

SOUTH CARIBOO COMMUNITY PROFILE

July 2004



Prepared by



Fraser Basin Council

Fraser Basin Council

The Fraser Basin Council (FBC) is a non-profit organization, governed by a 36-member Board that includes representatives from federal, provincial, local, and First Nations governments, and directors from each of five regions. The FBC is focused on social well-being that is supported by a vibrant economy and sustained by a healthy environment. Much of the Council's work requires bringing people together to work out joint solutions on complex sustainability issues.

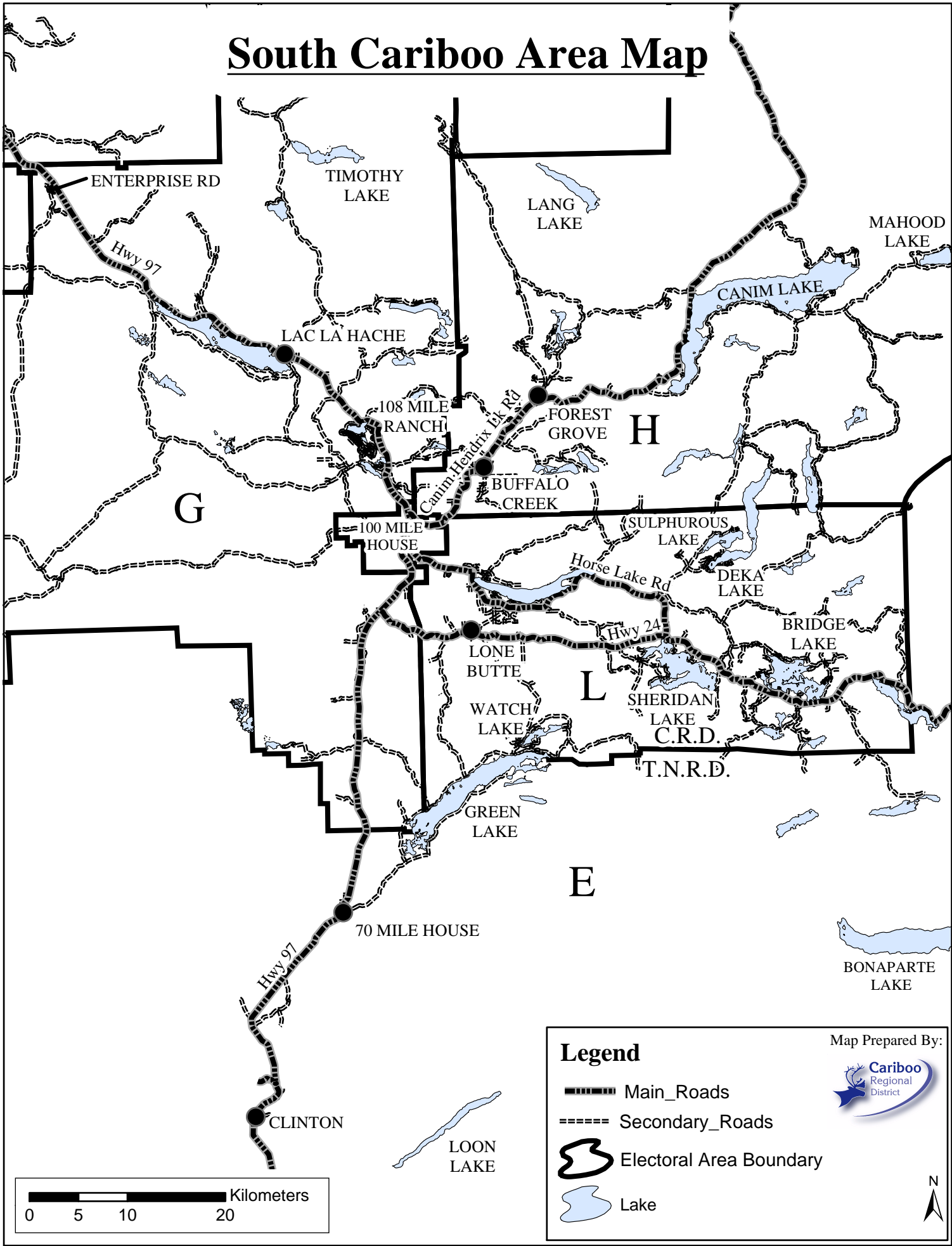
Strong and economically diversified communities are essential for the sustainability of the Fraser Basin. In BC, many rural communities face challenging economic transitions as traditional agriculture, forestry, mining and fishing industries undergo profound restructuring. As a result, the FBC launched an initiative called "Strengthening Communities" to help communities become more stable while addressing changing economic and social conditions.

In May and October 2003, FBC staff met with local stakeholders in the South Cariboo, who identified the need for a "community profile" for the South Cariboo, to determine regional demographic information about who lives and works in the area, and bring together information on community services. A literature review was conducted by LeBourdais Consulting Ltd, and over 15 reports were researched, as well as Internet and Census Canada 2002 data, to bring together the current information compiled in the following *South Cariboo Community Profile*. Further public meetings were held in 2004 to seek public input and direction into the Profile's final form.





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South Cariboo Area Map



Legend

-  Main_Roads
-  Secondary_Roads
-  Electoral Area Boundary
-  Lake

Map Prepared By:



SOUTH CARIBOO COMMUNITY PROFILE

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1 Community Overview

1.1 Geographic Location

The South Cariboo area extends from Lac La Hache in the north, to Clinton in the south, and from the Fraser River in the west to Lac des Roches in the east. It lies east of the Coast Mountains between the Fraser River and the Thompson Plateau. The area's largest community, the District Municipality of 100 Mile House, is located on Highway 97 and is the major service centre for the South Cariboo.

DISTANCES FROM 100 MILE HOUSE TO:		
Vancouver	458 km	284 miles
Victoria	493 km	296 miles
Kamloops	191 km	116 miles
Kelowna	361 km	217 miles
Clinton	75 km	34 miles
Williams Lake	95 km	60 miles
Prince George	334 km	208 miles

1.2 Climate

The South Cariboo area lies within the Interior Continental Climate system that produces warm summers and cold winters, with short-term extremes ranging from +30°C to –40°C (+86°F to -40°F). In the summer, days are warm and nights are cool. In the winter, temperature and weather extremes are common, and inversion fogs with low visibility are frequent.

CLIMATE STATISTICS (100 Mile House)	
Annual Mean (C)	4.2
July Mean (C)	15.2
January Mean (C)	-8.2
Rainfall (cm)	29.43
Snowfall (cm)	159
Precipitation (cm)	45.33

1.3 Communities

Canim Lake/Forest Grove/Eagle Creek / Mahood Falls

The Canim Lake area lies 46 km northeast of 100 Mile House and includes the communities of Forest Grove, Canim Lake, Eagle Creek, Buffalo Creek, and Mahood Falls. This area has numerous lakeside resorts that cater to sports fishers and other recreational users.

Clinton

Clinton is located 75 kilometres (47 miles) south of 100 Mile House on Highway 97, and 40 kilometres (25 miles) north of the Highway 97/Trans-Canada Highway 1 Junction. Known as the “Gateway to the Cariboo,” Clinton’s economic base is driven by the forest industry; other important sectors are ranching, retail trade and tourism. Clinton is a service centre for its base population of approximately 650, with an outlying service area of another 2000 people.

Lone Butte/Interlakes/ Bridge Lake

Lone Butte is on Highway 24, southeast of 100 Mile House—the “Fishing Highway” Numerous mid- and small-sized lakes characterize this area. The area has many ranches and is popular with tourists. Guest Ranches, B & B’s, and lakeside resorts and second homes provide year-round accommodation for visitors. Lone Butte serves as the main service centre for the area, but the Sheridan Corners area is now becoming an important service centre for the Sheridan Lakes/Bridge Lake/Roe Lake region.

Deka Lake

This popular fishing lake is located south of 100 Mile House, and located northeast of Sheridan Lake. Total distance from 100 Mile House is 56 kilometres (35 miles). It is stocked with rainbow trout, lake trout, and kokanee. The area abounds in wildlife such as deer, fox, moose, loons, woodpeckers, herons, ospreys, bald eagles, and waterfowl. There is no organized campsite on this 14-kilometre (9 mile) long lake; however, there is a resort, as well as a public access with boat launching facility. Many services are located at nearby Interlakes Corner and Sheridan Lake.

Sulphurous Lake

One can reach this lake at the southern edge of [100 Mile House](#), by turning east off Highway 97 onto the Horse Lake Road. A good gravel road runs northeast to Sulphurous Lake. Total distance from 100 Mile House is about 48 kilometres (30 miles). The lake is about eight kilometres (five miles) long and 1.6 kilometres (one mile) across. It has several shoals and an island. Campsites, cabins and boats rentals are available. There is no ramp for larger boats, but car-toppers can be launched. Sulphurous Lake is stocked with rainbow trout, char, and lake trout.

100 Mile House

100 Mile House was originally a roadhouse 100 miles northeast of Lillooet along the wagon road to Barkerville. Today, 100 Mile House acts as the primary service centre for the South Cariboo. It provides commercial services, regional secondary schools, University College of the Cariboo Training and Education Centre, community facilities, health care, financial services, regional policing, government offices, and shopping for a market of area residents as well as tourists. Various accommodation facilities available including a municipal campground.

70 Mile House/Green Lake/Watch Lake

70 Mile House is located about 50 kilometres (31 miles) south of 100 Mile House at the junction of the Green Lake Road and Highway 97. This community provides basic services to the residents of Green Lake, Watch Lake, and adjacent area. Green Lake/Watch Lake is a large recreation area just east of 70 Mile House. The lakes attract visitors who enjoy fishing, camping, and other outdoor activities. Green Lake has five Provincial Park sites.

108 Mile Ranch

The residential community of 108 Mile Ranch (“The 108”) is located 11 km north of 100 Mile House on Highway 97, and is the largest community between Williams Lake and Kamloops. The 108 is a suburban community growing due to in-migration and good year-round recreational facilities that attract vacationers purchasing recreational properties. The community has a gas station, supermarket, and several other small businesses. It also has an airport capable of handling corporate jets, medical evacuation jets, and multi-engine aircraft.

Lac la Hache/Timothy Lake

Lac La Hache is located on Highway 97, approximately 35 kilometres (22 miles) north of 100 Mile House and mid-point between 100 Mile and Williams Lake. This community relies on the forestry, tourism, and ranching sectors. Ranching is particularly important in the San Jose basin, north of Lac La Hache. The community has a post office, three restaurants, two gas stations, a community hall, as well as other businesses that service local residents and the traveling public. The community of Timothy Lake is located approximately 18 kilometres (11 miles) east of Lac la Hache, and is served by the Lac la Hache Post Office. The economy of this community is largely tourism-based, with three resorts, three Bed & Breakfasts, and the Mount Timothy Ski Hill.

1.4 First Nations

The South Cariboo lies within the traditional territory of four First Nations.

Canim Lake Indian Band

The Canim Lake Indian Band is located approximately 47 km northeast of 100 Mile House and services six reserves. In Chinook, *canam* means "canoe" or "broken rock." Commissioner O'Reilly allotted the reserves in 1887. The band is part of the Interior Salish linguistic group.

Water is supplied to the dwellings on the reserve via two unheated mains, three reservoirs, seven community wells, and three pump houses. Facilities available on the reserve include a school, a recreation centre, a band office, a family health centre, a repair shop, three teacherages, four barns, a daycare building, a fire hall, an adult learning centre, and a storage complex. Economic activities include a machine repair shop, big game guiding, trapping, agriculture, forestry, and hay production. Police protection, postal services, and health care are provided in 100 Mile House.

Whispering Pines Indian Band

Whispering Pines Band members were originally located just outside of the Village of Clinton on Highway 97 in the lower Cariboo region, and were known as the Clinton Band.

The Reserve next to Clinton had three separate parcels of land. Total land within Reserves #1, #2, #2A and #3 was approximately 646 hectares (1596 acres). In February of 1972, the Whispering Pines / Clinton Indian Band, with the assistance of Indian Affairs, exchanged land between the Band and BC Hydro.

The exchange of acreage for Reserves #2 and #2A provided the current Whispering Pines' Reserve #4, located within the Shuswap Nation Territory approximately 35 kilometers (22 miles) north of Kamloops on the west side of the North Thompson River.

High Bar First Nations

The High Bar First Nations is based in Clinton, with its traditional territory encompassing an area north to 94 Mile, east to Lone Butte, south as far as Loon Lake, and west to the Taseko Lakes.

Canoe Creek First Nations

The Canoe Creek Indian Band is located 137 kilometres (85 miles) southwest of Williams Lake, covers 5582.5 hectares (13,795.6 acres), and services 12 reserves. When the combined population of both bands fell to less than 200 members, the Department of Indian Affairs consolidated the two bands into one.

The dwellings on the reserve have a piped-in water supply and septic fields are utilized for sewage disposal. Police protection and health care are provided in Williams Lake. Facilities available on the reserve include a band office, a church, a band hall, a maintenance shop, and a fire hall. Economic activities include hay ranching and a grocery store.

First Nations Community Population

Community	Total Membership	On Reserve	Off Reserve
Canim Lake			
Total	545	470	75
Males	270	231	39
Females	275	239	36
Canoe Creek			
Total	606	314	292
Males	323	183	140
Females	283	131	152
Whispering Pines/Clinton			
Total	119	48	71
Males	64	28	36
Females	55	20	35
High Bar	Total population less than 100 – data not available		

2 Economic Base

The economy of the South Cariboo primarily depends on forestry, tourism, agriculture, and small business employers.

2.1 Primary Economic Activities

Forestry

Forestry has been the traditional mainstay of the local economy. The forest sector supports approximately 30% of the total employment in the South Cariboo. The sawmills¹ operating at 100 Mile House and Chasm get approximately 70% of their timber

¹ Ainsworth Lumber Co. Ltd., Weldwood of Canada, Chasm Sawmills (Division of West Fraser Mills Ltd.)

requirements from the 100 Mile Timber Supply Area (TSA). The balance is obtained from private land or is brought in from other areas (1997 figures).

Woodlots

There are 32 private woodlots in the 100 Mile Forest District, with a combined Annual Allowable Cut (AAC) of 28,000 cubic metres (988,810 cubic feet). This equals 2.1.% of the area's total AAC of 1.36 million cubic metres (48 million cubic feet).

Log Home Construction

The South Cariboo is one of the principal areas of log building production in British Columbia. There are thirteen log home construction businesses currently operating in the South Cariboo.

Value-Added Wood Products

Door and window manufacturing, modular homes and cottage "kits", and timber frames construction provides year-round employment.

Agriculture

Agriculture was one of the first industries established in the South Cariboo (well over 100 years ago). Ranching remains one of the cornerstones of the local economy. Soil and climatic conditions are not conducive to many agricultural activities. Nonetheless, innovative small-scale agricultural ventures, such as organic vegetables and meats, greenhouse/bedding plants, and non-traditional livestock (e.g., sheep, goats, buffalo, fallow deer, and llamas) have been established in recent years. Direct marketing of agricultural products is provided by two Farmers Markets, held in 100 Mile House every Friday from May to October., and Sheridan Lake every Saturday, May to September.

Tourism

Tourism is a well-established and fast growing four-season economic activity in the South Cariboo. The natural environment may be one of the areas greatest attractions, with access to year-round outdoor and recreational activities and services. In the summer, the parks, lakes, and resorts of the South Cariboo provide fishing, boating, trail riding, mountain biking, hiking, sightseeing, and beaches. Visitors can challenge themselves at one of the guest ranches, or try fly-fishing, hunting, trapping, rock climbing, and wilderness adventures. There is an 18-hole championship golf course at the 108 Ranch, and a nine-hole executive course in 100 Mile House.

In the winter, there are over 100 km of established trails for cross-country skiing and snowmobiling. Downhill skiing is available at Mt. Timothy, and at a beginners' downhill ski park at The Hills Health Ranch.

Small Business

The South Cariboo has over 1000 employees. These are widely distributed across a range of economic sectors, including construction, manufacturing, transportation, communication, retail, financial services, personal services, food and entertainment, and health care.

3 Demographic Profile

The following information is based on Statistics Canada 1996 and 2001 Census figures, and is organized by Electoral Area:

3.1 Population

COMMUNITY/AREA	1996	2001	CHANGE
100 Mile House (District Municipality)	1859	1739	-6.0%
Cariboo L (Regional District Electoral Area: Lone Butte/Interlakes)	4395	4244	-3.4%
Cariboo G (Regional District Electoral Area: Lac La Hache/108 Mile Ranch)	5130	5001	-2.5%
Cariboo H (Regional District Electoral Area: Canim Lake/Forest Grove)	2135	1844	-13.6 %
Clinton (Village)	729	621	-14.8%
Thompson E (Nicola Regional District Electoral Area (Green Lake/Watch Lake/70 Mile House)	1347	1307	-3.0%

3.2 Age & Gender

The following information is based on Statistics Canada 2001 Census figures, and is organized by Electoral Area.

Age Characteristics “Total” is rounded up to the nearest increment of 5	100 Mile House			Cariboo L			Cariboo G			Cariboo H			Clinton			Thompson-Nicola E		
	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F
Total - All persons	1,740	775	965	4,240	2,175	2,075	5,000	2,560	2,435	1,850	955	895	625	315	305	1310	690	620
Age 0-4	90	35	50	160	80	75	255	130	125	80	45	35	25	10	10	35	20	15
Age 5-14	235	115	125	525	260	265	685	340	340	240	95	140	80	50	35	125	65	60
Age 15-19	125	60	65	330	175	160	330	170	155	145	75	70	50	30	25	90	50	35
Age 20-24	100	45	55	135	80	55	205	115	90	60	35	25	20	5	10	30	15	15
Age 25-44	420	180	240	950	460	495	1,275	610	660	445	220	225	150	70	75	280	140	140
Age 45-54	230	105	125	830	420	405	870	420	450	360	180	175	95	50	50	250	115	135
Age 55-64	190	80	105	695	355	335	695	375	320	265	145	120	95	45	50	265	145	120
Age 65-74	165	80	90	450	260	190	495	300	195	175	110	65	60	40	25	175	95	75
Age 75-84	120	45	70	155	75	80	175	90	85	65	40	35	30	15	15	55	35	20
Age 85 +	65	20	45	15	5	10	25	15	10	10	10	5	10	5	5	5	5	0
Median age of the population	41.0	40.7	41.2	45.3	45.9	44.6	41.7	42.6	40.9	43.4	45.4	41.9	43.8	43.6	43.9	49.1	50.1	48.1

3.3 Income

Income Characteristics	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson Nicola E
Median total income of persons 15 years of age and over (\$)	16,441	19,111	18,515	16,522	15,011	13,838
Earnings - % of income	70.3	66.7	74.5	67.5	62.6	66.8
Government transfers - % of income	17.7	20.2	15.0	20.6	27.9	19.3
Other money - % of income	12.1	13.1	10.6	12.0	10.0	14.0

3.4 Employment

Labour Force Indicators	100 Mile House	Cariboo L	Cariboo G	Cariboo L	Clinton	Thompson-Nicola E
Participation rate	60.1	60.6	62.5	61.5	43.8	61.4
Employment rate	51.8	52.0	55.0	51.0	41.7	53.9
Unemployment rate	13.3	14.1	12.2	16.5	4.8	11.4

Employment Characteristics	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Industry						
Total - Experienced labour force	800	2,105	2,440	895	205	690
Agriculture and other resource-based industries	25	340	270	110	10	215
Manufacturing and construction industries	180	545	525	230	40	120
Wholesale and retail trade	125	240	380	85	30	65
Finance and real estate	40	50	100	15	0	0
Health and education	155	195	385	85	40	45
Business services	95	220	250	110	15	35
Other services	175	520	535	265	65	200
Occupation						
Total - Experienced labour force	800	2,105	2,445	900	200	690
Management occupations	110	170	330	60	35	70
Business, finance and administration occupations	100	235	305	80	25	65
Natural and applied sciences and related occupations	40	40	85	40	0	10
Health occupations	35	110	140	25	0	15
Social science, education, government service and religion	75	75	180	25	35	10
Art, culture, recreation and sport	10	30	25	0	0	10
Sales and service occupations	220	450	580	290	60	145
Trades, transport and equipment operators and related occupations	100	555	425	230	25	105
Occupations unique to primary industry	20	295	220	75	15	190
Occupations unique to processing, manufacturing and utilities	95	145	145	85	0	65

3.4 Households

The following information is based on Statistics Canada 2001 Census figures, and is organized by Electoral Area

Occupied Private Dwelling Characteristics	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Total number of dwellings	775	1,750	2,010	755	290	570
Number of owned dwellings	450	1,560	1,745	595	200	485
Number of rented dwellings	325	190	265	155	95	80
Number of dwellings constructed before 1991	640	1,375	1,420	625	260	505
Number of dwellings constructed between 1991 and 2001	130	370	590	125	35	70
Average value of dwelling (\$)	119,631	154,511	149,407	144,034	100,752	175,355
Household Characteristics						
Total - All private households	775	1,750	2,010	750	295	570
Households containing a couple (married or common-law) with children	145	415	615	200	60	125
Households containing a couple (married or common-law) without children	220	785	785	270	75	265
One-person households	295	345	410	175	115	135
Median household income (\$) - All households	33,153	40,200	44,045	35,105	27,267	33,362
Median household income (\$) - One-person households	15,034	16,800	16,632	21,899	17,539	11,820
Median household income (\$) - Two-or-more-persons households	46,874	46,247	51,099	40,587	37,376	38,328
Number of rented dwellings	325	185	265	160	95	75
Average gross monthly payments for rented dwellings (\$)	610	685	610	571	690	248
Number of owner-occupied dwellings	445	1,465	1,690	570	195	410
Average monthly payments for owner-occupied dwellings (\$)	752	614	703	532	412	399

3.6 Education	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Education Characteristics: Highest Level of Schooling						
Total population aged 20-34	255	415	725	215	55	80
% of the population aged 20-34 with less than a high school graduation certificate	25.5	24.1	24.1	25.6	0.0	43.8
% of the population aged 20-34 with a high school graduation certificate and/or some post-secondary	35.3	39.8	34.5	34.9	63.6	31.3
% of the population aged 20-34 with a trades certificate or diploma	3.9	16.9	11.7	27.9	0.0	0.0
% of the population aged 20-34 with a college certificate or diploma	9.8	13.3	13.8	11.6	18.2	12.5
% of the population aged 20-34 with a university certificate, diploma or degree	23.5	8.4	15.9	4.7	0.0	0.0
Total population aged 35-44	225	660	770	320	75	200
% of the population aged 35-44 with less than a high school graduation certificate	33.3	26.5	22.1	34.4	40.0	42.5
% of the population aged 35-44 with a high school graduation certificate and/or some post-secondary	28.9	28.8	29.2	28.1	26.7	30.0
% of the population aged 35-44 with a trades certificate or diploma	11.1	20.5	23.4	23.4	13.3	20.0
% of the population aged 35-44 with a college certificate or diploma	24.4	19.7	16.9	7.8	13.3	10.0
% of the population aged 35-44 with a university certificate, diploma or degree	4.4	5.3	9.1	7.8	20.0	5.0
Total population aged 45-64	440	1,530	1,565	600	165	500
% of the population aged 45-64 with less than a high school graduation certificate	34.1	31.4	31.0	40.0	36.4	42.0
% of the population aged 45-64 with a high school graduation certificate and/or some postsecondary	23.9	26.8	23.6	20.0	27.3	19.0
% of the population aged 45-64 with a trades certificate or diploma	13.6	20.6	20.1	17.5	6.1	23.0
% of the population aged 45-64 with a college certificate or diploma	10.2	13.7	15.3	17.5	15.2	10.0
% of the population aged 45-64 with a university certificate, diploma or degree	19.3	7.5	10.2	4.2	12.1	6.0

3.7 Mobility

Mobility Characteristics	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Mobility Status - Place of Residence 1 Year Ago						
Total population 1 year and over	1,670	4,205	4,945	1,825	620	1,300
Lived at the same address 1 year ago	1,360	3,660	4,470	1,585	475	1,220
Lived within the same province/territory 1 year ago, but changed address	270	515	445	230	120	55
Lived in a different province/territory or country 1 year ago	35	25	20	10	25	20
Mobility Status - Place of Residence 5 Years Ago						
Total population 5 years and over	1,590	4,090	4,745	1,755	580	1,275
Lived at the same address 5 years ago	880	2,650	2,960	985	325	785
Lived within the same province/territory 5 years ago, but changed address	680	1,275	1,630	730	235	450
Lived in a different province/territory or country 5 years ago	35	165	155	40	20	50

4 The Business Community

The local Chambers of Commerce are the primary support service organizations for the South Cariboo business community, and provide a range of benefits and services to members.

S. Cariboo Chamber of Commerce
Box 2321
100 Mile House, BC V0K 2E0
Tel: 250-395-6124
Fax: 250-395-8974
Website: www.chamber.100mile.com
Email: chamber@bcinternet.net

South Cariboo Visitor Info Centre
Box 340
100 Mile House, BC V0K 2E0
Tel: 250-395-5353
Toll free: 1-877-511-5353
visitors@dist100milehouse.bc.ca
www.SouthCaribooTourism.com

Clinton Chamber of Commerce
Box 256
Clinton, BC V0K 1K0
Tel/fax: 250-459-2416

100 Mile Development Corporation
Box 340
100 Mile House, BC V0K 2E0
250-395-2434

100 Mile House Women's Business Association

250-791-5540

A dinner meeting is held the third Tuesday of each month. Women in the Association share business problems and provide support to each other through an exchange of knowledge and experience.

5 Community Infrastructure

5.1 Transportation

Road Maintenance

The District Municipality of 100 Mile House and the Village of Clinton are responsible for snow removal, general cleanup, and roads within their respective communities. Interior Roads Services Ltd. maintains provincial highways and all other public roads under contract to the Ministry of Transportation and Highways.

Highways

Highway 97 runs north-to-south through the South Cariboo. Highway 24 runs east-to-west through the Interlakes district to Little Fort, and provides an alternate route north to Jasper or south to Kamloops on Highway 5.

Rail

Rail Freight service runs between Vancouver and Prince George return, three times a week, and stops in 100 Mile House for shipment in both directions. There is no passenger service available.

Airports

The 100 Mile House Airport is located within District limits and has a 701 metre (2300 foot) runway.

The 108 Airport has a 1210 metre (4000 foot) runway, which is capable of handling corporate jets and multi-engine aircraft. It also has runway lights for evening flights. Schedules flights to Vancouver are available three days a week.

The closest commercial airport is Williams Lake airport, 90 kilometres (56 miles) north.

The closest International Airport is Kamloops, 185 km southeast of 100 Mile House.

Taxi

There is one taxi service for the South Cariboo that operates out of 100 Mile House.

Bus

Greyhound lines of Canada arrive and depart Clinton & 100 Mile House three times daily for both passenger and freight service. 70 Mile House and Lac La Hache also have drop-off & pick-up three times daily.

- 100 Mile House 250-395-4444
- Clinton 250-459-2024
- 100 Mile House Community Bus 250-395-2434

Regular daily bus service operates with 100 Mile House and between 100 Mile House and the 108 Ranch. Schedules are available from the 100 Mile District Office

Courier

Three courier companies serve the South Cariboo; both pick up and delivery are available at 100 Mile House, but only pick up in outlying communities.

- Greyhound Courier 250-395-4444
- Loomis (Cariboo Accents) 250-395-1136
- Purolator (Tyler's Paint & Décor) 250-395-3106
- UPS (Williams Lake – delivers to Lac la Hache) 1-800-742-5877

5.2 Communications

Canada Post

Community	Houses	Apt	Farms	Total Res.	Business	Total
Bridge Lake V0K 1E0	163	0	0	163	20	183
Buffalo Creek V0K 1G0	26	0	0	26	2	28
Canim Lake V0K 1J0	290	0	0	290	16	306
Clinton V0K 1K0	508	0	45	553	56	609
Eagle Creek V0K 1L0	73	0	4	77	15	92
Forest Grove V0K 1M0	359	0	0	359	10	369
Lac La Hache V0K 1T0	649	0	33	682	83	765
Lone Butte V0K 1X0	1,024	0	16	1,040	40	1,080
100 Mile House V0K 2E0	2,525	96	0	2,621	363	2,984
70 Mile House V0K 2K0	467	0	8	475	42	517
108 Mile Ranch V0K 2Z0	915	0	0	915	0	915

Newspapers

- 100 Mile Free Press (weekly) 250-395-2219
- 100 Mile Advisor (weekly) 250-395-1053

Community Newsletters

The *Clinton Lariat* is a non-profit monthly publication designed to serve communities from 20 Mile House to 70 Mile House. 250-453-2261

The *Interlaker* is a monthly community newspaper dedicated to inform, serve, and support the people and communities in the Interlakes area of the South Cariboo in British Columbia. bnEFF@cariboolinks.com 250-539-3775

The *108'er* is a community newspaper that serves the 108 Ranch community. www.108ranch.com 250-791-6456

Radio

CFFM 2 99.7 FM

CKBX 840 AM

CBC 103.1 FM

Telephone

TELUS provides telephone services to the South Cariboo area via nine exchanges:

- 100 Mile House (including Lone Butte) 395, 706
- 108 Mile Ranch 791
- Lac La Hache (including Timothy Lake) 396
- Forest Grove/Canim Lake 397
- Bridge Lake & Interlakes (including Dekka Lake, Hathaway Lake,) 593
- Mahood Falls & Hendrix Lake 393
- Clinton 459
- 70 Mile House (including Green Lake, Watch Lake) 456

Internet Services

Dial up, ADSL, Cable, and Wireless Internet are available in 100 Mile House. The 108 also has access to ADSL. There are several local Internet Service Providers (ISP) businesses that serve the South Cariboo and operate in 100 Mile House.

There is no local ISP in Clinton. Parasun Technologies, based out of New Westminster, BC, provides local email and Internet accounts over dial-up (www.goldtrail.com). Parkies Store acts as an agent. Connection service is also available through Telus.

Most outlying communities can access the Internet through dial-up only. Wireless may be available in some areas, but is dependent on location.

Public Internet Access

Industry Canada provides public access to computers and the Internet through the Community Access Program (CAP).

Access Centre	Address
Seventy Mile Access Centre	2545 N. Bonaparte Road, 70 Mile
Bridge Lake School	7567 Bridge Lake Business Route, Bridge Lake
Canim Lake Band Grow Centre	#2 Canim-Hendrix Lake Road, Canim Lake Reserve, Forest Grove
Canim Lake Band Community Centre	#1 Canim-Hendrix Lake Road, Canim Lake Reserve, Forest Grove

Canim Lake Band Eliza Archie Memorial School	#3 Canim-Hendrix Lake Road, Canim Lake Reserve, Forest Grove
Deka Lake Technology Access Centre	7567 Bridge Lake Business Route, Bridge Lake
Buffalo Creek School	Canim-Hendrix Lake Road, Forest Grove
Forest Grove Supplies (hardware store)	4537 Canim-Hendrix Lake Road, Forest Grove
Lac La Hache School	4787 Clarke Avenue, Lac La Hache
100 Mile House Library	449 South Birch Avenue, 100 Mile House
Bridge Lake Library	7560 Bridge Lake Business Route, Bridge Lake
Forest Grove Library	Eagle Creek Road (beside Forest Grove School)
Lac la Hache Library	Highway #97 North

5.3 Utilities

Water and Sewer

Bridge Creek is the principal water source for the District of 100 Mile House. It drains 1,550 square kilometres (963.33 square miles) of the Fraser River Basin from headwaters east of 100 Mile House to Canim Lake. Other communities in the South Cariboo have their own water systems, but most rely on wells.

There is a sewage system in the District of 100 Mile House. Sewage in the surrounding areas is handled by either tanks or lagoons.

Natural Gas/Electricity

BC Gas provides gas service to most of the more populated areas near the Highway 97 corridor. Residential and commercial rates are charged monthly. Industrial rates are negotiated on an individual basis, and are dependent on consumption.

BC Hydro provides power to the South Cariboo.

Garbage Collection and Recycling

Regular garbage disposal/pickup is available in most populated areas of the South Cariboo. In communities where there are no pick up services, the appropriate Regional District manages a landfill site. There is one local company currently providing recycling services in 100 Mile House.

5.4 Political/Government

The South Cariboo lies within the Cariboo Region District (CRD), Electoral Areas L, G, and H, with the exception of Clinton, which lies within Electoral Area E of the Thompson Nicola Regional District (TNRD).

The District Municipality of 100 Mile House and the Village of Clinton have civic governments consisting of a Mayor and four councilpersons.

The remaining South Cariboo communities are unincorporated.

5.5 Education

The South Cariboo is located in School District #27, administered from Williams Lake, and in School District #74, administered from Ashcroft.

Administration

School District #27	250-398-3800
School District #74	250-453-9101

Primary

School District #27

Bridge Creek Elementary	Lac La Hache Elementary
Buffalo Creek Elementary	108 Mile Elementary
Forest Grove Elementary	100 Mile Elementary
Horse Lake Elementary	

School District #74

Big Bar Elementary	Clinton Elementary
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Secondary

School District #27

100 Mile Jr. Secondary	Canim Lake Indian Band GROW Centre
Peter Skene Ogden Sr. Secondary	100 Mile Alternate School
100 Mile House GROW Centre (Graduation Routes Other Ways)	

School District #74

Davis Stoddard Secondary

Private

Cariboo Christian School, 100 Mile House 250-395-4637
Eliza Archie Memorial School, Canim Lake Reserve 250-397-2225

Educo Adventure School 1-877-245-9191

The purpose of Educo is to offer experiential outdoor adventure/challenge programs that guide individuals and groups to discover the true qualities of character inherent in us all. All Educo courses are dedicated to the development and support of young people to draw forth their full and unique potential. This discovery happens through challenging and exciting outdoor activities.

Post-Secondary

University College of the Cariboo (UCC) maintains a Training & Education Centre campus in 100 Mile House. The 100 Mile House Training & Education Centre is a satellite extension centre run under the auspices of the main UCC campus in Kamloops.

100 Mile House UCC Campus 250-395-3115

6 Community Services

6.1 Financial

- Quesnel & District Credit Union (serves Clinton) 250-459-2173
- Canadian Imperial Bank of Commerce 250-395-2292
- Royal Bank of Canada 250-395-7460
- Williams Lake & District Credit Union (100 Mile House branch) 250-395-4094
- Community Futures Development Canada 250-392-3626
(Williams Lake Office outreach)
- Bank of Montreal (100 Mile House) 250-395-2477

6.2 Employment Services

For more information, contact:

Ashcroft & District Employment Centre (Clinton) (250) 453-9050
ESP Consulting Ltd (100 Mile House) (250) 395-3398
Annie Horton Employment Services (100 Mile House) (250) 395-8456
Human Resources & Skills Development Canada (HRSDC) (250) 791-6368
Community Futures Development Corp. of the Cariboo Chilcotin (250) 392-3626

6.3 Health Care

The South Cariboo is part of the Interior Health Region serving the Thompson Cariboo Shuswap. It provides Mental Health and Public Health Services, Alcohol and Drug Services, Home and Community Care Programs, Residential and Assisted Living Facilities, and Laboratory and Diagnostic Services.

100 Mile House District General Hospital

(250-395-7600)

South Cariboo Health Centre/Public Health Community Support

(250-395-7676)

The South Cariboo Health Centre was constructed in 1999 and 2000 to provide obstetrics, in-patient and diagnostic services, and emergency services. The facility connects the 100 Mile District General Hospital with the Fisher Place extended care residence.

Other Services

- Mental health
- Public health nursing
- Long-term care
- Home care nursing
- Environmental health
- Alcohol and drug service

Health Care Practitioners

The following Health Care Practitioners have practices in 100 Mile House:

- Doctors
- Dentists
- Denturists
- Dispensing Opticians
- Optometrists
- Physiotherapists Massage therapists
- Chiropractors

Clinton Health & Wellness Centre

Health Care is also provided in Clinton through the Clinton Health & Wellness Centre (250-459-2080).

- Registered Nurse on staff
- Health Unit (Public Health)
- Mental Health Services
- Alcohol & Drug Counselling

6.4 Seniors

Seniors Extended Care & Assisted Living

Fischer Place 250-395-7696

This new multi-level residential care facility provides single rooms with 24-hour nursing care.

Mill Site Lodge 250-395-7690

This local centre for the elderly provides 19 beds for intermediate care, 10 beds for extended care, and one bed for respite care.

Carefree Manor 250-392-9660

This facility is comprised of 34 private-pay, independent-living apartments.

6.5 Youth

Resources, Services and Support

These services for South Cariboo youth are coordinated through the Youth Resource Centre.
(250-395-3636)

- Emergency & Crisis
- Child Care & Outreach
- Pregnancy
- Counselling & Therapy
- Education & Research
- Employment
- First Nations
- Support & Information

4-H Clubs

Lone Butte	250-395-3930
Highland	250-395-8825
Canim Valley	250-397-2225
Clinton	250-456-7741

6.6 Emergency Services

Police and Ambulance

9-1-1 services are currently available in Clinton/70 Mile House/Green Lake/Watch Lake. 9-1-1 services will be implemented across the South Cariboo on September 21, 2004.

RCMP provide police protection from detachment offices in:

- 100 Mile House and Lac la Hache areas 250-395-2456
- Clinton 250-459-2221

BC Ambulance Service is dispatched to all South Cariboo Communities from a central dispatch in Kamloops. Ambulances are based in 100 Mile House and Clinton.

Local dispatch numbers: 250-395-3288 or
1-800-461-9911

Fire Protection

The District of 100 Mile House has a 30-member Volunteer Fire Department providing protection with an 11 kilometre (7 mile) radius.
(250-395-4641)

The Village of Clinton also has a municipal Volunteer Fire Department.
(250-459-2413)

The Cariboo Regional District currently administers four volunteer fire departments throughout the South Cariboo. The Insurance Advisory Organization recognizes all volunteer fire departments operated by the Cariboo Regional District for insurance purposes.

- Deka Lake
- Lone Butte
- Forest Grove
- 108 Mile House

Mutual aid agreements are also in place with the municipal fire department of the District of 100 Mile House, as well as with several independent and First Nations fire departments.

- Forest Grove
- Lac La Hache
- Sulphurous Lake
- Deka Lake
- Interlakes
- Watch/Green Lakes
- Canoe Creek Indian Band
- Canim Lake
- Canim Lake Indian Band
- Hawkins/Eagle Lake

7 Community Life

7.1 Churches

- St Timothy's Anglican Church
- 100 Mile House Baptist church
- St. Jude's Catholic Church
- Forest Grove Christian Church
- Church of Jesus Christ of Latter Day Saints
- Evangelical Free Church
- Cariboo Christian Life Fellowship
- Jehovah's Witnesses
- Lutheran Church Christ The King
- Bethel Chapel
- Seventh Day Adventist Church
- 100 Mile House Sikh Society
- 100 Mile House United Church
- Bethel Pentecostal Tabernacle (Clinton)
- Cariboo Presbyterian Church (Lac la Hache)
- Emissaries of Divine Light

7.2 Service Organizations

- Women's Institute
- Rotary Club
- Lions Club
- Masonic Lodge
- Old Age Pensioners Association
- Lower Bridge Creek Watershed Stewardship Society
- 100 Mile Women's Business Association
- BC Hydro Power Pioneers
- 108 Mile House Property Owners Association
- 100 Mile House Outriders Club
- Royal Canadian Legion

7.3 Cultural Facilities & Organizations

Museums

108 Mile House Heritage Site, the 83 Mile Antique Equipment Museum, and the Clinton Museum are open seasonally from May to October.

Tourist Information Centre

South Cariboo Visitor Info Centre, located in 100 Mile House, is open year-round (*see Business Community, pg.14*). The Clinton Info BC Centre is located in the Clinton Museum, and is open seasonally.

Parkside Centre for Culture and the Arts

This group's mandate is:

"to provide a positive atmosphere for cultural growth and enrichment, increasing and broadening the opportunities for residents of the South Cariboo to enjoy and participate in arts and cultural activities."

Aboriginal Events

- South Cariboo Gathering of the Dancers Competition
- Canim Lake First Nations Gallery
- South Cariboo and area “Unity Ride”

Festival of the Arts

This annual event is held every April, and is in its 26th year of operation. Over 500 participants compete in piano, vocal, speech, and dramatic arts, as well as in instrumental categories.

100 Mile & District Community Arts Council

100 Mile & District Arts Council is a volunteer-run, community-based organization dedicated to developing opportunities for area residents to experience and/or participate in creative and cultural endeavours. The goal of 100 Mile & District Arts Council is to enhance the quality of community life by promoting an awareness of all the arts, and by encouraging the pursuit of creative excellence.

The 100 Mile & District Arts Council organizes and supports annual events including:

- Winter Arts & Crafts Fair (mid-November)
- Festival of the Arts Recitals & Presentations (April)
- Cariboo Artists Guild Annual Art Show (July)
- Concerts – Martin Exeter Hall

Member Organizations:

- 100 Mile Festival of the Arts
- Chord Wranglers Women’s Choir
- Eclectica Community Choir
- Cariboo Calico Quilters
- South Cariboo Weavers & Spinners Guild
- Cariboo Artists Guild
- Parkside Arts & Culture Centre
- 100 Mile Musical Theatre Company
- The Co-Operative Dance Company
- Log Cabin Quilters

Contact information for the Council and all member organizations:

info@100milearts.com

Libraries

The Cariboo Regional District Library operates an integrated public library system that currently provides library services to residents of the District through fifteen branch libraries and one reading center. A main branch of the Library System is located in 100 Mile House. Smaller branches are located in three rural communities within the South Cariboo: Bridge Lake, Forest Grove, and Lac La Hache.

Cariboo Library Network

(250-392-3351 or 1-800-665-1636)

The Clinton Library is operated by the Thompson Nicola Regional District Library system, and can be contacted at 250-459-7752

7.4 Recreational Facilities

	Community Hall	Community Library	Playing Field/ Grounds	Ball Diamond	Skating Rink/ Arena	X-C Trails	Snowmobile Trails
Bridge Lake/Interlakes	Br. Lk. School, Roe Lake	Bridge Lk.	Br. Lk. school, Roe Lake	Roe Lake	School	X	X
Horse Lake	School		School				X
70 Mile/Watch Lake	2 Halls, Access Centre		X	Access Centre			X
Lac la Hache	Hall, School	X	School	X	X		X
Forest Grove	Hall, School	X	X	X			X
108 Mile Ranch	Hall, School		School	School	School	X	X
Buffalo Creek	School		School	School	School	X	X
Canim Lake	Rec Centre, School		School	School		X	X
100 Mile House	X	X	X	X	X	X	X
Lone Butte	X						
Clinton	X	X	X	X		X	X
	Hiking/Biking Trails	Downhill Skiing/ Boarding	Golf	Shooting/ Target Facility	Swimming Facility	Rodeo Grounds	Curling Rink
Bridge Lake/Interlakes	X			X		X	
Horse Lake	X			X			
70 Mile/Watch Lake	X		X	X		X	
Lac la Hache	X	X		ArcheryX			
Forest Grove			X				X

SOUTH CARIBOO RECREATIONAL FACILITIES continued							
	Hiking/Biking Trails	Downhill Skiing/Boarding	Golf	Shooting/Target Facility	Swimming Facility	Rodeo Grounds	Curling Rink
108 Mile Ranch	X	X	X		X		
Buffalo Creek							
Canim Lake	X						
100 Mile House	X		X	X	X	X	X
Lone Butte				X			
Clinton	X		X		X	X	X

8 References:

Interlake Area Official Community Plan: Background Report
September 2003 Cariboo Regional District

Interlake Official Settlements Plan
July, 1995 Cariboo Regional District

South Cariboo Area: Official Community Plan
March 1996 Cariboo Regional District

Lac La Hache Area: Official Community Plan
April 1997 Cariboo Regional District

Agriculture and Forest Policy Review and Development Review
December 2003 Cariboo Regional District

South Cariboo (100 Mile House & Area) Quick Facts
December 2000 South Cariboo Chamber of Commerce

Communities in Transition: Clinton and District Economic Development Study
March 1999 Village of Clinton/ESP Consulting Ltd.

Promoting Community Economic Development for Forest-Based Communities
November 2000 Simon Fraser University CED Centre

South Cariboo Tourism Development & Cooperative Marketing Plan
May 2001 100 Mile Development Corp.

South Cariboo Business Conference: Report
March 2001 District of 100 Mile House

Tourism Development & Marketing Plan
November 2001 District of 100 Mile House

Economic Development Strategy for the South Cariboo (revised)
September 1997 District of 100 Mile House

Report on Forest-Based Communities
November 2000 Simon Fraser University

South Cariboo Facilities Report
2001 District of 100 Mile House

Clinton Community Profile
2001 Community Futures Development Corporation of Thompson Country

Web Addresses:

www.statcan.ca

www.southcariboo.com

www.tnrd.bc.ca