



NOVEMBER 2016

# Fraser River Run



MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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Friday October 14, 2016



**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](mailto:healthreceptionist@xatsull.com).

Any questions about the newsletter you can call:

Health Receptionist at 250-989-2355.



**Remembrance Day** (sometimes known informally as Poppy Day) is a memorial day observed in Commonwealth of Nations member states since the end of the First World War to remember the members of their armed forces who have died in the line of duty. Following a tradition inaugurated by King George V in 1919, the day is also marked by war remembrances in many non-Commonwealth countries. Remembrance Day is observed on 11 November in most countries to recall the end of hostilities of World War I on that date in 1918. Hostilities formally ended "at the 11th hour of the 11th day of the 11th month", in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning. ("At the 11th hour" refers to the *passing* of the 11th hour, or 11:00 am.) The First World War officially ended with the signing of the Treaty of Versailles on 28 June 1919.



## Health Coordinator/Children's & Families Band Representative

Georgina Mortensen



# Soda Creek Indian Band Annual Hunting Camp 2016



This year's hunting camp was held in the Likely area of the Territory.

Spanish Mountain Gold graciously supported our community by providing the use of their gold camp near the township of Likely. Huge thank you to Larry Yau Spanish Mountain Gold Interim CEO and CFO, and the care takers Elain and Katie for the hospitality.

Thank you to Kevin and Eric with the RCMP First Nations Policing for their support and efforts during the camp to try to get the members some meat.

Also, thank you to our Natural Resources Department Team and the to the 18 members of our community who made the trip out to visit or stay with us at the camp. It was great to see so many smiling faces and hear the stories from the past and the new stories of this trip.

There was a lot of great feedback and we hope to see more members next year.



### Upcoming Events

<b>Basket Ball Day Camp</b>	November 10th 10:00-2:00 pm Soda Creek Community Hall Basic Skills and a fun game. Please call Maxine at the Health Station 250-989-2355 to sign up by November 4th
<b>Be Well Program</b>	November 17th 10:00-2:00 pm Health Station, lunch provided
<b>Community Kitchen</b>	November 17th & 24th 4:30-6:30 pm Health Station

# Hunting Camp



## Community Health & Wellness Counsellor

Rae-Lyn Betts



On October 18 we held a meeting that was open to the community to make suggestions for what kind of programs community members would like to have offered to them.

Some suggestions were:

- exercise programs and sports
- cultural nights- traditional crafts, language, plants, etc

- youth cooking classes
- crafts projects and sewing
- evenings activities for families

These ideas are a great start for some new programs and if you or your family have any other ideas that you want to see please contact me with your ideas. I want to offer programs that community members will attend so these programs can be successful.

## Water Operations

Kelly Quon



Hello everyone, hope everyone had a great Thanks giving... I would like to give everyone here in Deep Creek and Soda creek communities a heads-up that one day this week; I'm hoping Wednesday, here in Deep creek and working towards Friday in Soda Creek. I'll be flushing Hydrant's for the last time this year, before it starts to freeze up. So you may notice some brown water, but please be patience it

will clear up quickly. You may have also been noticing a higher volume of smell of chlorine, that's because after I came back from a Conference. I was reminded that it's what helps keep our Iron/Manganese treatment system in Deep creek working to its fullest. After asking a number of questions to other operators they felt my Chlorine residual levels were too low. I will be still trying keep chlorine resid-

uals somewhat low, but only as low as recommended. Safe and healthy drinking water is my first priority.

Halloweens coming up quickly, hope everyone's working on their costumes... well I think it's time for me to get out into the field and do my water checks, hope everyone has a great day. Bye for now from your friendly neighbor hood waterman, Kelly. 😊



## Natural Resource Update



Georgia Bock  
NR Manager



Kate Hewitt  
Referrals Coordinator



Betty Price  
NR/Treaty Assistant

### Spectra Project 2017

Recently we have been talking to Spectra about an upgrade project they are proposing to do in Deep Creek for 4-5 months in the summer of 2017.

#### Here is the proposal:

**What:** Replacing both a 700 m segment of 30 inch pipeline and a 900 m segment of 36 inch pipeline (Natural Gas).

**Where:** Between Mountain House Road and Hwy 97

**When:** May/June to September/October 2017

**Why:** To meet current standard for gas pipeline systems as required by CSA and NEB (National Energy Board).

Different classes for different areas – Spectra needs to upgrade due partially to the Pioneer Log Homes – they need to make the pipeline more resistant to Third party damages.

We are in conversation with Spectra right now talking about ways to both ensure that they are respecting the surrounding environment and also ensuring that they are as many opportunities for the Band as possible with this project.

We had our first introductory community meeting at the Treaty meeting on October 12, 2016. There will be more meetings throughout the fall/winter/spring on this project for you to attend, if you would like more information and/or have questions. Please

also feel free to stop by our department and ask questions!

We visited a similar site a couple weeks ago in Lac La Hache. Below are some images of the project to help demonstrate the size of this Deep Creek project proposed for next summer.

### Mount Polley Update:

We will be going out to Mount Polley on October 25, 2016 with our consultant (Mark Gaboury) to do the final look over the restoration of upper Hazelton this year – so far he had thought it looked much better than from the previous years. They will also be planning on the restoration work for next year.



Figure 1: After new pipe covered



Figure 2: Old pipes



Figure 3: Welding new pipes



Figure 4: New pipes

## Education Coordinator

Cheryl Chapman



We have received some resources from the Spi7uy Squqluts Language & Culture Society to have Secwepemc language classes delivered in the community. I am working classes here at the Education Department from 4:45pm – 6:30pm Mondays & Wednesdays, target start date is November 21<sup>st</sup>, we will 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 – 5:30pm Tuesdays, we are having Language and Culture, and 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. 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 working on a schedule for the Fall Break – all day 9am – 4pm programming from November 7<sup>th</sup> – 10<sup>th</sup>. Please make sure to let me know if you student will be with us, as I need to ensure we have enough supplies for workshops.

The Education Assistance Funding Application and information is available on our new website. Please remember the education committee now meets monthly, if you are interested in Education or Training the deadlines for the Education Assistance Funding are November 18<sup>th</sup>, December 16<sup>th</sup>, 2016 & January 13<sup>th</sup>, February 17<sup>th</sup>+ the and March 17<sup>th</sup>, 2017.

NSTC/TRU received funding for Basic Financial Management Training – starting November 3<sup>rd</sup>, please see the flyer in this newsletter and me for the schedule and application.

The NSTC Skills development committee in cooperation with Thompson

Rivers' University is working on the delivery of the Early Childhood Education Diploma and Applied Business Technology (Office Administration) programs, and will be hosting an information session in Deep Creek soon. 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.

We are looking for a 5<sup>th</sup> 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 5<sup>th</sup> 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 October!

### Upcoming Events

<b>Drum Making Workshop</b>	November 7th, NSTC Spi7uy Squqluts Language & Culture Society
<b>Language &amp; Culture Program</b>	November 8th (Likely/Xat'süll Community Forest or Gavin Lake)
<b>Cooking with Kids! Workshop</b>	November 9th
<b>Basketball Day Camp</b>	November 10th 10:00-2:00 pm, Colby Hendrickson & Health



## Community Economic Development

After the Grand Opening of the “Crazy Ant” trail, our trail crew has been busy with the next project. We now have a bike park at Deep Creek behind the Health Station for anyone who would like to practice their biking skills.



The crew built a really nice network with easier jumps that are great to practice and build confidence while biking. Of course, they are also great for hiking.

They have also been working very hard on the new trail which will connect Blue Lake with the Emporium. We will have one trail which is a climbing line – it has lots of switchbacks and can be biked up the hill and is also great for walking. Then there will be a downhill trail as well, if you're in the area, say hi to the crew and have a look what they've built so far.

We've even had Shaw TV come out to film the trails and crew at work, hope to see it live soon.







Our Whispering Willows Campsite and Xat'sull Heritage Village are now closed for the season. We've had a good summer, it was great to have Linda at our Campsite for the season, it really helped to have someone on site.

Thanks to everyone who worked at the Heritage Village this year, it was great to welcome so many people from near and far who enjoyed visiting the site and learn about Secwepemc Culture.



*Miriam Schilling*

250-989-2311 [m.schilling@xatsull.com](mailto:m.schilling@xatsull.com)

## Pasta Skillet with Chicken Sausage, Cheese & Spinach

*Try this one-skillet pasta dinner with chicken sausage, cheese, and spinach! Takes only 30 minutes to make.*

**Prep time:** 10 min **Cook time:** 30 min

**Yield:** Serves 4-6

### Ingredients

*For the marinara sauce (or substitute 2 1/2 to 3 cups store-bought sauce):*

- 1 1/2 tablespoons olive oil
- 1 1/2 cups (180g) diced red onions
- 2 cloves garlic, minced
- 1 28-oz. (795g) can of crushed tomatoes
- 1 tablespoon honey or sugar
- 1/4 cup (5g) chopped fresh parsley
- 1/4 cup (5g) chopped fresh basil
- 1 teaspoon dried oregano

*For the pasta:*

- 8 ounces (225g) penne pasta
- 1 1/2 tablespoons olive oil
- 1 pound (450g) chicken sausage, cut into bite-sized pieces
- 4 to 6 cups (100g to 150g) baby spinach
- 1 1/2 cups (140g) shredded mozzarella cheese
- Chopped parsley, to garnish

### Method

**1 Preheat the oven to 350F.**

**2 Make the marinara sauce (or substitute store-bought sauce):** Heat 1 1/2 tablespoons of olive oil in a large oven-safe sauté pan over medium-high heat. Add the onions and cook for 3 to 4 minutes, stirring occasionally, until the onions are softened and translucent. Add the minced garlic and cook for 30 seconds. Add crushed tomatoes and cook until the sauce gets very bubbly.

Reduce heat to low and let the sauce simmer for 5 to 7 minutes, stirring occasionally. Mix in honey, parsley, basil and oregano and cook for another minute. Season sauce with salt to your taste. Turn off heat. (Makes 2 1/2 to 3 cups; keeps 4 to 5 days refrigerated or 3 months frozen.)

**3 Cook the pasta:** Bring 2 quarts of water to boil in a pot. Season with a generous pinch of salt. Once the water boils, add pasta and cook for 7 to 9 minutes, depending on how you like your pasta. Drain and run pasta under cold water. Set aside.

**4 Make the sausage and spinach sauce:** Heat 1 1/2 tablespoons of olive oil in a large skillet over medium-high heat. Add chopped sausage and cook for 5 to 7 minutes, until the meat is cooked through. Add pasta sauce and heat for a minute. Add spinach and fold it into the sauce. The spinach should start wilting in 30 seconds.

**5 Bake the pasta:** Add pasta to the pan and stir until combined. Top with mozzarella cheese. Put the skillet in the oven and bake for 10 to 12 minutes until the cheese is bubbly and slightly browned at the edges. *For a quicker alternative*, skip the oven and just stir the cheese into the pasta until the cheese is melted.

**6 Top the pasta with chopped parsley and season with salt and pepper to taste.** Serve hot.



## Easiest Ever Garlic Bread

**Prep time:** 3

*Pressed for time? Don't have an oven? Want just a slice or two of garlic bread? Here's a quick and easy way to make garlic bread.*

### Ingredients

- 1 to 4 slices of rustic bread
- A drizzle of olive oil for each slice
- One large fresh garlic clove

### Method

**1** Toast one or two slices of bread.

**2** Drizzle or brush a little olive oil over one side of the toasted bread.

**3** Cut a garlic clove (peel still on) in half, on the diagonal. Gently rub the cut side of the garlic clove over the olive oil-brushed toasted bread.

**Alternatively**, you can brush the toast with the garlic first, and then drizzle with olive oil or spread with butter. Both ways work.

*Tip: If you have leftover slices of garlic bread, cut them up into squares for croutons. Store in an airtight bag or jar at room temp for a day or two. You can also process them in a blender or food processor for garlicky breadcrumbs.*





## Mango Lassi

*Depending on how ripe and sweet your mango is, or if you are using canned and already sweetened mango pulp, you will need to add more or less honey or sugar to the lassi.*

**Prep time:** 10 min **Yield:** Makes about 2 cups

### Ingredients

- 1 cup plain yogurt
- 1/2 cup milk
- 1 cup chopped very ripe mango (see [how to peel and chop mango](#)), or a cup of canned mango pulp
- 4 teaspoons honey or sugar, more or less to taste
- A dash of ground cardamom (optional)
- Ice (optional)

### Method

Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.

If you want a more milkshake consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.

Sprinkle with a tiny pinch of ground cardamom to serve.

The lassi can be kept refrigerated for up to 24 hours.



## Pecan Pie

*Traditional pecan pie with fresh pecans, molasses, corn syrup, brown sugar, and eggs. Perfect for Thanksgiving!*

- **Prep time:** 15 minutes **Cook time:** 1 hour, 15 minutes
- **Yield:** Serves 8

### Ingredients

- 1 9-inch pie shell, frozen (freeze for half an hour if freshly made) (I recommend our easy, flaky, [sour cream pie crust](#))
- 2 cups pecans, coarsely chopped (save a few whole pecan halves to create a decoration on the surface of the pie if you want)
- 3 eggs, slightly beaten
- 1 cup light corn syrup
- 1/2 cup brown sugar
- 1 Tbsp molasses
- 4 Tbsp butter, melted
- 1/2 teaspoon salt
- 2 teaspoon vanilla extract

### Method

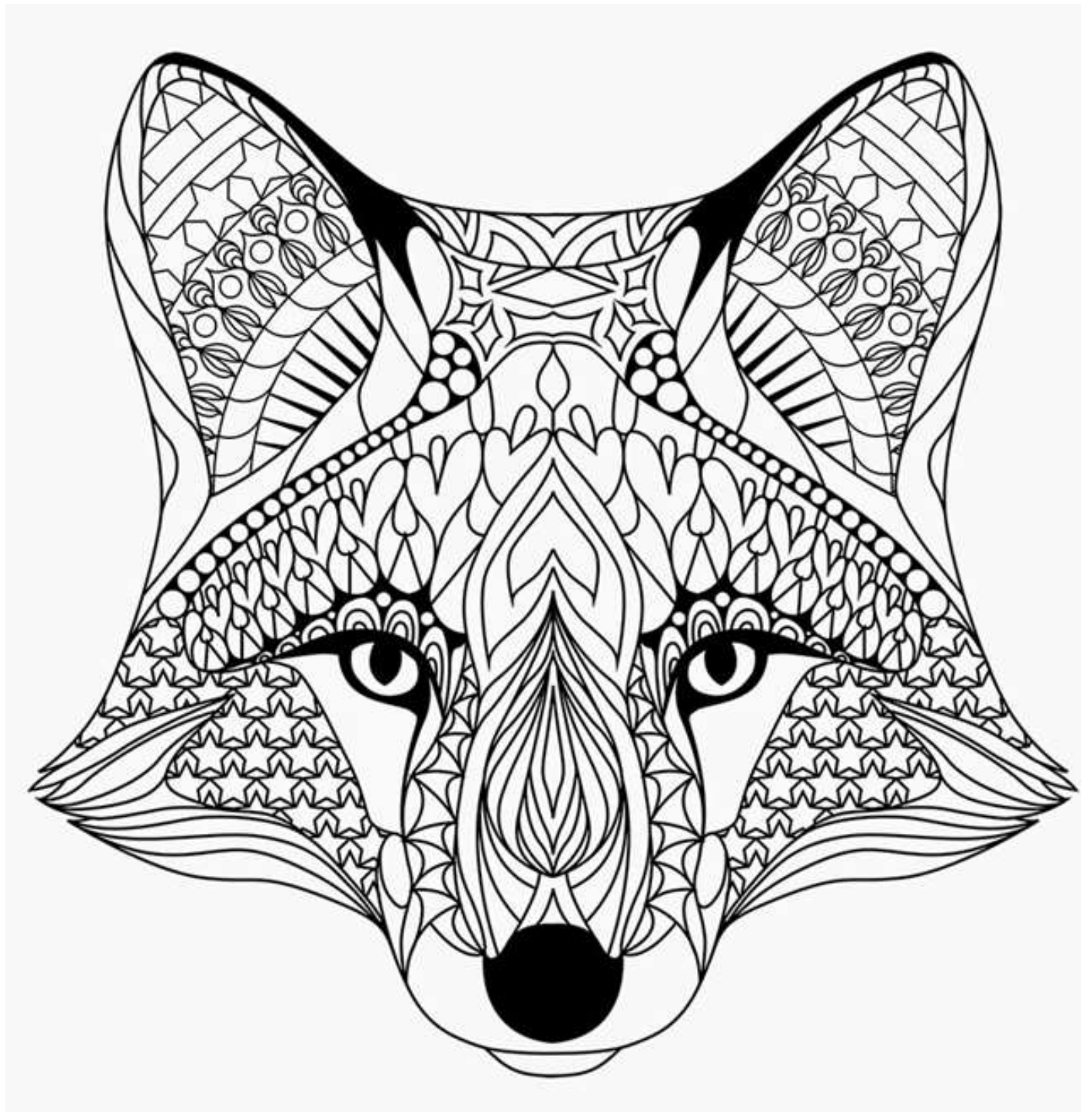
**1** Preheat oven to 350°F. In a small bowl vigorously mix together the **eggs, brown sugar, corn syrup, molasses, melted butter, vanilla, salt**, until smooth. (No need for a mixer, you can beat by hand using a wooden spoon.)

**2** Spread the **chopped pecans** over the bottom of a **frozen pie shell**. Pour the filling over the pecans. Don't worry about burying the pecans, they will rise to the surface. (If you have reserved a few whole pecan halves, you can use them to arrange them on the surface in a decorative pattern. Just dip them below the wet filling and let them rise again so they get coated with the filling.)

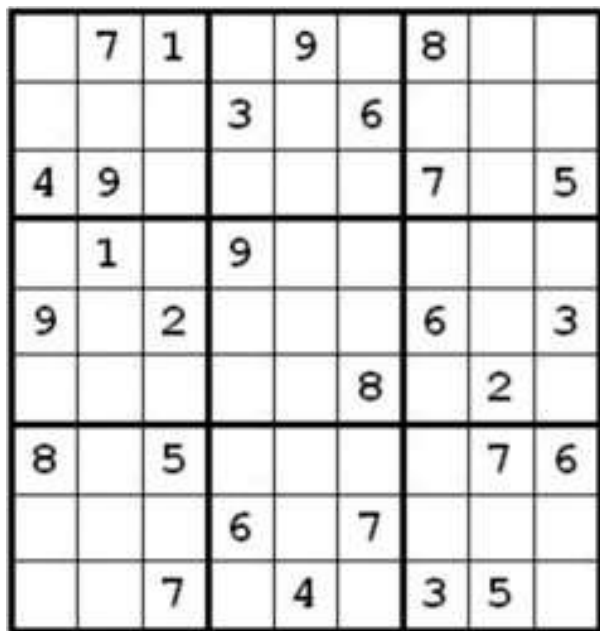
**3** Bake at 350°F for 30 minutes. After 30 minutes tent the pie loosely with aluminum foil to prevent the crust and pecans from getting too browned. Bake for another 35 to 45 minutes until the filling has set. The pie should be a bit wiggly in the center.

**4** Remove from oven and let cool completely. Note that the pie will be puffed up a bit when you first take it out of the oven, it will settle as it cools.









# CRAYON COLORS



Read the words in the word list below, then find and circle them in the puzzle.

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

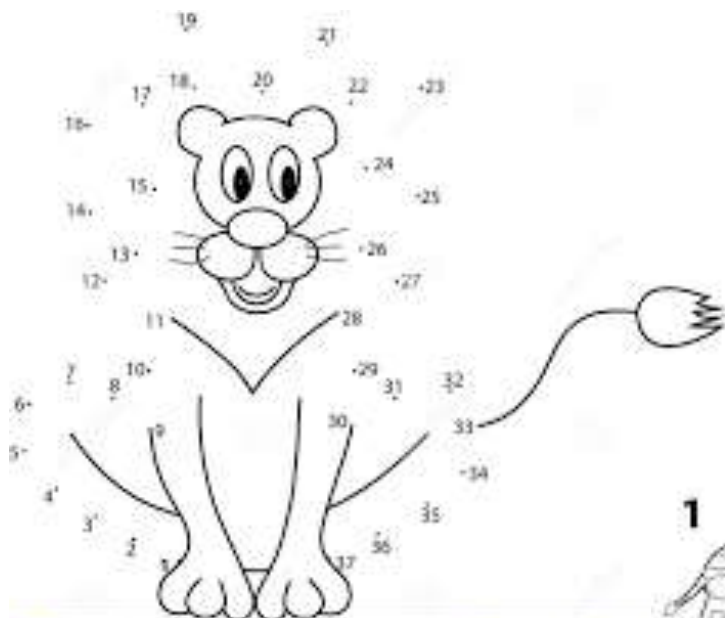
AQUA  
BEIGE  
BLACK  
BLUE  
BROWN  
FOREST  
FUCHSIA

GOLD  
GRAY  
GREEN  
INDIGO  
LAVENDER  
LIME  
MAROON

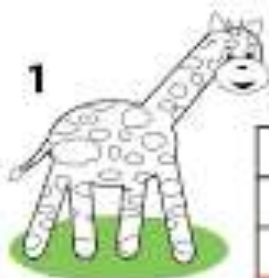
NAVY  
OLIVE  
ORANGE  
PINK  
PURPLE  
RED  
SILVER

TEAL  
VIOLET  
WHITE  
YELLOW

Get more free activity and coloring pages @ [www.theKidzpage.com](http://www.theKidzpage.com)  
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9	5	3	2	4	8	7	9	1
8	1	4	7	5	6	9	3	2
6	7	2	9	3	1	5	4	8
1	2	6	8	9	4	3	5	7
3	4	6	5	1	7	2	8	9
7	8	5	3	2	9	4	1	6
5	3	7	1	8	2	9	6	4
4	9	1	6	7	3	8	2	5
2	6	8	4	9	5	1	7	3



**Solution**

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**This year Fire Prevention Week is October 9 – October 15 2016.**  
**Do your part to ensure the safety of your family, your neighbours and your community.**  
**Do It Yourself Fire Safety Checklist**

**Basement**

- ☐ Areas around furnace, oil burner, wood stove, and other heat-generating equipment are clear of debris, combustible materials, and rags.
- ☐ For Gas Hot Water Tanks: Burner-access doors on the water heater are closed to prevent flame roll-out.
- ☐ Breaker panel has not been recalled nor recommended for replacement
- ☐ Breaker wires are not loose & no signs of erosion or decay on wire insulators
- ☐ Oily rags are in air-tight containers and away from heat sources
- ☐ Trash is not stored in the basement

**Laundry Room**

- ☐ There is no lint build-up inside the dryer, its exhaust duct or behind the dryer
- ☐ Foil or plastic accordion-type ducting vents have been replaced with rigid/semi-rigid metal duct.

**General**

- ☐ Each floor and the kitchen has a working fire extinguisher.
- ☐ Each floor, bedroom and hallway has a working smoke detector and a Carbon Monoxide (CO) detector. Check the batteries annually. Replace detectors every 10 years.
- ☐ Light bulbs meet the recommended wattage of each fixture
- ☐ Incandescent lights are not exposed, do not have a shade closer than 12 inches, and are at least 12 inches from combustibles. Closet light bulbs are not exposed.
- ☐ Electric cords don't run under carpets and are not pressed against a wall or bed
- ☐ Extension cords and outlets are not overloaded (powering too many devices)

**First Floor**

- ☐ Cooking surfaces are clean of grease and food build-up
- ☐ Cookies and other kid-friendly snacks are not stored above the stove
- ☐ Gas appliance vents are blocked by sheet metal
- ☐ Towels, curtains, plastic utensils, and pot holders are stored away from hot surfaces
- ☐ Furniture meets updated recommendations for fire-resistant upholstery
- ☐ Fireplace has a screen, surrounding area is clear of debris, and flue is clear of obstructions
- ☐ Chimney is cleaned annually



- ☐ Chimney has fire-stop of gypsum board or fire-code gypsum board at each floor penetration
- ☐ Metal vent areas around chimney are blocked by sheet metal

### **Upstairs**

- ☐ Mattresses were made after 1973
- ☐ Portable heaters or other heat-producing appliances are three feet from beds and other flammable materials, such as curtains
- ☐ Each bedroom has an escape ladder that all members of the family know how to use. Practice your “GET OUT ALIVE” drills.
- ☐ Electric blankets are UL-approved, with cords in solid condition

### **Attic**

- ☐ There are no gaps around the chimney that allow you to see the floor below
- ☐ There is at least a three-inch gap between fiberglass insulation and lighting fixtures

### **Garage**

- ☐ Oily rags are in air-tight containers and away from heat sources
- ☐ Trash is not stored in the garage
- ☐ There is no pull-down stair access to garage attic space that is linked to the main house
- ☐ Door leading from the garage to the house is solid, has a threshold to block fire from traveling to the house, and weather stripping to prevent carbon monoxide fumes from passing through
- ☐ Garage is clear of accumulated junk that can facilitate fire
- ☐ Gasoline is stored away from ignition sources and in containers with approved labels.

### **Outside**

- ☐ Clear forest floor of debris (fallen branches, piles of leaves, etc.) surrounding your home
- ☐ Firewood should be stored at least 10 meters from the house
- ☐ Ensure outside plug ins have GFI's and are covered
- ☐ Check breakers for outside plug ins to ensure there is enough amperage to operate block heaters and interior car warmers
- ☐ Ensure fuel containers are stored properly
- ☐ Make sure your house numbers are clearly visible.



**SODA CREEK HEALTH STATION**  
**EVENTS CALENDAR**

**November 2016**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 HCC Travel	3 Flu Shot Clinic 11:00-3:00 pm	4	5
6 Daylight Savings Time ends	7 Physiotherapy 3 Corners	8 ADP Luncheon	9 SCIB Travel	10 Basketball Day Camp 10:00-2:00 Community Hall	11 Remembrance Day Statutory Holiday Office closed	12
13	14 Physiotherapy 3 Corners	15	16 HCC Travel	17 Be Well Program 10:00-2:00 pm Community Kitchen 4:30-6:30 pm	18	19
20	21 Physiotherapy 3 Corners  Newsletter Deadline 4:00 pm	22 ADP Luncheon	23 SCIB Travel	24 Community Kitchen 4:30-6:30 pm	25	26
27	28 Telehealth  Physiotherapy 3 Corners	29	30 HCC Travel			



# November 2016

## Head Start Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Daycare available Monday –Friday every week spaces available	1 Headstart 9-12	2 Headstart 9-12	3 Headstart 9-12	4	5
6	7	8 Headstart 9-12	9 Headstart 9-12	10 Headstart 9-12	11 Remembrance Day Closed	12
13	14	15 Headstart 9-12	16 Headstart 9-12	17 Headstart Evening Class 5-7 pm	18	19
20	21	22 Headstart 9-12	23 Headstart 9-12	24 Headstart 9-12	25	26
27	28	29 Headstart 9-12	30 Headstart 9-12			

# Treaty Working Group Meetings

Date	Meeting	Location/Time
November 9, 2016 5:00-8:00 pm	Treaty Working Group	Soda Creek Gymnasium
November 30, 2016 8:30-3:30 pm	Special Meeting Working Group Unite, 4 NStQ Communities come together	Soda Creek Gymnasium
December 1, 2016 10:00-1:00 pm	Special Meeting Working Group Unite, 4 NStQ Communities come together	Soda Creek Gymnasium
December 9, 2016 5:00-8:00 pm	Treaty Working Group	Soda Creek Gymnasium
January 11, 2016 5:00-8:00 pm	Treaty Working Group	Soda Creek Gymnasium
February 8, 2017 5:00-8:00 pm	Treaty Working Group	Soda Creek Gymnasium
March 8, 2016 5:00-8:00 pm	Treaty Working Group	Soda Creek Gymnasium







Free Flu shots are now available.

Clinics will be held at the Health Centres on a drop-in basis (no appointment needed) on the following days:

**November 1, 2016 - Dog Creek 11:30am—2:00pm**

**November 2, 2016 - Sugar Cane 11:00am-3:00pm**

**November 3, 2016 - Soda Creek 11am-3pm**

**November 8, 2016 - Canoe Creek 11:30am—2:00pm**

If you are unable to make one of these clinics, please drop into the health station when your Community Health Nurse is in.

Kristine, Stacey, & Sheila

Three Corners Health Services 250-398-9814

Sugar Cane Health Centre 250-296-3532

Soda Creek Health Centre 250-989-2355

Dog Creek Health Centre 250-440-5822

Canoe Creek Health Centre 250-459-7749



# Katsúll First Nation

## Trails & Recreation Committee

**Walk the new trail, Dinner & Meeting**

**November 3, 2016**

**5.00 pm, Soda Creek Emporium**

**Join us for dinner and a meeting to  
talk about 2017 Trail Building.**



**5.00pm** shuttle to Blue Lake to walk  
the new trail

**6.00pm** dinner followed by meeting

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



# PHYSIOTHERAPY SERVICES



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

October 31

November 21

December 12

November 7

November 28

November 14

December 5



Physiotherapist  
Tyler Judd

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

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

Please contact Heather Camille at 250-398-9814 to schedule your appointment.



**SATURDAY, NOVEMBER 26,  
2016 FROM 10 AM until 3 PM**

**@**

**ELIZABETH GROUSE  
GYMNASIUM  
Williams Lake Indian Band**

# **CHRISTMAS MARKET**

**GAMES**

**PRIZES**

**ACTIVITIES**

**DOOR PRIZES**

**FRESH FOOD**

**AND A LOT MORE**

PLEASE BOOK BY CONTACTING WLIB SOCIAL DEVELOPMENT DEPARTMENT  
[KATYA.POTEKHINA@WILLIAMSLAKEBAND.CA](mailto:KATYA.POTEKHINA@WILLIAMSLAKEBAND.CA) PH.: 250-296-3507 EXT. 101



## INFORMATION

### CHRISTMAS MARKET

#### WILLIAMS LAKE INDIAN BAND

In the event of coming Christmas Williams Lake Indian Band Elders are hosting Christmas Market. The event will take place on **Saturday, November 26 from 10 AM until 3 PM**. It is a great chance for your communities to visit the event as well as participate.

**We:** offer fun environment, games, door prizes, food, lots of activities. It is a great time to come and spend Saturday with your family and friends.

**You:** have fun, eat great food, and help to collect some funds for Elders trips.

**Businesses and Entrepreneurs:** It is a great opportunity for you to sell crafts, services, advertise what needs to be advertised, etc

Please contact WLIB Social Development Department to register if you would like to reserve a booth or table (10 dollars per table)

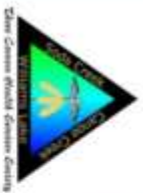
We are expecting lots of visitors.

Email: [katya.potekhina@williamslakeband.ca](mailto:katya.potekhina@williamslakeband.ca)

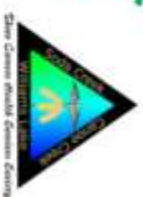
Phone: 250-296-3507 Ext. 101



All money will go towards Elders Fund.



# THREE CORNERS HEALTH SERVICES SOCIETY



Three Corners Health Services Society provides services to the communities of Xat'sull, T'exelc, and Stswecem'c Xgat'tem

Like our page, **Share** this post, **Comment** below to be entered into a draw for a \$50.00 Gift Card for Sport Check.  
Contest will close November 16, 2016 @ 12pm

For more information you can view our website, and/or our Facebook page  
Website: [www.threecornershealth.org](http://www.threecornershealth.org)

Facebook: Three Corners Health Services Society

Please continue to like our posts to ensure event and health information continue to show up on your newsfeed.



# TELEHEALTH

Telehealth enables members to meet with health care providers utilizing an internet connection and specialized equipment.



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

If you or a family member are in need to see a doctor, and would like to use the Telehealth equipment located at the Dog Creek Health Station, Soda Creek Health Station, as well as TCHSS office to connect with Dr. Wolf for any non urgent medical reasons please contact Heather at the TCHSS office.

**Please go to your nearest Emergency Room for the following:**

**Difficulty Breathing, Chest Pain, Active Seizures, or Loss of blood**

**If you are unsure if you should seek emergency medical care please contact your Community Health Nurse or TCHSS, or call 811 (BC Nurse Line)**

# Appointments Available

**Monday, November 28, 2016**

## Doctors available:

- Dr. Wolf—Everyone
- Dr. DeSwart—Only Existing Patients
- Dr. Neufeld—Only Existing Patients
- Dr. McKay—Pediatrician—Need referral
- Dr. Peimer—Child & Youth Mental Health—Need Referral
- BC Cancer Agency



**Three Corners Health Services Society**

PH: 250-398-9814

FX: 250-398-9824

**Soda Creek Health Centre**

250-989-2355

**Sugar Cane Health Centre**

250-296-3235

**Canoe Creek Health Centre**

250-459-7749

**Dog Creek Health Centre**

250-440-5822

# Financial Training - Entry

Nov 3 – April 30, 2016 | alternating Thursday/Friday –  
Friday/Saturday | Williams Lake Campus

## Courses include:

- Entry Level Bookkeeping
- Sage 300 ACCPAC
- Financial Policy Development
- Microsoft Excel
- Understanding and Analyzing Financial Statements
- Budget Allocation and Monitoring

Program is fully funded. Childcare and Travel subsidized.



In partnership with Northern Shuswap Tribal Council, TRU has designed this training to give students the opportunity to upgrade their skills for their current jobs or to learn new skills to find meaningful employment in the near future.

This program is fully funded by Ministry Jobs, Tourism and Skills Training.

## Contact Information

Williams Lake / Continuing Studies / Nancy Giesbrecht  
<http://www.tru.ca/williamslake/cs.html>

250.392.8042







## Soda Creek Indian Band After School Program Assistant (Temporary – Tuesdays & Thursdays – November 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

- 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 no later than 12 pm – November 7<sup>th</sup>, 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](mailto:execasst@xatsull.com)

Phone (250) 989-2323 ext. 126

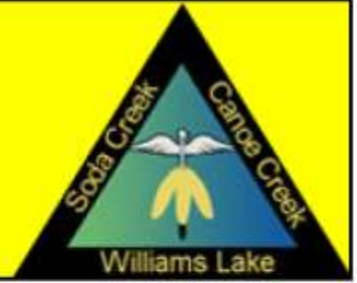
Fax (250) 989-2300

Only those selected for an interview will be contacted.



## THREE CORNERS HEALTH SERVICES SOCIETY

### EMPLOYMENT OPPORTUNITY: BOARD OF DIRECTORS MEMBER



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

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

The position will be responsible for:

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

**Application and Deadline: November 15, 2016 at 4:00 pm**

Please submit your Letter of Interest to the Receptionist at the Band Office to the attention of Sharon Little, Executive Assistant.

Or email to: [execasst@xatsull.com](mailto:execasst@xatsull.com)

Or fax to: 250 989-2300

Hello Everyone

Want a job at Mount Polley?

Requirements are:

- A valid driver's license which can be L, N, or class 5 to a class 1
- Ability to pass drug test

Entry jobs available here.

- Temp Haul truck
- Temp winter help (labourer) in the mill (mill meanings crushing rock)
- Temp Environmental work(willow planting, collecting willows, water sampling)

These jobs can be stepping stones into a full time position.

The shifts are 7/12 hours days followed by 7 days off both haul truck and mill follow these sets. Also 4/10 hours days (Monday to Thursday or Tuesday to Friday) then 3 days of rest is how environment department works. The mine asks that you commit yourself fully to the job by attending every shift so they provided a bus to work every day, a person just has to get to pick up spots.

Different types of work available at the mine are Assayer, Metallurgist, Heavy Duty mechanic, mechanic, welder, warehouse person, Engineer, millwright, Engineer, IT technician, Human resources, accountant, payroll, accounts payable, receptionist, and many more.

Commitment, Dedication is key aspects to achieving great success.

If you have any questions please feel free to phone me and feel free to send resume.

Nozlla William

Mount Polley Mining Corporation

250-790-2215 ex 2298

250-790-2613

[nwilliam@mountpolley.com](mailto:nwilliam@mountpolley.com)

Sample to the right of the Employment Opportunities with Mining Industry. If you are interested can get a copy emailed by emailing Maxine at [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com) or a copy from Maxine at the Health Station.

### Driller's Helper

Supports diamond drilling operations through tasks such as mixing drilling fluid (mud), servicing equipment, retrieving drill cores and transporting water needed for the drill to operate.

**EDUCATION:** High school diploma or equivalent, on-the-job training, or specific training.

**SALARY:** \$52,000 - \$100,000/yr

**DEVELOPMENT PHASES:**  
Exploration, Production



### Line and Pad Cutter

Uses chainsaws and other equipment to cut and clear lines for grids, geochemical, geophysical and geological surveys.

**EDUCATION:** High school diploma or equivalent, on-the-job training, or specific training.

**SALARY:** \$40,000 - \$68,000/yr

**DEVELOPMENT PHASES**  
Exploration





# Community Events

Event	Date & Time	Where	Description
Health & Community Care (HCC) Travel	November 2 & 16		Call on Monday before to book ride for appointment w Maxine at 250-989-2355
Flu Shot Clinic	November 3 11:00-3:00 pm	Health Boardroom	
Xat'sūll First Nation Recreation Comm. Walk , Dinner & Meeting	November 3 5:00 pm walk 6:00 Dinner	Soda Creek Emporium	Walk new trail, dinner and meeting. 5:00 pm shuttle to Blue Lake to walk the new trail
Drum Making Workshop (Children's Prog)	November 7	Education	NSTC Spi7uy Squqluts Language & Culture Society
ADP Luncheon	November 8 & 22	Health Boardroom	
SCIB Med Travel	November 9 & 23		Call on Monday before to book ride for appointment w Maxine at 250-989-2355
Treat Working Group Meeting	November 9 5:00 -8:00 pm	Soda Creek Gymnasium	Call Betty if you need a ride at 250-989-2323
Basket Ball Day Camp	November 10 10:00 -2:00 pm	Soda Creek Community Hall	Basic Skills and a fun game. Please call Maxine at the Health Station 250-989-2355 to sign up by November 4th.
Be Well Program	November 17 10:00-2:00 pm	Health Station	Lunch provided
Community Kitchen	November 17 & 24 4:30-6:30 pm	Health Station	
Telehealth	November 28	Health Station	Call Three Corners Health to book appointment 250-398-9814
Treaty Working Group Meeting	November 30	Soda Creek Gymnasium	Call Betty if you need a ride at 250-989-2323. (Special Meeting Working Group Unite, 4 NSTQ Communities come together)
Nurse's Schedule	Mondays, Tuesdays and Wednesdays	Health Station	The Nurse's schedule has changed from Tuesday-Thursday to Monday-Wednesday. Unless Monday is a holiday then the Monday will change to that Friday