

Catering at Xat'sull Heritage Village

Xat'sull Heritage Village caters meals for guests to the site as well as for special events, meetings, etc. The business has a catering list which is separate from the Band Office.



For anyone who would like to be on the catering list for Xat'sull Heritage Village, please get in touch with Miriam Schilling.

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

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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Grad Photo idea



Graduation Cupcake

Gavin Lake Field Trip
Monday, June 6, 2016
9:30-3:00 pm
Gavin Lake

Caregivers Group
Wednesday, June 8, 2016
11:30-1:30 pm
Health Boardroom

Mt. Polley Community Meeting
Wednesday, June 8, 2016
Xat'sull Heritage Site

First Nations Role Model Awards
Wednesday, June 1st
4:00-7:30 pm
Marie Sharpe Elementary School Gym

Soda Creek Trails Meet
Thursday, June 9th
3:00-6:00 pm
Soda Creek

Aboriginal Day
Tuesday, June 21, 2016
10:00-2:30 pm
Boitano Park

Soda Creek Band Office:
250-989-2323

Soda Creek Health Station:
250-989-2355

Natural Resources:
250-989-2323

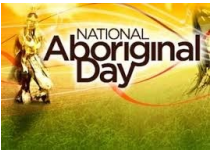
Xat'sull General Partnership Office:
250-989-2311

Xat'sull 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 you can call:
Health Receptionist at 250-989-2355.



On June 21 National Aboriginal Day is celebrating 20 years of strong vibrant cultures and traditions. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous Peoples.



Band Administrator

Eric Pelkey

1. General Overview

Hello My name is Eric Pelkey and started as the Band Administrator for Soda Creek Indian Band (SCIB) on May 10th, 2016. I have been occupied with a many different activities here since that day. In particular the final construction of the new Community Hall/ Administration Building and proposed moving of the Administration, Chief and Council to the new structure. I am glad to see the persons representing the Band on this project, did so very well. I would like to commend the Chief and Council as well as the SCIB Finance Department on finding the resources for the successful completion of this project.

I attended a meeting of the Senior Managers Network, at the Tribal Council Office and was grateful to

find a group of separate Indian Bands that were willing to work together for the common good of their respective good, with help of the Tribal Council.

2. Finance

The Finance Department I find is very well organized with sound financial practices that should keep the SCIB in good standing financially for many years to come. The Finance has initiated discussions with me and Department Heads regarding year end reports and program budgets. The Finance Manager participated in the Special Council meeting that was held with specific focus on program/departmental budgets.

I personally have never seen better adhered to, financial controls than I find here at SCIB.

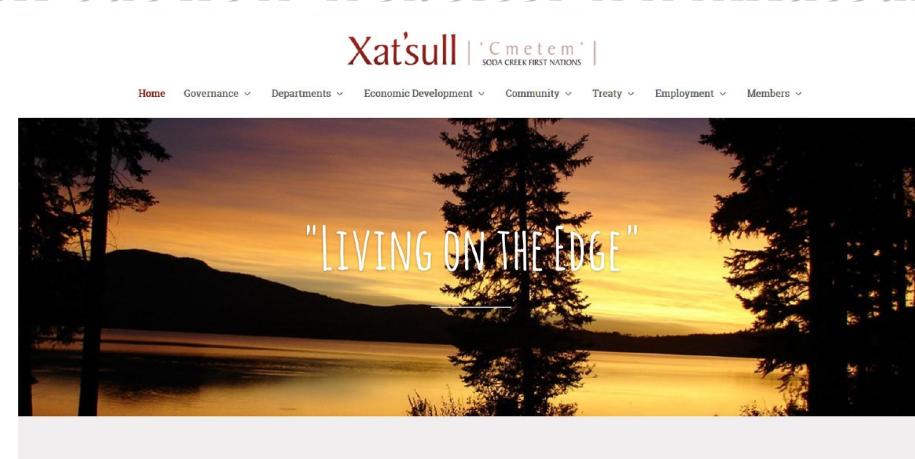
3. Administration

I am still in the process of becoming familiar with the staff and workings in all of the different programs, operations and staff of the SCIB. I find most departments short staffed for various reasons, but staff picking up the slack and doing extra work to fill in the gaps of service. There are good controls on staff attendance and reporting, but there is always room for improvement. I see staff all around the territory assisting in matters that concern SCIB interests.

4. Human Resources

There are many opportunities for employment with the SCIB existing and on the horizon for individuals willing to work and challenge themselves. These are and will posted in the usual manner.

Check out new website! www.xatsull.com



Contract Opportunity

Maintenance and upgrades to Viewing Platform

at Xat'sull Heritage Village

The viewing platform located at Soda Creek has been constructed in 2010 and has become a vital asset to the Heritage Village as it provides safe access – including wheelchairs – to a spectacular view.

We plan to do some maintenance and upgrades, if you are interested in the contract, please contact Miriam Schilling for further details.

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





Royal Canadian
Mounted Police Gendarmerie royale
du Canada



RCMP Telecommunications 911 Operator and Police Dispatcher

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

We will be holding a CAREER PRESENTATION:

SATURDAY June 11th 2016 at 9:00 AM
THE RCMP NORTH DISTRICT HEADQUARTERS BUILDING
4020 5th AVENUE [5TH & 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 and 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

PLEASE INCLUDE YOUR FULL NAME & PREFERRED CONTACT PHONE NUMBER

Social Development Coordinator

Rae-Lyn Betts



Hello everyone! Just a few reminders:

- ⇒ Renewal forms and Employment search forms must be received by the 15th of every month.
- ⇒ If there is a change in the amount of people living in the house hold the SA client and the head of house hold are responsible to inform the department of the changes.
- ⇒ A gentle reminder that the Band office is a drug & alcohol free zone

- ⇒ Your SA cheque will not be released if you are under the influence of drugs or alcohol.
- ⇒ If you have any questions about home maintenance or repairs and if SA can help with any of these, please do not hesitate to call or make an appointment to see me.

Thanks, Rae-Lyn

Housing Coordinator

Heather Johnson



Hiii...

Things have been busy in the Soda Creek Housing Department recently. I have been reviewing the changes to our funding from Canada's 2016 budget, we have access at this moment to a larger amount of funds from the government then we have had in the past and I am hoping to bring some of it to our community.

I have also been working on ten different Health Canada renovation applications which entail an inspection from Patti Joyce, our Environmental Health Officer, a building inspector and a mould remediator.

I will be going out into the community more over the next couple of months to get acquainted and familiar with the houses in both Deep Creek and Soda Creek, so that I will be ready next year when certain funding deadlines are announced. My goal is also to see if I am able to assist any of our private homeowners or tenants right now with some of the other funding that was announced as a part of the 2016 budget.

derful job with our financial records. She was brought to a few homes for a quick maintenance inspection and she will soon be contacting us with the results of her visit/assessment.

If you have any Housing-related questions, feel free to stop by the office or give me a call at 250-989-2323, ext. 103.

Cleaners needed:

Please put your name in with Heather at 250-989-2323 ext. 103.

Education Coordinator

Cheryl Chapman



May has been very busy and exciting, and we are looking forward to June and Summer Programming.

The After School Program students have had a great time, Tuesdays and Thursdays from 4 – 6pm; with Lauren Mitchell, various guests and I. Lauren completed her practicum and was hired as the After School Program Assistant and she worked with us for the month of May and has chosen to take the month of June off. Lauren will be continuing her post-secondary education in the fall and we hope she will apply to be part of the Summer Program team.

Alicia Gilbert will be working with us for June and we hope she will apply to be part of the Summer Program team. Alicia has previous experience in working with our students, and as a Mom, she has lots of great ideas.

The students have been designing their own programming including Culture through Storytelling, Drumming, Singing, Playing Lehal and other games, we went gathering medicines with Minnie Phillips and Mary Harry, it was wonderful to see the smile on Minnie's face, she so enjoys teaching. We also attended the Carnival at Ma-

rie Sharpe and were so busy keeping track of the students that I only got one picture. Geez, think we need a volunteer official photographer.

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 parents are encouraged to come be with us for programs at 4pm, please let me know if you can join us, to make sure I have enough healthy snacks. See the Calendar for June 2016.

I have also been wrapping up the financial reporting for 2015/16 and working with SD #27 to finalize our Local Education Agreement, and working with the NSTC Skills Development Committee to develop a draft short and long-term strategy for Education & Training for the 4 communities. We are looking at the present community needs, the labour market and future opportunities for employment. Also taking into consideration that us baby boomers may want to retire!

The Education Committee has reviewed all Post-Secondary applica-

tions and prioritized funding 9 students, based on the SCIB Post-Secondary Local Operating Guidelines, all available funding through the INAC Post-Secondary Funding has been allocated, and I have been given direction to request additional funding from the INAC General Pool to support additional applicants.

The Education Assistance Funding Application and information is available on our new website.

Please remember the education committee now meets monthly, if you are interested in Education or Training your funding, applications must be in before June 22nd, 2016. We are looking for a 5th Education Committee Member, prefer a youth, however if you are 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. **Note:** should the 5th member not be a youth 18-29, then the youth seat will remain available.

Drop by and see me, or give me a call if you have any ideas, questions, concerns... Have an awesome June!

Note that those non-Secwepemc fishers wishing to fish at Farwell must also obtain a permit from the NSTC Fisheries; however, priority will be given to the fishers from the local Secwepemc Communities.

Catch Surveying and Reporting

Fishers please report your catch to the NSTC Catch Monitoring staff that are present at the fishing sites. Fishers also be aware that you can report your catch to the NSTC Fisheries Department if no Catch Monitoring Staff are available during their fishing times.

Catch survey information is considered strictly confidential; however summary data statistics will be used by the NSTC for fisheries management planning purposes. It is extremely important to report and record all catches and fishing effort.

Traditional Fishing Practices

Traditional Fishing Practices shall be exercised with pride and respect for the resources that we rely on. Please respect and practice our traditional methods of fishing in a safe and healthy manner and demonstrate our respect for traditional activities to our children; in addition it is important to convey that respect to the public and exemplify pride in ourselves when we are on the land.

Fishing Conduct

Fishers will remove all garbage from fishing sites; this illustrates respect for our traditional territories. Fish entrails will be removed, buried or thrown into the river and all harvested fish must be removed from the fishing site. Permission will be sought for use of private property. Please refrain from using drugs or alcohol while at the fishing sites.

Use of fish caught under this plan

Fish caught under this plan will be used for food, social and ceremonial purposes only. Trading fish with other First Nations for traditional items (foods, tools etc...) is encouraged.

Please check back regularly for updates.

For further inquiry contact Andrew Meshue NSTC Fisheries Manager or Dave Feil NSTC Fisheries Coordinator @ 250.392.7361

Andrew Meshue

Northern Shuswap Tribal Council
17 S. 1st Avenue
Williams Lake, BC V2G 1H4





Northern Shuswap Tribal Council

17 S. 1st Avenue, Williams Lake, B.C. V2G 1H4

FISHERIES NOTICE!

Fishing for Chinook and Sockeye is now open under license XFSC 203 2016.

This license is valid from June 1st, 2016 to July 29th, 2016.

Fishing periods defined for a species supersede all periods defined in this section.

Start: Wednesday, June 1, 2016 at 6:00 am **End:** Friday, July 8, 2016 at 5:59pm
Details: Open to retention of both CHINOOK SALMON (*Oncorhynchus tshawytscha*) and SOCKEYE SALMON (*Oncorhynchus nerka*) with all gear types listed, in waters described in the Additional Descriptions in the Species, Quantity of Fish, Area(s), and Gear section below. Incidentally caught PINK SALMON (*Oncorhynchus gorbuscha*) may also be retained.

Start: Friday, July 8, 2016 at 6:00 pm **End:** Friday, July 29, 2016 at 5:59 pm
Details: The retention of SOCKEYE SALMON (*Oncorhynchus nerka*) is prohibited in the waters of the Fraser River. SOCKEYE SALMON (*Oncorhynchus nerka*) may be retained in the waters of the Chilcotin River and the Chilko River during this time period. CHINOOK SALMON (*Oncorhynchus tshawytscha*) may be retained with all gear types listed, in waters described in the Additional Descriptions in the Species, Quantity of Fish, Area(s), and Gear section below. Incidentally caught PINK SALMON (*Oncorhynchus gorbuscha*) may be retained. All efforts and attempts shall be made to return all SOCKEYE SALMON (*Oncorhynchus nerka*) incidentally caught in the Fraser River to the water alive and unharmed. You will be notified ASAP via catch monitors on site or this Face book site if a closure is in effect due to conservation concerns.

Non-Secwepemc can be designated to fish providing they have obtained one or all of the following:

1. Letter from an NStQ Band indicating permission to harvest fish in the NStQ Traditional Territory, and/or
2. Fishing Authorization from the Northern Shuswap Tribal Council Fisheries Department.
3. Transportation Authorization. Identifies the number of fish being transported out of the territory. Commonly used by NStQ living in urban areas.
4. The Fishing Authorization can also serve as a transportation permit for out of town fishers if the NSTC is closed and the number of fish in possession of the traveler does not exceed the amount authorized to fish for.

After School Program Students gathering Jackpine Pitch Medicine with, Elder Minnie Phillips and Mary Harry from Three Corners Health Services.



Minnie Phillips enjoys teaching.



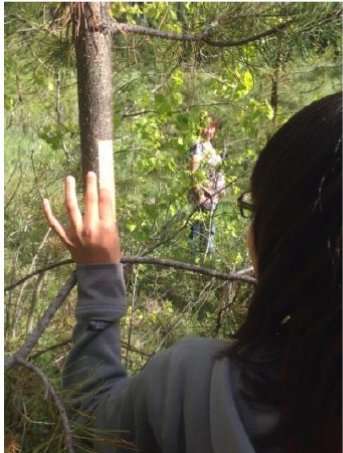
Concentrates on what she is doing.



I was able to share that I learned this when I was young.



Jaelyn watching Mya's technique and waiting for her success!



Jolene checks if there's any left.



Only take what you need, don't kill the tree, leave a little offering and a Prayer of thanks to the Creator and the tree for providing the medicine.





Natural Resource Update June 2016

Susan Aspinall
Referrals Coordinator



Georgia Bock
NR Assistant



- Milling rate of 8.2 million tonnes per year (22 000 per day)
- Use of Tailing Storage Facility (TSF) once it has been rebuilt to approval
 - * Must have a qualified person for Dam Safety and Emergency Spillways
 - * The elevation of the TSF will be 970m
- A Long Term Water Management Plan (LTWMP) presented by June 30, 2016
- Reclamation and Closure Plan by January 17, 2017
- If the LTWMP and Reclamation and Closure plan are not completed in time there will be a fine for non-compliance
- Updated Mine Emergency Response Plan by July 31, 2016
- Reclamation Security (bonding) has increased to approximately \$31,343,883
- Develop an Ecological Risk Assessment for the mine site
 - * Evaluate pathways for uptake for species

Pros:

- * Security for reclamation in breached area
- * Employment opportunities
- * More thorough monitoring
- * Economic opportunities/benefits
- * Have a Participation Agreement

Cons:

- * Stream reclamation will be not be meticulous
- * Monitoring may be lacking
- * Funding for reclamation will be from taxpayers
- * Less input on how the reclamation is done

Moose Billboard:

We have received a moose billboard from Ministry of Forest Land and Natural Resources Operations (FLNRO). We know how the decline in moose population is a growing concern among community members. For this reason we reached out to FLNRO and they provided the below billboard stating the importance of protecting cow moose. By protecting the cow moose future populations will be secured. We are hoping to put the billboard up in the next couple of months so keep your eye out for it.

Pit house construction



We are looking for volunteers to

help the Gavin Lake Camp. They want to build a pit house close to the Gavin Lake Camp to promote education of the Northern Secwepemc te Qelmucw culture when students and guests are visiting their grounds. Jean Williams from the Williams Lake Indian Band is assisting the Gavin Lake Camp, looking for funding and with the development of the project. If you are interested in getting involved with this project, please contact Susan Aspinall in the NR department.

Mount Polley Full Restart Application

Mt Polley applied for a Full-Scale Restart Permit in late November. After thorough review from several consultants, we provided comments back to the mine. The mine addressed all the comments and concerns that were identified during the screening period. Since some concerns would take longer to address, the permit has many conditions. Below you can find the main components of the permit.



NORTHERN SHUSWAP TRIBAL COUNCIL

17-South First Avenue
Williams Lake, BC • V2G 1H4
P: 250 392 7361
TF: 1-888-392-7361
Fax: 250 392 6158

****MEDIA RELEASE****

Northern Shuswap Tribal Council proud of Williams Lake Indian Band Elders and Council following end to tense stand-off

May 27th, 2016 (Williams Lake, British Columbia) – The Northern Shuswap Tribal Council (NSTC) Board of Directors are thankful that this weeks’ illegal and offensive three day occupation of the Williams Lake Indian Band (WLIB) administration office has come to an end.

The unfortunate incident came to a tense conclusion at approximately 4:00pm on Thursday May 26th after Williams Lake Indian Band acting chief, council and Elders forced their way back into their own administration office earlier in the afternoon following three days of occupation by the protestors.

A pushing and shoving melee ensued between the Elders, council and protestors for several minutes before the RCMP arrived to help diffuse the situation and remove several of the protestors who were not Williams Lake Indian Band members. After the scuffle, the remaining protestors, WLIB council members and Elders agreed to sit down inside the building to discuss appropriate measures to resolve the dispute and to address the issues which led to the protest. It was agreed between the parties that a community meeting would be held on Monday May 30th for Williams Lake Indian Band community members, starting at 5 p.m. in WLIB’s Elizabeth Grouse Gymnasium.

The Northern Shuswap Tribal Council Board of Directors are extremely proud of how the Williams Lake Indian Band’s council and Elders dealt with this incident, remaining ethically strong with great resolve throughout the entire ordeal.

“We take great pride in the governance models and code of conduct that each of our four Northern Secwepemc te Qelmucw (NStQ) communities work within to ensure all of the programs and services, including our housing policies, are administered to support safe, healthy and lawful communities”, says NSTC Board Chair, Donna Dixon. She continues, “The Williams Lake Indian Band functions using these same values and guiding principles which we encourage the public to learn more about by visiting the WLIB website at www.WilliamsLakeBand.ca. Our policies are driven by fairness, equality and respect. As board members, we fully support and respect the lawful governance policies which Williams Lake Indian Band council follows.”

For Media Inquiries please contact:

- Donna Dixon, Northern Shuswap Tribal Council Board Chairperson P: 250-267-7464

The Northern Shuswap Tribal Council is a non-governing body which supports and works on behalf of the four Northern Secwepemc te Qelmucw member communities of Williams Lake Indian Band (T'exelc), Soda Creek Indian Band (Xats'ull), Canim Lake Indian Band (Tsq'escen') and Stswecem'c Xgat'tem (Canoe Creek / Dog Creek First Nation).



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.



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

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 June 17, 2016

Mount Polley Internal Meetings

We hosted an internal Mount Polley meeting on May 11th to go through where we are with Mount Polley right now and to help gather some input. It went well, and we thank everyone for participating that came out! We will be trying to hold more of these. We also had a meeting on May 18, 2016 at Sugarcane where Ministry of Energy and Mines presented on the permit to full restart. Forests, Lands and Natural Resources presented on some fish species in Quesnel Lake. MOE updated on the monitoring that they are doing as well at Mount Polley. It was an interesting meeting. Please come and visit if you would like copies of presentations or to get more information.



Harvest Allocation Community Meeting

On May 24th, 2016 we had a community meeting to discuss the harvest allocation that is taken place in the Cariboo-Chilcotin area. We want to give a special thanks to everyone who made it out. We always appreciate your attendance and questions.

It was a very active community meeting with lots of discussion around hunting and hunting practices. It is clear to the Natural Resources Department that hunting is an important topic for this community and we are hoping to have more meetings regarding this later this year. We are hoping to address some of the concerns commu-

nity members expressed such as traditional hunting practices vs conventional hunting practices. We also want to have a community meeting where we can go over moose population estimates.

During the community meeting we also filled out some of the harvest allocation forms which will help us determine how many animals are been consumed in the community. If you wish to provide more input or have, any questions please stop by the Natural Resources Department.

Reporting Hunting Violations

One of the main topics from the Hunting Allocation Meeting was how to contact a conservation officer to report hunting violations. What is available is the RRAP line (Report All Poachers and Polluters) this line allow you to report known or suspected violations of fisheries, wildlife, or environmental protection laws anonymously. Below you can find some of the tips they have online on what to report and what to record.

How Can I Help?

- Illegal waste disposal (household or business waste, e.g. dumped on Crown Land)
- Unlawful open burning (e.g. dense smoke); excludes backyard burning
- The discharge of chemicals or sewage to lakes or rivers
- Damage to fish or wildlife habitat
- Exceeding the daily bag or catch limit
- Use of illegal hunting or fishing gear
- Fishing or hunting out of season or in closed areas
- Unauthorized collection or sale of fish and wildlife or their parts

What to Record- Where possible include:

- Description of suspect(s), including, number of people, name, sex, race, age, height/weight, eye colour, hair, hair colour and style, facial hair, physical attributes such as tattoos or scars, clothing, accent and mannerisms.
- Details of violation, including, date, time, location, type of violation, suspects actions and comments, type of hunting or fishing gear and other equipment used
- Transport involved, including vehicle or vessel number, province or state, make, model, year, colour and distinctive features such as damage, stripes or customizing
- Witnesses, including name, address and phone number for each

How to report:

- Call 1-877-952-7277 (RAPP) or #7277 on the TELUS Mobility Network
- You can fill the form found online at <http://www.env.gov.bc.ca/cos/rapp/form.htm>

Upcoming Events in June:

Please contact our department if you would like to attend any of these meetings. At all meetings food will be provided.

- **June 6:** 9-3pm Gavin Lake Tour and Picnic Lunch
- **June 8:** 5-8pm Mount Polley Internal Meeting (Fish Talks & Long Term Water Options)
- **June 15:** Tentative Mount Polley Community Meeting (look for flyers to see if occurring)

Keep your ears open for another field trip for sometime at the end of June/Beginning of July.



Community Economic Development

Miriam Schilling



Hello everyone,

Our Heritage Village is open for the season. The weather has been fantastic and even though we've opened early, people have been stopping in very steady. We've already hosted a new tour operator who is hoping to bring in fairly large groups to experience our activities. The teepees are set up and we are looking forward to a great season.



Whispering Willows Campsite has also opened early this season and we're starting to get busy already. Our campground host this year is Linda; she is looking forward to meeting everyone and has already been doing a great job looking after our campers.



Our 2016 Trails Project at Soda Creek is moving along at an amazing pace with lots of trail built already.

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



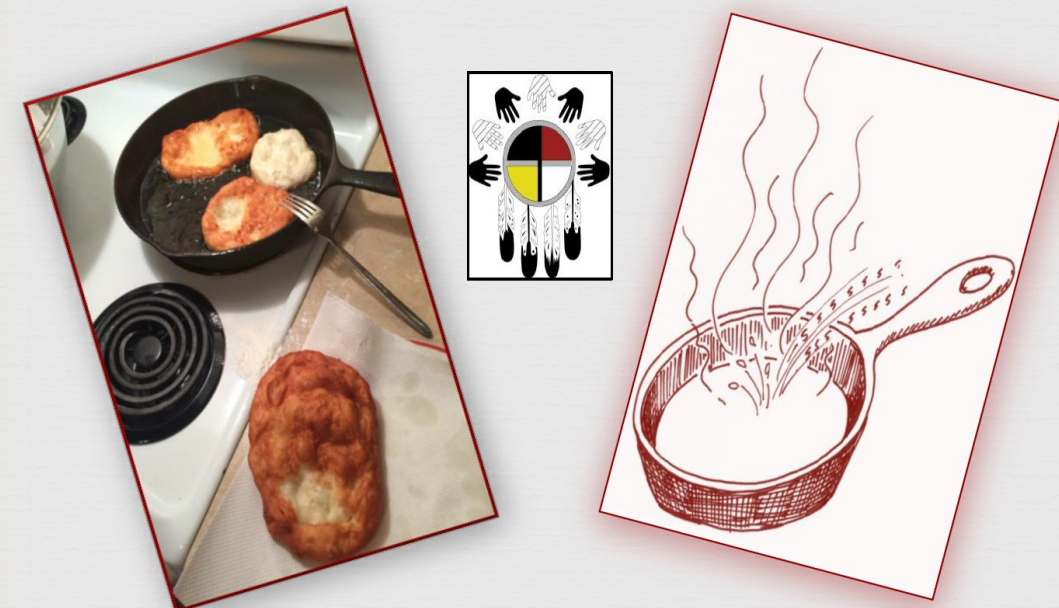
Miriam Schilling

250-989-2311

m.schilling@xatsull.com

First Annual Bannock Belly Competition

Noon – 2:00pm (Tuesday June 21st)
at Aboriginal Day Celebrations
Boitania Park in Williams Lake



Bring your best bannock recipies!!!

Participants compete in a timed head-to-head competition on the Gwen Ringwood Mainstage, creating their best bannock to be taste tested & judged!

- Traditional ingredients can be supplied upon request (*Flour, baking powder, oil, salt*)
- Burners/cookers will be supplied

Deadline for entries June 6, 2016 - Limited Entries!

For more information, or to register contact Sarah Hood at

P: 250-392-7361 ext. 207 o r E: s.hood@nstq.org

ABORIGINAL DAY CELEBRATIONS

Tuesday, June 21st

Elks Hall to Boitanio Park, Williams Lake

Tons of Family Fun!

Games, Face Painting,

Bouncy Castle,

Bike Demos,

Feather Painting,

Lahal Games,

Vendor Booths

**NEW
for 2016!**
Bannock Making
Competition,
Noon to 2pm

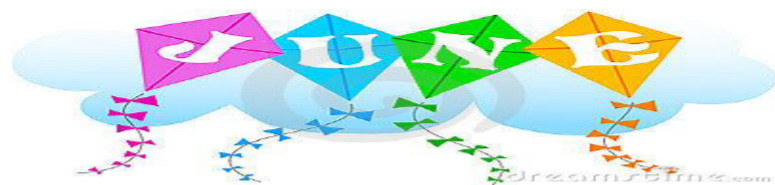
SEE YOU THERE!

Contact Marg Casey to register your parade entry or vendor booth at no cost
250-392-7361 or email: **m.casey@nstq.org**

June 2016

Soda Creek Health Station Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 HCC Travel	2	3	4
5	6	7 ADP Luncheon	8 SCIB Med Travel Connecting the Dots 11:30-1:30 pm	9	10	11
12	13	14	15 HCC Travel	16	17	18
19	20	21 Aboriginal Day Boitania Park 10:00-2:30 pm	22 SCIB Med Travel	23	24	25
26	27	28	29 HCC Travel	30		



After School Program Schedule 2016



Tuesdays & Thursdays 4pm-6pm

Monday	Tuesday	Wednesday	Thursday	Friday
			2 nd – Planting Vegetable Garden Boxes	
	7 th - Crafts for Aboriginal Day		9 th - New Trail Day BBQ – Soda Creek	
	14 th -Gardening w/ Mary		16 th - Composting w/ Mary	
Please make arrangements for your child(ren) to get off the bus at the office; ensure that they are appropriately dressed for the program days that are outside and if a ride home is required contact Cheryl (250) 989-2323 Ext: 104				
	21 st - Aboriginal Day – In Boitanio Park		23 rd - Recycling w/Mary	
	28 th - BBQ & Fun Day		30 th – Staff available if students want to come to the office.	



TELEHEALTH

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



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

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

Please go to your nearest Emergency Room for the following:

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

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

Appointments Available

Thursday, June 16, 2016

Doctors available:

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



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

Happy Father's Day

**Three Corners Health Services Society
would like to show our
appreciation to our Community
Fathers/Uncles/Grandfathers/and Caregivers
by doing an Appreciation basket draw for
Father's Day!**

**Deadline to enter is
June 16, 2016**



One Entry Per Community Member!

**If you have any questions or
concerns please contact
Heather Camille at
Three Corners Health
Service Society
250-398-9814**

healthadvocate@threecornershealth.org

**Draw Date will be
Friday, June 17!**



**Fill in your information, and return entry slip to
your community Health Station.**

Name: _____

Community: _____

Phone #: _____



Ginger Honey Chicken Wings

Reserve half of the marinade to toss with the chicken wings once they are cooked. Do not let marinade that has touched raw chicken be used with the cooked chicken for food safety reasons.

Prep time: 10 min **Cook time:** 30 min
Yield: 2 to 3 dozen wings

Ingredients

- 3 pounds chicken wing drumettes
- 1 green onion, thinly sliced on the diagonal
- 2 Tbsp toasted sesame seeds

Marinade:

- 1/4 cup soy sauce (use gluten-free soy sauce if cooking gluten-free)
- 3 Tbsp honey
- 1-inch piece of ginger, peeled and grated
- 3 cloves garlic, finely minced
- 1/8 teaspoon sriracha hot sauce (or other hot sauce)

Method

1 Preheat oven, prepare roasting pan: Preheat the oven to 425°F with a rack on the upper third of the oven. Line a roasting pan or thick baking sheet with foil. Rub some olive oil or canola oil over the foil to keep the wings from sticking.

2 Prepare marinade sauce: Whisk together the marinade ingredients—soy sauce, honey, grated ginger, garlic, hot sauce—in a bowl. *Set aside half of the marinade to be used as a sauce (about 1/4 cup).*

3 Toss wings with marinade, place on pan: Place the chicken wings in a bowl and toss with the remaining marinade. Arrange the wings, skin-side down, on the foil lined roasting pan, taking care not to crowd the pan.

4 Roast in oven: Roast for 15 minutes, then remove from oven, use tongs to turn the wings over so that they are now skin-side up, and roast for another 10 minutes, until nicely browned. Check while roasting to make sure they aren't getting too dark. If so, place on a lower rack or cover with foil to finish cooking.

5 Toss with reserved marinade sauce: Place cooked wings in a bowl and toss with the reserved marinade sauce.

6 Garnish: Sprinkle with toasted sesame seeds and thinly sliced green onions to serve.



Oven Roasted Broccolini

If you want, squeeze a little lemon juice over the broccolini, right before serving.

Prep time: 5 min **Cook time:** 8 min **Yield:** Serves 4

Ingredients

- 2 bunches broccolini (about 1 1/4 pound total), trimmed
- 3 cloves garlic, minced (about 3 teaspoons)
- 4 Tbsp olive oil
- Salt
- Pepper

Method

1 Preheat oven broiler.

2 Line a roasting pan with aluminum foil. Spread the broccolini out in an even layer. Sprinkle the garlic over the broccolini. Drizzle the olive oil over the broccolini. Sprinkle with salt and pepper.

3 Place under the broiler and cook for 6 to 8 minutes (keep an eye on it!), until lightly browned and the stalks are fork tender. Serve immediately.



Roasted New Potatoes

The small new potatoes work great for this dish, all you have to do is cut them in half. Otherwise cut the larger new potatoes into 1 1/2-inch chunks. No need to peel.

Ingredients

- 1 1/2 pounds of smallish new potatoes (red or yellow skinned), cleaned, cut in half or quarters
- 2 Tbsp olive oil
- 2 cloves garlic, minced (about 2 teaspoons)
- 1-2 teaspoons fresh rosemary, minced
- 1/4 teaspoon Kosher salt
- Freshly ground black pepper to taste

Method

1 Preheat oven to 450°F (230°C). Place potatoes in a large bowl. Sprinkle with salt and pepper, olive oil, rosemary, and garlic. Toss until potatoes are well coated with everything.

2 Spread the potatoes out on a single layer of a roasting pan (a sturdy pan that can take high oven heat, a standard cookie sheet may warp). Roast for 40 minutes, or until potatoes are cooked through and browned. Serve immediately.

All from Simply Recipes ~ <http://www.simplyrecipes.com/recipes/>



Hanging Basket



For wire hanging baskets, place a water saucer inside the basket to conserve water



Plant Morning Glory seeds in a hanging basket and they will grow down! . . Morning glory seeds are protected by a tough coat. Soak the seeds in water for 12 to 24 hours before sowing or file away or nick off a small piece of the coat before planting. Sow seed 1/4 inch deep; they usually sprout in about a week.



Inexpensive Flower Pot Tips:

When I was in the Master Gardener program we used the water crystals in planters and I knew it was the same thing in diapers, but it never crossed my mind to put a diaper in the bottom of one. Someone else said, "The trick to amazing potted plants - diapers. I did this in my hanging baskets last year and they rocked all season." ~So simple and an awesome idea, especially for the hot weather.

Tips for Growing Hanging Baskets

Growing hanging baskets isn't as easy as it looks! You have to make sure that they don't dry out plus that they're getting enough nutrients and water. Having the right plants in your hanging basket is essential as well. Here are some great tips for growing hanging baskets this season.

Hanging Basket Essentials

Pick up a hanging basket with a coco liner as it helps to retain water and lets the roots breathe. If there is not a plastic liner, add a layer of plastic wrap or a trash bag on the bottom with teeny tiny holes poked through. Next, mix one third organic potting soil, with one third vermiculite or perlite to one third earthworm castings. This potting soil mixture has a lot of water reten-

tion properties which is essential for hanging baskets.

Hanging Basket Flowers and Plants

On the outer edges of hanging baskets you want to have plants that trail down. Some of the best plants for hanging baskets are petunias, lobelia, geraniums, begonias, fuchsia, and alysum. You can also add herbs and vegetables that love to trail down like strawberries, tomatoes, thyme, rosemary, and oregano. In the center of the hanging basket you can add a tall plant or keep the basket with just trailing plants.

Watering and Other Tips

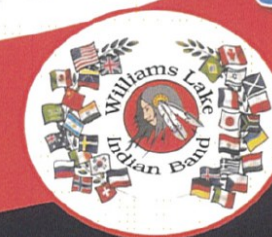
If you live in any higher than Zone 7, invest in a hanging basket drip irrigation kit. The fastest way to lose your

basket is to let it dry out. Hanging baskets lose water faster than any other container. In temperatures over 80 degrees, they need to be watered daily. If temps are above 95, then they should be watered in the morning before daybreak and again in the evening. Extreme heat stresses out the plants but with a constant source of water they will do alright.

Make sure to add more of the potting soil mix you made every few weeks to the basket. When you water it, some of that soil leeches out of the basket. The plants will use the added potting soil as they fertilizer since the earthworm castings are filled with all the nutrients that they need to continue blooming.

Join Us For THE Williams Lake Band Multicultural Gathering

at the Chief Will-Yum Pow Wow Arbour
June 11th & 12th



Cultural Performances • Tours to historic Sugar Cane Church

Multicultural Food Vendors • Arts and Crafts • Multicultural Activities

Saturday

12:00 ALL NATIONS GRAND ENTRY

Opening Ceremony

1:00 – 7:00 Cultural Performances on Stage

**5:00 pm Traditional Salmon Feast
by donation**

7:00 Family Dance

Sunday

12:00 Opening Ceremony

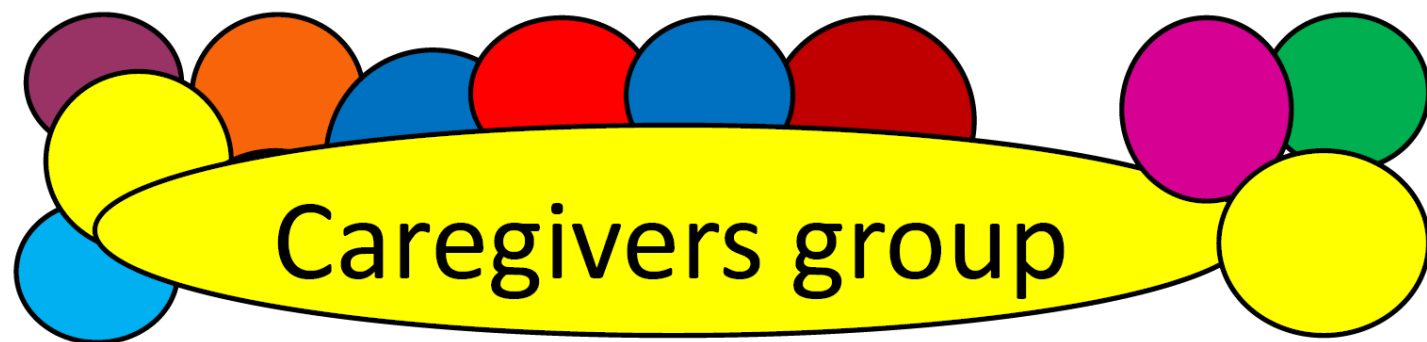
1:00 – 4:00 Cultural Performances on Stage

ADMISSION BY DONATION

For more information: www.wlibmulticultural.weebly.com

Or find us on Facebook!

Thanks to all our sponsors: Mount Polley Mine, WL & District Credit Union, Tolko Ltd., Tell Tale Signs, Central Cariboo Disposal, Williams Lake Indian Band, PDS Security, Taseko Mines Ltd., Atlantic Power Ltd., Royal Canadian Legion Branch #139, Cariboo Regional District and City of Williams Lake via the Central Cariboo Arts and Culture Society, Daybreak Rotary



When: June 8, 2016

Where: Health Station

Time: 11:30am - 1:30pm

Who: Parents and Caregivers

Agenda:

Cultural Medicine Presentation by Elder

Lunch

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



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



For more information please contact :

Mary Harry at Three Corners Health Services Society

Phone: 250-398-9814

Fax: 250-398-9824



summer BUCKET LIST

- GO TO THE BEACH
- make Lemonade
- Play a BoardGame
- CATCH FIREFLIES
- GO ON a FAMILY PICNIC
- VISIT THE ZOO
- PLANT SOMETHING
- FLY a KITE
- GO TO THE COUNTY fair
- Take a FAMILY BIKE ride
- WATCH FIREWORKS
- PLAY IN THE SPRINKLER
- CAMP OUT IN THE BACKYARD

- GO see a movie
- make Homemade PIZZA
- Take a HIKE
- VISIT THE Waterpark
- DO an art Project

Have fun!



CROW & RAVEN



At first glance, they look alike. They can behave similarly and even be found in similar places. But there are some subtle differences between crows and ravens. But next time you hear the "caw, caw, caw" you'll perhaps know the difference!

Common Crow
Widespread across North America
Moderately large bill
Rounded tail
5 broad feather "fingers"
Voice caw, caw
Length 20"; wingspan 36"



Common Raven
Western North America, Northeast, & mountains
Very large bill
Diamond-shaped tail
4 long, thin feather "fingers"
Deep, croaking voice
Length 27"; wingspan 46"



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	9			5		4	
						3	2
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	3		4			8	
		4	8			5	3

Easy

GIANT BUBBLE RECIPE

12 cups water
1 cup dish soap
1 cup corn flour
2 tbs baking POWDER

Place all ingredients into a bucket, stir gently, let sit for an hour & then
WATCH THE MAGIC HAPPEN!



Summer Activities for Kids



DIY Tic Tac Toe Game
perfect for summer!



Hang a hula hoop up with a curtain to create a little hideout and shade.

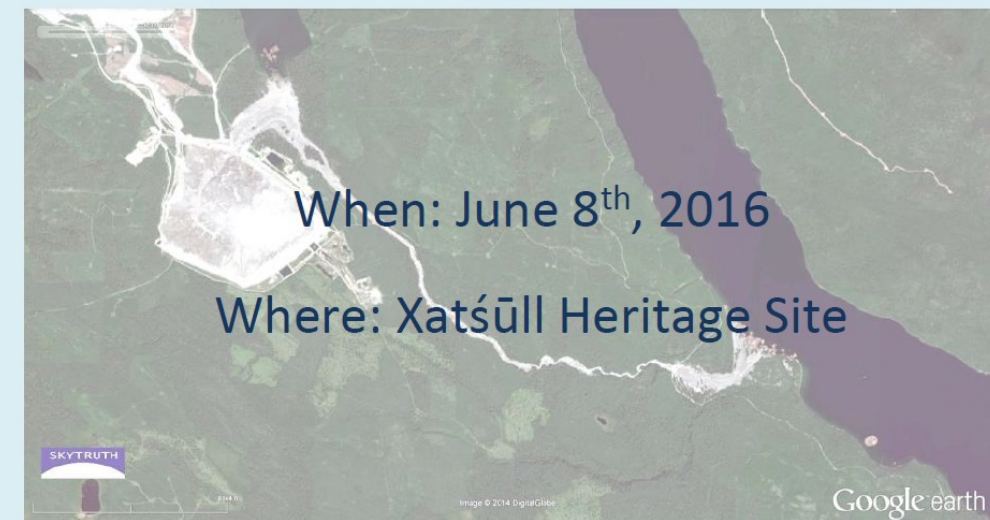
www.alannageorge.com



Mount Polley Community Meeting

Topics of discussions:

- Habitat Restoration in Hazeltine and Edney Creek
- Long Term Water Management Plan
- Fisheries (DFO)



Dinner will be provided

Pickups will be available!

For more information and to book a ride call the Natural Resources
Department: 250-989-2323

Field Trip to the UBC Research Forest Gavin Lake

Enjoy a day of adventure!

Come learn about forestry and the different harvesting methods!

June 6th, 2016

9:30 am- 3:00pm

Call Susan Aspinall at 250-989-2323

Ext 123

Limit Space! Call to save a spot!

PICNIC Lunch! By Gavin Lake

INVITATION:

**First Nations Role Models for 2015
will be honored and recognized, and
the new 2016 Role Models will be crowned.**

Wednesday, June 1, 2016

@ Marie Sharpe Elementary School Gymnasium

4:00 p.m. Ceremony begins

- Honor Song to bring in the Role Model Candidates
- Role Model Candidates for 2016 presented
- Presentation and Speeches

5:00 p.m.

- Feast provided by First Nations Bands & School District No. 27.
- Cutting of the Role Model Cake.

7:30 p.m. Completion and Assistance in Cleanup

Everyone is Welcome

**Sponsored by School District #27
& First Nations Education Committee**

**Please call David DeRose (250-398-3822),
or Tracy Hubner (250-398-3836) to confirm the number in
your group attending.**

Xatsūll Working Group Meeting



June 2, 2016
at 5:00 pm to 8 pm
Soda Creek Health Station

Dinner will be provided.

Please Contact Kellie if rides are needed. 250.989.2323 ext. 113

Soda Creek Trails

Check out what our crew has built so far

Thursday, June 9, 2016

3—6 pm, Soda Creek

Rides and snacks provided



Tours of the new trail provided by
our trail builders.

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