

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



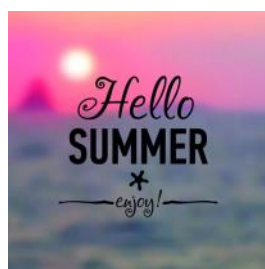
INSIDE THIS ISSUE

Staff Reports	2-10
Calendar	10
Elders Gathering	11
Stress Relief	12
Recipes	13
Activity Pages	14-16
Posters	17-24
Letter to Community	25
Employment Opportunity	26-28

ADP Luncheon
August 2 & 16th
Health Boardroom

Physiotherapy
August 8 & 22nd
3 Corner's Health

Xat'sull FN Trail
Grand Opening
August 4th 3-6 pm
SC Restaurant



Forest Management
Info Session
August 8th 5-7 p,
Health Boardroom

Soda Creek AGM
August 11th
1:00-7:00 pm
Xat'sull Heritage Site

Secwepemc Gathering
August 19-21st
Skeetchestn Indian Band

Indigeneyez
Youth Camp
August 22-25th
Likely

Be Well Program
August 30th
10:00-2:00 pm
Health Boardroom

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.

Civic Holiday is the most widely used name for a public holiday celebrated in most of Canada on the first Monday in August,^[1] though it is only officially known by that term by the governments of Nunavut, the Northwest Territories, and Prince Edward Island. The Civic holiday is recognized as a statutory holiday in those three provinces and territories. The holiday is known by a variety of names in other provinces and municipalities, including British Columbia Day in British Columbia.



Health Coordinator

Georgina Mortensen



It has been a damp year for the first half of summer, but things never seem to slow down.

Our Community Support Counsellor Molly Yochmans has left us to further pursue her education and has taken new employment closer to home. Molly was with us for 6 years and has provided many of our members with vital supports while they pursued their own healing goals.

During this transition we decided to restructure some of our Health department positions to increase effective and quality of services to our community members.

The Support counselor (A&D worker) in the past was considered a part time position as well as the Community Health Representative (CHR). We have combined these two positions into one *Community Health and Wellness Counsellor*, to provide a holistic care approach. Just as one example; if a member wished to go to treatment in the past they would have to see the A&D worker to begin the treatment applications, then see the nurses for the Tuberculosis testing and two days later they would need to see the nurses for the screening. This process will soon be done more efficiently. The new position will be trained to provide the TB screening within the next year.

The other position that has been the Health Coordinator (Georgina Morten-

sen) position to include the Children and families Band Representative support services to on and off reserve.

Currently we have four families we are supporting through this position. The Health Coordinator will still be providing some programming and coordinating with other services to deliver; band representation for children and families, mediation supports to individuals and families supports, and prevention awareness.

We have posted for the Community Health and Wellness Counsellor with a deadline of July 29, 2016. The Full-time Head Start/ Day Care Assistant deadline has passed and we will be working on interviewing the short list applicants this week,

We have a very successful Bike Rodeo with the children's program this last month. We had seven children participate this year. The children were taught some new braking skills and safety on trails. RCMP (Colby) then took them through our Deep Creek Trail. The Children absolutely love going through the trails and we look forward to utilizing the Soda Creek Trails soon. Thank you to Kayla, Mary, Cheryl and Colby for all your hard work.

The 40th Annual Elder's Gathering was held here in Williams Lake this year. It was very well attended the band was able to support 17 of our Elders 60 years and older in attending this event.

We would like to offer a huge thank you to our Funding Partners New Relationship Trust Elder's Grant and Three Corner's Health for their generous donation. This funding was used to cover travel expenses such as driver and bus, and also pay for registrations.

The 41st Elder's Gathering will be hosted in Campbell River next year. There have been rooms booked for this gathering. Now we have to a lot of Fund-raising to do. 😊

Last week our health staff assisted in Chaperoning a Youth camp held at Elysia Resort near Horsefly. There were 16 youth from the four communities. Micheala Stinson did a phenomenal job being one of the community leaders.

The Home and Community Care program staff have planned an Elder's Berry picking from August 9 to 11th in Likely. I was able to work with Spanish Mountain Gold camp who have generously offered to accommodate our community both Elder's Berry picking and the Family Hunting camp in October.

For those of you in community wanting to participate in this years' Family Hunting Camp please contact Gina @ health 250-989-2355. We are working with Natural Resources this year as well. We would like to host a meeting in August with those who are interested in taking part to help plan the trip.

Health Department Stats June to July

Department	Event/ Support Services/ Program	Stats of People who have Accessed
Health Coord/ Children and Families Band Rep	Supports	4 Families
Health Coord/CHR	Pre and Post Natal	3 Families
	Client Advocacy/ Individual Supports	4 Clients
Head Start	Programming	1 Family
Day Care	Programming	4 families 6 children
Support Counsellor	Support Services	4 Active Clients 15 (June)
Support Counsellor	Vision Boards workshop	6

Upcoming Events

August 22-25

Youth Camp

August 3, 17, 31 10:00 am to 3:00 pm

Med Travel /Healthy Community Travel-
Please call in before 4pm the Monday
prior.

August 9-11

Elder's Berry Picking

August 16

Caregivers' Group - Medicine Plants

August 19-21

Shuswap Gathering

August 22-25

Youth Camp

August 30

Be Well Program

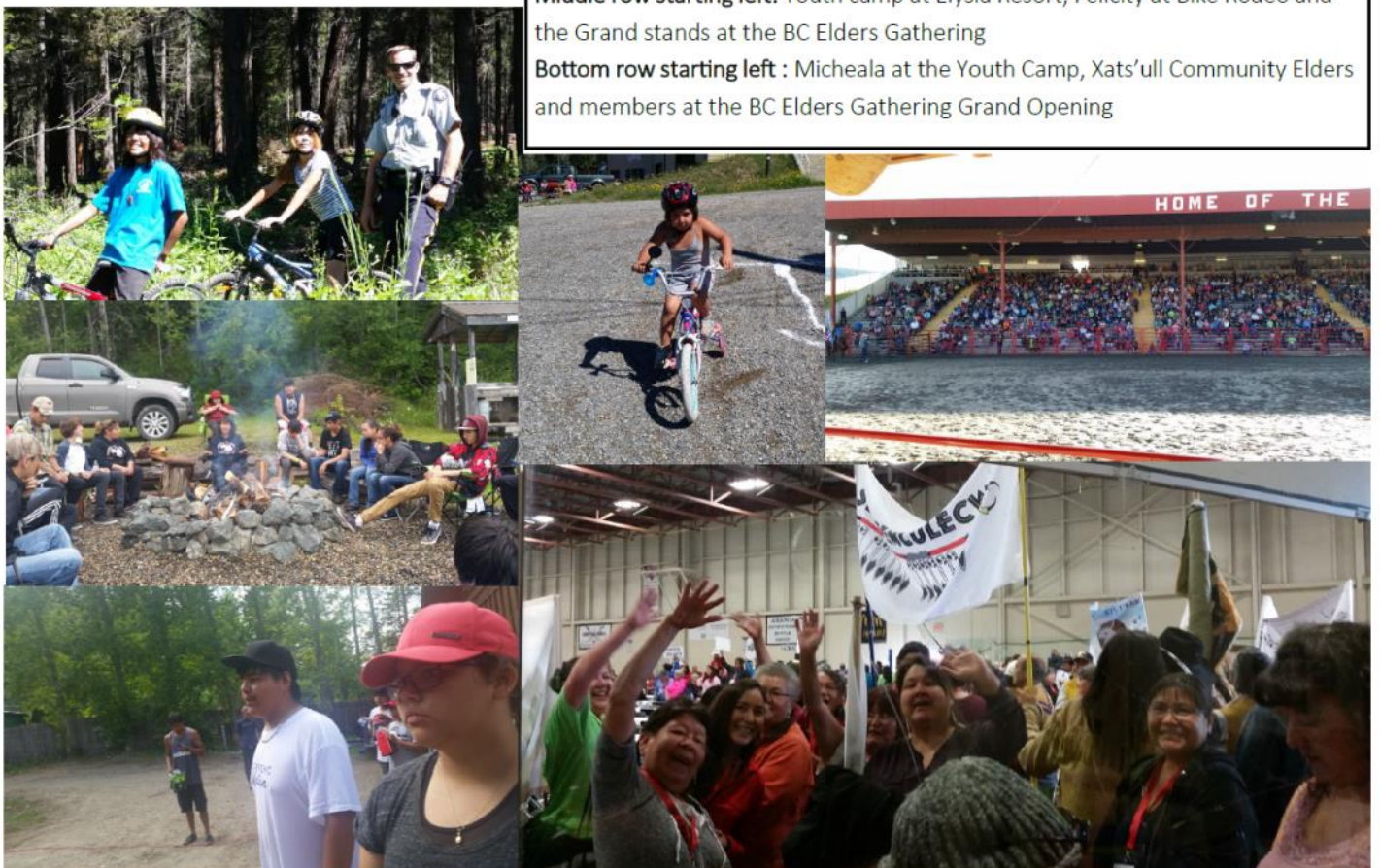
August 31

Elder's Lodge Feasibility Study event

From Top row: Jolene and Angel with Cst. Colbie Hendrickson at the Bike Rodeo.

Middle row starting left: Youth camp at Elysia Resort, Felicity at Bike Rodeo and
the Grand stands at the BC Elders Gathering

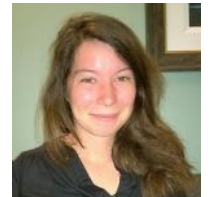
Bottom row starting left : Micheala at the Youth Camp, Xats'ull Community Elders
and members at the BC Elders Gathering Grand Opening





Susan Aspinall
Referrals Coordinator

Natural Resource Update



Georgia Bock
NR Assistant

Susan Aspinall has been in the Natural Resource Department for two years in the 'Referrals' position. We are sad to say that she is leaving us in August to go back to Costa Rica. We will not forget her random gigantic hugs, and her silly jokes. She has been an enormous help in this department and has put huge amounts of effort into her work. Good luck and we will miss you!



Fishing with NSTC and Gibraltar

On July 18, 19 & 20th we went fishing at Soda Creek with members from NSTC Fisheries and Gibraltar. The idea of it was to catch some chinook and send them to the lab to be tested to see if they are safe to eat. Gibraltar is covering the costs, and NSTC Fisheries is providing a place to keep the fish before they are transported to the lab. We were only able to catch 2 chinook and at Johnson's, not Soda Creek. Those two will be shipped off, and we will hopefully get some results that we can advertise in the newsletter.

We will be fishing in the middle to the end of August for Sockeye to do the same thing with. Please keep your eyes open for a flyer with the dates for that on it.

Gibraltar Water Incident July 5, 2016

On July 5, 2016 there was an incident at Gibraltar Mine from their 12 km discharge pipe that leads from the mine to the Fraser River. Approximately 1,200 m³ of discharge water was discharged into the surrounding environment. The incident occurred at pump house #2 (see image below), and occurred because of a build up of air in the pipe, causing a blockage in the pipe, and the water backed up into the pump house and flowed out

an overflow pipe into a crevice below and travelled 550 meters down the hillside.

I visited the site the following Monday, and all of the water had seeped into the ground. The main damage was the erosion, many of the areas were still quite moist. Below is a picture of some of the sediment buildup caused by the erosion from the spill, in some places it was quite deep.

Gibraltar halted the discharge as soon as they knew it was occurring—it started probably around 12:00 am,

and it was noticed around 8:20 am when the senior foreman checked the discharge charts, noticing discrepancies. There was a physical site inspection at 9:30 pm, and nothing was noticed.

In the future, Gibraltar will be doing now two physical site investigations during a shift. A "breather" is now in place to help air blockages like this to not occur anymore.

Samples have been taken, both water and soil. Some of the water samples have some back and shown that the water discharged was not toxic.

We continue to be engaged with Gibraltar through our Implementation Committee, we meet almost biweekly. When weekly sampling is done surrounding the discharge, we have a SCIB representative on the boat with them.



Pump house #2



Sediment

Mount Polley Update

Mount Polley does now have the full restart permit and is currently in full operations at the moment. Despite this, there are still a couple outstanding items that need to be dealt with:

- 1) Long Term Water Management Plan (need to have in place by November 2017)
- 2) Reclamation and Closure Plan (Need to have updated by January 2017)
- 3) Rehabilitation of Hazeltine Creek (currently working on reach 1 & 2 this summer)

We have been working closely with Mount Polley, their consultants and the government on these items. Our consultants are currently reviewing the Technical Assessment Report (TAR), which will include options for the long term water management – currently they are still discharging from Spring Pit to Quesnel Lake through the treatment plant. We also have a specialist

on mine reclamation and closure reviewing plans with both Mount Polley and then again with the government. We have had steady input into how Hazeltine Creek should be restored, we have one of the biggest stream recreationists in BC helping us out.

Stream restoration is currently underway, Mount Polley has hired Steve H (a stream reclamation expert from Horsefly, BC) to be onsite throughout the construction. He has been working closely with Mount Polley's consultants to ensure that the stream be as sinuous and natural as can be. We hope that this work will turn out well.

There will be a field trip in late August (potentially the 25th) to go and visit this work being done to Hazeltine Creek.

Please let our department know if you would like to attend.

Right now we are also negotiating a possible new participation agreement with Mount Polley.

Soda Creek Forest Management Plan

Last January we had UBC students come up to collect information to develop a Forestry Stewardship Plan (FSP). A plan was completed and will be presented to the community in the future. This opportunity allowed us to collaborate up with Jillian Spies. She wants to develop the FSP further by improving some of the content and shortcoming it currently has. She will be up on August 8th to present what she plans to do. It would be great if you can join us at the Health Boardroom at 5pm. She will also be here for September and will want to have further communications with us.



Moose Billboard

For those who have gone to the Main Office you may have noticed that we put up a moose billboard. We recently got a second billboard that will go up in Soda Creek. The idea behind this initiative is to protect the cow moose since they will ensure future populations. If you want to read more about this initiative, we have pamphlets in the Main Office. We also want to give a special thanks to Linden William and Gary Sellars for putting the sign up and all the hard work that went into it.

Upcoming Events

July 28 – Mount Polley Community Discussion 5:00-8:00 pm Health Boardroom

August 8 – Forest Management Plan Discussion with Jillian Spies (Masters Student from UBC)

August 25 – Mount Polley Community Tour of Hazeltine Creek Work

Dates to be determined – Dip netting for Sockeye at Soda Creek with NSTC & Gibraltar

Education Coordinator

Cheryl Chapman



July was busy! I thought the Education Department would slow down in the summer, the work just shifts to other priorities, summer programming, funding requests and reporting .

I have followed up with all twelve of our Post-Secondary funding applicants, and most of them are now set-up for September, we are still waiting for INAC to let me know if we are receiving the additional funding we requested.

On behalf of the Education Department and Education Committee I would like to congratulate all of our Students. We had a Celebration at the Emporium on July 19th, as the rain storm made having it at the Heritage Village a little wet, we had hoped most of the graduates would be available, most of them are working. Check out the pictures in this newsletter.

Dionne Phillips, Education Assistant has been working as the Supervisor for the Children's Summer Program having fun in a safe and holistic way. Rowen Chelsea, Children's Summer Program Assistant started on July 4th and Alicia Gilbert, Children's Summer Program Assistant started July 8th. In addition to going to the lake, pick-

ing berries, taking a day trip to Exploration Place in Prince George, and riding horses at the 108 Resort and Biking 10 km around the lake at the Heritage Park; they have also started to have Language and Culture immersion at the Xat'sūll Heritage Village with Brandi Phillips, Minnie Phillips and Alicia Gilbert and her mentor Cecilia DeRose, on Thursday afternoons. This is a safe and fun place to be, and parents are encouraged to come be with us from 9:00 am – 4:00 pm 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 August 2016.

We short-listed, and interviewed for a new Employment Services Assistant early in July; unfortunately the selected candidate declined the offer of employment, Council will decide next steps, in the meantime I am fulfilling both roles.

Working on the Xat'sūll Save-the-Salmon Traditional Pow-Wow for September 9th – 11th, 2016 at the Xat'sūll Heritage Village, we are looking for volunteers for Set-Up, Security, and Cooking (2 breakfasts and helping with the Satur-

day evening Feast).

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 August 18th, 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 August!



**July 19th, 2016 at the Xat'sūll Emporium
we celebrated 42 of our Students K – 12 and Post-Secondary**



Some
K-11



Grade 12 Grads
Virginia Fiestas
Brienne Mitchell
Gabriel Phillips
Roxanne Pop
Christian Sellars
Tessler Sellars



Post-Secondary Grads



Lauren Mitchell

Tiffany Pop

Chylane Sellars

Pauline Sellars

Witnesses



Michael Tweedy-Phillips checking out the trails at 108 Heritage Park



Felicity Sellars taking a pony ride!



Rayne wants to ride too! Linden and Felicity help her.



Linden's healthy snack after a good ride.



Snack with Gran and Poppa.

Alicia Gilbert rode the whole 10 km around the lake
with Mya Draney in the lead.



Cheryl Chapman's pictures from 108 Resort and 108 Heritage Park

Education Assistant/Children's Program Supervisor

Dionne Phillips



Xat'süll Children's Summer Program July 2016 Photos

Working with all of the children in the Program has been a very enjoyable experience during the month of July. We took a trip up to Prince George where the kids wandered and played around the Exploration Place and some were even brave enough to hold a snake around their neck! We also went up to 108 Mile where the kids went horseback and bike riding. I am looking forward to many more trips and new experiences for the kids and workers to enjoy.



Social Development Coordinator

Rae-Lyn Betts



Summer is here which offers more employment opportunities. I will be enforcing the employment search forms starting in August these are mandatory for SA clients that are able to work this includes single employable, two parent families, and childless couples. These forms are to be handed in by the 15th with your renewal forms every month if these are both not received your SA cheque will be held

until these forms are received. On your renewal forms you must report all money received for example child tax, GST, income tax, and any income from working. Only some of these are deducted from your SA but even if they're under the \$200.00 limit they still have to be reported.

Head of households are as much responsible for updating the SA department

with the amount of people living in the residence as the client. This is very important as I only pay a percentage of the bills and rent based on how many people are living at that residence. If there are more people living there then what is stated on the clients file the client and the head of house can be responsible for repaying the SA department and can be ineligible for SA.

Treaty Executive Assistant

Kellie Louie

Weyt-kp

For those of you that don't know I am returning to school in September in Kelowna, my last day with Soda Creek Indian Band is July 29, 2016. I am sad that I am leaving but I have enjoyed my 5 years with the community. During my 5 years with Soda Creek I have got to know most of the members enough to

stop and chat when they are at the office. I would like to say thank you all for allowing me to work in your community and thank you for sharing your friendship and stories with me. It was an experience that I will never forget and I hold Soda Creek Community close to my heart. I would like to say thank you to my co-workers for the great knowledge

and wisdom that they shared with me. I am sure going to miss my chats with my new family that I made at the offices and the great laughter shared and the memories that were made. I am sure I will cross paths with some of you, and you never know I might be back to work for you in the future, until next time take care.

**There are many people
That we meet in our lives
But make a lasting impression
On our mind and hearts
It is these people
That I will think of often;
And who will always remain
Important to me!!!**

August 2016

Soda Creek Health Station Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Statutory Holiday Office Closed	2 ADP Luncheon	3 SCIB Med Travel	4	5	6
7	8	9	10 HCC Travel Comm. Consultative Group Mt 5-8 pm	11	12	13
14	15	16 ADP Luncheon	17 SCIB Med Travel	18	19	20
21	22 Youth Camp	23 Youth Camp	24 HCC Travel Youth Camp	25 Youth Camp Newsletter Deadline 4:00 pm	26 Youth Camp	27
28	29	30 Be Well Program	31 SCIB Med Travel			



- Read a good book
- Watch a your favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
- Evoke good memories from look at memory or story board



- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea
- Freshly brewed tea or coffee

Engage one or more of your senses to relieve stress

- Sit outside and enjoy the sounds
- Listen a a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed



- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud



- Exercise
- Squeeze a stress ball
- Stroke a pet - particularly cats, dogs, rabbits
- Wear soft warm clothing.
- Bake - enjoy the soothing, repetitive movements
- Play a musical instrument
- Have a massage
- Yoga or pilates

Grilled Sweet Potatoes

Slices of sweet potatoes grilled and slathered with a cilantro-lime dressing.

Prep time: 20 min **Cook time:** 10 min

Yield: Serves 4

Ingredients

- 2 pounds sweet potatoes
- 3-4 Tbsp olive oil
- Kosher salt

Dressing

- 1/4 cup finely chopped fresh cilantro (including tender stems)
- 1 teaspoon of lime zest or lemon zest
- 2 tablespoons of fresh lime or lemon juice
- 1/4 cup olive oil
- Pinch of salt

Method

1 Prepare the grill, prep the sweet potatoes: Prepare your grill for hot, direct heat.

While the grill is heating up, peel the sweet potatoes and slice length-wise, or on a diagonal, into 1/4 inch-thick pieces.

Coat the sweet potato slices with olive oil and lightly sprinkle with Kosher salt.

2 Make cilantro lime dressing: Combine all of the dressing ingredients into a small bowl.

3 Grill the sweet potatoes: Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side gets some grill marks, between 3-6 minutes for each side, depending on how hot your grill is.

4 Toss with dressing: Toss the sweet potatoes in a bowl with the dressing and serve hot.



Grilled Cilantro Lime Chicken

The lime is the predominant flavor in this chicken recipe. We've paired it with cilantro. You could also try it with minced ginger, some garlic, or even mint.

We pound the chicken breasts to an even thickness and then chill them before grilling. Chilled, even-thickness chicken breasts will be less likely to overcook in the time it takes to get grill marks.

Prep time: min **Cook time:** 1 min

Yield: Serves 4-6

Ingredients

- 2 pounds skinless, boneless chicken breasts
- 2 Tbsp olive oil for the marinade plus more for grilling
- Grated zest from 2 limes
- Juice from 2 limes, about 1/4 cup
- 3 Tbsp chopped cilantro
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Lime wedges, fresh sprigs of cilantro, and slices of avocado to serve

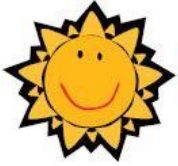
Method

1 Place the chicken breasts between two piece of plastic wrap or wax paper and pound to an even thickness with a meat mallet or rolling pin.

2 Mix the olive oil, lime zest, lime juice, cilantro, sugar, salt and pepper together in a large bowl. Add the chicken and massage the marinade into the chicken. Cover and chill for at least 30 minutes, and up to 4 hours or overnight.

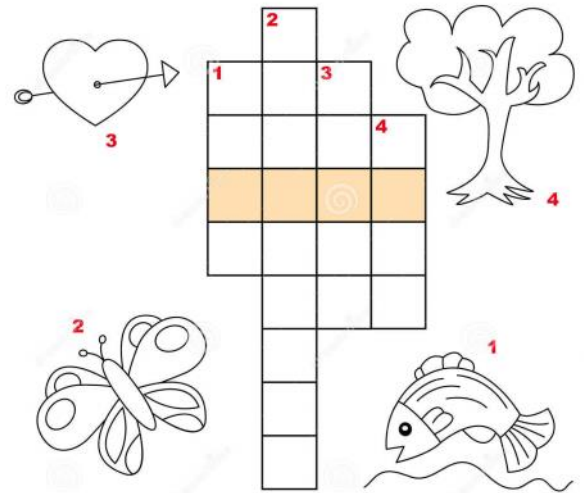
3 Preheat the grill for medium high heat. Remove the chicken breasts from the refrigerator. Remove them from the marinade and pat them dry with paper towels. Coat the chicken breasts with some olive oil. Soak a paper towel in a little more oil and use tongs to wipe the grill grates. When the grill is hot, place the chicken breasts on the grill. Grill for a few minutes on each side, until cooked through.





WELCOME SUMMER

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

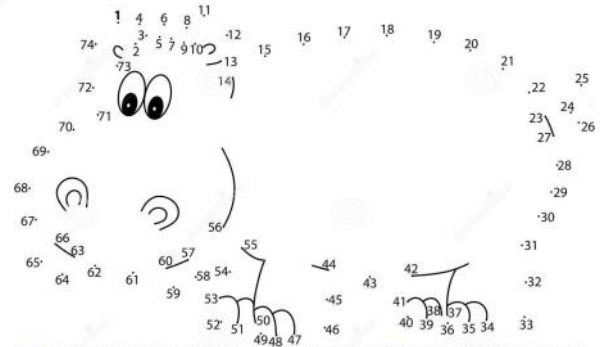


SOLUTION:

AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS

FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL

POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

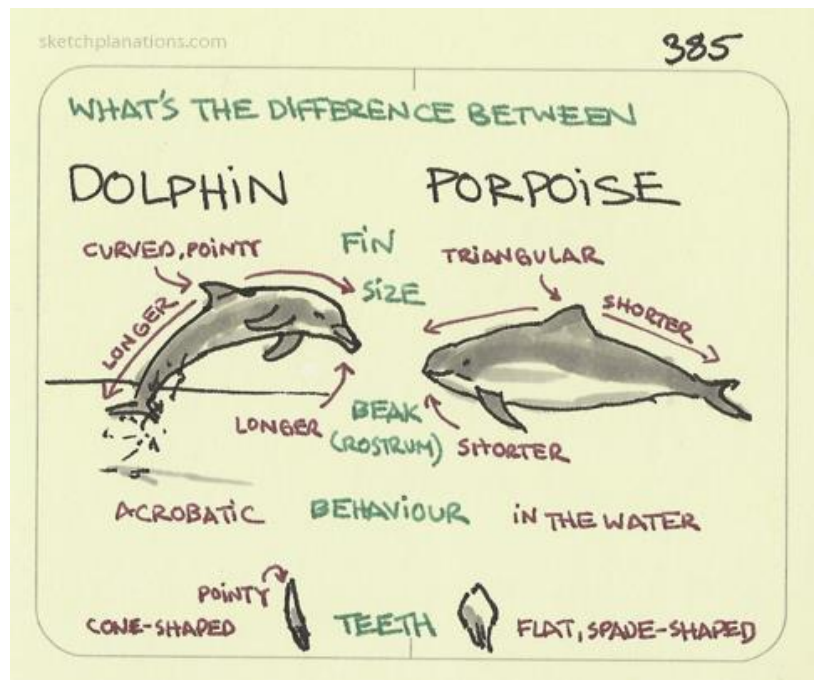


Camping Alphabet Challenge

Can you come up with a camping themed word for each letter of the alphabet?



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



How to Create Glow-In-The-Dark Bowling In Your Home

What Is Nighttime Bowling?

We introduced our boys, ages 5 and 7, to bowling at my oldest son's birthday party. We reserved a lane with gutter guards, put on our oh-so-stylish bowling shoes and played a couple of games of 10-pin at the local bowling alley. We had a blast, but left with my wallet \$60 lighter.

I wanted to try a more economical do-it-yourself version of bowling and was excited to discover nighttime bowling.

Nighttime bowling is a simple way to engage with your kids when the sun goes down or when the lights go out. It's fun and the nighttime aspect lets you share something cool and unique that they'll remember for a long time.

#1: Get Your Pins Ready

It's easy to set up the cool, glowing pins of nighttime bowling. The secret is the glow sticks. I picked up two packs of Coleman Illumisticks from Target when I stopped to get some milk. They're also available on Amazon. They were quite bright and colorful.



I'm sure the dollar store-variety glow sticks would work just as well as the Coleman brand.

Follow the directions on the glow stick packages and "crack" your glow sticks to activate the chemicals. My kids had a blast cracking the glow sticks and dropping them in the bottles of water.

#2: Get Your Pins Glowing

Add one glow stick to each water bottle to create six bowling pins. Be sure to leave approximately 1 inch (2.54 cm) of headspace in the water bottles to prevent overflow when adding the glow sticks.



Peel the labels off of the water bottles to make it easier to see the glowing pins. Turn off the lights to see the full effect of the glowing pins.

Set pins up in a triangle formation approximately 4 to 6 inches apart. **Variation:** To make it easier for bowlers to knock down pins, decrease the space between pins. To make it more challenging, increase space between pins.

What You'll Need

- 6 glow sticks
- 1 ball heavy enough to knock over water bottles (We used a small basketball.)
- 6 water bottles
- Paper and pencil to keep score

Preparation Time

10-15 minutes to prepare your pins

Activity Time

20-30 minutes to complete a 10-frame game

Location

- Indoors: A clear hallway, kitchen or living area (Make sure to remove all fragile or breakable items when bowling inside.)
- Outdoors: A relatively level patio, playground, driveway or grassy area (Use caution if you are near a street.)

#3: Set Up the Bowling Alley

Nighttime bowling is well-suited to either indoor or outdoor play. If you're enjoying a warm summer evening outside, set up your pins on a patio, playground, level driveway or flat grassy area.

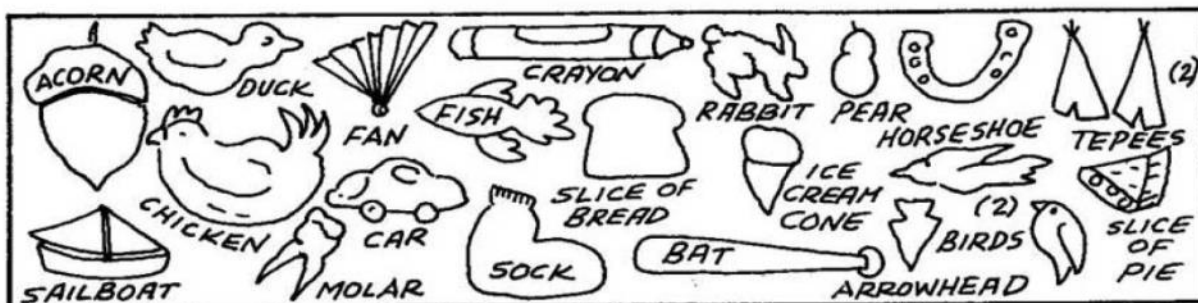


If you'd rather stay indoors, all you need is to set a clear path in a hallway, kitchen or other living area. To avoid the rain and banana slugs that frequent our yard in Seattle, we opted to play indoors.

Nighttime bowling would be a fun activity to play at family reunions or other gatherings too.



Hidden Picture Puzzle: Baby Buggy



FIELD TRIP TO LIKELY FOR THE MT POLLEY ANNIVERSARY

August 4, 2016

Leaving at 9:00 am

Picnic Lunch at Cedar Point

Rides will be provided!

Phone to reserve a spot.

For more information contact Cheryl Chapman at 250-989-2323



Xat'sull First Nation Trail Grand Opening

August 4, 2016

3.00 pm: Grand Opening of the new trail
at Soda Creek—old Emporium Restaurant

Ribbon Cutting and revealing of the name
of the new trail



Bike or Walk the new trail—
shuttles back to Restaurant
available

5.00 pm: Dinner

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



Forest Management Plan Information Session

Jillian Spies will come and present her project to further develop the Forest Management Plan that has been developed. She will be doing interviews later on the year where honorarium will be given.

August 8, 2016
Health Boardroom
5:00- 7:00 pm

Dinner will be provided!
Phone the NR Department 250-989-2323 for
rides

Soda Creek Annual General Meeting*



You are invited to attend the

SODA CREEK AGM

Presentations to include

- 2015-16 Audit Review
- Vote to accept new Band Members

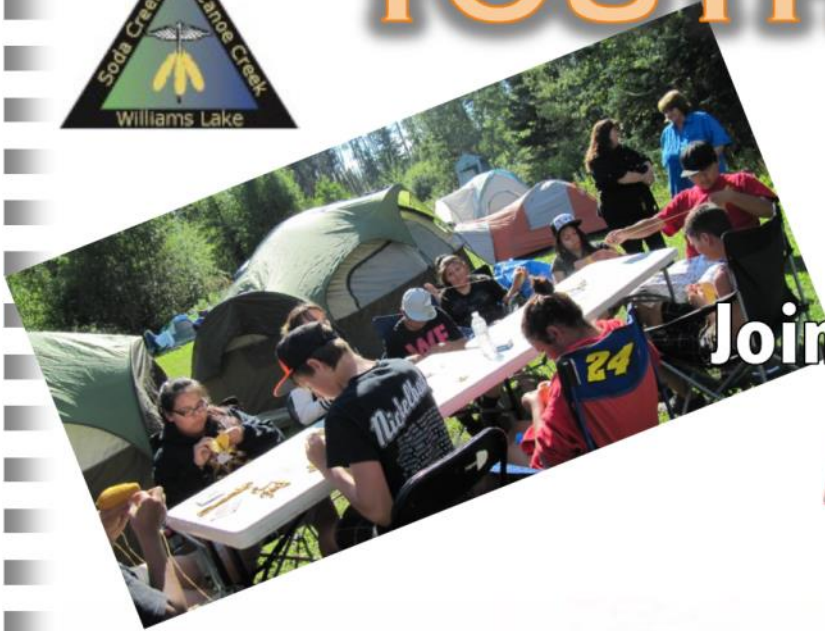
Dinner will be served at 5:00 pm.

If you require a ride to the meeting, please leave your name and address with the SCIB Receptionist no later than 4:30 pm on Wednesday, Aug 10, 2016.
250 989-2323

THURSDAY, AUGUST 11, 2016. 1 pm to 7 pm

Xat'sūll Heritage Village

INDIGENEYEZ YOUTH CAMP



Join us at **Camp**

August 22-25

Camp will be coordinated by TCHSS in Likely, BC and will have facilitators from IndignEYEZ, check out their website @ <http://indigeneyez.com/youth/>



Camp open to youth ages 13-18 from WLIB, Soda Creek, and SXFN. Registrations must be in by Friday, August 12. For more information, please contact Kayla at 250-398-9814

Be Well Program

WHERE & WHEN?

August 30, 2016—Soda Creek Health Station

August 31, 2016 — Dog Creek Health Station

September 7, 2016 — Sugar Cane Health Station

**Open to all community
members.**



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

Schedule:

10:30 am — Be Well Screening

Blood Pressure Check

Blood Sugar Check

Respiratory and Pulse Check

Weight Check

12:00 pm — Lunch Provided

1:00 pm — Healthy Living Program


Information Session

2:00 pm — End of Session

Rookie League Youth Softball Camp

August 8-12, 2016 11am-4pm

**@ Elizabeth Grouse Gymnasium and
Sugar Cane Baseball Field, Williams Lake**

 Guest coaches will be visiting to teach the fundamentals of softball through fun and exciting activities and games!

 Lunch and healthy snacks will be provided during the week

 There will be a Youth vs. Adult game on Friday with a BBQ!

- Open to all WLIB, Soda Creek and Alkali youth ages 6-13!
- Please bring your own glove. Equipment will be provided if needed.
- Wear a hat, Bring sunscreen, Wear close-toed shoes, Bring a water bottle

DEADLINE to register is August 1 by 7pm! For registration and

questions, please contact Deserae Wycotte via email

(deserae.wycotte@williamslakeband.ca) or by phone (250-296-3507, extension 125)

Princess & Tiny Tot
Princess Pagent



Lehal Tournament

50/50's & Raffles

Xatsùll Save-the-Salmon Traditional Pow-Wow September 9th, 10th & 11th, 2016



Xatsùll Heritage Village, Soda Creek, BC

Warm-up 7pm Friday

Grand Entries: Saturday 12pm & 7pm, Sunday 11am

Feast: Dinner Break Saturday

MC: Mike Retasket

Arena Director: Jim Edgar

Whipman: TBD

Host Drum: Taleome

- **Camping On-Site!**
- **Bring your chairs!**
- **Bring your plate, bowl, cup and utensils!!!**
- **Crafters please bring your own tables!**
- **Hand Drummers bring your drums!!!**

Please respect this is an alcohol & drug free event to honour our salmon, our families & our environment.

Proudly sponsored by: (additions made as commitments arrive)



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

Cheryl Chapman, Education Coordinator
Email: education@xatsull.com
Phone: 250-989-2323 ext. 104



Soda Creek Indian Band
3405 Mountain House Rd.
Williams Lake, BC
V2G 5L5
Phone 989-2323
Fax 989-2300

July 19, 2016

To: Soda Creek Band Members

Due to the recent decision made at the Chief and Council meeting on April 5, 2016, effective immediately all outstanding debt that is owed to the Soda Creek Indian Band will be deducted in the amount of 10% from each incentive allowance received. This will be in effect until the debt is paid off in full.

Respectfully,



Gordon Keener
Treaty Manager



Join the Three Corners Health Board of Directors

One Board member needed to represent Soda Creek Indian Band.

Closing date is August 31st at 4:00 pm

For more info:

visit: www.xatsull.com

email: healthreceptionist@xatsull.com for the posting



Get involved! Board member needed!



JOB POSTING FOR THREE CORNERS HEALTH SERVICES SOCIETY

EMPLOYMENT OPPORTUNITY: BOARD OF DIRECTORS MEMBER

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

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

The position will be responsible for:

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

Application and Deadline: August 31, 2016 at 4:00 pm

Please submit your letter of interest to Receptionist at the Band Office to the attention of Sharon Little, Executive Assistant at execasst@xatsull.com or fax to: 250-989-2300.



Soda Creek Indian Band (SCIB)

EMPLOYMENT OPPORTUNITY

Job Title: Temporary SCIB/WLIB Traditional Land Use Information Management Coordinator

Job Summary:

Soda Creek Indian Band (Xat'sül) and the Williams Lake Indian Band (T'exelc) and are seeking Requests for Proposals from qualified archivists interested in developing digital archives of Traditional Land Use (TLU) information held by these two communities. Contract ends: March 31, 2017.

Education and Experience:

- Two years archival or records management experience.
- Experience in coordinating staff and managing budgets.
- Experience in developing and implementing policies.
- Experience with archival standards and tools for archival description, cataloging, metadata creation.
- Experience in spatial database development and management would be an asset.
- Experience working with First Nations and Traditional Knowledge would be an asset.
- Experience with natural resource management would be an asset.

Skills and Abilities:

- Sound knowledge of archival or records management principles, theory and practice.
- Proficiency in the use of computer programs for records digitization, database development, spatial database management, word processing, and spreadsheets.
- Strong writing skills
- Ability to work independently and build effective interpersonal relationships
- Ability to work as part of a diverse team
- Ability to meet deadlines, have attention to detail and respect confidentiality
- Understanding of Aboriginal culture
- Recognition and respect for cultural diversity

Type of Employment:

- Travel to WLIB and Xat'sül will be required.
- May include non-standard hours of work.
- Must be able to pass a Criminal Records Check.
- Must possess a valid BC Drivers License.
- Must have access to a vehicle in good working condition.
- May supervise technical and administrative staff

How to Apply:

For a complete job description and application package, please visit the Employment Section of the Soda Creek Indian Band website at: www.xatsull.com

1. Please provide a Cover Letter with salary expectation and availability.
2. Complete Job Application Form.
3. Up to date Resume with three work related Job References.
4. Proposal Work Plan for Achieving Deliverables

Email your Application to:

Sharon Little, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Attention: Sharon Little
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake BC V2G 5L5

Application Deadline: **August 01, 2016 by 4pm**

Applications will be accepted by email, hand delivered, fax, or by mail

****NOTE**** Applications received after 4:00 PM on August 01, 2016 will not be considered. Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.