



Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



Soda Creek Band Offices will be closed from December 23—January 2, 2017. To re-open on January 3, 2017.

We hope everyone has a safe and happy holiday!



INSIDE THIS ISSUE

Staff Reports	2-7
Activity Page	7
Recipes	8-9
Community Article	10-12
Letters	12-15
Events	16-17
Employment/Training	18-19
Community Events	20

Soda Creek Band Office:

250-989-2323

Soda Creek Health Station:

250-989-2355

Natural Resources:

250-989-2323

Xatśūll General Partnership Office:

250-989-2311

Xats'ül 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:

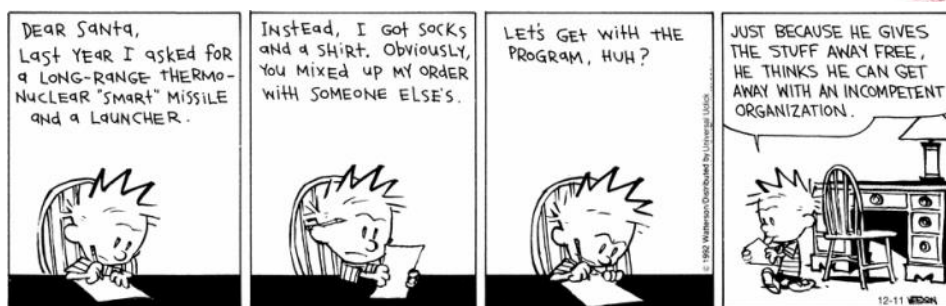
3405 Mountain House Road, WL BC

V2G-5L5 or emailed to

healthreceptionist@xatsull.com.

Any questions about the newsletter
you can call:

Health Receptionist at 250-989-2355.



Health Coordinator/Children's & Families Band Representative

Georgina Mortensen



From November 2-4th, I represented the community of Soda Creek at the Youth 4 Leaders' Summit held here in Williams Lake. The Summit was a vision of Chief Joe Alphonse and fully supported by our Chief Donna Dixon. This event showcased many of the youth we have in this area that have and still are accomplishing great things despite the challenges in their lives. I chose Michaela Stinson as our Youth as she is a strong leader, she practices and cherishes her culture in everyday life and she volunteers in many groups and functions as a youth representative for our community.

On November 10th - Colby and I offered a Basket Ball Day Camp for children and youth in the new gym. We had approximately 17 members of mixed ages; including some parents and grandparents making it to participate or watch. The camp ran from 10am to 2pm with lunch and a hike on the trails fit in as well. Thankyou Miriam on your work to secure the grant for some of the equipment used.

On November 21st, I met with other service professionals from the other sister communities at Three Corner's to meet Dr. Matt Berkey, Child Psychiatrist from Child Development Center. He is available to provide assessments, referrals or treatment plans for children suffering from a variety of

emotional and psychological barriers. We will be meeting again in the New Year to discuss his presences and availability to be in each community.

On November 23rd, I have been requested to attend a Meeting on Behalf of the Band to discuss issues with Child and Family Welfare on Reserve.

From November 29-December 2nd, I will be attending Gathering Wisdom 2016 in Vancouver.

Starting in December I will be blocking one to two days a week for administration duties/responsibilities. This will be Mondays and Fridays, as they seem to be quieter days for client appointments. I will check messages through out these days and call back as soon as possible.

Head Start/Day Care Coordinator- Lynda Porter- Has had four families utilizing our day (two full time and two part-time). The Head Start program has one family attending.

The staff hours have been adjusted to accommodate the drop offs at 8:15am and pickup scheduled for 4:45pm. This will be starting in December

Community Health & Wellness Counselor- Rae- Lyn Betts - Has been hired for the Community Health

and Wellness position and has slowly been working at getting settled in at Health. Rae-Lyn has been engaging community members through any event or in passing to encourage feedback and programming ideas from members. She has done medical travel for the last few months and is currently working with five clients to support in treatment process and on 2 clients utilizing the pre/post natal program.

November 17th the Health Educator from Three Corner's and Rae-Lyn offered a Community Kitchen five adults and 8 children attended. The next one is planned for December 8th from 4:30-6:30 pm. If you are interested, please contact Rae-Lyn at 250-989-2355 Ext 131.

Health Receptionist- Maxine Sellars – Has been working hard to improve communication through the newsletter to community on top of her normal position responsibilities.

Maxine is collecting the RSVP's via phone or in person for the Community Christmas celebration. If you and your family are planning to attend on December 7th, we encourage you to let us know as soon as possible. This gets your name entered in the draws as well as your children registered for gifts from Santa. Contact 250-989-2355.



Community Health & Wellness Counsellor

Rae-Lyn Betts



Just wanted to explain a bit about the treatment process, for anyone who has thought about going to treatment or wants information for a family member. First Nation Health Authority (FNHA) approved treatment centers can have a waiting list from 2 to 6 months. There are a few different types of treatment centers that specialize in different areas, some programs can be 30 to 90 days. I recom-

mend if you have thought about attending treatment to come see me as soon as possible so we can start the process and I can give you better information and answer any questions you may have.

I am excited for the New Year I have some great ideas for some groups, classes, and workshops that I believe the community will enjoy. I am still wanting more ideas from the commu-

nity as to see what you as members would like to see or would like to learn more about.

The Christmas holidays are approaching, hope everyone can spend time with there family and friends over the holidays. This time of the year is great to make new memories share old ones and enjoy the holidays. I wish everyone very safe and happy Christmas and wish you all the best in the New Year.

Head Start/Day Care Coordinator

Lynda Porter



Head Start/ After School Families:

For the month of December our evening class will be on Thursday December 15th from 5:00-7:00 pm, we will be making gingerbread cookies for the kids to bring home. Dinner will also be provided.

This was such a huge success last year that I'm asking you to please RSVP so I can make sure we have enough cookie dough for everyone.

Please call Maxine at 250-989-2355 to RSVP. Thank you.



Natural Resource Update



Georgia Bock
NR Manager



Kate Hewitt
Referrals
Coordinator



Betty Price
NR/Treaty
Assistant

Happy December!

Here are a couple updates from the Natural Resource Department:

Mount Polley Long-Term Water Management Application

Presentation from Mount Polley at Sugar Cane on November 14, 2016. Mount Polley is applying to discharge into Quesnel Lake directly via pipeline for the rest of the mine life (which is currently 4 years). Community input period has been extended to December 23rd, 2016. Currently our consultants are reviewing this application and bringing their questions to Mount Polley. We still have some questions that need to be answered on this plan. Please come into the office at anytime for an update. We recorded the questions and answers from this meeting, so feel free to come in and look at them. A brief update will occur at our quarterly community meeting on November 24, 2016.

Reclamation and Closure Plan-

Mount Polley's Reclamation and Closure Plan is due in January, 2017. We will be reviewing with our consultants when this is distributed for review.

Spectra

Currently we are still in conversation with Spectra concerning this summer's proposed project. It looks like they will be working on reserve behind Pioneer for 4-5 months. We are still gathering

information and attending meetings. There will be a presentation from Spectra in the New Year, and we will send out a flyer when a date is confirmed. If everything goes as planned there will be many work opportunities for those couple months. We will be sending more information out shortly on this.

stored. This project will be completed in March 2017.

Referrals

The Referrals office has been very busy with proposals for completing Forestry activities before the snow flies. Kate has been participating in many site visits to see first-hand what the proponent's plans are and has



Above: Lac La Hache Project this summer – very similar size to the proposed project on Deep Creek Reserve Next Year.

TUS information

Ada is still working on digitizing the traditional use information. We now have a database to input all of the information in – so that it can be safely

been asking the tough questions, such as concerns about land fragmentation and wildlife habitat.

Did you know?

Female bears must eat upwards of 21,000 calories a day (three times her body weight) before hibernation in order for the embryo to implant itself in the uterine wall and have enough nutrients to grow when she is hibernating?

Education Coordinator

Cheryl Chapman



We have started the Secwepemc Language classes with Alicia Gilbert and Cecilia DeRose, utilizing the resources from the Spi7uy Squqluts Language & Culture Society here at the Education Department from 4:35 pm – 6:30 pm Mondays & Wednesdays, start date was November 21st, we have room for 15 people. Please let me know if you will be joining us, as I will be arranging snacks.

After School Program, 4:00-5:30 pm Tuesdays, we are having Language and Culture, we are learning from Brandi Phillips and our mentor Minnie Phillips. For Thursdays we are trying to do outdoor activities. However if the weather conditions are bad, we will be in the new gymnasium. Please be aware that the schedule may change due to unforeseen circumstances.

Community Meeting is November 24th from 1:00-7:00 pm, there will be no after school programming. We will have healthy snacks and an activity again, parents are encouraged to join us. Please ensure that your student is registered for the After School Program. Also if you have any ideas for the program, let me know.

We are also thinking of scheduling a

fun day for the Christmas Break for either December 28th, 29th or 30th. Please make sure to let me know if you and your family would be interested, and which date is best.

E.g. Sliding from 10am-3pm – behind the Health Centre - Hot Chocolate & Hotdog Roast

We are still looking for an After School Program Assistant, I know it is only part-part-time, 3 hours a day, Tuesdays & Thursdays. It is an opportunity to get to know the young people in our community, learn some of our language and sharpen your skills... oh and have some fun!!! If you have a valid Class 5 drivers' license, a criminal record check and a sense of adventure, see the advertisement in this newsletter.

The Education Assistance Funding Application and information is available on our website. Please remember the education committee now meets monthly. If you are interested in Education or Training the **deadlines** for the Education Assistance Funding are, December 16th, 2016 & January 13th, February 17th and March 17th, 2017.

The NSTC Skills development committee in cooperation with Thompson Rivers' University is delivering the

Early Childhood Education Diploma program, starting in January 2017 and the Applied Business Technology (Office Administration) program in April 2017. The Financial Course Planning for a First Nations Finance Program will begin soon. We anticipate that our Finance Managers will be involved in the development of this curriculum.

I am working on the budgets for the Education Department for next year 2017-2018. If you have any ideas about the programs and services that are of interest to you or your family, please let me know. And we can work together to develop a plan, a proposal for funding and a calendar of events.

We are looking for a fifth Education Committee Member. Prefer a youth, however if you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member.

Note: should the 5th member not be a youth 18-29, then the youth seat will remain available. Drop by and see me, or give me a call if you have any ideas, questions, concerns... Have an awesome December and January!



Economic Development Coordinator

Miriam Schilling



Our trails project is coming to an end – we have been very lucky with the weather and our crew has been working very hard to complete the trails up to Blue Lake.

When the newsletter will come out, we will have two new trails completed. A cross country trail which starts at the restaurant and slowly winds up the hill all the way up the Blue Lake Road. It is great for walking as well as for biking up hill. And the downhill trail has the largest wooden features in the interior and will be lots of fun for the more advanced mountain bikers.

Shaw TV was out to do a feature of our project, you can look at the video here:

<https://www.youtube.com/watch?v=UkvIP0n4HZU>

The project has also been featured in the Green Gazette as well as the Lexymen Newspaper.

We already are planning for a 2017 Trail Building project and grant applications have gone out. Please contact me if there are any ideas, suggestions, concerns for future trails.

Even though our Heritage Village and Campground are closed for the season, we have inquiries and booking coming in year round and a lot of the marketing and networking happens this time of year.

I am also involved in the Regional Economic Development Practitioners meetings that are facilitated by the CRD and provide great networking between communities.

Contact Info:
250-989-2311
m.schilling@xatsull.com

Merry Christmas



Social Development Coordinator

Terra Alio



To the Soda Creek community members and Elders,

My name is Terra Alio, I am the new Social Development Coordinator for the Band. I am looking forward to meeting all the members of the community and have enjoyed getting to know the ones I've already had the

pleasure of meeting.

Just a friendly reminder to all Social Assistant clients to remember to submit all renewal forms before the 15th of each month. Also any and all changes in income, employment and housing must be reported on these forms.

Please don't hesitate to call or stop in to see me at the band office. With the holidays just around the corner, I want to wish each and every member of the community and staff for the Soda Creek Band a safe and joyful holiday season and a Happy New Year in 2017.

Housing Coordinator

Heather Johnson



Happy Christmas & Merry New Year!!

I have been incredibly blessed this year to spend so much time in the community. I don't want to sound greedy but I would like to spend even more this year! I hope the holidays find you joy and happiness, as well as lots of family time. I know that is what I look forward to the most (besides all the yummy eats).

I have been in the process of getting our Emergency Repair Program (ERP through CMHC) funding sorted. This year we had five homes apply before the deadline and four were selected to go to the next step, and now is the waiting game. I also secured funds for capacity development and mentoring, so I hope to utilize that really soon. I will keep you updated on the application processes/deadlines in the New

Year for renovation programs. A new requirement will be a home visit, if the home has not been inspected recently. I will also be arranging home inspections soon so keep an eye out for notices. Don't forget to renew applications for housing if you still require a spot on the list!

The Housing department has been a busy place but I hope to see you all around. Take Care!!

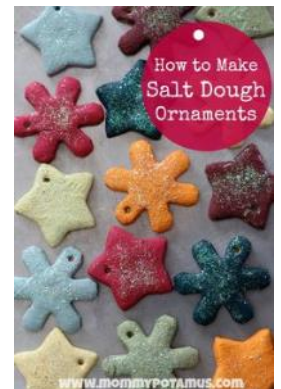
How to make Salt Dough Ornaments

Ingredients/Equipment Needed:

- 1 cup flour (self-rising should not be used as it will cause the ornaments to bubble up while baking)
- 1/2 cup salt
- Cookie sheet
- Drinking straw
- Holiday shaped cookie cutters
- Acrylic paints
- Paint brush
- Glitter
- Ribbon

1. Preheat oven to 250 F. Measure flour and salt, then add them to a medium mixing bowl and stir.
2. Add water.
3. Mix thoroughly. Sprinkle parchment paper with flour and knead dough until it's soft and pliable. Add more flour if it's sticky.
4. Using a lightly floured rolling pin, roll out the dough to 1/4 inch thickness.
5. Cut out ornaments using cookie cutters.
6. Peel away dough and lift cut-out.
7. Place cut-out on an ungreased cookie sheet.
8. Using your straw, create a hole for the ribbon that will hang the ornament. Place ornaments in the oven and bake for 2 to 3 hours, or until completely dry. Flip once while baking, then remove and allow to cool completely.
9. When the ornaments have cooled, decorate them with paints and /or glitter if desired.

Optional step: If you want your ornaments to last for years and years, seal them with 3 to 4 thin coats of non-toxic acrylic varnish after the decorative paint has fully dried. Make sure to coat the entire surface to prevent moisture from getting in.



No-Bake Cheesecake

Be sure to let the cream cheese warm at room temperature until very soft before making the cheesecake, at least 2 hours. If you forget, you can speed up the process by placing the wrapped packages of cream cheese in a bowl of warm water.

I use an actual vanilla bean in this cheesecake because I think it adds a rounder and more complex flavor than extract, plus I like the way the specks look in the finished cheesecake.

If you don't have a vanilla bean, feel free to add an additional 2 teaspoons of vanilla extract to the cheesecake (a total of 4 teaspoons).



Prep time: 30 min **Yield:** 8 to 12 servings

Ingredients

For the crust:

- 8 ounces (225 g) store-bought graham crackers (about 14 rectangular crackers)
- 6 tablespoons (85 g or 3/4 stick) unsalted butter, melted

For the cheesecake filling:

- 1 tablespoon (1 1/2 packages) powdered gelatin
- 1/4 cup cold water
- 16 ounces (455 g or 2 bricks) cream cheese, at room temperature
- 1 1/2 cup (175 g) powdered sugar
- 2 teaspoons vanilla extract
- 1 vanilla bean
- 2 cups cold heavy cream

For the strawberry sauce (optional):

- 1 pound (455 g) fresh or frozen hulled and sliced strawberries
- 2/3 cups (135 g) granulated white sugar
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 teaspoon balsamic vinegar (optional)

Special equipment:

- 9-inch springform pan

Method

1 Make the crust: Lightly coat a 9-inch round springform pan with cooking spray. Break the graham crackers into a few large pieces and place them in a food processor. Process into crumbs. Drizzle in the melted butter and process until the crumbs start to clump together. Dump the buttery crumbs into the prepared pan and press into a thick crust over the bottom of the pan using the bottom of a glass.

2 Dissolve the gelatin: Sprinkle the gelatin over the cold water in a microwave-safe bowl or glass measuring cup. Stir to moisten - it should look like applesauce. Set aside for 5 minutes to soften. Once softened, microwave the gelatin for 20 to 30 seconds, until the gelatin is dissolved and liquid. Set aside to cool.

3 Prepare the cheesecake base: Place the cream cheese in the bowl of a stand mixer and sift the powdered sugar over top. Mix on low speed with the paddle attachment until the sugar is begins to mix into the cream cheese, and then raise the mixer speed to medium and mix until the sugar is fully incorporated and the cream cheese looks fluffy and creamy, like frosting. Scrape down the sides of the bowl and add the vanilla extract. Split the vanilla bean lengthwise and scrape out the seeds with the edge of a butter knife. Add the seeds to the cheesecake batter, and reserve the vanilla pod for another use. Mix for an additional 15 seconds or until the vanilla extract and seeds have been blended in. Scrape down the sides of the bowl and the beater.

4 Switch to a whisk attachment and add the cream. Mix on low speed until the cream is incorporated, then raise the speed to medium. Stop the mixer and scrape down the sides and bottom of the bowl. Continue to mix, slowly increasing the speed to high, until soft peaks form (peaks that slowly bend over at the tips).

5 Reduce the speed to medium and slowly drizzle the warm gelatin into the bowl. If your gelatin has cooled too much and started to gel, warm it in the microwave for another 5 to 10 seconds until liquidy again before adding mixing it into the filling. Once all the gelatin has been added, return the mixer speed to high and beat until the mixture forms firm peaks (peaks that stay firmly upright at the tips).

6 Spoon the filling into the pan on top of the graham cracker crust. Smooth the top of the cheesecake. Cover with plastic wrap and refrigerate for at least 1 hour or overnight to firm up.

7 Prepare the strawberry sauce (optional): Place the strawberries and sugar in a large pot. In a small bowl, stir the cornstarch and cold water together until they make a smooth, milky liquid, and then pour over the strawberries. Cook on medium high heat, stirring constantly for about 5 to 7 minutes or until the strawberries have softened and the sauce has thickened. Remove from heat and stir in the balsamic vinegar if using. Let cool to room temperature, then spoon over the chilled cheesecake and return to the refrigerator to chill for an additional hour or overnight. (Alternatively, serve the sauce at the table and spoon over individual slices.)

8 When ready to serve: Run an offset spatula or a thin butterknife around the edge of the cake, then remove the outer ring. Leave it on the pan base, and transfer to a serving platter or cake stand. Top with any toppings you like. Slice and serve.
6 Spoon the filling into the pan on top of the graham cracker crust. Smooth the top of the cheesecake. Cover with plastic wrap and refrigerate for at least 1 hour or overnight to firm up.

Slow Cooker Mashed Potatoes

Slow Cooker Mashed Potatoes. So easy and stress-free! A game changer on the holidays. 4 hours cooking time.



Prep time: 15 min **Yield:** 8 to 10 servings

Method

1 Season the potatoes: Stir the potatoes, broth, garlic and salt together in a large bowl, then transfer to your slow cooker. I like to do this step in a separate bowl so I'm sure the seasonings are evenly distributed, but you can also do it right in the slow cooker if you like. Sprinkle with a tiny pinch of ground cardamom to serve.

2 Cover and cook the potatoes on high for 4 hours. Stir once after 2 hours and again when there are about 30 minutes left for cooking. This helps prevent brown spots where the potatoes touch the side of the slow cooker, but it's fine if you forget.

3 Mash the potatoes: When the potatoes are ready, they will fall apart easily when pierced with a fork. For chunky potatoes, use a potato masher and mash the potatoes right in the slow cooker. For smoother potatoes, remove half and mash the potatoes in two batches (using a potato ricer, if you have one).

4 Mix the butter and milk into the potatoes: Stir well to mix in the butter and milk. Don't worry if the mashed potatoes look runny at first. The potatoes will absorb the liquid as you stir. Taste and add more salt and ground pepper if needed. Mix in chopped chives or other fresh herbs, if you like. These mashed potatoes can be kept covered and on the "warm" setting of the slow cooker for 1 to 2 hours. Stir before serving.

Ingredients

- 5 pounds russet potatoes, peeled and chopped to 1-inch chunks
- 2 cups chicken or vegetable broth
- 4 cloves of garlic, minced or pressed
- 1 teaspoon salt
- 4 to 5 tablespoons unsalted butter, melted
- 1 1/2 cups whole milk
- Chopped chives, to garnish (optional)

Special equipment:

- 4-quart or larger slow cooker
- Potato masher or ricer

Pork Chops with Dijon Sauce

If using bone-in chops, score the fat that surrounds the chops (make vertical cuts through the fat, without cutting into the meat), so that the chops don't warp in shape as they cook.

Prep time: 5 minutes **Cook time:** 30 minutes

Yield: Serves 4

Ingredients

- 1 Tbsp butter
- 1 Tbsp olive oil
- 4 center-cut rib or loin pork chops, boneless or bone-in (whatever you prefer), about 1 1/4 inch thick
- Salt
- Freshly ground black pepper
- 1/4 cup chopped shallots or minced onions
- 1 cup dry white wine
- 3/4 cup chicken stock*
- 1/2 cup heavy cream
- 2 Tbsp Dijon mustard
- 1 Tbsp chopped parsley (optional)

Method

1 Sear the pork chops: Pat the pork chops dry with paper towels. Sprinkle salt and pepper all over them. Heat the olive oil in a large skillet over medium high heat. Stir in the butter. As soon as the butter has melted, add the pork chops to the pan and sear them, about 2-3 minutes on each side. Reduce the heat slightly if the chops brown too quickly.

2 Sauté onions or shallots, deglaze the pan with wine: Remove the pork chops from the pan and pour off most of the fat. Add the shallots and cook them on med high heat until softened, about 1 minute.

Add 1/2 cup of the wine and bring to a boil, deglazing the pan by scraping the brown bits from the bottom of the pan.

3 Add stock, return chops to pan, cover and cook: Stir in the stock and return chops to the pan. Bring sauce to a simmer, reduce heat, cover and cook until chops are cooked through (145°F internal temp), about 10 to 15 minutes.

4 Remove chops, add remaining wine, reduce: Remove the pork chops to a warm platter; cover with foil to keep warm. Add the remaining half cup of wine. Increase the heat to high to boil the pan juices. Reduce the juices by half, about 3 minutes.

5 Add cream, reduce, whisk in mustard and parsley: Add the heavy cream and boil 3 minutes more, until sauce reduces and thickens, and scraping the pan with a wooden spoon leaves a trail.

Remove from the heat and whisk in the mustard and parsley. If you want, add more mustard to taste. Place chops on a bed of sauce and serve.



My name is Olivia Baptiste; I ran at the 2016 Cross Country Championships on November 5th in Kelowna BC. I have been running cross country since grade 9, and I have always received support from the Soda Creek Band.

I was the senior girls champion in the North Central Zone, and place 44th out of 223 girls at the Cross-Country Championships. I suffered from an injury for a week and a half, but was still able to recover for zones and provincials.

This year was very special to me because I was able to give advice to my teammates that I have learned over the years. I will now be training for the upcoming track and field season. I thank my coaches, teammates, family and, most of all, the Soda Creek Indian Band for always supporting my passion for running.



Cross Country Runner



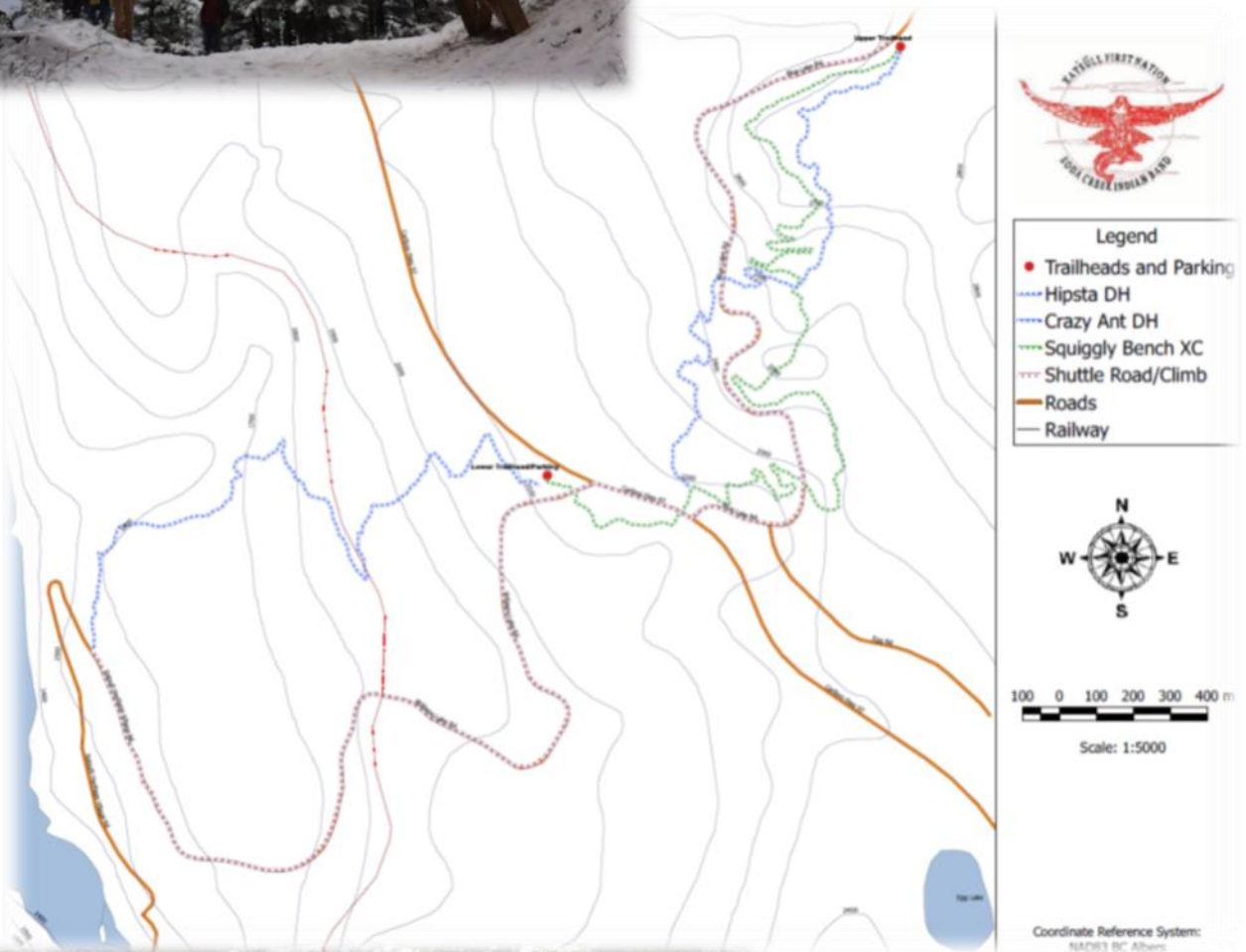
Our newest Council Member, Kelly Sellars being sworn into office by Chief Mike Archie of the Canim Lake Band, November 4th.

Below: Xatśúll Trail Builder, Nathan Scotchman being interviewed by Shaw TV.





Trail Crew at the ribbon cutting of the newest trail



Names announced for the new trails at Soda Creek. Chief Donna Dixon and our Trail Crew at the ribbon cutting for our new trails: Squiggly Bench and Hipsta DH. Pro Mountain Biker James Doerfling came out and was the first to ride one of the stunts at part of our grand opening. Timing of our project worked out so well, we were so lucky with the weather and had a chance to complete the trails before the snow came. Big thank you to our crew!

Earth Friendly Holiday Event Central Cariboo Arts Centre



Roxanne Pop and Tesslar Sellars attended the booth for Xat'sül Heritage Village and taught how to make dreamcatchers, on November 25 & 26th.

Looking for Volunteers for the McLeese Lake Volunteer Fire Department

Hi Neighbors,

It's Ian from McLeese Lake Volunteer Fire Department. I wanted to send a message to all the members on the Soda Creek side of the territory.

We are here for you. We have managed to get up and running with exterior fire operations and your area is within our boundary. We have a First Responder program as well and a fully stocked Emergency Response Van (ERV). So, when you call 911, we are dispatched at the same time as an ambulance from town. And god willing, we'd arrive sooner to get started on possible life saving care. Minutes sometimes count! We're a small privately funded group and though we're proud of how far we've come, there's a long way to go. Currently we have the winter fire truck (F350) and ERV inside a donated garage here in McLeese Lake and the use of the McLeese Lake Hall for training. We are always looking for volunteers, even if you can't be a fire fighter or first responder. Kelly Quon is our band liaison and we're all working together to grow and learn. The Soda Creek residential area has a fantastic water system. Its a real bonus for your members and an excellent asset to use for training, and in the event of a fire.

So, going forward we are eventually going to have an actual fire hall. We are working on it. And the band has always been very supportive and encouraging. Talk to Kelly if you would be interested in helping out, learning, and being involved and aware. It would be great to have a group from the band trained on how to use the assets you have as you live right there and would be first to get at it so to speak. Thanks for reading.

Best regards,

Ian Hicks
President, McLeese Lake Volunteer Fire Department

Marnie Haines
Circle of Life Program Coordinator
Three Corners Health Society Services



Hello, everyone! Weyt-kp! I just want to take the time to let you all know I've moved back home, as of June. I've seen some of you and will eventually run into more of you through work and by coming out to the events at the new hall, which is so awesome, by the way!

For those of you who don't know me, (the younger generation or staff members) I'm from Soda Creek/Deep Creek and I'm the daughter of Doreen and Bob Haines, as well as great granddaughter of Augusta Evans. I left home in 1988, when dad and I headed north to the Yukon for him to haul ore from the mines to be shipped to Alaska. Mom and the rest of the family slowly followed us there. When mining slowed down again they all trickled back here but Kelly and I stayed in the Yukon.

I lived in the Yukon for 23 years, where I got my teaching degree through the University of Regina and the Yukon Native Teaching Program. I taught in and around Whitehorse for 13 years, including the roughest community known as Ross River. I worked for the Yukon Government and at Department of Education for the Yukon as well for six more years. I grew tired of the long, cold winters so I moved to Nanaimo, BC where there's only 1 or 2 snowfalls a year! During that time, I took a break from teaching and went to school again to become a Certified Dental Assistant, working in several Dental Practices in and around Nanaimo. After being there for 3 years and starting a new relationship, it was time for a move to northern Alberta (the cold, once again!) I was teaching in another small but challenging First Nation School as well as a Catholic school. I was also on-call teaching in High Prairie, Slave Lake and a tiny community where I lived – Jousard, Alberta.

But home was calling to me for the past few years. I knew I needed to come back to be with mom, Joey, Deana and all my relatives. My fiancé, Dwaine, who I grew up with at Deep Creek, wanted to be closer to his parents and his daughters here in WL. (As children, Dwaine lived across the road from us and we would walk to the bus stop and back! Some of you might remember him).

Now we are settled in again and I want you to know that I'm currently working at the Three Corners Health Society Services office as the Circle of Life Program Coordinator. For your information, my role involves:

- Developing and coordinating programs including Cribs for Kids, post-natal sessions and baby's first year
- Collaborating with teachers, the Head Start program, daycare and health staff to identify community needs
- Providing support and assistance for member families
- Program planning, development, and facilitation
- Advocating for and assisting clients in life skills development
- Individual and group facilitation

I look forward to using my 15 years of teaching and recent health background in my new role. More importantly, I look forward to reconnecting in places I visited with mom and dad as a child, being around our First Nations people again. My hope is to use my skills and knowledge the best I can to contribute to positive ways of helping here at Three Corners Health Services Society and helping our Shuswap people.

Kuksteme



RECEIVED

NOV 22 2016

NORTHERN SHUSWAP TRIBAL COUNCIL

November 2016

Dear Chair, Donna Dixon,

The Honourable Diane Lebouthillier, Minister of National Revenue, has been given a mandate to contact Canadians who are not receiving the tax benefits to which they are entitled.

To help fulfill the mandate, the Canada Revenue Agency (CRA) sent a letter this fall to thousands of individuals across the country who may be eligible for tax benefits, but who are not receiving them because of not filing an income tax and benefit return.

It is likely that many Indigenous Canadians received the letter, potentially including individuals within the communities represented by your organization.

For your reference, I have enclosed a draft of the letter that was sent. If you or individuals in your membership have any questions about the letters or the CRA's efforts to promote the take-up of benefits, I encourage you to contact the Account Executive for your region, Mr. Tom Graham, at 604-666-8504.

The enclosed letter is part of an effort to increase the take-up of tax benefits, which the CRA hopes to build on in the months and years ahead. I encourage you to share any views you have on this with Mr. Graham and to let them know of any opportunities for partnership with your community.

Sincerely,

Wayne Lepine
Director General
Information and Relationship Management Directorate
Strategy and Integration Branch
Canada Revenue Agency

Enclosure



You might be missing out on benefits and credits!

Our records show that you did not file an income tax and benefit return for 2014. As a result, you might be missing out on benefit and credit payments that are available to you.

Filing a tax return is key to getting your benefits and credits. By filing your return, you might be eligible to receive the following:

Canada child benefit

You could receive up to **\$533.33 tax-free each month per child**.

File your return and use My Account or Form RC66, Canada Child Benefits Application, to apply if you haven't already applied. If you received child benefits before, you don't need to re-apply; just file your return to continue receiving child benefits.

Goods and services tax/harmonized sales tax (GST/HST) credit

You could receive up to:

- **\$552 per year plus \$145 per eligible child** if you're part of a married or common-law couple
- **\$276 per year plus \$145 per eligible child** if you're single, separated, widowed, or divorced

You do not need to apply for this credit. We will determine your eligibility for the GST/HST credit for each tax year that you file a return.

Provincial and territorial benefits and credits

You do not need to apply separately for these. If you are eligible, we will send you your payment for each tax year that you file a return.

It's easier than ever to file! You can use **free** software to send your return directly to us using the Internet. For a list of free software and web service options, go to netfile.gc.ca/software.

To find out more about the benefit and credit payments you might be eligible to receive, including information on how to apply, go to cra.gc.ca/benefits or call 1-800-387-1193. We will be happy to help you.

If you recently filed your individual income tax and benefit return, we thank you.

Three Corners Health Society Christmas Food Hamper Draw

Draw to be held at the
Three Corners Health Services
Wednesday, December 7, 2016

Come in to the Soda Creek Health Station to put your
name in or call in your name as well

Only those living in Canoe/Dog Creek, Soda/Deep
Creek, and Sugar Cane may enter.

One Entry per household

Soda Creek Community Christmas Hampers

Monday December 19, 2016

2:00-4:30 pm

Soda Creek Gym

Come pick up your hampers

Cross Country Skiing/Snow Shoeing

Friday, February 3, 2017

11:00-2:00 pm

Bull Mountain

Ski's or snow shoes provided if needed.

Sign up with Maxine at 250-989-2355.

Men's Drop-in Ball Hockey Night

Thursday, January 19th,
2017

6:00-8:00 pm

Soda Creek Gym

Bring indoor shoes and
water



Community Kitchen



Thursday, December 8th

4:30-6:30 pm

Health Station

For more information, contact Kayla
at 250-398-9814 or Rae-Lyn @ 250-989-2355

Gingerbread Village Family Christmas Party Circle of Life Program Presents...

Thursday December 15, 2016

11:00 am – 2:00 pm

Three Corners Health Services Society
150 1st Avenue North

Join us for Lunch and Meet our New Staff

* Build a Mini Gingerbread Village * Make a
Christmas Craft * Play NDN Bingo *

* Relax and Socialize *

Must RSVP Mary or Marnie at 250-398-9814

Head Start/After School Families: Ginger Bread Cookie Making

December 15th

5:00-7:00 pm

Head Start/Daycare Department

Dinner provided

RSVP with Maxine at 250-989-2355



Youth Hockey Night

Cariboo Memorial Recreation Arena 1

3:00-4:30 pm

Youth 13-18 years old

**November 18th, December 2nd,
December 9th**

-Rides are available for the above dates

December 30th

-Responsible for own ride

Contact Gina at 250-989-2355 to sign up



Physiotherapy Services



When: December 5, 2016

Where: Deep Creek Health Station

Time: 8:30am—12:00pm

Physiotherapy services may be beneficial to community members affected by any of the following: Joint replacements, chronic pain, balance & dizziness, overuse injuries, arthritis, sports injuries, whiplash, tendonitis, broken bones, falls prevention, concussions, osteoporosis, lower back pain, and strengthening.

Please contact Maxine at 250-989-2355 to schedule an appointment with the Physiotherapist.

Spi7uy Squqluts Culture and Language Society

Xat'süll/Cmeṭem



Language Class

This is a beginner language class facilitate by Alicia Gilbert and Cecilia DeRose for 12 weeks, 2 evenings per week starting November 21st, 2016. Language resources and snacks will be provided. Hope to see you there!

Where: Soda Creek Education Department

Time: 4:30 – 6:30pm

When: Monday & Wednesday

November: 21st, 23rd, 28th & 30th

December: 5th, 12th, 14th, 19th & 21st

January: 4th, 9th & 11th

Schedule is subject to change, due to unforeseen circumstances. For further information contact Cheryl Chapman, Education Coordinator 250-989-2323 ext. 104.



SODA CREEK INDIAN BAND

COMMUNITY CHRISTMAS DINNER

Wednesday, December 7th 2016

5:00-7:00 pm

Soda Creek Gymnasium

Please R.S.V.P. by November 25th,

with Maxine at 250-989-2355.

You will need to sign up and get your tickets for the dinner. Door Prizes! Gifts for children pending RSVP only. Also if you need a ride, the bus will be available. Please bring a dessert. Thank you.



Soda Creek Indian Band After School Program Assistant (Temporary – Tuesdays & Thursdays – December 2016-June 2017)

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 and possess the following:

Qualifications

- Enjoy working with Students aged 5 – 16 years
- 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 no later than 12:00 pm on December 09, 2016

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

Sharon Little, Executive Assistant

Email: execasst@xatsull.com

Phone (250) 989-2323 ext. 126

Fax (250) 989-2300

Only those selected for an interview will be contacted.

Aboriginal Management Certificate 2017

Open minds. Open doors. Open worlds...



Register now! Space is limited!
You may be eligible for \$6,000 to study
business!

Aboriginal participants (First Nations, Metis, Inuit, status and non-status) from across Canada have attended Ch'nook's Aboriginal Management Program (AMP). Graduates receive a certificate from a world class business school – the Sauder School of Business at the University of British Columbia. Sessions are held in Vancouver, led by distinguished Sauder faculty and industry experts. Explore business concepts and business fundamentals in a professional Aboriginal context. The AMP is a part-time program that is designed to allow you to learn while continuing to work or operate your business.

Program Dates

Module 1: January 29 – February 4, 2017

Module 2: March 5 – March 11, 2017

Module 3: June 4 – June 9, 2017

Graduation Ceremony: June 9, 2017

See our website for more details www.chnook.org
Application Deadline is December 9, 2016

Call (604) 822-0988 or email chnookadmin@ch-nook.ubc.ca or visit our website www.chnook.org

Community Events

Event	Date & Time	Where	Description
Physiotherapy	December 5 8:30-12:00 pm	Health Station	Please call Maxine at 250-989-2355 to set up an appointment
Secwepemc Language Class	December 5, 12, 14, 19 & 21. January 4, 9 & 11 4:30-6:30 pm	Education Department	For further information contact Cheryl Chapman, Education Coordinator 250-989-2323 ext. 104.
ADP Luncheon	December 6	Health Boardroom	
SCIB Med Travel	December 7 & 21		Call on Monday before to book ride for appointment w Maxine at 250-989-2355
Three Corner's Christmas Open House Luncheon	December 7 11:00-2:00 pm	Three Corners Health	
Community Christmas Dinner	December 7 5:00-7:00 pm	Soda Creek Gym	Please bring a dessert
Community Kitchen	December 8 4:30-6:30 pm	Health Station	
Treaty Working Group Meeting	December 9 5:00-8:00 pm	Soda Creek Gym	Call Betty if you need a ride at 250-989-2323
Health & Community Care (HCC) Travel	December 14		Call on Monday before to book ride for appointment w Maxine at 250-989-2355
Elder's Christmas Luncheon (3 communities)	December 15	Soda Creek Gym	
Head Start & After School Children's Ginger Bread Cookies Evening Class	December 15	Head Start	Please RSVP with Maxine at 250-989-2355
Christmas Hampers	December 19 2:00-4:30 pm	Soda Creek Gym	Please come pick up your hampers
Men's Drop-in Ball Hockey	January 19 6:00-8:00 pm	Soda Creek Gym	Bring indoor shoes and water