









Friday, Mar 25 2016

Sunday, Mar 27 2016

Monday, Mar 28 2016

AiP Vote Information





March 17 FIREFIGHTING
Sponsored by CCATEC

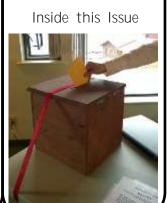
Contest Extended

Name &

Logo Design

CONTEST

Contest Closes



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TIME CHANGE SUNDAY, MAR 13 2016



March 31 2016

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Easter Sweets and Patty's Day Treats





STAFF REPORTS



MARCH NEWSLETTER



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BAND ADMINISTRATOR

STEPHEN OLSON

Greetings:

I hope everyone had a pleasant February and were able to enjoy the Family Day Long Weekend. It's nice having a break during the winter, besides Christmas, although it is difficult calling the weather we have been having as 'winter'. Construction continues apace on the new Community Hall/Administration Building, with most of the exterior siding now in place. Apparently, we are still on schedule for completion in June, 2016.



Council met yesterday, Feb 23 with a full agenda. Included for discussion was the annual flooding of Mountain House Road. In attendance at the meeting were representatives from the Department of Fisheries and Oceans and the Ministry of Transportation. Council directed that an additional meeting be scheduled, including the Ministry of the Environment, to discuss the issues related to the road in more detail.

In a few minutes I will be going up to the Health Building to enjoy a farewell cake for Chasity Harry. This is Chasity's last day as she is leaving us to pursue her educational goals. It has been a pleasure working with Chasity and we wish her well in the future.

Interviews for the Employment Coordinator's position will be taking place this Friday, Feb 26 and we hope to fill this position as soon as possible. Julia Banks has returned after a one month leave in which she and her family visited southern Mexico, Belize and Guatemala. Julia had a very interesting trip and very much enjoyed the experience of seeing new places and meeting new people. It is nice to have Julia back with us as mining issues continue to take up a lot of staff time in the Natural Resources Department.

In last month's newsletter, we advertised a contest for a name and logo for the new community building. Unfortunately, we only got one entry so we are extending the contest to the end of March.

Please submit your suggested name and/or logo to:

Stephen Olson
Band Administrator
3405 Mountain House Road
Williams Lake BC, V2G 5L5
Or by e-mail to bandadmin@xatsull.com

The winning entry will receive a prize.

I hope everyone has an enjoyable March and that our early spring weather continues. Regards
Stephen Olson

Natural Resource

Here are a couple of updates from the Natural Resource Department:

1) Mount Polley

Mount Polley is still in the permitting process with Ministry of Energy and Mines (MEM) in applying to reopen at full capacity. They are currently operating at half capacity (which means operating half the amount of ore that is allowed at full capacity), and were hoping to receive the permit to fully reopen by April (when they are expected to reach the half capacity limit). However, it looks like they will not receive this permit on time. To avoid shut down due to this, the Mine is now applying for a bridging solution that would allow the mine to keep operating until they receive their permit.

Mount Polley is currently discharging effluent from Springer Pit down to the water treatment centre (Veolia), where it is treated and then sent down pipes through Hazeltine Creek to Quesnel Lake.



Figure 1: Veolia Treatment Site



Figure 2: Springer Pit

There have been some issues lately with the treatment system and Veolia has been out to Mount Polley trying to fix this problem. It seems that when higher flows go through this treatment system, it sometimes fails to pick up all of the total suspended sediments in the effluent. The effluent coming out from Springer pit is cleaner than treatment systems like Veolia are used to, and therefore it is having issues with working properly. Mount Polley has been keeping a close eye on this system, and is working with Veolia to try and fix it. In the month of February they have been discharging less water than they are permitted to because of this.

Springer pit is now reaching the 1030m level (potential to leach into groundwater) and Mount Polley are trying to figure out a way to get these water levels down. They may be looking at options of having some/all of the effluent by-pass the treatment plant to help bring levels down in Springer Pit.

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Natural Resource

Meeting January 28, 2016: The Mount Polley Community Meeting on January 28, 2016 at the Longhouse went well. Mount Polley presented on their application to reopen to full capacity. Lots of great questions were asked, thank you to everyone who came out and participated. If you would like to view the presentation and notes please come up to the NR office, or see binder down at main office.

2) Howe's Lake Field Trip

On February 9, 2016 the NR department & Tolko hosted a field trip to an active Tolko logging site near Howe's Lake. Tolko was very informative. It was nice to see such a clean and well laid out cut block. Thanks for all of those who came out! We will be sure to let you know when we host another field trip (hopefully more in the summer!).



Figure 3: Screening Howe Lake

Figure 4: Group discussion in cut block

3) Fuel Management Workers

The forest fuel management workers have been working around Mountain House Road and in behind the band office for the last little while. They are now finished work for the season, and have done a really great job. Thanks to those of you who were part of that team!

4) Please respect the Cow Moose: She is necessary for a healthy future moose population.



Natural Resource

Fieldworkers Needed for Upcoming Summer Field Season



Education/Experience:

- Previous work experience/training in archaeology or environmental monitoring an asset.
- A valid Class 5 BC Driver's Licence an asset.

Skills and Abilities:

- Safety oriented with professional standards.
- Attention to detail.
- Good people skills with a positive attitude.
- Able to exercise courtesy and respect when working with others in stressful or demanding environments.
- Able to work individually or to take direction as part of a team.
- Physically able to meet field work requirements and enjoy working outdoors.
- Knowledge of Xatśūll Traditional Territory and Culture.

Working Conditions:

- Travel may be required.
- Ability to perform the physical requirements of the job which include standing, walking and working in all weather conditions.
- Non-standard hours of work (long hours and early start times may be necessary).
- On-call/part-time job can be called to work with up to 24 hours' notice

Please contact Georgia (<u>nrassistant@xatsull.com</u>, 989-2323 ext. 120) if you would like more information or to drop off resume.

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HEALTH COORDINATOR GEORGINA MORTENSON



I am happy to be back to work and seeing so many familiar faces.

I have been getting great feedback from many who attended some of the events that had been offered while I was away. Some of these events were; Crisis and Trauma Response planning, Naloxone Awareness, Community Safety and Crime Prevention and Reclaiming Your Power. The health staff worked in coordination with Three

Corners to support the transportation, promoting and hosting of some of these events in our community.

Head Start has continued to host evening sessions that have been well attended by families in the community. The Day Care is still in the process of hiring a staff member, the deadline for applications has been extended to March 11, 2016. Please see posting for details.

Chasity Harry, our Elder's Support Worker has decided to further her education and will be leaving this position as of February the 24th. We all wish Chas the very best in her new adventure. She has been an amazing asset to the organization and will be missed enormously.

We are leading up to the end of our fiscal year so many of the staff will be busy finalizing this year by completing necessary reports, and of course planning for the coming year. We do appreciate members' patience when scheduling appointments or visits with staff. Staff will continue to provide the individual essential services during this time; larger event programming may be limited during this coming month.

During this planning stage for the upcoming year, staff does encourage community input or feedback for assistance. Please feel free to share any suggestions or requests for programming that you think would encourage Healthy lifestyles, by email to health@xatsull.com or by dropping them in our suggestion box at the front desk of the health station.



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MOLLY YOCHMANS



SUPPORT COUNSELLOR

Happy March Everyone!

It's appears spring is near and warmer days just around the corner. Soon we will be complaining about the heat again.

January and February have been busy months with numerous workshops, trainings, and program planning. I was excited to see various community members join in and attend these workshops, I've heard positive feedback; especially pertaining to the Darien Thira/Don Burnstick Event.

Please note as of February 29th. I will be taking a 2-3 months medical leave. In my absence there will be a qualified Support Worker available on Mondays at Soda Creek Health Station. The Support Worker will be available for: appointment bookings, treatment intake, assessments, and to provide resources and support as needed. Please make an effort to book for an appointment in advance with Shannon Eiberts from Three Corners Health Services Society at 250-398-9814.

Fun Fact of The Month: The Hawaiian alphabet has 12 letters.

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<u>Individual Challenge</u>: The only person you should try to be better than, is the person you were yesterday.

Molly Yockmans
Support Counsellor
Soda Creek Indian Band



EDUCATION COORDINATOR & EMPLOYMENT SERVICES ASSISTANCE

CHERYL CHAPMAN

I pray the year is treating everyone well. Been a little busy here at the Education Department as you may know Maryke Dick, Employment Coordinator left on January 21. Since then I have been doing both jobs, with great pleasure, a little bit of exercise jumping from desk to desk is good for me. We anticipate hiring an



Employment Services Assistant, soon. There are many training and employment opportunities on the job board and the training programs through CCATEC are in this edition of the FRR; one to note, if you are interested in Natural Resource Monitoring and Resource Inventory Systems Certification, please come see me, this program may be held here at the Education Department April/May.

The Education Committee is still looking for a Youth Committee Member (aged 18-29); please send me a letter of interest and an up-to-date resume. Next meeting is March 9th at 5pm.

The Chief and Council adopted the new Education Assistance Application, please see the Brochure in this edition of the Fraser River Run, and if you would like an application let me know.

The Chief and Council have reviewed the Drafted Local Education Agreement between SCID & SD #27; I will be meeting with Jerome Beauchamp to set-up a signing ceremony for the agreement.

I am redrafting/updating the SCIB Post-Secondary Education Program Local Operating Guidelines and funding application package, based on the updated Indigenous and Northern Affairs funding policies. The redrafted information will be reviewed by the Education Committee on March 9th; and then will be taken to council for adoption.

We are planning the Spring Break – Science Camp; we will be meeting each morning here at the Education
Department at 9:15am and departing for our selected destination out around the Likely area for a day of
exploration and information sharing about Science, Careers that use Science and how these relate to our
Traditional Ecological Knowledge and skills to manage our Lands, Resources, Health and our Wellbeing. We are
doing day trips in order to accommodate schedules and accessibility to the different areas. If you would like to join
us, please make sure to contact either Lauren or myself. Otherwise, our Practicum Student, Lauren Mitchell, who
is currently working with me and attending TRU for Teaching Assistant Certification will be contacting you.

We are coordinating the After School Program for Tuesdays and Thursdays from 4pm - 6:30pm until the end of the school year; after the planning meeting February 29th at 4pm, we will have a schedule out to the community members. Lauren has already made calls out to our parents to encourage them to join us for the planning meeting. Snacks and beverages will be available and if your child(ren) will be attending without you and need a ride home at 5:30pm, please let us know.

We are planning for the Summer Student proposals, these enable us to hire community youth to assist in different areas of programs and support for community members and staff. This year we are looking to employ youth in the coordinating and assisting with the Kids Summer Program and the Xatsūll Heritage Village.

If you have any questions, give me a call or drop by. (250) 989-2323 ext.104 education@xatsull.com

SOCIAL DEVELOPMENT

RAE-LYN BETTS

Well March is going to be a busy month!

All Social Assistance Clients need to come see me before March 15 to do their applications.

This appointment should take about 30 minutes.

Please bring all necessary paperwork for your appointment as we cannot proceed without it.

This process is mandatory to be able to receive April's issuance.

Just a reminder I need all new bills every month along with monthly employment searches. Renewals are due the week prior to SA day. Everyone needs to notify me if there is any change to the amount of people living in the house as this affects the shelter component for your SA. There is some exciting new training programs coming up. If you are interested please let our Employment Coordinator know as soon as possible so we can help you with the required paperwork.

Happy Spring Everyone! Rae-Lyn



HEATHER JOHNSON

Hello All,

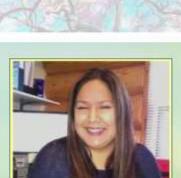
Just a few reminders this month from the housing department...

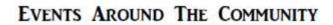
It's the time of year to update your housing file, renewal of your Rental Tenancy Agreement, Rent Calculation, and an Arrears Recovery Agreement if necessary. It's important to keep your information on file current and up to date. For the Income Verification part of the Rental Tenancy Agreement I require one of the supporting documents for your income such as; last two Pay Stubs, T4 Slip, letter from your employer and/or social services, or financial statements for everyone in your household who is 19 or older.

A housing questionnaire is being sent around with Marnie Sellars. She will soon be in contact with the head of household to schedule a time to complete the questionnaire with you. I am also interested in getting off-reserve band members to complete the questionnaire so I can collect as much data as possible. If you have a family member interested in completing the questionnaire, please let me or Marnie know as soon as possible. For the members that complete the questionnaire by March 21st, they will be entered into a draw to win 1 of 5 \$100 Walmart Gift Cards.

I have started to hold weekly Housing Meetings in the Health boardroom to keep the community members involved and as a way of gathering information. The dates are: March 1st, March 8th, March 15th, March 22nd, & March 29th, Tuesday nights at 4:30 – 6:30pm with dinner at 5pm. Hope to see you there!

Just a reminder that if there are any emergencies within the community to call 911 and they will contact the appropriate emergency services department based on your location.







MARCH NEWSLETTER





Connecting the Dots









Parents and Caregivers were invited to the "Connecting the Dots" presentation in the Health Station on Feb 1st. Mary Harry from Three Corners Health Services Society hosted the event bringing sample of traditional medicines along with her to show the attendees. Seen here are Minnie and Ralph Phillips, along with their little great grandson, as they shared knowledge and stories over a few hours during the afternoon.





Don't forget to move your clocks ahead one hour as Sunday, March 13th marks the change in Daylight Savings Time.





A few of our staff members, Miriam Schilling, Jessie Hunlin and Georgia Bock, along with Kayla from Three Corners took advantage of the beautiful weather during the noon hour on Feb 4th to take a brisk Nordic Walk up through the newly developed trails behind the Health Station.



Before heading out they enjoyed a light lunch together in the Health Boardroom.

Agreement In Principle Treaty Referendum Vote

The Agreement-in-Principle
Treaty Referendum Vote took
place on Thursday, Feb 11th.
The Poll Station for the members of the Soda Creek Band
was located in the boardroom
of the Health Building. The results announce the following
day showed a 90 to 48 "yes"
vote in favour of proceeding
towards final agreement negotiations.







Staff member, Miriam Schilling manned the poll station table from 9am—8pm while RCMP Officers Eric Chrona and Kevin Neufeld were both on site throughout the afternoon and evening to make certain there was no interference from protestors and to safely direct the voters in and out of the building.

Reclaiming Your Power Wellness Workshop

Hello everyone, this is Janice Mitchell

I attended the Reclaiming Your Power Wellness Workshop on Monday & Tuesday, February 15 & 16th at the Gibraltar Room. I was really appreciative to the Three Corners Health Society for putting on such a great workshop. I wasn't too sure what to expect but was really glad that I made it to attend for the two days. Rides were made available, as it would have been a little too expensive to have to drive in for the two days.

I found it was really important for me to be in attendance, because I haven't been to a positive workshop in quite some time. Come to think about it....then and again it was a great experience to hear about the truth of how the government has gone to quite the extent to colonize our people. What an eye opener to what they are still doing to us Indians.

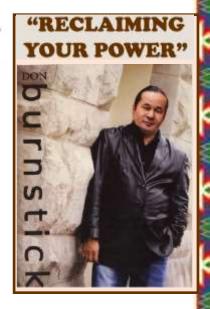
My hopes are that I can keep this positive outlook going throughout the whole year.

(Eeeks) Trying is lying anyway. The food was really good, too cause of course it was prepared for us and we didn't have to do dishes. Ha, hah. Another highlight for me was the evening entertainment by First Nations, comedian, Don Burnstick. Tell the truth I was asked to go up on stage which was a little scary at the start, but we all just laughed, out loud.

Hope that everyone is doing well. So we'll see you out there on the trails, somewhere? Thanks for listening, reading.

Soda Creek, member.

Janice Mitchell & family





B est Wishes Chasity





Chief Dixon said a few words of thanks to Chasity Harry as the office staff came together in the Health Building on Wed. Feb 24th to wish Chas farewell on her final day as the Soda Creek Elder's Support Worker. After almost a year of being with us, Chas has decided to pursue her educational goals. She'll still be living in the Community and most certainly will be dropping by from time to time to say hello.



Moving along and right on schedule, the New Community Building is quickly taking shape.

Be sure to enter your submission into the Building Name and Logo Contest that has been extended until March 31st for your chance to win the Prize!













NORTHERN SHUSWAP TRIBAL COUNCIL

17-1st Avenue South Williams Lake, BC • V2G 1H4 t 250 392 7361 f 250 392 6158

MEDIA RELEASE

Northern Shuswap Tribal Council and its affiliated NStQ Treaty Group announce unofficial results of the February 11th Agreement-in-Principle Treaty Referendum

February 12th, 2016 (Williams Lake, British Columbia) The Northern Shuswap Tribal Council and its affiliated NStQ Treaty Group held an Agreement-in-Principle (AiP) referendum yesterday (February 11th). The four First Nation communities which make up the NStQ are: Canim Lake Indian Band (Tsq'escen'), Soda Creek Indian Band (Xat'sūll), Williams Lake Indian Band (T'exelc), and Canoe Creek / Dog Creek Indian Band (Stswecem'c/Xgat'tem). Community members from each of these bands voted on the following ballot question: "Do you support the recommendation of the NStQ Leadership Council to proceed to Final Agreement Negotiations?"

This is NOT a vote on the NStQ Treaty itself, a process which the NStQ has been involved in since 1994. This referendum determines whether the NStQ membership wish to continue into the final negotiations stage (Stage Five) of the six-stage made-in-BC Treaty Process. If membership votes "yes" to moving forward into Stage Five, that process can take anywhere from 3 – 5 years to complete. Then, once a 'final agreement' is negotiated, NStQ membership will conduct a final vote whether to accept the negotiated treaty, before its 'Implementation' (Stage Six) can begin. If NStQ membership votes "no" to moving forward, NStQ leadership will step back and take time to analyse the results and the process itself before determining the next course of action for the Northern Secwepemc te Qelmucw (NStQ) and its goal of achieving a future of self-determination.

"Unofficial Results" of the February 11th referendum are as follows:

Canim Lake Band (458 eligible voters): YES 125 NO 84

Soda Creek Band (336 eligible voters): YES 90 NO 48

Canoe Creek/Dog Creek Band (582 eligible voters): YES 113 NO 72

Williams Lake Band (385 eligible voters): Vote suspended at the polling station due to the disruptive illegal actions of a small group of protestors predominantly comprised of non-WLIB community members. Band Council has convened to analyse this event and have now determined that a full re-vote will take place for all eligible Williams Lake Indian Band voters on March 15th, 2016

These referendum results are 'unofficial' and are currently being verified by the Referendum Officer. Once final counts are confirmed, leadership from each of the four NStQ member communities will be distributing individual media releases with statements specific to the voting results and next steps in their respective communities.

Media Inquiries regarding "Referendum Results", please contact:

 Marg Casey (NStQ Referendum Officer)
 P: 250-392-7361 ext; 208

Media Inquiries regarding the "NStQ Treaty Process", please contact:

Donna Dixon
 (Chairperson - Northern Shuswap Tribal Council Board of Directors)
 P: 250-267-7464

3405 Mountain House Road Williams Lake, BC V2G 5L5



PRESS RELEASE

Xatśūll First Nation Agreement in Principle Referendum Results

On February 11, the four Northern Secwepemc te Qelmucw communities—Canim Lake (Tsq'escen'), Stswecem'c/Xgat'tem (Canoe Creek), Soda Creek (Xatsūll) and Williams Lake (T'exelc)—voted on whether to continue into Final Agreement treaty negotiations with Canada and BC under the BC Treaty Process. Xatsūll members voted in favour by a vote of 90 to 48. Canim Lake voted 125 to 84 in favour and Stswecem'c/Xgat'tem voted 113 to 72 in favour.

The poll for the Williams Lake Band at Sugarcane was shut down by protesters who destroyed the ballot box and tore up some of the ballots. Accordingly, the poll was shut down. WLIB will decide today their next steps in moving forward.

Xatsūll Chief, Donna Dixon, said, "We want to acknowledge all of the Xatsūll members who made the effort and exercised their right to vote. I am happy that we are now moving forward. We are concerned for the Williams Lake Band and hope they find a way to move forward with us. We have all been in the treaty process for over 20 years. With the recent Supreme Court of Canada decision in the Tsilhqot'in case and the election of a new government in Ottawa, we are hopeful of accomplishing a lot in Final Agreement negotiations and achieving a treaty that all of our membership can support. We acknowledge that there have been strong differences of opinion within our communities and within the greater Secwepemc Nation about the BC treaty process and we commit to doing our best to heal and move forward together to a better future for our children and grandchildren. We hope that the Williams Lake Band will do what they need to do with their members so they can join us at the Final Agreement table." In the next few days, the Xatsūll Treaty Team will communicate with negotiators from Canada and BC to plan the first steps of the Final Agreement negotiations. We are aiming to completing the negotiations within 2 to 5 years. Once the Final Agreement negotiations are complete, Xatsūll members and those of the other NStQ communities at the table will be invited to vote on the completed treaty.



We Are Having a Contest!! Open to Everyone!

Design a Logo and Choose a Name for our

New Community Building!

Submit your entries by Thursday, March 31 2016.

You can enter by E-Mail: administrator@xatsull.com

By Mail: 3405 Mountain House Road

Williams Lake, BC V2G 5L5

Attention: Stephen Olson

By Fax: 250 989-2300 or in person at the Band Office

PLEASE NOTE:

The Soda Creek

Band Offices

over the Easter Weekend

WILL BE CLOSED:

Friday, Mar 25th

Monday, Mar 28th

Re-opening 8:30am Tues. Mar 29th





Soda Creek Health Station Nurse On Duty Schedule









Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sheila	2 Pam	3 Kristine	TCHSS Staff Mtg	5
6	7	8 Sheila	9 Pam	10 Kristine	11	12
13	14	15 Sheila	16 Pam	17 St. Patrick's Day Kristine	18	19
20	21	22 Sheila	23 Pam	24	25	26
27	28	29 Sheila	30 Pam	31 Kristine		
Notes.						



MARCH NEWSLETTER



DO YOU HAVE A RECIPE TO SHARE?

PLEASE SEND TO: execasst@xatsull.com

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BELL PEPPER EGG-IN-A-HOLE

"This is an attractive and easy meal to make. It makes a fun St. Patty's Day Breakfast Surprise!"

Ingredients

- 1 teaspoon butter (divided)
- 1 pinch salt and ground black pepper to taste
- 1 teaspoon shredded parmesan cheese



- 1 large green bell pepper, sliced into rings
 - 1 egg for each pepper ring

Directions

Heat butter in a skillet over medium heat. Place the pepper rings into the skillet, crack an egg into each ring without breaking the yolk. Sprinkle with salt and pepper. Once egg has set, flip ring over, cook to desired yolk firmness. Sprinkle with parmesan cheese while in skillet to melt, or remove ring to plate then sprinkle with cheese.

FRESH BROCCOLI SALAD

"Before you decide you won't like it, try it.
You'll be pleasantly surprised".

Ingredients

- 2 heads fresh broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins

- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar

Directions

Cut broccoli in bite-size pieces, toss with onion, sunflower seeds, bacon and raisins. Stir together mayonnaise, vinegar and sugar. Pour this mixture over broccoli mixture and toss.

GRASSHOPPER CAKE

For the cake:

- 4 oz. Crème de Menthe (liqueur or syrup)
- 1 box Betty Crocker Super Moist White Cake Mix w/ pudding in mix

For the topping:

- 1 16-oz. jar hot fudge topping
- 1 8-oz. container Cool Whip, thawed
- 2 oz. Crème de Menthe
- chopped Andes Mints for garnish, optional

Directions

Prepare the cake according to box directions, add the Crème de Menthe and bake. Once cooled, pour on hot fudge topping (note: picture shows two jars where used). Mix Cool Whip with Crème de Menthe and spread on top of fudge. Garnish with chopped Andes Mints.





HAM AND PINEAPPLE DINNER

"A great take on a Hawaiian-style dinner. This one's great for that leftover ham."

Ingredients

- 2 tablespoons butter
- 2 ½ cups cooked, cubed ham
- · 2 green onions, chopped
- 1 cup pineapple chunks, drained
- 1 1/3 cups pineapple juice

- 4 teaspoons cider vinegar
- 2 tablespoons brown sugar
- 2 teaspoons prepared mustard
- 2 tablespoons cornstarch



Directions

- Melt the butter in a large skillet over medium heat. Sauté the ham, onions and pineapple chunks in the butter for about 5 minutes.
- In a separate medium bowl, combine the pineapple juice, vinegar, brown sugar, mustard and cornstarch. Stir this together well and pour over the ham mixture in the skillet. Stir well and allow to heat through and thicken, about 5 minutes.

COUNTRY HOUSE BED AND BREAKFAST CASSEROLE

"A delicious casserole that you can alter in many ways to change it from day to day."

Ingredients

- ½ cup butter
- ½ cup croutons
- ½ cup shredded cheddar cheese
- 4 eggs

- ¾ cup milk
- 1 teaspoon dry mustard
- · 1 cup cooked ham, cubed



Directions

- Melt butter in an 8x8 inch glass baking dish or small casserole dish. Add croutons and toss to coat. Sprinkle cheese on top of croutons. In a large bowl, beat together eggs, milk and dry mustard. Pour egg mixture over croutons and cheese. Sprinkle on cubed ham. Cover with plastic wrap, and refrigerate overnight.
- Preheat oven to 375 degrees. Let casserole stand at room temperature while oven heats.
- Bake in preheated oven for 40 minutes, until eggs are set. Let sit for 5 minutes before cutting. Can also be frozen and microwaved later.

EASY CHEESE AND HAM SCALLOPED POTATOES

"This dish is easy to prepare and so delicious."

Ingredients

- 5 potatoes, peeled and thinly sliced
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup shredded sharp cheddar cheese
- 1 ½ cups cubed, cooked ham
- 1 quart heavy cream



Directions

 Preheat oven to 350 degrees. Place potatoes, onion, garlic, cheese and ham in 9 x 13 baking dish. Gently stir to combine. Pour cream over. Bake approximately 1 hour or until tender.

Easy Easter Treats for the Kids to Make

DIPPED AND DECORATED RICE KRISPIES TREATS

Ingredients

- 3 tablespoons butter or margarine
- 1 package (10oz., about 40) Marshmallows
- OR
- 4 cups Miniature Marshmallows
- · 6 cups Rice Krispies Cereal
- 1 1/2 cups semi-sweet chocolate morsels or milk chocolate morsels
- 5 teaspoons shortening
- Multi-colored sprinkles

Directions

- In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 2. Add Rice Krispies cereal. Stir until well coated.
- 3. Using 1/4-cup measuring cup coated with cooking spray divide warm cereal mixture into portions. Using buttered hands shape each portion into 2 1/2- x 1 1/2-inch egg shapes. (Or, coat insides of plastic snap-apart Easter eggs with cooking spray. Press cereal mixture into eggs. Remove cereal mixture from plastic eggs.) Cool.
- 4. In small saucepan combine chocolate morsels and shortening. Cook over low heat until melted, stirring constantly. Dip bottoms of cereal eggs into chocolate. Decorate with sprinkles. Place on wax-paper-lined baking sheet. Refrigerate until chocolate is firm. Individually wrap in plastic wrap. Best if served the same day.

MICROWAVE DIRECTIONS:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Continue with recipe as directed above. Microwave cooking times may vary.

Fun Cupcake Decorating Ideas















Stiff Royal Icing

1/2 cup meringue powder

1 tablespoon meringue powder

1 cup warm water

3/4 teaspoon cream of tartar

12 cups confectioners' sugar

2 tablespoons warm water, or as needed

Beat both amounts of meringue powder, 1 cup warm water, cream of tartar, and confectioners' sugar in a large bowl using an electric mixer on low. Scrape down sides of bowl and increase mixer speed to medium; beat until fluffy and shiny, 6 to 8 minutes. If frosting is too stiff, beat in 2 tablespoons warm water, or as needed, adding water in small amounts. Keep frosting covered with a damp towel until needed.

ACTIVITY PAGES



MARCH NEWSLETTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
90		1 Headstart	2 Headstart	3 Headstart	4	5
6	7	8 Headstart	9 Headstart Swimming 10:30-2:00 Parents must Join in	10 Headstart	11	12
13	14	15 Headstart	16 Headstart	17 Headstart	18	19
20	21 Good Food Boxes	22 Evening Headstart Egg Decorating	23 Headstart	24 Closed	25 Closed	26
HADON	28 Closed	29 Closed	30 Headstart	31 Headstart		

March 2016 Health Station Event Calendar

Soda Creek Health Station Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		I ADP Luncheon	2 SCIB Med Travel Community Social 11:30-1:30 pm	3	4	5
6	7	8 Massage with Jennifer Kopp	9 HCC Travel	10	11	12
13	14	15 ADP Luncheon	16 SCIB Med Travel	17	18	19
20	21	22	23 HCC Travel	24	25 Good Friday Stat Holiday Office Closed	26
27 (Tayle) Laster	28 Easter Monday Stat Holiday Office Closed	29 ADP Luncheon	30 SCIB Med Travel	31 Elder's Meeting 12:00-2:00 pm		

Adorable DIY Project MINI EGGSHELL PLANTER



- Eggs
- Acrylic craft paint
- Paint brush
- Clipboard
- Jute twine
- Scissors
- Mini succulents



1. Cut the Jute

Cut three lengths of jute measuring 130cm (51 inches) and one piece measuring 160cm (63 inches). Note: if you are planting a tall cactus, add an extra 20cm (8 inches) to these measurements. Align the ends of all pieces and fold the three shorter pieces in half. Secure the jute on the clipboard as shown below. One end of the long piece will remain unsecured.

2. Knot the Hanging Loop

- A. The hanging loop is created by tying a series of the same knot. Pass the loose piece of jute under the first three pieces and up through the centre hole. (The photo shows the first knot completed and the start of the second knot.)
- B. Then pass it back over the three pieces and down through the loop
- C. Pull the knot tight. Repeat
- D. Continue until you have tied 20 knots. Remove from the clipboard.

3. Secure the Loop

A. Secure the knotted loop to the clipboard.

Take the piece of jute on the far right hand side and pass it over all the central pieces, then under the piece on the far left.

- B. Take the piece of jute on the far left-hand side and pass it under all the central pieces, then up through the loop and over the piece on the far right.
- C. Pull the knot tight. That completes half the first knot

The second half of the knot repeats the process, but you start with the left-hand piece first. Take the piece of jute on the far left-hand side and pass it under all the central pieces, then over the piece on the far right. Take the piece of jute on the far right-hand side and pass it over all the central pieces, then up through the loop and under the piece on the far left. Pull the knot tight.

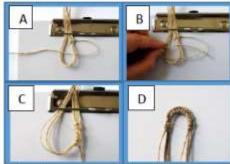
That completes one knot, and it will look like the photo.

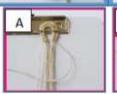
D. Now tie another complete knot

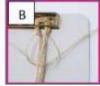
4. Make the Basket for the Egg

Bring the two outer pieces of jute down so they are parallel with the others. Divide the jute into four groups of two, making sure you group pieces that are next to each other. Measure 18cm (7 inches) down from the secured loop and tie a knot in each group.















Adorable DIY Project MINI EGGSHELL PLANTER

Divide the groups again, making sure you group pieces that are next to each other. Measure 5cm (2 inches) down from the knots and tie a knot in each group. Start with the three central groups, as in the photo below, then tie the two outer pieces together.

5. Knot the Base

Move the jute up on the clipboard so that the last group of knots are just above the clip.

Starting 2.5cm (1 inch) down from the knots, tie four knots using the instructions from the "Secure the Loop" section.

To finish off, tie a knot with all the pieces of jute. Cut the ends so you leave a tassel of about 15cm (6 inches).

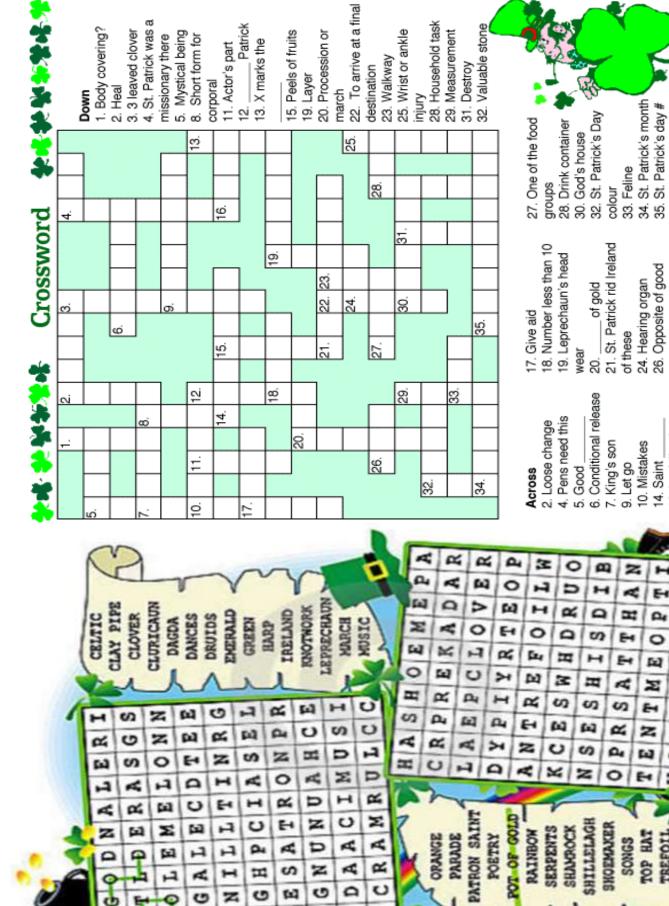


Carefully plant your succulent in the empty, washed eggshell, being careful not to break it.

Open up the basket and place the egg inside.







K

16. Let fall, rain

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U

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PG.

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pr;

0

REFOIL

×

14. Saint

Spot 10 Differences





EVERY YEAR IT'S THE SAME, SOME ONE STEALS MY EGG COLLECTION!







INFORMATION ADVERTISEMENTS

MARCH NEWSLETTER



Public Presentation Series



Session 2: Understanding Substance Use

Provides an overview of:

- substances of use and abuse
- how substances are obtained
- effects of substances
- some possible reasons people abuse them.
 Questions and comments from audience are welcome

Open to the public — everyone welcome! Refreshments Served

When: Tuesday evening March 1

Time: 6:30 to 9:00 pm

Location: Child Development

Centre, Williams Lake

Address: 690 N. 2nd Avenue

For more information contact presenter: Bruce Self, 250-747-2119 or bself@goldcity.net

A Series of 6
Public Presentations Tuesday
evenings to address issues of
interacting and living with
people who have mental health
and substance use issues.

Sponsored by:
North Cariboo Aboriginal Family
Program Society in Quesnel
&
Child Development Centre
In Williams Lake

Public Presentation Series



Session 3: Dual Diagnosis

Mental Illness & Substance Use Combined

How do Mental Illness and Substance
Use interact
Questions and comments from audience are welcome

Open to the public — everyone welcome!

Refreshments Served

When: Tuesday evening March 8

Time: 6:30 to 9:00 pm

Location: Child Development

Centre, Williams Lake

Address: 690 N. 2nd Avenue

For more information contact presenter: Bruce Self, 250-747-2119 or bself@goldcity.net

A Series of 6
Public Presentations Tuesday
evenings to address issues of
interacting and living with
people who have mental health
and substance use issues.

Sponsored by:
North Cariboo Aboriginal Family
Program Society in Quesnel
&
Child Development Centre
In Williams Lake

Public Presentation Series



Session 4: Anger, Abuse, Depression & Suicide

- Explores the relationships between these issues
- We will discuss some possible interventions

Questions and comments from audience are welcome

Open to the public — everyone welcome! Refreshments Served

When: Tuesday evening March 15

Time: 6:30 to 9:00 pm

Location: Child Development

Centre, Williams Lake

Address: 690 N. 2nd Avenue

For more information contact presenter: Bruce Self, 250-747-2119 or bself@goldcity.net

A Series of 6
Public Presentations Tuesday
evenings to address issues of
interacting and living with
people who have mental health
and substance use issues.

Sponsored by:
North Cariboo Aboriginal Family
Program Society in Quesnel
&
Child Development Centre
In Williams Lake

Main light Main

Tals & Recreation Committee

Dinner & Meeting on March 3, 2016

5.30 pm, Health Boardroom

Join us for a meeting to talk about the 2016 Trails Project at Soda Creek.

We would like your input on where the trail should go (from the Restaurant to the Fraser River).



We plan to have dinner and a meeting at 5.30pm, right after our snowshoeing / nordic walking (4.30—5.30pm).

Contact Miriam for any questions or more details: 250-989-2311



A RESEARCH TO PRACTICE PRESENTATION

Co-sponsored by the Institute for Healthy Living and Chronic Disease Prevention, the North Okanagan Hospice Society, and the Canadian Association of Psychosocial Oncology





The Canadian Virtual Hospice Loss and Grief Interactive Tool for patients and families

PRESENTER:

Christopher MacKinnon PhD, Faculty Lecturer, Department of Oncology, McGill University; Psychologist, Palliative Care Unit, McGill University Health Center

ABSTRACT:

Hear about the new online, self-directed modules designed to assist people to work through loss and grief. Dr. MacKinnon will describe how the free tool provides evidence-based information and includes the voices of patients and families to offer accessible grief support for all Canadians.

Canadian Virtual Hospice online workbook

Tuesday, March 8, 2016, 10 —11:00 am PST

RHS 260 LT, Reichwald Health Sciences, 1088 Discovery Ave., UBC Okanagan
FREE AND OPEN TO THE PUBLIC

EVERYONE IS WELCOME

To attend in person or via webinar, please REGISTER to: http://cvhlossandgrief.eventbrite.ca



a place of mind THE UNIVERSITY OF BRITISH COLUMBIA

Institute for Healthy Living and Chronic Disease Prevention

Room 223 Arts Building 1147 Research Road | UBC Okanagan Kelowna BC V1V 1V7

p: 250-807-8072

e: healthyliving.research@ubc.ca

w: http://ihlcdp.ok.ubc.ca





Click on the images above to view our campus map and social media

Proudly supported by





Indigenous Health Forum

Sheila Blackstock and Star Mahara from the TRU School of Nursing invite you to join in conversations about what works well for supporting Aboriginal health.

The purpose is to develop a university course that helps health providers learn to promote health and improve health outcomes for Aboriginal individuals, families, and communities.

When: Wednesday, March 9, 2016 - 09:00-2:00 pm

Where: Longhouse Williams Lake, BC

To register contact: Sheri Ressler, School of Nursing, TRU @ 250-828-5457

Seats available: 30-40

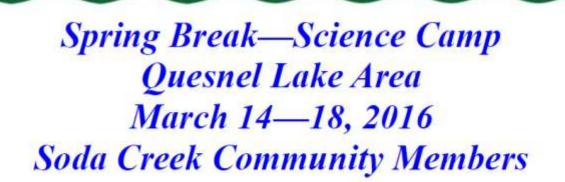
Health break snack (@ 09:00) and lunch (@ 12:00) will be provided.

*Travel honoraria can be considered upon request.

Acknowledgements: This forum is being funded in part by the Royal Inland Hospital Foundation.







Soda Creek Natural Resources, Health, Head Start, Treaty and Education Departments are hosting a Science Camp in cooperation with the UNBC Quesnel River Research Centre, Likely/Xatśūll Community Forest, Mount Polley Mine and the community of Likely.

Arrangements are being made for, Information Sharing regarding the Connections between Traditional Cultural Ecological Knowledge and the many Career Opportunities that are related to Science; as well as, transportation, meals and tours.

If you would like to join in the fun and/or if you would like to assist, please contact:

Cheryl Chapman Education Coordinator

Phone: 250-989-2323 ext. 104 Email: education@xatsull.com



TELEHEALTH

Telehealth enables members to meet with health care providers utilizing an internet connection and specialized equipment.

Patient appointments are confidential and no information is recorded or stored by the equipment.

If you or a family member are in need to see a doctor, and would like to use the Telehealth equipment located at the Dog Creek Health Station, Soda Creek Health Station, as well as TCHSS office to connect with a Dr. Wolf for any non urgent medical reasons please contact Heather at the TCHSS office.

Please go to your nearest Emergency Room for the following:

Difficulty Breathing, Chest Pain, Active Seizures, or Loss of blood

If you are unsure if you should seek emergency medical care please contact your Community Health Nurse or TCHSS, or call 811 (BC Nurse Line)

Appointments Available

February 15, 2016 and March 15, 2016

Other Doctors available:

- Dr. DeSwart—Only Existing Patients
- Dr. Neufeld—Only Existing Patients
- Dr. McKay—Pediatrician—Need referral
- Dr. Peimer—Child & Youth Mental Health—Need Referral
- BC Cancer Agency

Soda Creek Health Centre 250-989-2355 Sugar Cane Health Centre 250-296-3235 Three Corners Health Ser

Three Corners Health Services Society

PH: 250-398-9814 FX: 250-398-9824 Canoe Creek Health Centre 250-459-7749 Dog Creek Health Centre

250-440-5822



When: March 16 2016
Where: Soda Creek Health Station
Time: 11:30am - 1:30pm

Parents and Caregivers

Agenda:



Cultural Medicine Presentation by Elder
Lunch

Family Tree Building—Sharing stories, knowledge, and company.



If you have a little one at home or on the way please come join us for a afternoon filled with great education, support, and prizes.

For more information please contact:

Lisa Bremner, or Mary Harry at Three Corners Health Services Society

Phone: 250-398-9814

Fax: 250-398-9824





Growing Healthy Families

If you have any children under the age of 5 and/or expecting, you are welcome to join us for a lunch and an activity at Three Corners Health Services Society.

<u>FEBRUARY 25, 2016</u> YOGA

MARCH 17, 2016

AQUAFIT

WEAR GREEN!



APRIL 14, 2016

GROUPS DECISION
(DISCUSSED DURING MARCH 17TH)



250-296-3235

Soda Creek Health Centre 250-989-2355 Sugar Cane Health Centre



Three Corners Health Services Society

PH: 250-398-9814 FX: 250-398-9824





Canoe Creek Health Centre 250-459-7749 Dog Creek Health Centre

250-440-5822

NALOXONE







WHAT IS IT?

Also known as Narcan. Naloxone reverses the effects of opiate overdose (Heroin, Oxycontin, Oxycodone etc.)

WHY DO WE WANT IT?

Statistics show that at most overdoses it is another drug user who is most likely to be present. If Drug users have access to Naloxone, no-one needs to die.

WHERE CAN YOU GET IT?

Stacey Isaac, RN, Nurse Manager THN Site Co-ordinator, Education & Dispensing

Pamela Bernier, RN, CHN THN Education & Dispensing

Kristine Jensen, RN, CHN THN Education & Dispensing Lynn Dunford,
Holistic Wellness M

Holistic Wellness Manager THN Education

Victoria Scott,

Family Counsellor THN Education

Soda Creek Health Centre 250-989-2355 Sugar Cane Health Centre

250-296-3235



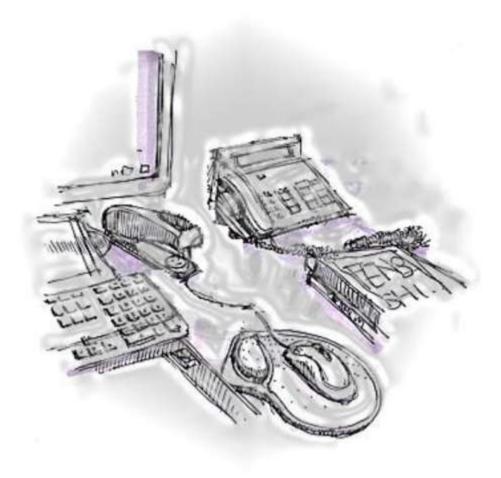
Three Corners Health Services Society
PH: 250-398-9814
FX: 250-398-9824

Canoe Creek Health Centre 250-459-7749 Dog Creek Health Centre 250-440-5822



EMPLOYMENT AND TRAINING OPPORTUNITIES

MARCH NEWSLETTER





Soda Creek Indian Band Education Assistance Funding



Application for Funding

Applications for funding are available at the Education Department and accepted on an on-going basis by the Receptionist at the Band Office.

Completed applications will include:

- 1.) Signed and Initialed Application
- 2.) Applicant Information Release Form
- Consent to Release Information
 Household Income & Expense Form
- 5.) Information on Program & Costs
- All applicants must be willing to volunteer for community services; Education Coordinator will assist in identifying and overseeing the Community Service Work; and whenever possible, service hours will be in an area reflecting the funded training/or skills development.

Applications for Education Assistance must be submitted at least one month before the activity start date, and at least one week prior to the <u>next</u> scheduled Education Committee Meeting date, in order to be considered for funding.

Late applications will be reviewed at the <u>next</u> scheduled Education Committee Meeting, provided the program start date is not after the meeting date, this may result in denial of application.

Applications will be date stamped and submitted to the Education Coordinator for verification of eligibility and completeness of application; if incomplete, Education Coordinator will work with applicant to complete application, for consideration by the Education Committee at the next Education Committee meeting.

Education Committee:

Education Committee of up to Five (5)
Members, appointed by Chief and Council to provide a consultative forum that will effectively address education funding applications received by the Soda Creek Indian Band Education Department with particular reference to the requirements of the SCIB Education Department Funding Arrangements; [e.g. Indigenous and Northem Affairs Canada (INAC); Spectra Energy Education Assistance (SEEA), Mount Polley Education Assistance (MPEA) and Gibraltar Education Assistance (GEA)].

C. Meeting Dates:

Education Committee meets on a quarterly basis; therefore, applications will be reviewed using the following schedule:

March; June; September & December [Please request exact date(s)].

D. Review and Decision

The Education Committee will review eligible applications and make the decision to fund in whole or in part, according to the Education Committee Terms of Reference; Education Assistance Funding Purposes; the applicant's commitment to completing funded activity and reporting and available funding.

All applicants will be notified by the Education Coordinator, of the Education Committee's decision within 5 working days of the decision being made.

E. Appeals

A Letter of Appeal may be submitted to the Education Coordinator, who will set-up a meeting date and time with the Applicant to discuss their Appeal with the Education Committee.

Further appeals will be directed to Chief and Council by the Education Coordinator through the Band Administrator.

F. Funding Allocations

Based on available funding, funding will be provided for eligible expenses:

- a) directly to the Applicant's Specified provider of education/training program or activity, and/or
- b) reimbursed to applicant upon provision of original receipts.

Funding will only be provided for activities approved for, in writing by the Education Committee.

Applicants are limited to accessing Education Assistance once per year.

Confirmation of Activities

All applicants that receive Education
Assistance Funding will submit receipts and
written/visual reports to the Education
Coordinator within 5 working days of
completion of funded activity.

All successful applicants will provide a written/visual report of their specified funded activity to the Education Committee and may be requested to share this report with the community.

Purpose of this Funding

To provide financial assistance to registered (formal/personal growth), and/or taking part furthering their education/training program in an activity related to their personal well-Nation) Members that are committed to Soda Creek Indian Band (Xatsull First being and/or that of the community.

- applications for Trades training, or other Special Consideration will be given to related fields; and,
- Preference will be given to applicants not receiving full-time Post-Secondary funding.

Financial Support has been provided for:

- Upgrading Adult Education
 - Vocational & Skills Training
 - Trades Training
- Post-Secondary Classes Certificate Programs
- Educational Supports (tutoring)
 - Graduation Expenses
- secondary students, who must leave School Supplies for children of post the Williams Lake area

Participation in:

- Extra Curricular Activities
 - Sports & Recreation
- Field Trips (including cultural Arts & Cultural Activities exchanges)
 - Conferences & Workshops

please submit your completed application interested in a program not listed above, These are examples only, if you are for consideration by the Education Committee.

Education Assistance Application Package, regarding this funding and/or to obtain an For further information or clarification please contact.



Phone: 250-989-2323 ext. 104 Fax: 250-989-2300

3405 Mountain House Rd. Soda Creek Indian Band Williams Lake, BC V2G 5L5



Assistance Funding Information Education



Job Title: Childcare /ECE Assistant

Job Summary:

The Childcare/ECE Assistant will assist in providing a quality, caring and supportive child care program to the children of the Soda Creek Indian Band Daycare according to the directions of the Early Childhood Education Coordinator and the best practices of ECE Training.

Duties and Responsibilities:

- Assists with planning and delivering programming in arts, and crafts, cultural education, language, circle time, and free play.
- Ensure nutritious meals and snacks are provided; keep facilities, equipment, and toys clean.
- Attends to the child's physical needs, include diapering, toileting, eating, mobility, etc.
- Creates a safe and healthy environment for onsite and offsite activities.
- Maintains health records and administers first aid as required, reports all incidents of suspected abuse to the supervisor.
- Provides feedback to the ECE Coordinator/Supervisor on the child's physical, social, emotional, behavioural and intellectual progress as required.
- · Assist with physical activities such as lifting or carrying, walking, standing and bending

Education and Experience:

- Early childhood education, diploma or assistant status
- First Aid
- 6 months to 1 year early childhood background or related experience

Skills and Abilities:

- Knowledge of culture and socioeconomic issues affecting First Nation families.
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations.
- Ability to self-regulate, meet deadlines, have attention to detail;

Type of Employment:

Non-standard hours

Criteria:

- Criminal Record check
- Valid class 5 driver's license and must have reliable transportation to and from work.

Application Deadline: SCIB Application Form is required with your cover letter and resume by <u>Friday</u>, <u>March 11, 2016</u>. Applications received after 4:00PM will not be considered. Only those selected for an interview will be contacted.

How to Apply: By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, attention Stephen Olson, by fax to (250) 989-2300, or by email to bandadmin@xatsull.com. Included in the cover letter please state salary expectation and provide three work related references.

Job Description

Title Trail Builder



Job Summary

The Trail Builder will work for the Soda Creek Indian Band and assist the Economic Development Department with the design and building of new recreational multipurpose trails.

Duties and Responsibilities

- Planning and Trail Design
 - Assist with creation of trails systems
 - Working with trail planner on trail design
 - Assist in collaboration with community, strategic partners and stakeholders
 - Plan and design trails to serve the needs of multiple user groups
 - Assist with design of signage
- Trail Building
 - Work as part of the trail building team to create trails systems
 - Equipment use, maintenance and care
 - Putting up signs
- General Trail Maintenance
 - Maintaining trails for multipurpose use
 - o Filling in holes in trail surface
 - Removal of unwanted debris and garbage
- Trail Ambassador
 - Teach trail users about the trails and environment
 - Report comments or complaints
- Other related duties

The duties listed are provided as examples of area of responsibility and are not intended to create limits to responsibility but to help understand the scope of the position. All staff are expected to be team-oriented and maintain confidentiality of all information gained while working with the organization.

Qualifications:

- Previous Experience an asset
- Keen interest in the outdoors
- Ability to use simple hand tools
- Safety conscious
- Positive attitude
- First Aid Training is an asset

Working Conditions

- Outdoor environment
- Physically demanding

Term of Employment

This is a full-time term position, from April 18 to July 29 2016, unless otherwise negotiated in writing with the Band Administrator.

Please submit your application to:

Miriam Schilling, Community Economic Development Coordinator Soda Creek Indian Band 3405 Mountain House Road Williams Lake, BC V2G 5L5 (250) 989-2311 FAX (250) 989-2300 m.schilling@xatsull.com

Application Deadline: April 1, 2016, 4:00 PM

Applications will be accepted by email, hand delivery, fax, or by post.

CO-OP OR YOUTH EMPLOYMENT PROGRAMME OPPORTUNITIES STUDENT OFFICE ASSISTANT

The Ministry of Forests, Lands and Natural Resource Operations in Cariboo Region has one **Administrative Support Assistant Student** position available from May 2 to September 2, 2016 (18 weeks).

Salary: Bi-weekly (70 hours) Youth Employment Program (YEP) level 2 \$1195.15 (\$17.07/hr)

Application: Please email / mail your resume, transcript of marks and cover letter to Mark Hamm (Mark.Hamm@gov.bc.ca), Resource Manager, Suite 200-640 Borland Street, Williams Lake, BC V2G 4T1 before the deadline. Phone: 250.398.4399.

Application Deadline: 29th February 2016

Interviews: 17th March 2016

Qualifications: The applicant must have enrolled in full-time studies at an accredited education institute within the past six months. A working knowledge of MS Word and Excel is preferred. A valid BC Driver's Licence (class 5 or class 6 - N) is required.

Duties: Students will assist with

- preparation of documents by using desktop tools such as Word, Excel, PowerPoint, and Outlook
- management of all records and documentation for the regional and district office
- management of assets and inventory including procurement, maintenance and repairs for furniture, communication equipment (e.g., telephones, radios, etc.), computer hardware and software, and office supplies
- coordinating the maintenance of fleet vehicles and field equipment
- other related duties

Additional Information:

- This position is located in Williams Lake, a friendly community with all the amenities of larger centres.
- The Cariboo supports a wide variety of outdoor recreation opportunities including hiking, camping, kayaking, rock climbing and mountain biking
- > YEP program requires registration as a fulltime student in past 6 months
- This position is pending funding confirmation.

FIREFIGHTING Sponsored by CCATEC



Training includes but is not limited to:

- S-100, S-185, S-130
- WHMIS
- First Aid Level 1
- ICS 100
- Bear Aware
- Burning Off
- Helicopter Safety

- Transportation of Dangerous Goods
- Heavy Equipment Safety
- GPS basic compass
- Bird Dogs Bombers
- Crew Boss
- Communications
- Safe Driving Resource Roads

Location:

Williams Lake, BC, Pioneer Complex

Training Dates:

April 4 - 13, 2016

Training Agency:

Sean O'Neill

Application Process: A completed "Back to Work Action Plan" with written

confirmation of living supports is submitted

Application Deadline: Friday, March 11, 2016

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- Tuition and books will be provided
- Living supports MUST be confirmed
- All other costs are the responsibility of each trainee.

See your Employment Coordinator to apply

Contact Crystal at CCATEC (250) 392-2510 or Fax (250) 392-2570



Pending Funding Approval



FIRST AID ADVANCED LEVEL 3 Sponsored by CCATEC



Training will include but not limited to:

- Covers adult, child, and infant emergencies
- Spinal injuries and spinal immobilization
- Airway breathing and circulation emergencies Oxygen, stabilization of patients
- Medical, environmental, and minor wound management

Prerequisites:

Grade 11 and Recommended EMP First Aid Level 1

Where:

Cariboo First Aid Training, Williams Lake, BC

351 Hodgson Road – Pioneer Complex

Training Dates:

May 2 - 20, 2016 (3 weeks)

Application Process: Completed "Back to Work Action Plan Form" must be submitted to

CCATEC and written confirmation of living supports

Application Deadline: April 4, 2016 (Monday)

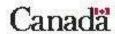
Training is open to unemployed First Nations living in the Cariboo Chileotin

- Must be committed to seeking and accepting employment
- Tuition and books will be provided
- Living supports MUST be confirmed.
- All other costs are the responsibility of each trainee

See your Employment Coordinator to apply

Crystal at CCATEC (250) 392-2510 or Fax (250) 392-2570

Only those selected for training will be contacted





BLADERUNNERS TRAFFIC CONTROL FLAGGER

Sponsored by CCATEC



Training includes but is not limited to:

- Traffic Control
- First Aid Level 1
- WHMIS
- CSTS
- Transportation Dangerous Goods
- Transportation Endorsement
- Learners Driver's License
- Life Skills / Essential Skills
- Career Development
- Work Experience

Location: Williams Lake, BC

Training Dates: April 25, 2016 – June 24, 2016 (9 weeks)

Training Agency: SAGE Trainers

Application Process: A completed "Back to Work Action Plan" with written

confirmation of living supports is submitted

Application Deadline: Monday, March 28, 2016

Training is open to unemployed First Nations Youth (18-29) living in the Cariboo Chilcotin

- Tuition and books will be provided
- Living supports MUST be confirmed
- All other costs are the responsibility of each trainee

See your Employment Coordinator to apply

Contact Crystal at CCATEC (250) 392-2510 or Fax (250) 392-2570

Pending Funding Approval







ENVIRONMENTAL MONITORING CERTIFICATE AND RISC COURSE Sponsored by CCATEC



Training will include but not limited to:

Environmental Monitoring Certificate:

- The role of the Environmental Monitor
- Reporting & Communication
- Legislation, Policy, & Permits
- Sediment and Erosion Control
- Cultural Resource Management
- Mapping & GPS
- PCST

- Health & Safety
- Water Quality
- Intro to Basic Sampling
- Vegetation & Amphibian Ecology
- Bear Awareness and Safety
- Fish and Fish Habitat
- Electrofishing Certification

The Resources Information Standards Committee (RISC) Course:

- Archaeology & Cultural Modified Tree (CMT) Inventory for Crew to collect & record accurately

Where: Deep Creek (Soda Creek Indian Band) Williams Lake, BC

Training Dates: April 25 – May 20, 2016 (3 weeks)

Application Process: Completed "Back to Work Action Plan Form" must be submitted to

CCATEC and written confirmation of living supports

Application Deadline: April 6, 2016 (Wednesday)

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- Must be committed to seeking and accepting employment
- Tuition and books will be provided
- Living supports MUST be confirmed
- All other costs are the responsibility of each trainee

See your Employment Coordinator to apply

or

<u>Contact Crystal at CCATEC</u> (250) 392-2510 or Fax (250) 392-2570

Canada

Only those selected for training will be contacted

Pending Funding





Hello Everyone

Want a job at Mount Polley?

Requirements are:

- A valid driver's license which can be L, N, or class 5 to a class 1
- · Ability to pass drug test

Entry jobs available:

- Temp Haul truck driver
- · Temp winter help (labourer) in the mill (mill means crushing rock)
- Temp Environmental work (willow planting, collecting willows, water sampling)

These jobs can be stepping stones into a full time position.

The shifts are 7/12 hours days followed by 7 days off both haul truck and mill follow these sets. Also 4/10 hours days (Monday to Thursday or Tuesday to Friday) then 3 days of rest is how environment department works. The mine asks that you commit yourself fully to the job by attending every shift so they provided a bus to work every day, a person just has to get to the pick-up spots.

Different types of work available at the mine are Assayer, Metallurgist, Heavy Duty Mechanic, Mechanic, Welder, Warehouse Person, Engineer, Millwright, Human Resources, Accountant, Payroll, Accounts Payable, Receptionist and many more.

Commitment and Dedication are key aspects to achieving great success.

If you have any questions please feel free to phone me or send a resume.

Noella William
Mount Polley Mining Corporation
250-790-2215 EX 2298
250-790-2613
nwilliam@mountpolley.com

PO Box 12, Likely, BC V0L 1N0, Canada Phone: 250-790-2215 * Facsimile: 250-790-2613



Soda Creek Band Office: 250-989-2323

Soda Creek Health Station: 250-989-2355

Soda Creek Maintenance Office: 250-989-2311

Soda Creek Natural Resources: 250-989-2323

Xatsull Heritage Village: 250-297-6502

The Newsletter Deadline is usually the end of every month, and delivered on the 1st of every month.

Any submissions can be sent to the Health Station Reception either by mail to 3405 Mountain House Rd. V2G 5L5

OR emailed to: healthreceptionist@xatsull.com.

Any questions about the newsletter you can call:

Health Receptionist at 250-989-2355