



# Fraser River Run

October 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



The Soda Creek Band Offices will be closed  
Monday, October 8, 2018 for Thanksgiving Day



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## Vancouver Youth Trip

The Soda Creek Youth went on a trip to Vancouver to go on University tours as well as sight seeing to the PNE and Capilano Suspension Bridge. Below is the Youth and Chaperones at the Nat & Flora Bosa Centre for Film & Animation in North Vancouver.

Pellswélstén (everything leaves or sleeps month) – October





## Education Coordinator



Cheryl Chapman

**New Date:** Your Implicit Career Search 'The Hero's Journey' begins **October 29<sup>th</sup>, 2018**, ages 16+, please refer to the poster and contact Marion, Lisa or myself for details and to register.

Lynda Porter, Head Start Coordinator has decided to move on. We wish her well in her future endeavors.

We are looking for two (2) Education Committee Members, we would prefer at least one youth. 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 a youth member not apply, then a youth seat will remain available. Please remember the education committee now meets monthly, if you are interested in Education or Training your funding application must be in before **4pm on the first Friday of every month.**

**Annual Summer Programming wrap-up** was at Bel-E-Acres August 31<sup>st</sup>, 2018, we had snacks a BBQ lunch and cake, as well as games, go-cart rides and mini-golf.

Orange Shirt Day Programming will be on

September 26<sup>th</sup>, 2018 at Boitano Park, please join us!

Our first Pro-D Days are September 27<sup>th</sup> & 28<sup>th</sup>, we will have programming all day for the students, let me know if you would like to join us.

We will be attending the First Nations Education Steering Committee Workshop on Developing a Provincial Post-Secondary Funding and Services Policy on October 15<sup>th</sup>, 2018 in Vancouver.

Should you require additional information please contact me at 250-989-2323 #104, or email [education@xatsull.com](mailto:education@xatsull.com)

**Stay Healthy, Happy & Safe**



## Community Activities

### Coordinator



Janae Beaulieu

Hi everyone, hope you are all doing fine and enjoying the nice fall weather we are having

Just a quick update for October...

October 4, 2018 we are having a Hunting Camp Planning meeting up at the Health Station from 4:30pm-6:00pm if you are interested in attending the camp or would like to volunteer and help make

this year's camp a success please join us at this meeting. We will be going out to Spanish Mountain Gold Camp same place we went 2 years ago, and the date for the camp is October 26-28, 2018. Please see attached posters in this newsletter for more information.

On October 5, 2018 we will be taking any members and families to the Cariboo Corn Maze. We will leave the Band Office at 5:00pm and be back at 8:00pm. **Please register with Maxine if you want to attend.** We will be taking some people on the bus but we're limited to 20 seats.

Those of you who want to take their own vehicles are responsible for their own fuel. The little ones and ones who don't want to get spooked can walk through the maze from 6-7pm and the brave ones who liked getting spooked can walk the

Haunted Maze 7-8pm. We will also have a hotdog roast and hot chocolate as it might be a bit chilly out there.

October 18, 2018 we are having our Halloween Party at the gym 5:00pm - 8:00pm. So bring the family and come out for a fun night of games. I look forward to seeing everyone all dressed up in their costumes.

I also do the Family/Community Travel every Wednesday of the month. The dates for this month are October 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>. We head into town by 10:00am and head back out of town by 2:00pm. You must sign up with Maxine at the Health Station by the Tuesday if you would like to access this service.

Hope you all enjoy October and stay warm until next month.....

*Dear: Community members of Soda Creek/ Deep Creek, Health and Wellness Partners, Leaders and Colleagues,*

*There are no words to describe my appreciation for you all. In my six years with Soda Creek Indian Band as the Health Coordinator / Children and Families Band Representative, I have had the honor of being a part of so many lives.*

*After building such strong connections with so many, it is difficult to share with you that I have resigned from my position at Soda Creek Indian Band Health. My final day will be September 14<sup>th</sup>, 2018.*

*My time at Soda has challenged me to grow both personally and professionally. I have spent a lot of time picturing so many of your faces, and the moments in time where memories have been created. So much respect, acceptance, and mutual learning has been shared.*

*I will miss feeling of being apart of such a great community. I have truly been blessed to have been given the opportunity to walk this journey with you all. Thank you for allowing me to represent your community on your path to health and wellness.*

*I will carry these teachings with me, which are providing me the wisdom and strength as I move on to help others in a new role.*

*Kukstetemc*

*Georgina (Gina) Mortensen*





## Pico de Gallo Chicken Quesadillas

Prep: 25 m Cook: 30 m Ready in: 55 m



*"Flour tortillas filled with chicken breast, onions, peppers, pico de gallo, and Monterey Jack cheese."*

### Ingredients

- 2 tomatoes, diced
- 1 onion, finely chopped
- 2 limes, juiced
- 2 tablespoons chopped fresh cilantro
- 1 jalapeno pepper, seeded and minced
- salt and pepper to taste
- 2 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into strips
- 1/2 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 2 cloves garlic, minced
- 4 (12 inch) flour tortillas
- 1 cup shredded Monterey Jack cheese
- 1/4 cup sour cream, for topping

### Directions

1. In a small bowl, combine tomatoes, onion, lime juice, cilantro, jalapeno, salt, and pepper. Set pico de gallo aside.
2. In a large skillet, heat 1 tablespoon olive oil. Add chicken and sauté until cooked through and juices run clear. Remove chicken from skillet and set aside.
3. Put the remaining 1 tablespoon of olive oil in the hot skillet and sauté the sliced onion and green pepper until tender. Stir in the minced garlic and sauté until the aroma is strong. Mix in half of the pico de gallo and chicken breast meat. Set aside; keep warm.
4. In a heavy skillet, heat one flour tortilla. Spread 1/4 cup shredded cheese on the tortilla and top with 1/2 the chicken mixture. Sprinkle another 1/4 cup cheese over the chicken and top with another tortilla. When bottom tortilla is lightly brown and cheese has started to melt, flip quesadilla and cook on the opposite side. Remove quesadilla from skillet and cut into quarters. Repeat with remaining ingredients. Serve quesadillas with sour cream and remaining pico de gallo.

## Zesty Quinoa Salad

Prep: 20 m Cook: 10 m Ready in: 30 m



*"This bright and colorful salad is a great summertime recipe (or anytime you want to feel like it's summertime). Light and citrusy, it's a whole new way to enjoy quinoa. Lime juice and cilantro give a refreshing kick, while quinoa and black beans provide tasty vegan protein. If you're not vegan, add even more protein by adding chunks of chicken or turkey. Yum!"*

### Ingredients

- 1 cup quinoa
- 2 cups water
- 1/4 cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes, or more to taste
- 1 1/2 cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- 1/4 cup chopped fresh cilantro
- salt and ground black pepper to taste

### Directions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.
4. Bake in the preheated oven until topping is lightly browned, about 30 minutes.

## Cooking Tricks to Steal from the World's Best Chefs

<http://stylecaster.com/professional-cooking-tips/>

### Hone Those Knife Skills

"Always keep your fingers tucked in on your non-dominant hand, using your upper knuckles to guide your knife as you slice. If your finger tips are tucked in, you can't ever cut them! And for the highest degree of control over your knife, hold the knife by the blade, pinching the bottom of the blade between your thumb and the side of your forefinger. Grip your middle, ring and pinky fingers around the handle for support, and avoid laying your forefinger over the spine of the knife." —Sydney Willcox, culinary instructor

## Wonton Soup

Prep: 25 m Cook time: 20 m Ready in: 45 m

*"A simple, light 'Chinese dumpling' classic ...whether in soup or fried, wontons will always bring you that mysteriously delicious taste of the Far East ...! Garnish with fresh scallions."*



### Ingredients

- 1/2 pound boneless pork loin, coarsely chopped
- 2 ounces peeled shrimp, finely chopped
- 1 teaspoon brown sugar
- 1 tablespoon Chinese rice wine
- 1 tablespoon light soy sauce
- 1 teaspoon finely chopped green onion
- 1 teaspoon chopped fresh ginger root
- 24 (3.5 inch square) wonton wrappers
- 3 cups chicken stock
- 1/8 cup finely chopped green onion

### Directions

1. In a large bowl, combine pork, shrimp, sugar, wine, soy sauce, 1 teaspoon chopped green onion and ginger. Blend well, and let stand for 25 to 30 minutes.
2. Place about one teaspoon of the filling at the center of each wonton skin. Moisten all 4 edges of wonton wrapper with water, then pull the top corner down to the bottom, folding the wrapper over the filling to make a triangle. Press edges firmly to make a seal. Bring left and right corners together above the filling. Overlap the tips of these corners, moisten with water and press together. Continue until all wrappers are used.
3. FOR SOUP: Bring the chicken stock to a rolling boil. Drop wontons in, and cook for 5 minutes. Garnish with chopped green onion, and serve.

## Spaghetti Squash with Paleo Meat

Prep: 40m Cook: 30 m Ready in: 1 h 10 m

*"I made some spaghetti and it turned out so good and super filling. One batch could last you the entire week! Chicken or turkey can be substituted for the ground beef. Try adding Italian herbs, like parsley, oregano, and fennel."*



### Ingredients

- 1/4 cup water
- 1 spaghetti squash, halved lengthwise and seeded
- 1 1/2 lb ground beef
- 1 white onion, diced
- 1 tbsp extra-virgin olive oil
- 1 cup sliced mushrooms
- 1 zucchini, diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (14.5 oz) can crushed tomatoes
- 1 (8 oz) can crushed tomatoes
- 1/4 cup chopped fresh basil, or to taste
- 1/4 cup chopped fresh oregano, or to taste
- 1/4 cup chopped fresh thyme, or to taste
- 1 tbsp red pepper flakes, or to taste
- 1/2 cup extra-virgin olive oil, divided

### Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Pour water into a baking dish. Place squash halves with cut sides down in baking dish; roast for until tender, 30 to 40 minutes.
3. While squash is baking, cook and stir ground beef and onions in a skillet over medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Set beef aside.
4. Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir mushrooms, zucchini, green and red bell peppers, both amounts of crushed tomatoes, basil, oregano and thyme. Simmer over medium heat until vegetables are cooked through and tender, about 10 minutes. Add the ground beef and onions; stir to combine. Simmer on low heat, stirring occasionally, while you finish preparing spaghetti squash.
5. Scrape the inside of hot spaghetti squash halves with a fork to shred the squash into strands; divide onto 8 plates. Drizzle each serving of spaghetti squash with 1 tablespoon extra-virgin olive oil and top each serving with a generous amount of meat sauce.

## Use Ingredients in New Ways

"Try a seasonal ingredient in an unexpected way! If you have never tried juicing a sweet potato you will be pleasantly surprised. The starch in potato makes your drinks lightly creamy, and the flavor combination is perfectly sweet. This is a dessert vegetable juice, packed full of vitamins A and B complex and beta-carotene." — Matthew Kenney, raw food chef and owner of Plant Food + Wine Miami



# 50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle

REST  
your legs up on a wall



Let out a sigh



Fly a Kite

Watch the stars



Write a Letter



sit in NATURE

2x  
Move twice as slowly

Learn something NEW



Listen to a guided relaxation



Read a Book



Take Deep Belly Breaths

MEDITATE



Call a Friend



Meander around Town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing scent



WALK Outside



Go for a run



Take a bike ride



Pet a furry creature

Create your own coffee break



View some ART



Eat a meal in SILENCE



Turn off all electronics



Go to a park



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a Farmer's Market



Forgive Someone



read or watch something FUNNY



COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



Engage in small acts of KINDNESS



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks

# BEGINNER'S CHAIR YOGA PRACTICE



*Seated Cat  
and Cow*



*Seated Forward  
Fold*



*Chest  
Expansion*



*Seated  
Pigeon*



*Seated Spinal  
Twist*

## Seated Cat/Cow:

With palms down on the knees, inhale deeply as you press your chest forward and arch the low back, allowing the head to drop back if the neck is comfortable. As you exhale, pull the belly back towards the spine and round the back, dropping the chin towards the chest.

## Seated Forward Fold:

Allow the spine to round as you exhale your chest forward and down, relaxing the neck, head and arms as you release the weight of your torso onto the thighs.

## Seated Chest Expansion:

Holding onto the back of your chair behind you, feel the collarbones moving away from each other as you lift the chest forward and up, and breathe into the low belly. Remain here for 5-10 slow breaths.

## Seated Pigeon:

Cross the ankle of one leg over your opposite knee. You may right away feel an intense sense of opening in the outer or inner hip, and if so just stay there! If you're not feeling anything yet, try folding the torso forward gently until there is activation.

## Seated Spinal Twist:

Cross your left hand to your right knee, and take the right hand to the back or the seat of the chair behind you, exhaling as you twist to the right. Pause in the twist for 5-10 breaths, lifting the crown of the head up as you inhale and twisting a little deeper as you exhale. Repeat on the other side.

## Eagle Arms:

Sitting tall in your chair, extend your arms out to the sides pressing through the heel of your hands while pulling your finger tips back towards your shoulders (you should feel a nice stretch and opening through the length of your arms). Inhale here, and then bring your arms forward and cross the left arm underneath the right, twisting the arms together and bringing the fingertips towards the ceiling. Soften the shoulders down the back and breathe. Repeat on the other side.



## Nurse Practitioner



October 1, 2018  
October 15, 2018  
October 22, 2018  
October 29, 2018  
10:00 am-3:00 pm

Catherine can diagnose and treat illnesses & infections, write prescriptions, fill out medical forms, manage chronic conditions, annual health screening, STI screening & diagnosis, plus much more! She would be delighted to see any community members without a family physician!

To book an appointment with Catherine, please call  
**Maxine at 250-989-2355**

## Mental Health & Addictions Counsellor



October 17, 2018  
October 24, 2018  
October 31, 2018

10:00-2:00 pm

Soda Creek Health Station

Neleena Popatia is a Mental Health Nurse with over 30 years of experience. She has worked in a variety of roles and settings, e.g. clinical nurse specialist in acute and tertiary mental health in hospital, manager in community mental health, consultant and therapist in private practice, instructor in nursing school.

To book an appointment with Neleena, please call  
**Maxine at 250-989-2355**



Peace ♥ Love  
♥ Dentistry ♥

## Dental Therapist

Tuesday, October 23rd, 2018

10:00-3:00 pm  
Health Station

Cleanings, filings, extraction, check ups, and a range of preventative services

Please contact Maxine  
at 250-989-2355 to  
book an appointment

## Empowering Our Youth in the 21st Century ~ Employment & Education

**WHEN:** November 13-16, 2018

**WHO:** Youth 15 to 18 Years Old

**WHERE:** Coast Kamloops Hotel & Conference Centre  
1250 Rogers Way, Kamloops, BC

### INCLUDED:

- Transportation
- Accommodation
- Meals



- Sessions with Career Professionals
- Education & Employment Exhibitors
- Thompson Rivers University Tour
- Driver Safety & Licensing
- Building Your Leadership Self-Image
- Cultural Activities & Entertainment
- And so much more...



Government  
of Canada

Gouvernement  
du Canada

**80 SEATS AVAILABLE**  
Only those selected will be contacted.  
**CLOSING DATE: OCT 1, 2018**

Send completed registration/consent to: 1U Home Health Services [onehomehealthservices@outlook.com](mailto:onehomehealthservices@outlook.com)



Wednesday, October 24th, 2018  
12-1pm  
Health Boardroom

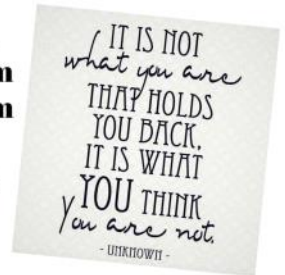


Come join us for lunch and learn about anxiety. Lunch is provided. Rides are available. Call Maxine at 250.989.2355 to register by **October 23rd, 2018 at 4 pm.**



**October 11, 2018: 4-6pm**  
**November 8, 2018: 4-6pm**  
**December 6, 2018: 4-6pm**

**If you have any questions, please  
don't hesitate to call Shae  
Chelsea at 250-989-2355**



**If you have any  
submissions for  
the newsletter,  
please email  
healthreceptionist  
@xatsull.com or  
drop it off at the  
Health Station by  
the 19th of the  
month.**





## Soda Creek Indian Band Family Hunt Planning Meeting 2018



Health and Community Activities are hosting  
An Interest and Planning Meeting

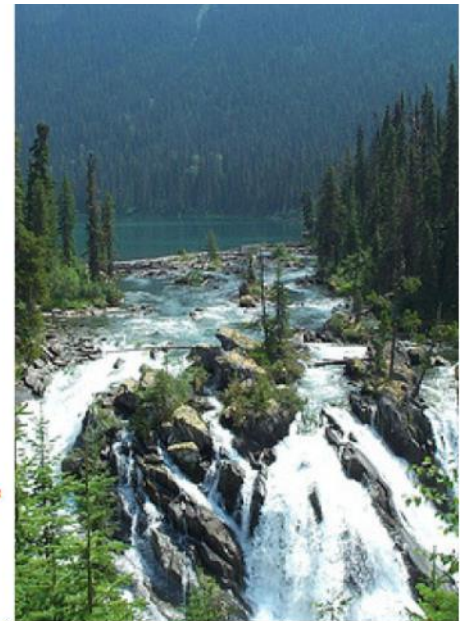
**October 4, 2018**  
**4:30pm to 6:00pm**  
**At the Health Board room**

The Hunt will be held in the Likely area again 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. Any questions call Janae or Rae-Lyn at 250.989.2355.

## SODA CREEK BAND WORKING GROUP MEETING

MAY 2018  
TO  
DECEMBER 2018



Date	Location	Time
Thursday, May 10 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, June 12 2018	Soda Creek Gymnasium	5 to 8 pm
Changed Date Tuesday, July 25 2018 Tuesday, July 10 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, August 14 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, September 11 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, October 9 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, November 6 2018	Soda Creek Gymnasium	5 to 8 pm
Thursday, December 6 2018	Soda Creek Gymnasium	5 to 8 pm

## Invasive Species Alert!

The Invasive Species Council recently toured Deep Creek and Soda Creek to determine what invasive plants have spread to our community. This information will form the basis of a Pest Management Plan to govern the best eradication methods based on location and plant species. The following invasive plants were noted: Dalmatian toadflax, Burdock, Spotted knapweed, Common tansy, Canada thistle, Oxeye daisy, and Bladder campion.

Are you interested in contributing to the overall health of your community? We will be offering a **Pesticide Applicator Course** here at Soda Creek from October 1<sup>st</sup> – 4<sup>th</sup> and there are still spaces available! We can have up to four participants who would be **guaranteed work** on Deep Creek and Soda Creek after this certification! Call Lisa at Employment to register!





# Soda Creek Indian Band Family Hunting Camp 2018

**October 26-28, 2018  
Spanish Mountain Gold Camp  
Likely, BC**



Everyone is welcome to bring the family for the hunt . The Soda Creek Band will be hosting the camp with support from the First Nations RCMP Unit. This year it will be held out at the Spanish Mountain Gold Camp in Likely. Their camp has furnished cabins but it could be chilly and would be a good idea to bring extra blankets and proper clothing.

**Participants are responsible for their own; Fire Arms , Ammunition, PAL and vehicles to hunt in.**

MEALS will be provided the following days:

- **Friday:** Dinner.
- **Saturday:** Breakfast, Bag Lunch & Dinner.
- **Sunday:** Breakfast & Bag Lunch.

**For those who want come out on the bus we will be leaving Friday afternoon and returning Sunday afternoon.**

**If you would like to Volunteer to help out, or have any questions contact:**

**Janae Beaulieu Community Activities Worker at 250-989-2355 ext. 128.**

# Haunted Corn Maze



**FRIDAY, OCTOBER 5TH, 2018**

**5:00-8:00PM**

**6:00-7:00pm: Friendly Kid/Family Maze      7:00-8:00 pm: Haunted Corn Maze**

**AUSTRALIAN RANCH, QUESNEL**

Come join us for a spooky evening at the Haunted Corn Maze

- ⇒ Admission will be covered for those that registrar. Hot dog roast included as well.
- ⇒ Rides are available, the bus space is limited to 20 people.
- ⇒ Kids 12 and under must be accompanied by a parent
- ⇒ Deadline to registrar is **Monday, October 1st at 12pm.** Call Janae or Maxine at 250.989.2355 to registrar.

## IMPORTANT INFO FROM THEIR WEBSITE

**\*\*** The Very Haunted Night-time Corn Maze and Haunted House Events can be pretty intense. It is not for the faint of heart or sensitive children. Your admission includes access to the Haunted House and the Corn Maze. We will have bonfires. There will be a wonderful concession available as well with hamburgers, hot dogs, fries, soft drinks, hot drinks, popcorn and candy.



# INTEGRATIVE HEALING FOR OCTOBER

with  
Ciel Grove, MA

October 11<sup>th</sup>

LUNCH + LEARN:

*Technology and our  
Emotional Health:  
What is really going on?*

We haven't had our smart devices and computers for long, but the effects they are having on our mental, emotional and physical health cannot be denied. Come learn about emerging data regarding our health and technology as well as practices and perspectives that can help shift your (and your children's!) relationship to technology.

## WHAT'S NEW?

We now have a 'Heart Rate Variability' Monitor at the Health Station!

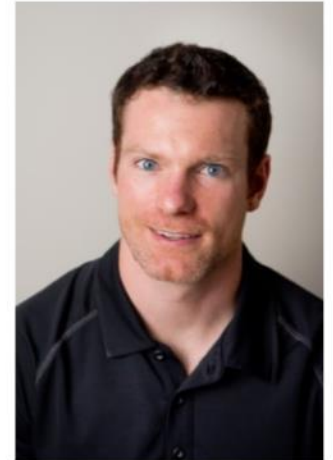
Heart Rate Variability is the best physical measurement we can test to assess an individual's resilience (their ability to cope with stress). Make an appointment with Ciel to come use this amazing Biofeedback tool!



# PHYSIOTHERAPY SERVICES

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

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



Physiotherapist  
Tyler Judd

## August 2018

**Dog Creek** —August 20 —10:00am-3:00pm

## September 2018

**Dog Creek**—September 10—10:00am-3:00pm

**Soda Creek**—September 5—8:45am—12:00pm

**Sugar Cane**—September 5 —1:00pm-4:15pm



## October 2018

**Dog Creek**—October 22—10:00am-3:00pm

**Soda Creek**— October 1 & 31—8:45am—12:00pm

**Sugar Cane**—October 1 & 31 —1:00pm-4:15pm

**Contact community Health Station to book appointments**

Soda Creek Health Centre

250-989-2355

Sugar Cane Health Centre

250-296-3532

Three Corners Health Services Society

PH: 250-398-9814

FX: 250-398-9824

Canoe Creek Health Centre

250-459-7749

Dog Creek Health Centre

250-440-5822







## CMHC INVITES YOU TO ATTEND

# Let's Clear the Air Workshop

## October 19th, 8:30 am - 4:30 pm

### PLEASE JOIN US FOR:

A one-day training workshop which will provide you information about the impacts of poor indoor air quality and mold-related problems, as well as teach you ways to improve air quality in a home.

### DATE & TIME:

Friday, October 19th, 2018, 8:30 am to 4:30 pm. Lunch provided.

### LOCATION:

Soda Creek Gym in Deep Creek Community, Soda Creek Indian Band  
3405 Mountain House Road D, Williams Lake

### RSVP:

Register online: <https://tinyurl.com/yb9h2ch7>. Mobile friendly.  
Questions can be directed to Marnie Sellars at [housing@xatsull.com](mailto:housing@xatsull.com), 250-989-2323  
or CMHC at [skillsbc@cmhc-schl.gc.ca](mailto:skillsbc@cmhc-schl.gc.ca). Limited Space available.

### TRAINER: Cam Dupuis

This workshop will be conducted by a technical trainer with over 40 years experience in the building industry in several capacities: general construction, renovations, building inspections, training, business development, workshops, seminars and public speaking engagements across Canada. Cam began his career with CMHC in technical services as an inspector, but now enjoys sharing his experiences as a private trainer by delivering workshops.

## Learn About:

This workshop provides information about the impacts of poor indoor air quality and mold-related problems.

After this workshop, you will have a greater understanding of:

- How to identify poor air quality and pollutants that can affect a family's health.
- When and how to fix problems to maintain good air quality in a home.

### Who should attend:

Housing Administration Staff,  
Construction and Maintenance  
Staff and community members.

Attendees are responsible for their travel costs/accommodation to attend the workshop.

# October 2018

**Soda Creek Health Station Events Calendar**  
 Call 250-989-2355 for Appointments  
 Medical travel rides must be booked on Monday  
 For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Physiotherapy 8:45-12 Nurse Practitioner 10-3	<b>2</b> ADP Luncheon	<b>3</b> SCIB Travel Family Support Travel	<b>4</b> Integrative Healing Session 8:30-12 Hunting Camp Meeting 4:30-6	<b>5</b> Yoga 12-1 Corn Maze 5-8 pm	<b>6</b>
<b>7</b>	<b>8</b> Thanksgiving Day Statutory Holiday Office closed	<b>9</b>	<b>10</b> HCC Travel Family Support Travel	<b>11</b> Integrative Healing Session 8:30-12 Youth Mt 4-6	<b>12</b> Yoga 12-1	<b>13</b>
<b>14</b>	<b>15</b> Nurse Practitioner 10-3	<b>16</b> ADP Luncheon	<b>17</b> SCIB Travel Mental Health Clinician 10-2 Family Support Travel	<b>18</b> Integrative Healing Session 8:30-12 Halloween Party 5-9 pm	<b>19</b> Yoga 12-1 Newsletter Deadline 4 pm	<b>20</b>
<b>21</b>	<b>22</b> Nurse Practitioner 10-3	<b>23</b> Dental Therapist 10-3	<b>24</b> HCC Travel Mental Health Clinician 10-2 Lunch & Learn w Neleena 12-1 Family Support Travel	<b>25</b> Integrative Healing Session 8:30-12	<b>26</b> Yoga 12-1 Hunting Camp Likely	<b>27</b> Hunting Camp Likely
<b>28</b> Hunting Camp Likely	<b>29</b> Nurse Practitioner 10-3	<b>30</b> ADP Luncheon	<b>31</b> SCIB Travel Physiotherapy 8:45-12 Mental Health Clinician 10-2 Family Support Travel			



**Our teachings  
tell us fairness  
is good medicine  
That's what Jordan's  
Principle is all about**



## **Jordan's story**

Jordan River Anderson was from Norway House Cree Nation in Manitoba. He was born in 1999 with a rare condition that meant he needed to stay in the hospital from birth. When he was two years old the doctors felt he could leave the hospital and receive care in a medically trained family home nearby.

But because neither the provincial nor the federal governments would resolve who would pay for the home care he needed, Jordan died in a hospital in 2005. He was only five and he'd never been cared for in a home.

**All children deserve the  
chance to get the care they  
need. That's Jordan's legacy.**

On December 12, 2007, the House of Commons supported a motion that affirmed a child-first principle named after Jordan. With recent court rulings, Jordan's Principle is now law.

It aims to make sure First Nations children and youth with unmet needs can access services.



## **Culturally safe help for First Nations children and youth**

All First Nations children, whether on- or off-reserve, from 0-19 years old, regardless of their health or social status, may be eligible for Jordan's Principle funding if they have an unmet service need.



**1.866.913.0033**

**[www.fnha.ca/jordansprinciple](http://www.fnha.ca/jordansprinciple)**



First Nations Health Authority  
Health through wellness

**Find out if  
Jordan's Principle  
can help a child  
you know**





1



## Make the call 1.866.913.0033

Tell us your story. In calling us first, our staff will help you get the supports and services you need. We will report to any agencies that need to be involved, and help you determine the next steps. If you are eligible for FNHA benefits, this process will start right away.

It takes  
**strength & community**  
to ask for help



2



Our kids  
our cultures  
are worth it

## Get help dealing with the system

We will actively support you through the entire process, assess your child's needs, and work with you to:

- get help early on
- develop integrated care plans
- connect your child and family to needed services
- remove the stress of navigating service systems
- support your families as they manage their needs
- involve relevant partners in your case, and as necessary, quickly address urgent service gaps

3



## Find out what health treatment & supports are available under Jordan's Principle

Services like education, childcare, recreation, and culture and language are included.

In health, we will work with partners to provide various health and social services, which may include provision of medical equipment, mental health, speech and physical therapies, and more.

4



## Referrals & assessments

Our staff may refer you to a specialist to assess need and eligibility for treatment and/or equipment benefits. If your child is included under either Ministry of Children and Family Development or Ministry of Health mandates, we will work towards getting you treatment or necessary equipment benefits.

Our teachings  
tell us fairness is  
**good medicine**

A Health Benefits Assessor will look into which FNHA benefits apply and what Jordan's Principle federal funding is available. If FNHA is the first point of contact, we will engage with Health Canada on your behalf.

5



## Get treatment & support

Necessary equipment may be provided by federal/provincial government, or a contract service provider.

We will work towards meeting established client service delivery standards for your child. Once treatment and support are underway, we will follow up.

**1.866.913.0033**

**[www.fnha.ca/jordansprinciple](http://www.fnha.ca/jordansprinciple)**  
**[jordansprinciple.ca](http://jordansprinciple.ca)**



**New Date—October 29th, 2018**



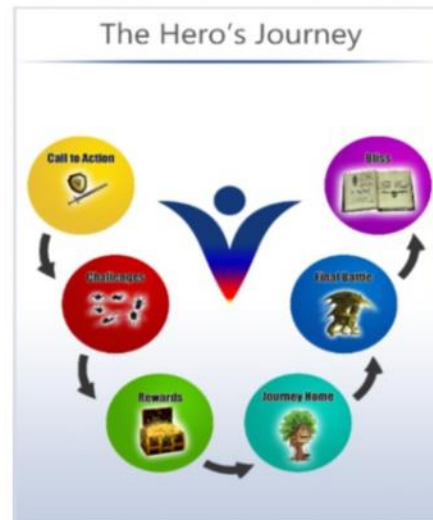
THE  
**IMPLICIT**  
Career Search

## What is ICS?

The ultimate career search program, supported by the Northern Shuswap Tribal Council—Skills Development Committee.

Strategic planning in order to help you find the right career path that best suites you, through *The Hero's Journey*:

- Decision Making
- Personal Development
- Personal Definition
- Career Definition
- Career Development
- Strategic Planning



“For over thirty years, the Implicit Career Search has consistently demonstrated that: no matter our demographic or background, no matter the trauma we have survived, and regardless of our current situation, each of us desperately wants to play our part in making this world a better place to be.” -Steve Miller



Education Department

**Come join us for your Implicit Career Search**

**Starting October 29th, 2018**

**For information and registration by October 24th**

**Contact: 250-989-2323**

**Cheryl ext. 104, Marion ext. 102 or Lisa ext. 132**

# Community Events

Event	Date & Time	Where	Description
Physiotherapist	October 1 & 31 8:45-12 pm,	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	October 1, 15, 22, 29 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	October 2, 17 & 31	Health Station	Call Edith at 250-989-2355
Family Support Travel	October 3, 10, 17, 24 & 31		Call Janae or Maxine to book a ride on the bus at 250-989-2355
SCIB Travel	October 3, 17 & 31		Call Rae-Lyn at 250-989-2355
Hunting Camp Meeting	October 4 4:30-6 pm	Health Boardroom	Call Janae at 250-989-2355 if you have any questions
Corn Maze	October 5 5-8 pm		Rides are available. Call Janae at 250-989-2355 to registrar.
Treaty Working Group Meeting	October 9 5-8	Soda Creek Gym	Dinner is provided. Call Ada at 250-989-2323 if you need a ride.
HCC Travel	October 10 & 24		Call Edith at 250-989-2355
Lunch & Learn w Ciel: Technology & Our Emotional Health	October 11 12:00-1:00	Health Boardroom	Lunch is provided. Call Maxine to registrar at 250-989-2355
Youth Meeting	October 11 4:00-6:00 pm	Health Boardroom	Call Shae at 250-989-2355 if you have any questions
Mental Health Clinician	October 17, 24 & 31 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Halloween Party	October 18 5:00-9:00 pm	Soda Creek Gym	Food. Fun. Games. Costume contest. Call Janae at 250-989-2355 if you have any questions.
Dental Therapist	October 23 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Lunch & Learn w Neleena: Anxiety	October 24 12:00-1:00	Health Boardroom	Lunch provided and rides are available. Call Maxine at 250-989-2355 to registrar

