



NOVEMBER 2017

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



Pellc7ell7úllcwten (entering winter homes month) – November

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Deep Creek's Do Not Consume Order Has Been Lifted as of October 24, 2017.

Water's safe to Drink Once again. Thank-you for your patience.



Purdy's Chocolates Fundraiser for Head Start Program

Deadline is November 20th

Books are at the Main Office or Health Station



The Soda Creek Band Offices will be closed on Monday, November 13<sup>th</sup> in lieu of Remembrance Day that falls on Saturday, November 11<sup>th</sup>



*"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"*



### Soda Creek Band Office:

250-989-2323

### Soda Creek Health Station:

250-989-2355

### Natural Resources:

250-989-2323

### Xat'súll Development Corporation

250-989-2311

### Xat'súll Heritage Village:

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: 250-989-2355

## Remembrance Day Canada 2017

In 2017 Remembrance Day is Saturday, November 11.

On remembrance day members of the armed forces (soldiers, sailors and airmen) are commemorated.

The other common name for this day is Armistice Day which marks the date and time when armies stopped fighting World War I. on November 11th at 11am in 1918 (the eleventh hour of

the eleventh day of the eleventh month). Some 100,000 Canadian soldiers died in the First and Second World Wars.

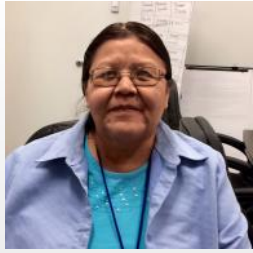
In Canada, Remembrance Day is a federal statutory holiday - with a notable exception of NS, NWT, ON and QC - as it is in many other countries in the world where this day is observed on the national level.

All government buildings fly the Canadian flag this day

and people remember those who fought for Canada during a two minute silence at 11am. Many people wear poppies before and on Remembrance Day to show their respect and support for Canadian troops. Poppies are generally handed out free but often a voluntary donation is given in exchange.

In the United States this day is called Veteran's Day and is also observed on November 11.

### Band Administrator



Dora Demers

### BY ELECTION FOR CHIEF

In regards to the By Election for the Chief, the Council met the following day after the Nomination Meeting. According to the Election Code under By-

election **"71. No sitting council member is eligible to be a candidate in a by-election, he must resign his council position prior to the nomination meeting for the by-election."** For the two Council members who were going to let their name stand for the by-election, they did not resign Prior to the nomination meeting. There were also other mistakes that were made during this whole process, that the Council felt could result in one or more appeals.

Rather than wait for November 30<sup>th</sup> date of the election, and have an appeal take place; the Council choose to stop the present process of the by-election and

start from square one. If an appeal took place after the elections, that would mean waiting another 90 days for a second by-election (this would be to the end of Feb. 2018 or later).

A new Electoral Officer has to be appointed, and the **Election Date will be Jan. 22, 2018**. We thank the present Council for making this decision. One of the comments that were made during the discussions of whether to let the process proceed or to start from square one was, "we say that we are transparent, and if we know that there is a possibility of an appeal; we need to make a decision to start over."

### Education Coordinator



Cheryl Chapman

After School Program has an Assistant, please join me in welcoming Jennifer Phillips to the team! We are working with Three Corners Health to provide programming for After School, Pro-D Days and Fall and Spring Breaks. Check out the calendar and let us know if you will be joining us.

Grad 2017 Celebration has been scheduled for November 16<sup>th</sup>, 2017 BBQ, Cake, Games and Music, keep your dancing shoes/boots handy! Starting at 5pm to 9pmish... see poster.

The Xat'sull Save-the-Salmon Traditional Pow-Wow was a great success, with over 200 people joining us over the weekend. Kukstemc to our Council members, staff and community members that volunteered to help out. The Soda Creek Walk-Run Group set-up and prepared our breakfasts and Jarrett Mitchell & Janae Beaulieu BBQ'd up our feast for Saturday! Hope to see you next year! See photo spread.

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

Free Credited Courses for NSTC Members, Tuition & Books are funded through the Northern Shuswap Tribal Council Skills Development for seven Applied Business Technology courses at TRU, weekend university style, alternating Thursday/Fridays and Friday/

Saturdays. Please see the poster in this newsletter and contact me for the application and details, I have an up-to-date calendar.

Conversational Secwepemctsin is here with Alicia Gilbert and her Mentor Cecilia DeRose at the Education Department Mondays 4:35-6:30pm.

Working with SAGE Trainers to bring the Strengthening Our Aboriginal Roots Program to Soda Creek, this is a 10 week program, non-age specific, which includes skills development in document use, communications, numeracy, reading and writing; employment readiness and maintenance. Please let me know if you are interested, depending on funding, this will begin in January 2018 at the Education Department Classroom.

Should you require additional information please contact me at 250-989-2323 #104, or email [education@xatsull.com](mailto:education@xatsull.com)

**Health Coordinator/  
Children & Families  
Representative**



**Georgina Mortensen**

**Flu Vaccine Season!!!**

Our Health Station will be supporting the Flu Vaccine Policy again this year to protect membership from contracting or spreading the FLU virus. There will be masks supplied to those visiting the Health Station who chose not to receive the Flu Vaccine this season.

If you have not received your flu shot this season please contact the Health station to make an appointment to see the Nurse. Many people have concerns over the shots and heard the myths about it making them sick or allergic reactions, our nurses would be happy to answer any questions or concerns you may have prior to receiving the shot.

**Pharmacare transition**

Health has included an information insert for those who are confused about the transition of drug coverage through the PharmaCare system. Most people will not experience any effects of the transition at all. We encourage you to call the help line on the information sheet or consult your pharmacist, or physician about individual concerns as each person has their own unique care plan and prescriptions.

**Event News**

Health has been coordinating a fitness session each week for one hour in the evenings from 5:30 to 6:30 pm. We have had a great group that has been showing positive attitude and commitment to the sessions and each other. Most has been based on a circuit style work and is able to be moderated to your fitness level. The days may change in the month of November, we have an instructor who has been providing these services and she is will to train others. We are trying to keep them on Tuesdays or Wednesdays. Please watch FB or call into the Health Station to confirm.

There are some exciting upcoming

events to promote family connection and wellness. Which you can check out in our calendars. The Traditional Parenting Workshop coming up November 7-9<sup>th</sup> is an amazing opportunity for families to revisit their own traditional parenting teachings, or learn how to incorporate these foundations into their own families if they were not raised traditionally. Culture can start at anytime in life. Janet Fox will begin the workshop with the Power of Positive Thinking on the first day, followed by a journey through Traditional Parenting. Please let us know if you need a ride by Monday, November 6<sup>th</sup> by noon.

Health is currently working on registration for a PAL course for January 13<sup>th</sup>, 2018. This is a Saturday all day course. We will be covering the course fees of \$100 per person, however participants will be responsible for; all other costs including the PAL waiver fees and a ride to and from and. Lunch will be provided. Space is limited to 24 people so please sign up in advance by November 10<sup>th</sup>. Registration forms will be available at the Health Station once class is full.

First Nations Health Authority

www.fnha.ca

**Key Benefits**

- Alignment with provincial practices and standards
  - Greater clarity for clients that have had navigate both the federal and provincial programs
  - Formulary consistent with other British Columbians
- BC Pharmacists and Prescribers more familiar with PharmaCare
  - Special Authorizations (exceptions) will be completed more efficiently
- FNHA clients now be eligible to access other PharmaCare plans and additional provincial programs
  - Improved access to palliative care
  - Training for use of blood glucose test strips
- Better positioned to transform benefits to reflect the cultures and perspectives of BC First Nations

5

**Changes to  
prescription  
drug coverage  
coming  
October  
2017**



**FNHA is switching prescription drug coverage to BC PharmaCare.**

**Your family will still be covered and will now be part of the provincial drug insurance plan.**



#FNHA

**Questions? We are here to help  
1-855-550-5454**



## Lands Coordinator



Sally Sellars

time.

**NR Meeting Sep. 12<sup>th</sup> persons attended were 21, NR meeting Oct 11<sup>th</sup> persons attended were 23 and the Council Meeting Oct 12<sup>th</sup> persons attended were 10.**

I am willing to meet with any members who would like to start the interviews for hayfields; the questions for the interview were handed out at the last meeting. The advice received, is to have the 7 family representatives pick the 1<sup>st</sup> persons to be interviewed, but that being said, the Family Steering Committee has not been selected and only suggestions of representatives and alternates were listed.

The next **NR Department meeting is set for Wednesday November 1<sup>st</sup> @ 5pm @ Soda Creek Gymnasium.** I am working with Employment/Economic Development Coordinator, Xatsúll Development

Cooperation, Natural Resources staff, Treaty, Traditional Use Study and Reception, Council, Band Manager, and of course the community members up to now in order to build a successful tool box to operate from. There will be many terms and new ways of looking at the on reserve lands and how to distinguish what a Land Use Plan will encompass.

**Land Use Planning:** has a vision, values, guiding principles, goals, objectives, strategies to assess the current land use both registered and not registered use, ex. Infrastructure, location of housing, land tenures, roads, etc. The assessment requires environmental conditions, long term needs, opportunities to achieve goals and sets out policies for decision making.

Land Use Planning will be a difficult task, however our community knowledge of hayfields and the work which was done with the Comprehensive Community Plan are both resources that have the ability to influence positive outcomes on a daily basis. The NR Department meeting held Wednesday October 11<sup>th</sup>, 2017 may have gone off topic and this is ok since we haven't talked about this topic in a long



The fencing which was a topic at the last two meetings was not presented clearly and will only be done for the boundary of Deep Creek not within the reserve using a qualified fence contractor. The fence will be a 4 strand barb wire, specifications to match the concerns for wildlife and durability of time. The fencing is occurring because of the loss of fencing on the boundary due to wildfires.

**Some definitions to clarify for Types of Land Holdings:**

**Certificate of Possession (CP)**

- Closest to land holding to fee simple
- Cannot be transferred to non-members
- Often have multiple holders or estate issues
- Cannot be mortgaged under s.89 (1) of the Indian Act, however, some banks will offer nominal mortgages
- Can be leased either directly by the CP holder or by designation

**Lease**

- Residential Tenancy Act and Manufacture Home Tenancy Act do not apply on IR Lands
- INAC provides templates and does not allow for many changes
- CP lease is 58(3) of the Indian Act
- Designated Lands Lease under section 53 of the Indian Act:
  - Can be mortgaged under section 89(1.1) of the Indian Act
  - General head lease structures: fully prepaid, prepaid in stages, 5 year rent review, and nominal rent
- Require: environmental review, survey, and appraisal (for all Band lease)

**Buckshee Lease**

- A Buckshee or Buckskin lease is an illegal lease of reserve lands by the Band or a CP holder
- Section 28(1) of the Indian Act states:
  - ◊ 28(1) subject to subsection (2) any deed, lease, contract, instrument, document or agreement of any kind, whether written or oral, by

which a band or a member of a band purports to permit a person other than a member of that band to occupy or use a reserve or to reside or otherwise exercise any rights on a reserve is void.

- The *Residential Tenancy Act* and *Manufacture Home Tenancy Act* do not apply

**Designation**

- Reserve land is vested in Her Majesty and set aside for the use and benefit of a band.
- Before reserve land can be leased to third party, it must be designated to the Federal Crown
- A third party includes ALL corporations, including Band-owned corporations
- INAC must ensure that rights and interests of FN and other affected parties are respected
  - Individual interests – lands that have a CP issued on them (unless it has been rescinded)
- Designation is usually for a fixed term and does not extinguish the FN's interest in the land nor does it cause the land to lose its reserve status
  - ◊ Voting Threshold is Simple majority

**Basic Process:**

- FN submit Band Council Resolution (BCR)
- Ministerial Order call for referendum and appointing electoral officer
- Document preparation. These documents include:
  - ◊ Notice of vote
  - ◊ Ballots (mail out ballots at

least 14 days before information meeting and 42 days before referendum vote)

- ◊ Information document
- ◊ Chiefs open letter to membership
- ◊ Designation document

- Post Notice of Vote (at least 49 days before referendum date)
- Hold information meetings
- Referendum (vote) day
- Certified by oath by an officer of the Department and by Chief or member of Council BCR asking minister to accept designation
- Ministerial Order accepting designation

**Surrendered Lands**

- Previously included designations
- Now this is a rare occurrence and usually involves a land exchange
- When reserve land is surrendered for the purpose of transfer, the FN's interest in the land is extinguished
  - ◊ Voting Threshold is Majority of a Majority

**Permit**

- A permit is a right to use reserve land granted to non-Indian and/or Indian third parties under s. 28(2) 53(1) or 58(4) of the Indian Act
- Permits are generally used to grant short term rights of use, licenses or rights of occupancy on reserve land.
- Permits grants non-exclusive use, whereas a lease grants an interest that is exclusive to others
- S.53(1) are used for designated lands
- S.58(4) are for resources such as fallen timber, sand and gravel





## 2017/18 Xatsūll Save-the-Salmon Traditional Pow-Wow







## 2017/18 Xatsúll Save-the-Salmon Traditional Pow-Wow Royalty



Princess Angelique Harry



Tiny Tot Princess Aurora Mitchell

## Sandy's Homemade Broccoli and Cheddar Soup

*"I found many recipes for broccoli Cheddar soup. I changed many of the ingredients in those recipes. This is the recipe I came up with. It's the best one yet. You don't need all the extra ingredients to make it. Just basic ingredients. and it's delicious. I think it tastes just like Panera(R)."*

**Prep time:** 10 min **Cook time:** 30 m **Ready in:** 40 m



### Ingredients

- 3 tablespoons butter
- 1/4 small onion, chopped
- 2 tablespoons all-purpose flour
- 1 cup half-and-half
- 1 1/2 cups chicken broth
- salt and ground black pepper to taste
- 2 cups chopped broccoli
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 1/4 cups shredded mild Cheddar cheese

### Method

1. Melt butter in a stock pot over medium-high heat; add onion and sauté until tender, 3 to 4 minutes. Whisk in flour and continue to stir until mixture turns golden brown, about 5 minutes. Slowly add half-and-half to onion mixture, stirring until mixture is smooth. Add chicken broth; season with salt and ground black pepper.
2. Reduce heat to medium-low and simmer mixture until thickened, about 10 minutes. Add broccoli, carrot, and celery. Simmer until vegetables are tender yet crisp, about 20 minutes.
3. Reduce heat to low. Add Cheddar cheese to soup and cook, stirring occasionally, until cheese melts, about 5 minutes.

## Chicken and Pasta Casserole with Mixed Vegetables

*"I dreamt up this recipe on my way home from work one night to use the ingredients I had on hand. It's a great comfort food for chilly winter evenings!"*

### Ingredients

- 1 cup dry fusilli pasta
- 3 tablespoons olive oil
- 6 chicken tenderloins, cut into chunks
- 1 tablespoon dried minced onion
- salt and pepper to taste
- garlic powder to taste
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups frozen mixed vegetables
- 1 cup dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons butter, melted

**Prep time:** 15 min **Cook time:** 45 min **Ready in:** 1 hr

### Method

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.
2. Bring a large pot of lightly salted water to a boil. Place fusilli pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
3. Heat the oil in a skillet over medium heat. Place chicken in the skillet, and season with minced onion, salt and pepper, garlic powder, basil, and parsley. Cook until chicken juices run clear. Mix in the cooked pasta, cream of chicken soup, cream of mushroom soup, and mixed vegetables. Transfer to the prepared baking dish.
4. In a small bowl, mix the bread crumbs, Parmesan cheese, and butter. Spread evenly over the casserole. Bake 30 minutes in the preheated oven until bubbly and lightly browned.





## Ratatouille

*"This terrific dish is loaded with succulent Mediterranean vegetables."*

**Prep time:** 15 min **Cook time:** 45 m **Ready in:** 1 hr

### Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 teaspoons dried parsley
- 1 eggplant, cut into 1/2 inch cubes
- salt to taste
- 1 cup grated Parmesan cheese
- 2 zucchini, sliced
- 1 large onion, sliced into rings
- 2 cups sliced fresh mushrooms
- 1 green bell pepper, sliced
- 2 large tomatoes, chopped

### Method

1. Preheat oven to 350 degrees F (175 degrees C). Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.
2. Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Cook and stir garlic until lightly browned. Mix in parsley and eggplant. Cook and stir until eggplant is soft, about 10 minutes. Season with salt to taste.
3. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of salt and cheese.
4. Bake in preheated oven for 45 minutes.



## Perfect Pumpkin Cheesecake Bars

### Ingredients

#### **Crust:**

- 1 1/2 cups all-purpose flour
- 1/2 cup butter, softened
- 1/4 cup white sugar
- Cheesecake Layer:
- 8 ounces cream cheese
- 1/4 cup white sugar
- 1 egg
- 1/2 teaspoon vanilla extract

#### **Pumpkin Layer:**

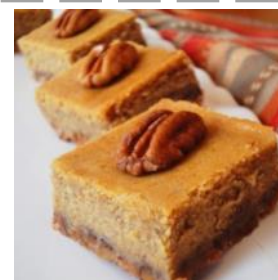
- 1 (15 ounce) can pumpkin puree
- 1 (12 ounce) can evaporated milk
- 3/4 cup white sugar
- 2 eggs
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves

*"These pumpkin cheesecake bars are delicious and perfect for the fall holidays. They taste best when chilled in the refrigerator overnight!"*

**Prep time:** 25 min **Cook time:** 1 hr 10 m **Ready in:** 9 h 35 m

### Method

1. Preheat oven to 425 degrees F (220 degrees C).
2. Stir flour, butter, and 1/4 cup sugar together in a bowl until dough is well-blended. Pat dough into the bottom of a 9x13-inch baking dish.
3. Bake in the preheated oven until crust is lightly golden, 10 to 15 minutes. Cool. Reduce oven temperature to 350 degrees F (175 degrees C).
4. Beat cream cheese, 1/4 cup sugar, 1 egg, and vanilla together in a bowl with an electric mixer until smooth.
5. Whisk pumpkin puree, evaporated milk, 3/4 cup sugar, 2 eggs, cinnamon, salt, ginger, and cloves together in a bowl.
6. Spread cream cheese mixture evenly over cooled crust. Pour pumpkin mixture over cream cheese mixture. Bake in the preheated oven until bars are set, about 60 minutes. Cool to room temperature, then refrigerate overnight.



## Nurse Practitioner



November 6  
November 20  
November 27

10:00 am-3:00 pm

Soda Creek Health Station

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

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

## Mental Health Clinician



October 2  
October 16  
October 23  
October 30

10:00-3:00 pm

Soda Creek Health Station

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

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

## Power of Positive Thinking & Traditional Parenting



**Presenter:** Janet Fox

November 7-9, 2017  
8:30-4:30 pm  
Soda Creek Gym

### Traditional Parenting

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

Lunch is provided. If you would like to register and/or need a ride, please call Maxine at Soda Creek



## Dental Therapist

**Thursday, November 16<sup>th</sup>, 2017**

9:30-3:00 pm

Health Station

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

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



Soda Creek Indian Band, 3405 Mountain House Road, Williams Lake, BC V2G-5L5



# Hiking Sessions

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

## Date/Location:

**Thursday, October 12—Sugar Cane Creek Trail**

**Tuesday, October 17—Soda Creek Trail**

**Wednesday, November 1—Scout Island Trail**

**Thursday, November 2—River Valley Trail**

**Tuesday, November 7—Monkey Face Trail**

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



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

# Xat'sull First Nation Trail Grand Opening

## November 2, 2017

**3.00 pm:** Grand Opening of the new connector trail: Soda Creek—Deep Creek

Ribbon Cutting and Celebration of the new trail connecting Xat'sull Heritage Village with Whispering Willows Campsite

Meet at the gym/ community building at Deep Creek



Walk or bike the new trail—shuttles available (weather permitting)

**5.00 pm:** Dinner

Contact Miriam for any questions or more details: 250-989-2323 ext. 132  
m.schilling@xatsull.com

## PHYSIOTHERAPY SERVICES

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

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



Physiotherapist  
Tyler Judd

### October 2017

**Oct 23—Dog Creek Health Station—10am-3pm**

**Oct 26—Soda Creek Health Station—8:45am—12pm**

**Oct 26—TCHSS—12:45pm—4:15pm**

### November

**Nov 6 —Sugar Cane Health Station—8:45am—4:15pm**

**Nov 20—Dog Creek Health Station—10am—3pm**

**Nov 23—Soda Creek Health Station—8:45am—12pm**

**Nov 23—TCHSS—12:15pm—4:15pm**

### December

**Dec 4 & Dec 21 —Sugar Cane Health Station—8:45am—4:15pm**

**Dec 11—Dog Creek Health Station—10am—3pm**

**Dec 18—TCHSS—8:45am—4:15pm**



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



Soda Creek Health Centre  
250-989-2355

Sugar Cane Health Centre  
250-296-3532

Three Corners Health Services Society  
PH: 250-398-9814  
FX: 250-398-9824

Canoe Creek Health Centre  
250-459-7749

Dog Creek Health Centre  
250-440-5822

## Join Us on a Historical Field Trip!

You're invited to come along on a journey back in time on a behind-the-scenes, guided tour of the **UBC Archaeology Museum and Archives** in Vancouver!

We have special access to historical documents, songs, and pictures of Soda Creek and Secwepemc community members!

- ⇒ We will drive down on November 29<sup>th</sup>, visit the museum on the 30<sup>th</sup>, and return to Soda Creek on the 31<sup>st</sup>!
- ⇒ There will be personal time available for shopping and exploring!
- ⇒ This trip is open to adults only and is first-come, first-served, with priority for elders.

For more information, contact Kate at the NR office! Please register by **November 15<sup>th</sup>** with Maxine in the Health Station.





## Lunch & Learn

Monday, November 20<sup>th</sup>, 2017

12:00-1:00 pm

Come join us for lunch and learn. Lunch is provided with a presentation to Community about Self Care by Neleena Popatia.



**CALL 1-800-663-5555  
Or \*5555 on your cell to  
report a fire or flare-up**

If you notice any new wildfires or flare-ups in existing burned areas, please report it immediately to the Cariboo Fire

Center by calling either of these numbers.

# FITNESS CLASS

DATES: Tuesdays, November 7, 14, 21, & 28th

TIME: 4:30-5:30 pm

WHERE: Soda Creek Gym

Come join Kim Colgate for a fitness class using a circuit session. You need to bring water and indoor running shoes.

Please call Maxine at 250-989-2355 if you have any questions.



First Nations Health Authority  
Health through wellness

## Removal of “Do Not Consume” Water Advisory at Deep Creek Community

The “Do Not Consume” water advisory was issued for the Deep Creek Community Water System following the fire evacuations. This advisory was to address the health concerns associated with high levels of turbidity/colour in the water and operational problems with the treatment systems. The water system has now been swabbed to remove the residual manganese and iron which had accumulated when the filter was bypassed due to malfunctions.

The manganese/iron filter is currently operational and will be receiving further upgrades. The chlorinator is also operational and the water operator is monitoring the treatment systems and water quality.

If you require any further information, please call Patti Joyce, Environmental Health Officer in Williams Lake at (250) 296-9136 or by email [Patti.Joyce@fnha.ca](mailto:Patti.Joyce@fnha.ca)

DATE: October 24, 2017



## To Members:

### Re: Water Cooler Bottles

Please bring in your Water Cooler bottles to the Band Office by November 1st. They need to be returned to Cool Clear Water.

If you need them picked up, please call Jessie at the Band Office, 250-989-2323.

Thank you for your cooperation!



## What would you like to see for Programs in our Community?

Come in and talk to the Department Heads about what programs that you would like to see for next fiscal year, so we can start budgeting it in now. Your input is important.



## GRADUATION CELEBRATION 2017 DEEP CREEK GYM NOV 16,2017

**COME AND CELEBRATE WITH US**

**THERE WILL BE A BBQ DINNER  
FUN AND GAMES**

**BRING YOUR DANCING SHOES THERE  
IS A DANCE  
AFTER DINNER**

**SEE YOU ALL THERE**

Contact Cheryl Chapman 250-989-2323  
EXTENSION 104  
Renee Albinati 250-398-9814  
Three Corners Health Services





Above: Winners of community door prizes and safety awards at the Enbridge Community BBQ on October 21<sup>st</sup>.

# Enbridge Update

Thank you for your patience while the pipeline was replaced underneath Mountain House Road. Enbridge is working to fully complete this section of the project as soon as possible.

Upcoming work in November:

- Completing the crossover at Mountain House Road
- Welding and testing new tie-ins to complete the 36" pipeline
- Completing the crossover at McLeese Lake
- Continue welding pipe on the reserve portion of the project
- Purging gas from the 30" pipeline
- Excavating to removing old 30" pipeline and replacing it with new 30" pipe
- Cleaning up and grading Mountain House Road

REMINDER:

\*\*\*You may hear a loud noise as part of planned work around November 3<sup>rd</sup> for approximately 45 minutes\*\*\*

**OCTOBER WORK  
COMPLETED:**

**Successful  
community BBQ on  
October 21<sup>st</sup>**

**36" pipeline has been  
replaced**

**Mountain House  
Crossover almost  
complete**

**McLeese Lake  
Crossover almost  
complete**

**Questions or  
Concerns?**

Contact Robyn Clark at the  
Natural Resources  
Department

250-989-2323

[nrcoordinator@xatsull.com](mailto:nrcoordinator@xatsull.com)



# NATURAL RESOURCES/TREATY DEPARTMENT COMMUNITY MEETING

## Land Use Planning Strategy

Wednesday November 1<sup>st</sup>, 2017

Land Use Planning Strategies:

- NSTQ Government to Government Agreement Update
- Treaty Settlement Lands vs. Incremental Treaty Agreement
- Legal Interests on/off Reserve
- Family Steering Committee
- Interview Dates for Traditional Hayfields

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COMMUNITY GYM

•  
WEDNESDAY  
NOVEMBER 1<sup>ST</sup>, 2017

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## Dinner & Honoraria!

Dinner will be served at 5 pm and **Honoraria will be provided**. Please Sign In

## When & Where

Join us for an interactive meeting at the SCIB Community Gymnasium from 5-7pm on Wednesday November 1<sup>st</sup>

## Questions or Concerns?

Please contact:  
Sally Sellars, RPF  
Lands Coordinator @ SCIB  
Natural Resources  
Department

Email:  
[landscoord@xatsull.com](mailto:landscoord@xatsull.com)

Phone:  
1-250-989-2323 ext.134



# November 2017

\* = Staff Involvement  
 \* Education Coordinator  
 \* After School Program/Education Assistant  
 \* Education Committee Member(s)

## Education Department

Sun Mon Tue Wed Thu Fri Sat

3405 Mountain House Road,  
 Williams Lake, BC  
 V2G 5L5  
 Phone: 250-989-2323  
 Fax: 250-989-2300

**Cheryl Chapman (ext. 104)**

**Education Coordinator**

Email: [education@xatsull.com](mailto:education@xatsull.com)

\* Post-Secondary Education

\* Career Planning

\* K-12 Students & Parent

\* Local Education Agreement &

Enhancement Agreement

Implementation Services

\* Trades & Training Funding

\* Extra-Curricular Activity

Supports

\* Head Start Daycare

\* After School Program Support

\* Summer Student Programs

**Jennifer Phillips (ext. 115)**

**After School Program/Education**

Assistant

Email: [edassist@xatsull.com](mailto:edassist@xatsull.com)

Providing Assistance for

\* K=12 After School Programs—

Tuesday & Thursday 4-6pm

Pro-D Days, Fall & Spring Break

Full-Days

			1 *Healthy Meals Gift Cards for K-12	2 **After School Program 4-6pm	3	4
5	6 *First Nation Educa- tion Committee Meeting @ SD #27	7 *Power of Posi- tive Thinking **After School Program 4-6pm	8 *Power of Posi- tive Thinking	9 **After School Program 4-6pm	10	11
12	13 STAT HOLIDAY	14 ** Fall Break	15 * Fall Break	16 ** Fall Break	17 ** Fall Break	18
				**Grad Celebra- tion BBQ & Music 5-9pm		
19	20 *Post- Secondary Living Allowance Distribu- tion	21 **After School Program 4-6pm	22 *NSTC Skills Development Meeting @ TRU	23 **After School Program 4-6pm	24	25
26	27	28 **After School Program 4-6pm	29 **Historical Field Trip-UBC Vancouver	30 **Historical Field Trip-UBC Vancouver	1 **First Nations Education Steering Committee Con- ference- Vancouver	2 **First Nations Education Steering Committee Con- ference- Vancouver

### Regular Office Hours

Monday-Friday 8:30am-4:30pm

Unless otherwise posted.

Emergency: Dora Demers, Band Administrator (ext. 106)



# November 2017

## 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
			<i>1</i> SCIB Travel	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> Mental Health Clinician 10-2	<i>7</i> The Power of Positive Thinking & Traditional Parenting Gym 8:30-4:30	<i>8</i> HCC Travel The Power of Positive Thinking & Traditional Parenting Gym 8:30-4:30	<i>9</i> The Power of Positive Thinking & Traditional Parenting Gym 8:30-4:30	<i>10</i>	<i>11</i> Remembrance Day
<i>12</i>	<i>13</i> Office Closed in lieu of Remembrance Day	<i>14</i> ADP Luncheon	<i>15</i> SCIB Travel	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> Mental Health Clinician 10-2  Newsletter Deadline 4pm	<i>21</i>	<i>22</i> HCC Travel	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i> Mental Health Clinician 10-2	<i>28</i> ADP Luncheon	<i>29</i>	<i>30</i>		

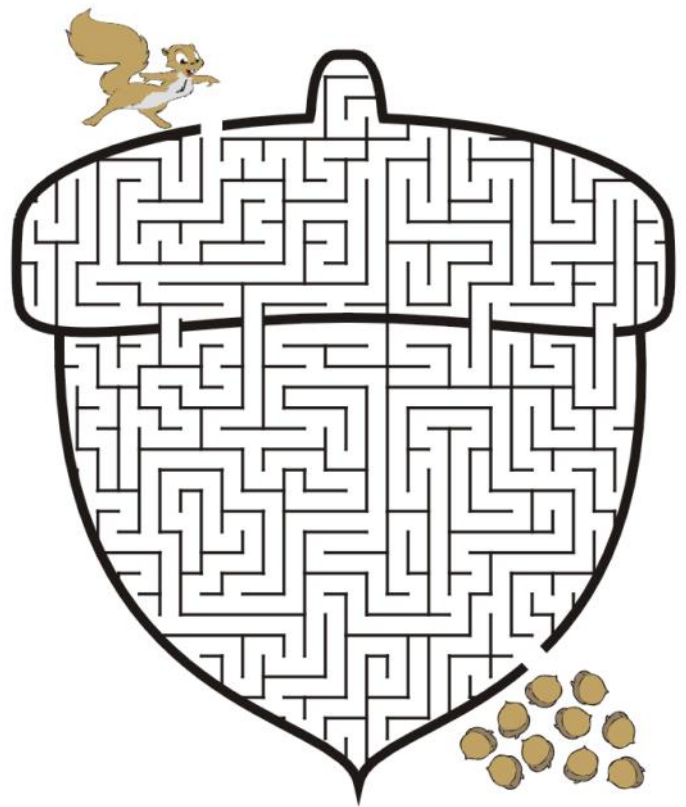


# Autumn Word Search



Help the squirrel through the maze to find its acorns

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



ACORN  
BEAUTIFUL  
CORNUCOPIA  
FOOTBALL  
LEAVES  
OCTOBER  
RAKE  
SCENIC  
SQUIRREL  
YELLOW

APPLE  
BONFIRE  
CRISP  
HARVEST  
MIGRATION  
ORANGE  
RIPE  
SEASON  
SUNFLOWER

AUTUMN  
BROWN  
FOLIAGE  
HAYRIDE  
NOVEMBER  
PUMPKIN  
SCARECROW  
SEPTEMBER  
SUNSHINE

## Crazy teeth facts for kids

Elephant tusks are the **longest teeth in the world!**  
They can weigh over 400 pounds – wow that's heavy!

Children smile on average around **400 times a day** :)  
Let's see one now!

A snail's mouth is no larger than the head of a pin,  
but can have **25,000 teeth!** Imagine having to brush  
all of them!

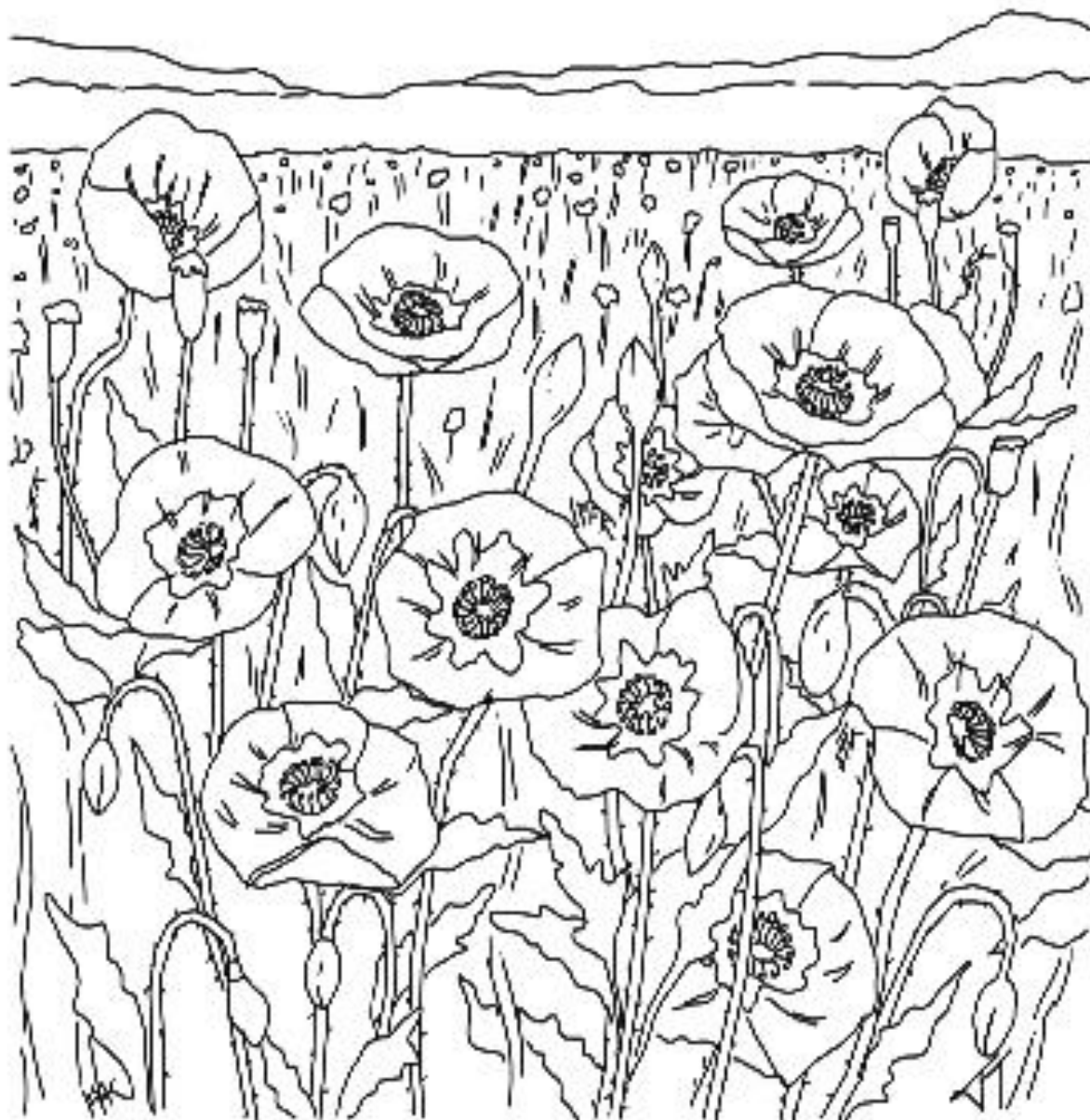
There is a daredevil bird called the **Crocodile Bird**  
who flies into the open mouth of a crocodile and  
cleans the croc's teeth!

A **giraffe's tongue** is so long that they can stick out  
their tongue and clean their ears with it! Yuck!









*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*



# Car Seat Safety



## Car Seat Safety Tips

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some car seat safety tips to protect your most precious cargo.

### Hard Facts about Safety in Cars

- Road injuries are the leading cause of preventable deaths and injuries to children.
- Correctly used child safety seats can reduce the risk of death by as much as 71 percent.
- Three out of four car seats are not used or installed correctly.

### Top Tips about Car Seat Safety

**Buying the right car seat.** Your baby needs to ride in a rear-facing car seat as long as possible, at least until age 2. When your child has outgrown that seat, you are ready for a forward-facing car seat.

**Installing your car seat.** You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.

**Getting the right fit.** A properly-fitted harness gives the best possible protection for your child.

**When to change your car seat.** Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat.

If any one would like more information or to make sure they are using the proper car seat please contact Rae-Lyn at Health.



## HERE TO HELP

Your FNHA is working to ensure that there is no disruption to service.

If you have any questions, we want to hear from you.

Call our toll-free Health Benefits Support line at 1.855.550.5454 or email us at [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

## GET THE LATEST ON YOUR PRESCRIPTION DRUG BENEFITS



First Nations Health Authority  
Health through wellness



BRITISH  
COLUMBIA



First Nations Health Authority  
Health through wellness



BRITISH  
COLUMBIA

## QUESTIONS?

Toll Free: 1.855.550.5454 [fnha.ca](http://fnha.ca)



## QUESTIONS?

Toll Free: 1.855.550.5454 [fnha.ca](http://fnha.ca)





## WHAT IS HAPPENING?

- Beginning on October 1, 2017, the First Nations Health Authority will join BC PharmaCare the province's drug insurance program.

## WHAT WILL IT MEAN FOR ME?

- Most clients won't see a change at the pharmacy counter.
- Your BC Services Card and Status Card are all you need to access prescription drug benefits in British Columbia, same as before.
- Most prescriptions will now be covered under BC PharmaCare. A small number of clients will have changes. Talk to your doctor or visit [fnha.ca](http://fnha.ca)
- If heading out of province, plan ahead. PharmaCare is a BC program, and cannot pay for your prescriptions in other provinces.

## WHY IS THIS HAPPENING?

- To streamline and increase the ease of access to your benefits and services.
- To reduce health-care provider confusion between federal and provincial services.
- To bring health-care decisions closer to home in British Columbia and enable future improvements.



## QUESTIONS OR CONCERNS?

Call our toll-free Health Benefits Support line at **1.855.550.5454** or email us at **[HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)**



First Nations Health Authority  
Health through wellness

## PharmaCare Plan W 101

### What is PharmaCare?

PharmaCare is the provincial government's drug insurance program. It helps BC residents with the cost of eligible prescription drugs, certain medical supplies, and pharmacy services. It provides assistance through several drug plans. By joining PharmaCare, First Nations will be part of the largest and most well-established drug insurance program in BC. The BC First Nations PharmaCare plan (Plan W) will be a 100% paid plan.

### What is Plan W?

PharmaCare Plan W (Wellness) is the PharmaCare plan designed for First Nations in BC. Plan W will be a 100% paid plan and will be the first payer for FNHA clients at the pharmacy counter. Plan W does not require income testing and has no deductible. All the work is being done in the background to automatically enroll you with Plan W, so there are no new forms to fill out.

### When will the transition to PharmaCare Plan W take place?

First Nations in BC will become beneficiaries of the PharmaCare program on October 1, 2017.

### Who is affected by this change?

As long as you're a status Indian as defined by the *Indian Act*, a resident of BC and FNHA currently pays for your MSP premiums, you'll be automatically enrolled in the new FNHA PharmaCare plan.

If FNHA isn't paying your MSP premiums yet, or if you have other questions, read below for full details to make sure you're eligible for coverage with BC PharmaCare starting October 1<sup>st</sup>.

Individuals who receive health benefits by way of a First Nations organization pursuant to self-government agreements, land claim agreements, or contribution arrangements are not eligible for coverage under the new FNHA PharmaCare plan.

### Do I need to do anything to get ready for October 1st?

Your status card and your BC Services Card (or CareCard) will be all that you need to access your drug benefits under the PharmaCare program. If you do not already have a BC Services Card (or CareCard), you will need to obtain one before you can receive benefits through PharmaCare.

For more information, please call our FNHA client support representative at 1-855-550-5454.



## A Note on Specialty Agencies

- **If you have a health condition supported by a provincial agency**(BC Cancer Agency, BC Renal Agency, BC Transplant, or BC Centre for Excellence in HIV/AIDS), please speak to your doctor to ensure you are enrolled. These agencies provide prescription drugs for specific conditions. While you enroll, a six-month transition period is in place to ensure you continue to receive the medications you need.

### Why PharmaCare?

First Nations in BC deserve the same level of health care as other British Columbians. PharmaCare is the provincial drug benefit program. Including First Nations in BC with this program is intended to make access to benefits easier and faster.

It is also intended to reduce confusion between the current system of drug benefits for First Nations in BC which is linked to Ottawa, and the provincial system of PharmaCare, which all pharmacists and doctors are more familiar with.

### Will I be able to access other PharmaCare plans?

Yes. FNHA clients will be eligible for all other PharmaCare plans if they meet the criteria for that plan.

### Who should I call if I need support?

If you have questions or need support with FNHA Health Benefits, call our FNHA Client support representative at 1-855-550-5454.

## Eligibility and Identification

Who will be covered by the new PharmaCare plan?

### You are eligible for coverage under the PharmaCare plan W if you:

- Have active Medical Services Plan (MSP) coverage, and
- Are a registered Indian under the Indian Act, or are a child of less than 1 year of age who has at least one parent who is a registered Indian under the Indian Act, and
- Are not an individual who is eligible to receive comprehensive drug coverage through:
  - ◇ a treaty and land claims agreement under the Constitution Act, 1982 (Canada) (unless that treaty and land claims agreement has been identified by the provincial Minister of Health as not resulting in ineligibility), or
  - ◇ a written contribution arrangement between a First Nations organization and a government or province of Canada under which the government provides funding and which has been identified by the provincial Minister of Health as resulting in ineligibility for enrolment.

## **Do I need to register with the FNHA?**

Registration with FNHA is not required and all current FNHA clients will be automatically enrolled in BC PharmaCare. For new clients to enroll, First Nations only need to have their status number ready and contact the FNHA Health Benefits Eligibility team to be added to the Health Benefits Client Registry 1-800-317-7878 (ext. 4).

## **I received a Client Letter from FNHA, does this mean I need to register for PharmaCare?**

If you received a letter about the transfer to PharmaCare, then you are already registered. FNHA administers MSP benefits on behalf of eligible First Nations clients and if you've received a letter regarding transfer to the PharmaCare program, then you are registered under FNHA's MSP Group Plan and do not need to submit an MSP or PharmaCare application.

If you did not receive an FNHA client letter regarding the transition to PharmaCare, please contact FNHA at 1.855.550.5454 or [health.benefits@fnha.ca](mailto:health.benefits@fnha.ca).

## **Will I have to replace my BC CareCard when the new FNHA Health Benefits system is implemented?**

The new FNHA Health Benefits system will not require you to get a new CareCard. However, BC Services Cards are now being issued with the goal of eventually replacing all existing CareCards by February 2018.

The newer BC Services Cards have enhanced security features to help protect personal information and **we encourage all FNHA clients to obtain the new BC Services Card**. The cards can be obtained from an ICBC driver licensing office or by contacting Service BC toll free at: 1-800-663-7867. For more information about the BC Services Card, please visit [www.gov.bc.ca/bcservicescard](http://www.gov.bc.ca/bcservicescard).

## **Medical Services Plan and Coordination of Benefits**

### **Will FNHA continue to pay MSP premiums on my behalf?**

Yes, if FNHA currently pays MSP premiums on your behalf, this will continue.

### **What is the difference between MSP and PharmaCare?**

MSP is the provincial insurance program that covers the cost of medically-necessary insured hospital and doctor services. Some examples of the services covered by MSP are:

- maternity care provided by a physician or a midwife;
- medically required eye examinations provided by an ophthalmologist or optometrist;
- diagnostic services, including x-rays, provided at approved diagnostic facilities, when ordered by a registered physician, midwife, podiatrist, dental surgeon or oral surgeon

PharmaCare is the provincial government's drug insurance program. It helps with the cost of eligible prescription drugs, certain medical supplies, and pharmacy services. It provides assistance through several drug plans, including a plan designed with FNHA clients in mind.



### **Can I opt out of my private, employer-sponsored insurance coverage when the new FNHA benefits system is implemented?**

It will remain your choice to remain in or opt out of your private, employer-sponsored or other public health care coverage, just as it currently is. However, some of the benefits you receive through your private insurance coverage may not be an eligible benefit under FNHA Health Benefits (e.g. physiotherapy and chiropractic treatment).

### **Changes under Plan W**

Will my drug coverage change once the new Health Benefits System is in place?

You will continue to receive the care and treatment you require. You may notice some small changes. For example, there may be differences in the brands of drugs that will be covered.

### **What if PharmaCare doesn't cover the medication that I've always received and I don't want to change drugs?**

It will be important to make this decision with your health care provider based on what is best for your health.

If you and your health care provider decide that only a specific drug meets your needs and it is not covered, your health care provider may be able to request PharmaCare Special Authority coverage for you.

### **What happens if I travel outside of BC? Can I still fill my prescriptions?**

Yes, however you may need to fill your prescriptions before travelling.

Currently, pharmaceutical benefits for FNHA clients are provided by Health Canada and the Non-Insured Health Benefit (NIHB) program through buy-back. NIHB is a federal program, which means it can offer coverage for prescriptions filled in other provinces. PharmaCare is a provincial program, so it cannot directly pay for prescriptions filled outside of BC.

### **If you are travelling outside of BC, make sure you plan ahead to ensure you have enough medication for your trip.**

If you plan to travel, you can usually "top up" your prescription to the maximum days' supply PharmaCare covers. You can use this early top-up option only once every 6 months.

If you are travelling outside of BC for an extended period of time, you may need to fill your prescription at an out-of-province pharmacy and be reimbursed upon your return to BC. FNHA is developing a reimbursement process for prescriptions filled out-of-province.

FNHA Clients travelling outside of Canada may continue to be eligible for coverage of their premiums for out of country health insurance. To obtain premium coverage for travel outside of Canada, you must obtain prior approval by contacting FNHA Health Benefits.

## **What about Agencies?**

**If you have a health condition supported by a provincial agency** (BC Cancer Agency, BC Renal Agency, BC Transplant, or BC Centre for Excellence in HIV/AIDS), remember to speak to your doctor to ensure you are enrolled. These agencies provide prescription drugs for specific conditions. While you enroll, a six-month transition period is in place to ensure you continue to receive the medications you need.

## **How will FNHA ensure that clients are not going to be negatively impacted?**

Client safety is our number one concern. Our analysis shows that at a minimum, 90% of our client base will experience no change at all. Our goal is that this transition to PharmaCare be as seamless as possible for our clients. To protect client safety, we will be providing thousands of clients with transitional Special Authority coverage under PharmaCare for some existing therapies to meet this goal.

## **Working with Health Care Providers**

Will my local pharmacy be an approved PharmaCare site?

Pharmacies in BC and some pharmacies along the BC border are eligible to enroll with PharmaCare. If you would like to know if your pharmacy is enrolled with PharmaCare, please ask your pharmacy directly. If you would like to discuss this further, contact FNHA at 1.855.550.5454 or [health.benefits@fnha.ca](mailto:health.benefits@fnha.ca)

## **Will my health care providers know about this transition?**

FNHA is informing health care providers about this change through multiple channels, including the five regional health authorities in BC, BC Pharmacy Association, the BC College of Physicians and Surgeons, the College of Registered Nurses, and other medical associations. We encourage health care providers to contact us directly at 1-855-550-5454, should they have any questions.



If you think a **child** or **youth** under 19 years of age is being abused or neglected, you have the **legal duty** to **report** your concern to a child welfare worker.

Phone **1 800 663-9122** at any time of the day or night.

## Helpline for Children

If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234.

You do not need an area code. You can call at any time of the day or night and you do not have to give your name.

## Keeping Kids Safe from Abuse in BC

Child abuse is one of the most serious problems facing our society. Abused children suffer and, all too often, the damage lasts a lifetime. Even worse, it can extend to future generations as patterns of abuse and neglect repeat themselves.

Most children do get the love and care they need to grow up strong, safe and secure. But others need our help. That's why it's so important to know the signs of abuse and neglect, and to take the right action when we see them. This guide will tell you how to do that. It also offers advice on preventing abuse.

Whether they're our own children, our neighbours', or a stranger's, we all share responsibility for their well-being. We owe it to them to do whatever we can to keep childhood a safe place to be.

## What is Abuse?

Child abuse occurs with alarming frequency. As public awareness of the subject has grown, so have the numbers of reported and confirmed cases. The following definitions are adapted from B.C.'s child protection legislation, the Child, Family and Community Service Act.

**Physical abuse** is any physical force or action that results, or could result, in injury to a child. It's stronger than what would be considered reasonable discipline.

**Sexual abuse** is the use of a child for sexual gratification. It includes sexual touching as well as non-touching abuse, such as making a child watch sexual acts.

**Emotional abuse** is a pattern of destructive behaviour or verbal attacks by an adult on a child. It can include rejecting, terrorizing, ignoring, isolating, exploiting or corrupting a child.

**Neglect** is failure to provide for a child's basic needs: food, clothing, adequate shelter, supervision and medical care. Neglect is the form of abuse most frequently reported to the Ministry of Children and Family Development.

## *It's Your Legal Duty*

***If you think a child or youth under 19 years of age is being abused or neglected, you have the legal duty to **report your concern** to a child welfare worker. Phone 1 800 663-9122 at any time of the day or night.***



## Free Credited Courses For NSTC Members



ABTS 1300 - Business English - Starts Sept 7 - November 30

ABTS 1140 - Keyboarding - Starts Sept 7 - October 19

ABTS 1270 - Outlook - October 20-November 25

ABTS 1500 - Human Relations - December 1-15

ABTS 1210 - Spreadsheets - January 5-February 2

ABTS 1310 - Business Communications (pre-req is Business English) - January 5 - March 5

ABTS 1430 – Accounting 1

**\*\*Classes can support maximum of 20 students – so register today!**

For More Information please contact Melissa Fornier at TRU – 250.392.8045



# Troubleshooting Computer Technology Basics

## Sponsored by CCATEC



A non-credit program to obtain the basic skills to assist with troubleshooting on computers

Training will include but is not limited to:

- ✿ Learn major components of a computer system
- ✿ Explain tools and equipment required to help troubleshoot problems
- ✿ Identify different types of software
- ✿ Explain the hardware and the software
- ✿ Identify preventative measures to ensure data is protected
- ✿ Describe the various ways to recover lost data
- ✿ Identify basic troubleshooting tools in the Windows Operating System
- ✿ Describe computer viruses and the methods of prevention
- ✿ Install software and uninstall software
- ✿ Difference between ROM and RAM
- ✿ Explain how to install various types of devices (boards)
- ✿ Basic maintenance and upgrades

**Training Agency:** Thompson Rivers University  
**Where:** Williams Lake, BC  
**Training Dates:** January 8, 2018 – April 6, 2018 (13 weeks, Monday to Friday)  
**Prerequisite:** Minimum Grade 10 completed  
**Application Process:** A completed “Participant Registration Form”  
**Application Deadline:** December 1, 2017

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- ✿ Tuition and books will be provided
- ✿ **Living supports MUST be confirmed**
- ✿ All other costs are the responsibility of each trainee

***See your Employment Coordinator to apply  
or***

***Contact Crystal or Janine at CCATEC  
(250) 392-2510 or Fax (250) 392-2570***

[www.ccatec.com](http://www.ccatec.com)



Government  
of Canada

Gouvernement  
du Canada

*Only those selected for training will be contacted*



# Community Events

Event	Date & Time	Where	Description
Natural Resources & Treaty Meeting	November 1 5:00-7:00 pm	Soda Creek Gym	
SCIB Travel	November 1, 15 & 29		Call Rae-Lyn at 250-989-2355 if you have an appointment
Mental Health Clinician	November 6, 20 & 27 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	November 6, 20 & 27 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
The Power of Positive Thinking & Traditional Parenting Workshop	November 7 8:30-4:30	Soda Creek Gym	Call Maxine at 250-989-2355 to register and also if you need a ride
Fitness Class	November 7, 14, 21, & 28th 4:30-5:30 pm	Soda Creek Gym	
HCC Travel	November 8 & 22		Please contact Edith at 250-989-2355
ADP Luncheon	November 14 & 28	Health Station	
Dental Therapist	November 16 9:30-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Xat'súll Graduation Celebration	November 16 5:00 pm	Soda Creek Gym	For more information call Cheryl at 250-989-2323
Lunch & Learn —Self Care	November 20 12:00-1:00 pm	Health Station	
Physiotherapy	November 23 8:45-12:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
So You Hate Christmas Workshop	November 23	Soda Creek Gym	
Historical Field Trip	November 29-31	Vancouver	For more information, contact Kate at 250-989-2323
Nomination Meeting	December 11, 2017	Soda Creek Gym	

## Achievements. Art. Birth Announcement. Photographs, etc.

If you have any news that you would like to share, send to [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com) or bring it into the Health Station.

We are happy to have community submissions.