Job Description – Contract Position

Title Grant Writer

Reports To Community Economic Development Coordinator

Job Summarv

The Grant Writer will work with various departments of the Soda Creek Indian Band and research, prepare and submit grants and funding applications.

Duties and Responsibilities

- 1. Perform research on grants funding opportunities
- 2. Create and maintain a database on grants and funding opportunities
- 3. Ongoing communication with various departments to identify and prioritize projects in need of funding
- 4. Working collaboratively with various departments to prepare, submit and manage grant proposals.
- 5. Prepare written updates on proposals submitted
- Maintain current records in database and in paper files, including grant tracking and reporting 6.
- Prepare reports to funding organizations once projects are completed 7.
- Assist with other fundraising projects as requested 8.

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

Skills and Abilities:

- Strong written communication skills
- Ability to write clear, structured, articulate and persuasive proposals ٠
- Strong editing skills
- Excellent organization skills
- Attention to detail
- Able to work well in team environment
- Handle multiple assignments and meet deadlines
- Knowledge of basic fundraising techniques and strategies
- Responsibility and good work ethic
- Ability to self-regulate, meet deadlines, have attention to detail

Experience:

Experience with fundraising and proposal writing is a asset

Conditions of Employment

Must be able to obtain and maintain a Criminal Records Check

Term of Employment

This position is a contract position and the successful applicant will be required to provide their own office space and equipment:

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: May 13, 2016. 4:00 PM Applications will be accepted by email, hand delivery, fax, or by post.





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Soda Creek Band Office: 250-989-2323

Employment/Training

Opportunities

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.

Any questions about the newsletter vou can call:

Health Receptionist at 250-989-2355.



MAY 2016

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND









Gardening Workshop w ADP Luncheon Tuesday, May 24, 2016 Health Boardroom

Connecting the Dots Monday, May 16, 2016 11:30-1:30 pm Health Boardroom



Mother's Day gift idea May 8, 2016



Victoria Day is a Canadian statutory holiday celebrated on the Monday preceding May 25 in every province and territory. It honours Queen Victoria's birthday. In Quebec this holiday is called "National Patriotes Day".

Saturday, May 14, 2016 1:00-7:00 pm Health Boardroom

Reconnecting with Community

Community Engagement Group Meeting Wednesday, May 11, 2016 5:00-7:00 pm Health Boardroom

> All Nations Spring Classic 5 or 10 Km Walk or Run Sunday, May 29, 2016 10:00 am **Boitanio Park**



Chief's Report

Donna Dixon

Treaty

We recently attended the annual Citizens Assembly. The theme this year was "Moving Forward". We had our young ones open with drumming, singing and prayer on both days with a prayer. I would also like to thank Elder Gilbert Sellars Sr. for his participation in the Elders Panel. During my presentation, I wanted to focus on the issues our community would be facing in the upcoming years including:

Outstanding NStQ Issues:

- Shared Governance or Alternatives
- **Decision Making Structures**
- Transitions to Post-Treaty
- **Community Input**
- Budgets
- Negotiation Options
- **Communication Strategies**
- Urban Services

Outstanding Xat'sull Issues:

- **Communication Engagement**
- **Community Input**
- Council Input
- Staff Input
- **Treaty Related Measures**



External Issues:

Relationships with communities 1) effected by Treaty Settlement Lands

G2G and Collaborative Stewardship:

Impact of outside agreements Funding



These are all discussions that will be brought to community during the Final Negotiation process. The Chief and Council participated in a strategy session with the Treaty Team on April 21 1) and 22, 2016 where we discussed some of the options in moving forward. As you can see from the list there is still much work to be completed in final negotiations and we look 2) forward to hearing what members

have to say, so we can all move forward together.

Child and Family

4) On February 25, 2016, Grand Chief Ed John invited the Northern Secwepemc Chiefs and support staff to a meeting held at the Tribal Council. Grand Chief Ed John was appointed as a Special 5) Advisor to the provincial government n September 2015, to advise on and eport to BC and to First Nations leadPermanency for approximately 2,800 children in permanent care under Continuing Custody Orders (CCO).

ers on three matters.

2)

3)

Engagement with federal government on plans to address the Council of Federation report on "root causes" of Aboriginal children in care, to reduce the number of children in care and to enhance prevention and intervention work. Early child development

Some of the issues and topics Grand Chief Ed John has brought forward, as a result of our meeting include:

- More support needs to be provided to Grandparents. Agreements that are put into place with families need to be explained in plain language. Notification provided to Nations continues to be an issue. Faxing is outdated and inappropriate. Prevention is paramount to sup-
- port families.

Families go through the processes to get their children back into their care but they aren't provided support to maintain good habits.

Systemic and institutional racism is an on-going issue.



CARIBOO FRIENDSHIP SOCIETY

HEARTH RESTAURANT WAITER/WAITRESS FULL TIME JOB OPPORTUNITY

GENERAL:

Under the direction of the Food Service Manager and the Executive Director of the Cariboo Friendship Society and is subject to its policies and procedures and generally be involved in the societies various activities.

JOB PURPOSE:

Serve customers by taking, filling orders and delivery orders and assist other service personnel in providing customer service by maintaining the cleanliness and readiness of the dining area.

ESSENTIAL JOB RESULTS:

- **1. MAINTAINS QUALITY SERVICE BY:**
- 1. promptly waiting on customers upon entry into the restaurant
- 2. taking customers orders, setting customer tables with appropriate silverware and/or condiments.
- delivering customers orders in a timely and professional manner
- other customer needs.
- beverage items.
- 7. following organizational standards.

Must be willing to work weekends, and submit to a criminal records check

CLOSING DATE: May 13, 2016

To apply, or for complete job description, see the Cariboo Friendship Society, 99 South Third Avenue, Williams Lake, BC

4. provide customers with condiments and beverages and check continuously for refills and

informs other service personnel when a customer has requested any additional food or

6. ensures that all tables are cleared and reset as soon as possible after customers leave assist service staff and management in providing the customer with a positive dining experience.

CARIBOO FRIENDSHIP SOCIETY

The Hearth Restaurant Full Time Job Opportunity - Cook

GENERAL: Under the direction of the Food Services Manager and the Executive Director of the Cariboo Friendship Society and subject to its policies and regulations, the Cook will be responsible for the planning and preparation of food to be served to the Society's clients and to the general public.

DUTIES:

- 1. To be responsible for the preparation of meals and food.
- 2. To be responsible for cleanliness and to ensure that the condition of the restaurant meets all health regulations.

OUALIFICATIONS/EXPERIENCE:

- 1. Must have previous experience in cooking in a restaurant.
- 2. Must have the ability to communicate clearly in English, both orally and in writing.
- 3. Must provide references.
- 4. Must maintain professional conduct and abide by the Cariboo Friendship Society's Code of Ethics.
- 5. Must participate in a criminal records review.

SPECIAL REQUIREMENTS AND/OR SKILLS:

1. Must be pleasant and approachable in dealing with the public in order to establish good public relations.

COMPENSATION AND BENEFITS:

- 1. \$11.00 per hour
- 2. Excellent Medical, Dental and RRSP plan
- 3. Paid vacation and sick leave benefits available to all permanent employees

CLOSING DATE: SUBMIT Your RESUME: May 13, 2016 Cariboo Friendship Society 99 South Third Avenue, Williams Lake, BC The next steps in this process include: ties. **The signatories were as follows:**

Treasurer), Mark Thiessen (Superintendent of Schools).

Ministry: Donna Barnett (Cariboo-Chilcotin MLA), Colleen Hannah (Enhancement Agreement Coordinator).

(Alexis Creek Indian Band), Chief Russell Myers Ross (Yunesit'in), Chief Francis Laceese (Toosey Band), Chief Roger William (Xeni Gwet'in First Nation), Chief Bernie Mack (Alexandria Chilcotin) Enhancement Agreement on Band), Chief Mike Archie (Canim Lake January 20th at the Band), Heather McKenzie (on behalf of Williams Lake Band), Chief Patrick Harry (Canoe/Dog Creek Band), Chief Betty Cahoose (Ulkatcho Band), Chief Donna Dixon (Soda Creek Band), Marlene Swears (Cariboo Chilcotin Metis Association), and Rosanna McGregor (Cariboo Friendship Society).

Natural Resources

At the last Mt. Polley Community Meeting it was suggested that we begin to have community working groups regarding Mt. Polley Mine. This would give community members the opportunity to receive more detailed discussions on the activities on the mine site and to have input on how to be involved in the decision making process. Although this idea was brought up regarding Mt. Polley, this working group would not have to be limited and could be utilized to have more in depth discussion on a number of topics affecting the natural resources with our territory. This has the potential to include other mines,

I will continue to meet with Nations across the province. Advice and recommendations

will be provided throughout my appointment to the Minister.

There will be a face to face meeting with Premiere Christy Clark on May 30 and 31, 2016 to discuss this important First Nations: Chief Ervin Charleyboy issue.

Education

1)

2)

There was a signing ceremony for the School District No. 27 (Cariboo-

School District "We had youth Office. We had from our youth from our community open community oper up the signing up the signing with drumming with drumming and singing. It and singing. It was great to see was great to see our community *represented in this* our community represented in group."

this group.

The purpose of this agreement is to

work in partnership to create a cli-

mate that is culturally sensitive, wel-

at all School District worksites. To en-

sure First Nations students achieve

academic and social success, and to

honor and actively support the revital-

ization of the histories, cultures, gov-

ernance and language of the First Na-

This is a living document that we have

the ability to improve upon to hold

School District No. 27 up to the com-

mitments they make to the communi-

tions.

coming and supportive of First Nations

School District No. 27: Tanya Guenther (Chair), Kevin Futcher (Secretary forestry, wildlife and habitat, fish, water, etc. It would also provide an opportunity to discuss agreement within the territory. Please keep an eye out of upcoming meetings.

I would also like to mention that we are looking at including some new positions in the Natural Resource department to increase the capacity. Please keep your eye open for employment opportunities in the near future.

Health

The Community Consultative Group was brought forward at the last community meeting. The Health department circulated a signup sheet

"The Health department circulated a signup sheet for anyone wanting to be involved. There will be a notice going out to those who signed up for

for anyone wanting to be involved. There will be a notice going out to those who signed up for the first meeting. This group will be community driven and can be utilized to:

- Develop lines of communication
- Identify specific community policing issues and priorities, goals, strategies and prevention activities
- Establish frequency and nature of meetings
- Develop educational awareness programs/workshops (identified by community participants)

The Health department will be helping with the organizing of these meeting so that they can utilize the group to identify needs and work to bring in programs that are identified by the community.

Safe Community Initiative Administration

Initiative Meeting held on April 12, 2016 at City Hall. It was followed up with a steering committee meeting where people put forth their ideas. At this point it seems to be mainly brainstorming and developing principles prior to moving forward. I'm not com- It's great when we have committed pletely sold on this initiative as of yet. It seems that much of the funding will go toward a single person trying to work regionally (which would be a huge area), to identify needs in the communities and I don't see this as being viable at this point. Also, there is only a commitment of funding for two years which may or may not be continued. This is a government initiative and invitations have been put forth for us to participate, but no there is no funding offered to deal with the capacity involved with us participating. I will keep informed on the upcoming meetings and see where it goes, but to date I have made no commitments.

I will be attending the Safe Community This is just a quick note regarding the Band Administration position. Dawn Armes in currently the acting Band Administrator but we have conducted interviews and if all goes well, will be making an announcement soon so Dawn can get back to full time finance. staff that step up when we need them, but we also recognize that the responsibility can be overwhelming and the sooner we get the position filled, the better.

Soda Creek Walk/Run

Last but not least, I would like to thank and congratulate all of the participants in the Soda Creek Walk/Run Group. On April 24, 2016 we completed a 10 Km event in Kamloops called "Boogie the Bridge" and our team name was the "Soda Creek Boogie Brats". This year we had 21 participants ranging from ages 14 months to 67 years young and everyone was amazing. We ^{and happy.} had trained for 13 weeks (you may

have seen us on the road for the last few Sundays), and we did all of our own fundraising and supported each other to suc-

cess. It is so "It is so satisfying satisfying havhaving our own ing our own group, where we get group where, to make all our own we get to make decisions (and all our own demistakes), learn cisions (and from them and get mistakes), learn better every year. from them and This is our seventh get better every vear." year. This is our seventh year.

We also saw many familiar faces along the way; people from Dog Creek, Williams Lake Band, and Bonaparte. I really appreciate everyone in First Nations communities, who are getting out there and taking steps to bring health into their lives. It makes me so proud and I never want to forget the ones who are choosing to be healthy



Soda Creek Indian Band (SCIB) **Employment Opportunity** Summer Student Positions

Children's Program Assistant

Under the supervision of the Summer Children's Program Supervisor the Summer Children's Program Assistant will assist in the implementation of a Summer Children's Program. The program will be for school aged children 5-12 years of age. The activities will encourage social, emotional, physical and mental development. Applicants are required to have or be willing to get First Aid, FoodSafe, and a Criminal record check. This is a full time position and hours will vary depending on shift.

Tour Guide Assistant at Xatsull Heritage Village

The Tour Guide Assistant will work at Xatśūll Heritage Village with a team of Elders and Youth. The position requires a high level of enthusiasm and communication skills while sharing the rich History and Culture of Xatsull with Tourists from around the world. The Tour Guide Assistant will also assist with the Whispering Willows Campsite. Outdoor environment with office components, rotating schedule includes work shifts on weekends and some evenings.

Trail Builder

The Trail Builder will work with the Trail Building Crew with the design and building of new trails as well as the maintenance of existing trails. Duties are physically demanding and mostly in an outdoor environment.

*Summer Student Positions dependant on anticipatory funding.

Application Deadline: SCIB Application Form is required with your cover letter and resume by Friday, June 3, 2016. Applications received after 4:00PM on June 3, 2016 will not be considered. Only those selected for an interview will be contacted.

How to Apply: By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, attention Executive Assistant; by fax to (250) 989-2300; or by email to execasst@xatsull.com . Please indicate your preferred position placement on your cover letter and provide 3 references in your resume. The SCIB job application form is available online at <u>www.xatsull.com</u> or by pickup at the Band Office.

We welcome all qualified applicants. Preference may be given to qualified applicants of Aboriginal ancestry pursuant to Section 42 of the BC Human Rights Code. If you fall within this category and you wish to have this voluntary information considered as part of your application, please indicate this in your cover letter.





Soda Creek Indian Band (SCIB) **Employment Opportunity** Summer Student Positions

Education Assistant/ Children's Program Supervisor

The Education Assistant will work with the Education Department is an advanced summer work experience in that the student is expected to take on guite a bit of responsibility and be experienced in the type of work required. The position requires full planning and implementation of a program for school aged children 5-12 years of age, during the months of July and August. Planning includes involvement in contacting all parents/guardians and registering all children; ensuring appropriate locations; arranging proper transportation and nutrition requirements for the program. Directly supervising 2-4 young employees (ages 13-18) ensure all safety needs and policies are met are adhered to. Applicants must have minimum valid Class 5 BC Drivers' License and have or be willing to get First Aid, FoodSafe, and a Criminal record check. This is a full time position and hours will vary depending on shift.

*Summer Student Positions dependant on anticipatory funding.

Application Deadline: SCIB Application Form is required with your cover letter and resume by Friday, June 3, 2016. Applications received after 4:00PM on June 3, 2016 will not be considered. Only those selected for an interview will be contacted.

How to Apply: By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, attention Executive Assistant; by fax to (250) 989-2300; or by email to execasst@xatsull.com . Please indicate your preferred position placement on your cover letter and provide 3 references in your resume. The SCIB job application form is available online at www.xatsull.com or by pickup at the Band Office.

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Education Coordinator

Cheryl Chapman

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We now have new/updated application packages available at the office and on the website, for:

- Post-Secondary Support Fund-• ing – Deadline for Fall Semester is May 13th, 2016.
- Education Assistance Programs (Spectra/Gibraltar Mine/Mount Polley Mine) Funding - Monthly interest and an

The Education Committee will be meeting every month, (meeting dates will be posted on the website and available from the Education Coordinator and/or the Band Receptionist), to ensure the applications are reviewed in a timely manner. It is the responsibility of the applicant to have their *completed* application in to the Education Coordinator at least one week prior to the Education Committee Meeting date and to make sure the website or at the Education Detheir training/program start date is after the committee meeting date.

The Education Committee is looking for a Youth Representative (18 -29), please provide a letter of up-to-date resume to the Education Coordinator.

is May 27th, 2016.

Environmental Monitoring Students. They are taking the training within our Education Department for four weeks. Their first day was April 25, 2016.

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STAFF REPORT



"The Education *Committee is* looking for a Youth

Representative (18 – 29), please provide a letter of interest and an up -to-date resume to the Education

Coordinator."

Likely/Xats'ull Community Forest Bursary Application for \$1,000.00 for a graduating Soda Creek Indian Band Member, that is enrolled and accepted into a post-secondary program, immediately following graduation, is in this newsletter, and available on partment and Band Office. – Deadline

After School Program runs from 4pm - 6pm Tuesdays and Thursdays and includes:

Snacks and Sharing Circle; then an activity, such as, Homework; Cultural Practices like Medicine Gathering and Lehal; Safety Workshops like Fire Safety, Food Safe and Be a Buddy Not a Bully; Games like Capture the Flag and Mission Impossible; and Movies like Norm of the North and Zootopia.

The students have brainstormed the activities they would like to participate in and the Calendar for May is included in this newsletter.

Please ensure your child(ren) are given permission to get off the school bus at the Band Office and let me know if they need a ride home after programming.





Kelly Quon

Hello everyone,

Hope everyone's doing well. So I'll start off by saying yesterday I got the water up and running down at Heritage Site. Today I got the water up and running over at the Campsite also.

You might notice down at Soda Creek that the chlorine's been not so noticeable, but everyone might find it coming up again because today I put one new chlorine bucket into and diluted with one bucket of water into the

chlorine container this morning. So

"So you all might notice it coming up a little. It shouldn't be too bad though. The chlorine pump is as low as I can have it.

you all might notice it coming up a little. It shouldn't be too bad though. The chlorine pump is as low as I can have it.

Today April 26th, I received my results

from the water samples I collected on April 20, 2016. They all came back clear. Even the ones I did for the construction company that installed the

Things have been pretty busy for the both us, Dennis and I this spring so far. But makes for the days go by quick. So until next month, I'll sign off for nowJ.

Hydrant and water into your new

community Hall.

Your friendly Waterman, Kelly Quon





Think before you drink.

On average, only 10% of water bottles are actually recycled. The other 90% wind up in the landfill or ronment... That really piles up!







Job Title: Employment Services Assistant

Job Summary:

The Employment Services Assistant is responsible for the successful coordination of employment related services including providing job search support, identifying available positions, and organizing training and information sessions as appropriate. The Employment Services Assistant establishes effective working relationships with community groups, employers, funding agencies and other external contacts. This is a full-time, permanent position.

Education and Experience:

- social work, counseling, business, or a related field
- One to two years counseling, social work, business, or related experience

Skills and Abilities:

- Must have strong administrative, organizational and communication skills
- Ability to self-regulate, meet deadlines, have attention to detail
- and feel confident using the program)

Type of Employment: 35 hours per week, subject to 90-day probation.

Criteria: Must be able to provide proof of education (if required), have a valid driver's license and reliable vehicle and a completed Criminal Records Check.

Application Deadline: SCIB Application Form is required with your cover letter and resume by **Friday**, May 20, 2016. Applications received after 12:00PM on May 20, 2016 will not be considered. Only those selected for an interview will be contacted.

How to Apply: By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, attention Band Administrator; by fax to (250) 989-2300; or by email to bandadmin@xatsull.com . Included in the cover letter please state salary expectation and provide three work related references. Complete job description and SCIB application form available on line at www.xatsull.com or by pickup at Band Office.

We welcome all qualified applicants. Preference may be given to qualified applicants of Aboriginal ancestry pursuant to Section 42 of the BC Human Rights Code. If you fall within this category and you wish to have this voluntary information considered as part of your application, please indicate this in your cover letter.

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Soda Creek Indian Band (SCIB) Internal Posting Employment Opportunity

• Graduation from High School Grade 12 or equivalency and some post secondary education in

Ability to provide employment, career counseling, and educational counseling services 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

Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Fieldworkers Needed for Upcoming Summer Field Season



Education/Experience:

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

Skills and Abilities:

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

Working Conditions:

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

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

Health Coordinator

Georgina Mortensen



been happening this month and will

be carrying on for the next month as

We have offered a composting work-

shop which was a great event. There

demonstrations, and prizes to add to

the awareness that was presented by

Mary Forbes of the Potato House in

David Archie from the Secwepemc

Traditional Wellness Program has lead

two meetings about the Elder's Repre-

sentative for our community. There

was a lot of information, games,

well.

Williams Lake.

have been great discussions at the and much more. meetings at each meeting. On April 26, Molly has returned and has been busy 2016 there was another meeting hostreconnecting with clients and staff to ed by the health department. The rebegin programming and supports for sults from the vote will be announced the next year to come. in the next newsletter.

The Day Care opened last Monday. Jordanna and Lynda have been busy with the little ones, as well as the fam ilies attending the Head Start programming. The children and Care takers have been drumming each morning, and have even made their own drums with some help from the adults. The staff and children have also been taking advantage of the warm weather, walking each day on the trails.

Three Corner's Health Services hosted vegetables, herbs, and health the Hearts at Work program this last creating a healthy building." week. It was a little different this year green space to enjoy and we received great feedback. There behind the health were many stations providing healthy building. living information about cholesterol, We have some upcoming programs BMI, Body Mass Composition, Quitting happening as well within the month of Tobacco Usage, Stress Relief Tools, Mav.

Upcoming Events for Health

May 11th 10am to 3pm – Med Travel/ Healthy Community Travel May 11th 5pm to 7pm – Community Engagement Group Meeting May 14th 1pm to 6pm – Reconnection Workshop- Mental Health Clinician May 25th 10am to 3pm – Med Travel /Healthy Community Travel May 24th Gardening Workshop- ADP luncheon.

STAFF REPORTS



Last Friday some of the Health staff attended the Three Corner's Staff Appreciation Day. Health Coordinator,

Maintenance, Natural **Resources and RCMP** worked together to assemble Garden Boxes out of temporary doors and wood crates destined for the dump. We will be filling them with medicine plants, flowers

"We will be filling them with medicine plants, flowers vegetables, herbs, and creating a healthy green space to enjoy behind the



STAFF REPORTS



Natural Resource Update May 2016

Susan Aspinall Referrals Coordinator

Mount Polley Update:

Community Meeting

We hosted an internal Mount Polley Community meeting on April 13, 2016 at the Longhouse in town. does). Aaron Higginbottom (Natural Resource Manager from WILB) presented an update on Mount Polley and where we are in the permitting discharged for rest of active mine process. This generated lots of great general discussion around the topic of Mount Polley.

having further Mount Polley internal meetings. We are hoping to set another internal one up later this month. In addition to this, there will be a community meeting on May 18th with Ministry of Energy and Mines as well as a representative from the Ministry of Forests, Lands and Natural Resources Oper- There are other options, however ations. It will be an update on permitting, where we are in the full restart application, and a presenta- options, but if they do not distion on the fish in Quesnel Lake.

Upcoming Items

Permit to open to full capacity is still in the works and will hopefully a decision will be made by the end of May. Right now Mount Polley is applying for a bridging permit, so that they can hopefully keep operating until this decision is made. Currently, they are under a restrict- pushed through.

ed restart and if they do not get this bridging solution approved by the end of April, they will have to take a little bit of a vacation until

Options for Long Term Water

Management (where water gets life) will be coming up soon. Discussions have started, and Mount Polley will have to submit a favoured option for the Long Term Water There was an interest expressed on Management. Currently, some top options are:

> 1) Direct discharge into Quesnel lake Via pipeline, 2) Down still along hazeltine creek into Quesnel Lake, 3) Quesnel River.

those most likely will not move forward. We do not like any of these charge, water will move uncontrollably offsite.

We are also currently working with the government to help guide the comprehensive environmental monitoring program for 2016. We are pushing for more monitoring in places like Polley Lake, and would like to see sediment toxicity be

Forest Management Plan Update:

Georgia Bock

NR Assistant

Students from the University of the full capacity gets approved (if it British Columbia presented their draft Forest Management Plan that they had created for the two areas within the territory. We have the draft now up in the office, if anyone would like to have a look at it.

> This is just the first stages and this will be an ongoing process. This will be a continuous project.

Harvest Allocation Meeting

Thank you for all of the input at the community meeting on April 14th to both my update and the harvest allocation presenters from Forests, Lands and Natural Resource Operations. We will be in conversation with the harvest allocation presenters to figure out a way to correctly intake information from the community on their hunting numbers. We may have them out for a presentation at some point again down the road. Natural Resources will most likely be helping out health in the hunting camp this year. So keep your ears open for news of when this camp will be taking place!





Waiver of Liability

understand the risks involved in participating in any physical activity event. I therefore waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations involved with the All Nations Spring Classic for injury or illness that may directly or indirectly result from my participation in this event. I acknowledge that there are risks involved and that it is my responsibility to prepare for this event.

Signature: _____ Phone or Email:

Parent/Guardian Signature: (For parti















Date:
pants under the age of 18)
the second secon
Start Finish
unimus -









ALL NATIONS SPRING CLASSIC

WALK/RUN EVENT REGISTRATION FORM

When: Sunday, May 29, 2016

Open to everyone! Free Registration.

Where: Boitanio Park, Williams Lake, BC

Start: 10:00 am

This event is funded by the Aboriginal Health Directorate – Ministry of Health in partnership with the Aboriginal Sport, Recreation, and Physical Activity Partners Council, and is meant to encourage all communities to participate in physical activity. Prizes will be awarded to top finishers in each of the categories below.

Registration may be faxed to **250-398-9824** or dropped off at your nearest Health Station. If you have any questions please contact Kayla at Three Corners Health Services @ 250-398-9814. Check in/on-site registration will open at 8:30am on race day.

Name:

Address:

City:

Phone:

Phone:

Male:

Female:

Age Range (Please check one):

12 & under

13-18yrs

19-54

55 & older

Choose category (please select one):

10km Run_____10km Walk_____5km Run_____5km Walk_____

Please complete reverse side.













Population Effects of Shooting a Cow 1st Year 2nd Year 3rd Year 4th Year 5th Year Fallof 121 5th year: Remaining 2 calves 3 adults Population

44

MÉTISB NATION STAFF REPORTS

Population Effects of Shooting a Bull



Support Counsellor

Molly Yochmans

Happy May Community members,

I'm sure everyone is happy about the warmer temperatures, and looking forward to summer around the corner.

I've returned to the office, and am available Monday-Fridays for counselling appointments and referrals.

A friendly reminder that 'Shannon Eiberts' is the new Counsellor from Three Corners Health is also available at Soda Creek Health Station every Monday for counselling appointments.

Shannon moved from North Vancouver to Williams Lake a few months ago. She enjoys being connected to nature, yoga, fitness and is a vegan. She believes in the connection of the mind-body and spirit, and this is seen in her work with others.

Shannon worked in the Downtown eastside of Vancouver for 19 years. She's worked with youth, individuals, couples, and families struggling with mental health and addictions. She works within a harm reduction approach that is client driven.

Shannon has worked with people from the first stages of detox, residential treatment, to out-patient counselling. She was part of the NAOMI Trials (comparing heroin to methadone) at Burnaby Youth Corrections.

She believes that you are the expert in your life, and she feels privileged to be a part of your journey!

On Saturday, May 14th, Shannon will be hosting a "Reconnection Workshop" at Soda Creek Health Station. This workshop will be about healthy communication, personality types, and challenging your fears. Snacks and Dinner will be provided.

Please see the Ad in this newsletter and contact the Health Station if you have any questions or will be needing a ride.

Fun Fact of The Month: The person who invented the Frisbee was cremated and made into frisbees after he died.



Individual Challenge: Love yourself by not allowing negative thoughts or opinions into your life. When you're tempted to put yourself down; replace it with a positive thought toward yourself focusing on your strengths.

> Molly Vochmans Support Counsellor Soda Creek Indian Band

> > 10

Letters of Recommendation:

counselor, First Nations Support Worker or community member. List their names below.

Name	Relationship
Address	
Name	Relationship
Address	

The information I have provided in my application for a bursary is true and complete. I also agree that, should I be the successful applicant for this bursary, my name and photo may appear in the Soda Creek Indian Band Newsletter -Fraser River Run, the Xatśull/Cmetem Facebook Page and Website; and possibly other local media.

Signature

Have you enclosed the following?

A 500 word essay in which you describe:

- Your career goals;
- Your plans for achieving them; and
- Ways this bursary will assist you.
- A copy of your Grade 12 transcript.
- Two letters of recommendation.

Send Complete Application to:

Application received by:

Signature

Print Name and Title

Please provide two letters of recommendation. These letters can be from a teacher, principal,

Telephone
Telephone

Date

A current letter of enrollment and acceptance at a Post-Secondary or Trades Training Institute.

Education Coordinator 3405 Mountain House Road. Williams Lake, BC V2G 5L5 Email: education@xatsull.com Fax: 250-989-2300

Date:



Soda Creek Indian Band Graduating Grade 12 Student Bursary (\$1,000)



Application Form

Likely-Xatśūll Community Forest Ltd. has designed a bursary for a Soda Creek Indian Band Member Student who is graduation from grade 12 and is enrolled and accepted into a post-secondary or trades training program, immediately after graduation. This Bursary recognizes the determination and dedication of a student who believes in their own abilities and has the willpower to persevere and succeed in their chosen field of study. The deadline for applications is May 27th, 2016 at 4:00 pm.

Applicant Information:

Last Name	First Name	Home Phone Number
Current Address	School	
Email Address	Cell Number	
My Soda Creek Indian Band Member	number is: 716	

School and/or Community Activities:

Please describe any School and/or Community Activities that you have been involved in as a participant or a volunteer, beginning with the most recent.

Name of Organization	Supervisor's Name	Length of ,	Activity	Description of Activity
-		From	То	-

Likely-Xatśūll Community Forest Bursary Page 1 of 2



Join Shannon for a day of reconnection, activities and information.

The workshop will focus on healthy communication, personality types and ways to challenge our fears

DINNER & SNACKS INCLUDED

Saturday May 14, 2016 1:00PM-7:00PM Soda Creek Health Station 3405 Mountain House Road Williams Lake, BC V2G 5L5 Phone (250) 989-2355 Fax (250) 989-2301

In Partnership with Three Corners Health Services Society

First Nations Policing Report

Constable Colby Hendrickson

To Our Youth:

I have been in the Soda Creek community going on one year now and have been developing relationships that I value and respect. With this respect as some of you are aware, I have made a commitment to use honesty as a approach to change some of our poor habits. With this honesty I continue to brand my message as "Silence is Condoning".

Those of you that know me, will have heard this like a broken record. I use this message continually to create a tool for people to use. I will shed light on this in the following example;

If a parent or caregiver ignores a child's poor behaviour this silence is condoning.

There are many people working in Wil- these Mature +17 liams Lake and in this community trying to create healthy lifestyle choices for our youngsters and I intend to edu- and lack compascate some parents and caregivers on a sion. It is of my growing problem of de-sensitizing our youth to violence by using the example of video games.

There are video games that some of our children play in our community of Soda Creek that have a rating of Mature +17. If you do not agree with children playing games such as Grand Theft Auto and or Call of Duty, I implore you to be silent no more and reach out to those parents with an honest and empathetic approach.

There is research out there that smart- images if you have not heard or seen er people than me have completed that suggests that children who play

".. that suggests games are more that children who prone to violence play these Mature +17 games are more prone to opinion that Maviolence and lack ture +17 games compassion. " are not intended

for children. Let us band together and create a place for our children to be loving and empathetic to each other and themselves. I believe that stopping children from playing such games is just one more piece of the puzzle.

Thank you for reading this article. Constable Colby HENDRICKSON

P.S. Just Google (Grand Theft Auto) these types of games.

Video games have a rating system as follows:

RATING CATEGORIES







"VIDEO GAMES AND COMPUTERS HAVE BECOME BABYSITTERS FOR KIDS."

> TAYLOR KITSCH EUlehack Dantes



ADULTS ONLY 18

CONTENT DESCRIPTORS EVERYONE



We cannot and will not ban the creation of violent video games. But, we can prevent the distribution of these disturbing games to children, where their effects can be negative



Information for Vendors

- pot, badminton set, set of gardening hand tools...)
- needed)
- ✓ You must agree to the Vendor Guidelines below
- ✓ Race set-up begins at 8am, registration opens at 9am

Vendor Guidelines

- healthy choices. They must be:
 - a. Low in added sugars
 - b. Not fried in fat or oil
 - scratch)

Examples of Food/Drinks that Meet Nutrition Standards	Examples of Food/Drinks NOT Allowed
100% fruit juice	Рор
Water (including flavoured waters)	Energy drinks
Milk	Deep-fried donuts, pastries, fry bread
Tea, coffee	Hot dogs
Pretzels	Potato chips
Cut-up fruit trays or whole fruit	Pizza pops
Cheese and cracker plate	Chocolate bars and candy
Bags air popped popcorn	Bologna sandwiches
Chili and baked bannock	
Sandwiches made with sliced turkey, egg salad, or roast beef	
Homemade soup	
Indian tacos	
Tortilla wraps with chicken, ground beef, lettuce, tomatoes, etc.	





Vendor Application

All Nations Spring Classic **Botaino Park** May 29, 2016

✓ There is <u>no cost</u> to set up concession—please provide 1 door prize in place of a fee (for example: basketball and pump, set of hand weights, hula hoop, herb ✓ You must provide your own table, equipment, food, and umbrella or canopy (if

1. All food and beverages sold at the run must meet the following criteria for

c. Mostly unpackaged, unprocessed foods (ie. foods that are made from

Be Well Program

WHERE & WHEN?

May 17, 2016—Canoe Creek Health Station

May 18, 2016 — Sugar Cane Health Station

May 19, 2016 — Soda Creek Health Station



For more information contact Sheila or Kayla at 250-398-9814

Open to all community members.

Schedule:

10:30 am — Be Well Screening **Blood Pressure Check Blood Sugar Check**

Respiratory and Pulse Check

Weight Check

12:00 pm — Lunch Provided

1:00 pm — Healthy Living Program Information Session/Physical Activity

2:00 pm — End of Session



Origin of the Alexa Bus

In 2008, four-year-old Alexa Middelaer was killed by an impaired driver in Delta. In 2010, the Province set a life-saving goal in Alexa's memory by introducing tough, immediate roadside prohibitions for drinking drivers. The new measures were instrumental in reducing the alcohol-related death toll on B.C.'s roads by 54%, saving an estimated 227 lives to date. In 2014, the Alexa's Bus was launched, a new mobile safety unit to teach people the consequences of impaired driving.

"It's been a long journey and it's really

hard to believe it's coming to fruition," said Alexa's mom Laurel.

The bus will also contain equipment to collect evidence and process impaired drivers at roadside locations. Many officers in B.C. are already members of Alexa's Team, which recognizes officers that help keep drunk drivers off the roads.

"The whole aspect of impaired driving has been sort of a focal point for our family since we knew Alexa was killed by an impaired driver," said Laurel on Prime with Aaron McArthur.

Come check out the Alexa Bus On Wednesday, May 18, 2016 between 4:00-6:00 pm Hot dogs provided by Soda Creek Health

"It's really shocking with all the education that's gone on that this is still an issue."

This will be a great learning opportunity for kids and the community, kids will love to walk through the bus. Please come and support this very important cause.

Thanks, Cst Colby Hendrickson



Community Economic Development

Miriam Schilling

Hello everyone,

We are very excited to open up the Heritage Village and the Campground, it almost feels like summer already even though it's still April. But we decided to open both businesses about a couple weeks earlier as bookings are coming in.

Our 2016 Trails Project at Soda Creek has started. We've hired our trail crew and hosted a 4 day trail building workshop which had a great turnout.

For any concerns, questions, comments about the trails, please give me a call or email.



Trail Building Training - working in the field



Gardening will begin after lunch. We will start with a presentation on benefits of having certain plants around your house and in your garden. Then, we will each plant a tomato hanging basket and planter of herbs.





POSTERS

****************** 絲 Soda Creek—May 24, 2016 *** Canoe Creek-May 25, 2016 * * Sugar Cane—May 26, 2016 ******



For more information, please contact Kayla at 250-398-9814 Winn at 250-440-5822/250-467-7749 Edith at 250-989-2355 Or Cecelia at 250-296-3532

32ND ANNUAL TRADITIONAL CHIEF WILLIAM FATHER'S DAY POW WOW

JUNE 18, 2016



Free Admission Grand Entry 1pm & 7pm Saturday

MC: Derrick "Buck" Sheena Arena Director: Jim Edgar Coordinator: Virginia Gilbert, Frances Supernault and JoAnne Moiese **Location:** Chief Will---Yum Campsite (12km south of Williams Lake, BC) Contact Information: Virgina Gilbert 250 267 6588 Frances Supernault 250 280 1450 IoAnne Moiese (250) 267 7147

Registered drum group payout. Rotating host drum. Honouring our Fathers at Feast 6pm

Vendors: \$50.00 and payment due upon arrival. Committee provides space only!

Free tent camping (designated areas only) begins Friday June 17^h & ends Sunday June 19st Full RV hook---ups available upon reservation & payment. Call ahead to book your spot 250---296---4352.

On site security. Drug and alcohol free event. The Pow wow committee will not be responsible for losses, thefts, injuries, or divorces.



Hope to see you for our Gardening workshops up at Health, we had a fun session about composting and this Thursday there will be a workshop about how to start a vegetable garden, some great ideas for saving some money on groceries and possibly even small business ideas.

Miriam Schilling

250-989-2311 m.schilling@xatsull.com

STAFF REPORTS

Community Economic Development Report Continued

Learning about the technical features of building trails



The Kind Gesture that Helps Elizabeth Gilbert Find the Light On Her Worst Days

When the world feels cold and dark and lonely, take heart: Anybody can make their corner of it brighter. By Elizabeth Gilbert

Some years ago, I was stuck on a crosstown bus in New York City during Oh, he was serious. rush hour. Traffic was barely moving. The bus was filled with cold, tired peo- At the next stop-just as promisedple who were deeply irritated—with one another; with the rainy, sleety weather; with the world itself. Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the air; no mercy would be found here.

But as the bus approached Seventh Avenue, the driver got on the intercom. "Folks," he said, "I know you've had a rough day and you're frustrated. I can't do anything about the weather or traffic, but here's what I *can* do. As each one of you gets off the bus, I will reach out my hand to you. As you walk ey, friends, faith, and love. You witby, drop your troubles into the palm of my hand, okay? Don't take your problems home to your families tonight—just leave 'em with me. My route goes right by the Hudson River, and when I drive by there later, I'll open the window and throw your troubles in the water. Sound good?"

It was as if a spell had lifted. Everyone burst out laughing. Faces gleamed with surprised delight. People who'd been pretending for the past hour not to notice each other's existence were suddenly grinning at each other like, is power player. He wasn't a spiritual this guy serious?



the driver reached out his hand, palm up, and waited. One by one, all the exiting commuters placed their hand just above his and mimed the gesture of dropping something into his palm. Some people laughed as they did this, some teared up—but everyone did it. The driver repeated the same lovely ritual at the next stop, too. And the next. All the way to the river.

We live in a hard world, my friends. Sometimes it's extra difficult to be a human being. Sometimes you have a bad day. Sometimes you have a bad day that lasts for several years. You struggle and fail. You lose jobs, monness horrible events unfolding in the news, and you become fearful and withdrawn. There are times when eve- No matter who you are, or where you rything seems cloaked in darkness. You long for the light but don't know where to find it.

But what if you are the light? What if you're the very agent of illumination that a dark situation begs for?

That's what this bus driver taught me—that anyone can be the light, at any moment. This guy wasn't some big leader. He wasn't some media-savvy

"influencer." He was a bus driver one of society's most invisible workers. But he possessed real power, and he used it beautifully for our benefit.

When life feels especially grim, or when I feel particularly powerless in the face of the world's troubles, I think of this man and ask myself, What can I do, right now, to be the light? Of course, I can't personally end all wars, or solve global warming, or transform vexing people into entirely different creatures. I definitely can't control traffic. But I do have some influence on everyone I brush up against, even if we never speak or learn each other's name. How we behave matters because within human society everything is contagious-sadness and anger, yes, but also patience and generosity. Which means we all have more influence than we realize.

are, or how mundane or tough your situation may seem, I believe you can illuminate your world. In fact, I believe this is the only way the world will ever be illuminated—one bright act of grace at a time, all the way to the river.



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

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

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



- Dr. Wolf-Everyone
- Dr. DeSwart—Only Existing Patients
- Dr. Neufeld—Only Existing Patients

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



TELEHEALTH

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

Please go to your nearest Emergency Room for the following:

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

Doctors available:

- Dr. McKay—Pediatrician—Need referral
- Dr. Peimer—Child & Youth Mental Health—Need Referral
- **BC** Cancer Agency



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

POSTERS



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



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

If you or a family member need to see a doctor but are not able to come into Williams Lake, or travel a long distance, please contact your Community Health Station or Heather Camille at the TCHSS office to set up a Telehealth appointment.

Physicians Currently Available for Telehealth

- **Dr Wolf**—Everyone
- Dr. DeSwart—Only Existing Patients
- Dr. Neufeld—Only Existing Patients
- Dr. Mckay—Pediatrician—Referral
- Dr. Peimer—Child & Youth Mental Health—Need Referral
- Dr. Burkey—Child Psychiatrist—Referral
- **BC Cancer Agency**



250-989-2355 **Sugar Cane Health Centre** 250-296-3235



Three Corners Health Services Society

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



Heather Camille Health Advocate

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





Xatśūll Daycare currently has spaces available for children over three years of age.

Please contact Lynda at ext. 127 if you are interested.



Head Start will be running on Tuesday, Wednesday and Thursday's. Please feel free to come and join us.

Community Information Meeting



Miriam Schilling presenting at the Community Information meeting that was at the Soda Creek Restaurant on April 14, 2016. She talked about the four day trail building course and trail that will be built from the restaurant to the river. The trails are all nonmotorized trails that are used for walking or can be ridden with a bicycle.



AROUND THE COMMUNITY









Hearts at Work

.....

was on April 21, 2016. There was a health passport where you could get your BMI, blood pressure, cholesterol checked. And displays for nutrition, smoking and a stress reduction. They had a weight machine that could calculate your weight, bone density, muscle weight and fat percentage.



Bernice Jack was the winner of the Hearts at Work prize of a new bicycle.



WL Youth Soccer Association

Ph: 250-398-1103 Email: admin@wlysa.com

September

WL Minor Hockey Association

Ph: 250-392-2211 Email: wlmja@telus.net

WL Big Horn Lacrosse

Ph: 250-392-0191 Email: bighornslacrosse@gmail.com

> WL KidSport Chapter has Free hockey equipment available! Ph: 250-398-7665



Williams Lake Golf and Tennis Club

Junior Nights-May 11 to July **FREE Golf lessons for Youth** 4PM-9 years and Under **5PM—10years and Over** Ph: 250-392-6026



Williams Lake **Minor Fastball**

FB Page Williams Lake Minor Fastball Ph: 250-392-6534

Ski Swap

October

Total Ice Training Centre

Ph: 250-392-1819 Email: info@totalice.ca



Composting may seem complicated, but it breaks down to just a few steps Identify a place for your compost pile • Decide on the type of container you want to use Gather "brown" materials and "green" materials by mixing or . layering them Turn the materials periodically Add new materials to the materials that are already composting • Manage the moisture content of the compost <u>Composting Tips from Mary:</u> Put banana peals directly into comeggs on the peals. This will help to Leaves are a great addition to your Pallets are a cheap and fast way to make your own compost bins. Don't purchase compostable bags Worms What is a Wormery? A plastic or a are most wooden containactive A compost worm is er that contains between composting not the same as a 10-30 vorms normal garden degrees C. worm as it stays on the surface and lives off decaying food It is an easy way to con-In the right environment, there. An earthvert kitchen food waste they can eat and digest worm burrows deep into liquid fertilizer and between half and all of their body weight in a day. into the ground. rich organic compost.

AROUND THE COMMUNITY



- compost, put <u>1 part greens (</u>kitchen trogen) to 2 parts browns
- should water your compost. It should feel damp (like a wrung out
- Weird items that can be composted are dryer lint, hair, and pet hair.

Fascinating Facts

Worms never sleep, so are producing compost all the time.

A worm has 5 hearts.

Worms do not have lungs, they take in oxygen through their skin

Some wormeries are suitable for indoor use



Close

Soda Creek mountain biking trail building project gets underway



By Williams Lake Tribune Published: April 26, 2016 12:00 PM Updated: April 26, 2016 12:4512 PM

Mountain biking trail development is continuing to expand within the Soda Creek First Nation.

After the beginning of strategic trail development in the area in 2014, Thomas Schoen of First Journey Trails delivered a fourday workshop last week, which will be followed by a 14-week trail-building project.

Schoen said the proposed trails will enhance the sector within the Highway 97 corridor between Quesnel and Williams Lake, with the trail starting at the old Emporium Restaurant and ending at the Xat'sull Heritage Village.

Schoen will oversee the project management and said it's another exciting project for resident mountain bikers and visitors,



TCHSS is currently developing a community cookbook and is asking for interested community members to please submit their favorite recipes for western and/or traditional foods.







If you or your child would like to submit a drawing to accompany your recipe that would be greatly appreciated!

Please submit recipe/drawing to your community Health Station Receptionist, or to Heather Camille at TCHSS by May 31, 2016

For more information please contact Heather Camille at Three Corners Health Service Society's office-250-398-9814 Email: healthadvocate@threecornershealth.org



Submit a recipe, and enter to win a Family sized Crockpot! (one entry per community member)



40th Annual Elder's Gathering

To our Soda Creek Elders:

For the 2016 to 2017 year the Soda Creek Indian Band's Chief and Council have graciously committed to support our members participating in the event by providing the below supports:

Registration

Soda Creek Indian Band will be responsible for all registration fees for the following:

- Registered members living on or off reserve that are over the age of 60 years of age.
- Any community members living on Reserve over the age of 60 years of age (i.e. Spouses of members).

Please call the Health Station (250) 989-2355, for your name to be added to the list of those planning to be registered by **May 11, 2016 at 4pm**. We would like to have everyone registered by the Early Bird Deadline.

Transportation

Soda Creek Indian Band will provide the driver and the community bus for transportation to and from the venue each day.

<u>Meals</u>

All meals are included through the registration of the event.

*****Any other costs will be the responsibility of the individual*****

alike.

"Over the next few years we hope to develop more and more trails near Soda Creek and Deep Creek," Schoen said. "The Williams Lake Indian Band is doing similar development to the south of town and now we have one more riding area to the north of Williams Lake."

He said the trail corridor is steadily growing and First Nations partners are a big part of its development.

"The 12 band members participating in this week's course are stoked on mountain biking and this can lead to a healthy lifestyle," he said. "It's a win-win situation."

On a personal level, Schoen said he's looking forward to the project's completion.

"This project is especially exciting for me and close to my heart," he said. "Twenty-six years ago I started my work career in B.C. building the Xat'sull Heritage Village. Now, everything comes full circle, and I'm involved in building a trail to the heritage site with the kids of the folks I've worked with so many years ago. It's fantastic."

Funding for the new trail development comes from the Xat'sull First Nation, Northern Development Initiative Trust and some local sponsors.

Schoen said partners include the Cariboo Mountain Bike Consortium and the Aboriginal Youth Mountain Bike Program.

Additionally, Miram Schilling will work closely with First Journey Trails on the administrative end of the project and is coordinating the trail crew and community stakeholder engagement.

"We are still in need of lumber and other material donations such as signage, nails, spikes, decking screws, tools, etc.," Schoen said. "If your company can help out please contact the Soda Creek Band Office."

Sneak peak of the new Hall













add weathered bird house or country garden charm.

WHAT IS HORTICULTURAL THERAPY?

Horticultural therapy is a professional practice that uses the cultivation of plants and gardening activities to improve the mental and physical health of its participants.



Repurpose old tires into planters. Line the bottom with plastic and use spray paint to give them some olor

Gardening is cheaper than therapy and you get tomatoes.



Pallets

These are ideal for growing various types of greens (lettuce, spinach, kale, etc.), herbs, and edible flowers. The key with these is to take advantage of sunny spots like the side of a building, the area along- any summer storms or side a fence, or the brightest part of your balcony/patio and maximize space and yield by some for free.



ertical structures like these pea teepees nake harvesting and maintenance easier.

cramming that entire space full of plants. Pallets are ideal for this, as they can be divided into separate compartments for different plant species, and they're sturdy enough to protect your plants in case there are high winds. They're also



Easiest

to Grow





FAMILY MUSIC CAMP British Columbia, Canada VOK 1BO Barkerville, BC, Box 19,

3

1

JULY

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SITE

HISTORIC

COTTONWOOD HOUSE

٦

AM CAMP NORTH

Mailing Address: Cottonwood House Historic Site c/o Barkerville Historic Town,

Cottonwood Site Address: 4460 Barkerville Highway







POSTERS

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Robert Keziere The Days of Augusta

The 1972 photographs & audio of Mary Augusta Tappage from Soda Creek, BC

Please join us for the Opening Reception May 5th, 5 to 7 pm

Exhibition dates: May 6 - 28th, 2016

The Station House Gallery

1 Mackenzie Avenue North Williams Lake, B.C. V2G 1N4 250-392-6113



Gardening Activities for Kids

What your kids can learn from gardening?

Nurture your child's appreciation for healthy, fresh-picked foods by getting their hands in the dirt. Short on outdoor space? Don't fret -- a garden need not be large to nurture a child's interest in gardening and the environment.



My First Garden easy plants to grow with children





ACTIVITY PAGES







8

4

N



Community Engagement Group Meeting



5:00-7:00 pm

Wednesday, May 11, 2016 Soda Creek Health Boardroom

This group will be our community champions to work together with support from staff to provide direction, volunteer supports and activity planning for our community.

Youth engagement Programming guidance **Cultural activities** Celebration **Family activities Community safety** Ceremonies

Please call Maxine at the Health Station 250-989-2355, if you are in need of a ride.

Dinner & rides provided

Mount Polley Community Meeting



Please call Georgia 989-2323 ext. 120 if you would like a ride.

Ros	emary-Parmesan Buttered	
	handful of fresh herbs and a sprinklin your next movie night, or divide the	
Ingre	dients	Preparat
•	2 tbsp (30 ml) Vegetable oil	In large h
•	1/3 cup popcorn kernels	heat. Add
•	1/4 cup (60 ml) butter	for steam about 5 n
•	1 tbsp (15 ml) finely chopped fresh rosemary	Meanwhi until butt
٠	Pinch each salt & pepper	
•	1/2 cup (125 ml) grated Parmesan ch	Change it neese Follow fir olive oil, 2 drizzle ov
Chic	ck Chicken & Edamame St ken and edamame get dressed up for div r thin Chinese wheat noodles, crunchy ch	nner in a quick-as-a-wi
Ingre	dients	Preparat
•	1 cup (250 ml) frozen shelled edamar	me In saucer
•	2 tsp (10 ml) vegetable oil	Set aside
•	2 tsp (10 ml) minced fresh ginger	In wok o
•	2 cloves garlic, minced	ginger ar
•	1 lb(454 g) boneless skinless chicken boneless chicken , cut in 1 inch (2.5 c chunks	-
•	1 sweet red peppers, thinly sliced	vegetabl
•	1 tbsp. (30 ml) hoisin sauce	1 minute
Ma	son Jar Strawberry Lemon	Angel Food Tri
Ing	redients	Preparation 1. Cut up some an
•	1 Angel food cake baked	2. I used a small pa the package. Put i
•	1 small package of lemon instant pudding mix	3. 3 cups of frozen for smoothies. I p
•	3 cups of frozen strawberries	on low till they we minutes.
	λ	4. Let the strawbe



could easily prepare everything the day before and then assemble just before serving. 5. Place a layer of cut up angel food cake pieces on the bottom of a mason jar. Put a few heaping tablespoons of lemon pudding on top. Then a few tablespoons of the strawberries. Then a few tablespoons of whipped topping or whip cream. Then repeat.

25

se give popcorn a tasty makeover. Make a batch salable bags for a delicious on-the-go snack.

tion

neavy-bottomed saucepan, heat oil over medium popcorn kernels; cover, leaving lid slightly ajar

to escape, and cook, shaking pan occasionally, until popping slows, minutes. Transfer to large bowl, discarding any un-popped kernels.

ile, in non-stick skillet, heat butter with rosemary over medium heat ter is melted. Stir in salt and pepper. Remove from heat.

t up: Rosemary Popcorn

rst paragraph as directed. In small bowl, stir together 3 tbsp. extra-virgin 1 tbsp. finely chopped fresh rosemary, 1/2 tsp salt and a pinch pepper; ver popcorn. Stir in 1/3 cup finely chopped fresh chives.

ink mixture of hoisin and oyster sauces. Serve teamed rice.

tion

pan of boiling salted water, cook edamame for 1 minute; drain.

r large non-stick skillet, heat oil over medium-high heat, stir-fry nd garlic until fragrant, about 30 seconds. Add chicken thighs; stirlightly browned, about 5 minutes.

pepper and edamame, stir-fry until vegetables are slightly d, about 2 minutes. Stir in hoisin and oyster sauces; stir-fry until les are coated and juices run clear when chicken is pierced, about

ifle

gel food cake. I went store bought, but homemade is always great. ackage of lemon instant pudding mix and made it up as directed on it in the refrigerator to set up.

strawberries. I used frozen since we always have them on hand out the frozen strawberries in a sauce pan and cooked them down ere soft and had released lots of yummy juice... it takes about 10

rries cool at least 15 minutes before starting the layering. You









After School Program Schedule 2016 <u>Tuesdays & Thursdays 4pm-6pm</u>

Monday	Tuesday	Wednesday	Thursday	Friday
	, 3 rd - Healthy	-	5 th - Movie	-
	Snack			
			Day w/	
	Making 10 th -		Popcorn	
			12 th - Health	
	Wilderness		Workshop	
	Safety w/		w/ Gina	
	Victoria			
Please m	ake arrangen	nents for your	r child(ren) to	o get off the
bus at the	e office; ensu	re that they a	re appropria	tely dresse
for the p	orogram days	that are outsi	ide and if a ri	ide home is
	•	t Cheryl (250)		
	17 th -		19 th -	
	Prepare		Planting for	
	Gardening		the Garden	
	Beds			
	24 th -		26 th -	
	Medicine		Storytelling	
	Gathering		w/ Michael	
	w/ Michael		wy wither	
	31 st - Bike			
	Safety			
	-			
	Workshop			
	w/ Health &			
	TCHSS			



Sat Soda Creek Health Station Events Calendar 14 F 13 9 Thu 12 5 Wed 4 HCC Travel 11 SCI Tue 10 ADP1 3 Mon 0 6

Sun

May 2016

5	N 1	ADP Luncheon	SCIB Med Travel Community Engage- ment Group 5-7			Reconnection with Community 1:00-7:00 pm
15	16 Connecting the Dots 11:30-1:30 pm	17	18 HCC Travel	19	20	21
22	23 Victoria Day Statutory Holiday Office Closed	24 ADP Luncheon with Gardening Workshop	25 SCIB Med Travel	26	27	28
29 All Nations Spring Classic 5/10 Km Boitanio Park 10 am	30	31				

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