



FEBRUARY 2017

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



INSIDE THIS ISSUE:

Staff Reports	2-7
XDC Report	8-9
Transportation Guidelines	10
Media Release	11-12
Circle of Life	13
Recipes	14-15
Form	16-17
Events	18-20
Employment/Training Opportunities	21-31
Community Events	32



Blast from the past...



Left to Right:

Top Row: Bruce Mack, Lenny Sellars, Dale Evans, Joey Haines, Pat Sellars

Second Row: Brian Mitchell (late), Terry Phillips (late), Lee Sellars, Gordie Grinder, Tex Chelsea, Vern Michel (late), Art Sellars, Gord Mitchell

Bottom Row: Jack Harry, Adrian Chelsea, Gary Sellars, Gig Sellars

Soda Creek Band Office:
250-989-2323

Soda Creek Health Station:
250-989-2355

Natural Resources:
250-989-2323

Xat'sull General Partnership Office:
250-989-2311

Xat'sull Heritage Village:
250-297-6502

The newsletter deadline is usually the 20th of each month, and delivered by the last day of the month.

Submissions can be sent to the Health Station Reception by mail:
3405 Mountain House Road, WL BC V2G-5L5 or emailed to healthreceptionist@xatsull.com.

Any questions about the newsletter you can call: 250-989-2355.

Economic Development Coordinator

Miriam Schilling

250-989-2323 ext 132
m.schilling@xatsull.com



Happy New Year, everyone!

Just catching up from the holidays, Xat'sull Heritage Village was represented again at the Earth Friendly Holiday Event in Williams Lake. Tesslar and Roxanne taught a dreamcatcher craft and made it onto the front page of the Tribune.

I am currently working on submitting several applications for summer student funding as well as the ongoing marketing for our Heritage Village.

We are also hoping for another season of Trail Building as we have sub-

mitted applications for more funding for 2017. We will keep you posted.

Employment

If you are currently looking for employment or training, please stop in and see me at the new main office. I have taken on the additional role of looking after employment opportunities.

Feel free to stop by anytime, but to



avoid disappointment, I recommend to call in advance to make sure I'm in the office and have time for you.

Housing Intern Report

Anita Fiestas



Wekpt, Le7 Cwen'wen. Hello, Good morning! My name is Anita and I am proud to say that my internship in the housing department has been extremely productive. My internship started here December 5th of 2016 and since then I have gained, acknowledged, and proceeded with my learning progress in the department.

During work hours I have contributed to the converting tenures workshop and met some great people in other housing departments around the nation. We shared ideas and stated im-

portant facts about what our values are in each of our communities. I also attended the Joint Gathering of 2017 and got the experience of learning more about what concerns other bands have been dealing with and some possible solutions that may result in a positive way. I gathered my newly learned information and I can't wait to bring forth some new bright ideas and also get to work with the knowledge gained in this past month.

During the gathering I had the privilege to take a sneak peek in other are-

as such as Reconciliation and Child & Family Wellness. I took great interest in both topics and would love to share my thoughts with whoever comes forth! As a youth I have come far and wide with my involvement within the community. I would not only like to continue my experience but also encourage other individuals, especially youth to become involved. Advice I can give is to come forward and ask questions about how you as an individual can learn to contribute to our community. I believe everyone's voice deserves to be heard. 😊

Communication Planning Coordinator Report



Sheri Sellars

sheri.sellars@xatsull.com

Weytk-p!

Happy New Year Everyone, wishing you all the best in the coming year. Treaty has been picking up once again; the team has developed a comprehensive work plan for the next stage of the process. The Chief Negotiators for NStQ, Canada and BC initialled the Agreement in Principle, it now has to go to the Cabinet and then we will be officially in Stage 5, Negotiation to Finalize a Treaty as follows:

"The treaty formalizes the new relationship among the parties and embodies the agreements reached in the Agreement in Principle. Technical and legal issues are resolved at this stage. A treaty is a unique constitutional instrument to be signed and formally ratified at the conclusion of Stage 5."

Please be advised, we are trying diligently to keep our address book up to date for the Treaty Process, so if "away from home" members can possibly keep in touch with the Treaty department when moving, it would be greatly appreciated, thank you.

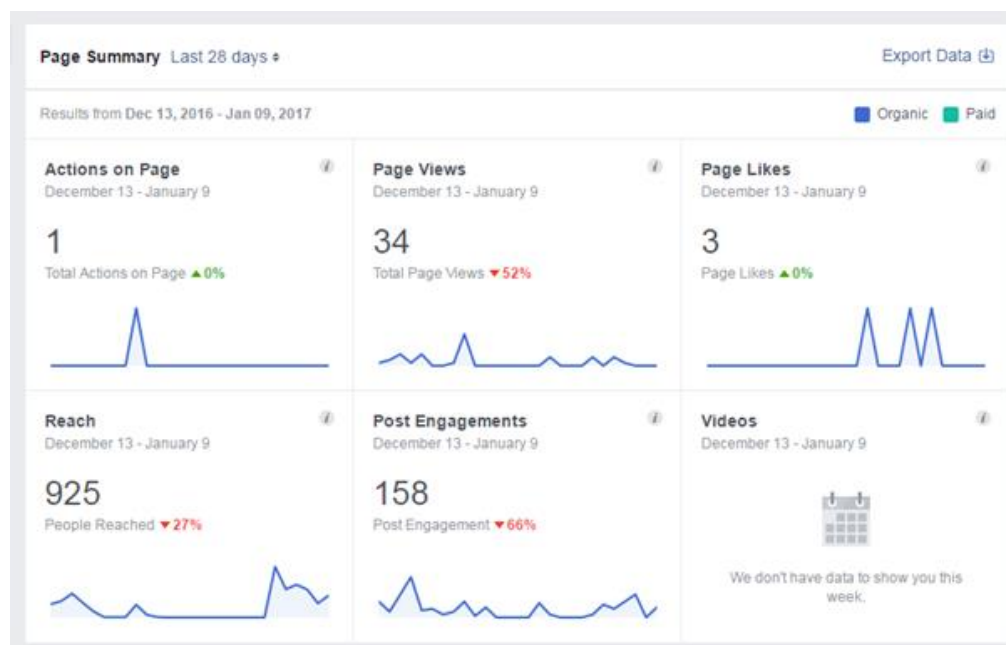
We held a Working Groups Unite in December 2016; this allowed the NStQ team to relook at the Governance Models that were presented prior to the referendum on the Agreement in Principle. The two day workshop had an attendance from 100 to 125 people per day. The presentation was also shared with away from home members in the Vancouver and Kamloops.

The diagram below is the activity the Facebook page has received from December, 13 2016 to January 9,

2017:

The numbers have declined through this time which I feel was due to the break in the holidays. We do have the website "Members only" section up and running, but still have glitches with the system that we hope to work out soon. Why a Members only section? In this section, you will find various forms needed for education, housing, and other programs and services and any other documents that are specific or confidential to Xatsúll registered Members.

I would like to thank everyone, who assisted in the Community Christmas Celebration, unfortunately I couldn't attend this year because was on the road for Urban Meetings; however, I heard it was a great success.



Community Health & Wellness Counsellor



Rae-Lyn Betts

Just want to welcome baby Charlee to the community, a new baby brings so much joy and happiness, Congratulations to Rylee and Chuck on there beautiful baby.

Happy New Year to everyone hope everyone had a good Holiday and

spent time with your family and friends. Starting a new year brings opportunity for change and growth whether it's a new year resolution or deciding this is my year for a change. Its great to have goals and dreams and work towards them little by little, day

by day. I wish everyone a great, happy, and healthy 2017.

We have some exciting events and workshops planned for the new year so watch for the advertisements in upcoming newsletters.

Social Development Department Report

We are currently hiring for the Social Development Coordinator position, so during this time your patience is appreciated.

If you are needing an appointment with Social Development someone will

be in the office on Wednesdays all day and Thursday afternoon from 1:00 to 4:00 pm to assist you. Please drop off renewals, job search forms and bills on time to the front desk.

If it is an emergency call the Band

office and someone will direct you to right person, and any messages or phone calls will be returned as soon as possible.

Thank you for your Patience.

Constable Colby Hendrickson



On January 2nd, 2017, a residence on Mountain House Road was broken into with several household items stolen from the family including two large screen televisions, surround sound stereo speakers, a PlayStation 3 and a X-box 360.

The Williams Lake RCMP is requesting the help from this community, to identify any suspects or leads into this offence. Please contact Cst. HENDRICKSON at 250-302-1904 or utilize Crime Stoppers at 1-800-222-TIPS if you wish to remain anonymous.



Education Coordinator

Cheryl Chapman



Did you hear us singing at the Community Christmas Gathering?!

We have the Secwepemc Language classes with Alicia Gilbert and Cecilia DeRose, utilizing the resources from the Spi7uy Squqluts Language & Culture Society here at the Education Department from 4:35pm – 6:30pm Mondays & Wednesdays, start date was November 21st, we have room for 15 people, please let me know if you will be joining us, as I will be arranging snacks.

After School Program, 4:00 – 5:30pm Tuesdays & Thursdays, Jordanna Sellars has been hired as the Program Assistant, WELCOME JORDANNA!!! On Tuesdays we are having Language and Culture, we are learning from Brandi Phillips and our mentor Minnie Phillips. Thursdays we are doing outdoor activities, including snowshoeing, and sliding, however if the weather conditions are bad, we will be in the new gymnasium. Please be aware that the schedule may change due to unforeseen circumstances. We will have healthy snacks and an activity again, parents are encouraged to join us. Please ensure that your student is registered for the After School Program. Also if you have any ideas for the program, let me know.

Sliding with Three Corners Health on February 3rd, Pro-D-Day see the flyer

in this newsletter and make sure to register your students, registration is also in this newsletter, or we have them here.

The Education Assistance Funding Application and information is available on our website. Please remember the education committee now meets monthly, if you are interested in Education or Training the **deadlines** for the Education Assistance Funding are, February 08th and March 8th, 2017.

The NSTC Skills development committee in cooperation with Thompson Rivers' University is delivering the Applied Business Technology (Office Administration) program in April 2017, weekend university style, see information in this newsletter or contact me. The Financial Course Planning for a First Nations Finance Program will begin soon we anticipate that our Finance Managers will be involved in the development of this curriculum.

Contrary to belief of some SCIB members, band members are not 'entitled' to Education Funding. Perspective students must qualify and meet the policy requirements of both, Indigenous and Northern Affairs Canada, as well as the SCIB Local Education Policy. Complete and submit all necessary documentation, to the Education Coordinator for review and confirma-

tion of completion. Then their application for support funding will be considered by the SCIB Education Committee. If they are successful in obtaining support for their education, they are further responsible for gaining and maintaining good standing within the school they are attending, and keeping the Education Coordinator informed of any challenges that may impact their good standing.

I am working on the budgets for the Education Department for next year 2017/18; if you have any ideas about the programs and services that are of interest to you or your family, please let me know, and we can work together to develop a plan, a proposal for funding and a calendar of events.

We are looking for a 5th Education Committee Member, prefer a youth, however if you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member.

Note: should the 5th member not be a youth 18-29, then the youth seat will remain available. Drop by and see me, or give me a call if you have any ideas, questions, concerns... Have an awesome February and March!

Natural Resource Update



Georgia Bock
NR Manager



Kate Hewitt
Referrals
Coordinator



Betty Price
NR/Treaty
Assistant

Mount Polley Update

Community Meeting

January 5th, 2017

On January 5, 2017, there was a internal community Mount Polley Meeting with the Natural Resources Department and Chief and Council. We discussed three things:

- 1) The draft Mount Polley Participation Agreement and whether Xat'sull Chief and Council should sign, as long as it leaves the Band's legal options open.
- 2) Legalities of proceeding with the court case that has been filed and put in abeyance on the Province of British Columbia and Mount Polley Mining Corporation.
- 3) What our comments were for the Long-Term Discharge Application and where Chief and Council are standing on that. We are asking that Mount Polley look at options that do not just mean meeting water quality guidelines in an initial dilution zone, but to see what options would allow standards to be met at end-of-pipe.

If you would like any further information on this community meeting or Mount Polley please call or drop by the Natural Resources Department.

Long-Term Water Discharge Update

There is no update so far on the Long-Term Water Discharge. Both Ministry of Environment and the Mine know that we would like to see treated water at end-of-pipe, we hope to see some information/response on that soon. We have asked Mount Polley to look at the best available technologies for this. Our comments were submitted, and we are now waiting on the Ministry to start the process of review.

Reclamation and Closure Plan

Mount Polley's Updated Reclamation and Closure Plan is due January. Our consultants will be reviewing it in February. We have had various meeting with Mount Polley to provide input on this updated plan, we have hired John Errington to help review this.

Mount Polley maybe planning on having a community meeting to present this Reclamation and Closure Plan to community in March, please keep your eyes open for flyers.

Human Health Risk Assessment & Ecological Risk Assessment

These are reports that Mount Polley has to conduct around the spill area. Both of these are due early this year. We have hired Claire McCauley to help us review the Human Health Risk Assessment; she is an expert in the

field and is really helping push this issue. We have a couple consultants reviewing the Ecological Risk Assessment, and providing input. We will be busy in the New Year reviewing these reports.

Socio-Cultural Study

We are working on completing an impact study on Mount Polley. We might have to conduct some focus groups to help finish this study. We are hoping to have this complete by March 31, 2017.

Archaeology/Environmental Monitors

We are looking for resumes for archaeology and environmental monitors for this summer. Please bring your resumes to Miriam (she will pass it on to our department). This work is often temporary/on-call basis, if you like working outdoors and in all weather conditions, please apply!

Spectra: Community Meeting February 22, 2017

At the quarterly community meeting, Spectra will be present to talk about their upcoming project on reserve and potential job opportunities. Spectra will be here in the later part of the afternoon. Please come out and learn about this years' upcoming project.

Gibraltar

We are still working with Gibraltar to get the salmon sampling data out –

we have not forgotten about it – we will post it as soon as it is available! Gibraltar is also submitting an application to permanently keep their discharge at the increased rate that they had in 2016 to the Fraser River. We will be seeking help from a consultant to help us review this application and submit comments. We will be reviewing the monitoring of how the discharge went last year at the increased rate into the Fraser, and whether the monitoring has picked up any effects.

This application will most likely take-up the majority of 2017 to follow/review. We are hoping to have a community meeting with Gibraltar sometime in the first half of this year.

Hunting Allocation Survey Being Conducted January/February



From January 23 – February 23, you are requested to participate in the 2017 Hunter Harvest Survey as developed by FLNRO (Ministry of Forestry, Lands, and Natural Resources Operations). The survey attempts to better understand the community's wildlife harvest supply requirements for food, social and ceremonial purposes. The information collected through the survey is intended to help improve wildlife management in the Cariboo Region. You will soon be contacted by telephone to set-up a time to complete the survey with the interviewer.

The survey should take no more than an hour and we ask for your participation, as this information will be used to help FLNRO understand the importance of wildlife management in the community.

If you have any questions about the 2017 Hunter Harvest Survey, please contact the Natural Resources department.

Expanding Department

We are hiring more staff for the Natural Resources Department to help us out. We have posting the *Natural Resources Coordinator*, applications due in the beginning of February. This position will be mainly a project-based position to help the department staff out with the different work loads.

Housing Coordinator

Heather Johnson



Hello All and Happy Valentine's Day!!

I would like to start off with a reminder that we are always accepting rental applications and we require renewed applications for the 2017 year; we are also able to email them out if necessary. Proof of income for CMHC households is due, we will be making appointments to meet with our tenants to complete their rental agreements and rent assessments in the next month.

The past few months have been very busy but with the assistance of CMHC we were able to secure funding last year for their Housing Internship Initiative for First Nations & Inuit

Youth (HIIFNIY) for two interns to work with the Soda Creek Housing and Maintenance departments. We have Anita Fiestas working as the Housing Intern and Leeland Alexander working as the Maintenance Intern. It's been fun introducing Anita and Leeland to the other members of the Housing Alliance, the various contractors that we work with and the tenants. They have jumped right in and are doing well because they are so willing to learn. We have been to the Converting Tenures workshop that CMHC offered in Vancouver on January 10th

and 11th, Anita attended the Joint Gathering in Vancouver on January 17th- 19th, with Soda Creek counselor Marnie Sellars. Leeland has been in Kamloops and Kelowna with Marnie for the Identifying Home Maintenance Needs workshop and the Building and Renovating to Avoid Mould workshop with CMHC for the week of January 23rd. Leeland has also been assisting Kelly with the day to day water operations to gain experience in this field as well. We have a few more workshops to attend in February and I am keeping an eye out for potential training opportunities everywhere. Take Care!

Xatsúll DEVELOPMENT CORPORATION

2016 YEAR IN REVIEW

By Brad Klock, CEO

Xatsúll Development Corporation

(XDC) was created with business development, innovation, risk mitigation and community benefit as its foundational corner stones. As a limited partner and operating independently and at “arm’s length” from SCIB, XDC’s mandate is to build, own/partner and manage, on behalf of its shareholders (SCIB), sustainable and profitable business ventures that ultimately provide benefit to the community.

To this end, Xatsúll Development Corporation went through a number of significant and important changes in 2016 to better position itself to compete and move forward confidently, and at a much faster pace. In early 2016, XDC saw both its Executive Director and General Manager leave to pursue other opportunities. As a result, XDC’s Board of Directors set about re-evaluating its business & leadership strategy, its mission & vision, the way in which it wants (and needs) to conduct business and its path to create significant momentum and profitability moving forward. What quickly became clear, was the desire to be a much more streamlined, structured, and efficient business competitor, with an eye to become the First Nations business leader within the Cariboo Region.

XDC Directors established new leadership criteria, and in March, 2016, initiated

its search for a Chief Executive Officer to better reflect its new competitive and pro-active business approach. After a three-month search, in June, 2016, Brad Klock was hired as XDC’s new CEO, overseeing XDC in its entirety. Brad’s background as a business leader and entrepreneur, spans 20+ years as an EVP, Director, President, CEO, and owner of both privately held and publicly traded Canadian and US companies. Brad has also served as a Board member and Chairman.

With a new CEO on board, XDC immediately set about reviewing all its operations, both internal and external. Over the next months, through the review process, deficiencies in structure, capacities, reporting, communication, marketing, strategy, compliance, and operations were identified and an aggressive re-organization and implementation plan put into place. New initiatives, both internally and externally were launched in August that are designed to positively impact XDC’s outcomes in 2017 and beyond.

Internally, as of August, XDC has embarked on the following:

- Revised its business strategy to become more competitive and operate at a much faster pace (communication, integrity, transparency, collaboration, profitability)
- Moved to a digital environment

(paperless office) implementing a new CRM (Contact Management) software system that tracks and reports on all business segments efficiently and effectively

- Hired a Business Manager (In October, XDC hired Sonja Voyageur as its new Business Manager. Responsible to oversee all XDC business support services, Sonja has an extensive background in First Nations business development, a degree in Business Management and holds a designation in Human Resource Management)
- Development and adoption of appropriate and “current” corporate structure, business plans, financial and human resource policy, marketing plan, etc. is scheduled for completion February, 2017
- Branding and marketing initiatives that include appropriate signage, advertising, and development of an XDC website to go live end of Q1.
www.xatsulldevelopment.com
- Relationship repair that embraces a more collaborative and “open” approach when dealing with other bands in the shared territory

Externally, as of August, XDC has embarked on several new business initiatives and has reviewed and revised status on an existing proposal:

- After a thorough review of the proposed gas station/ convenience store initiative, and due to capacity, planning, renovation, and Highways project uncertainty, XDC took the decision to postpone the development and moved to reconsider, at a later date, when better positioned to re-engage.
- XDC has partnered with Fire-Master and working towards jointly producing a birch novelty firewood offering that has early interest from Canadian Tire, Lowes, and a number of other 'Big Box' vendors. Fire-Master is the largest producer of commercial firewood in North America, producing upwards of 10,000 bundles daily out of their plant in Princeton. 80% of their product is exported into the US.

XDC has partnered with Ironclad Logistics & NationFuel and is working towards becoming a Cariboo Region bulk fuel supplier to mines, forestry, land & highways development, and special projects throughout the Cariboo corridor. Ironclad safely delivers 1.9 billion litres of fuel to its Western Canadian customers annually and is 100% aboriginally owned.

- XDC is working to launch a "light Industrial" staffing company to service not only the Xatsull community needs, but

the growing employer needs within the Cariboo Region. Based in Williams Lake, this "stand alone" staffing firm (Cariboo Staffing) will focus on heavy equipment operations, earth moving, flagging, surveying, construction, transportation, forestry, mining, sand & gravel, etc. Watch for the new website (www.cariboostaffing.com) and job postings to go live, end of June 2017.

- XDC has engaged ECORE, a leading forestry operations consultancy group and independent RPF John Stace-Smith to complete a comprehensive review of SCIB/XDC forestry holdings, licenses, and tenures. With the review being presented in late January, it is XDC's intent (with positive review results) to re-establish a forestry operation under XDC management. Details and business plans to follow.
- XDC has been working with Spectra Energy since October around the upcoming "on reserve" pipeline replacement project slated for May through October, 2017. Spectra has committed to provide XDC with a complete and comprehensive list of both contract and employment opportunities by the end of January, as well, Spectra's general contractor, Triple J, has committed to provide skill & safety training in various areas, prior to breaking ground.

XDC will be working in conjunction with the SCIB employment coordinator, Miriam Schilling, to bring as many job opportunities to the community as possible.

- XDC is just now entering talks with the Ministry of Transportation and Infrastructure (MOTI) to determine MOTI's plans for highway development through the Deep Creek corridor along Hwy 97. There are a number of business initiatives (resulting in possible employment opportunity) XDC is considering around this extensive project, however first is determining timeframe, project size, needs, etc. It is XDC's desire to be aggressively pro-active around this project, with more updates in the months ahead.

Looking ahead into 2017, Xatsull Development Corporation will be working hard to become more pro-active and professionally aggressive in business with community benefit in mind. "Rome wasn't built in a day" is a saying that resonates as it takes time, energy, money, focus and good people to build sustainable business. We will be updating the community on our business ventures on a more regular basis moving forward and look forward to sharing in a busy and profitable New Year!



Soda Creek Health Station

Medical/Elders Transportation Guidelines



- 1 The service is restricted to every other Wednesday.
- 2 The space for this service is limited to 6 people and must be reserved by phoning in appointments to the Health Station Administrative Assistant by the Monday afternoon by 4:00 pm, prior to the travel day.
- 3 The service is for medical, mental health, dental related or personal errands. Essential health related appointments will take priority in seating.
- 4 The service is by appointment, however there may be other community members using this service the same day. This may take up the day from 10:00 am pick up and out of town by 3:00 pm. Please allow for this time. Please make appointments between 10:00 am and 2:00 pm
- 5 This service can be cancelled due to unforeseen circumstances or if there are no appointments made by Monday afternoon at 4:00 pm
- 6 The service is based on appointment and as such we would request community members be ready for their pick up by the scheduled times



NORTHERN SHUSWAP TRIBAL COUNCIL

17-South First Avenue
Williams Lake, BC • V2G 1H4
P: 250 392 7361
TF: 1-888-392-7361
Fax: 250 392 6158

****MEDIA RELEASE****

The Honorable Minister of Indigenous and Northern Affairs, Carolyn Bennett meets with NStQ Chiefs at Northern Shuswap Tribal Council in Williams Lake



NStQ Chiefs present Minister of Indigenous and Northern Affairs Canada with a gift of a framed NStQ Territory Map. Left to Right: Stswecem'c Xgat'tem Chief Patrick Harry, T'exelc Chief Ann Louie, Xat'sull Chief Donna Dixon, Minister of Indigenous and Northern Affairs Canada – Carolyn Bennett, and Tsq'escen' Chief Mike Archie.
(Photo Credit: Brad McGuire, Northern Shuswap Tribal Council)

January 30, 2017 (Williams Lake, British Columbia) – The Northern Shuswap Tribal Council office in Williams Lake was the site of an evening meeting on Friday January 27th between the four Northern Secwepemc te Qelmucw (NStQ) community Chiefs and the Honorable Carolyn Bennett, Federal Minister of Indigenous and Northern Affairs.

This face to face meeting with the NStQ Chiefs was requested by Minister Bennett to bring her and her staff up to date with the issues facing the NStQ First Nations as they prepare to enter Stage Five – Final Negotiations of the Treaty process, one which the NStQ has been engaged in for over twenty years.

The meeting was respectful and productive. It focused on territorial and boundary issues which affect the NStQ. The NStQ Chiefs emphasized several important issues to Minister Bennett that they felt to be impediments in moving the treaty process forward in a more timely manner.

Minister Bennett, Deputy Minister Joe Wild, and their Indigenous and Northern Affairs staff left the meeting with a clearer understanding of the current issues facing the NStQ and a directive to improve and help streamline the Federal Governments' involvement at the NStQ treaty table. Minister Bennett

underlined her complete, unwavering support and commitment to the tripartite treaty process, one which will result in an NStQ Treaty that Northern Shuswap First Nation membership will be proud of. Along with Canada, the tripartite process includes the Province of British Columbia and the NStQ Nations as the three parties negotiating an NStQ Treaty.

For Media Inquiries please contact:

- NStQ Spokesperson - Chief Donna Dixon, P: 250-267-7464

The Northern Shuswap Tribal Council is a non-governing body which supports and works on behalf of the four Northern Secwepemc te Qelmuw (NStQ) member communities of Williams Lake Indian Band (T'exelc), Soda Creek Indian Band (Xats'ull), Canim Lake Indian Band (Tsq'escen') and Stswecem'c Xgat'tem (Canoe Creek / Dog Creek First Nation).

Sudoku Puzzle #7H

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

Sudoku Puzzle #7H - Solution

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

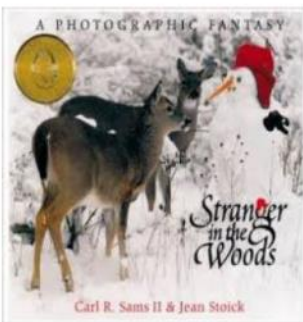
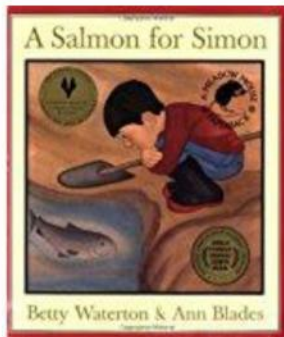


Happy New Year, everyone! I hope you all had a wonderful holiday season. It is time for a fresh start! But we still have a lot of winter left to pass some time!

How about some good old fashioned READING? As a teacher, I can't say enough what a difference this makes for kids. How about putting aside the cellphones or computer games and trying some of these ideas as a family...



Marnie Haines
Circle of Life Program Coordinator



Being together at home or the library!

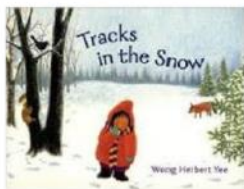
- ✚ Read together – read a story at night before bed. Try a chapter book to keep them holding on!
- ✚ Tell stories from your childhood. Have friends or relatives tell theirs. Family stories are part of our heritage!
- ✚ Visit the library – sign outs can be accessed by computer with a library card. Library cards are free!
- ✚ Learn about new traditions/holidays/legends – sign outs from the library or use the internet and elders!
- ✚ Listen to audio books – great for long car trips! Rent them from the library. Choose one with your child.



A circle of friends,
a time to share.



Here's a fun and recommended read from Marnie!



By: Wong Yee

Age Level: 3-6

A child follows animal tracks in the snow, wondering aloud "Who made the tracks? Where do they go?" Gentle illustrations depict the child's walk across a snowy landscape while animals watch from afar. Only upon returning home is it revealed that the tracks were made yesterday when the child was "Out playing in the snow!"

Info Box:

Website to check out:

<http://www.colorincolorado.org/article/wintervacation-10-reading-ideas-parents>

Williams Lake Library:

180 N. 3rd Ave—across from Credit Union

Phone: 250-392-3630 or 250-305-2182

Hours: 10 am-8 pm Tues-Thurs and 10 am-5 pm Fri-Sat

Family Fest put on by Cariboo Chilcotin Partners for Literacy:

January 29th 10 am – 2 pm Gibraltar Room (Cariboo Memorial Rec Complex)

"Celebrating Families, Supporting Lifelong Literacy" combined with the 3rd Annual WL Winter Carnival!

I hope you have fun with some of these ideas!
If you have any questions, please call me at:
250-398-9814

Or email: mhaines@threecornershealth.org



Easy Coconut Shrimp Curry

To thaw frozen shrimp, place shrimp in a large bowl, cover with cold, lightly salted water. Add a couple ice cubes. Let sit for 15 minutes until defrosted.

This is a basic recip. Please feel free to dress it up. Add chopped celery or bell pepper to the onions and/or fresh ginger or diced tomatoes. Experiment with the curry spices you are using.



Ingredients

- 1 Tbsp olive oil
- 1 cup finely chopped onion
- 1/2 tsp mild yellow curry powder
- Pinch of ground cardamom or the seeds from 1 cardamom pod, crushed
- 1/2 tsp Kosher salt
- 1 cup canned coconut milk (use regular coconut milk NOT light)
- 1/4 cup water
- 1 lb raw, peeled, deveined shrimp (with or without tail)
- Cilantro for garnish

Prep time: 5 min **Cook time:** 25 minutes

Yield: Serves 4

Method

If you haven't already defrosted your shrimp, if using frozen, do that while you prepare the sauce. The shrimp will be thawed and ready to cook by the time the sauce is done.

- 1) **Saute onion, curry, cardamom:** Heat olive oil in a medium sized saute pan on medium heat. Add the chopped onion. Cook until translucent, about 5 minutes. Add the curry powder, cardamom, and salt. Cook for two more minutes.
- 2) **Add coconut milk and water, simmer:** Add the coconut milk and water, simmer for 5 to 10 minutes.
- 3) **Add shrimp:** Add the shrimp to the curry sauce and spread out evenly in the pan. Simmer for 5 minutes, stirring occasionally, until the shrimp has turned from grey to pink and is just cooked through. Do not overcook or the shrimp will be rubbery.
- 4) Serve with cilantro for garnish. Serve with basmati rice or better yet, coconut basmati rice.

Savory Coconut Rice

You can use either coconut oil or clarified butter for this recipe. Clarified butter will add a wonderful buttery flavor to the rice if you use it and is more traditional for this Indian style rice. Use coconut oil for vegan option. To make clarified butter, take 4 Tbsp of unsalted butter and melt in a saucepan on medium low heat. Skim the foam. Strain through



Prep time: 15 minutes **Cook time:** 45 minutes **Yield:** Serves 6

cheesecloth into a bowl, straining out the solids. (If pressed for time, you can skip the straining step for this recipe, and just skim the foam.)

Ingredients

- 3 Tbsp coconut oil (for vegan option) or clarified butter
- 1 cup finely chopped onion
- 1 clove garlic, minced (1 tsp)
- 1 1/4 tsp Kosher salt
- 1/8 tsp cayenne
- 2 cups basmati long grain rice
- 1/2 cup grated, unsweetened coconut water*
- 1 3/4 cups plain water
- 3 cardamom pods
- 5 whole cloves
- 1 stick cinnamon

Method

- 1) Melt coconut oil or clarified butter in a medium sauté pan (that has a cover) on medium low heat. Add the finely chopped onion and cook until golden, 8 to 10 minutes. Add the garlic, cayenne, and salt, and cook a minute more.
- 2) Stir the rice into the onion mixture to coat with the oil or butter and cook for 3 more minutes, stirring occasionally.
- 3) Add the grated coconut to the rice onion mixture and stir in the coconut water and the water. Stir in the cardamom pods, cloves, and cinnamon. Increase heat to bring the rice mixture to a simmer. Lower the heat to low, cover, and simmer gently for 15 minutes.
- 4) Remove from heat and let the rice steam in the residual heat, covered, for 10 more minutes. Remove lid and remove cardamom pods, cloves, and cinnamon. Fluff with a fork.

*If you don't have access to packaged coconut water, add 1 cup of grated coconut to 4 cups of water, bring to a simmer, cover and remove from heat, let sit for 15 to 20 minutes, then strain. Use in place of the coconut water and plain water for this recipe.

Roasted Sweet Potato Soup

Easy roasted sweet potato soup! With shallots, cumin, thyme, and stock. Swirl in a little sour cream or yoghurt to serve.

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

Yield: 2-4 servings



Ingredients

- 1 pound garnet sweet potatoes, peeled, cut into 1 1/2 inch cubes
- 2 large shallots, peeled and cut in half lengthwise
- 2 Tbsp olive oil
- 1/2 tsp kosher salt
- 1 tsp ground thyme
- 1/4 tsp of cumin seeds (or ground cumin)
- 3 cups chicken stock
- 1/8 tsp black pepper

Method

- 1) Preheat oven to 450°F. Place sweet potato cubes and shallots in a large bowl. Drizzle with oil. Sprinkle with salt, thyme, and cumin. Toss so all pieces are well coated with olive oil and seasonings.
- 2) Spread the sweet potatoes and shallots out on a foil or silicone lined baking sheet. Roast for 25 minutes or until cooked through and nicely caramelized and browned around the edges. Remove from oven.
- 3) While the sweet potatoes are roasting, heat chicken stock in a saucepan on the stovetop until steamy.
- 4) Place the cooked sweet potatoes and shallots in a blender and add the hot chicken stock. Puree until smooth. NOTE, when blending hot liquids, fill the blender bowl no more than a third full, and start with short pulses. So, depending on the size of your blender you may need to work in batches. Or use an immersion blender.

Easy Sautéed Spinach

Easy sautéed spinach! The best way to cook delicious fresh spinach, with olive oil and garlic.

Prep time: 5 minutes **Cook time:** 5 minutes

Yield: Serves 4

Ingredients

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced

Method

- 1) Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
- 2) Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.
- 3) Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
- 4) After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat.
- 5) Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.



Recipes: <http://www.simplyrecipes.com/>



Three Corners Health Services Society

150 North First Avenue
Williams Lake, BC V2G 1Y8
Ph: 250-398-9814 Fax: 250-398-9824

Pro-D-Day Sledding - Consent and Release Agreement

PARTICIPANT'S INFORMATION: *(please print clearly)*

Last Name: _____ First Name: _____ Middle Name: _____
 Birthdate (mm/dd/yy): _____ Gender: ☐ Male ☐ Female
 Home Address: _____ Band: _____
 City/Town: _____ Province: _____
 Country: _____ Postal Code: _____ Home Phone: _____

PARENTS / GUARDIANS & EMERGENCY CONTACTS: *(please print clearly)*

1 st Emergency Contact:	2 nd Emergency Contact:	3 rd Emergency Contact:
Name: _____	Name: _____	Name: _____
Relationship: _____	Relationship: _____	Relationship: _____
Home Phone: _____	Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____	Cell Phone: _____

PARTICIPANTS MEDICAL INFORMATION:

Care Card #: _____ - _____ - _____ Family Doctor: _____ Phone: _____
 Address: _____ City: _____

2. ALLERGIES: Please be specific, attach a separate page if necessary. *If a participant uses an EpiPen, they MUST bring it with them!!*

Indicate Type: Drug, Food, Environmental, Insect, Other	Allergen (please be specific)	Type & Severity of Reaction (Indicate in life-threatening)	Management/Treatment/Medication	Date of Last reaction

3. ASTHMA: Does your child suffer from asthma? ☐ Yes ☐ No
 If yes, please indicate severity ☐ Mild ☐ Moderate ☐ Severe
 What are the triggers for these attacks? _____

4. MEDICATIONS:

Is your child currently on any medication (prescription & homeopathic)? If so, what?

Medication	Dose	Route	When

Please ensure that your child has enough medication to last for 24 hours

****All prescription medication and over-the-counter medications must be left with the health care staff for the duration of the activity****

AUTHORIZATION AND CONSENT OF PARENT(S) OR LEGAL GUARDIAN

- To the best of my knowledge, my child is in good health and physically capable of participating in activity associated with outdoor winter activities.
- In the case of a medical emergency, I understand that every effort will be made to contact parents or guardians. In the event I cannot be reached, I hereby give my permission to the health staff to hospitalize, secure proper treatment and issue consent for any medical care deemed advisable by a licensed medical professional or institution such as medication injections, anesthesia or surgery. I authorize the health staff to exercise best judgement upon the advice of medical or emergency personnel for my child as named above.
- I understand the inherent risks to my child associated with transportation and participation in outdoor activities, such as sliding on a hill, and I waive any and all claims I may now or in the future have, release from all liability and agree not to sue Three Corners Health Services Society, its officers, directors, employees, volunteers and agents (the "Society") for any costs or losses, personal injury, death, property damage sustained, incurred or suffered by my Child as a result of any act or omission of the Society in relation to or arising out of my Child's participation in this activity. I recognize that releasing the Society from liability prevents me from claiming any money from the Society.
- I agree to ensure my child attends the event with adequate winter wear and protective equipment to ensure safety and comfort for the duration of the event. i.e. Helmet, winter coat/pants/gloves/boots, etc.
- I agree to indemnify and hold harmless the Society from and against any and all claims, actions, proceedings, damages, injuries, liabilities, costs and expenses (including reasonable legal fees), relating to acts of my Child leading wholly or partially to claims against the Society by third parties, regardless of the type of claim or the nature of the cause of action.
- I understand that there will be photos taken during this event and in signing this document am granting Three Corners Health Services Society permission to use these pictures in any future documents in both print and online.

Parent/Guardian Name (please print)

Signature of Parent/Guardian

Date

My Child understands the risks associated with the event and agrees to follow direction from staff responsible for facilitating the activities throughout the day.



Elders Valentines Day Dance

Tuesday, February 14th, 12:00-3:00 pm

Soda Creek Gym

Three Corners Health Services Society

Please Contact:

Canoe Creek Health , 250-459-7749, Winn Anderson

Soda Creek Health, 250-989-2355, Edith William

Sugar Cane Health , 250-296-3532, Melissa Lulua or
Cecilia Setah



Physiotherapy Services

Soda Creek Health Station

January 23 8:45-12:00 pm

February 20 8:45-12:00 pm

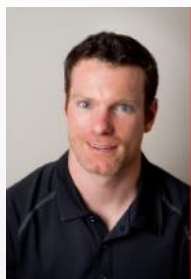
March 20 8:45-12:00 pm

3 Corners Health Services

January 23 12:15-4:15 pm

February 20 12:15-4:15 pm

March 20 12:15-4:15 pm



Physiotherapist

Tyler Judd

If you would like to book an appointment with the
Physiotherapist please call your Community Health
Station or contact Heather Camille at TCHSS.

Three Corners Health Services Society

PH: 250-398-9814 FX: 250-398-9824

Treaty Working Group Meetings

February 8 & March 8th

5:00-8:00 pm

Soda Creek Gym



Please call Betty at 250-989-2323 if you need a ride.

Family Bull Mountain Winter Activities Cross Country or Snow Shoeing



February 16th & March 2nd

4:15 pm Bus leaves Band Office

Starts at 4:30 pm

*Chili & Buns, hot chocolate
are provided *Be prepared for weather *

Bring a water bottle

Please call Maxine at 250-989-2355, to sign up, give
sizes and if rides are needed

Need to call by Friday, February 10th & February 27th,
if you are participating

Soda Creek Elders

Those that want to go to the
41st Annual BC Elders Gathering 2017
In Campbell River, BC
July 11-13, 2017

Please call in to Maxine
at 250-989-2355 to sign up

Mount Polley Mining

Human Resources

How to get a Job at Mount Polley

When: March 2, 2017

Time: 1:00-3:00 pm

Where: Soda Creek Gym

Pro-D Day Sledding

Where: Dog Creek Mountain—> top of hill after
you turn toward Canoe Creek

When: Friday, February 3, 2017

Time: 11:00 am—2:30 pm

Sliding ~ Snowman Contest ~ Lunch Provided

Anyone sliding down the hill must wear a
Helmet! Please ensure all children wear
one, as well as proper winter clothes

For Registration information, please contact
Kayla at 250-398-9814

For Transportation, please call:

Harold Harry—250-440-5822 (Dog & Canoe Creek)

Trinity Sure—250-296-3507 (Sugar Cane)

Jordanna Sellars—250-989-2323
(Soda Creek)



Wills & Estates Workshop

When: February 8, 2017 or February 15, 2017

Where: Three Corners Health Services Society

Time: 9:00-2:00 pm **Lunch Provided!**

WHAT WILL WE TALK ABOUT?

What is a Will and why do I need one?

What kind of things do I need to put in my Will?

Understanding how a Will works and who does what?

Do it yourself or hire a lawyer?

How much does it cost?

Handouts and a list of available resources will be provided

For more information, or to register please contact
Heather at 250-398-9814, or your CHR before
February 3, 2017.

Transportation is available!

SXFN—Feb 8, and Feb 15, 2017 Rides will be available

WLIB—Feb 8, and Feb 15, 2017 Rides will be available

SCIB—Feb 8, 2017 Rides will be available

Agenda

Sledding Day

11:00 am Start of event - Meet at Location —>
First Right at top of Dog Creek Hill
(follow the signs)

12:00 PM Lunch

1:00 pm Snowman Contest + Circle Of Life
Activities & more sledding

2:30 pm End of Event:

-Transportation Home

-Parents to pick up their children





To Community Members:

Just a reminder that our Injury Surveillance Contest is still running. Everyone has until **Friday, February 3rd** to get their forms filled out to be entered in the contest.

Please let me know if you have any questions.

Sincerely,

Kayla Jasper

Healthy Living Program Coordinator
Three Corners Health Services Society

Forms can be picked up at the Soda Creek Health Station or online at www.threecornershealth.org

NALOXONE TRAINING

February 20th

12:00-1:00 pm

Soda Creek Health Station



Open to Staff and Community Members

Bingo

February 11, 2017

Soda Creek Gym

- * Door Prizes
- * 50/50 Raffle
- * Loonie Auction



Come Support Sun Runners

Doors open at 12:00 pm

Bingo starts at 1:00 pm

COMING THIS SPRING SODA CREEK INDIAN BAND WILL BE ANNOUNCING 2017 COUNCILLOR ELECTION FOR TWO COUNCIL POSITIONS

ELECTION START DATE: FEB 22 2017

NOMINATION MEETING DATE: MAR 31 2017

INTERVIEWS AND FOCUS GROUPS

Socio-cultural and Economic Impact Assessment

Specific to the Imperial Metals a
Mount Polley Dam Breach

February 6-10th, 2017

Soda Creek Indian Band

Key Discussion Items:

Do you know the spill affected area? *What are the key community impacts and issues? *What are the key community activities and values that are impacted? * What potential is there for recovery?

Please contact Betty Price 250-989-2323 (ext 120) to book a spot for an interview group or to partake in a focus group



SPEECH & LANGUAGE PATHOLOGIST

March 1, 2017 from 12:00-2:00 pm

Come join us at the Health Station for lunch and information session.

Parents, caregivers, grandparents are welcome to attend.

Please call the Health Station for more information and to sign up.



Workforce Exploration Skills Training (WEST)

Join WEST and learn the skills to become employed in the minerals and natural resources industries. This 40-day training program will build your skill-set through hands-on training delivered in a camp-based environment.

Program Includes:

- Mining Exploration Field Skills
- Natural Resources Field Skills
- Cultural Resource Management
- Job Maintenance and Workplace Effectiveness
- Occupational First Aid Level 1
- Transportation Endorsement
- WHMIS
- Bear Awareness Training
- S-100 Fire Suppression
- H2S Alive
- Chainsaw Safety

The WEST program is a golden opportunity for Aboriginal participants to obtain field skills and training in order to enhance employability in the minerals and natural resources industry.

Participants will live in a training camp near Smithers for the duration of the 40-day program.

Good health and physical fitness are mandatory. Students will take field trips that include hikes of up to 10 kilometers over steep terrain.

Funded By: Aboriginal Affairs and Northern Development Canada

** Course offerings are dependent on minimum enrolment, and course dates may be subject to change.*

Visit nwcc.bc.ca for the most current information.

     /NWCCBC **nwcc.ca 1.877.277.2288**



Dates and Location:

May 11 – June 19, 2017

Camp Caledonia, Smithers, BC

Cost: FREE*

*Tuition, accommodation, food (student must provide their own personal items and clothes)

For more information contact:

1-877-277-2288 ext. 5877

sem@nwcc.bc.ca



UBC Summer Science Program – 2017

Applications for UBC Summer Science Program 2017 ARE NOW OPEN.



What is the Summer Science Program?

A one-week cultural, health and science program for Indigenous students going into grades 9-12.

The program promotes interest in health and science programs through firsthand experience at the University of British Columbia.

Great opportunities to meet new friends, eat great food, connect with Elders and role models, and enjoy fun, laughter and learning.

Program Goals

- Inform students of health and science careers.
- Provide information on post-secondary prerequisites, course planning, and admissions.
- Offer a holistic education experience that includes cultural practices.
- Provide Indigenous role models in health care and sciences.
- Incorporate cultural knowledge into daily activities.

Who can apply?

Open to all students who are going in to grades 9 – 12 in the fall of 2017, who are of First Nations, Inuit, or Métis ancestry.

When is it?

The 2017 Summer Science Program runs:

Session 1: Students who are going in to grades 11 – 12 in the fall of 2017 will attend from **July 2 – July 8, 2017.**

Session 2: Students who are going in to grades 9 – 10 in the fall of 2017 will attend from **July 9 – July 15, 2017.**



How much does it cost?

- Upon acceptance into the program students must provide a \$200.00 program fee.
- This fee goes towards accommodation and meals during the program. All other expenses (such as workshops, transit fares, admission to museums or attractions, etc) are covered while students are at UBC. The program fee does not include travel to and from Vancouver.
- Students are encouraged to apply for funding from their band or school district.
- Bursaries to cover the program fee of \$200 will be available upon acceptance and as per request.

UBC Summer Science Program – 2017 cont'd

Why apply to the Summer Science Program?

- You will gain valuable insight into future academic and career choices. You will make friends and memories that will last a lifetime! You will learn from our Summer Science elder, the many camp coordinators, and teachers throughout the program. You will get to go out and enjoy some of the things Vancouver has to offer.

How do I apply?

- Applications for UBC Summer Science Program 2017 **ARE NOW OPEN**.

(<http://health.aboriginal.ubc.ca/ubc.ca/ubc-summer-science-program-2017-application-instructions/>)

Application deadline is **May 1st, 2017**, but we strongly encourage you to apply early to improve your chances of securing a spot!

Contact Information

For any inquiries or questions regarding the Summer Science Program, please contact the Summer Science Program staff at:

Email: summer.science@ubc.ca

Telephone: 604.827.1444



Starting April 2017

Administrative Assistant Certificate (ABT)



Laddering

Graduates of the Administrative Assistant Certificate can ladder into the Executive Assistant Diploma (on-campus, online) and receive a block transfer of 15 credits for the courses they have taken in the certificate or a similar program taken at another institution. The diploma consists of 45 credits, 15 credits of which are met by the block transfer, which leaves students with 30 credits (10 courses) to complete the program.

Executive Assistant Diploma graduates can in turn ladder into the Bachelor of Business Administration (on-campus) or the Bachelor of Commerce (online) and transfer all credits earned in the diploma. Students should be able to complete either degree with two to three years of full-time study, or spread the remaining courses out over a longer period as they continue to work

Continued on page 24

Starting April 2017

Applied Business Technology Administrative Assistant Certificate

Weekend format with alternating weekends of Thursday & Friday + Friday & Saturday



**Scheduled for new students and working individuals
wanting to advance their education and/or careers!**

In partnership with Northern Shuswap Tribal Council, TRU will be offering the Administrative Assistant Certificate in weekend format scheduling.

The Administrative Assistant Certificate prepares students for employment in a variety of office positions. Emphasis is placed on developing communication, software application and accounting skills and the ability to work effectively as part of a team. This program offers opportunity to further ladder studies where students can pursue the Certified Administrative Professional (CAP) or organizational Management (OM) designation. This program ladders into the Executive Assistant Diploma and further into a business degree (see reverse side of this flyer for transferable credit information).

Application Fee: \$28.12

Program Assessment Fee: \$35.00

Tuition: approx. \$4,082.30

Books: approx. \$1,800.00 + tax

*Pricing subject to change

Admission Requirements

Educational Requirements

- BC Grade 11 (Grade 12 preferred) or mature student status General Requirements.
- Minimum keyboarding speed of 25 net words per minute.
- English 12/English 12 First Peoples with a minimum of 67 per cent or equivalent.

**This Program
is supported by INAC**

Contact Information

For program information or to apply please contact:

Williams Lake / Continuing Studies / Melissa Fournier

<http://www.tru.ca/williamslake/cs.html>

250.392.8045

For funding information please contact:

Your local Education Department



Microcomputer Certificate I

The Operating System - Windows 10

Go further in your understanding of Windows 10, and gain knowledge of a computer's operating system. A solid understanding of a computer's operating system is essential to being able to use your computer effectively. You will be shown how to move around and manage the Windows environment, share information between programs and file management. Student must provide two flash drives.

Fee: \$385 (includes textbook)

Dates: Feb 14 - Mar 9; Tuesdays & Thursdays, 6 - 9:30 pm

Database - MS Access 2016

This 28-hour course is designed for students wishing to gain a basic understanding of a relational database software program. Learn the basic concepts of database structure and design by creating a working model. Be prepared to devote additional hours of non-class time to exercises and project work. Student must provide two flash drives.

Prerequisite: The Operating System or computer file management knowledge.

Fee: \$385 (includes textbook)

Dates: Apr 11 - May 4; Tuesdays & Thursdays, 6 - 9:30 pm

Spreadsheets - MS Spreadsheets 2016

Do you need to create and format spreadsheets so you can analyze and share information to make better informed decisions? This course includes: Introduction of basic spreadsheet concepts (Spreadsheet basics, File management, Ranges, Sorting Columns and Rows) using Excel 2016. Student must provide two flash drives.

Prerequisites: The Operating System or computer file management

Fee: \$385

Dates: Apr 24 - May 17; Mondays & Wednesdays, 6 - 9:30 pm

Accounting on The Computer – Quickbooks

Learn the fundamental features and concepts of the Quickbooks Accounting software, and how to design, establish and manage an accounting system for a small business. Students must be prepared to devote extra time outside the regularly scheduled lesson and lab-time. This course is not intended to teach accounting principles. Basic bookkeeping knowledge is necessary for maximum benefit from this course. Student must provide two flashdrives.

Prerequisite: Computer file management knowledge and basic bookkeeping skills.

Fee: \$385 (includes textbooks)

Dates: Mar 14 - Apr 6; Tuesdays & Thursdays, 6 - 9:30 pm

Feb, Mar, Apr 2017

Call 250.392.8010 for more
information or to register.



tru.ca/williamslake/cs



OFA Level 3 courses are offered to qualify candidates for certification by WorkSafeBC as first aid attendants in industry. TRU provides instruction in both theory and practice of first aid. Applicants must be 16 years of age or older and have at least a Grade 10 reading comprehension skill. Students must bring photo ID to class. Acceptable photo identification includes driver's license, student card, recreation centre pass, BCID or passport. OFA Level 3 requires 70 hours of class time plus at least 35 hours of homework in the two-week course.

Fee: \$1195 (+\$50 for textbook)

OFA Level 3

Mar 6 – 17, 2017

Best to register by February 20

Monday – Friday; 8 am – 5 pm

Exams: Mar 20

Contact Information

Continuing Studies

Phone: (250) 392-8010

<http://www.tru.ca/williamslake/cs.html>



Instructor Bio:

James Seeley has been an OFA instructor for over 26 years.

His experience includes: Instructing OFA with Capilano University, Trauma Tech (Vancouver) and Lifeline Safety; Instructor Trainer with the Paramedic Academy for Medical First Responders and currently active as a Search and Rescue member for South Cariboo SAR, Rescue Team leader and SAR Manager.

FREE BUSINESS TRAINING!

ABORIGINAL • BEST

WILLIAMS LAKE/CARIBOO CHILCOTIN

WANT TO BECOME SELF-EMPLOYED?

Learn what it takes to research, start & grow your own small business.



ATTEND THE INFO SESSION - LEARN WHAT ABORIGINAL BEST IS ALL ABOUT!

THURSDAY, JANUARY 12TH - 11AM

COMMUNITY FUTURES, 266 OLIVER ST, WILLIAMS LAKE, BC

TO BE ELIGIBLE, YOU MUST:

BE UNEMPLOYED (OR UNDER-EMPLOYED LESS THAN 20 HOURS PER WEEK), NOT ON EI, AND 1 OR MORE OF THE FOLLOWING:

- ABORIGINAL (FIRST NATIONS, MÉTIS OR INUIT) AND/OR
- YOUTH (15 TO 29 YEARS OLD) AND/OR
- SELF-IDENTIFY AS DISABLED

FULL PROGRAM RUNS MONDAY TO FRIDAY, FEB. 20TH TO MARCH 3RD, 2017 (2 WEEKS)

COMMUNITY FUTURES CARIBOO CHILCOTIN, 266 OLIVER ST, WILLIAMS LAKE, BC

REGISTER NOW AT WWW.ABORIGINALBEST.COM OR CALL TOLL-FREE: 1-866-352-3878

BEST PROGRAM INCLUDES:

GREAT INSTRUCTORS, WORKBOOK, EASY BUSINESS PLAN, GUEST SPEAKERS, 1-ON-1 COACHING, ACCESS TO FUNDING, SNACKS & COFFEE, GRADUATION CERTIFICATE, GRADUATION CEREMONY

YOUR FUTURE BEGINS TODAY!



Canada



Funding provided by the Government of Canada
through the Canada-British Columbia Job Fund.



Aboriginal Pre-Cadet Training Program

The Aboriginal Pre-Cadet Training Program (APTP) offers Canadian Aboriginal people from the ages of 19 - 29, the opportunity to get an inside look at the life of a police officer. This summer program provides the selected candidates with hands-on experience in the RCMP's training program.

Those accepted into the program attend a three-week training program at the RCMP Training Academy (Depot) in Regina, from May 22 to June 9, 2017. The training focuses on teaching collaborative problem-solving skills, law enforcement, public speaking, cultural diversity, and facilitating Safe Community Workshops in communities. There are also elements of physical fitness and drill which promote team work and provide students with long-term strategies to meet personal fitness goals.

The RCMP will provide transportation, meals, accommodation, uniform, and along with wages from the 3 weeks of training at Depot.

Basic requirements to apply:

- Be between 19 - 29 years of age
- Be of First Nation, Metis or Inuit descent
- Be a Canadian citizen
- Be of good character
- Be able to pass an enhanced reliability security check
- Be in good physical condition
- Possess a Canadian secondary school (high school) diploma or equivalent
- Possess a valid Canadian driver's licence

For more information on this program, contact

Beverly Pitawanakwat – 604.365-1297

Beverly.Pitawanakwat@rcmp-grc.gc.ca or
E_PreCadet_Program@rcmp-grc.gc.ca

**A CAREER NOWHERE
NEAR ORDINARY**



www.rcmp.ca



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada

Natural Resource Department Looking For Archaeology and Environmental Technicians for Spring/Summer 2017



- Passionate about the outdoors and willing to work in all weather conditions?
- Possess Knowledge of the Traditional Territory or would like to learn more about it?
- Driver's license is an asset
- Environmental monitoring or archaeology training is an asset
- On-call, temporary work
- Rates dependant on experience

*Please provide your resume to Miriam Schilling
(Employment)*



EMPLOYMENT OPPORTUNITY

Job Title: Head Start/ Day Care Assistant

Job Summary: The Head Start / Day Care Assistant is an advocate for children and families in the community and is responsible for the planning, organizing and delivery of the program, including supervising program staff and facilities and encouraging parental involvement.

Education and Experience:

- Early Childhood Education diploma
- Two to Three years related experience

Skills and Abilities:

- Must have strong administrative, organizational and communication skills
- Ability to work with minimal supervision
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations;
- Ability to self-regulate, meet deadlines, have and maintain an attention to detail;
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program);
- Special needs training for infants and toddlers
- Recognizes and respects all cultural diversity and have knowledge of Aboriginal history, language, traditions, and culture

Job Requirements;

- Must have and maintain a Class 5 Drivers License and preferably Class 4 as well.
- Must provide and maintain clean Criminal Record
- First Aid and Infant and Child CPR certification
- Food Safe Level One
- 35 hours per week

Salary: Wage range depending on experience.

How to Apply:

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: www.xatsull.com

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

Email your Application to:

Sharon Little, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Fax to: 250 989-2300

Attention: Sharon Little
Soda Creek First Nations
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Application Deadline: **February 01, 2017 by 4PM.**

Applications will be accepted by email, hand delivery, fax or by mail.

NOTE** Applications received after 4:00 PM on February 01, 2017 will not be considered. Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.



EMPLOYMENT OPPORTUNITY

Job Title: Natural Resources Coordinator

Job Summary: The Natural Resources Coordinator coordinates and organizes various projects within the Xat'sull Natural Resources Department. You will contribute to the overall success of the Natural Resources Department by communicating with third parties, supporting internal capacity and maintaining information as required.

Duties and Responsibilities:

- Assists Natural Resources Manager in completing projects in the Natural Resources Department
- Works with and coordinates temporary staff/teams involved in any on-going projects
- Liaises with government and third parties in a professional manner
- Works with other departments to collect information or develop invoices
- Tracks progress on projects
- Provides accurate records of all meetings and events
- Has knowledge of current agreements with government and industry
- Participates in various community and staff meetings

Qualifications:

- Degree or Diploma in Natural Resources Management or equivalent
- Familiarity with Natural resource Issues, Legislation and Operations
- Experience working with First Nations is an asset
- Valid BC Driver's License
- Proficient with computers
- Knowledge of Secwepemc language, culture, and history is an asset

Conditions of Employment:

- Must have a valid Class 5 BC Drivers Licence
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations)
- Office hours 8:30am-4:30pm, Monday to Friday

Salary: Wage range from \$18.61 to \$20.95/hr depending on experience.

This position is pending on budget review.

How to Apply:

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: www.xatsull.com

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form
3. Resume with Three work related job references.

Email your Application to:

Sharon Little, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Fax to: 250 989-2300

Attention: Sharon Little
Soda Creek First Nations
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Application Deadline: **February 03, 2017 by 4PM.**

Applications will be accepted by email, hand delivery, fax or by mail.

NOTE** Applications received after 4:00 PM on February 03, 2017 will not be considered. Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

Community Events

Event	Date & Time	Where	Description
HCC Travel	February 1 & 15		Please contact Edith at 250-989-2355
Pro-D Day Sledding	February 3 11:00-2:30 pm	Dog Creek Mountain	Contact Jordanna at 250-989-2323 to sign up
Injury Surveillance Contest	February 3		Forms can be picked up at 3 Corners or Health Station
Interviews and Focus Groups	February 6-10	Treaty/NR Boardroom	Please contact Betty at 250-989-2323 to book a spot for an interview group or to partake in a focus group
ADP Luncheon	February 7 & 21	Health Station	
SCIB Travel	February 8 & 22		Please contact Maxine at 250-989-2355
Wills & Estates Workshop	February 8 & 15 9:00-2:00 pm	Three Corners Health	Lunch is provided. Rides are available for the February 8th. Please call Maxine at 250-989-2355 to sign up
Treaty Working Group Meeting	February 8 & March 8th 5:00-8:00 pm	Soda Creek Gym	Please contact Betty at 250-989-2323 if you need a ride
Bingo	February 11 1:00 pm	Soda Creek Gym	Doors open at 12:00 pm
Elders Valentines Day Dance	February 14 12:00-3:00 pm	Soda Creek Gym	Please contact Edith at 250-989-2355 if you need a ride
Family Bull Mountain Winter Activities	February 16 & March 2 4:30 pm	Bull Mountain	Please contact Maxine at 250-989-2355 to sign up by February 10 & February 27 for March 2
Physiotherapy	February 20 8:45-12:00 pm	Health Station	Please contact Maxine to book an appointment, at 250-989-2355
Naloxone Training	February 20 12:00-1:00 pm	Health Station	
Community Meeting	February 22 1:00-7:00 pm	Soda Creek Gym	Please call Jessie at 250-989-2323 if you need a ride, no later than February 22 by 4:30 pm
Speech Pathologist	March 1 12:00-2:00 pm	Health Station	Lunch provided. Please call Maxine or Rae-Lyn to sign up at 250-989-2355