



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



hello 
FEBRUARY

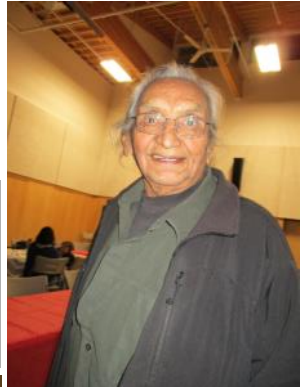
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Community Christmas Dinner

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

**Community Support
Counsellor**



Shae Chelsea

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

Band Administrator



Dora Demers

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 31st, 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 18th 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

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>

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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

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 from 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 if 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.



Nurse Practitioner



December 3, 2018
December 10, 2018
December 17, 2018

10:00 am-3:00 pm

Soda Creek Health Station

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

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

Mental Health & Addictions Counsellor



December 5, 2018
December 12, 2018
December 19, 2018

10:00-2:00 pm

Soda Creek Health Station

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

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

**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.**

Community Events

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