

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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### Soda Creek Band Office:

250-989-2323

### Soda Creek Health Station:

250-989-2355

### Natural Resources:

250-989-2323

### Xat'sūll General Partnership Office:

250-989-2311

### Xat'sūll Heritage Village:

250-297-6502

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

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

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

Any questions about the newsletter you can call:

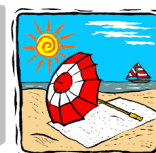
Health Receptionist at 250-989-2355.



ADP luncheon  
July 5 & 19th  
Health Station

Mount Polley  
Elders Field Trip  
July 6th 10:00-2:00 pm

Barkerville Trip  
July 9th 9:00 am  
Barkerville



Tent City  
Curling Rink  
July 11-14th

Elder's Gathering  
July 11-14th  
Williams Lake

Shuswap Gathering  
July 17-19th  
Skeetchestn Indian Band

Physiotherapy  
July 11 & 25  
3 Corners Health

Shuswap Gathering  
July 17-19th  
Skeetchestn  
Indian Band

Graduation Barbecue  
July 19th 5:00 pm  
Xat'sūll  
Heritage Village

Telehealth  
July 29th  
Soda Creek Health  
Station



Soda Creek Annual  
General Meeting (AGM)  
August 11th  
1:00-7:00 pm  
Dinner at 5:00 pm  
Location TBA

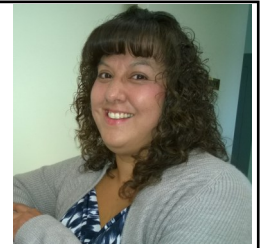


**Canada Day** is the national day of Canada, a federal statutory holiday celebrating the anniversary of the July 1, 1867, enactment of the Constitution Act, 1867 (then called the British North America Act, 1867), which united three colonies into a single country called *Canada* within the British Empire. Originally called *Dominion Day* the holiday was renamed in 1982, the year the Canada Act was passed. Canada Day observances take place throughout Canada as well as among Canadians internationally.



# Council Report

Sheri Sellars



## **Weytk-p Xatsūll Community:**

I haven't sent in a newsletter to date since you have elected me in as Council. Thank you all for entrusting me to bring the community forward over the next four (4) year term.

What I have been actively involved in as a Council Member is in the following:

- Regular Council Meetings (bi-weekly);
- Gibraltar Technical Advisory Committee;
- Gibraltar Implementation Committee;
- Site Meetings during Community Building;
- Leadership (monthly);
- **Special meetings as follows:**
  - ◇ Budgeting for the community;
  - ◇ Election Code Review
  - ◇ Treaty Strategic Planning;
  - ◇ Review of the Boards/Committees the band is in engaged in currently:
    - ◆ Xatsūll Development Corporation (known as XGP); and
- ◇ Spectra Energy;

The Council over the past year's Regular Council meetings have been dealing with the internal issues in the band as follows:

## **Ministry of Transportation and Infrastructure:**

Through the band's referral process it has been brought to Council in re-

gards to a possible expansion of the Gravel Pit adjacent to the Southern end of the reserve boundary of Mountain House Road to do an exploration dig of gravel to fulfill the needs of the proposed road construction of the Fox Mountain/Highway 97 South corridor area. This is still in information gathering process at this point.

## **Forest Tenure Agreement:**

This agreement is under the XDC that the Band signs on behalf of our forest licenses;

## **Strength of Claim:**

Research being performed currently;

## **Education:**

Education Application Process:

- Post-Secondary Education Financial Assistance Program;
- Mount Polley Fund; and
- Spectra Fund.

School District #27, Local Education Agreement; and School District #27, Local Enhancement Agreement.

## **Mount Polley:**

- Reviewing of the Restart and Long-Term Water Management options of the mine; and
- Renegotiation of the Participation Agreement

## **Right of Way, Access in boundaries of communities:**

There are various requests from ex-

ternal individuals in regards to receiving access over Reserve land which we have been answering and looking at the options of the process;

## **Nenqayni Lease Agreement:**

Renewal of the lease agreement the band has with the Nenqayni Treatment Centre;

## **Treaty Incremental Treaty Agreement (ITA's Lands):**

Prior to Agreement in Principle (AiP) referendum, the signing of the ITA's and to move forward from there.

## **Community Building:**

I have also, been involved in the Community Building Site Meetings which just ensures the status of the building and any concerns that we may have had for the building. We finalizing the deficiency list that was prior to close out of project and need to set up a tentative date to move in;

## **Leadership Meetings:**

The Northern Secwepemc to Qelmucw (NStQ) comprises of the people of the four communities of the Northern Secwepemc namely: Tsq'escen' (Canim Lake), Xatsūll (Soda Creek), T'exelc (Williams Lake Band) and Stswecem'c/Xgat'tem (Dog/Canoe Creek), to give direction to the NStQ Treaty Team regarding treaty-related issues.

Through this table, I have been appointed to the Cariboo Chilcotin

Beetle Action Coalition (CCBAC), Board of Directors as an alternate to Chief Patrick Harry. This Board of Director region includes the area within the Cariboo Chilcotin, Quesnel, and 100 Mile Forest Districts and the vision of the group is to provide abundant and sustainable opportunities and a diverse and vibrant economy in all its sub-regions and communities. The Board consists of one representative from each of the following:

- City of Quesnel
- District of 100 Mile House
- Village of Clinton
- Tsilhqot'in Language Group
- Dakelh Language Group
- City of Williams Lake
- District of Wells
- Cariboo Regional District
- Northern Secwepemc Language Group

The other things I have been involved in has been the Gibraltar Mine Technical Advisory Committee (TAC) which is being more defined at this time from the Terms of Reference (ToR) to how the First Nations can put forth their concerns or recommendations forth to the permitting aspects and other changes the mine may be planning. This has been brought forward because of the permitting to expand the discharge to the Fraser River. I have also been attending the Implementation Committee Meetings as well. The purpose of these meetings is: *to work collaboratively and establish a positive relationship that will lead to opportunities for both parties.*

We have called several "*Special Meetings of Council*" to allow more discussion around various topics which may not fit in the time allotted in regular meetings as follows:

#### ***Budgets for Community Programs and Services:***

Council goes over the budgets with all the departments to do full review and Q/A's to better meet the needs of the community;

#### ***Election Code Review:***

We have thoroughly went through the election code page to page and taken previous council recommendations and questions to the process in consideration and will be seeing how this document can better work for the community.

#### ***Treaty Strategic Planning:***

Council went into a two day strategic planning process with the department in regards to the outstanding issues and other things that need to consider over the next fiscal which the team will be doing.

#### ***Review of the Boards/Committees the band is in engaged in currently:***

We are and will be looking at all of the Boards and Committees; however, there is some we need to deal with expediently.

#### ***Xat'sūll Development Corporation:***

We have just had the meeting with Xat'sūll Development Corporation and gained an understanding of what needs to be in place and what the expectations of both parties are as well where the Council plays a role at an arm's length away.

#### ***Spectra Energy:***

Council has met with Spectra Energy on various times last year and this year now. They have identified a pipeline maintenance project to replace approximately, 700 metre segment of the 30" pipeline and approximately 900 metre segment of the 36" pipeline in the community boundaries.

Prior to my seat at Council, I have been sitting on the Cariboo Chilcotin Aboriginal Training and Education Centre (CCATEC) Board of Directors. I have currently taken a seat of Secretary at the Executive Board level within this Board of Director process. This has been a very eventful year for our community and I hope to move more of the initiatives forward in upcoming initiatives and remaining ones. Thank you to you all!

Sincerely,

*Sheri Sellars*

**Sheri Sellars**  
**Councillor of Soda Creek Indian Band**

TEL 250.989.2323

FAX 250.989.2300

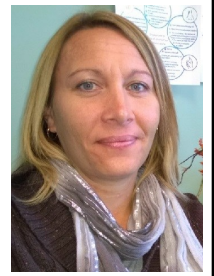
EMAIL <mailto:sfsellars@xatsull.com>

WEBSITE <http://www.xatsull.com>



## Health Coordinator

Georgina Mortensen



Summer is finally here and looks to be a busy one. Over the last month health staff have been busy with increase in individual client supports.

We have been planning some programming for the summer as the children and youth are finished for the year this week. Congrats to all the grad in community!!

Three Corner's and Health Coordinator are working together to renew the Pre and Post Natal Programming in communities over the summer. If you have been a part of this program in the last five years and would like to provide some feedback please contact Wenona at 250-398-9814.

Health, Three Corner's Health and

RCMP will be hosting a bike rodeo June 30/16 for the children's program. Please remember to bring your helmets and bikes. 😊

If any of our Elder's from community are still wanting to register for the Elder's Gathering July 11 to 14, 2016 please call into the Health Station and give Maxine your information by July before 4:00 pm. 250-989-2355.

Anyone interested in attending the Shuswap Gathering July 17 to 19<sup>th</sup>, 2016 for the Day please let us know to add you to the Interest List at Health with Maxine 250-989-2355.

This would only be for the day. Travel would be leaving early morning and back that evening.

We are currently working with Three Corner's for a Youth Camp tentatively set for July 19-21, 2016 at Elysia Resort. Call Gina at Health if wanting to sign up. Beginning next month, we will be preparing some new reporting to share the stats of some of our services accessed through Health.

**June 30<sup>th</sup> 10:00-1:00 pm- Bike Rodeo**

**July 6<sup>th</sup> 10:00-3:00pm – Med Travel/ Healthy Community Travel**

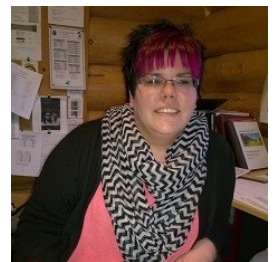
**July 19 to 21, 2016 – Tentative Youth Camp**

**July 20<sup>th</sup> 10:00-3:00 pm – Med Travel /Healthy Community Travel**

**August 17<sup>th</sup> - Healthy Families Fair**

## Social Development Coordinator

Rae-Lyn Betts



There are a few job opportunities coming up around the community so please watch for new job postings as one might be a great job for you. I still need a few job search forms in from clients ASAP.

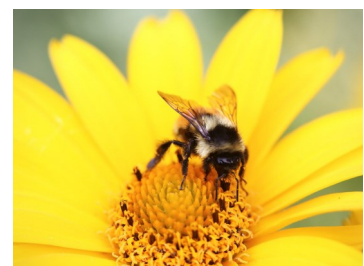
In the last few months I have seen a drop in the number of clients on Social Assistance because they have found work which is great I wish you

all the best with your new jobs.

- Single Employable went from 23 to 19
- Single Parent went from 5 to 2
- Two Parents Families 2 to 1
- Childless Couples no change

Just a reminder that everyone needs to do their 2015 taxes, if these are not done it will affect your GST pay-

ments and if you have children your Child Tax. I can do these for you in the office just call and make an appointment.





# Community Economic Development Coordinator

Miriam Schilling



Chinese Delegation visits Xat'sūll Heritage Village. Our community was happy to welcome a Chinese Delegation travelling from the lower mainland to Clinton, 100 Mile House, Xat'sūll, Wells, Barkerville, Quesnel, Likely and Williams Lake. They arrived just in time after we were able to complete some upgrades to the viewing platform.

## Xat'sūll Trail Building Crew

Xat'sūll Trail building crew making lots of progress – our trail will connect the highway with the Fraser River at Soda Creek.



Our crew of 5 is working hard and building a beautiful trail thanks to our main funders Northern Development Initiative Trust, New Pathways to Gold Society and CCATEC.







Susan Aspinall  
Referrals Coordinator

## Natural Resource Update



Georgia Bock  
NR Assistant



*Picnic at Gavin Lake*

### Gavin Lake Field Trip

The NR department had a field trip out to the Gavin Lake forestry camp. We were toured around different cut blocks by Stephanie Ewen (Forester), and two UBC alumni. The exhibited cut block was a strip block, meaning that they log the area in strips, waiting years in between rather than harvesting the entire block at once. This allows the vegetation to grow between the harvesting periods. This is beneficial for visual objectives but for animal cover.

Some of us also hiked along their new board walk located along Gavin Lake and into the forest. Along the trail different traditional/medicinal plants were labeled and described in Secwepemc.

UBC/Gavin Lake Research Forest is interested in partnering with someone from Soda creek in creating a pit house for their site as well. Please contact us if you or someone you know are interested.

### Mount Polley Update

- Full Restart Permit Issued from Ministry of Mines on June 23, 2016.
- With this permit, they are now allowed to reuse the TSF (Tailings Storage Facility), which is now supported by more

buttressing.

- Mount Polley still needs to submit their Long Term Water Management Plan (June 30, 2016) & update their Reclamation and Closure Plan (January 2017).
- They will be also doing some rehabilitation and reconstructing Upper Hazeltine Creek to help make it fish habitat once again.
- Our Natural Resource Department continues to have consistent dialogue with the mine and government.
- Our current Consultants are: Marc Gaboury – Stream Restoration Specialist, Elmar Plate – Fish Biologist, Brian Olding, John Errington – Reclamation and Closure Specialist, Claire McAuley – Human Health Specialist and Peter Lighthall – Geotechnical Engineer.



*Picture from Natural Resource Tour in Spring this year 2016.*

Image demonstrates Mount Polley's initial design for Hazeltine Creek. (Rock lined, fairly straight and logs laid out fairly regularly.

- Elder's Tour of Hazeltine Creek occurring on July 6, 2016.

### Mount Polley Community Meeting

On June 8, 2016 we had our consultant Marc Gaboury come out to the Heritage Village to give a talk about his work in advising Mount Polley on their restoration of Hazeltine Creek.

Marc is a stream restoration specialist, and has been working in this field for over 28 years.

Marc is advising that Mount Polley make their design for Upper Hazeltine Creek more sinuous. He also suggested that more pools and riffles should be placed to help create fish habitat.

Below you can read some of the questions:

#### How long to get the stream (Hazeltine Creek) back to normal?

Marc is guessing 50-100 years as it was quite narrow and overgrown with

shrubs, although he thinks for fish to be able to use again it will probably

take 2-3 years (with the work that the mine is doing).

#### Where did Mount Polley bring the tailings from Hazeltine Creek?

Any removed tailings were put back into the Tailings Storage Facility.

There were lots of more questions asked. Please feel free to visit the Natural Resource Office for any more information on this or any community presentation.

***We are also planning to have an Elder's tour of Hazeltine Creek on July 6, 2016. Lunch will be included, please contact Georgia or Susan at 989-2323 if you would like to attend.***

#### Forest Management Plan

In January, we had some UBC students come up gather some input

from interested community members so that they could help write a Forest Management Plan for the communities.

They have done so, and there will be a presentation on this later in the summer.

Jillian Spies (a UBC Masters student) has approached the four bands and asked if she could carry on this project. We have welcomed her to do so. Her thesis will be focusing on implementing native heritage values into forestry. We look forward to having her up here in the summer.

*Keep your ears open for upcoming field trips!*

*We are hoping to organize one to Gibraltar mines soon, and perhaps have a berry picking one as well.*

## Water Maintenance

Kelly Quon



Hello everyone,

I'm so happy the rain has decided to slow down a bit. I was starting to feel like a duck. Now I get to cut all the grass around the community buildings.

Things have been looking good at both of our water Plants in regards to my water samples coming back clear, clean. I just sent another set of water samples to P.G. Labs on June 23, 2016, should be receiving the results sometime this week.

I would like to ask for your patience's in regards to the street lights down at Soda Creek, I've been calling BC Hydro over and over with no response as of yet. But I will not stop bugging BC Hydro on this matter. I'm hoping I will be able to get this matter resolved before the summers up. It's so frustrating talking to an automatic voice machine. I guess I too have to follow my advice to and be patient.

I'm pretty happy to finally see that the mountain house road has been some-

what taken care of. I'd like to wish everyone a happy summer; hopefully it's going to get hot so the kids can enjoy their summer holidays.

I will be adding fresh Chlorine into Chlorine container here in Deep Creek by the end of this week, so everyone might notice a higher level of Chlorine within the next couple weeks, sorry for the inconsistencies.

Your friendly neighborhood Waterman,

J Kelly Quon

# Employment Services Assistant

Marion Chelsea



Weytk-p,

It is with mixed feelings that I write this last newsletter report for the Fraser River Run as Employment Coordinator. I have been offered the position of Community Services Coordinator with the Northern Shuswap Tribal Council which I have accepted. I start there on Monday, June 6, 2016.

In essence I realize that I just got here and it has been a whirlwind of a few months. I stepped in at the conclusion of the signing of a couple of large contracts for Soda Creek. We had an Environmental Monitoring Program to run as well as a couple of Mining Crews to put together, and the usual Summer Students and seasonal employment to prepare for. I also assisted Miriam Schilling, Community Economic Development Coordinator, with 2 rounds of hiring for the Trail Builders Crew. While we weren't able to hire everyone, we did get a number of committed individuals and a list of backup

names that are on file for any upcoming work; mining, trail building or other labour related positions.

Our Environmental Monitoring class started out with 12 students and we had 11 that successfully completed the Course. Congratulations to all of our graduates! It's been a grand adventure to see you through this Program.

We had a Crew of 2 for Gibraltar Mine and a Crew of 6 for Mt Polley doing Reclamation Work. While we were out on Quesnel Lake with our Environmental Monitoring students we actually got to see our Mt Polley Crew hard at work at Hazeltine Creek. Way to work hard, everyone!

Our Trail Building Crew had a bit of a staggered start with new crew members starting well after the original bunch. We extend our thanks to Thomas Schoen for his patience and

continued guidance for our Crew as they work hard at building and improving the trails down at Soda Creek.

Amongst all of this of course were individual Clients. Please accept my apologies if it felt like it was a bit of a train station for any drop in Clients; it has felt like it on this end too.

There have been a number of struggles and successes. Thank you to all that have joined me on this leg of the journey. I'm feeling a little sad that I didn't get to help out everywhere that I wanted to, but also excited for my next steps in the world. I will still be helping out the Community, just in a different capacity. I wish you all the best and I hope to see you at the Aboriginal Day Celebrations!

Kukstsētsemc,

Marion Chelsea

## What is an Environmental Monitor?

As an environmental monitor, it's your job to study the natural world and to make sure that human activities don't harm the environment. For example, an environmental monitor working for a mine would spend most days outdoors collecting samples of water, air, land, and plants. They would measure

the dirt roads, making sure the roads don't erode into the nearby creek and create silt in the creek (which would probably kill any fish in the creek). They'd collect all of this data out in the field and send it back to labs for analysis. Environmental monitors generally work for government departments,

environmental boards, large corporations, and consulting companies.

Monitors would also keep an eye out especially for things that would cause harm to traditional values or things that are important to the community in the territory.





**ENVIRONMENTAL MONITORING CLASS 2016**



# Education Coordinator

Cheryl Chapman



June has been very busy and exciting, and on behalf of the Education Department and Education Committee I would like to congratulate all of our Graduates. We are planning to have a Grad Celebration at the Heritage Village during the summer, when hopefully most of the graduates will be available. Check out the pictures in this newsletter.

The After School Program students have had a great time, Tuesdays and Thursdays from 4:00 – 6:00 pm; with Alicia Gilbert, various guests and I. Alicia Gilbert started working with us for June and she has applied to be part of the Summer Program team. Alicia has experience in working with our students, and as a Mom, she has lots of great ideas.

The students have planted their little garden boxes with potatoes, onions, carrots and radishes, they are growing well. We received assistance from the Events Committee funding to purchase cedar eagle feathers and each of the students coloured their feather and they were hung on the Soda Creek bus for the Aboriginal Day Parade, the students proudly carried our banner and the Secwepemc and Canadian/Indigenous Flags, I believe we had the largest group in the parade. At the celebration in the park the students had a lot of fun visiting, having their faces painted, eating Indian Tacos and hushum.

We also enjoyed going out to Soda Creek to see the new/old trail the Trail Builders are working on, we had an eventful afternoon and the students are looking forward to biking the trail this summer. The trail behind the Education/Health Centre continues to be a source of outdoor fun and excitement, and we would like to thank the Trails Crews, Thomas Sheon and Miriam Schilling for making these recreation spaces accessible to the community. Thanks also to the Soda Creek Band, Northern Development Trust and New Pathways to Gold Society for their financial and in-kind contributions.

Dionne Phillips has been hired for the summer as the Education Assistant and will be working mostly as the Supervisor for the Children's Summer Program, she has previous experience and is dedicated to having fun in a safe and holistic way. Two additional Summer Students will be hired to assist with the summer programming, and they will start on July 4<sup>th</sup>. This is a safe and fun place to be, and parents are encouraged to come be with us from 9:00 am – 4:30pm Monday to Friday, please let Dionne know if you can join us, to make sure we have enough healthy lunches and snacks. See the Calendar for July 2016.

I have been wrapping up the reporting for Cariboo Chilcotin Aborigi-

nal Training and Employment Centre for the Employment Services Assistant, as Marion Phillips has moved on to the Northern Shuswap Tribal Council where we hope she will be very happy. We will be short-listing, interviewing and hopefully hiring a new Employment Services Assistant early in July; in the meantime I am fulfilling both roles.

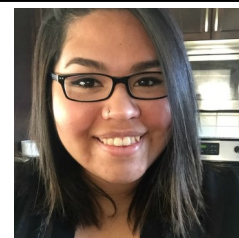
The Education Assistance Funding Application and information is available on our new website.

Please remember the education committee now meets monthly, if you are interested in Education or Training your funding, applications must be in before July 22<sup>nd</sup>, 2016. We are looking for a fifth 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 fifth 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 July!

# Education Assistant/Children's Program Supervisor



Dionne Phillips

Hello my name is Dionne Phillips and I am a member of the Xats'ull Indian Band. I have previously been going to school at the University of British Columbia Okanagan where I have studied Psychology and Creative Writing for three years. In past years I have

worked with the children's program as an assistant and found working with all the children of this band very rewarding. This year I have decided to further my experience by becoming the Children's Program Supervisor. I'm hoping to enjoy the summer

with all the fun and interesting activities that I have planned for the children while also furthering their cultural knowledge with a weekly Secwepemc lesson.



Left: Feathers the After School Program colored for the Aboriginal Day Parade decorations

Below: Children from our community that were in the Aboriginal Day Parade and participated in Aboriginal Day Celebration





# Congratulations



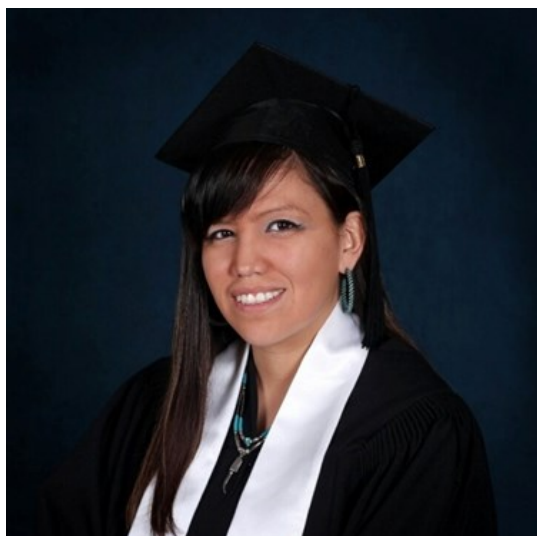
**Virginian Fiestas – Grade 12**



**Roxanne Pop – Grade 12**



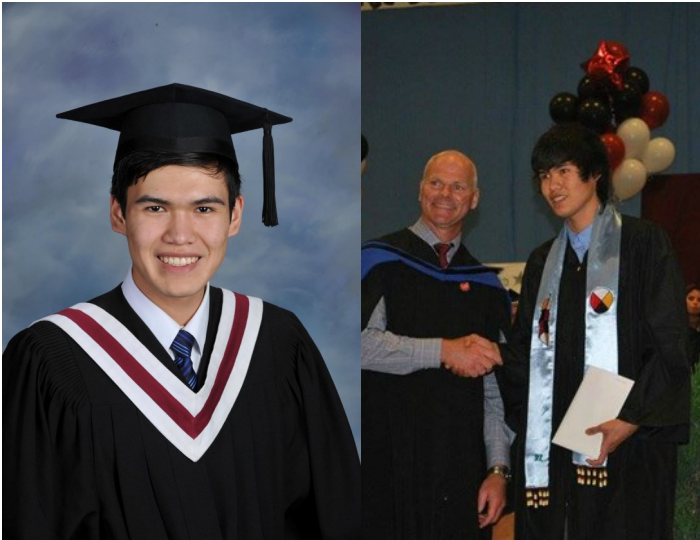
**Christian Sellars - Grade 12**



**Tiffany Pop  
Bachelor of Social Work**



# Grads 2K16



**Tessler Sellars—Grade 12**



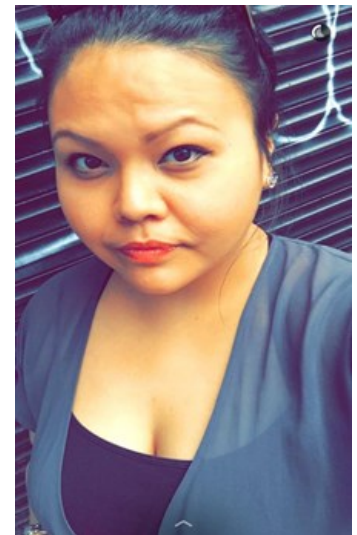
**Brianne Mitchell-Grade 12**



**Lauren Mitchell  
Education Assistant  
Community Support  
Certificate**



**Chylane Sellars  
Accounting Technician  
Diploma**



**Pauline Sellars  
Family & Community  
Counselling Diploma**

# Support Counsellor

Molly Yochmans



Happy July Community Members,

It appears Summer is finally here with the hotter temperatures. I have been to a lake once so far this summer, so relaxing and beautiful and hard to go home again!

For those of you who have not already heard through the grapevine, I have given my resignation from Soda Creek Indian Band and my last day will be July 20<sup>th</sup>. This is my sixth year working in the Support Counselling Position. I can honestly say I have thoroughly enjoyed each year that I've been here, and have enjoyed working with such a dedicated and diverse team of people over the years. I will very much miss the position and all of the community members; simultaneously I'm excited about the new Counselling Position I've accepted closer to home.

I've also now registered to complete my Counselling Degree and am looking forward to this next chapter.

I would like to say a sincere thank you to all community members who have taken part not only my programming and workshops, but also the events hosted by the various departments at Soda Creek Indian Band. Sometimes it is hard to choose to participate as life events, fears, and other factors come in our way. But when you go out of your comfort zone and participate, you contribute to your own self-growth as well as to others around you. Each person has unique gifts and skills to offer and it's important to get out, come together, and encourage one another. Iron sharpens iron.

A reminder my last day will be July 20<sup>th</sup>. If you'd like to book an appointment or need specific re-

sources; please make sure to stop in before this date. I hope to see many community members before my last day. Of course I will also come and visit when I can!

Thank you to all who came and joined in the Vision Board workshop. It was a very enjoyable evening with lots of laughs. If the photos aren't in this newsletter watch for them in the next!

**Fun Fact of The Month:** A flock of crows is known as a murder.



**Individual Challenge:** A lot of problems in the world would disappear if we talked to each other, instead of about each other.

Molly Yochmans

Support Counsellor

Soda Creek Indian Band





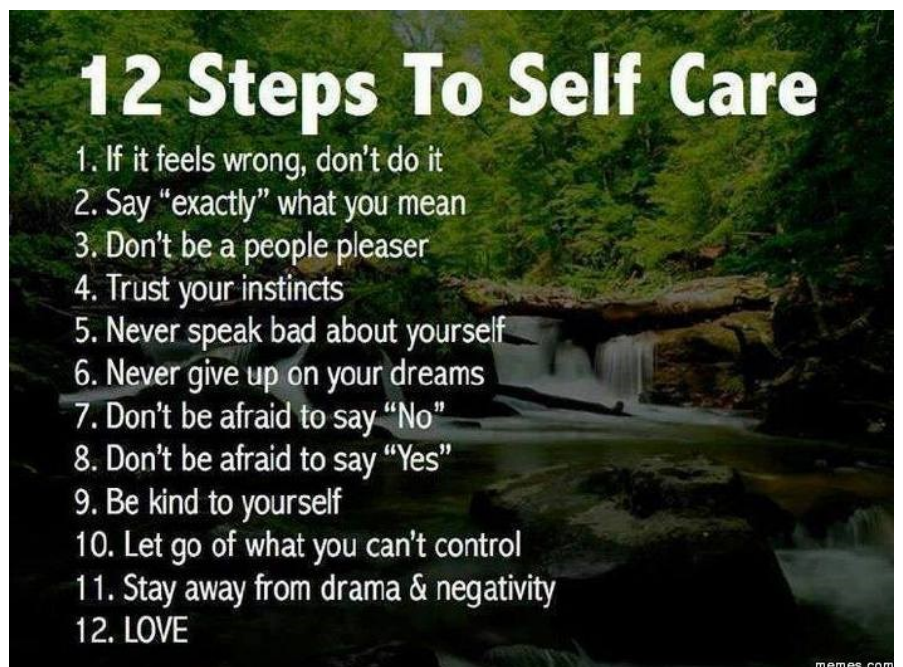
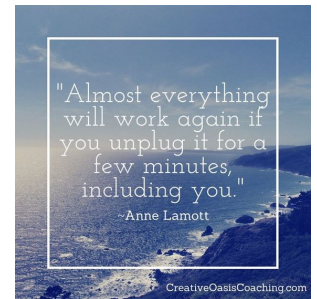
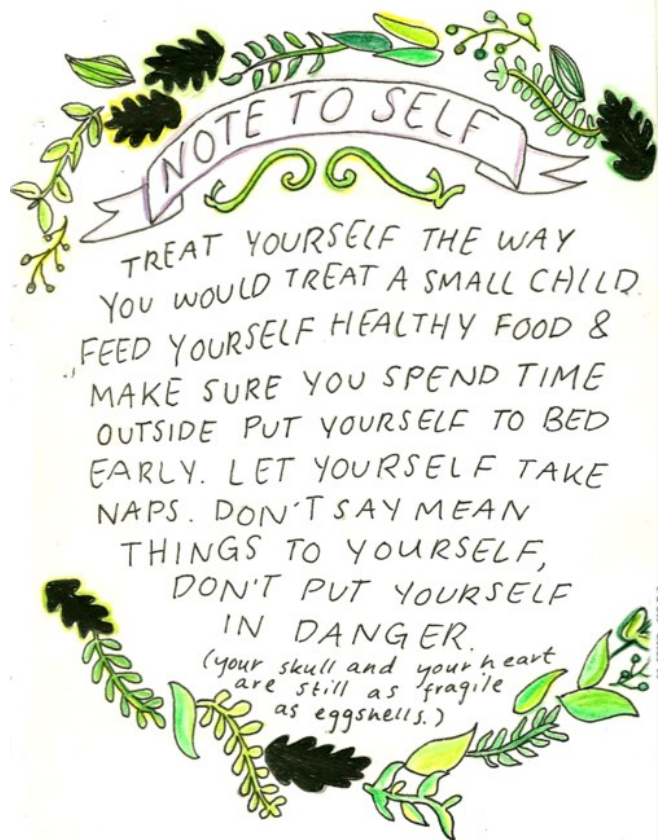
# Self Care

July 24th is International Self Care Day.

The awareness day was established to explain to all stakeholders – public, healthcare professionals, the media and health officials, the importance of self care in healthcare and encourage the general public to practice self care.

Society benefits from the people who practice self care and who do not visit health professionals unnecessarily. Self care helps people stay well and prevent chronic non-communicable diseases, thus relieving pressure on a country's healthcare system.

July 24th (24/7) is the chosen day for International Self-Care Day as it can be used as a reminder that the benefits of self-care are experienced 24 hours a day, 7 days a week.



## Shrimp, Lemon, Spinach Linguine

*Sautéed shrimp with caramelized lemons, tossed with shallots, spinach and linguine. Delicious!*

**Prep time:** 15 min **Cook time:** 30 min

**Yield:** Serves 4

### Ingredients

- 8 ounces linguine pasta
- Salt
- 3 Tbsp olive oil
- 1 whole lemon, quartered lengthwise then thinly sliced, seeds removed
- 1/2 cup sliced shallots
- 1 Tbsp minced garlic
- 1 pound peeled, deveined 26-30 count shrimp
- 5 ounces baby spinach leaves
- 1/4 cup freshly grated Parmesan cheese



### Method

**1 Heat water for the pasta:** Heat a large pot of salted water (2 quarts of water, 1 Tbsp salt) for the pasta.

**2 Brown the lemon slices:** While the pasta water is heating, cook the lemon slices. Heat 2 Tbsp olive oil in a large sauté pan on medium high heat. Add the thinly sliced lemons to the pan and cook until browned and softened, 7 to 8 minutes. Remove from pan, set aside to cool. Once the lemon slices are cool, mince them.

**3 Start cooking the linguine:** Once the pasta water is boiling, add the linguine pasta to cook.

**4 Sauté shallots and garlic:** Add 1 Tbsp olive oil back to the pan you had used to cook the lemons. Heat on medium high heat. Add the sliced shallots. Cook until softened and lightly browned, about 4 to 5 minutes. Add the garlic and cook a minute more.

**5 Cook the shrimp:** Add the shrimp to the shallots and garlic and cook until pink on one side, then toss them to cook on the other side, about 2 minutes for each side.

**6 Add the spinach, lemon, some pasta water:** Add the spinach and lemon to the pan and toss to wilt the spinach. Add about 1/2 cup pasta water to the pan.

**7 Drain pasta, toss with shrimp and spinach:** When the pasta is done, strain it and add it to the pan with the shrimp (if you have room, otherwise put everything in a separate bowl), toss to coat. Add salt and pepper to taste. Serve immediately. Sprinkle with grated Parmesan cheese to serve.

## Green Bean Salad with Basil, Balsamic, and Parmesan

*To save time, while the water is coming to a boil, prep the other ingredients.*



**Prep time:** 10 min **Cook time:** 15 min

**Yield:** Serves 6

### Ingredients

- 1 1/2 pounds trimmed green beans, cut to 2 to 3 inch long pieces
- Salt
- 1/2 cup finely chopped red onion (or shallots)
- 2 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 3/4 cup chopped fresh basil leaves
- 3/4 cup freshly grated Parmesan cheese (about 1 1/2 ounces)
- Freshly ground black pepper

### Method

**1 Soak chopped onions in water:**

Place the chopped onions in a small bowl of water. This will help take the edge off the onions. Let sit while you prepare the rest of the salad.

**2 Blanch the green beans:** Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water). Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp.

Fresh young beans should cook quickly. Older, tougher beans may take longer.

**3 Shock in ice water:** While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water to the ice water to stop the cooking.

Drain the green beans and the red onions.

**4 Toss with red onion, balsamic, Parmesan:** Place the green beans, red onion, and chopped basil in a large bowl. Sprinkle in the olive oil, toss to coat. Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper. Chill until ready to serve.



## Fairy House Night Lights



### Supplies

- Recycled plastic bottle
- Multi-surface craft paint
- LED tea light
- Silk flowers
- Scissors
- Moss
- Hot glue gun
- Craft knife

### Directions

1. Cut top portion of bottle off with craft knife.
2. Remove the lid and set aside. Cut off the plastic band around the neck of the bottle.
3. Paint both halves of the bottle with colors of your choice. Allow to dry 30 minutes then repeat for a second coat.
4. Cut a window in the bottle half of the bottle, large enough to fit the tea light inside.
5. Cut slits halfway up the top half of the bottle, about 1-inch apart. Bend the ends of each slit upward so that they stick out.
6. Decorate the outside of the house with silk flowers.
7. Cover the bottle lid with silk leaves or flowers. Place lid back on the neck of the bottle.
8. Add some hot glue to the inside of the bottom half of the bottle and line the bottom with moss. Add tea light candle.
9. Place "roof" on top of the "house".

## HOW TO START A FAIRY GARDEN



If you've never made a fairy house, they are very easy. Start with a wooden birdhouse and use whatever elements make you happy. Fairies want you to be happy.

Fairies love flowers, birds, and all things from nature. Some houses, like this one, have a mossy roof while others may use flower petals or tree leaves. I've seen pinecone tine shingles as well as sticks and twigs atop their little homes. You can use what you like, just have fun and dust

off your imagination.

I started by hot gluing the pods to the birdhouse. I chose the back of the birdhouse as the front of my fairy house. This way I didn't have to try and hide the little bird hole in the front. I glued pods to the front and both sides of the house.

To make the door I snipped the ends of my twigs and glued them over the pods.

The doorknob is made from the center of one of the colorful silk flowers.

Next I glued moss to the roof eaves, all the way around the house.

I finished the bottom of the house with moss as well, covering any exposed wood.

For finishing touches I glued some flowers and a little bird to the house.

When I first laid it all out it looked really cute... but felt like it was still missing something. I stuck twigs in the ground to look like trees, leaned the ladder against the house, added the bird bath, found

some wood slices I had left over from this project and made a path using some tiny pebbles I had in my studio. Still, it felt like something was missing.

I still had a full bag of moss left over so I filled in all the empty spaces and it felt complete!





## Dinosaur Garden



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



\_\_AN



HIPPO  
FLY  
OWL

FROG  
ELK  
KOALA



\_\_AN



\_\_AN

sketchplanations.com

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WHAT'S THE DIFFERENCE BETWEEN

CROCODILE

ALLIGATOR



V-shaped

JAW

U-shaped

TEETH



Only top show when shut

Top+bottom show when shut

Fresh + saltwater

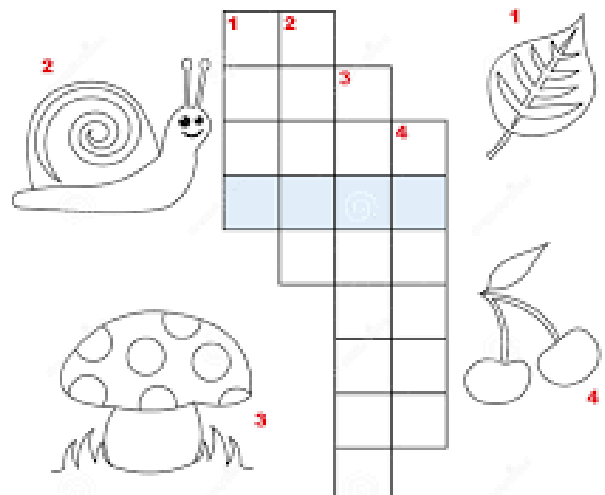
HABITAT

Mainly freshwater

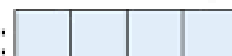
N+S America,  
Africa+Asia

LOCATION

N+S America, China

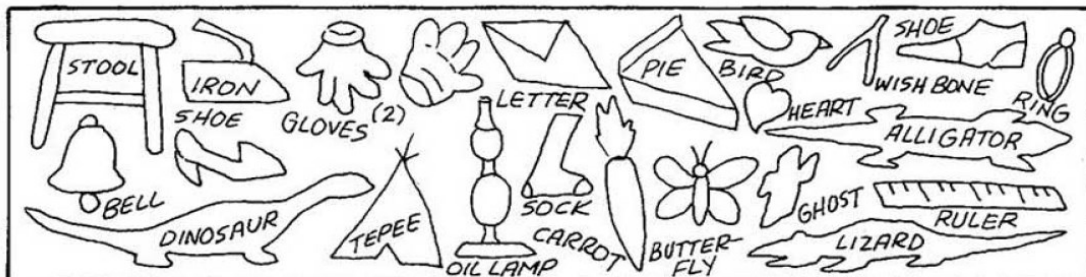


SOLUTION:





# Hidden Picture Puzzle: Picnic



Free worksheet provided by [www.elcivics.com](http://www.elcivics.com). Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.

**Phone:**

Dionne or Cheryl 250-989-2323

**Email:**

edassist@xatsull.com

# JULY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Tie dyeing	4 Water Fight	5 Nature Games & Crafts	6 Xat'sull Heritage Village & Sun Safety	7 Blue Lake Day	8 Barkerville Trip	9
10 Cultural Storytelling	11 Biking & Horseback Riding	12 Elders Gathering Tours?	13 Xat'sull Heritage Village	14 Pajama & Movie Day	15	16
17 Snack Making	18 Berry/Sage Picking	19 Prince George Trip	20 Xat'sull Heritage Village	21 Game Day	22	23
24 Sports Day w/ Kayla	25 Obstacle Course	26 Gavin Lake	27 Gavin Lake	28 Gavin Lake	29	30

## XAT'SULL CHILDREN'S SUMMER PROGRAM



**Phone:** Dionne or Cheryl 250-989-2323 **Email:** edassist@xatsull.com

## AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Program Closed	2 Movie Theatre & Gymnastics	3 Blue Lake Day	4 Xatsùll Heritage Village	5 Kids Carnival	6
7	8 Softball Camp	9 Softball Camp	10 Softball Camp	11 Softball Camp	12 Softball Camp	13
14	15 Likely Community Forest	16 Traditional Crafts	17 Chimney Lake Day	18 Xatsùll Heritage Village	19 Secwepemc Gathering	20 Secwepemc Gathering
21	22 Farewell Canyon	23 Park & Pool	24 Outdoor Sports & Games	25 Xatsùll Heritage Village	26 Belle Acres & Celebration	27
28	29	30	31			

*\*Events are subject to change due to unforeseen circumstances*

# XATŚŪLL CHILDREN'S SUMMER PROGRAM

## Soda Creek Health Station Events Calendar



# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day Statutory Holiday Office Closed	2
3	4	5 ADP Luncheon	6 SCIB Med Travel	7	8	9
10	11 Physiotherapy 3 Corners Office Closed --->	12 Office closed for Elders Gathering	13 Office closed for Elders Gathering	14 Office closed for Elders Gathering	15 Office closed for Elders Gathering	16
17 Shuswap Gathering July 17-19th	18	19 ADP Luncheon Telehealth Appointment	20 SCIB Med Travel	21	22	23
24	25 Physiotherapy 3 Corners	26 Newsletter Deadline 4:00 pm	27 HCC Travel Diabetes Wellness 3 Corners	28	29	30
31						





# Aboriginal Day







PLEASE JOIN US FOR A

# *Graduation BBQ*

DATE: TUESDAY, JULY 19TH

TIME: 5:00PM

WHERE: XATSULL HERITAGE  
VILLAGE

~EVERYONE WELCOME~

COME CELEBRATE THIS  
SPECIAL OCCASION



# Barkerville Trip



**All Community members are welcome to come enjoy the 3rd annual Aboriginal celebrations in Barkerville.**

Presentations by the Lhtako Dene Hoop Dancers, Xatsùll Heritage Village, and more.

**Date: July 9th, 2016**

**Time: 9AM**



**Please contact Dionne if a ride is needed at (250) 989-2323 ext. 115  
Or email: [edassist@xatsull.com](mailto:edassist@xatsull.com)**

# Mount Polley Elders Field Trip

**July 6, 2016**

Come and see the remediation work done at Mt  
Polley



Tour from 10am-2pm at mine site: Pick-ups around  
8am

We will visit Hazeltine Creek, Edney Creek and  
Morehead creek (for comparison)



**Lunch will be provided**

**For more information call the Natural Resources  
Department at 250-989-2323**

 Please call to save your spot on the bus 





**TL'ETINQOX GOVERNMENT**

P.O. Box 168, Alexis Creek, B.C. V0L 1A0  
Phone: 250-394-4212 \* Fax: 250-394-4275  
Health Phone: 250-394-4240 \* Fax: 250-394-4234

**BC ELDER'S SOCIETY GATHERING - 40<sup>TH</sup> ANNUAL**  
**July 11-14, 2016**  
**In Williams Lake, BC**

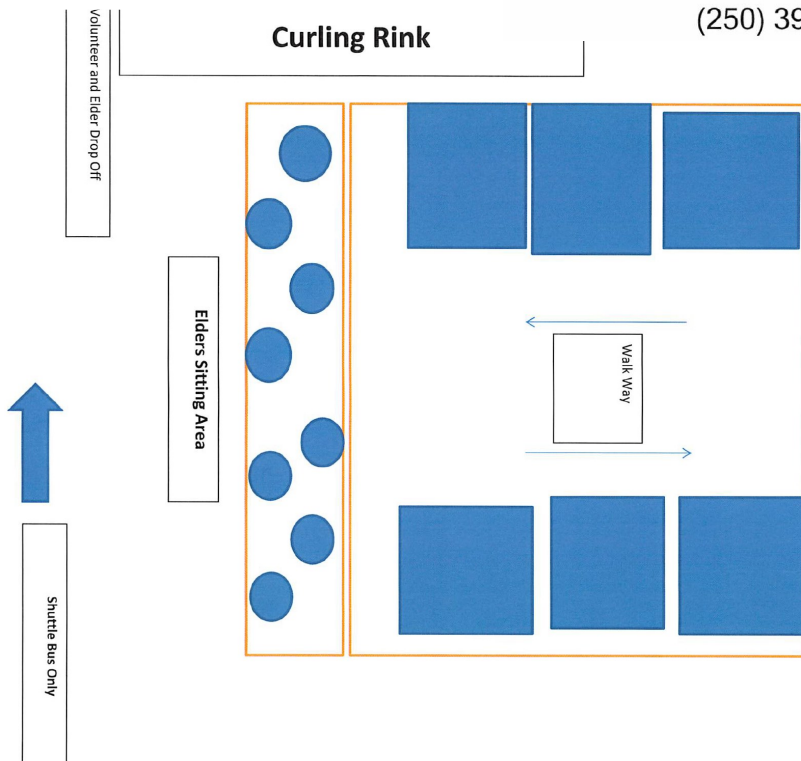
**TENT CITY**

This invitation is for all nations to display/share or give information out at the Cultural Tent City that will be located near the Williams Lake Curling Rink. A big tent will be set up to showcase the culture of the Tsilhqot'in Nation, Shuswap Nation, Carrier Nation, St'at'imc Nation and the Nuxalk Nation. People visiting the Tent City will be treated to exhibits and displays highlighting the language, culture and traditions of these local First Nations. This area will be open to the public.

Please notify us if your nation will be able to join us during the gathering through Tent City.  
Attached is the map outlining Tent City

Contact: Melanie Johnny  
Tent City Co-ordinator  
(250) 394-4212  
Melanie.johnny@tletincox.ca

Patrick Lulua  
Tent City Co-ordinator  
Xeni Gwet'in First Nation Office  
(250) 394-7023



# PHYSIOTHERAPY SERVICES



Access to physiotherapy services is now available to all SXFN, WLIB, and SCIB community members at no cost on the following dates:

June 13

June 27

July 11

July 25

August 8

August 22

September 19

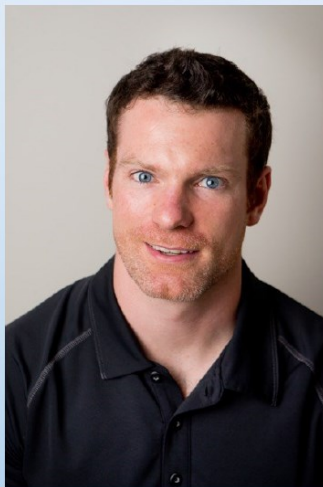
October 3

October 31

November 14

November 28

December 12



Physiotherapist  
Tyler Judd

Physiotherapy services may be beneficial to community members affected by any of the following:

- Joint Replacements
- Chronic Pain
- Balance and Dizziness
- Overuse Injuries
- Arthritis
- Sports Injuries
- Whiplash
- Tendonitis
- Broken Bones
- Falls Prevention
- Concussions
- Osteoporosis
- Lower Back Pain
- Strengthening

Please contact Heather Camille at 250-398-9814 to schedule your appointment.





# 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

**Friday, July 29, 2016**

## Doctors available:

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



**Three Corners Health Services Society**

PH: 250-398-9814

FX: 250-398-9824

**Soda Creek Health Centre**

250-989-2355

**Sugar Cane Health Centre**

250-296-3235

**Canoe Creek Health Centre**

250-459-7749

**Dog Creek Health Centre**

250-440-5822



## Summer Children's Program Registration Form

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Please ensure all sections are completed. A form must be completed for each child participating in the Xats'ùll Summer Children's Program. Extra forms are available at the Education Building. Kukstsètsemce!

### **SECTION 1**

**CHILD'S NAME:** \_\_\_\_\_

Gender: M / F      Birth date: \_\_\_\_\_      Age: \_\_\_\_\_

#### **Parent/Guardian's Information:**

Name: \_\_\_\_\_ Home Phone: (\_\_\_\_\_) \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

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

Child is currently residing with: Mother/Father/Both/ Other (please specify) \_\_\_\_\_

**1. Emergency Contact Name:** \_\_\_\_\_

Relationship: [ ] Mother [ ] Father [ ] Grandparents [ ] Other \_\_\_\_\_

Contact Number (s): (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

#### **Authorized Pick-up Person (other than emergency contacts)**

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

### **SECTION 2**

Care Card Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Does the child have any medical conditions or allergies? [ ] YES [ ] NO

Please list: \_\_\_\_\_



---

Does the child have an EpiPen or other Allergy Medication? [ ] YES [ ] NO

Does the child take any prescription Medication? [ ] YES [ ] NO

Please list: \_\_\_\_\_

Will medication need to be administered during Program hours? [ ] YES [ ] NO

If Yes, do we have parental consent to administer medication? Please sign below for consent.

---

Are there any behavioural concerns, disabilities or other concerns that Xats'ūll Summer Children's Program should be aware of? [ ] YES [ ] NO

If Yes, please describe:

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**In order to have fun and help all children enjoy the Xats'ūll Summer Children's Program on the grounds or while involved in various activities:**

- Use of abusive language, bullying or fighting will not be tolerated from anyone participating in the Xats'ūll After School Program.
- Children are expected to treat one another and program staff with kindness and respect.

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**Parent/Guardian's Signature**

---

**Date**

---

**After School Program Supervisor**

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**Date**

*Thank you for completing this application. The Xats'ūll Summer Children's Program looks forward to a wonderful summer with your child.*

## Job Description

**Title** *Trail Builder – On Call Position*

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### Job Summary

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

### Duties and Responsibilities

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

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

### Qualifications:

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

### Working Conditions

- Outdoor environment
- Physically demanding

### Term of Employment

This is a casual (on-call) term position, unless otherwise negotiated in writing with the Band Administrator.

Please submit your application to:

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

**Application Deadline:** ongoing

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