



Special points of interest:

- Elections are April 12, 2007
- Please see page two for revised Craft Night Schedule
- Youth trip is only a week away!
- Exciting opportunity for aspiring hockey players

March 2007



Community Events

Nominations have been held and Elections are April 12, 2007

Deep Creek Hall 9AM-8PM

Wednesday March 7, 2007—Baby Moccasin Workshop: Mamas, Aunts and Grandmas if you are interested please call Trina. Thank you.

Thursday March 8, 2007—Shared Territory Working Group Meeting Held in Canim Lake 10AM-4PM.

Friday March 9, 2007—Youth Bottle Drive

Tuesday March 13, 2007—A possible Combined Working Group Meeting 10AM-4PM. Place: Tentative and To Be Announced.

Craft Night Schedule:

March 19, 2007

March 26, 2007

Each of these nights starting at **5:00 pm** at the Community Health Room. Please call Edie for more information or if you require a ride to any of these nights. Please note that the craft night for Monday March 5, 2007 is cancelled.

March 13-21 Marion is taking the youth to Victoria for the 5th Annual Youth Times and Changing Violence Conference from March 14-17. March 18-21 we will be going to Vancouver and doing some sightseeing. It's only a week away!



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SODA CREEK FIRST NATION

Fraser River Run

Coping with Triggers

Submitted by Pam McGuinness

Coping with Triggers

“You can’t keep trouble from visiting but you don’t have to offer it a chair”

A trigger is anything that causes sudden stress, pain or discomfort and sets off substance use. As an example, it could be something as simple as having money, or seeing a beer commercial on TV. Just about anything could be a trigger. The more you learn to actively avoid and fight the triggers the stronger you will be.

The safest plan is to become aware of your triggers and stay far away from them whenever possible. If your drinking buddy knocks on the door with a bottle, don’t invite him in, don’t go near the bar or liquor store, and don’t watch TV programs that deal with drug and alcohol issues.

Never test yourself with triggers!! You may think “I’ll go to a party to see if I’m strong enough to tolerate the triggers” Don’t do it!! It is hard enough to recover without setting yourself up.

The best way to cope is by preparing in advance. Detach yourself from unsafe people (dealers, users,

abusers) and move towards safe positive people and activities. Put as much space between you and the trigger as possible, become aware, conscious and in touch with reality so that triggers will not control you.

Coming For Spring

This spring the Alcohol and Drug Program would like to offer educational and informative workshops that may run an afternoon and/or an evening a week. Please contact me at the Health Clinic (989-2355) if you are interested in any of the suggestions below, however this is your community so please feel free to pass on your own ideas.

- Anger • Boundaries
- Self esteem • Grief and Loss
- Communication Skills • Family Violence
- Jealousy • Creating Change
- Residential School Issues • Relapse Prevention
- Family Dynamics • Traditional Healing
- Post Traumatic Stress • Depression

Don't be afraid to reach out when you need help. There will always be someone to grab your hand.



Family Support

By Edie Woods

Hi Everyone,

I would like to acknowledge the youth, ladies and gents that have been attending the Craft Nights and have completed or are nearly completed their projects. It is always a delight to see our youth participating.

Next month Reginald Michel and myself will be in Victoria to attend a conference on Fetal Alcohol Spectrum Disorder, March 7-10, 2007.

There will be NO Craft Night on Monday March 12, 2007.

Craft Night Schedule:

March 5, 2007

March 19, 2007

March 26, 2007

- Each of these nights starting at **5:00 pm.**

Anyone that still has their project to complete, please make it to the next Craft Night on Monday, March 5th.

Until next time,

Edie Woods

Family Support Worker

Treaty Administrator

By Trina Phillips

Hi there everyone,

I hope this day is finding you in good spirits. I don't know if I can say that I am doing all that well. My father is in the hospital down in Kamloops and has been for the last five days. It has been a rough five days to say the least. He has pneumonia, a collapsed lung and asthma to boot. I know I should probably keep this to myself. I am sharing this information in case it progresses to something worse and I have to up and leave. If it comes to that, you will know why I am not here.

I am leaving for Kamloops today to attend the Side Table Working Group Meeting on Wednesday, February 28, 2007. I will be back in the office Friday, March 2, 2007.

Thank you all who have been attending the meetings and have been very patient for your cheques. I appreciate it. A good deed does not go unnoticed. We have a busy month ahead of us, hopefully. So I am looking forward to the phone ringing off the hook...lol. Please call and let me know if you are attending any of the meetings. I need to start preparing my list of names for our driver.

I have a few things happening for March. I will put together a list of events:

Monday March 5, 2007—I will be taking the Minute Taking Workshop held here at the Band Office for staff members.

Wednesday March 7, 2007—Baby Moccasin Workshop: Mamas, Aunts and Grandmas if you are interested please call and let me know.

Thank you.

Thursday March 8, 2007—Shared Territory Working Group Meeting Held in Canim Lake 10AM-4PM.

Friday March 9, 2007—Youth Bottle Drive

Tuesday March 13, 2007—A possible Combined Working Group Meeting 10AM-4PM. Place: Tentative and To Be Announced.

If not, the usual Treaty Working Group Meeting in the evening to be held at the Hall.

I will be taking a week off during Spring Break to spend time with my family. I won't be in the office for Monday March 19, 2007 to Friday March 23, 2007. I will be back in the office on Monday March 26, 2007.

Thank you for your patience. I look forward to seeing things happen again.

I am also wondering about a few things. Are there any individuals in the community who would be interested in hosting some workshops for:

- Moose Hide Tanning Workshops
- Knowledge of our Traditional Medicines
- Dip Net Making (Mini Nets—Dreamcatchers)

I am open to ideas. Please call me or come and see me at the office.

Kukstsetsemc.

Trina Phillips



Call Trina if you have any ideas for community workshops you would like to see happen.



Community Programs

By Marion Chelsea

Things are finally moving ahead for the Youth Conference. And it's only a week away! For all those parents tired of me calling them with updates and changes, Thank You for your patience. This has been a huge learning experience for me.

So here is our tentative itinerary as it stands March 1, 2007.

March 13—7AM Departure from the Band Office in the van.

8PM—Arrive, check in to Motel.

March 14—8AM Breakfast, then leave for Camosun College for tour and meet with a student there who can tell about what it's like attending Camosun.

March 15—Workshops all day and evening activities with the conference.

March 16—Workshops all day, performance by EEKWOL, Much Dance in the evening with banquet.

March 17—Final workshops, farewell lunch, tour of University of Victoria.

March 18—Departing for Vancouver. Half a day then a night at the IMAX.

March 19,20—See some of Vancouver's wonderful attractions, and hopefully give the youth a tour of Downtown Eastside at night with an official.

March 21—Make our way home.

The After School Program will be running from 10AM to 4PM during Spring Break and the Not In Session Days. Jeannette Merriott and Stephanie Tweedy will be supervising the youth in my absence.

Just a reminder to parents, the After School Program is an **opportunity** to do homework. We ask the youth if they have homework upon arrival and not all the youth admit to having homework. And often they do not have homework. The After School Program is secondarily an opportunity for the youth to interact and socialize while engaging in activities such as collages, drumming, story telling and so on.

The CAP Site is doing very well and thank you to those community members who have given us suggestions on how to improve the site (such as with typing programs, having a phone set up in the area, etc.). I am looking into setting up some computer training days for community members. These days would be for basic computer skills, application use, effectively using software, internet use, and making resumes. If you are interested, give me a call and let me know what you would be most interested in learning. This would be a great help to setting these days up.

Employment readiness training has waned a little in

the last few months. We had a visit from Rhonda Labelle of CCATEC last week, and she said that there will be another Hospitality training coming up. Other trainings will be starting up also, and I will be putting the flyers in the newsletter. Once you see a training that you are interested in applying for, come see me right away! Don't wait for the deadline date! Waiting till the last minute means that your application will be submitted either at the last minute or late.

If you applied for a previous training, that application does not get carried over into consideration for the next training of the same type! For every new training that goes on, a new application must be filled out. So if you applied for a previous training, and are wondering why you did not get into this current training, it is because you did not come sign up for this current training. So remember to come in and apply for **every** training you are interested in.

And don't forget, the deadline for Post Secondary applications for the coming school year is **March 31, 2007**.

I have so much more to say, but it will have to go into the next newsletter. If you have any questions or concerns please call me at the Band Office.

If you have any questions or concerns, do not hesitate to call and voice them.



First Annual Central BC Aboriginal Youth Hockey Tournament



Williams Lake will be hosting it's 1st Annual Central BC Aboriginal Youth Hockey Tournament on Labor Day Weekend, **August 30th - September 2, 2007!!!**

This tournament will be similar to the 20th Annual Junior Moccasin in Merritt and the 10th Annual UNN FN tournament in Prince George which are held in the spring. We will host approximately 48 teams from Tykes, Novice, Atoms, Peewees, Bamtams to Midgets and hopefully a Girl's Division too. We will also add a skills competition and shoot out to the weekend, along with FN hockey celebrities assisting with our youth and the tournament!

Our youth will be just finishing off their summer hockey schools and all primed up for the new hockey season. With this touney being held before the beginning of the new season, the rep players can play prior to being carded. We all know how much our kids love to play in the Native tourneys, right? What a bonus! So please support us and Native Hockey!

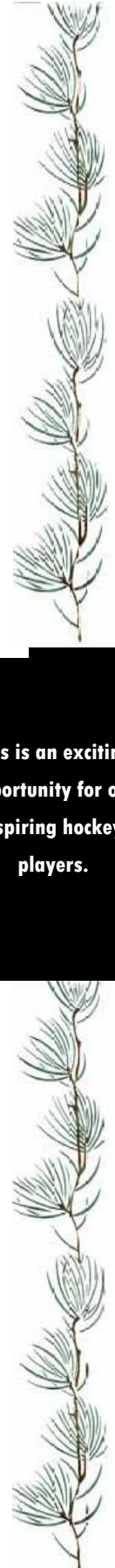
We are looking for hard working, committed individuals who wants to help put BC FN Youth Hockey on the map. Carey Price's stellar performance at the World Junior Cup is just the beginning. We have so many of our FN youth who have the potential to go there as well, all they need is just a little support from our communities.

If you have any questions or want to join us, or know of sponsors we can contact, my contact info is listed below, please phone or email me asap.

Only as a team ourselves, will we make this tournament a great success for our youth! They deserve it. Sechanalyagh, Kuksteckucw.....

In hockey we trust,

Kristy Palmantier for the Central BC Aboriginal Youth Hockey Tournament Committee
phone: 250-398-4429 (w)
250-296-3524 (h)
email: Kristy.Palmantier@gov.bc.ca



This is an exciting opportunity for our aspiring hockey players.



Soda Creek First Nation

Soda Creek Education Dept
3405 Mountain House Road
Williams Lake, B.C.
V2G 5L5

Phone: 250 989 2323
Fax: 250 989 2300
Email: c.sterritt@xatsull.com

Education is the key to success