

Photos submitted by Bernadette Dennis

Tyson Narcisse, ALIB youth band member carried the Secwepemc Flag during the flag ceremony on Feb. 13th.

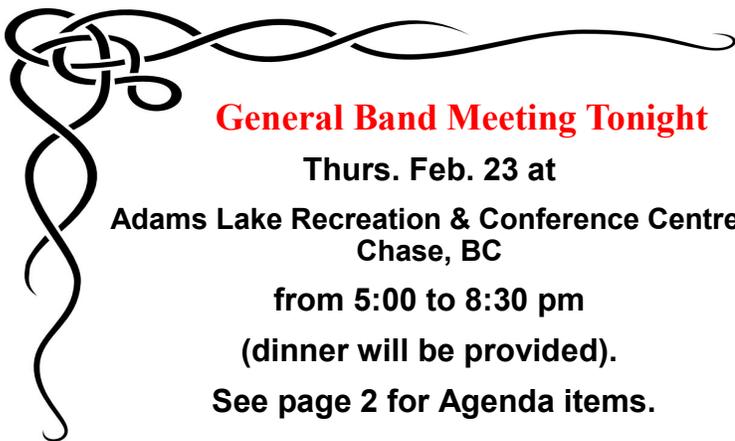


Flag Ceremony & Chase Heat Hockey Game

The Chase Heat Society arranged a Flag Ceremony to celebrate BC Family Day (Feb. 13) and National Flag Day (Feb. 15th). There were four skaters on the ice during the singing of the national anthem “O Canada”. Flags included Canada, Province of BC, Village of Chase and the Secwepemc flag.

Followed by a great game of hockey between the Chase Heat and Kamloops Storm, with Kamloops winning the game.

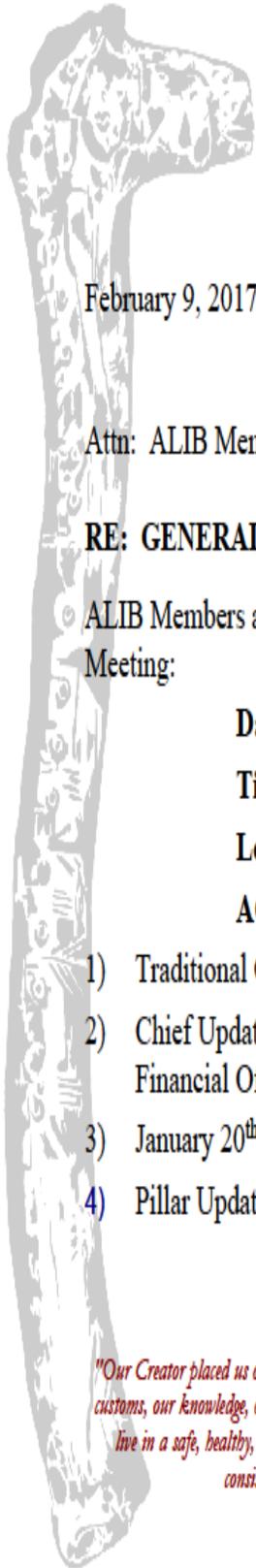
A big Kukstemc (thank you) to Tyson for participating and carrying the Secwepemc Flag.



General Band Meeting Tonight
Thurs. Feb. 23 at
Adams Lake Recreation & Conference Centre,
Chase, BC
from 5:00 to 8:30 pm
(dinner will be provided).
See page 2 for Agenda items.

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Adams Lake Indian Band

P.O. Box 588; Chase, BC/V0E 1M0
PHONE: (250) 879-8841/FAX: (250) 879-8813
www.adamslakeband.org/email: receptionist@alib.ca

February 9, 2017

Attn: ALIB Membership

RE: GENERAL BAND MEETING

ALIB Members are invited to attend the General Band Meeting:

Date: Thursday, February 23, 2017

Time: 5:00 – 8:30pm (Dinner Provided)

Location: ALIB – Gymnasium

AGENDA:

- 1) Traditional Communications – Speaking Your Truth
- 2) Chief Update Re: Executive Director & Chief Financial Officer
- 3) January 20th Court Proceedings – Chief Update
- 4) Pillar Update by EMT/Department and Chief & Council

"Our Creator placed us on this land to take care of our people, our land, our language, our customs, our knowledge, our culture, our title, to be ours forever and ever. Ensuring that we live in a safe, healthy, self sufficient community where cultural values and identity are consistently valued promoted and embraced by all."

February 21, 2017

To: Adams Lake Indian Band Membership

Re: Federal Court Judgment and Reasons

Docket: T-2003-16

Dated February 8, 2017

Between:

Councillors Georgina Johnny, Brandy Jules and Ronald Jules (Applicants)

And

Adams Lake Indian Band (Respondent)

A court hearing was set for January 20, 2017 and was heard at Vancouver, BC. Applicants seeking judicial review of a decision of the Community Panel of Adams Lake Indian Band dated October 22, 2016.

The Honourable Mr. Justice Rene LeBlanc court's judgement is that:

1. The judicial review application is dismissed;
2. Costs are awarded to the Respondent.

Adams Lake Indian Band Members may request a copy of the above noted Court Judgement and Reasons.

Copies of the Court Judgment and Reasons are available at the Main Reception desks in Chase and Salmon Arm.

Natural Resources Pillar

Councilor Greg Witzky

Comments Regarding the Current

Political Turmoil

There has always been political turmoil in our community ever since colonial contact. We can't change that fact but we can change how we govern ourselves into the future. On February 28th, 2015 the Adams Lake Band membership did something they have never did in our recorded history. We elected a complete change of Chief & Council. To me this was the turning point in how the community wants to achieve our vision. That vision being: ***“Our Creator placed us on this land to take care of our people, our culture, our language, our customs, our knowledge, our land, our Title & Rights to be ours forever and ever. Ensuring that we live in a safe, healthy, self-sufficient community where cultural values and identity are consistently valued, promoted and embraced by all”.***

Right away after the election Chief Robin Billy and Councilors Brandy Jules, Doris Johnny, Deborah Hall, Greg Witzky, and Norma Manuel went to work to achieve this vision. During our first year in office we worked very well together and had consensus for every decision we made. It wasn't until we began to implement those decisions that we ran into trouble, even after we had all agreed that the administrative and governance processes needed to be re-shaped in order to achieve our vision, and align it with our political mandate.

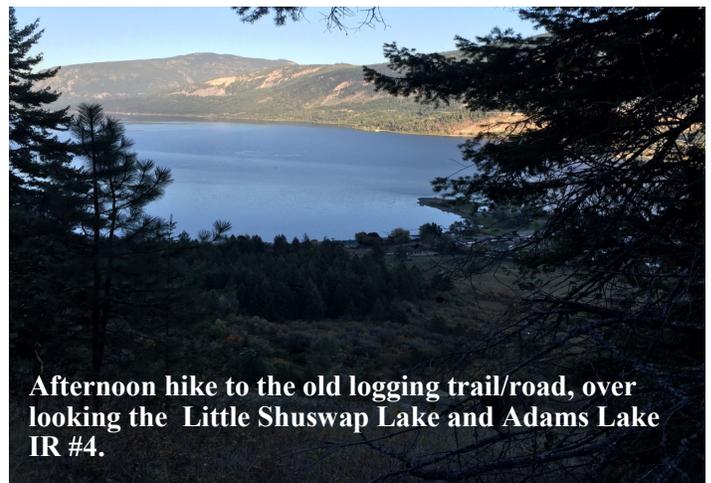
The Chief & Council (C&C) political mandate is essentially the Comprehensive Community Strategic Plan (CCSP). The CCSP outlines our vision, mission, goals, and strategic actions that we must follow to succeed as a functional community. A set of common values came out of the CCSP which include: ***“Practicing and respecting Secwepemc culture / integrity, honesty and trust / respect for individuality / community involvement / dedication / working together to promote unity / improving communications”.*** These values were then made into our community priorities.

There are a number of general, and immediate, priorities listed in our CCSP, but I won't note them all here because the current political turmoil in our community basically started when we tried to implement only the first couple of priorities. The two general priorities I am referring to are: Develop and implement a human resource strategy and improve governance, management, operational, and technical capacity. From these two priorities the C&C decided to contract expert change management consultants to provide us with written recommendations on what we could do in order to re-shape the band administration & governance operations. In my opinion this is where the current turmoil began.

Before the political turmoil had gotten this far we already had one new Councilor resign from office and another was petitioned off by a Community Panel disciplinary decision. Two of the past Councilors then returned to office as the result of separate by-elections. It's my opinion that these two previous Councilors returned with limited knowledge of the decisions that were already put into motion to re-shape our administrative and governance processes, even though they were not new ideas and came right out of the CCSP. Simply put they likely did not have sufficient time to fully participate in the plans already made by the new C&C. Therefore instead of helping they actually hindered the process by not disclosing themselves in conflicts of interest that would directly provide financial benefits to immediate family members.

Conflicts of interest disclosures are listed in the *Adams Lake Indian Band Custom Election Rules* and in the *2000 -1 Financial Management Bylaw*. If you break these rules/law then you can be brought up on a membership petition to the Community Panel for disciplinary actions. That is what actually happened here, and is now the root cause of the current political turmoil. In accordance, and authority, of our own custom election rules three Councilors were removed from office by the Community Panel.

Continued on Page 4



Afternoon hike to the old logging trail/road, over looking the Little Shuswap Lake and Adams Lake IR #4.



Natural Resources Pillar

Councilor Greg Witzky

Continued from page 3

Although, in their opinions the removed Councilors believe that they were wrongfully petitioned and subsequently removed from office. I disagree because I personally sat in on the meetings where all three of the Councilors breached their oaths of office, so I can attest to the breaches first handedly. I was interviewed by the Community Panel during their investigation of the membership petition. As per my sworn oath of office I spoke the truth in considering the best interests of the Adams Lake Indian Band as a whole, and not in favor of certain individuals or families. It's unfortunate that this dispute has gotten so out of hand, even while we have our own custom election rules and bylaws.

I was voted into the role as a political leader by 103 band members who believed in me to make a positive change in our community. I will stand up for them, and all membership, to ensure that the custom election rules we currently have in place are upheld and honored. The push by three removed Councilors, and a few of their family members, to forego our election rules in favor of

a different process is in direct violation of those same custom election rules. It's unfortunate that fighting each other in court is pitting some families against each other, but like I just said it's the only rules/law we have in place right now. Therefore, if some community members wish to disregard our custom election rules then I have no other choice but to stand my ground and uphold the rules, as I agreed to in my signed oath of office. If what I am doing is what most of our membership believes in, then when I am re-elected in the 2018 election I will know I have done my job.

All My Relations

Greg Witzky



SWIXWEYTEC - Our Ancestral Voice

ADAMS LAKE INDIAN BAND - Comprehensive Community Strategic Plan



Adopted;
March 5th, 2015
Ratified by
BCR # 2015/2016-13



Adams Lake Indian Band - Our Comprehensive Community Strategic Plan

Comprehensive Community Strategic Planning (CCSP)

By Karen Everard

CCSP/Communications Department

Community Plan

From 2009 to 2015 Adams Lake Indian Band (ALIB) developed a broad Comprehensive Community Strategic Planning (CCSP). The document is titled *Swixweytec—Our Ancestral Voice*. This document puts forth the community's vision and priorities. It was presented to Membership in March 2015 and ratified by Band Council Resolution in May 2015. This document also presents the strategic foundation for more detailed plans as they relate to the various departments within ALIB.

The Community Plan has been instrumental in guiding the organization in implementing some of the more important community priorities. Many key initiatives are in various stages of planning, development and implementation.

The CCSP Department in collaboration with all Directors and Managers assist with the formulation of operational goals & objectives with the intent of fulfilling the Community Plan.

For a hard copy of the ALIB Community Plan, please stop by my office to pick one up or can also be viewed and downloaded from our website: www.adamslakeband.org



10 tips for a happier, healthier life

Sometimes the simplest things are often the best.

1. Eat a basic diet made up of fruits, vegetables, nuts and seeds, as well as meat, fish and eggs.
2. Keep hydrated water makes up two thirds of the body and performs a very large amount of functions, including acting as a solvent, carrier of nutrients, temperature regulator and body detoxifier. Influences on our vitality and energy levels, including mental alertness. Aim to drink enough water to keep your urine a pale yellow colour throughout the course of the day.
3. Eat mindfully. Avoid eating when distracted, eat more slowly and take the time to taste food properly. Chew your food thoroughly, savour food, as it also assists the digestive process.
4. Get enough sleep, sleep has the ability to optimise mental and physical energy. Optimal levels of sleep (about eight hours a night) are linked with reduced risk of chronic disease and improved longevity.
5. Walk regularly, aim for a total of about 30 minutes of brisk walking everyday.
6. Engage in some resistance exercise to maintain muscle mass and strengthen the body.
7. Practise random acts of kindness are good for givers and receivers alike.
8. Practise the art of appreciation. Spend more time focusing not on what we don't have, but on what we do.
9. Manage your stress, learn to recognize the signs of stress in your own body, mind and counteract them actively. Yoga, breathing breaks, mini meditations, exercise, play, prayer, positive self talk.
10. Listen to your body is important ingredient for lasting success in life. Drink water when you're thirsty, eat good food when you're hungry and stop when your body says it's full. Sleep when your body wants to. Stop pushing when you feel tired. Take really good care of your body and listen to it, it will take really good care of you.

Community Film night

Submitted by Shawna Buchannon

ALIB Community Health Nurse

Are you interested in learning more about HIV/AIDS? Come out to the Health Centre on March 2nd from 5-7 pm and learn more about what HIV/AIDS is all about. Perhaps you know someone who has this virus, or perhaps you are wondering about your own health status. Or, maybe you just want to learn more about the story behind an HIV/AIDS diagnosis. Empower yourself and your health with knowledge and come on out to this event!



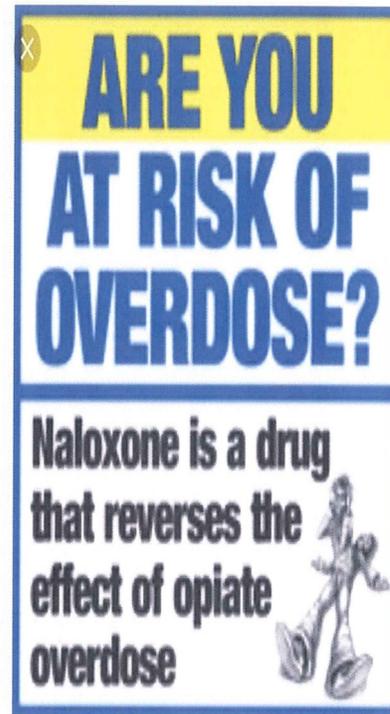
Where: ALIB Health Centre Boardroom

When: Thursday, March 2nd from 5-7 pm

(Dinner served at 5 pm)

Format: A conversation and question period with some knowledgeable nurses, and a film focusing on HIV to increase knowledge and empowerment around this virus

*We will have 2 nurses who specialize in HIV/AIDS come from Interior Health to share information and provide confidential 'Point of Care' testing for HIV for those who would like to access this service (they will also be coming back later in the spring to offer this service as well).



What is naloxone?

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

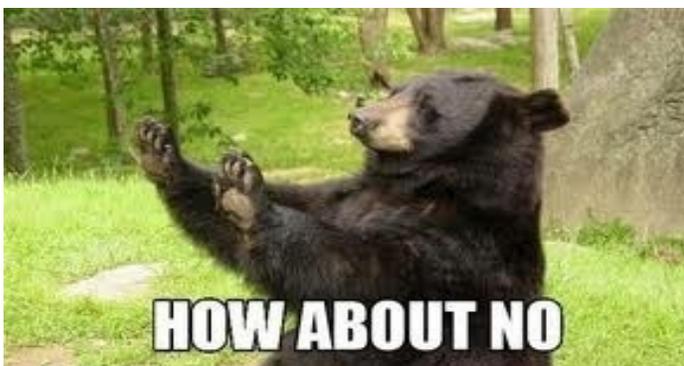
Take Home Naloxone Kits are for those who use Opioids (recreational or prescription). An educational session is required to get a kit.

AVAILABLE @ ALIB TAKE HOME NALOXONE KITS

How is naloxone given? You can give naloxone by injection (into a muscle, or under the skin). In BC, the Take Home Naloxone program supplies injectable naloxone. You can inject naloxone through clothing into the muscle of the upper arm, upper leg, or buttock.

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

Contact Sexqeltqin Health Centre at (250) 679-7726 and ask to speak to the Community Health Nurse or NNADAP worker for more info.





**Daylight
Saving Time
begins
Sunday,
March 12th.
Turn clocks
forward
from 2:00 am
to 3:00 am**

**Fundraiser for
Trystan Kenoras**

Trystan is an Adams Lake band member from the Switsemalph community. Trystan attends the Salmon Arm Senior Secondary school and is in grade ten. Trystan has an opportunity of a life time as a youth to attend an amazing trip with his involvement in Rugby to go on tour to Trinidad, from March 17 to 25, 2017.

DATE: Friday February 24, 2017

WHERE: ALIB Gymnasium

TIME: 5:00 p.m. Dinner

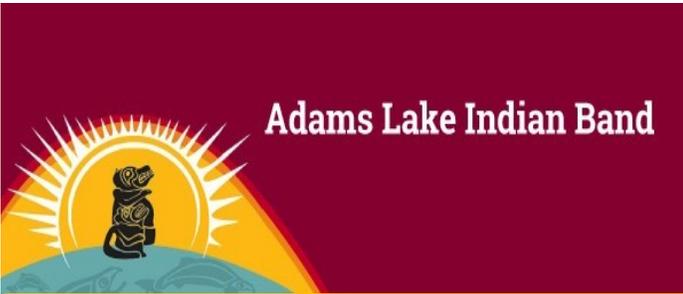
Donations for Loonie Auction items are welcome, contact Melissa Kenoras or Iva Jules.

Dinner, Loonie Auction, House Bingo, Poker,
50\50

Hope to see you there, and Kukstsemc for the support.

**Contact Melissa Kenoras at
604-655-4957**

Or Iva Jules at 250-679-5308



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

Contact the Cstélneq Newsletter Team:

Karen Everard

CCSP/Communications 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.



www.adamslakeband.org

Title & Rights Information Session

Wednesday March 1, 2017

Adams Lake Band Gym—Chase

Agenda:

◆ 3:00-5:00 pm

Genealogy

Documenting ALIB family lineages to assist in determining a family head.

◆ 5:00—6:00 pm

Supper

◆ 6:00-8:00 pm

Updates Title & Rights Projects



[Contact Info]

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



February is **Heart month** &

National Therapeutic Recreation Month.

Submitted by

Shauna Buchannon,

ALIB Community Health Nurse



This is a great reminder for all of us of the importance of being physically active, getting our heart pumping and doing activities that keep us moving. Below are the Canadian Physical Activity Guidelines:

For healthy growth and development:

Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.

Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including: A variety of activities in different environments; Activities that develop movement skills; Progression toward at least 60 minutes of energetic play by 5 years of age. More daily physical activity provides greater benefits.

For health benefits, **children aged 5-11 years** should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include: Vigorous-intensity activities at least 3 days per week. Activities that strengthen muscle and bone at least 3 days per week. More daily physical activity provides greater health benefits.

To achieve health benefits, **adults aged 18-64 years** should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.

To achieve health benefits, and improve functional abilities, **adults aged 65 years and older** should accumulate at least 150 minutes of moderate- to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. Those with poor mobility should perform physical activities to enhance balance and prevent falls. More physical activity provides greater health benefits.

For more information, visit the Canadian Physical Activity Guidelines at:

http://www.csep.ca/cmfiles/guidelines/csep_guidelines_handbook.pdf



SCHOOL DISTRICT No. 73 (KAMLOOPS / THOMPSON) 1383 - 9th Avenue, Kamloops, B.C. V2C 3X7 Tel: (250) 374-0679 Fax: (250) 372-1183 www.sd73.bc.ca

February 7, 2017

Greetings,

RE: PUBLIC FEEDBACK ON SCHOOL CALENDAR

You are invited to provide feedback on the proposed 2017-18, 2018-19, and 2019-20 school calendars that include a one-week spring break. Your input will be included as part of the feedback used by the Board of Education when they make their decision on March 13, 2017 at the publicly held Board Meeting at 1383 9th Avenue at 6 PM.

A one-week spring break is currently part of the collective agreement between School District 73 and the Kamloops Thompson Teachers' Association. A Letter of Understanding was put in place between the employer and the teachers' union for a three-year trial ending June 30, 2017. The Letter of Understanding has expired and the District is now following the legislated processes required to adopt a new calendar for up to three years.

As per the regulations, this calendar is publicly posted on the school district website at www.sd73.bc.ca for one month in order to receive public and employee feedback. Please share your thoughts on the proposed school calendar at feedback@sd73.bc.ca.

Sincerely,

Alison Sidow

Superintendent of Schools

WORKING TOGETHER FOR QUALITY PUBLIC EDUCATION

Learn Secwepemctsin Words

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



ALIB's Vision Statement

Our vision statement is a concise statement that is what we are working towards, both what our priorities are and what we want our community to look like after all our hard work.

Vision Statement in Secwepemctsin

Re Tqeltkúkwpí7 tntels ne7élye ne tmicw es yecwemínte re kwseltktn-kt, re tkultn-kt,

re xqweqwlúteń-kt retmicw-kt re tkwemíple7ten-kt, re stselxmém-kt, re pellsúten-kt ell re keknuctn-kt Welmé7 yews, welmé7 yews.

Me7 tsyewemínste es le7s r stsyem-kt n7élye ne tmicw,es yecwestsút-kt, es sxyestém r ekultn-kt tikumíte7, es tselxestsút-kt ell es sxyestwécw-kt tel7éliye te pyin.

Vision Statement in English

“Our Creator placed us on this land to take care of our people, our land, our language, our customs, our knowledge, our culture, our title, to be ours forever and ever.

Ensuring that we live in a safe, healthy, self sufficient community where cultural values and identity are consistently valued promoted and embraced by all.”

Secwepemctsin

(Eastern Dialect)

English

súkwe

sugar

setcime

spoon

lekápi

coffee





BRITISH COLUMBIA ASSEMBLY OF FIRST NATIONS
312-345 Chief Alex Thomas Way
Kamloops, BC V2H 1H1
Office: (250) 828 - 9757 Fax: (250) 828 - 9893
www.bcafn.ca

CALL FOR ARTWORK: YOUTH LOGO DESIGN CONTEST

February 6, 2017

ATTN: BC First Nations Youth Artists

RE: BCAFN-BCBC Champions Roundtable Logo Design Contest

BACKGROUND:

The British Columbia Assembly of First Nations (BCAFN) and the Business Council of British Columbia (BCBC) signed a Memorandum of Understanding in 2016 to initiate a unique partnership based on economic reconciliation. The Champions Table was formed as a place where leaders come together to explore opportunities, discuss barriers, identify areas of common understanding and work jointly to develop and advance a more effective approach to economic development based on reconciliation. Eleven First Nations community and business leaders from across the province and eleven senior executives from business and industry have been selected as Champions to sit at the table and work towards promoting sustainable economic reconciliation.

CALL FOR ARTWORK:

The BCAFN is now accepting logo concepts submissions, which should display a visualization of the Champions Roundtable theme, “*Economic Reconciliation*” and, ideally, shall depict a blending of corporate and First Nations’ cultures.

The artist selected will collaborate with an in-house graphic designer to ensure that the integrity of the art remains intact while making sure that the art works as a logo and branding.

The logo and the artwork contained therein will be used in all branding pertaining to the Champions Roundtable (letterhead, website etc.).

The successful artist will receive a \$500 honoraria; however, BCAFN will retain ownership of the final product.

The successful logo will be selected on March 8, 2017, by the Champions Roundtable representatives at the inaugural meeting in Vancouver, BC.

CHAMPIONS ROUNDTABLE LOGO CONTEST RULES:

1. Contest is open to all BC First Nations artists from 13 to 30 years of age.
2. Contestants may submit one original entry.
3. Entries may be done by free-hand in marker, ink, oil or acrylic or by computer.
4. There are no colour restrictions; please refrain from using text.
5. Each entry should be submitted in two formats: one in colour and one in black and white/grayscale.
6. The logo should not carry the name of the artist. The design of the logo must be original. The designer is responsible for proving its authenticity, should any complaints arise due to similarities, likeness or comparison of the designs.
7. BCAFN reserves the right to disqualify any entry on the basis of perceived violations of intellectual property rights.
8. All designs submitted for entry shall be considered as property of BCAFN, and as such, BCAFN further reserves the right whether or not to use the winning or non-winning logos.
9. The winning entry will be used as the official logo of the Champions Roundtable on all correspondence and promotional material.

SUBMISSION DEADLINE:

February 24, 2017

**Please submit a scanned copy (.PDF) or a (.JPEG) file.*

SUBMISSIONS ARE TO BE SENT TO:

Carl Archie

BC Assembly of First Nations

312-345 Chief Alex Thomas Way

Kamloops, BC V2H 1H1

Mobile: (250) 299-2275

Email: carl.archie@bcfn.ca

Fax: (250) 314-1567

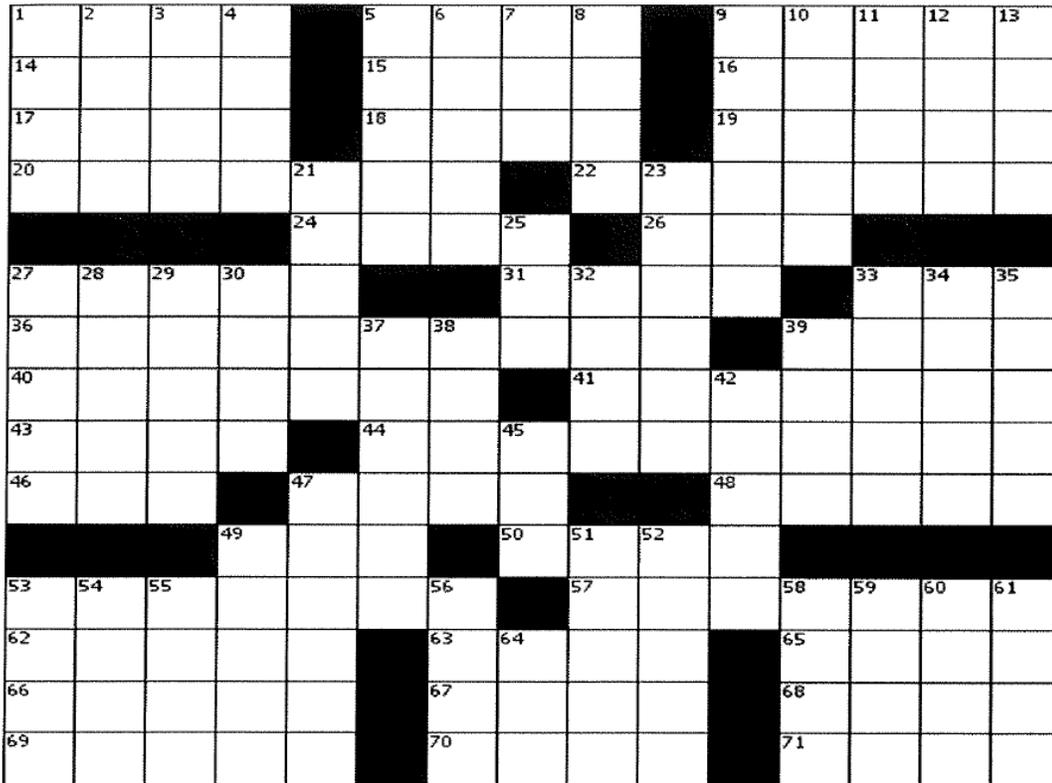
In unity, A/Regional Chief Maureen J. Chapman

#honouringourancestors



bcfn





Across

- 1. Urgent acronym
- 5. Recipe units (abbr.)
- 9. Bicycle part
- 14. Entice
- 15. Toledo's state
- 16. Wed secretly
- 17. Send forth
- 18. Abound
- 19. Carnival attractions
- 20. Of the seashore
- 22. Magazine officials
- 24. She, in Seville
- 26. Compass pt.
- 27. Barter
- 31. Restless desire
- 33. Amtrak stop (abbr.)
- 36. Think over again
- 39. Semiprecious stone
- 40. Nabs
- 41. Least fatty
- 43. Stage signals
- 44. _____ agent (2 wds.)
- 46. Printers' measures
- 47. Critic Rex _____
- 48. More painful _____
- 49. _____ Jones Industrial Average
- 50. Sample
- 53. High voice
- 57. Emphasizes
- 62. Female singers
- 63. Bartlett's kin
- 65. Lightly cooked
- 66. Intended
- 67. Butter substitute
- 68. Not closed
- 69. Road bends
- 70. Circular current
- 71. Grain

Down

- 1. Actor _____ Baldwin
- 2. Japanese wrestling
- 3. Diva's forte
- 4. Cherished animals
- 5. Whole
- 6. Egg exterior
- 7. Bakery offering
- 8. A few
- 9. Expire
- 10. Upper class
- 11. Extinct bird
- 12. Mimicker
- 13. Not as much
- 21. Adolescents
- 23. Edict
- 25. Subsidize
- 27. Small amount
- 28. Show again
- 29. Land measures
- 30. Performs
- 32. Narrate
- 33. Harpoon
- 34. A sense
- 35. Change
- 37. Scattered
- 38. Psychic's phrase (2 wds.)
- 39. Wise about
- 42. Civic gp.
- 45. Sum up
- 47. Uses the oven
- 49. Humming sound
- 51. Comforted
- 52. Doctor on "Star Trek"
- 53. Identical
- 54. Bullring cheers
- 55. School gps.
- 56. Musical instrument
- 58. Greek god
- 59. Neck region
- 60. Lumber source
- 61. Transmit
- 64. Dated

Answers Page 16

You're Joking

Insurance Clerk: "Where were you born, sir?"

Man: "In Canada"

Insurance Clerk: "OK and which part?"

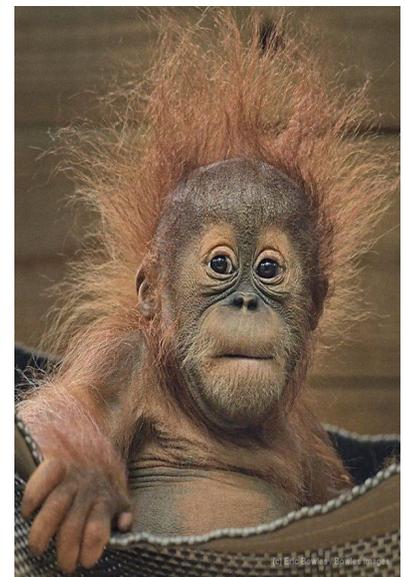
Man: "My entire body."

Q - Why couldn't Mrs. Dracula sleep properly?

A - Because of Dracula's coffin.

Q - What do you call a bull that likes taking a nap?

A - A bulldozer.





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.

Interior Douglas Fir



tsqellp



Community Fitness/ self defence classes with Tom LaRoche

Tom LaRoche is a 4x world kickboxing champion and Master of Chinese Gung-Fu, is offering a class that will lift you to new levels of fitness, self-defence and confidence.

Fridays: February 17th, 24th

6:00pm-7:00pm at the ALIB Gym

March 3rd, 10th, 17th, 24th and 31st

6:00pm-7:00pm at the ALIB Gym

**In the event of an unforeseeable event,
every opportunity will be made to reschedule
the class or venue**

Please be on time and
bring a WATER bottle.

Please call Sandy Lund 778-257-4123

for more info

or Tom LaRoche 250-572-4485



Tongue Twister

Tongue twisters are a great way to practice and improve pronunciation and fluency. Say them as quickly as you can.

Betty Botter bought some butter

But she said the butter's bitter

If I put it in my batter, it will make my batter bitter

But a bit of better butter will make my batter better

So 'twas better Betty Botter bought a bit of better butter.

Recipe Corner

BEEF BROCCOLI

“This is truly a family favorite, when Kash smells this he says” mmmm smells like Nani’s house!”

Joyce Kenoras

Ingredients

Serves 4

½ lb. Beef Steak, cut up

1 lb. Broccoli, cut into segments and slightly steamed

1 Onion, diced

Optional—may add slivered carrots for nice colour

Marinade:

1 Tbsp. cornstarch, 2 Tbsp. Oil, Fresh Garlic (opt 1/8 tsp garlic powder), 1/8 tsp ginger powder or fresh ginger (I use fresh when I can)

Seasoning Sauce:

4 Tbsp. water, 1 tsp Soya Sauce, ½ tsp sugar, salt to taste



Directions

Mix together the marinade and add Beef for at least 30 min or overnight in fridge.

Heat 3 tbsp. oil in pan, sauté onion, set aside.

Add 3 tbsp. oil in same pan and sauté Beef.

Mix vegetables and beef together and seasoning sauce.

Cook till thickened, remove from heat and serve over cooked rice. Delish!!!

Household Hints & Tips

- To clean a coffee grinder and sharpen its blades, grind up a cup or so of rice.
- Microwave odours, keep a cup of baking soda in the microwave between uses to keep potatoes from smelling like bacon or other unusual combinations.
- Photographs stuck together, use a hair dryer on low, slowly melt them part carefully.
- Add garlic immediately to a recipe if you want a subtle taste and towards the end to blast it with flavour.
- If you seal an envelope and realize you have forgotten to include something inside, place it in the freezer for 1 to 2 hours and voila, the envelope will unseal without a trace.
- Denture tablets are great for cleaning water bottles or stained tea cups. Drop 1 in, fill with water, let it sit a while and then rinse.

Thank You

Kukstenc to Joyce for sharing her yummy recipes these past few months.

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

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

TODAY
WILL NEVER COME AGAIN.
Be a blessing.
Be a friend.
Encourage someone.
Take Time To Care.
**Let your words heal,
and not wound.**

EDUCATION REPORT

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

Happy February Adams Lake Indian Band!

I hope the first couple of months to 2017 has treated everyone well and that the remaining months of the year will be equally great!

For most of the areas within ALIB's Education Department annual routines are aligned by an academic calendar. While we have little to no control of this systemic calendar we do have full control on the processes we create in our Department to provide ALIB members with the best possible services— supporting, advocating, and communicating are our highest priorities for ALIB membership.

Over the past year I have had the pleasure to discuss education matters at various occasions with ALIB — elders, parents, students, community members, and Chief & Council. While I have not been able to meet with every ALIB member over the past 12 months there was one key theme from those that I did have the opportunity to connect with and this will be implemented into our department this year — increase personal interaction/communication/visits with members and decrease email/hardcopy practices. A few of the changes to be applied into the Education Program are:

- scheduling regular information sessions to dialogue with parents who have children enrolled in K-12 education system (Chase and Switsemalph)
- regular phone calls will be made to Post-Secondary Students directly supported by ALIB Education to ensure needs are being met
- scheduling proactive meetings with School District Staff (73&83) where ALIB Education sets the agenda items in collaboration with ALIB parents to ensure Local Education Agreements are being followed at schools where members attend
- increasing the annual number of interactions between ALIB Education and ALIB members who live outside the local reserves

In addition to increased personal interaction with members the ALIB's Education Department will once again increase human capacity at Switsemalph. Last year I scheduled one day per week where our Education Coordinator is physically present at the community, and this year I plan to schedule 3 days per week at Switsemalph where additional staff from the Education Department will be reaching out to members. There are other areas in the Department that I am in the process of planning to increase human capacity for Chase and this will be included in the 2017-2018 Budget Process for membership approval.

We will continue to find new areas for growth in our Department to provide members with the best service and will continue to seek your direction and guidance in these processes.

On behalf of the Department I would like to thank you for your continued support!

Shane Coutlee – Director of Education

Tutor/Academic Support K-12

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

Daycare News

Sahhaltkum Daycare children have been doing projects on the ocean during the past month and have also been caring for their pet snails. The school children had a cultural day during the last In-Service Day and made Indian Tacos.

We want to thank everyone who supported our Valentines Day raffle. We raised enough to take the children on a fieldtrip to Jungle Mania in Salmon Arm. Please come by the Daycare and find out what we are doing and who we are. Everyone is welcome!

Chief Atahm School

There was a Tekwemiple7 Parent Meeting on January 17, 2017. Future meetings will be on March 13, 2017 and April 10, 2017 at Chief Atahm School. CAS has been involved in Dibels assessments at the end of January and early February. Dibels Assessments assess the students' level of reading from Grade 1 to Grade 7. This is a Professional Learning Community initiative for all the First Nations School Association schools. First Nations School Association (FNSA) hosted some workshops for teachers, which included a Science First People's workshop and a Mental Health Workshop in the month of January. The FNSA also hosting a family advocacy workshop for parents on February 20, 2017 and four parents attended from Chief Atahm School. In February, parents were provided tickets to attend a Blazers Game and also in February, parents will be attending Family Tubing and Family Swimming.

Chief Atahm School has room for new student registrations for the 2017-2018 school year, please contact the school if you are interested in visiting the school and finding out more.

Budget Update 2016-2017

All areas of the Department are on target according to their 2016-2017 budgets with no indications of concerns as we enter the last quarter. In fact, as a result of our efforts to obtain additional revenue from outside sources throughout the first three quarters (INAC, FNESEC, Funding Agencies), and our efforts to leverage cost-sharing opportunities with other stakeholders this past year, our Department will have an overall surplus at the end of the fiscal which in turn saves Band Revenue and keeps it in the bank for future investment opportunities. In addition, the last quarter of the fiscal presents us with opportunities to access more funds as many agencies have slippage dollars that need to be spent before the end of March. We will continue our efforts to access these funds as we hear of them to support last minute applicable projects. If you have any questions with Budget Items please contact the Director of Education and he will arrange to meet with you to discuss them with you. Shane can be reached directly at 250.679.2209.

Happy St. Patrick's Day!

Fri. March 17th, 2017



Can we trade back please?

Puzzle Solution © OnlineCrosswords.net

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

You're Joking

- Q - What has one head, one foot and four legs?
- A - A bed.
- Q - What did the lawyer name his daughter?
- A - Sue.
- Q - Why did the scarecrow get a raise?
- A - He was outstanding in his field.
- Q - Did you hear the one about the rope?
- A - Skip it.

MARCH

Next issue of
Cstèlnec Newsletter
Thurs. March 30th

Deadline to submit
 submissions
**Thurs. March 23rd by
 1:00 pm**



Did you know Some fun facts

- Did you know** Scotland has the most redheads.
- Did you know** the Arctic Ocean is the smallest in the world.
- Did you know** Britain was the first country to use postage stamps.
- Did you know** an office desk has 400 times more bacteria than a toilet.
- Did you know** the Titanic was built in Belfast.
- Did you know** the Atlantic Ocean is saltier than the Pacific.
- Did you know** Tokyo was once known as Edo.
- Did you know** 80% of the world's rose species come from Asia.



Re-printed with permission from Chase Sunflower
February 10, 2017 issue

“Man Cave” pilot program up & running

By Cavelle Laves

A new pilot program aimed at local men will be kicking off this week, and plans to offer several months of outdoor and recreational activities as well as a healthy dialog.

The Man Cave will be hosting its first meeting Thursday, Feb 9, at 5 p.m. in the Adams Lake Health Centre.

Jeromy Biron, one of the three program founders, said he hopes the program can offer something to the area that hasn't really been done before.

He noted there has been health-related groups, but from his experience, many participants had wanted to take part in something that offered variety of activities outside of workshops and lectures. While this program will have some important lectures, there will be no workshops, and more fun and healthy activities than anything else.

The Man Cave is open to any Chase male 14-years-old and up, who would like to focus on healthier living in a number of ways. Biron said there are many outings planned for the program, including hockey games and bowling nights, and a big camping trip is scheduled for the spring.

“It isn't always about learning,” Biron said. “It is just a bunch of guys getting together and having fun without drugs or alcohol.”

Biron said, while The Man Cave will mostly be hosting sporting nights and other activities and outings that will appeal to men, there will also be special guests brought in to discuss health related topics that are important them as well. Some of these include heart attacks, prostate cancer, communication skills, relationship building and parenting support among others.

“It is just a group of men who get together and there is a lot of different types off men out there,” Biron said, in regards to why the program is important. “There are many who, once they sober up they don't have a group they belong to any more. There is no group of men, or people, that they can just be themselves around without judgement and without expectations.”

The Man Cave will be an environment where everyone is welcome, a place to come relax and just have some guy time.

There will be supper served for program participants at every meeting, and door prizes will be given away. Those who come to eight out of 10 meetings will also be entered to win a main draw prize.

Despite this being the first run-through for the program, Biron said they have already received positive feedback and a lot of public interest. The initial pilot program for the Man Cave will end in about June, however, if the group shows popularity it will be re-started again after the summer.

The first meeting will feature pizza (with future meetings providing stew and other ‘manly’ meals), and will be centered around feedback from participants on what they would like to see included in the program.

It is important the program reflects those who will be participating in it, Biron said. While they have the framework already drawn up for The Man Cave, they are willing to change things up to ensure the community interest are met.

The program requires no pre-registration and costs nothing to attend. If any men from the community would like to volunteer their time to help out the program, or they want more information on how attend as a participant, they can call Biron at 250-679-7726.

A Place To Be a MAN

A safe space to encourage other men in health and wellness

Man CAVE

Open for males ages 14+
Supper starts @ 5pm
For More Info
JEROMY BIRON:
(250) 679-7726

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

March 2017

ALIB ELDERS ACTIVITIES

- Did you know that ALIB members over the age of 65 and reside on ALIB may qualify for Structure insurance? Conditions apply, please call Christine or Maryann at Public Works for additional information and to determine if you are on the list. 250-679-8841
- February and March are income tax months, please ensure to file your individual income tax return to receive your monthly Guaranteed income supplement payments from Service Canada.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office	2 Office	3 Office	4
5	6	7 Office	8 Falls prevention workshop, 10-1pm, Health center	9 Office	10 Office	11
12	13 BC Aboriginal Diabetes Conference Penticton	14 BC Aboriginal Diabetes Conference Penticton	15 BC Aboriginal Diabetes Conference Penticton	16 BC Aboriginal Diabetes Conference Penticton	17 Office	18
19	20 Elders meeting/dinner 5-6:30, Chase Elders room	21 Office	22 Falls Prevention workshop 10-1pm, Health Center	23 SNTC Secwepemc Elder Council 10-2pm Location TBA	24 Sxwetsmellp Elders lunch 12:00 noon	25
26	27	28 Office	29 TWSC Nation Gathering 10-3pm T'kemlups te Secwepemc	30 Secwepemc Governance 10-3pm T'kemlups te Secwepemc	31 Secwepemc Governance 10-3pm T'kemlups te Secwepemc	1

Please call Daidri Marr at 250-679-7726 (Extension 2372) for additional information or to arrange transportation to Elders events. CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL.

Glossary

TWSC: Traditional Wellness Steering Committee

SNTC: Shuswap Nation Tribal Council



From the desk of the Membership Clerk

February 15, 2017

Registering Life Events

The Indian Registrar, an employee of Aboriginal Affairs and Northern Development Canada (AANDC), is responsible for maintaining the Indian Register. The Indian Register contains the names of all Status Indians. The Registrar is the sole authority for determining which names will be added, deleted or omitted from the Register. The Indian Registration Service Vancouver Office has a standard time for processing life events i.e. birth, death, marriage, adoption and divorce. With extensive backlogs, it may take up to six (6) months from the date that I send my report to the Regional Office in Vancouver for entry. It is important to bring in your documentation as soon as possible to start the process for life event changes. Life Event Change supporting documents include original long form birth certificates, marriage/divorce certificates and court orders. It is up to the client to register, order certificates and then provide membership clerk with required documentation.

Here is a list of organizations and contact numbers for your reference. You can do transactions on-line, download forms, print and submit your application with the appropriate fee paid with a credit card.

To order certificates and copies of Birth Certificates, Marriage Certificate or Legal Name Change

BC Vital Statistics

605 Robson Street, Vancouver, BC V6B 5J3

Phone (250)952-2681 Toll-Free within BC 1-888-876-1633

Website: www2.gov.bc.ca/gov/content/life-events

To complete transactions in person, find a Service BC location near you. Note: Services vary by location. Please check to ensure the service you are seeking is available at your local Service BC Centre.

Service BC Contact Centre (Enquiry BC)

Vancouver, BC (604)660-2421, Kamloops, BC (250)828-4540, Salmon Arm, BC (250)832-1611

Elsewhere in BC 1-800-663-7867

ALIB Membership Office Hours

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

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

March

IR#4 (Chase) Youth Calendar

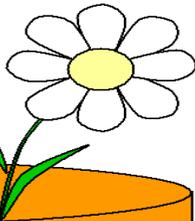
2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Youth are ages 7 to 18 years* old Calendar subject to change without notice	Feb 27th Off-holidays	Feb 28th Drive Elders	Off-holidays 1	Off-holidays 2	Workshop at health center 9am-3pm FYI: Self-defense at gym 6-7pm 3	SNTC youth Canning at the ALIB gym 4
	6 Snowboarding at Sun Peaks Must have preregistered 6:30am-8:30pm	7 Off in Lieu of the 4th	8 Off in Lieu of the 6th	9 Off-holidays	10 Off-holidays FYI: Self-defense at gym 6-7pm	11
12	13 Sr. Girls Group grades 8 to 12 3pm to 5:30pm	14 Off in Lieu of the 21st	15 JR. Girls Group grades 5 to 7 3pm to 5:30pm	16 Culture Club for youth ages 7-18, 3pm-5:30pm	 17 St. Patrick's Day Workshop 9am-3pm Self-defense at gym 6-7pm	18 Workshop at Health Center 9am-3pm
19 Spring break is from the 20th to 31st	20 SNTC Youth Council meeting for youth 14 to 29 years old. Please call to confirm your attendance. Meet at YC/Gym at 4pm return at 9pm	21 Gathering Our Voices Must have Pre-registered	22 Gathering Our Voices	23 Gathering Our Voices	24 Gathering Our Voices Self-defense at gym 6-7pm	25 
26	27 Off in Lieu of the 22nd	28 Youth workshop in Kamloops	29 Youth workshop in Kamloops	30 Youth workshop in Kamloops	31 Off in Lieu of the 23rd Self-defense at gym 6-7pm	



Spring Flowers Word Search



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

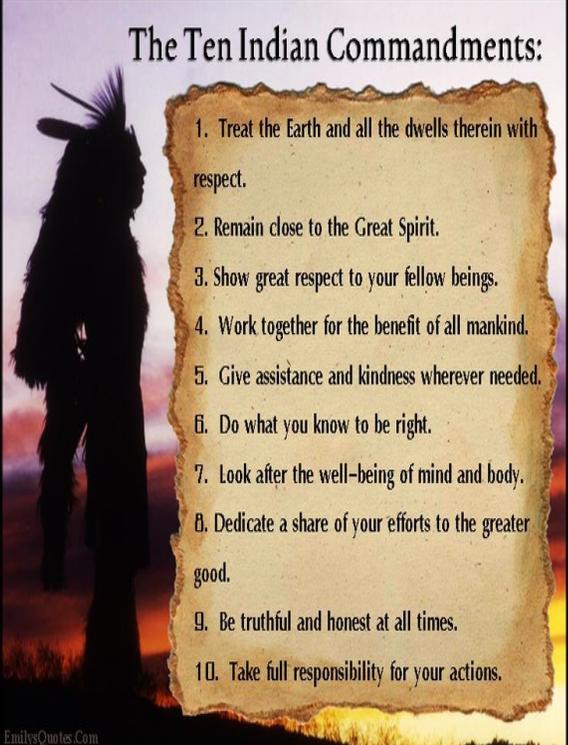
azalea
crocus
daffodil

daisy
dandelion
dianthus

hyacinth
iris
lilac

rose
tulip
violet

The Ten Indian Commandments:



1. Treat the Earth and all the dwells therein with respect.
2. Remain close to the Great Spirit.
3. Show great respect to your fellow beings.
4. Work together for the benefit of all mankind.
5. Give assistance and kindness wherever needed.
6. Do what you know to be right.
7. Look after the well-being of mind and body.
8. Dedicate a share of your efforts to the greater good.
9. Be truthful and honest at all times.
10. Take full responsibility for your actions.

EmilysQuotes.Com



Shuswap Nation Tribal Council
& Secwepemc Health Caucus



**JOB POSTING
SHC ADMIN ASSISTANT**

POSITION PROFILE:

This person is responsible for all administrative support. This is a permanent full-time position.

QUALIFICATIONS:

- Recognized completion of a secretarial program, or equivalent obtained through relevant job experience;
- Demonstrated competency in secretarial and administrative tasks including the operation of a multi line switchboard and computer knowledge, as well as knowledge of photocopier and fax machines.
- Ability to take minutes and transcribe conversations.
- Knowledge of filing systems.
- Knowledge of Outlook Express and Internet skills.
- Computer knowledge with various software programs, such as; Microsoft Word, Excel, Access, Word Perfect, Power Point, and Publisher.

STANDARDS OF SERVICE:

1. Maintains confidentiality of professionally acquired information.
2. Provides service in non-judgmental and in a culturally sensitive manner.
3. Is accessible, accountable, cordial and responsive in all manner of communications for the SHC.
4. Presents themselves professionally in the workplace and when conducting business for the SHC; keeping in mind at all times s/he represents the SHC in a manner of professionalism and integrity.
5. Valid Class 5 drivers license, and reliable transportation as some travel may be required.

PRIMARY RESPONSIBILITIES:

- Other office related duties, including and not limited to answering phones, taking messages
- Booking meetings, which may include catering arrangements
- Taking minutes, compiling and distributing
- Arranging coordinating events, etc.
- Arrange travel and book accommodations and Complete travel forms
- Preparing cheque requisitions
- Updating Facebook and Website, as required

CLOSING DATE:

We invite applications to be submitted to the SHC Hub Coordinator no later than **Friday March 10, 2017 at noon**. Please submit your Cover letter, Resume, with 3 references and salary expectations by mail or email to the following:

Attention:

Londea Riffel
Re: SHC Admin Assistant Position
680 Athabasca St. West
Kamloops BC V2H 1C4
Email: sntcadmn@shuswapnation.org

In accordance with the SNTC Human Resource Policy, the first priority will be to hire qualified persons of Secwepemc ancestry. Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry.

March 2017

Youth Activities For ALIB
Tim Johnson – 250-804-3266
tjohnson@alib.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
	Office/Prep 9-3:30 Hiking Trip 3:30-5:30pm	Office/Prep 12-3:30 Crafts @ Swits 3:30-5:30pm Supper Club 5:30-7pm		Blitzball or Floor Hockey 8-11pm	Delivering Presentations and Workshops for Youth 9am-4pm	
5	6	7	8	9	10	11
	Sunpeaks Snowboard and Ski 7am-7pm	Office/Prep 12-3:30 Crafts @ Swits 3:30-5:30pm Supper Club 5:30-7pm		Office/Prep 12-5 Man Cave 5pm-8 Blitzball or Floor Hockey 8-11pm	Laser Tag @ ALIB Gym 6:30pm-9pm	
12	13	14	15	16	17	18
	Office/Prep 9-3:30 Park trip 3:30-5:30pm	Office/Prep 12-3:30 Crafts @ Swits 3:30-5:30pm Supper Club 5:30-7pm		Blitzball or Floor Hockey 8-11pm	St. Patrick's Day Workshop regarding Youth 8-4:30pm	Portrait Session With Craig 10-6
19	20	21	22	23	24	25
		Gathering Our Voices	Gathering Our Voices	Gathering Our Voices	Gathering Our Voices	
26	27	28	29	30	31	
		Choice is Yours Tour	Choice is Yours Tour	Choice is Yours Tour	Choice is Yours Tour	

FNHA Health Benefits Program



Taken from Health Benefits Information Package found on line www.fnha.ca/benefits

go on line to view or download full package

The First Nations Health Authority (FNHA) Health Benefits program provides a specific number of health related goods and services to meet medical or dental needs not covered by provincial, territorial, or other third party health insurance for BC First Nations.

The FNHA Health Benefits program currently includes:

- Dental
- Medical Supplies & Equipment (MS&E)
- Medical Transportation
- Mental Health - Crisis Intervention (Short Term)
- MSP - BC Medical Service Plan (Care Card)
- Pharmacy
- Vision Care

Eligibility

The FNHA Health Benefits program offers health-related goods and services to any First Nations person (or child under 1 year of age of a First Nations person who meets all of these criteria) who:

- has a Canadian status number;
- is a resident of British Columbia (as defined by BC's Medical Service Plan) and having active Medical Service Plan coverage; and
- is not covered under any other benefits provided by the Federal Government or First Nations organization through self-government or land claims agreements.

Contact Information

General

Toll-Free: 1.855.550.5454

Email: healthbenefits@fnha.ca

In-person Inquiries

1166 Alberni Street, Room 701
Vancouver, BC V6E 3Z3

Mailing Address

First Nations Health Authority
Health Benefits Program - Client Services
540 - 757 West Hastings Street
Vancouver, BC V6C 1A1

Operations (Claim Specific)

Dental
Medical Supplies & Equipment
Medical Transportation
Mental Health Crisis Intervention
MSP Coverage
Pharmacy
Vision

Toll-Free: 1.800.317.7878

Dental Toll-Free: 1.888.321.5003

Fax: 1.888.299.9222

Please have your Status card and CareCard ready

Online

www.fnha.ca/benefits

Who can Attend?

Your family is invited to spend the weekend at Eagle Bay Camp to connect and have fun for the weekend.

What to Expect!

Family adventures, campfires, and cultural experiences

Great Food...And No Clean-Up!

Private accommodation provided

Transportation provided on a chartered bus

Games and prizes

Child Youth Mental Health Family Retreat 2017

If you have any questions or would like to preregister please call or email

Pamela Nevdoff

Email: Pamela.Nevdoff@splatsin.ca
Mobile cell: (250) 305 6586

250-308-6586

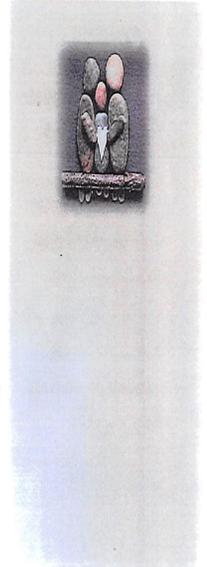


SERVING FOUR COMMUNITIES IN THE SECWEPMIC NATION



Child Youth Mental Health Family Retreat 2017

Time with Family is time well spent



Go on an adventure together!

A family retreat Secwepmic Style. The perfect blend of recreation and friendship, relaxation and discovery. Prepare yourself for smiles, togetherness, memories, and cultural experiences!

Activities:

- o Survival strategies in the wilderness with Shane Maurice
- o Howard Shields cultural teachings and activities
- o Tobogganing, skiing, snowshoeing, games, art activities, and prizes
- o Marshmallow roasts and lots of laughter

How to register

Complete the registration form and submit it to Robb Lansdowne or Pamela Nevdoff or leave the sealed envelope with the front desk at the health center.

The form is quick and easy to fill out. It will guarantee your families spot!

Early Bird draw for families who pre-register!

Please call if you have any questions.

Pamela Nevdoff

Secwepmic Lakes Child Youth Mental Health Support Worker

Phone: (250) 305 6586
Email: Pamela.Nevdoff@splatsin.ca

Location

Located on the shores of Shuswap lake



What to pack!

Warm winter clothing, pillow, sleeping bag, clothing for two days, extra socks, toiletries, boots

We will be outside often so bring warm clothes, coats, toque, gloves, and warm boots!



CYMH FAMILY RETREAT 2017

WHEN

February 24-26 pick up in Neskonlith
March 3-5 Pick up in Little Shuswap
March 10-12 Pick up in Adams Lake (chase)

WHERE

Pick up at 3:45 pm
From community Health Center

CONTACT

Pamela Nevdoff

Email: Pamela.Nevdoff@splatsin.ca

Phone: (250) 305 6586

(250) 308-6586

PLEASE PRE-REGISTER YOUR FAMILY FOR A CHANCE TO WIN A \$100 WALMART GIFT CARD

WHAT TO PACK:

Pillow
Sleeping bag
Towel
Tooth brush
Tooth paste
Clothes for two days
Any Medications
Winter outdoor gear

- Extra socks
- Gloves
- Toque
- Snow pants
- Scarf
- Winter boots

For whole family

Upcoming Meetings/Events

General Band Meeting

Thurs. Feb. 23 at Adams Lake Recreation & Conference Centre, Chase, BC From 5:00 to 8:30 pm, dinner provided. Agenda: Traditional Communications; Update on Executive Director & Chief Financial Officer positions; January 20th Court Proceedings and Pillar Updates from Executive Directors, Department Managers and Chief & Council.

Trystan Kenoras Trinidad Fundraiser

Fri. Feb. 24 at Adams Lake Recreation & Conference Centre, Chase, BC. Dinner at 5:00 pm. Loonie auction, house bingo, poker and 50/50. FMI contact Iva at (250)679-5308.

Self Defense Classes with Tom LaRoche

Fridays, Feb. 24, Mar. 3, 10, 17, 24 and 31st at Adams Lake Recreation & Conference Centre, Chase, BC. 6:00 to 7:00 pm. Please be on time and bring a water bottle. In the event of an unforeseeable event, every opportunity will be made to reschedule the class or venue. FMI contact Sandy at (778)257-4123.

Intermediate Level 2 Secwepemc Language Classes

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

Title & Rights Information Session

Wed. Mar. 1 at Adams Lake Recreation & Conference Centre, Chase, BC. 3:00 to 5:00 pm Genealogy documenting ALIB family lineages to assist in determining a family head; 5:00 to 6:00 pm Dinner; 6:00 to 8:00 pm Info Session. Provide updates on projects being proposed in our traditional territory. Join us, be informed, give input and dialogue. FMI contact Dave or Deanne at (250)679-8841.

Community Film Night

Thurs. Mar. 2 at Sexqeltqin Health Centre. From 5:00 to 7:00 pm. Dinner served at 5:00 pm. Are you interested in learning more about HIV/AIDS? Learn more about what HIV/AIDS is all about. Perhaps you know someone who has this virus, or perhaps you are wondering about your own health status. Or, maybe you just want to learn more about the story behind an HIV/AIDS diagnosis. FMI contact Shauna at (250)679-7726.

Daylight Savings Time - Spring Forward

Sun. Mar. 12 remember to turn clocks forward from 2:00 am to 3:00 am.

Child Youth Mental Health Family Retreat 2017

Fri. Mar. 10 thru Sun. Mar. 12 pick up at ALIB Health Centre at 3:45 pm. Transportation provided on chartered bus to Eagle Bay Camp on the shores of Shuswap Lake. Please pre-register your family for a chance to win a \$100 Walmart gift card. Call Pamela Nevdoff at (250)308-6586 or email pamela.nevdoff@splatsin.ca.

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.