

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



Pelltsekúlecwten (root digging month) – April

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Soda Creek Band Office:
250-989-2323
Soda Creek Health Station:
250-989-2355
Natural Resources:
250-989-2323
Xatsúll Development Corporation
(250) 477-4900
Toll free 1-888-581-7750
Xatsúll 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.

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



In the spring, at the end of the day, you should smell like dirt.

Margaret Atwood



Cross Country Skiing & Snow Shoeing

Twenty community members went cross country skiing and snow shoeing at Bull Mountain on March 15, 2018.

Soda Creek Band Offices will be closed Friday, March 30th for Good Friday and Monday, April 2nd for Easter Monday.



Lands Coordinator



Sally Sellars

Grazing and Range Use:

The Northern Secwepemc te Qelmuw (NStQ) is comprised of four-member bands: Tsq'escen (Canim Lake), Xat'süll/C'metem (Soda/Deep Creek), T'exelc (Williams Lake), Stswecem'c/Xgat'tem (Canoe Creek) bands. The Treaty is composed of many different avenues and chapters of promoting Secwepemc culture and history and to assist communities to achieve their vision for self-determination.

Since September 2017 I have helped with a project from the NStQ to seek and obtain a comprehensive history of grazing lands, tenures, and leases and their

affects within Soda Creek traditional territories for use in treaty negotiations. I have been working with Dr. Linda K. Mattson, Cultural Anthropologist to complete this project deadline of March 2018. The research focused on oral history of how Soda and Deep Creek became reserve lands, how the land sustained our people, animals and wildlife. The oral history reflects how the current grazing regimes conflicts with Aboriginal Rights and Title and explains how NStQ hay cutting lands were converted to reserves. The emphasis is on the harvest of traditional plants and animals and examines the loss of cultural security. The final report will be available to NStQ citizens which will include maps, research undertaken with the history of ownership to the valued project.

I will post in newsletter when this becomes available.

Traditional Hayfields Use:

A hindrance has hit me in terms of the hayfields, there are many stories people can speak of but the interview is the only

place that the information will come to light. Grateful for the persons who have stopped by the office and all the information is valuable.

So, my next task is to do a mapping exercise to get the hectares for each field, match names to fields from what has been gathered so far and go from there. I have heard:

- ⇒ lands are not communal they are family property.
- ⇒ Lands were left to the families.
- ⇒ There is resent that someone else take control
- ⇒ Grandfathers have cleared this land and honored to look after this
- ⇒ There used to be irrigation ditches and now water is diverted
- ⇒ Buckshee Lease – is a lease to non-community members
- ⇒ What happens if the hayfield goes to the Band Office for control and use of?

I look forward to seeing you all at the Citizens Assembly Tuesday, Wednesday April 17th and 18th.

Water Operations



Kelly Quon

Hi everyone, hope people are doing well. A quick update I will share with everyone. So here at the Deep Creek Plant on the week of September 25th, I had a contrac-

tor here in community to do a waterline swabbing on our distribution system.

So Monday we launched seven foam swabs from (zone 1) reservoir to the fire hydrant on Sonny lane. The next day we launched seven more from (zone 1) reservoir to Nenqayni Treatment Center. Wednesday we launched seven more from zone 1 reservoir to the P.R.V. Station. The Thursday we started launching 7 swabs from (zone 2) towards the campsite direction to the fire hydrant in-between house #4832 and ours, so we launched 21 foam swabs into our water

lines in those 2 weeks.

Then on the January 30th Ji, our new Capital Infrastructure Manager, and Circuit Rider Greg Mealing, and George Giesbrecht, and myself replaced the media sand out in all four filters at the Plant. We also upgraded the Chlorine pumps. We've also got the ball rolling on some exciting new things getting done at Soda Creek System as well, in the near future.

As of late all my water results have come back clear and very excited for Spring to be here... everyone stay safe and dry. Bye for now. 😊

Fire Recovery Manager Update:

Recovery Projects for Soda Creek- Deep Creek

Hello, over the last few weeks I have been meeting community members and speaking with them about their experiences during the wildfire season last year, and appreciate the time that everyone took to speak with me. Some of the points made in conversations will be forwarded to various organizations so that in future (if there is another event) things can be done a bit differently to make it easier and safer for all concerned.

Other topics being worked on:

Fencing

This project is being worked on in terms of finalizing the funding needed to begin.

Signs

Are being made to be put up around the Xat'sùll land advising people not to trespass. Those should be up next week, once they are finished being made.

Training

Am helping to coordinate some **training courses** for community members to take part in that will help with future emergency events, evacuations, etc.

This training will be held the last weekend in April on Saturday and Sunday (28th and 29th). There is an option for a third day specifically for training people in Emergency Social Services also. Details to follow.

Emergency Planning Committee Meetings

This is through your Emergency Planning Committee which meets **Monday nights at 6pm** . If you would like to go to the meetings and offer to help in some way, that would be great.

Traditional Healing Workshop

Support to the Health coordinator (Gina) to organize **a workshop with Black Wolf** (Patrick Lamour) a traditional healer. We are waiting to hear the date that he will be in the community, and will put up posters and advertise as soon as confirmed. Probably early May will be the time this happens and will include an introduction, healing sessions, closing feast, etc.

If you would like to meet him and arrange to have him carry out a healing session, please let Max know at the Health Station. or email: communitydisasterrecovery@gmail.com (if you haven't already let Gina know of your interest.)

Firewood

There has been an application submitted to request funds to assist with getting firewood for those who need it. This will be going on from now to early May.

If you need firewood please email and your name will be added to the list: communitydisasterrecovery@gmail.com

Food Security

As with the firewood, an application for funding for sources of traditional food to

replace what was lost due to the animals leaving during the wildfire, along with lost berry picking areas, etc. has been submitted .

Other sources for training

In wildfire fighting, danger tree assessing, rapid damage assessment, etc. are being investigated and hopefully will be offered in the near future.

Fire Smart Event

A request for a small amount of funds to present **a Fire Smart event** has been submitted and if funded, will probably be held on **Saturday May 12th**. It will involve sharing information and help in how to do home assessments to make sure local homes are as safe as possible from anything that could easily burn, or cause buildings or other valuables to catch fire during a wildfire.

Support to **help update your local Emergency Plan**. This will also include some training courses.

Other recovery initiatives are being worked on and info will be shared in the next newsletter and through other sources.

If you have any questions, or would like to meet and share any comments or suggestions that you think will help the community in terms of wildfire recovery efforts, please email: communitydisasterrecovery@gmail.com

Sincerely, Deb Borsos

Education Coordinator



Cheryl Chapman

Post-Secondary funding application deadline for Fall 2018 is May 11, 2018. Eligible band members are encouraged to apply. Please see the application package under Education on our website, call me or drop by to see me.

Thank you to our Education Committee for assisting me in creating opportunities for our members to gain training and education in their chosen fields of study. We have updated the application packages and will be submitting them to our communications department for uploading to the website.

Please remember the education committee now meets monthly, if you are interested in Education or Training your funding, applications must be in before

4pm on the first Friday of every month. We are looking for a 5th 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 5th member not be a youth 18-29, then the youth seat will remain available.

Thank you to the Natural Resources Crew and their Scientific minded friends/colleagues for assisting with the Spring Break programming watch for the pictures and information about the fun we have in the next newsletter.

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

Thank you, Sheri Sellars, Communications Planning Coordinator, for successfully accessing new computer systems for the

Computer Access Site, once they are programmed we will be setting them up, here at the CAP Site. These will be very beneficial for the students in doing their homework, as well as to the community members for job searches and resume writing.

Annual Aboriginal Celebration in Barkerville is set for July 7th, I will get the poster from them and send it out, all community members are welcome we will take the bus, snacks and lunch.

I have completed the Business Communications course at TRU, weekend university style and the Management Skills for Supervisors Training and 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



**Social Development
Coordinator**



Marion Chelsea

Weytk-p,

Most of this month has been getting everything set up so that we can hopefully get into a set routine to fulfill reporting requirements for INAC. As such, most of this is a repeat from last month, but please bear with me.

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.

This will be done for each Active Client File.

Our first Interview Week has been a little challenging in instituting, but we

are off to a good start. Interview Week this upcoming month will be **April 16 – 20, 2018.**

An Interview is normally fairly brief: it consists of filling out Renewal Forms and touching base with me on any changes or anticipated changes in needs. As we get back on track, I would like to remind everyone that **Renewal Forms need to be filled out the week Before SA Cheque Day. Failing to do so next go around will result in a late cheque for those that do not get their forms filled out during Interview Week** (barring any extenuating circumstances).

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 April:

11th – SA Mid-Month

11th – Bills are Due to ensure they are paid on time

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

25th – SA Day

Planning continues for the new Fiscal Year in terms of Programming. Thank you to those that have contributed your input so far.

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

Around the Community



Youth Forum was on February 21-22, 2018 at the 108 Mile Ranch. There was five youth from our community that attended. They had motivational speakers and a hypnotist, as well as activities like tubing.



Youth Forum



Date: March 16, 2018

To: Xat'sül Development Corporation

From: Gibraltar Mines Ltd.

Subject: Kelsey Pop – Environmental Monitor

Gibraltar is pleased to announce that Kelsey has joined Gibraltar Mines Ltd. as an Environmental Monitor. Kelsey reports to the Senior Environmental Technologist, and will be supported by the Environmental Department.

Kelsey worked for Xat'sül Development Corporation (XDC) at Gibraltar for two years as a Reclamation Technician before joining the company in January 2018. He has strong knowledge of Gibraltar's current and past reclamation programs. Prior to working at Gibraltar, Kelsey worked at Mt. Polley for four years as a XDC employee in the environmental and reclamation department. His mom, XDC Reclamation Lead Hand, Joanne Phillips, has positively influenced Kelsey and helped him choose a path in the environmental field. Joanne is an excellent role model and encourages Kelsey to work hard to succeed in his new position as an Environmental Monitor. Kelsey's passion for environmental work has been handed down to him from Joanne.

Family and hard work have been the largest factors in Kelsey's success. He encourages anyone looking to get into the environmental field to work hard and pursue their passion.

Kelsey is looking forward to the new experience and opportunity at Gibraltar.



Pictured above: Ben Pierce, Superintendent, Environmental, welcoming Kelsey Pop, Environmental Monitor, to the Environmental team at Gibraltar Mine.

Easy Sudoku Puzzles 1

www.printablesudoku99.com

Sudoku
Puzzle
1

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

Sudoku
Puzzle
2

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

Sudoku
Puzzle
3

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

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

Sudoku Puzzle 3 Solution

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

Sudoku Puzzle 2 Solution

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

Sudoku Puzzle 1 Solution

Cedar Planked Salmon

"This is a dish my brother prepared for me in Seattle. It is by far the best salmon I've ever eaten. I like to serve it with an Asian-inspired rice and roasted asparagus."

Ingredients

- 3 (12 inch) untreated cedar planks
- 1/3 cup vegetable oil
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1/3 cup soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon grated fresh ginger root
- 1 teaspoon minced garlic
- 2 (2 pound) salmon fillets, skin removed

Prep time: 15 min **Cook time:** 20 m **Ready in:** 35 m

Method

1. Soak the cedar planks for at least 1 hour in warm water. Soak longer if you have time.
2. In a shallow dish, stir together the vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon fillets in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to one hour.
3. Preheat an outdoor grill for medium heat. Place the planks on the grate. The boards are ready when they start to smoke and crackle just a little. Place the salmon fillets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork. It will continue to cook after you remove it from the grill.



Broccoli Cauliflower Casserole

"Great broccoli cauliflower recipe that everyone will love! The croutons on top give it that crunchy flavor everyone will love."

Ingredients

- 2 cups broccoli
- 2 cups cauliflower
- 2 eggs
- 1/2 cup mayonnaise
- 1/2 cup chopped onion
- 1 cup shredded Cheddar cheese, divided
- 1/2 cup butter, melted
- 1 (15 ounce) package seasoned croutons, crushed

Prep time: 10 min **Cook time:** 45 m **Ready in:** 55 m

Method

1. Preheat oven to 350 degrees F (175 degrees C).
2. Put broccoli and cauliflower in separate saucepans and pour enough water into the saucepans to cover the vegetables completely; bring each to a boil and cook until tender, 3 to 4 minutes. Drain each and mix in a 11x7-inch baking dish.
3. Beat eggs in a bowl until creamy. Mix mayonnaise, onion, and 1/2 cup Cheddar cheese into the eggs; pour over the vegetables. Pour melted butter over the broccoli mixture and top with the remaining Cheddar cheese. Sprinkle croutons over the entire dish. Bake in preheated oven until browned and bubbling, about 40 minutes.



Essential Cooking Tips

Extend Veggie Freshness

Line the bottom of your refrigerator's crisper drawer with paper towels. They'll absorb the excess moisture that causes veggies to rot.

Don't Waste Lemons

If you need only a few drops of lemon juice, avoid cutting the lemon in half—it will dry out quickly that way. Instead, puncture the fruit with a metal skewer and squeeze out exactly what you require.

Creamy Au Gratin Potatoes

"This is my husband's favorite dish, and he considers it a special occasion every time I make it. The creamy cheese sauce and the tender potatoes in this classic French dish combine to make a deliciously addictive experience. It's a great side dish with a roast pork loin or beef tenderloin. Add a green salad and French bread, and you have found the magic path to a man's heart. To avoid lumps in your sauce, add the milk just a little at a time as you stir the flour and butter. Experiment with different cheeses for variety."



Ingredients

- 4 russet potatoes, sliced into 1/4 inch slices
- 1 onion, sliced into rings
- salt and pepper to taste
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 1/2 cups shredded Cheddar

Prep time: 30 min **Cook time:** 1 h 30 m **Ready in:** 2 h

Method

1. Preheat oven to 400 degrees F (200 degrees C). Butter a 1 quart casserole dish.
2. Layer 1/2 of the potatoes into bottom of the prepared casserole dish. Top with the onion slices, and add the remaining potatoes. Season with salt and pepper to taste.
3. In a medium-size saucepan, melt butter over medium heat. Mix in the flour and salt, and stir constantly with a whisk for one minute. Stir in milk. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring until melted, about 30 to 60 seconds. Pour cheese over the potatoes, and cover the dish with aluminum foil. Bake 1 1/2 hours in the preheated oven.

Mini Cheesecakes III

"This is a delicious recipe that is perfect for an on-the-go snack. Plus it is a great treat for kids."

Ingredients

- Crust:
- 1/3 cup graham cracker crumbs
- 1 tablespoon white sugar
- 1 tablespoon margarine, melted
- Filling:
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup white sugar
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon vanilla extract
- 1 egg

Prep time: 20 min **Cook time:** 25 m **Ready in:** 1h 15 m

Method

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 6-cup muffin pan.
2. In a medium bowl, mix together the graham cracker crumbs, sugar, and margarine with a fork until combined. Measure a rounded tablespoon of the mixture into the bottom of each muffin cup, pressing firmly. Bake in the pre-heated oven for 5 minutes, then remove to cool. Keep the oven on.
3. Beat together the cream cheese, sugar, lemon juice, lemon zest and vanilla until fluffy. Mix in the egg. Pour the cream cheese mixture into the muffin cups, filling each until 3/4 full. Bake at 325 degrees F (165 degrees C) for 25 minutes. Cool completely in pan before removing. Refrigerate until ready to serve.



Make Veggies Crunchy

When radishes, celery, or carrots have lost their crunch, simply pop them in a bowl of iced water along with a slice of raw potato and watch the limp vegetables freshen up right before your eyes.

<https://www.countryliving.com/food-drinks/g2122/kitchen-cooking-secrets/?slide=2>

Nurse Practitioner



April 9
April 16
April 23
April 30

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



April 9
April 16
April 23
April 30

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

Be Well Program

WHERE & WHEN?

April 10, 2018 — Soda Creek Health Station

April 11, 2018 — Sugar Cane Health Station

April 12, 2018 — Dog Creek Health Station

Open to all community
members.



For more information contact Sheila or
Kayla at 250-398-9814

Schedule:

10:30 am — Be Well Screening

Blood Pressure Check
Blood Sugar Check (A1C)
Cholesterol Check
Respiratory and Pulse Check
Weight Check

12:00 pm — Lunch Provided

12:30 pm — Healthy Living Program

Grip Test & Step Test—counts toward
Foam Fest

2:00 pm — End of Session



Wednesday, April 18th, 2018

10:00-3:00 pm
Health Station

Thursday, April 19th, 2018

9:00-3:00 pm
Health Station

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

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



Mammogram Information Luncheon

Tuesday, April 24th, 2018

11:00-2:00 pm

Health Boardroom

Mammogram information luncheon is to answer any questions you may have

- ◊ Lunch is provided
- ◊ Rides are available as well. Call Maxine at 250-989-2355 to register by Friday, April 20th at 4 pm.



Tuesday & Thursday Nights

6:00-9:00 pm

Come join the Community Ball Hockey Nights

Everyone is welcome!

Sober family fun

Bring your:

- ⇒ Indoor running shoes
- ⇒ Water



THE PINK ROOM PRESENTS PAINT NIGHT

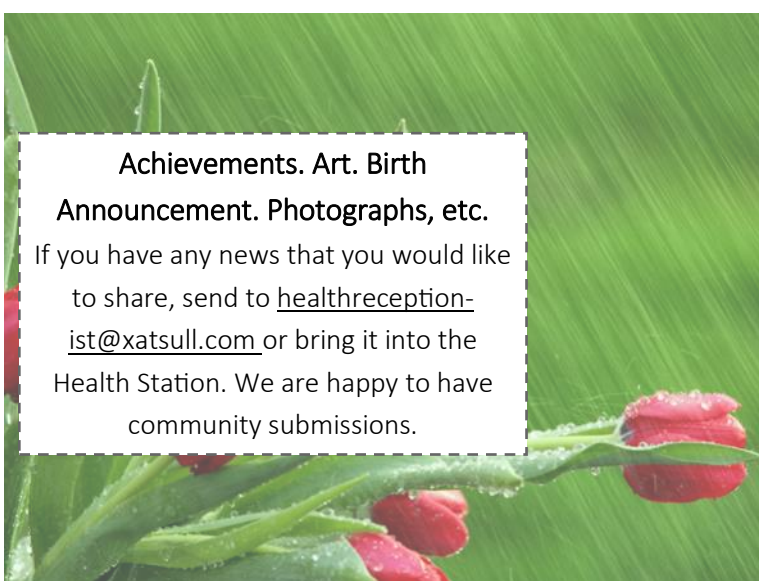
Includes canvas & all painting supplies

Limited space, 15 spaces available

First come, first serve.

Snacks provided

Contact Janae at 250-989-2355 to register



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.

Nutrition Walk & Run

Each year, on a Sunday in early April, Interior Health and the Cariboo Memorial Recreation Complex work together to organize the Nutrition Walk & Run. This 5km walk or run is a fun event that raises awareness for health.

The Nutrition Walk and Run will be Sunday, April 8, 2018 at 11:00am.



ARE YOU INTERESTED IN PARTICIPATING AT THE



Three Corners Health Services Society wants to send community members to the 5K Foam Fest in Sun Peaks, BC on Saturday, June 16, 2018

Interested community members will be required to attend the following sessions in order to qualify for a slot in the race:

- Participate in Health & Fitness Challenge, starting first week of April
- Health screening at the Be Well Program, second week of April
- Attend weekly training sessions in community (starts week of April 3, until week before race)
- Health screening will also be conducted a couple weeks after the race for you to see your improvements!

For more information about the Foam Fest please call Kayla @ 250-398-9814

Or email @ kjasper@threecornershealth.org



Spots are limited;
Rides can be provided



PHYSIOTHERAPY SERVICES

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

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



Physiotherapist
Tyler Judd



April 2018

Dog Creek—April 18—10am-3pm

Sugar Cane—April 16 —8:45am-4:14pm

Soda Creek—April 9 & April 23—8:45am—12pm

TCHSS—April 9 & April 23—12:30pm—4:15pm

May 2018

Dog Creek—May 14—10am-3pm

Sugar Cane—May 7 —8:45am-4:14pm

Soda Creek— May 16—8:45am—12pm

TCHSS—May 16—12:30pm—4:15pm

June 2018

Sugar Cane—June 4 —8:45am-4:14pm

Call your Community Health Station or Kayla Jasper at the TCHSS office to book your appointment.

Soda Creek Health Centre
250-989-2355

Sugar Cane Health Centre
250-296-3532

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



Canoe Creek Health Centre
250-459-7749

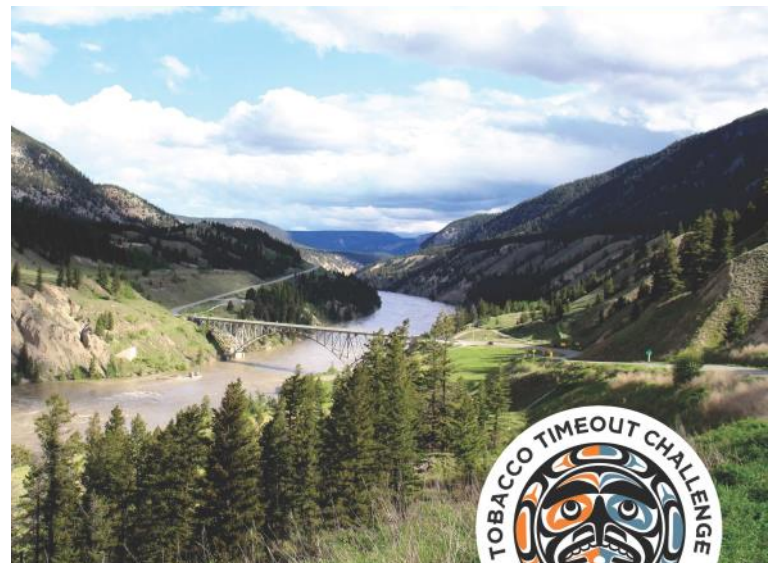
Dog Creek Health Centre
250-440-5822

March 8, 2018

To Community Members:

If you have any equipment that was borrowed last summer during the Wildfires, please return to the Band Office.

Sincerely,
Dora Demers
Band Administrator



Your journey, our time.

More BC First Nations are quitting commercial tobacco than ever before. Start your own journey to be smoke-free with the Tobacco Timeout Challenge. Quit smoking for 24hrs for a chance to win a \$250 prize. Contest takes place the first Tuesday of every month.

Sign up today at TobaccoTimeout.ca.



SPRING GARAGE SALE

Got Clutter?

**Sell it at the Soda Creek Elder's
Fundraiser Garage Sale!**

Saturday, April 28th

9:00-5:00 pm

Soda Creek Gym

Wish to participate?

Table reservations are \$20.00 per table.

ACT FAST!

Book table with Janae at Health Station or bring \$ the day of sale

****Proceeds from the tables benefit the Elders Group****

Profits from sales at the Garage Sale belong to the seller.

**For more information contact
Janae Beaulieu activitiesworker@xatsull.com
at the Health Station at 250-989-2355 or**

Elders Group Meeting



Thursday, April 19th, 2018

12:00-3:00 pm

Health Boardroom

- ⇒ This meeting is to discuss the Elders Gathering and other trip options. Also to plan for fundraising for the Elders Trip
- ⇒ Lunch at 12 pm and meeting to follow, 1-3 pm
- ⇒ Rides are available. Call Maxine or Janae at 250-989-2355 by April 16th



Get a Mammogram

Friday, May 4th, 2018

2:00-4:50 pm

Soda Creek 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

ELDERS' FUNDRAISER

SATURDAY, MAY 5TH, 2018



SODA CREEK GYM

DOORS OPEN AT 12:00 PM

STARTS AT 1:00 PM

CONCESSION AVAILABLE

BLACKOUT DEPENDS ON SALES

COME HAVE FUN WITH US!

8th Annual NStQ Citizens' Assembly

Elks Hall - Williams Lake - 2018

DAY 1 - April 17 (9:00am - 6:45pm*)

Day 2 - April 18 (9:00 - 3:30pm)

A Bright Future



United Together

**2 Days - 2 Keynote Speakers - 2 Lunches
Dinner & Evening Entertainment (*Day 1)**

For more information—contact your band office

* Stswecem'c Xgat'tem @ 250-440-5645

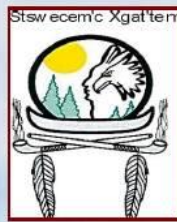
* Williams Lake Band @ 250-296-3507

* Canim Lake Band @ 250-397-2227

* Soda Creek Band @ 250-989-2323

OR Northern Shuswap Tribal Council @ 250-392-7361

www.NStQTreaty.ca www.northernshuswaptribalcouncil.com



Find
NStQ Treaty
Group and
NSTC on




Secwepemc Spring Gathering



Séwllkwe Water Conference



Kénpésq̓t (Invermere) —April 2018

<u>Friday 20th</u>	<u>Saturday 21st</u>	<u>Sunday 22nd</u>	<u>Monday 23rd</u>
Noon Picnic Lunch @ Shuswap Band Hall	Breakfast— 8:30am-9:30am @ Copperpoint	Breakfast— 8:30am-9:30am @ Copperpoint	Unity Meeting @ the Shuswap Band Hall 9am—11am
1pm-2pm—Teepee Raising @ Shuswap Gathering Tent	Séwllkwe Conference Presentations 10am—4pm @ Copperpoint	Séwllkwe Conference Presentations 10am—4pm @ Copperpoint	11am—Farewell Brunch, Acknowledge- ments and Closing Circle
3pm —Secwépemc Water Ceremony @ the Headwaters of the Columbia River	Lunch @ Copperpoint	Lunch @ Copperpoint	
6pm—Welcome Feast and Dinner Theatre @ Shuswap Community Hall	Cultural Tent Workshops and Healing 10am—4pm @ Shuswap Band Hall	Cultural Tent Workshops and Healing 10am—4pm @ Shuswap Band Hall	<i>*Agenda is subject to change. More details to be announced closer to the date.</i>
 Secwepemc Spring Gathering	Dinner and Celebrations @ 5pm at Shuswap Band Hall	Dinner and Celebrations @ 5pm at Shuswap Band Hall	

Travel & Accommodation Information:

- Special hotel rates are available at the Copperpoint Hotel & the Kanata Inn
 - ◇ Kanata Inn Tel. Number is 250-342-8888—reference 'Shuswap Nation Tribal Council' at time of booking
 - ◇ Copperpoint Tel. Number is 1-855-926-7737—reference 'Shuswap Nation Tribal Council' at time of booking
- Travel support may be available to those who need on a first come first serve basis
 - ◇ Contact govassist@shuswapnation.org or call 778-471-8200 for more

WANTED

Venders, Youth Leaders
& Workshop Facilitators

Registration & information:

Tel. 778-471-8200
Email. govassist
@shuswapnation.org

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: May 16, 2018

Where: Soda Creek Gym

Time: 11am to 3pm

Please RVSP by **May 11, 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



Elders Group Fundraising Donations

To Elders Group:

The Elders that will be attending the Elders Trips must donate for the Bingo Fundraiser (that is on May 5th):

- ⇒ a prize, cash or gift card of \$25.00
- ⇒ Deadline to donate is April 30, 2018 at 4 pm
- ⇒ Drop donation of with Janae or Rae-Lyn at the Health Station



April 2018

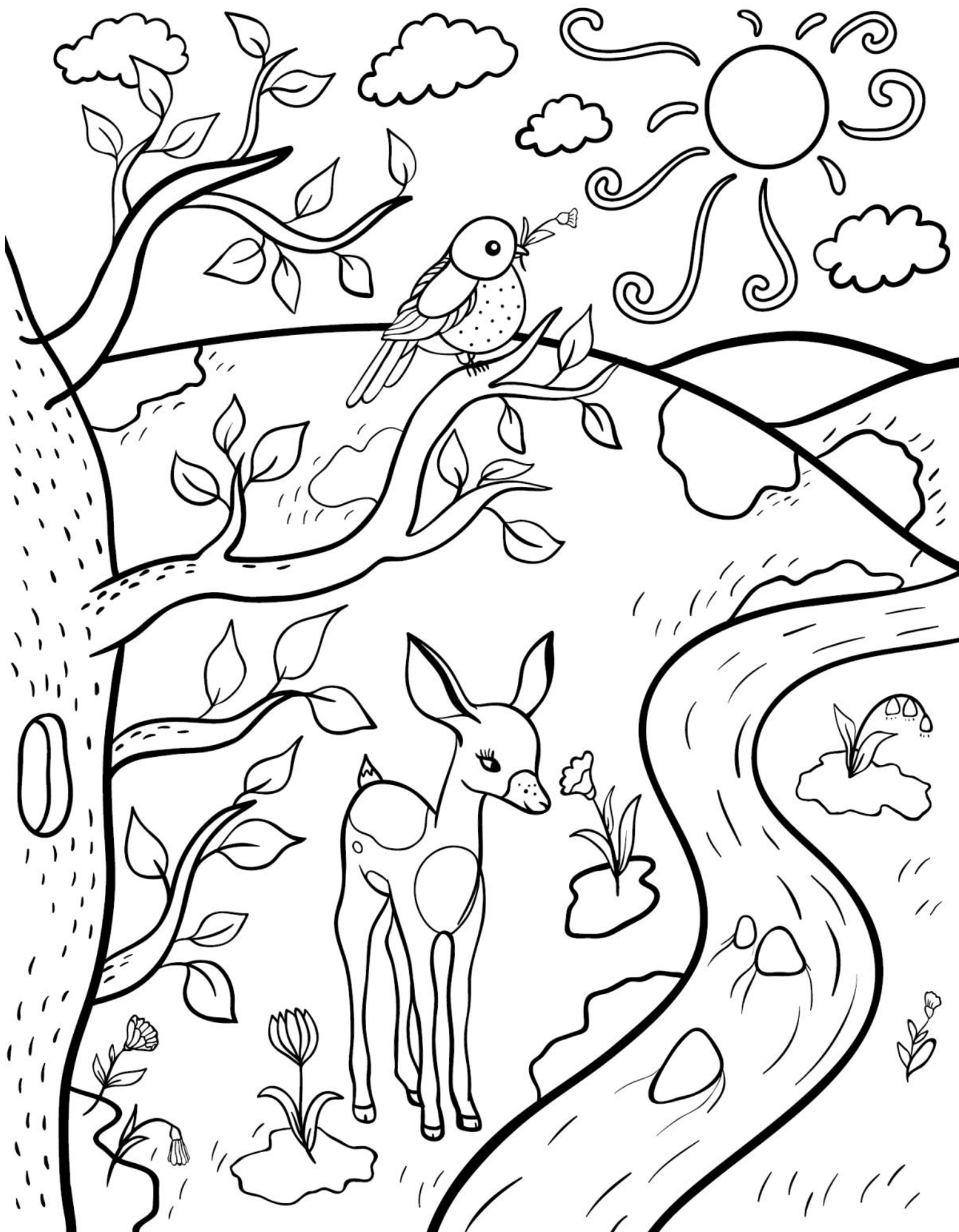
Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> Easter Monday Statutory Holiday Office closed	<i>3</i> ADP Luncheon	<i>4</i> SCIB Travel	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i> Nutrition Walk/Run 11 am Complex	<i>9</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3 Food Safe 9-5 Physiotherapist 8:45-12	<i>10</i> Be Well Program 10:30-2	<i>11</i> HCC Travel	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3	<i>17</i> ADP Luncheon Elders Group Meeting 1-3	<i>18</i> SCIB Travel Dental Therapist 10-3	<i>19</i> Dental Therapist 9-3 Elders Group Meeting 12-3	<i>20</i> Newsletter Deadline 4pm	<i>21</i>
<i>22</i>	<i>23</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3 Physiotherapist 8:45-12	<i>24</i> Mammogram Luncheon 11-2	<i>25</i> HCC Travel Paint Night 5-7 pm	<i>26</i>	<i>27</i>	<i>28</i> Spring Garage Sale 9-5 Soda Creek Gym
<i>29</i>	<i>30</i> Mental Health Clinician 10-2 Nurse Practitioner 10-3 Elders Donations Due 4pm					



Interior Region – 2017 Spirit of Wellness Champions

Dākelh Dené | Ktunaxa | N. Stát'imc | Nlaka'pamux | Secwepemc | Syilx | Tsilhqot'in

"Our First Youth Wellness Leaders"



Keianna James

2017-2018 Miss BC High School
Rodeo Queen,
Okanagan Nation- Osoyoos Indian
Band

- 2017-2018 BC High School Rodeo Team Cinch
- 2016-2017 BC High School Rodeo Queen Season Leader
- 2016-2017 BC Province High School Rodeo 5th Breakaway
- 2013-2014 BC Jr. High School Rodeo Rookie of the Year
- 2013-2014 BC Jr. High School Rodeo 3rd Pole bending
- Local All Around Jr. - Peachland



Lincoln Yarama

Secwepemc Nation -
Adams Lake Indian Band

- 2017 Canadian High School Finals Team Roping Champion
- 3 x Qualifier Indian National Finals Rodeo
- 3 x Jr. High School Nationals Finals Rodeo
- 2 x Qualifier for National High School Rodeo Finals
- Season Leader South BC High School Rodeo Association Grades 6, 7, 8, 9 and 10



Oliver Williams

Sylix Nation - Colville Tribe

- National Fr. High School Rodeo Finalist in 5 Events
- 2016-2017 BC High School Rodeo Team Roping Winner
- 2016-2017 BC High School Tie Down Roping Winner
- 2016-2017 BC High School Team Roping Winner
- 2 x Qualifier for Indian National Finals Rodeo Jr. Breakaway

The FNHA Interior Region would like to recognize First Nations youth who have made achievements and commitments to a healthy and positive lifestyle and who are inspiring the community and their peers. We are looking for youth with leadership skills, who are helping others achieve their potential. If you know of a youth who engages in a positive lifestyle and gives back to their community, please nominate them as a *Spirit of Wellness Champion*. The nominees that are selected as a *Spirit of Wellness Champion* will become eligible to receive a financial contribution towards an activity or event in their community that promotes health and wellness.

Nominations must demonstrate some but not necessarily all of the following characteristics or accomplishments:

- Volunteers in community events and activities, that promotes health and wellness.
- Achievement in education as a secondary student or as post-secondary student.
- Is a role model for peers and youth within their Community or Nation.
- Has overcome adverse circumstances.
- Has proven leadership skills and achievements.
- Outstanding athletic achievement.
- Has an interest to learn traditions, language and cultural practices.
- Promotes health & wellness through traditions, language and cultural practices.
- Leads a healthy and positive lifestyle by abstaining from alcohol and drug use.
- Recognized as an outstanding member of their community and/or Nation for being a wellness champion.

Mandatory Criteria

1. Nominees must be First Nation and reside within the FNHA Interior Region
2. Nominees must be 19 years or younger
3. In 250 words or less summarize the results and standings for their performances in the past year and why he/she should be selected for this award.
4. In 150 words or less summarize the champion's commitments and engagements related to volunteer contributions of this nominee including: years of service, roles and responsibilities, outside interests etc.
5. Two (2) Letters of Support/Reference from Health Director, Chief & Council, Elder, Principal, Teacher, Community Engagement Coordinator or Other.
6. All documentation must be submitted together; incomplete submissions will not be accepted.

The nominations that are selected as a Spirit of Wellness Champion will be required to submit the following information at a later date.

1. A maximum of one (1) page personal biography.
2. A consent and release authorization that must be signed by the nominees that are selected as a Spirit of Wellness Champion. If the Spirit of Wellness Champion is a youth under 18 years of age, then the Parent/Legal Guardian must authorize the consent & release.
3. Submit a digital photo.

Nomination Deadline

All nominations must be submitted and received by 4:30 pm on June 1, 2018

Late submissions will not be accepted past the deadline.

Fax or email submissions to Jade Schneider at jade.schneider@fnha.ca or 250-499-2282

Get application forms at the Health Station or can be emailed, just ask Maxine at 250-989-2355
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EMPLOYMENT SERVICES

Soda Creek Indian Band

3405 Mountain House Road
Williams Lake, BC V2G 5L4

P: 250-989-2323

F: 250-989-2300

F: 2

Lisa Bremner

Employment Coordinator

E: employment@xatsull.com

P: 250-989-2323 x115

IF YOU WOULD LIKE ASSISTANCE WITH ANY OF THE FOLLOWING, PLEASE DROP IN OR CALL AHEAD TO MAKE AN APPOINTMENT.



Create or update your resume



Create or update your cover letter



Assistance with job search and the hidden job market

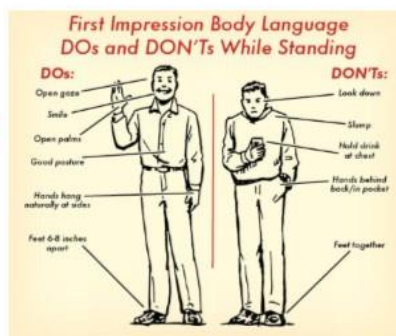
Assistance with interview skills and preparation



Assistance with applications

© Can Stock Photo - csp16076555

Understanding the importance of first impressions



Other areas I can assist with:

- Essential skills
- Preparing for tests
- Life skills
- Identifying barriers and creating solutions
- Goal setting

If there is any area you would like assistance with, please come see me and let's talk about it

WOULD YOU BE INTERESTED ?

Looking for people for the following areas:

Whispering Willows

Campsite:

- Summer campsite attendant/s (contract)



Xat'sull Heritage Village

- Caterers
- Activities workers
- Summer tour guides
- Traditional medicine/herb facilitators
- Workshop facilitators

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

If you are applying for:

catering: please include menu, prices and supplies required

activities or workshops: please provide outline, timeframe and supplies required

traditional medicine/herbs: please provide outline, timeframe, price and any supplies required

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

Lisa Bremner

Employment / Economic Development Coordinator

E: employment@xatsull.com

APPLICATION DEADLINE:

APRIL 25, 2018 by 4:00 pm

Soda Creek Indian Band

3405 Mountain House Road

Williams Lake, BC V2G 5L4

P: 250-989-2323



Soda Creek Indian Band

3405 Mountain House Rd, Williams Lake, BC V2G 5L5

Phone: 250-989-2323 Fax: 250-989-2300

JOB OPPORTUNITY Natural Resources Coordinator

Job Summary:

The Natural Resources Coordinator coordinates and organizes various projects within the Xat'sull Natural Resources Department. You will contribute to the overall success of the Natural Resources Department by liaising/negotiating with government & third parties, supporting internal capacity and maintaining information as required.

Duties and Responsibilities

- Assists Natural Resources Manager in completing projects in the Natural Resources Department
- Works with and coordinates temporary staff/teams involved in any on-going projects
- Leads and organizes specific projects as required
- Liaises/negotiates with government and third parties in a professional manner
- Works collaboratively with other departments to achieve common goals
- Monitors project progress and adjusts workplans as necessary
- Critically analyze, review and prepare documentation including agreements and permits, among others
- Aids in creating/managing departmental budgets and preparing funding applications
- Provides accurate records of all meetings and events and briefs management/leadership as required
- Has knowledge of current agreements with government and industry and tracks timelines and deliverables
- Participates/organizes in various community and staff meetings to engage community members and solicit input

Qualifications:

- Degree or Diploma in Natural Resources Management or equivalent
- Familiarity with Natural resource Issues, Legislation and Operations
- Knowledge of mining and permitting processes is an asset
- Experience working with First Nations is an asset
- Valid BC Drivers License
- Must be able to maintain a Criminal Record Check
- Proficient with computers (Microsoft word, excel, powerpoint, etc) – Knowledge of GIS is an asset
- Knowledge of Secwepemc language, culture, and history is an asset

Conditions of Employment:

- Must have a valid Class 5 BC Drivers Licence
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations)
- Office hours 8:30am-4:30pm, Monday to Friday
- Wage range from \$18.61-20.95/hr depending on experience

This position is pending on budget review.

Please submit a cover letter and current resume with three references by:

April 13, 2018 to:

Danielle Taylor: execasst@xatsull.com

Employment Opportunity

Gibraltar Mines will be interviewing candidates for the following position:

- Haul Truck Driver

Qualifications:

- grade 12 or equivalent
- Valid Driver's licence
- 6 months previous experience operating a 200 plus haul truck in an open pit mine
- Ability to sit for up to 11 hours and perform repetitive tasks
- Physically fit, ability to lift up to 40 lbs to shoulder height up to 4 times per shift
- Able to work primarily outdoors in various weather conditions

How to apply:

Contact Lisa Bremner, Employment Coordinator at the Soda Creek Band office to make an appointment:

- in person
- calling: 250-989-2323
- via email: employment@xatsull.com

You will need to provide a cover letter and updated resume outlining your qualifications, experience and driver's licence to include in your application

A completed TOWES test is a Gibraltar Mines requirement, and will be facilitated by the Employment Coordinator.



Soda Creek Indian Band

3405 Mountain House Road
Williams Lake, BC
V2G 5L5

www.xatsull.com

Phone: 250-989-2323
Fax: 250-989-2300
E-mail: employment@xatsull.com

Community Events

Event	Date & Time	Where	Description
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
ADP Luncheon	April 3 & 17	Health Station	
Hamburger Day	April 3 1-4:30 pm		Each household will get donated hamburger. Delivery will start at 1 pm.
SCIB Travel	April 4 & 18		Call Rae-Lyn at 250-989-2355 if you have an appointment
Food Safe Level 1	April 9 9:00-5:00 pm	Health Station	Call Maxine at 250-989-2355 to registrar. Lunch is provided.
Mental Health Clinician	April 9, 16, 23 & 30 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	April 9, 16, 23 & 30 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Physiotherapy	April 9 & 23 8:45-12:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Be Well Program	April 10 10:30-2 pm	Health Station	
HCC Travel	April 11 & 25		Please contact Edith at 250-989-2355
Citizen's Assembly	April 17 9-6:45 pm April 18 9-3:30 pm	Elks Hall	
Dental Therapist	April 18 10-3 pm April 19 9-3 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Elders Group Meeting	April 19 12-3 pm	Health Station Boardroom	Lunch at 12pm. Meeting to follow, 1-3 pm. Ride needed, call Janae at 250-989-2355
Mammogram Luncheon	April 24 11-2	Health Station Boardroom	
Paint Night	April 25 5:00-7:00 pm	Health Station Boardroom	Call Janae to book a spot. Limited seating, only 15. Snacks provided
Spring Garage Sale	April 28 9-5 pm	Soda Creek Gym	Rent a table for \$20. Book it with Janae at 250-989-2355 or bring in money day of.
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
Elders Bingo Fundraiser	May 5 1 pm	Soda Creek Gym	Doors open at 12 pm. Concession available.
Elders Spring Fling Dance	May 16 11-3 pm	Soda Creek Gym	RSVP by May 11 with Edith at 250-989-2355