

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



Pesxuxem (snow melting month) – March



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FOR RENT

The Restaurant Suite will be for rent soon. If you have any questions, contact Marnie Sellars, Housing Coordinator at 250-989-2323 ext. 103



DAFFODIL

Nothing signals spring like a bundle of bright daffodils poking through the late-season snow. It's with good reason, then, that daffodils carry meanings of rebirth and rejuvenation. Those with March birthdays are lucky to call the daffodil their own.

Winter Dance Party



Friday, February 16th, 2018, the Winter Dance Party and Dinner, DJ Dance, chocolate fondue and dinner



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Soda Creek Health Station:
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The newsletter deadline is usually the **20th** of each month, and delivered by the last day of the month. Submissions can be sent to the Health Station Reception by mail: 3405 Mountain House Road, WL BC V2G-5L5 or emailed to healthreceptionist@xatsull.com. Any questions about the newsletter you can call: 250-989-2355

Lands Coordinator



Sally Sellars

Traditional Lands Holdings – Meeting with Chief & Council & Community Members on February 7th, 2018

I was here just to listen and hear the members concerns with regards to traditional lands holdings, of course this is a touchy subject and just so happens to be my job description. There were 25 persons in attendance and for the most part went well. Talks of how many people contributed to clearing land for hay meadows and gardens which was done without disagreement. There are conflicting stories of who did what, and who owns which piece of land now, the reasons for this, is something known as a 'Certificate of Possession'. A signed document by Chief and Council that recognizes ownership of a piece of land.

Certificate of Possession (CP) is documentary evidence of a First Nation member's lawful possession of Reserve Lands pursuant to the Indian Act. This is similar to buying a share in a company, but in this case the stock equals use of land. The Government of Canada retains legal title to the land and the CP holder (also known as a 'Locatee') cannot get a mortgage. However, the CP holder is entitled to the use of the land and rights are transferrable by sale or bequeath (to give or leave by will/to hand down). Therefore, any proposed development on CP land by a third party requires an agreement and contract with the CP holder(s) and in some cases, this can involve several families.

The areas came to be by our grandparents clearing land for pasture and gardens to feed the families and look after wildlife, plants and animals. There were handmade irrigation ditches built to feed the water down to these hayfield and gardens. The land when it was time would be passed down to oldest son, given as wedding presents, or some verbal agreement with a hand shake to seal the deal.

Now, we wonder what these lands are going to be used for, working hayfields to feed your family is not viable and you can ask Kelly Sellars if you think there is money in this type of work. So, the question is who has rightful ownership and what are we going to do with the land, where do we put new infrastructure for the future, why can't we just share with the whole community and when will we get these kinds of questions answered. I am working on these questions and if you would like to be interviewed I am available to do this, hopefully each interview will shed light on our past history and so we can move forward together building our future.

Xat'sūll Community Planning Family Steering Committee (Family Steering Committee) – Meeting with Family Members on February 16th, 2018 notes done by Cliff Thorstenson

1. There are several fields on the Deep Creek and Soda Creek reserves that are attached to individual band members and/or their families.
2. These fields were cleared "back in the day" by band members so they could plant gardens and crops or pasture livestock.
3. At the time the fields were cleared, houses were quite far apart and there was apparently no conflict over whose field was whose or where the boundaries were.
4. Families helped each other clear fields, harvest crops etc.

5. There was no formal documentation about the fields and no formal decision or allotment by band council.

6. Over the years, some of the fields have fallen into disuse. Others have been used for hay or pasture.

7. The fields have been transferred from generation to generation. Others have been 'sold' or traded to other band members. Some boundaries have been changed.

8. In some cases, a field holder would give their field to their oldest child., excluding their own children.

9. There are no official records of these transactions (unless some are mentioned in wills).

10. None of these fields are held in via Certificate of Possession

11. Indian reserves are set aside for the sue and enjoyment of all band members.

12. A CP is a document that gives an individual Band Member the right to possess an identified parcel of land on reserve.

13. A CP requires an allotment by Band Council resolution and approval by the Minister of Indian Affairs.

14. A Band Council can only allot a parcel of reserve land through a "fair process". This has been interpreted by some (me included) to mean consultation with the membership. After all, some of the land they hold in common is about to be transferred to one of the members.

15. A person who purports to occupy reserve land without a CP or formal authorization by Council (e.g. a rental agreement or lease) is in trespass.

16 If you read this case [Nicola Band et al v. Trans-Can. Displays et al, 2000 BCSC 1209 (CanLII), <http://canlii.ca/t/lfm5c>], you'll see what happened to a Band Member with a "traditional" holding recognized by

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previous Chiefs when the new Band Council wanted to develop his land for its own purposes.

Current situation

17. A number of current Band Members assert traditional holdings. There are a variety of maps showing approximate boundaries and the names of the holders (not all of whom are still alive). There is not 100% agreement even on the best of these maps.

18. Membership opinions on the nature of traditional holdings vary from "ownership" to nothing.

19. Some families seem to have internal agreement about who holds the field on behalf of the family. There other quite heated disputes within other families.

20. Some Band Members recognize the traditional fields but wonder what happened to their fields and believe the holdings are not fair.

21. Over the years, there have been non-agricultural developments on traditional fields where the individuals or families get some lease or rent money from the developer/ user, e.g. Pioneer Log Homes, Nenqayni Wellness Centre, a pumphouse on Mountain House Road.

22. A recent pipeline project through some of the traditional fields will result in money to be paid to three field holders for crop loss even though the fields have been fallow for years.

23. Several years ago, the Band "bought" a parcel of land near the Soda Creek reserve graveyard from a Band Member, even though the member had no CP.

24. Some traditional field holders harvest hay from their fields and keep or sell the hay. Permission is not sought from the Band. The only evidence of anyone asking permission to remove crops was a couple of letters on file from one Band Member several years ago.

Proposed approach

25. Uncertainty about the nature, boundaries and "ownership" of the traditional fields is causing controversy and hard feelings among Band Members. This uncertainty will increase unless the Band does something about it. It will be exacerbated (to make more violent bitter or severe) once Xat'sull gets into treaty. So, it needs to be addressed now.

Comments

26. Proposed steps:

a) NR Department to complete interviews of key informants (Elders) about how and when the fields were first established and the understanding among the families about the nature of "ownership", including what happens if you stop using the field for a period of time.

B) NR Department to interview current field holders and non-field holders about their understanding of the fields;

C) NR Department to GPS existing fields

based on best information;

D) Community members to determine a process for resolving these issues, namely:

i) What is the nature of a traditional field holding?

ii) Where are the current fields

iii) Who holds those fields?

iv) What happens if the fields lay fallow for a period of time?

I would recommend that the decision be made by an independent arbitrator (based on submissions and evidence presented by community members) because almost no one in the Band is not in a real or perceived conflict of interest. Community members may recommend a different approach.

27. Everyone should be aware that, unless Xat'sull enters the First Nations Land Management process (a huge and time-consuming undertaking) or until the reserves are part of Treaty Settlement Lands, the Band is bound by the *Indian Act* (CPs, leases, etc.).

This issue is a real "elephant in the room" and people have been reluctant to talk about it for years. However, I have faith that Xat'sull can resolve this. But there needs to be a commitment to open, respectful discussion. Those in conflict of interest should be very aware of that and consider the interests of the community as a whole as well as those of themselves and their families.



**Achievements. Art. Birth
Announcement. Photographs, etc.**
If you have any news that you would like to share, send to healthreception-ist@xatsull.com or bring it into the Health Station. We are happy to have community submissions.

Natural Resource Manager



Georgia Bock

Some Items that are being worked on in the Natural Resources Department:

Hi all,

We thought it would be a good idea to submit monthly summaries of what the Natural Resources Department has been up to. Please feel free to email, call or drop in if you have any questions. Other various reports are found throughout the newsletter, but here are a couple bigger items that are being worked on:

Gibraltar Permit:

Gibraltar had submitted their permit for permanent increase to the Fraser River Discharge in Fall 2017. We have a consultant helping us review this, Ministry of Environment and Ministry of Energy of Mines are both reviewing this along with us. We jointly submitted comments back to Gibraltar saying that we have a hard time approving this application as it is missing needed material to be able to approve a permanent discharge (updated information that is coming out this summer, a better cumulative effects assessment, deeper look into alternatives assessment etc).

At a recent Gibraltar meeting, alternatives were discussed – Gibraltar is starting some small-scale test treatment facilities and they are looking at other areas to discharge. So far, they will still need to discharge into the Fraser River

as these methods do not amount to the same amount of discharge to the Fraser.

It is hard to approve a long-term permanent increase to the Fraser River – things are always changing with better technology, etc. We think it is hard to consider a permanent increase. After some more discussions on this with our consultants we might be having a community meeting for input depending on Gibraltar's responses to our asks. If you have any questions at the moment please do not hesitate to contact us at the NR office.

Mount Polley Process:

1. Completed review of the Human Health Risk Assessment & Completing final Review of Ecological Risk Assessment = Should be a community meeting scheduled for March on this topic with our consultants up to present. Keep your eyes open for a notice. Our consultants think that these plans are now satisfactory, it does not look like there is much of a risk to the environment or to humans, however we are concentrating on monitoring plan – which would ensure that no adverse risks are occurring in the short and long term – monitoring would pick up on any changes in the environment.

2. Comprehensive Environmental Monitoring Plan is being re-looked at, and Ministry of Environment and our consultants are reviewing and ensuring that the monitoring plan is encompassing everything that the ERA and HHRA reports say that it should. Any kind of uncertainty we would like monitored.

3. Finalizing review of Closure and Reclamation report = our consultant seems happy with this, as Mount Polley has taken a lot of his suggestions and put them into the plan. Still in review process.

4. Habitat Objectives Committee: Mount Polley has submitted a letter to this

group asking that they be allowed to let rainbow trout into upper Hazeltine this year for spawning. We are waiting on more back up information regarding this.

5. Remediation Plan: Mount Polley has submitted this January 31, 2018. Have sent for consultants to review. Waiting to hear from Ministry on their Strategy on reviewing this. This plan is late in submission.

Again, please contact if you would like more information on what is going on in this process.

Recovery Plans for Different Fires – Referral Process:

We are receiving various rehabilitation/recovery plans for the different fires/zones in January/February. It is expected that different we provide their comments on these plans. We have thought that a good way to get community input would be bringing this and presenting it to the elders at an upcoming lunch at health. So please keep an eye out for potential dates in March.

Rose Lake Dam Update:

We have been in conversation with FLNRO in getting a Rule Curve to be able to operate the Dam adequately – this has been missing. This will ensure that Deep Creek levels should be more constant and will give the Dam operator the confidence of when to open/close dam.

If this Dam is operated correctly, we should be able to mitigate flooding of culverts/fields and be able to have a more sustainable flow down Deep Creek. We had wanted to address this before conducting our Deep Creek Restoration work this summer.

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~NR Manager Report continued~

Archaeology Training:

We have been in conversation with Terra

archaeology – they will be up to provide a RISC (Archaeology training course) at the end of March. We had negotiated funding from INAC for archaeology on reserve for fires, we do not have enough moni-

tors trained, so part of the funding will go to training. Please see attached flyer for more information.

Referral Officer



Kate Hewitt

Aerial Moose Survey!

I participated in an aerial moose survey with MFLNRORD (Ministry of Forests, Lands, Natural Resource Operations and Rural Development) on February 11th and 12th. We did ten different transects each day, covering the Horsefly and Quesnel Lake areas. Each day we counted 65-70 moose, the majority of which were cows and calves. I am happy to report that they all looked healthy. We also discovered a small herd of elk, two packs of wolves, and an osprey nest. Final results will be communicated after I receive them.



Recovery Manager

Deb Borsos is working with Xatśúll currently helping with support and design of a Community Recovery plan that will hopefully be effective and work well for this community. Deb spent two years doing community recovery work initially in 2012 as the Recovery Manager for Johnsons Landing (population 44) which suffered the loss of 4 residents when a giant landslide came down the mountain and changed the community forever.

Because of that experience, Deb only works with rural and remote communities, recognizing that rural communities may not have large amounts of infrastructure, but they certainly have all the skills and practicality needed to recover and carry on from emergency or disastrous events when they happen. She also believes that having a community designed recovery plan in place before an event happens may offer a larger level of comfort, in knowing that things have been thought through ahead of time .

This also includes evacuation planning and preparedness for communities.

Deb also has her Emergency Management certification and was the ESS Director in her area until last year. She is an artist and also works part time in her local Health Centre, drawing blood in the lab twice a week .

She and her husband and one fluffy ancient cat live in Argenta BC (about 115km north of Nelson BC).

Health Coordinator



Gina Mortensen

Hope you are all staying warm with this crazy weather. First of all, I wanted to congratulate Roxanne Pop and Kelly Williams in becoming Level 3 first aid certified. They were given the opportunity to be funded through Three Corners Health in November and December. We now have a community member at each reserve and also most often employed with the Heritage Site or on the Trail Crews. These positions will provide emergency medical response in many capacities. Thank you to Three Corners for supporting our younger generations in building skills for the benefit of their community.

Health has been offering some great programming already this new year. We welcomed Janae as the Community Activities Worker in December just before Christmas. It's been great to have her back in this capacity to our Health Team.

Janae has worked with members of our health team on a few programs or events for families in the community over the last few months. She has been taking part in the community sport nights, supporting the culture evenings when able. Janae is hoping to offer family/ community events that encourage health family activities. It's been great seeing the members come together in their family units to enjoy each other's company. When it

warms up, there will be more outdoor activities for families to take part in.

Working with RCMP, the health team offered a family Cross Country Skiing which was a very well attended event with more than twenty members of all ages coming to enjoy the event as a family. We are hoping to have an opportunity to hold this event again in March once the temperature warms up. The Band was awarded an equipment grant from Aboriginal Sport BC to purchase a few sets of skis, poles and boots. The equipment is limited to foot sizes but it's a start. Thank you to Miriam!

The health department had been provided Traditional Wellness Dollars prior to this quarter which was flowed through Three Corners Health to our communities. With this funding we have been able to offer community members to participate in the Canadian Fire Arms Procession and Acquisitions Licensing course. The first PAL course was well attended with twelve people pass their exam to become certified in January. We will be offering the PAL Restricted this coming Saturday with twenty four people signed up. This funding covered the course costs for those who participate to be able to transport, purchase fire arms and purchase ammunition legally to carry on their traditional rights to hunt.

The Band has also hired for the Social Development Worker position which has been beneficial to both departments. Rae-Lyn is excited to focus on her Community Health Representative (CHR) position. We are still in the process of seeking the best applicant for the Support Counsellor position for our community. This has been challenging as many of our neighbour communities are seeking professionals in the same field. We will be reposting and

hope for a successful applicant this month. In the mean times the support counselor (A&D) services will continue to be offered through Rae-Lyn Betts the CHR.

Raelyn and Janae teamed up to offer a Winter Wellness Dance this last Friday. It was very well attended, with fifty seven members coming to take part in this event. The ladies worked hard in successfully applying for a grant, planning a fancier atmosphere including a chocolate fountain which seemed to be a huge hit.

I attended the First Annual First Nations Health Authority (FNHA) Mental Health and Wellness Summit this month.

Throughout the key speakers it was echoed that Trauma healing is priority in supporting those who have mental health and addictions challenges. Grand Chief Doug Kelly opened the event with a very powerful topic. He spoke of the history of trauma within the communities for generations. He acknowledged complexity of the effects from the trauma over time; mental illness, abuse, family breakdowns, children being taken into care, parental teachings being lost. He said "there should be a Ministry for Bad Parents" where the parents are taken from the homes and heal from their traumas and learn how to nurture their children with seeds of unconditional love. This was once provided by the communities around a child from the mothers, grandmothers, and aunties, the fathers and grandfathers and uncles protected and provided for them. These people did not hurt the children. He shared his thoughts that without nurturing the seeds of each generation with unconditional love and safety, it is only anger and unresolved grief that is being seeded and making

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the communities unsafe for the next generations. It was very powerful.

I also attended a break out session about First Nations Health Jordan's Principles Services. Kinwa Bluesky presented and her message was very simple. If you know of an First nations Child under the age of 18 years of age who is in needs of services to maintain a healthy lifestyle and development, call. I have included the brochure in the newsletter. If you have questions call the number on the brochure. If you would like support in this call me at the health station 250-989-2355 ext.129

Deb Borsos has been hired by the Band to coordinate Wildfire Recovery planning. I had some interest from a handful of members to bring in a traditional healer Patrick Lamour as suggested by a member. I have shared this information with Deb and we have been in contact with

Patrick and exploring possible dates in March. If you would like to sign up on the list please let Maxine know.

FNHA Patti Joyce will be I community April 9th to offer the Food Safe Level One. If you have been certified in the past and have not taken it in the last couple years you may need to recertify. As of July 2018, the older certification that were considered one-time thing, will be expired. Call into Maxine at the Health Station to book a spot 250-989-2355.

Raelyn is taking some youth to the Youth Forum at the 108 Resort hosted by Three Corners Health this week February 21 and 22. There are five youth attending from our community this week. Sounds like fun.

Congrats to the members and staff who recently passed their Class Four Drivers training tests. Good luck with your practi-

cal's.

As the new fiscal year is approaching fast the health department has placed a Suggestion Box in the Front entrance area. Please fell free to provide suggestions for healthy family activities, cultural programming or learning, or health topics that strike an interest to share with our staff. We appreciate the constructive direction from the membership. If you are unable to physically make it in to drop off your suggestion you can give us a call. Remember to leave your name and contact info so that we can follow up.

One suggestion that has been that would be for community has been to begin a Parent advisory group.

March Important Dates will be attached to the health calendar. Hope to see you at the next events!

Community Activities Coordinator



Janae Beaulieu

Hello everyone hope you are all enjoying the nice warm winter weather we are having.

I would like to start off by letting you all know that I have been hired as the part time Community Activities Worker on Dec.15, 2017.

We had a few events over the Christmas Holidays. First off we had a movie evening at the gym which was well attended, we

watched Pete's Dragon we enjoyed popcorn and hot chocolate. Community members brought out their blankets and pillows and relaxed on the gym mats while they watched the show. We had planned a sledding day but unfortunately I had to cancel because it was too cold for anyone to come out.

Then in the New Year on January 2nd we had a Game Day up at the Health Station and so it was nice to see some members join us for games and socialize after being cooped up at home over the holidays as a lot of people were getting over their sickness or it was just too cold to get out and about.

For the month of January every Wednesday I have opened up the gym from 6- 8pm for a sport night to get community members utilizing the gym more often. It seemed there was not much interest for this as only a few people came out to

join us.

I will be having Family Fun Night on February 28th and see if its something families would like to attend more often I will definitely plan more. It will be a potluck dinner and crafts.

For month of February, I have had the opportunity to take part in a Class 4 driver training to obtain my Class 4 drivers license to be able to drive our bus and hope to take members on more trips out and about around the territory. This has taken up a lot of my time and wasn't able to do very many activities as I would have liked to due to the bad weather and our training getting pushed back.

If anyone has any suggestions on family activities you would like to see please let me know and if there is enough interest

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~Community Activities Worker Report
Cont'd~

we can definitely plan it there is also a suggestion box at the Health Station. I will also be doing another skiing evening at Bull Mountain on March 15th so if you are interested please contact Max ASAP with your shoe size/height and weight so we can rent the proper skis or snowshoes for you.

We will also be having an Elders Gathering meeting March 20th at 12pm so any elders interested in attending the gathering this year must attend this meeting.

On March 29th we will be taking the After-school Program to Bull Mountain for the afternoon to ski and would love for any parents to join us.

There is an Old Timers Jam Session on March 31st at the Longhouse in town from 3-10pm (see poster in newsletter) and would love to take any elders to this so please contact me if you're interested in attending or leave your name with Maxine if I'm unavailable. Hope you all have a great month until next month take care.

Past Events For February:

February 1st we took had over 20 community members up to Bull Mountain for cross country skiing and snowshoeing that was the well received and most are looking forward to be going again.

February 16th we had a Winter Dance Party at the gym and that was sponsored by the First Nations Health Authority grant that Rae-Lyn applied for. It was a really good turnout we had 57 community members attend and everyone enjoyed

themselves.
February 28th was family fun night down in the gym. I look forward to this event and hope a lot of people come out and join us. If it's something everyone enjoys we can definitely plan more.

Upcoming Events for March:

March 9th– deadline to sign up for skis (please contact Maxine at the Health Station to sign up by 4:30pm)

March 15th - Skiing at Bull Mountain 5-7pm

March 20th – Elders Gathering Meeting 12:00pm (any elders need a ride please leave name with Maxine)

March 29th – Skiing with the Children's Program 1:00-3:30pm

March 31st – Old Time Jam Session 3:00- 10:00pm (deadline to sign up March 28th)

**Social Development
Coordinator**



Marion Chelsea

Weytk-p,

Here I am as your new Social Development Coordinator. I had mentored under a previous Social Development Coordinator, but that was several years ago and I'm finding there is much to learn and relearn.

This position has seen a lot of turnover and vacancy. So I understand that a number of Community Members may have some confusion about reporting, billing and renewal requirements.

With the new Fiscal Year coming up I will be reviewing all Active Client Files to determine what is needed in terms of:

- ⇒ Annual Applications for Social Assistance
- ⇒ Budget and Decision Forms
- ⇒ Supporting Documentation – Identification Requirements, Social Insurance Numbers, etc.

Beginning the month of March, I will be reinstituting an Interview Week. Meaning Clients on Income Assistance will need to come in the week before SA Day for a brief Interview. This Interview will comprise of completion of the Renewal Form and an update/check-in on applicants and recipients.

It is critical that Clients report any changes in:

- ⇒ Relationship Status
- ⇒ Amount of people living in the

house they reside in, even if they are not the head of household

- ⇒ Any income such as Child Tax, GST and Child Support. These are not deductible from Social Assistance but they do have to be reported on the monthly renewal form
- ⇒ Shelter/Utility costs
- ⇒ Number of dependents
- ⇒ Changes in employability status
- ⇒ Whether they are attending school
- ⇒ Any changes in assets

Important Dates in March:

7th – SA Mid-Month

12th – Bills are Due to ensure they are paid on time

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~Social Development Report cont'd~

16th to 20th – Interview Week – Please book a time that works for you to ensure that you are included in the next Cheque Run

21st – SA Day

I look forward to working for the Community in this capacity. This department isn't

all about Income Assistance; I am working with the other departments to see how Social Development might be able to enhance the programming already in place, as well as some newish programs to continue the work of supporting and reconnecting us as a people.

As Cheryl has said, "Let's go from Surviving to Thriving."

If you have any input on what you might

like to see for our Community, please do not hesitate to call or email me at socdev@xatsull.com. I may not be able to get back to you right away as I have hit the ground running with this position, but I would very much value what you would like to see for Soda Creek.

Kukstēc-kucw,
With gratitude to All

Education Coordinator



Cheryl Chapman

Under our Spectra Training funding we are training six new Class 4 bus drivers, to ensure we have someone available to transport community members to various events, meetings and conferences.

We spent 2 days in class reviewing road safety and learning all about our bus and the process of pre-trip inspections. We all passed our learners' test, medical tests as well as alcohol and drug testing. Now for the fun stuff, we will be working together to practice our pre-trip inspections of the bus and each of us will receive one-on-one training in the bus with our Qualified Instructor.

We are wrapping up the 2017/18 funding year and planning for 2018/19; we have a meeting with students and parents on February 27th from 5-6:30pm to coordi-

nate K-12 after school and other programs for our children and families. Come Join Us.

The After School Program is working with Three Corners Health to provide programming for After School Tuesdays & Thursdays 4-6pm, and Spring Break – March 19th – 29th, 2018. If you have any ideas or would like to join us please let us know.

Spring Break will start March 19th, and I have been successful in accessing a K-12 Education Grant from New Relationship Trust, and First Nations Education Steering Committee, we are working with the Natural Resources Department, Health and anyone else that is interested in visiting the areas around our Traditional Territory to explore the impacts of last summer's wildfires. We plan to look at the impacts on our hunting, fishing and gathering sites, as well as the scientific processes needed to study these impacts.

The second week will be cultural activities, drumming, dancing, singing, ceremonies, and recreational activities such as ball hockey, swimming, sliding, snowshoeing, cross-country skiing (if there's still snow), bowling and ice skating.

There are still some Post-Secondary funds available for eligible band members in an

eligible program of study. Please see the application package under Education on our website, call me or drop by to see me.

I am applying for Summer Student Programs' funding and will advertise the available positions. If you are interested in working with the Maintenance, Xats'ull Heritage Village or Education Department, please have your up-to-date resume ready. We do have the Computer Access Site.

I have been taking the Business Communications course at TRU, Weekend University style and will be finished March 8th. I have also been taking the Management Skills for Supervisors Training 1st Session was January 19-21, 2nd Session was February 16-18 and the final will be March 2-4. I would like to thank the Soda Creek Band for supporting me in upgrading my skills and thank you to my family for supporting me in being away for some Saturdays and Sundays.

Should you require additional information please contact me at 250-989-2323 #104, or email education@xatsull.com

Stay Healthy, Happy & Safe



Jay's Signature Pizza Crust

"This recipe yields a crust that is soft and doughy on the inside and slightly crusty on the outside. Cover it with your favorite sauce and topping to make a delicious pizza."

Prep time: 30 min **Cook time:** 20 m **Ready in:** 1 h 50 m

Ingredients

- 2 1/4 teaspoons active dry yeast
- 1/2 teaspoon brown sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 teaspoon salt
- 2 tablespoons olive oil
- 3 1/3 cups all-purpose flour

Method

1. In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes.
2. Stir the salt and oil into the yeast solution. Mix in 2 1/2 cups of the flour.
3. Turn dough out onto a clean, well floured surface, and knead in more flour until the dough is no longer sticky. Place the dough into a well oiled bowl, and cover with a cloth. Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out. Use for your favorite pizza recipe.
4. Preheat oven to 425 degrees F (220 degrees C). If you are baking the dough on a pizza stone, you may place your toppings on the dough, and bake immediately. If you are baking your pizza in a pan, lightly oil the pan, and let the dough rise for 15 or 20 minutes before topping and baking it. Bake pizza in preheated oven, until the cheese and crust are golden brown, about 15 to 20 minutes.



Chicken Flautas

"Chicken Flautas is a Mexican dish. If desired serve with sour cream, picante sauce and/or Spanish rice."

Ingredients

- 4 skinless, boneless chicken breast halves - cooked and shredded
- 1 (8 ounce) jar picante sauce
- 1/4 teaspoon ground cumin
- 8 ounces shredded Monterey Jack cheese
- 8 ounces shredded Cheddar cheese
- 36 (6 inch) corn tortillas
- 1 tablespoon vegetable oil

Method

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl combine the shredded chicken, picante sauce and ground cumin. Mix together.
3. In a small skillet heat vegetable oil over medium high heat. Place a corn tortilla in the oil for 1 to 2 seconds on either side to soften. Repeat with all of the tortillas (if possible, have someone help you do this). Place tortillas on paper towel to soak up some of the oil.
4. Put 1 tablespoon of the chicken mixture in the center of a tortilla and sprinkle some cheese on top. Roll up tortilla and place on a lightly greased cookie sheet, seam side down. Repeat with all of the tortillas until chicken mixture is gone. If there is any cheese left over, sprinkle it over the rolled tortillas. Bake tortillas in the preheated oven for 15 to 25 minutes or until tortillas are a little crispy and golden brown.



Chef John's Classic Guacamole

"There are few things as easy, healthy, and delicious as this ubiquitous dip. However, unless you're grinding your aromatic vegetation in a molcajete, or against a cutting board, you're really not tasting a classic guacamole. The flavors not only become more intense, but actually change in character. This is just what those bland, fatty, but delectable avocados need. That and a thoughtful seasoning of lime juice, and maybe some more salt."



Ingredients

- 2 tablespoons minced fresh serrano chili
- 1/2 cup chopped fresh cilantro, divided
- 1/4 cup finely diced white onion
- 1/2 teaspoon kosher salt for grinding vegetables, plus more to taste
- 4 large Hass avocados
- 1 cup diced ripe tomatoes, drained (optional)
- 1 lime, juiced, or more to

Prep time: 20 min **Ready in:** 20 m

Method

1. Place minced peppers, 1/4 cup of the chopped cilantro, and the diced onions on a cutting board. Chop them together into very small pieces. Sprinkle with kosher salt. Using the flat side of the knife blade, smear the mixture to work it into a paste, and chop again to achieve as fine a texture as possible.
2. Stem, halve, and pit the avocados. Scoop out flesh and place in a bowl. Add 1/4 cup chopped cilantro, onion and serrano mixture, salt, and fresh lime juice. Mash with a potato masher to desired texture (smooth or chunky), 5 or 6 minutes. Taste and adjust seasonings. If not serving immediately, cover and refrigerate.

The Best Fresh Tomato Salsa

"Great with your favorite chips. Gets better as the flavors meld."

Ingredients

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Prep time: 20 min **Ready in:** 20 m

Method

1. Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve.





by [Shelly](#)

After a hard long winter, I'm so ready for spring. With spring comes spring flowers and gardening chores. But after all the snow and ice, I'm ready to get out in the garden.

This past winter was a bad one. We had 12+ inches of snow, three ice storms and more than our fair share of rain. Even though we live in the rainy part of Oregon it was too much.

Usually by this time of year I've sprouted my peas inside and would have them growing in the garden. But it's still too wet. Our raised bed garden is like a mud-pie inside of a pie plate. Still too soupy to do much with.

But that doesn't mean I can't dream and do a few things to get ready for that glorious day when the soil is finally dry enough to plant.

Below you'll find 7 spring gardening chores to do now. I did include planting your spring cool weather crops because after all sometime this spring it will be dry enough to finally plant. But until then I'll be concentrating on the other 6 for now.

With the start of the new gardening season, it's also the start of Tuesdays in the Garden. Which features gardening tips and tricks all season long from now to September.

Each 2nd and 4th Tuesday of the month my gardening buddies and I will be sharing on different topics to help you grow a great garden. This week we are concentrating on Spring Gardening and letting you know a little about each of our gardens.

Our Backyard Garden

I backyard garden with 4 raised beds, a couple rows of raspberries, rhubarb and I plant in containers to expand my garden space in zone 8.

If you'd like to learn about the other gardeners in our group and see the great tips they have to offer, scroll down to the



bottom of this post and click on the photos below.

Now onto the spring gardening chores to tackle right now.

7 Spring Gardening Chores

1. Clean up the Garden Tools

You'll be needing those gardening tools soon. Clean them up, remove any rust and sharpen them as needed. If you cared for your tools as you tucked them away for the winter you might not have much to do. But I can usually find one or two tools that need some sort of care.

2. Take Inventory of Supplies

Look at what you have on hand and what you'll be needing so you can stock up on supplies when they are on sale. Spring is the perfect time to get gardening supplies on the cheap and if you have a master list of what you'll be needing, you won't forget anything and you won't

overbuy.

3. Take a Peek at Your Garden and Flower Beds

Raised beds need repair or replacing? What's growing, what wintered over and now needs to be harvested. Cleaning up the garden beds now and doing repairs will have you ready to plant as soon as the soil is ready.

In the flower beds, clear out dead annuals, pull weeds, and prune back any shrubs that are winter damaged or overgrown. A little work now can make your flower beds look great without too much work.

4. Divide Perennials

If you have perennials that are getting too big, now is the time to dig them up and divide them. I divide my hosta plants every few years and give them away to neighbors and friends. It keeps the potted hostas from getting too crowded and I have free plants each year.



5. Plant your Spring Cool Weather Seeds

If your ground is dry enough, you can start to plant your spring cool weather plants. This time of year I like to get in my radishes, spinach, lettuce, kale, broccoli, cabbage, and peas.

Continued on page 13 

If your ground is still too soggy, like mine, use the time to get organized. Sort your seeds by which ones you'll be planting first.

I like to also divide my seeds up into warm and cool weather plants so I don't have to sort through all of them when it comes time to plant the spring cool weather crop seeds.

6. Start Seeds Indoor for Warm Weather Plants

Start tomatoes, cucumbers, peppers, and other warm weather plants now to get them off to a good start and to save money. Seeds are a lot less expensive than plants. You can also find more varieties to grow and pick the best plant for your area as when you start them from seeds.

7. Feed the soil

Get your soil ready for your plants and seeds by adding compost and well-rotted manure. Having a good balance of nutrients readily available for your plants can keep them growing great.

Add a slow release fertilizer too to keep the garden and flowers growing great all season long.

Article from: <https://frugalfamilyhome.com/home/gardening/7-spring-gardening-chores>

Upcycled Garden Planter Ideas



Nurse Practitioner



March 5
March 19

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 5
March 12
March 19
March 26

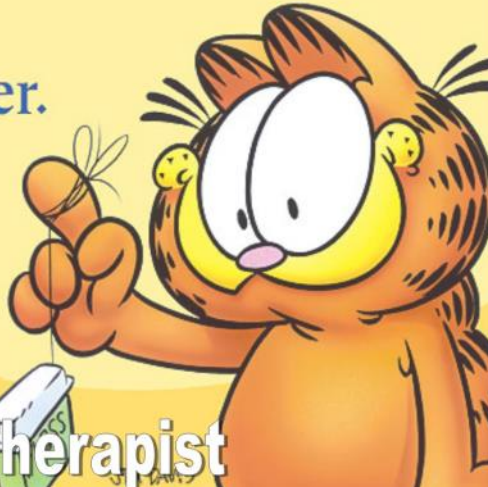
10:00-2:00 pm

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

Just a Reminder.



Dental Therapist

| | |
|--|--|
| <p>Wednesday, March 14th, 2018</p> <p>10:00-3:00 pm</p> <p>Health Station</p> | <p>Thursday, March 15th, 2018</p> <p>9:00-3:00 pm</p> <p>Health Station</p> |
|--|--|

Cleanings, fillings, extraction, check ups, and a range of preventative services

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



Emergency Planning Meeting

Monday, March 5th, 2018

5:00-8:00 pm

Soda Creek Gym

- ⇒ Dinner provided
- ⇒ This meeting is for community input on the Emergency Plan, that we are currently working on updating.
- ⇒ If you would like more information please call Danielle Taylor at the office, 250-989-2323 ext. 126 or email at exasst@xatsull.com

Elder's Spring Fling Dance

- DANCE PRIZES, SO COME ON ONTO THE DANCE FLOOR AND SHOW US YOUR BEST MOVES.
- MAKING CRAFTS
- HEALTHY LUNCH PROVIDED



When: March 14, 2018

Where: Soda Creek Gym

Time: 11am to 3pm

Please RVSP by **March 9, 2018** with your Community Home Support Worker

DJ by,
Beka
Solo

If you have any questions about Elder's Spring Dance, please call one of the following community Home Support Workers listed below:

| | |
|-------------------------------------|---------------------------|
| Sugar Cane Health Station (Cecelia) | 250 296 3532 |
| Soda Creek Health Station (Edith) | 250 989 2355 |
| Dog/Canoe Creek (Winn) | 250 440 5822/250 459 7749 |
| Three Corners Health (Melissa) | 250 398 9814 |



hearts @ work

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

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

February 20, 2018 - 11:30am - 2:30pm - Dog Creek Gym

February 28, 2018 - 10:30 am - 3:00pm - Sugar Cane Health Centre

March 1, 2018 - 10:30am - 3:00pm - Soda Creek Health Centre



For more information about Hearts at Work, please contact:

| | |
|------------------------------------|--------------|
| Shawna, Kristine, Stacey 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



BINGO

Come out and support the Walk/Run Group Bingo Fundraiser

When: March 3, 2018

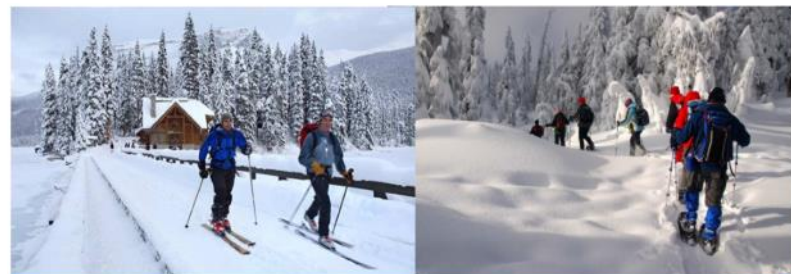
Where: Soda Creek Gym

Doors Open at 12:00pm
Bingo Starts 1:00pm

Concession on site:
Lunch Items
Pop, Chocolate Bars, Chips

Guaranteed Blackout Prize payout - \$100.00

All proceeds go to Deep Creek Walk/Run Group



Cross Country Skiing or Snow Shoeing At Bull Mountain

Thursday, March 15th, 2018

5:00-7:30 pm

Dinner provided

Please call Maxine at 250-989-2355 to confirm attendance, also need shoe size, height and weight, for snow shoes or cross country ski's which will be provided.

Need to sign up by Friday, March 9th at 4:00 pm.



Join us once again for the

Second Annual Ole Timers Jam Session

People of all ages and skill levels welcome
Bring your guitars, fiddles, banjos or spoons
And we will see you there.

Saturday March 31st 2018

3:00pm-10:00pm

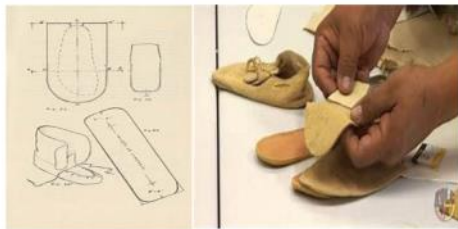
At the Longhouse

If you're an Elder and want to go, contact Janae at 250-989-2355

This is a family event so please no alcohol on premises!!

Hosted once again by Tanya Hutchinson
for more information call 250-267-5320

2018 ELDERS LEGACY INITIATIVE CULTURAL WORK SHOPS & EVENTS



LANGUAGE & CULTURAL INITIATIVES

EVERYONE WELCOME

Where:

Soda Creek Gymnasium
3405 Mountain House Road
Williams Lake, BC

Contact Information:

Email: crystalrainharry@gmail.com
phone: 250-989-2355

MOCCASIN NIGHTS WITH MINNIE PHILLIPS

Learn to make traditional
moccasins from a talent-
ed traditional artist.

First Session :
March 21st 2018
5:30-8:00pm

Second Session:
March 28th 2018
5:30-8:00pm

Traditional
Wellness Night
March 7th 2017
5:30-8:30

Theme:
Cultural

Revitalization

Join us for dinner and
learn more about this
initiative. Please RSVP

Visit Our Facebook Page
@KatsullHeritageVillage



Funded in part by the Government
of Canada's New Horizons for Seniors Program



NOTICE

ENVIRONMENTAL ASSESSMENT ON DEEP CREEK RESERVE

WHEN

Early to Mid March

WHERE

Deep Creek Reserve,
Hawks Creek, Burned
Areas on Reserve

During the first two weeks of March, a Senior Biologist and Intermediate Biologist from Ecofor consulting will be conducting field work on the Deep Creek Reserve to assess the impact of the wildfire on the watershed, riparian areas, and streams. This work will focus on the potential impacts of erosion and spring run-off. They will also assess the viability of environmental remediation using traditional sustenance species. This study will help inform our Wildfire Recovery Plan and help inform our Deep Creek restoration project that will be occurring in 2018.

WHO?

Ecofor
Environmental
Consultants

WHEN?

First 2 weeks of
March

QUESTIONS?

Please contact
Robyn Clark, Natural
Resources
Coordinator at the
band office if you
have any questions
or concerns.



FOODSAFE COURSE



First Nations Health Authority, Environmental Public Health
Services will be presenting the **FOODSAFE COURSE.**

Location: Soda Creek Health Station

Date and Time: Monday, April 9th, 2018
9-5 pm (Lunch will be provided)

Instructor: Patti Joyce, Environmental Health Officer

Cost and Supplies Needed : The course is free for First Nations
members /employees and includes your workbook.

Contact Person: Rae-Lynn Betts or Maxine at 250-989-2355

Foodsafe Level 1 : This recently updated version of the
Provincial Foodsafe Course will provide the participants with
comprehensive information to prepare food safely and prevent
food poisonings. An optional test will follow the course, and
participants earning 70% or greater on the multiple choice exam
will be entered into the Provincial Foodsafe registry. Foodsafe
Certificates are now valid for 5 years. Foodsafe Certificates
obtained prior to July 29, 2013 will expire on July 29, 2018.

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

March 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------|---|--|--|---|---|------------|
| | | | | <i>1</i> Hearts at Work 10:30-3:00 | <i>2</i> | <i>3</i> |
| <i>4</i> | <i>5</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3 Fall Prevention Workshop 10:30-2 pm | <i>6</i> ADP Luncheon | <i>7</i> SCIB Travel Community Consultative Group Mt 4:30-5:30 pm | <i>8</i> | <i>9</i> Deadline for Skiing/Snow shoeing 4 pm | <i>10</i> |
| <i>11</i> | <i>12</i> Mental Health Clinician 10-2 | <i>13</i> | <i>14</i> HCC Travel Dental Therapist 10-3 Elders Spring Fling Dance 11-3 pm Gym | <i>15</i> Dental Therapist 9-3 Cross Country Skiing/Snow Shoeing 5-7 pm Bull Mountain | <i>16</i> | <i>17</i> |
| <i>18</i> | <i>19</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3 Newsletter Deadline 4pm | <i>20</i> ADP Luncheon Elders Gathering Meeting 12 pm | <i>21</i> SCIB Travel | <i>22</i> | <i>23</i> Deadline for Skiing/Snow shoeing 4 pm | <i>24</i> |
| <i>25</i> | <i>26</i> | <i>27</i> | <i>28</i> HCC Travel | <i>29</i> Cross Country Skiing/Snow Shoeing 1:00-3:30pm Bull Mountain | <i>30</i> Good Friday Statutory Holiday Office Closed | <i>31</i> |

**Our teachings
tell us fairness
is good medicine
That's what Jordan's
Principle is all about**



Jordan's story

Jordan River Anderson was from Norway House Cree Nation in Manitoba. He was born in 1999 with a rare condition that meant he needed to stay in the hospital from birth. When he was two years old the doctors felt he could leave the hospital and receive care in a medically trained family home nearby.

But because neither the provincial nor the federal governments would resolve who would pay for the home care he needed, Jordan died in a hospital in 2005. He was only five and he'd never been cared for in a home.

**All children deserve the
chance to get the care they
need. That's Jordan's legacy.**

On December 12, 2007, the House of Commons supported a motion that affirmed a child-first principle named after Jordan. With recent court rulings, Jordan's Principle is now law. It aims to make sure First Nations children and youth with unmet needs can access services.



Culturally safe help for First Nations children and youth

All First Nations children, whether on- or off-reserve, from 0-19 years old, regardless of their health or social status, may be eligible for Jordan's Principle funding if they have an unmet service need.



1.866.913.0033

www.fnha.ca/jordansprinciple



First Nations Health Authority
Health through wellness

**Find out if
Jordan's Principle
can help a child
you know**



1



Make the call 1.866.913.0033

Tell us your story. In calling us first, our staff will help you get the supports and services you need. We will report to any agencies that need to be involved, and help you determine the next steps.

Please Note: Inquiries will receive an initial evaluation and determination within 12 - 48 hours of receipt.



It takes strength & community to ask for help

2



Our kids our futures are worth it

Get help dealing with the system

We will actively support you through the entire process, assess your child's needs, and work with you to:

- get help early on
- develop integrated care plans
- connect your child and family to needed services
- remove the stress of navigating service systems
- support your families as they manage their needs
- involve relevant partners in your case, and as necessary, quickly address urgent service gaps

3



Find out what health treatment & supports are available under Jordan's Principle

Services like education, childcare, recreation, and culture, language and much more are included.

Jordan's Principle is about ensuring First Nations receive the services they need when they need them.

4



Referrals & assessments

Our staff may refer you to a specialist to assess need and eligibility for treatment and/or equipment benefits. If your child is included under either Ministry of Children and Family Development or Ministry of Health mandates, we will work towards getting you treatment or necessary equipment benefits.

Our teachings tell us fairness is good medicine

If FNHA is the first point of contact, we will engage with Health Canada on your behalf.

5



Get treatment & support

Necessary equipment may be provided by federal/provincial government, or a contract service provider.

We will work towards meeting established client service delivery standards for your child. Once treatment and support are underway, we will follow up.

1.866.913.0033
www.fnha.ca/jordansprinciple
jordansprinciple.ca

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs which stick to strands of hair very close to the scalp. Once the egg hatches the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 6 to 12 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?

No, head lice do not cause illness or spread disease. However, they can be irritating because of the discomfort they cause and how easily they are spread from person to person.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes, and combs.

How do I prevent the spread of head lice?

Head lice can best be controlled through the cooperation of parents, children, daycares, schools, and health care providers. Checking the hair of all family members weekly using the wet combing method is the best way to prevent the spread. Children should be encouraged not to share hats, combs, hair accessories, or hairbrushes. If your child has long hair, tie it up or put it in a braid.

What are the symptoms of head lice?

Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:

- crawling or tickling sensation on the scalp;
- itchy scalp due to an sensitive reaction caused by the bites; and
- scratch marks or small red bumps like a rash.

How can I tell if my child has head lice?

The most accurate way to check for head lice is the wet combing method:

- Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find.
- Use a wide tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner.
- Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
- After each stroke, wipe the comb on a paper towel and check for lice.

If no lice are found, repeat the above process weekly as part of your family's hygiene routine. Having head lice once does not prevent someone from getting them again.

What are safe options for treating head lice?

Treatment should be considered only if live lice are found. Head lice will not go away without treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments are done following the same steps used to check for lice. Any young lice, that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full series of sessions. Use generous amounts of hair conditioner and a special lice comb, every 4 days for at least 2 weeks. If lice are found on the final combing, add one more combing in 4 days until no live lice are found.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit at www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities for complete instructions on the wet combing method.

Chemical treatments

Non-prescription products – Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate, and dimethicone.

These products may not be appropriate for children or adults of all ages, so speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label.

After treatment, the hair should be checked and eggs and lice should be removed. The nits may also be removed, although you don't have to remove them, as nits are empty eggshells.

Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment. Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing

method to check for lice. If lice are found, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

The medications should be kept out of the reach of young children. Some medications cannot be used for infants, young children, pregnant or nursing mothers and should only be used following advice from a health care provider.

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. The child should be encouraged to avoid head-to-head contact with other students until after their first wet combing or chemical treatment. Parents should check their child weekly for head lice using the wet combing method.

Confidentiality should be maintained in order not to embarrass a child or family who has head lice.

When should I call my health care provider?

Call your health care provider if the treatments are not successful. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Methods and products that should not be used because they are either not safe or do not work include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs, and hairbrushes that have had contact with the head of the person with head lice in the previous 3 days, could be considered for cleaning in hot soapy water. Also clean supplies that you used for wet combing in hot soapy water.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call 8-1-1 (toll-free). For deaf and hearing-impaired assistance, call 7-1-1. Translation services are available in more than 130 languages on request.



Job Opportunity Human Resources Manager

Three Corners Health Services Society is currently recruiting for the full-time position of Human Resources Manager.

QUALIFICATIONS

- Degree in Human Resources Management or related field
- CHRP designation or working toward CHRP designation considered an asset
- Knowledge of legislation on Labour Code, Occupational Health and Safety, Privacy, Human Rights, and Employment Law
- Knowledge and experience in disability management, training and development, employee engagement, performance management and other areas
- Competence in some or all of the following areas: conflict resolution, relationship building, leadership & teambuilding, strategic performance, innovation, and analytical thinking.
- Ability to work independently and build effective interpersonal relationships
- Strong team orientation, maturity, professionalism and customer service attitude
- Ability to plan and develop training programs and personal development plans

Experience

- 5 plus years of human resources work experience with proven generalist proficiency in human resource management
- Experience building capacity of leadership team and undertaking employee relations activities
- Experience investigation, training and eliminating bullying and harassment

To apply, please email your resume with contact information of 2 most recent supervisors to:

Lori Sellars, Executive Director
Three Corners Health Services Society
Fax: (250) 398-9824
Email: lsellars@threecornershealth.org
Closing Date: February 20, 2018

Archaeology Training and Certification!

This course is designed to provide the skills necessary to understand and participate in archaeological assessments using both classroom and field components. At course completion, successful students will receive certification!

To Sign – Up, Call Kate in the NR
Department at 250-989-2323 ext. 123
Remember to bring a lunch, water, pen,
paper, and appropriate clothing for
outdoor fieldwork!

Community Events

| Event | Date & Time | Where | Description |
|---------------------------------------|-------------------------------------|------------------|--|
| Hearts at Work | March 1 10:30-3:00 pm | Health Station | |
| Bingo Fundraiser | March 3 1:00 pm | Soda Creek Gym | Doors open at 12:00 pm |
| Falls Prevention Workshop | March 5 10:30-2:00 | Health Station | |
| Emergency Planning Meeting | March 5 5:00-8:00 pm | Soda Creek Gym | Call Danielle at 250-989-2323 if you have questions. Dinner is provided. |
| Mental Health Clinician | March 5, 12, 19 & 26 10:00-2:00 | Health Station | Call Maxine at 250-989-2355 to book an appointment |
| Nurse Practitioner | March 5 & 19 10:00-3:00 | Health Station | Call Maxine at 250-989-2355 to book an appointment |
| ADP Luncheon | March 6 & 20 | Health Station | |
| SCIB Travel | March 7 & 21 | | Call Rae-Lyn at 250-989-2355 if you have an appointment |
| Traditional Wellness Night | March 7 5:30-8:30 pm | Soda Creek Gym | Call Maxine at 250-989-2355 to RSVP or email crystalharry@gmail.com |
| HCC Travel | March 14 & 28 | | Please contact Edith at 250-989-2355 |
| Dental Therapist | March 14 10-3 pm March 15 9-3 pm | Health Station | Call Maxine at 250-989-2355 to book an appointment |
| Elders Spring Fling Dance | March 14 11:00-3:00 pm | Soda Creek Gym | If you have any questions call Melissa at 250-989-2355. Need to RSVP by March 9th |
| Cross Country Skiing/ Snow Shoeing | March 15 5:00-7:30 pm | Bull Mountain | Call Maxine at 250-989-2355 to registrar with shoe size, height & weight by March 9th at 4 pm. Dinner provided. |
| Elders Gathering Meeting | March 20 12:00 pm | Health Boardroom | Call Maxine at 250-989-2355 if you need a ride. Lunch is provided. |
| Moccasin Nights | March 21 & 28 5:30-8:00 pm | Soda Creek Gym | Call Maxine at 250-989-2355 to RSVP or email crystalharry@gmail.com |
| Archeology Training & Certification | April 2-6 9:30-5:00 pm | Soda Creek Gym | To sign up, call Kate at 250-989-2323 ext. 123 |
| Food Safe Level 1 | April 9 9:00-5:00 pm | Health Station | Call Maxine at 250-989-2355 to registrar. Lunch is provided. |
| Mobile Mammography | May 4 2:00-4:50 pm | Health Station | If you would like to book an appointment, please come in to fill out paperwork prior. Any questions call Rae-Lyn at 250-989-2355 |

Check out our website www.xatsull.com