



November 2018

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

The Soda Creek Band Offices will be closed Monday, November 12, 2018 for Remembrance Day



**Nurses are in now
Tuesday-Thursday**



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Sweat Building

Sweat Building with Shae Chelsea, Community Support Counsellor, Janae Beaulieu, Community Activities Worker, Dave Archie, Traditional Wellness Coordinator & Rhona Bowe, Traditional Wellness Champion, Secwepemc Health Caucus and Soda Creek Youth on September 27-28, 2018 at the Soda Creek Health Station.



Cheryl Chapman, the Education Coordinator for the Soda Creek Indian Band, gets the crowd involved in a sing-a-long during Orange Shirt Day on Sept. 26. Brendan Kyle Jure photo. From 100 Mile Free Press.

Pellc7eill7úllcwten (entering winter homes month) – November

Education Coordinator



Cheryl Chapman

Alexandria Peters, Daycare Assistant has taken her maternity leave, we wish her well and can't wait to meet baby. Natasha Palmantier is providing daycare services and we hope to hire a new Head-start Coordinator by the end of October...

Dionne Phillips, After School/Education Assistant has returned to school, we wish her grade success! We hope to hire an assistant by the second week in November.

We are looking for two (2) Education Committee Members, we would prefer at least one youth. If you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member. **Note:** should a

youth member not apply, then a youth seat will remain available. Please remember the education committee now meets monthly, if you are interested in Education or Training your funding application must be in before **4pm on the first Friday of every month.**

Fall Break November 13th -16th, we will have programming all day for the students, let me know if you would like to join us.

We have started the process of updating the Comprehensive Community Plan which we have been following since 2010. It is interesting to see all of the accomplishments, and the goals that are in progress. I hope everyone will come out to the November 6th community meeting and give us their input on where we are going! Natasha and I are looking at the previous goals and strategies of the Education Department and identifying what has been accomplished, we will be bringing forward the items that haven't been done.

Acting Chief Sheri Sellars and I attended the First Nations Education Steering Committee Workshop on Developing a Provincial Post-Secondary Funding and Services Policy on October 15th, 2018 in Vancou-

ver. This is the beginning of developing policies that better meet the needs of our Post-Secondary students, I look forward to the outcomes and will share them with you in the future.

I have been working with the First Nations' Education Committee at the Partner Group for creating a better School District #27. Our priority is a cooperative environment to ensure the best educational experience for all students. There are so many elements to this and we are working towards making it a reality, for students, parents, support staff, teachers, principles, through to school board members and all levels of government.

Our Youth 12-18 year old's are fundraising for their 2019 Summer Trip, we have an account set up at the bottle depot if you would like to drop your bottles off and donate the proceeds to the Soda Creek Youth.

I will be attending the Restorative Justice Training and I look forward to updating my skills in this area, as I was part of this program back in 2001.

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



Dear Soda Creek Community,

I would like you to know that I am leaving my position as Natural Resources Referrals Coordinator as of October 26, 2018.

I have enjoyed my time at Soda Creek and I appreciate the opportunity to have worked and grown with you. Thank you for the support and encouragement you have provided during my time here.

Even though I will miss my colleagues and community members, I am looking forward to doing even more for Soda Creek. I will be working as Technical Coordinator at the NSTC, trying hard to turn the comments and recommendations I have heard from the community into new policies and legislation. I believe this is the best way to make real impact on the future of Natural Resources within the four Northern Shuswap communities.

Please keep in touch, as feedback will help me design procedures for future work within the shared territories. Your comments will help me plan a better future for our environment.

Thanks again; it has been a pleasure working with all of you.

Best regards,

Kate Hewitt

Community Support Counsellor



Shae Chelsea

Wekt-p, the leaves are changing and so is the weather, it has been super busy up in the Health department. The staff getting ready for the season to change, and to welcome a new member to our team. I just started my third year in University, moving towards my Bachelor of Social Work, and my children have started their extracurricular activities, hockey and gymnastics. Life is a little chaotic to say the least, but I am grateful. Life is busy for everyone, but as long as we take a minute to breathe, and fully appreciate everything we have, then life is good.

Every month I have been hosting a Youth Meeting for the Youth ages twelve and up, and we have had a pretty good turn out each month. The next meeting will be on November 5, 2018 from 4-6pm. At this meeting we will be discussing upcoming programming, the Gathering Our Voices conference, during Spring Break for ages 14-24. If you are interested in attending this conference, you have to come into the youth meetings and help fundraise for it. We have five and a half months

before this conference and it will go by quickly. We will also be discussing volunteer hours within the community events and how this can help with your school credits in the future. Christmas is coming soon, I would like to include the youth as much as possible for the future outings we can have during the winter months. Look forward to seeing you there, and if you know of anyone ages 12-18, please encourage them to attend.

On September 27-28, we had David Archie and Rhona Bowe join us to rebuild the sweathouse above the Health Station. The Health Station sweat is open to the entire community, and if you need help with anything please come down and talk to myself or someone at the Health station. We would like to start hosting a men's, women's, and youth sweat, at least once a month for each group. If you have anyone that can help run any of those, please let us know. My goal, is to start getting the youth involved with more of their culture and traditions.

Fall break is coming up soon, it is November 12-16, 2018, during that week I will be attending a Restorative Justice Training in town, so I can bring it back to the community and work with the members having to navigate through the justice system. This can be a different route to take, but also a way to get them more connected with the community as well. There is also an Empowering the Youth in the 21st Century Youth Conference, that week in Kamloops, there are a couple

youth attending this conference, from the community. This conference is a great opportunity for them because they will build their job readiness skills, and also have a chance to obtain their Learners license with Four Winds Driving School.

On October 18, 2018, we had an amazing turn out for the Halloween Bash, I want to acknowledge all the hard work, that was put into this event by the Events Committee, Renee Albanati from the Three Corners Health, her husband who was face painting, and the volunteers who came out and helped. These events are a lot of work and commitment, but are worth it in the end. The kids had fun, there was food, games, Halloween activities, and fireworks. It was a great night for the community to get together and enjoy each others company with their families. We also have Neleena from Three Corners, hosting a few Lunch and Learns in the next couple months, so keep an eye out for those. If you would like more information or would like to sign up. Feel free to call the Health Station to get your name on the lists.

The following couple months will be very busy, with the upcoming Christmas activities. Keep your eyes on the newsletter to find out what's happening in the community for the next couple months and always feel free to call us here at the Health Station and we will give you all the information we have. Thanks for all the support, bye for now.





Halloween Party 2018

Thursday, October 18th, 2018

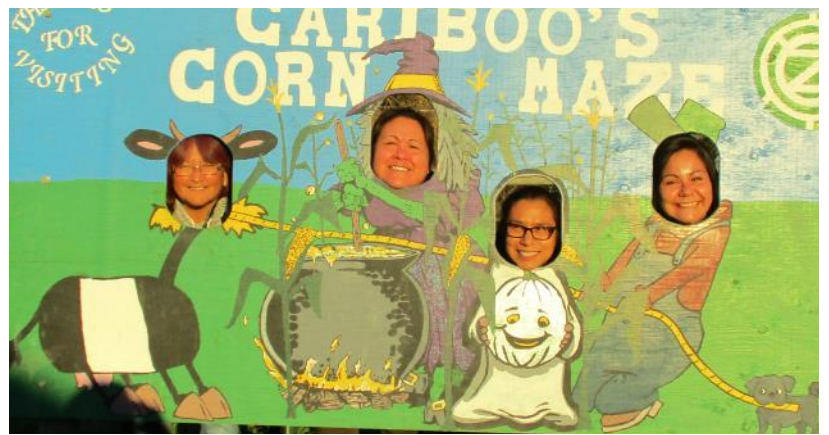
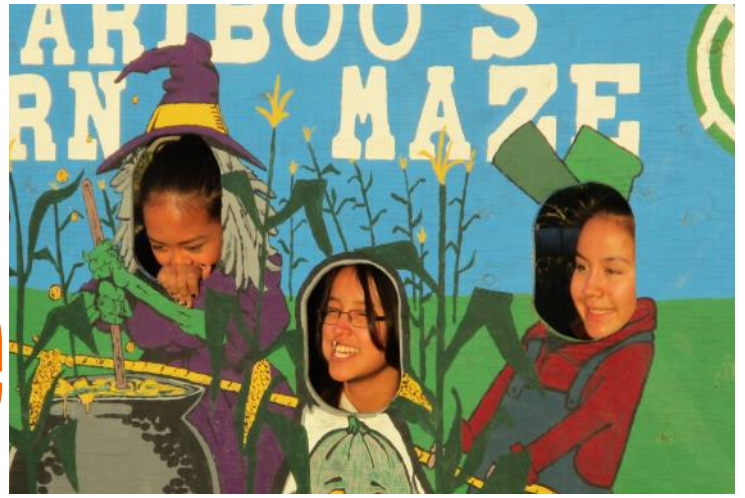






Haunted Corn Maze

Friday, October 5th, 2018



Trails to Recovery & Resilience

By Patrick Lucas –

From Green Gazette newspaper

September 12, 2018 | Filed under:
[Health & Wellness](#) | Posted by: [GG Contributor](#)

The trail cuts down through a thin grove of burnt and blackened birch and poplar trees that remain standing from the wildfires that burned through the Cariboo Chilcotin Region in 2017. Spindly, leaning, ready to fall, their bark black and shriveled like skin peeling off in sheets, exposing the rotten dead wood. My friend Thomas Schoen and I are leading a group of youth from the Xat'sull First Nation on a mountain bike ride down the Soda Creek trails located above Highway 97 and the Xat'sull Heritage Village just north of Williams Lake. The trail beneath our tires is dust and ash. It's easy to see the destruction and feel a knot in your stomach and wonder if the land can heal, but there is new growth, alder and shrubs pushing up in bright greens, reds, and yellows, exposing the resilience of the forest.



Xat'sull rider on Soda Creek Trails.
Photo: Thomas Schoen

For the previous three years Thomas and myself, as part of First Journey Trails and the Aboriginal Youth Mountain Bike Program (AYMBP), have partnered with the Xat'sull First Nation to develop a 30-km network of single track nature trails. Our goal was to provide opportunities for their people to get outdoors and to attract tourists to the community. By all counts it's been a success. Numerous youth have gotten jobs and training, peo-

ple are out walking and hiking, and riders are coming from all over the province. The community is proud of their youth and the trails they built. However, the biggest impacts would be revealed by the wildfires.

During the summer of 2017, like so many people throughout the province I watched in horror as the fires spread across the region claiming homes, lives, and livelihoods. The fires impacted the Xat'sull particularly hard, threatening homes and infrastructure, and forcing the evacuation of the community for more than a month. I was also worried about the trails we had built. Would they be lost? What would it mean for the community and the people who used them?

As the fires subsided and the smoke cleared I received a call from Thomas, "The trails are still there!" His excitement and relief crackled through the phone. "The forest is burned, ash everywhere, but the trails are still there." Indeed, across the Cariboo Region, only three trails in total were lost. But the most important discovery came when we finally reconnected with our friends in Xat'sull.

"No one got sick," was the first thing an elder told me. "With our people walking, running, and cycling, when the fires came we were healthy and ready." The trails had enhanced the capacity of the community to respond to the crisis, and, displaced to centres in Prince George where conditions of poor health, trauma, and stress can compromise immunity leading to medical complications, sickness, and mortality, no one had fallen ill. "Now we're all home safe and we can recover and move on," the elder stated with the defiant resolve that captures the spirit of people and communities across the region.

Other benefits of the trails continued to emerge. A number of the young men and women who had received training and worked on the trail crews managed to secure employment as part of the regional fire response. Trail building had provided them with the skills, stamina, and discipline required to join the fire crews and

fight to protect their communities.

When the community returned, they held a dinner and party to celebrate the trails and their community members' safe return. They walked and cycled the trail in a show of strength and solidarity.



Pre-ride instruction clinic with Xat'sull riders at the Xat'sull Heritage Village.

The trails had emerged as a source of strength and resilience.

Inspired by these stories, the AYMBP formed a partnership with the Canadian Red Cross, providing trail building training workshops to First Nations across the region.

Arriving at the bottom of the trail, the youth laughing and hollering with joy behind us, Thomas and I watch as they grab their tools and head back out on to the trails for an afternoon of building. Even with the smoke and haze in the hills around us, I feel a sense of hope that we've found a small way that we can build a pathway to recovery and resilience.

Patrick Lucas is a mountain biker, writer, storyteller, community planner, and the founder of the Aboriginal Youth Mountain Bike Program. When he's not stuck at his computer he can be found wandering the trails throughout BC.

Pomegranate Feta Salad with Lemon Dijon Vinaigrette

"This tangy, tasty salad is as easy as it is fresh! Everyone raves over this and begs for more! It's perfect for a light lunch or a garden party!"

Ingredients

- 1 (10 ounce) package mixed baby greens
- 1 pomegranate, peeled and seeds separated
- 1 (8 ounce) package crumbled feta cheese
- 1 lemon, zested and juiced
- 1 teaspoon Dijon mustard
- 3 tablespoons red wine vinegar
- 3 tablespoons extra-virgin olive oil
- salt and pepper to taste

Prep: 15 m **Ready in:** 15 m

Directions

1. Place the lettuce, pomegranate seeds, and feta cheese into a large mixing bowl; set aside. Whisk together the lemon juice and zest, mustard, vinegar, olive oil, salt, and pepper in a separate bowl. Pour over the salad and toss to coat. Serve immediately.



Curried Butternut Squash and Pear Soup

"My family loves this creamy and satisfying soup with the comforting flavors of butternut squash and curry. Serve topped with frizzled onions."

Ingredients

- 1 (2 pound) butternut squash
- 3 tablespoons unsalted butter
- 1 onion, diced
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 tablespoon curry powder
- 1 teaspoon salt
- 4 cups reduced sodium chicken broth
- 2 firm ripe Bartlett pears, peeled, cored, and cut into 1 inch dice
- 1/2 cup half and half

Directions

1. Preheat an oven to 375 degrees F (190 degrees C). Line a rimmed baking sheet with parchment paper.

2. Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on the prepared baking sheet. Roast in preheated oven until very soft, about 45 minutes. Scoop the pulp from the peel, and reserve.

3. Melt butter in a large soup pot over medium heat. Stir in the onion, garlic, ginger, curry powder, and salt. Cook and stir until the onion is soft, about 10 minutes. Pour the chicken broth into the pot, and bring to a boil. Stir in the pears and the reserved squash, and simmer until the pears are very soft, about 30 minutes.

4. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender. Puree in batches until smooth. Return the soup to the pot, stir in the half and half, and reheat.

Prep: 15 m **Cook:** 1 hr 30 m **Ready in:** 1 hr 45 m



Pumpkin Spiced Latte

"My husband is obsessed with Starbucks® Pumpkin Spice Lattes! I created this recipe so we wouldn't have to go broke. I've made these countless times for everyone who visits. I think I've actually become famous for these within our very-extended family. No espresso machine is needed."

Prep: 15 m **Cook:** 3 m **Ready in:** 18 m

Ingredients

- 3 cups of whole milk
- 4 tsp white sugar
- 1/2 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 6 oz double-strength brewed coffee
- 3 tbsp sweetened whipped cream
- 3 pinches pumpkin pie spice

Directions

1. Combine the hot milk, sugar, vanilla extract, pumpkin pie spice in a blender; blend until frothy. Pour the mixture into 3 coffee mugs to about 2/3 full. Pour 2 ounces coffee into each mug. Garnish each mug with whipped topping and pumpkin pie spice.



Chicken Pot Pie IX

"A delicious chicken pie made from scratch with carrots, peas and celery."

Ingredients

- 1 lb skinless, boneless chicken breast halves—cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all purpose flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp celery seed
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crust

Prep: 20 m **Cook time:** 50 m **Ready in:** 1 h 10 m

Directions

1. Preheat oven to 425 degrees F (220 degrees C.)
2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
5. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden



Hasselback Potatoes

"This Swedish dish takes its name from Hasselbacken, the Stockholm restaurant where it was first served. The seasoned potatoes turn out crisp on the outside and tender on the inside."

Prep: 20m **Cook:** 55 m **Ready in:** 1 h 15 m

Ingredients

- 4 (8 ounce) baking potatoes
- 2 tablespoons butter, melted
- salt and pepper to taste
- 2 tablespoons finely grated fresh Romano cheese
- 1 tablespoon seasoned dry bread crumbs1/2 cup extra-virgin olive oil, divided

Directions

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Peel the potatoes, and place in bowl of cold water to prevent browning. Place potatoes into a large wooden or metal spoon. Using a sharp knife, make slices across the potato the short way about 1/8 to 1/4 inch apart, making sure to cut down to the lip of the spoon, not all the way through the potato. The slices should stay connected at the bottom, and the spoon helps keep the depth even. Return the potato to the bowl of water, and proceed with the remaining potatoes.
3. When all of the potatoes are cut, place them cut side up in a shallow baking dish or small roasting pan. Drizzle with half of the butter, then season with salt and pepper.
4. Bake for 35 to 40 minutes in the preheated oven. Remove from the oven, and drizzle with the remaining butter. Sprinkle Romano cheese and bread crumbs onto the tops of the potatoes, and season with a little more salt and pepper. Return to the oven, and bake for an additional 20 minutes, or until nicely browned.



Cooking Tricks to Steal from the World's Best Chefs

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

Blend Better

"Always put your liquids in your blender first—water, juice, broths—and then load your more solid ingredients—veggies, leafy greens, fruits. This takes stress off your blender motor, and as the blade spins your ingredients are more easily pulled down into the blender vessel and your blends are more consistent, smooth, and creamy. Adding your liquids first will lengthen the life of your blender and your 'blends' will come out perfect." - Nina Curtis, executive chef of The Ranch Malibu

Don't Cry Over Onions

"Put onions in ice water for 10 minutes before cutting them; this prevents them from causing your eyes to water." - Angel Leon, executive chef at Seaspace Miami

Nurse Practitioner



November 5, 2018
November 19, 2018

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 & Addictions Counsellor



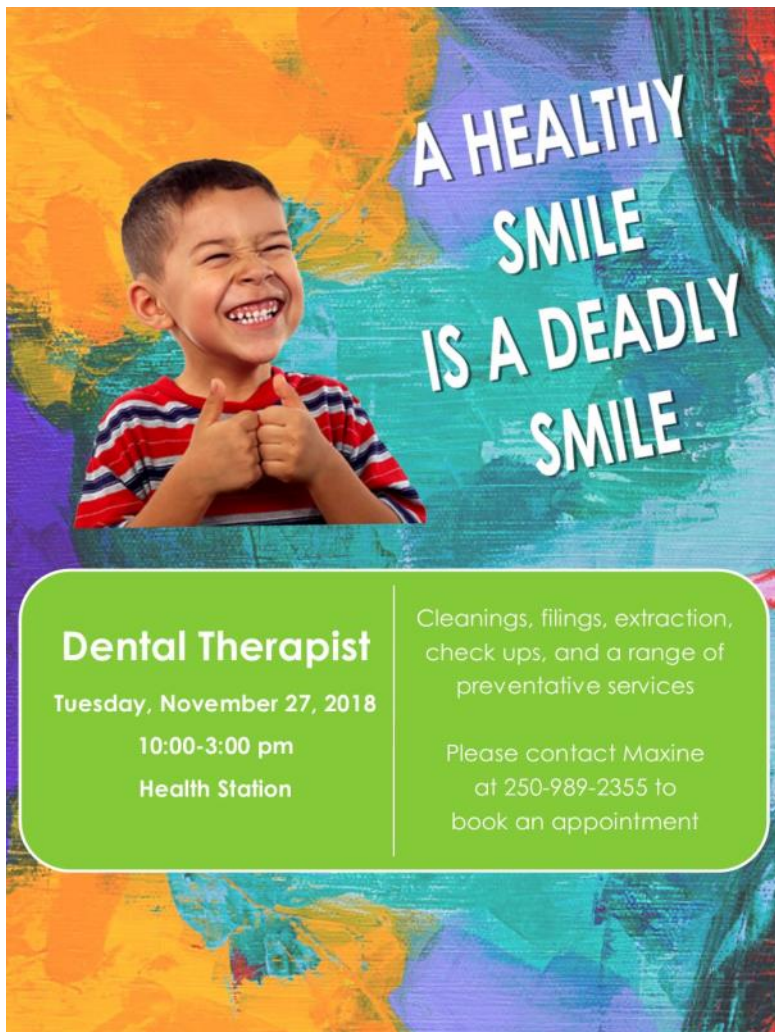
November 7, 2018
November 14, 2018
November 21, 2018

10:00-2:00 pm

Soda Creek Health Station

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

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



A HEALTHY SMILE IS A DEADLY SMILE

Dental Therapist
Tuesday, November 27, 2018
10:00-3:00 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

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

SODA CREEK BAND WORKING GROUP MEETING

MAY 2018
TO
DECEMBER 2018



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



Wednesday, November 7th, 2018

12:00-1:00 pm

Health Boardroom

Come join us for lunch and learn about grief and loss. Lunch is provided. Rides are available. Call Maxine at 250.989.2355 to register by **November 6th, 2018 at 4 pm.**

Neleena Popatia
Mental Health Clinician
Three Corners Health Services Society
250-398-9814



Elders Christmas Lunch & Dance

November 14, 2018

Time: 11am -3pm

Where: Soda Creek



- **Live Band (Creeshu)**
- **Lunch Provided**
- **Door Prize**
- **Dance Prizes**
- **Transportation Provided**

FOR MORE INFORMATION CONTACT YOUR
COMMUNITY HOME SUPPORT WORKER



Lunch & Learn with Neleena: Healthy Relationships

Wednesday, November 21st, 2018

12:00-1:00 pm

Health Boardroom

Come join us for lunch and learn about healthy relationships. Lunch is provided. Rides are available. Call Maxine at 250.989.2355 to register by **November 21st, 2018 at 4 pm**


Neleena Popatia
Mental Health Clinician
Three Corners Health Services Society
250-398-9814





DECEMBER
8TH

GRIEVING & LOSS WORKSHOP



The pain of loss can be exhausting and difficult to navigate. Thankfully, there are many practices available to help us move through both recent loss and old grief from the past. Join us in community to explore mandala rock painting and other transformative practices for working with and through the pain of loss.

10-2PM

LUNCH WILL BE PROVIDED

PLEASE REGISTER WITH
MAXINE @ 250.989.2355



Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Integrative Healing Session w Ciel	<i>2</i> Yoga 12	<i>3</i>
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i> HCC Travel Lunch & Learn w Neleena: Grief & Loss	<i>8</i> Integrative Healing Session w Ciel	<i>9</i> Yoga 12	<i>10</i>
<i>11</i>	<i>12</i> In lieu of Remembrance Day Statutory Holiday Office closed	<i>13</i> ADP Luncheon	<i>14</i> SCIB Travel	<i>15</i> Integrative Healing Session w Ciel	<i>16</i> Yoga 12	<i>17</i>
<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i> HCC Travel Lunch & Learn w Neleena: Healthy Rela- tionships	<i>22</i> Integrative Healing Session w Ciel	<i>23</i> Yoga 12	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i> ADP Luncheon	<i>28</i> SCIB Travel	<i>29</i> Integrative Healing Session w Ciel	<i>30</i> Yoga 12	

BEV SELLARS invites you to "LETS HAVE A CONVERSATION"

If you are planning on running for Council in the next election or if you simply want to raise your awareness and have some interesting discussions about being Indigenous then you might consider attending 'conversations' that I plan on hosting.

The first session will be on **November 21st, 2018** at the **Soda Creek Gym**. It will take place from **5-8 pm** and the first session will be to provide an overview of the historical development of our fight for our human rights. I have delivered this presentation all over the province of BC and the information is always well received with a very useful Q&A session later. We can then decide from there if there is an interest in continuing and what other conversations would be useful.

Suggestions would be to examine *in detail*:

- ⇒ What are your rights as an Indigenous person?
- ⇒ What is UNDRIP? What is FPIC?
- ⇒ What does Section 35.1 and 25.1 of the Constitution mean to me as an Indigenous person?
- ⇒ What do the many court cases Indigenous peoples have won mean?
- ⇒ What is the Indian Act and how does it differ from Indigenous rights? What 'powers' do Chief and Council have?
- ⇒ Why 'exactly' are we negotiating a Treaty?
- ⇒ What can we do to protect our rights?
- ⇒ The Human Rights Code only became applicable on reserve in 2008. What does that mean?
- ⇒ Anything else that might come up that members want information on.

I want to **STRESS** that this will not be a Chief and Council or staff-bashing event. Please **DO NOT** bring your personal issues to this event. The goal will be to provide useful information to the community so we can clarify our rights and be a knowledgeable and politically strong community. I would like to see this continue on as a regular event. Issues are always changing and we can keep up with them *if* we inform ourselves. We can have videos, guest speakers, watch provincial and federal conferences etc. to keep the conversation interesting. Learning can happen anywhere. Don't be fooled that you have to go to College or University to learn. No one person knows everything but we can help each other learn and keep informed of issues that affect us.

Dinner will be served so I hope to see you there. Everyone is welcome!!!! Any questions or concerns can be directed to me at 250 267 6924 or alu2008@live.ca.



Affordable transportation options to meet your health care needs.

Northern Health Connections Route Schedule

Prince George / Vancouver			Route 1		
Departs Prince George Sun** / Tues** / Thurs**			Departs Vancouver Tues* / Thurs* / Sat*		
	Arrive	Depart		Arrive	Depart
Prince George (UHNBC / KL)		8:00 am	Vancouver (Chateau Granville, 1100 Granville St.)		8:00 am
Hixon		8:45	Abbotsford (Hospital Emerg)	8:45	9:00
Quesnel (Hosp. Parking)	9:30	9:45	Chilliwack (Husky)	9:30	10:00
Kersley (Alamo Grill)		9:50	Cache Creek (Husky)	13:00	2:00
Williams Lake (Timmies)	11:00	11:15	100 Mile (Visitor info)		3:15
Lac La Hache (Husky)	11:45	11:50	Lac La Hache (Husky)		3:40
100 Mile (Visitor info)		12:20	Williams Lake (McDonalds)	16:30	16:45
Cache Creek (Husky)	13:00	14:00	Kersley (Alamo Grill)		17:35
Chilliwack (Husky)	17:15	17:30	Quesnel (Hosp. Parking)	17:55	18:00
Abbotsford (Hospital Emerg)	18:00	18:15	Hixon		18:40
Vancouver (Chateau Granville, 1100 Granville St.)	19:30		Prince George (UHNBC / KL)	19:30	
* Bus TO Prince Rupert departs the following morning ** Bus FROM Prince Rupert connects from previous day > Abbotsford pickup is at Emergency Exit, to the left just past where the ambulances park					

BOOK NOW
1-888-647-4997
nhconnections.ca

Valid through March 2019

Fares indicated below are for a one-way trip only

	Prince George	Vancouver	Terrace	Smithers	Kamloops	Dawson Creek	Fort St. John
Burns Lake	\$10	\$30	\$10				
Chetwynd	\$10	\$30				\$10	\$10
Dawson Creek	\$20	\$40					\$10
Fort Nelson						\$20	\$10
Fort St. James	\$10	\$30					
Fort St. John	\$20	\$40				\$10	
Fraser Lake	\$10	\$30					
Hazelton	\$20	\$40	\$10				
Houston	\$10	\$30	\$10	\$10			
Hudson's Hope	\$20	\$40				\$10	\$10
Mackenzie	\$10	\$30					\$20
McBride	\$10	\$30					
Prince George		\$20					
Prince Rupert	\$20	\$40	\$10				
Quesnel	\$10	\$20					
Smithers	\$20	\$40	\$10				
Terrace	\$20	\$40					
Valemount	\$20	\$30			\$10		
Vanderhoof	\$10	\$30					

BOOK NOW

1-888-647-4997

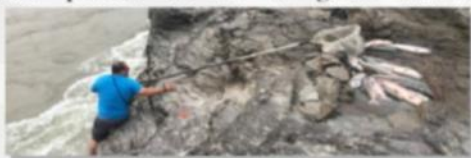
nhconnections.ca

2018 FRASER RIVER SALMON SAMPLING PROGRAM

Are the Salmon Safe to Eat?

BACKGROUND:

2018 marked the third year of the Salmon Sampling Program. The goal of the program is to provide information to First Nations regarding the safety of consuming fish captured at traditional fishing sites on the Fraser River. Similar to previous years, the 2018 program proved to be a great success.



The Salmon Sampling Team is comprised of the following organizations:



THE STUDY:

In August, 45 sockeye salmon were caught at 3 traditional fishing sites along the Fraser River: Xat'sull Heritage Village, Rudy Johnson Bridge, and new to the 2018 program, West Tseilach. Samples were taken from fish muscle tissue, liver tissue, and roe (eggs), and submitted to an accredited laboratory for metals analysis.

THE RESULTS:

THE STUDY SHOWED THAT SOCKEYE SALMON CAUGHT AT TRADITIONAL FISHING SITES ON THE FRASER RIVER ARE SAFE TO EAT

To provide perspective on safe consumption levels, number of weekly portions are compared to equivalent cans of tuna. Portion size was assumed to be 300 grams for muscle tissue (equivalent to approximately 2.5 cans of tuna) and 100 grams for roe and liver tissue (equivalent to approximately 1 can of tuna, respectively). Body weight was also considered in determining the number of weekly portions. Table 1 outlines the number of portions of salmon an average 150-pound adult could safely consume per week, along with the equivalent cans of tuna. The number of portions increase the higher an individual's body weight (i.e. an individual weighing 300-pounds can eat double the portions of a 150-pound individual).

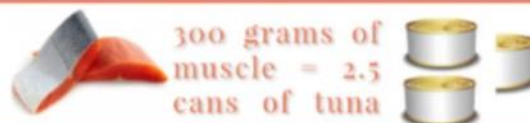
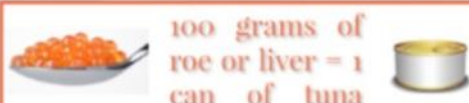


Table 1: Number of portions of salmon that an adult (150-pounds) could safely consume each week

Fish Tissue Type:	No. of Weekly Portions:	Portion Size (grams):	Equal to:
Muscle	6	300	15 cans of tuna per week
Roe	10	100	10 cans of tuna per week
Liver	2	100	2 cans of tuna per week

Note: mercury, selenium and cadmium are the limiting factor for consumption



Soda Creek Indian Band (SCIB)
Employment Opportunity

Job Title: Health Manager/ Children and Families Representative

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Job Summary: The Health Manager contributes to the overall success of the organization by coordinating the effective development, provision, and evaluation of programs and services in the community according to the organization's vision, objectives, and strategic direction.

Education and Experience:

- Diploma in Business, Health or Social Work, or a related field
- Three to five years business, health, social work or related experience

Skills and Abilities: As an advocate for healthy families and communities, the Health Manager possesses excellent communication skills and is a results-oriented individual with an ability to establish productive and effective relationships.

Type of Employment: 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

Working Conditions:

- Travel to other related organization locations will be required
- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's License
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements OR access to company vehicle is provided and requires a valid Driver's License

Application Deadline: by Tuesday, November 21, 2018 at 4:00 PM. Any applications after 4:00 PM on this date will not be considered.

How to APPLY: By mail to Soda Creek Indian Band, 3405 Mountain House Road Williams Lake, BC V2G 5L5, by FAX (250) 989-2300 ATTENTION TO: Executive Assistant, or by email to execasst@xatsull.com .

***Please provide a cover letter with salary expectations and availability. Must fill out the application form that can be found on the website www.xatsull.com and attach to your Cover letter and resume.**

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
Nurse Practitioner	November 5 & 19 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Community Meeting	November 6 5-8	Soda Creek Gym	Dinner is provided. Call Jessie at 250-989-2323 if you need a ride.
Family Support Travel	November 7, 14, 21 & 28		Call Janae, if not leave a message with Maxine at 250-989-2355
HCC Travel	November 7 & 21		Call Edith at 250-989-2355
Mental Health Clinician	November 7, 14, & 21 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Lunch & Learn w Neleena: Grief & Loss	November 7 12-1	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Community Kitchen w/ Kayla	November 8 & 22 4:30-7 pm	Health Boardroom	Call Kayla at 250-398-9814 if you have any questions
ADP Luncheon	November 13 & 27	Health Station	Call Edith at 250-989-2355
SCIB Travel	November 14 & 28		Call Rae-Lyn at 250-989-2355
Elders Christmas Lunch & Dance	November 14 11-3	Soda Creek Gym	Call Edith at 250-989-2355 to registrar
Lunch & Learn w Neleena: Healthy Relationships	November 21 12-1	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Dental Therapist	November 27 10-3	Health Station	Call Maxine at 250-989-2355 to book an appointment
Physiotherapy	November 28 8:45-12:00	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
Referendum to amend Xat'sull Election Code	November 28		

Tiny Self-Care Ideas for the Mind

1. Start a compliments file. Document the great things people say about you to read later.

2. Scratch off a *lurker* on your to-do list, something that's been there for ages and you'll never do.

3. Change up the way you make decisions. Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.

4. Go cloud-watching. Lie on your back, relax, and watch the sky.

5. Take another route to work. Mixing up your routine in small ways creates new neural pathways in the brain to keep it healthy.

6. Pay complete attention to something you usually do on autopilot, perhaps brushing your teeth, driving, eating, or performing your morning routine.

7. Goof around for a bit. Schedule in [five minutes of "play"](#) (non-directed activity)

several times throughout your day.

8. Create a deliberate habit, and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush.

9. Fix a small annoyance at home that's been nagging you—a button lost, a drawer that's stuck, a light bulb that's gone.