

HAPPY NEW YEAR

FROM KUKPI7 PAUL FERGUS MICHEL



“As Kuk’pi7 (Chief) of Adams Lake Band, I will promote excellent governance, fairness, accountability, traditional values, professional standards, and respectful leadership that will promote and honour our Adams Lake elders, community, parents, families, children, and our future generations.”

I want to re-introduce myself to the Adams Lake Band community. My parents are the late Joseph Michel and Anna Michel. My siblings are Tim, Art, Ken, Maureen, Janice, Peter, Kathy and Denise. Strong family background with a wife, Mavis Erickson, and one son Darcy Erickson, three daughters that include Jessica Erickson, Laura Evans (Michel), and Soo Yinka Erickson-Michel, and three grandsons Jared Erickson, Andras Evans, and Galileo Evans.

Thank you to the Adams Lake Band membership and I am wishing everyone balance and harmony for 2017. I am also sending my condolences to all the families impacted by our large number of funerals in the Chase area. We are reminded that Life is so very precious and that we need to continually be sources of respect, support, and love for each other.



**Adams Lake Indian Band Offices
will be closed on Mon. Feb. 13th
for BC Family Day.**

**Re-open on
Tues. Feb.
14th
at 8:00 am.**



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Do you want a chance to win

200 dollars!?

When you fill out an injury surveillance report and hand it in to the Health Centre you will be entered into our draw for 200 dollars!!

The report is 100% confidential.

You can get forms at the Health Centre reception

We collect data to keep track of what types of preventable injuries are happening in our community

From there we can plan workshops and info sessions

For more information you can contact Grace at 250.679.7726

Status Cards

Notice



The Membership Clerk has received notice that we will receive a limited supply of status card paper stock. So until further notice Status Card services will be for Adams Lake Indian Band Membership only.



Weytk;

The Adams Lake Elders Group has monthly meetings/dinners and occasional local and out of town trips. If you are over the age of 60, and would like to become involved with the Elders group, please call Daidri Marr, Elders Coordinator 250-679-7726 (Ext 2372) with your name and telephone number. I try to personally call as many Elders beforehand to invite to the Monthly meetings/dinners. Please keep an eye out for the monthly Elders calendar as well, I post it in the weekly & Monthly newsletters. I want to make sure no one misses out on the fun.

Kukstemc;

Daidri Marr
Elders Coordinator
Sexqeltqin Health Center

A Place To Be a **MAN**

A safe space to encourage other men in health and wellness

Man CAVE

Open for males ages 14+

Supper starts @ 5pm

For More Info

JEREMY BIRON:

(250) 679-7726

**ALIB HEALTH CENTRE
THURSDAY FEBRUARY 9TH AT 5PM**

Wilderness & Remote First Aid



The ultimate first aid for outdoor adventurers. Whether you snowmobile, bike, hike, quad, kayak or work outdoors, you will be prepared for any first aid emergency. This course covers the basic level of Wilderness and Remote First Aid, Standard First Aid and CPR plus realistic, hands-on, outdoor scenarios to practice your skills. Learn to recognize and treat cuts, burns, sprains, strains, head trauma, spine injuries, GI (Gastral intestinal) problems, shock, hypothermia, frostbite, heat illness, medical emergencies and more. Also covered is providing extended care for up to 24 hours, stretcher building, multiple casualty management and evacuation planning. Portions of the course are taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.

The schedule for the course is:

February 10th – 5:30 – 9:30 pm in classroom

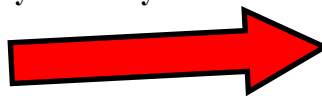
February 11th – 9 am – 6 pm, supper break from 6 – 8 pm and then night scenarios from 8 – 10 pm (entire day outdoors)

February 12th – 9 am – 5:30 pm (all outdoors)

SEXQELTQIN Health Center is looking for community interest on bringing this important training to the community. If you would like to take this course and over 18 years of age, please call the health center and ask for Robin Murphy or Jeromy Biron for any inquires. 250 679-7726



**Housing Applications Renewals Due
By February 01 to stay on the wait list.**



Rent To Own/Rental Housing Applicants

Application for Housing to be renewed between January 01 and February 01, yearly. Housing Committee fiscal year is January 01 to December 31, yearly. It is the applicant's responsibility to ensure their application is kept updated with current information.

Failure to do so will result in your application being considered inactive and subsequently removed from the waiting list and department files.

Adams Lake Indian
Band

Housing Department
Phone (250) 679-8841

LEARN TO RUN A 10 KM!!!

Come join us throughout the week as we follow the SportMed Aboriginal Run/Walk training schedule for the winter months and beyond! Our goal is to accomplish a 5km or 10 km run/walk in the spring. We will be training indoors and outdoors with different groups to suit your time preference.

For more info join us for a meeting on January 23rd 2017 at 6pm at the ALIB gym. If you didn't make the meeting, you are still welcome to participate **starting January 30th, 2017.**

Please Contact Sandy Lund 778-257-4123

or Alisha Billy 250-852-3625



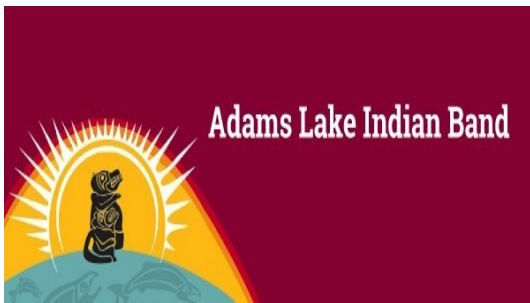
Crawl



Walk



Run



Adams Lake Indian Band

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

Contact the Cstélnec Newsletter Team:

Karen Everard

CCSP/Communications Co-ordinator

Bernadette Dennis

Administrative Support

Mail PO Box 588,

Chase, BC V0E 1M0

Office 6453 Hillcrest Rd,

Chase, BC V0E 1M0

Phone (250)679-8841

Hours Monday – Friday

8:00 am to 4:30 pm

Email keverard@alib.ca

Web www.adamslakeband.org

Closed weekends and holidays.



Notice

Administration Office Changes



Happy New Year 2017

During the Winter Break, some office changes took place at the main Administration Building in Chase, BC. Over the last year there have been many discussions on how we can build on our respectful workplace. To address some of the concerns in regards to membership confidentiality when dealing with financial matters and safety concerns raised by employees. In making these changes we took the opportunity to create a more open and welcome lobby/waiting area. We are in the process of placing comfortable furniture and information about our community. We have also added some doors that will remain open unless they need to be locked for security reasons.

Finance Department moved to the other end of the building to assist in members feeling more comfortable when dealing with financial matters, and to decrease some of the traffic and noise that is present with a busy department like Finance.

As well the Lands Department has been moved to the Finance area. At this point it is a little crowded as we work through digitizing our lands files, but there is a process being developed to improve all of our document management. We really appreciate the staff with this transition.

We look forward to greeting you and serving you all. Please drop by, have a coffee and say hi.

Please stop at Main Reception Desk area and Receptionist will be glad to assist you.

Kukstemc (thank you)

Celebrating Secwepemctsin

COMMUNITY LANGUAGE LEARNING EVENTS
JANUARY & FEBRUARY 2017

Secwepemc Bingo & Language Meeting

Date: Monday, January 30

Time: 6:30 - 9:30 pm

Location: ALIB gym

Bingo and brief meeting to discuss language needs in the community

Secwepemc Place Names

Date: Monday, February 20

Time: 7:00 - 9:00 pm

Location: Chief Atahm School

Learn place names through games, mapping, and activities

Secwepemc Singing

Date: Sunday, February 5th and 12th

Time: 1:00 - 2:30 pm

Location: Qweqwešišiten (Spiritual Centre)

Have fun singing songs and hymns in the

Secwepemc Language Feast

Date: TBA

Time: TBA

Location: Chief Atahm School

The language feast gives Secwepemc speakers a chance to brainstorm words and phrases based on themes

Advanced Learn to Tell a Story

Dates: Saturday, February 11 from 9 - 2 pm

Monday February 13 from 3 - 6 pm

Saturday, February 18 from 9 - 2 pm

Location: Chief Atahm School

Registration is required. Phone Chief Atahm School 250-679-8837

For More Information:

Contact: Robert Matthew

Ph: 250-819-5010

Chief Atahm School: 250-679-8837

Adams Lake Indian Band Membership Data Base



Adams Lake Indian Band Communication Department is asking all Band Members to ensure to advise Band Office of any changes in your contact information. It is important for the Band Office to have up to date information of our Membership. A membership data base is maintained confidentially, with membership's name, address, phone numbers, email addresses etc. We use this data base to send out important documents to keep you informed about upcoming referendums, draft laws, elections and other news relevant to our membership. The responsibility lies with Band Members to notify any changes in their contact information.

Please see **Update Contact Information/Communications List Form** on page 9. Or can visit our website www.adamslakeband.org under the tab Departments/Communication, scroll down to bottom of page to find **Update Contact Info Form**. May also phone in on toll free number 1-877-679-8841 to give information over the phone.

Kukstemic (thank you)

Karen Everard

Community Planning/
Communications Department

Are you an Adams Lake Member living off reserve looking for a copy of ALIB Monthly Newsletter?

Each issue, as well as past issues are posted on the website:
www.adamslakeband.org

- Or you can subscribe to be added to our mail or e-mail list
- Fill in Contact Information/

Communications Department

PO Box 588
Chase, BC V0E 1M0



Adams Lake Indian Band
Toll Free:
1-877- 679-8841



Next issue of
Cstèlnec Newsletter
Thurs. Feb. 23, 2017

Deadline to submit
submissions
Thurs. Feb. 16 by
1:00 pm

ALIB Health & Wellness Happenings

Attention SA Clients

All February paperwork (ie: declarations and employment forms, current bills etc) are due in to Crystal by 4:00pm Wednesday February 15.

Cheque issue for March will be on February 22.

Good food boxes for February SA clients will be delivered on **February 16**

Please be sure you are home to sign for your good food box!

Chase Supper Club

Reminder Supper club is every Wednesday for the month of February
At the ALIB Hall

Supper is served at 5:30pm
Contact Daidri for more information at 250-679-7726 ext 2372



Youth Worker Trainings

Reminder we are having Youth worker training sessions every 2 weeks! These trainings are ideal for parents, family members, caregivers and those interested in working with youth, everyone is welcome to join in!!

**Our next session is on February 3 @ 9am
& February 17th at 9am**

Lunch and snacks are provided! **Please Let Crystal know if you are interested in attending, you can attend one or all of the sessions! :)**



Grand opening

1:00 to 3:00 pm
Early Years Open house and
Grand opening!!

Join us on Friday February 10th at the ALIB Head Start
Come learn what Early Years Centre is all about



Sunpeaks Passes.

All ALIB band members are eligible for 5 complimentary lift tickets at Sunpeaks!!

If you are interested please contact Crystal at 250-679-7726 ext 2213

Please note Sunpeaks does require 24 hours notice! If you are in need of rentals. Rentals are complimentary during the week and available for a 50% discount on weekends & holidays

Free! Everyone is Welcome
 Intermediate
 “Level Two” Secwepemc
 Language Classes

xwexweytec

setsine

STSILLEN

Kukstsemc

Secwépemctsin

TUESDAYS

Dinner @ 5:30 pm
Adams Lk Band Gym
Class @ 6:30 pm
Chief Atahm School

LEARN LANGUAGE THROUGH ACTION FOR INTERMEDIATE

Learn the Secwepemc language in a fun, stress-free way.

Come early and have dinner in the language too!

For more information contact Kim at Chief Atahm School 250-679-8837 or caschool@alib.ca

Learn Secwepemctsin Words

Chief Atahm School (CAS) has archived and teach our language using **First Voices** web based tools and services . On this web-site 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.

Rabbit



seqwyíts

Secwepemctsin

(Eastern Dialect)

English

scúyet

ice

séwllkwe

water



Cheap Family Game Night Ideas



Consider hosting a good old-fashioned game night. It's so much fun to get together with family or friends and just laugh the night away, without spending a dime. There are plenty of ways to keep the cost of game night low while keeping the laughs going. Here are some cheap ideas for your next game night.

Spoons

This game is played by sitting in a circle with one less spoon in the middle than there are participants (kind of like musical chairs). Each player starts with 4 cards in their hands. The goal is to get 4 of the same rank. As a deck of cards is passed around the circle one card at a time, your goal is to find a desired card and then discreetly exchange it for one you want to discard from your hand. Once you get 4 cards of the same rank, discreetly get a spoon from the middle. When other players notice that a spoon is missing from the middle, they all must attempt to grab a spoon as quickly as possible in order to not be the only one left without one.

Charades

You can never go wrong with a classic game like charades. Simply split into teams and then have one person from each team act out a movie, book, or TV show to see who can guess the answer.

Telephone

One person starts the game by whispering a sentence into the ear of the person sitting next to them. They whisper what they think they heard to the person on the other side of them. This continues until the sentence gets to the last person. At that time, the person says out loud what they think they heard. This is a great game for kids, particularly for kid's birthday parties, but adults can have fun with it too.

Pictionary

Create your own game set with a white board and some fun words to draw written on small pieces of paper. Hear laughter when your team can't decipher if what you are drawing is a banana or an airplane.

Game of Things

One person is "it" and will make up question and will say a statement that will have **a thing** as the answer, e.g. "Things you shouldn't do at work," Everyone then writes on a piece of paper something that shouldn't be done at work, such as sleep. "It" then collects all the answers and reads them out loud. Then, go around the room letting people guess a match up of a person and an answer. If they are correct, that person gets a point and the person whose answer was guessed is out. Continue going around the room until one person is left. That person gets three points.

Other suggestions include a game of Hide and Seek, colour together, or tell stories, kids love stories about their parents' childhood.



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/Communications List Form

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 _____

Subscribe to ALIB Member Communication List

Please check 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 communications from Adams Lake Indian Band?
 - ☐ Email ☐ Mail ☐ Phone ☐ ALIB Website ☐ 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
Email: keverard@alib.ca

Kukstemc
Karen Everard,
Community Planning and Communications Coordinator

Household Hints & Tips

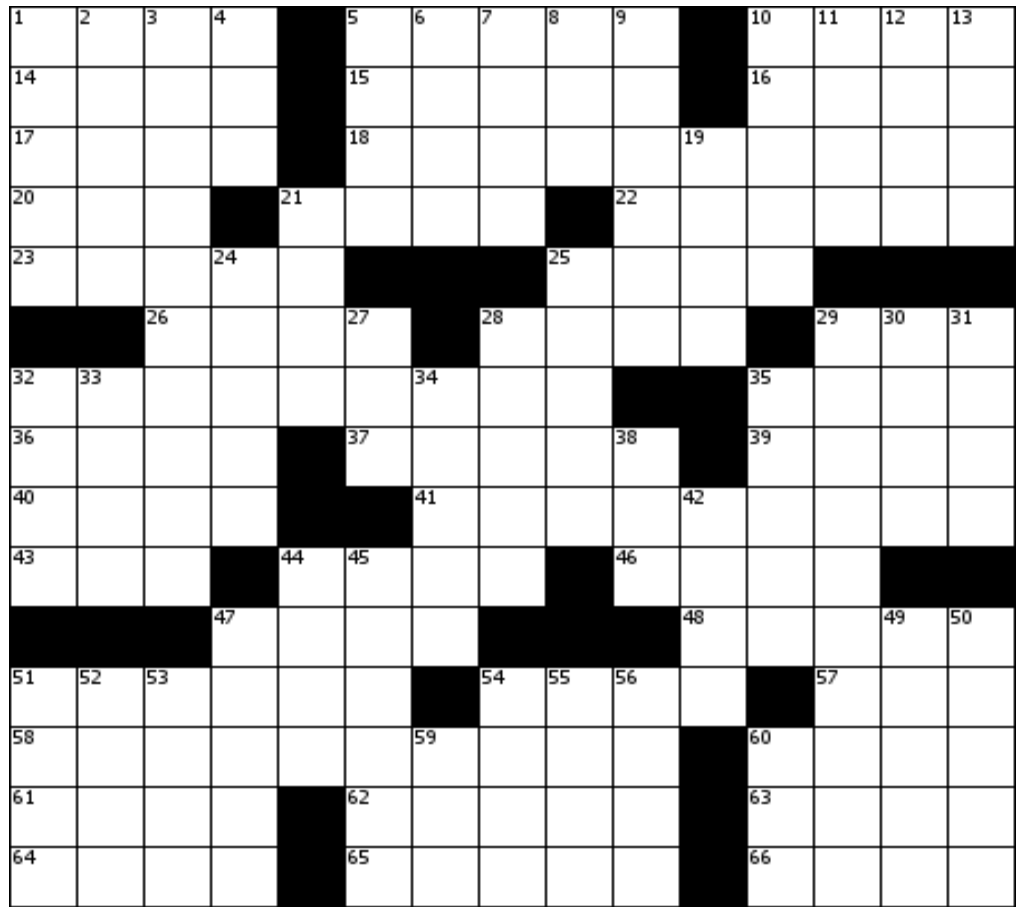
- Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem, they'll ripen faster and go brown quicker.
- Wrap cheese chunks in aluminium foil and store in the fridge to keep your cheddar fresher for longer and to keep mould out.
- To reheat a pizza so that the base is crisp, heat your leftover slices in a fry pan on low-medium heat on the stove until warm and say goodbye to soggy microwave pizza.
- Tired of the smell of your trash bin? Toss a dryer sheet on the bottom next time before you add your next bag and you should get a fresher smell.

Happy
Valentine's
Day

YOUR THE POW TO MY WOW
THE FRY TO MY BREAD
THE CHOKE TO MY CHERRY
THE STAR TO MY QUILT
YOU NEVER JUDGE ME, ONLY
SMUDGE ME
AND THAT'S WHAT I LOVE
ABOUT YOU!

Across

1. "Heidi" setting
5. Bridle straps
10. Show the way
14. Hide-and-_____
15. Criminal burning
16. Car part
17. Hindu dress
18. Strong belief
20. Sixth sense (abbr.)
21. Suit part
22. "_____ in Pink"
23. Yonder
25. Fleshy fruit
26. Exhaust
28. Injure
29. Church bench
32. Gymnastic
35. Surrender
36. Tidy
37. Photocopier liquid
39. Lyric verses
40. New Jersey team
41. Concurrence
43. Wind dir.
44. _____ and shine!
46. River barriers
47. Exported
48. Lucifer
51. Overacted
54. Modeling material
57. Baseball stat
58. Occupation
60. Roaring feline
61. Understood
62. Honking bird
63. Roof overhang
64. Wrongdoings
65. Makes eyes at
66. Singles



Down

1. Resource
2. Dog's tether
3. Commit (a crime)
4. Go downhill
5. Track event
6. Greek god of love
7. Negative contraction
8. Election mo.
9. Hidden gunman
10. Subsequently
11. Outlet
12. Scads (2 wds.)
13. Refute
19. Stuff
21. Part of speech
24. Uprisings
25. Trotter's kin
27. Consume
28. Door joint
29. Walker
30. Eve's garden
31. Actress Mae _____
32. "The Diary of _____ Frank"
33. Mediocre grades
34. Breakfast bread
35. Punctuation mark
38. Maroon
42. Not difficult
44. Rod and _____
45. Deep blue
47. Hearty soups
49. Higher than
50. Dressed to the _____
51. Antlered animals
52. Skirt length
53. Kiln
54. Refrigerate
55. Be defeated
56. Citrus drinks
59. Pig
60. MGM lion

Answers Page 13

You're Joking!

Q - How does a lion greet the other animals in the field?

A - 'Pleased to Eat You'

Q - What do you get if you cross a skunk with a bear?

A - Winnie the Pooh.

Q - What is a parrot's favorite game?

A - Hide and Speak.

Q - Why did the turtle cross the road?

A - To get to the Shell Station.

Q - What is the definition of a slug?

A - A snail with a housing problem.



Did you know

Some fun facts

???

Did you know rubber bands last longer when kept refrigerated.

Did you know when water freezes it expands by 9%.

Did you know the winter of 1932 was so cold that Niagara Falls froze over completely.

Did you know the dot on top of the letter 'i' is called a title.

Did you know all pilots on international flights identify themselves in English regardless of their country of origin.

Did you know clouds fly higher during the day than at night.

???

OPPORTUNITY OF A LIFETIME!

FUNDRAISER

FOR

SALMON ARM SECONDARY RUGBY TEAM

TO TRINIDAD AND TOBAGO

RUGBY TOURNAMENT

MARCH 2017



HOUSE BINGO STARTING

FRIDAY JANUARY 27TH 6PM

AT THE BLUE BUILDING IN PIERRES POINT (SWITS 6)

EVERY FRIDAY

PLEASE CONTACT: MELISSA KENORAS AT PH: 604 655 4557

OR

LUCY WILLIAMS AT 250 832 6437



**Adams Lake Indian Band
Elders Dinner/Meeting**

Location: Chase Elders room

Date: Monday, February 20th, 2017

Who: ALIB Elders 60 +

Time: 5:00 pm-6:30pm
Dinner starts at 5:00 pm sharp

Please call Daidri Marr
if you have any items for the agenda.
250-679-7726 (Ext 2372)

dmarr@alib.ca



PINK SHIRT DAY

Wednesday, February 22, 2017

Help put a stop to bullying.

Wear Pink Shirt.

Please stop by Sexqeltqin Health Centre,
Chase, BC to pick up a pink shirt or Call
(250)679-7726



Fun Facts and Interesting Trivia About Groundhogs

- Groundhog Day is celebrated in Canada on February 2 each year.
- Groundhog Day in Canada focuses on the concept of a groundhog coming out of its home in mid-winter to “predict” if spring is on its way in the northern hemisphere.
- The average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. Punxsutawney Phil weighs about 20 pounds and is 22 inches long.
- Groundhogs are covered with coarse grayish hairs tipped with brown or sometimes dull red. They have short ears, a short tail, short legs, and are surprisingly quick. Their jaws are exceptionally strong.
- A groundhog's diet consists of lots of greens, fruits, and vegetables and very little water. Most of their liquids come from dewy leaves.
- A groundhog can whistle when it is alarmed. Groundhogs also whistle in the spring when they begin courting.
- Insects do not bother groundhogs and germs leave them alone. They are resistant to the plagues that periodically wipe out large numbers of wild animals. One reason for this is their cleanliness.
- Groundhogs are one of the few animals that really hibernate. Hibernation is not just a deep sleep. It is actually a deep coma, where the body temperature drops to a few degrees above freezing, the heart barely beats, the blood scarcely flows, and breathing nearly stops.
- Young Groundhogs are usually born in mid-April or May, and by July they are able to go out on their own. The size of the litter is 4 to 9. A baby groundhog is called a kit or a cub.
- A groundhog's life span is normally 6 to 8 years. Phil receives a drink of a magical punch every summer during the annual Groundhog Picnic, which gives him 7 more years of life.



GROUNDHOG DAY THURSDAY, FEBRUARY 2, 2017

IF GROUNDHOG SEES ITS SHADOW ON FEB. 2ND IT WILL RETURN TO ITS BURROW, INDICATING THAT THERE WILL BE SIX MORE WEEKS OF WINTER. IF IT DOES NOT SEE ITS SHADOW, THEN SPRING IS ON THE WAY.



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*



Round-up

Early Years

Kindergarten Information Lunch

Tuesday February 7 at 11:30 to 1:00

* Adams Lake Health Centre Boardroom

*For parents of children entering Kindergarten. What parents should know and the changes to curriculum.

*Presentation by School District #73 Early Learning Coordinator / Aboriginal Resource Teacher and Early Childhood Educator

You're Joking

Q - What do you call a groundhog who eats too much?

A - A roundhog.

Q - Where does the snowman hide his money?

A - In the snow bank.

Q - What is orange and sounds like a parrot?

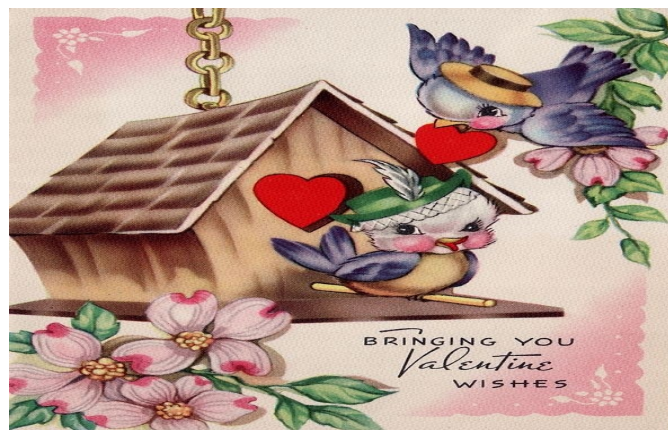
A - A carrot.

Q - What do you call a grumpy hockey player?

A - No more, Mr. Ice Guy.

Q - What does a skeleton use for skating?

A - Its shoulder blades.



Puzzle Solution © OnlineCrosswords.net

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



The moment you realize
It's still not Friday

More pics on www.obstacol.com



Sesame Chicken for Slow Cooker



Ingredients

1 1/2 pounds skinless, boneless chicken breast halves
 1/2 cup honey (use less if not like too sweet)
 1/4 cup soy sauce
 2 tablespoons ketchup
 2 tablespoons dried minced onion
 1 tablespoon vegetable oil
 1/2 teaspoon garlic powder
 2 teaspoons cornstarch
 3 tablespoons water
 sesame seeds, or to taste

Serve over Basmati Rice

Add Ons

- Add some veggies carrots, broccoli, chopped green peppers(last 30 mins)
- Add some red pepper flakes

Directions

1. Spread chicken into the crock of a slow cooker.
2. Stir honey, soy sauce, ketchup, minced onion, vegetable oil, and garlic powder together in a bowl; pour over the chicken.
3. Cook on Low until the chicken is tender, 3 to 4 hours. On High for 1.5 to 2.5 hours.
4. Remove chicken from the sauce in the slow cooker to a cutting board. Remove the sauce into a pot on stovetop. Stir water and cornstarch together to dissolve cornstarch completely; pour into the sauce until smooth.
5. Cook on Med-High until slightly thickened, about 10 minutes.
6. Cut chicken into bite-size pieces and stir into the sauce. Sprinkle sesame seeds over the chicken and sauce mixture.



Busy Day Lasagna

"This is for after holidays, when we're all 'turkey' out and a quick meal for busy days. Enjoy our new 2017 from our family to yours!"

Joyce Kenoras

Ingredients

- 1 lb ground beef
- Ragu sauce
- 12 oz. cottage cheese
- 1/2 cup parmesan
- 10 oz. lasagna noodles
- 1 lb mozzarella cheese

Optional Pepperoni

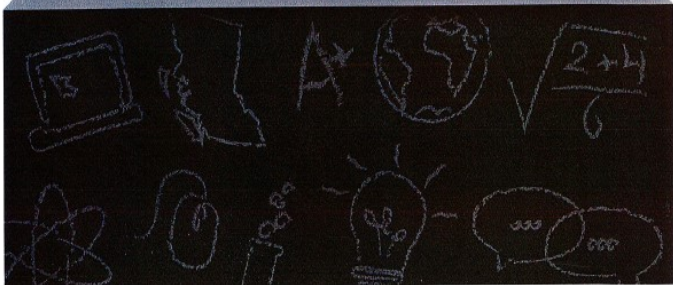
Directions

Layer in 9x13 pan, noodles, cottage cheese, meat, cheese and repeat with cheese on top.

Bake at 375 for 30 minutes.

Your Kid's Progress

Have Your Say on Report Cards



British Columbia's new school curriculum is making sure students are ready to succeed in our changing world. The Ministry of Education wants parents to share how they want to learn about their child's progress from kindergarten to Grade 9. Everyone welcome.

ATTEND A COMMUNITY MEETING TO LEARN MORE

Details:

HENRY GRUBE EDUCATION CENTRE
245 Kitchener Crescent, Kamloops BC
Monday, January 30th, 2017
5 pm – 8 pm

For more information please visit:
engage.gov.bc.ca/yourkidsprogress/



SCHOOL DISTRICT NO. 73 (KAMLOOPS/THOMPSON)
JANUARY 24, 2017

FOR IMMEDIATE RELEASE



Parent Engagement: Your Child's curriculum has changed, and the way we report your child's progress is changing too.

School District No. 73 (Kamloops/Thompson) and the Ministry of Education are hosting a community meeting on **Monday, January 30th, 2017**, to share thoughts about B.C.'s revised curriculum and how student learning will be communicated to parents.

Between 5:00 pm and 8:00 pm, an Open House will be held at the Henry Grube Education Centre, where parents and community members can provide their input on what information they would like to see on student report cards.

From 7:00 pm to 8:00 pm, the Ministry of Education will address parents' questions and seek your input on student reporting. This portion of the program will be video-conferenced to rural secondary school sites at Logan Lake, Clearwater, Chase and Barriere.

Your voice will make a difference. Your ideas about what would make student reporting better are valuable and we want to hear your thoughts. We look forward to speaking with you on Monday, January 30th, 2017 beginning at 5:00 pm at the Henry Grube Education Centre, 245 Kitchener Crescent, Kamloops, BC.

Chase & Area Parents can attend this information sharing session via video conference at Chase Secondary School from 7:00 to 8:00 pm.

Fast Track to Office

This tuition **FREE** training program is designed to prepare students for modern entry-level administrative positions, or to upgrade the skills of individuals who have previously been employed in an administrative capacity but whose skills are no longer current. Coursework will include technology training and basic office accounting, both manual and computer-based.

To be eligible for this FREE training program applicants must be:

- Unemployed (or employed with low-skills)
- Not eligible for Employment Insurance
- Legally entitled to work in Canada
- A resident of British Columbia
- Not be a student (i.e. enrolled in high school or other post-secondary training)
- Not participating in another LMA funded program
- Participants can also be Employed but Underemployed

This 15-week program runs Monday through Friday at Okanagan College.

Program Dates:

Salmon Arm: Feb. 20 - Jun. 2



For more information
please call 1-888-831-0341, ext. 8285
or email mekline@okanagan.bc.ca



Funding provided by the Government of Canada
through the Canada-British Columbia Job Fund.



CONTINUING STUDIES



Kindergarten Registration

To be eligible for attendance in kindergarten in September 2017, a student must be five years of age by December 31, 2017. Please bring your child's original birth certificate, CareCard and a proof of address with you when registering

SCHOOLS OF CHOICE REGISTRATION DATES

January 30 - February 3

9:00 am to 12:00 pm and 1:00 pm to 3:00 pm

*Please register anytime during this period. This registration is
NOT first come, first served.

Schools of Choice Information Night
Wednesday, January 18, 2017
Henry Grube Education Centre, 6:30 pm

Schools of Choice will register as follows:

Kamloops School of the Arts (Grades K-12)

*Bert Edwards Science & Technology School
(Grades K-6)*

*Montessori at Aberdeen Elementary
(Grades K-6)*

*French Immersion at Lloyd George
Elementary (Grades K-1)*

*French Immersion at South Sa-Hali
Elementary (Grades K-1)*



KINDERGARTEN REGISTRATION DATES **(Neighbourhood Schools)**

February 14 - 20

9:00 am to 12:00 pm and 1:00 pm to 3:00 pm

Parents are strongly encouraged to register
children for kindergarten on these dates.

Kindergarten Information Night
Thursday, February 9, 2017
Henry Grube Education Centre, 6:30 pm



Round-up

Save the Date

Thursday, February 9th, 2017

Time: 6:30 – 8:30 pm Place: Henry Grube Centre

- For: Parents of children who are entering Kindergarten
- Subject: Learn about Kindergarten and Child Care
- Presentations by: School District #73 Early Learning Coordinator and Aboriginal Resource Teacher and Early Childhood Educator
 - Community resources and early childhood supports

MAKE Children First

*Please refer to School District No. 73 Policy 300.1 School Boundaries and Student Transfer Requests and Policy 706.2

Education Choice: Enrolment for clarification regarding school boundaries and enrolment in Schools of Choice.

Information on the catchment areas is available on our website: www.sd73.bc.ca

Youth Worker Trainings

At the ALIB Health and Wellness Centre

Health and Wellness are working on an exciting, informative series of trainings ideal for those who are, or are interested in working with youth. These workshops are open for all to attend. Attend one or all. Certificates will be given after each training!

January 6: Addictions and Youth

"Being Proactive for Change"

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

January 20: Bullying

"A Proactive and Preventative approach"

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

February 3: Addressing Challenging behaviour in youth

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



February 17: Facilitating Gender and Sexual Identity in youth

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

March 3: Delivering Presentations & Workshops for youth

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

March 17-18: Youth Workshop

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

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

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



Do you have a BC driver's license between Class 1-4?

Specifically: Class 1, Class 2, Class 3, Class 4 (unrestricted)

Adams Lake Indian Band is currently updating their Driver's list. By being on this list, you may be asked to drive a passenger van for out of town or local events. Honorariums will be paid for Driver's with these qualifications. A Driver's abstract will be required.

Please contact Daidri Marr at the Sexqeltqin Health Centre 250-679-7726 (Ext 2372) to submit your name or for more information. dmarr@alib.ca

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. **See notice to the right** for dates scheduled for trips to Sun Peaks Resort.

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



SUN PEAKS
RESORT

CANADA'S ALPINE VILLAGE



Fun at Sun Peaks Resort Skiing or Snowboarding

Monday December 12th, 2016

Monday January 9th, 2017

Monday and Tuesday February 6th and 7th, 2017

Monday March 6th, 2017

Departure at 7:00 am from ALIB Gym (6:00 am at
Swits youth center) Return at 7:00 pm

To Qualify:

1. Priority to Adams Lake Band members, limited seats in Van.
2. Youth ages 10 plus
3. Must take full day lessons for all first-time skiers or snowboarders
4. Must fill register/waiver forms, presets (height, weight, age, shoe size, ride style or skier type) and handed in, by the 30th of November and to Tim Johnson, or Sandy Lund (778-257-4123)
5. Cost \$10 for dinner and must bring own lunch.
6. ALIB members get 5 free lift tickets and free Equipment rentals during the week, on the weekend you will receive equipment rentals at half price. If you would like more info on using the free lift tickets, please contact Crystal Kelly at the health center 250-679-7726

Canned moose meat, salmon, deer stew handed out to heal, create connections in Vancouver

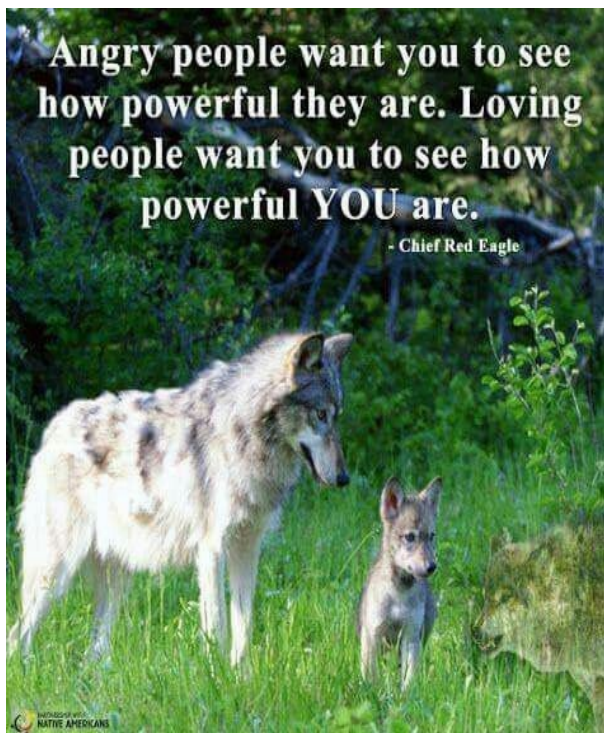
BANDS FROM INTERIOR FIRST NATION DO EXTRA CANNING OF HARVEST TO HELP THOSE STRUGGLING IN CITY

Reprinted By Chad Pawson, [CBC News](#) Posted: Jan 14, 2017 8:59 PM PT Last Updated: Jan 14, 2017 8:59 PM PT

Many diners were happy, bannock tacos were on the menu at a special dinner hosted by the Downtown Eastside Neighbourhood House in Vancouver Saturday, but were even more surprised to be given a jar of preserved moose meat, deer stew or salmon to go with it. "This helps a lot because it's giving me some preserves that I really don't get," said Donna Bird. "I mean you never get a canned moose." More than 600 jars of the different kinds of meat, berries and even a special salve to ease muscle pain were provided by members of the Secwepemc First Nation, who live around Kamloops, B.C. See more at <http://www.cbc.ca/news/canada/british-columbia/dtes-community-feast-preserves-first-nations-1.3936563>

Photo: Adams Lake Indian Band
donated jars of canned salmon





Be Inspired! WOMEN'S ENTREPRENEUR CONFERENCE

SEXOELTOIN HEALTH CENTER CAN
FUND 10 LADIES FROM ADAMS
LAKE INDIAN BAND, COMMUNITY
OR STAFF TO ATTEND THIS
CONFERENCE. PLEASE CALL
DAIDRI MARR AT (250)679-7726
(EXT 2372) OR EMAIL
dmarr@alib.ca TO SIGN UP.

Please note: cost of the registration
for conference is included. Travel
expense is not included.

SATURDAY, FEB. 4, 2017

Kamloops, B.C.
Coast Kamloops Hotels & Conference Centre
1250 Rogers Way Kamloops, B.C.

TICKET PRICES

To November 30, 2016 \$49.99
To December 31, 2016 \$79.99
After January 1, 2017 \$149.99

BOOKING A TABLE

Business \$99
Information \$99
Arts/ Crafts \$99

For More Information or to Register
Event Coordinator, Julie John 442 Victoria Street, Kamloops BC V2C 2A7
Phone: (250) 572 - 6215 Email: be.inspired.kamloops@gmail.com

THIS EVENT IS PROUDLY SUPPORTED BY



Youth Calendar for IR#4 (Chase) 2016 Sandy Lund 778-257- 4123 or slund@alib.ca						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar subject to change without notice	Youth are ages 7 to 18 years' old		1 JR. Girls Group grades 5 to 7 3pm to 5:30pm	2 Culture Club for youth ages 7-18, 3pm-5:30pm	3 Workshop at health center 9am to 3pm Short day in lieu of the 6th	4
5 	6 Snowboarding and Skiing at Sun Peaks MUST have pre-registered	7 Snowboarding and Skiing at Sun Peaks MUST have pre-registered	8 Off in Lieu of the 7th	9 Culture Club for youth ages 7-18, 3pm-5:30pm	10 SNTC youth council activity Must have attended the SNTC meetings	11
12	13 Office closed 	14 Office day <i>Happy Valentine's Day</i>	15 JR. Girls Group grades 5 to 7 3pm to 5:30pm	16 Culture Club for youth ages 7-18, 3pm-5:30pm	17 Workshop at health center 9am to 3pm Honor your health video presentation on bullying and dinner 5pm-8pm	18 Leadership and Empowerment training 11am to 8pm MUST pre-register
19	20 Sandy away on holidays till the 27th FYI: SNTC meeting 5:30pm-7:30pm	21	22	23	24	25
26	27 Off in Lieu of the 18th	28 Office day	1 JR. Girls Group grades 5 to 7 3pm to 5:30pm	2 Culture Club for youth ages 7-18, 3pm-5:30pm	3 Workshop at health center 9am to 3pm	March 4th SNTC youth canning 10am to 4 pm



Address : #1-2770 10th Ave NE, Salmon Arm, BC

January 2017



FITNEWS

Phone: 250-832-3200

Happy 2017 friends! We hope you had a wonderful holiday and spent time with those who are dear to you!

As we begin this New Year, we should take time to reflect and make some Healthier Living decisions. Eating better, exercising more, setting a routine that we can stick to, that our lifestyles can all accommodate. A one hour workout is only 4% of our day! We would like to help you reach your fitness, health and wellness goals this for 2016!



WOW - Women on WEIGHTS

A new sessions starts

Tues January 10

Tues & Fri 9-10 am

Or

Tues & Thurs 7-8 pm

2x per week \$140

1x a week \$85

40% off for members

Learn proper technique, format and different systems and more!

Twisted ankles, broken bones and concussions

are just some of the injuries one can sustain from a slip or fall on the ice. *Here are some ways to help protect yourself:*

- * Wear suitable footwear (low heels, ice/snow traction etc.)
- * Use handrails on the stairs
- * Take extra care when entering/exiting vehicles/buildings
- * Give extra time to get where you're going without rushing.
- * Walk around, rather than over snow banks.

Be safe everyone!

WEIGHT LOSS CHALLENGE

Starts January 9—Info sessions Jan 3 or 5 @ 6:30pm

3 steps DETOX, IGNITE & THRIVE

Includes: 3 mth gym pass, 3 month whole body vibration pass, 1 hour assessment, 2.5 hours Personal Training, Access to all our Group Fitness Classes and Women on Weights, Nutrition counselling, Recipe and food options, Private Facebook page and Weekly E-mails - **All for \$399**

January Special

Big Savings

20% off

**The Starter Special
Personal Training
and a
3 month Gym Pass**



CHASE SUPPER CLUB

Every Wednesday in the month of January & February 2017.

This supper club will be sponsored by the Sexqeltqin Health Center and hosted by Howard Johnson & Jannie Johnson. The Sexqeltqin Health Center is actively recruiting volunteers for this dinner. If you would like to make a lasting difference in our community by contributing your time, expertise and talents, please Daidri Marr (250)679-7726.

Kukstsemec!

Location:
Chase Band Hall

Beat the winter
blues with friends
& family!

Get together and
visit over dinner!

Every Wednesday
in the Month of
January &
February 2017

Dinner from
5:30-6:00 PM

SEXQELTQIN HEALTH CENTER

For more info please
contact Daidri Marr
(250)679-7726 ext 2372

EVERY WEDNESDAY:

Jan 4th, 11th, 18th & 25th
&
Feb 1st, 8th, 15th, & 22nd



Shuswap Nation Tribal Council

Youth Council Newsletter – January

Building the fire... a bright start to the New Year for the SNTC Youth Council!



The SNTC Youth Council met on Jan 16th 2017. It was a very productive meeting! The youth have great visions and ideas for the year ahead.

Samantha Myra was the youth representative for January and did a fantastic job. She began the meeting with a round of introductions and each youth shared something new about themselves with the group. Samantha provided a summary of the SNTC Chiefs meeting she attended earlier in the month. This provided a great foundation to have a productive Youth Council meeting. Kukstsemec for your hard work this month, Samantha!

One of the items on the agenda for discussion was about language. Samantha shared that Kukpij Ron Ignace at the Chiefs meeting asked about how we can get our young people to learn the language. After some discussion the youth decided that they will organize a language and culture workshop that will provide an introduction to Secwepemctsin while they learn how to jar salmon. The fish will be gifted to the Elders that attend the Secwepemc Governance Engagement meeting in March. This workshop will be available to SNTC Youth Council members only. Minnie Kenoras will be helping to teach how to jar fish and John Jules will help with teaching the language.

The youth also decided to host a rock climbing night that's open to all youth as a way to continue to build up their presence in the community and offer an opportunity for more youth to connect with each other. The activity will be held at the Cliffside Climbing Gym in Kamloops on Feb 10th from 6-8pm. Space is limited. RSVP to Sally; artcoordinator@shuswapnation.org or call 778-471-8209.

There will be a Youth Leadership Empowerment Day coming up on Feb 18th from 11am-8pm. \$25 gift cards will be provided to the first 20 youth to sign up. This day will provide an opportunity for youth to build and share their voice together. Stay tuned for more details on our Facebook page.



The meeting was closed with a smudge. There were many questions asked about why we smudge and how we smudge. At the next meeting, the council hopes to develop a seasonal plan for the coming year to help provide lots of opportunities to learn culture, develop skills, and build a strong Secwepemc youth circle. Gathering medicines, making moccasins, learning the language, and finding ways to give back to the community are all ideas shared that the youth would like to fit into their year plan. Georgia Jules will be the Youth Council Representative for February. Welcome Georgia!

Next Youth Council Meeting

Location: SNTC Board Room Date: February 20th, 2017 Time: 5:30-7:30pm

Dinner Provided – Travel Assistance Available

Like us on Facebook: SNTC Youth Council "Be The Change"

Chase ASETS Office have 4 courses upcoming:

1. Road builders program (4 Weeks)
2. Chainsaw basics with Dangerous Tree Assessor (1 Week)
3. Hospitality Tourism (FoodSafe, Serving it Right, WHIMIS , Cashier Training) (1 Week) and
4. Industry Safety (H2S Alive, Confined Space, Fall Protection, WHIMIS, Traffic Control, Forklift Training.) (1 week)

It should be noted that Training Allowance is NOT always given, we will do our best to provide the supports to those in need of support to attend training. All of these trainings will be happening in Chase area. Basic Eligibility for ASETS services include: Unemployed/ Under employed (working less than 21 hrs per week); Status/non status/ Inuit; Living on or off reserve; Over the age of 16; NOT a student and require a resume. Contact Alkina or Debbie at (250)679-2348 for an appointment.

ROAD BUILDERS & HEAVY CONSTRUCTION FOUNDATIONS PROGRAM INTAKES NOW!! 12 SEATS AVAILABLE! THIS IS A 4 WEEK PROGRAM



**FOR MORE INFORMATION:
CONTACT ALKINA OR DEBBIE @
CHASE ASETS OFFICE
250-679-2348**



Canada

CRITERIA
→ PHYSICALLY FIT
→ RESUME OR
CERTIFICATES OF
PREVIOUS TRAINING
→ SOCIAL INSURANCE
NUMBER
→ STATUS NUMBER
(IF APPLICABLE)
→ BE WILLING TO SIGN A
RELEASE FORM
→ UNEMPLOYED/ UNDER
EMPLOYED



INDUSTRY ORIENTATION
**CIVIL ENGINEERING
PRINCIPLES**
**TOOLS, EQUIPMENT
OPERATION AND
MAINTENANCE**
WORKSITE PREPARATION

**START DATE:
TBD**
**LOCATION:
CHASE**



CHAINSABASICS CERTIFICATION/ DTA TRAINING INTAKES NOW

WHEN:
Tentative Date:
February 6th, 2017

WHERE:
TO BE DETERMINED

For more information:
Contact Alkina or Debbie @
Chase ASETS Office
250-679-2348



Canada

CRITERIA
→ PHYSICALLY FIT
→ RESUME OR
CERTIFICATES OF
PREVIOUS TRAINING
→ SOCIAL INSURANCE
NUMBER
→ STATUS NUMBER
(IF APPLICABLE)
→ BE WILLING TO SIGN A
RELEASE FORM



RUSHCUTTING?
12 SEATS AVAILABLE



TOURISM AND HOSPITALITY TRAINING INTAKES NOW!! 12 SEATS AVAILABLE

WHEN TENTATIVE DATE:
MONDAY, FEBRUARY 20, 2017



WHERE:
To Be Determined
For more information:
Contact: Alkina or Debbie
250-679-2348



COURSES:
→ WHIMIS
→ FIRST AID LEVEL 1
→ FOOD SAFE LEVEL 1
→ SERVING IT RIGHT
→ WORLD HOST
→ SERVICE ACROSS
CULTURES
→ REMARKABLE YOU

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

**DO YOU REQUIRE
CERTIFICATION?**

**WOULD YOU BE
INTERESTED IN A
ONE WEEK
PROGRAM?**



Canada

Adams Lake Band Natural Resource Department
received funding from ASETS to support
WorksafeBC Level 3 First Aid Training.

Start February 6-17th, 2017

Exam February 18th, 2017 8:30am to 4:30pm
@ALRCC, 3 Spots Available

Criteria/Eligibility

Contact Debbie Sampson at (ASETS) 250-679-2348
to ensure ASETS criteria is met. Must be unem-
ployed/Underemployed (work less than 21/hr week)
May be eligible if on EI; Over the Age of 16; Not a
student.

Contact Valerie Michel 250-679-8841 to add name to
list than contact Debbie Sampson to set up appoint-
ment. **Deadline for approval is Feb 1st, 2017 at
4:30pm.**



Forest Operator Training

Program Locations:

Okanagan College – Salmon Arm Campus

2552 – 10th Avenue NE

Contact: Continuing Studies

Phone: 250-832-2126 x6503

Email: mekline@okanagan.bc.ca

Salmon Arm Course Schedule:

February 13 – August 11, 2017

Monday to Friday

Okanagan College – Revelstoke Campus

1401 1st Avenue West

Contact: Continuing Studies

Phone: 250-837-4235 x6503

Email: mekline@okanagan.bc.ca

Revelstoke Course Schedule:

March 6 – September 29, 2017

Monday to Friday

Participants eligible to receive training must be:

- Unemployed
- Currently on Employment Insurance or have been on Employment Insurance in the last five years
- Canadian citizen or permanent resident
- Legally entitled to work in Canada
- A resident of British Columbia
- Not be a student (i.e. enrolled in high school or other post-secondary training)
- Case Managed EI client; Must have employment needs assessed and determined eligible for the training program by a WorkBC Case Manager

Initial screening questions will be asked, and if initial eligibility is indicated, a personal screening interview will be set up with a case manager to make a final determination regarding eligibility and suitability for the training program.

Interested applicants for the program at the **Salmon Arm Campus** contact:

WorkBC Salmon Arm

310 Hudson Ave NE

(250)804-4770

Chase WorkBC

822 Shuswap Ave

(250)679-8448

Interested applicants for the program at the **Revelstoke Campus** contact:

WorkBC Revelstoke

117 Campbell Ave

(250)814-0244

Career development, over the course of 33 hours:

- Guest speakers from the forest sector
- Work Experience Prep
- Strength Finders
- Field Tours

Training, over the course of 266 hours, including:

- 2 day S-100 Fire Suppression
- 2 week Occupational First Aid Level 3 through WorksafeBC
- Initial 30 day New Faller training, New Faller Training program administered by the BC

Forest Safety Council

Work search strategies, over the course of 35 hours, including:

- Labour Market Information
- Networking
- Resumes
- Interviews and Mock Interviews

Program Description:

The Forest Operator – Faller Training Program is a comprehensive package, of hands on learning and vocational training in the forest industry. The program will include employability and occupational skills training, including: forest sector training, professional development, initial 30 day new faller training and on the job work experience.

The learner-centered, experiential program is practical and emphasizes the development of skills through lectures, group discussions, field sessions, and applied work experience. Included in the program are courses focused on a successful job search as well as a 10 week work placement with local employers.

After students successfully complete the initial 30 days of new faller training, they then complete up to 180 days of on-the-job training before applying for certification. As per WorkSafeBC Reg 26.22(1) a worker may not work as a faller in a forestry operation unless the worker receives training for falling that is acceptable to the Board and is certified in writing as a competent faller under this section.

While this training may meet 26.22(2)(a) taking basic training in falling trees by working one-on-one with a qualified faller or trainer for a period of not less than 30 days; further training and evaluation is required prior to being certified as a faller.

This process is strictly regulated. Contact the BC Forest Safety Council for further information.

The training program is comprised of:

- 24-35 instructional hours per week, for 16 weeks
- 10 weeks of work experience

Essential skills, over the course of 91 hours, including:

- Introduction for Training and Workplace Essential Skills,
- Business and Personal Success
- Successful Strategies in Reading Information
- Product/Operation Knowledge
- Successful Strategies in Measurements for the Trades
- Effective Communication
- Productivity and Advancement
- Communication Skills
- Conflict Resolution
- Working in Teams

Forest sector training, over the course of 63 hours, including:

- Field Training and Machines
- Wild Life Awareness
- Yard Operations

Forestry related skills, over the course of 21 hours,

- Technology in Forestry
- Risk Management
- Health and Safety Legislation

Upcoming Meetings/Events

PAL Course

Sat. Jan. 28 & Sun. Jan. 29 at Sexqeltqin Health Centre, 6424 Village Road, Chase, BC. For more information call (250)679-7726.

Title & Rights Information Session

Wed. Feb. 1 at Adams Lake Recreation & Conference Centre, Chase, BC. 3:00 to 5:00 pm Genealogy; 5:00 to 6:00 pm Dinner; 6:00 to 8:00 pm Info Session. FMI contact Dave at (250)679-8841.

Chase Supper Club

Wednesdays, Feb. 1, 8, 15, and 22nd at ALIB Band Hall, Chase, BC. 5:30 to 6:00 pm. Sponsored by Health Centre. Hosted by Howard & Jannie Johnson.

Addressing Challenging Behaviour in Youth Workshop

Fri. Feb. 3 at Sexqeltqin Health Centre, Chase, BC. From 9:00 am to 4:00 pm. 3rd workshop of several series of training. Ideal for those who are interested in working with youth. Please sign up with Crystal (250)679-7726.

Ski or Snowboarding at Sun Peaks Resort

Feb. 6 & 7 and Mar. 6th. Departure at 7:00 am from Adams Lake Recreation & Conference Centre (6:00 am at Swits youth centre). Return at 7:00 pm. For more details contact Crystal at 250-679-7726.

Intermediate Level 2 Secwepemc Language Classes

Tuesdays, Feb. 7, 14, 21 and 28th. Dinner at 5:30 pm at Adams Lake Recreation & Conference Centre. Class at 6:30 pm at Chief Atahm School. FMI contact Kim at (250)679-8837.

Man Cave

Thurs. Feb. 9 at Sexqeltqin Health Centre, Chase, BC. Supper starts at 5:00 pm. Open for males ages 14+, a safe space to encourage other men in health and wellness. FMI contact Jeromy at (250)679-7726.

Early Years Open House & Grand Opening

Fri. Feb. 10 at ALIB Head Start, downstairs at Sexqeltqin Health Centre, Chase, BC. From 1:00 to 3:00 pm. Come and learn what Early Years Centre is all about.

Band Office Closed - BC Family Day

Mon. Feb. 13 the ALIB Band Offices will be closed for BC Family Day. Re-open on Tues. Feb. 14th at 8:00 am.

Facilitating Gender & Sexual Identity in Youth Workshop

Fri. Feb. 17 at Sexqeltqin Health Centre, Chase, BC. From 9:00 am to 4:00 pm. 4th workshop of several series of training. Ideal for those who are interested in working with youth. Please sign up with Crystal (250)679-7726.

This page is provided to show upcoming meetings/events. All bookings are subject to change in the event of an emergency. Some of the above events may have a poster displayed here within **Cstèlnec Newsletter** with more details.