

RECEIVED  
DEC 16 2016  
ADAMS LAKE BAND

## Adams Lake Indian Band

### Statement of Votes

In the Matter of the Adams Lake Indian Band by-election for one (1) Chief held December 15th, 2016 at the Adams Lake Indian Band Gymnasium.

Total Number of Electors: 594

Total Number of Mail in Ballots received: 45.

Total Number of Mail-in Ballots rejected: 1.

Name of Candidate for Chief	Total Votes Received
ANTHONY, Henry	18
KENORAS, Joyce	20
LEON, Nelson	61
MICHEL, Paul Fergus	136

Number of valid ballots cast for chief: 235.

Number of rejected ballots for chief: 2.

#### Elected Candidate

To the Office of Chief: Paul Fergus Michel

This count was diligently conducted in accordance with the *Adams Lake Secwepemc Election Rules*.

Raymond D. Phillips, Electoral Officer

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**The Adams Lake Band Offices will be closed from Dec. 19th, 2016 to Jan. 02, 2017. We will re-open on Tues. Jan. 03, 2017 at 8:00 am.**  
**Have a safe & joyous holiday.**

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

Each issue, as well as  
past issues are posted  
on the website:  
[www.adamslakeband.org](http://www.adamslakeband.org)

•Or you can  
subscribe to be  
added to our mail  
or e-mail list

Communications  
Department

PO Box 588  
Chase, BC V0E 1M0



**Adams Lake  
Indian Band**

**Toll:  
1-877- 679-8841**

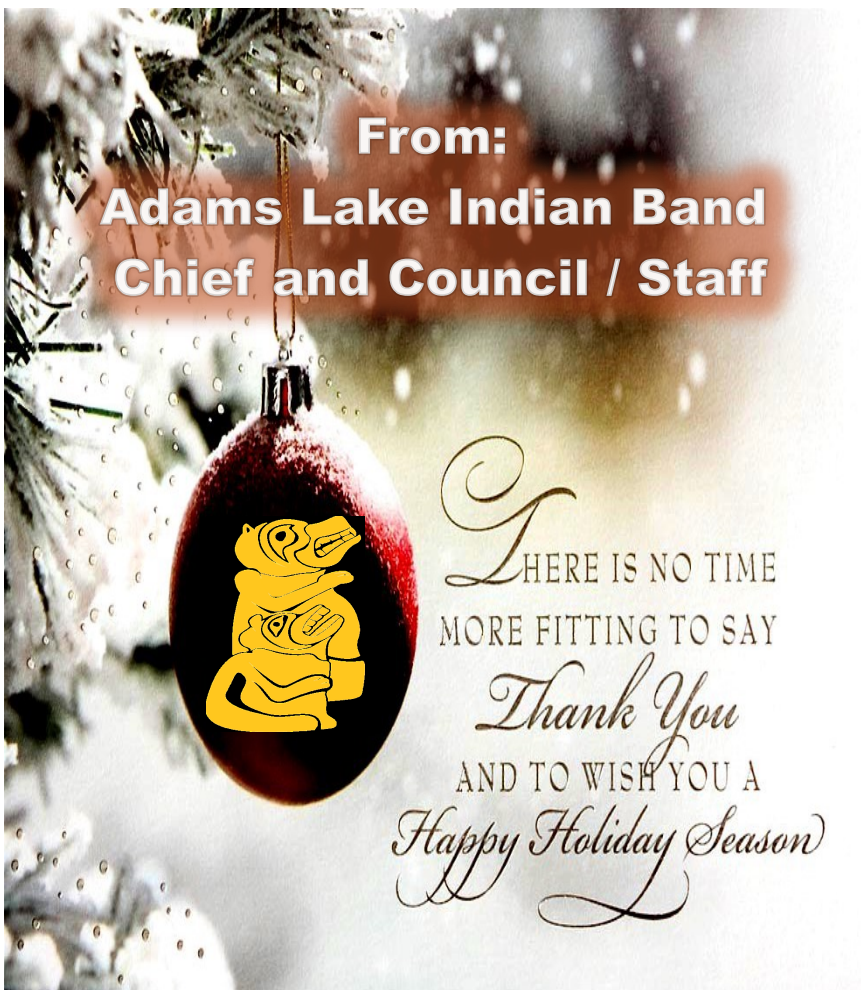


**Paul Fergus Michel**

For winning the  
By-Election and  
obtaining the role  
of Chief.

We wish you all  
the best for your  
tenure and look-  
ing forward to  
your work ahead  
in the Chief's role.

All the best for  
the future & a  
successful term of  
office.





# **JOB POSTING**

## **Social Worker/Family Support Worker**

Adams Lake Indian Band located in Chase, and Salmon Arm, BC is seeking Social Worker/Family Support Worker with a positive outlook for a progressive, growing organization in the beautiful Shuswap area. This position provides community based social services in our Salmon Arm location to identified groups, individuals and families within applicable legislation in order to protect and improve the social well-being and functioning of families and individuals. The successful applicant must be a community minded individual that believes in that a strong family is the basis of a strong community.

### **ESSENTIAL FUNCTIONS AND RESPONSIBILITIES**

- Provide child protection, within applicable legislation, to prevent children from suffering emotional, sexual, physical and/or other types of abuse and neglect.
- Provide mental health services.
- Conduct needs and risk assessment
- Provide resolution and referral services to clients who require specialized counselling
- Provide community development services in order to improve social functioning by partner with appropriate community resources to develop ways to meet identified needs
- Facilitate workshops with groups as required;
- Participates in the development of strategic plans for community development and program management for a healthy lifestyle;
- Provides life skills support to individuals and families;
- Coordinates and facilitates programs and resources to build capacity;
- Promotes the Sexqeltqin and Nexe7yelst Health Centres activities;
- Facilitates and assists health staff in the delivery and maintenance of wellness and health programs.

### **KNOWLEDGE AND SKILLS**

- Must have well demonstrated interpersonal, organizational, verbal and written communication skills.
- Must have excellent judgement and problem solving skills.
- Must have demonstrated continuously learning and a desire to continue to learn.
- Must have a Bachelor degree in Social Work.
- Must be self motivated and an ability to work independently as well as be part of a team larger health and community team.
- Must be flexible, adaptable and able to work effectively in a variety of settings and in cross cultural situations.
- Must be able to work flexible shifts including weekends and evenings.
- Minimum of 1 year of experience in working with children and families at risk preferably in a First Nations Environment and/or personal experience working with first nations organizations regarding the health and well-being of children and families.
- Excellent analytical and interviewing skills to achieve desired results.
- Demonstrated intermediate skills in MS Office software.
- Current full registration with British Columbia College of Social Workers or will have obtained by the end of the 2017 calendar year.
- Preference will be given to applicants of First Nations Ancestry.

Salary will commensurate with experience and education.

Interested applicants please direct resumes to:

Debra Sloat, HR Manager, at email: [jobs@alib.ca](mailto:jobs@alib.ca)

**Deadline for applications will be January 6, 2017 at 4:00 p.m. .**

# Call for Newsletter Articles

By Karen Everard  
Communications Department

## Cstèlnec Newsletter

*Cstèlnec* (Adams Lake people) *Newsletter* is a publication that presents notable ALIB news, programs, services, events, gatherings and Chief and Council updates.

## Newsletter Preferred

A 2015 communications survey determined community members preferred newsletters over other forms of communication to be kept informed of what was going on within Adams Lake Indian Band.

Typically, the newsletter features events, activities, news releases, Chief & Council reports, programs and services, language corner, recipe corner, puzzles, tips and upcoming meetings, to name a few.

## Call for Newsletter Articles

We need articles for future additions of the newsletters. We invite contribution articles from members for short items of news, stories, announcements, recipes, photos, articles, sports groups, youth and elder groups and any other information that would be of interest to our communities. Articles don't have to be long - 50 to 350 words. We reserve the right to refuse submissions and edit for content and length. Please share your insights and we look forward to hearing from you.

## The Contribution

Articles should be submitted in Word format. All articles which are selected for publication will be proof read for content, spelling and grammatical errors. Articles should include section headings. Illustrations, tables and/or photographs are encouraged to illustrate and emphasize the message.

If an article has been previously published, we require the approval of the Author and the Publisher so the article can be re-printed within our newsletter.

By submitting a contribution to the newsletter, you agree that the text which appears in the newsletter will be publicly available.

We reserve the right not to publish every submitted article to the *Cstèlnec Newsletter*. We also reserve the right to use a story in a later newsletter instead of the current one. Furthermore, we may make minor editorial changes or correct spelling mistakes. To establish the identity of the authors, your name will be published with your article.

For major articles, authors are encouraged to submit well in advance of publication giving time for newsletter team to review and edit.

We are looking forward to receiving your submissions. Don't hesitate to contact the Newsletter team should you have questions or need additional information.

## Newsletter Schedule/Deadline

The *Cstèlnec Newsletter* is published once a month and is delivered on the last Thursday of each month. Submission deadline is always the Thursday **before**, giving one week for newsletter team to design and layout production.

The *Cstèlnec Newsletter* is then circulated several ways via: Mass e-mail, Canada Post, home delivery to IR #4 and #6, hard copies are left in several band building office waiting rooms and posted onto our website.

Visit our website at: [www.adamslakeband.org](http://www.adamslakeband.org) to download our latest edition of *Cstèlnec Newsletter* and past issues as well.

Contact the *Cstèlnec Newsletter* Team - Karen Everard and/or Bernadette Dennis at:

Phone: (250)679-8841

Email: [keverard@alib.ca](mailto:keverard@alib.ca)

Mail: PO Box 588, Chase, BC V0E 1M0

Office: 6453 Hillcrest Road, Chase, BC

Hours: Monday to Friday from 8:00 am to 4:30 pm.  
Closed weekends and holidays.

## Don't Drink & Drive



As the holiday season is upon us. Please do not drink and drive. RCMP will be focusing on road safety during the holiday season. Public is reminded that Police will be checking for impaired drivers.

Be safe by ensuring you have a designated driver before going out to celebrate.



Next issue of  
*Cstèlnec Newsletter*  
**Thurs. January 26, 2017**  
**Deadline to submit**  
**submissions**  
**Thurs. January 19th by**  
**1:00 pm**





## Rent To Own/Rental



### Housing Applicants

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

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

Adams Lake Indian Band  
Housing Department  
Phone (250) 679-8841

## MYSELF

Submitted by Ethel Billy December 8, 2016

I have to live with myself, and so  
I want to be fit for myself to know.  
I want to be able, as days go by,  
Always to look myself straight in the eye:  
I don't want to stand, with the setting sun,  
And hate myself for the things I've done.  
I want to go out with my head erect,  
I want to deserve all men's respect:  
For here in the struggle for fame and self  
I want to be able to like myself.  
I don't want to look at myself and know  
That I'm bluster and bluff and empty show.  
I never can hide myself from me;  
I see what others may never see.  
I know what others may never know.  
I never can fool myself, and so,  
Whatever happens I want to be  
Self-respecting and conscience free.

## 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](mailto:keverard@alib.ca)

Web [www.adamslakeband.org](http://www.adamslakeband.org)

Closed weekends and holidays.





**Sahhaltkum Daycare Staff**  
**Vicki, Cheryl, Marnie, Rose, Violet,**  
**Terri, Jessica, Kameen & Milla**

*Season's Greetings and the very best  
in the year ahead for 2017.*

*Adams Lake Indian Band  
Community Planning &  
Communications Department  
Karen Everard*



## **RAFFLE WINNERS ANNOUNCED!**

**1st prize Diane Jules - Plush New Blanket**  
**2nd prize Martin Johnny - Beaded Purse**  
**3rd prize Lily Anderson - \$50 Gas Card**

Thank you to all those who bought tickets for this fundraiser. **Pauline Arnouse**

### **VIVIAN & PETE WILLIAMS FUNDRAISER**

**BENEFITS & HELPS WITH MEDICAL COSTS**  
**DRAW DATE NOVEMBER 30TH 2016, CHASE, BC**  
**\$5.00 PER TICKET**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

**1st prize: Plush New blanket**  
**2nd prize: Beaded purse**  
**3rd prize: \$50 GAS CARD**

**December 1st**  
**November 30th 2016**  
**Fee: \$5.00**  
**Contact info:**  
**P. Arnouse 250-574-3350**

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## Sun Peaks Resort 2016/2017

### Lift Ticket/Pass Program Kamloops & Area First Nations

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

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

**OR**

2. Authorized band members can receive **up to 5 complimentary lift tickets** over the 16/17 winter season. **See notice to the right** for dates scheduled for trips to Sun Peaks Resort.



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

## Christmas Eve Mass

**Sat. December 24th**  
**7:00 pm**  
**Adams Lake**  
**Spiritual Centre**  
**Chase, BC**



SUN PEAKS  
RESORT

CANADA'S ALPINE VILLAGE



## Fun at Sun Peaks Resort Skiing or Snowboarding

**Monday December 12th, 2016**

**Monday January 9<sup>th</sup>, 2017**

**Monday and Tuesday February 6<sup>th</sup> and 7<sup>th</sup>, 2017**

**Monday March 6<sup>th</sup>, 2017**

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

To Qualify:

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



**Green Willow— q̓welséllp**

**Before you...**

**THINK!**

**T** - Is it true?  
**H** - Is it hurtful?  
**I** - Is it illegal?  
**N** - Is it necessary?  
**K** - Is it kind?

## 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](http://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.



Winners of Open House for the  
Sexqeltqin Health Centre draws:

1. Jeremy Biron—Craft set
2. Crystal Kelly—Butterfly necklace
3. Rosie Wells—Note book set
4. Julie Desaultel—Herbal Tea
5. Melissa Kenoras—Water bottle



## Secwepemctsin

(Eastern Dialect)

English

ckwilepten

sled

kelígwe7cne

skating



## Ski Trip



BOOTS	SKIS
CHAIRLIFT	SLOPES
GLOVES	SNOW
GOGGLES	SUNGLASSES
GONDOLA	SUNSCREEN
POLES	TRAIL
POWDER	WINTER
RESORT	



© 2014 puzzles-to-print.com

## You're Joking

Q - What do snowmen like to eat for breakfast?

A - Frosted Flakes.

Q - What does Tarzan sing at Christmas?

A - Jungle Bells.

Q - Why is it cold on Christmas?

A - Because it's in Decembrrrrrr.

Q - Why does Santa have a garden?

A - So he can hoe, hoe, hoe.

Q - What is the fear of Santa Claus called?

A - Claustrophobia.

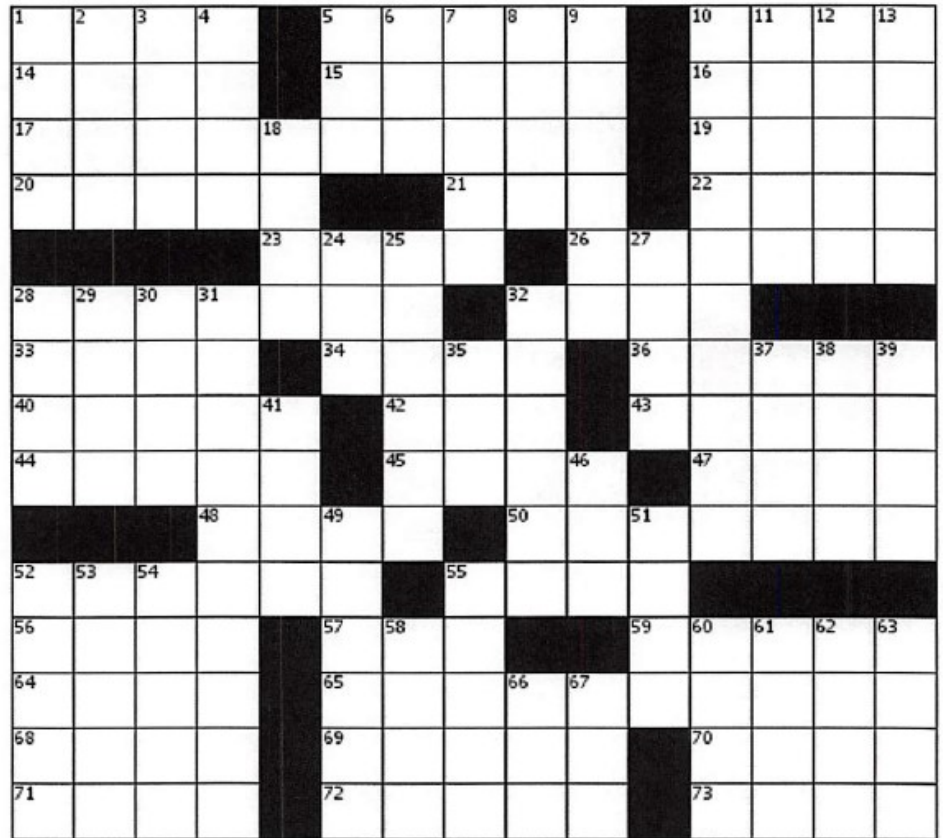


### Holiday Household Hints & Tips

- Always turn off holiday lights when you leave the house unattended or when going to bed.
- If your glassware has stubborn mineral stains, try scrubbing them with potato skins.
- If toilet is covered in stains, pour 591 ml (20 oz.) bottle of cola into toilet. Be sure to cover the entire inside, allow to sit there for 30 minutes, then take a scrubbing brush and scrub "the john".
- Clean your cutting board surface with white vinegar, spray with straight vinegar, then rinse to clean.

## Across

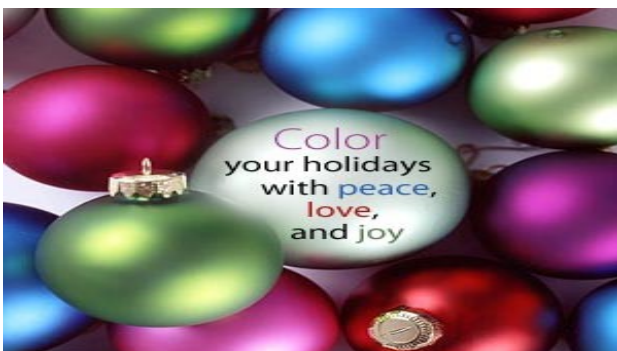
1. Two of a kind
5. Lariat
10. On
14. Burn reliever
15. Church table
16. Cairo's river
17. Northeastern US (2 wds.)
19. Rewrite text
20. Climb
21. Director Spike \_\_\_\_
22. Preserve
23. October birthstone
26. Moose's horn
28. Gathered
32. Dull
33. Not fatty
34. Stop!
36. \_\_\_\_ deadly sins
40. Our planet
42. Certain dashes
43. Start of a Dickens title (2 wds.)
44. Tennessee \_\_\_\_ Ford
45. Thorny bloom
47. Man or Wight
48. Staff
50. Constructed
52. Sarcastic writing
55. Big Dipper component
56. Applaud
57. Astonish
59. Clumsy
64. Glamorous \_\_\_\_ Hayworth
65. Criminal mastermind
68. Spur on



## Down

1. Skillets
2. Baldwin or Guinness
3. Nebraska's neighbor
4. Spool
5. Fall behind
6. Total amount
7. Stable section
8. Rational
9. Trying experience
10. Chloroform, e.g.
11. \_\_\_\_ wave
12. Green shade
13. \_\_\_\_ I
18. Lightir
24. Church seat
25. Stick fast
27. Space org.
28. Mirth
29. Tragic king
30. Acquire by labor
31. Look forward to
32. Small hound
35. Lennon's wife
37. Far-reaching
38. French female
39. Must have
41. Listen
46. Pitcher's stat
49. More adjacent
51. Pennsylvania port
52. Beat it!
53. Excuse
54. Starchy veggie (sl.)
55. Feel
58. Intelligent
60. Wine valley
61. Adam's garden
62. Jaunty
63. Not false
66. Petrol
67. Caustic substance

Answers page 12



# Youth Worker Trainings

## At the ALIB Health and Wellness Centre

Health and Wellness are working on an exciting, informative series of trainings ideal for those who are, or are interested in working with youth. These workshops are open for all to attend. Attend one or all.

Certificates will be given after each training!

### January 6: Addictions and Youth

"Being Proactive for Change"

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

### January 20: Bullying

"A Proactive and Preventative approach"

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

### February 3: Addressing Challenging behaviour in youth

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



### February 17: Facilitating Gender and Sexual Identity in youth

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

### March 3: Delivering Presentations & Workshops for youth

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

### March 17-18: Youth Workshop

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

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

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



# You're Joking

Q - Where does a snowman keep his money?

A - In a snow bank.

Q - Which elf was the best singer?

A - ELFis Presley.

Q - What do elves learn in school?

A - The elf-abet.

Q - Who gives presents to baby sharks?

A - Santa Jaws.

Q - How do you scare a snowman?

A - You get a hairdryer.

Did you know . . . . .

Some fun facts

**Did you know** Nova Scotia leads the world in exporting lobster, wild blueberries and Christmas trees.

**Did you know** electric Christmas lights were first used in 1854.

**Did you know** artificial Christmas trees have outsold real ones since 1991.

**Did you know** the tallest Christmas tree ever displayed was in Seattle, Washington in 1950. It was 221 feet tall.

**Did you know** that tinsel was once made of real silver.

It was invented in Germany in 1610.

**Did you know** the poinsettia originally came from Mexico.



Puzzle Solution © OnlineCrosswords.net

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







### Ingredients

1 ½ c flour  
 ½ tsp baking soda  
 ½ tsp baking powder  
 ½ tsp salt  
 3 eggs  
 1 c sugar  
 2 tbsp butter, softened  
 1 tsp vanilla  
 1/3 c lemon juice  
 ½ c oil

### Lemon Icing

1 c powdered sugar plus 1 tbsp  
 2 tbsp whole milk (2% ok)  
 ½ tsp lemon extract



## Lemon Loaf (like Starbucks)

*"In honour of my son Hat Pooley who loved to cook and loved Christmas...here are some sweets to try for the holidays. "*

*Kukstemc Joyce Kenoras*

### Directions

Combine dry ingredients, beat eggs and add the butter, vanilla, juice and oil together and into the dry ingredients. Oil a 9x5 loaf pan and put all mix into pan. Bake at 350 for 45 min. Cool on racks and remove. May use the icing to cover while warm.

**SECWPEPMC  
 WINTER SOLSTICE**

WEDS., DECEMBER 21ST, 2016  
 PIPE CEREMONY 10:00 A.M.  
 GIVE AWAY/FEAST 12:00 NOON  
 TRADITIONAL STICK GAMES 1:00 P.M.

SPLATSIN COMMUNITY CENTRE  
 FOR MORE INFORMATION: COUNCILLOR EDNA FELIX CELL 1-250-308-6811  
 OR CHIEF JUDY WILSON CELL 1-250-320-7738

EVERYONE WELCOME, BRING YOUR DRUMS AND A TRADITIONAL GIFT ITEM

GreetingsIsland.com

# Membership Services

December 01, 2016

## Office Hours

Membership office hours are on Wednesday and Thursday 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.

## Status Card Application for Minors (15 and under)

In order to have child (ren) registered with a Band **You need to order the "Long Form Birth Certificate"**. This is the one with Mother and Father's names on it. You can bring a copy of Original birth certificate with parental information to me, I can then start the registration of child.

Also a *Parental Consent for Registration of a Minor Application Form* needs to be filled in. Both Mother and Father must sign the Parental Consent Form, this lets me know if child is to be registered with Mother or Father. Application forms are available at ALIB Membership Office.

## To remove name off the Band List

In order to remove a deceased Band Member's name off the Band List **You need to order a death certificate or burial permit through Funeral Director or Department of Vital Statistics.** You can bring a copy of Death Certificate or Burial Permit to me, I can then start the process for the removal of name off the Band List.



## Limitation on Status Cards

The Membership Clerk has received notice from Ottawa that all across Canada, all First Nations will receive a limited supply of status card paper stock. So until further notice Status Card services will be for **Adams Lake Indian Band membership only**. Band members outside of our community will have to contact their Band directly for services.

## Marriage Certificate or Legal Name Change

In order to have your name changed on the Band List **You need to order Marriage Certificate or Legal Name Change with Department of Vital Statistics.** You can bring me a copy and I can then start the process for the name change.

Kukstemc

Eva Saul

Membership Clerk/Indian Registration Administrator

Adams Lake Indian Band Membership Office

6447 Hillcrest Road, PO Box 588, Chase, BC V0E 1M0 Phone: (250)679-8841

FOR IMMEDIATE CIRCULATION

**Partners Council announces Team BC Player Selection Camp for 2017 National Aboriginal Hockey Championships**

*Partners Council seeking top Aboriginal male and female youth hockey players across the province*

Victoria, BC (December 2, 2016) - The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the details of the Player Selection Camp for Team BC's participation in the 2017 National Aboriginal Hockey Championships (NAHC) to be hosted in Cowichan, British Columbia from May 1 to 6, 2017.

Aboriginal male and female hockey players are invited to participate in the 2017 Team BC Player Selection Camp where players will be evaluated over a three-day period by the Team BC coaching staff. The Selection Camp will be held April 7 to 9, 2017 in Prince George, BC. Team BC will be represented by one male and one female team each comprising a maximum of 24 bantam/midget aged players at the 2017 NAHC.

Players must meet the following criteria to be eligible for participation in the NAHC:

- Resident of British Columbia and of Aboriginal ancestry (First Nations, Inuit, Métis)
- Male: Bantam or Midget age, as of the 2016/17 competitive season (born 1999 to 2003)
- Female: Bantam or Midget age, as of the 2016/17 competitive season (born 1999 to 2003) and those born 1997 to 1998 (as the female team can carry up to one (1) overage player)
- Registered or eligible to be registered with BC Hockey. (Players not registered with BC Hockey for 2016/17 season may register via this camp for an additional fee of \$40)

The Camp Registration Fee is \$120 per player and includes a Team BC Selection Camp jersey. Pre-registration is mandatory as no 'walk-ins' will be accepted. **Online registration will open on January 15, 2017 at [www.teambcnaahc.com](http://www.teambcnaahc.com).**

**National Aboriginal Hockey Championships (NAHC)**

The NAHC is the premier forum for elite bantam and

midget-age Aboriginal hockey players from across Canada. It is the only national annual event that showcases and celebrates the athletic abilities of Aboriginal athletes from across the country, and aids in fostering cultural unity and pride. Team BC is represented by two teams, one male team and one female team, featuring the top bantam/midget aged players from across the province.

**Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council)**

The Partners Council is a consortium of the BC Association of Aboriginal Friendship Centres, the First Nations Health Authority, and the Métis Nation BC. Established as a social legacy of the Cowichan 2008 North American Indigenous Games, the Partners Council is responsible for implementing BC's Aboriginal Sport, Recreation and Physical Activity Strategy. The Partners Council works with First Nations, Aboriginal communities and other sport and physical activity stakeholders to deliver community-based programs designed to promote active lifestyles and support the desire for transformative change in the health and well-being of Aboriginal communities, families and individuals across BC.

For more information about the 2017 National Aboriginal Hockey Championships and/or the Aboriginal Sport, Recreation and Physical Activity Partners Council, visit [www.aboriginalsportbc.ca](http://www.aboriginalsportbc.ca), or contact:

**Aboriginal Sport, Recreation & Physical Activity Partners Council**

Alissa Assu

Team BC Coordinator

Email: [teambc@bcaafc.com](mailto:teambc@bcaafc.com)

Phone: 1.800.990.2432 (toll-free) or 250.388.5522 ext. 285

Justine Johnson

Team BC Communications Manager

Email: [jjohnson@bcaafc.com](mailto:jjohnson@bcaafc.com)

Phone: 778.899.3234

Website: [www.aboriginalsportbc.ca](http://www.aboriginalsportbc.ca)

Facebook: [Facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil)





**2017 Celebrate**  
**NEW YEAR'S EVE AT QUAABOUT LODGE!**

<p>Prime Rib &amp; Seafood Buffet in Jack Sam's Restaurant</p> <p><b>\$59*</b></p>	<p>Ring in 2017 with The Serious Dogs #1 Party Band in the region!</p> <p>PARTY ONLY <b>\$39*</b> DINNER &amp; PARTY <b>\$89*</b></p>	<p>Overnight Package</p> <ul style="list-style-type: none"> <li>• 1 Night Accommodation</li> <li>• Dinner in Jack Sam's</li> <li>• Party</li> <li>• Brunch</li> </ul> <p>FROM <b>\$339*</b></p>
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\* Plus taxes. Gratuity included.

FOR RESERVATIONS  
OR INFORMATION:  
**1.800.663.4303**



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

1663 Little Shuswap Lake Road, Chase, BC  
45 MIN. EAST OF KAMLOOPS • 10 MIN. WEST OF SQUAMISH • 10 MIN. EAST OF  
**QUAAOUTLODGE.COM**

## Upcoming Events from other organizations/groups

### Secwepemc Winter Solstice

Wed. Dec. 21 at Splatsin Community Centre, Enderby, BC. 10 am pipe ceremony; 12 noon give away/feast; 1 pm traditional stick games. Everyone welcome, bring your drums and a traditional gift item. FMI Councillor Felix 1-250-308-6811 or Chief Wilson 1-250-320-7738.

### Welcome Winter Ceremony

Wed. Dec. 21 at Chief Louie Centre, Kamloops, BC. 10 am Men's and Woman's sweat; 3 pm Ceremony and Dinner. FMI David Archie at 250-571-1000.

### New Year's Eve Celebration

Sat. Dec. 31 New Year's Eve at Quaaout Lodge, 1663 Little Shuswap Lake Road, Chase, BC. Buffet, Party Band, Overnight accommodations. For more info call 1-800-663-4303.

### Women's Entrepreneur Conference

Sat. Feb. 4 at Coast Kamloops Hotels & Conference Centre, Kamloops, BC FMI or to register call Julie at (250)572-6215.

Note: Some events may be 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.





EMERGENCY PHONE NUMBERS		
Ambulance or Police	911	
ADAMS LAKE BAND	Chase, BC	250-679-8841
SECURITY		
David Jules	Chase IR#4	250-371-2027
	Salmon Arm IR #6	250-833-2082
ALIB FIRE DEPARTMENT		
Emergency		250-679-3500
Non-Emergency		250-819-4830
MAINTENANCE DEPARTMENT		
During Office Hours		250-679-2228
After Office Hours		250-371-2703
SEXOQUETQIN HEALTH CENTRE		
During Office Hours		250-679-7726
After Office Hours		250-371-0907
CHIEF ATAHIM SCHOOL		
During School Hours		250-679-8837
After School Hours		587-581-2807
SALMON ARM AREA		
NIDE'ZYELTS HEALTH & ADMINISTRATION		
Snwetsmellph IR#6		250-833-0356
Salmon Arm RCMP		250-832-6044
Salmon Arm Fire Dept		250-803-4060
Salmon Arm Hospital		250-833-3600

Clearly write down your important numbers to save time in a crisis, examples - your doctor's name & number, your work number and/or cell number, the closest hospital. Be sure your children and babysitter know where to find them.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. On the left side, there is a vertical red margin line. The paper appears to be a standard notebook or worksheet template.

*Seasons Greetings from The Public Works & Housing Department*

*The Office will be closed from December 19<sup>th</sup> 2016 and will reopen on January 3<sup>rd</sup> 2017. For any urgent matters please call Maryann Yarama @ 250-371-2703*





**Title & Rights Information Session**  
**Wednesday January 11, 2017**  
**Adams Lake Band Gym**

**Agenda:**

- 3:00 – 5:00 pm  
Genealogy
- 5:00 – 6:00 pm  
Supper
- 6:00 – 8:00 pm  
Info Session  
Draft Agenda

*Open Invitation to all ...*

"Welcoming the Winter"

Ceremony will take place on  
December 21, 2016.

Men's and Woman's sweat  
starts at 10am.

Ceremony and Dinner at 3pm at  
Chief Louie Centre, Kamloops BC.

(No travel or accommodations provided)

*For more information*

David Archie

SHC - Traditional Wellness  
Coordinator

Office: 250-571-1000

E: dave@secwepemchealth.ca

 : SHC Traditional Wellness

Steering Committee

www.secwepemchealth.ca

*Join us in celebration!*







Be Inspired!  
**WOMEN'S ENTREPRENEUR  
CONFERENCE**

**SATURDAY, FEB. 4, 2017**

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

**TICKET PRICES**

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

**BOOKING A TABLE**

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

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

**THIS EVENT IS PROUDLY SUPPORTED BY**



**Congratulations to the  
winners for the Draw for  
two Gun Cabinets**

**Doris Ono**  
**Howard Nordquist**

Sexqeltqin Health Centre is holding Possession Acquisition License (PAL) Course on January 28 and 29, 2017 at Health Centre, 6424 Village Road, Chase, BC. For more information call (250)679-7726.

# Emergency, Crisis Lines/Resource Phone Numbers



**For Emergency Situations: to report a crime in progress or life-threatening emergency situation call**

## 9-1-1

### Non-Emergency Numbers:

Area	Ambulance	Police	Fire	ALIB Security
Chase	(250) 679-3611	(250) 679-3221	(250) 679-3500 ALIB Fire Dept.	(250) 371-2027
Salmon Arm	(250) 833-0188	(250) 832-6044	(250) 803-4060	(250) 833-2082

### Crisis Lines/Resource Phone Numbers:

BC Nurse Line (24 hrs)	8-1-1	Salmon Arm	
Alcohol & Drug Referral Service	1-800-663-1441	Women's Emergency Shelter	250-832-9616
Poison Control Centre	1-800-567-8911	Addictions Services	250-833-4100
Suicide Distress Line	1-800-784-2433		
Narcotics Anonymous	1-800-414-0296	Salmon Arm Crisis Line	1-888-353-2273
Problem Gambling Help Line (24 hrs)	1-888-795-6111	Children who witness Abuse	250-832-4474
Help Line for Children	310-1234	Canadian Mental Health Assoc.	250-832-8477
Kids Help Phone	1-800-668-6868	Kamloops	
Youth Info Line	1-800-935-5555	Crime Stoppers/TIPS	250-828-3215
Youth Against Violence (BC)	1-800-680-4264	Indian Residential School Survivors	250-828-1633
Youth Support Line (24 hrs)	1-888-564-8336	Children who witness Abuse	250-376-7800
Help for Youth Online	Youthinbc.com	Women's Emergency Shelter	250-374-6162
Victims of Family & Sexual Violence	1-800-563-0808	Kamloops Food Bank	250-376-2252
Women Against Violence Against Women	1-877-392-7583	Emerald Men's Hostel	250-372-3031
Adults Distress Chat	Crisiscentrechat.ca	Mental Health Emerg Response	250-377-6500
Chase		Secwepemc Child & Family	250-314-9669
ALIB Health Centre	250-679-7726	Phoenix Centre	1-877-318-1177
SChase Medical Clinic (Drs office)	250-679-1420	Utilities & Others	
Chase Victim Services	250-679-8638	Call Before You Dig/BC One Call	1-800-474-6886
Chase Health Centre	250-679-3312	Gas Leaks & Odours (Fortis BC)	1-800-663-9911
		Power Outages & Emergencies	1-888-769-3766
Hospitals		Report a Polluter or Poacher(RAPP)	1-877-952-7277
Royal Inland Hospital, Kamloops	250-374-5111	Forest Fire Reporting Only (BC)	1-800-663-5555
Shuswap Lake General, Salmon Arm	250-833-3600	Road Hazard Reporting (24 hr)	1-877-546-3799



## How to boost a dead car battery

Winter is often the time when your car battery shows its true age. There's nothing more frustrating than heading out on a cold winter day and your car won't start because the battery is dead. To safely jump start a dead car battery with another vehicle:

1. Park the functioning car so that the vehicles face each other, preferably only about 18" apart, but never touching each other. For automatic transmissions cars, put the vehicle in park; for a manual transmission, set the vehicle to neutral. Set the parking brakes on both, so neither car moves unexpectedly. Turn off all accessories.
2. Both cars should be turned off, with keys removed. Open the hoods to both cars and locate the battery terminals (some may be enclosed by a plastic cover). Wipe off any excess corrosion with a rag or wire brush. Usually, the two terminals on each battery will be covered in red or black with + or - sign on top.
3. Attach the red, positive cable clamp to the positive (+) battery terminal of the dead battery. You want a solid connection to the battery terminal, which may require some initial wiggling of the clamps.
4. Attach the red, positive cable clamp on the other side of the jumper cables to the functioning vehicle's positive (+) battery terminal.
5. While still at the good battery connect the black booster clamp to the negative (-) battery terminal.
6. Walk over to the car with the dead battery. Do not connect the black, negative cable clamp to the dead battery. Instead, attach that clamp to an unpainted, metal part of the car such as a shiny, clean nut on the engine block.
7. Start the working vehicle. Wait a minute or so. Depending on the age of the battery and how long since it died, you may need to let the car run for a minute or two to get the jump to work. You can rev the car a bit during this time if you wish.
8. Try starting the dead car. If the car doesn't start, allow the working vehicle to charge the battery for an additional minute or two before attempting again. In some instances, slightly revving the engine of the working car while charging the dead battery may help.
9. Once the dead car is running, you may disconnect the jumper cables, starting with the black, negative cable clamps. Do not let the clamps

touch each other while any part of the cables is still attached to a car.

10. Take a short drive to allow the battery to build up a charge.

Keep in mind that heavy corrosion on battery terminals may cause a no-start, as will extended storage without a trickle charger. Batteries can lose over half of their starting capacity in severe cold. Average battery lifespan is about five years. If you're experiencing slow or weak starts, have your car's electrical system checked before you're left stranded.

- Attach RED clamp to + on dead battery
- Attach RED clamp to + on functioning battery
- Attach BLACK clamp to - on functioning battery
- Attach BLACK clamp to - on dead battery OR metal part of car. (see #6)
- REMOVE the booster cables in reverse order.

Just remember the following rhyme. 'Red from the dead, to red on the good. Black from the good, to under the hood.'



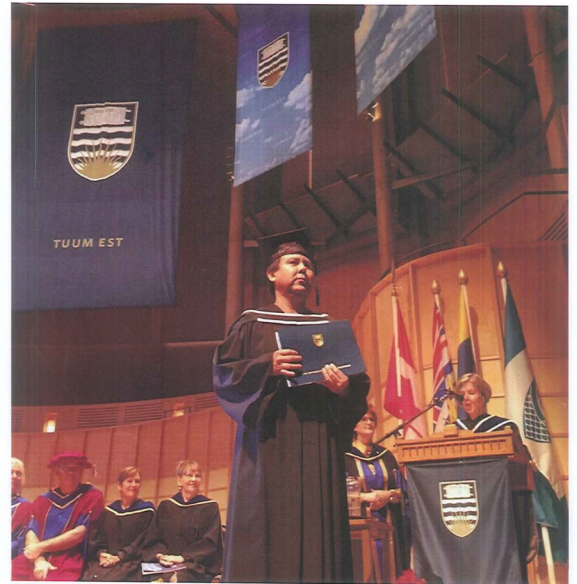
# New Staff

Submitted December 12, 2016

By Doreen L'Hirondelle, B.Ed., M.Ed.

Principal

Chief Atham School



## **Kenthen Thomas: New Teacher profile at Chief Atham School**

Kenthen Thomas is originally from the Neskonlith Band. A number of our students attend Chief Atham School from Neskonlith, and this school year includes 11 students.

On August 11<sup>th</sup> back in 2011 Kethen began his journey towards a degree in education with a subsequent degree in Bachelor of Arts. During this time he met so many incredible talented people both within the university atmosphere as well as during his everyday journeys. Kenthen was able to study the history of Canada, Indigenous peoples of North America, Sociology, and theatre and so much more all with his eye set towards one day – ‘teaching’.

Kenthen states that “We often hear that our best work is done when we are passionate about the work with which we are involved”. Kenthen was very involved in his studies at the University of British Columbia so much so that he was eventually recognized. This recognition came in both monetary and awards. Kenthen won the Agnes Phillips award and also the Bert McKay memorial awards.

Kenthen officially received his degree from the University of British Columbia Faculty of Education on the 23<sup>rd</sup> of November when he walked across the stage with 400 other cohorts from the elementary option for the Bachelor of Education Program.

Kenthen states “This was a tough program that lasted from Sept 2015 right till Sept of 2016. However my cohort of the arts based creativity crew and the professors made it fun and endearing. I would encourage anyone out there to take on this program. It is very worthwhile”.

*Also of note is that the UBC faculty of education is now ranked as the number one education program in Canada and Number nine in the world. This lofty position pits it against the Ivy League schools such as Harvard and Oxford.*



## Historical Info on ALIB Election Rules

Submitted December 7, 2016 by Gina Johnny

Weytkp

I would like to share with you historical information that I collected on our Election Rules.

In December of 1996 Adams Lake Indian Band (ALIB) voted in favor of creating our own ALIB Custom Election Rules to replace the election process dictated by the Indian Act. Three years later in September of 1999 the Adams Lake Custom Election Rules were approved by the Band Membership.

February 1996 the Electoral Committee developed and distributed Questionnaire asking for 'Your views are needed to ensure that all important facts are included in the electoral process mandated by the membership'. On April 17, 1996 one hundred and nine (109) questionnaires were tabulated by Margaret Peterson. The following are the questions from this questionnaire and survey numbers indicating Yes, No Response (N/R) and No.

Q1 - Should there be a system of criteria of eligibility for anyone running for office?

- a) Permanent resident on the reserve for Chief?  
95-yes, 1 -N/R, 13-no
- b) Permanent resident on the reserve for Councillor?  
99-yes, 1 N/R, 9-no
- c) Knowledge of Culture? 105-yes, 1-N/R, 3-no
- d) Must show up-grading skills? 94-yes, 3-N/R, 12-no
- e) Should not have criminal record?  
59-yes, 8-N/R, 42-no
- f) Should not owe money to the Band?  
67-yes. 6-N/R, 38-no
- g) Be registered Band Member for Chief?  
105-yes, 1-N/R, 3-no
- h) Be registered Band Member for Councillor?  
103-yes, 1-N/R, 5-no
- i) Statement of intent for position?  
92-yes, 6-N/R, 10-no
- j) Conflict of Interest guidelines?  
88-yes, 8-N/R, 14-no
- k) Willingness to learn Secwepemctsin?  
98-yes, 1-N/R, 10-no
- l) Be prepared to serve the Band full time?  
102-yes, 2-N/R, 6-no
- m) Standard test of skills? 82-yes, 6-N/R, 22-no

n) Prior knowledge of policy and procedures?

93-yes, 5-N/R, 18-no

o) Free from drugs and alcohol?

94-yes, 5 N/R, 17-no

Q2 - How should a Band Council position be determined?

- a) Person with the most votes?  
92-yes, 6-N/R, 13-no
- b) Separate category for Chief and Council?  
80-yes, 7-N/R, 22-no
- c) Should the runner-up for Chief be a Councillor?  
41-yes, 8-N/R, 60-no
- d) Should council guidelines be set by Band Members?  
95-yes, 2-N/R, 12-no
- e) Chief's position renamed as 'Head Councillor'?  
38-yes, 11-N/R, 60-no
- f) Chief's term in office should be?  
29-2 yrs., 16-3 yrs., 41-4 yrs., 12-6 yrs., 9-N/R
- g) Councillor term of office?  
45-2 yrs., 38-3 yrs., 28-4 yrs., 12-N/R

Q3- Who should be eligible to vote?

- a) All off reserve Band Members of age?  
78-yes, 4-N/R, 28-no
- b) Person away on education?  
97-yes, 3-N/R, 9-no
- c) Person incarcerated? 36-yes, 13-N/R, 61-no
- d) What age should we determine voting age?  
8-17 yrs., 45-18 yrs., 44-19 yrs., 7-20 yrs.
- e) Living on reserve only? 25-yes, 44-N/R, 40-no

Q4 - Should the following methods of voting be included?

- a) Advance Polling? 86-yes, 5-N/R, 18-no
- b) Absentee Voting? 66-yes, 11-N/R, 32-no
- c) Incarcerated but not convicted? 45-yes, 15-N/R, 49-no
- d) Hospitalized? 90-yes, 8-N/R, 13-no
- e) Notary Stamp? 66-yes, 17-N/R, 27-no

Q5 - Should there be a re-election if tie votes makes it necessary? 84-yes, 4-N/R, 22-no

Q6 - How should the number of Councillors be determined?

1 per 100 Band Members =77,

1 per 200 Band Members =13,

Other=13,

7 - N/R

Addition Comments: Set at 5 (x3), 1 per 150 (x4)

**Continued on Page 24**

## Historical Info on ALIB Election Rules

### Continued from Page 23

Q7 - Do you think the duties of a Band Council should be?

- a) Band Administration only: 18-yes, 4-N/R, 32-no
- b) Band Politics only: 16-yes, 4-N/R, 31-no
- c) Combination of both: 83-yes, 2-N/R, 11-no

Q8 - If a Band Council position becomes vacant, for whatever reason, should the position be filled right away?

79-yes, 9-N/R, 22-no

OR remain vacant until the next scheduled Band Election?

20-yes, 33-N/R, 56-no

Q 9- Should there be rules developed that would require a Band Council member to resign if they are convicted of a serious crime?

94-yes, 5-N/R, 10-no

Q10 - Should there be a limit of those nominated for Band Council?

62-yes, 4-N/R, 43-no

If so how many?

Additional comments: (1 per 200)

Q11 - Should the nominator express the reason why they are nominating that person?

84-yes, 4-N/R, 21-no

Additional comment: Of the 109 questionnaires tabulated by Margaret Peterson on April 17, 1996, 19 of the questionnaires came back through the mail. End of Questionnaire.

Kukstec-kuc. Twenty years ago this questionnaire was answered by membership who wanted ALIB to have own Election Rules and it was voted in, so that ALIB has participation to oust election control from Indian Affairs. Amendments to ALIB Secwepemc Election Rules has occurred after every election; based on the Corbier case 1999, recommendations from election officers, petitions, appeals, membership and C&C.

I remember a comment from an Elder "the rules are still in it's infancy, it'll be at least 10-15 years for our rules to be in good standing"

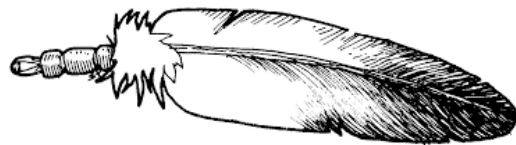
ALIB Secwepemc Election Rules were developed to have participation and voting from all our members, as you can see from the 1996 questionnaire, questions were on the election process.

I will search my stuff and find when and how the questions on election rules was brought forward. Also will search for the Minutes on the vote that occurred at a General Band Meeting held at the ALIB Band Hall, I will share with you.

Also a small reminder, voting membership under the Indian Affairs in 1996 was only residents on ALIB.

Kukstsemc'

Gina



## Status Cards Notice

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










# January 2017

**Youth for IR#4 (Chase) Calendar**

**Sandy Lund 778-257-4123 or slund@alib.ca**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Holiday Office closed	3 Office day	4 JR. Girls Group grades 5 to 7 3pm to 5:30pm	5 Culture Club for youth ages 7-18, 3pm-5:30pm	6 Workshop at health center 9am -4pm Addictions and Youth Open to community members	7
8 	9 Snowboarding and Skiing at Sun Peaks  MUST have pre-registered	10 Off in Lieu of the 9th	11 JR. Girls Group grades 5 to 7 3pm to 5:30pm  Staff meeting 1pm-3pm	12 Culture Club for youth ages 7-18, 3pm-5:30pm	13 <b>Public skating</b> meet at YC at 3pm or Chase Arena. Public skating from 3:30pm to 4:30pm	14 
15	16 <b>SNTC Youth Council</b> meeting for youth 14 to 29 years old. Please call to confirm your attendance. Meet at YC/Gym at 4pm return at 9pm	17 Office day	18 JR. Girls Group grades 5 to 7 3pm to 5:30pm	19 Culture Club for youth ages 7-18, 3pm-5:30pm	20 Pro-D day  Workshop at health center 9am to 4pm "Bullying" Open to community members	21
22	23 <b>Sr. Girls Group</b> grades 8 to 12 3pm to 5:30pm	24 Office day	25 JR. Girls Group grades 5 to 7 3pm to 5:30pm  Staff meeting 1:30pm-3pm	26 Away for Training	27 Away for Training	28 
29 	30 <b>Sr. Girls Group</b> grades 8 to 12 3pm to 5:30pm	31 Office day	February 1 JR. Girls Group grades 5 to 7 3pm to 5:30pm	February 2 Culture Club for youth ages 7-18, 3pm-5:30pm	February 3	February 4 Calendar subject to change without notice

# Upcoming Meetings/Events

## **Band Offices Closure Winter Break**

Our offices will be closed for Winter Break from December 19, 2016 to January 02, 2017. We will re-open on Tuesday, January 03, 2017 at 8:00 am. Have a safe & joyous holiday.

## **Christmas Eve Mass**

Sat. Dec. 24 at Adams Lake Spiritual Centre, Chase, BC 7:00 pm.



## **Addictions and Youth Workshop**

Fri. Jan. 6 at Health and Wellness Centre, Chase, BC. From 9:00 am to 4:00 pm. 1st workshop of several series of training. Ideal for those who are interested in working with youth. Please sign up with Crystal (250)679-7726.

## **Ski or Snowboarding at Sun Peaks Resort**

Jan. 9, Feb. 6 & 7 and Mar. 6th. Departure at 7:00 am from Adams Lake Recreation & Conference Centre (6:00 am at Swits youth centre). Return at 7:00 pm. For more details contact Crystal at 250-679-7726.

## **Title & Rights Information Session**

Wed. Jan. 11 at Adams Lake Recreation & Conference Centre, Chase, BC. 3:00 to 5:00 pm Genealogy; 5:00 to 6:00 pm Dinner; 6:00 to 8:00 pm Info Session. FMI contact Dave at (250)679-8841.

## **Bullying Workshop**

Fri. Jan. 20 at Health and Wellness Centre, Chase, BC. From 9:00 am to 4:00 pm. 2nd workshop of several series of training. Ideal for those who are interested in working with youth. Please sign up with Crystal (250)679-7726.

## **PAL Course**

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

## **Addressing Challenging Behaviour in Youth Workshop**

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

## **Facilitating Gender & Sexual Identity in Youth Workshop**

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

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