

# Pacen Setah

## FIRST NATIONS ROLE MODEL 2016



Pacen Setah is a proud member of Xení Gwet'in First Nation. He is a Grade 10 student at Lake City Secondary School (Williams Lake Campus). His top academic subjects are Social Studies and Chilcotin Language.

English Teacher Julia Jack shares that Pacen is a fine young man who sets a good example for his peers. Academically Pacen stays on top of his assignments and maintains good attendance. Pacen displays the attributes that will allow him to be successful in any future endeavors he wishes to tackle.

Career Program Facilitator, Michelle Palmer from Lake City Secondary shares that she has known Pacen for the last 10 years. She was also his hockey coach in 2006. At a young age Pacen showed dedication to learning the game of hockey and continued to play over the course of the last 10 years in good standing. Pacen is a member of the Williams Lake Minor Hockey Association and also plays in First Nations hockey tournaments. During his last tournament of bantam he was named captain of his team! Pacen is not only a Role Model at his school but in both his communities of Williams Lake and Nemiah

Valley. At Nemiah he has volunteered numerous hours at different events such as Elder gatherings, youth groups and at Henry's Crossing Gathering. Pacen attended the 'Gathering Our Voices' in Prince George in 2015.

Pacen's Chilcotin Culture is very important to him. He gives thanks to his Grandparents who have taught him to hunt and fish in the Tsilhqot'in ways. Pacen is thankful for the time they shared at Henry's Crossing for 2 weeks every summer with them. Pacen respects his Elders and enjoys listening to their stories.

In his spare time Pacen enjoys playing hockey and participating in the sport of rodeo. He rode his first steer in 2010. Pacen has attended steer riding school and continues to perfect his rodeo skills. Currently he is in 3<sup>rd</sup> place. Pacen hopes to go far with his hockey and rodeo skills, and he is having fun at it!

Pacen enjoys jogging and doing strengthening exercises to keep him strong in sports.

Pacen believes he is a positive Role Model since he does not drink alcohol or smoke at all. He strives to make positive choices and to stay on that positive path. He believes that trust and honesty are two of the most important virtues. "Trust needs to be earned and honesty is where you need to be honest. Self confidence and motivation are important too". Pacen says "it is important to listen to others as this helps others to build trust in you".



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# Loretta Jeff-Combs

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Loretta is a proud member of Tl'etinqox Government (Anaham Band). She is a grade 11 Honor Roll and Work Ethics student at Lake City Secondary School (Williams Lake Campus). Two subjects that reflect her academic achievement are Law 12 and BC First Nations Studies both with an 'A' standing.

Teacher Shannon Rerie shares that Loretta has been an amazing student who works incredibly hard in class and has perfect attendance. "Loretta is an intelligent, passionate and engaged learner who is always looking to explore new ideas and topics". Ms. Rerie feels that Loretta would make a phenomenal First Nations Role Model as she is passionate about Aboriginal issues and is quick to defend her peers and speak up on behalf of others. She leads by example and is always trying harder to succeed in class and to better herself and her life.

Janet Keener, Education Assistant from Lake City Secondary shares that even though Loretta has a very heavy work load she still finds time to volunteer with Francis Johnson to learn and teach cultural ways of Hoop Dancing. It has been refreshing to work with such a strong yet diplomatic young woman as Loretta.

Teacher Robin Fofonoff shares that Loretta is a student that offers many virtues that many of her peers look up to with great respect. Loretta leads by example and is always respectful of her peers. Loretta would be a gracious Role Model and her peers will benefit by having such a strong, open minded and passionate Role Model.

Loretta's First Nations culture teaches her to do her best at everything she does. Understanding and learning her culture is very important to her because of the language and culture her family lost in residential schools. It is up to her to learn it and keep it strong for the next generation. At school Loretta is learning Chilcotin Language. She is an avid Lehal player. Loretta enjoys hunting to help the family get food to last the winter. She enjoys dip netting in the Chilco River and helps to clean and wrap the fish. She loves the traditional activities. She is a hoop dancer who teaches children how to make their own hoops and to hoop dance. Loretta performs at Pow-wows. She is a young proud First Nations Woman!

In her spare time Loretta participates in the concert band at school and has won gold at the music festival.

Loretta believes that a Role Model has a caring soul to help many in need. "Being a Role Model means being positive in your actions and your words. A Role Model has an open mind and listens to others". As a Role Model Loretta will strive to make change and make an impact. She is a leader who will fight for what is right and encourage others to be their best and live up to their potential.



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