

Adams Lake Indian Band

Salmon Ceremony

Date: September 30th, 2016

Location: The ALIB Fish Station

Time: 11 am-1 pm

Welcome ALIB community, singers and drummers, elders and youth.

The event will include:

- ☐ Prayer
- ☐ Ceremony
- ☐ Drumming
- ☐ Salmon BBQ

EVERYONE WELCOME

Fisheries Final Schedule

Wednesday September 28th – OPEN

Thursday September 29th, - NESKONLITH

Friday September 30th, 2016 -OPEN,

SALMON CEREMONY AND

LAST DAY OF FISHERIES

We're excited to announce the launch of our redesigned website , check it out at:

www.adamslakeband.org

While it's live and operational, there's still some photos to add and some refinements to be made before the Official launch on Friday, September 30th, 2016.

Improved looks and functionality: The redesigned site delivers vast improvements, easier maintenance and uploads; viewing and vibrant colours just to name a few.

This soft launch gives us:

- ◆ Adequate time to train the Website Team members on proper use and functionality
- ◆ Generate feedback from audience
- ◆ Time to fine tune site functionality and processes

This project represents another step that continues to show how we are continuing to move forward better communications with our stakeholders.

I would like to send out a huge thank you to the Website Team for their hard work and dedication over the past few months to this huge project.

We'd love to know what you think. You can use the contact form or give Communications Department a phone call (250)679-8841.

By Karen Everard

Communications Coordinator

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Winter Tires in BC



Winter tires are required in BC on many rural highways and high mountain passes in the Interior, North and Vancouver Island.

BC is one of only three provinces in Canada that define a winter tire and specify where their use is required.

Definition of a Winter Tire

BC's *Motor Vehicle Act* creates the authority to designate roads where winter tires are required.

- *Motor Vehicle Act* Section 208 gives the Ministry of Transportation and Infrastructure authority to post signs that specify where winter tires are required, and the vehicle types on which they are required.



- The signs define that both severe winter condition (mountain snowflake) and all-season mud and snow (M+S) tires are acceptable winter tires for cars and light trucks and that large trucks must carry chains.

To be considered a winter tire, a mountain snowflake or an M+S tire must also have at least 3.5 mm of tread depth across the whole tire.

For a list of highways that winter tires are required on, please go to www.gov.bc.ca/wintertires

Selecting the right tire

Both the mountain snowflake and M+S tires meet the minimum requirement for winter tires in BC. The Ministry of Transportation and Infrastructure and the RCMP recommend that regular travellers on BC's highways equip their cars and light trucks with the mountain snowflake tire, which is the best tire available for winter conditions.

M+S tires are a viable option for motorists who live in areas without frequent winter weather and who plan their trips to coincide with periods of better weather. All drivers should be prepared to drive with added care and caution when winter conditions are encountered.



Motorcycles

Motorcycles are not required to be equipped with winter tires in BC. The Ministry does, however, recommend motorcyclists not travel provincial highways when winter conditions are present or forecast.

About Winter Tires

Rapid changes in elevation and weather can make highway conditions in BC unpredictable during the winter. You may start a trip in sunshine but face stretches of slush, ice, heavy snowfall or compact snow along the way.

Most BC highways have high mountain passes where you are likely to encounter winter weather in October. Statistics show that winter related vehicle accidents increase in October. Winter tires perform better on ice than summer tires.

Drivers must obey winter tire and chain signs throughout the province from October 1 to March 31.

Winter road conditions across most of B.C. often include snow and ice. We recommend drivers install mountain/snowflake tires for cold weather driving and, for extreme conditions, carry chains.

It is the responsibility for the operator of a vehicle to understand the conditions on the roads they regularly drive and equip their vehicle for those conditions.

British Columbia accepts tires displaying the 3-peaked mountain and snowflake symbol **OR** the M+S (mud and snow) symbol, with at least 3.5 mm tread as winter tires. Some tire manufacturers choose to mark their tires with both designations.

Check your tires for at least one of these symbols:

The 3-peaked mountain and snowflake symbol on the side of the tire

These winter tires offer the best traction on snow and ice, and in cold weather. Also known as mountain/snowflake or alpine.



The mud and snow symbol on the side of the tire

These winter tires offer better traction than summer tires, however, they are less effective than 3-peaked mountain and snowflake tires on snow and ice, and in cold weather. Also known as M/S, M&S, Mud and Snow. All Season tires must **also** display the M+S symbol to be considered a winter tire.



All winter tires must:



3.5 mm tread

Tires must have 3.5 mm of tread remaining to be considered winter tires. Tires that are worn have reduced traction and should not be used in winter weather.

Matching winter tires

You must have at least 2 matching winter tires on the primary drive axle, but we recommend using 4 matching tires on the four outside corners of the vehicle - even when

driving a 4X4 vehicle. Mixing tires with different tread patterns, internal construction and size compromises stability, and should be avoided.

For additional safety and traction:

Air pressure

Maintaining proper air pressure extends tread life and improves safety. Tire pressure decreases as temperatures drop, so have the pressure checked at least once a month, when the tires are cold.

Traction Devices

Drivers may wish to enhance the traction of their winter tires by carrying chains or using other traction devices. Summer tires are **NOT** recommended for winter driving October 1 to March 31. Chains on summer tires are not an acceptable substitute for winter tires on signed highways.

Temperate Climate Due to a more temperate winter climate in the Lower Mainland and southeastern Vancouver Island, drivers are not required to use winter tires, although many drivers choose to use M+S tires year-round. Drivers should use discretion when equipping their vehicles. Remember: If you plan to travel outside the Lower Mainland and southeastern Vancouver Island, winter tires are **required** on most highways.

ICBC says: Driving without winter tires will not void your insurance if you have a claim. It also won't mean you're automatically at fault in a crash. However, if you get in a crash where winter tires could have helped, not having them may affect whether—or how much—you are at fault.



ADMINISTRATION PILLAR

Councillor Brandy Jules

Report for August –September, 2016

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Llwèlsten

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Culture & Language:

Where are we at with the Aboriginal Language Initiative proposal :

- Research is in progress by Rob Mathew to propose what model would best suit ALIB when it comes to learning our language.
- Beginner Language classes start Tuesday September 20th at Chief Atahm School.

Communications:

- Revamping of our ALIB Website is in progress and near complete. Soft Launch was Friday September 16th with full launch of ALIB website set for Friday September 30th
- The Finance Committee had a presentation on "Communication Strategy" . When it comes to "Communication" it is important to remember how you are communicating and how it is being perceived.
- Is it **Clear** (simple, easy to understand), Is it **Concise** (right amount of information), Is it **Correct** (accurate and concise)

Communication is a two way street, so therefore is it communication by saying you emailed or text someone if they did not respond? The answer is no, because in order for dialogue to happen, it needs to be two way communication. This leads back to the 3 C's of Communication as stated above.

What is your "Ask" when you communicate?

Human Resources:

It is to my knowledge that ALIB has now hired a full time Chief Financial Officer whom will be starting in October.

Finance:

Financial Administrative Law (FAL) Committee has set meetings for twice a month to review this Law and amend where applicable to see that it fits with

the ALIB Organization.

C&C have yet to set a date for First Quarterly financials presentation to the community

CCSP:

ALIB has purchased a software called Envisio some time ago which is a great tool once utilized to showcase Departments work plans based on our Swixweytec .

The week of September 19th and the week of September 26th, Managers will be working with our CCSP Coordinator and Dwayne Emerson to incorporate their work plans on to this software for show case in the near future.



Photo submitted by Brandy Jules

Charmayne Wilson and Mike Arnouse providing the Secwepemctsin place names on Adams lake map.



Photo submitted by Brandy Jules

Elders Mike Arnouse and Ethel Billy at Brennen Creek Gathering July 23,2016

Natural Resources Pillar

Councilor Greg Witzky

Update for July & August 2016

Forestry:

- Ongoing with our logging permits in the Ptarmigan Hills/Fisher Creek and Cahilty areas.
- Ongoing negotiations with Interfor and Tolko for the development of accommodation agreements. The purpose of the agreements are to provide our community with joint decision making authority over forest management & stewardship, jobs, contracts, training, plus receive constant cash payments for the wood resources being taken off our traditional territory.

Fisheries:

- The communal fishery was delayed two weeks due to low numbers of sockeye returning. Chinook salmon will be our only targeted catch this season. The reason why we are only fishing Chinook is to protect, and help rebuild, the threatened sockeye stocks.

Archeology:

- Ongoing construction monitoring of Hoffman's Bluff to Neskonlith Reserve.
- Archeological Impact Assessment (AIA) of the Salmon Arm West highways project has started.
- We have acquired the contract for archeological, labour, and excavator works on the Chase West highways project.
- The AIA has also been started for Chase West.
- A budget was submitted for a preliminary field review to map out cultural heritage features along the Lower Adams River, in order to protect pictographs and pit houses from vandalism.

Meetings & Conferences:

- July 4th ALB financial audit review process undertaken by C&C. Although it looks like we had a deficit last year we actually are in a stronger financial position than the previous year. The audit process showed mandatory asset amortization/depreciation requirements, which resulted in the reported deficit.
- July 14th we met with the Ministry of Forests, Lands and Natural Resources Operations (FLNRO) to acquire the keys and info package for the Brennan Creek school site located on Adams Lake. We will lease the site for 10 years at a cost of \$1.00/year while we develop our land and resource plan, which will support our efforts to eventually own and occupy the land and buildings. The big picture goal is to occupy, and manage, all of the recreation site campgrounds within the Adams Lake watershed.
- July 20th we met with the new INAC Regional Director General, Catherine Lappe, who visited our community for the purpose of assisting us in prioritizing our capital

investment project proposals.

July 21-24th helped organize the Brennan Creek land occupation celebration and boat tours of Adams Lake cultural heritage sites. The purpose of the land occupation is to assert our Title & Rights to our traditional territory and apply our laws as stewards over the land and resources.

- July 29-30th helped organize the Chief Atahm School traditional place names field trip to Brennan Creek.
- August 10th attended the Aboriginal Tourism Roundtable at Quaaout Lodge. The purpose of the forum was to involve First Nations communities with Aboriginal tourism in the Shuswap region.
- August 18th I was a delegate at the Columbia Shuswap Regional District (CSRD) board meeting. The purpose of my presentation was to put forth our opposition to further development applications from the Cottonwood Cove resort located at the mouth of the Adams River.
- August 19-21st I attended the Secwepemc Gathering in Skeetchestn and participated in the opening grand entry, as well as provided land support for the canoe journey.
- August 26th I flew to Victoria on a day trip to view possible investment opportunities for ALDCo.
- August 27-30th helped mobilize and participate in the Secwepemc hunting camp located in Seymour Arm on Shuswap Lake.



Continued on page 5



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.

Can also check out our website:
adamslakeband.org



September 22, 2016

As most of you are aware, Truman Jones passed away suddenly on Thursday September 1, 2016 at approximately 5 am at our home in Kamloops. Already three weeks have passed since then and we miss him like crazy.

It is difficult to put in words how grateful we are for all the people who came forward to help us during this very difficult time. We had so much support from hundreds of people ... in person, by email, through FB, through phone calls, through monetary/food donations, through beautiful cards/flowers, through the abundant feast cooked by the kind hearted Syilx people: Brenda Louis, Cecilia Louis, Ramona Wilson, Coola Louis, Kalli Van Stone and all their helpers.

The hand drummers/singers were so powerful and welcome; they helped us release the grief and begin

our healing journey and we were especially blessed to have spiritual guidance from Lyle Thomas and Joanne Gottfriedson.

Kukstemc, I feel humbled and honoured by all the care and love we received during this very difficult time. I am taking the liberty to extend thanks on behalf of the rest of our immediate family - Michelle (Michael), Amy (Jesse), Francis (Marlene), Matthew, William, Trevor (Sonja), Elizabeth (Levi), Lenora and TJ's imts (grandchildren) – Tate, Reese. Carlo, Nico, Marlee, Mya, Mekhi, Edison, Hunter, Dre, Chantae, Leroy, and Julie. Kukstec-kuc.

If you didn't get a copy of the memoriam, I can send you one by email or by regular mail. Call me at 250 573 3739 or email me at jackiedjones@hotmail.com with your contact information.

From Jackie Jones

Councilor Greg Witzky

Continued from page 4

It is now half way through my first term as a band councilor. The list of boards, councils, and committees that I represent our community on include; Secwepemc Fisheries Commission Steering Committee, Shuswap Watershed Council, Columbia Basin Regional Advisory Committee, Fraser Salmon Management Council, Wild Salmon Caravan, Shuswap Trails Alliance, Sexqeltkemoc to Secwepemc, Reconciliation Framework Agreement Senior & Joint Councils, Pictograph Protection Group, and Aboriginal Tourism BC. I am also a temporary board member for the Adams Lake Development Corporation, the chairperson for our Membership Rules Committee, and External Liaison for our Emergency Operations Committee. Furthermore, I am devoted to hands on involvement with our communal hunting & fishing programs.

Since elected to Council in March of 2015 I have been involved with restructuring our band office administration to ensure employee accountability, incorporate fair hiring

standards, develop strategic plans & goals to achieve the ALB vision, plus improved policy / bylaw development processes. When the new Council started in 2015 the following band policies / bylaws were in varying stages of completion; C&C Terms of Reference, Membership Rules, Employee Guidelines, Housing Policy, Election Rules, Tax Law, Investment Policy, and Expenditures Bylaw. To date the Tax Law has been passed, some sections of the Employee Guidelines are implemented, C&C ToR and Election Rules are being examined by the Governance Committee, and the Housing Policy & Membership Rules are almost ready to go to the community for review and input. Finally, the new process to implement the Financial Administration Law will solidify our financial transparency and accountability responsibilities, as well as give the Adams Lake Band the ability to borrow money at interest rates lower than a bank can offer. This will enable us to invest now for the people of today and create opportunity for those yet to come, while affording us the power to respect the past.

ALIB Administration Building Survey Results

By Karen Everard

Communications Coordinator

A membership survey was distributed and promoted from July 18 to August 12, 2016. The purpose of the survey was to receive input from Band Members on the proposed four building options, the three proposed site locations and the reclamation site options. We would like to thank those 119 people who participated for taking the time to complete the survey and those who watched the video presentation that was posted on line.

The survey was shared with members through:

Mail Chimp (mass e-mail)

Sent out emails to 157 subscribers, 4 bounced back, 74 opened (48.4%).

Door to Door

Handing out 157 hard copies and received back a total of 59 hard copies.

Woof (on line)

A total of 60 survey were done on-line.

Everyone who completed the survey went into the draw to win a prize and congratulations to the winners:

Brianna Narcisse of Chase, BC – youth winner of a iPod

Daniel Lysons of Kamloops, BC – adult winner of a \$250 Visa card.

The survey results were shared with Chief & Council and the administration building working group. To protect member's privacy, all the comments shared on the survey form have been kept anonymous.

As the Band is still in the early stages of planning, more Community Meetings will be held for further discussions.

Please see the attached info graphic summary of the 10 questions asked on the survey.

Thank you.

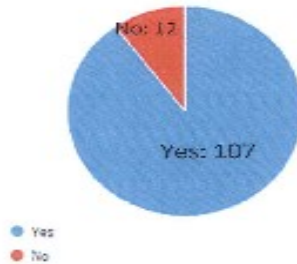


Adams Lake Indian Band

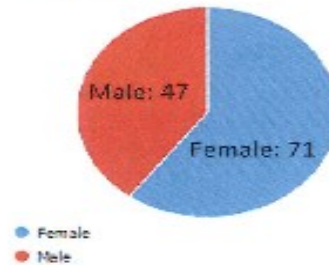
Administration Building Survey Results

Info Graphic Summary of the 10 questions asked.

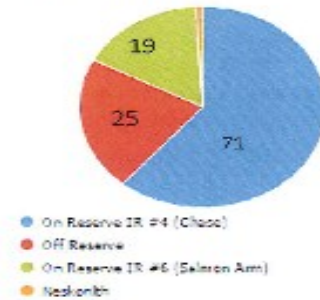
ALIB Band Member



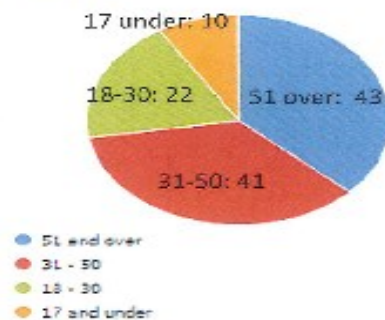
Indicate Your Gender



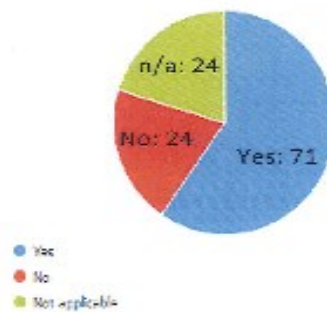
Where Do You Live?



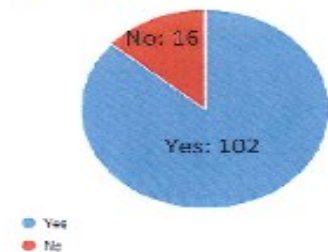
Age Group



Was there availability & convenience of parking?



Are You in Favour?



Departments/Offices visited in last 6 months

Choices	Percentage
Health and Wellness Department	53.78%
Administration Department	47.61%
Education Department	45.21%
Public Works and Housing Department	30.25%
Finance Department	25.41%
Chief or Councilor Office	25.29%
Membership Office	25.00%
Other	
Natural Resources Department	22.68%
Title & Rights Department	21.65%
Human Resources Office	21.01%
Daycare	20.17%
Lands and Taxation Department	17.65%
Information Technology Department	16.81%
Community Planning/Communications Department	15.12%
None	12.61%

Administration Building Survey Results continued

Building Options

Top Choices	Percentage	Count
B1- Iredale; Approx Cost \$9 - \$11 million	41.94%	39
B3 - Horizon North; Approx Cost \$5.4 million	37.63%	35
B4 - Formline Pac West; Approx Cost \$7 million	11.83%	11
B2 - Atco; Approx Cost \$7.9 million	8.60%	8
	Unanswered	26
	Total	119

Site Location Options

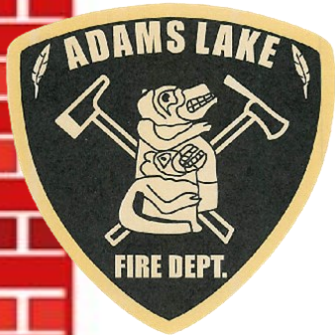
Top Choices	Percentage	Count
SA - Village Road/Lakeview Road Intersection	48.60%	53
SB - Village Road at Old Band Hall	33.64%	36
SC - Chief Jules Drive above Gymnasium	16.82%	18
	Unanswered	12
	Total	119

Reclamation Site Options

Top Choices	Percentage	Count
R3 - includes all of what is described in R1 and R2	50.93%	55
R1 - Fill in area with topsoil, seed, trees, sidewalk	30.56%	33
R4 - None of the above. Instead of a park, what	9.26%	10
R2 - includes all of what is described in R1 with	9.26%	10
	Unanswered	11
	Total	119

Attention ALIB members.

Changing of the season.



For those who still burn wood for heat: Be sure your stove and pipes are in good shape and your chimney is clean of any creosote buildup.

stove

Your furnace and ducts are cleaned and free of dust.

And also MAKE sure your smoke alarm is working.

Thank you.

ALIB Fire Department

COMMUNITY EVENT: Public Fire Prevention Education

Fire losses (deaths, injuries and destruction of property) in First Nations' communities, particularly those on remote First Nations' lands, far exceed those in comparable off-reserve communities. The First Nations per capita fire incidence rate is 2.4 times the per-capita rate for the rest of Canada. The death rate is 10.4 times greater; the fire injury rate is 2.5 times greater; and the fire damage per unit is 2.1 times greater".

"Children under the age of 5 and the elderly are at the greatest risk".

In an effort to reduce these statistics FNESS delivers fire and life safety procedures to community members of all ages.

October 12, 2016

**ALRCC
Dinner At
5 p.m**

**Presentation:
5:30—9 p.m**

Lesson Plan:

- **Discuss Fact Myths and Realities of Fire**—The difference between Hollywood and reality
- **Video**—"What every parent should know?"
- **Smoke Alarms**—Why they are needed and how to maintain them.
- **Escape Planning**—How to build on and why we have them.
- **Cooking Safety**—Avoiding grease fires, etc.
- **Portable Fire Extinguishers**—What they are and how to use them (you may request to have a fire extinguisher demonstration – please check in advance".



**First Nations'
Emergency Services Society
OF BRITISH COLUMBIA**

**Adams Lake Indian Band
Fire Department**



Are you an Adams Lake Band Youth between the ages 14 to 24 and are interested in attending the Gathering Our Voices an Aboriginal Youth Conference in Kelowna in March 21-24th, the first week of Spring break 2017? Please contact **Sandy Lund 778-257-4123** for more information on how you could attend.

Secwepemc Elders Council

Mission

"We are the Secwepemc."

"We are keepers of
Secwepemcúl'ecw"

"We will recognize and respect
our elders as our teachers to share
their knowledge and wisdom with
Secwepemc."

Primary Objectives

To unite all 17 Secwepemc bands

1. To share the oral history of the Secwepemcúl'ecw
2. To promote and preserve the Secwepemc language
3. To preserve and document the history of each community
4. To preserve and promote the Secwepemc traditions, culture and spiritual values.
5. To bring youth to all meetings.
6. To help each other out

Representation

SEC meetings are for all 17 Secwepemc Bands.

Youth are strongly encouraged to attend!

Next Meeting Notice

Date

Thursday, September 29th, 2016

Time

10:00 am - 2:00 pm

Location

Shuswap Nation Tribal Council
680 Athabasca Street West
Kamloops BC V2H 1C4

Lunch and refreshments provided

Mileage costs are reimbursed for
Elders that attend (maximum \$250)

Questions please contact SNTC at:
778-471-8200 or

art@shuswapnation.org

Weytk
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Secwépemctsin
TSILLEN
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setsine
Kukstsemc

Free! Everyone is
welcome

Secwepemc
Language
Classes

STARTING SEPT 20TH

TUESDAYS

Dinner @ 5:30 pm
Adams Lk Band Gym
Class @ 6:45 pm
Chlef Atahm School

LEARN LANGUAGE THROUGH ACTION

FOR BEGINNERS

Welcome to all ages and levels of learners.

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

Come early and have dinner in the language too!

For more information contact Kimzi Chlef Atahm at 250-879-8247 or sandral@albc.ca



Pumpkin Gingerbread

Ingredients

3 cups sugar
 1 cup vegetable oil
 4 eggs
 2/3 cup water
 1 (15 ounce) can pumpkin puree
 2 teaspoons ground ginger
 1 teaspoon ground allspice
 1 teaspoon ground cinnamon
 1 teaspoon ground cloves
 3 1/2 cups all-purpose flour
 2 teaspoons baking soda
 1 1/2 teaspoons salt
 1/2 teaspoon baking powder

Directions

1. Preheat oven to 350 degrees F. Lightly grease two 9x5 inch loaf pans.
2. In a large mixing, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.
3. In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
4. Bake in preheated oven until toothpick comes out clean, about 1 hour to 1 hour 15 min.

Review Notes

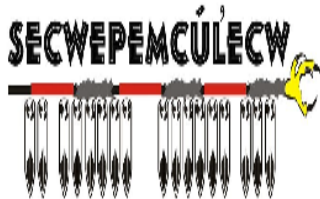
- ◆ 7 mini loaves out of this recipe at 325/45 min
- ◆ Muffins 325/20 min
- ◆ Stirring the spices into the dry ingredients, rather than the wet
- ◆ Reduce sugar to 2 or 2.5 cups
- ◆ Put some cream cheese icing on it.



YOUTH CALENDAR FOR IR#4 (CHASE) 2016

Call Sandy Lund 778-257- 4123 or e-mail slund@alib.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Sr. Girls Group grades 8 to 12 3 to 5:30pm	4 Swits Girls Group 3 to 5:30pm Supper club in Swits 5:30-6:30pm Ladies Circle 6:30-8:30pm	5 Staff meeting 1-3pm JR. Girls Group grades 5 to 7 3pm to 5:30pm	6 Culture Club for youth ages 7-18, 3pm-6:30pm Breast Cancer walk and Dinner 4pm to 7pm Skwlax Arbor	7 Open gym night 5pm-11pm Open to youth 7 to 18. Younger children must be accompanied by adult	8
9	10  Office Closed	11 Swits Girls Group 3 to 5:30pm Supper club in Swits 5:30-6:30pm Ladies Circle 6:30-8:30pm	12 NEW Time JR. Girls Group grades 5 to 7 3pm to 5:00pm	13 Culture Club for youth ages 7-18, 3pm-5:30pm	14 Sandy at workshop in Kamloops 8am to 2pm	15
16	17 SNTC Youth Council meeting for youth 14 to 29 years old. Please call to confirm your attendance. Meet at YC/Gym at 4:30pm	18 Swits Girls Group 3 to 5:30pm Supper club in Swits 5:30-6:30pm Ladies Circle 6:30-8:30pm	19 Sandy away for training	20 Sandy Away for training	21 Pro-D day Visit DeMille's corn maze and SA pool Leave at 10am return at 4pm must preregister	22 
23	24 Sandy off in Lieu of the 29nd	25 Swits Girls Group 3 to 5:30pm Supper club in Swits 5:30-6:30pm Ladies Circle 6:30-8:30pm	26 1:30-3pm Health Staff meeting Community meeting 5pm to 8pm	27 Culture Club for youth ages 7-18, 3pm-5:30pm	28  Halloween Dance at GYM 6 pm to 11pm \$2 with costume \$3 without costume	29 Trip to Tranquil Farm Corn Maze. \$10 for under 12years old. \$15 for 12 and older. Meet at Gym at 4pm return at 11pm. Must have waiver form signed and preregister
30	31  Sandy at fire hall Time TBA	Swits Girls Group 3 to 5:30pm Supper club in Swits 5:30-6:30pm Ladies Circle 6:30-8:30pm	JR. Girls Group grades 5 to 7 3pm to 5:30pm	Culture Club for youth ages 7-18, 3pm-5:30pm		



Secwepemc Governance

2016/17 Tour Dates

Attend one or all of these 6 sessions to learn more and share your thoughts on a Nation-to-Nation relationship with Canada.

Sept 27th—Invermere

Oct 29th—Williams Lake

Nov 26th—Chase

Dec 10th—Cache Creek

Jan 28th—Kamloops

Feb 25th—Salmon Arm

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

—Prime Minister Justin Trudeau

For more information contact Shuswap Nation Tribal Council
Tel. 778-471-8209 Email. artcoordinator@shuswapnation.org
www.shuswapnation.org



Shuswap Nation Tribal Council



**Governance Workbook sheets available
at your Band Office or call
Sally at SNTC 778-741-8209.**

Take Home Naloxone kits – In response to the overdose crisis occurring around the province, these kits have arrived at the Adams Lake Sexqeltqin and Sxwetsmellp Health & Wellness Centres.

Who are these kits recommended to? To those individuals who use opiate drugs (whether recreational or prescription use).

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

Contact the Sexqeltqin Health Centre at (250) 679-7726 and ask to speak to the Community Health Nurses or NNADAP worker for more info and to book an educational appointment (required to get a kit).

Did you know



Some fun facts

Did you know the average person goes to the toilet six times a day.

Did you know Diet Coke was introduced in 1982.

Did you know gorillas can't swim.

Did you know you can't tickle yourself.

Did you know grasshoppers have white blood.

Did you know all owls lay white eggs.





SEXQÉLTKÉMC
TE SECWEPÉMC

SEXQÉLTKÉMC SEASONAL ROUND UPDATE SEPT 2016



HUCKLEBERRIES

The event kicked off with kick arse coffee, a warm up by the campfire, opening prayer, logistics, and a long journey up the smoothest switchbacks ever. We walked the First Footsteps Trail and admired the stone and iron sculptures the National Parks staff put up in our honour. And though we got rained out, skunked out on berries, and someone coasted all the way down the mountain near empty, there was nothing but laughter, stories, and fun new memories made. 4 generations of women in one family picked together for the first time, new and old traditions came together. Encourage all to support the Secwepémc Hunting Camp and all community events.

On Saturday, September 17, 2016, 48 Secwepémc found their way to the Sexqéltkémc Seasonal Round Event at Mt. Revelstoke National Park.

KUKSTEMC TO:

- Sexqéltkémc Joint Council for their vision for and with the Secwepémc
- Sexqéltkémc Elders and Leaders for their reminder to go out on traditional territory and use and occupy
- Steven Teed, owner of Delicious Business Catering for the amazing meal, as always
- Parks Canada staff for their welcome, and chat with the grizzlies to clear the trails for our use
- The firestarters, glad someone had a hatchet
- The shutterbug for the great photos
- The veteran pickers who stayed bone dry and our lesson to bring rain gear...and galoshes

Kukstemc to Secwepémc of all ages who participated, we can all say we are Veteran Pickers now, after that rainstorm!

Sexqéltkémc te Secwepémc Lakes Division

PO Box 1010, Chase, BC, V0E 1M0 (Mailing Address)

102-440 Squilax-Anglemont Rd., Chase, BC V0E 1M2 (Physical Address)

250-679-2108 Ext. 102

switzky@sts-lakes.ca

www.sts-lakes.ca

Community Gathering Sessions



The Indigenous Perspectives Society (IPS) is working on an initiative to help strengthen Aboriginal non-profit agencies.

We Need Your Help!!

Please come to a Gathering session to give us feedback on materials we've developed on:

- Mentorship and Elder guidance &
- Recruiting and retaining Aboriginal youth employees.

Lunch Provided ♦ Games
♦ Prizes



Kamloops:

Secwepemc Child & Family Services
300 Chilcotin Rd

Oct 14, 2016

Youth, Elders & non-profit
Staff
9 am - 1pm

Prince Rupert:

NIFCS
#371-309 2nd Ave

Oct 12, 2016

Youth, Elders & non-profit
staff
9 am - 4 pm

Victoria

Indigenous Perspectives Society, 664
Granderson Rd.

Oct 17, 2016

Youth, Elders & non-profit
staff
9am - 4 pm

Register at: ipsociety.ca/aboriginal-non-profit-gathering



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.

You're Joking

Next issue of

Newsletter



Thurs. October 27th, 2016.

Deadline Thurs. Oct. 20th

Q - Why do parents give children a middle name?

A - So the child knows when it is in serious trouble.

Q - What is a cow with no legs called?

A - Ground beef.

Q - What type of bow can never be tied?

A - A rainbow.

EDUCATION NEWS

Chief Atahm | K-12/Post-Sec | Language | Sahhalkum Day Care

Sahhalkum Day Care

All summer programs were busy this year with various educational activities and field trips offered. We had both new and returning staff this summer to assist with our programs as well. There are still a few seats remaining in our current programs — please call Marnie or Vicki for details.

CAS Enrolment

As of the third week of the 2016/2017 school year CAS has 64 students enrolled. This is an increase of our projected number and the school staff are thrilled to have more students to work with this year. As with any school year there will be many exciting happenings taking place for both our students and community. Ms. L'Hirondelle and her staff look forward to another great year in our Immersion School.

Education Director

Please contact Shane Coutlee at 250.679.2209 or by email scoutlee@alib.ca if you need any assistance with our services.

ALIB and Community Language Program

We had approximately 20 ALIB members attend our first "Beginners" Language Session on Sept 20th. This short-term program, which also includes "Intermediate" and "Advanced" sessions, will run to the end of March 2017. The majority of this program's revenue came through a successful grant application. This program will contribute towards a model for a long-term Language Initiative that is currently in its research stage. Our submission next month will include a research update.

Post Secondary Education

All members who applied for Post-Secondary Funds through our Department for September 2016, and who met all eligibility policies and guidelines, were successful with their applications and are receiving full support for the 2016-2017 school year. There are a few members submitting applications for second semester support and once we receive all completed packages we will then make allocation decisions. If you have any interest or questions regarding training, courses, support, etc., please do not hesitate to contact Diane Anthony at our ALIB Education office.

K-12 (CAS, Salmon Arm and Chase)

This year we are creating a proactive approach with our communication procedures with schools. We are creating a formal meeting schedule with each school for Diane to meet with key staff (Principal, Learning Resource Teachers, etc.). These meetings will take place quarterly throughout the school year and will include an advanced agenda to discuss and monitor opportunities, reports, plans, supports, etc.. This new structured process will enhance current communication and planning strategies to provide better support for our students. If you have not yet provided our Department with the annual "Consent Form" please contact our office and we will make arrangements to get this information from you.



Career Fair Nov 30th

This year's Career/Job Fair will take place November 30th at our Conference Centre. Built on the foundation of previous success we have invited over 100 organizations to set up booths and take part in this year's event. We have invited banks, post-secondary institutes, federal agencies, provincial organizations, businesses, and other diverse companies to interact with our membership. We will invite students from both school districts and as always the venue is open to all community members as well. If you would like more information about this upcoming event please do not hesitate to contact our office.

Future Newsletters

We strive to provide members with informative news from all areas of our department. Please contact the Education Director if you would like to see specific items shared in future submissions.

NVIT Bridging to Trades

We have a program arriving at Nexeyelst - Pierre Moyese this month and it will run up to mid December 2016. The program provides students with pre-foundational training in several high-demand industrial trades. They will also develop necessary employment skills. Throughout the 12 week program, students will develop a sound understanding of workplace safety and gain significant hand-on experience in each of the following trades: electrical, plumbing/pipefitting, machining/millwright, and welding. We currently have 14 confirmed ALIB members signed up for the program with seats still open. Please contact Diane at Education for more information.

Sxwetsmellp Education Centre

One of our priorities this year is to ensure our members in the Salmon Arm area are able to easily connect with the Education Department for both support and services. We started this process by assigning a designated day (Wednesday) for Diane to be physically at the office — the next stage includes additional days throughout the week and a designated office space. The Education Department, over the next few months, will increase its presence at the Blue Building. We have been provided office space to utilize in the building and once we have the resources in place to support our office we will inform the community of our new schedule.

Communication with Students/Parents

To better serve our students and/or parents who are directly involved with K-12/Post-Secondary, the Education Department will reach out to you at least once per month. We know effective communication is a vital factor towards academic success and we want to ensure that we initiate both effective and efficient communication so we can both share and offer our supports if it is needed. Depending on the contact information that was provided to our office we will utilize email, phone calls, and postal services to communicate information from our department with you. We also utilize Facebook to share various information with our membership and we will continue to utilize social media when we can. We look forward to making this school year as great as it can be with communication playing a critical role!

Lakes Division Empowering Aboriginal Generation of Leaders & Entrepreneurs™

LD-EAGLE™

Have you ever dreamed of being your own boss??

Or even learning more about leadership??

ENROLL IN A LD-EAGLE™ workshop today and learn how!

Choose **ONE** workshop date that works for you

Workshop A: Date: Sept 29 - Oct 1, 2016
(8:30 – 4:30 each of the three days)

Workshop B: Date: Oct 13 - Oct 15, 2016
(8:30 – 4:30 each of the three days)

Workshop C: Date: Oct 20 - Oct 22, 2016
(8:30 – 4:30 each of the three days)

Workshop D: Date: Oct 27 - Oct 29, 2016
(8:30 – 4:30 each of the three days)



Who? All Aboriginal People are encouraged to apply for the EAGLE™ program

What? The EAGLE™ program is designed & delivered to be an interactive and fun 3 days of creativity, culture and competition

Why? The EAGLE™ program will enable Aboriginal participants to explore opportunities to realize dreams they have for themselves and their community through leadership and entrepreneurship.

Where? Splatins Community Centre 5775 Old Vernon Road, Enderby, BC

Discover ...Your Passions...Your Possibilities...Your prosperity



Call today!! (250) 306-5228; or email debra.tamaji@gmail.com

Applications available at your band office or call Deb to have one emailed to you

Fax applications to 250-838-2131, attention Deb

*Lunch will be provided for registered participants

Art work credit: Eagle by Richard Shorty, ACE logo by Luke Parnell

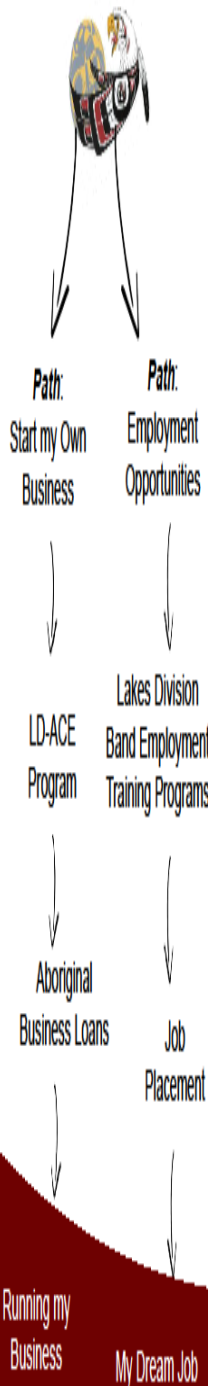


PETER B. GUSTAVSON
School of Business
Executive Programs
The world of business from home.



Explore which path is
best for your life's
journey

LD-EAGLE™
Program



The Empowering Aboriginal Generation of Leaders and Entrepreneurs Program, known as EAGLE™ is focused on energizing and enabling Aboriginal People like you to explore opportunities in order to realize the dreams you have for yourself and your community through leadership and entrepreneurship. The EAGLE™ program is designed and delivered to be an interactive and fun 3 days of creativity, culture and competition.

The EAGLE™ program represents an open door into your journey within the Lakes Division. Once you complete this 3 days exploratory program you will gain clarity on your path. If you are interested in specific employment opportunities then the many Aboriginal skills, training and employment programs in the Lakes Division will serve you well.

Perhaps after the EAGLE™ program, you are keen to start a business. Our highly successful LD-ACE™ program will be your next step to provide you with the training and mentorship you need to get your business off the ground and take flight. Upon graduation from the LD-ACE™ program, Aboriginal loan services can help you with your business financing needs. I encourage you to enter the open door that the EAGLE™ program represents for your future.



Lakes Division
Empowering Aboriginal
Generation of Leaders &
Entrepreneurs™
LD-EAGLE™



Your Passion

Your Path

Your Potential

Four workshop dates
to choose from
(8:30 – 4:30 each of the three days)

Where: Splatins Community Centre 5775 Old
Vernon Road, Enderby, BC
Contact: (250) 306-5228
debra.tamaji@gmail.com

Free Hotdog!



**Every Saturday Noon to 1:30
(Until it runs out)**

**At the Patio of Cosy Corner
(Across the Royal Bank)**

*"The Light of Life Native Fellowship
offers free hotdogs for the community."*



Aboriginal Sport, Recreation & Physical Activity Partners Council



Aboriginal Sport, Recreation & Physical Activity Partners Council seeking volunteer coaches and managers for Team BC for Toronto 2017 North American Indigenous Games (NAIG).

Committed and enthusiastic sport leaders to serve in a number of vacant volunteer coach and manager positions on Team BC in various sports for the 2017 NAIG will be held in Toronto, ON from July 16 to 23, 2017.

The roles for these positions and further details are outlined on the online application form at:

<https://aboriginalsportbc.wufoo.eu/forms/2017-naig-team-bc-volunteer-coaches-managers/>

This intake of applications closes 5 pm PST, Friday, September 30th, 2016.

Upcoming Events from other organizations/groups

LeBourdais Memorial Invitational Rodeo

Oct. 1 & 2 at Whispering Pines Rodeo Grounds, Kamloops, BC 12 pm performance. FMI email: LMIRO-deo@gmail.com

Lakes Division EAGLE Workshops

4 workshops available from Sept 29—Oct. 1; Oct 13-15; Oct 20-22 or Oct 27—29. Being held at Splatsin Community Centre, Enderby, BC Call Debra at (250)306-5228 for more information.

2016 BC Aboriginal Regional Basketball Camp

Oct 15-16 in Kamloops, BC Online registration available at www.aboriginalsportbc.ca FMI contact Bernard at (250)350-3254.

First Nations Horticulture Program

Nov. 7 to April 28 (24 weeks.) At Quaaout Resort, Chase, BC. To develop and enhance skills in preparation for work opportunities in horticulture, golf course maintenance, landscaping, greenhouses and agricultural settings. FMI contact Wes at (250)679-3203.

Some of the above events may have a poster displayed here within *Cstelnec Newsletter* with more details.

Puzzle Solution © OnlineCrosswords.net

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



Aboriginal Sport, Recreation
& Physical Activity Partners Council



2016 BC Aboriginal Regional Basketball Camps



The Aboriginal Sport, Recreation and Physical Activity Partners Council is pleased to announce the 2016 BC Aboriginal Regional Basketball Camps - PHASE 1 of the athlete selection process for Team BC for the 2017 North American Indigenous Games. Athletes interested in joining Team BC must attend one (1) of the BC Aboriginal Regional Basketball Camps as step 1 of 2:

Regional BC Aboriginal Basketball Camps		
Interior	Kamloops	Oct. 15-16
Northeast	Prince George	Oct. 15-16
Vancouver Island	Port Alberni	Oct. 15-16
Vancouver & Fraser	North Vancouver	Oct. 22-23
Northwest	Skidegate	Oct. 22-23
Northwest	Terrace	Oct. 22-23

Camp Schedule:

U14 (born 2003-2005) 8:30-11:30 AM

U16 (born 2001-2002) 12:00-3:00 PM

U19 (born 1998-2000) 3:30-6:30 PM

*Male Athletes only on Saturday

*Female Athletes only on Sunday

Registration: Athletes must PRE-REGISTER for Regional Camps before 4PM on the Monday prior to the Camp.

Fee: \$10 for Basketball BC Members.

\$25 if you need to purchase/renew Basketball BC Membership

ONLINE REGISTRATION AVAILABLE AT:

www.aboriginalsportbc.ca

PHASE 2 – PROVINCIAL SELECTION CAMP: Athletes identified at a Regional Camp for advancement to the final phase will be invited to the BC Aboriginal Provincial Basketball Selection Camp (invitation only) held December 19 to 21, 2016 at the Tournament Capital Centre in Kamloops, BC.

For more info/To register, contact:

Bernard Manuel

PH: 250-350-3254

E: bmanuel@bcaafc.com



BRIDGING TO TRADES IN ADAMS LAKE

START DATE: OCTOBER 3, 2016

LOCATION: SWITSMALPH IR 6
(SALMON ARM, BC)



This 12 week program gives students the required courses in Math and English to have greater opportunity for acceptance into trades schools pre-apprenticeship programs. Explore Four different trades including:

**WELDING
ELECTRICAL
PIPING/PLUMBING
MILLWRIGHT**

TO REGISTER, CONTACT:

(Adams Lake)
Diane Anthony
Education Coordinator
250-679-8841 ext. 2239
or danthony@allb.ca

Canada



Funding provided through the Canada-British Columbia Labour Market Agreement

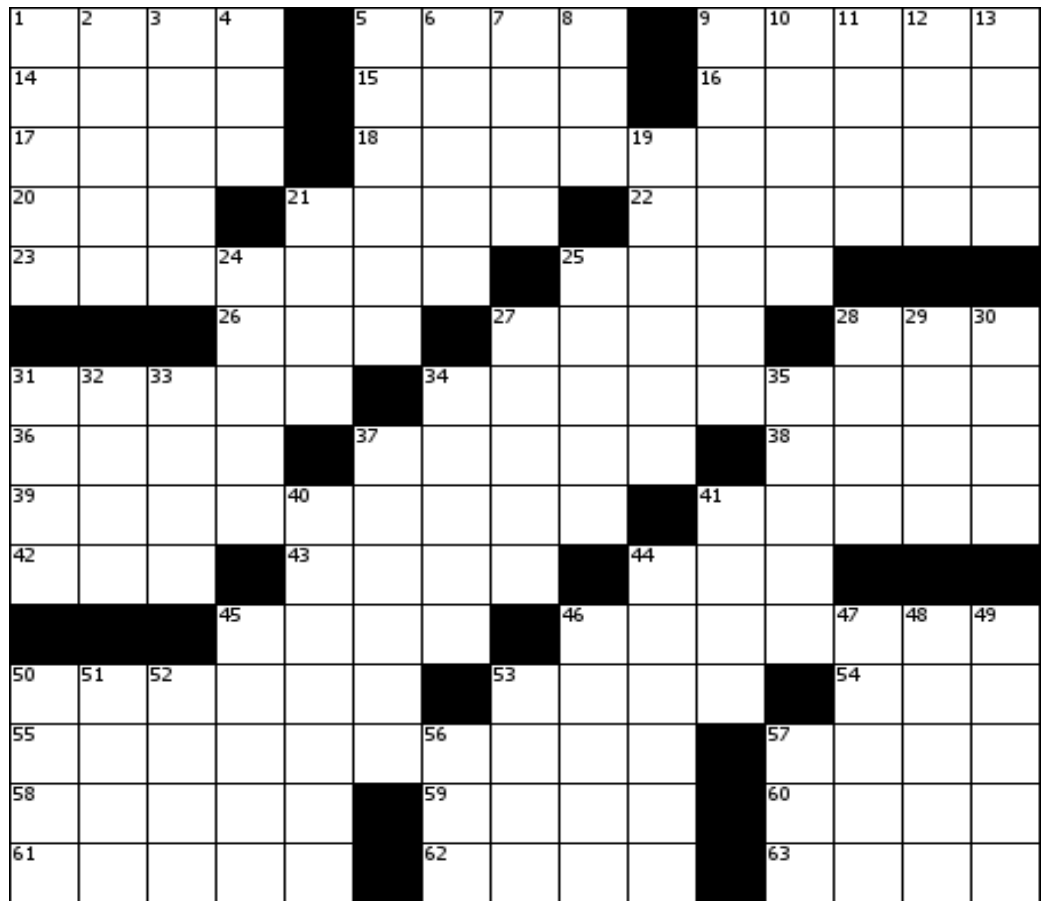


NICOLA VALLEY
INSTITUTE OF
TECHNOLOGY

TOLL FREE: 1.877.682.3300 VANCOUVER: 604.602.9555
MERRITT: 250.378.3300 ONLINE: NVIT.ca

Across

1. Land parcel
5. Orderly
9. Burn with steam
14. Whole bunch
15. Curved doorway
16. Forbidden
17. Discount event
18. Outstanding
20. Natural mineral
21. Oaf
22. Eats away
23. Food service
25. Peel
26. ____ Cruces
27. Diner list
28. Deep
31. Sheik's wives
34. Open to ideas
36. Long, narrative poem
37. Closet wood
38. ____-friendly
39. TV Host David ____
41. Blinding light
42. HST's successor
43. Singer ____ Diamond
44. Possesses
45. Mild oath
46. Disease from mosquitoes
50. Do again
53. Workbench clamp
54. Individual
55. Billy Graham, e.g.
57. Tablets
58. Feel
59. Words of comprehension (2 wds.)
60. Group of three
61. Squirrels' homes
62. Acquire by labor
63. Memo letters



Down

1. Civic gp.
2. Santa ____
3. Rented again
4. Sheep mom
5. Italian seaport
6. Baseball blunder
7. Passed effortlessly
8. "War of ____ Worlds"
9. Horse rider's foot support
10. Narrow boat
11. Not up yet
12. ____ wolf
13. Specks
19. Nastier

21. Pack tightly
24. Choose by vote
25. Pie nut
27. Hero's award
28. "Mona ____"
29. Above
30. "The Way We ____"
31. Retained
32. Copied
33. Ceremonial act
34. Send payment
35. Oklahoma city
37. Invent
40. Angers

41. Strong wind
44. Hurry
45. Thickly populated
46. Stingy one
47. Lions' sounds
48. Delhi's country
49. Fable collector
50. Pause
51. Perpetually
52. Window glass
53. Travel document
56. Untruth
57. School gp.

Answers on page 20

Household Hints & Tips

- Wipe your dog off several times with a used dryer sheet to remove wet dog smell.
- Use kitty litter mixed with baking soda in a pan to neutralize musty or bad odors.
- To keep down the spread of germs always close toilet lid before flushing.



LeBourdais Memorial OPEN RODEO

INVITATIONAL RODEO

October 1 & 2—2016

12pm Performance

Bareback Riding	\$250 +Buckle	EVENT FEES - CASH ONLY Major \$100 JR \$35	Team Roping 3x	\$500 +Buckle
Saddle Bronc Riding	\$250 +Buckle		Ladies Barrel Racing	\$500 +Buckle
Stock Bronc Riding	\$500 +Buckle		Ladies Breakaway Roping	\$250 +Buckle
Bull Riding	\$500 +Buckle		Jr Cow Riding	\$150 +Buckle
Tie-Down Roping	\$500 +Buckle		Jr Barrel Racing	\$150 +Buckle
Steer Wrestling	\$250 +Buckle		Jr Breakaway Roping	\$150 +Buckle

All events must have a minimum of 6 entries per day or the event will be cancelled.
Slack after 1st perf and before the 2nd if needed

Whispering Pines Rodeo Grounds
★ 10134 Rodeo Way, Kamloops BC ★

Entry Dates: September 19,20,21 / 2016 =
fb inbox/ email: LMIRodeo@gmail.com

Callbacks *posted

Hosted by: The Whispering Pines Rodeo Club - EP Ranches & Outwest Ranches

Sponsors:		
KINDER MORGAN CANADA	S & E Bucking Bulls	URBAN SYSTEMS LTD
INTERFOR	KGHM Ajax Mining Inc	EP RANCHES
OUTWEST RANCHES	WHISPERING PINES ENERGY	J&L Ranches

You're Joking

Q - What is dirty after washing?

A - Your bath water.

Q - What's got feathers but no wings?

A - Your pillow.

Q - Why did the little boy peek down the toilet bowl?

A - He was trying to find Winnie the Pooh.

Q - What is a typical diet of a sea monster?

A - Fish and ships.



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)

English

cucwéll

road

ctsetém

bottom of valley

csekéwt

ravine, big valley or gulch

Upcoming Meetings/Events

Secwepemc Elders Council Meeting

Thurs. Sept. 29 at Shuswap Nation Tribal Council in Kamloops, BC. From 10:00 am to 2:00 pm. Lunch and refreshments provided. Questions please call 778-471-8200.

Secwepemc Language Classes every Tuesday

Starting Tues. Sept. 20 at Chase, BC. Dinner at 5:30 pm at Adams Lake Recreation & Conference Centre; Class at 6:45 pm at Chief Atahm School. Welcome to all ages and levels of learners. Learn the Secwepemc language in a fun, stress free way. Come early and have dinner in the language too. FMI contact Kim at (250)679-8837.

Bridging to Trades Program

12 week program starting Oct. 3 at Switsemalph IR#6 in Salmon Arm, BC. Welding, Electrical, Piping/Plumbing and Millwright. To register contact Diane at (250)679-8841 ext 2239.

Band Office Closed Thanksgiving

Our band offices will be closed for Thanksgiving on Mon. Oct. 10 and re-opening on Tues. Oct. 11 at 8:00 am.

Fire Prevention Education Presentation

Wed. Oct. 12 at Adams Lake Recreation & Conference Centre in Chase, BC. Dinner at 5:00 pm. Presentation from 5:30 to 9:00 pm. First Nations' Emergency Services Society and ALIB Fire Department deliver fire and life safety procedures.

2nd Quarter ALIB Community Meeting

Wed. Oct. 26th at Adams Lake Recreation & Conference Centre, Chase, BC From 5:00 pm to 8:00 pm. ALIB Members and Community come join us for fun, games, food and prizes. Going to be spooktackular. Meet with ALIB Departments similar to the July 13th Fun Fair we held.

Title & Rights Information Sessions

Thurs. Oct. 27th at Adams Lake Recreation and Conference Centre in Chase, BC. 3 to 5 pm Genealogy; 5 to 6 pm Dinner; 6 to 8 pm information Session. FMI call Dave at (250)679-8841.

