



OCTOBER 2017

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



INSIDE THIS ISSUE:

Staff Reports	2-5
Councillor Report	6-7
Rodents article	8-11
Community Post	11
Recipes	12
Events	13-22
Health Calendar	23
Employment/Training Opportunities	24-31
Community Events	32

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 20th of each month, and delivered by the last day of the 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: 250-989-2355.



Three Corners AGM in Dog Creek



Fresh fruit and veggies that were a donation from FNHA and Secwepemc Health Caucus for our community due to the Wildfires.

In photo from right: Londea Riffel, Secwepemc Caucus Hub Coord., Georgina Mortensen, Marnie Sellars and Duanna Johnston-Virgo, Mental Wellness Coord.

Offices are closed
October 9th for
Thanksgiving Day.



Staff Reports

Education Coordinator



Cheryl Chapman

Welcome to fall...

We have 35 students in grades K-12, I am finalizing our numbers for the Nominal Role. Eligible students are:

Copied directly from Indigenous and Northern Affairs Canada – Elementary and Secondary Education Program: National Program Guidelines 2017-2018 09/07/2017 – https://www.aadnc-aandc.gc.ca/eng/1487860277111/1487860332235#sect7_4

Eligibility for financial and Education Department supports, the following criteria must be met.

6. Eligible Students

6.1 Nominal Roll

The Nominal Roll is the registry of all eligible elementary and secondary students funded by INAC to attend a band-operated, federal, provincial, or private/independent school.

- The recipient must demonstrate the eligibility of a student to be included on the Nominal Roll before being eligible for funding. To be eligible for the Nominal Roll, a student must be: enrolled in and attending a band-operated, federal, provincial, or a private/independent school (including

E-learning institutions and Alternative/Outreach schools) recognized by the province in which the school is located as an elementary/secondary institution;

- aged 4 to 21 years (or the age range eligible for elementary and secondary education support in the province of residence) on December 31 of the school year in which funding support is required; and
- ordinarily resident on reserve.

A student who is ordinarily resident on reserve lands that are leased is not eligible for funding unless that student is a registered Indian.

Ordinarily resident on reserve means that the student usually lives at a civic address on reserve, is a child in joint custody who lives on reserve most of the time, or is staying on reserve and has no usual home elsewhere. Students continue to be considered ordinarily resident on reserve if they return to live on reserve with their parents, guardians or maintainers during the year, even if the students live elsewhere while attending school or working at a summer job. (In this context, reserves are deemed to include all land set aside by the federal government for the use and occupancy of an Indian band, along with all other Crown lands which are recognized by DIAND as settlement lands of the Indian band of which the student is a resident.)

Note: In the case of a child in the care of a Child and Family Services Agency, or in the care of the province, the residency of the child is determined by the residency of the guardian with whom the child is placed. A guardian is a person who assumes authority for the child through a legal guardianship agreement.

To access student supports please complete a Student Waiver Form.

After School Program requires an Assistant, please apply to work with our future leaders, 3:30-6:30pm Tuesdays and Thursdays, as well as full days on Pro-D Days, Fall and Spring Breaks, beginning right away.

The Xat'sull Save-the-Salmon Traditional Pow-Wow was a great success, kukstemc to all the staff and community members that volunteered to help out, I am collecting pictures and will put together a full report for the next newsletter..

There are still some Post-Secondary funds available for eligible band members in an eligible program of study. Please see the application package under Education on our website, call me or drop by to see me.

Free Credited Courses for NSTC Members, Tuition & Books are funded through the Northern Shuswap Tribal Council Skills Development for seven Applied Business Technology courses at TRU, weekend university style, alternating Thursday/Fridays and Friday/Saturdays. Please see the poster in this newsletter and contact me for the application and details, I am waiting for an up-to-date calendar.

Conversational Secwepemctsin is here at the Education Department Wednesdays 4:35-6:30pm.

Should you require additional information please contact me at 250-989-2323 #104, or email education@xatsull.com



Lands Coordinator



Sally Sellars

September was mostly revising meetings; we have been having weekly Natural Resource Department group discussions on agenda items. We have been using the opportunity to bring the Natural Resources, Treaty, Xatsull Development Corporation together discussing wildfires both on and off reserve, the fence lines and the annoying cattle which are invading your homes and to go forward with the salvage operation of burnt timber. The fence line project is underway, starting with assessing and GPS the boundary of Deep Creek to get an accurate quote for the damage.

Traditional Use Study information which is stored here in NR Depart-

ment, I have began reading through and must admit getting lost in the transcripts of times gone past. There is plenty of knowledge captured within NR Department throughout the years, and it is a matter of going through documents and pulling out relevant information for my projects as the Lands Coordinator.

Treaty and Lands Coordinator will be working closely, and I participated in my first NR Department community meeting which was September 12th, 2017. The main topic for me is to update the invalid "Family Steering Committee" from 2013 and begin with setting a regular date to familiarize us with traditional hay fields, properties for economic development should

we so choose to go towards the last stages of treaty settlement lands.

I am booked to do Wilderness 1st Aid on the Sept. 20th, 21st, GPS Deep Creek Boundary 22nd, and Land Use Planning Session Training Sept. 25th to 28th.

Into October, there will be a NR Department Community Meeting Wednesday October 11th, 2017 @ 5pm dinner going until 8pm.

landscoord@xatsull.com
(250) 989 2323 ext.134

Family Steering Committee (2013)

Family	Representative	Alternate
Charley, Gus & Isabel	William Sandy	Vacant
Evans, George & Augusta	Doreen Haines	Wanda Snow
Michel, Louie & Ellen	Barb Dixon	Reg Michel
Phillips, Jim & Susan	Isidore Phillips	Joanne Phillips
Pop, Joe & Amy	David Pop	Andrea Gilbert
Sam, Walter & Sarah	Anthony Mack	Teena Sellars
Sellars, Albert & Addie	Donnella Sellars	Vacant
Sellars, Francis & Annie	Doreen Sellars	Carmen Sellars

9/12/2017

Sally Sellars, RPP Lands Coordinator

8



Draw for a Computer

Please submit your name at the Band Office for a draw for older home computers.

The draw will end October 27, 2017 at 4:00 pm

Natural Resources Update

On September 8th, Barb Dixon and Reg Michel joined Georgia Bock and myself (Kate Hewitt) on a morning trip to the Quesnel River Research Centre (QRRRC) and took a look at the salmon run from the Likely bridge. We were taken on a tour of the salmon and trout spawning facilities and we were shown the latest technologies for tests such as zooplankton studies and impacts of water temperature changes. Of particular interest were the sediment core samples from depths of about 170 m in the river.

Two members from the Department of Fisheries and Oceans (DFO) were on-site and showed us how they use sonar across the width of the river to count the numbers of chinook, sockeye, and trout that swim through during the spawning period. Thank you, Barb and Reg, for asking great questions and participating in our fun picnic lunch!

At the community meeting on September 12th, we had a visit from Jake Archie of the Invasive Species Council

of BC. The ISCBC is looking for pictures or descriptions of what species you see on reserve to help them develop a management plan. Please send this information to Kate at referals@xatsull.com. If you have additional questions or would like to learn more about what you can do if you see an invasive plant or animal, please contact Kate in the NR office, call Jake at 250-305-1003, or visit www.bcinsvasives.ca.



Medical Office Assistant Practicum Student—Brenda Phillips

Hello Everyone!

My name is Brenda Phillips. I'm from Soda Creek Band, my parents are John Phillips and Late Dorothy Phillips -Charleyboy. I am currently doing my practicum with the Soda Creek Health, as part of my Medical Office Assistant Program (MOA) for two weeks. I have been part of the MOA program for the past 11 months now, which has been quite an intense and learning experience. It has been a long journey of healing with a loss of my mother a few years ago, as well as juggling my three children and schooling. I couldn't have done this without my family and my friends, whom has helped me along the way.

After practicum, I will be returning back to school for two months for professional development, in which I will be looking forward to. My experience here with Soda Creek Health has been a friendly and wonderful experience. I had the opportunity to get to know the staff more, as well as assisting them with office duties that needed to be done. I've had the pleasure of meeting with some of our community members, especially with our elders over the past couple weeks, which was a heartwarming reminder to my-

self that time is precious and that I will need to start visiting with the elders more, just like the way we were when we were small. I will be looking forward to seeing them again in the near future!



Alice Vogler & Jeannette Merriott

The past two weeks has mostly consisted of doing some labeling, filing and organizing, as well as assisting where help is needed. I am also looking forward to shadowing a nurse practitioner before I leave, as it's required as part of my practicum so this will be interesting! I've got to work

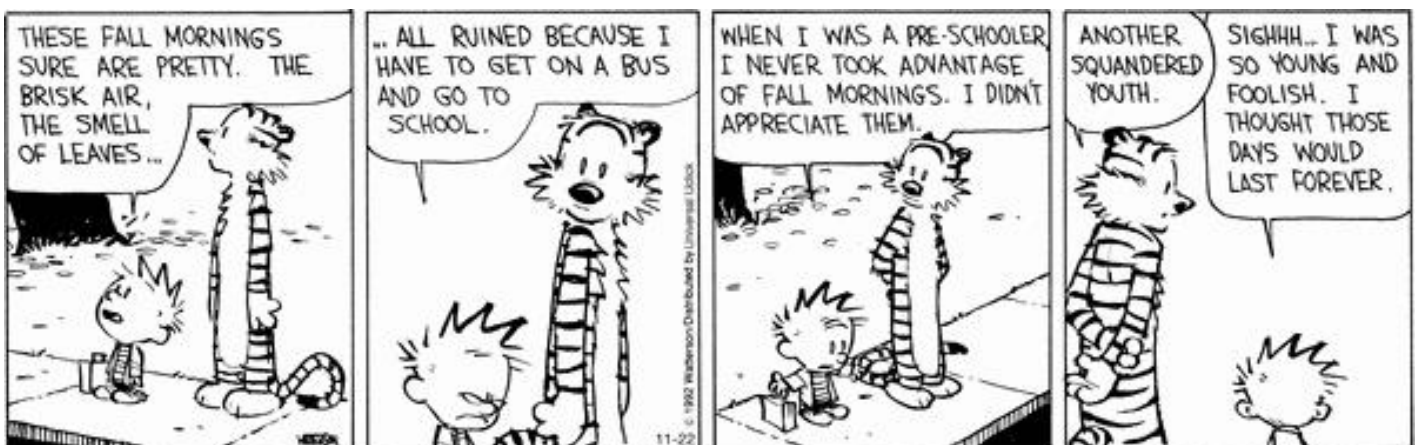
independently in managing an office on my own while Maxine was off for a day, it was a nerve racking experience at first, but I have enjoyed the experience. I've also had the opportunity to accompany Gina and Rae-Lynn on their trip to the Three Corners Health Society's AGM meeting, in Dog Creek; in which I was able to observe how TCHSS operates, and was able to exercise my social skills. I have got to meet new faces, as well as visit with some people that I haven't seen in such a long time!

Thank you to Soda Creek Health for giving me this opportunity to do my practicum with you, it has been a great learning experience. I have learned how to step out of my comfort zone and be able to handle those tasks at hand. I hope I was of great assistance to you and will be looking forward to seeing you again in the future. I am always looking forward to learning new things and just to put this out there, in case you ever need me, I will always be able to help when available!

Hope you all enjoy this beautiful Fall weather we've been having! Have a great day!



Brenda Phillips



Councillor



Sheri Sellars



Picture by Robert Sellars

Good afternoon Xat'sul,

It has been a very tiring last few months for everyone. I would like to apologize for not getting anything out to the community sooner. I hope everyone is doing well after the summer we have all had.

The Council has been very busy to getting back into a routine as well. It has been a lot of meetings and trying to move out of the response of the fires and then move into the recovery process now.

What is meant by that is the Federal and Provincial governments has put the fires in two categories for major emergencies and disasters such as floods, earthquakes, wildland urban interface fires, landslides, and severe storms.

- **Response** is the local authorities can receive financial assistance and support for eligible costs under Emergency Program Act and the Compensation and Disaster Financial Assistance Regulations during a disastrous event; and

Receive post-disaster **Recovery** costs

expended to repair or restore public works and facilities that are essential to their operations.

This was such a difficult time for all First Nations because the governments have come to an agreement with the Emergency Management of BC (EMBC) in April 2017 to look after such emergencies as above mentioned.

However, both organizations have not fully built the capacity to what was needed for such a disastrous event we all endured. There have been several meetings with Indigenous and Northern Affairs Canada (INAC), Emergency Management of BC (EMBC) Provincial Regional Emergency Operations Centre (PREOC), and First Nations' Emergency Services Society of BC (FNESS) over the duration of the month on discussions of the how the response and recovery of the fire may be reviewed and consulted in the challenges and opportunities of such events.

It has been very difficult not only for our community, but I know it has been difficult for all of the members individually to be displaced for the duration you all had to be away from the community. Our thanks to all the membership in their *resiliency* in the situation we had to all endure. I know there is also some good stories of people's displacement, and the Council thank the various cities of their businesses, organizations, FN organizations, volunteers and families that had assisted in showing our members the hospitality and support to them through our time of need. Council would like to give a great big thanks to the firefighters, cooks, the security, fire watch security, and the contractors to responding so quickly to our fire suppression needs, if I have missed anyone please accept my apologies...we are so appreciative and honored that you could all come to

our aide in our time of need in keeping the community safe.

We are doing a bit of catch-up in administration as well. With having no meetings for one month puts us back as well. To move from the response of the fire to then move to re-entry to the community and then possibly to a re-evacuation process in a week time was a hectic week for all, grateful that didn't come to light the re-evacuation.

We would like to take this time as well to thank Donna for all that she has done for our community and her assistance in development of the path e are moving towards. We wish you Donna all the best, and thank you once again.

Gary and I have attended the Cabinet meetings in Vancouver, Chief Judy Wilson set up a meeting with the Federal and Provincial government to give us an opportunity for our communities that were impacted by the wildfires to discuss the challenges and resiliency of our communities to have to do fire suppression in our individual communities.

The Cabinet meetings process only gives you fifteen (15) minutes to discuss your issues, so anyone speaking had to make your points concise and quickly. So, the Ministers, the Chiefs, our Council and technical team met with was Minister Fraser, Minister Donaldson, and Premier Horgan on our treaty process and its challenges with the community members concerns to it being held up. The follow up of the meetings is now us meeting with them again at the end of October but in Victoria for more detailed opportunity to speak with them.

ONCE AGAIN THANK YOU for your support and patience of this past summer.

~Continued page 7~

Upcoming Meetings in October:

October 3, 17, 31 2017 **Chief and Council Meeting**

October 4-5 2017, **BCCAFN meeting in Victoria;**

October 12 2017, **Community Meeting with Council**

October 16 2017, **Boundaries Meeting in Simpcw;**

October 17-18 2017, **Health Caucus here in Community at the gymnasium, 10 am;**

October 19 2017, **Nomination Meeting for Chief 5 to 8 pm;**

October 23 2017, **Community Meeting, Audit Presentation;**



Getting Rid of Rodents (Rats and Mice)

Although there are more than 20 types of rodents in British Columbia, only 3 cause common domestic or farmyard problems. This includes the:

- house mouse;
- Norway rat; and
- black rat (roof rat).



Norway Rat

rounded ends



Average Length: 3/4 inches



Roof Rat

pointed ends



Average Length 1/2 inches



House Mouse

pointed ends



Average Length 1/4 inches

What harm can rodents cause?

Rats and mice cause property damage, destroy food and spread disease.

- property damage is done when they chew or gnaw on building insulation, siding and wallboard
- They can cause a fire hazard when they gnaw on electrical wires
- They eat a variety of foods, including food you might have stored in your cupboards or pantry. If you eat food that has been contaminated by rodents, you may get a foodborne illness.
- Diseases can be spread if you are bitten by a rodent, or if you are exposed to areas that are contaminated by rodent urine or droppings. Some Deer Mouse can carry Hantavirus, see <http://www.healthlinkbc.ca/healthfiles/hfile36.stm>
- Ticks and fleas carried by rodents can also spread diseases. For more information on tick bites, see HealthLinkBC File #01 Tick Bites and Disease.

Is it easy to find rodents?

Rats and mice are easy to detect and leave plenty of evidence.

- Chewing through food packages and feeding on fruit or other food left on the counter, they can leave a mess.
- There may be nesting material inside the house or rat burrows in the soil outside.
- Dark brown droppings where rodents eat and travel are a sure sign of infestation.
- When your house is quiet, it is possible to hear rodents moving around (running between walls, in attics and under foundations) or even chewing.
- They are creatures of habit and use the same pathways to travel, often leaving grease and smear marks along walls. Outside, look for a narrow path in dense vegetation or a pathway that has been packed.

How can I prevent rodents from living on my property?

Excluding them from the building is an important first step.

1. Pest proof buildings:

- Cover crawl spaces, fresh air and attic vents with 6mm (1/4 inch) metal screening or steel mesh / steel wool.
- Seal any possible entry points in the building exterior that are greater than 6mm (1/4 inch). Pay close attention to door jams and gaps between the siding and the house foundation. If you have roof rats don't forget to check for holes in areas of the roof or soffit. Rats are excellent climbers.

- Repair cracks in cement footings and foundations.
- Build sheds on concrete slabs.

2. Eliminate food and water sources:

Rodents will eat almost anything.

- Keep all garbage in pest proof containers with tight fitting lids.
- Follow good composting practices for rodent control.
- Do not throw food scraps into backyard compost without covering them.
- Use lime.
- Rotate compost.
- Have a pest proof compost container.
- Remove fallen fruit and nuts from your yard.
- Remove pet food right after feeding and do not leave it outside overnight. Store pet food in containers with tight fitting lids.
- Clean out waste and food from pet pens and enclosures.
- Equip bird feeders with trays and clean spilled seeds often.
- Repair any plumbing leaks to remove a water source. Be aware that anything in the yard that allows water to pool is a source of water for rodents and should be drained.
- Cover pools and whirlpools when not in use.
- Keep your own dry goods containerized, clean up any food scraps frequently. If you have rodent activity in your house; rodent urine is present even though not as visible as their droppings. Clean canned goods before opening. Clean countertops and utensils.

3. Eliminate hiding and living places:

Rodents love areas that are left undisturbed.

- Keep building perimeters clear of plantings, stored lumber or junk.
- Trim plants near buildings so that 15 to 20 cm (6 to 8 inches) above ground is clear. Trim branches of trees or shrubs to prevent access to roofs or balconies.
- Remove unused piles of lumber and old sheds.
- Do not store old cars or furniture outside.
- Store lumber and firewood on stands 30 cm to 45 cm (12 to 18 inches) off the ground.

How can I get rid of rodents?

Use a professional pest control operator to help with a serious rodent problem. They will know the behavioural differences between different rodents which will help effectively manage the pest.

Repair or seal any access points to prevent new infestations from starting.

Traps

When baited and set properly, snap traps are effective at killing rodents quickly and humanely:

- Set traps at right angles along walls where rodents travel, with the bait side of the trap toward the wall
- Use bait like dried fruit, peanut butter (mixed with oats), cheese, marshmallows, onions or any other food they've already been nibbling on

- Rats are cautious about new things so leave the baited traps out for several nights before setting them
- Check traps daily
- **Wear gloves to handle the trap and all dead rodents**
- Wrap the dead animal in plastic and put it in the garbage
- Used traps are more attractive to mice than new traps

Live traps are also effective. They do not need to be reset to continue catching rodents. Rodents die of stress and exposure if they're held without food or water so check the trap daily. If choosing a live trap for humane reasons, consider what to do with live rodents that are caught. If released, they are likely to return. Whether you release it or not, you must exercise caution to avoid being bitten. We recommend wearing thick leather gloves and handling the opposite end of the trap from the rodents head. If you capture a live rodent and want to kill it, dropping the entire trap into a bucket of water is a relatively humane.

Cats

Some cats can catch mice or rats – especially if they have access to where rodents are living like an attic or crawl space. A few things to note about cats catching rodents:

- A cornered adult rat can seriously injure a cat
- Cats may bring live rodents into living spaces
- Rodents often carry parasites that can be passed onto cats

Poison

Poison baits should only be used as a last resort. They risk poisoning children, pets and wild animals either directly or indirectly (e.g. when a pet or wild animal catches a dying rodent after it has eaten the bait). They can also cause a rodent to die and decompose in an inaccessible place which could result in a terrible smell and insect infestations.

If after taking preventive measures, a rat problem still exists on your property and you want to try rat poison, there are certain things you should consider:

- Rodents are unlikely to eat the bait unless their normal food supply has been removed.
- Set out non-poisoned food for a few days prior to baiting, so the rodent starts feeding in the area.
- Read and follow the directions on the label carefully.
- Set bait in areas where there is no access to children or pets – in tamper proof bait stations
- Remove dead rodents and all baits once pest control has been completed.

Cellulose (from powdered corn cobs): Available as a pelleted bait. Cellulose from powdered corn cobs appears to interfere with the digestive system by causing blockages in the intestine, resulting in dehydration and death. Bait can be used indoors for rats and mice. Use in commercially available bait stations and protect from children and non-target animals. These products pose a negligible risk to avian and mammalian predators and scavengers that may feed on dead or dying rodents.

Anticoagulants: These baits cause death by internal bleeding. They present a moderate to high risk of secondary poisoning to other animals that might eat the poisoned rat.

Once the pests have been eliminated, dispose of bait stations at a hazardous waste collection depot, otherwise double-wrap them in plastic and put them in the garbage.

Ultrasound Repellers

Repellers are expensive and seem to be effective only over small areas for a limited time. They may initially work but eventually rodents get used to the sound and learn there's no harm associated with it.

If you are unable to control rodents on your own, contact a licensed company with certified staff to help you.

How can I clean up areas where rodents have been?

- Prevent stirring up dust when you are cleaning areas where mice have lived. Ventilate any enclosed area for 30 minutes and wet down the area with household disinfectant before you start.
- Most general purpose disinfectants and household detergents are effective. A mixture of 1 part bleach and 10 parts water can also be used. Pour mixture carefully onto the area to avoid disturbing any virus present—do not use a sprayer.
- Wipe up droppings, nesting materials and other waste with a paper towel and place in a plastic garbage bag. Do not sweep or vacuum.
- Double bag the contents, seal the bags, and then place the bags in the trash.
- Clean floors, carpets, clothing and bedding, and disinfect counter-tops, cabinets and drawers that have been in contact with rats and mice.
- Wash rubber gloves with disinfectant or soap and water before removing them. Wash your hands with soap and water after removing gloves.
- During clean-up, it is recommended that you wear an appropriate, well-fitting filter mask, rubber gloves and goggles.

For more information

For more information, visit Government of British Columbia – Rodents at <http://www2.gov.bc.ca/gov/content/environment/pesticides-pest-management/managing-pests/animals/rodents>, or contact your local environmental health officer.

Last updated: July 2015

Community Post

Weytkp Xatsull!

Knucwen(Help)..Ren stemkelt

(My daughter)

I hope your all doing well! Fall is here, and you know where your woollies are!?

This past weekend, someone drove over my daughter's bike, it was leaned up against a tree by the driveway!
I / We don't know who done *it*!?

I am asking for her sake. If you, know when, who... could you help her get it fixed!?

Worth a try, right!!

KUKSETSEMC

Anastacia Jennifer

Turkey Pot Pie I

"A perfect way to use leftover turkey. This pie tastes yummy, and will feed up to eight hungry people."

Ingredients

- 1 recipe pastry for a (10 inch) double crust pie
- 4 tablespoons butter, divided
- 1 small onion, minced
- 2 stalks celery, chopped
- 2 carrots, diced
- 3 tablespoons dried parsley
- 1 teaspoon dried oregano
- salt and pepper to taste
- 2 cubes chicken bouillon
- 2 cups water
- 3 potatoes, peeled and cubed
- 1 1/2 cups cubed cooked turkey
- 3 tablespoons all-purpose flour
- 1/2 cup milk

Prep time: 20 min **Cook time:** 1 hr

Ready in: 1 hr 20 m

Method

1. Preheat oven to 425 degrees F (220 degrees C). Roll out bottom pie crust, press into a 10 inch pie pan, and set aside.
2. Melt 2 tablespoons butter in a large skillet over medium heat; add the onion, celery, carrots, parsley, oregano, and salt and pepper. Cook and stir until the vegetables are soft. Stir in the bouillon and water. Bring mixture to a boil. Stir in the potatoes, and cook until tender but still firm.
3. In a medium saucepan, melt the remaining 2 tablespoons butter. Stir in the turkey and flour. Add the milk, and heat through. Stir the turkey mixture into the vegetable mixture, and cook until thickened. Cool slightly, then pour mixture into the unbaked pie shell. Roll out the top crust, and place on top of filling. Flute edges, and make 4 slits in the top crust to let out steam.
4. Bake in the preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for 20 minutes, or until crust is golden brown.



Red Garlic Mashed Potatoes

"This is a very simple but delicious way to prepare fresh salmon using just a few ingredients from your pantry."

Ingredients

- 8 red potatoes, cubed
- 2 teaspoons crushed garlic
- 1/2 cup butter
- 1/4 cup half-and-half cream
- 1/4 teaspoon steak seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon white sugar

Prep time: 55 min **Cook time:** 30 min **Ready in:** 45 m

Method

1. Place the potatoes into a large pot, and fill with enough water to cover. Add 1 teaspoon of the crushed garlic to the water for flavor. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain the potatoes, and add the butter. Mash until the butter is melted. Mix in the half-and-half, steak seasoning, garlic powder, sugar, and remaining garlic. Mix potatoes with an electric mixer until smooth.



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

October 2017

Oct 23—Dog Creek Health Station—10am-3pm
Oct 26—Soda Creek Health Station—8:45am—12pm
Oct 26—TCHSS—12:45pm—4:15pm

November

Nov 6 —Sugar Cane Health Station—8:45am—4:15pm
Nov 20—Dog Creek Health Station—10am—3pm
Nov 23—Soda Creek Health Station—8:45am—12pm
Nov 23—TCHSS—12:15pm—4:15pm



December

Dec 4 & Dec 21 —Sugar Cane Health Station—8:45am—4:15pm
Dec 11—Dog Creek Health Station—10am—3pm
Dec 18—TCHSS—8:45am—4:15pm

**Call your Community Health Station or Heather Camille
at the TCHSS office to book your appointment.**

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

Nurse Practitioner



October 2
October 16
October 30

10:00 am-3:00 pm

Soda Creek Health Station

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 Clinician



October 2
October 16
October 23
October 30

10:00-3:00 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



Thursday, October 19, 2017

9:30-3:00 pm

Health Station

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

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

Power of Positive Thinking & Traditional Parent



Presenter: Janet Fox

November 7-9, 2017

8:30-4:30 pm

Soda Creek Gym

Traditional Parenting

First Nations people have always had the knowledge when you raise a child holistically; this prepared them to make positive choices; healthy relationships, healthy children which leads to healthy communities. We need to prepare the next generation as our teachings are a source of strength and identity. It is now time to Reclaim that knowledge and provide and implement programs by using our Indigenous philosophies. We need to start promoting the pride and history of our people from the perspective of the Indigenous Worldview.

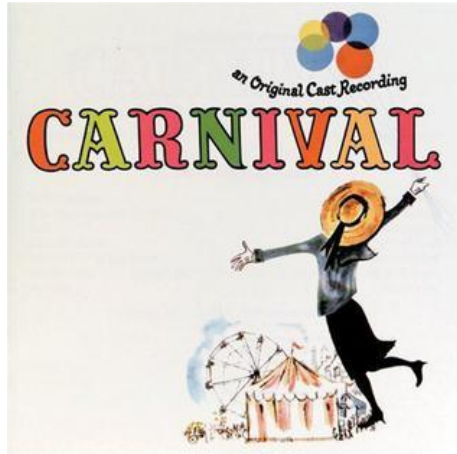
Lunch is provided. If you would like to register and/or need a ride, please call Maxine at Soda Creek Health Station 250-989-2355.

Knucwentwecw Society's Caregivers Event

Saturday, October 14, 2017
11:00-4:00 pm

* Lunch at 12:00 pm * Lots of activities for all ages * Theme, Carnival Style *Carnival booths*

Any questions contact Tanya at K-Society,
250-392-2995



BIGGEST LOSER HEALTH & FITNESS CHALLENGE

Three Corners Health Services Society is challenging the communities to take steps toward Healthy Living this fall!

Here's how it works:

1. Meet with Kayla in community on the dates below to check-in and complete a halfway weigh in
2. If you still want to join, there's still time! Come meet with Kayla to set your goals
3. Final weigh ins will be the week of October 23—26!
4. Prizes will be awarded to top 3 in each community based on how close they get to their original goal



* If you signed up in June, please bring your original forms and we will count them towards the current challenge

Halfway Weigh In Date in Community:

new day

Wednesday, October 4, 2017—Soda Creek Health Station

11:00 am—2:00pm



**For more information, please contact
Kayla at 250-398-9814**

Xat'sul First Nation Community Trails Day

Picnic Dinner on the trail

Ride or hike the new trail

Thursday, October 5, 2017

**5pm meet at the railroad tracks/ Cut-Off
Road at Soda Creek (look for the pink ribbons)**



Our trail crew would like to show the community what they have built so far. Meet at 5pm at the railroad crossing (turn left off the Cut-Off Road) for a picnic dinner. Hike part of the trail or bring your bike.

For any questions, call Miriam at
250-989-2323 ext 132

Soda Creek Members:

Re: Water Cooler Bottles

Please bring in your Water Cooler bottles to the Band Office. They need to be returned to Cool Clear Water.

Thank you for your cooperation!



Soda Creek Community Information Meeting*



You are invited to attend the Soda Creek Community Information Meeting with Chief and Council for updates on what is happening in community and the coming months.

Dinner not provided, we will have light refreshments and snacks.

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 Tuesday, October 10, 2017

THURSDAY, OCTOBER 12, 2017, 6-8
COMMUNITY HALL

Soda Creek Community Audit * Presentation



You are invited to attend the Soda Creek Community 2016/2017 Audit Presentation to go over this years Audit with Ron Rassmussen and department heads.

Dinner not provided, we will have light refreshments and snacks.

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 Friday, October 20, 2017



MONDAY, OCTOBER 23, 2017, 5-8

COMMUNITY HALL

Hiking Sessions

WLIB & SCIB community members are invited to join us for hiking sessions this fall.

Date/Location:

Thursday, October 12—Sugar Cane Creek Trail

Tuesday, October 17—Soda Creek Trail

Wednesday, November 1—Scout Island Trail

Thursday, November 2—River Valley Trail

Tuesday, November 7—Monkey Face Trail

All sessions will begin at 1:00pm. For the locations that we need to drive to, we will leave at 1:00 pm and start as soon as we arrive at the location. Snacks and water provided



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

Road Closure Notification



Please be aware that a road closure will be in effect for Mountain House Rd, Williams Lake, on October 12, 2017 from 10:00 am to 2:00 pm, due to repair work being done at Hawkes Creek bridge.

Emergency Vehicle can pass through with a 15 minutes notice to IRL.

Please contact Interior Roads (IRL) for any concerns related to this road closure

Phone: 1 250 392 6673 Toll Free:1 800 842 4122

www.InteriorRoads.com

NATURAL RESOURCES & LANDS COMMUNITY MEETING

Join us at the Natural Resources Community Meeting!

We will continue discussing lands and natural resource related concerns and overarching goals for land management.

October 11th Meeting

- Discussing community goals and priority setting for a Land Management Strategy
- Discussing Land Use Planning Committee
- Next steps in the BC Capacity Initiative project (ex: family fields, mapping activities, interviews)

Upcoming meetings will gain a deeper understanding and explore potential solutions to address overarching issues within the territory based on your feedback and involvement.

COMMUNITY GYM

OCTOBER 11TH 2017

Dinner & Honoraria!

Dinner will be served at 5 pm and Honoraria will be provided for members.

When & Where

Join us for an interactive meeting at the community gymnasium at the band office from 5-7pm on Wednesday October 11th

Questions or Concerns?

Please contact Sally Sellars, Lands Coordinator at Treaty/NR Office

Email:

landscoord@xatsull.com

Phone:

1-250-989-2323

TRADITIONAL USE STUDY LUNCHEON

Join us to share valuable traditional use information that will be used to inform the Enbridge pipeline expansion near the southern end of Xat'sull Traditional Territory

October 24th Meeting

The Natural Resources Department will lead the luncheon to identify gaps in the current TUS information we have previously collected in the proposed project area. We will have a traditional use map of the pipeline expansion area using existing TUS information.

We would appreciate if you could share your knowledge and expertise in this specific area to identify any additional TUS features that are missing.

This luncheon will help inform the work and environmental studies being conducted by Enbridge and provide us an opportunity to give input and identify specific areas with TUS features of significant importance to the community.

PLEASE NOTE: ALL TUS INFORMATION REMAINS CONFIDENTIAL WITHIN SODA CREEK INDIAN BAND. Any information sent to proponents such as Enbridge are in the form of buffered maps that do not contain sensitive details. Examples of this will be shown at the meeting.

COMMUNITY GYM

OCTOBER 24TH 2017
11AM-2PM

Lunch & Honoraria!

Lunch will be served and Honoraria will be provided for members.

When & Where

Join us for an interactive meeting at the community gymnasium at the band office from 11-2pm on Tuesday October 24th

Questions or Concerns?

Please contact Robyn Clark, Natural Resources Coordinator at Treaty/NR Office

Email: nrcoordinator@xatsull.com
Phone: 1-250-989-2323 ext.122

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Soda Creek First Nation** will be held at the **Soda Creek Community Gymnasium** on **Thursday** the **19** day of **October**, **2017**, beginning at **5** o'clock **p.m.** and lasting for at least three hours, for the purpose of nominating candidates for the position of **1 Chief** on the Band Council of the said Band, for a two and a half year term. There is **1 Chief** position available. The election will be held at the **Soda Creek Community Gymnasium** on **Thursday**, the **30** day of **November**, **2017**.

Please note that any voter may nominate candidates by using a mail-in nomination form. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at **Northern Shuswap Tribal Council**, this **19** day of **September**, **2017**.

David Feil

17 First Avenue South

Williams Lake, BC V2G 1H4

(Electoral Officer's Name and Address)


Signature of Electoral Officer

Phone No: (250) 392-7361

.....

If you agree to have your name and address released to any candidate at this election for the purpose of sending you campaign literature, please check the statement below, print and sign your name, detach this form at the dotted line and return the bottom portion to the Electoral Officer's address above.

☐ I authorize my name and address be released to any candidate at this election.

Address: _____
(Street number and name) (First Nation/Municipality/Province) (Postal code)

Print Name

Date of Birth

Signature

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3	<i>3</i> ADP Luncheon	<i>4</i> Biggest Loser Health & Fitness Challenge 11-2	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> Thanksgiving Day Statutory Holiday Office closed	<i>10</i>	<i>11</i> HCC Travel	<i>12</i>	<i>13</i> Events Committee Mt 2:00	<i>14</i> K Society Caregivers Event
<i>15</i>	<i>16</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3	<i>17</i> ADP Luncheon Hiking Trail Soda Creek Trail 1:00 Nation Health Caucus, Gym	<i>18</i> SCIB Travel Nation Health Caucus, Gym	<i>19</i> Dental Therapist 9:30-3:00 Nation Health Caucus, Gym	<i>20</i> Newsletter Deadline 4:00	<i>21</i>
<i>22</i>	<i>23</i> Mental Health Clinician 10-2	<i>24</i> Traditional Use Study Lunch 11:-00-2:00	<i>25</i> HCC Travel	<i>26</i> Elders Recognition Day, WLIB Gym	<i>27</i> Halloween Dance	<i>28</i>
<i>29</i>	<i>30</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3	<i>31</i> ADP Luncheon				



Employment Opportunity

Title: *Office Administrative Assistant (full time)*

Reports To: *NSTC Executive Director*

Job Summary

The Office Administrative Assistant contributes to the overall success of the organization by efficiently and effectively carrying out a variety of administrative and support functions. This position focuses on providing excellent administrative support in a variety of areas responsibility, while exhibiting solid customer service skills.

Duties and Responsibilities:

1. Ensures files and documents are organized digitized and stored according to the NSTC policies.
2. Provides assistance to various NSTC team members; prepare meeting logistics, travel arrangements.
3. Performs day-to-day administrative/clerical duties, including filing, photocopying, faxing, processing correspondence, drafting proposals, reports, flyers or newsletters, e-mails and other documentation.
4. Other duties as assigned or required.

Skills and Abilities:

1. Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet to the intermediate level (capable of using a large number of functions and feel confident using Office Suite software/programs, among others).
2. Strong organizational and communication skills, and ability to meet deadlines with an attention to detail.
3. Excellent typing proficiency.
4. Recognizes and respects cultural diversity and has an understanding of Indigenous culture.
5. Proven ability to multi-task and deal with ever changing priorities.

Qualifications

Education:

- Graduation from High School Grade 12 or GED equivalency.
- Business Administration Certificate Program or equivalent experience, skills and abilities would be considered an asset.

Experience:

1. One – two years of office experience would be considered an asset.
2. Displays strong organizational and communication skills.
3. Must be highly reliable with exceptional work ethics.

Working Conditions:

1. Office environment: the employee must be aware of the sensitivity, confidentiality and urgency of requests while balancing other work commitments.
2. Receives moderate supervision with less frequent direction and review of the work performed.

Conditions of Employment:

1. Must have and maintain a valid BC Driver's Licence, and appropriate vehicle insurance.
2. Must provide direct deposit banking information to employer upon hiring.

General Category:

1. Operates as part of a team and is flexible about the boundaries and functions of the job.
2. Maintains open and professional communications with co-workers, board members, customers, and all others who do business with the society or member bands.
3. Ensures that all internal and external deadlines are met.
5. Takes responsibility for identifying upgrading of personal skills necessary to perform job duties.
6. Maintains confidentiality of all information seen, heard or obtained by virtue of employment
7. Recognizes and respects all cultural diversity and has an understanding of Indigenous culture.

APPLICATION DEADLINE: Wednesday October 11th (no later than 4:00pm)

APPLICATION PROCEDURE

Please submit your Resumé and Cover Letter, along with Application Form, by email administration@nstq.org, or by fax 250-392-6158, or by post/mail or by hand delivery – directed to Bonnie Slack (Operations Coordinator) at: [Northern Shuswap Tribal Council, 17 South First Avenue, Williams Lake, BC, V2G 1H4](#)



**Soda Creek Indian Band After School Program Assistant
(Temporary – Tuesdays & Thursdays – Sept. 2017-Mar. 2018)**

Soda Creek Indian Band, Education Department is seeking applications for an After School Program Assistant. The successful applicant will be available three hours per day Tuesdays & Thursdays from 3:30pm – 6:30pm, Pro-D Days and Spring & Fall Breaks and possess the following:

Qualifications

- Grade Twelve Graduate or Equivalent
- Food Safe & Level 1 First Aid Certification
- Valid Class 5 Drivers License
- Criminal Record Check within last 6 months

Skills

Solid background in working with elementary and secondary children;
Excellent interpersonal skills;
Knowledge of computer software, including: Word, PowerPoint, Excel;
Skilled at performing multiple tasks simultaneously;
Awareness of Secwepemc culture, language and history;
Ability to serve as liaison with students, parents and community;
Experience Coordinating Student Activities and Workshops;
Ability to plan and prepare healthy snacks and meals; and,
Strong Communication Skills (Written and Verbal).

Qualified individuals are invited to apply right away.

Please forward up-to-date resume, cover letter, including three references, as well as, drivers' abstract and criminal record check to:

Cheryl Chapman, Education Coordinator

Email: education@xatsull.com

Phone (250)989-2323 ext. 104

Fax (250)989 - 2300

Posting until filled by a qualified individual.
This position may be extended to June 30, 2018, depending on funding.



Northern Shuswap Tribal Council - Employment Opportunity

Aboriginal Victim Services Coordinator (*Full Time*)

Job Summary:

The Aboriginal Victim Services Coordinator is responsible for the AVS Program in accordance with the vision, objectives, mandates of the funder, and in conjunction with the governing body. This AVS Coordinator organizes and delivers the program for Aboriginal victims (all ages and genders) of all forms of crime including, but not limited to, spousal assault, sexual assault, child sexual abuse and other serious crimes of this nature. This position efficiently and effectively facilitates supports to victims of crime - ensuring immediate needs are met by assisting victims and witnesses within court processes, referring them to appropriate agencies; participating in the restorative justice process.

Skills & Abilities:

1. Ability to work independently; self-directing and self-motivated.
2. Ability to build effective interpersonal relationships.
3. Knowledge of the Criminal Justice System, Community Resources, and Victim Services.
4. Ability to liaise with other criminal justice system personnel (police, court services, probation, etc.), victim services programs, and other social/health agencies.
5. Ability to assess and identify needs of others through strong listening skills.
6. Ability to respond compassionately to individuals in crisis and/or under stress.
7. Appreciation and knowledge of Secwepemc Culture will be considered an asset.

Experience:

1. Five years or more of work experience in the Social and/or Justice System field, preferably in the victim services, or social services sector within First Nation groups.
2. Strong human resources background.

Education:

- Degree – or, enrolled in Social Work, Social Sciences, Justice Studies, or related fields (and/or several years of related work experience would be considered an asset)
- Victim Services Certification (completed, or in-progress)
- Negotiation Levels I and II (and/or Conflict Resolution Certification)

Full Job Description, Application Process/Procedures and associated forms may be found on the www.northernshuswaptribalcouncil.com Website by clicking on the 'Employment' tab.

Application Deadline: Wednesday October 11th/2017 (received no later than: 4:00pm)

Only those selected for an interview will be contacted. Preference given to persons of Aboriginal ancestry as per *Section 16(1) of the Canadian Human Rights Act*



Employment Opportunity – Occupational First Aid Attendant Level III

Xatsull Development Corporation is currently seeking applicants for Occupational First Aid Attendant (OFA) Level III with a minimum of 2 years experience.

Roles and Responsibilities

The main role of the OFA at the worksite is to provide emergency response to crews in the event of an injury, illness or medical emergency situation.

The OFA Level III tasks include, but are not limited to:

- Maintain standards of practice consistent with the provincial governing regulatory body
- Operate clinically within boundaries of the requirements in the certification licenses of the incumbent
- Be prepared and available to respond to all first aid emergencies on-site
- Ensure that patients are managed in a safe and respectful manner
- Ensure equipment and transportation vehicles are ready 24/7 to undertake all medical retrieval services during each shift
- Operate company vehicle and using company equipment in a safe and appropriate manner
- Take inventory and ensure the required first supplies are on hand and within date prior to and during events
- Have a good working knowledge of First Aid Records storage and retrieval. Maintain all required first aid records
- Complete First Aid reports as required
- Collecting and maintaining confidential worker medical information
- Familiarizing oneself with WCB documentation, OH&S regulations and Client site specific Emergency Response Plans
- Maintaining proper head count of all personnel on location
- Participate in morning toolbox meetings and/or hazardous work pre-job safety meetings
- Perform other job-related duties as required

Job requirements

Qualifications:

- British Columbia OFA level III certification or equivalent
- Minimum 2 years experience as OFA level III
- Possess effective written and verbal communication skills
- Reads and writes in English
- Posses current BC drivers licence with driving record (abstract)
- Proven organizational and decision-making skills
- Ability to excel in a team environment
- Possess a safety conscious mindset
- Ability to remain calm in emergencies
- WHMIS 2015 certification
- Enform H2S Alive certification (is an asset)
- Applicant needs to be dependable and punctual

Competencies:

- Ability to remain calm in stressful situations
- Attention to detail
- Ability to work independently and/or with minimal supervision
- Ability to be a supportive team member
- Ability of relating to a wide range of individuals
- Ability and willingness to work long hours, work weekends and holidays and both day and nights shifts as required
- Physically able to deal with assigned tasks and manual lifting of up to 22 kgs.

Position is seasonal – part time and wage is based on experience. Qualified candidate(s) are encouraged to respond to this ad with an up-to-date resume and 3 working/professional references by forwarding their resume to: sonja@xatsuldevelopment.com

Applicant(s) are thanked for their interest, however, only those applicants(s) selected for an interview will be contacted.

Competition is open until a suitable candidate is found

Employment Opportunity

Title *Youth/Social Development Worker*

Reports To *Health Coordinator*

Job Summary

The Youth/Social Development Worker administers the social assistance program to on-reserve community members in accordance with the Federal Social Development Policy Manual. The Youth /Social Development Worker performs client intakes; answers client questions and concerns, and performs cheque requisition and distribution, providing excellent customer service while following the regulations. The Youth /Social Development Worker provides client and family supports, workshops and healthy lifestyle programming to youth in community.

Duties and Responsibilities:

1. Conducts interviews to assess eligibility for social assistance
2. Completes all necessary forms to determine eligibility for social assistance, inform clients of appeal process if necessary
3. Collects specific documents from clients to support their claims
4. Issues social assistance as set out in the policy rate tables by processing cheque requisitions and submitting them to the finance department
5. Performs yearly review with individual clients to ensure proper documentation is on file
6. Assists managers in the completion of documentation required for the Work Opportunity program, or any related First Nations Social Assistance Employment Training initiative
7. Works with housing manager and clients regarding housing rental program
8. Organizes activities which encourage youth and parents to take the initiative to learn and live a healthy lifestyle
9. Conducts needs assessment with youth to identify gaps and provide targeted services
10. Liaises with health and social development teams to develop and coordinate priorities and activities relating to programs for youth
11. Provides referrals for counselling services and intervenes with youth in crisis to lend support and make appropriate referrals
12. Maintains accurate and confidential client files; ensures all required forms are set up in files (electronic and hard copy)
13. Prepares reports and submits monthly tracking sheet and submits regular activity reports to appropriate agencies, most importantly completing financial reporting for respective government funding bodies

Qualifications

Education:

- Diploma in social work, counselling or a related field

Competencies:

The *Youth/Social Development Worker* should demonstrate competence in some or all of the following:

- Planning and Organizing - Plans and organizes time effectively to meet goals and timetables
- Data Analysis - Gathers, analyzes and acts on information gathered as well as team and individual performance data.
- Financial Impact - Manages self and resources against plans and budget
- Conflict Resolution - Effectively manages conflicts to resolution

Skills and Abilities

- Strong administrative, communication, verbal and written skills
- Knowledge of the Mental Health Act and Child and Family Act an asset
- Ability to administer youth programs
- Intermediate computer skills with Microsoft Office (capable of using a large number of functions and feel confident using the program)

Experience:

- One to two years experience working within Human Services Field
- Minimum one year office and administration experience
- Experience working with the areas of mental health, addictions and behavioural challenges an asset

Working Conditions

- Have potential to be subjected to difficult or aggressive behaviours in the workplace
- Can be Physically demanding

Conditions of Employment

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements

Salary

- Include your wage expectations

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 expectations and availability.
 2. Complete Job Application Form.
 3. Resume with Three work related job references.

Email your application to

Danielle Taylor, Executive Assistant

Email: execasst@xatsull.com

Mail your application to:

Fax to: 250-989-2300

Attention: Danielle Taylor
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5

Application Deadline: October 2, 2017 by 12PM

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

NOTE: Applications received after 12:00PM on October 2, 2017 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.

Community Events

Event	Date & Time	Where	Description
Mental Health Clinician	October 2, 16, 23 & 30 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	October 2, 16 & 30 10:00-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	October 3, 17 & 31	Health Station	
Biggest Loser Health & Fitness Challenge	October 5 11:00-2:00 pm	Health Station	Any questions, call Kayla at 250-398-9814
Community Trails Day	October 5 5:00 pm	Soda Creek Rail road tracks, Cut-off Road	Any questions, call Miriam at 250-989-2323
NR & Lands	October 11	Soda Creek Gym	Contact Sally at 250-989-2323 if you have any questions
HCC Travel	October 11 & 25		Please contact Edith at 250-989-2355
Community Information Meeting	October 12 6:00-8:00 pm	Soda Creek Gym	Dinner not provided, light refreshments and snacks. Ride required call Jessie at 250-989-2323 by October 10 at 4:30 pm
SCIB Travel	October 18		Call Rae-Lyn at 250-989-2355 if you have an appointment
Dental Therapist	October 19 9:30-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nomination Meeting	October 19 5:00-8:00 pm	Soda Creek Gym	
Community Barbecue	October 21 12:00 pm	Soda Creek Gym	Call Robyn at 250-989-2323 for any questions
Physiotherapy	October 23 8:45-12:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Community Audit Presentation	October 23 5:00-8:00 pm	Soda Creek Gym	Dinner not provided, light refreshments and snacks. Ride required call Jessie at 250-989-2323 by October 10 at 4:30 pm
TUS Lunch Meeting Info	October 24 12:00 pm	Health Station	
Elders Recognition Day	October 26	WLIB Gym	Please contact Edith at 250-989-2355
Halloween Dance	October 27	Soda Creek Gym	October 13, 2 pm meeting to plan for dance. Open to community members to volunteer. Come join us at