



December/January 2018

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

—BOB HOPE

Wishing everyone a Merry Christmas and a Happy New Year!

The Soda Creek Band Offices will be closed from December 24th, 2018-January 2nd, 2019 for Christmas Holidays

Reopens Thursday, January 3rd, 2019



I JUST LIKE
TO SMILE.
SMILING'S
MY FAVORITE!

—BUDDY THE ELF

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Hunting Camp 2018



Hunting Camp, October 26-28th, 2018
Spanish Mountain Gold Camp, Likely



*May you never be
too grown up to
search the skies on
Christmas Eve*

Pellititqem (cross-over month; first real cold) – December

**Natural Resources
Manager**



Georgia Bock

Merry Christmas and Happy New year! This year has gone by so fast, and so much has happened in the Natural Resources Department. We had so many great people work with us this year, thank you to Robyn Clark, Mike Stinson, Sally Sellars, Kate Hewitt, Ada Phillips, Andrew Dunbrack and Anthony Michel for your work in the office and out. Also thank you to our Archaeology Technicians; Glen Dixon, Hank Sellars, Chris Quon and for a couple days, Glenn Russell.

Here are a couple of the items that are being worked on:

A big item that was achieved this year was the signing of the Yecweminulecw Agreement with all four NSTQ nations. This agreement is allowing capacity to be built both internally at each Natural Resources Office and centrally within NSTC. We will be working together with the other four bands more than ever to chal-

lenge issues that have been impacting the Stewardship of the Territories as a whole.

We have also been busy with all of the fire salvage that has been going on within the Territory. The Archaeology Technicians have been busy, and it will not slow down next year -so please bring your resume to Lisa at employment if you would like to work as an Archaeology Technician next year.

We have been working closely with Gibraltar also this year in reviewing their permit to increase discharge to the Fraser River – which is still under review. We are looking at going through an alternative's assessment process with them, and to bring it to community hopefully in the beginning of next year.

As you know an Emergency Planning group was started up early this year and has been meeting almost every Monday – from my understanding this has moved to the first Monday evening of every month. Mike Stinson was working here for part of the year, helping coordinate that group and finish up coordinating some recovery activities. A big project for next year will be the remediation of all of the fire guards on Deep Creek, the fire centre has put it in our hands to come up with a prescription and quote.

Mount Polley has a presentation coming up at Sugarcane on December 11th 2018. They will be presentation on their reme-

diation plan and activities.

We are also getting a Lands Committee (Economic Development, Natural Resources, Infrastructure/Housing Departments) together to start figuring out some land's issues. This committee will start meeting monthly.

Also -Currently, we are going through a Comprehensive Community Planning Process, my understanding is there will be a Community Meeting within the New Year for input. Please attend with your input for the Natural Resources Department, both for long and short-term, it is very important to get your input so that we can move forward your vision.

In the New Year, there will hopefully be some new staff members hired for the position of Referrals Coordinator and Lands Coordinator.

There is much more being worked on at Natural Resources, if you have questions on anything, feel free to drop in.

Happy Holidays!



**Community Support
Counsellor**



Shae Chelsea

Weyt-kp,
Christmas is coming and the snow will hopefully be falling soon, so we can venture out and play in it with our families. There are a lot of exciting events coming up in December for everyone.

I will be gone the first week of December to a Strategic Planning Session on the Opioid crisis and bringing back some useful tools for the community. On December 11 the Health station will be hosting their Annual Open House for the community from 12-2pm, I hope to see you all

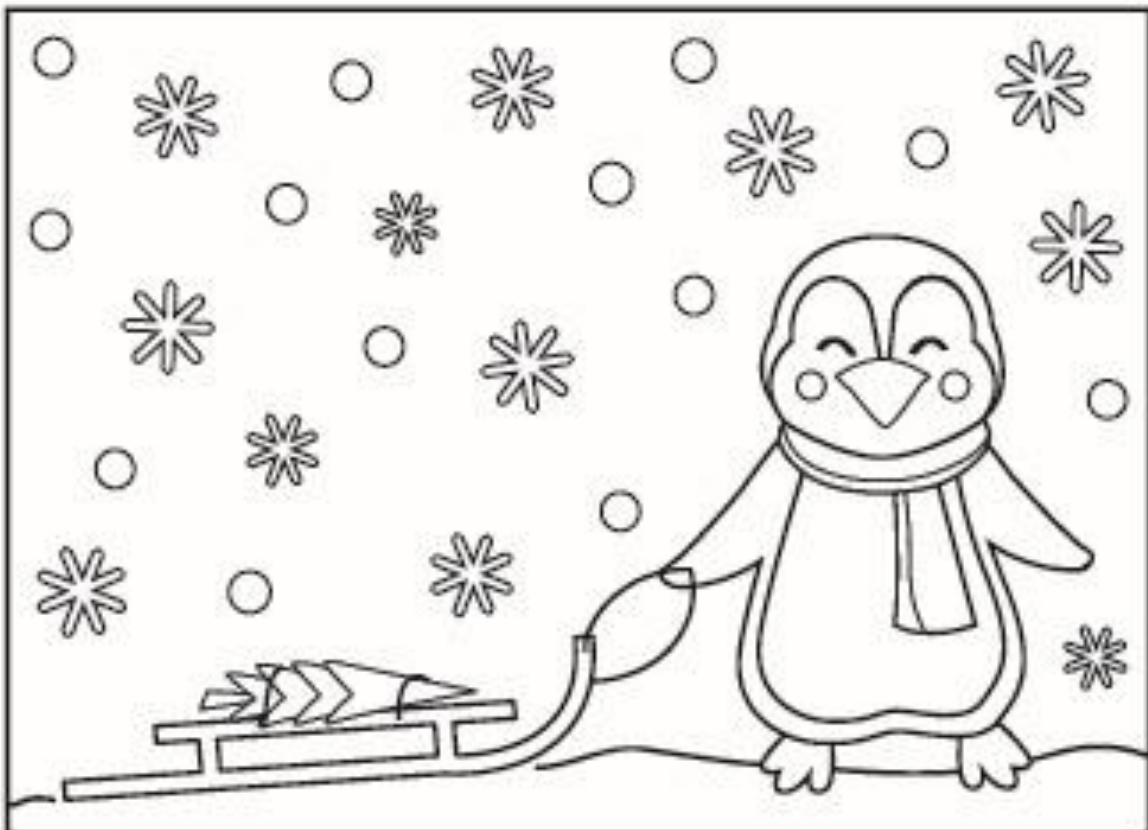
there. The Community Christmas Dinner is on December 13th from 5-8pm, I will be attending and look forward to helping Santa give out gifts. There will also be a Chocolate Making Day with the community on December 20 from 2:30-7:30pm, and it will be drop-in based. So, feel free to stop by anytime this day and make some homemade chocolates with Janae and Shae.

The Youth in the community, will start selling the cards for their Chase the Ace Fundraiser, on December 13th and it will continue till the 21st of December. It will be \$10/card, and the winner gets half the money raised. On December 21, the Youth will also be hosting a Christmas Family Movie Night at the Gym for the community. We will be playing two Christmas movies (the 1st will be a cartoon, 2nd will be a family Christmas movie) back to back and will have a Loonie Auction going as well. The doors will open at 4:30pm, and the first movie will start at 5:30pm. They will have a concession, a

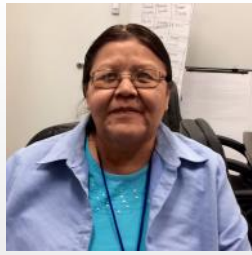
Loonie Auction and we will do the draw for the Chase the Ace Fundraiser.

All the money being raised at these events will be going towards the Gathering Our Voices Youth Conference in March and a trip for the older Youth, next summer. Last summer the Youth 12 years and older, went to Vancouver. Next summer has yet to be determined, but we want to be prepared by fundraising early. I hope to see everyone at all these wonderful upcoming events in the community and always know my door is always open to community members.

Merry Christmas to all and be safe during the holidays. Best Wishes!



Band Administrator



Dora Demers

Community Report

Since the last community meeting in August, it has been quite busy as usual. We are starting to make some movement in regards to getting some policies done; Finance Policy has been developed and it has gone to Chief and Council. Our hope is that this will be passed this year. The Governance Policy for Chief and Council is also being worked on, we are hoping to have a draft soon. The Housing Policy needs to be revised and put forth to Chief and Council, we are hoping to get this done in the next few months.

We are working towards revising the Comprehensive Community Plan. Cliff has been working with the Department Heads and will continue to do so in the next few months. I have also been in contact with Lisa Mueller and her company All Nations Consulting and Coaching to work with the Leadership and the community on developing a Strategic Plan for short term and the long term. These will be being worked on in the next few

months. I will keep you informed of our progress and there will be a notice that goes out when we are planning on having meetings with the members.

As you probably aware some of the staff have moved onto other positions and we are looking to fill these positions. At present we are looking to fill the Health Manager, Natural Resource Coordinator, Natural Resource Referrals, Head Daycare Coordinator, Lands Coordinator and just recently the Social Development Coordinator. We are hoping to get these positions filled asap. If you know of anyone who might be interested, have them apply. Mike Stinson who was doing the Recovery Coordinator position has taken another job outside the community, we are thinking to combine this position with the Natural Resources Coordinator; but haven't yet made a final decision yet.

The Election Code referendum has been postponed until when we have the Council election next year. We will be having a number of community meetings to ask for more input on changes, we are also looking at having a couple of meetings for off reserve members (Kamloops, Vancouver).

We have been working with Indigenous Services Canada (ISC prior INAC) on getting the well in Deep Creek finalized, this will be happening next spring. We have also been working with them on the

Soda Creek water system. Is the water system adequate where it is at today or does it need to be moved. What are our future plans for Soda Creek will be key in determining what we do with the water system.

I have been attending some of the meetings and trainings that Gina would have gone to as the Health Coordinator. I will be happy once we get this position filled. Rae-Lyn has also been stepping in to attend some of these as well. Thanks Rae for taking this on. Both Rae-Lyn and Lisa have been assisting with the Social Development also while Marion was on leave. Just last week Marion informed me that she wouldn't be returning to her position.

We have been reviewing our semi annual budgets with each Department Head. And in the next couple of months we will be working on next fiscal years budgets to go to Chief and Council hopefully by the end of Jan. and have them approved before March 31st.

We now have a full Board of Directors for XDC. Looking for one member to fill the vacancy on Three Corners Society, also one member for the Likely Xat'sūll Community Forest.

Should you have any questions/concerns feel free to give me a call or come into the office to discuss. Kukstemc.



Chief



Sheri Sellars

Tuesday, November 6, 2018

Since I have been in as Acting Chief, I have been quite busy getting to know processes at different tables and made political presents in our affiliate organizations



Attended the Tradition Medicine Workshop that Three Corners has put on at the Williams Lake Band Arbor, it was really good to see the showcasing of the all the Elders and community members gathering of traditional medicine and the traditional work they do on a daily basis. We had opportunity to sample the Indian Tea with Clara Camille, sample dried meat with Victorine Alphonse, and enjoy xsussem with three corners staff. Highlight of my visit to the event was

learning how to make pitch medicine with our elder Minnie Phillips. Great opportunity to have the ability to learn and see the traditions our elders from all our communities bring to our people.

Attended an Aboriginal Financial Officers Association (AFOA) in September 2018 for two days. This involved a variety showcasing of areas of interests to communities.

The friendship Center in Prince George goes by a Social Enterprise Model and this is where they develop opportunities for the first nations in their area of economic development and employment. They speak of past things such as:

- Dene centre;
- Woodworking/cabinet shop making;
- Forestry
- Art gallery/framing shop

There was a lot of ups and downs of the social entities, but they look at that as learning tools to move forward to their next endeavor. The building that we were meeting in was a new venture, hall rental and possibly looking at catering to meeting (s). A real take away was they really follow their vision statement and incorporate all they aspire to do from that.

We had variety of Break out sessions during the Conference such as the following:

- Getting Everything Done (That Matters)
 - ◊ Speaker, Clemens Rich, Senior Manager of Grant Thronton LLP

The discussion of the session was to identify what matters to the organizations and development of the priorities.

- Human Resources Best Practices with Legal Expert

There are some statutory changes in the Canada Labour Code that is applied to Federally regulated employees coming up such as

Bill C-44

An example of change, Amendments to EI/Parental Leave of going up to 18 months, etc

Bill C-64

An example of change, Victim of Family violence, family responsibility leaves under age 18, bereavement leave, etc

- Ahousaht First Nation Presentation
This was about when the community went into 3rd Party. Biggest take away was to stay on Department of Indigenous Services of Canada (DISC) and ensure you as they stated "kindly keep on speaking to them to get your needs met."

- Economic Development Initiatives
 - ◊ Speaker, Lisa Krebs, Director of Lands and Stewardship Takla First Nation and Ren Zatorski, Community Economic Development Manager, Lheidli T'enneh First Nation

Rena discussed how the conference centre, Uda Baiyoh Hall came about. She covered the financial obstacles, construction challenges, and getting the community to buy into the concept. Challenges of building: architects (cost), the zoning, and thinking of the business plan and the concept of what it may cost vs to the sustainability. Lisa's discussion was the economics of the forestry, mining and tourism sectors. Their organizations had done a Forestry, Mining Strategies for their community to move

	the in all these sectors. The community has a lands/stewardship Committee which is under the Corporation which is made up of professionals and community members.		
•	Department of Indigenous of Service Canada (DISC) Meeting (September 21 2018) ◊ Funding Service officer, C, al-Qamar Sangha, RSW to discuss the needs of the community.		
1.	The compliance review of the Social Development still needs some attention because the department still reviewing;		
2.	Ottawa Trust in regards to the allocation of the stumpage from the logging;		
3.	New Housing Package from DISC has just come out: We will be reviewing and accessing		
4.	Capacity Funding for Departments: a. DISC receives training in their perspective areas when shuffled around, why can the First Nations get that as well. i.e. Education, Social Development, Capital/ Infrastructure, Housing, Water.		
5.	Review of the band's Audit, still not completed by the department and this needs to be answered why?		
6.	Local Education Agreement: Proper consultation in regards to funding methodology because of some changes in the process;		
7.	National Child Benefits Reinvestment fund questions around the funding because of the changes which has happened a few years ago that hasn't been resonated to the community to date		
8.	Looking at the Water System in		
		Soda Creek: a. Pressure of the system and its abilities; b. Connection of all the housing on to the system; c. Lack of water on the system if overuse d. The slide area in how this is ruining pipes on the system	
		9. Soda Creek Community: a. The slide area, lost a lot of land there and what is DISC going to be doing about this b. Monitoring the slide area	
		10. Deep Creek Flooding a. Need to assess the process of the home which has trouble with freshet every year (be proactive rather than reactive)	
		• First Nation Education Steering Committee, Post Secondary Education (PSE) ◊ October 15 2018, Vancouver	
		FNESC (est 1992) is comprised of 122 member First Nations. It is an independent non-profit Society. They have been working on behalf of First Nations to achieve quality First Nations education for all First Nations learners in BC, both on-and off-reserve. A longstanding Post Secondary Subcommittee has guided and carried collaboration with Indigenous Adult and Higher Learning Association (IAHLA) with partnerships with a range of other organizations. IAHLA is an independent non-profit society and is integral to First Nations Post Secondary education and training institutes. They have advocated for funding for Aboriginal-controlled adult and post-secondary institutes, which continue to lack access to core and capital funding. Given the alignment between Federal and Provincial policy with respect to the Truth and Reconciliation Commission	
			Calls to Action (TRC) and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), there is an unprecedented opportunity to explore responsibility and contributions of the provincial and federal governments to significantly advance First Nations Post Secondary Education in BC. Both Canada and BC have committed to fully adopted and implement the UNDRIP articles: 13, 14, 15, and 21 that relate to Post-Secondary Education and Training. As well, the TRC call to action are 7, 9, 10, 11, 24, 62, 65, and 86. BC Government Key Commitments to First Nations post-secondary include: ⇒ Implementing the TRC Calls to Action, UN Declaration and BC's 10 principles guiding the relationship with indigenous Peoples; ⇒ Refreshing the aboriginal post secondary education and training policy framework and action Plan 2020; ⇒ Providing greater access to Adult Basic Education; ⇒ Improving the education success of former youth in care by expanding the tuition waiver program; ⇒ Updating the Workforce Development Agreement and the Labour Market Development Agreement. May 2018 the BC Government released 10 Draft Principles , which are modeled on principles introduced by the Federal Government in 2017. The Draft Principles are supposed to guide every ministry within the provincial government and all 27,000 public service employees on how they engage with Indigenous Peoples July 2018 a letter from Minister of Indigenous Relations and Reconciliation Scott Fraser wrote:

"In the spirit of solidifying the foundation for the work ahead of us, I suggest the immediate priority is to collaboratively develop legislation to implement the UNDRIP"

Review of Federal PSE Funding

In 2017 the federal budget announcement of a funding increase of ninety (90) million dollars over two (2) years beginning the year of 2017/18 for the Post-Secondary Student Support Program (PSSSP), as well as five (5) million a year for five years for Indspire (bursary, scholarships to first nation)

The Federal Government's intention to "undertake a comprehensive and collaborative review with indigenous partners of all current federal programs that support Indigenous Partners who wish to pursue post-secondary education."

In 2017, Department of Indigenous Services of Canada (DISC) provided the Assembly for First Nations (AFN) funding to lead the First Nations Portion of the the Post-Secondary Education Review. The diversity of the Nation across Canada this posed significant challenges at a national level. BC didn't agree with most findings but this still allowed the first nations to implement the recommendations "as appropriate" and creates the space for the development of region-specific approaches to First Nations PSE. Following the AFN resolution, FNEC participated in development of a policy proposal to be appended to Memorandum to Cabinet that will provide space for the creation of regional PSE models across the country. The Proposal is intended to include the following:

1. Immediate investment of 417.6 million in 2019-2020, in programs to meet current demand and respond to the unique needs of First Nations people choosing to pursue

post-secondary education, through funding to First Nations students, communities and First Nations mandated institutes:

- \$45 million PSSSP renewal;
- \$200.6 million PSSSP top-up to address real costs for current students;
- \$102.3 million PSSSP top-up to address the real costs of current unfunded students;
- \$62.1 million immediate investment of governance funding for First Nations mandated institutes, to ensure improved and on-going capacity.

2. To modernize the PSSSP and Post Secondary Partnership Program (PSP), with updated terms and conditions exclusively focused on the needs of First Nations in a manner consistent with First Nations Control of First Nation Education.

- Streamline PSSSP requirements based on: eligibility, residency, increased flexibility to communities to select students consistent with self-determination.
- Modify PSP to be a First Nations only program that also includes governance funding to First Nations mandated institutes, as determined by First Nations

3. Authority to support First Nations and the department to codevelop regional funding models to best support/ provide sufficient, predictable and sustainable funding to First Nations students, communities and First Nations mandated institutes. Related funding of \$15.5 million over three years will advance regional-level engagement with a return to cabinet present the approach and associated funding requirements.

The intended timeline of the process is:

- a. 2018-19: Regional engagement on policy options; develop, val-

idate and approve joint policy change;

- b. 2019-2020: immediate investment for PSE; Joint development of implementation plan (Treaty-based submission and terms and conditions); 2020-2021: implementation of regional and Treaty-based models/approaches to PSE; New investments to accompany new regional policy.

- Memorandum of Understanding, Southern Secwepemc Communities (SNTC)
 - ◊ Witnessing of the signing of there MOU in Child and Family.



Minister Philpott



Wet'swut'en Chiefs

Amongst all of this I also attend various other meetings such as the following:

- Secwepemc Health Caucus;
- NSTQ Leadership Council;
- Regular Council Meetings; and
- Board of Directors of NSTC/NSTS/ INDC.

Hash Brown and Egg Casserole

"This is my family's recipe that has been handed down through the years. We've always used the maple flavored pork sausage but any kind is good. This casserole is a nice and cozy breakfast or brunch meal that everyone will enjoy. It's got the perfect taste with lots of cheese. Yum! Be sure to use a baking dish that is deep enough to cover with aluminum foil."



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

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

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.
2. Heat a skillet over medium heat and cook and stir the sausage and onion until the sausage is crumbly, evenly browned, and no longer pink; drain. Meanwhile, whisk together the eggs, milk, onion powder, garlic powder, salt, and pepper, and pour over the potatoes. Layer with half the Cheddar cheese, the sausage mixture, and the remaining Cheddar cheese. Cover with aluminum foil.
3. Bake in the preheated oven for 1 hour. Remove cover; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

Red Garlic Mashed Potatoes

"These red-skinned mashed potatoes are just the creamiest. They are always a hit with company. Just a warning: they are addictive!"



Ingredients

- 8 red potatoes, cubed
- 2 teaspoons crushed garlic
- 1/2 cup butter
- 1/4 cup half-and-half cream
- 1/4 teaspoon steak seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon white sugar

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

Directions

1. Place the potatoes into a large pot, and fill with enough water to cover. Add 1 teaspoon of the crushed garlic to the water for flavor. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork.
2. Drain the potatoes, and add the butter. Mash until the butter is melted. Mix in the half-and-half, steak seasoning, garlic powder, sugar, and remaining garlic. Mix potatoes with an electric mixer until smooth.

Pecan Turtle Bars

"These are easy and delicious."

Prep: 20 m **Cook:** 25 m **Ready in:** 1 h 15 m

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/2 cups brown sugar, divided
- 1/2 cup butter, softened
- 1 cup pecan halves
- 2/3 cup butter
- 1 cup milk chocolate chips

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine flour, 1 cup brown sugar, and softened butter in large mixer bowl. Beat at medium speed for 2 to 3 minutes or until mixture resembles fine crumbs. Pat mixture evenly onto bottom of ungreased 13x9-inch baking pan. Sprinkle pecans evenly over crumb mixture.
3. Combine 2/3 cup butter and remaining 1/2 cup brown sugar in small saucepan. Cook and stir over medium heat until entire surface is bubbly; cook, stirring constantly, 1/2 to 1 minute more. Pour into pan, spreading evenly over crust.
4. Bake in preheated oven until entire surface is bubbly, 18 to 20 minutes. Remove from oven; immediately sprinkle with chocolate pieces. Let stand 2 to 3 minutes to allow chocolate to melt; use a knife or small spatula to swirl chocolate slightly. Cool completely in pan on a wire rack. Use sharp knife to cut into 48 bars.



Roasted Brussels Sprouts

"This recipe is from my mother. It may sound strange, but these are really good and very easy to make. The Brussels sprouts should be brown with a bit of black on the outside when done. Any leftovers can be reheated or even just eaten cold from the fridge. I don't know how, but they taste sweet and salty at the same time!"



Prep: 15 m **Cook time:** 45 m **Ready in:** 1 h

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Awesome Sausage, Apple and Cranberry Stuffing

"This Thanksgiving stuffing is fantastic! It is very flavorful and fresh-tasting. This recipe will stuff a 10-pound turkey (which serves six) plus extra. I replaced the usual pork sausage with much healthier turkey sausage. Other dried fruits may also be used in place of cranberries."



Ingredients

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed white bread
- 1 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

Prep: 15 m **Cook:** 25 m **Ready in:** 1 h 40 m

Directions

1. Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.
2. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
3. Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey.

Cooking Tricks to Steal from the World's Best Chefs

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

Get an Even Roast

"Be sure to rotate pans or trays in the oven: All ovens have hot spots, so spin your trays around half way through their cooking time—and alternate racks, if you have multiple trays cooking." —Willcox

Let Meat Cool After Cooking

"Once any piece of meat is cooked, it's important to let it rest about 5 to 10 minutes before slicing. The natural juices within the protein get pushed to the outside during the cooking process. Allowing it a chance to sit will help the juices to disperse throughout the center of the meat, giving it a delicious and succulent flavor." —Taylor

Nurse Practitioner



December 3, 2018
December 10, 2018
December 17, 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



December 5, 2018
December 12, 2018
December 19, 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



**Dental
Therapist**



**Tuesday, December
18th, 2018**

Health Boardroom

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
<small>changed Date</small> Tuesday, July 25 2018 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



Chase the ACE

50/50 Draw to Support the Youth Group

Youth Fundraiser for Future Trips:

Starting December 13-21, 2018

Cards will be \$10/each

Draw will be done on December 21, 2018 in the Xat'sull gym at 9pm at the Movie Night



If you would like to buy cards or have any questions.

Please call Shae Chelsea or Cheryl Chapman @ 250-989-2323



Monday, December 17th, 2018

1:00-3:00 pm

Soda Creek Gym

Come and pick up your hampers. If you are unable to, please make arrangements for someone else to pick up and if unable to please call Maxine at 250.989.2355.

If you would like to volunteer to help put the hampers together. We are always looking for volunteers to help with Christmas events.

Other areas of volunteer work that we need is shopping, set up, clean up and decorating. If any of these are an interest, please sign up with Maxine at 250.989.2355. Your help is appreciated!

Family Christmas Movie Night & Loonie Auction

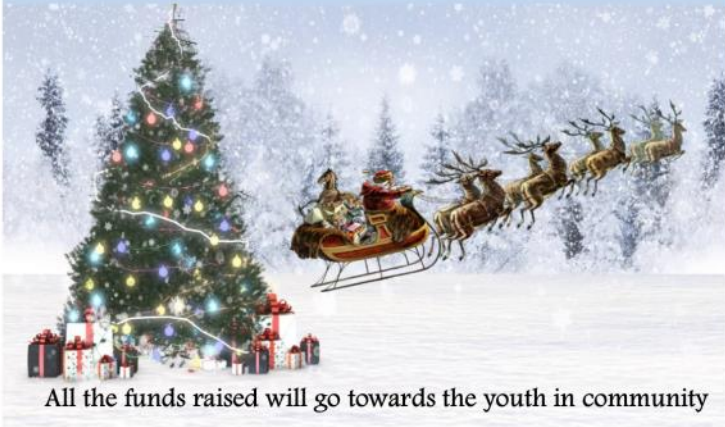
Date: December 21, 2018

Time: Doors open at 430pm, Movie starts at 530pm

Location: Xatsull Gymnasium

Concession: Hot dogs, Pizza, Pop, Water, Popcorn & Candy bags

Join us for a magical cinematic journey suitable for the whole family



Mount Polley Mining Corporation Community Presentation

When: Tuesday, December 11, 2018

Where: Sugar Cane Gymnasium

Time: 5:00 p.m. to 8:00 p.m.

Mount Polley Mine and Imperial Metals invite Williams Lake and Soda Creek members to participate in a review of on-going and future remediation at the mine site.

Dinner will be provided

Please contact Ada at 250-989-2323 ext. 120 if you need a ride.



Last day the Office is open
is Friday, December 21st, 2018

Closed for the Holidays from
December 24th-January 2nd, 2019

Office reopens Thursday, January 03, 2018
from 8:30 am-4:30 pm

In case of an emergency, please contact:

Dora Demers, Band Administrator
at cell# 250-305-9731.



Community Christmas Dinner

Thursday, December 13th, 2018

Soda Creek Gym

5:00-8:00pm



Share a delicious Holiday meal and the joy of community
as we gather together to celebrate the season...

- ◇ Please R.S.V.P. by December 3rd, 2018
- ◇ at 4pm with Maxine at 250.989.2355
- ◇ Gifts for children pending RSVP only
- ◇ Rides are available
- ◇ Please bring a dessert

Doors open at 5:00pm, Dinner at 5:30, Santa at 6:30

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dept Head Mt 9 Staff Mt 10 Nurse Practitioner 10-3	4 Parents Meeting 5-7 pm	5 HCC Travel Family Fun Night 4-7 pm	6 Integrative Healing Session w Ciel	7 Yoga 12	8 Grieving & Loss Workshop w Ciel 10-2
9	10 Nurse Practitioner 10-3	11 Christmas Open House 12-2	12 SCIB Travel Family Support Travel	13 Integrative Healing Session w Ciel Community Christmas Dinner 5-8 pm	14 Yoga 12 Staff Christmas Luncheon Office closed 1:00-4:30	15
16	17 Nurse Practitioner 10-3 Physiotherapist 8:45-12 pm Christmas Hamper Day	18 Elders Craft Day Eagle's Nest	19 HCC Travel Family Support Travel	20 Integrative Healing Session w Ciel Emotional Intelligence 12-1 Chocolate Making 2:30- 7:30 pm	21 Yoga 12 Family Christ- mas Movie Night & Loonie Auction 4:30-10 pm Gym	22
23	24 Office closed	25 Christmas Day Statutory Holiday Office closed	26 Boxing Day Statutory Holiday Office closed	27 Office closed	28 Office closed	29
30	31 Office closed					

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> New Year's Day Statutory Holiday Office Closed	<i>2</i> Holiday Office Closed	<i>3</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>	<i>8</i> ADP Luncheon	<i>9</i> SCIB Travel Family Support Travel Mental Health Clinician 10-2	<i>10</i> Integrative Healing Session w Ciel 8:30-2:15	<i>11</i> Yoga 12-1	<i>12</i>
<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i> HCC Travel Family Support Travel Mental Health Clinician 10-2	<i>17</i> Integrative Healing Session w Ciel 8:30-2:15	<i>18</i> Yoga 12-1	<i>19</i>
<i>20</i>	<i>21</i>	<i>22</i> ADP Luncheon	<i>23</i> SCIB Travel Family Support Travel Mental Health Clinician 10-2	<i>24</i> Integrative Healing Session w Ciel 8:30-2:15	<i>25</i> Yoga 12-1	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i> HCC Travel Family Support Travel Mental Health Clinician 10-2	<i>31</i> Integrative Healing Session w Ciel 8:30-2:15		

Community Events

Event	Date & Time	Where	Description
Nurse Practitioner	December 3, 10 & 17 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
HCC Travel	December 5 & 19		Call Edith at 250-989-2355
Family Support Travel	December 12 & 19		Call Janae, if not leave a message with Maxine at 250-989-2355
Lunch & Learn w Neleena: Depression	December 5, 12-1	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Integrative Healing Sessions w Ciel	December 6, 13 & 20 8:30-2:15	Health Station	Call Maxine at 250-989-2355 to book a session
Treaty Working Group Meeting	December 6, 5-8 pm	Soda Creek Gym	Call Ada if you need a ride at 250-989-2323
Grieving & Loss Workshop w Ciel	December 8, 10-2 pm	Health Boardroom	Lunch is provided. Call Maxine at 250-989-2355 to registrar.
Christmas Open House	December 11, 12-2 pm	Health Station	Appies and goodies provided. Call Maxine at 250-989-2355 if you need a ride.
Mount Polley Mining Corp. Community Presentation	December 11 5:00-8:00 pm	Sugar Cane Gym	Please call Ada at 250-989-2323 at ext. 120 if you need a ride.
SCIB Travel	December 12		Call Rae-Lyn at 250-989-2355
Community Christmas Dinner	December 13 5:00-8:00 pm	Soda Creek Gym	Call Maxine at 250-989-2355 to registrar and if you need ride.
Physiotherapy	December 17 8:45-12:00	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
Christmas Hamper Day	December 17 1:00-3:00	Soda Creek Gym	Call Maxine at 250-989-2355 if you cannot pick up your hamper or make any other arrangements.
Dental Therapist	December 18 10:00-3:-00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Family Christmas Movie Night & Loonie Auction	December 21 4:30-10:00 pm	Soda Creek Gym	Concession available

