

Awaiting crowd, many with cameras ready to snap photos of the eagle’s flight.



Photos by Christine Eustache



Waiting in cage to take flight.



Eagle takes flight to his freedom

Eagle released back into the wild after rehabilitation

By Councillor Greg Witzky and Karen Everard

Back on December 4, 2016 Band Members Lorne Sampson Jr and Daylen Williams found a four year old male golden eagle at the Momich River. It had an injured wing, so they brought it home. We then asked the Kamloops Wildlife Park to help the majestic bird recover from injuries sustained. While this eagle was recovering over a three month period, it was responsible for a life saving blood transfusion of another eagle in care at the same time. On March 2nd, Sean from the Wildlife Park brought the healed eagle to Chief Atahm School, a crowd gathered to witness his release as he spread his wings and flew over the tree tops. The children ran after the eagle’s flight path to freedom. It was exhilarating and emotional to watch this ruler of the skies soar to freedom and return to his Secwepemc territory.

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Adams Lake Indian Band Offices
will be closed on Fri. April 14 &
Mon. April 17
For Easter long weekend.
Re-Open on Tues, April 18th
At 8:00 am.



Photo by Lindsay Eustache

L to R: Steve, Brooke, Deb, Linda from Safety Mart Foods, Chase and Peter Saul, Eva Saul and Charlie Andrew from ALIB, Sahhalkum.



Eva Saul of Chase, BC

She is *Safety Mart Foods* (Chase store) lucky winner of a **60 Second Shopping Spree**, drawn from all the in-store Great Grocery Giveaway entries.

Eva asked her son Peter to make the mad dash on Wed. March 1 at 5:00 pm. Eva went home with \$483.78 worth of groceries.

Watch the video of Peter running like crazy, posted on Safety Mart Chase Face Book page.



**Adams Lake Indian Band
would like to
welcome Shirley Kine
to the organization and the
community in your role
as Executive Director.
We are looking forward to
you joining our team
and wish you success at ALIB.**

Introduction Executive Director

Greetings. My name is Shirley Kine and I have recently accepted an offer from the Adams Lake Indian Band to be your Executive Director. I come to you from Alberta and I have more than ten years' experience working with First Nations communities. I have held positions in Economic Development and Band Administrator for two Alberta Bands. As well, I have recently been the cost control/contract administrator for a cement plant expansion for Lafarge Holcim.

My passion is in the area of development. This means I love to see staff develop, programs develop, economies develop and communities develop. I am excited about the potential I see within the Adams Lake Indian Band.

I have been involved in the Social Development plan for the Town of Canmore, Growth Management Strategy, the Canmore Tourism and Economic Development Strategy, the start up of the Stoney Nakoda Resort and Casino, the creation

of the Chiniki Community College to name a few projects. I have been appointed to the Canmore Police Committee, Family and Community Support Services and I have recently been involved with the provincial Victims Assistance Program as an advocate. My philosophy towards leadership involves inspiring everyone to be the best they can be. Mistakes are merely learning opportunities of which we can all grow from. I do hope to gather everyone together to begin steps to move forward. You should soon see the buzz of activity as committees start convening again, budgets are worked on, and we return to working on the Financial Administrative law. We do have considerable work to do but we are taking all the right steps to move things forward.

By actively listening to the community concerns. I do hope that we can begin to address the community needs and start shaping your future in the most positive way possible. I look forward to working with you.





Regina Agnes Arnouse

Memorial
April 1,
2017



Schedule

5pm- Feast
Sharing
Giveaway
Lahal/ Bingo &
Gambling

Adams Lake Recreation
Conference Centre (6349
Chief Jules Dr, Chase BC)

For more information or
Donations Contact:

Donna Jules
1-250-679-3468
Cliff Arnouse
1-250-679-8836

Food for Thought Tuesday

Submitted by
Elder Ethel Billy,

Sunday

God grant me the serenity to accept the things that can't be changed, the courage to change the things that can be changed and the wisdom to know the difference.

Monday

To watch the sun set in the west without regretting; to hail its advent in the east -the night forgetting; to have enough to share - to know the joy of giving; to thrill with all the sweets of life - is living.
(paraphrased)

Take time to think, it is the source of power; take time to play, it is the secret of perpetual youth; take time to laugh, it is the music of the soul; take time to love and be loved, it is a God given privilege.

Wednesday

I shall pass through this life but once. If, therefore, there is any kindness I can show, or any good I can do any fellow being, let me do it now. Let me not deter or neglect it, for I shall not pass this way again.

FOOD
FOR
Thought

Thursday

Begin the day with friendliness. Keep friendly all day long. Keep in your soul a friendly thought, in your heart a friendly song. Have in your mind a word of cheer for all who come your way, and they will greet you too, in turn, and wish you a happy day.

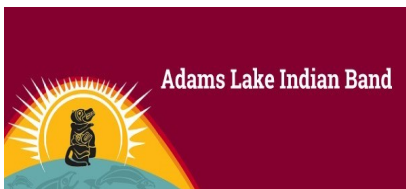
Friday

For everything there is a season and a time for every matter under heaven: a time to be born and a time to die; a time to break down and a time to build up; a time to weep and a time to laugh; a time to cast away stones and a time

to gather stones together; a time to mourn and a time to dance; a time to keep and a time to cast away. *Ecclesiastes 3:1-8 (paraphrased)*

Saturday

Friendship is the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring all right out just as they are, chaff and grain together, certain that a faithful friendly hand will take and sift them, keep what is worth keeping and with a breath of comfort blow the rest away.



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 Cstélneq Newsletter Team:

Karen Everard

CCSP/Communications

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.

What is the Day of Pink?

Submitted by Gracie Narcisse

Administrative Support, Sexqeltqin Health Centre

The Day of Pink has become an International Day against Bullying, Discrimination, Homophobia, Transphobia, and Trans misogyny across the world. People are invited to celebrate diversity by wearing a pink shirt and by organizing activities in their workplaces, schools and communities.

On February 22, 2017 people were encouraged to wear something pink to show that we are all working together to prevent bullying in our schools, in our communities and online. Pink Shirt Day originated from two Nova Scotia high school students, who decided to take a stand against bullying in their own school.

The Sexqeltqin Health Centre and Chief Atahm School purchased t-shirts and gave them out to Staff as well as community Band Members to wear to symbolize that we support anti-bullying movement. Kukstenc (thank you) to everyone who wore something pink on Pink Shirt Day 2017.



Photo submitted by Gracie Narcisse

Staff/Band Members at Salmon Arm office

L to R: Shirley Anderson, Alison Echeverria, Donna Williams with Lukis Burnstick, Annie Williams, Jeromy Biron and Crystal Kelly.



Photo submitted by Gracie Narcisse

Sexqeltqin Health Centre Staff at Chase office

L to R: Rhonda Jules-Camille, Cathy Andrew, Gracie Narcisse, Jolene Anderson, Crystal Kelly and Nancy Tarrant.

Combination Smoke/Carbon Monoxide Alarm Installations

Submitted by Christine Eustache
Public Works & Housing

March 8, 2017



The Public Works & Housing Department will be installing Smoke/Carbon Monoxide Detector to ALL community homes who are interested in having one installed. *These alarms are for homes that use gas as source of heat and fuel your appliances.*

Features include:

- 2 in 1
- Detect fires quickly and reduces false alarms
- Worry-free - 10 years never replace battery
- Voice Warning - voice messages warn you of the specific danger "Fire" or "Carbon Monoxide"
- Can detect smoke, fire and carbon monoxide

Please call the Public Works Department if you are interested and to arrange an appointment for installation. **250-679-2228.**

New Staff



Wetyk, My name is Jolene Anderson-Dick. Proud member of the Secwepemc Territory, I am honoured to be the Social Worker/ Family Support Worker located at Sxwetsmellp, Adams Lake Indian Band (ALIB). My ancestral background is connected to the Adams Lake community by my great grandfather Tony Anthony; great great grandfather Michel Anthony; great grandfather Raymond Narcisse; great great grandfather Adrian Narcisse and the wife of Brian Dick.

I am a graduate of the Bachelor of Social Work program, with a specialization in Child Welfare and Indigenous Studies Certificate from Thompson Rivers University (2016). I believe that it is not only my education that has given me the credentials to work with people, but it is from my life experience that has brought me the valuable lessons and hidden blessings. As a Secwepemc woman, mother, wife and grandmother, it has been one of my greatest ambitions to work to strengthen and protect our children and families in our own communities. Like many others in our community, I have encountered hardships and trauma in the beginning of my life. I believe the experience has given me the strength, courage, and knowledge to help empower other Indigenous people who struggle with the same development and intergenerational effects of colonization such as addictions, living in poverty, loss of self-identity, abuse issues, and systemic involvement such as child welfare. Therefore, it is my privilege to have this opportunity to assist the Adams Lake Community with providing support services, resources and avocation in the many circumstances they face.

I look forward to meeting more of the community in the near future.

Respectfully, Jolene Anderson-Dick.



From the desk of the Membership Clerk,

Information for people requesting a band number of their own

Individuals who have reached age of majority and have a band number that does not end in "01" can NO LONGER request a new band number, EXCEPT IN LIMITED CIRCUMSTANCES.

Limited circumstances are:

- any child in Care situations, where child was removed from parent (s) care, but not legally adopted;
- any issue related to the child being raised by abusive parent (s). Abuse could be done

physically, sexually and/or verbally;

- parent (s) were absent in child's life or child has had no contact with parent (s);
- child was raised by, but not legally adopted by step parent.

Membership Office Hours

Wednesdays and Thursdays only. From 8:00 am to 4:30 pm, closed during lunch hour. Will go to the Salmon Arm office as needed on Thursday mornings with prior notice of booked appointments.

Kukstenc,

Eva Saul,

Membership Clerk/

Indian Registration Admin.

Earth Day is an annual event, celebrated on April 22, on which day events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries each year. Numerous communities celebrate **Earth Week**, an entire week of activities focused on the environmental issues that the world faces.

The first Canadian Earth Day was held on Thursday, September 11, 1980. The principal activities taking place on the first Earth Day included educational lectures given by experts in various environmental fields, garbage and litter pick-up by students along city roads and highways as well as tree plantings.



My "Earth Day" Resolution This Year:

Signed by:

Date _____



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.



Secwepemctsin

(Eastern Dialect)

cpekwmín

geyú7

seqwyíts

English

large basket

carrot

rabbit



If you knew how to
save the life of a family
member or friend,
would you?

Available @ ALIB:
Take Home Naloxone Kits

The ALIB Health & Wellness Department is doing a community wide door to door campaign to raise awareness about Naloxone. We have already gone to all houses in the Gleneden community. We will be leaving posters at each home, and will be hosting education sessions in each community:

Come out and learn about these Naloxone kits and how you can save a life. Lunch will be provided.

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

Contact Sexqeltqin Health Centre at (250) 679-7726 or Sxwetsmellp at (250) 833-03565 for more information about the Naloxone kits (ask to speak with NNADAP worker or Community Health Nurses).

**What is
naloxone?**

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

FREE

Take Home Naloxone Kits are available for those who use opioids, their family or friends who want to help. An educational session is required to get a kit.

A red poster with a white crown at the top. Below the crown, the text reads "KEEP CALM AND CARRY NALOXONE" in white capital letters. At the bottom, there is a small URL: "KeepCalmAndCarry.com".

KEEP
CALM
AND
CARRY
NALOXONE

**ATTENTION
Adams Lake
Membership**



**KEEPING IN
TOUCH**

**UPDATE YOUR
CONTACT INFO**

By Karen Everard
March 30, 2017

There are about 795 members in the Adams Lake Indian Band. Keeping track of mailing addresses is an ongoing task. Please contact the Band Office if you move or if you know of anyone moving. Maintaining an up-to-date mailing list is especially important for keeping in touch with for members to participate in Band Elections, referendums, policy/bylaws amendments and other news relevant to our membership. PLEASE, when you move, let us know your new address immediately.

Contact:

Adams Lake Indian Band
PO Box 588

Chase, BC V0E 1M0

Phone: (250)679-8841

Toll Free: 1-877-679-8841

Eva Saul,

Membership Clerk OR

Karen Everard,

Communications Dept.

Email keverard@alib.ca

Web

www.adamslakeband.org

Call for Volunteers for

Chase Citizens on Patrol Program

Submitted by Beatrice Anthony

Executive Assistant for ALIB Chief & Council

Become A
Volunteer

March 16, 2017

Attn: ALIB Membership

The Chase Citizens on Patrol Program is seeking community members to volunteer. The main goal and purpose to establish a group of dedicated volunteers to monitor the community and deter crime.

The requirements for the Chase Citizens on Patrol Program are as follows:

- Complete the Chase Citizens on Patrol Application, committing to be a member.
- Complete a Criminal Record Check with local Chase RCMP detachment (free of charge).
- Once the volunteers are in place; the Citizens on Patrol will provide training.

Chase Citizens on Patrol will be trained to:

- Be alert, to keep an eye on their community.
- Report suspicious activity to ALIB Security/RCMP.
- Learn how they can make their homes more secure.

Chase Citizens on Patrol meet at least once a month, or more often as needed. The Citizens on Patrol will involve cooperative effort between the ALIB Security, Chase RCMP, and Citizens on Patrol.

Crime hurts everyone: Areas that have an active community watch programs have reported dramatic reductions in crime.

Chase Citizens on Patrol Components include:

- What is Suspicious Activity? • How to Report Suspicious Activity • Home Security • Leadership of the Citizens on Patrol program.

How to Report to ALIB Security and Chase RCMP with accurate information, as quickly as possible about a suspicious activity or crime in progress.

- Give your name, address and telephone number.
- Describe the event in as brief a manner as possible. Who, What, Where, When, and How?
- Tell if the crime is in progress or past occurred.
- Describe the suspect, if known. What sex, race, age, height, weight, hair color, clothing, accent, beard or mustache, and distinctive characteristics or clothing
- Describe the vehicle if one was involved, include color, make, model, year, license plate, special markings, dents and which way did it go.

Citizens on Patrol Checklist: Do you feel safe in your community? Do you know who your community members are? Do you watch out for neighbours homes when they are not home? Do you tell your neighbours when you are leaving for an extended period of time? Do you know what suspicious activity is? Do you know how to report suspicious activity or crime in progress?

Stop by ALIB Administration Front Desk Receptionist to pick up package containing qualifications, membership application and RCMP Information Check Form.

For more information phone

Chase RCMP at (250) 679-3221;

Paulette at (250) 679-3010; Rollie at (250) 679-8467 or drop in at meeting every 2nd Tuesday of each month at 7 pm at the Creekside Seniors Centre; 542 Shuswap Ave; Chase, BC.

Please consider to Volunteer for the Chase RCMP Citizens on Patrol Program.

KENE & MILLY JACKSON GOSPEL MUSIC CROSS-COUNTRY TOUR



Place _____
Wednesday, April 26th 2017
at the Spiritual Centre in Chase, BC

Time _____
5:30PM Dinner and Loonie Auction - ALIB band hall
7:00PM Concert at Spiritual Centre

Contact _____
Howard and Jannie Johnson 250-515-1314

**With Guest
Musicians
Joe & Marie
Wiebe**

ALIB Membership

March 27, 2017

Please be advised that Budget discussions are underway for ALIB. Please watch for further updates.



Kukstemc

EDUCATION REPORT

Chief Atham | K-12/Post-Sec | Language | Sahhaltkum Day Care

Happy March Adams Lake Indian Band!

As you know Directors were prepared to share Department updates at the last Band General; however, due to agenda items of higher priority these updates were removed to allow time for these other topics to be discussed. To ensure both communication and accountability is transparent from my department I am providing members with a brief status update (point form version of what was I would have presented):

- As a collective (CAS, Daycare, K-12, Post-Secondary, and Language) we are pleased to share with members that we will be in a surplus position at the end of the fiscal year
 - A result of responsible fiscal management, successful grants and proposals, leveraging cost sharing opportunities, and advocating for increased funding from other agencies
- CAS received additional targeted grants this year and also received an unexpected increase in Special Education Funding from INAC to enhance our student support services
 - We continue to increase school capacity and focus on enhanced administrative processes
 - We continue to leverage our international credibility which serves our community well on various levels (including future funding opportunities to increase supportive services)
 - We continue to support and assess opportunities to increase positive outcomes for CAS
- We were involved with a couple of Language Initiatives that commenced September 2016
 - We were successful with a Language grant to support ALIB Community Classes
 - We invested in a Research Initiative that focused on creating both a short and long term Model to meet the Language needs of ALIB and to complement existing programs
- Daycare had an exciting year with a staff member pursuing post-secondary education, new staff bringing fresh perspectives/ideas to the program, and existing staff striving to better serve ALIB
 - We initiated a program review this past year which was both welcomed and appreciated by daycare staff. Recommendations was brought forward as a result of the review, which many have already been incorporated into our current daycare programs...others will be implemented this upcoming fiscal as we strive to enhance programs and services
- K-12 & Post-Secondary Programs have seen a variety of changes and enhancements this year
 - We have new strategies added to the department to increase transparency, accountability, and communication with ALIB membership. ALIB will see physical changes in action over the next year as we implement these processes to be more engaging with members
 - We have been advocating and negotiating with both School Districts this year with Local Education Agreement renewals, Aboriginal Enhancement Agreement Renewals, District Strategic Planning Involvement, and District Budget Committee Involvement
 - We financially supported every ALIB member who met INAC Guidelines this year

My first year as Director of Education for ALIB has been very rewarding...it is both a privilege and a pleasure to be able to serve ALIB members in this role. For those of you who are not aware I created a Five-Year Service Implementation model for the Education Department: setting direction, increasing internal capacity, creating a complimentary foundation for external capacity, and succession planning are a few focus areas involved -- all associated to results-based goals to be monitored, sustainable, and reported to members. If you would like to hear more about this plan or discuss any matter of interest please do not hesitate to contact me directly 250.679.2209 or scoutlee@alib.ca to arrange a meeting.

Shane Coutlee – Director of Education

Continued on pages 11 and 12

Tutor/Academic Support K-12

Please let us know if you would like to access academic support for your child at any level K-12. We can arrange to have someone work with students at a time that is convenient to your schedule. This information will be both discussed and shared more often with you as we increase our personal interactions with you. If you have immediate academic concerns for your child please contact anyone at Education – Diane, Melissa, or Shane will address the need.

CAS Professional Development Apr 24

The School is beginning a Professional Learning Community for staff whereby the school will focus on "Writing strategies for students". There will be early dismissal at 2:00 p.m. for the following days: April 19, May 10 and June 7, 2017. This is a strategy under the School Growth Plan as a part of meeting the requirements of the Assessment and Certification Process of the First Nations School Association

Sahhalkum Daycare (Marnie & Vicki)

The children at the Daycare Centre have been busy learning about feeding birds in the winter. They are building a classroom worm farm and are starting to grow plants inside, so they can continue to grow in our outside Daycare garden. The children will also start learning about flowers, bees and butterflies and continue learning about birds and worms.

We had a Valentines raffle fundraiser that helped to pay for a fieldtrip to "Jungle-Mania" in Salmon Arm. We are planning several more fundraisers to help with future fieldtrips. Thank you in advance for your support! Over Spring Break we will be doing several fieldtrips to Kamloops petting zoo and a Cultural day. The children will also be going bowling and exploring around the community.

Our staff attended a "Moe the Mouse" workshop which helps with children's language development. We continue to look for opportunities to improve the care of our children. We will close for one day on May 26th to attend an Early Years conference in Kamloops.

Chief Atahm School (Doreen)

Parent Teacher Interviews occurred on March 16, 2017. There was also a Science Fair that occurred during the day in the gym. Each classroom had a display of various science projects. Prizes were provided for each group. Parent turned out to see the Science Fair. This project was extremely successful for the school's first attempt at a Science Fair. The school hopes to have another one next year.

Spring Break for School – March 18 to March 31, 2017.

Professional Development Day on April 24, 2017

Open House: April 11, May 16 and June 13, 2017
This is an opportunity to view and visit the School Program at Chief Atahm School and meet with school staff and tour the school to see existing programs. The school can also take registrations at that time.

Tekweimple7 Parent Meeting – the next meeting is on April 10, 2017 from 5:30 to 8:00 p.m. The purpose of the meeting will be to examine and discuss current school policies.

Continued on page 12

Tutor/Academic Support K-12

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K-12 and Post-Secondary (Diane)

Month of February

Meet with 7 band members pertaining to Post-Secondary some were existing students and future students – checking on how they are doing, assisting with Post-Secondary inquiries.

Attended Chase Advisory Education Council Meeting hosted by Neskonlith Band.

Conducted day to day operations for K-12, Post-Secondary and ASETS i.e.;

- Sent out PSS Application to members
- Assisting members with Career Goals and referring them to academic advisors with Institutes.
- Inquiries for K-12;
 - School fees, high school allowance, tutoring, UBC Science Camp
- Review PSE invoicing for payment with ALIB finance
- Finalizing ASETS reporting for ALIB

Month of March

Supported members attending Experience NVIT

Introduce new Social Worker to Salmon Arm schools Administrators

Conducted day to day operations for K-12, Post-Secondary and ASETS;

- Finalizing ASETS reports for ALIB
- Post-Secondary – accepting applicants, assisting members with application and career choices – referring to academic advisors, etc.,
- Attended meetings at schools pertaining IEP's, progress of ALIB students
- Preparing new applications for ASETS 2017 year

Started first monthly Parent luncheons for Chase & Switsmalph community

Future events

Parent luncheons

Monthly meetings with School Administrators

Tips

April Fools' Day

The first day of April each year is celebrated as April Fools' Day. Pranksters popularized the annual tradition by playing practical jokes on each other. Practices include sending someone on a fool's errand, looking for things that don't exist, playing practical jokes /pranks and trying to get people to believe ridiculous things. Sometime social media (e.g. Newspapers, radio and tv stations, web sites) participate in the tradition of reporting outrageous fictional claims that have fooled their audiences. The jokes and their victims are called April fools. People playing April Fool jokes expose their prank by shouting April Fool when the victim falls for it.

The practice of April Fool pranks and hoaxes is controversial. The positive view is that April Fools' can be good for one's health because it encourages jokes, hoaxes, pranks, belly laughs and brings all the benefits of laughter including stress relief and reducing strain on the heart. The negative view describes April Fools' hoaxes as rude, a little bit nasty and deceitful. Sometimes stories intended as jokes are taken seriously, causing confusion, misinformation, waste of resources and even legal or commercial consequences.

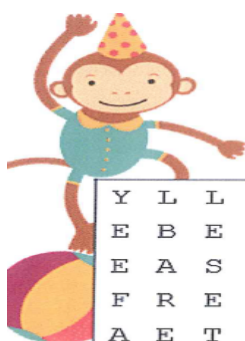
The most common prank is of course to make someone run a "fool's errand." If not a complete errand, then an unnecessary action, such as checking for an open zipper or missing button. To be a good April Fool prankster, one must have a cool persona and good timing. A good prankster gets his victim as early as possible before he realizes what day it is. Tradition has it that if a prankster waits too late in the day to pull the prank then he is called the April Fool.



It is said that when people pull pranks on one another it is just another way of saying that they care. April Fool's pranks are usually first experienced in one's home with other family members and then it will grow to outside social circles of friends, classmates, co-workers etc.

However....please stop and think. Not everyone enjoys being embarrassed. And if you play a prank on someone that you really do not have an emotional respect for, then do not do it. Don't pull a prank you wouldn't mind having done on yourself. This way everyone will enjoy the day. And, if it doubt, then don't do it. Because hurting someone's feelings is no joke at all.

Happy April Fool's Day on Saturday, April 1st, 2017



APRIL FOOL'S DAY APRIL 1st

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

APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



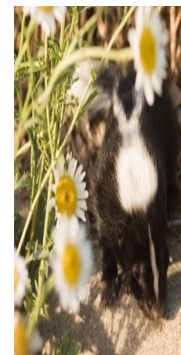
Say this fast 3 times:

Skunk Stump

A skunk sat on a stump
and thunk

The stump stunk, but the
stump

Thunk the skunk stunk.



Recipe Corner

Mexican Bean Dip

Joyce Kenoras/Pooley family recipes

"Serve cold and use a spoon to dip on Chips. Fun snack for Hockey night or whenever."

Ingredients

- 1 can refried beans
- 5-7 green onions, chopped
- 1 small can Black olives, sliced
- 2 med Jalapeno peppers, sliced
- 6-8 Tbsp. hot taco sauce
- 1 tub sour cream
- 1-2 cups Monterrey Jack Cheese, shredded
- 1 medium Tomato, diced
- 1 bag Tortilla Chips for dipping

Directions

Layer as follows:

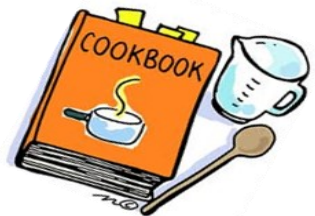
1. Refried beans
2. Chop onions, Olives, Peppers- spread hot sauce over and press firmly
3. Sour Cream
4. Grated Cheese
5. Decorate top with diced tomatoes

Opt: add Guacamole on the side



Do you have a favourite recipe you would like to share?

Email it to keverard@alib.ca or drop off at main reception desk in Chase or Salmon Arm offices.



What is Administrative Professionals' Day?

Administrative Professionals Day (also known as Secretaries Day or Admin Day) is an observance but not a public holiday. It is celebrated annually on the last Wednesday of April to recognize the work of secretaries, administrative assistants, receptionists and other administrative support professionals.

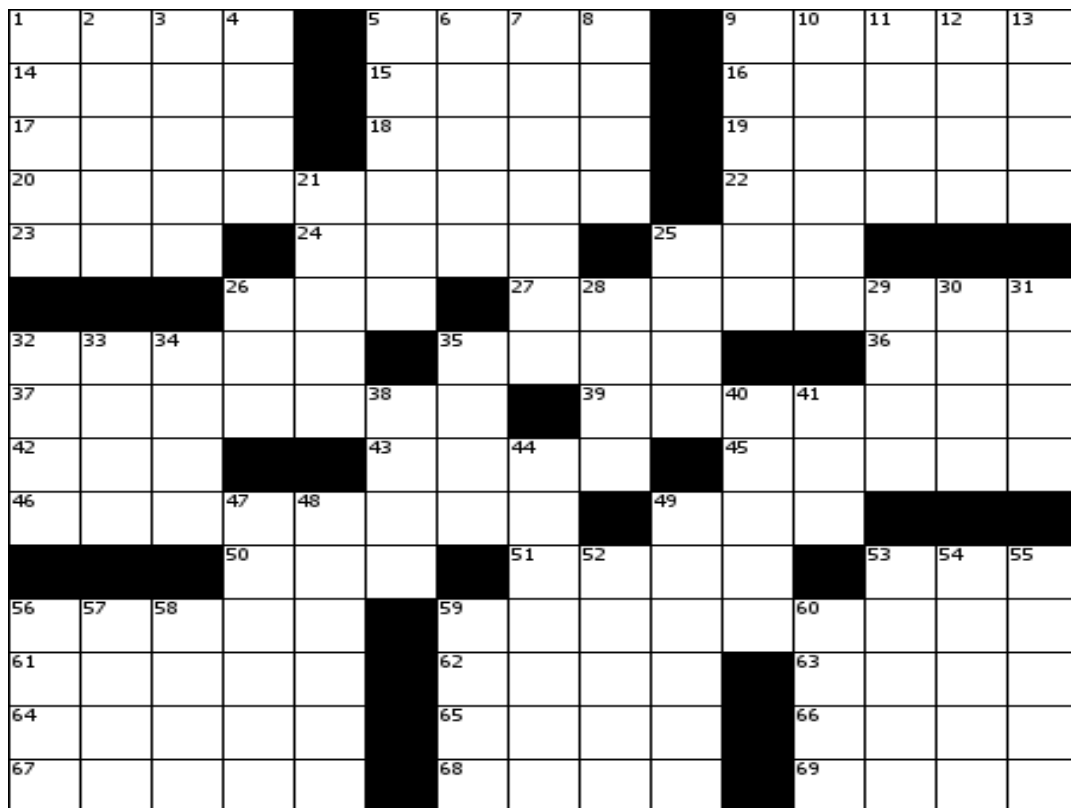
Sending Best Wishes to all those who work in administrative positions, Know how much you're appreciated for all you do. Your hard work, great attitudes, dedication, your attention to detail make a real difference.

Kukstemc (thank you)



Across

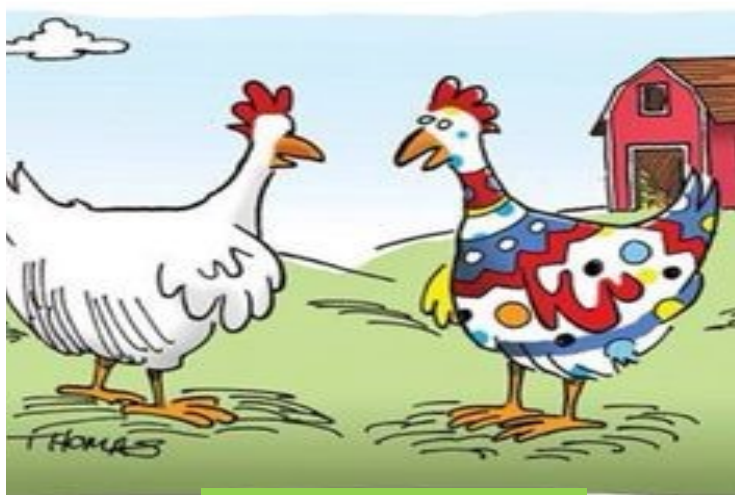
1. Move quickly
5. Drinks slowly
9. Nile city
14. District
15. Pitfall
16. Happen
17. Bakery item
18. Ashen
19. Play part
20. Very scrawny
22. Quizzes
23. Jazz instrument, for short
24. Music for two
25. Drink like a dog
26. House extension
27. Baker's dozen
32. Church tower
35. Smile radiantly
36. Ostrich's kin
37. Rummy variety
39. Like a bright night
42. Circle segment
43. Goofs
45. Mails
46. Practice a play
49. Scarlet
50. Sermon subject
51. Equipment
53. School gp.
56. Continues
59. Change
61. Laker Shaquille ____
62. Pub brews
63. Difficult
64. Say
65. Pleasing
66. Chip in
67. Double curves
68. Chows down
69. Little piggies



Down

1. Challenges
2. Perfume
3. Take it easy
4. After-bath powder
5. Capital of Minnesota (2 wds.)
6. Furious
7. Artist's board
8. Went quickly
9. Fellow leading actor
10. Receive willingly
11. Freezes
12. Litter's littlest
13. Metallic deposits
21. Does nothing
25. Chauffeured car
26. Time period
28. Smoked meats
29. Lampreys
30. Emanate
31. Disappointed shout
32. Injury memento
33. Peel
34. Creep slowly
35. Soap units
38. Coastal bird
40. "Aida," for one
41. Indicate agreement
44. Decorative clothing
47. Tycoon's property
48. Supermarket rows
49. Pay hikes
52. Construct
53. Baby grand, e.g.
54. Pastry
55. Peruvian range
56. Be defeated
57. Industrious insects
58. Oceans
59. Wind indicator
60. "All ____ Jazz"

Answers on Page 20



"I was an Easter egg"

You're Joking

- Q - How do you make an egg laugh?
A - Tell it a yolk.
- Q - What can you hold without ever touching it?
A - A conversation.
- Q - Why does the Easter Bunny have a shiny nose?
A - His powder puff is on the wrong end.
- Q - Why did the king go to the dentist?
A - To get his teeth crowned.

TITLE & RIGHT'S

GoToMeeting



We are testing a program called GoToMeeting and with this program we hope to broadcast all of our monthly T&R Information Sessions to your computer, phone or tablet. Space will be limited to 50 participants initially. Those who are interested please contact Deanne Anthony at 250-679-8841 to be put on the distribution list.

Date: April 5, 2017

Time: 6:00—8:00PM

www.gotomeeting.com

April

Next issue of
Cstèlnec Newsletter

Thurs. April 27th, 2017

Deadline to submit
submissions

Thurs. April 20th by
1:00 pm



Title & Rights Information Session

Wednesday April 5, 2017

Adams Lake Recreation Centre

Agenda:

◆ 3:00-5:00 pm

Genealogy

◆ 5:00—6:00 pm

Supper

◆ 6:00-8:00 pm

Tentative Agenda



Contact Info

Dave Norquist or Deanne Anthony
(250)-679-8841

???

Did you know

Some fun facts about Spring

???

Did you know the first spring flowers are typically lilacs, irises, lilies, tulips, daffodils and dandelions.

Did you know the days get longer and warmer.

Did you know animals such as bears who hibernate start to wake up and become active.

Did you know many animals have babies such as cows, birds, ducks.

Did you know spring is often associated with rebirth, renewal and regrowth.

Did you know that you can stand a raw egg on its end, if patient enough.

Did you know earth's axis tilts further towards the sun, which causes temperatures to rise, frost to melt and snow to be replaced with rain.

Did you know spring fever is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body's makeup changes due to different diets, hormone production, temperature and increased light.

Household Hints & Tips

- Broken glass: use a piece of bread to pick up the fragments of broken glass.
- Band-aids: removing them is easy if you soak a cotton ball in baby oil and rub it over the tape.
- Flowers: cut an inch off the bottom of the stems and place in water within 13 seconds (prevents inhalation of air). Adding a little bleach to the water will preserve your flowers longer. Change the water regularly.
- Whiten your fingernail tips: soak your nails in lemon juice.
- Stains on iron: to clean the soleplate, wipe it with a cloth soaked in cold tea.

To: Chief and Council and Band Manager / Chief Financial Officer

Re: Engagement on Mutual Transparency and Accountability

The Department has launched an engagement process in response to the Minister's commitment on December 18, 2015 to work in partnership with First Nations leadership and organizations on transparency and accountability.

In the coming weeks we will provide further communication about upcoming opportunities to engage on this topic. This will include a number of engagement sessions with First Nations around the region.

In the meantime I encourage you to go to the Department's engagement website (<http://www.aadnc-aandc.gc.ca/eng/1470082330610/1470082515046>), where you can complete an on-line survey to share your perspective and ideas on improving mutual transparency and accountability. The on-line survey will be available on our website for six to eight weeks. Please also share this information with your staff and community members and encourage them to also complete the on-line survey.

We look forward to hearing your views on this important subject.

Sincerely,



Catherine Lappe
 Regional Director General
 British Columbia
 600-1138 Melville Street
 VANCOUVER, BC V6E 4E6 4S3



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



Important Dates for SA clients

April 2017

- **April 19:** Paperwork is due (declarations, employment forms & Current bills)
- **April 20:** Good Food Box delivery
- **April 26:** Cheque issue



Call Crystal with any questions at

250-679-7726



Join us for a discussion on Youth and Addictions

On April 21 from 9:00-3:00pm

Everyone is Welcome to join in the discussion, ideal for parent's, caregivers and families of teens

Lunch and snacks are provided

Call Crystal if you are interested

250-679-7726



Parents of Children ages 0-6

Are welcome to join us in preparing Easter Baskets for Children ages 0-6

At the Adams Lake Headstart

On April 12, 2017 From 6:00-7:30pm

Parents must preregister for this

Call Robin or Crystal to register at 250-679-7726



The University of British Columbia Summer 2017 Science Program

Applications are now open.

What is the Summer Science Program?

A one-week cultural, health and science program for Indigenous students going into grades 9-12.

The program promotes interest in health and science programs through firsthand experience at the University of British Columbia (UBC).

Great opportunities to meet new friends, eat great food, connect with Elders and role models, and enjoy fun, laughter and learning.

Program Goals

Inform students of health and science careers. Provide information on post-secondary prerequisites, course planning, and admissions. Offer a holistic education experience that includes cultural practices. Provide Indigenous role models in health care and sciences. Incorporate cultural knowledge into daily activities.

Who can apply?

Open to all students who are going in to grades 9 – 12 in the fall of 2017, who are of First Nations, Inuit, or Métis ancestry.

When is it? The 2017 Summer Science Program runs:
Session 1: Students who are going in to grades 11 – 12 in the fall of 2017 will attend from **July 2 – July 8, 2017**.

Session 2: Students who are going in to grades 9 – 10 in the fall of 2017 will attend from **July 9 – July 15, 2017**.

How much does it cost?

Upon acceptance into the program students must provide a \$200.00 program fee. This fee goes towards accommodation and meals during the program. All other expenses (such as workshops, transit fares, admission to museums or attractions, etc.) are covered while students are at UBC. The program fee **does not** include travel to and from Vancouver. **Students are encouraged to apply for funding from their band or school district.** Bursaries to cover the program fee of \$200 will be available upon acceptance and as per request.

Why apply to the Summer Science Program?

You will gain valuable insight into future academic and career choices. You will make friends and memories that will last a lifetime. You will learn from our Summer Science elder, the many camp coordinators, and teachers throughout the program. You will get to go out and enjoy some of the things Vancouver has to offer.

How do I apply? **APPLICATION DEADLINE:** is **May 1st, 2017**, but we strongly encourage you to apply early to improve your chances of securing a spot. <http://health.aboriginal.ubc.ca/ubc-summer-science-program-2017-application-instructions/>

Application Instructions

To complete your submission, you will need:

Two reference letters. Your referees need to explain why they think you should be chosen to attend UBC Summer Science Program 2017. Referees could be staff at your school, mentors, coaches, important community members, etc. You will need to upload a word/PDF document of their letter, or a scanned copy. You will only be able to click 'Submit' once you have uploaded both letters.

Grades. Please upload the most recent copy of your school grades; an interim report is fine. You will only be able to click 'Submit' once you have uploaded a copy of your grades.

The UBC Summer Science Program Application Form. Please fill it out completely. You can either a) print out the form, fill it in by hand, scan it, and upload it, OR b) if your parent/guardian has a PDF program that allows for digital signatures, you can fill out the form on a computer, save the filled-out PDF, and upload it.

Once you have uploaded all four documents (2x reference letters, 1x grades, 1x application form) and have your parent/guardian fill out the Declaration in the space below you will be able to submit your application.

Application deadline is **May 1st, 2017**, but as this is a highly sought after program we strongly encourage you to apply early to improve your chances of securing a spot.

Contact Information

Adams Lake Indian Band Members students who may be interested to attend or have any inquiries or questions regarding the Summer Science Program, please contact:

Adams Lake Indian Band, Education Department

Telephone: (250)679-8841

OR

Summer Science Program staff:

Email: summer.science@ubc.ca

Telephone: (604)827-1444

Mailing address:

UBC Summer Science Program

Centre for Excellence in Indigenous Health

2206 East Mall

Vancouver BC V6T 1Z9

You're Joking

Q - What kind of stories do rabbits like best?

A - Ones with hoppy endings.

Q - What do you call the Easter Bunny the Monday after Easter?

A - Tired.

Q - What happened to the Easter Egg when it heard a funny joke?

A - It cracked up.

Q - Why did the Easter egg hide?

A - He was a little chicken.

Q - What day does an egg hate the most?

A - Fry-days.

Puzzle Solution © OnlineCrosswords.net

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

50/50 FUNDRAISER!

TO SUPPORT TRYSTAN KENORAS REGISTRATION FEE
FOR FOOTBALL

TO HELP WITH REGISTRATION FEE

\$10 A CARD



Etransfers accepted

Buy Cards Off

melissakenoras@hotmail.com

Melissa Kenoras

DRAW WILL BE MADE ONCE ALL CARDS ARE SOLD

CONTACT

Melissa Kenoras 250 515 0169



First Letter of your First Name

First Letter Of Your Last Name

A. Lily
B. Whisper
C. Candy
D. Clumsy
E. Spanky
G. Flower
H. Thumper
I. Purple
J. Daffodil
K. Dizzy
L. Wild
M. Sparkle
F. Fluffy
N. Nibbles
O. Goldie
P. Pop
Q. Pink
R. Loco
S. Smartie
T. Trixy
U. Carrot
W. Hoppy
X. Shimmer
Y. Sweet
Z. Lucky
V. Beans

A. Lemon Drop
B. Bunny Hop
C. Doodles
D. Marshmallow
E. Bubbles
F. Happy Feet
G. Baby
H. Rain Drop
I. Fluffy Tail
J. Sugar Cakes
K. Carrot Cake
L. Blow Pop
M. Cotton Tail
N. Lollipop
O. Sprinkles
P. Peep
Q. Candy Pop
R. Snuggle Bunny
S. Sunshine
T. Sugar Drop
U. CupCake
V. Sugar Kiss
W. Sparkle Pop
X. Carrot Stick
Y. Choco Latte
Z. Kid Spanks

April
2017
seqwyt's



ALIB ELDERS ACTIVITIES

- Did you know that ALIB members over the age of 65 and reside on ALIB may qualify for Structure insurance? Conditions apply, please call Christine or Maryann at Public Works for additional information and to determine if you are on the list. 250-679-8841

Upcoming Events from other organizations/groups

Candle Light Vigil

Fri. Apr. 7 starting at 7:00 pm. The Royal Canadian Legion Chase Branch invite you to join short parade starting from Chase Community Hall to the Cairn in front of the Legion, 515 Shuswap Ave, Chase, BC to commemorate the 100th Anniversary of Vimy Ridge. FMI call John at (250)679-3536.

BC Native Christian Conference

Thurs. Apr. 27 - Sun. Apr. 30th. Christ Community Church, 1132 - 8th Street, Kamloops, BC.

Thurs-Registration - 5:00 pm
program 7:00 pm

Fri to Sun Registration 9:30am
program 10:00 am on . Program includes guest speakers and music. FMI call Loretta at (250)572-7640.

2nd Annual "Walhaschindig" Fundraiser

Sat. May 13 from 10 am to 6 pm at Walhachin Soldiers Memorial Hall, 4359 Central Ave, Walhachin, BC (between Savona and Cache Creek, BC) Music/Artisans, face painting, food sales. Table rentals and admission by donation. For more information call Assu at (250)318-6100.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Office	Office	Office	Office	Office	8
9	Training, Grief & Loss Rod Jeffries	Training, Grief & Loss Rod Jeffries	Training, Grief & Loss Rod Jeffries	Sxwetsmellp Elders lunch/Education lunch 12:00 noon	Good Friday Holiday	15
16	Easter Monday Holiday	Office	Falls Prevention 10:30-12:00 lunch provided, Sexqeltqin Health center	Office	Office	22
23	Elders Dinner Chase 5pm, Elders room	Office	Office	SNTC Elder Council location TBA 10-3pm	Office	29
30	Final date to file 2016 tax return					

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 TO CIRCUMSTANCES BEYOND OUR CONTROL.

Glossary

SNTC: Shuswap Nation Tribal Council



Sunday Worship Gathering

Meets weekly at 11am

ALIB Spiritual Centre in Chase

Light lunch to follow in the band hall

Potluck – every 2nd Sunday of the month.

Wednesday Prayer Circle

meets weekly at 7PM

ALIB Spiritual Centre

Contact: Howard and Jannie Johnson
250-835-0195 / 250-515-1314

41ST ANNUAL

BC ELDERS GATHERING

JULY 11-13TH 2017

CAMPBELL RIVER, BC

I will be taking registrations for the 41st Annual BC Elders gathering taking place in Campbell River July 11-13th 2017.

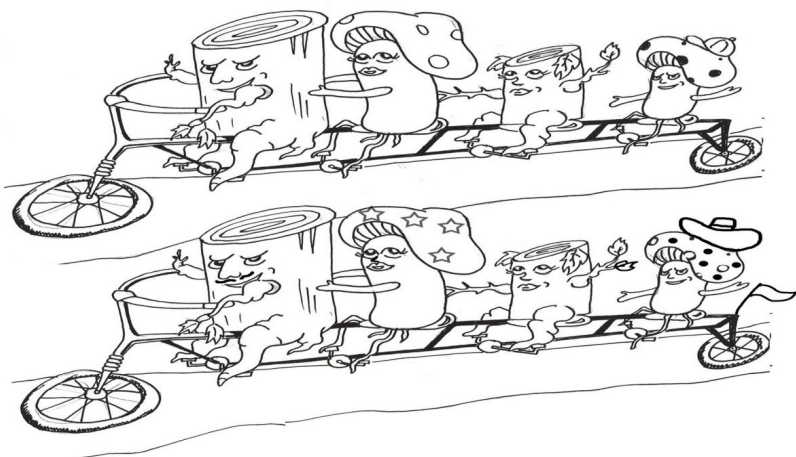
Due to limited hotel space, *ALIB Elders over the age of 60 will need to register & commit by April 28th, 2017 (completing the ALIB Elders gathering registration form and handing it in by April 28th 2017). All other applications handed in after April 28th will be put on a waitlist.*

The 41st Annual BC Elders gathering will be discussed at the next Chase Elders meeting Monday April 24th, 2017, and registrations will be collected. I will also be discussing the BC Elders gathering at the Sxwetsmellp Elders lunch Thursday April 13th, 2017 & collecting registration forms. See pages 26& 27.

Daidri Marr
Elders Coordinator
250-679-7726 (Ext 2372)
dmarr@alib.ca

Spot the Differences

There are at least 6



CHECK OUT OUR



www.adamslakeband.org

March 26, 2017

Thomas Phil Dennis
PO Box 549
Chase, BC
VOE 1MO

Dear Thomas,

Re: Petition received by Community Panel on February 24, 2017 seeking the removal of
Councillor Norma Manuel

The Community Panel has conducted a preliminary investigation using Chief and Council meeting minutes however the review only lead to more questions. On March 16, 2017, the Community Panel requested the supporting documents to your affidavit for the removal by March 22, 2017 at 1:00 pm. Failure to provide this substantiating evidence has resulted in the Community Panel declaring the petition invalid in accordance with the 2014 Adams Lake Secwepemc Election Rules.

Therefore, the Community Panel declares Norma Manuel retains her office as Councillor.

Kukstsemc,


Community Panel


Community Panel


Community Panel


Community Panel

Community Panel

CC: Adams Lake Band Chief and Council
Norma Manuel
Adams Lake Band Membership via posting IR #4/#6 and notice delivery/website

RECEIVED
MAR 27 2017
ADAMS LAKE BAND

RECEIVED
MAR 27 2017
ADAMS LAKE BAND

ALIB Election rules and email correspondence from ALIB Staff.

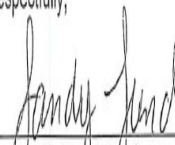
- Community Panel findings are as follows: that the ALIB election rules do not have mediation contemplated in them and that Council does not have the authority to agree to a process outside the rules.
- As a result of the investigation the Community Panel determines Greg Witzky has NOT breached Oath of Office.

Note 1: Community Panel Member Maryann Yarama did not participate in the decision on #1, #5 and #10 due to a declared conflict of interest and her signature does not apply to the alleged breaches.

Note 2: Although Norma Manuel's name is mentioned in the petition it was not considered in the deliberations and the focus was kept to Councillor Greg Witzky.

In conclusion, the Community Panel finds Greg Witzky did not breach his Oath of Office, therefore in accordance with 2014 Adams Lake Secwepemc Election Rules, the Community Panel confirms the dismissal of the petition by Doreen Kenoras.

Respectfully,


Community Panel Member


Community Panel Member


Community Panel Member


Community Panel Member


Community Panel Member

CC: Adams Lake Band Chief and Council
Doreen Kenoras
Adams Lake Band Membership via posting IR #4/#6 and notice delivery/website

DECOLONIZATION

Submitted by Doreen Kenoras

THE PROCESS OF COLONIZATION begins with the physical occupation of land and domination of the Indigenous people. Following the primarily physical aspects of colonization (ie. Military conflict, relocation, etc.), non-physical methods are applied. These include what could be called mental aspects. Religious indoctrination, cultural, social and economic assimilation are common examples. Therefore it could be said that colonization is comprised of two primary aspects - physical and mental.

Prior to colonization Indigenous peoples were free and sovereign nations. Through colonization Indigenous people are deprived of their freedom and live in an oppressed situation. In order to be liberated from this oppressive state the process of colonization must be reversed. That is, it must begin with the mental aspects and move towards the physical.

Colonization is always destructive. This destruction becomes internalized within the Indigenous person. Some basic characteristics of this are:

1. Internal violence and aggression

Anger and violence directed toward oneself, one another and family/community. This includes rape, murder, assault, sexual abuse of children, suicide, etc. The irrational violence within the colonized Indigenous person results from the oppressed conditions that colonization imposes upon people. (ie. Poverty, loss of identity, breakdown of family and nation structure, etc.) Some of this comes from specific methods used by the colonizing nation, for example Residential schools, the reserve system, etc.

2. Individualism - self interest

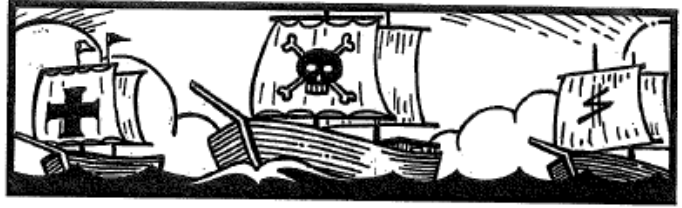
With the breakdown of the nation and the family, fragmentation and competition has come to replace the sense of unity, community and togetherness that was once the basis of Indigenous society.

3. Neglecting one's culture - assimilation

A key tactic if colonization is to portray the Indigenous culture as negative and irrelevant to (modern) society. Once this belief is entrenched within the Indigenous person they have no alternative but to assimilate and conform to the colonialist society.

4. Inferiority complex - identity crisis

The objective of the colonialist is to have the Indigenous person believe that there is little or no positive aspects within



the Indigenous culture. Physical and mental domination, constant negative portrayals of Indigenous people and history, and white supremacist attitudes play fundamental roles in the creation of the Indigenous inferiority complex. The indigenous person begins to question their identity and becomes caught between the historical concept of the traditional Indian and present day reality. "Who am I?" "What does it mean to be an Indian?" Major contributing factors to these questions are Residential/public schools, fostering of Indigenous children, inaccurate histories, centralization in urban areas, and loss of language and culture.

5. Abandoning of traditional territories

Colonization creates a feeling of Indigenous dependency on colonially established towns (reserve - towns) and cities. In order to benefit from colonial programs and institutes Indigenous people must migrate to these areas and leave their traditional territories. The act of relocating and isolating Indigenous people into the reserve areas is a tactic used to force the people away from the majority of their territory. This allows the colonial state to assume jurisdiction over lands that were once controlled by Indigenous Nations. It also removes the Indigenous people physically to accommodate the establishment of settler communities and resource extraction. The current BC Treaty process is a way of legally entrenching, and acquiring consent for an agreed upon abandonment and surrender of traditional territories.

Decolonization, as mentioned earlier, is the act of reversing the process of colonization. It can be said that decolonization is constructive rather than destructive. the following methods of decolonization are aimed at reversing the destructive effects of colonialism that have been described above:

1. Raising consciousness of the oppressive state that Indigenous people live in by exposure to a more realistic account of history and by identifying an enemy that's creating and maintaining that oppression. An effective strategy can include counter-action methods such as: educating oneself and serving as an example for others, advocating sovereign Indigenous rights, and exercising and defending those rights and traditional territory. These activities provide experiences that instill a sense of purpose by involving people in actions that make a positive contribution to their communities and ul-

timately to their sense of self. Individual, family, then community healing must occur. During this healing process, irrational violence and aggression is dissolved and a more purposeful facet may be identified to vent negative feelings that remain from colonization.

2. Understanding you are a people and a Nation sharing the same ancestry. During the early steps of recovery, unity and togetherness play a vital role in the strengthening of the family and community units. An Indigenous person who is conscious of their oppressive history is also aware that they are not alone. The individualistic attitude introduced through colonization gives in to the Indigenous natural inclinations of caring and supporting one another. Self-interests also deteriorate and communal or national Indigenous interests become a key focus as a necessity in the process of decolonization.

3. Revitalizing a sense of nationality and appreciating the knowledge and ways of Indigenous ancestry. Traditional philosophies of respect and appreciation for the Earth, life, others and oneself are positive parts of Indigenous culture that are still relevant today. An understanding of the negative and positive aspects of the colonial society is important and education on the negative aspects must be emphasized, while positive aspects are utilized. It must be acknowledged that all Indigenous people are assimilated to one degree or another, no one is immune from colonial influence or assimilation. While this remains true, it must also be accepted that Indigenous culture and ways are not static. If Indigenous people had not undergone the influence of colonialism, they would not be the exact same societies as those that existed at the time of initial contact. The Indigenous person must now learn to exist within a colonial environment in a decolonized manner.

4. Recognizing the strength in Indigenous ways. While undergoing exposure to the truths of history, the Indigenous person realizes the fallacies and disinformation that the colonialist society circulates in regards to Indigenous history, culture, and practices. To broaden the process of decolonization, it is important to begin circulating more accurate and truthful accounts of Indigenous society at this stage. Re-education must first be directed towards the Indigenous Nations and then focus may be directed towards people of other nationalities. As Indigenous people have acquired an inferiority complex through the oppressive lifestyle that they have become accustomed to, their initial reaction may be to overthrow their oppressor and gain control of the reigns. The Indigenous person must understand that the colonial society is destructive and the few positive aspects it does contain are the only beneficial components that can contribute to the process of decolonization. It is not feasible for a colonized Indigenous Nation to return to a totally traditional lifestyle, as their mentality and environment has been drastically transformed. However, an incorporation of positive aspects of (modern) society and ancestral Indigenous ways will contribute to overcoming the effects of inferiority and identity crisis.



5. Reoccupying traditional territory. This includes establishing permanent or semi-permanent camps and communities in areas previously occupied by the Indigenous Nation and now abandoned, as well as increasing traditional activities such as fishing, hunting, and other food gathering. A primary goal of such reoccupations is to eventually establish self-sufficient and independent communities beyond the range and influence of colonial society. From these, sovereign and free territories can be reconstructed, ultimately removing Indigenous people from the colonial society - a primary aim of decolonization.

Colonization is constructive to the colonizing society, but destructive to the Indigenous society. In contrast, decolonization is constructive to Indigenous society, but destructive to the colonial society.

Zigzag & Keyway Long Hot Summer '99

**FIGHT FOR
FREEDOM!!**



Adams Lake Indian Band Elder's Gathering Fund Policy

Goal:

To strengthen and enhance individual, family and community wellness, the Adams Lake Band will provide financial *assistance* to Adams Lake band and community member Elders who wish to participate in the annual BC Elder's Gathering.

The number of Elder community members attending is subject to the amount of funds approved in the annual budget.

Objective:

To help build a healthy community, the Adams Lake Band will provide financial *assistance* to cover registration fees, accommodations, travel and food costs for Adams Lake band and community member Elders to attend the annual BC Elders Gathering.

Criteria for Application:

- Priority is given to Adams Lake Band members.
- Elders must be 60 years of age before the Elders Gathering takes place.
- Non-band members must provide written proof that all other avenues of sponsorship has been exhausted; proof must be on original letterhead and signed by authorized personnel.
- On behalf of the group of Elders participating, the Elder Coordinator or designate will apply for financial assistance up to a maximum of \$425 per Elder.
- Applicants must describe how the program will build individual or overall community wellness.

Application Response Time

- All applications must be received on or before May 1st
- Note: Cheques will be made out to the Elder's Gathering registrar and to the motel for accommodations.

Decision:

The decision of the Health & Wellness team is final; all applications are to be forwarded to:

Director of Health & Wellness
Box 1009, Chase, BC V0E 1M0
Email: sanderson@alib.ca Fax: 250-679-2234

Adams Lake Indian Band BC Elders Gathering Application

Date: _____ *Note: Cheque made to BC Elders Gathering and accommodation

Individual name: _____ Band # _____

Applicants (Age 60 and over) Birthdate: _____

Mailing Address: _____ fax: _____

Telephone: _____ Cell phone: _____ email: _____

What is the best time and way to contact you? _____

Date required: _____

Describe how this activity will strengthen or enhance individual or community wellness.

Describe how you can give back to the Adams Lake Band by volunteering your time.

Office Use Only

Date Received _____ Date Reviewed _____

Approved ☐ Not Approved ☐ Documentation Required: Yes ☐ No ☐

Approved by: _____

Use this form to register for
41st Annual BC Elders Gathering.
Deadline to submit is Friday, April 28th, 2017

Upcoming Meetings/Events

GoToMeeting Program Distribution List

Title & Rights Department is testing a program called GoToMeeting and with this program we hope to broadcast all of our monthly T&R Information Sessions to your computer, phone or tablet. Space will be limited to 50 participants initially. Those who are interested please contact Deanne at (250)679-8841 to be put on distribution list. Next Info Session is Wed. April 5th, 2017.

Regina Agnes Arnouse Memorial

Sat. Apr. 1 at Adams Lake Recreation & Conference Centre, Chase, BC 5:00 pm feast, followed with sharing, giveaway, lahal, bingo and gambling. FMI or donations contact Donna (250)679-3468 or Cliff (250)679-8836.

Title & Rights Information Session

Wed. Apr. 5 at Adams Lake Recreation & Conference Centre, Chase, BC 3:00 to 5:00 pm Genealogy documenting ALIB family lineages to assist in determining a family head; 5:00 to 6:00 pm dinner; 6:00 to 8:00 pm info session, providing updates on projects. Join us, be informed, give input and dialogue. FMI contact Dave or Deanne at (250)679-8841.

Parents Dinner Chase

Tues. Apr. 11 from 5:30 to 6:30 pm at the Band Hall, Chase, BC Come out and join the ALIB Education Dept. Staff on updates on current education, ask questions and let them know what's not working and how we can make it better. Please RSVP Education Dept. at (250)679-8841.

Parents Dinner Salmon Arm

Thurs. Apr. 13 from 5:00 to 6:00 pm at the Switsemalsh Community Centre, Salmon Arm, BC. Come out and join the ALIB Education Dept. Staff on updates on current education, ask questions and let them know what's not working and how we can make it better. Please RSVP Education Dept. at (250)679-8841.

Band Office Closed - Easter Long Weekend

Fri. Apr. 14 and Mon. Apr. 17 the ALIB Band Offices will be closed for Easter Long Weekend. Re-open on Tues. Apr. 18 at 8:00 am.

Youth and Addictions Discussion

Fri. Apr. 21 from 9:00 to 3:00 pm at Sexqeltqin Health Centre, Chase, BC. Lunch and snacks provided. FMI call Crystal at (250)679-7726.

Wilderness & Remote First Aid Course

Fri. Apr. 21 to Sun. Apr. 23 beginning Friday at Sexqeltqin Health Centre, Chase, BC at 5:30 pm for course. Note Sat and Sun start at 9:00 am and will be outdoors. Learn basic first aid and then practice realistic, hands-on outdoor scenarios. FMI contact Jeromy or Robin at (250)679-7726.

Gospel Music Concert

Wed. Apr. 26 5:30 pm Dinner and Loonie Auction at ALIB Band Hall, followed by Concert at 7:00 pm at ALIB Spiritual Centre, Chase, BC. Musicians include Kene & Milly Jackson and Joe & Marie Wiebe. FMI contact Howard or Jannie at (250)515-1314.

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.