

APRIL 2016

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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Soda Creek Band Office:  
250-989-2323

Soda Creek Health Station:  
250-989-2355

Natural Resources:  
250-989-2323

Xats'ull General Partnership Office:  
250-989-2311

Xats'ull Heritage Village:  
250-297-6502

The newsletter deadline is usually the end of every month, and delivered on the 1st of each month.

Submissions can be sent to the Health Station Reception by mail:

3405 Mountain House Road, WL BC V2G-5L5 or emailed to [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com).

Any questions about the newsletter you can call:

Health Receptionist at 250-989-2355.



Campfire Coffee-Can Bread



Elder's Easter Cupcake Cake



### NSTQ Citizen Forum

April 19-20, 2016, 9:30 am  
Elks Hall



### Beginning of Season Gardening

April 21, 2016 5:00-7:00 pm  
Health Boardroom



Make an appointment with Dawn Armes or Rae-Lyn Betts to get your taxes done.

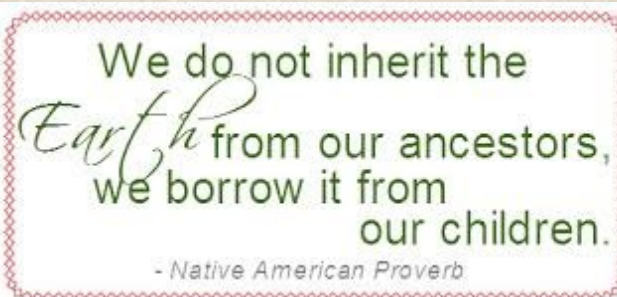
Beginner's Gentle Yoga  
April 13, 2016 at 5:00 pm  
Head Start

Composting Workshop  
Health Boardroom  
April 7, 2016 5:00-7:00 pm

Hearts at Work  
Health Centre  
April 21, 2016  
11:00-3:00 pm

## What is Earth Day?

**Earth Day** is an annual event, celebrated on April 22, on which **day** events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the **Earth Day** Network, and celebrated in more than 192 countries each year.



## Education Coordinator

Cheryl Chapman



March has been very busy and exciting, and we are looking forward to April.

We restarted the Afterschool Program and have had a great time with the students, Tuesdays and Thursdays from 4:00-6:30pm. Lauren Mitchell is working with us during her Practicum for her Teaching Assistance

Program through TRU. She has been a blessing, with her previous experience in working with our students, and as a Mom. She has lots of great ideas.

We are coordinating with the students to design their own programming. This has made our days together so much more fulfilling. In that we are doing what the students would like to do, including Culture through Storytelling, Drumming, Singing, playing Lehal and other games.

We will be gathering and preparing medicines soon. Of course we are also providing safety training, skills development and opportunities to discuss today's concerns around Gangs, Violence and Bullying.

This is a safe and fun place to be, and we eat all the time. Parents are encouraged to come be with us for dinners at 5:45pm, please let me know if you can join us. I'll throw another potato in the pot. See the Calendar for April 2016.

Please watch for the Special Edition from the Education Department highlighting the Adventures of the Spring Break Science Camp and Easter Fun Days... we have so many pictures to share.

I would personally like to welcome Marion Chelsea, our new Employment Services Assistant to the Education Department. (Welcome Back).

Currently wrapping up the Post Secondary Students' Spring semester, and looking ahead to making the updated Post Secondary Funding Application available on the Soda Creek Indian Band website. If you will be applying for Post-Secondary funding, please start getting your information together. Including course selections, course and living costs and a letter of acceptance from the school.

The Education Assistance Funding Application and information is already available.

Please remember the Education Committee meets quarterly, if you are interested in Education or Training, your funding applications must be in before June 8<sup>th</sup>, 2016. If you are a youth, looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member.

## Health Department Update

### April 2016

Submitted by Georgina Mortensen Health Coordinator



It is so nice to have the longer days once again. Spring is finally here. It is the end of an old fiscal and the beginning of a new is just a week away, which has kept us busy finalizing on year and preparing for the next.

On March 29/16 health hosted the annual Safe Drinking Water Awareness Luncheon with Patti Joyce and Kelly Quon sharing information on the systems in community, dispenser units, water testing, cleaning personal water and much more interesting information. Kelly has added this information within the newsletter.

March 31 /16 David Archie of the Secwepemc Traditional Wellness Coordinator will be in community forum for the day. David is hoping to bring together the community members, specifically Elder's, or knowledge keepers of the community. The meeting will be to chose a representative for the from the community to Secwepemc Traditional Wellness Steering Committee. Lunch will be provided as well as a gift card for Elder's who attend the day.

We have some exciting developments to share with community as well as some exciting programming to come for this next month. Head Start will be combined as a Day Care facility as well beginning April 18, 2016. We are happy to welcome Jordanna Sellars to the team as the new Child Care Assistant. The Day Care Registration for age restricted 8 spots in the Day care will be April 12, 2016 from 11:00 am to 7:00 pm. All information in the packages must be handed in complete with all the additional documentation to be considered for a spot. For more details please see Head Starts addition. Packages are available through Lynda or Jordanna.

April 7, 2016 from 5:00 to 7:00pm Health and Ec Dev will be hosting a Composting Workshop at the Health Station, as well as a Seed Starting Workshop on April 21/16 from 5 to 7pm. Dinner is provided for both of these programs. Poster is also in the Newsletter.

April 13' 2016 from 5:00 to 6:00 pm Gentle Yoga Session for all age and fitness levels. This is an hour session, wear comfortable clothing and bring water. The session will be held in Head Start please arrive before 5pm to maximize the session time.

The Mental Health Clinician (MH, RRC) Shannon Eberts will continue to be a support within community on Mondays as well as Family Counsellor Victoria Scott of the Holistic Wellness Program from Three Corners every second Thursday. For Please contact Gina at the Health Station for more information or a referral. 250-989-2355 ext. 129.

We hope to see you all at during the next months events and programming. Take care and be safe!



## Housing Coordinator

Heather Johnson

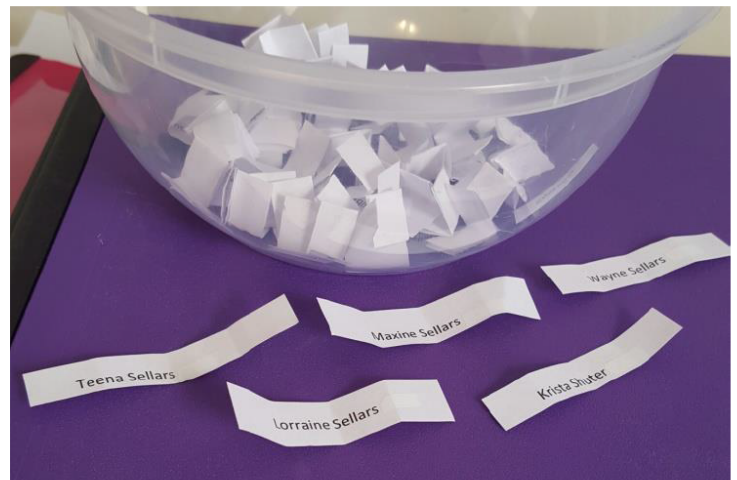


Hello All,

Hope you all enjoyed the Easter Long Weekend... Happy April!!

It's the time of year to update the CMHC housing files with a renewal of the Rental Tenancy Agreement, Rent Calculation, and an Arrears Recovery Agreement if necessary. The renewal can be completed in the Housing office or by appointment in your home; I will be in contact soon to make these arrangements. I require 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 was sent around to community members to gather information from February through to March 24th. I did a draw with the assistance of Social Development and Finance from all of the completed questionnaires submitted and the lucky 5 winners are: Wayne Sellars, Lorraine Sellars, Maxine Sellars, Krista Shuter, and Teena Sellars. Thank you for taking the time to fill it out and I will include some of the results in next month's newsletter. I appreciate the input!



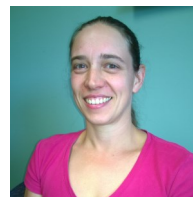
I also would like to thank everyone that took the time to attend any of the housing meetings held this past month. I learned a lot from the members that did attend and look forward to sharing the information with the Chief and Council. I hope to have the opportunity to host more meetings with the community in the new fiscal year to keep up to date with everyone as well as keep everyone up to date on the housing department.

If you have any questions, please contact me at 250-989-2323 ex 103.

Thanks for reading!



## Community Economic Development



Hello everyone,

We are getting ready for our 2016 Trails Project at Soda Creek. We will be hiring the Trail Building crew and work on a new trail that will connect the Highway with the Fraser River. It will be a multi use trail for any non-motorized use, including walking, mountain biking, snowshoeing, etc. For any concerns, questions, comments, please give me a call or email.

We also will have a trail building training which will be open to all community members – see the poster in the newsletter.

Xat'sull Heritage Village will be ready to welcome visitors starting in May, please have a look at the job postings in the newsletter and stay tuned for the summer student Tour Guide Assistant positions, we will be posting them soon.

Hope to see you for our Gardening workshops up at Health, we will have one session about composting and one about how to start a vegetable garden, some great ideas for saving some money on groceries and possibly even small business ideas.

Whispering Willows Campground will be ready for the season very soon. We're very excited to finally have our own blue/white highway signs. The ministry put them up at no cost to us and they will hopefully help travelers find our site.



*Miriam Schilling*

250-989-2311 [m.schilling@xatsull.com](mailto:m.schilling@xatsull.com)

# Social Development

Rae-Lyn Betts



Well it is that time of year again... TAX TIME. All Social Assistant clients, need to come see me before the end of April to do their taxes. There are still a few clients I need to see to do there review. Please make an appointment as soon as possible.

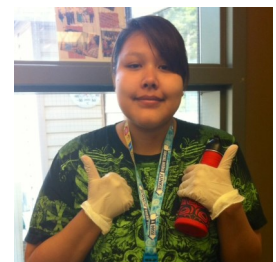
Starting in April, I will be enforcing the employment sheets again. Every employable person on Social Assistance will need to turn this in once a month with their renewal form. If it is not received, your cheque will be held.

There are great trainings and job opportunities coming up in the community, so ask me or Employment Services Assistant, Marion Chelsea for more information.



# Childcare/ECE Assistant

Jordanna Sellars



Has just been hired as the Childcare/ECE (Early Childhood Education) Assistant for the new Day Care that will be opening at the Band Office.

She is from the community. She is the daughter of late BJ Sellars, and the granddaughter to Morris Sellars and Donna Narcisse. She has two sons, Pup and Nova.

She has taken three classes so far to be an Early Childhood Education Assistant. Only one class is needed to qualify as an ECE Assistant. She plans on taking all twelve courses plus First Aide. She will also be taking Food Safe and WHMIS courses, that are needed to work in a Day Care.

## Natural Resource Update April 2016

**Julia Banks** (Natural Resource Manager) is leaving us at the end of March to go back to Australia and pursue her career there. We thank her for her two years that she has invested into this department and wish her all the best in her future endeavors.



### Fuel Management Team Awarded Paddle of Recognition:

The First Nations' Emergency Services of British Columbia presented Soda Creek Band with a paddle of recognition for the proactive work the community has been doing to help prevent wildfire.

For year 2015/2016 thank you Kelton William, Doyle William, Shane Haines, Lincoln Merriott, Devon Porter and Glenn Russel for all of your effort and hard work.

Thanks to you and all of the others before you who have helped out with this project have made this community a safer place!

**We look forward to next season!**

### Mount Polley Update:

**Community Meeting:** We had a Mount Polley community meeting at Sugarcane on March 16, 2016. There were presentations from Ministry of Environment, Ministry of Energy & Mines, and Imperial Metals (Mount Polley). The meeting was short and sweet. Lots of excellent questions were asked and answered. Here are some of the main take-away points from the meeting:

1. Mount Polley has been approved to bypass the water treatment plant due to high water levels in Springer pit. They will only be allowed to do so until July 21, 2016. They have increased monitoring because of this..
2. Full scale-restart: Not approved yet, have applied for a bridging application that would allow mine to keep operating until they do get this permit. The decision on whether the mine should be allowed to fully restart should be determined sometime near the end of May.
3. Long-term Discharge: The long term discharge options that were proposed were not satisfactory to Likely residents and First Nations, so Mount Polley will be looking at Long-Term options again. There will be a meeting sometime in April to discuss long-term water discharge options.
4. Mine plan is to operate for next 5-10years.

Our next community meeting will be April 13, 2016. It will be held at the Longhouse (Stampede grounds) from 5-8pm. This will be an internal meeting, no mine, no government. Please come and ask your questions to the NR staff and consultants!!! Please contact Georgia if you would like a ride, or have any questions or concerns beforehand.

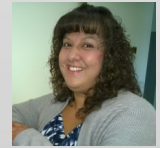
**Offsetting:** Is there a stream in the area that you would like to see restored? Mount Polley will need to be looking at offsetting options for the destruction that occurred to Hazeltine Creek.

They will be rehabilitating Hazeltine Creek and then they will be also looking for another stream within the Quesnel Lake watershed to restore. We will be attending a meeting in mid-April talking about potential areas to restore. Please contact Georgia 989-2323 ext. 120 if you can think of a river that needs to be restored?



## Communications & Planning Coordinator

Sheri Sellars

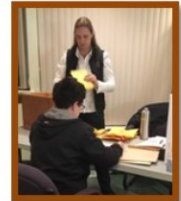


Happy Easter Everyone,

Well Treaty is back at the tables with the Federal and Provincial Governments. At this point they are doing up the work plan for the year and what the various things that the Treaty Teams would like to discuss immediately.

We will be having a working group meeting soon; we will let everyone know as soon as we get confirmed dates.

In the month of February 2016, the treaty teams did a community consultation groups with each Community on the Children and Family. Thank you to everyone for their input it will assist in the negotiations moving forward with the Child and Family components of the treaty and the Treaty Related Measures we are currently in.



**Back Row:** Allan Adams, Malcolm Sellars, Gordon Mitchell, Teena Sellars, Penny Phillips, Cliff Thorstenson, Doug Bowen, Anthony Mack, Derrick Mitchell, Leiland Alexander

**Second Row:** Brandi Phillips, Isadore Phillips, Crystal Harry, Amy Sandy, Chris Wycotte, William Sellars, Tanya Daniels, Andrea Gilbert, Rick Archie, Gordon Keener

**Front Row:** Doreen Haines, Shirley Bowe, Jim Michel, Liz Pete, Reg Michel, Barb Dixon, Helen Henderson

As everybody is aware we have one more vote, Williams Lake Band's to move the whole team of Northern Secwepemc te Qelmucw (NStQ) forward in the negotiations after being interrupted by protesters in the process. This will take place on April 28 2016.

I have attended a three day Governance Forum in Vancouver that BC Treaty Commission was hosting. Had an opportunity to see how various communities are doing their treaty processes. The NStQ Treaty team also presented at the Forum. Big thank you go out to the team. There were awesome speakers at the forum such as: (very powerful speeches and comments with all speakers)

- Herb George, Satsan;
- Stephen Cornell, PHD;
- Sophie Pierre, OBC;
- Miles Richardson, OC;
- Judge Steven Point, OBC;
- Justice Harry Slade, Q.C.; and
- Honourable Ian Binnie C.C., Q.C.

The upcoming Citizen's Assembly is here once again, April 19-20, 2016. The theme for the assembly is: ***Future Economic Opportunities***

## Employment Services Assistant

Marion Chelsea



Weytk-p,

My name is Marion Chelsea, formerly Marion Phillips, daughter of Wilf and Ada Phillips of Xat'sull. A few years ago, I had left and gone on an Education and Wellness Journey to rediscover myself as well as heal from a number of things. This Journey took me to Kamloops and then Victoria, back to Kamloops and full circle back Home again. I learned how hard I can work, how little I knew about the bigger world, and ways that I could approach balance in my life.

I am once again the Employment Coordinator; or properly, the Employment Services Assistant here at Soda Creek. This position serves as the CCATEC Community Representative, as well as assisting Cheryl Chapman, Education Coordinator, with the Education Department Programs. You can find me in the Education Office if you are interested in assistance with updating your resume or cover letter, researching and applying for jobs, applying for CCATEC funded Programs, and other employment and education/training opportunities.

Rae-Lyn Bets, Social Development Coordinator, and I will also be working together on initiatives for securing employment for our community members on income assistance. This is a developing project and more information will be available in the near future.

Please feel free to drop by, give me a call at 250.989.2323 ext 115, or send me an email at [employment@xatsull.com](mailto:employment@xatsull.com) . I look forward to hearing from you!

Kukstsētsemc.

## Water Operations

Kelly Quon



Hello everyone, hope everyone's enjoying the weather. Both of the Water Plants are running well. Some of the little improvement's I got to install down at Soda Creek Plant, have made things better. Like installing a new Chlorine container with lid, Turbidity online meter, and a flow meter that reads water usage. All four sets of water samples so far, have came back clear including the fifth set that will go into incubator today. The one set that I sent away to P.G. Labs also came back good. I've also added a copy of 'Coping with chlorine' which was provided by Patti Joyce at the luncheon we were at the other day.



## Connecting the Dots



Mary Harry, of Three Corners Health Service Society hosted a Connecting the Dots session on Mar 2nd in the Health Station boardroom. Attendees were treated to a nice lunch and learned about the Circle of Life Program through Three Corners.

Mary presented information on the crib program available through the COLP. Other topic included the Medicine Wheel, the importance of setting goals and understanding your Family Tree. The dates for Connecting the Dots are March 16th and April 11th at the Soda Creek Health Station from 11:30am—1:30pm.

Posters can be found on the Three Corners Facebook page, website and at the Health Stations.



### Hello Residents of Soda Creek

A number of complaints have been received concerning dogs at large in the community. Those concerned have received written warnings, however during a recent inspection most, if not all the dogs noted have remained at large.



This is not what “Dog-At-Large” means... but Wow! that’s a large dog!

“Dog-At-Large” means:  
Off the premises  
of the Owner and not under  
observation and control.



### Soda Creek Indian Band

#### BY-LAW NO. 2010.01

#### Care and Control of Animals on the Reserve

“The Council of the Soda Creek Indian Band is of the opinion that the uncontrolled ownership, breeding, and running at large of animals may be detrimental to the health of the residents on the reserve, and a nuisance to such residents.”

“A person who contravenes this by-law commits an offence and is liable on a first offence to a written warning from the Animal Control Officer, and on a second offence to a fine of \$50, and on a subsequent offence to a fine of up to \$500.”







## Easter Baskets

Were assembled by Staff, Georgina, Maxine, Lynda and Sharon. The baskets contained coloring books, stickers, tooth brush, tooth paste, chocolate, and Easter toys.



# Soda Creek Day Care is opening!

**Registration on April 12/2016**

**11:00-7:00 pm**

- ⇒ Please bring a copy of your child's immunization records, care card, status number, photo and any pertinent documents regarding child.
- ⇒ If applying for Subsidy you will need copies of your paystubs.

## Food Safe class

Food safe class on **Thursday, April 14<sup>th</sup>, 2016**. It will be an all day class with lunch provided. If anyone is interested, can contact Lynda at 250-989-2323 extension 127.

## Forgiving and Letting Go

*"Holding onto anger is like holding onto a hot coal with the intent of throwing it at someone else. The only person who gets burned is you."*

~ Buddha

Forgiveness is NOT about saying that the transgression was OK.

Forgiveness IS about releasing ourselves from the prison of our anger, grief, heartache, and suffering that we create for ourselves when we hold onto past wrongs.

Forgiveness is for OUR benefit so that our future doesn't have to be a continuation of the hurt, anger and suffering from the past.

Forgiveness is a PROCESS that can take time but it will be the mostly HEALING thing we can do for ourselves.

### Some Steps Towards Forgiveness and Letting Go:

1. Be clear on who you need to forgive and why.
2. Understand how you may be expressing your anger in destructive ways:
  - \*Irritability and/or emotional outbursts towards others
  - \*Depression
  - \*Exhaustion
  - \*Sleep disruptions
  - \*Nightmares
  - \*Anxiety
  - \*Apathy (you just don't care or are shut down)
  - \*Jealousy and/or maliciousness
  - \*Lack of emotional control
  - \*Risky behaviour (substance use, sexual risk, putting ourselves in danger)
  - \*Abusive behaviour (towards ourselves or others)
3. Make a conscious decision to make a commitment to forgive for YOUR benefit. It starts with making this choice. Don't be surprised if you feel resistant. Hanging onto anger can make us feel powerful but it's a self-destructive power.
4. You don't necessarily need to reconcile with that person or condone their act. In forgiveness, you are seeking the peace and understanding that comes from not carrying the burden of anger and suffering. Be clear on these reasons for why forgiveness will benefit you and trust in the power forgiveness has in your healing.
5. Get a reality check – the distress you feel NOW is from the hurt and anger you are CURRENTLY carrying, not from what hurt you in the past. The past is gone. What is hurting now is the anger you're hanging onto today.

6. Give up expecting things from others. Do not hang your healing and happiness on anything changing outside yourself because you have no control over those things. They may never change. The only thing you have control over is you. You will suffer when your happiness depends on things you have no power to make happen. You will find happiness when you find peace within.
7. Do not let your past hurts define who you are. Think about the way you define yourself identity – who are you? If it is connected to past hurt, redefine yourself based on positive, healthy, strong parts of you, not on the hurt of others. This is not who you are. This is what happened to you. These are two different things.
8. Our energy, thoughts and feelings create our present and our future. Always focus on what you WANT, not on what you don't want. You will create more of whatever it is you focus on. Guaranteed.
9. Create some "letting go" rituals – this could include writing your past hurts down and then burning them or imagining past hurts as balloons that float up and away from you. Meditating on releasing past hurts can be very helpful as can any other spiritual and/or peace creating ritual.
10. Get control of your thoughts. If you find that you dwell on the past, learn some thought changing techniques. Master your mind, don't let your mind master you.
11. Get some help. If your past involves trauma, you may need some professional help to assist you in moving beyond the trauma. The good news is that it's possible to do this and a good counsellor trained in this area can really help.
12. Know that you're not alone. Almost everyone has past hurts of one size or another. There is no shame in struggling with past hurts and finding forgiveness difficult. Find support from others who are dealing with their past in a productive and healthy way (not a destructive and unhealthy way.)
13. Embrace joy and optimism. Live your life consciously and mindfully. Much of your present and future is within your control. This is something you have the ability to create so live your life intentionally and focus on the things that bring you joy.
14. People often ask "How will I know when I am healed?" You will know when you are healed when your identity is no longer tied to a past hurt and when you no longer think about it with any frequency. You are healed when you can think back on that hurt and be emotionally neutral. By forgiving and letting go, we begin the journey of disconnecting ourselves from the emotional brutality we inflict on ourselves when we hang onto anger. When we let go, the past can no longer hurt us. 😊



## CAMPFIRE COFFEE-CAN BREAD

*"And you thought Camping couldn't get any better!"*

### WHAT YOU NEED

1 lb bread dough  
5 tablespoons butter or 5 tablespoons cooking spray  
Also requires 1 small coffee can and 1 large coffee can.

### DIRECTIONS

1. Grease and coat the small coffee can liberally with the butter or cooking spray.
2. Place dough in the can and cover with foil. Place in warm area, perhaps on the ashes of the outskirts of a campfire until dough rises, until almost doubled in volume.
3. Line the bottom of the large can with about 1 or 2 inches of pebbles, small rocks or sand to keep the bread from burning on the bottom. Set the small can inside the large one, making sure the sides don't touch, and then insert the large can into the coals, burying about two or three inches of the bottom. Cover the entire top with foil and poke a few holes to allow air. Check by lifting foil in about 40 to 50 minutes. Bread is done when brown on top.



## CAMPFIRE-BACON WRAPPED POTATOES

*"If you're a meat and potatoes kind of person, these 'campfire-baked' potatoes wrapped in bacon and sprinkled with brown sugar and pepper will really make your day!"*

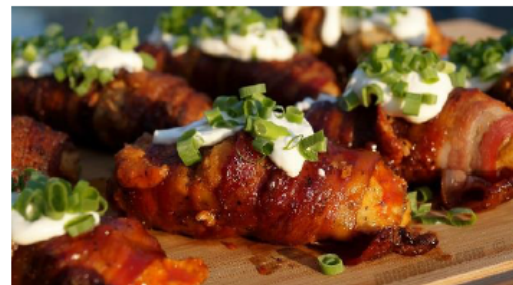
### Ingredients

4 baking potatoes, scrubbed  
1 1/4 teaspoons salt  
12 slices bacon

- 2 tablespoons olive oil for brushing
- 1 cup brown sugar
- 2 tablespoons freshly ground black pepper

### Directions

1. Make 4 cuts into each potato without going all of the way through so that each potato has been cut into 5 thick slices. Place potatoes onto squares of aluminum foil. Sprinkle 1/4 teaspoon of salt inside each potato, then wrap with 3 slices of bacon and secure with toothpicks if needed. Brush the potatoes with olive oil, then sprinkle with brown sugar and black pepper. Wrap the potatoes loosely in the aluminum foil.
2. Roast in outer coals until the bacon has crisped, and the potato is soft in the center, about 45 minutes depending on temperature of the coals.



## CAMPFIRE CAKE

*"What a fun idea, the kids will just love these..."*

Prepare the cake batter according to package directions. Fill each orange with batter about an inch below the top of the orange and cover with the orange top. Wrap in heavy duty foil with at least 2 layers of foil. Cook cakes in some campfire coals, rotating every once in a while for 30-50 minutes depending on how hot your fire is. Unwrap cake and top with crushed treats and drizzle with caramel sauce if desired.



### CHINESE CHICKEN FRIED RICE

*"This is a very simple recipe. It is easy, but tasty!"*

*Note: Never use rice that you have just cooked."*

#### Ingredients

- 1 egg
- 1 tablespoon water
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cups cooked white rice, cold
- 2 tablespoons soy sauce
- 1 teaspoon ground black pepper
- 1 cup cooked, chopped chicken meat



*substitute shrimp  
for chicken*

#### Directions

1. In a small bowl, beat egg with water. Melt butter in a large skillet over medium low heat. Add egg and leave flat for 1 to 2 minutes. Remove from skillet and cut into shreds.
2. Heat oil in same skillet; add onion and sauté until soft. Then add rice, soy sauce, pepper and chicken. Stir fry together for about 5 minutes, then stir in egg. Serve hot.

### BAKED PORK SPRING ROLLS

*"Baked until crisp. Delicious and crunchy without deep frying!"*

#### Ingredients

- 1/2 pound ground pork
- 1 cup finely shredded cabbage
- 1/4 cup finely shredded carrot
- 2 green onions, thinly sliced
- 2 Tbsp. chopped fresh cilantro
- 1/2 tsp. sesame oil
- 1/2 Tbsp. oyster sauce
- 2 tsp. grated fresh ginger root
- 1 1/2 tsp. minced garlic
- 1 tsp. chili sauce
- 1 Tbsp. cornstarch
- 1 Tbsp. water
- 12 (7 in sq.) spring roll wrappers
- 4 tsp. vegetable oil



#### Directions

1. Preheat oven to 425 degrees F (220 degrees C). Place pork in a medium saucepan. Cook over medium high heat until evenly brown. Remove from heat and drain. In a medium bowl, mix together pork, cabbage, carrot, green onions, cilantro, sesame oil, oyster sauce, ginger, garlic and chili sauce. Mix cornstarch and water in a small bowl.
2. Place approximately 1 tablespoon of the pork mixture in the center of spring roll wrappers. Roll wrappers around the mixture, folding edges inward to close. Moisten fingers in the cornstarch and water mixture, and brush wrapper seams to seal. Arrange spring rolls in a single layer on a medium baking sheet. Brush with vegetable oil. Bake in the preheated oven 20 minutes, until hot and lightly browned. For crispier spring rolls, turn after 10 minutes.

### 5-INGREDIENT CHINESE PORK RIBS

#### Ingredients

- 1/4 cup soya sauce
- 1/3 cup orange marmalade
- 3 Tbsp. ketchup
- 2 garlic cloves, minced
- 3 to 4 lbs. bone-in country style pork ribs

#### Directions

In a small bowl, combine soya sauce, marmalade, ketchup and garlic. Pour half into a 5 quart slow cooker. Top with ribs, drizzle with remaining sauce. Cover and cook on low for 6 hours or until tender.

Thicken cooking juice if desired.





It's That time of the year again! Here are some Fun Campfire Treats for the Kids to Make

## CAMPFIRE S'MORES IN a CONE

*"These s'mores are neater and easier to make than traditional s'mores. We love making them while camping or sitting around the fire pit."*

### Ingredients

- 1/2 cup milk chocolate chips, or more
- 12 waffle cones
- 1/2 cup mini marshmallows, or more to taste
- 12 12x12-in sq. of heavy aluminum foil

### Directions

Place about 1 teaspoon chocolate chips into an ice cream cone, followed by a layer of mini marshmallows. Continue layering chips and marshmallows into the cone until full. Wrap each cone tightly in aluminum foil. Heat the foil-wrapped cones in a campfire until chocolate and marshmallows are melted, 3 to 5 minutes.



"Rubbing sticks together was a great idea. After 40 minutes, I'm so warm I don't need a fire!"

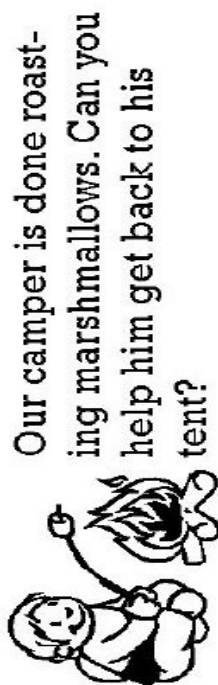


## FUN HOT DOG CREATIONS!

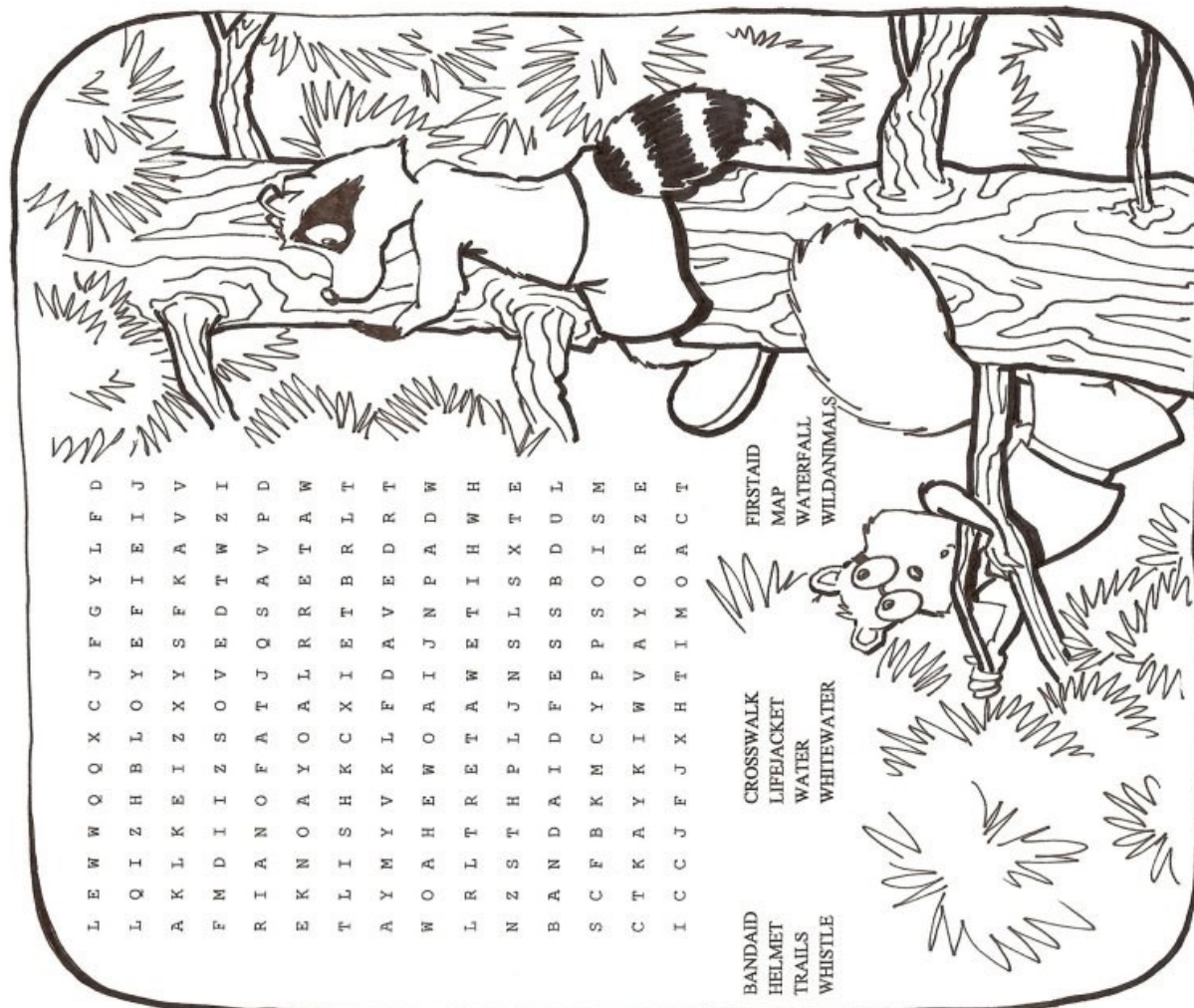
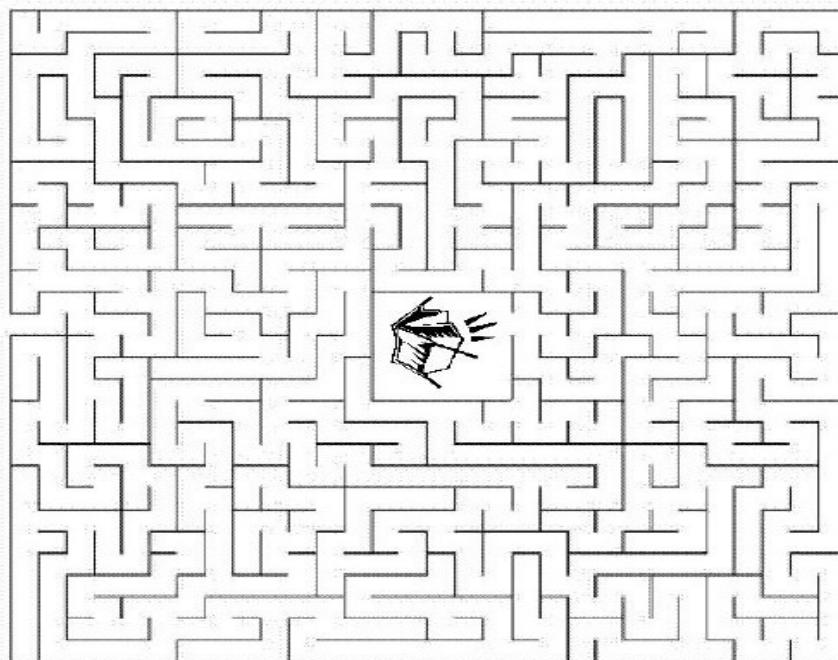




# CAMP WANNA-HAVE-FUN



Our camper is done roasting marshmallows. Can you help him get back to his tent?



Ty Cooney and Stan found a strange puzzle in a tree. Can you help them find the words at the bottom in the word search puzzle?

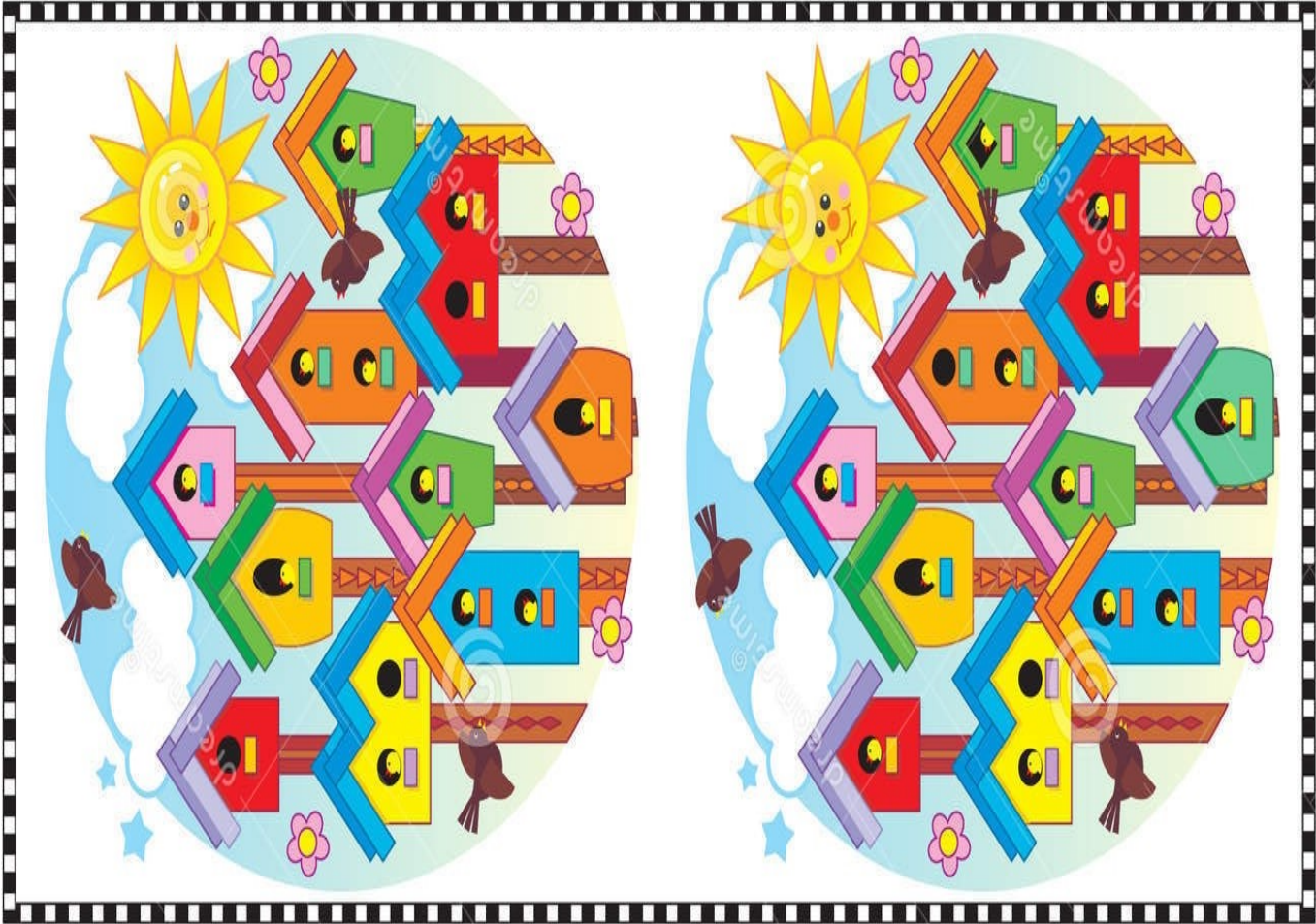
L E W Q Q X C J F G Y L F D  
L Q I Z H B L O Y E F I E I J  
A K L K E I Z X Y S F K A V V  
F M D I I Z S O V E D T W Z I  
R I A N O F A T J Q S A V P D  
E K N O A Y O A L R R E T A W  
T L I S H K C X I E T B R L T  
A Y M Y V K L F D A V E D R T  
W O A H E W O A I J N P A D W  
L R L T R E T A W E T I H W H  
N Z S T H P L J N S L S X T E  
B A N D A I D F E S S B D U L  
S C F B K M C Y P P S O I S M  
C T K A Y K I W V A Y O R Z E  
I C C J F J X H T I M O A C T

BANDAID  
HELMET  
TRAILS  
WHISTLE

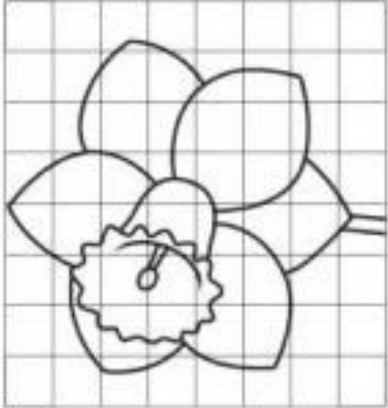
CROSSWALK  
LIFEJACKET  
WATER  
WHITEWATER

FIRSTAID  
MAP  
WATERFALL  
WILDANIMALS

Find the Seven differences



Copy the Daffodil



Copy the picture using the grid lines as a guide. You might find it easier to copy one square at a time. Count the squares carefully!

4		6	7		5	
				8		6
		8		5	1	2
9			1	5		8
		7		9	5	
	5		8	4		3
7	4		1		8	
			9			
	8			7	2	5
	6					





Pregnancy Outreach Program  
202 North Fourth Avenue, Williams Lake  
(250) 392 3583 office  
(250) 267 1243 (text)

HAPPY SPRING

Regular Hours Monday to Friday 8:30 am to 4:30pm  
\*\*\*\*Thursdays we close at 2:00pm.\*\*\*\*

### April 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Drop-In Donations accepted today	2 <u>CLOSED</u>	3 <u>CLOSED</u>
4 <u>NO SEWING</u>	5 INFANT MASSAGE 1-2:30	6 <u>FreeSwimming 12-1(bigpool)</u> <u>You had a baby! Now what?? Support group 6:30-8</u>	7 <u>Must be here by 11 am</u> Carseat Safety with Lisa P	8 Drop-In Donations accepted today	9 <u>CLOSED</u>	10 <u>CLOSED</u>
11 SEWING 10-2	12 INFANT MASSAGE 1-2:30	13 <u>FreeSwimming 12-1(bigpool)</u>	14 <u>Must be here by 11 am</u> Kirsten Stark	15 Drop-In Donations accepted today	16 <u>CLOSED</u>	17 <u>CLOSED</u>
18 SEWING 10-2 GFB PICKUP @3	19 INFANT MASSAGE 1-2:30	20 <u>FreeSwimming 12-1(bigpool)</u>	21 <u>Must be here by 11 am</u> Rhonda CWWA & Victim Services	22 Drop-In Donations accepted today	23 <u>CLOSED</u>	24 <u>CLOSED</u>
25 SEWING 10-2	26 INFANT MASSAGE 1-2:30	27 <u>FreeSwimming 12-1(bigpool)</u>	28 <u>Must be here by 11 am</u>	29 Drop-In Donations accepted today	30 <u>CLOSED</u>	1 <u>MAY</u> <u>CLOSED</u>





# APRIL

# HEAD START

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>In Office</i>	2
3	4 <i>In office</i>	5 <i>Head Start</i>	6 <i>Head Start</i>	7 <i>Head Start</i>	8 <i>In Office</i>	9
10	11 <i>In office</i>	12 <i>Head Start</i>	13 <i>Head Start</i>	14 <i>Head Start</i>	15 <i>In Office</i>	16
17	18 <i>Food Boxes</i>	19 <i>Head Start</i>	20 <i>Head Start</i>	21 <i>Head Start</i> <i>Evening garden-</i> <i>ing workshop</i>	22 <i>In Office</i>	23
24	25 <i>In Office</i>	26 <i>Head Start</i>	27 <i>closed</i>	28 <i>closed</i>	29 <i>In Office</i>	30

## April 2016

### Soda Creek Health Station Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Nutrition Walk/ Run 11:00 am Cariboo Memorial Complex	4	5	6 HCC Travel	7	8	9
10	11 Connecting the Dots 11:30-1:30 pm	12 ADP Luncheon	13 SCIB Med Travel Beginner's Gentle Yoga- Head Start 5:00-6:00 pm	14	15	16
17	18	19	20 HCC Travel	21 Hearts at Work 11:00-3:00 pm	22	23
24	25	26 ADP Luncheon	27 SCIB Med Travel	28	29	30



## After School Program Schedule 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	5 <sup>th</sup> - Movie & Teddy Bear Day		7 <sup>th</sup> – Medicine Gathering w/ Michael	
	12 <sup>th</sup> - Trail Walk/Hike		14 <sup>th</sup> - Board Games & Charades	15 <sup>th</sup> - No Program Pro D Day
<p><b>Please ensure that your Child/ren are dressed for the program days that are outside and if a ride home is required contact Cheryl (250) 989-2323 Ext: 104</b></p>				
	19 <sup>th</sup> - Fire Safety w/ Blaine		21 <sup>st</sup> - Be A Buddy Not A Bully Workshop	
	26 <sup>th</sup> - Beading & Friendship Bracelets		28 <sup>th</sup> - Storytelling w/ Michael	





# Yoga Class

Wednesday April 13th, 2016

5:00-6:00 p.m.

in Head Start building

- ◇ Beginner's Gentle Yoga
- ◇ No reservation needed
- ◇ No pressure
- ◇ All ages and all levels are welcome



# Three Corners Health Services Society

## hearts @ work

Community Members, Sun Run and Boogie the Bridge participants we are offering an opportunity to have your heart health checked, and learn ways to improve your overall health!

**EVERYONE WELCOME!**

**Start to improve your well-being today!**

**Prizes**

**Snacks**

**Fun**

**DOG CREEK**  
Tues, APRIL 26  
11 am - 2:30 pm

**SUGAR CANE**  
Wed, APRIL 20  
11 am - 3 pm

**SODA CREEK**  
Thurs, APRIL 21  
11 am - 3 pm

For more information, please contact  
Sheila, Pam, Kristine or Stacey



**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





**Composting Workshop**

**Thursday April 7, 2016**  
**Dinner at 5:00 pm**  
**Workshop 5:00-7:00 pm**  
**Health Boardroom**

- ⇒ What is composting?
- ⇒ What can be composted?
- ⇒ Ideas on setting up your own home or community composting

*make compost  
not waste*





# Start of Season Gardening Workshop

**Thursday April 21, 2016**

**Dinner at 5:00 pm**

**Workshop 5:00-7:00 pm**

**Health Boardroom**

- ◇ Starting a new garden (site selection, considerations for design, etc.)
- ◇ What to grow
- ◇ Seed starting
- ◇ Season extension
- ◇ Introduction to garden record keeping
- ◇ How to make your garden sustainable
- ◇ Tips and tricks



# 40th Annual Elders Gathering



## July 11th, 2016

“Wild Wild West Rodeo” at the Williams Lake Stampede Grounds

## July 12-14, 2016

Elders Gathering at Cariboo Memorial Recreation Complex,  
Elder’s Care Area at Thompson Rivers University

If you would like to attend the 2016 Elders Gathering , please call Maxine at 250-989-2355 by May 11, 2016 at 4:00 pm to register for the Elders Gathering 2016.

### 40<sup>th</sup> BC Elders Gathering Volunteer Application

#### Volunteers will receive the following:

- Volunteers must be over the age of 16 years old
- 1 meal per 4 hour shift (breakfast, lunch, dinner)
- Orientation Session on site July 10<sup>th</sup> or 11<sup>th</sup>
- T-shirt

#### Volunteer Application:

First Nation Community/Organization: \_\_\_\_\_

First & Last Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Shift Information:

Saturday July 9	Sunday July 10	Monday July 11	Tuesday July 12	Wednesday July 13	Thursday July 14	Friday July 15
<input type="checkbox"/> 9 am - 1 pm	<input type="checkbox"/> 9 am - 1 pm	<input type="checkbox"/> 8 am - 12 pm	<input type="checkbox"/> 6 am - 10 am	<input type="checkbox"/> 6 am - 10 am	<input type="checkbox"/> 8 am - 12 pm	<input type="checkbox"/> 8 am - 12 pm
<input type="checkbox"/> 1 pm - 5 pm	<input type="checkbox"/> 1 pm - 5 pm	<input type="checkbox"/> 10 am - 4 pm	<input type="checkbox"/> 8 am - 12 pm	<input type="checkbox"/> 8 am - 12 pm	<input type="checkbox"/> 10 am - 4 pm	
<input type="checkbox"/> 5 pm - 9 pm	<input type="checkbox"/> 5 pm - 9 pm	<input type="checkbox"/> 12 pm - 6 pm	<input type="checkbox"/> 10 am - 4 pm	<input type="checkbox"/> 10 am - 4 pm	<input type="checkbox"/> 12 pm - 6 pm	
	<input type="checkbox"/> All day (9 am-5pm)	<input type="checkbox"/> 2 pm - 8 pm	<input type="checkbox"/> 12 pm - 6 pm	<input type="checkbox"/> 12 pm - 6 pm	<input type="checkbox"/> 2 pm - 8 pm	
		<input type="checkbox"/> 4 pm - 10 pm	<input type="checkbox"/> 2 pm - 8 pm	<input type="checkbox"/> 4 pm - 10 pm		
		<input type="checkbox"/> 9 am - 5 pm	<input type="checkbox"/> 4 pm - 10 pm	<input type="checkbox"/> 9 am - 5 pm		
		<input type="checkbox"/> 3 pm - 11 pm	<input type="checkbox"/> 9 am - 5 pm	<input type="checkbox"/> 3 pm - 11 pm		
			<input type="checkbox"/> 3 pm - 11 pm			
			<input type="checkbox"/> 7 pm - 1 am			

#### Check All Areas you are interested in volunteering:

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Greeter                                 | <input type="checkbox"/> Registration       | <input type="checkbox"/> Traditional Meal          | <input type="checkbox"/> Meal Server                          |
| <input type="checkbox"/> First Aid (Previous training preferred) | <input type="checkbox"/> Set Up             | <input type="checkbox"/> Safety                    | <input type="checkbox"/> Take Down (Friday)                   |
| <input type="checkbox"/> Elder Care                              | <input type="checkbox"/> Elders Rest Area   | <input type="checkbox"/> Take Down (Thursday 12-2) | <input type="checkbox"/> Gift Bag Stuffing (July 9; 9am-12pm) |
| <input type="checkbox"/> Arts & Craft (Curling Ring)             | <input type="checkbox"/> Rodeo              | <input type="checkbox"/> Workshops                 | <input type="checkbox"/> Souvenirs                            |
| <input type="checkbox"/> Operations                              | <input type="checkbox"/> Security           | <input type="checkbox"/> Tent City                 | <input type="checkbox"/> Transportation                       |
| <input type="checkbox"/> Sponsors                                | <input type="checkbox"/> Aboriginal Healers | <input type="checkbox"/> Grand Entry               | <input type="checkbox"/> Parking                              |

#### T-Shirt Size (Volunteers who donated 6+ hours)

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Adult Small   | <input type="checkbox"/> Adult XXL   |
| <input type="checkbox"/> Adult Medium  | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Adult Large   |                                      |
| <input type="checkbox"/> Adult X Large |                                      |

#### Thank You!

The 40<sup>th</sup> Annual BC Elders Gathering Hosts, Core Planning, Committee and elders are working hard and looking forward to you attending our gathering. Betty Derksen is the Volunteer Coordinator; Phone: (250) 392-3918 or email at: [eldersvolunteers@gmail.com](mailto:eldersvolunteers@gmail.com)  
Mark your calendar for evening of July 14<sup>th</sup> for Volunteer Appreciation Dinner.

Please fax your registration form to Betty or Lorna: (250) 398-5798



## Internal Mount Polley Community Meeting



**Wednesday, April 13, 2016**

**5:00-8:00 pm**

**Dinner provided**

**Longhouse (Stampede Grounds)**

- ⇒ **Presentations by Natural Resource Staff/Consultants**
- ⇒ **Mount Polley Update**
- ⇒ **No mine or government representatives will be present**
- ⇒ **Door prizes will be distributed**

**If you would like a ride please contact Georgia 989-2323 ext. 120.**



# *NStQ 2016 Citizen Assembly*

*April 19-20, 2016*

*Location: Elks Hall*

*Start time at 9:30 am*



## **Theme: Future Economic Opportunities**

**If you require a ride into the Assembly please call the office and let Kellie know as soon as possible, so we can plan. Thank you!**



Shannon Eberts, MA RCC

Master of Arts, Registered Clinical Counsellor

Three Corner's Health Services Society

Mondays

9:00-4:00 pm

Soda Creek Health Station



Victoria Scott , MA Ed, CCPA

Masters of Education/Counselling, Mental Health & Addictions Counsellor

Three Corner's Health Services Society



Every second Thursday

1:00-4:00 pm

Soda Creek Health Station

To make an appointment, you need a referral by Georgina Mortensen.

Please call Georgina at 250-989-2355 to book now.

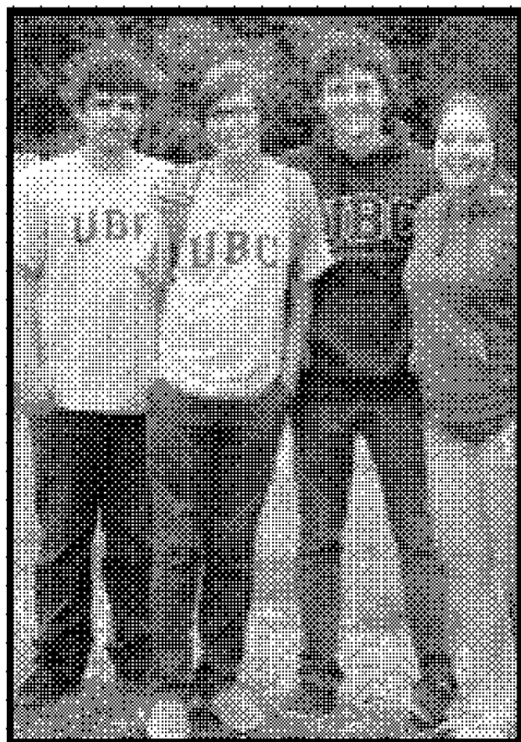




a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

Centre for Excellence in Indigenous Health

# Apply now for the UBC Summer Science Program!



## When?

Week 1: Students going into grades 11 – 12, July 3 – July 9, 2016.

Week 2: Students going into grades 9 – 10, July 10 – 16, 2016.

## Where?

First Nations House of Learning,  
University of British Columbia

## For more information and to apply visit:

[http://health.aboriginal.ubc.ca/education/  
ubc-summer-science-program/?login](http://health.aboriginal.ubc.ca/education/ubc-summer-science-program/?login)

## WHAT IS THE SUMMER SCIENCE PROGRAM?

Two, one week-long summer camps for students going into grades 9 – 12 in the fall of 2016 who are of First Nations, Inuit, or Métis ancestry. The program is an introduction to university life and promotes interest in health and science careers through firsthand experience. The program cost is \$200. Some bursaries are available.

**Application Deadline (extended):** Thursday, April 30, 2016

**Please address questions to:**

[summer.science@ubc.ca](mailto:summer.science@ubc.ca)





Aboriginal Sport, Recreation  
& Physical Activity Partners Council



# BC Aboriginal Provincial Rifle Camp



The Aboriginal Sport, Recreation & Physical Activity Partners Council is pleased to present this provincial athlete development camp for Aboriginal youth in partnership with Tk'emlups te Secwépemc, BC Target Sports Association and Kamloops Target Sports Association, with support from the Province of BC.

**WHO:** Aboriginal youth (minimum age 10) are invited to this provincial rifle development camp to learn and experience the sport of rifle in a safe, controlled environment. No equipment necessary, no experience necessary!

**WHEN:** **Saturday, April 2 - Sunday, April 3, 2016**  
Saturday consists of learning the basics—'Rifle 101'. Sunday includes a fun shooting match to put your skills into action!

**WHERE:** **Kamloops Target Sports Association and  
Tk'emlups te Secwépemc, Kamloops, BC**

**COST:** **\$25/person to register.** Limited spots available so register early. Registration will close 5PM, Easter Monday, March 28th or earlier if spots fill up. This amazing deal includes lunch on both days, quality coaching, and use of equipment.

To register, contact:

Anne Keith

PH: 250-828-9801

E: [akeith@kib.ca](mailto:akeith@kib.ca)



## 2016 BC ABORIGINAL RIFLE SHOOTING CAMP – INTRODUCTION TO RIFLE SHOOTING –

**Kamloops, BC    April 2-3, 2016**

The Aboriginal Sport, Recreation and Physical Activity Partners Council is pleased to announce the *2016 BC Aboriginal Rifle Shooting Development Camp* will be held April 2-3, 2016 in Kamloops.

Held in partnership with BC Target Sports Association (BCTSA), Kamloops Target Sports Association, and Tk'emlups te Secwépemc, this Development Camp is an opportunity for Aboriginal youth ages 10-18 to learn and experience the sport of RIFLE SHOOTING in a safe and controlled environment working with BC's top instructors.

**No equipment necessary. No experience necessary.**

A sport relying upon accuracy and precision, Rifle Shooting is a sport featured in the North American Indigenous Games (NAIG), Canada Winter Games (CWG) and the Olympic Games. This is a rare opportunity to gain experience and exposure to this shooting sport and develop new skills. Thanks to the support of our partners, the participant fee is just \$25! Lunch included. Equipment provided. Quality instruction. Register today!

- Eligibility:** Aboriginal youth (First Nations, Métis, Inuit) ages 10-18.
- Registration Fee:** **\$25/participant.** Fee includes the 1½ days of camp activities, lunches, and membership with BCTSA. Sunday includes fun match competition.
- Registration Deadline:** **Participants MUST register in advance – spots are limited so register early. Registration will close by end of day, Easter Monday, March 28<sup>th</sup> (or sooner if spots fill earlier).**
- General:** Lunches included. BCTSA will also provide the necessary equipment for those that do not already have their own. Recommended that participants bring their own water bottle for refilling. Wear comfortable clothing/shoes.
- Accommodations:** Camp participants from out-of-town requiring accommodation are responsible for making their own accommodation arrangements. Visit [www.tourismkamloops.com](http://www.tourismkamloops.com) for options.
- Location & Schedule:** The camp will be held at both the Tk'emlups Mocassin Square Gardens and the Kamloops Target Sports Association's Outdoor Gun Range Facility in Kamloops, BC. Saturday will consist of a full day of camp activity followed by Sunday consisting of half-day. **A detailed info package and itinerary will be issued to registered participants prior to the event.**
- Contact Info:** Anne Keith - Sports, Recreation & Youth Coordinator  
Tk'emlups te Secwépemc  
PH: 250-828-9801  
E: [akeith@kib.ca](mailto:akeith@kib.ca)

For more information on the Aboriginal Sport, Recreation & Physical Activity Partners Council and the BC Aboriginal Provincial Championships & Development Camps, visit [www.aboriginalsportbc.ca](http://www.aboriginalsportbc.ca) or find us on Facebook: [facebook.com/ASRPAPartnersCouncil](https://facebook.com/ASRPAPartnersCouncil).





## 2016 BC ABORIGINAL RIFLE CAMP, KAMLOOPS, BC – APRIL 2-3, 2016

### REGISTRATION FORM

This form is for those who require pdf/hard copy version. Participants are encouraged to register using the ONLINE FORM at: <https://aboriginalsportbc.wufoo.eu/forms/provincial-rifle-camp/>

#### PARTICIPANT INFORMATION

Full Name		Gender	<input type="checkbox"/> M <input type="checkbox"/> F
Address		Date of Birth	YYYY – MM – DD
City/Town		Home Phone	
Ancestry	<input type="checkbox"/> First Nations <input type="checkbox"/> Métis <input type="checkbox"/> Inuit	Mobile Phone	
Community/Nation		Email	
Emergency Contact		Emergency Phone	

Please indicate previous experience, if any, with target/rifle shooting. \_\_\_\_\_

**ASSUMPTION OF RISK AND INFORMED CONSENT FOR PARTICIPANTS:** This section must be completed by all program participants over the age of 18, or by the parents/legal guardians of participants aged 18 or under. Please read and complete the information presented below.

**ASSUMPTION OF RISK.** Please check off one of the following:

- ☐ As a participant over the age of 18, I understand and acknowledge the following:
- ☐ As a parent/legal guardian of a participant aged 18 or under, I understand and acknowledge the following:

In consideration of my participation, or my child's participation in this program and all of its related activities, I acknowledge and I am aware of, appreciate, and accept the inherent physical risks and the other possible RISKS, DANGERS, AND HAZARDS associated with participating in this program. This includes the possible risk of severe or fatal injury to me, my child or others. I understand that the inherent risks of sport and physical activity cannot be eliminated without jeopardizing the essential qualities of sport and physical activity. I have reviewed all of these risks, I understand them, and I still desire to participate in the program.

**ACKNOWLEDGEMENT OF RESPONSIBILITIES AND CONDITION OF REGISTRATION.** Please check off one of the following:

- ☐ As a participant over the age of 18, I understand and acknowledge the following:
- ☐ As a parent/legal guardian of a participant aged 18 or under, I understand and acknowledge the following:

1. I/my child will follow all the instructions and rules given by those responsible for, or, in charge of this program and all of its related activities while I am/my child is participating in this program. I understand and accept the instructions and rules are in place to provide a safe environment for the entire program and all participants.
2. I/my child will obey all the rules and regulations pertaining to this program and all of its related activities.
3. To the best of my knowledge I am/my child is physically and mentally able to participate in all activities of this program.
4. I/my child will wear full protective equipment demanded by the activity and that the equipment brought to the program will meet or exceeds all minimal CSA or sport governing body standards.
5. If an injury occurs, I give permission to Partners Council staff and/or adult leader in charge to provide emergency first aid treatment and transport or arrange emergency transportation for me/my child to a medical facility for emergency treatment.

#### COMMUNICATION, MEDIA RELEASE AND PRIVACY OF INFORMATION:

I hereby grant to the Partners Council, BC Association of Aboriginal Friendship Centres (BCAAFC), or affiliated bodies the right to use, without payment of any fee or charge, any written information (excluding information contained on a Medical Form), photograph, video, or other visual media of myself/my child, or program participant taken during the program activities for the purpose of furthering the Partners Council or BCAAFC objectives. I understand that the Partners Council and BCAAFC respect the privacy and personal information of all participants and that they will collect a limited amount of personal information for the purpose of carrying out their responsibilities as a facilitator of sport, recreation and physical activity programs. I am consenting to the collection of this information and its use by the Partners Council and BCAAFC for the purposes related to various events/programs throughout the year and to communicate to me about future events and activities.

**FOR PARTICIPANTS OVER THE AGE OF 18 ONLY:** I agree to **HOLD HARMLESS AND INDEMNIFY** the BCAAFC, as the host organization of the Partners Council, the camp organizers and/or its agents from any and all actions, claims, demands, losses, judgments or costs of any nature to any third party resulting from my association with the BCAAFC and Partners Council sanctioned event and I agree not to make any claims or take any proceedings against any person, society, corporation or other legal entity who might claim contribution or indemnity from BCAAFC, the organizers and/or its agents in respect of matters which are subject of this Release. I agree that this Release shall bind my heirs, executors, administrators and assigns. **Participant's Initials:** \_\_\_\_\_

**I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT,** that I understand, appreciate and accept the risks associated with my participation or my child's participation in this program and all of its related activities.

Parent/Guardian Signature (if participant 18 or under)	Participant Signature (if over 18)
Print Name:	Date & Location:

This information is being collected in accordance with the Municipal Government Act and is protected by the privacy provisions of the Freedom of Information & Protection of Privacy Act (R.S.A 2000 c. F-25). If you have any questions about the collection and use of information, please contact the Director of the Aboriginal Sport, Recreation and Physical Activity Partners at (250) 710-4604.

**Fee: \$25/person**

Cash, money order, cheque  
Registration closes 5PM,  
Easter Monday, March 28

*Please submit completed form by via email or fax to:*

**ATTN: Anne Keith**

**Email: [akeith@kib.ca](mailto:akeith@kib.ca) FAX: 250-828-9714**





## OPEN CASTING CALL FOR FILM *INDIAN HORSE* BASED ON NOVEL BY RICHARD WAGAMESE

KAMLOOPS: March 28, 2016

A feature film production based on Richard Wagameese's novel *INDIAN HORSE* is in the early stages of casting for roles. They are seeking **First Nations males** - children, youth and adults ages 6 years to 25 years old. Roles include speaking roles, hockey players of all ages of which some will speak and some will not, and non-speaking roles.

This is an Open call. No acting experience is required and there is no charge to apply to be in the movie.

Filming will take place in Sudbury, Ontario, Oka, Quebec, and Kamloops, British Columbia. Canadian persons do not have to live in these three places in order to be considered for a role in the movie. Filming will start in fall of 2016. There will be tutors and time set aside while filming so children do not fall behind in their schooling.

The casting search is being conducted via Online Audition Submissions.

Please register ASAP online to be given instructions for uploading your audition.

Start by going to <http://www.screensiren.ca/indianhorsecasting/>

**Deadline is April 17, 2016.**

If you need assistance or have any further questions, please contact the Thompson-Nicola Film Commission at 250-377-8673, or 1-877-8673 toll free or at [tnfc@tnrd.ca](mailto:tnfc@tnrd.ca).

# Diabetes Wellness Day



If you or a family member have diabetes, or you just want more information please join us for a day filled with great information.

**Presentation**—Pharmacist (Kornac and Hamm)



**Date: Wednesday, April 27, 2016**

**Time: 11:00am—2:00pm**

**Where: Three Corners Health Services Society**

For more information please contact your  
Community Health Nurse or Community Health Rep.



**Three Corners Health Services Society**

PH: 250-398-9814

FX: 250-398-9824

**Soda Creek Health Centre**

250-989-2355

**Sugar Cane Health Centre**

250-296-3235

**Canoe Creek Health Centre**

250-459-7749

**Dog Creek Health Centre**

250-440-5822

# RECALL



## HEALTH CANADA RECALL INFORMATION:

Pfizer Consumer Healthcare has initiated a voluntary recall of 124 lots of Advil liquid products for infants and children because of a potential risk of inconsistencies in dosing of the product. Products and lot numbers are posted at the following link:

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2016/57140a-eng.php>

Clumps" of Ibuprofen may form in the bottle and lead to higher or lower doses that are given to infants and children if it is not shaken well before each use. Lower doses may not be adequate in reducing the fever, leading to other health issues which could include, in rare instances, convulsions.

Although unlikely, higher doses may lead to vomiting, drowsiness, dizziness, 'ringing in the ears' and decreased breathing rates. The likelihood of these potentially severe adverse consequences is remote as long as the product has always been shaken well before each use as per label instructions.



If you have any questions, about the recall, please call your local pharmacy or Community Health Nurse:

Three Corners  
250-398-9814

Sugar Cane  
250-296-3532

Soda Creek  
250-989-2355

Canoe Creek  
250-459-7749

Dog Creek  
250-440-5822



# FENTANYL FAQ

## HOW MANY PEOPLE HAVE DIED OF FENTANYL OVERDOSES IN BC?

- The BC Coroners Service reports that in BC, there were over 300 drug overdose deaths in 2014 – 25% of those involved Fentanyl (a 20% rise over 2012 overdoses involving Fentanyl)
- Fentanyl has been detected in drug deaths throughout BC, with the largest numbers of deaths in Vancouver, Nanaimo, Surrey, Maple Ridge, Prince George, Langley and Fort St. John



## WHAT IS FENTANYL?

- Fentanyl is a narcotic prescription drug used mostly for cancer patients in severe pain
- It is roughly 50 to 100 times more toxic than other drugs like morphine or heroin
- Heroin, cocaine, oxycodone, marijuana and other drugs can be cut with Fentanyl, in powder, liquid or pill form
- If you are using illegal drugs, you may be using Fentanyl and not even know it. Recently, RCMP have seized large quantities of marijuana that when analyzed, had traces of Fentanyl
- You can't see it, smell it or taste it, but if your drug of choice is cut with Fentanyl, it can kill you

## WHERE DO THESE DRUGS COME FROM?

- RCMP have found illegally manufactured Fentanyl being sold in:
  - Pill form – being sold as fake oxy's and other club drugs
  - Powder form – sold as heroin or fent
  - Powder form – mixed into other drugs like cocaine, crystal meth and other drugs
- Pills or powders containing illegally-manufactured Fentanyl are especially dangerous because there is no quality control or regulated manufacturing process
- These drugs may contain toxic contaminants or have different levels of Fentanyl in each batch – even pills made in the same batch may have little to lethal levels of Fentanyl
- Some prescription Fentanyl is also sold on the street and is used by sucking on patches or cutting the patch to extract for injecting by needle
- Patches are designed for specific medical usage – used any other way may lead to an overdose



Stacey Isaac, RN  
Nurse Manager

Three Corners Health Services Society  
250-398-9814  
For more information, please contact:

Lynn Dunford  
Counsellor

Pamela Bernier, RN  
Community Health Nurse



Kristine Jensen, RN  
Community Health Nurse

# Opioid Overdose Signs & Symptoms

**Don't use alone**

Breathing will be slow or absent



Lips and nails are blue



Person is not moving



Person may be choking



You can hear gurgling sounds or snoring



Can't be woken up



Skin feels cold and clammy



Pupils are tiny



## PREVENTING AN OVERDOSE

While we advise against using illicit drugs, people who do choose to use should be sure to:

- Never use alone
- Start with a small amount
- Do not mix substances, including alcohol, as it increases risk of overdose
- Call 911 right away if you think someone is overdosing
- Make a plan and know how to respond in case of an overdose use where help is easily available
- Be prepared to give CPR until help arrives
- Get a naloxone kit and learn how to use it

**Follow the **SAVE ME** steps below to respond.**



If the person must be left unattended at any time, put them in the recovery position.



**S**timulate

Unresponsive? **CALL 911**



**A**irway



**V**entilate

1 breath every 5 seconds



**E**valuate

## GET A NALOXONE KIT AND LEARN HOW TO USE IT

- Naloxone is an antidote for opioid overdose
- The kits are available for **FREE** to anyone who uses opioids (either prescribed medications or street drugs)
- You can get training and a kit from Three Corners Health by talking to one of the nurses or counsellors





## COPING WITH CHLORINATED WATER at Soda Creek and Deep Creek:

### WHY IS THE WATER BEING CHLORINATED?

Chlorination is utilized in all large water systems with reservoir storage and a significant piped distribution system. Chlorine is added at low levels (usually no greater than 2 parts per million) to protect the piped water supply from possible dangerous bacteria (such as E.coli 0157:H7) and viruses (such as Hepatitis A) which could enter the water system by well contamination, inadequate treatment from the sand filters, backflow, broken water lines, and reservoir breaches. Chlorine and chlorine-based compounds are the only disinfectants that can efficiently kill microorganisms during water treatment, and maintain the quality of the water as it flows from the treatment plant to the consumer's tap. Chlorine also helps eliminate the slime bacteria, molds and algae that commonly grow in water pipes and reservoirs.

### WHAT EXACTLY IS BEING ADDED TO MY WATER?

Low levels of 12 % Sodium Hypochlorite (NaOCl) are being added to the water continuously. Sodium hypochlorite (NaOCl) can be produced in two ways. One is by dissolving salt (NaCl) in softened water, resulting in a concentrated brine. This brine is then subjected to electricity to form a sodium hypochlorite (NaOCl) solution. During this reaction hydrogen gas (H<sub>2</sub>) is also formed. The chemical also can be produced by adding chlorine gas (Cl<sub>2</sub>) to sodium hydroxide (NaOH), producing sodium hypochlorite (NaOCl), water (H<sub>2</sub>O) and salt (NaCl).

### ARE THERE ANY HEALTH CONCERNS?

Chlorine can harm humans at high levels, therefore, dose and concentration in drinking water is controlled. Fortunately, when we ingest chlorinated drinking water, food in our stomachs and the materials normally present in the intestinal tract quickly neutralize the chlorine. Thus, low levels of chlorine are unlikely to cause injury to the gastrointestinal tract. The stomach wall is particularly resilient given it is adapted to cope with the natural production of hydrochloric acid (HCl) in the stomach to aid digestion.

One problem with chlorinating water with high organic matter is the production of chlorine by-products. This is not usually a problem with groundwater sources, such as at Deep Creek, but if a surface water (like a lake, river, or creek) has lots of organic matter (eg. leaves, soil, animals) the chlorine can combine with organic matter producing chlorine by-products such as trihalomethanes (THMs). You may have noticed this if you have attended a public swimming pool. As more swimmers enter the pool, the chlorine odour increases, eventually leading to irritation of the lungs, eyes and skin. This is due to chlorine combining with organic matter and producing chlorine by-products. Many negative health effects have been associated with exposure to chlorine by-products, therefore, they are monitored and controlled in surface water supplies, such as at Soda Creek.

## COPING WITH CHLORINATED WATER at Soda Creek and Deep Creek:

### **I THINK I AM SENSITIVE TO CHLORINE. WHAT SHOULD I DO?**

Chlorine in water is quite unstable and evaporates quite quickly. If you only dislike the taste and odour of chlorine in your drinking water, the simplest way to improve the taste of chlorinated water is to let the water sit for a few hours. Chlorine will evaporate in about a day if the water is exposed to circulating air and sunlight. If the water is refrigerated, it will take about two days for the chlorine to evaporate.

A quicker way of reducing chlorine smell from tap water is to add fruits or vegetables such as oranges, lemons, limes and cucumbers, or to dissolve a crushed Vitamin C tablet to the water. This increases the acid level of the water and should remove most of the chlorine in about an hour.

Home water pitcher carbon filters are also very effective at quickly removing the taste and odour of chlorine. Filters should be certified as per the NSF International/American National Standards Institute (ANSI) Standard 42. It is crucial to regularly replace the filter as recommended by its manufacturer. If this is not done, it could cause the water to become contaminated.

Skin irritation from the low level of chlorine in drinking water is uncommon. Skin irritation can be caused by exposure to many different commonly found chemicals in clothing, cleaners, and personal products and is also associated with various medical conditions. Hard water (which is common for all groundwaters in the Cariboo-Chilcotin) is also known to cause skin irritation for some people. The community water at Soda Creek and Deep Creek is considered "hard" given the calcium carbonate level is above 200 mg/l. While not a health concern, this water will not dissolve soaps as effectively as "soft water" and can leave soap residue which can cause skin irritation. If you suspect you have a skin sensitivity to the low levels of chlorine in drinking water, please consult your doctor. If your physician confirms chlorine skin sensitivity, a whole home de-chlorination water treatment system could be considered.

Sometimes chlorine odour is most noticeable in the early morning shower after low water usage overnight, or when you return home after a long absence. Flushing the water for a few minutes will clear your house water lines, and helps to dissipate chlorine odour.

**QUESTIONS?** Please feel free to contact your FNHA Environmental Health Officer, Patti Joyce, at 250-296-9136 or by email: [Patti.Joyce@fnha.ca](mailto:Patti.Joyce@fnha.ca)

### **RESOURCES:**

<http://www.scientificamerican.com/article/how-does-chlorine-added-t-1998-05-04/>

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/envIRON/chlor-eng.php>

<http://www.hc-sc.gc.ca/fniah-spnia/pubs/promotion/ envIRON/pipe-conduite/index-eng.php>





# Be PlantWise

Know what you grow



**PlantWise** helps gardeners and industry identify invasive plants that are harmful to our communities, and to make 'PlantWise' choices. **PlantWise** is a provincial program that supports the horticulture industry's transition to become invasive-free.

Participate today!

## INVASIVE PLANTS TO AVOID



Orange Hawkweed



Oxeye Daisy



Bachelor Button



Mountain Bluet



Common Periwinkle



Spurges



Russian Olive



English Ivy



Yellow Archangel



### WHY BE CONCERNED?

Invasive plants have unique characteristics that other plants lack, allowing them to out-compete native vegetation and cause environmental and economic harm.

### How to Be PlantWise:

- Help reduce damage caused by invasive plants
- Practice responsible treatment and disposal methods
- Find out what you can do to make a difference in your community
- Wildflower seed mixtures often contain invasive plant seeds — Please avoid use
- Don't compost invasive plants
- Look and ask for non-invasive plants only

For more information on these and more, please visit [www.bcinvasives.ca](http://www.bcinvasives.ca) and [www.beplantwise.ca](http://www.beplantwise.ca)



Download the PlantWise app  
[www.beplantwise.ca](http://www.beplantwise.ca)

INVASIVE SPECIES COUNCIL OF BRITISH COLUMBIA  
#100—197 North 2nd Ave., Williams Lake, BC V2G 1Z5  
Phone: (250) 305-1003 or 1-888-933-3722 Fax: 778-412-2248  
[www.bcinvasives.ca](http://www.bcinvasives.ca) | [info@bcinvasives.ca](mailto:info@bcinvasives.ca) |



@ISCBC



Download the Report-A-Weed app  
[www.reportaweedbc.ca](http://www.reportaweedbc.ca)

TOGETHER • PREVENT • RESTORE

## Need Legal Information?

**Dial-A-Law** is a library of scripts prepared by lawyers. It offers general information on a variety of topics on law in BC, but not legal advice. If you need further information, you should consult a lawyer. Dial-A-Law is a free service available by telephone and Internet.

### Website [dialalaw.org](http://dialalaw.org)

The menu provides scripts in English, Chinese and Punjabi:

- For English, click on a category that you would like to read and then choose a topic.
- For Chinese, click "Dial-A-Law - Simplified Chinese" on the left hand side.
- For Punjabi, click "Dial-A-Law- Punjabi" on the left hand side.

\* Dial-A-Law English and Chinese scripts are available online in audio.

View the entire English collection at:  
[wiki.clicklaw.bc.ca/index.php/Dial-A-Law](http://wiki.clicklaw.bc.ca/index.php/Dial-A-Law).

**Call** **604.687.4680**  
**toll free in BC** **1.800.565.5297**

Dial-A-Law is available 24 hours a day, 7 days a week.

Once you are connected:

- Press "1" for English
- Press "2" for Chinese

After listening to the welcome message, you can:

- Press "1" - to enter the script number you would like to hear

- Press "2" - for a complete list of topics
- Press "3" - to request a brochure
- Press "4" - for Lawyer Referral Service's telephone number & hours of operation
- Press "8" - to repeat the message
- To disconnect, hang up

## How to Use the Lawyer Referral Service

**Call** **604.687.3221**  
**toll free in BC** **1.800.663.1919**

Lawyer Referral Service is available by phone from 8:30 a.m. to 4:30 p.m. on weekdays.

**Lawyer Referral Service** is a program that refers you to the right lawyer. Lawyers who participate in the program offer an initial consultation of up to 30 minutes at a small fee of \$25 plus taxes.

### Frequently Asked Questions

#### What is a consultation?

*It is a meeting between you and a lawyer to find out if you have a legal problem. A consultation can last up to 30 minutes and costs \$25 plus taxes.*

#### Who sets up the consultation with the lawyer?

*You set up the consultation with the lawyer and inform both the lawyer and their receptionist that the Lawyer Referral Service referred you to them. In some cases you will resolve your issue at the first meeting.*

#### What happens after the consultation?

*If your problem requires work beyond the first half hour you and the lawyer can agree to proceed with services at the lawyer's regular rate. Ask the lawyer what their rate is and for an estimate of the fees.*

#### What if I know that I have a legal problem?

*Then you don't need a consultation, but the Lawyer Referral Service can still give you a lawyer's name and telephone number for legal help. The lawyer will charge you their regular fee.*

#### What if I cannot afford a lawyer but need legal help?

*Ask the operator at the Lawyer Referral Service to direct you to legal services for people who cannot afford a lawyer, or go to Dial-A-Law and listen to or read script #430 on "Low cost and free legal services."*

## Dial-A-Law [dialalaw.org](http://dialalaw.org)

In the Lower Mainland call

**604.687.4680**

Elsewhere in BC call

**1.800.565.5297**

## Lawyer Referral Service

In the Lower Mainland call

**604.687.3221**

Elsewhere in BC call

**1.800.663.1919**



THE CANADIAN  
BAR ASSOCIATION  
British Columbia Branch

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## Dial-A-Law Lawyer Referral Service



## Legal Information and Lawyer Referral

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To hear Dial-A-Law scripts on all of the above topics call **604.687.4680** (in the Lower Mainland) or **1.800.565.5297** (elsewhere in BC) and use the corresponding script number.





Royal Canadian  
Mounted Police

Gendarmerie royale  
du Canada



# RCMP Telecommunications 911 Operators and Police Dispatchers

The RCMP is seeking qualified candidates to work in our Operational Communications Centre [OCC] in Prince George, BC as Telecommunication Operators [911 Police Dispatch].

We will be holding a CAREER PRESENTATION:

**Thursday, April 28th 2016 at 6pm AT THE RCMP  
NORTH DISTRICT HEADQUARTERS BUILDING  
4020 5<sup>th</sup> AVENUE [5<sup>TH</sup> & OSPIKA] PRINCE GEORGE BC**

The basic requirements for an RCMP Telecommunications position are:

- ➔ Proof of High School graduation or G.E.D. equivalent
- ➔ Approved typing certificate with a min 40wpm NET with error rate < 5%
- ➔ Must be a Canadian Citizen
- ➔ Must be 19 years or older
- ➔ Must be willing to work shift work, including nights, weekends and holidays.
- ➔ Must be able to complete 120 hours of local pre-course material prior to attending full time training (5 weeks split) training program at the Pacific Region Training Centre [PRTC] in Chilliwack BC followed by a full time apprenticeship program [approx. 6 months] in Prince George BC.

**\*\*You must bring valid Government issued photo ID to the Career Presentation\*\***

**Please refer to [www.bc.rcmp.ca](http://www.bc.rcmp.ca) and [www.rcmp.ca](http://www.rcmp.ca) for further details.**

The hiring process takes months to complete. To be considered for training you must:

- ➔ Attend an OCC Career Presentation
- ➔ Pass the RCMP Police Aptitude Battery [RPAB]
- ➔ Pass a Structured Interview Board [SIB- a panel interview]
- ➔ Pass an RCMP Security Clearance
- ➔ Pass all medical clearances including psychological evaluation [MMPI]

**YOU MUST PRE-REGISTER TO ATTEND BY EMAIL:**

**[Lisa.Jones@rcmp-grc.gc.ca](mailto:Lisa.Jones@rcmp-grc.gc.ca)**

**PLEASE INCLUDE YOUR FULL NAME & PREFERRED CONTACT PHONE NUMBER**

**Soda Creek Indian Band**  
**3405 Mountain House Road**  
**Williams Lake, BC V2G 5L5**  
**Phone: (250) 989-2323 Fax: (250) 989-2300**



### Employment Opportunity

**Job Title:** Natural Resource Manager

**Job Summary:** The Natural Resources Manager contributes to the overall success of the organization by coordinating the effective development, provision, and evaluation of natural resource programs and services in the community according to the organization's vision, objectives, and strategic direction. The Natural Resources Manager carries out the mandate to protect and implement Aboriginal Rights and Title, building on and using the established capacity in land and resource management to operate programs and develop new initiatives. As an advocate for sustainable and healthy communities, the Natural Resources Manager manages the referral program and develops plans for land use.

**Education and Experience:**

- Bachelor's Degree in Natural Resources Management
- Three to five years natural resources experience in a similar position, or related experience
- Experience supervising and managing staff as well as developing and managing budgets

**Skills and Abilities:**

- Knowledge of resource management principles, practices, policies and procedures to consult with staff and various other governing bodies and agencies
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program)
- Ability to work independently and build effective interpersonal relationships
- Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality

**Type of Employment:** 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

**Working Conditions:**

- Must be able to obtain and maintain a Criminal Records Check.
- Must be able to obtain and maintain a valid BC Driver's License.
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements.
- Field work and walking through traditional territory to assess impacts required
- Travel to other related organization locations will be required
- Non-standard hours of work
- Receives minimal supervision with occasional direction and very few checks of the work preformed

**Salary:** Pay Grade 6, \$22.00 - \$26.80/hr. Dependent on experience.

**How to Apply:**

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: [www.xatsull.com](http://www.xatsull.com)

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

**Email your Application to:**

Name, Sharon Little

Email: [execasst@xatsull.com](mailto:execasst@xatsull.com)

**Mail your Application to:**

Fax to: 250 989-2300

Attention: Sharon Little  
 Soda Creek First Nations  
 3405 Mountain House Road,  
 Williams Lake, BC V2G 5L5

**Application Deadline:** **April 15, 2016**

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

NOTE\*\* Applications received after 4:00 PM on April 15, 2016 will not be considered. Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.



## Job Description

**Title**            *Tour Guide*

**Reports To**    *Site Supervisor and Language Coordinator*

---

### Job Summary

The Tour Guide will work at Xatsúll Heritage Village with a team of Elders and Youth under the direction of the Site Supervisor and Language Coordinator.

### Duties and Responsibilities

- a. Actively engage in all duties at Xatsúll Heritage Village
- b. Assist with opening and/ or closing of the site
- c. Sharing the rich History and Culture of Xatsúll with Tourists from around the world
- d. Assist in managing day to day financial needs of the Heritage Village
  - i. Taking payments and producing receipts
- e. General site maintenance, which includes:
  - i. Having supplies in place
  - ii. Having fire wood and sweat wood on site
  - iii. Maintaining lawns (mowing and watering)
  - iv. Ensuring the high standards of clean washrooms and showers
  - v. Maintaining a well organized, clean and inviting office area
- f. Other related tasks

### Qualifications and Experience

- Previous experience preferred
- Job related training and certificates can be an asset

### Competencies:

The Tour Guide should demonstrate competence in some or all of the following:

- Quality – sets and attains quality standards that meet or exceed requirements
- Accountability – holds self accountable for achieving goals and personal development; delivers on commitments
- Communicating information – creates an environment where open, honest communication is valued and develops strong, cooperative relationships; presents oral and written information clearly

### Skills and Abilities:

- Exceptional communication skills
- Ability to work well with people
- Friendly and welcoming towards visitors
- Willingness to work with people of all ages and backgrounds
- Being open to and supportive of the thoughts, opinions and contributions of others in a group
- Enthusiasm
- Responsibility and good work ethic
- Organizational skills

*Tour Guide Continued*

- Patience
- Ability to work alone or in a group setting
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

**Working Conditions**

- Temporary position, up to 7 hours per day, 28 hours per week
- Weekend and evening shifts required
- Hours of operation of Xat'sull Heritage Village are from 9am to 10pm. Depending on Tourist needs and bookings, the Tour Guide will work up to 7 hours per day and the schedules will be developed on a bi-weekly basis, to ensure coverage at the Xat'sull Heritage Village
- Outdoor environment with office components: services are provided to best accommodate visitors and exceed their expectations
- Some travel required
- Receives moderate supervision with less frequent direction and review of the work performed

**Conditions of Employment**

- Must be able to obtain and maintain a Criminal Records Check
- May be required to obtain and maintain a valid BC Driver's Licence

**Term of Employment**

This is a temporary position, from May 2 to October 31 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 15, 2016. 4:00 PM

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



**Soda Creek Indian Band**  
3405 Mountain House Road  
Williams Lake, BC V2G 5L5  
Phone: (250) 989-2323 Fax: (250) 989-2300



### EMPLOYMENT OPPORTUNITY

**Job Title:** BAND ADMINISTRATOR

**Job Summary:** The Band Administrator is responsible for the successful leadership and general management of the organization according to the vision, objectives and strategic direction set in conjunction with the governing body. The Band Administrator is responsible for the efficient management of all programs and departments, setting goals and measuring the achievement of the organization's objectives by leading the community's governing body as a skilled administrator who is a positive role model. This role focuses on establishing effective working relationships with community groups, funding agencies and other external contacts, the efficient financial responsibilities of the organization, economic development, treaty negotiation and other improvements for the organization.

**Education and Experience:**

- Diploma in Business, or a related field.
- Five to seven years of progressively responsible program management experience, preferably in the community social service sector or with First Nations group.
- Experience supervising and managing staff as well as developing and managing budgets.
- Knowledge of legislation on Labour Code, Occupational Health and Safety, Privacy & Human Rights.
- Knowledge of financial and reporting requirements for AANDC.
- Knowledge and experience in human resources and financial management, governance procedures and the treaty process.

**Skills and Abilities:**

- Ability to work independently and build effective interpersonal relationships.
- Ability to work collaboratively with the leadership team in the establishing goals, and preparation of budgets and funding proposals.
- Ability to self-regulate, meet deadlines, have attention to detail.
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture.

**Type of Employment:** 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

**Working Conditions:**

- Must be able to obtain and maintain a Criminal Records Check.
- Must be able to obtain and maintain a valid BC Driver's License.
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements.

**Salary:** \$30.34 - \$36.06/hr. Dependent on experience.

**How to Apply:**

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: [www.xatsull.com](http://www.xatsull.com)

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

**Email your Application to:**

Sharon Little, Executive Assistant

**Email:** [execasst@xatsull.com](mailto:execasst@xatsull.com)

**Mail your Application to:**

**Fax to:** 250 989-2300

Attention: Sharon Little  
Soda Creek First Nations  
3405 Mountain House Road,  
Williams Lake, BC V2G 5L5

**Application Deadline:** April 8, 2016 PM.

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

NOTE\*\* Applications received after 4:00 PM on April 8, 2016 will not be considered. Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

## JOB POSTING FOR THREE CORNERS HEALTH SERVICES SOCIETY

### EMPLOYMENT OPPORTUNITY: BOARD OF DIRECTORS MEMBER

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The Soda Creek Indian Band is currently looking for a Community Member to join the Three Corners Health Services Society Board of Directors.

Three Corners Health Services Society (TCHSS) is incorporated pursuant to the provisions of the Societies Act of BC. Its affairs shall be managed by a Board of Directors, which shall consist of two representatives of each of the three Communities it represents. The Chiefs of each community will appoint the Board after posting to the community, interviewing, and discussion with the Executive Director and/or the Board of Directors (Section 3.2) and the appointment will accompany a BCR. The three Chiefs of Canoe Creek, Soda Creek and the Williams Lake Bands are considered members.

The position will be responsible for:

- Regularly attending Board Meetings and ensuring someone is informed when unable to attend due to the requirement of a four person quorum.
- Adhere to the Board of Director's Code of Conduct (Policy A-2)
- Act as a signing authority for the Society
- Set policy and establish goals for your administrator to achieve
- Evaluate the performance of the Executive director
- Provide guidance to your Executive Director
- Maintain a proper relationship with staff
- Ensure adequate financing of the organization and see that money is responsibly spent
- Actively support your organization and Executive Director
- Hold the Executive Director accountable for the management and operation of the organization
- Make a written plan that outlines the long-term goals of your organization
- Complies with relevant legislation
- Ensures there are appropriate internal financial controls
- Assesses the Board's performance
- Plans for succession of Board Members and the Executive Director
- Ensures openness with each other, takes responsibility, and provides a clear voice readily understood by all, in the decision making processes of the Board
- Manages the affairs of the organization and applies the by-laws of the organization
- Work diligently to provide the leadership and direction in terms of concrete actions and attitudes required by the organization to be effective and successful.

**Application and Deadline: April 08, 2016**

Submit: your letter of interest to the attention of the Band Administrator at [bandadmin@xatsull.com](mailto:bandadmin@xatsull.com)  
Or fax to: 250 989-2300

## Job Description

**Title** *Site Supervisor and Language Coordinator*

**Reports To** *Community Economic Development Coordinator*

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### Job Summary

The Site Supervisor and Language Coordinator will work at Xat'sūll Heritage Village with a team of Elders and Youth under the direction of the Community Economic Development Coordinator.

### Duties and Responsibilities

- a. Oversee operations and actively engage in all duties at Xat'sūll Heritage Village
- b. Supervise all staff and contractors at Xat'sūll Heritage Village
  - i. Create bi-weekly schedules for staff
- c. Oversee opening and/ or closing of the site
- d. Sharing the rich History and Culture of Xat'sūll with Tourists from around the world
- e. Assist with bookings of all activities at Xat'sūll Heritage Village
- f. Prepare and teach a weekly Secwepemc Language class
- g. Ensuring Caterers are notified and booked, arranging meals and if needed assist with preparing meals
- h. Assist in on-site preparation components as needed for tour groups, gatherings and other events
- i. Organize monthly Cultural Events and Cultural Workshops
- j. Assist in managing day to day financial needs of the Heritage Village
  - i. Taking payments and producing receipts
  - ii. Requesting invoices for groups from the finance department
- k. General site maintenance, which includes:
  - i. Having supplies in place
  - ii. Having fire wood and sweat wood on site
  - iii. Maintaining lawns (mowing and watering)
  - iv. Ensuring the high standards of clean washrooms and showers
  - v. Maintaining a well organized, clean and inviting office area
- l. Other related tasks

### Qualifications and Experience

- Previous experience, job related training and certificates can be an asset
- Secwepemc Language skills: verbal, written & ability to teach

### Competencies:

The Site Supervisor and Language Coordinator should demonstrate competence in some or all of the following:

- Quality – sets and attains quality standards that meet or exceed requirements
- Planning & Organizing – plans and organizes time effectively to meet goals and timetables visualizing needs for the future
- Accountability – holds self accountable for achieving goals and personal development; delivers on commitments
- Communicating information – creates an environment where open, honest communication is valued and develops strong, cooperative relationships; presents oral and written information clearly
- Adaptability – accepts change and implements change after gaining full understanding of all factors impacting the decision



**Skills and Abilities:**

- Exceptional communication skills
- Ability to work well with people
- Friendly and welcoming towards visitors
- Willingness to work with people of all ages and backgrounds
- Being open to and supportive of the thoughts, opinions and contributions of others in a group
- Enthusiasm
- Responsibility and good work ethic
- Organizational skills
- Patience
- Ability to work alone or in a group setting
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

**Working Conditions**

- Temporary position, 7 hours per day, 35 hours per week
- Weekend and evening shifts required
- Hours of operation of Xat'sull Heritage Village are from 9am to 10pm. Depending on Tourist needs and bookings, the Site Supervisor and Language Coordinator will work 7 Hours per day and the schedules will be developed on a bi-weekly basis, to ensure coverage at the Xat'sull Heritage Village
- Outdoor environment with office components: services are provided to best accommodate visitors and exceed their expectations
- Some travel required
- Receives moderate supervision with less frequent direction and review of the work performed

**Conditions of Employment**

- Must be able to obtain and maintain a Criminal Records Check
- May be required to obtain and maintain a valid BC Driver's Licence

**Directly Supervises**

- Tour Guide
- Tour Guide Assistants (Summer Students)

**Term of Employment**

This is a temporary position, from May 2 to October 31 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 15, 2016. 4:00 PM

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

## 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 Xat'sull 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 ([nrassistant@xatsull.com](mailto:nrassistant@xatsull.com), 989-2323 ext. 120) if you would like more information or to drop off resume.