

The Shuswap Nation and Ktunaxa Nation are working together and in cooperation with the Province of BC to maintain the Herds.

It is important that we all understand the urgency and immediately implement a strategy to save the Elk populations in this region. This is a problem that we all share and we need to work together on a plan to fix it. We seek your support in developing a mutually agreed upon course of action so that we may stand united in our negotiations, with the Province of British Columbia and/or other levels of government on this matter.

Shuswap Band

Chief and Council

Invermere B.C.

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Chief Barbara Cote

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Councillor Tim Eugene

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Councillor Rosalita Pascal



# Chief Atahm School Christmas Craft Fair

Saturday November 26th, 2016

Time: 9:00 a.m. to 2:00 p.m.

Place: Adams Lake Gymnasium

Loonie Auction

Holiday  
Craft  
Fair

\$10.00 a table, to book a table call: 250-679-8837

All proceeds go to year end field trips



## GUN LICENSE INTEREST

Sexqeltqin Health Center is looking for people interested in taking the Possession Acquisition License (PAL) course. (non-restricted) You get a PAL by taking the CFSC (Canadian Firearms Safety Course) and passing the written and practical tests. By passing this course and once you receive your PAL card you can purchase guns and ammo (non-restricted) Please contact the Health Center and leave your name and contact number with front desk. (250)679-7726.

Submitted October 20, 2016

### Expression of Interest to Purchase Land

Adams Lake Band member looking to purchase acreage to develop a hobby farm, small modular home and horse paddocks.

If anyone interested in selling a portion of their land? Preference is for Salmon Arm area but will look at Chase area also. Please phone 250-517-0306

Kukstsemc!

\*Shawna Nevdoff\*



## **Frequently Asked Questions**

### **Election Rules – Community Panel**

- Q. What is the history of the Community Panel and how did it come into existence?**
- A.** The Community Panel was in existence as far back as 1999 when the election rules were approved by Band membership
- Q. What is the role of the community panel?**
- A.** The Community Panel shall consist of five (5) elected members of which a quorum is mandated to make decisions on all appeals and petitions held to dispute an Election or any petition(s) to remove a Band Council member(s) from the office of Band Council; held in accordance with the ALIB Election Rules.
- Q. When can a Council member be removed from Office?**
- A.** Band Council member/s may be removed from office on one or more of the following grounds:
- a) he/she has violated the ALIB Election Rules; or
  - b) he/she has breached their Oath of Office.
- Q. How does the Community Panel remove a Council member from office?**
- A.** The community panel as per its terms of reference must make a decision on whether there are facts to substantiate the removal of a council member due to a breach of their oath of office.
- Q. How do we make changes to the Community Panel?**
- A.** As per Part 28 of the Adams Lake Indian Band Election rules,
- a) the Electoral Officer recommendations for change of the ALIB Election Rules, submitted to the Band Manager; or
  - b) a petition signed by not less than ten (10) ALIB Members requesting an amendment to the ALIB Election Rules submitted to the Band Council; and
  - c) a majority of the Electors present at a General Band Meeting who voted the ALIB Election Rules be amended.
- Q. Can a Council member appeal the decision of Community Panel as per their Oath of Office?**
- A.** As per the Council's members Oath of office  
Item 7 the Council member declares to abide by: "I will comply with the Community Panel's decision for removal from office."
- Q. Is the decision of Community Panel subject to a judicial review?**
- A.** All decisions of a Community Panel made under these Rules shall be final and binding and not subject to appeal or judicial review in any court provided, however, that an application for judicial review by an appellant or petitioner, as the case may be, or an Elector, shall lie to the Federal Court of Canada upon the grounds that the members of the Community Panel:
- a) failed to observe a principle of natural justice or otherwise acted beyond their jurisdiction;
  - b) erred in law in making their decision, whether or not the error appears on the face of the record; or,
  - c) based their decision on an erroneous finding of fact made in a perverse or capricious manner or without regard for the material before them.
- 23.18 An application for judicial review under Section 85.1 (2) of the Indian Act shall be made within 30 days of a decision being rendered by a Community Panel.
- Q. What are the next steps after a Removal and to fill the vacant seats?**
- A.** As per Part 27 in the Secwepemc Election Rules a by-election shall be held within sixty (60) days on a date set by the Electoral Officer.

If you have more questions please refer to **Re Cstélnec Secwépemc Tkweníple7tn 2014 Adams Lake Secwepemc Election Rules on the Adams Lake Website: [www.adamslakeindianband.org](http://www.adamslakeindianband.org)**





# Don't Let the Flu Get to You

## Make Prevention Contagious!

*Your immunity benefits the entire community!*

### Drop-In

**A flu immunization clinic will be held at:**

*Sevgi Ugin Health Centre  
Chase*

*Sweet's Maple (Glencairn)*

*Wed NOV 9*

LOCATION

*Tuesday NOV 8*

*Wed NOV 16*

*Tuesday NOV 15*

*Wed NOV 23*

*Tuesday NOV 22*

DATE

*1-4 pm for  
all days*

*1-4 pm for all  
days*

TIME



ImmunizeBC

For more information about the influenza (flu) vaccine call HealthLinkBC at 8-1-1 or visit [www.ImmunizeBC.ca](http://www.ImmunizeBC.ca)



# New Programs Being Offered By the Shuswap Hospice Society

Ste. #4 – 781 Marine Park Dr.

## Caregiver Support Group

The Shuswap Hospice Society will be offering Caregiver Support sessions starting **Wednesday November 9, 10am – noon**. All caregivers welcome.

Each Wednesday for 6 weeks. FREE

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## Bereavement Support

### Share your Story

Join others and share your story, support each other in the process. The Shuswap Hospice Society is offering bereavement group support sessions starting **Thursday November 10, 1pm – 3 pm**.

Each Thursday for 6 weeks. FREE

Drop In – Check It Out!!

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To learn more or to register please contact:

Judy: 250-832-7099 or email: [judy@shuswaphospice.ca](mailto:judy@shuswaphospice.ca)

### Ingredients

#### For the chicken:

- 1 pound skinless, boneless chicken breast tenders
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 3/4 teaspoon salt
- 3/4 teaspoon ground black pepper

#### For the soup:

- 3 tablespoons olive oil
- 3 large carrots, peeled and diced
- 3 stalks celery, diced
- 1 very large onion, finely diced
- 8 cloves garlic, minced
- Big pinch of salt
- (1) 32 oz container chicken stock
- 4 cups water
- 1 bay leaf
- 2 cups noodles of your choice,
- Juice of 1 lemon, plus more for serving
- 1/4 cup to 1/2 cup fresh dill, chopped



## Chicken Noodle Soup

### Instructions

1. Preheat oven to 375 degrees. Place chicken tenders in a large baking dish lined with parchment paper. Drizzle with 2 tablespoons of oil and sprinkle with spices. Place in the oven and bake for 25 minutes, flipping the chicken at the half way point. Once cooked, pull into small chunks using two forks.
2. While the chicken is roasting, prepare the soup.
3. Heat olive oil in a large, heavy bottomed soup pan over a medium flame. Add carrots, celery, and onion, and cook - stirring occasionally - for 8-9 minutes. Add garlic and salt and cook for another minute before adding the bay leaf, water and chicken stock. Increase heat to high, bring soup to a boil, then reduce heat to medium-low, stir in noodles, and simmer for 10 - 15 minutes, or until the vegetables are soft and the pasta al dente. Stir in cooked chicken, dill, and lemon juice. Taste soup to adjust seasonings, then serve at once.





SEXQEL'TKEMC  
TE SELWEPENC

NOVEMBER 19 & 20, 2016  
STS PEOPLE'S ASSEMBLY  
SPLATSIN CENTRE



## STS People's Assembly, Host: Skat'sin (Neskonlith Band)

### YECWEMINMIN

Caretakers of the Land. The current STS is comprised of three (3) community governments: Splatsin, Sk'at'sin (Neskonlith Band) and Sexqel'tqin (Adams Lake Band), who work collectively to share responsibilities for stewardship of the land, protection of Secwepemc territory and the management and sharing the natural wealth. Skat'sin is hosting the 2016 STS People's Assembly at Splatsin Community Centre. Come join and learn what projects are happening. 8 AM to 6 PM Saturday, 8 AM to 1 PM Sunday

### STS UPDATES

- STS Presentation and Overview
- Ministry of Transportation and Infrastructure
- Energy
- Environment
- Land
- Water
- Door prizes
- Lunch and snacks
- Agenda to follow

WWW.STS-LAKES.CA

Sexqel'tkemc Secwepemc Lakes Division  
MAILING ADDRESS  
400 RICHMOND STREET, 2ND FLOOR  
PHYSICAL ADDRESS  
107-110 BURNHAMTHORPE STREET, CHESHAM, BC V6S 2M2



***"It is time for a renewed, nation-to-nation relationship with First Nations peoples."***

-Prime Minister Justin Trudeau



# Governance Engagement Session Quaaout Lodge

**The momentum is building.**

Secwepemc Nation we are asking for your participation in helping to re-establish our traditional way of governing ourselves. Join the movement. Share your vision. Every voice matters.

**Saturday November 26th 2016**

**10:00am—4:00pm**

Quaaout Lodge (1663 Little Shuswap Lake Rd )

**Door Prizes &  
Youth Prizes!**

**Story of Porcupine by  
*Kenthen Thomas***

**Bring your hand drums!  
Lunch Provided!**



**For more information contact Shuswap Nation Tribal Council  
Tel. 778-471-8209 Email. [artcoordinator@shuswapnation.org](mailto:artcoordinator@shuswapnation.org)  
[www.shuswapnation.org](http://www.shuswapnation.org)**



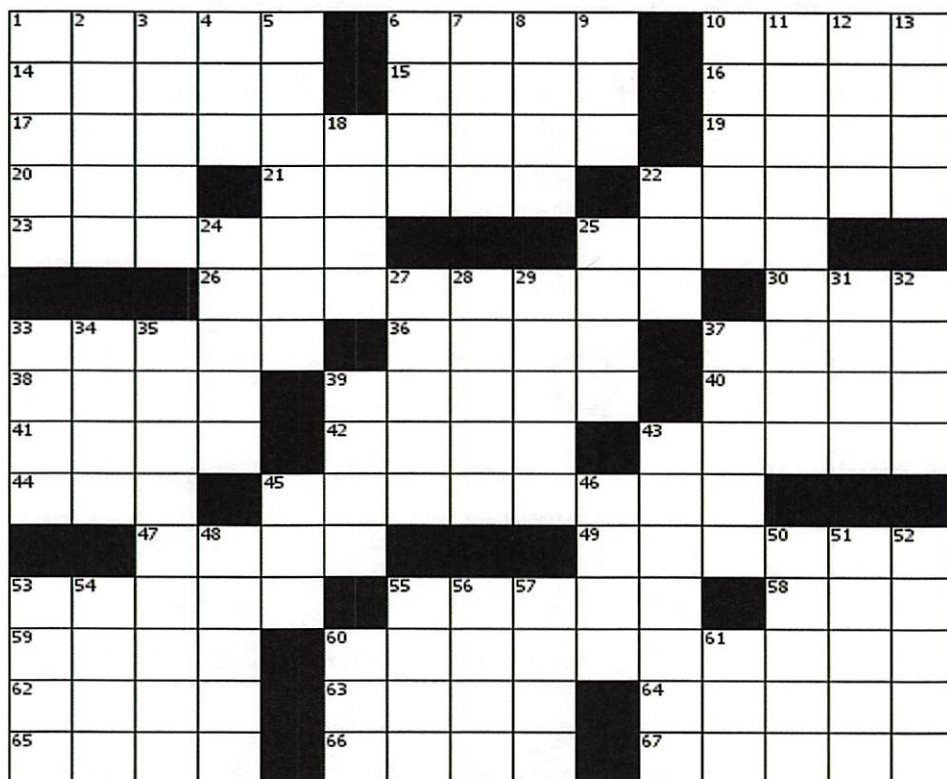
**Shuswap Nation Tribal Council**





## Across

1. Traditional saying
6. Capital of Norway
10. Assist
14. Command
15. Adjacent
16. Eternally
17. \_\_\_\_ agent (2 wds.)
19. Fishing string
20. Chef's unit (abbr.)
21. Selected
22. \_\_\_\_ bear
23. Shrewd
25. Absent
26. Safety harness (2 wds.)
30. Gun rights group (abbr.)
33. Speedy
36. Nylons
37. Boric \_\_\_\_
38. Mideast country
39. Ascend
40. Blend
41. Ice mass
42. Forfeit
43. Ocean currents
44. Made a lap
45. Fireproof material
47. Nevada town
49. \_\_\_\_ Bunny
53. Korean, e.g.
55. Neck parts
58. Wedding vow (2 wds.)
59. Curtain holders
60. Alamo locale (2 wds.)
62. Pen
63. Prophetic sign
64. Vote into office
65. Went fast
66. Politician \_\_\_\_ Gingrich
67. Takes five



## Down

1. Main artery
2. Gown
3. Modify
4. Toothpaste form
5. Constructed
6. Upon
7. Oceans
8. Tardy
9. Crude mineral
10. Actress \_\_\_\_ Hunt
11. Exemplified
12. Loan
13. The hunted
18. Mets' old stadium
22. Small child
24. Consuming
25. Happiness
27. Pulsate
28. Idaho's capital
29. Double curves
31. Agitate
32. Finds a sum
33. Teases
34. Vicinity
35. Quail's kin
37. Wrong
39. Likewise
43. Breakfast appliance
45. Columnist \_\_\_\_ Landers
46. Youth
48. Comforted
50. Fork features
51. Decree
52. Plant anchors
53. Circle segments
54. TV "opera"
55. Appoint
56. Over again
57. Gasp
60. Mama's boy
61. Spanish cheer

**Answers page 12**

## Household Hints & Tips

- Yuck!! Found a bottle or sippy cup with soured milk that was left in the car? Wash it out thoroughly with hot soapy water, then twist a piece of newspaper up and put it inside and screw the top on, the newspaper will absorb the odor in about a week or so.
- This is an old time home remedy, keep a bottle of Witch Hazel on hand along with a package of cosmetic pads. When your little one falls and bumps their head, soak a cosmetic pad with Witch Hazel and place it on the bump. It will take the swelling down and help prevent bruising. Witch Hazel is located on the first aid aisle usually near the rubbing alcohol.







**Lest We Forget**

**ALIB WAR VETERANS**  
**WORLD WAR I (1914-1918)**

Alex Joseph Arnouse  
Frank Baptiste Sampolio  
Able Sampolio  
August Soulle Sr.

**WORLD WAR II (1939 – 1945)**

Tony Anthony  
Peter Arnouse  
David Edward Charles Sr.  
Willie Johnny  
Charlie Leon-Kenoras  
Wilfred Kenoras  
Francis Michel  
George Michel  
Nazaire Sampolio  
Harry Sampson  
Joe Sampson  
August Soulle, Jr.  
Chuck Williams

**KOREAN WAR (1950 – 1953)**

David Charles  
Roy Johnny  
Frank Sampson  
Raymond Narcisse

**HOME GUARDS**

Michael Anthony (WWII); Nick Paul (WWII); &  
Nels Kenoras





## Ne Flanders Field

m-suk'wtes re tsiquw te sulén'sem,  
nerí7 ne sk'mews.t.s restekts'enwécw te  
stital.

Tsq'ey'-kucw nerí7.

Ell ne st'íqt

setsínem le spipyú'y'e...

ta7 k m-sqnímentem tek swet.

Witsín le m-st'qupt.s le swelwelmin'k.

M-qwtseq-kucw

Ta7 k sq'7es le-m-w7écwes-kucw.

Wiktem-kucw re sceqtwín...

ell wíkem-kucw le k'lucw te  
skwék'w7es

Xwewistém-kucw le k'wséltktens...

ell xwexwistels-kucw ell.

K'énmell pyín tsmol-kucw

ne tspenp'éns re Flanders Field.

Yews e newí7 pyín...

kellpékst-kucw

Yerí7 stseq'míctst te kwen'p

Tqéltkes k swísen-tp

E llépen-tp-kucw

ta 7 me7 s7etícs-kucw

we7 k'últes nu7 k tsiquw tek sulén'sem

ne Flanders Field

## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies  
grow  
In Flanders fields.

## ADAMS LAKE INDIAN BAND

### WOULD LIKE TO TAKE THIS TIME TO REMEMBER

#### AND HONOUR OUR SECWEPENC VETERANS

It is a day to remember those who gave their lives  
in war so that we may live with freedom and  
peace. However, it's not only a time to remember  
those who lost their lives, but a time to remember  
ALL veterans who fought for freedom.



# Upcoming Meetings/Events

## **Secwepemc Language Classes every Tuesday**

Nov. 1, 8, 15, 22 and 29 at Chase, BC. Dinner at 5:30 pm at Adams Lake Recreation & Conference Centre; Class at 6:45 pm at Chief Atahm School. Welcome all ages and levels of learners. Learn the Secwepemc language in a fun, stress free way. Come early and have dinner in the language too. FMI contact Kim at (250)679-8837.

## **Title & Rights Information Sessions Chase, BC**

Wed. Nov. 2nd (note date changed to first Wednesday of each month) at Adams Lake Recreation and Conference Centre in Chase, BC. 3 to 5 pm Genealogy; 5 to 6 pm Dinner; 6 to 8 pm Information Session. FMI call Dave at (250)679-8841.

## **Daylight Savings Time Ends**

Sun. Nov. 6 at **2:00 AM** clocks are turned **backward** 1 hour to **1:00 AM** local standard time.

## **Title & Rights Information Session Salmon Arm, BC**

Thurs. Nov. 17th at Pierre's Point Log Building, Glen Eden. 3 to 5 pm Genealogy; 5 to 6 pm Dinner; 6 to 8 pm Information Session. FMI call Dave at (250)679-8841.

## **National Aboriginal Addictions Awareness Week**

Mon. Nov 14 to Fri. Nov. 18th. Co-sponsored by Adams Lake, Little Shuswap Lake and Neskonlith Indian Bands. Guest Speakers all week.; door prizes; free events and food provided; culture is healing. Rides available call ALIB (250)679-7726. See event poster display in *Cstèlnec Newsletter* for complete list of events, locations and times.

## **CAS Christmas Craft Fair**

Sat. Nov. 26 at Adams Lake Recreation & Conference Centre, Chase, BC. From 9:00 am to 2:00 pm. Loonie Auction, holiday crafts, \$10 a table, to book a table call Chief Atahm School at (250)679-8837. All proceeds go to year end field trips.

## **Secwepemc Governance Meeting**

Sat. Nov. 26 at Quaaout Lodge, Chase, BC From 10am to 4 pm. Learn more and share your thoughts on a Nation to Nation relationship with Canada. FMI contact Sally at SNTC (778)471-8209.

## **Open House Health Centre Expansion**

Mon. Nov. 28 at Sexqeltqin Health Centre, Chase, BC From 1:00 pm to 4:00 pm. Refreshments, snacks and lots of prizes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	Holiday 3	Holiday 4	5	6
Elders Craft night, Elders room Chase 5-8pm Potluck 7	8	9	10	Elders lunch Sxwetsmellp 12:00 noon 11	12	13
Elders Craft night, Elders room Chase 5-8pm potluck 14	15	Off in Lieu of Sun. Nov 20th 16	17	NAAAW Don Burnstick workshop & show ALRCC 2-9pm 18	StS community meeting 7am-6pm 19	Sts Community meeting 9-5pm 20
Elders dinner, Chase Elders room 5:00-6:30pm 21	22	Off in Lieu of Sat. Nov 19th 23	24	25	Governance meeting ALRCC 9-2pm 26	Chief Atham Christmas craft fair 9-2pm 27
Off in lieu of Nov 26 <sup>th</sup> 28	29	30	Secwepemc Elder Council location TBA 10-2pm 1	Off in lieu of Nov 27 <sup>th</sup> 2	1	2

## NOVEMBER 2016 ELDERS EVENTS/ACTIVITES

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

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

## NOTES:

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

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