

SOUTH CARIBOO COMMUNITY PROFILE

Updated November 2008



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.

The South Cariboo Community Profile was updated by the FBC in October 2008 incorporating new census information.

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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 Average (C)	4.2
July -Daily Average (C)	15.2
January Mean (C)	- 8.4
Rainfall (mm)	294.3
Snowfall (cm)	159
Precipitation (mm)	453.3

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” that has numerous mid- and small-sized lakes that characterize this area. The area has many ranches and is popular with tourists. Guest Ranches, B & B’s, 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 is 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 include 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. These 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 Dog Creek and Canoe Creek into one reserve.

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	566	429	137
Males	280	215	65
Females	286	214	72
Canoe Creek			
Total	687	242	445
Males	361	140	221
Females	326	102	224
Whispering Pines/Clinton			
Total	135	48	71
Males	73	32	41
Females	62	21	41
High Bar			
	Registered Males Off Reserve/Settlement/Village	37	
	Registered Females Off Reserve/Settlement/Village	35	
	Total Registered Population	72	

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 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

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

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 employers. 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 to 2006 Census figures, and is organized by Electoral Area:

3.1 Population

COMMUNITY/AREA	1996	2001	2006	CHANGE
100 Mile House (District Municipality)	1859	1739	1885	8.4%
Cariboo L (Regional District Electoral Area: Lone Butte/Interlakes)	4395	4244	4316	1.5%
Cariboo G (Regional District Electoral Area: Lac La Hache/108 Mile Ranch)	5130	5001	4974	- 0.5%
Cariboo H (Regional District Electoral Area: Canim Lake/Forest Grove)	2135	1844	1744	-4.9%
Clinton (Village)	729	621	578	-8.4%
Thompson E (Nicola Regional District Electoral Area (Green Lake/Watch Lake/70 Mile House)	1347	1307	1404	8.2%

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	1885	860	1020	4315	2115	2100	4970	2530	2440	1745	895	850	575	285	285	1405	730	670
Age 0-4	85	40	45	125	70	60	220	115	105	50	25	25	20	10	10	30	15	15
Age 5-14	200		110	410	215	195	590	295	295	190	90	100	65	35	30	105	45	60
Age 15-19	165	70	95	265	130	135	310	155	155	110	60	55	35	15	20	70	40	30
Age 20-24	110	65	45	120	70	55	165	75	90	50	30	20	20	10	5	40	30	15
Age 25-44	420	190	225	770	380	390	1075	535	540	340	165	175	105	45	60	215	105	110
Age 45-54	250	130	125	820	405	415	870	435	435	360	180	180	95	45	50	285	135	140
Age 55-64	225	105	110	915	470	445	915	455	460	365	190	175	95	45	40	345	175	170
Age 65-74	160	65	90	605	335	270	575	330	245	190	110	80	90	50	40	235	145	85
Age 75-84	165	65	100	230	125	105	220	130	95	65	40	25	40	20	20	70	25	40
Age 85 +	105	30	75	40	15	25	35	10	25	15	5	5	10	0	5	10	10	5
Median age of the population	43.6	43.1	43.9	50.9	51.8	50.1	46.6	47.3	45.9	49.0	50.2	48.3	49.4	49.1	49.8	53.4	54.2	52.6

3.3 Income

Income Characteristics (2005)	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson Nicola E
Median total income of persons 15 years of age and over (\$)	21,931	18,574	22,067	18,303	19,380	23,683
Earnings - % of income	62.0	62.7	67.8	72.0	63.6	64.4
Government transfers - % of income	21.4	19.8	15.5	17.4	27.0	18.3
Other money - % of income	16.6	17.5	16.7	10.7	9.1	17.4

3.4 Employment

Labour Force Indicators	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Participation rate	55.6	54.8	60.9	65.4	64.6	56.3
Employment rate	50.7	50.4	55.5	57.6	51.0	51.6
Unemployment rate	8.2	8.0	8.9	12.4	21.0	8.4

3.5 Employment Characteristics	100 Mile House	Cariboo L	Cariboo G	Cariboo H	Clinton	Thompson-Nicola E
Industry						
Total - Experienced labour force 15 yrs and over	830	2065	2505	960	280	705
Agriculture and other resource-based industries	45	225	285	205	30	155
Manufacturing and construction industries	175	605	630	210	75	165
Wholesale and retail trade	170	265	280	105	40	40
Finance and real estate	35	95	90	35	0	20
Health and educational and social services	120	270	350	180	35	130
Business services	95	220	370	140	45	105
Other services	180	390	500	75	50	65
Occupation						
Total - Experienced labour force 15 yrs and over	830	2065	2510	960	280	705
Management occupations	85	165	215	30	25	95
Business, finance and administration occupations	115	265	240	105	10	105
Natural and applied sciences and related occupations	30	45	115	20	10	10
Health occupations	40	90	125	60	0	25
Social science, education, government service and religion	65	110	195	75	30	70
Art, culture, recreation and sport	10	50	80	10	0	0
Sales and service occupations	215	410	555	195	70	85
Trades, transport and equipment operators and related occupations	180	540	550	285	100	135
Occupations unique to primary industry	40	210	230	140	20	130
Occupations unique to processing, manufacturing and utilities	40	170	200	35	20	30

3.4 Households

The following information is based on Statistics Canada 2006 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 private dwellings occupied by usual residents	810	1860	2085	770	290	645
Number of owned dwellings	450	1740	1810	640	200	570
Number of rented dwellings	360	120	275	130	90	75
Number of dwellings constructed before 1986	635	1090	1290	630	250	425
Number of dwellings constructed between 1986 and 2006	175	770	795	145	40	215
Average value of owned dwelling (\$)	170,117	252,987	208,628	176,759	97,403	278,988
Household Characteristics						
Total - All private households	775	1,750	2,010	750	295	570
Households containing a couple (married or common-law) with children	120	370	525	175	45	100
Households containing a couple (married or common-law) without children	250	970	890	330	75	355
One-person households	280	410	470	210	130	135
Median income in 2005 (\$) - All households	33,274.00	40,172	50,054	39,881	31,715	48,447
Median income in 2005 (\$) - One-person households	21,813	17,617	22,116	15,085	18,282	15,178
Median income in 2005 (\$) - Other household types	29,484	32,170	42,276	38,455	29,179	36,466
Number of rented dwellings	325	185	265	160	95	75
Average gross monthly payments for rented dwellings (\$)	576	601	700	600	567	391
Number of owner-occupied dwellings	445	1,465	1,690	570	195	410
Average monthly payments for owner-occupied dwellings (\$)	388	393	604	479	494	574

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 15 - 24	280	390	475	155	70	80
% of the population with no certificate, diploma or degree	140	215	225	70	60	55
% of the population with a high school graduation certificate or equivalent	95	160	210	70	10	25
% of the population with a trades certificate, diploma or apprenticeship	15	0	20	10	0.0	0.0
% of the population with a college certificate, diploma, CEGEP or other non-university	25	10	10	0	0.0	0.0
% of the population with a university certificate, diploma or degree	0	0	10	0	0.0	0.0
Total population aged 25 to 34	165	265	420	125	50	75
% of the population with no certificate, diploma or degree	0	55	50	25	15	10
% of the population with a high school graduation certificate or equivalent	85	90	125	55	15	15
% of the population with a trades certificate, diploma or apprenticeship	10	45	75	15	0.0	20.0
% of the population with a college certificate, r diploma, CEGEP or other non-university	35	50	85	20	10	0.0
% of the population with a university certificate, diploma or degree	25	20	75	0	15	25
Total population aged 35 to 65	670	2235	2430	985	230	810
% of the population with no certificate, diploma or degree	155	555	520	225	80	180
% of the population with a high school graduation certificate or equivalent	225	695	610	310	55	295
% of the population with a trades certificate, diploma or apprenticeship	75	495	425	160	50	155
% of the population with a college certificate, diploma, CEGEP or other non-university	115	280	475	160	20	140
% of the population with a university certificate, diploma or degree	80	155	305	90	25	40

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	1,765	4,315	4,925	1,720	560	1,400
Lived at the same address 1 year ago	1,285	3,795	4,045	1,445	455	1,220
Lived within the same province/territory 1 year ago, but changed address	450	485	785	270	105	180
Lived in a different province/territory or country 1 year ago	30	25	95	0	0	0
Mobility Status - Place of Residence 5 Years Ago						
Total population 5 years and over	1,680	4,225	4,765	1,660	520	1,360
Lived at the same address 5 years ago	820	2,780	2,705	1,085	275	1,010
Lived within the same province/territory 5 years ago, but changed address	810	1,300	1,855	550	225	330
Lived in a different province/territory or country 5 years ago	45	145	210	25	0	15

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.scariboochamber.org
Email: manager@scariboochamber.org

South Cariboo Visitor Info Centre
Box 340
100 Mile House, BC V0K 2E0
Tel: 250-395-5353
Toll free: 1-877-511-5353
Website:
www.SouthCaribooTourism.com
Email: info@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
Tel: 250-395-2434
Fax: 250-395-3625
Website: www.100house.com
Email: district@dist100milehouse.bc.ca

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.

Housing

The Emissaries of British Columbia provide 32 housing units for rent in 100 House.

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 (Clinton Emporium) 250-459- 0025
- 100 Mile House Community Bus 250-395-2834

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

Four 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 250-395-2462
- DHL Canada Express (Hops & Vine U-Brew) 250-395-2565
- Purolator (Class Act Formal) 250-395- 8825
- UPS (Class Act Formal) 250-395-8825

5.2 Communications

Canada Post

Community	Houses	Apt	Farms	Total Res.	Business	Total
Bridge Lake V0K 1E0	165	0	0	165	22	187
Buffalo Creek V0K 1G0	39	0	0	39	2	41
Canim Lake V0K 1J0	257	0	0	257	28	285
Clinton V0K 1K0	493	0	26	519	67	586
Eagle Creek V0K 1L0	73	0	4	77	15	92
Forest Grove V0K 1M0	379	0	10	389	29	418
Lac La Hache V0K 1T0	674	0	14	688	26	714
Lone Butte V0K 1X0	1,176	0	15	1191	40	1231
100 Mile House V0K 2E0	2,636	216	0	2,852	330	3,182
70 Mile House V0K 2K0	476	0	8	484	42	526
108 Mile Ranch V0K 2Z0	998	0	2	1000	5	1005

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

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 councilors.

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 Lake Elementary	Lac La Hache Elementary
Buffalo Creek Elementary	108 Mile Elementary
Horse Lake Elementary	100 Mile Elementary

School District #74

Clinton Elementary

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	250-459-2219
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Private

Cariboo Christian Academy, 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

Thompson Rivers University (TRU) 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 - TRU Campus 250-395-3115

6 Community Services

6.1 Financial

- Integris 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 (Williams Lake Office outreach) 250-392-3626
- Bank of Montreal (100 Mile House) 250-395-2477

6.2 Employment Services

For more information, contact:

Ashcroft & District Employment Centre (Clinton) 250-453-2030
Human Resources & Skills Development Canada (HRSDC) 250-791-6368
Community Futures Development Corp. of the Cariboo Chilcotin 250-392-3626
Community Employment Services 250-395-5121
itree Temp Services (100 Mile) 250-395-0736

White Feather Family Center

Health services are provided to Canim Lake Indian Band through this center.
250-397-2717

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 Counseling

6.4 Seniors

Seniors Extended Care & Assisted Living

Fischer Place 250-395-7696

This new multi-level residential care facility provides 39 single rooms with 24-hour nursing care.

Mill Site Lodge 250-395-7690

This local centre for the elderly provides 26 beds multi-level residential care.

Letwilc Lodge 250-397-2502

This family wellness center provides holistic health and support services to Canim Lake first nations

Carefree Manor 250-395-4807

This facility is comprised of 36 private-pay, independent-living apartments.

South Cariboo Home Care Nursing 250-395-4745

Hospic/Palliative Care 250-395-4745

Canim Lake Indian Band Elders Activity Center 250-397-2482

Creekside Senior Activity Center 250-395-3919

6.5 Youth

Resources, Services and Support

These services for South Cariboo youth are coordinated through the Youth Resource Centre.

and the Cariboo Family Enrichment Center

250-395-3636

250-395-5155

- Emergency & Crisis
- Child Care & Outreach
- Pregnancy
- Counselling & Therapy
- Education & Research
- Infant development Program
- 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.

The 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

100 Mile Search and Rescue Society 250-395-3210

Canadian Red Cross 250-395-9092

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