



January 25, 2012

Newsletter

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- Update on Child Out of the Parental Home Program
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- Preview of Agenda for Committee Health Committee
- Catch of the Day - A mobile marine safety centre in your community
- 6 Week Essential Skill Workshop in Campbell River
- Cape Mudge Road Naming Contest
- Tutoring at Quinsam and Cape Mudge
- PICFI Mentoring Workshop
- Expression of Interest PICFI - Halibut Licenses
- Healthy Baby Group at Quinsam
- Bellyfit at Quinsam
- Circuit Training at Quinsam
- KDC Health/Times Colonist 10K Training Program
- Homes For Sale
- Superbowl Party



NORTH VANCOUVER ISLAND ABORIGINAL TRAINING SOCIETY
103-2005 Eagle Drive, CAMPBELL RIVER, B.C. V9W 1V8
Telephone (250) 286-3455 Fax (250) 286-3487

Employment Opportunity **Client Services Officer**

The North Vancouver Island Aboriginal Training Society is a First Nations training organization located in Campbell River and Alert Bay, BC. The NVIATS provides services to all First Nations people and 15 First Nations in the central/northern Vancouver Island area.

The North Vancouver Island Aboriginal Training Society has an opening for a Client Services Officer in our Campbell River Office. This is a full time term position.

The duties include the following:

- Interview clients to obtain employment history, educational background and career goals
- Identify barriers to employment and assist clients with such matters as job readiness skills, job search strategies, writing résumés and preparing for job interviews
- Advise employers on human resource and other employment-related issues
- Administer and interpret tests designed to determine the interests, aptitudes and abilities of clients
- Assess need for assistance such as rehabilitation, financial aid or further vocational training and refer clients to the appropriate services
- Provide established workers with information on maintaining a job or moving within an organization, dealing with job dissatisfaction or making a mid-career change
- Collect labour market information for clients regarding job openings, entry and skill requirements and other occupational information
- Provide consulting services to community groups and agencies, business and industry, and to other organizations involved in providing community-based career planning resources.

The applicant will ideally have a bachelor's degree or college diploma in a related field, such as psychology, social services or education, or 3 years of relevant work experience in this field and some knowledge of the local First Nations.

Interested individuals should submit a resume with covering letter to the following address:

The Manager
North Vancouver Island Aboriginal Training Society
103-2005 Eagle Drive
Campbell River, BC
V9H 1V8
Email: ssims@shawcable.com

Closing date of this competition is Thursday, January 26, 2012 at 4:00 P.M.
Please note only successful candidates chosen for interviews will be contacted.



NORTH VANCOUVER ISLAND ABORIGINAL TRAINING SOCIETY
103 -2005 Eagle Drive, CAMPBELL RIVER, B.C. V9W 1V8
Telephone (250) 286-3455 Fax (250) 286-3487

Employment Opportunity Partnership Coordinator

The North Vancouver Island Aboriginal Training Society is a First Nations training organization located in Campbell River and Alert Bay, BC. The NVIATS provides services to all First Nations people and 15 First Nations in the central/northern Vancouver Island area.

The North Vancouver Island Aboriginal Training Society has an opening for a Partnership Coordinator in our Campbell River Office. This is a full time term position.

The duties include the following:

- Prepare a comprehensive listing of area private employers and regularly maintain data;
- Prepare a comprehensive listing of area public sector employers and regularly maintain data;
- Approach key private and public sector employers to research best methods to achieve a sound understanding of the employers' current and future labour market needs;
- Ascertain community interests and needs; present labour market research and promote partnership opportunities by facilitating contact between the community and potential employer;
- Facilitate discussion on the employment training project and the role of NVIATS.
- Assist with proposals for funding to implement the employment/employment training partnership project;
- Develop evaluation plans for assessment and improvement of the process; carry out the evaluation process involving all parties.
- Develop an overall marketing strategy of the Partnership Coordinator initiative, including promotion of support by area private employers and all levels of government;

Education and/or experience:

- Post-secondary degree in business or administration, or related experience with employment training programs or community development initiatives (with First Nation communities is an asset).

Interested individuals should submit a resume with covering letter to the following address:

The Manager
North Vancouver Island Aboriginal Training Society
103-2005 Eagle Drive
Campbell River, BC
V9H 1V8
Email: ssims@shawcable.com

Closing date of this competition is Thursday, January 26, 2012 at 4:00 P.M.
Please note only successful candidates chosen for interviews will be contacted.



Speech and Language Pathologist Job Posting

Laichwiltach Family Life Society in Campbell River is inviting interested Speech and Language Pathologists (SLP) to respond to job posting for Full-time Employment. This is a **maternity fill position**, which providing speech and language services to Aboriginal Children in the Campbell River Region.

Education:

Current registration with the College of Speech and Hearing Health Professionals of BC
Masters degree in Speech and Language Pathology
Knowledge base in all areas of speech language pathology
Valid BC Drivers License/car required

Skills and Abilities:

Ability to be creative in program development and client management
Communication skills, both written and oral
Ability to function effectively as a team leader
Ability to work independently, demonstrates time management skills,
And *prioritizes* workload
Ability to operate a personal computer is an asset
Ability to conduct adult education groups on pre-school speech and language topics
This position includes partnership and collaboration with the Aboriginal communities
Supervision of Aboriginal SLP Assistants.

Deadline to submit resume: February 29th 2012 @ 12 noon

Salary: based on experience

Hours per week: 35 hrs per week

Start Date: March 25th 2012 End date: March 31st 2013.

Interested persons, please mail resume and cover letter along with 2 reference letters to address below Attention: Audrey Wilson, you can also fax resume to 250-286-3483 or email audreyw@shawbiz.ca. Only those short listed will be contacted for interview.

Laichwiltach Family Life Society 441-4th Ave Campbell River BC V9W-3W7

Ph 250-286-3430 Fax 250-286-3483 Email: lfls@shawbiz.ca

LAICHWILTACH FAMILY LIFE SOCIETY



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

www.inac.gc.ca

www.ainc.gc.ca

March 31, 2011

Your file - Votre référence

Our file - Notre référence
VAN-E6595-18

All First Nations
All Tribal Councils
First Nation Administering Authorities
British Columbia Region

Re: Update on Child Out of the Parental Home Program

Further to Indian and Northern Affairs Canada's (INAC) letter of July 5, 2010, I am writing to update you on the administration of the Child Out of the Parental Home (COPH) program by INAC, BC Region.

Although we had originally contemplating ceasing to accept new applications beginning April 1, 2011, upon further analysis we have concluded that there would be a benefit to a longer notice period in order to allow communities and administering authorities to adjust. Accordingly, INAC is implementing a one year transition period to assist Delegated Agencies and First Nation support workers in developing grand parenting plans for on-reserve clients.

Persons who apply for COPH on or before March 31, 2012 will be assessed according to policy existing on the assessment date. As of April 1, 2012, BC Region will continue to administer the COPH program for existing clients only under current funding arrangements as an Income Assistance Program. New applications to COPH will not be accepted as of April 1, 2012.

As you may know, INAC introduced COPH on January 1, 2010 as part of the Region's Income Assistance program. COPH offers on-reserve residents comparable services to off-reserve residents through the Province of British Columbia's Child in Home of Relative (CIHR) program. On April 1, 2010, the Province ceased accepting applications to CIHR while introducing the Extended Family Program (EFP).

The Province of British Columbia's EFP as delivered by the Ministry of Children and Family Development has been in place with interim policies and procedures for the last year. Additional information may be found on the following provincial websites:

- http://www.gov.bc.ca/meia/online_resource/verification_and_eligibility/cihr/
- http://www.mcf.gov.bc.ca/alternativestofostercare/extended_family.htm

Canada

.../2

During the upcoming one year transition period, INAC will continue working with the Province, First Nation communities and First Nation Child and Family Services Agencies to ensure comparable services are being delivered on reserve, especially in regards to ensuring the safety of children.

Should you have any questions or require further information, please contact Andy Butler, Manager, Income Assistance Unit, at (604) 666-5102, e-mail: andy.butler@inac-ainc.gc.ca or Megan Reiter, A/Manager, Child and Family Services Unit, at (604) 775-5781, e-mail: megan.reiter@inac-ainc.gc.ca.

I hope that this information is of assistance to you.



Eric Magnuson
Regional Director General
British Columbia Region
600 - 1138 Melville Street
VANCOUVER BC V6E 4S3

c.c: Grand Chief Edward John, First Nations Summit
Grand Chief Stewart Phillip, Union of BC Indian Chiefs
Regional Chief Jody Wilson-Raybould, BC Assembly of First Nations
Bobbi-Jo Leo, Interim Coordinator, First Nations Child and Family Wellness Council
All First Nations' Band Social Development Workers
First Nations Child and Family Services Agencies
First Nations Social Development Society
Mary Ellen Turpel-Lafond, Representative for Children and Youth
Debra Foxcroft, Assistant Deputy Minister, BC Ministry of Children and Family Development
Jane Rousseau, Manager, Aboriginal Policy & Legislation Team, BC Ministry of Children and Family Development
Don Cumming, Senior Project Manager, Support to Practice, BC Ministry of Children and Family Development
Rob Parenteau, Director of Operations, Aboriginal Policy and Service Support, BC Ministry of Children and Family Development
Ann Johns, After Hours Program, BC Ministry of Children and Family Development
Molly Harrington, Assistant Deputy Minister, Policy and Research Division, BC Ministry of Social Development
Alison Bath, Director, Policy, Employment and Income Assistance, BC Ministry of Social Development
Denise Sandison, A/Manager, Intergovernmental Relations Unit, BC Ministry of Social Development
Funding Services Officers, Funding Services, INAC BC Region



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

CORRESPONDENCE APPROVAL ROUTING SLIP

ASSIGNED TO:	DATE ASSIGNED:	DATE DUE:
FSP&P	February 18, 2011	March 22, 2011

SUBJECT:
Decision Briefing Note for RDG re: Update on Child Out of the Parental Home Program

INITIALS OF APPROVING OFFICER:	INITIALS OF APPROVING OFFICER:

	NAME	SIGNATURE	DATE
1.	Evan Jones Advisor, IA		March 22, 2011
2.	Andy Butler Mgr. IA		Mar 22, 2011
3.	Megan Reiter A/Mgr. CFS		Mar 22/11
4.	Jehan Casey Sr. Advisor		March 22, 2011
5.	Kathy Hankin ^{Cheryl Nantel} A/Director - FSP&P		Mar 23/11
6.	Al-shamsh Ladha Advisor		Mar 23/11
7.	Ted Adnitt A/RDG		23/3/11
8.	Blair Carlson ^{Eric Lagusson} A/RDG		MAR 31 2011

COMMENTS:
Dates kept up in order to clarify application deadlines for clients. Wording in 1st + 2nd paragraphs modified to clarify timelines + rationale.
Pls make noted changes MMR
The briefing is overly long, but reaches the right conclusion. The letter is fine
B

Please Note:

1. Insert the names of actual managers and directors (rather than the people acting for them).
2. Return to (Emmanuel Guison 6-4891) once complete.
3. Scan both the correspondence and the routing slip into CIDMS once complete.



Membership Days



Cape Mudge Office

January 27, 2012
8:00 am – 4:00 pm

Quinsam Administration Office

Friday February 3, 2012
8:45 am – 3:45 pm

Please see next page for more information on issuing status cards (CIS).

If you don't meet the ID requirements I will not be able to issue you a new card. These requirements are made by Indian & Northern Affairs Canada.

**Status cards: \$5 for Cape Mudge Band members
\$10 for non-band members.**

*Gail Smith,
Membership Clerk, IRA*

Issuing Certificate of Indian Status Cards (CIS)

A person under the age of 16 must have a parent/guardian present to sign the application.

A maximum of two (2) CIS shall be issued within a 12 month period.

Identification:

Absolutely NO photocopied ID or SIN cards accepted (or certified photocopied ID)

CATEGORY 1 Primary ID	CATEGORY 2 Secondary ID
<ul style="list-style-type: none">- Valid Canadian Passport- Plastic CIS issued after April 2002	<ul style="list-style-type: none">- Certificate of Birth or Baptism for Quebec only- Certificate of Marriage/Divorce- Certificate of Legal Name Change- Provincial Health Card- Provincial Identification Card- Drivers License- Employee ID with digitized photo- Student ID with digitized photo- Firearms license- CIS card (cannot be expired by more than 6 months)

16 years & older must provide either:

- One piece of primary ID (from category 1) or
- Two pieces of secondary ID, one of which must have a digitized photo (from Category 2).

15 years of age & under, an application must be accompanied by:

Parent/Legal Guardian

- One piece of primary ID (from category 1) or
- Two pieces of secondary ID, one of which must have a digitized photo (from Category 2).
- If applicable, a copy of the legal guardianship orders naming the guardian, if the legal guardian is applying on behalf of the child.

AND

Child: one piece of ID from either Category 1 or 2.

Community Update:

January 24th 2012

COMMUNITY HEALTH COMMITTEE MEETING

The Community Health Committee meetings continue on a regular basis rotating monthly between Cape Mudge Village and Quinsam Village. The attendance at Cape Mudge remains consistent but I have noticed a complete drop in participation at the Quinsam meetings.

Due to attendance the next meeting will be at Cape Mudge Village starting at 9:00 a.m. on TUESDAY JAN 31st. Please feel free to join the Community Family Meal group and Language class following our meeting.

This is your opportunity to provide our leadership with your suggestions and ideas for health programming. This is an excellent opportunity to provide feedback or share your concerns and solutions.

Thank you

Godfrey Price, Chairman

Questions? 250-285-3814

PREVIEW OF AGENDA FOR MEETING

COMMUNITY HEALTH COMMITTEE

JANUARY 31 2012

- Physician decrease at Quadra Island Medical
- Contact information for road complaints Quadra
- Request for Road Naming at Cape Mudge
- Additional staff from KDC Health
- Community viewing APTN at the Band office
- Pathways to Wellness program Cape Mudge
- KDC Health Forum dates
- Firearms Acquisition and Safety Course
- Food Safe Course

Any other agenda ideas would be welcome
Please phone me at 250-285-3814.

Thank you
Godfrey Price



Transport
Canada

Transports
Canada




Catch of the Day!

A Mobile Marine Safety Centre in Your Community

Have you been fishing
commercially for
many years



You may already meet
the fishing vessel
certification and training
requirements.

FIND OUT

What certificate or training
you need to operate your
commercial fishing vessel

What you need to get your
certification or training

MEET

Fish Safe Representatives
Training School Representatives
Transport Canada Marine Safety Staff

ENROL

In a training program that
will be made available in
your community

WHERE AND WHEN

Monday, January 23 – 2 PM to 6 PM
Camosun College
Interurban Campus, Room: CC320-321
4461 Interurban Road, Victoria, BC

Tuesday, January 24 – 9 AM to 4 PM
Western Maritime Institute
3519 Hallberg Road, Ladysmith, BC

**Wednesday, January 25
8:30 AM to 11:30 AM**
Black Rock Resort
596 Marine Drive, Ucluelet, BC

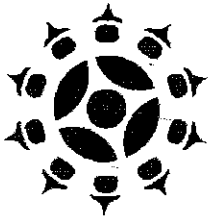
Wednesday, January 25 – 3 PM to 7 PM
Best Western Barclay Hotel,
Arrowsmith Room
4277 Stamp Avenue, Port Alberni, BC

Thursday, January 26 – 8:30 to 11:30 AM
Black Fin Pub, Comox Marina
132 Port Augusta Street, Comox, BC

Thursday, January 26 – 2 PM to 5 PM
Health Office
1400 A Drake Road, Campbell River, BC

Friday, January 27 – 9:30 AM to 4:00 PM
Black Bear Resort, Conference Centre
1812 Campbell Way, Port McNeill, BC

FOR MORE INFORMATION, CONTACT YOUR LOCAL TRANSPORT CANADA MARINE SAFETY CENTRE
VICTORIA : (250) 363-0394, NANAIMO : (250) 754-0244



First Nations
Employment Society



6 week Essential Skills Workshop – Campbell River with a focus on **Customer Service**

Participants will:

- ✓ Build on the 9 Essential Skills areas
 - Reading
 - Document Use
 - Writing
 - Numeracy
 - Speaking
 - Teamwork
 - Computers
 - Communication
 - Thinking
 - Continuous Learning
- ✓ Use PLATO online learning system
- ✓ Develop Customer Service Skills
- ✓ Apply for employment with Telus Call Centre (if interested)

Start Monday February 6th 2012

Call Julan if interested!

250.923.4979

Cape Mudge Road Naming Contest

Road names are required in Cape Mudge Village.

Please submit names for the back road and 3 names for Weway Flats. The front road from the Band Office to the end of the village will remain as Weway Road.

There will be a prize awarded to the winners.

Please submit names to Lise at the Quinsam Administration office or to Gail at the Cape Mudge Band office before 4:00 on January 31, 2012.

Math & Science Tutor Schedule Update:

Chris Hayduk will be tutoring, as normal on Wednesdays (Cape Mudge Band Learning Centre) until the end of the semester, the last Wednesday being January the 18th.

He will start back tutoring (New Semester) Tuesday January 24th, he will regularly be available from 3:30 to 5:30 on ALL Tuesdays (No more Wednesdays).

Thank you

Chris

NEED HELP WITH MATH?

Math tutoring is happening again at the Cape Mudge Band Office.

I can help you with your math, physics or calculus homework, show you how to use your graphing calculator, and take the time to explain math concepts in a way that makes sense to you.

I will be at the Band Office every Wednesday evening from 6:15 to 8:15 and you can drop in for as long or as short as you want. Call me (Mary-Ellen) if you have any questions at 250-285-2899.

See you there!



A - TLEGAY FISHERIES SOCIETY

(representing Wei Wai Kum First Nation; We Wai Kai First Nation;
Comox First Nation; Kwiakah First Nation; Tlowitsis First Nation)

1441 - A Old Island Hwy., Campbell River, BC V9W 2E4

Telephone #: (250) 287-8868 Fax #: (250) 287-8414

e-mail: atlegay@shawcable.com

January 16, 2012

Attention Membership,

A PICFI Mentoring Workshop is going to be held in Campbell River on February 6 – 10, 2012.

Mentor Candidate's 'proof of qualifications' must be received by PICFI and approved by the Registration Deadline to permit the Candidate to proceed for training. If interested in this Mentoring Program please bring all documentation to Dana by Friday January 21, 2012.

This is what is required:

1. Knowledge and Experience as a Fishing Vessel Operator
SVOP (or above), Coastal Navigation Certificate, Certificate Exemption Declaration, Proof of 7 fishing seasons as master and operator in charge of a fishing vessel less than 15gt with no two seasons in the same calendar year
2. Knowledge of Mechanical and Vessel Maintenance
Proof of 7 fishing seasons experience as person responsible for the maintenance of a fishing vessel
3. Knowledge and Experience in Safety on board the Fishing Vessel
Marine Emergency Duties level A3 (or above), Valid First Aid Certificate and Fishing Vessel Stability
4. Knowledge and Experience of Designated Fishery
Proof of 5 seasons experience participating in the fishery to which the individual is applying for recognition as a Mentor
5. Industry Leadership Character Reference
Proof in the form of a Letter of Reference as to being a respected person in the fishing with many of the following qualities: demonstrated leadership or mentorship skills; known for teaching inexperienced crew with respect and patience; understands fisheries management and environmental issues; knowledgeable in quality fish handling; practices 'safety first' policies at all times; willing to agree and follow the Mentor's Code of Practice

Proof of meeting the minimum requirements of the above Elements must be in the form of a copy of the Training Certificate, Certificate of Competency or Certificate of Completion from the Training Provider or Regulatory Authority.

Please do not hesitate to call (250) 287-8868 or email me if you have any further questions.
Email: danaroberts@shawcable.com

Gilakasla
Dana Roberts



A - TLEGAY FISHERIES SOCIETY

1441 - B 16th Avenue, Campbell River, BC V9W 2E4

Telephone #: (250) 287-8868 Fax #: (250) 287-8414

e-mail: atlegay@oberon.ark.com

EXPRESSION OF INTEREST - PICFI

Applications are now being accepted for

HALIBUT LICENSES for 2012 halibut season

Quota: approx. 14,000 lbs. per license

Deadline to apply: January 26th, 2012

Applications must be received **Before noon.**

SUCCESSFUL APPLICANT WILL BE NOTIFIED

1. Name of Applicant	
2. Address	
3. Phone #:	
4. Date of Birth	

5. Band Name	
6. Name of Registered Vessel Owner	
7. Is Vessel a Native Owned Vessel?	
8. Do you currently have Liability Insurance? (proof of insurance required)	

9. Name of Skipper	Certificates of skipper	Years of Experience in Halibut fishery as a skipper	Years of Experience in Halibut fishery as a crew person

10. List of Crew - include Band Name if First Nations	List of certificates for crew	Years of Experience in halibut fishery

11. Description of Vessel

(Copy of registration must accompany application.)

Vessel Name:	
Registration No. :	Length:
Gross Registered tonnage (copy of CSI approval mandatory if over 15 GRT)	
Hull Construction Material:	Year Constructed :

12. Does vessel require Canadian Steamship Inspection (include last inspection date if applicable)

Three empty horizontal lines for text entry.

13. Description of Electronic Equipment on Vessel

Three empty horizontal lines for text entry.

14. Description of Safety Equipment

Three empty horizontal lines for text entry.

15. Description of Halibut Gear

Three empty horizontal lines for text entry.

16. Does vessel currently have an L Tab? Will you be utilizing the L Tab on vessel listed? Will you be fishing the quota with the vessel listed? If not using L Tab, name of vessel fishing quota.

Two empty horizontal lines for text entry.

17. Name of Company you will be selling your product to

Two empty horizontal lines for text entry.

SIGNATURE

I will be the user of this License if chosen, and have the proper certification and tickets that are required.

Signature of Applicant

Date

Witness - Name

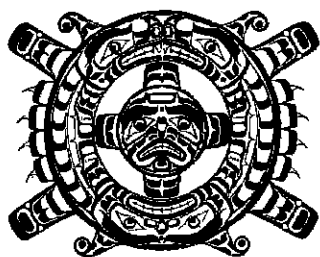
Registered Vessel owner has given permission to apply for License.

Signature of Registered Vessel Owner

Date

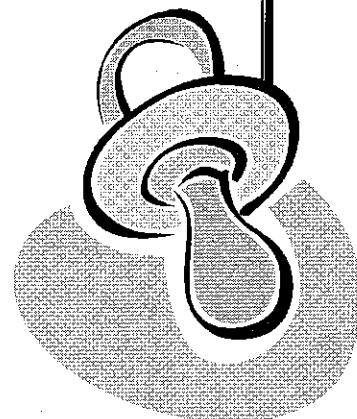
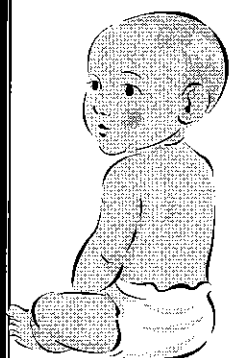
Witness - Name

If you have any questions, please call Kim Duncan at (250) 287-8868. Applications can be mailed to the A-Tlegay office or faxed to (250) 287-8414.

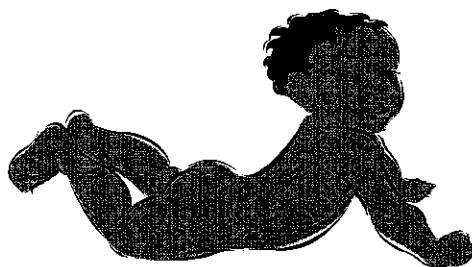


KWAKIUTL DISTRICT COUNCIL
QUINSAM HEALTH OFFICE
200-2005 Eagle Drive
CAMPBELL RIVER, B.C. V9H 1P9
Phone (250) 286-8064
Fax (250) 286-8071

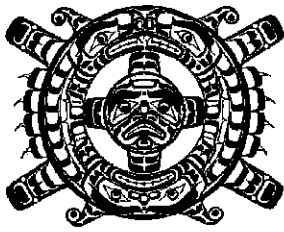
Healthy Baby Group At Quinsam



*Thursday January 26th, 2012
Lunch at 12:00pm*



Any Questions, please call Jessica or Terena at 286-8064



KWAKIUTL DISTRICT COUNCIL
QUINSAM HEALTH OFFICE
200-2005 Eagle Drive
CAMPBELL RIVER, B.C. V9H 1P9
Phone (250) 286-8064
Fax (250) 286-8071

BELLYFIT!

Bellyfit is a fun and fresh, combination of moves inspired by Bellydance, African dance and Bollywood plus an intelligent infusion of yoga, pilates and meditation.



This New Class instructed by Sally Feast is designed for Woman and starts on:



Thursdays @ 5:30pm at the Quinsam Hall

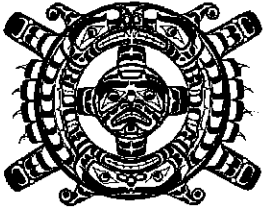
*** Starting on January 12, 2012 ***

Please bring your exercise mat if you have one

*

This Program Is Funded In Partnership by the KDC Health and Cape Mudge Band

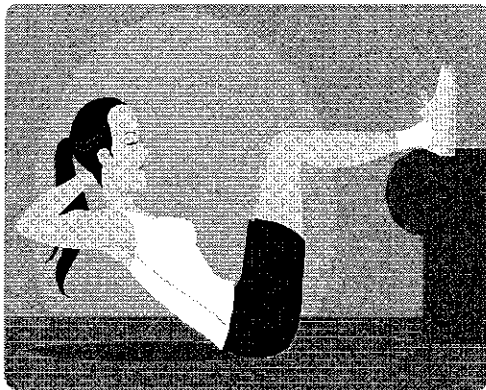
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KWAKIUTL DISTRICT COUNCIL
QUINSAM HEALTH OFFICE
200-2005 Eagle Drive
CAMPBELL RIVER, B.C. V9H 1P9
Phone (250) 286-8064
Fax (250) 286-8071

Circuit Training

*With Sally Feast
At the Quinsam Hall*



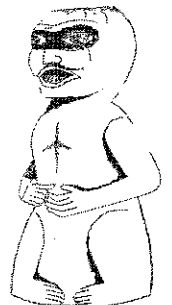
Tuesdays @ 5:30pm

Starting January 12, 2012

Sally Feast is a certified Personal Trainer and will be providing a fun and challenging exercise program for those looking for an intense workout.

If you have any questions or would like more information, please call Terena at 286-8064

* *This Program Is Funded In Partnership by the KDC Health and the Cape Mudge Band* *





KDC HEALTH/ TIME COLONIST 10 K TRAINING PROGRAM

10K training program is aimed to motivate and assist new runners and walkers to take part in the Time Colonist 10 k **April 29th, 2012** through participation in a graduated training program that will begin **JANUARY 29th, 2012**.

Our hope is that you will feel great about completing a 10K and will be motivated to incorporate regular physical fitness into your lives, when you realize the impact it can have on your health and life.

Logistics

- **Registration January 25th, 2012**
- **First Group Training Session January 29th, 2012**
- **Time Colonist 10 k is April 29th, 2012**
- Program runs for 14 weeks

Training Program Levels

- Walk 10K, Learn ToRun 10K and Run10K Faster

The KDC Health 10K Training Program allows participants:

- Once a week training session and education, such as; footwear and clothing, running/walking technique, nutrition and hydration, etc...
- Free entry into Time Colonist 10K.
- Free access to healthy heart pre-screening and post-screening.
- Access to a Registered Dietician.

Expectations:

- Participants will be expected to train 2 days per week on their own and attend a weekly group session.
- Participants will be responsible for fund raising activities and/or cover their own travel expenses.
- If for any reason you can not attend on race day you will be expected to reimburse the group for any financial cost that may have occurred, i.e., hotel costs.
- Travel and expenses will be based on funds raised by participants.

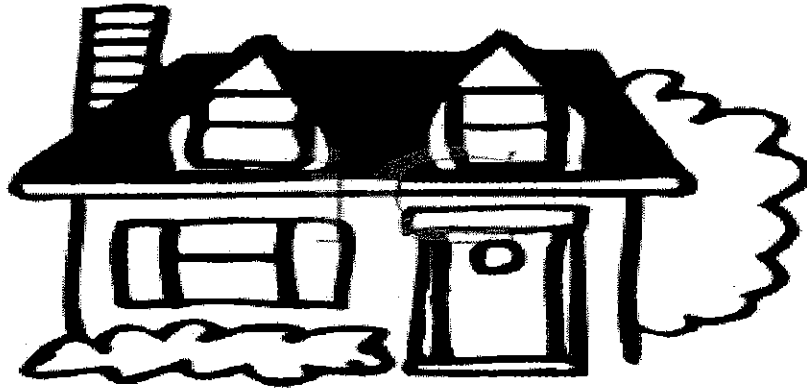
REGISTRATION AND PRE-SCREENING IS JANUARY 25, 2012 AT THE CAMPBELL RIVER KDC HEALTH OFFICE FROM 2PM-5PM. WEEKLY SESSIONS WILL BE HELD AT THE KDC QUINSAM HEALTH OFFICE.

PLEASE CALL TO BOOK A REGISTRATION TIME. NO WALK INS.

This is an excellent opportunity to challenge your mind, body, spirit and get healthy in 2012!

To book an appointment call Kathleen Power at 250 286 9766.

HOUSES FOR SALE!!



HOUSE FOR SALE

3 bedrooms upstairs
1 bedroom downstairs
3.5 bathrooms---2900 sq ft
lamine floors throughout
5 appliances upstairs
and 4 down---garburator.

Downstairs has 1 bedroom
self contained rental and
could be a mortgage helper
that rents for \$650.

24x12 wired/insulated shop
fully fenced
heat pump/central air
central vacuum
400 sq ft deck off kitchen
and master bedroom

\$199,000 firm

contact Tonja @ 250-718-9742

HOUSE FOR SALE

#17 WeWay Flats (Cape Mudge)

2 storey home
approx. 3000 sq ft
3 bedrooms upstairs
2 rooms in basement
woodstove & electric heat
2.5 baths
laminated all upstairs
900 sq ft separate garage
large yard
new cedar latic fencing

-some appliances included

call Merci @ 250-285-2175
or 250-203-4104

Home For Sale
Cape Mudge Village
House #7
\$95,000

Contact Glen Dick at
250-285-3284 for more information!

SUPERBOWL PARTY

**SUNDAY FEBRUARY 5, 2012
QUINSAM HALL**

**11:00
AM**

\$20. ENTRY FEE
ONLY 200 TICKETS AVAILABLE

**DOOR PRIZES!
GRAND PRIZE
43' SAMSUNG
TV**

GAME SHOWN ON A 150'
PROJECTION SCREEN, PLUS
OTHER TV'S

IN HOUSE RAFFLE DRAW:

1ST PRIZE: 59' SAMSUNG 3D TV

2ND PRIZE: 51' SAMSUNG TV

TICKETS ARE : \$10 ea. (CAN ONLY BE PURCHASED AT
THE PARTY; MUST BE THERE FOR THE DRAW)

FOOTBALL SQUARES: \$200 ea.

1ST QUARTER: \$1500.

2ND QUARTER: \$1500.

3RD QUARTER: \$1500.

4TH QUARTER: \$10,000.

MYSTERY DRAW: \$500.

FREE RIDES HOME

**CHEAP DRINKS
JELLO SHOOTERS**

CONTACT: Glenn Assu @ (250) 830- 8119 or see him at
Madman McKays OR MAY AT 202-5513 FOR MORE INFO!

Tickets available at Cm Band office

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