

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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## Welcome new Staff!

Like to extend a warm welcome to our new employees who began on Monday, February 20<sup>th</sup>.

Alexandria (Alex) Peters – Head Start/Day Care Assistant

Tracey Elkins – Social Development Coordinator

Leeland Alexander, Water & Maintenance and Housing Intern was at the Building and Renovating to Avoid Mould in First Nation Housing workshop that was held in Kelowna on January 26 & 27, 2017.



Soda Creek Band Office:  
250-989-2323

Soda Creek Health Station:  
250-989-2355

Natural Resources:  
250-989-2323

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

Xat'sull Heritage Village:  
250-297-6502

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

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

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



**Saint Patrick's Day, or the Feast of Saint Patrick** (Irish: *Lá Fhéile Pádraig*, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, céilíthe, and the wearing of green attire or shamrocks. Christians also attend church services and the Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

## Community Health & Wellness Counsellor

Rae-Lyn Betts



Well Spring is almost here and soon the snow will be gone. Just a reminder that on March 1<sup>st</sup> the Speech Pathologist will be here at the health building from 12:00-2:00 pm. So, any parents or care givers are encouraged to come out for lunch and meet her and learn about how she can help children. So please let us know if you are

able to attend this event.

We have Darien Thira coming to our community March 21-22. His workshop supports the community to understand their current problems in terms of ongoing colonization, to recognize the power of their cultural values and draw upon community strengths, and identify the next steps

that will lead to community wellness. He is a great presenter, hope you are all able to attend his presentation.

I am still open for suggestions and looking for ideas for events, workshops or activities that community members would like to have please contact me with your ideas.

## Economic Development/ Employment Coordinator

Miriam Schilling

250-989-2323 ext 132  
[m.schilling@xatsull.com](mailto:m.schilling@xatsull.com)



There are lot of job opportunities out there, so if you are currently looking for work, please come in and see me. We have a lot of work opportunities that do come up on very short notice and as long as I have your contact in-

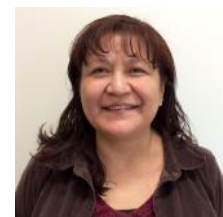
formation, I can contact you for those opportunities.

We also have a new job board at the main office with job and training opportunities posted.

Looking forward to seeing everyone, feel free to stop by anytime, but to avoid disappointment, I recommend to call in advance to make sure I am in the office and have time for you.

## Social Development Coordinator

Tracey Elkins



Hello Everyone, I am the new Social Development Coordinator here at Soda Creek Indian Band. I would like to thank the hiring committee for giving me an opportunity to work with this Band and the people here.

In the past I have worked in the local School District as a First Nations Liaison, Youth Worker and a Language & Cultural Teacher. I was also a Projects Coordinator for Aboriginal Healing Foundation Projects in inter-generational effects of Residential Schools. The four projects that I worked on were Assimilation, Loss of

Parenting, a Video Documentary and training in Healing Trauma. I have had previous experience on Band Council with the Portfolios of Education Department and I was on Board of Directors for Silviculture projects.

Just recently I was volunteering with the Restorative Justice Program and received training as Facilitator. In the past few years I have been 'living off the grid' with a couple of Elderly friends in Quesnel. We lived in a tiny cabin in the back meadows with no electricity or running water so we would get water from an underground

spring that is ice cold, clear and refreshing. We fished for trout regularly, made dried meat, jarred meat stews, picked berries for jams, made bannock over the fire, etc. We drove around and these Elders would show me where and how they grew up and what was happening back then. I also grew up in the bush as a child, we only ate wild game. I am a Residential School Survivor and have a good understanding of the inter-generational effects.

Thank you.



## Natural Resource Update



Georgia Bock  
NR Manager



Kate Hewitt  
Referrals  
Coordinator



Betty Price  
NR/Treaty  
Assistant



### Spectra

Please bring your resumes to Miriam if you are interested in working on the project for the summer. Natural Resources, Xat'sull Development Corporation and Employment are working closely on this project. Please direct questions to any of these departments.

### Mount Polley Update

Long-Term Water Discharge Update: We have provided input in this process. A decision will be made most likely towards the end of March.

#### Socio-Cultural Study:

Interviews are now completed for the impact study of the Mount Polley Spill. Right now a report is being compiled based on all of the information gathered. It should be available for viewing in March/April.

### Gibraltar

Gibraltar is also submitting an applica-

tion to keep their discharge at the same temporarily increased rate to the Fraser River. We will be reviewing this application throughout the summer, as the application should be submitted to us in April. A community meeting is being planned with Gibraltar, we will send out a notice when a date is settled.

### Ministry of Transportation

Gravel Pit – The gravel pit will be in use this summer. The Natural Resource Department will be funded to conduct an inventory study/assessment before the pit is utilized. We will also be completing our own environmental assessment where we see necessary.

We will now have regular meetings with the Ministry of Transportation to discuss future plans.

### Barkerville Gold Mine

We are now developing a relationship with Barkerville Gold Mine. We discuss permits, employment

and contracting opportunities, etc.

### Hunting Allocation Surveys

We have just about finished collecting hunting surveys from the community. We are now in the process of summarizing and reporting them to the Ministry of Forests, Lands and Natural Resources so that they can consider Xat'sull's traditional use when creating future hunting allocations.

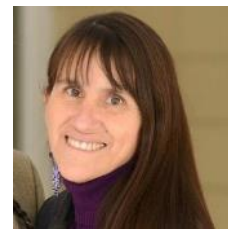
### Traditional Use Information Digitization

Ada has sorted through the majority of the traditional use information that was collected over the past several years. She is organizing it so that it is easily accessible. This project ends in March and we hope to have a useable complete database of this information that we can utilize.



## Education Coordinator

Cheryl Chapman



SCIB currently supports twelve Post-secondary students, all are doing well in their programs. We are looking forward to program completions for some and next steps for others.

Please remember if you are interested in starting or continuing in the Fall-September 2017 in any Post-secondary Education Program, including Upgrading for University and require financial assistance through the Soda Creek Indian Band – Education PSE Program – under Indigenous Northern Affairs Canada to proceed, you must have your complete application in by May 12<sup>th</sup>, 2017.

If you are interested in Education, Training or Personal Development the **deadline** for the Education Assistance Funding is March 8<sup>th</sup>, 2017. Applications and information are available on our website. Please remember the education committee now meets monthly.

We are looking for a 5<sup>th</sup> Education Committee Member, prefer a youth, however if you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member. **Note:** should the 5<sup>th</sup> member not be a youth 18-29, then the youth seat will remain available.

Contrary to the belief of some SCIB members, band members are not

‘entitled’ to Education Funding. Perspective students must qualify and meet the policy requirements of both, Indigenous and Northern Affairs Canada, as well as the SCIB Local Education Policy. Complete and submit all necessary documentation, to the Education Coordinator for review and confirmation of completion. Then their application for support funding will be considered by the SCIB Education Committee. If they are successful in obtaining support for their education, they are further responsible for gaining and maintaining good standing within the school they are attending, and keeping the Education Coordinator informed of any challenges that may impact their good standing.

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

We have had the Secwepemc Language classes with Alicia Gilbert and Cecilia DeRose, utilizing the resources from the Spi7uy Squqluts Language & Culture Society here at the Education Department. We had a core group of 5, with others joining us from time to

time. We learned a couple Secwepemc Prayers, how to introduce ourselves, who our family is and where we are from and where we live. We learned about making Birch Bark Baskets, including how to request materials and supplies from each other.

After School Program, 4:00 – 5:30pm Tuesdays & Thursdays, Jordanna Sellars, Program Assistant, has continued with programming, on Tuesdays we have Language and Culture, we are learning from Brandi Phillips and our mentor Minnie Phillips, also using the resources from the Spi7uy Squqluts Language & Culture Society. Thursdays we are doing outdoor activities, including snowshoeing, and sliding, however if the weather conditions are bad, we use the gymnasium. Please be aware that the schedule may change due to unforeseen circumstances. We have healthy snacks and an activity again, parents are encouraged to join us. Please ensure that your student is registered for the After School Program. Also if you have any ideas for the program, let us know.

**Spring Break days will be scheduled with Jordanna, Colby, Three Corners Health and I, from March 20<sup>th</sup> – 31<sup>st</sup>, see the calendar in this newsletter and make sure your students are registered, we have them here. (Note: if your student(s) already attend the after school program, they are considered registered).**



## Afterschool Program Assistant

Jordanna Sellars

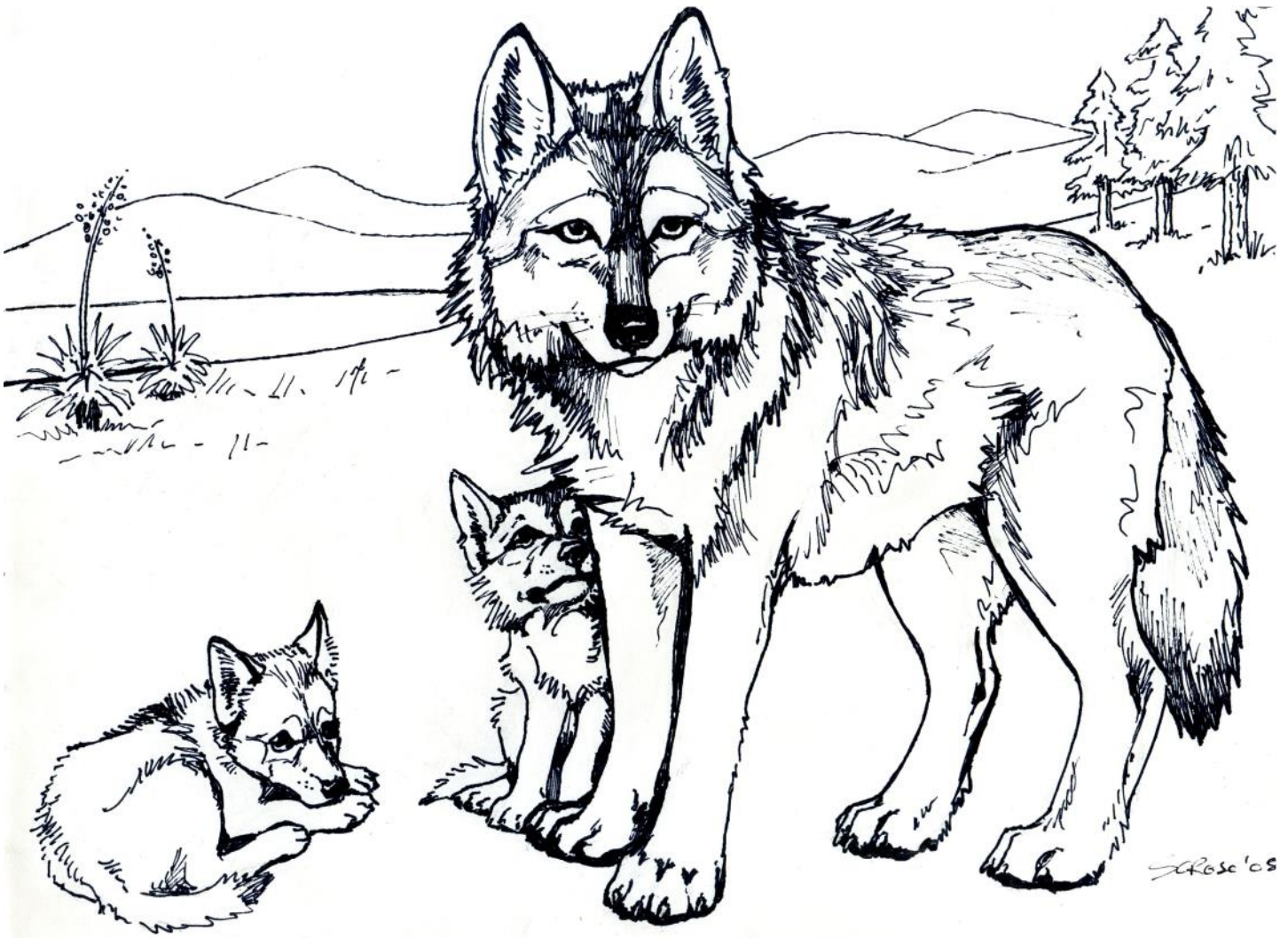


Weyt-kp, we have had a super busy month since I have started working as the Afterschool Children's Program Assistant. Yes, there are some plain old days with the program but for the most part everything has been very eventful. Thanks to Three Corners and Kayla, we have went snow shoeing a couple times. On Pro-D day we had a lovely outing with Three Corners at the skating rink and an awesome presentation for Road Safety.

This next month will continue with the same schedule on Tuesdays and Thursdays with the exception of Spring Break. The kids are having loads of fun utilizing the new gym, outdoor activities, and learning the language. I am glad we went sledding while we still could, what with the rapid snow decline and all. I would like to note that the plans for Spring Break are not set in stone, they do have room for change if unforeseen obstacles occur.

If this happens we will go with the flow and try as hard as we can to re-schedule said event.

I am pretty excited to be working with the kids again and hope to see all of their smiling faces in the coming month. If any of the parents have questions about The Afterschool Program please don't hesitate to come in and ask or call me at the band office.



**Pro D Day with Three Corners Skating and Road Safety:**





## Regular Program Days:



## Snow Shoeing with Three Corners:





## Education & Spring Break Activities



**March 1<sup>st</sup>-31<sup>st</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b> <i>Afterschool Program: Sports activities</i>	<b>3<sup>rd</sup></b>
<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b> <i>Afterschool Program: Language</i>	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b> <i>Afterschool Program: Seven Teachings with Mary</i>	<b>10<sup>th</sup></b>
<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b> <i>Afterschool Program: Language</i>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b> <i>Afterschool Program: Sports activities</i>	<b>17<sup>th</sup></b>

**Parents, please ensure you make arrangements for your children to get off the bus at the office for after school programming. Call Jordanna Sellars at 250-989-2323 ext. #104, if your child(ren) need a ride home after the programming. Events schedule subject to change due to unforeseen circumstances.**

<b>20<sup>th</sup></b>  <b>Spring Break Program Starts: Program 8:30-4:30 PM</b> <b>Hiking on the deep creek trail</b>	<b>21<sup>st</sup></b>  <b>Program 8:30-4:30 PM</b> <b>Science Day</b>	<b>22<sup>nd</sup></b>  <b>Program 8:30-4:30 PM</b>  <b>Arts, Crafts and board games</b>	<b>23<sup>rd</sup></b>  <b>Program 8:30-4:30 PM</b>  <b>Basketball with Cst. Colby 1-3:00pm</b>	<b>24<sup>th</sup></b>  <b>Program 8:30-4:30 PM</b>
<b>27<sup>th</sup></b>  <b>Program 8:30-4:30 PM</b>	<b>28<sup>th</sup></b>  <b>Program 8:30-4:30 PM</b>  <b>Gym Day</b>	<b>29<sup>th</sup></b>  <b>Program: 8:30-4:30 PM</b>  <b>Arts, Crafts and board games</b>	<b>30<sup>th</sup></b>  <b>Program: 8:30-4:30 PM</b> <b>Please have permission slips for mountain biking in by this day.</b>	<b>31<sup>st</sup></b> <b>Spring Break Program Ends: Program 8:30-4:30 PM</b> <b>Mountain Biking Soda Creek Trail</b>



# Elders Gathering Guidelines



ANNUAL BC ELDERS GATHERING SOCIETY

This is guidelines that have been given by the Band Administrator and Council, for eligibility and criteria for the Elders Gathering. Here are some questions that have been answered as follows:

1. **What is the eligible age for the Elders Gathering trip?** 60 years of age for on or off reserve members but must be a registered band member.
2. **What cost is covered by the band?** Only basic costs including accommodations and meals are covered.
3. **What if I wanted to bring my own vehicle?** The Elders did fundraising, it would be up to them how they are wanting to disburse those funds.
4. **What if I am wanting to bring my own escort?** Cost of an escort is not covered by the band unless it is an assigned staff. If they are bringing an escort; registration, travel and accommodations is not covered by the band.
5. **Who is the main contact for the trip?** Currently Rae Lyn Betts, the Community Health & Wellness Counsellor.

Please contact Maxine at 250-989-2355 to sign up for the Elders Gathering.



Soda Creek Indian Band, 3405 Mountain House Road, Williams Lake, BC V2G-5L5



**INTERIOR REGION**  
First Nations Health Authority

# Do your Teeth and Gums need some TLC?

**Come for a visit with FNHA Interior Region Dental Therapist, Terry Buhler!**

Terry has lived and worked in the Williams Lake area as a Dental Therapist for 16+ years. Previously, he provided dental therapy services in remote First Nations communities in Northern Alberta. After some time away, he is now back to work full time and is excited to offer oral health care for you and your family in your community.

Services are **free** and available for BC First Nations clients of all ages, from infants to Elders.

Bring the whole family! As a dad to three boys aged 3, 6, and 9, Terry has first-hand knowledge of making oral health a good experience for young children and their parents.



## WHAT'S A DENTAL THERAPIST?

Dental therapists are recognized oral healthcare providers employed by the First Nations Health Authority (FNHA) and registered by the College of Dental Surgeons of BC. Dental Therapists provide a range of preventative, education, and treatment-focused oral health services under the supervision of a dentist.

Visit Terry for professional dental treatment services such as:

- Routine check-ups
- Teeth cleaning, polishing, fluoride applications, and preventive pit and fissure sealants
- Fillings - whether to replace a lost one or to treat a tooth with active tooth decay
- Tooth extractions
- Oral health education, and tips to help you maintain good oral health, and products recommendations tailored to your specific needs
- Referral to dentists and other healthcare professionals as needed

Terry also supports the FNHA's Children's Oral Health Initiative (COHI), an early childhood tooth decay prevention program for children aged 0-7, their parents and caregivers, and pregnant women. COHI services include annual screening, education, fluoride varnish applications, sealants and temporary fillings.

Planning a health event? Terry is available to provide oral health education and activities at community events, schools, and health centres!

### **COMMUNITIES SERVED**

Terry's home base is Esketemc (Alkali Lake), where he works out of a fully equipped dental clinic at the Health Centre. With the use of mobile dental equipment, Terry is also able to provide a full-range of dental therapy services at a number of other First Nations communities in the Interior region. These include: Soda Creek, Canoe Creek, Dog Creek, Sugar Cane, Nuxalk, and Canim Lake. At all locations, Terry now is able to offer state-of-the-art digital dental x-rays using his new mobile unit. This benefits everyone, as no chemicals are used in processing the films and clients are exposed to much less radiation than traditional methods (70% less). Terry also supports the COHI program in Ulkatcho, screening young children and providing sealants and temporary fillings.

### **MAKE AN APPOINTMENT**

Contact your local Health Centre to find out when Terry will be in your community and to make an appointment.

Or contact Terry directly:

**PHONE:** 250.440.5651

**CELL:** 778.875.9303

**EMAIL:** [terry.buhler@fnha.ca](mailto:terry.buhler@fnha.ca)







## **SPEECH & LANGUAGE PATHOLOGIST**

March 1, 2017

12:00-2:00 pm

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

Parents, caregivers, grandparents are welcome to attend.

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

Mount Polley Mining

## **Human Resources**

### **How to get a Job at Mount Polley**

**When:** March 2, 2017

**Time:** 1:00-3:00 pm

**Where:** Soda Creek Gym



## **Service Canada Info Session**

March 8th 12:00-3:00 pm  
Soda Creek Education Centre

Service Canada will be here to assist community members in obtaining Social Insurance Numbers, information on Canada Child Benefit, Old Age Security and other government programs

Bring your original Birth Certificates and identification to the workshop drop in anytime between 12:00-3:00 pm. Any questions please call Rae-Lyn at 250-989-2355

## **Mental Health Clinician**

March 6, 13, 20 & 27

10:00-2:00 pm

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.

Please call Maxine to book an appointment

## **Nurse Practitioner**

March 6 & 15

10:00-3:00 pm

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!

Please call Maxine to book an appointment

## **Open Lunch**



**When:** March 6th

**Time:** 12:00-1:00 pm

**Where:** Health Station Boardroom

Please come join us for lunch to meet our new Mental Health Clinician, Neleena Popatia and our Nurse Practitioner Catherine Birtwistle. Lunch is provided.

## **Treaty Working Group Meeting**

March 8th

5:00-8:00 pm

Soda Creek Gym



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

# Health & Wellness Fair

**March 17, 2017**

**10:00-3:00 pm**

**Soda Creek Gymnasium**

We would like community to come to the Health & Wellness Fair. It will have Support Services in the Williams Lake area that provide Health and Wellness

If you have any questions or will be needing a ride contact Maxine, at the Soda Creek Health Station 250-989-2355



## Dental Therapist

**March 15 & 16, 2017**

**9:30-3:00 pm**

**Soda Creek Health Station**

Please see Dental Therapist insert for more information as well. He can do the following:

Cleanings, filings, extraction, check ups, and a range of preventative services.

Please call Maxine at 250-989-2355 to book an appointment



**Where:** Soda Creek Gym

**When:** Saturday, March 25, 2017

**Doors Open** at 12:00 p.m.

**Bingo Starts** at 1:00 p.m.

**10 Prize Games**

**2 \$ 50.00 Specials**

**1 \$ 100.00 Black Out**

**Come out and Support our Sun Run Bingo**

**Concession Available:** Lunch Soup or Chili  
Chocolate Bars, Pop and Chips

## THE COMMUNITY IS THE MEDICINE

**Presenter:** Darian Thira, PhD, Reg. Psych

**When:** March 21 & 22, 2017 8:30-4:30 pm

**Where:** Soda Creek Gymnasium



### PERSONAL AND COMMUNITY WELLNESS WORKSHOP

#### Culture is the key.

This workshop supports the community to understand their current problems in terms of ongoing colonization, to recognize the power of their cultural values and draw upon community strengths, and identify the next steps that will lead to community wellness.

\*Lunch is provided

If you would like to register and/or need a ride, please call Maxine at Soda Creek Health Station at 250-989-2355.



Thira Consulting

## Power of Positive Thinking & Traditional Parenting

**Presenter:** Janet Fox

**When:** April 10-12, 2017 8:30-4:30 pm

**Where:** Soda Creek Gymnasium



### Traditional Parenting

First Nations people have always had the knowledge when you raise a child holistically; this prepared them to make positive choices; healthy relationships, healthy children which leads to healthy communities. We need to prepare the next generation as our teachings are a source of strength and identity. It is now time to Reclaim that knowledge and provide and implement programs by using our Indigenous philosophies. We need to start promoting the pride and his-

Lunch is provided. If you would like to register and/or need a ride, please call Maxine at Soda Creek Health Station 250-989-2355.

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

### WORDBOX #5

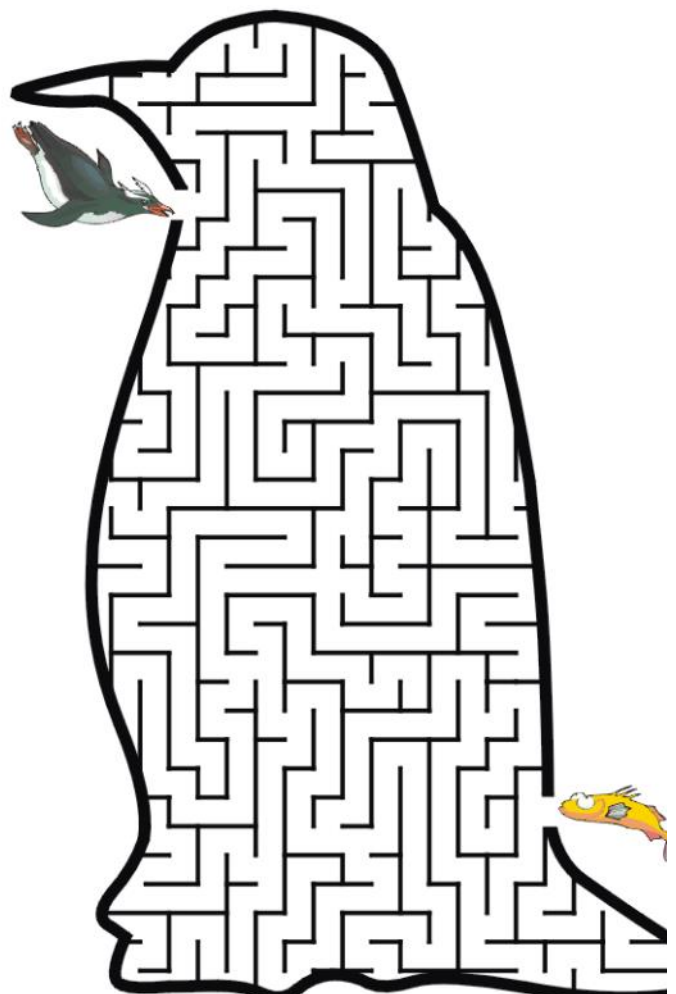
TYPE: 4X4  
MISSING VOWELS

<b>C</b>	<b>R</b>		<b>B</b>
<b>H</b>		<b>R</b>	
	<b>D</b>		
<b>P</b>			<b>K</b>

**A A A E E E I I**

Fill in the puzzle grid with the vowels provided so that each column (top to bottom) and each row (left to right) contains a real word.

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



### Spring unscramble game



sanli



ebe



upitl



unynb



iarn



dcuk



zuplze



gbu



fybtutire



## Quick & Easy 30 Minute Recipes

### Coconut Curry Butternut Squash Soup

*Sweet-tasting butternut squash is the perfect foil for spicy curry paste. If you want an extra-velvety texture, strain the soup after puréeing.*



**Serves:** 6 **Prep time:** 15 min **Total time:** 30 min

#### Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 tablespoons Thai Green Curry Paste (recipe under Method)
- 5 cups cubed seeded peeled butternut squash
- 1 can (398 mL) coconut milk
- 1 teaspoon salt
- Fresh cilantro leaves

#### Method

- 1) In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion until softened, about 4 minutes. Stir in curry paste; cook for 2 minutes. Add squash; cook, stirring, for 1 minute. Pour in 6 cups water; bring to boil.
- 2) Reduce heat to medium; cover and simmer until squash is very tender, 18 to 20 minutes. Working in batches, purée soup in blender until smooth. Wipe pan clean; return soup to same pan over medium-high heat. Stir in 1 cup of the coconut milk and the salt; simmer until warm, 3 to 5 minutes. Divide among serving bowls; lightly drizzle with remaining coconut milk. Garnish with lime wedges and cilantro (if using).

### Lazy Veggie Skillet Lasagna

*Think it's impossible to make lasagna on a weeknight? This dynamic mix of veggies and pasta still delivers comforting flavour but comes together quickly because there's no fussy layering.*



#### Ingredients

- 6 lasagna noodles
- 1/2 cup ricotta cheese
- 1/4 cup fresh basil
- 1 tablespoon olive oil
- 2 zucchini
- 1 carrot
- 2 cups jarred pasta sauce
- 1 cup shredded mozzarella cheese

#### Method

- 1) Break lasagna noodles into thirds. In large saucepan of boiling salted water, cook noodles according to package instructions until al dente, 7 to 9 minutes; drain. Meanwhile, chop half of the basil; stir with ricotta. Set aside.
- 2) In cast-iron or ovenproof skillet, heat oil over medium heat. Using vegetable peeler, slice zucchini and carrot lengthwise into long ribbons; cook until tender, 3 to 5 minutes. Add noodles and pasta sauce; simmer, stirring occasionally, until warm, about 3 minutes.
- 3) Sprinkle with mozzarella; dollop with ricotta mixture. Bake in 475°F oven until mozzarella is melted, 7 to 10 minutes. Tear remaining basil into small pieces; sprinkle over top.

**Serves:** 4 **Prep time:** 15 min  
**Total time:** 25 min

***\*Tip from The Test Kitchen:** Looking for a flavourful way to increase your veggie intake? Double the quantity of zucchini and carrot while omitting the noodles in this recipe.*

## Beef Nacho Bowls

*Want a lighter take on nachos that's super simple to prepare? Fresh veggies form the base for this updated version, with just enough chips sprinkled on top for a pleasing crunch.*



### Ingredients

- 1 1/2 tablespoon chili powder
- 2 teaspoons each ground cumin and onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon each salt and pepper
- 450 g lean ground beef
- 1 can (540 mL) black beans , drained and rinsed
- 4 cups shredded romaine lettuce
- 2 tomatoes , diced
- 1 sweet green, yellow or orange pepper , sliced
- 1 avocado , peeled, pitted and sliced
- 1/2 cup shredded Cheddar cheese
- 1 cup crushed corn tortilla chips
- 1/2 cup sour cream (optional)
- 2 tablespoons chopped fresh cilantro (optional)

**Serves: 4 Prep time: 15 min Total time: 25 min**

### Method

- 1) In small bowl, stir together chili powder, cumin, onion powder, garlic powder, salt and pepper.
- 2) In large nonstick skillet, cook beef over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes; drain fat from pan. Add spice mixture and beans; cook for 2 minutes.
- 3) Divide romaine among 4 serving bowls. Spoon beef mixture over each; top with tomatoes, sweet pepper, avocado and Cheddar.
- 4) Sprinkle with tortilla chips. Dollop with sour cream (if using); top with cilantro (if using).

***Tip from The Test Kitchen:** Not all tortilla chips are created equal. If you eat gluten-free, opt for corn varieties and avoid multigrain versions. To reduce fat consumption, choose chips that are baked rather than fried.*

## Green Power Chicken Stir-Fry

*This less-saucy version of curried chicken features nutrient-packed broccoli and zucchini. The spicy curry elevates the go-to stir-fry ingredients to luscious new heights.*



**Serves: 4 Prep time: 10 min Total time: 15**

### Ingredients

- 1 tablespoon vegetable oil
- 450 g boneless skinless chicken thighs , cut in 1-inch chunks
- 2 tablespoons Thai Green Curry Paste (recipe under Method)
- 1 large zucchini , cut in half lengthwise and cut cross-wise in 1/2-inch thick slices
- 1 head broccoli (about 240 g), stemmed and cut in florets

### Method

- 1) In large nonstick skillet or wok, heat oil over high heat; working in 2 batches, stir-fry chicken until browned, about 4 minutes per batch. Using slotted spoon, transfer to bowl; cover to keep warm.
- 2) In same pan, cook curry paste, 1/4 cup water, zucchini and broccoli, covered, over medium heat until vegetables are tender-crisp, 3 to 5 minutes. Return chicken to pan for last minute of cooking. Serve over rice, noodles or quinoa.

***Tip from The Test Kitchen:** Don't feel limited to zucchini and broccoli— use whatever veggies you have on hand. Peppers, kale, cauliflower and carrots all work beautifully in this dish.*

**Recipes:** <http://www.canadianliving.com/food/subsection/quick-and-easy>

# ARE YOU UP TO THE CHALLENGE?

The Aboriginal Training Programs are unique training and job opportunities for Aboriginal peoples from across Canada. The Forces offer three Training Programs that combine military lifestyle with cultural awareness: **Bold Eagle, Raven and Black Bear**.



## WHAT ARE THE GOALS?

These programs are six weeks long and will provide you with:

- A taste of military training with the option – with no commitment – of staying in the Forces
- Training that is based on the Army Reserve Basic Military Qualification and is taught by military instructors

### SELF-DISCIPLINE



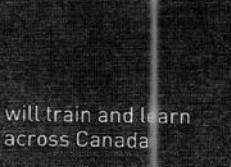
### TEAMWORK



### SELF-CONFIDENCE



### PHYSICAL FITNESS



## WHAT DO THESE PROGRAMS CONSIST OF?

### 1. A four-day Culture Camp

Over four days, Elders and teachers of different First Nations, Métis and Inuit groups guide you through common spiritual beliefs to help ease the transition from home to the military lifestyle.

### 2. A military recruit training course

You will be **temporarily** enrolled in the Forces at the start of training. Taught by military personnel, the course is the standard Army Reserve Basic Military Qualification. It will teach you many things, from navigation to first aid to survival skills. Teamwork is very important.

## WHAT IS PROVIDED?

- Transportation to and from the training establishment
- Military clothing and all necessary equipment to complete the program
- Meals and accommodations
- Salary as a recruit at the rank of Private, earning you approximately \$3,500 for the summer

## HOW DO YOU APPLY?

Space is limited. Successful applicants will train and learn in one of three training establishments across Canada in July and August.

### To be considered, you must:

- Be an Aboriginal person (First Nations status or non-status, Métis or Inuit)
- Be a Canadian citizen
- Be at least 16 years of age (parental or legal guardian consent required if under 18)
- Have completed a minimum of Grade 10 (Sec. IV in Quebec)
- Meet the Canadian Armed Forces Common Enrolment Medical Standard

### The application process includes:

- Canadian Forces Aptitude Test
- Medical examination
- Reliability screening
- Interview
- Physical fitness test

### APPLICATION DEADLINE: END OF MARCH

For more information – or if you have any questions about the education, training, employment and career opportunities in the Forces – please visit the recruiting centre nearest you or go to [FORCES.CA/aboriginalpeoples](http://FORCES.CA/aboriginalpeoples)

Ce document est également publié en français.



**FORCES.CA**

CANADIAN ARMED FORCES  
FORCES ARMÉES CANADIENNES

Canada





# Aboriginal Entrepreneurship For Contractors

## COURSE REGISTRATION FORM - 5 DAY PROGRAM

CURRENT DATE: _____ HAVE YOU EVER TAKEN A SMALL BUSINESS TRAINING COURSE BEFORE? <input type="checkbox"/> YES <input type="checkbox"/> NO		
If YES, NAME OF PROGRAM: _____		
LAST NAME	FIRST NAME	MIDDLE NAME OR INITIAL
POSITION	ORGANIZATION	

The following is my: ☐ Work address ☐ Home address.

STREET NAME AND ADDRESS		
CITY/TOWN	PROVINCE/STATE	COUNTRY
POSTAL CODE / ZIPCODE	E-MAIL ADDRESS	FAX (       )
EVENING OR HOME PHONE (       )	DAY PHONE (       )	CELL PHONE (       )
DATE OF BIRTH (MM/DD/YY): _____ PREVIOUS NAME USED FOR REGISTRATION, IF ANY: _____ <input type="checkbox"/> N/A		
CITIZENSHIP STATUS: <input type="checkbox"/> CANADIAN CITIZEN <input type="checkbox"/> PERMANENT RESIDENT <input type="checkbox"/> STUDENT VISA <input type="checkbox"/> OTHER VISA <input type="checkbox"/> OTHER (SPECIFY) :		
GENDER: <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE ARE YOU OF ABORIGINAL HERITAGE (FIRST NATION, INUIT)? <input type="checkbox"/> Yes <input type="checkbox"/> No		
DISABILITIES OR SPECIAL REQUIREMENTS (PLEASE DESCRIBE):		

COURSE ATTENDING	COURSE FOCUS	START DATE	LOCATION	COURSE FEE
Entrepreneurship Program	Small Business	March 9, 2017	Williams Lake	N/A

PAYMENT METHOD: <input type="checkbox"/> CHEQUE <input type="checkbox"/> CREDIT CARD <input type="checkbox"/> PAYPAL <input type="checkbox"/> E-TRANSFER
--

SIGNATURE
-----------

SEND YOUR REGISTRATION FORM TO:

Velocity Training Canada Inc.  
Suite 347, 3104 30th Avenue  
Vernon, BC V1T 9M9

By Fax: (250) 483-1948  
Or Email To: [team@velocitytraininginc.com](mailto:team@velocitytraininginc.com)  
Phone: 1-866-246-8532

# Interested in Starting Your Own Business?

Would you like to meet & learn from successful Aboriginal Entrepreneurs from within your community?

**Check out our 5 - Day Aboriginal Entrepreneurship Training**

If you are a First Nations youth between the ages of 15 - 30  
Please join us for our  
Aboriginal Entrepreneurship Training Program!



Participants will be introduced to expert Aboriginal Entrepreneurs and other Facilitators who will present essential information and counselling with their goals.

Over the course of the 5 day (40 hour) program;

The following topics will be covered:

Operational habits of successful entrepreneurs,  
marketing strategies, sales & presentation skills, product  
& service quality and Financial Management

Call today to sign up!

**1-866-246-8532**

email [team@velocitytraininginc.com](mailto:team@velocitytraininginc.com)

Thursday March 9-Monday March 13th, 2017

9:00am - 4:00pm

Cariboo Friendship Society

99 South Third Ave, Williams Lake, BC

**Funded By:**

First Nations and Inuit Employment Strategy  
under Indigenous and Northern Affairs Canada

**and delivered by:**



# Community Events

Event	Date & Time	Where	Description
HCC Travel	March 1, 15 & 29		Please call Edith at 250-989-2355
Speech & Language Pathologist	March 1 12:00-2:00 pm	Health Boardroom	Please call Maxine or Rae-Lyn at 250-989-2355 to sign up
Family Bull Mountain Winter Activities	March 2 4:30-6:30 pm		Please call Maxine at 250-989-2355 to sign up, give sizes and if ride is needed
Mental Health Clinician	March 6, 13, 20 & 27 10:00-2:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	March 6 & 15 10:00-3:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	March 7 & 21 12:00 pm		
Service Canada Info Session	March 7 12:00-3:00 pm	Education	Please contact Rae-Lyn at 250-989-2355 if you have any questions
SCIB Med Travel	March 8 & 22		Please call Maxine or Rae-Lyn at 250-989-2355 to sign up the Monday before by 4:00 pm
Treaty Working Group Meeting	March 8 5:00-8:00 pm	Soda Creek Gym	Please call Betty at 250-989-2323 if you need a ride
Dental Therapist	March 15 & 16 9:30-3:00 pm	Health Station	
Health & Wellness Fair	March 17 10:00-3:00 pm	Soda Creek Gym	
Physiotherapy	March 20 8:45-12:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment. If first visit, will be an hour visit. If it is a follow up, half an hour visit.
Darian Thira - The Community is the Medicine' Workshop	March 21 & 22 8:30-4:30 pm	Soda Creek Gym	Please call Maxine at 250-989-2355 to register and/or If you need a ride
Bingo	March 25 1:00 pm	Soda Creek Gym	Doors open at 12:00. Concession available, soup or chili.