



March 2019

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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It was one
of those
March
days when the **SUN** shines hot
and the
wind blows cold:
when it is **summer** in the *light*,
and **winter** in the *shade*.

~Charles Dickens

Hello March!



Winter Wellness Fun Day



There was a Winter Wellness Fun Day on Sunday, February 17th, 2019. Happy to see a good turn out of all the members that came to enjoy the crafts, outdoor activities, fire, and food.



Pesuxem (snow melting month) – March

Education Coordinator



Cheryl Chapman

I know it's only February, but if you are planning to attend a post-secondary program in the Fall please remember to complete and submit your Post-Secondary Funding Application by May 17th, 2019. If you require assistance with other educational programming please complete your Education Assistance Funding Application right away.

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.**

The S.O.A.R. Program, Strengthening Our Aboriginal Roots, for our community members started February 11, 2019, here in the Education Classroom, with eight enthusiastic trainees. Representatives will be joining me at the, What Works: Designing Employment Solutions Summit, coordinated by the Regional Education Council, at the Pioneer Complex February 26th, which is focused on creating solutions to the employment challenges in the Williams Lake area.

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!

Working with Acting Chief Sheri Sellars and School District #27, through the provincial tripartite agreement on transportation process, to ensure that our students have adequate transportation to and from school.

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.

We have been successful in accessing some First Nations Education Steering Committee funding for After School Tuesdays & Thursdays 4-6pm, Pro-D Day Fridays 9am-4pm and Spring Break March 18-29, Programming 9am-4pm, 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

Stay Healthy, Happy & Safe!





On February 11, 2019, Miriam Schilling came for a visit to the Office with her son, Reid.



Elders Valentines Dance



Three Corners Health Society Staff put on a Elders Valentines Day Dance on Thursday, February 14, 2019. They had the Creeshue Band to keep them dancing and entertained.



Chicken Katsu

"This is my family recipe for Chicken Katsu - Japanese style fried chicken. Can also be used to make Tonkatsu, just use pork cutlets instead of chicken. Serve with white rice and tonkatsu"



Prep: 10 m **Cook:** 10 m **Ready in:** 20 m

Ingredients

- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- Salt and pepper to taste
- 2 tbsp all purpose flour
- 1 egg beaten
- 1 cup panko bread crumbs
- 1 cup oil for frying, or as needed

Directions

1. Season the chicken breasts on both sides with salt and pepper. Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.
2. Heat 1/4 inch of oil in a large skillet over medium-high heat. Place chicken in the hot oil and cook 3 or 4 minutes per side, or until golden brown.

Chicken Cacciatore in a Slow Cooker

"This is a very simple meal to make. You just throw everything in the crock pot and let it cook during the day. I like to serve this over thin spaghetti (especially garlic and herb thin spaghetti when I can find it.)"



Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (28 ounce) jar spaghetti sauce (such as Classico(R) Cabernet Marinara with Herbs)
- 1 (6 ounce) can tomato paste
- 1/4 pound sliced fresh mushrooms
- 1/2 yellow onion, minced
- 1/2 green bell pepper, seeded and diced
- 3 tablespoons minced garlic
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional)

Prep: 10 m **Cook:** 6 h **Ready in:** 6 h 10 m

Directions

1. Place chicken in a slow cooker; stir in spaghetti sauce, tomato paste, mushrooms, onion, bell pepper, garlic, oregano, basil, black pepper, and red pepper flakes. Cover. Cook on Low until chicken is tender, 6 to 8 hours.

Baby Spinach Omelet

"Tender baby spinach, Parmesan cheese, and a little nutmeg are cooked with eggs. A carb-cutter's perfect start for the day."



Prep: 6 m **Cook:** 9 m **Ready in:** 15 m

Ingredients

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 1/2 tbsp grated Parmesan cheese
- 1/4 tsp onion powder
- 1/8 tsp ground nutmeg
- Salt & pepper to taste

Directions

1. In a bowl, beat the eggs and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.
2. In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, or to desired doneness.

Cooking Tricks to Steal from the World's Best Chefs

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

Use Your Scissors in the Kitchen

Use scissors to cut your kid's food. I mean right there in the bowl. I cut EVERYTHING with scissors when it comes to kid food."

~Alex Pollack, photo director

Coconut Golden Milk

"Are you ready for your new favorite winter beverage? Try Golden Milk! This warming Indian drink is made with coconut milk, ginger, and turmeric. It also happens to be vegan!"



Ingredients

- 1 (13.5 oz) can full fat coconut milk
- 1 to 2 tbsp freshly grated ginger, to taste (from a 2 inch size knob)
- 1 tsp ground turmeric
- 1/4 tsp ground cinnamon
- Pinch fine sea salt
- Pinch ground black pepper
- 1 tsp vanilla extract
- 2 tsp maple syrup
- Cinnamon sticks and/or ground cinnamon or turmeric, to serve (optional)

Prep: 20 m **Cook time:** 50 m **Ready in:** 1 h 10 m

Directions

1. **Heat the coconut milk:** In a small saucepan over medium-low heat, warm the coconut milk until you see a little bit of steam, about 2 to 3 minutes.
2. **Add the spices:** Add the ginger, turmeric, cinnamon, sea salt, and black pepper, and gently whisk to combine. Add the vanilla extract, and whisk to combine. Take the milk off the heat, allow it to cool slightly, and add the maple syrup. Taste the milk using a spoon, and adjust as needed. Does it need more spice? Add more ginger. Is it not sweet enough to your liking? Add a little more maple syrup. Do the flavors seem like they aren't speaking loudly enough? Add another pinch of salt.
3. **Simmer:** Let the golden milk come to a bare simmer - you might see some bubbles on the sides of the pot, you might see some frothy action on the surface-and then turn off the heat. This step helps reintegrate the flavors after you've added the maple syrup and made any adjustment with spices. It also ensures you've got a hot beverage, not a lukewarm one.
4. **Strain and serve:** Strain off any lingering fibrous bits of ginger through a fine mesh sieve. Pour it into your favorite mug, sprinkle it with a bit more of ground turmeric and/or cinnamon, and get cozy on the couch with a blanket and your mug.

Roasted Cauliflower

"This recipe is more of a method than a precise recipe with exact amounts. Sprinkle as much or as little Parmesan cheese as you want."



Ingredients

- 1 head of cauliflower
- 2-3 cloves of garlic, peeled and coarsely minced
- 1 tbsp lemon juice (or about half a lemon)
- Olive oil
- Coarse salt and freshly ground black pepper
- Freshly grated Parmesan cheese

Prep: 10m **Cook:** 28 m **Yields:** 4

Directions

1. **Toss with lemon juice, minced garlic, olive oil:** Preheat oven to 400* F (205*C). Lightly oil a large roasting pan or baking sheet. Cut the cauliflower into florets and place them in a bowl. Toss with minced garlic. Sprinkle with lemon juice. Drizzle with olive oil and toss so that the florets are lightly coated with oil.
2. **Spread on roasting pan and sprinkle with salt and pepper:** Spread the florets out into a single layer on the roasting pan. Sprinkle with salt and pepper. If the oven hasn't reached 400°F (205°C) yet, set aside until it has.
3. **Roast until lightly browned:** Place the cauliflower in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Use a fork to test for doneness; the tines should easily pierce the cauliflower when done.
4. **Sprinkle with Parmesan:** Remove the cauliflower from the oven and sprinkle generously with Parmesan cheese. Serve immediately.

Soak Your Brown Rice

"Soaking brown rice overnight so it's faster to cook." ~Kaitlyn Wong, project manager, BonAppetit.com

Use an Immersion Blender

"I'm a pretty big immersion blender evangelist--I don't know how I ever made soup (did I? Those just seem like dark times now) before purchasing, one about two years ago. Food processors are great and all, but for \$30, you can have perfectly creamy soup with way less hassle." ~Carey Polis, senior web editor

Nurse Practitioner



March 4, 2019
March 18, 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



March 13, 2019
March 20, 2019
March 27, 2019

11:00 - 3:00 pm

Soda Creek Health Station

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

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



Wednesday, March 27th, 2019

11:00-2:00 pm

Health Boardroom

Please join us for lunch and to learn about the Too Hot for Tots program which was developed for public educators working with families to teach caregivers about burn injuries that often happen in the home.

- ⇒ Lunch is provided
- ⇒ Door prizes
- ⇒ Any questions please contact Rae-Lyn Betts at 250.989.2355



To All Community Members:

Date Monday, March 25, 2019

Place Soda Creek Health Station

Time 5:00 pm

Subject To Review Mandates

You are invited to the Treaty Working Group Meeting

⇒ Dinner is provided

⇒ Please Call Ada at 250-989-2323 Local 120 for a ride

PHYSIOTHERAPY SERVICES

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

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



Physiotherapist
Tyler Judd



February 2019

Dog Creek—February 19—10:00am—3:00pm

Soda Creek—February 20—8:45am—12:00pm

Sugar Cane—February 20—1:00pm—4:15pm

March 2019

Soda Creek—March 26—8:45am—12:00pm

Sugar Cane—March 26—1:00pm—4:15pm

Canoe Creek—March 27—10:00am—3:00pm

Contact community Health Station to book appointments

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



MAGIC MUSHROOMS

EXPLORING THE INTELLIGENCE OF THE FUNGI KINGDOM

MARCH 28TH

12:00

CALL MAX TO REGISTER @ 250.989.2355

Humankind has had a long and dynamic relationship with the Fungal kingdom, utilizing countless species of mushrooms for food, medicine and transformation since the beginning of our time on earth.

Recently, scientific discoveries regarding the role of fungi in forest systems has expanded dramatically, and we're learning more and more about these brilliant organisms and the essential teachings and wisdom they contain for human well-being. Join us for lunch and an exploration of these amazing discoveries!

BINGO

When: March 02, 2019

Where: Soda Creek Gym

Time: 1:00 p.m. (50/50 Tickets)

Doors Open at 11:30 a.m.

10 Prize Games

2 \$50.00 Specials

1 \$100.00 Blackout

Concession Available



FUNDRAISING EFFORTS GOING TOWARD THE SODA CREEK WALK/RUN PROGRAM

DONATIONS GREATLY APPRECIATED

FOR MORE INFORMATION PLEASE

CONTACT Jessie Hunlin-250-989-2323 EXT 100

hearts @ work

Join us at the annual Hearts @ Work screening for your chance to win a FitBit Ionic activity tracker*



9 IN 10
CANADIANS HAVE AT LEAST ONE RISK FACTOR FOR HEART DISEASE OR STROKE

Screening and information will be available for:

- Cholesterol levels
- diabetes
- Blood pressure
- Height, weight, BMI
- Nutrition
- Physical activity
- Managing stress
- Smoking cessation

1.6
MILLION
CANADIANS ARE
LIVING WITH
HEART DISEASE
AND STROKE

Soda Creek Health Centre

March 6, 2019

10:30 am - 3:00pm

For more information about Hearts at Work, please contact your nurse:

Shawna, Kristine, Pam or Sheila
Three Corners Health Services 250-398-9814
Sugar Cane Health Centre 250-296-3532
Soda Creek Health Centre 250-989-2355
Dog Creek Health Centre 250-440-5822
Canoe Creek Health Centre 250-459-7749



*Must participate in screening to be eligible to win a prize



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, March 26, 2019**, in accordance with the *Xat'sull Custom Election Code*, for the purpose of eligible Electors nominating candidates for the Office of Councillor (2 Councillors) to be elected in the next Election on **Tuesday, May 14, 2019** for the ensuing four (4) year term of Office.

NOTICE OF NOMINATION MEETING

**MARCH 26, 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 **March 26, 2019 beginning at 5:00PM and lasting until 8:00PM**, for purpose of Eligible Electors nominating candidates for the positions of two (2) Councillors 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.

NOTICE OF VOTING PLACE MAY 14, 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.

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 23rd day of February, 2019.



Lawrence Lewis, Electoral Officer

For more information please contact:

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

Jaclyn Casler, Deputy Electoral Officer
Ph/txt: (250) 213-5247
Email: 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>

SODA CREEK INDIAN BAND NOTICE OF ELECTION

Notice is hereby given that the **Soda Creek Indian Band** has called an Election in accordance with the *Xat'sull Custom Election Code*, for the purpose electing one (1) Chief on **Tuesday March 26, 2019** for the ensuing four (4) year term of Office.

CHIEF CANDIDATES LIST

CHAPMAN, CHERYL

MACK, TONY

SELLERS, SHERI

VOTE IN PERON

MARCH 26, 2019

9:00 AM TO 8:00 PM

3405 MOUNTAIN HOUSE RD

VOTE BY MAIL IN BALLOT

YOU MAY ALSO VOTE BY MAIL - all eligible voters residing off reserve and for whom we have been provided a residential mailing address will automatically be sent a mail in voting package. If you reside off reserve and do not receive a mail in voting package please contact the Deputy Electoral Officer as soon as possible to provide your current residential mailing address so that a mail in voting package can be sent.

ELIGIBLE ELECTORS MAY VOTE IN PERSON OR BY MAIL IN BALLOT

Be please be advised that all ballots will be counted at 3405 Mountain House Road following the close of polls at 8:00PM on March 26, 2019. This counting process will be a public process and all interested parties are invited to attend. Please note that Mail in Ballots will be verified in accordance with section 167 of the *Xat'sull Custom Election Code* prior to the closing of the March 26, 2019 poll.

Lastly, please note that 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.

Given under my hand at Victoria, British Columbia, this 18th day of February, 2019.



Lawrence Lewis, Electoral Officer

For more information please contact:

Lawrence Lewis, Chief Electoral Officer

Office: (250) 384-8200

Email: lawrence@onefeather.ca

Jaclyn Casler, Deputy Electoral Officer

Ph/txt: (250) 213-5247

Email: 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>



Hello,

In celebration of the United Nations 2019 International Year of Indigenous Languages, the First Peoples' Cultural Council and the [First Peoples' Cultural Foundation](#) are thrilled to announce that this summer, in partnership with the Canadian Commission for UNESCO, we will be hosting a major international conference on Indigenous language revitalization. We would love your help in getting the word out about this important event. Please let us know if you are able to publish information in your community newsletter.

[HELISET TFE SKÁL - 'Let the Languages Live'](#) is organized by and for Indigenous people to celebrate Indigenous languages and support language revitalization best practices.

WHAT: An international gathering to bring together Indigenous leaders and language experts, speakers, learners and advocates from around the globe to celebrate, honour and share expertise in Indigenous language reclamation, revitalization and maintenance and to learn about successful language projects in B.C.

WHEN: June 24–26, 2019

WHERE: Victoria Conference Centre in Victoria, B.C., Canada

Help us spread the word and please join us at this unique event! Come share your knowledge and support grassroots efforts to revitalize our languages worldwide. Indigenous people may request assistance with travel costs through the online registration process.

HIGHLIGHTS:

The goal of HELISET TFE SKÁL - 'Let the Languages Live' is to provide participants with practical skills and knowledge to support Indigenous language revitalization work. Multiple workshop streams will include:

- Practical training in Indigenous language immersion, archiving and documentation techniques
- Language policy and legislation
- Language revitalization program planning
- Models for language revitalization and education
- Language and technology

Storytelling

MORE INFO:

- Visit the conference website: www.fpcflanguageconference.com
- Read the conference [press release](#)
- About the First Peoples' Cultural Foundation: www.fpcf.ca
- About the First Peoples' Cultural Council: www.fpcc.ca
- About CCUNESCO: en.ccunesco.ca

Revitalization of Indigenous languages is critical in B.C., Canada and around the globe.

There are more than 60 Indigenous languages in Canada and all are facing threats to their vitality. The greatest language diversity exists in British Columbia, with more than 50% of all Indigenous languages in Canada. Despite B.C.'s rich diversity of 34 unique First Nations languages and more than 90 dialects, currently only 3% (or fewer than 4,200 people) of First Nations people in B.C. consider themselves fluent in their mother tongue.

In spite of the challenges, there have been positive changes that are supporting a language shift in British Columbia. There's a growing level of interest in Indigenous language revitalization and an increasing number of people, especially younger individuals, who are learning and speaking these languages. Source: 2018 Report on the Status of B.C. First Nations Languages

The United Nations declared 2019 as the Year of Indigenous Languages as an important mechanism to raise international attention about the critical loss of Indigenous languages and the urgent need to preserve, revitalize, promote and mobilize urgent and coordinated action at the national and international levels to protect them. More info about UNESCO International Year of Indigenous Languages: en.iyil2019.org

We hope you will join us at HELISET TFE SKÁL - 'Let the Languages Live' to share your knowledge, learn from others and find new tools and resources for language revitalization!

Warmly,
Emmy McMillan

Communications Officer

FIRST PEOPLES' CULTURAL COUNCIL

1A Boat Ramp Road
Brentwood Bay, B.C.
V8M 1N9
Tel: (250) 883-4077
Fax: (250) 652-5953
Email: emmy@fpcc.ca

www.fpcc.ca

March 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
					<i>1</i> Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	<i>2</i>
<i>3</i>	<i>4</i> Nurse Practitioner 10-3	<i>5</i> ADP Luncheon	<i>6</i> SCIB Travel Hearts @ Work 10:30-3	<i>7</i> Integrative Healing Session w Ciel 8:30-2:30	<i>8</i> Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	<i>9</i>
<i>10</i>	<i>11</i>	<i>12</i> Wellness Day 9-4	<i>13</i> HCC Travel Mental Health Clinician 10-2	<i>14</i> Integrative Healing Session w Ciel 8:30-2:30	<i>15</i> Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	<i>16</i>
<i>17</i>	<i>18</i> Nurse Practitioner 10-3	<i>19</i> ADP Luncheon	<i>20</i> SCIB Travel Mental Health Clinician 10-2	<i>21</i> Integrative Healing Session w Ciel 8:30-2:30	<i>22</i> Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	<i>23</i>
<i>24</i>	<i>25</i>	<i>26</i> Dental Therapist 10-3 Physiotherapy 8:45-12:00 Ask Aunty 4-6	<i>27</i> HCC Travel Mental Health Clinician 10-2	<i>28</i> Integrative Healing Session w Ciel 8:30-2:30 Lunch & Learn w Ciel 12-1	<i>29</i> Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	<i>30</i>
<i>31</i>						

Integrative Healing Sessions

Thursdays & Fridays 8:30 - 2:30 PM

Heal the Body, Mind + Spirit together.

Creating wellness and healing trauma can be an empowering and exciting process, but only if we include practices that attend to all of the parts of our experience. Otherwise, we can 'work on ourselves' for years and years and just feel like we're spinning in circles.

Integrative Therapy is the practice of bringing these parts of our being back together, understanding how the body and environment influence the mind and spirit (and vice versa) and employing powerful practices that shift us out of old, damaging patterns. This isn't 'quick fix' medicine, but a process that can dramatically change a person's emotional + physical health over time.

Integrative Therapy reconnects a person with their innate capacity to heal and know themselves.

SESSIONS MAY INCLUDE:

HOLISTIC NUTRITION+ SUPPLEMENTATION GUIDANCE
BODY-BASED TRAUMA RELEASE BREATHWORK + YOGA MEDITATION
GUIDED VISUALIZATION MASSAGE + ENERGY WORK

Until November 2018 Soda Creek Indian Band will be offering
Integrative Healing Sessions with Ciel Grove, MA at the Health Station.
Call Maxine at 250.989.2355 to set up your appointment.



ABOUT CIEL GROVE, MA

Ciel is a Crisis Counselor, Holistic Nutrition Consultant, Herbalist, Yoga Teacher, Certified Wellness Coach, Initiated Shamanic Practitioner, Doula, and a few other things. She holds a Masters Degree in Integrative Healing, and works with both groups and individual clients around the world.

Your Quick Guide to Home Care

Who can receive Home Care Services?

Home care isn't just for the elders, those that fit in the following list may benefit from accessing the HCC Program too:

- recovering from surgery
- recovering from an acute illness or injury that limits mobility
- in need of skilled nursing care on an intermittent basis
- limited mobility
- Elders living alone in the community
- Need help with activities of daily living (dressing, bathing, toileting)
- Need assistance with managing diabetes or other chronic health conditions



Community Home Support Workers



THCSS Nursing team

2 Easy Steps to Access Home Care:

1

Call the nurse to request services

Referrals for Home Care are accepted from anyone: self, family, friends, doctor, NP, CHR...

2

Develop a Care Plan with the Nurse

The nurse will complete an assessment and determine with the client what services are needed

Talk to your nurse to see if the Home Care program can help you!

How we can support you:



Personal Care

Showering, grooming, personal hygiene, dressing



Meal Services

Meals on wheels, weekly luncheons,



Reassurance Visits

Weekly check-ins to ensure safety, health and well being at home



Nursing Care

Medication management, wound care, post-surgical care, chronic disease management, education, advocacy, foot care



Allied Health Care

The HCC team works with you and your GPs, NPs, and pharmacists



Transportation Services

Weekly trips to assist in attending medical appointments



Diabetes Management

Assistance with diabetes self-management, care, support, education, monitoring & foot care



Social Events

Weekly luncheons, craft days, elders day trips, gatherings with other communities



For more information about accessing Home care services, please contact the nurse in your community:

Soda Creek Health Centre	250-989-2355
Dog Creek Health Centre	250-440-5822
Canoe Creek Health Centre	250-459-7749
Sugar Cane Health Centre	250-296-3532
Three Corners Health	250-398-9814





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 Xats'ul territory might impact Title, Rights and Interests.

We are looking for dedicated elders, other knowledge holders, and youth to participate in an advisory group to review development projects and activities happening within the territory, and to look to future land-based revitalization projects the community can participate in. Workshops and other learning opportunities will be available.

If you are interested in participating in the Advisory, please speak with Ashley Churchill at the Natural Resources Department. Application forms will be available at the Natural Resources Department front desk.

Please contact Ashley Churchill, Referrals Coordinator, for more information
| referrals@xatsull.com | 250-989-2323 ext. 123 |



NATURAL RESOURCES DEPARTMENT

COMMUNITY

KNOWLEDGE KEEPERS ADVISORY

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 Xats'ul territory might impact Title, Rights and Interests.

Name: _____

Address: _____

Ph: _____

Em: _____

Family: _____

Family Area(s): _____

Are you available for a regular time commitment for meetings? _____

<u>Availability:</u>	<u>Mornings</u>	<u>Afternoons</u>	<u>Evenings</u>
Mondays			
Tuesdays			
Wednesdays			
Thursdays			
Fridays			
Saturdays			
Sundays			

Monthly

Bi-Monthly

Quarterly

Bi-Annually

(circle applicable)



Cheryl Chapman
Platform for Soda Creek Band Position of Chief

Working together to balance future success, with traditional values, including our language, culture and connections to each other, our lands, water and neighbours.



There has been substantial work by community leadership. It is my intention to build on that valuable work to create better understanding of it. I believe now is the time for us to rebuild the spirit of Soda Creek, bring our members together to create opportunities to share what we feel it is to be an active member of our community. Through stories, laughter, music, food and shared decision making we will be able to move forward together.

I believe that a key to our success is strong and effective communications, that actively and meaningfully includes all of our members, including those that currently live away from home and those that are just finding their connections to us. I believe open and honest communication is a must for leadership, to be effective they must listen to membership and work towards solutions.

We need to have information and conversations about the future of our lands and resources, including all existing and proposed developments in our territory. We need to ensure that you and your family understand what the proposed treaty and self-government agreements mean, now and for our future.

We need to work together as a team with the administration to ensure that the programs and services meet the needs of our members; we will need to be creative to ensure that the financial and physical resources will enhance and sustain us into the future. We need to prioritize the use of existing and future resources, and find opportunities to encourage our members to gain the education and skills that are and will be required for our future.

I have over 30 years of experience working with Indigenous and non-Indigenous people, Indigenous communities, businesses and all levels of government. I enjoy capacity building, sustainable community economic development, and building mutually beneficial relationships.

I have worked in Elders' Care, Reception, Health, Employment, Treaty, Self-Government, Natural Resources, Traditional Use, Economic Development, Housing, Special Events and Education, I am an active member of the community. I enjoy hunting, fishing, medicine gathering and preparation, berry picking and ceremony. I am a traditional drummer, singer and dancer, I am learning more of our language every day and take great pride in my connection to this place.

I would be honoured to serve as Chief of the Soda Creek Band. Leadership is about holding each other up and assisting each other in reaching our goals and dreams for our families and our community. We are all leaders and we can do this work together.



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



Northern Shuswap Tribal Council Student Bursary (\$1,000) Application Form

The Northern Shuswap Tribal Council (NSTC), is a Northern Secwepemc te Quelmucw (NStQ) organization with the vision that in unity and collaboration with the member communities, will build capacity and equity by providing education, training, cultural, political and economic opportunities while respecting and preserving the cultural and environmental values of the communities.

NSTC has designed a bursary for a Tsq'escen' (Canim Lake), Stswecem'c/Xgat'tem (Canoe & Dog Creek), Xat'sūll (Soda & Deep Creek), and T'exelc (Williams Lake a.k.a. Sugar Cane) Member Students who are enrolled and accepted into a post-secondary or trades training program.

This Bursary recognizes the determination and dedication of a student who believes in their own abilities and has the willpower to persevere and succeed in their chosen field of study. The deadline for applications is **March 15, 2019 at 4:00 pm.**

Applicant Information:

Last Name	First Name	Home Phone Number
Current Address		School
Email Address		Cell Number
My Band Member number is: _____		

School and/or Community Activities:

Please describe any School and/or Community Activities that you have been involved in as a participant or a volunteer, beginning with the most recent.

Name of Organization	Supervisor's Name	Length of Activity		Description of Activity
		From	To	

Letters of Recommendation:

Please provide two letters of recommendation. These letters can be from a teacher, principal, counselor, First Nations Support Worker or community member. List their names below.

Name	Relationship	Telephone
Address		
Name	Relationship	Telephone
Address		

The information I have provided in my application for a bursary is true and complete. I also agree that, should I be the successful applicant for this bursary, my name and photo may appear in the Northern Shuswap Tribal Council Lexe'y'em Newsletter – The Northern Shuswap Tribal Council Facebook Page and Website; and possibly other local media.

Signature _____

Date _____

Have you enclosed the following?

- ☐ A 500 word essay in which you describe:
 - Your career goals;
 - Your plans for achieving them; and
 - Ways this bursary will assist you.
- ☐ A copy of your most recent transcript.
- ☐ A current letter of enrollment and acceptance at a Post-Secondary or Trades Training Institute.
- ☐ Two letters of recommendation.

Send Complete Application to:

17 South 1st Avenue,
Williams Lake, BC
V2G 1H4
Email: Skillsdevelopment@nstq.org
Fax: (250) 392-6158

Application received by:

Signature _____

Date: _____

Print Name and Title _____



Soda Creek Indian Band Employment Opportunity For Communications Coordinator

JOB SUMMARY

The Communications Coordinator contributes to the overall success of the organization by ensuring that all Xat'sull members both on and off reserve are informed and up-to-date on treaty issues and aware of ways they can participate and have input into the treaty process. The Communications Coordinator oversees all aspects of Xat'sull Treaty Department communications including the development of publications, pamphlets, handouts, videos, social media and other methods of distributing information about treaty. The Communications Coordinator maintains the xatsull.com website and contributes treaty-related materials to the Fraser River Run and Lexey'em newsletters.

QUALIFICATIONS

- Diploma or Certificates in: Communications, Public Relations or a combination of relevant education and experience
- Proficiency in the use of computer programs for word processing, PowerPoint, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program)
- Excellent writing and research skills.
- Must have strong administrative, organizational and communication skills
- Strong presentation skills and the ability to facilitate group discussions
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Experience:

- One year working with various types of media or communication systems or communications platforms
- One to two years working in a related capacity to support Treaty preferred.

TYPE OF EMPLOYMENT

This is a full-time position of 35 hours a week.

APPLICATION DEADLINE

A completed Soda Creek Indian Band Application Form is required with your cover letter and resume by March 8, 2019. Applications received after this date will not be considered. Only candidates that are eligible for an interview will be contacted. To obtain a copy of this job description and application, please visit www.xatsull.com.

HOW TO APPLY

Resumes can be mailed or emailed or delivered by hand to:

Deanna Dormuth Executive Assistant
3405 Mountain House Rd.
Williams Lake, BC V2G 5L5

Email: execast@xatsull.com

Or by fax to: 250-989-2300

By 4pm – March 8, 2019

Only those selected for interview will be contacted



Employment Opportunity 2 Environmental Labourers

OBJECTIVE:

Gibraltar would like to offer Xatsúll Development Corporation (XDC) the opportunity to fill two environmental labourer vacancies for the 2019 environmental field season. It is requested that the XDC labourers begin on Monday April 1, 2019 at 7:00 am signing in at the gatehouse and reporting to the Environmental Department.

JOB TASK SUMMARY AND REQUIREMENTS:

Job duties are focused on site reclamation, sediment and erosion control practices, and waste management. The Environmental Reclamation and Research Coordinator will be the lead supervisor of the XDC crew. XDC personnel are required to have their own CSA certified safety boots. Gibraltar will provide a hardhat, high-visibility vest, safety glasses, and hearing protection (when needed). Labourers must be physically fit, able to lift and carry 50lbs, and able to work outside in varying weather conditions.

TERMS AND CONDITIONS:

The 2019 XDC field crew must meet the following terms and conditions:

- XDC labourers must be in compliance with the **Gibraltar Mine site drug and alcohol policy**¹, **Site Orientation**² and **Workplace Hazardous Information Management System (WHIMS)**³ training.
- If the scope of work is completed and no other work is available, then the crew will be off site until the new task or jobs are approved.
- The hourly rate will be \$18.00/hr & up based on experience, training, skills, abilities and education, paid for work on site only. Travel is at the cost of XDC. Any overtime must be pre-approved in writing by a Gibraltar representative and no statutory holidays shall be worked.
- XDC will provide one work truck for duties on site and travel to and from the mine site.
- XDC will be on the Earned Day Off (EDO) work schedule which provides every other Friday off, but still achieving an 80-hour two week pay period. XDC will need to participate in the EDO and match the "J2 shift" schedule with the Environmental group.
- The EDO schedule is as follows: Week 1: Monday to Thursday – 7am to 4pm (9 hours no overtime) Friday 7am to 3pm – 8 hours | Week 2: Monday to Thursday – 7am to 4pm (9 hours no overtime) Friday off.
- In the event the XDC Crew starts on a week scheduled for an earned day off (EDO), they will assume the same schedule as the environmental group. All hours are estimated and subject to change based on available workload.
- Valid British Columbia Drivers' License recommended and considered an asset.

How to Apply: Please submit a covering letter, an up-to-date resume with two references to:

In Person to: Special Projects Coordinator, Tony Mack – 3474A Mountain House Road, Williams Lake, British Columbia, Canada, V2G 5L5

By Mail to: Xatsúll Development Corporation
3474A Mountain House Road, Williams Lake, British Columbia, Canada, V2G 5L5

Via Email to: tony@xatsuldevelopment.com

Any questions in relation to employment opportunity, please call (250) 267-7704

Deadline to Apply: March 22, 2019 @ 4:30pm

Xatsúll Development Corporation
3474A Mountain House Road, Williams Lake, British Columbia, Canada, V2G 5L5
www.xatsuldevelopment.com

Community Events

Event	Date & Time	Where	Description
Integrative Healing w Ciel	March 1, 7, 8, 14, 15, 21, 22, 28 & 29 8:30-2:30	Health Boardroom	Call Maxine at 250-989-2355 to book a session
Yoga at Lunch	March 1, 8, 15, 22 & 29 12-1	Health Boardroom	
Bingo Fundraiser	March 2 1:00	Soda Creek Gym	Doors open at 11:30. Concession available.
Nurse Practitioner	March 4 & 18 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	March 5 & 19 12-2	Health Boardroom	Call Edith at 250-989-2355 to sign up
SCIB Travel	March 6 & 20		Call Rae-Lyn at 250-989-2355
Hearts @ Work	March 6 10:30-3	Health Station	
Wellness Day	March 12 9:00-4:00	Health Station	Call Maxine to sign up. Lunch provided.
Mental Health and Addictions Counsellor	March 13, 20 & 27	Health Station	Call Maxine at 250-989-2355 to book an appointment
Treaty Working Group Meeting	March 25 5:00-8:00	Health Boardroom	Call Ada at 250-989-2323, ext 120 if you need a ride
Physiotherapist	March 26 8:45-12:00	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
Dental Therapist	March 26 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Notice of Nominations Meeting	March 26 5:00 pm	Soda Creek Gym	
Too Hot for Tots	March 27 11:00-2:00	Health Boardroom	Call Rae-Lyn if you have any quesitons
Lunch & Learn w Ciel: Magic Mushrooms	March 28 12-2	Health Boardroom	Call Maxine at 250-989-2355 to sign up
Notice of Voting Place	May 14 9:00-8:00 pm	Soda Creek Gym	

