



February 2018

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

*Love is the  
bridge between  
You and Everything.*  
RUMI



The Soda Creek Band Offices will  
be closed Monday, February 18,  
2019 for Family Day



SWEET  
PEA

LET'S  
DANCE

hello  
FEBRUARY

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## Community Christmas Dinner

Photos from our Community Christmas Dinner that  
was on Thursday, December 13th from 5-8 pm at  
the Gym. It was nice to see so many people come  
together to celebrate for Christmas Dinner.



Pesqépts (Chinook wind month) – February



## Natural Resources Manager



Georgia Bock

the winter months to come and help out the department, planning some archaeology projects for this summer. We would like to check archaeology at Deep Creek and Soda Creek, we would like to ensure that these areas are marked down on a map, so when planning and activities we can work around archaeology areas.

You have probably seen my posting for Natural Resource Manager posted, I will be leaving the position March 15, 2019.

We have posted in hopes that we can hire someone to work alongside of me before I leave. I will be moving east to help out with family, it was a hard decision to make, and I will really miss everyone here. I will be working in the next couple months to make this transition as smooth as possible.

Also, I will be posting one more position – Natural Resources Coordinator, which

will help out with the recovery activities on Deep Creek this summer and help coordinate Natural Resource Projects here at the office.

We also are advertising for archaeology technicians, no experience is required, just interest in the field. We will be willing to train. Please forward your resumes to Lisa or Ada, we are really hoping to get some more technicians for this summer.

### Upcoming Community Meetings:

- February 13<sup>th</sup> 5-7pm Barkerville Gold Mine Community Meeting SCIB Gym
- February 19<sup>th</sup> – Referrals presentation
- February 21<sup>st</sup> 10-3pm Working Groups Unite -2<sup>nd</sup> Round – TBD

### General Updates:

[Barkerville Gold Mine is sending in a project description for their new Cariboo Gold project, it is just in its early stages and will have to go through the environmental assessment process. We have asked for a community meeting \(February 13<sup>th</sup>\) to explain the project to the community.](#)

Gibraltar is still in the process of seeing if they can extend their increased discharge for 3 more years, we have our consultant working with us to review.

Mount Polley, as you probably know, is going into Care and Maintenance. They have very little staff left, from our understanding they are still committed to working on the rehabilitation work. They also will continue monitoring, as needed in their permits.

**Enbridge** – we are still working with the 7-band committee. Enbridge has a new project called T-south, which means they are applying to push more gas down their pipelines. There is a hearing on this, and we have asked to be involved.

**Forestry**- we continue to work with Tolko, West Fraser and BCTS in review of referrals. This winter we have been out to look at a couple Tolko sites along Hawkes Creek, we ensured that the archaeology sites that were found were adequately protected. Fire salvage blocks have also been keeping us busy.

**G2G Agreement** – As you remember last year, we signed the G2G Agreement with the Province. We were able to hire two central positions at NSTC focused on stewardship and work on larger stewardship related issues. We have had our first stewardship forum meeting (4 NR Managers, NSTC Fisheries and two central NSTC Stewardship positions meeting with reps from government) and are working on getting our Terms of Reference, among other documents in line. We will be having another 4-band community meeting at Canim on February 21, 2019.



Glen Dixon

### Positions:

As you have seen by all of the postings, we have been busy filling positions in the Natural Resource Department. We have two positions filled as of January 2019: Ashley Churchill has filled the position of Referrals Coordinator, and Chad Maltais has filled the position of Lands Coordinator. Ashley has worked in the referrals position before for a couple other communities and also teaches referrals with the Carrier Sekani Tribal Council. She will be reaching out soon to set up a monthly community consultative group for referrals. Chad has lived and worked around Williams Lake doing primarily forestry-related work. We look forward to him helping out in the Natural Resource and Treaty Department.

Glen Dixon has also taken some time in

## Education Coordinator



Cheryl Chapman

We would like to welcome Rubyann Lulua as our new Head Start Coordinator and Jennifer Phillips, Casual Daycare Assistant, we painted the Head Start/Daycare over the Christmas break, drop in and see all the beautiful colours!

We are looking for two (2) Education Committee Members, we would prefer at least one youth. If you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume. **Note:** should a youth member not apply, then a youth seat will remain available. Please remember the education committee now meets monthly, if you are interested in Education or Training your funding application must be in before **4pm on the first Friday of every month.**

Congratulations to Lorelei 'Jennifer' Phillips on her Graduation from the Aboriginal Focusing Orientated Trauma Training, we look forward to you sharing your new skills with us!

The Implicit Career Search & Life/Career Management Training will be complete on January 31<sup>st</sup>, 2019, Congratulations to our trainees.

Working with Lisa Bremner, Employment Services, CCATEC and SAGE Trainers to provide S.O.A.R. Program Strengthening Our Aboriginal Roots for our community members, here in the Education Classroom starting in February 2019.

We are updating the Comprehensive Community Plan which we have been following since 2010. It is interesting to see all of the accomplishments, and the goals that are in progress. I hope everyone will come out to the next community meeting and give us their input on where we are going!

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

I took Friday, January 18<sup>th</sup> off to attend the Pow-Wow at Columneetza, what a fantastic day!

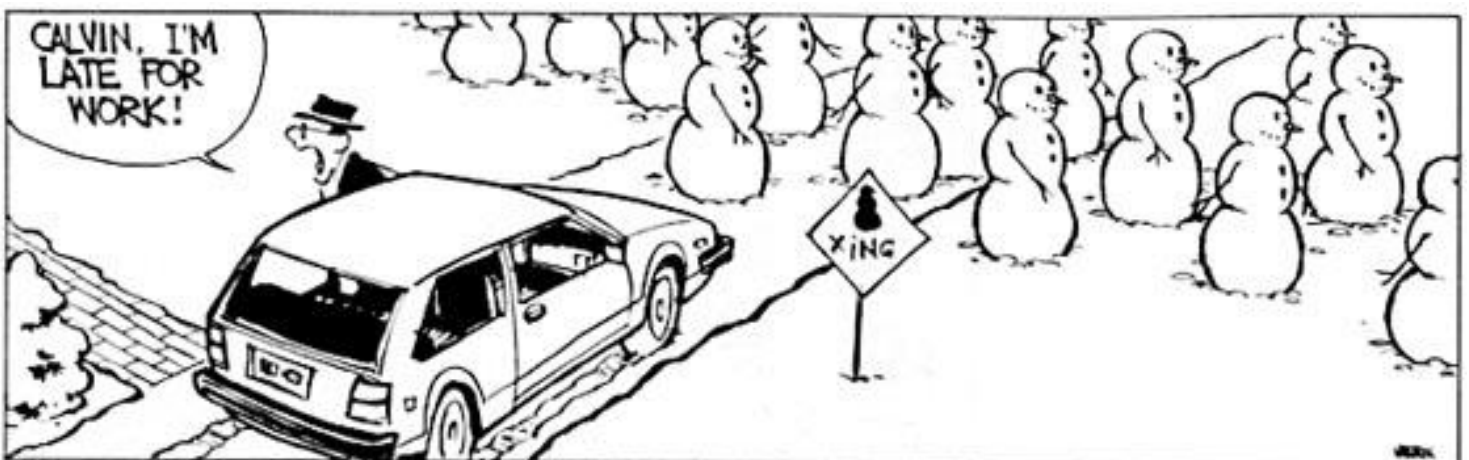
We have been successful in accessing some First Nations Education Steering Committee funding for After School,

Pro-D Day and Spring Break Programming around Health & Sciences, I will be working with the Natural Resources and the Health Departments, utilizing our practicum students, Brenda Phillips and Loretta Jack to coordinate and implement programming. Including a presentation by Olivia Baptiste, SCIB member currently attending UBC, as well as Kate Hewitt from the Stewardship Team at NSTQ.

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

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

## STAY HEALTHY, HAPPY & SAFE





Weytkp Xats'u'llemc ell Kwsellkt'en

I am happy to share with you all that I have just received my Aboriginal/ Indigenous Focusing Oriented Trauma Counselling Certification (AFOT/IFOT). On January 12, 2019. At the Justice Institute of British Columbia, in New Westminster. It was a year of intense study, and I look forward to sharing the teachings with all of my relations.

I was awarded a scholarship from the Minerva Foundation for Indigenous Women in British Columbia.

I felt honored and blessed before during and after the graduation ceremony. Especially with having my parents attend as

well as my two youngest children, Anastacia and Nicholas. My father was chosen to be witness to the ceremony, wow what a speaker! I don't think there was a dry eye in the room! I want to say "KUKSTEMC" to everyone behind the scenes for their assistance during this year, my son David & Cory, Mom and Dad, for their unconditional supports!!

Kukstemc to Cheryl and Mike for driving us, and safely getting us home!! The children enjoyed the change of scenery and shopping!! Extra treat, it was my baby girls 11th birthday on the 12th!

From the course I will continue with the AFOT/IFOT, groups throughout Canada.

By supporting when and where I can. I would like to bring the teachings to all ages from newborn to elders. I can envision how the language and our cultural teachings can work hand in hand to create a healthier safer environment for our generations to come.

To the **Xats'u'll Education Committee & Chief and Council**, I want to raise my hands and heart up to you in 110% appreciation for all the support you gave so unconditionally so that I may achieve my goal(s).

Kukstemc,

Jennifer Phillips  
Day Care Assistant







# Christmas Dinner

















# February 2019

**Soda Creek Health Station Events Calendar**  
 Call 250-989-2355 for Appointments  
 Medical travel rides must be booked on Monday  
 For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Nurse Practitioner 10-3	5 ADP Luncheon Integrative Healing Session w Ciel 8:30-2:30	6 SCIB Travel Mental Health Clinician 10-2	7 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	8 Movie Night Gym 4-8pm	9
10	11 Nurse Practitioner 10-3 Fitness Night	12	13 HCC Travel Mental Health Clinician 10-2 Open Gym Night 4-7 pm Gym	14 Integrative Healing Session w Ciel 8:30-2:30	15 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	16
17 Winter Wellness Fun Day 12-6pm Gym	18 Family Day Statutory Holiday Office Closed	19 ADP Luncheon	20 SCIB Travel Mental Health Clinician 10-2	21 Integrative Healing Session w Ciel 8:30-2:30 Lunch & Learn: Understanding Cancer 12-1	22 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	23
24	25 Nurse Practitioner 10-3	26	27 HCC Travel Mental Health Clinician 10-2 Open Gym Night 4-7 pm Gym	28 Integrative Healing Session w Ciel 8:30-2:30		



## Roast Beef Tenderloin with Sautéed Mushrooms

*"Beef tenderloin is a beautiful, tender cut of beef and is what is used to make filet mignon. To make a roast form the tenderloin you can ask your butcher to cut a big center piece from a whole tenderloin, or purchase a whole tenderloin and cut it yourself for this purpose, saving the rest for filet mignon. You can find whole beef tenderloin at Costco for a reasonable price."*



### Ingredients

- 1 3/4 to 2 lb piece of beef tenderloin (preferable a piece cut from the center of the tenderloin), trimmed of excess fat or silverskin
- 1 tsp kosher salt
- 1/2 tsp coarse black pepper
- 1 1/2 tbsp olive oil
- 1 lb cremini mushrooms, sliced into 1/8 to 1/4 inch thick slices
- 3 tbsp butter
- 1 tsp salt (use 1/2 tsp is using salted butter)
- 2 tbsp minced shallots
- 2 tbsp minced garlic
- 1 1/2 tsp of herbs de provence or tsp of dried tarragon

Prep: 15 m Cook time: 45 m Serves: 4

### Directions

- 1. Salt and pepper roast, let sit at room temp:** Remove roast from refrigerator 1 to 2 hours before cooking so that it has time to come close to room temperature. Sprinkle all sides with salt and pepper and set aside.
- 2. Sear roast on stovetop:** When ready to cook the tenderloin roast, preheat oven to 425°F. Heat olive oil in a cast iron or thick-bottomed sauté pan that can take the heat, on high heat. When the oil is hot, place the roast in the pan and brown it on all sides, including the ends, about 10 minutes.
- 3. Finish cooking in oven:** When sufficiently browned, remove the roast from the pan (do not clean out the pan) and place on a roasting pan. Place in the oven and roast at 425°F until the internal temperature is 130°F for rare (140°F for medium), about 20 minutes (or longer if your roast wasn't at room temp to begin with. Use a meat thermometer!)
- 4. Let roast rest before slicing:** Remove from oven and loosely tent with foil to rest for 15 to 20 minutes before slicing.
- 5. Sauté shallots, garlic, mushrooms:** While the roast is resting, prepare the mushrooms. Add 3 tbsp of butter to the same pan you used to sear the beef roast. Heat on medium heat to melt the butter. Add the minced shallots and garlic, and cook for a half minute. Stir the mushrooms into the pan and cook until they start to give off steam. Then add salt, pepper, and herbs de provence. Continue to cook until just cooked through. Add a few tablespoons of warm water to the pan to scrape any remnants from the bottom of the pan (can also use white wine or marsala). Remove from heat.
- 6. Slice the roast:** Use a sharp knife to slice the roast across the grain into 1/4 to 1/2 inch slices. Serve with the sautéed mushrooms.

## How to Make the Best Oatmeal

*"For rolled oats: Use 3/4 cup of water and 1/4 cup of milk. Toast the oats and warm the milk and water mixture as below. Once you add the oats, cover the pan and turn off the heat. Let the oats sit on the burner for 7 minutes - no peeking or stirring. Check the oats after 7 minutes and let them stand a few more minutes if needed"*



### Ingredients

- 1 tbsp unsalted butter
- 1 cup steel-cut oats
- 3 1/4 cup water
- 1 cup milk
- 1/2 tsp kosher salt

Cook: 30 m Serves: 4

### Directions

- 1. Toast the oats:** Melt the butter in a large skillet over medium heat. Add the oats and toast, stirring occasionally, until they begin to smell fragrant and nutty, 5 to 7 minutes.
- 2. Cook the oats:** In a large, heavy-bottomed pot over medium heat, bring the water, milk, and salt to a low simmer. Add the toasted oats and gently stir a few times. Bring the oats to a slow boil, then decrease the heat to low and partially cover. Cook, stirring occasionally to avoid sticking or clumping, until the oatmeal is thick and the oats are softened, 25 to 30 minutes. The porridge may still be a little loose at this point, but will continue to soak up liquid as it sits.
- 3. Let the oatmeal sit:** Remove the pot from heat, and let sit for 3 to 5 minutes.
- 4. Serve the oatmeal:** Divide the oatmeal between bowls, top with brown sugar and cream, and serve.

### To serve:

- Brown sugar, honey or other sweetener
- Heavy cream or milk



## Carrot Ginger Soup

Prep: 15 m Cook: 30 m Serves: 4-5



*"I think this soup works best when it is pureed until perfectly smooth. This is best achieved using an upright blender. If you use an immersion blender, just keep working at it until the soup is as smooth as you can make it."*

### Ingredients

- 3 tbsp unsalted butter
- 1 1/2 lbs carrots (6-7 large carrots), peeled and sliced thin
- 2 cups chopped white or yellow onion
- Salt
- 1 tsp minced ginger
- 2 cups chicken stock or vegetable stock
- 2 cups water
- 3 lg strips of zest from an orange
- Chopped chives, parsley, dill or fennel for garnish

### Directions

- 1. Sauté onions and carrots:** Melt the butter in a soup pot over medium heat and cook the onions and carrots, stirring occasionally, until the onions soften, about 5 to 8 minutes. Do not let the onions or carrots brown. Sprinkle a teaspoon of salt over the carrots and onions as they cook.
  - 2. Add stock and water, ginger, and strips of orange zest.** Bring to a simmer, cover and cook until the carrots soften, about 20 minutes.
  - 3. Remove the strips of orange zest!** It's easy to forget this step, and if you forget and puree the soup with the strips of zest still in it, the soup may be too bitter for your taste.
  - 4. Puree soup:** Puree the soup with a stick blender, or working in small batches, pour the soup into a blender and puree until completely smooth. Only fill the blender bowl a third full with the hot liquid and keep one hand pressing down on the cap of the blender to keep it from popping off.
- \*Add more salt to taste. (You will need more salt if you are using homemade unsalted stock or unsalted butter.)

## Southern Cornbread

Prep: 15 m Cook: 20 m Serves: 8



*"White cornmeal is used in most Southern corn breads, but we could not find any here in California, so we used yellow cornmeal. If you can find white cornmeal, by all means use it. The egg is optional, though without it the cornbread will be very crumbly."*

### Ingredients

- 1 tbsp bacon drippings
- 2 cups cornmeal OR 1 1/2 cups cornmeal and 1/2 cup flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tbsp sugar (optional)
- 1 lg egg (optional)
- 1 1/4 cups buttermilk
- 6 tbsp unsalted butter, melted

### Directions

- 1. Preheat pan with bacon drippings:** Put the bacon drippings in a 9 or 10 inch well seasoned cast iron skillet and put the skillet into the oven. Then preheat the oven to 400°F with the skillet inside. (If you don't have an iron skillet, you can use an uncovered Dutch oven or a metal cake pan.)
  - 2. Make the batter:** Whisk together all the dry ingredients (cornmeal, baking soda, salt, sugar if using) in a large bowl. In another bowl, beat the egg (if using) and buttermilk until combined, then mix that into the bowl of dry ingredients. Stir in the melted butter.
  - 3. Pour batter into hot skillet and bake:** When the oven is hot, take out the skillet (carefully, as the handle will be hot!). Add the cornbread batter and make sure it is evenly distributed in the skillet. Bake 400°F for about 20 minutes, or until the edges are beginning to brown and a toothpick inserted in the center of the bread comes out clean.
  - 4. Rest bread in skillet, then serve:** Let the bread rest for 10 to 30 minutes in the skillet before cutting it into wedges and serving.
- To store, let the cornbread cool, then removed from pan and wrap in plastic wrap or transfer to an airtight container. Store at room temperature for 2 to 3 days.
- \*To avoid burning your hand because you've forgotten the pan is hot, I recommend placing a pot holder on the pan's handle while the cornbread is resting, or cooling the handle down a bit with an ice cube.

## The Best Cooking Tricks We've Picked Up Over the Years

<https://www.bonappetit.com/test-kitchen/cooking-tips/slideshow/best-cooking-tricks>

### Give Your Veggies Space

"Not overcrowding the roasting pan. My roasted veg always came out only 'fine', and I didn't realize it was because I was cramming in as many veg as I could fit. Now I give them a little room - and my roasted veg have gotten twice (three, four times?) as good." ~Meryl Rothstein, senior associate editor



## Nurse Practitioner



February 4, 2019  
February 11, 2019 |  
February 25, 2019

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



February 6, 2019  
February 13, 2019  
February 20, 2019  
February 27, 2019

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**



# Winter Wellness Fun Day

At the Soda Creek Gym

**3405 Mountain  
House Road  
250-989-2355**

Contact Janae Beaulieu for  
any questions 250.989.2355

## Free Enjoyments

Smores  
Snow Shoeing  
Hot Chocolate  
Hot Dog Roast  
Cross Country Skiing  
Medicine Pouch Making  
Balloon Animals  
Face Painting  
Smudging  
Beading  
Sliding  
Dinner

\*Some activities like sliding, depending  
on snow

**Sunday, February  
17, 2019  
12:00-6:00 pm**





**NATURAL RESOURCES DEPARTMENT  
CALLING ALL COMMUNITY  
KNOWLEDGE KEEPERS**

The Natural Resources Department is looking for input on developing a Knowledge Keepers advisory to discuss impacts on Land and Ways, focusing on how activities and projects in Xat'sull territory might impact Title, Rights and Interests.

**February 19, 2019  
12-2pm  
Health Boardroom**

Agenda:

- Introduction
- Background - Referrals and Title and Rights
- Break
- Projects Update
- Community Input - Developing an Advisory

If you are interested in participating in the Advisory, application forms will be available during the session, or at the Natural Resources Department front desk until March.

Please contact Ashley Churchill, Referrals Coordinator,  
for more information

| [referrals@xatsull.com](mailto:referrals@xatsull.com) | 250-989-2323 ext. 123 |

**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.**



**OPEN GYM NIGHT  
WEDNESDAYS  
FEBRUARY 13 & 27**

**4:00-7:00pm**

**COME OUT AND PLAY VOLLEYBALL,  
BASKETBALL, BADMINTON OR JUST  
HANG OUT KIND OF NIGHT**

Contact Janae Beaulieu for any questions 250-989-2355



**Natural Resources Meeting  
Is Holding a Barkerville  
Gold Mine Meeting**

**Date:** February 13, 2019  
**Place:** Soda Creek Health Station  
**Time:** 5:00 p.m.  
**Topic:** Discuss New Cariboo Gold Project

Community Members: You are invited to the  
Barkerville Gold Mine Meeting

Agenda:

- Opening Prayer
- Dinner
- 30 Minute Presentation from Barkerville Gold
- Questions & Answers

Dinner Provided. Please Call Ada at 250-989-2323 Local  
120 for a ride



# Fitness Nights

Join us at the Soda Creek Gym to exercise and learn exercises that are easy enough to do at home. Also learn about how to sequence exercises to get the best results!

**Monday, February 11, 2019—5:00—6:30pm**

**Wednesday, February 27, 2019 — 5:00—6:30 pm**

We'll also be showing proper stretching techniques!  
Come prepared to participate in physical activity!



Soda Creek Health Centre  
250-989-2355  
Sugar Cane Health Centre  
250-296-3532

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

Canoe Creek Health Centre  
250-459-7749  
Dog Creek Health Centre  
250-440-5822

Annual BC Elders Gathering Society

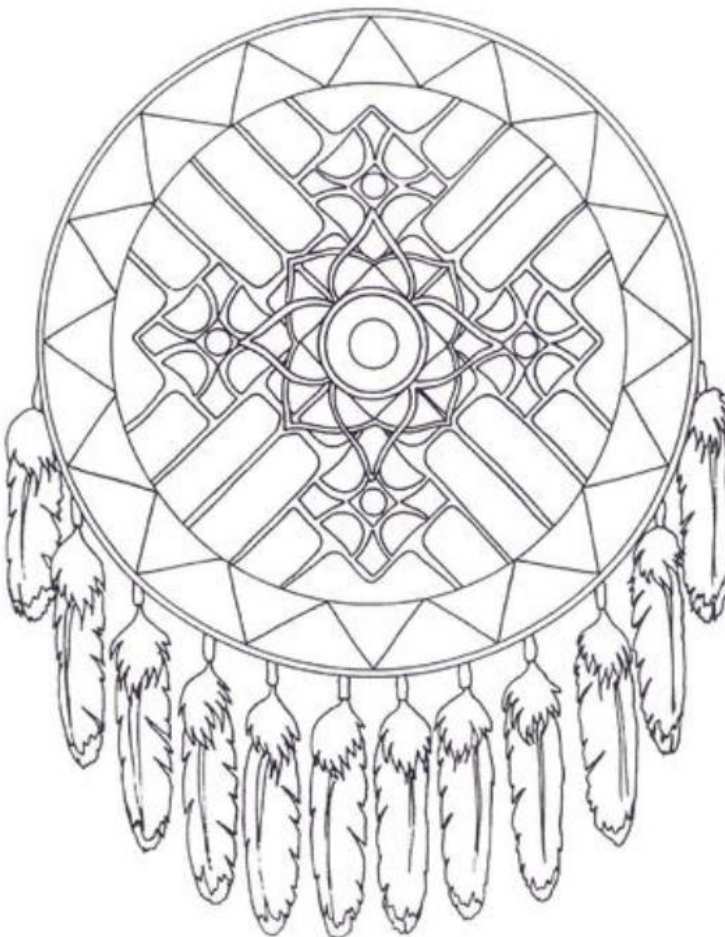


## Elder's Gathering Meeting

**TUESDAY, FEBRUARY 5, 2019 @ 12:00 PM**

Please join us for the Elder's Gathering meeting to plan for the BC Elder's Gathering. If you would like to attend the Gathering please attend the meeting.

ADP luncheon day



## Elder's Valentine Dance

**Date: February 14, 2019**

**Time: 11am - 3pm**

**Where: Soda Creek Gym**

**Music by Creeshue**

**Dance Prizes & Lunch will be provided**

If you have any questions, or want more information about the Elders dance and luncheon please contact your community Home Support Workers.

RVSP by February 4, 2019

Cecelia (Sugarcane)

250-296-3532

Edith (Soda Creek)

250-989-2355

Melissa (Dog/Canoe Creek)

250-440-5822/250-4597749





## SODA CREEK INDIAN BAND NOTICE OF NOMINATION MEETING

Notice is hereby given that the **Soda Creek Indian Band** has called a Nomination Meeting on Tuesday, February 12, 2019, in accordance with the *Xat'sull Custom Election Code*, for the purpose of eligible Electors nominating candidates for the Office of Chief (1 Chief) to be elected in the next Election on Tuesday, **March 26, 2019** for the ensuing four (4) year term of Office.

### NOTICE OF NOMINATION MEETING

**FEBRUARY 12, 2019  
STARTING AT 5:00PM  
3405 MOUNTAIN HOUSE RD**

#### IMPORTANT NOMINATION MEETING INFORMATION

Notice is hereby given that a meeting of the Eligible Electors of the Soda Creek Indian Band, will be held at the Soda Creek Band Office, located at 3405 Mountain House Road on **February 12, 2019 beginning at 5:00PM and lasting until 8:00PM**, for purpose of Eligible Electors nominating candidates for the positions of one (1) Chief for the next ensuing term of office.

**PLEASE NOTE** that any Eligible Elector may nominate or second candidates by using a mail-in nomination form and voter declaration **OR** you may nominate or second candidates orally at the nomination meeting.

Nomination documents can be requested directly from the Electoral Officer and will be available to download from the elections website:

**<https://onefeather.ca/nations/sodacreek>**

Nomination forms and completed, signed and witnessed voter declaration forms **MUST BE RECEIVED** by the Chief Electoral Officer before the time set for the nomination meeting **OR** you may nominate or second candidates orally at the nomination meeting.

*Be advised that the date of the Chief Election (March 26, 2019) has been moved back two weeks from the usual date (second Tuesday in March) to protect the integrity of the Election Process and meet the Notice Requirement of Part 8 – The Nomination Process of the Xat'sull Custom Election Code.*

### NOTICE OF VOTING PLACE

**MARCH 26, 2019**

**9:00 AM TO 8:00 PM**

**3405 MOUNTAIN HOUSE RD**

Eligible Electors may vote in person at the voting place (the Polling Station) or by mail-in ballot. Eligible Electors residing off reserve, for whom mailing address is available, will automatically be sent a mail-in-ballot via regular mail.

Eligible Electors ordinarily residing on-Reserve may request a mail-in ballot by personally contacting the Electoral Officer.

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### Official Voters List

An official Voters List of all Eligible Electors shall be posted and available for review during regular business hours at the Soda Creek Indian Band Office.

Electors may also agree to release their mailing address to Candidates to receive information from them. Please advise the Chief Electoral Officer should you wish to allow Candidates to contact you directly.

Given under my hand at Victoria, British Columbia, this 12<sup>th</sup> day of January, 2019.



*Lawrence Lewis, Electoral Officer*

#### **For more information please contact:**

**Lawrence Lewis, Chief Electoral Officer**  
Office: (250) 384-8200  
Email: [lawrence@onefeather.ca](mailto:lawrence@onefeather.ca)

**Jaclyn Casler, Deputy Electoral Officer**  
Ph/txt: (250) 213-5247  
Email: [jaclyn@onefeather.ca](mailto:jaclyn@onefeather.ca)

Office: (250) 384-8200 TF: 1-855-458-5888 Fax: 250 384-5416

PO Box 35008 Hillside, Victoria, BC V8T 5G2

**<https://onefeather.ca/nations/sodacreek>**





# SmartMom

## FREE TEXT MESSAGING PROGRAM FOR PREGNANT WOMEN

Sign up to receive prenatal education and information from trusted health sources.

Text messages are tailored to your pregnancy and due date.

SmartMom is secure and confidential.

### To enroll:

- Text "Interior" to 12323
- Visit [smartmomcanada.ca](http://smartmomcanada.ca)

For more information visit [interiorhealth.ca/havingababy](http://interiorhealth.ca/havingababy)





# My Records, My Choice

## CONSENT FORM



If you made an IAP or ADR claim for compensation for residential school abuse, the Indian Residential Schools Settlement Agreement says that you can save your IAP or ADR records for history, public education and research at the National Centre for Truth and Reconciliation (NCTR).

The IAP is the Independent Assessment Process for compensation for claims of abuse at residential schools. The ADR was the earlier Alternative Dispute Resolution process.

### What are my choices for my IAP or ADR records?

You can:

- Do nothing: your records will remain confidential and will then be destroyed on September 19, 2027
- Get a copy for yourself to keep or share with others
- Preserve them for history, public education and research at the NCTR
- Get a copy for yourself and preserve them for history, public education and research at the NCTR

***The choice is yours and yours alone.***

***Sign this form only if you want to preserve your IAP or ADR records at the NCTR.***

Link to form: <http://www.myrecordsmychoice.ca/documents/forms/Consent-form-eng.pdf>

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#### **Residential Schools Crisis Line**

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line: 1-866-925-4419.





# **S.O.A.R.**

## **Strengthening Our Aboriginal Roots**

**10 Week S.O.A.R. Program: February 4 - April 8, 2019  
9:00 am start**

**Location: Soda Creek Indian Band  
3405 Mountain House Road**

***This program seeks to provide awareness, education and foundational skills (coping mechanisms, resiliency skills) to all Indigenous learners.***

### **The S.O.A.R. Program will provide:**

- ♦ Essential Skills and Computer Lab time to increase educational qualifications including supporting participants to meet prerequisites for entrance into trades and/or certificate/diploma programs
- ♦ Cultural Awareness. Tradition and ceremony can provide more self confidence, pride, respect and a stronger connection to self and community.
- ♦ Foundational skills to achieve self sufficiency, coping and resiliency skills and the ability to move forward in life
- ♦ Certificate Training is Offered Depending on Individual Needs and Action Plan

**\*\*\*Program Costs, Material and Supplies Provided\*\*\***

**For Registration and Further Information Contact**

*Soda Creek Indian Band or S.A.G.E. Trainers*

*Phone: 250.989.2323 or 250.398.7137*

***Come and Join Us !***

*C*



**Funded by Employment and Social Development Canada**



# Looking for people for the following areas

## Whispering Willows Campsite

### Seasonal contractor

*Reporting to the Economic Development/Employment Coordinator, the contractor will be responsible for:*

- Guest check in/check-out and related tasks
- Maintaining guest statistics
- Financial experience
- General maintenance
- Lawn care and facilities maintenance
- Reporting guest concerns in a timely manner



## Xat'sull Heritage Village

- \*\*\* XHV tour guide trainee \*\*\* **NEW**
- Caterers
- Activities workers
- Site supervisor
- Summer tour guides
- Workshop facilitators

Interested individuals are encouraged to apply for any of these positions, in person or via email

If you are applying for:

- seasonal contractor: please forward resume with contract expectations
- catering: please include menu, prices and supplies
- activities or workshops: please provide outline, timeframe and supplies
- cultural activities &/or workshops: please provide outline, timeframe, price and supplies

If you have any questions, please do not hesitate to contact :

Lisa Bremner

Employment / Economic Development Coordinator

E: [employment@xatsull.com](mailto:employment@xatsull.com)

**APPLICATION DEADLINE:**

March 15, 2019 by 4:00 pm

**Soda Creek Indian Band**

3405 Mountain House Road  
Williams Lake, BC V2G 5L4

P: 250-989-2323



# Community Events

Event	Date & Time	Where	Description
Nurse Practitioner	February 4, 11 & 25 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Elders Gathering Meeting	February 5 12-2	Health Boardroom	Call Edith at 250-989-2355
ADP Luncheon	February 5 & 19	Health Boardroom	Call Edith at 250-989-2355
SCIB Travel	February 6 & 20		Call Rae-Lyn at 250-989-2355
Mental Health Clinician	February 6, 13, 20 & 27 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing Sessions w Ciel	February 5, 7, 14, 15, 21, 22 & 28 8:30-2:15	Health Station	Call Maxine at 250-989-2355 to book a session
Fitness Nights	February 11 & 27 4-7 pm	Soda Creek Gym	
Notice of Nomination Meeting	February 12 5:00 pm	Soda Creek Gym	
HCC Travel	February 13 & 27		Call Edith at 250-989-2355
Open Gym Nights	February 13 & 27 4-7 pm	Soda Creek Gym	Call Janae at 250-989-2355 for any questions
Barkerville Gold Meeting	February 13 5:00 pm	Health Station	Dinner Provided. Please Call Ada at 250-989-2323 Local 120 for a ride.
Elders Valentines Dance	February 14 11-3	Soda Creek Gym	Call Edith at 250-989-2355 to sign up by February 4th
Winter Wellness Fun Day	February 17 12- 6pm	Soda Creek Gym	Call Janae at 250-989-2355 for any questions
Knowledge Keepers Luncheon	February 19 12-2	Health Boardroom	Call Ashley at 250-989-2323 to sign up
Lunch & Learn w Ciel: Understanding Cancer	February 21 12-1	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Notice of Meeting Place	March 26 9:00-8:00pm	Soda Creek Gym	

