

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



INSIDE THIS ISSUE

Staff Reports	2-9
Calendars	10-14
Fisheries Notice	15
After School Registration form	16-17
Recipes	18-19
Activity Pages	20-23
Posters	24-33
Employment Opportunity	34-35
Events Page	36



To Community Members:

Advising all membership and guests to please close all the gates if going through the boundaries of the reserve. Thank you and Greatly appreciated.

Soda Creek Trail Project 2016—John Wellburn photos



Krista Phillips



Brent Sellars



Leeland Alexander



Lonnie Russell



Kyle Sellars



Clayton Russell

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.

Labour Day in Canada is celebrated on the first Monday of September. It originally gave workers the chance to campaign for better working conditions or pay. The day is now part of a long weekend for many Canadians.



Grand Opening of Trail at Soda Creek

On August 17, 2016 we hosted the grand opening of the new trail at Soda Creek. We had a great turnout, many people came for the ribbon cutting of the Mountain Bike and Hiking Trail – the crew named it “Crazy Ant”.



Thank you to Chief Donna Dixon for hosting the grand opening.



The following people were part of our trail crew and did a fantastic job building the trail: Krista Phillips, Kyle Sellars, Brent Sellars, Leeland Alexander, Ian Phillips, Derek Sellars, Wolf Peters, Dustin Phillips, Penny Phillips, Glenn Russell, Clayton Russell, Lonnie Russell, Thomas Schoen (Project Manager).

The major funders of the project are New Pathways to Gold Society and Northern Development Initiative Trust. We also had support from: CCATEC, Canada Summer Jobs, Get Youth Working, Work Opportunities Program, Tolko, West Fraser, Rona and Canadian Tire.



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



Miriam Schilling

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

Health Coordinator

Georgina Mortensen



The Health department would like announce that Rae Lynn Betts previously our Social Development Worker, has been offered and accepted the Community Health and Wellness Counsellor position. Rae Lynn will be starting in the position August 29, 2016.

To follow up from the August 11, 2016 Community meeting, I have made several inquiries about the concerns some members had about services that are available to families providing in home care to Elders needing 24 hour care.

- First Nation Health Authority does not provide supports for these kind of

services.

- Interior Health does not provide services to those people living outside of the fifteen minutes from Williams Lake area. They may be able to provide respite care once a week after patient is assessed and completes the application process.

- Palliative or Long Term care is individually Assessed. This includes income assessments. Palliative rate is \$33 per day. There is often bed availability waits as well.

- Better at Home does not provide services on Reserves as we have Home and Community Care supports.

Home to Stay is a private care provider. These are through Marnie Brenner and Wanda Charlie Boy.

Unfortunately, the care of the aging population falls on the family members. This can be very stressful and demanding on an individual or many. Each situation is different with specific needs and challenges.

Our service can assist families in planning, family meetings, referrals, advocacy and accessing Home and Community Care supports through Three Corners Health. Please call to set up an appointment with our health staff to access our assistance 250-989-2355.

Health Department Stats for July to August

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 Client Advocacy/ Individual Supports	3 Families 8 Clients
Head Start	Programming	1 Family
Day Care	Programming	4 families 6 children
Support Counsellor	Support Services	Vacant

UPCOMING EVENTS

August 30 Be Well

August, 31 10am to 3pm – Med Travel /Healthy Community Travel- Please call in before 4:00 pm the Monday prior.

August 31- Elder's Lodge Feasibility Study event- ALL WELCOME

September 13- Hunting Camp Meeting
4:30-6:30pm @ Health Boardroom

September 15-Canning workshop 11:00-3:00 pm

September 20- Three Corner's AGM

September 23 – Sweat house Build @ Health all day

September 25- PAL Course @ Health

Social Development Coordinator

Rae-Lyn Betts



So as always bring in your renewal forms and employment search forms by the 15th of every month. With the summer evenings getting cooler and fall is approaching the SA department will be looking for wood contractors in

the next couple of months to cut, split, and deliver wood. So put your name forward if you are interested. Well sad to say, this is my last report as the Social Development Coordinator. I will be moving up to the health building as

the **New Community Health and Wellness Counsellor** as of August 29th. I am thankful for this great new opportunity to work closer with the community.



Water Operations

Kelly Quon



Hello everyone, I hope everyone had a great summer. Things have been going pretty good here in the water world. I guess one thing good about summer ending is the grass will stop growing... now I'll have to exchange my lawnmower for a shovel. How time flies, when you're having fun.

All of my latest water samples have come back clear. Gary Thompson our Circuit rider, and I will be starting the ACRS Project list here shortly on a few projects down at Soda Creek Slow

Sand Filter System, and here in Deep Creek. Things have been going alright out at Rose Lake Dam, lots of weed cutting. Not much fun.

Have been receiving calls from Rose Lake (R.L.) residents with their own personal concerns, for example. One day I received a call from R.L. resident hot under the collar because the black wrens have been nesting in his yard, and flooding. So I explained the reasons why I had the Dam set the way I did. The reason was because we were

trying to avoid the previous flooding that our community members here on the Deep Creek road had to deal with year after year. And I figured if we're the owners and control the dam, that I'd rather keep our community in the best interest. That's with the ministry knowing also. I find it challenging to keep everyone happy needless to say.

Well I hope everyone enjoys the rest of the hot weather, and until next time have a good one from your neighborhood waterman.

Education Coordinator

Cheryl Chapman



I have now been in the Education Coordinator position for a year, and I am still learning. August has been exciting in the Education Department, with summer programming, funding requests, reporting and setting up our students for the 2016/17 school year.

We have 10 Post-Secondary students and they are all set-up for September. Unfortunately we only received part of the additional funding we requested from INAC, therefore 2 of the applicants that were waitlisted will not be supported this year.

The Children's Summer Program is winding down and will be finished on September 2nd, we have had a fun filled summer. In addition to going to the lake, picking berries, taking a day trip to Quesnel Forks and participating in the opening of the new Xat'süll Trail; they have had Language and Culture immersion at the Xat'süll Heritage Village with Brandi Phillips, and Minnie Phillips on Thursday after-

noons, we started our family trees with the Secwepemc terms for our family members. We have also had the pleasure of traditional plants and medicine making workshops with Jo-Anne Moiese, Minnie Phillips and Sally Wynja. This has been a safe and fun place to be, and parents were encouraged to come be with us from 9:00 am – 4:00 pm Monday to Friday.

I am planning to restart the After School Program, 3:30 -5:30 pm Tuesdays and Thursdays starting September 6th. We will have healthy snacks and an activity again, parents are encouraged to join us. Please ensure that your student is registered for the After School Program.

Working on the Xat'süll Save-the-Salmon Traditional Pow-Wow for September 9th-11th, 2016 at the Xat'süll Heritage Village. We are looking for opportunities to support fundraising efforts through donating to groups for Set-Up, Security, and Cooking (2

breakfasts). Our Saturday evening BBQ feast will be supporting Rowen Chelsea and his classmates who are fundraising to go to Japan.

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 September 16th, 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.

Education Assistant/Children's Program Supervisor

Dionne Phillips



This summer I have had many new experiences working with the Children's Program. We went and participated in softball camp in Sugar cane where the kids learned some new

techniques with handling the ball and how to properly play the game. Even on the days where we stayed in with the program the kids and I made up games using anything we could find;

such as paper plate and balloon badminton. I'm still looking forward to the time that we have left and I can't wait to see what else the kids will come up with.



Visiting Quesnel Forks



Cedar Point Park after lunch





Georgia Bock
NR Manager

Natural Resource Update



Betty Price
NR/Treaty Assistant

Gibraltar Fishing Initiative

NSTC, SCIB were fishing with Gibraltar at the Heritage Site on August 16 and 17th collecting tissue samples from Sockeye to send to the lab to be analyzed. We are just checking to see what's in the tissue, to see whether it is safe to eat. The results should hopefully be back and published by the end of August, and then we can post them around. Thank you to all of those who helped fish and allowed us to take some samples of their fish.

Mount Polley Update

Presentation on Long-Term Technical Assessment Report (TAR) from Mount Polley to our consultants and our Nat-

ural Resource Department – looks as though Mount Polley will be looking mostly at the option of discharging their extra water/mine effluent into Quesnel Lake. There will be a round of community presentations/consultation occurring in September/October 2016.

Community Tour of Hazeltine Creek to occur on the 25th of August. Creek restoration started mid-summer, it will be interesting to see what has been done on upper Hazeltine.

Mine is in the process of sampling in Quesnel Lake at the moment, we are asking for this sampling to include long-term toxicity testing, so that we can have some more information on the

sediment in the lake.

Please stop by the Natural Resource Office anytime for more information and updates.

New Staff Member

Also, we have a new staff member:

Betty Price. We are happy to say that she will be filling the role of the Natural Resource/Treaty Assistant. Her first day was August 15th, and she will be helping out both the Treaty and Natural Resource Departments. She will be up in the Natural Resource Department until we move down into the main office. Feel free to come up and say hi, if you are around.

Cheers, Georgia



Mount Polley Weekend Tour?



We have had a lot of community interest on Mount Polley, and we have tried to arrange field trips during the week. But due to people working, we were thinking a weekend field trip might be better. Please help us answer the question below.

“We would like to know whether people would be up for a Mount Polley Tour on a weekend?”

Please call the NR department at ex 122 if you like this idea.

Housing Coordinator

Heather Johnson



Just wanted to send out a reminder that I have a CMHC workshop being offered in the community on September 26 & 27, 2016 in the new gymnasium. CMHC is fully funding the workshop for us and I hope that we can make use of the full twenty seats they have available. I would like to have as many of the community members registered as soon as possible.

I will be coming out to CMHC houses

to collect signatures for rental agreements in the next few weeks. Please contact me at the office if you have a specific date or time in mind.

I am starting to hear back from INAC and CMHC regarding the funding applications I have put in and most of it is good news. Some applications have had minor adjustments. I have been approved for more capacity development through INAC (and C & C) and

we have a few renovation projects awaiting inspections before they can proceed.

If you have any questions with regard to housing renovations, please contact me and I will assist in any way I can.

Thank you and I hope you all enjoy September!!

Soda Creek Health Station Events Calendar

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Statutory Holiday Office Closed	6	7 HCC Travel	8	9	10
11	12	13 ADP Luncheon Hunting Camp Meeting 4:30-6:30 pm	14 SCIB Travel	15 Canning Workshop 11:00-3:00 pm	16	17
18	19 Physiotherapy 3 Corners Newsletter	20	21 HCC Travel	22	23 Sweet House Build 8:30-4:30 pm	24
25	26	27 ADP Luncheon	28 SCIB Travel	29	30	



After School Program Schedule 2016 Tuesday & Thursday 3:30pm-5:30pm



Monday	Tuesday	Wednesday	Thursday	Friday
	6 th - Check-in & review of Summer		8 th – Language & Culture Fun	
	13 th - Trail Walk/Hike		15 th - Board Games & Charades	
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				
	20 th - Safety Workshop		22 nd - Creating our Orange Shirts	
	27 th - Beading & Friendship Bracelets		29 th - Orange Shirt Day Prep.	



Parents/guardians let us know if you will join us for a healthy snack and an activity.



STANDARD SCHOOL CALENDAR 2016/17

DATE	DESCRIPTION
September 5, 2016	Labour Day Holiday – Students Do Not Attend
September 6, 2016	Curriculum Implementation Day – Students Do Not Attend
September 7, 2016	First Day of School – Day Shortened By 2.5 Hours
September 23, 2016	Professional Development Day – Students Do Not Attend
October 10, 2016	Thanksgiving Day Holiday – Students Do Not Attend
October 17 – 20, 2016	Parent-Teacher Days – Day Shortened By 1 Hour Per Day
October 21, 2016	Professional Development Day – Students Do Not Attend
November 7 – 10, 2016	Not In Session Days – Students Do Not Attend
November 11, 2016	Remembrance Day Holiday – Students Do Not Attend
December 5, 2016	Professional Development Day – Students Do Not Attend
December 19 – January 2, 2017	Winter Break
January 3, 2017	First Day Back After Winter Break
February 3, 2017	Curriculum Implementation Day – Students Do Not Attend
February 13, 2017	Family Day – Students Do Not Attend
February 17, 2017	Professional Development Day – Students Do Not Attend
March 20 – 24, 2017	Not In Session Days – Students Do Not Attend
March 27 – 31, 2017	Spring Break
April 3, 2017	First Day Back After Spring Break
April 14, 2017	Good Friday Holiday – Students Do Not Attend
April 17, 2017	Easter Monday – Students Do Not Attend
April 28, 2017	Professional Development Day – Students Do Not Attend
May 22, 2017	Victoria Day Holiday – Students Do Not Attend
June 29, 2017	Last Day Students Attend School
June 30, 2017	Administration Day – Students Do Not Attend
July 1 – September 4, 2017	Summer Break

Maranatha Christian School

Email: principal@wlefc.org

EVENT	STARTING	ENDING
FAMILY DAY	Feb 13	
NO PUBLIC SCHOOL BUSES	Feb 17	
PRO-D DAY (ACSI NORTH)	Feb 24	
NIID - ELEMENTARY ONLY (RCW DAY)	Mar 3	
SPRING BREAK	Mar 20	Mar 31
GOOD FRIDAY	April 14	
EASTER MONDAY	April 17	
MCS CARNIVAL	May 11	
PRO-D DAY	May 12	
VICTORIA DAY	May 22	
GRAD	TBA	
SPRING EXTRAVAGANZA	June 1 & 2	
LAST DAY FOR STUDENTS	June 20	
AWARDS DAY/NIGHT	June 22	

TELEVIEW REPORT CARD DATES	Term 1	Term 2	Term 3
	Dec. 8, 2016	Mar. 9, 2017	June 27, 2017

*****SEM 1 = 81 Days / SEM 2 = 85 Days

TELEVIEW REPORT CARD DATES	Sem 1 Int	Sem 1 Final	Sem 2 Int	Sem 2 Final
	Nov. 4, 2016	Feb. 2, 2017	Apr. 27, 2017	June 27, 2017

AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
	1	2	3	4	5	6						1	2	3							1					1	2	3	1	2	3	4	5	6	7						
7	8	9	10	11	12	13	4	5	6	7	8	9	10								6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21					
14	15	16	17	18	19	20	11	12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29						
21	22	23	24	25	26	27	18	19	20	21	22	23	24		16	17	18	19	20	21	22	23	24																		
28	29	30	31				25	26	27	28	29	30			23	24	25	26	27	28	29																				
FEBRUARY							MARCH							APRIL							MAY							JUNE							JULY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
			1	2	3	4						1	2	3	4						1					1	2	3	5	6											
5	6	7	8	9	10	11	5	6	7	8	9	10	11		2	3	4	5	6	7	8				8	9	10	12	13	4	5	6	7	8							
12	13	14	15	16	17	18	12	13	14	15	16	17	18		9	10	11	12	13	14	15				15	16	17	19	20	11	12	13	14	15							
19	20	21	22	23	24	25	19	20	21	22	23	24	25		16	17	18	19	20	21	22				22	23	24	26	27	18	19	20	21	22							
26	27	28					26	27	28	29	30	31			23	24	25	26	27	28	29				30				25	26	27	28	29								
														30														30							31						
School Events							Holidays & Pro-D							Exams																											



Sacred Heart Catholic School 2016-2017

No school for students on days circled ○

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	5	6	7	8	9	10	2	3	4	5	6	7	8	1	6	7	8	9	10	11	12	13	14	15	16	17	18
11	12	13	14	15	16	17	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	13	14	15	16	17	18	19	20	21	22	23	24	25	26
25	26	27	28	29	30		23	24	25	26	27	28	29	20	21	22	23	24	25	26	27	28	29	30	31		

Sept 7—First day of school 11:20 dismissal
 Sept 23—No buses
 Sept 19 & 20—Gavin Lake (Gr. 6/7)
 Sept 26 & 27—Staff retreat

Oct 10—Thanksgiving
 Oct 17-20—One hour early dismissal (1:50)
 Oct 21—Pro-D Day

Nov 7, 8, 9 & 10—No buses
 Nov 11—Remembrance Day
 Nov 23—Report cards issued
 Nov 24—Parent Teacher Conferences 5-7
 Nov 25—Parent Teacher Conferences 8-noon

Dec 5—No buses
 Dec 19-30—Christmas Break

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
8	9	10	11	12	13	14	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
15	16	17	18	19	20	21	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
22	23	24	25	26	27	28	26	27	28					26	27	28	29	30			23	24	25	26	27	28	29
29	30	31												27	28	29	30				30						

Jan 3—First day back after Christmas Break

Feb 3—Pro-D Day
 Feb 5-11—Catholic Schools Week
 Feb 13—Family Day Feb 17—No buses

March 15—Term 2 report cards issued
 March 20-31—Spring break

April 14—Good Friday
 April 17—Easter Monday
 April 28—Pro-D Day

May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		4	5	6	7	8	9	10
7	8	9	10	11	12	13	11	12	13	14	15	16	17
14	15	16	17	18	19	20	18	19	20	21	22	23	24
21	22	23	24	25	26	27	25	26	27	28	29	30	
28	29	30	31										

May 22—Victoria Day

June 29 & 30—Administration Days

- There will be no school buses running on the following days:**
- Friday, September 23
 - Mon-Thurs, November 7, 8, 9 & 10
 - Monday, December 5
 - Friday, February 17
- Report cards are issued on the following days:**
- November 23
 - March 15
 - June 28
- Please see the monthly calendars that will reflect any changes or updates to the annual school calendar.

NOTICE

This is one of the most difficult seasons to be fishing and trying to manage for the NStQ Fisheries to try and achieve food fish requirements for the winter due to the low abundances of sockeye in the Fraser.

Run sizes are so low that escapement (spawning) will be lowest on record for this cycle. Early estimates for the Quesnel Summer Sockeye were to be around 15,000. Actual numbers are around 5,337, about a third of the original estimate. This is the lowest return in over a hundred years, since catch data has been recorded.

With that being said the Northern Shuswap te Qelmucw fisheries remain open for chinook and there are still concerns for the sockeye runs. However, we realize that there will be some sockeye caught during the chinook fisheries, and that these fish will be retained by the NStQ for Food, Social and Ceremonial purposes. **We ask that Northern Secwepemc fishers remain conservative in their catch of sockeye and retain only what they require. We strongly suggest that you do not fish at all.**

Non-NStQ fishers are not permitted to fish in the NStQ area for the remainder of 2016, due to the fact that there is not enough fish available to meet the NStQ Food requirements.

The terms of the NStQ Fisheries are subject to change depending on the information updates that we are provided with on Marine Test Fisheries as well as other areas.

The Northern Shuswap Tribal Council Fisheries Department wishes to thank you for your support in managing the fisheries for the future and if you have any questions feel free to contact me by phone at 250.392.7361

Andrew Meshue
NSTC Fisheries Resource Manager



**Northern Shuswap
Tribal Council**

Fisheries – Natural Resource Department

August 22, 2016



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

Soda Creek Registration – After School & Pro-D Day Programming

Child(ren)(s)' Name(s): _____

☐ Male ☐ Female

Birthdate: _____ Grade: _____

Weeks: September 06, 2016 to June 30, 2017

Parent/Guardian Information:

Name: _____ Home Phone Number: _____

Work Phone Number: _____ Alternate Phone Number: _____

Address: _____

Email Address: _____

Emergency Contact Information:

Name: _____ Home Phone Number: _____

Work Phone Number: _____ Alternate Phone Number: _____

Medical Information:

Allergies: _____

Medication Taken: _____

Medical or behavioural conditions that we should know about: _____

Informed Consent and Permission Section 2015

In consideration of the Soda Creek Education Programs, in granting me the privilege of participating in the activity named below I agree to this release of claims, waiver of liability, and assumption of risks (hereinafter collectively called "this Release").

I, _____ (name of Parent or Guardian), give
_____ (name(s) of Child(ren)) permission to
participate in the Soda Creek Education – After School & Pro-D Day Programming for the weeks of
September 06, 2016 to June 30, 2017.

I waive any and all claims I may have against, and release from all liability and agree not to sue, Soda Creek Indian Band and its officers, employees, agents and representatives (hereinafter collectively called "its Staff"), the Soda Creek Education – After School & Pro D-Day Programming, and partners for any personal injury, death, property damage or loss sustained by me as a result of my participation in the activity named above arising out of any cause whatsoever including, but not limited to, negligence on the part of the Soda Creek Indian Band and its staff.

I am aware of all the dangers and risks inherent in these particular activities including, but not limited to the following:

1. Sports related injuries from participating in games and activities.
2. Cuts from sharp objects or cutting utensils used.
3. Injuries resulting from improper use of a variety of chemicals.

Note: Participants with respiratory ailments please be aware of fumes that may be irritating.

In entering into this Agreement, I am not relying on any oral or written representations or statements made by Soda Creek Indian Band or its staff, the Soda Creek Education – After School & Pro-D Day Programming, including those in any calendars issued by the Band to induce me to undertake this particular activity. I confirm that I have read and understood this Release prior to signing it, and agree that this Agreement will be binding upon me, my heirs, next of kin, executors, administrators and assigns. I agree that this Agreement is to be interpreted pursuant to the laws of the Province of British Columbia and Canada; I understand that if I have any questions regarding this waiver of rights, I should consult a lawyer prior to signing this Agreement. I acknowledge that at any time Soda Creek Indian Band may refuse to allow participation to any persons who are a hazard to themselves or other participants involved in the activity.

Parent/Guardian:

Signature: _____ Date: _____

Name: _____ Relation to Student: _____

Photo Consent

By signing this consent, I agree to allow the Soda Creek Education - Science Program to take photos or videos (digital or otherwise) of my child and to reproduce the likeness of my child (no name to be used) in promotional materials, including brochures and audio-visual productions, for reporting purposes.

Signed by Parent/Guardian Date

For More Information

Received by: _____ Date: _____
Signature

Name: _____ Title: _____

Cucumber Mint “Shrub” Soda

*Cool refreshing homemade cucumber mint vinegar-based soda, tangy and sweet!
Perfect for a hot summer day.*

Prep time: 5 min **Cook time:** 30 min

Yield: Makes 2-3 cups of syrup, enough for

Ingredients

- 4 cups water
- 1 3/4 cups granulated sugar
- 1 1/3 cup white wine vinegar (can sub plain white vinegar)
- A handful of mint leaves
- 1 cucumber, peeled if the peels are thick, chopped
- Seltzer water

Method

- 1 Boil water and sugar:** Put 4 cups of water and the sugar into a saucepan. Bring to a rolling boil and boil uncovered for 10 minutes.
- 2 Add white vinegar, boil and reduce:** Add the white vinegar and boil uncovered for 15 more minutes, until the liquid has reduced to a couple of cups. (Now you have vinegar simple syrup.)
- 3 Add mint leaves:** Stir in the mint leaves and boil for a minute more. Remove from heat and let cool for 30 minutes.
- 4 Strain mint leaves, chill syrup:** Strain out the mint leaves and pour the vinegar simple syrup into a jar. Chill until ready to make soda.
- 5 Mix with cucumber, ice, soda water:** Fill a glass with ice cubes and a several pieces of cucumber. Add the syrup and soda water in about a 1:3 ratio, syrup to water, or whatever works for you to achieve the level of intensity you want for your soda. Stir with a spoon.



Chocolate Zucchini Bread

This recipe makes 2 loaves; you can easily divide the recipe in half to make just one loaf. The recipe calls for 4 cups of grated zucchini, which will yield particularly moist loaves. I've made it with 3 cups, which was also very good, just not as sublime as with 4 cups.



Prep time: 10 min **Cook time:** 1 hr 10 min

Yield: Makes 2 loaves

Ingredients

- 4 cups grated zucchini (from about a pound and a half of zucchini)
- 2 1/2 cups all purpose flour
- 1/2 cup unsweetened cocoa (use natural unsweetened cocoa, NOT Dutch processed)
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 1/2 cups granulated white sugar
- 2 eggs
- 3/4 cup unsalted butter (12 Tbsp or 1 1/2 sticks), melted
- 1/2 teaspoon instant coffee granules
- 1/2 teaspoon almond extract

Method

- 1 Drain excess moisture from grated zucchini:** Place the freshly grated zucchini in a sieve over a bowl to catch any excess moisture as it drains, while you work on prepping the other ingredients and preparing the recipe. If for some reason your zucchini is on the dry side, hydrate the shredded zucchini by soaking it in water first, and then place in sieve.
 - 2 Preheat oven, prepare loaf pans:** Preheat oven to 350°F, with a rack in the middle. Grease two 9x5-inch loaf pans with baking spray or butter.
 - 3 Whisk together flour, cocoa, baking soda, salt, cinnamon:** Vigorously whisk together the flour, unsweetened cocoa, baking soda, salt, and cinnamon in a large bowl. Whisk until there are no more clumps and the ingredients are well combined.
 - 4 Beat sugar and eggs, add melted butter, instant coffee granules, almond extract:** In a separate large bowl, beat together the sugar and eggs until smooth, about a minute. You can do this with an electric mixer on medium speed, or by hand with a wooden spoon. (I'm lazy and use a mixer but it's easy enough to do by hand.) Add the melted butter, instant coffee granules, and almond extract and beat until smooth.
 - 5 Stir zucchini into sugar egg mixture, add flour mixture:** Mix the shredded zucchini into the sugar egg mixture.

Add the flour to the zucchini mixture in 3 additions, stirring to combine after each addition.
 - 6 Divide batter into pans and bake:** Work quickly, and divide the batter between the two prepared loaf pans. (Work quickly because once the dry ingredients have mixed with the wet ingredients, the leavening has begun.)
 - 7 Cool:** Remove to a rack. Let cool in the pan for 5 minutes, then run a blunt knife around the edges to separate the bread from the pan. Remove from the loaf pans and let cool completely on a rack.
- Note that if you try to slice the chocolate zucchini bread before it has completely cooled, it will be rather crumbly. It's also easiest to slice with a bread knife.

BBQ Chicken Burrito Bowls

If you're making this for lunch, assemble the bowls in a lunch container, but pack the lettuce and salsa separately. Heat the bowls, then add top with the lettuce and salsa.

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

Yield: Serves 4

Ingredients

For the BBQ sauce (or substitute 3/4 to 1 cup bottled sauce):

- 1 cup ketchup
- 1/2 cup tomato sauce
- 2 tablespoons distilled white vinegar (apple cider vinegar also works)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon honey (light brown sugar or maple syrup also works)
- 2 1/2 teaspoons paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin

For the burrito bowls:

- 1 pound (450g) chicken breasts (or substitute 2 cups cooked, shredded chicken)
- 4 cups chicken broth or water, for cooking the chicken
- 1 cup uncooked brown rice (or substitute 3 cups cooked rice)
- 1 1/4 cup fresh or frozen corn kernels
- 1 15-ounce (425g) can black beans, drained and rinsed
- 6 to 8 romaine lettuce leaves, chopped into strips
- 1 cup [pico de gallo](#) or your favorite salsa
- 1 cup shredded cheddar or monterey jack cheese, optional
- Crushed tortilla chips, for topping



Method

Do-ahead steps:

1 Make the barbecue sauce (or substitute 3/4 to 1 cup bottled sauce): Mix all of the sauce ingredients in a saucepan and heat over medium heat. When the sauce starts bubbling, reduce the heat to low and simmer for 5 minutes, stirring frequently. Turn off heat. You should have about 1 2/3 cups of sauce. (A word of warning: this sauce splatters everywhere once it heats up. Be prepared to wipe down your stovetop and counter-tops after making this!) The sauce will keep for 1 to 2 weeks refrigerated.

2 Cook the chicken (or substitute 2 cups shredded cooked chicken): Place the chicken breasts in a 4-quart or larger pot with a lid and pour the chicken broth over top. The chicken should be covered by about an inch; add additional broth or water if needed. Place over high heat and bring to a boil. Reduce heat to low, cover, and cook for 10 minutes. Check that the chicken is cooked through and registers 165F in the thickest part. Cook another few minutes if needed. Use tongs to transfer the cooked chicken breasts to a cutting board to cool briefly.

When the chicken is cool, shred the meat into bite-sized pieces. Refrigerate in an air-tight container for up to 5 days.

3 Cook the rice (or substitute 3 cups cooked rice): Combine the rice with 1/2 teaspoon of salt and 2 cups of water (or enough to cover by about an inch). Bring to a simmer over medium heat, then lower the heat and cover. Cook until the rice is tender, 35 to 45 minutes (or according to package instructions). Check occasionally and add more water if the pan seems dry before the rice is cooked.

Cool the cooked rice, and then transfer to a storage container. Refrigerate for up to 5 days.

To assemble the burrito bowls:

1 Mix the chicken with the barbecue sauce: Warm the barbecue sauce for a few minutes in a small pan or skillet over medium-high heat. Add the shredded chicken and stir to coat with the barbecue sauce. Leave the chicken in the pan until it has warmed through, about 2 to 3 minutes. Turn off heat.

2 Warm the corn and beans: Heat the corn and black beans together or separately in a pan or skillet over medium-high heat for 2 to 3 minutes. Add a pinch of salt to your corn and beans and turn off heat.

3 Warm the rice in the microwave or on a pan. If you are using the microwave, pour the rice into a large bowl and cover it with a damp paper towel. Microwave the rice on high for about 1 minute. Check to see if the rice has warmed through. If it is still cold in some spots, give everything a stir and continue microwaving at 15-second intervals, until the rice is heated to your liking.

4 Assemble the burrito bowls: Divide the rice, chicken, corn, beans, romaine lettuce, and pico de gallo into 4 bowls. Top with cheese, if using, and then crush a few tortilla chips on top of each bowl for extra crunch.

How to Start a Fall Vegetable Garden

Fall is coming up, and for many people that means the end of gardening. Don't let the cooler weather make you think you can't grow some wonderful vegetables during the fall though! One of my favourite things to do is harvest fall vegetables to make delicious soups like this Spicy Barley and Vegetable Soup.

Check out these gardening tips to get your Fall vegetable garden started in time for the autumn.

Plan it out

Just like with any garden, you should plan it before you do it. Where will it go? What will go in it? But remember, with Fall gardens you must plan the growing and harvesting in reverse to beat the frost. Start by determining when the frost generally happens in your area. From there, go back however many weeks it will take you to plant, grow, and harvest the plants you want in your Fall

garden. Add about three extra weeks to that because fall plants tend to grow slower once the weather cools down. For most Fall plants, this means you need to start planting them during the late summer.

Ready your space

If you already have a garden, harvest the crops and rip up the plants that are falling back because of the weather. You need the space for your new plants and you can't have them shoved in the same space. If you choose a different space for your Fall garden, pull any weeds in the space and till the ground. Lay down compost for a day or two, then till again before planting. This will infuse the ground with nutrients and ensures proper moisture retention.

Plant seeds

This is the cheapest way to go as many places put their seeds on sale in the later growing seasons.

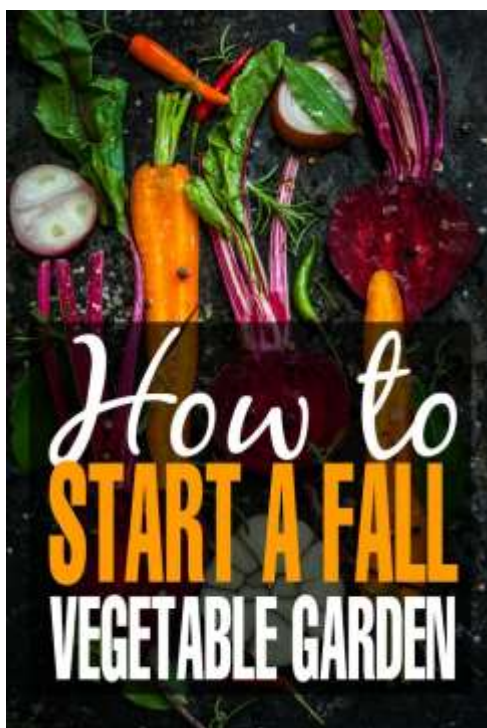
Start them in smaller containers for best results, like old tin cans or potting pods, and then transplant them in the ground. Be sure to space plants as instructed for best growth results.

Planting established plants

If you are planting established plants, follow all instructions for planting. Wet the ground before placing the plants in, then after they're in. Note that all plants that are newly planted will wilt and droop a bit at first. This is normal, and doesn't mean you need to water or feed them more. Overdoing that can kill them.

Care for the plants

Water and feed them properly, prune them as instructed, and keep an eye out for critters that will want to eat them. If frost comes earlier than expected, be sure to cover them to protect them from the cold.



Fall garden plants

These are some of the best plants for a Fall garden.

- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Lettuce
- Radish
- Spinach

These survive frost well, but you should still take precautions to protect them from the cold.

- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Kale
- Lettuce
- Turnips
- Leeks
- Beets
- Collards
- Kohlrabi
- Rutabagas
- Swiss chard

http://www.frugalmomeh.com/2015/08/fall-vegetable-garden.html#comment-219571&_a5y_p=4319171



Container Gardening for Fall With Kale

If you prefer more elaborate container gardening, here are some fall inspiration. Kale comes in several colors including different shades of green, pink and purple. The Kale should last until it frosts. If your containers are on a covered porch or entryway, your plants should last a little longer since they are protected from the elements.

Plant & Grow Garlic

When to Plant: Plant in fall, about 6 weeks before hard frost. Set large, firm individual cloves point up in well-prepared soil, burying cloves an inch or two below ground level in mild zones, and at twice that depth in cold-winter areas.

Watering : Keep area weeded and watered.

Soil : Organic rich, well drained.

Days to Harvest : Depending on weather conditions, autumn-planted garlic should be ready to harvest about 9 to 10 months later, in July.

BACK TO SCHOOL ORGANIZATION TIPS & TRICKS *for parents and teachers*



BACK to SCHOOL *Lunch Box Ideas*

HARDBOILED EGGS
ZUCCHINI MUFFINS
STRING CHEESE
GOLDFISH CRACKERS
BLUEBERRIES



TURKEY SPINACH WRAPS
POPCORN
STRING CHEESE
CUCUMBER SLICES
GRAPES



REFRIED BEAN AND
CHEESE QUESADILLAS
AVOCADO AND LIME
STRAWBERRIES

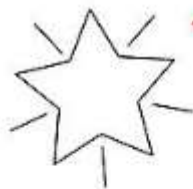


TURKEY AND CHEESE
CLUB SANDWICH
PEAS
APPLE SLICES WITH
ALMOND BUTTER



SUDOKU

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



SOLUTION:



School Words
Find and circle the words



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

BOOKS	MATH	TEACHER
CHALK	NOTES	WRITING
COMPUTER	PENCIL	
ERASER	READING	

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

ANSWER:

Honey, Please!

Out of 20,000 species of bees, only 4 make honey!

Honeybees are the only insects that produce food eaten by people!

The average honeybee will actually make only one twelfth of a teaspoon of honey in its lifetime!

learn more at:
www.honeybee.org

The honeybee is not born knowing how to make honey; the younger bees are taught by the more experienced ones!



Three Corners Health Services Society presents...



THURSDAY, SEPTEMBER 1ST, 2016

HEALTH FAIR

Starts @ 11 AM
20 + Booths, Workshops & Lunch



SUMMER SPLASH

Featuring a Stick Horse Rodeo
Games & Contests



ELIZABETH GROUSE GYMNASIUM

SUGAR CANE

DINNER AT 4:30 PM, FOLLOWED BY

REZ IDOL

1st Prize—\$1000 2nd Prize—\$500 3rd Prize—\$250

CONTESTANTS MUST PRE-REGISTER @ 250-398-9814

Must be from SXFN, WLIB, or SCIB to win



FOR MORE INFORMATION
PLEASE CALL LYNN AT
250-398-9814



With Special Guest
Conway

THIS IS AN ALCOHOL & DRUG FREE FAMILY EVENT

Three Corners Health Services Society

PO Box 4728
150 North 1st Avenue
Williams Lake, BC V2G 1Y8
Phone: (250) 398-9814 • Fax: (250) 398-9824
Email: reception@threecornershealth.org



August 8, 2016

Weytk!

In celebration of the wellness and prevention efforts in our communities and the transition from summer into fall, Three Corners Health Services Society will be hosting a Health Fair on September 1st at the Elizabeth Grouse Centre in Sugar Cane.

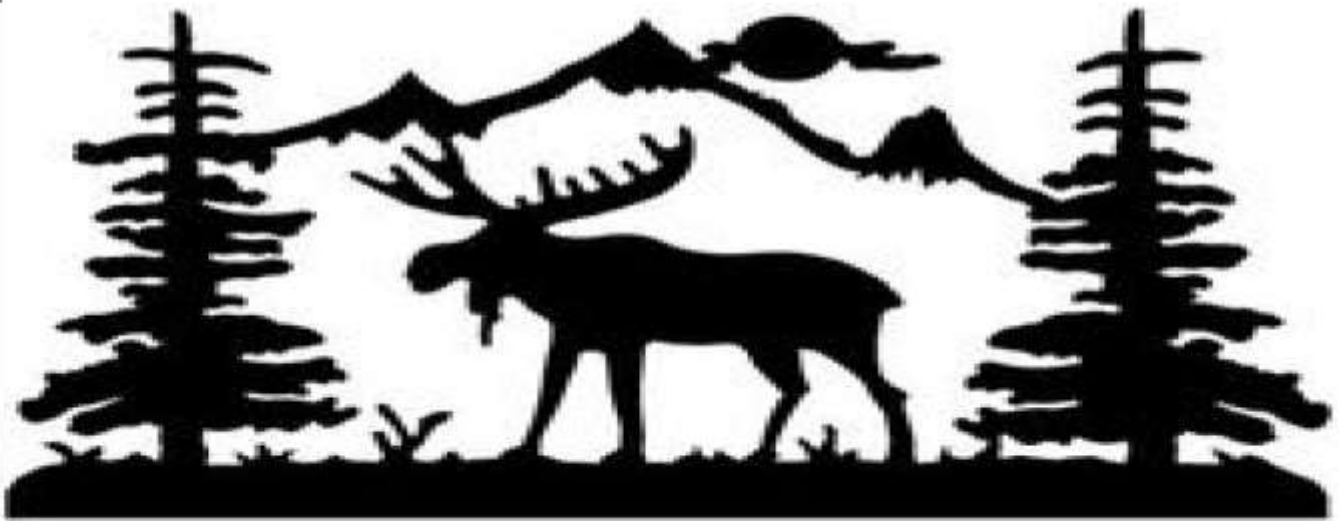
We would like to take this opportunity to cordially invite you to participate in the Health Fair from 11am until 3pm. The purpose of the fair is to provide health information, awareness, and promote resources available in the Williams Lake area.

We believe that the services you provide would certainly be of interest to our community members and a valuable asset to our efforts. Because exhibitor booths are limited, please confirm your space at your earliest convenience to avoid disappointment. You may confirm by contacting Lynn at TCHSS at 250-398-9814.

Respectfully,

Lynn Dunford,
Mental Health & Addictions Program Manager

Soda Creek Indian Band Family Hunt 2016



**Health and Natural Resources are Hosting
A Interest and Planning Meeting**

September 13, 2016

At the Health Board room

4:30pm to 6:30pm

Light Dinner Provided

The Hunt will be held in the Likely area this year. Spanish Mountain Gold Camp has offered to Support our Community by providing accommodations and camp facilities free of charge. Accommodations are limited to 30 people.

If you want to help out at camp or participate please come to this meeting.



CANNING WORKSHOP



Join us from 10:00 am—2:00 pm in your
community Health Station to do some canning.
This year, we will be making Salsa!

Wednesday September 14, 2016—Sugar Cane
Thursday, September 15, 2016—Soda Creek
Thursday, September 22, 2016— Dog Creek



For more information, call
Kayla at 250-398-9814





Three Corners Health Services Society

Annual General Meeting

Tuesday, September 20, 2016

Time: 10:30 am

Location: Elizabeth Grouse Gymnasium

For more information please contact TCHSS @ 250-398-9814

Lunch will be provided!



Building Communities

With CMHC First Nation Housing



Basic Home Maintenance & Let's Clear the Air

**Monday & Tuesday,
September 26th & 27th, 2016
9:00 am - 4:00 pm**

Do you know your home maintenance responsibilities as a tenant? Do you know how to perform these duties safely?

In this two-day workshop you will learn how to:

- Safely do basic home repairs;
- Prevent major repairs; and
- Help extend the life of your home.

Who Should Attend?

- Tenants
- Homeowners
- Chief and Council
- Housing Administration
- Maintenance Staff

* Please note each participant is to fill out their own registration form.

Name: _____

First Nation: _____

Email: _____ Phone: _____

[Reset Form](#)

[Print Form](#)



Location:

Soda Creek Gymnasium

To Register:

Please drop off your registration form with Heather Johnson (Housing Coordinator) or reception at the Soda Creek Band Office.

Questions:

Please contact Heather Johnson at 250-989-2323 ext. 103 or housing@xatsull.ca

Continental breakfast and lunch will be served.

Sign up now!

For Immediate Release
May 9th 2016

B.C. Seniors Advocate launches province-wide survey of all individuals in residential care

Victoria – B.C. Seniors Advocate Isobel Mackenzie announced today the launch of a province-wide survey of 27,000 residents living in 303 publicly-subsidized care facilities in BC.

“For the first time in this province we are going to every care facility and we are asking every resident and their most frequent visitor, a number of questions about their quality of life in the care facility,” said Mackenzie. The survey will explore a range of questions on privacy, food, safety and security, comfort, respect and responsiveness of staff, personal relationships, medications and activities in the facility. Residents will be interviewed in-person and their most frequent visitor, who is usually a family member, will be sent a mail-out survey. “Through this comprehensive and standardized approach we will be able to learn from the people who call residential care their home what impacts their quality of life and whether we are meeting their needs,” said Mackenzie.

The survey and its methodology were designed through a 14-month consultative process involving key stakeholders including facilities, health authorities, family members, union representatives, community groups and academic experts from across Canada. A cornerstone of the survey will be the involvement of trained volunteers.

“I have been inspired by the many generous British Columbians who want to ensure our frail seniors receive the best of care and have volunteered to assist us with this survey so far,” said Mackenzie. “Sometimes it is a university student with an interest in seniors’ care, other times it is retired health care professionals, and other times interested members of the community. I am inviting volunteers from all over the province, from diverse backgrounds, to take part in this very important process. We also welcome people who speak languages other than English.”

A website has been developed for survey volunteers www.surveybcseniors.org. Volunteers can apply online or by calling the Office of the Seniors Advocate office at 1.877.952.3181. Volunteers will be screened and if suitable will participate in a one-day training session and will be asked for a commitment of at least 30 hours over the survey period. Each volunteer will be assigned to a facility and will be responsible for surveying a certain number of residents in that facility. Administrative support will be provided.

“What we’re hearing from volunteers so far is that this is a very positive experience both for them and the residents they are meeting,” said Mackenzie. “It’s an opportunity for volunteers to gain meaningful volunteer experience and for residents to give feedback in a focused way that they may not have previously had an opportunity to do.”

The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors’ services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers.

Media contact: Sara Darling, Director of Communications
Office of the Seniors Advocate
778-679-2588
Sara.Darling@gov.bc.ca

VOLUNTEER WITH US!

We are looking for volunteers to interview seniors about their experiences in residential care.



**Offer your time, talents, and engage in meaningful conversations!
We are looking for volunteers to interview seniors about their
experiences in residential care.**

- No previous experience required, training will be provided
- Minimum commitment of at least 30 hours required over 6 to 8 weeks
- Volunteers can start anytime between May and November 2016
- Volunteers needed all over BC
- Volunteers must have access to email and the internet

**To apply or learn more about becoming
a Volunteer Interviewer, please visit:**

**surveyBCseniors.org
or call 1.877.952.3181**



OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA

This survey is a project of The British Columbia
Office of the Seniors Advocate, an independent
office of the provincial government.

PHYSIOTHERAPY SERVICES



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

September 12

October 31

November 28

September 19

November 7

December 5

September 26

November 14

December 12

October 3

November 21



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

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

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

Next Appointment Available for Dr. Wolf:

September 16 and November 28

Physicians Currently Available for Telehealth

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



PHYSIOTHERAPY SERVICES

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



Physiotherapist
Tyler Judd

August 29

September 12

September 19

September 26

October 3

October 31

November 14

November 21

November 28

December 5

December 12

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.





EMPLOYMENT OPPORTUNITY

PART TIME TERM POSITION ENDING ON OR BEFORE MARCH 31, 2017

Job Title: *Soda Creek Indian Band Traditional Land Use Management Project Assistant*

Job Summary

The Project Assistant will assist the Project Coordinator in the inventory, organization, preservation, and digitization of Traditional Land Use (TLU) information currently held by Xat'sull First Nation in non-digital formats. Digitized TLU information will eventually be stored in a searchable, georeferenced digital database.

Currently, Xat'sull stores considerable amounts of TLU information in non-digital formats (e.g. paper maps, vhs/audio tapes, interview transcripts, printed photos). In some cases, audio/video recordings, hand-drawn maps or interview transcripts may be the only existing record of critical Traditional Knowledge. Without access to this information, community natural resource staff are unable to efficiently and accurately identify areas of high cultural or ecological significance. This hinders community ability to preserve cultural heritage and is a barrier to effective stewardship of the land.

Duties and Responsibilities

- Assist in developing an inventory of existing TLU information.
- Assist in research and development of an appropriate approach to digitize and organize TLU information.
- Assist in research and development of a detailed work plan for ongoing creation of a georeferenced, searchable database of TLU information.
- Assist in digitization of existing TLU information.
- Assist in developing a database of digitized TLU information.
- Assist Project Coordinator in preparation of project reports.
- Ensure the maintenance of accurate and confidential files and records.
- Other duties as assigned or required.

Education and Experience

- Graduation from High School Grade 12 or equivalency. Office related experience is required.
- Training or experience in Information or records management would be an asset.
- Significant experience and knowledge of Xat'sull culture and Traditional Territory is required.

Skills and Abilities

- Must have strong administrative, organizational and communication skills.
- Ability to work with minimal supervision. Ability to work as part of a diverse team.
- Experience with archival standards and tools for archival description, cataloging, metadata creation would be an asset. Experience with natural resource management would be an asset.
- Proficiency in the use of computer programs for records digitization, database development, spatial database management, word processing, and spreadsheets would be an asset.
- Experience in spatial database development and management would be an asset.
- Experience working with First Nations and Traditional Knowledge would be an asset.
- Ability to work independently and build effective interpersonal relationships.
- Ability to meet deadlines, have attention to detail and respect confidentiality.

Conditions of Employment

- Travel to the Xat'sull Natural Resource Office will be required. May include non-standard hours of work.
- May include non-standard hours of work.
- Must be able to pass a Criminal Records Check.
- Must possess a valid BC Drivers Licence and have access to a vehicle in good working condition.

Salary: Wage range from \$14.66 – 15.55/hr depending on experience.

How to Apply:

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: www.xatsull.com Applications will be accepted by email, hand delivery, fax or by mail.

- Please provide a cover letter, resume with salary expectations and application form.

Email your Application to: Sharon Little, Executive Assistant. **Email:** execasst@xatsull.com **Fax:** 250 989-2300

Application Deadline: **Aug. 31 2016 by 4PM.**



EMPLOYMENT OPPORTUNITY

Job Title: Newsletter / Flyer Distributor

Job Summary: The Soda Creek Indian Band is seeking applications for the position of Newsletter/Flyer Distributor. The successful applicant will be responsible for door to door delivery of Newsletters and Flyers to the residence of the Soda Creek Indian Band.

Duties and Responsibilities:

- To complete delivery on the date requested, to all homes within seven (7) hours of receipt of items
- To use due care and caution during the operation of delivery and strictly comply with all safe driving rules of the road, including all speed limits, posted directional signs and parking regulations.

Conditions of Employment:

- Must be able to obtain and maintain a valid BC Driver's License and provide a Driver's Abstract
- Must possess a vehicle in good operating condition and appropriate vehicle insurance to meet delivery requirements
- Under no circumstances operate under the influence of drugs or alcohol or when physical or mental condition may be otherwise impaired

Salary: Wage \$75.00 per scheduled delivery.

How to Apply:

Submit your Letter of Interest to:

Sharon Little, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Fax to: 250 989-2300

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

Application Deadline: September 16, 2016 by 4PM.

Letters of Interest will be accepted by email, hand delivery, fax or by mail.

Community Events

Event	Date & Time	Where	Description
Three Corners Health Fair & Rez Idol	September 1 Starts at 11:00 am	Elizabeth Grouse Gym, Sugar Cane	Dinner at 4:30 pm
Chief & Council Meeting	September 6 & 20	Health Boardroom	
Home & Community Care (HCC) Travel	September 7 & 21	Health Station	Call in on Monday before to book ride for appointment w Maxine at 250-989-2323
Save the Salmon Pow Wow	September 9-11	Xat'sūll Heritage Village	Looking for volunteers. Sign up sheets at Band Office and Health Station.
ADP Luncheon	September 13, 27	Health Station	
Hunting Camp Meeting	September 13 4:30-6:30 pm	Health Station	
SCIB Med Travel	September 14 & 28	Health Station	Call in on Monday before to book ride for appointment w Maxine at 250-989-2323
Canning Workshop	September 15	Health Station	
Telehealth	September 16	Health Station or Three Corners Health	Call Three Corners to book appointment 250-398-9814
Physiotherapy	September 19	Three Corners Health	Call Three Corners to book appointment 250-398-9814
Three Corners Health AGM	September 20	TBA	
Sweat House Build	September 23 8:30-4:30 pm	Health Station	
PAL Course	September 25	Health Boardroom	
Basic Home Maintenance & Let's Clear the Air	September 26 & 27 9:00-4:00 pm	Soda Creek Gymnasium	Need to registrar with Heather, Housing Co-ordinator.