

ADAMS LAKE INDIAN BAND NOTICES



Thurs. August 12, 2021

ALIB Indian Reserve (IR) Lands

Secwepemctsin

English

(Eastern Dialect)

Cstélen IR #1

Hustalen IR#1

Sq7em IR #2

Squaam IR #2

Tegwúps IR #3

Toops IR #3

Sexqeltqín IR #4

Sahhaltkum IR #4

Stequmwhulpa IR #5

Sxwetsméllp IR #6

Switsemalph IR #6 (aka Glen Eden)

Sxwetsméllp IR #7

Switsemalph IR #7

SAVE PAPER:

Send us your email address and we will send you a copy of the Notices to your email address. Contact Karen at:

keverard@alib.ca

View the monthly Newsletters on our website at:

www.adamslakeband.org

Phone Directory:

Administration Office IR #4 (250)679-8841

Administration Office IR #6 (250)833-0356

Adams Lake Recreation & Conference Centre (Gym) (250)679-3515

Sexqeltqín Health Centre (250)679-7726

Membership (Wed, Thurs) (250)679-8841

Chief Atahm School (250)679-8837

Maintenance/Housing (250)679-2228

ALIB Security IR#4 Chase (250)371-2027

ALIB Security IR#6 Swits (250)833-2082

ALIB Fire Department IR #4 (250)679-3500



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ALIB Outdoor Water Restrictions: After 6:00 pm (at night)

- Even numbered addresses water on even numbered days.
- Odd numbered addresses water on odd numbered days.

* Watering is not permitted during the day.



New meal program for home care clients and elders

Submitted by Health and Wellness Dept.

August 9, 2021



The Sexqeltqin Health Centre is pleased to announce the launching of our meal program for our home care clients and elders. The goal of our meal program is to support our home care clients and elders while celebrating their independence.

The meals are cooked here in our industrial kitchen by some of our home makers. The meals are made from healthy and seasonal ingredients. Some examples of meals are: meat lasagna, baked spaghetti, ribs, sweet and sour pork, chicken chow mein, shepherd's pie, soups, meat stew, fish & rice, and pizza. We will also make some desserts from time to time. The distribution of meals is based on clients' and elders' needs. Some of our clients and elders live alone, and some have physical disabilities which restrict their abilities to cook, as a result these individuals will get more meals than those who do not have any challenges with cooking and or those who live with independent adult family members. Our meal program is new, and we recognize that it will need some adjusting as we go. If you have any suggestions, please feel free to let us know. We have already started to call our clients and Elders to ask for food allergies and food intolerance. If you have being missed or know of an elder who hasn't been called, please call the Sexqeltqin Health Centre at **250-679-7726**.



In addition, if you have any extra fruits, garden vegetables, and or wild meat that you don't need we would greatly accept it so we can include it in our meals.



ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

Move | Play | Complete

FREE!



August 18 - 20, 2021



9:00 AM – 3:00 PM



Adams Lake Rec Centre
6349 Chief Jules Drive
Chase BC



Registration Link:

<https://isparc.ca/?p=14779>



Deadline to register:



9AM August 18, 2021



Adams Lake Indian Band Multi-Sport Day Camp



OPEN TO ALL YOUTH!

Please bring a water bottle and a bag lunch each day.

This event will follow BC's Restart Phase 3 Guidelines.

EVENT INQUIRIES:

Bernard 'Buzz' Manuel



bmanuel@isparc.ca



250.856.0868

Sandy Lund

E: slund@alib.ca

T: 250.679.2216

PARTNER AGENCIES



Adams Lake Headstart

BACK to SCHOOL

Call Robin Murphy or Niomi to
register 250-679-7726 ext. 2351

3 Year olds 8:30-11:30
4 Year olds 8:30-2:30
Monday, Tuesday, Wednesday



**First day of Class
September 20, 2021**

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Save Paper/ Save Postage

Provide your e-mail address to add
to our Email List.

*Call Karen at
(250)679-8841 or
toll free 1-877-679-8841*



Adams Lake Indian Band

**Next scheduled communication distribution
Cstèlnec Newsletter Thursday, Aug 26 2021**

**Deadline to
submit Aug 19
by 1:00 pm**



FNHA Mental Health Provider List

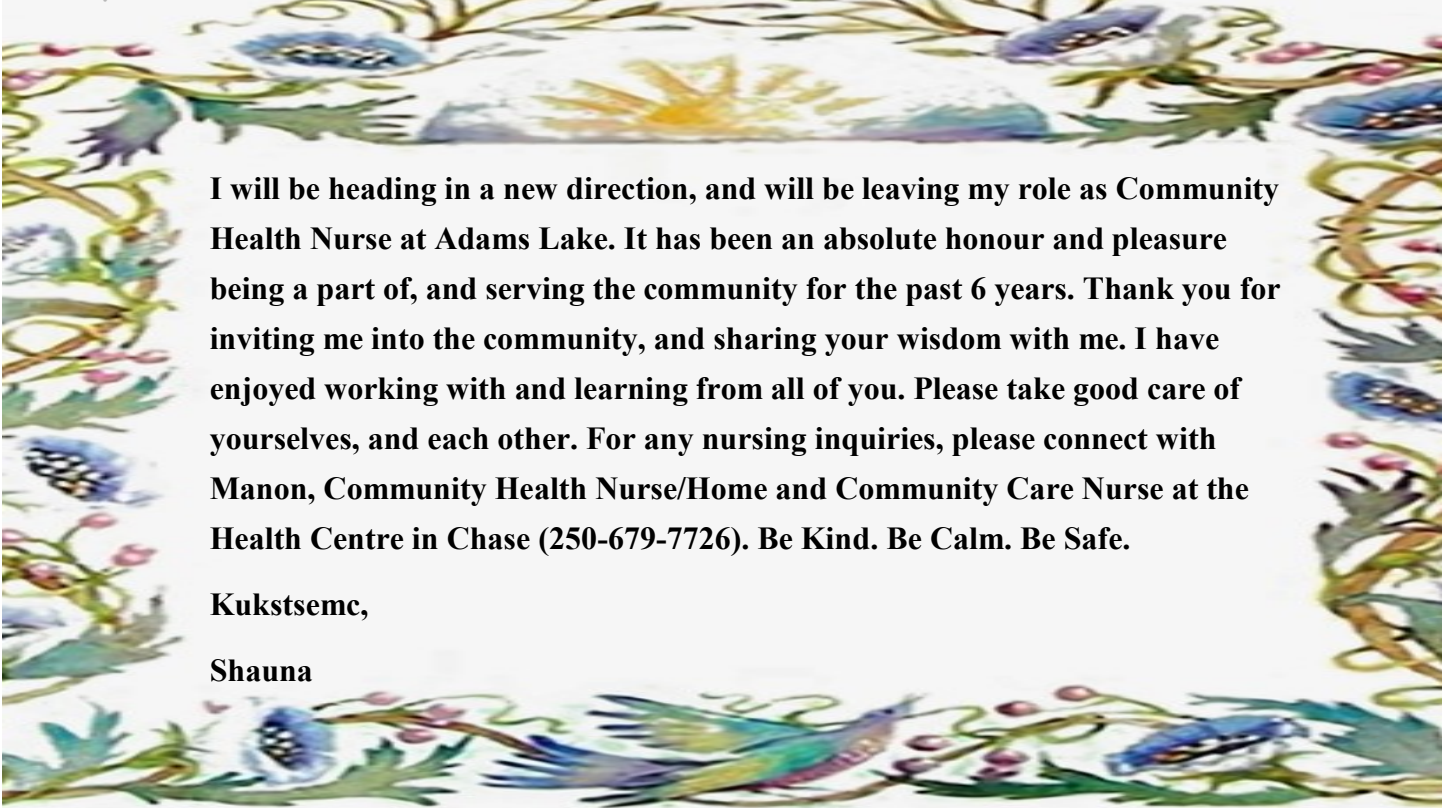
Listed below are the names and contacts of counselors within the Secwepemc Territory through FNHA who are here and ready to support our nation members during these stressful times. Contact a counselor of your choice so that they can connect with you by phone, or online.

SERVICE PROVIDER	TELEPHONE	EMAIL	LOCATION
Karen Lara	250-299-8543	info@antarescounselling.com	Kamloops
Tracy Davison	250-320-3407	finefeathercounselling@gmail.com	Kamloops
Nicole Befurt	250-319-8596	nbefurt@gmail.com	Kamloops
Jeff Conners	250-819-0316	jeffreydavidconners@gmail.com	Kamloops
Shannon Ritchie	250-819-1902	sritchie@rbpinterior.com	Kamloops
Robert Dolson	250-319-0101	rdolson@rbpinterior.com	Kamloops
Kalie McIntosh	250-574-1426	kmcintosh@rbpinterior.com	Kamloops
Shelley Bonnah	250-819-1898	sbonnah@rbpinterior.com	Kamloops
Wade Alexander	778-472-0388	Focusing-with-wade@shaw.ca	Kamloops
Corrinna Douglas	250-299-4197	corrinna@cordiscovery.ca	Kamloops
Erle Jaeger	778-281-1287	Ejaeger4@gmail.com	Kamloops
Elyssa Krutop	250-571-6953	ekrutop@alignedcounselling.com	Kamloops
Cole Levitt	778-220-1410	clevitt@alignedcounselling.com	Kamloops
Urszula Zawadzka	250-377-5433	uzawadzke@alignedcounselling.com	Kamloops
Dave Freeze	250-318-1099	dave@riplerockconsulting.com	Kamloops
Robin Collins	778-257-1150	robin@collinscounselling.ca	Kamloops
Matt McLean	250-320-0846	mattmcleancounselling@gmail.com	Kamloops



Bobbie Rasmussen-Merz	250-879-2244	bobbie@artandpossibility.com	Kamloops
Gina Carnegie	250-879-0234	gina@charmcounselling.ca	Kamloops
Sharon Todd	250-320-8615	Stodd66@telus.net	Kamloops
Shelley Blair	250-819-1685	shelleyblair@live.ca	Kamloops
Magdalena Tornyai	250-315-8432	magditorynai@gmail.com	Kamloops
Nicole Tourangeau	250-981-2960	Nicole.tournangeau@alumni.unbc.ca	Kamloops
Mark Moody	250-899-5278	markmjmoody@gmail.com	Kamloops
Rachael Pasemko	250-318-0652	rachael@lighthousetherapy.info	Kamloops
Patrick McDonald	778-257-7801	Mcd9396@telus.net	Kamloops
Sandip Sadhra	778-257-0480	ssadhra7@gmail.com	Kamloops
Ricardo Pickering	250-842-8552	dickiepickering@gmail.com	Cache Creek
Kendra Rogers-Calabrese	250-398-6378 / Or text 250-398-0438	Wellnest213@telus.net	Williams Lake
Jennifer Hanson	604-866-6585	opencirclecounselling@gmail.com	Williams Lake
Carrie McNeely	250-819-0268	Dragonflycounselling.ca	Kamloops
Narinder Serown	250-682-1074	Nserown1@gmail.com	Kamloops
Mary Widmer	250-554-4747	mary@candcresources.com	Kamloops
Jolene Lindsey	250-554-4747	jolene@candcresources.com	Kamloops
Jillian Shepard	250-554-4747	jillian@candcresources.com	Kamloops
Jennifer Dustin	250-554-4747	jennifer@candcresources.com	Kamloops
Adele Huculak	250-554-4747	adele@candcresources.com	Kamloops

Farewell and thank you



I will be heading in a new direction, and will be leaving my role as Community Health Nurse at Adams Lake. It has been an absolute honour and pleasure being a part of, and serving the community for the past 6 years. Thank you for inviting me into the community, and sharing your wisdom with me. I have enjoyed working with and learning from all of you. Please take good care of yourselves, and each other. For any nursing inquiries, please connect with Manon, Community Health Nurse/Home and Community Care Nurse at the Health Centre in Chase (250-679-7726). Be Kind. Be Calm. Be Safe.

Kukstsemc,

Shauna

The Adams Lake Health Center would like to create an information call list for families with children ages 0- 18 years old in regards to upcoming events, training , etc.

To register please call the Adams Lake Health Center.

250-679-7726 ext. 2351

**You can also contact
Robin Murphy
778-257-3722**

**Niomi Boadway
250-371-7062**

**Sandy Lund
778-257-4123**



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ADAMS LAKE RECREATION & CONFERENCE CENTRE

Fitness Room Hours and Prices

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am - 4:15pm	8am - 4:15pm	8am - 4:15pm	8am - 4:15pm	8am - 4:15pm

	<u>Youth</u>	<u>Adult</u>	<u>Elder</u>
Youth (12 yrs – 18 yrs)			
Adult (19 yrs +)			
Elder (65 yrs +)			

Drop-in Fee: ----\$5.00-----

Membership Fees:

One Month Membership: \$32.00 \$20.00

Family 1 Month Membership:
(2 Parents & 3 Children) ----\$75.00-----

3 Month Membership: \$75.00 \$50.00

3 Mth Family Membership: ----\$165.00-----

12 Month Membership: \$200.00 \$140.00

12 Mth Family Membership: ----\$465.00-----

**CONTACT: ALRCC @ (250) 679-3515 or
Jessica Brush @ (778) 257-1221
(www.alrcc.net)**

FEES WAIVED FOR ALL BAND MEMBERS



NATIVE COURTWORKER
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

**The Native Courtworker and Counselling
Association of British Columbia**

"Celebrating Over 45 Years of Service"

To: Whom it May Concern,

Please allow me to introduce myself. My name is Bert Keeper, I am a Native Courtworker for Kamloops and Merritt areas. I am Ojibwe from Little Grand Rapids, MB.

My past experience includes working as an Indigenous Courtworker in Winnipeg for 10 yrs. My work required me to travel in small planes to Ojibwe communities in Manitoba. The clients I served spoke their traditional language, I was able to assist with explaining court processes and represent clients when required in the courts.

As a Native Courtworker, it is my job to help the Indigenous community in and around Kamloops/Merritt, B.C. to obtain Access to Justice. I can assist with various court procedures, such as vacating warrants, first appearance, adjournments, providing support through the court process, helping with legal aid applications, and speaking to Sentence.

Please feel free to reach out at anytime for assistance or with any questions you may have. Should your organization wish to meet with myself, I am happy to do so.

Respectfully,

Bert Keeper
Native Courtworker
Kamloops & Merritt

116A-455 Columbia Street
Kamloops, BC V2C 6K4
Toll Free: 1-855-221-5728
Cell: 250-299-6519



Families with children ages 0-15 years old that have not made a drum are invited to come and build a drum with your child. All supplies will be provided.

To register please call the Adams Lake Head Start 250-679-7726 ext. 2351

OR

Robin Murphy 778-257-3722



PHONE CALL SIGNUP: PSYCHOLOGICAL FIRST AID

Are you an Indigenous community member experiencing stress, anxiety, or uncertainty due to the current wild fires?

Psychological First Aid is a free, brief (~ 30 minute) telephone consultation to provide you with information and strategies to help you cope with the stress associated with the wild fires.

This service is offered through the **Psychology Clinic at UVic**, by clinical psychology graduate students supervised by Dr. Wawrykow.

Call Now To Sign-Up For An Appointment
Available in August on Wednesdays from 11am-2pm

Contact us at:

➔ 250-721-7538

➔ psyclin@uvic.ca



August 2021

IR#4 (Chase) Youth Calendar 2021 Sandy Lund 778-257-4123 or slund@alib.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 25	July 26	27	28	29	30	31
The youth calendar is subject to change	Safe Talk 9am-4pm in Glen Eden	Off in lieu of the 24 th	Beach day/Canoeing at IR6 9am to 1 pm	Office day	Sandy off in lieu of the 31 st	Vernon Waterslides Bring 10\$ and a Lunch Leave chase at 9am. Must pre-register
1 All youth must sign a one-year waiver form	2  BC Family Day Office Closed	3 Office day	4 Beach day/Canoeing at IR6 9am to 1 pm	5 Hike day, meet at youth room at 9am	6 Safe Talk 9am-4pm in Chase	7 Please bring -- towel -- hat -- water bottle To all outdoor activities
8 	9 Gym time with LSIB 9am to 12am Youth canoeing 6pm - 8 pm	10 Office day	11 Hiking and Beach Day 9am to 3pm	12 Sandy Off in lieu of the 14th	13 ALIB Youth Conference All day	14 ALIB youth Conference All day
15 ALIB Youth Conference All day	16 Gym time with LSIB 9am to 12am Youth canoeing 6pm - 8 pm	17 Sandy off in lieu of the 15th	18 ISPARC Sport camp 9am to 3 pm. Please bring a lunch	19 ISPARC Sport camp 9am to 3 pm. Please bring a lunch	20 ISPARC Sport camp 9am to 3 pm. Please bring a lunch	21
22	23 H&W department staff meeting	24 H&W department staff meeting	25 Beach day/Canoeing at IR6 9am to 1 pm	26 Office day	27 Beach day at Scotch Creek Leave at 10am return at 4pm.	28
29	30 Gym time with LSIB 9am to 12am Chase beach Day 1pm to 3pm	31 Craft day 9 am to 11am Please bring a lunch Chase beach Day 1pm to 3pm	1 Morning hike 9am -11am Beach day in afternoon	2 Sandy off	3 Family Shopping Day in West Bank. Leave gym at 8:30am. Must pre-register. Bring own money	4 

ADAMS LAKE HEALTH AND WELLNESS

**ALL CAMPS RUN
9:00-12:00**

LOCATION:

ADAMS LAKE HEAD START

**CHILDREN MUST BRING THEIR OWN
WATER BOTTLE.**

SNACK WILL BE PROVIDED

THEMES:

AUGUST 4TH: BUILDING

AUGUST 5TH: PIRATE

AUGUST 11: ARTS &

CRAFTS

AUGUST 12: SCIENCE

AUGUST 17: PRINCE &

PRINCESS

AUGUST 19: CAMPING

**LIMITED
REGISTRATION**

**FOR BOYS & GIRLS
AGE 3 - 5 YEARS
OLD**

**TO REGISTER
Call Niomi Boadway
250-371-7062**



Enrolling New Students for the 2021-2022 School Year

Chief Atahm School

Secwépemc History • Language • Culture • Quality Education



Nursery / Kindergarten & Grades 1-4

Secwépemc Immersion

Register for 2021-2022 School Year



Visit Chief Atahm website for school overview

www.chiefatahm.com

Please call and make an appointment for an interview

To Register:

- First Nations Status Number
- Birth Certificate
- BC Service Card
- Any documents concerning custody

Note*

Children who will be 4 Years Old on or before December 31 2021 will be eligible for nursery.

Phone: 250.679.8837

Email: caschool@alib.ca





Enrolling New Students for the 2021-2022 School Year

Chief Atahm School

Secwépemc History • Language • Culture • Quality Education



Middle School / High School
Grade 5 to 10
Register for 2021-2022 School Year

To Register:

- First Nations Status Number
- Birth Certificate
- BC Service Card

For Information:

- Phone 250.679.8837
- caschool@alib.ca
- www.chiefatahm.com

Visit Chief Atahm website for school overview

www.chiefatahm.com

Please call and make an appointment for an interview



250.679.8837



caschool@alib.ca





Sun Peaks Day Hikes

ALIB members can receive a complimentary summer mountain lift ticket and 15% off golf rounds and bike rentals ticket from Sun Peaks

Hiking • Biking • Golfing

TO REGISTER PLEASE TEXT
SANDY LUND 778-257-4123 OR SLUND@ALIB.CA



Pellt'él'cten is the Secwepemctsin word for August, which means it's time to go upstream. To the Secwépemc, this is a time to harvest salmon, where they would be on the riverbanks dip netting, harpooning, setting net or spearing salmon to harvest and take home to prepare for their winters. Today, there are many concerns for both our waters and the salmon which we rely on to feed our families through the winter months.

As we enter the salmon season once again, we want to reflect on who we are as Secwépemc / Indigenous people and what it means to look after one another as Kwséltken (family). This month we feature Laureen Felix from Splatstin and what she has learned from her father, Casimir Felix. Her words awaken the memories of being with family out on the river and the smell of smoke racks, bringing a reminder of our deep connection to water and salmon held since time immemorial.

Who was your Knowledge Keeper?

My dad, Casimir Felix, was a traditional hunter and gatherer within our community, and taught me how to spear and harpoon. Starting when I was 6 and my brother was 7, he would take us up to our traditional fishing spot, Hupple. He sat us both down by the river to explain to us the importance of ceremony and what we were to do before going spearing, to thank the salmon, to thank the water and the Creator for the gift that he gave us.

What is the importance of this knowledge to you and to your community?

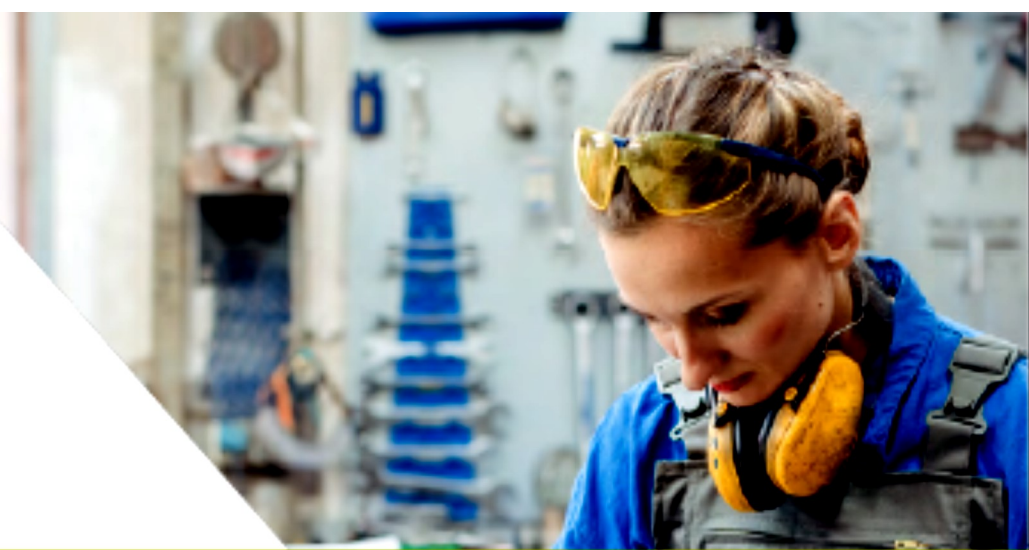
If there's one thing that I could teach with harpooning, it would be to always think of your people and keep them in the back of your mind when you're harvesting any kind of food.

It's not just you that needs food for the winter or medicines; we all have to survive through the winter, through the good times and the hard times. My dad always provided for our people and taught me to do the same.

How are you ensuring that it is being carried forward to the next generation?

I strongly feel harpooning and spearing is getting forgotten as each generation comes up. I'm one of the last people that still harpoon on the river every year since I was 6 years old, and I am now 44. I still go out every fall on thanksgiving weekend up to Hupple. If there is no fish I bless my harpoon and spear and sing the salmon song and pray for our salmon to return home. So, I ensure that it gets passed on through our family and try to inform others to come up there and try.

www.qwelmint.ca



WORK WITH US

VIRTUAL INFORMATION SESSION & GUIDED APPLICATION

BC INFRASTRUCTURE BENEFITS

BC Infrastructure Benefits will be hiring trades people for the **PATTULLO BRIDGE REPLACEMENT PROJECT**, **BROADWAY SUBWAY** the **COWICHAN DISTRICT HOSPITAL REPLACEMENT** and the **HIGHWAY 1 EXPANSION** from Kamloops to the Alberta Border.

Priority hiring is applied for locals, Indigenous peoples, women, people with disabilities, visible minorities and other groups traditionally underrepresented in the trades.



If you are interested in attending one of the sessions, please email: workforce@bcib.ca with the date and time you prefer to attend.

A confirmation email will be sent to ensure your spot.

EVENT DATE:

August 5th : 10am
August 10th : 10am
August 19th : 2pm
August 24th : 2pm

Pacific Standard Time (PST)



COMMUNITY FUTURES DEVELOPMENT CORPORATION OF CENTRAL INTERIOR FIRST NATIONS STRIVES FOR BUSINESS SUCCESS

Has your business been negatively impacted by the COVID-19 pandemic?

- Shortage of customers
- Temporary closures
- Employee layoffs
- Financial fragility



We would welcome the opportunity to assist you with navigating through these challenging times and to provide support to your business.

Business Recovery
Advisor, Gail Joe
E: gail@cfdcocifn.com
P: 604.505.7762

Business Recovery
Advisor, Chasity Jones
E: chasity@cfdcocifn.com
P: 250.214.9888

www.cfdcofcifn.com





BUSINESS RECOVERY SUPPORT SERVICE LIST FOR SMALL INDIGENOUS BUSINESSES

Community Futures Development Corporation of Central Interior First Nations (CFDC of CIFN) has partnered with Economic Trust of the Southern Interior of BC (ETSI-BC) to provide support and guidance to small Indigenous businesses that have been negatively affected by COVID-19.

CFDC of CIFN Business Recovery Advisors will target all Indigenous businesses located in the CFDC of CIFN service area; this area includes the Kamloops, Merritt, Lytton, Lillooet, Clinton, Cache Creek, Barriere, Chase, Salmon Arm and Vernon regions.

Our support services include assistance in:

- ☐ Coaching
- ☐ Developing business plans
- ☐ Economic development planning
- ☐ Exporting goods and services
- ☐ Feasibility studies and market research planning
- ☐ Financial management
- ☐ Human resources
- ☐ Identifying marketing, promotion, and branding strategies
- ☐ Identifying specific business needs
- ☐ Identifying various grants and loan programs to fit business eligibility
- ☐ Planning for investment ready strategies
- ☐ Planning/strategizing for business retention/expansion
- ☐ Market analysis
- ☐ Operation management planning

CFDC of CIFN Business Recovery Advisors

Gail Joe
Chasity Jones

gail@cfdcofcifn.com
chasity@cfdcofcifn.com

Tel: 604.505.7762
Tel: 250.214.9888

COMMUNITY FUTURES DEVELOPMENT CORPORATION OF THE CENTRAL INTERIOR FIRST NATIONS

South Thompson Eco-Depot

One stop shop for all your disposal and recycling needs

HOURS OF OPERATION

OPEN YEAR-ROUND
Tuesday thru Sunday
8am - 4pm

**Site closed Christmas Day, Boxing Day, New Years Day
and is open all other regularly scheduled days*

ACCEPTED MATERIALS

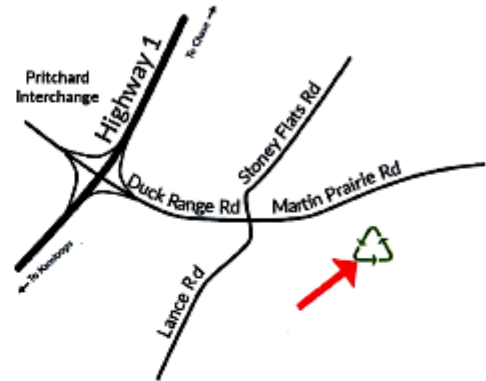
Household Garbage	\$80/t or \$1 per bag
Household Recycling	Free to Recycle
Residential Yard Waste	Free to Recycle
Mattresses & Box Springs	Free to Recycle
Tires	Free to Recycle
Clothing	Donations Accepted
Cooling Appliances fridge, freezer, water cooler	Free to Recycle
Lg Appliances, Scrap Metal, Propane Tanks	Free to Recycle
Electronics, Small Appliances	Free to Recycle
Batteries - Household, Automotive	Free to Recycle
Used Oil, Paints, Pesticides, & Flammables	Free to Recycle
Wood Waste, Asphalt Shingles separated from other construction material	\$100/t [\$5 min. charge]
DRC demolition, renovation, construction	\$160/t [\$8 min. charge]
Asphalt/Concrete separated from other construction material	\$20/t [\$1 min. charge]
Commercial (IC&I) Recycling	\$80/t [\$4 min. charge]
Commercial (IC&I) Yard Waste	\$40/t [\$2 min. charge]

Have an unusual or odd load? Give us a call ahead of time

Be sure to follow us for all the latest information

tnrd.ca | 250.377.8673 | recycleright@tnrd.ca

1595 MARTIN PRAIRIE ROAD



WHAT IS ... HOUSEHOLD GARBAGE?

Solid waste generated from the day to day activities of households and non-industrial businesses. Typically, this waste will fit in bags but can include larger items used around a property such as a garden hose.

DRC?

(Demolition, Renovation, and Construction)

Solid waste generated from activities such as renovations or industrial work. Any material that is designed to be part of a house or building is considered DRC.



*Disposal fees can be paid by credit, debit, or Eco Card. Cash is not accepted.



Revised Dec 2020

100% PC