



November 2019

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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Pitch Making

There was an awesome turn out for the Pitch Medicine Making Night on Wednesday, October 2, 2019. As well as the Hunting Camp from Friday, October 4 - Sunday, October 6, 2019 at the Spanish Mountain Gold Camp in Likely. They got one deer and it was shared amongst those that attended. As well as a hide was kept for a hide tanning workshop in future.

Soda Creek Indian Band Office
will be closed for Monday,
November 11, 2019 for
Remembrance Day Statutory
Holiday



Hunting Camp 2019

Pellc7ell7úllcwten (entering winter homes month) – November

Band Administrator



Craig Smith

Fall is definitely here and winter is around the corner. Make sure you have your fuel for the winter stocked up. We are waiting for logs from the Community Forest which I am told should be here any day. We have a crew that will get it cut and split and out to the community asap.

Also, I have negotiated a price of .505 per litre for propane from Superior. If

you are getting charged more than that let us know and we will get it adjusted for you.

We are having a Community Meeting on the 14th of November and Council has asked us to have one per month whenever possible, from now on. This meeting there will be a presentation from Telus on the pure fibre High speed internet which was worked on over the summer and is just about ready to go live. There will be representatives there to sign people up to high speed. As well, dinner is provided and among the door prizes is an Apple iPad donated by Telus. We will also be presenting the financial statements to the community as well.

In December, we would like the Com-

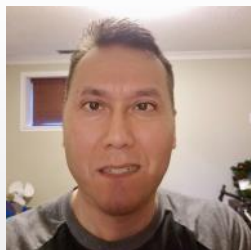
munity Meeting to be the start of a Strategic Plan where anyone can make suggestions as to what they want to see in the community. We will be doing this like a World Café concept where every department will have a table and you can make suggestions at each table through the night. There will also be a dinner and door prizes. I have tentatively scheduled that for December 11, 2019.

Once again, we have a huge amount of open positions throughout the Band, so if anyone is looking for employment visit Cheryl in Employment/Economic Development.

My door is always open and my phone is always on.

Kukstenc

Community Support Worker



Bruce Baptiste

Weytkp,

Good day folks. my name is Bruce Baptiste and I am the Community Support Worker and have been here at the Health Station since September 3, 2019. I hope you're enjoying the fall weather as where did summer go.

My job entails Family Support and Alcohol & Drug Referrals and Counseling.

I assisted with the following Community deliverables which was good for me to get familiar with Community

members and develop a rapport with Community members as well as introducing myself as the new Community Support Worker.

- ⇒ September 10, 2019 - helped pick Corn and deliver to Community members
- ⇒ September 25 & 26, 2019 - helped deliver Salmon to Community members
- ⇒ October 4-6, 2019 - helped with the annual Hunting Camp at Spanish Mountain

I have also attended the following training sessions:

- ⇒ September 18-20, 2019 - (IFOT) Indigenous Focus Oriented Complex Trauma Therapy Training
- ⇒ Conflict Resolution Training - September 25, 2019
- ⇒ Food Safe Level 1 Training

⇒ Situation Table Training - October 8-10, 2019

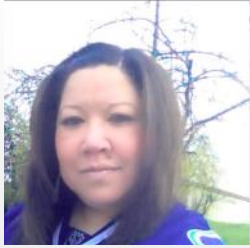
I have also attended the monthly Three Corners Health Society staff meeting on September 6, 2019, the Soda Creek Indian Band Staff Retreat on September 12 & 13, 2019 and I also attended the annual Orange Shirt day as a Board Member on September 30, 2019.

The Health Station will be bringing Buckles Camille who is a Traditional Healer to the community on November 12 & 13, 2019. If you'd like to see Buckles, you can call Maxine at the Health Center to book an appointment.

I will be purchasing Archery equipment and it will be for youth and adults and I will have Maxine post upcoming dates of Archery nights in the community.

Until next time

**Social Development
Coordinator**



Jennifer Stinson

Hi, everyone fall time now, hope everyone is enjoying it .

Interviews will be brief and will consist of:

- Filling out our Monthly Renewal Forms (Mandatory) (just too, also touch base of any changes

as well).

- Also don't forget to bring in your Current bills for the month, so they can be paid on time. If not brought in they will not get paid.

Pre-Employment Program:

November 4th Monday @ 10:00 @ the Education Department (computers)

November 5th Tuesday @ 10:00 @ the Education Department (computers)

November 18th Monday @ 10:00 @ the Education Department (Racism in the Workplace)

November 19th Tuesday @ 10:00 @

the Education Department (Employer Employee Expectations)

If you have any questions, please do not hesitate to call me @ (250) 989-2323 Ext. 102 or email me at socdev@xatsull.com. And I will try to get back to you as soon as possible.

I will be having **Interview Week** for this month:

Mon. Nov. 4th 9am – 4 pm

Tues. Nov. 5th 9am – 4 pm

Wed. Nov. 6th 9am – 4 pm

Thurs Nov. 7th 9am – 4pm

Fri. Nov. 8th 9am – 4 pm

Important Dates in November:

6th Mid - Month

12th Bills are DUE to ensure they are paid on time (You can also email your bills too).

4th – 8th Interview Week (mandatory to also fill out your Monthly Renewal form, or cheques will be delayed if not done so during this week.)

20th SA Day

4th & 5th Pre – Employment Program @ the Education Department

18th – 19th Pre – Employment Program @ the Education Department



**Pitch
Collecting**



Head Start – November

I'd like to welcome our new ECE Supervisor; Adele Edgar to our program. Donna will be greatly missed and we wish her all the best.



For the month of October, we have been to Scout Island and Kiwanis each Wednesday to take note of the Seasonal change and to allow the children to play at the Kiwanis Park with other children.



We have three seats available in our Multi-age Head start program.

One seat can occupy a child under 36 months and two other spots can be over 36 months.

Families may be eligible for Child Subsidy.

If you have any questions, please call Ang at 250-989-2323 ext. 127.

On Tuesday, October 29th from 4:30 to 6:00 PM we will be carving pumpkins for the families of the Head start program. We will have hot chocolate, hot dogs and a few fire works.



Soda Creek Health Staff



Maxine Sellars
Administrative Assistant/
Injury Surveillance Clerk

Ext. 124

healthreceptionist@xatsull.com

- Provides Clerical Supports
- Greets and directs visitors to appropriate department staff for supports
- Provides communication, health information and resources to clients
- Administers the monthly newsletter to community
- Collects data for Injury Surveillance Program. Share program and keeps community updated



Janae Beaulieu
Community Health
Representative

Ext. 131

chr@xatsull.com

- Advocates for community in relations to health
- Client health advocacy
- Healthy lifestyle and preventative programming
- Provides Pre and Post Natal Services and Program in Collaboration with Community Nursing



Bruce Baptiste
Community Support Worker

Ext. 137

supportcounsellor@xatsull.com

- Alcohol and Drug Counselling
- Family Support Counselling /services
- Provide Youth Justice
- Client advocacy
- Healthy lifestyle and preventative programming
- Provides mental health counselling and referrals



Rae-Lyn Betts
Health Manager / Children &
Families Band Representative

Ext. 129

health@xatsull.com

- Supervises Health Department Staff
- Oversee health programming and staffing
- Children and Families Band Representative for children in care case
- Works collaboratively with other services to provide supports or referrals to members

Pitch Making Night





Hunting Camp



SUDOKU

8		6			3		9	
	4			1			6	8
2			8	7				5
1		8			5		2	
	3		1				5	
7		5		3		9		
	2	1			7		4	
6				2		8		
	8	7	6		4			3

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

pumpkin harvest
yellow apples
scarecrow hayride
autumn red
leaves Thanksgiving
sunflower football
acorns orange
corn



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

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LAVEES

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BEEESTRMP

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SVRTAEH

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TECTHUNS

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AUMUTN

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ATOLFLOB

--	--	--	--	--	--	--	--

Q. What do you get when you drop a pumpkin?

--	--	--	--	--	--

3	1	2	4	5	6	7	8	9
9	8	7	6	5	4	3	2	1
6	5	4	3	2	1	8	7	9
3	2	1	9	8	7	5	4	6
7	6	5	4	3	2	9	8	1
4	3	2	1	9	8	6	5	7
1	9	8	7	6	5	3	2	4
2	1	9	8	7	6	4	3	5
5	4	3	2	1	9	7	6	8
8	7	6	5	4	3	1	9	2

ANSWER:

Singapore Noodles with Shrimp

"For the sweet onion, look for Vidalia, OSO Sweet, or Wall Walla. The super-sweet varieties are more suited to this stir-fry because at the end of cooking, the onions still have a slight crunch."



Prep time: 30 m **Cook:** 10 m **Makes:** 4 servings

Ingredients

- 2 tsps. Sesame oil
- 2 tbsps. Soy sauce, or more to taste
- 2 tbsps. Seasoned rice vinegar
- 6 ozs. Asian rice sticks or rice vermicelli noodles
- 2 large eggs
- 3 tbsps. Peanut or canola oil
- 2 tbsps. Minced ginger
- 1 clove garlic, finely chopped
- 2 carrots, shredded
- 1 jalapeno pepper, cored and thinly sliced
- 1/2 sweet onion, thinly sliced
- 1/2 tsp salt, or more to taste
- 4 ozs. Flavourful baked ham, cut into thin 2-inch strips
- 1/2 Napa cabbage (1/2 lb), thinly sliced
- 4 scallions, green and white parts cut into 1-inch lengths
- 1/2 red bell pepper, cored, seeded, and cut into 2-inch thin strips
- 2 tsps. Curry powder
- 1/2 pound shrimp, peeled and deveined
- 2 tbsps. Cilantro leaves, for garnish

Special equipment

- Wok or deep 12-inch skillet

Method

- 1. Make the sauce:** In a bowl, combine the sesame oil, soy sauce, and rice vinegar.
- 2. Cook the rice noodles:** Bring a large saucepan of water to a boil, add the noodles, and use tongs to turn them so they are submerged. Cook for 2 minutes, or until they are tender but still have some bite (they will cook a little more once you add them to the skillet).
- 3. Scramble the eggs:** In a small bowl whisk together the eggs. Heat the skillet or Dutch oven over medium heat. Add 1 tablespoon of the peanut or canola oil. Add the eggs and scramble them for 2 minutes, or until they form large, soft curds.
- 4. Cook the vegetables:** Add 1 tablespoon of the remaining oil to the pan. When it is hot, add the ginger, garlic, carrots, jalapeno, onion, and salt. Cook, stirring constantly, for 2 minutes or until the vegetables start to soften.
- 5. Add the remaining ingredients:** Sprinkle the vegetable mixture with the remaining 1 tablespoon peanut or canola oil. When the oil is hot, add the ham, cabbage, scallions, red pepper, and curry powder to the pan. Cook, stirring constantly, for 1 minute.
Add the shrimp and cook, stirring, for 3 more minutes or until the shrimp are bright pink and cooked through.
- 6. Add the noodles in batches:** Add the eggs, the sauce mixture, and half the noodles to the pan. Toss for 1 minute.
Add the remaining noodles and continue tossing for 1 minute more until they are thoroughly combined and the mixture is heated through.
- 7. Serve:** Taste for seasoning and add more salt or soy sauce, if you like. Sprinkle with cilantro leaves and serve.

Simple Cooking Tips You Need to Memorize ~ www.myrecipes.com ~

Read the whole recipe first

I'll say this until the cows come home. If you're cooking from a recipe, the best tip I can give you is to read through the whole thing all the way through before you start to cook. Not only will this help you gain a better understanding of what the final dish should look and taste like, you'll also be able to ascertain which pots, pans, and tools you need, as well as catch important instructions like "marinate overnight".

Roll citrus to get more juice out

Sometimes all a dish needs is a squeeze of lemon or lime to take it to the next level. To get the most juice out of your citrus, roll it on a cutting board before slicing it.

WELLNESS DAY

PLEASE JOIN US

THURSDAY
NOVEMBER 21, 2019
3:00PM-8:00PM

Events Featuring
Dr Joe with Intuitive Healer
Debbie Graham with
oracle card reading
Secure Status Card
Applications
Dinner provided

SODA CREEK GYM
SODA CREEK INDIAN BAND
SEE YOU THERE!



Any questions call Janet Smith or Noella William,
Northern Shuswap Tribal Council at 250.392.7361

HEALING SESSIONS WITH BUCKLES CAMILLE

November 12, 2019 9-5pm

November 13, 2019 11-7pm

FREE / ALL COMMUNITY WELCOME



SODA CREEK HEALTH STATION

CALL MAXINE AT 250.989.2355 TO BOOK A SESSION

Nurse Practitioner



SODA CREEK HEALTH STATION

November 4, 2019
November 18, 2019
November 25, 2019

10:00-3:00 pm

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

To book an appointment with Catherine, please call
Maxine Sellars, Health Administrative Assistant at
Soda Creek Health Station : **250-989-2355**

If you have any questions or concerns, please talk with your Community Health Nurse
at your Health Centre or Three Corners



Kristine Jensen, RN & Stacey Isaac, RN
Canoe Creek Health Centre 250-459-7749
Dog Creek Health Centre 250-440-5822
Soda Creek Health Centre 250-989-2355
Sugarcane Health Centre 250-296-3532
Three Corners Health Services 250-398-9814



Mental Health & Addictions Counselor



RN, MSN, CPMHN (C)

Are you having a hard time with

- ♦ Stress
- ♦ Anxiety
- ♦ Depression
- ♦ Anger
- ♦ Alcohol, drugs

If you said **YES** to any of the
above, come and see me... I
have over 35 years of experience
in the mental health field. I be-
lieve in kind, compassionate care.

To book an appointment
with Neleena, please call
Maxine Sellars, Health
Administrative Assistant
at Soda Creek Health
Station, **250.989.2355**

November 6, 2019
November 20, 2019
November 27, 2019

11:00-3:00 pm

SODA CREEK HEALTH STATION

Canoe Creek Health Centre 250-459-7749
Dog Creek Health Centre 250-440-5822
Soda Creek Health Centre 250-989-2355
Sugarcane Health Centre 250-296-3532
Three Corners Health Services 250-398-9814





Soda Creek Community Meeting

Join us Thursday, November 14th, 2019

From 5-8PM at Soda Creek Gym

- ⇒ Dinner at 5pm
- ⇒ Telus to present on Pure Fibre High speed internet. There will be Telus representatives there to sign members up for high speed.
- ⇒ One of the Door prizes will be an Apple iPad donated by ANTCO/ Pathways
- ⇒ Any questions call Craig Smith, Band Administrator at 250.989.2323

November 2019

Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Pre-Employ. Program @ 10 am @ Education Depart.	5 Pre-Employ. Program @ 10 am @ Education Depart.	6 Mid - Month	7	8	9
	Interview Wk 9am – 4 pm	Interview Wk 9am – 4 pm	Interview Wk 9am – 4 pm	Interview Wk 9am – 4 pm	Interview Wk 9am – 4 pm	
10	11 Office Closed	12	13	14	15	16
17	18 Pre – Employ. Program @ 10 am @ Education Depart.	19 Pre – Employ. Program @ 10 am @ Education Depart.	20 S.A. Day	21	22	23
24	25	26	27	28	29	30

November 2019

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Nurse Practitioner 10-3	5	6 HCC Travel Mental Health & Addictions Counsellor 11-3pm	7	8	9
10	11 Remembrance Day Statutory Holiday	12 ADP Luncheon Healing Sessions w/ Buckles Camille 9-5pm	13 SCIB Travel Healing Sessions w/ Buckles Camille 11-7pm	14 Community Meeting 5-8pm Gym	15	16
17	18 Nurse Practitioner 10-3	19	20 HCC Travel Mental Health & Addictions Counsellor 11-3pm	21 Wellness Day 3-8pm Gym	22	23
24	25 Nurse Practitioner 10-3	26 ADP Luncheon	27 SCIB Travel Mental Health & Addictions Counsellor 11-3pm	28	29	30

FIRST PEOPLES' CULTURAL COUNCIL
PRESENTS.....

HOLIDAY CARD CONTEST

ARE YOU A YOUNG INDIGENOUS ARTIST, AGED 5-12?
SUBMIT YOUR HOLIDAY-RELATED ARTWORK FOR
YOUR CHANCE TO BE ON FPCC'S
2019 HOLIDAY CARD!

COMPLETE
THE APPLICATION

DEADLINE
NOVEMBER 22

SUBMIT YOUR
ARTWORK



FIRST PEOPLES'
CULTURAL COUNCIL

HOW TO ENTER:
WWW.FPCC.CA



Northern Shuswap Tribal Council Employment Opportunity

Job Title: Skills Development & Victim Services Assistant – Full Time Position

Job Summary:

The Skills Development & Victim Services Assistant contributes to the overall success of the organization by effectively carrying out a variety of administrative and support functions. The position is responsible for working with the member communities of the Northern Shuswap Tribal Council and its partners to assist in the development of a skilled work force that assist the communities to achieve their vision for self-determination. The Skills Development & Victim Services Assistant effectively carries out the administrative and support functions for the Department as well as support services to victim/witnesses and their families.

Duties and Responsibilities

1. Participate in inter-agency meetings
2. Does presentations to communities and community groups.
3. Maintains confidentiality on all matters relating to the business
4. Performs administrative and clerical duties including filing, setting up appointments, processing correspondence, maintaining student records.
5. Organizing meetings, compiling documents, development of agenda and minutes and distributes minutes to appropriate parties
6. Support the recruitment of students for courses being offered by TRU and NSTC.
7. Develops working relationship with internal and external groups that support the program mandate.
8. Receives referrals, provides clients with case specific information.
9. Relationship building with community organizations.

Education & Work Experience

1. Applied Business Technology
2. Victim Services Certification – completed or in progress would be an asset
3. 2 to 3 years work experience in an office environment & working with clients

Salary: \$15.89 to \$20.14 depending on education and experience

Application Deadline:

Please submit your cover letter and resume including 3 references by November 13, 2019 @ 4:00 pm. Forward to:

Marg Shelley

Executive Director

Northern Shuswap Tribal Council

17 South 1st Avenue, Williams Lake, BC V2G 1H4

Email: administration@nstq.org

Community Events

Event	Date & Time	Where	Description
Elders Session/ Luncheon	November 1, 11-2pm	Natural Resources/Treaty Office	Please let Ada Know if you interested at 250-989-2323, ext. 120
HCC Travel	November 6 & 20		Call Edith at 250-989-2355
Mental Health & Addictions Counselor	November 6, 20 & 27 11:00-3:00pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	November 12 & 26	Health Boardroom	
Healing Sessions with Buckles Camille	November 12, 9-5pm November 13, 11-7pm	Health Station	Call Maxine at 250-989-2355 to book a session
SCIB Travel	November 13 & 27		Call Maxine at 250-989-2355 to book a ride
Community Meeting	November 14, 5:00-8:00pm	Soda Creek Gym	Dinner at 5pm. Call Craig Smith, Band Administrator at 250-989-2323 if you have any questions.
Elders Christmas Social	November 20, 10:00-2:30pm	WLIB Gym	Call Edith at 250-989-2355
Wellness Day	November 21, 3:00-8:00pm	Soda Creek Gym	Dinner provided, Secure Status Card application, Janet Smith, Dr. Joe, Intuitive Healer, and Debbie Graham, Oracle Card Reader.

