



April 2019

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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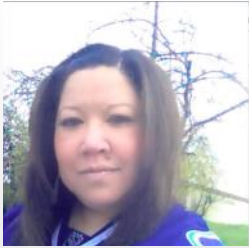
The Soda Creek Indian Band Office will be closed Monday, May 20th, 2019 for Victoria Day, Statutory Holiday.

The Easter Egg Hunt and Barbecue was a success. There was a lot of families that come out to celebrate Easter and enjoyed the barbecue dinner. There were two Easter Egg hunts, one for younger kids and one for the older kids. There was face painting as well.



Pellcwéwlemten (trout fishing month) – May

## Social Development



Jennifer Stinson

Hi everyone, I hope everyone is enjoying this Spring weather, even though we did have a few sprinkle of snow here and there.

With this new Fiscal Year that has begun in April, I am still reviewing all of my Active Client Files to make sure that they are up to date in terms of

- Annual Applications for Income Assistance
- Budget and Decision Forms
- Monthly Renewal Forms all signed and handed in
- Supporting Documentation such as – Identification (picture ID, Social Insurance Numbers etc.)

This all needs to be done for Active Client Files.

Please make yourself available during this week: **(Interview Week)**.

- ⇒ **Monday May 6<sup>th</sup> - 9 a.m.-4 p.m.**
- ⇒ **Tuesday May 7<sup>th</sup> - 9 a.m.-4 p.m.**
- ⇒ **Wednesday May 8<sup>th</sup> - 9 a.m.-4 p.m.**
- ⇒ **Thursday May 9<sup>th</sup> – 1 p.m. – 4 p.m.**
- ⇒ **Friday May 10<sup>th</sup> 9 a.m. – 4 p.m.**

Interviews will be brief and will consist of:

- Renewing annual applications
- Filling out our Monthly Renewal Forms (just too also touch base of any changes as well).

It is extremely important that Income Assistance 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 the household
- **(I have noticed that it is not being reported), Any income such as CHILD TAX, GST, AND CHILD SUPPORT, SPOUSE'S PENSION, PART TIME JOB INCOME. (I do need cheque stubs for Pension & Part time Jobs, Training Programs, so please bring in with you on your next interview.)** Just a reminder that these are not deductible from Shelter Assistance, but they do have to be reported on the monthly renewal forms. Otherwise I will not be able to issue a cheque for the individual Income Assistance Client because I do not have the proper information on incoming finance.
- Shelter/Utility costs
- Number of dependents
- Changes in employability status
- Whether they are attending school or training
- Any changes in assets

Important Dates in May:

**8<sup>th</sup> - SA Mid-Month**

**10<sup>th</sup> - Bills are DUE to ensure they are**

**paid on time (You can also email your bills too).**

**6<sup>th</sup>-10<sup>th</sup> - Interview Week**

**22<sup>nd</sup> SA Day**

Good News on April 12<sup>th</sup> was Graduation day for the S.O.A.R. Program. I have had some Clients that had participated in this 10 week program. My next program that I am trying to get set up a.s.a.p. is the Class 4 Driving School. If anyone is interested please contact me at (250)989-2323 Ext 102 or Email me at [socdev@xatsull.com](mailto:socdev@xatsull.com) I do need at least 6 people for this program, and if it goes well, than I can set up one other program at later date for another 6 people. It will be through the Four Winds Driving School.

One final thing I am always looking for Wood Haulers for my I.A. Clients, if you are interested, please contact me thru phone call to the office or email your name and contact number or email address.

If you have any questions, please do not hesitate to call me @ (250)989-2323 Ext. 102 or email me at [socdev@xatsull.com](mailto:socdev@xatsull.com) . And I will try to get back to you as soon as possible.



## Community Support Counsellor



Shae Chelsea

Weyktp, I have had a busy few months organizing my programing and getting ready for the end of the fiscal year. I have been getting busier and busier every month, I enjoy working with the community members and in the community. As of April 3, 2019, I have officially been in this position for 1 year!!! Everyone has been so nice and friendly, it has been a good year at Xatśúll First Nations.

### January & February 2019:

January I restarted the youth meetings in the community for ages 12-18 and I also attended a Suicide Intervention Training. I also caught the nasty flu that had been going around near the end of the month that put me out of commission for a week. In February, I started a girls group called Ask Auntie for the young girls in the community ages 10-14.

Throughout the next few months the girls will be learning about colonization, assimilation, traditional ceremonies, connections to wellness, their bodies, themselves, others, relationships, boundaries, bullying, online safety, how to become empowered, and how to be healthy with themselves. I also assisted Janae with the Winter Wellness Fun Day with the community, and the Pro D Day Fun day with the afterschool program. I also received funding from a program called Plan H Communities for more youth funding.

This funding will make it possible to organize more cultural and traditional activities with the older youth ages 12-18. The first youth night we had with this funding was traditional beading with Ada Phillips. The youth had a chance to learn how to bead earrings, dreamcatchers, medallions, and other items. They had a lot of fun and we plan to do another night of beading in the future.

### March 2019:

March was very busy, as we were planning the trip to the provincial Gathering Our Voices youth conference being held in Port Alberni, BC. This conference was 4 days long and consisted of 2 days of travel to the island and back. The youth were involved in 4 days of workshops, ceremonies, exploration of new territory, a youth talent show and a youth dance. One of the youth, Paige Sellars, was also nominated for the Honoring an Indigenous Youth award. She unfortunately did not win, but did receive a finalist award, where she was gifted a tablet for all of her commitment in the community. The Gathering Our Voices youth conference is hosted by the Friendship Societies of BC every year, and the location changes every year, for ages 14-24. The next conference will be in Kamloops, BC, March 16-20, 2020.

### April 2019:

In April, I continued facilitating the Ask Auntie program for the young girls in the community. I also attended the Interior Mental Wellness Forum in Kamloops on April 16-18, 2019. This was very beneficial for me because I made a lot of connections with the other communities on how they run their programming and the different ways they help their members.

On April 29-30, 2019, Three Corners Health Society is hosting a Mental Health and Addictions Forum for all the members from Xatśúll, T'exelc, and Stswecem'c Xgat'tem. Anyone from the community can attend with pre-registration through Three Corners Health Society. I also am offering rides to anyone from the community that needs one. If you need a ride give us a call at 250-989-2355.

### Upcoming in May 2019:

- **Youth Meetings:** May 3<sup>rd</sup> & 30<sup>th</sup>, 2019 (4-7pm)
- **Ask Auntie Program:** May 7<sup>th</sup>, 16<sup>th</sup> & 21<sup>st</sup>, 2019 (4-6pm)
- **Sobriety Night:** May 23, 2019 (5-7pm)

I am looking for some guidance about a new program I want to start in the community. This program will be structured with a sobriety outlook. I want to host a dinner once a month (to start) and have an activity included. These activities could be crafts, art, drumming, storytelling, etc... I want the communities input on how this night should be designed. So I want to invite everyone interested to help in planning this night. We will discuss the name of this night, the activities we want to host, times, future dates, and other important details you want to be included. If you would like to attend please call 250-989-2355, so I can organize food and rides if needed.

Thank you for welcoming me into this community with open arms and I look forward to future events with you all.

Yeri7 skukwstsetsemc

**Health Manager/  
Children & Families  
Band Representative**



Janelle Jakesta

Weyt-k

I have been in my new position for almost two months now. Between meetings, reports, budget, proposals and community items at hands, I cannot do this job alone. I want to thank my staff and community for giving feedback/ advice, kukwstsetsemc (thank you).

I hope to share good information for opportunities of funding and ensure we are meeting our community needs. The opioid crisis and drugs have affected our community and how do we address this crisis? I need elders, youth, community to help carry this burden of a healing journey for the wellness of our communi-

ty both on and off reserve.

One thing I need to share is the comment of "Why do we not have community members working in our band office?" In my role, I have heard it is a conflict of interest because I'm related. My comment is "I'm related to my whole community." Please do not see this as a negative, but a positive because I do care about our people and community. I care about our little ones and want healthier outcomes and new pathways for our next generations. I'm here to learn and listen of what Xat'sull needs.

Please ask questions and bring solutions of how we can do things more efficiently. With the Health Caucus I have learnt so much and want to share but limited time, but I will figure out how. Thank you and please email, call or stop in. Good things are coming, do not loose hope but stay united and voice what you desire and need.

We have the BC Elders Gathering coming up in July 23-25, 2019 . Which we need

to get together and fundraise for. There will be opportunity for a two and half day Injury Surveillance job coming up in our health department. We are looking at have a dialogue with community regarding our departments for feedback.

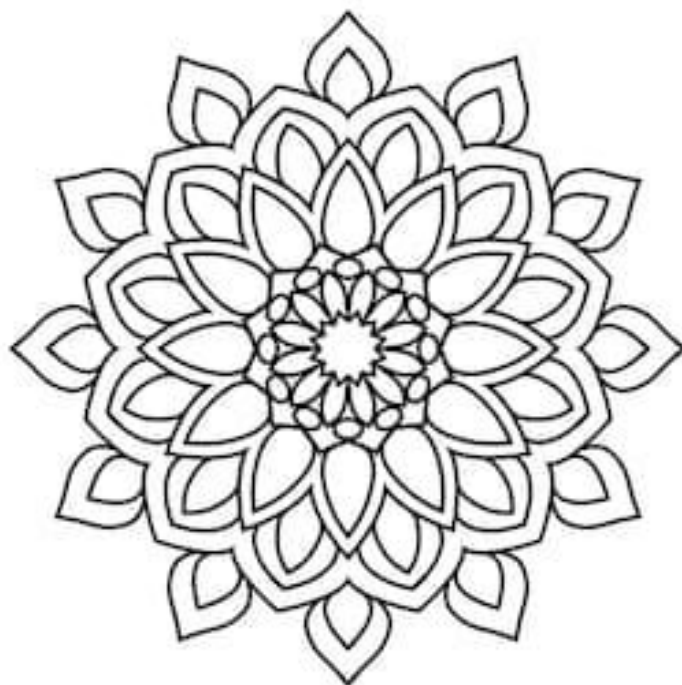
There is plans on doing our community garden and we need volunteers. I want to build a fence to ensure deer keep out.

I'm looking for community members to bring their strengths of how I can do jobs, whether hosting sweats, picking berries, making traditional jam making for teaching our community. I want to bring culture, language and land based items back for our members. Please help me to ensure we are doing our job for our community. Let's build our community back to when we would get together and gather for laughter, memories and become self sufficient.

Yeri7 skukwstsetsemc (thank you very much!)



There are 13 of these chairs that are for free. Call Maxine at the Health Station, 250-989-2355.



**FREE CHAIRS**





Gilbert Sr. with great grand-  
daughter, Eilidh Sellars  
(Anthony Sellars and Julia  
Flinton's baby)

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Paint Night



# SOAR Program Grad



The SOAR Program Graduation was on Friday, April 12th, 2019 at the Soda Creek Gym. They had Mike Retasket, Cheryl Chapman and the all the women drum and sing for the introduction to the Grad Day. The Graduates had their family and friends attend to support their journey.

It was wonderful to see everyone come together for such an awesome day. The catering and barbecue was such a nice smorgasbord of food. Each graduate student said a speech and received a gift and acknowledgment for completing the training. It was a high energy day and full of positive vibes. Thank you to all that came to participate and support! Way to go Grads!







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## Beef Taco Salad

*"When it comes to dinner salads, none are more hearty than a good taco salad. Tons of veggies, cheese, and meat make for an extra filling taco Tuesday meal that won't weigh you down."*

### Ingredients

- 1 lb ground beef
- Kosher salt
- Freshly ground black pepper
- 2 tbsp taco seasoning
- 2 tbsp tomato paste
- Vegetable oil
- 2 corn tortillas, cut into 1/4 " strips
- 2 heads romaine lettuce, chopped
- 1 pt cherry tomatoes, halved
- 1 can black beans, drained and rinsed
- 1 cup shredded cheddar
- 1 cup pico de gallo
- Sour cream
- 1/4 fresh chopped cilantro

**Prep:** 20 m **Cook:** 20 m **Makes:** 4

### Directions

1. In a large cast-iron skillet over medium-high heat, brown beef, breaking up meat into small pieces using a wooden spoon. Season with salt and pepper and add taco seasoning, 2 tablespoons water, and tomato paste. Cook through, about 5 minutes. Turn heat off and set aside.
2. In a sauté pan, add about 1/2" of vegetable oil. Heat until hot but not smoking, then fry tortilla strips until golden brown. Transfer strips to a plate lined with paper towels and season with salt just after removing from hot oil.
3. Assemble salad: In four bowls, layer romaine, tomatoes, black beans, and warm taco meat. Top with cheese, Pico de Gallo, and sour cream, then garnish with cilantro and crisp tortilla strips.



## Arroz Con Pollo

*"It's Wednesday and you want something extremely good for dinner, but also don't want to spend your entire evening cooking and cleaning. We hear you and that's exactly why Arroz con Pollo is the perfect weeknight dinner and leftovers."*

### Ingredients

- 3 lb bone-in, skin-on chicken thighs & drumsticks
- Kosher salt
- Freshly ground black pepper
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper
- 3 tbsp extra virgin olive oil
- 1 lg onion, chopped
- 2 bell peppers, chopped
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 1 cup long-grain rice
- 2 cup low-sodium chicken broth
- 1 (14 oz) can diced tomatoes
- 1 bay leaf
- Freshly chopped cilantro, for garnish

**Prep:** 20m **Cook:** 1h 20 m **Makes:** 6

### Directions

1. Pat chicken dry with paper towels, then season all over with salt and pepper. In a small bowl, combine cumin, oregano, garlic powder, and cayenne. Rub mixture into chicken.
2. In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden, 5 minutes per side. Remove skillet and reserve on a plate.
3. To same skillet over medium heat, add onion and pepper. Cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then stir in tomato paste.
4. Add rice and cook until well coated and toasted, 3 minutes. Pour in chicken broth and diced tomatoes, and bay leaf, stirring up and bits from bottom of pan. Bring to a boil, then add chicken back to skillet. Reduce heat and let simmer, covered, until chicken is cooked through and rice is tender, 30 minutes. Stir occasionally to make sure rice is not sticking to bottom of pan. Add more water or broth as necessary.
5. Remove bay leaf and serve with cilantro.



Recipes from [www.delish.com](http://www.delish.com)

### Cooking Tips

Add baking soda to tomato sauce. If you don't want to add sugar to a pot of marinara sauce but the tomatoes are a bit acidic, add a little baking soda. Simply stir 1/4 to 1/2 tsp into the pot and cook for a few minutes to take the bite out of the flavor. Then, add the sauce to one of these delicious Italian pasta dishes.



## Nurse Practitioner



May 6, 2019  
May 27, 2019

10:00 am-3:00 pm

Soda Creek Health Station

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

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

## Mental Health & Addictions Counsellor



May 1, 2019  
May 8, 2019  
May 15, 2019  
May 22, 2019

11:00 - 3:00 pm

Soda Creek Health Station

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

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



One  
hour  
before  
your  
dentist  
appointment

**Dental  
Therapist**

**Tuesday, May 28, 2019**

**Health Station**

Cleanings, fillings, extraction, check ups, and a range of preventative services  
Please contact Maxine at 250-989-2355 to book an appointment



**Infant & Toddler First Aid**

**Interest List  
for Infant First Aid**

⇒ If you would like to take the Infant First Aid course, call Maxine at 250-989-2355 to sign up.  
⇒ Limited seating.



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 15, 2019

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

- Health screening at the Be Well Program, second week of April
- Attend training sessions starting week of April 15, and record any training done in between sessions
- Health screening will also be conducted a couple weeks after the race for you to see your improvements!
- Sign up cut off will be Friday, May 3, 2019! If you have not attended either of the events prior to this date, you will not be considered for registration

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

Or email @ kjasper@threecornershealth.org



# FOOT REFLEXOLOGY



Ashley Camille is from Stswecem'c Xgat'tem First Nation; Ashley completed her reflexology training in the spring of 2018 and is excited to bring her knowledge home. Ashley of River Reflexology is excited to be providing her services.

## River Reflexology Schedule

Monday, May 13<sup>th</sup> & 27<sup>th</sup>, 2019

9:00-4:00

Soda Creek Health Station



To book an appointment call Soda Creek Health Station @ 250-989-2355

If you have any submissions for the newsletter, please email healthreceptionist@xatsull.com or drop it off at the Health Station by the 19th of the month.



## Treaty Working Group Meeting

To All Community Members:

**Date:** Wednesday, May 1st, 2019

**Place:** Soda Creek Gym

**Time:** 5:00 pm

**Subject:** To Review Mandates

You are invited to the Treaty Working Group Meeting

⇒ Dinner is provided

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





## **National Energy Board Oral Hearing - Enbridge May 22<sup>nd</sup> in Quesnel 10am – 1pm**

Weykt

My name is Edna Boston, I am from Stswecem'c Xgat'tem First Nations, I am hired as the Natural Resource Coordinator. I am sure I know most of you. It is an honor and privilege to be here working for your community.

I will be working with Scott Scholefield, our new Natural Resources Manager who is grateful to be serving the community in this role.

Xat'sūll is an intervenor in the National Energy Board (NEB) process to assess the impacts of increasing the amount of gas in the pipeline achieved by compressing the gas through new and upgraded compressor stations.

The oral hearing is an opportunity for the NEB process to hear oral Indigenous knowledge.

We need your input to plan a successful session.

Please consider and **confirm to Scott or Edna by May 17<sup>th</sup>**:

- Attendees: 8-10 Elders plus 1-2 from Leadership
- Ceremony and Prayer Protocols
- Photos of people, plants, and animals or past/current activities on the land in the territory that may be shared publicly

Honorariums, travel together (leave 8:30am return ~4pm), and lunch at 1pm will be provided. Please contact: Edna 250-989-2323 ext. 122 or Scott, 250-989-2323 ext. 121

**Mount Polley Mine Tour:** We are seeking interest in joining us on this tour. The date is tentative, June 4<sup>th</sup> or 5<sup>th</sup>. Please advise Edna at 250-989-2323 if you are interested in attending.

Kukstemc

# May 2019

Soda Creek Health Station Events Calendar  
 Call 250-989-2355 for Appointments  
 Medical travel rides must be booked on Monday  
 For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> SCIB Travel Mental Health & Addictions Counsellor 11-2	<i>2</i> Integrative Healing 8:30-2:30 Youth Mt 4-6	<i>3</i> Integrative Healing 8:30-2:30 Yoga 12-1	<i>4</i>
<i>5</i>	<i>6</i> Nurse Practitioner 10-3	<i>7</i>	<i>8</i> HCC Travel Mental Health & Addictions Counsellor 11-2	<i>9</i> Integrative Healing 8:30-2:30	<i>10</i> Integrative Healing 8:30-2:30 Yoga 12-1	<i>11</i>
<i>12</i>	<i>13</i> Reflexology 9-4 Gardening Workshop 11-2	<i>14</i> ADO Luncheon	<i>15</i> SCIB Travel Physiotherapist 8:45-12 Mental Health & Addictions Counsellor 11-2	<i>16</i> Integrative Healing 8:30-2:30	<i>17</i> Integrative Healing 8:30-2:30 Yoga 12-1	<i>18</i>
<i>19</i>	<i>20</i> Victoria Day Statutory Holiday Office Closed	<i>21</i> The Sweet Spot Diabetes Lunch & Learn 11-1	<i>22</i> HCC Travel Mental Health & Addictions Counsellor 11-2	<i>23</i> Integrative Healing 8:30-2:30	<i>24</i> Integrative Healing 8:30-2:30 Yoga 12-1	<i>25</i>
<i>26</i>	<i>27</i> Nurse Practitioner 10-3 Reflexology 9-4	<i>28</i> ADP Luncheon Dental Therapist 10-3	<i>29</i> SCIB Travel	<i>30</i> Integrative Healing 8:30-2:30 Learning How to Treat a Sick Kid 1-3	<i>31</i> Integrative Healing 8:30-2:30 Yoga 12-1 All Nations Spring Classic 10, Sugar Cane	



# **FREE PORCUPINE QUILLWORK WORKSHOPS**

*With COREY LEE PHILBRICK*

At: **Strengthening Aboriginal Growth & Empowerment (S.A.G.E.)**

295A - 2 Ave. North, Williams Lake, B.C., V2G 1Z7

Workshop #1: May 11-12, 2019 from 1 pm to 4 pm

Workshop #2: June 8-9, 2019 from 1 pm to 4 pm

## **You will Learn:**

- How to Sort and wash porcupine quills
- How to color (dye) the porcupine quills
- How to do Embroidered Quillwork (Zig Zag)
  - How to do Wrap Quillwork

## **AGENDA**

### **Day 1**

1:00 pm	Greeting coffee and tea provided
1:15pm	Introduction to quillwork and greetings
1:30pm	Wash and Color (dye) porcupine quills
2:30pm	break coffee and tea and snacks will be provided
3:15pm	Learn how to do wrapped quillwork
4:00pm	End of the day discussion

### **Day 2**

1:00pm	Greetings coffee and tea provided
1:15pm	Review the colored porcupine quills from previous day
1:30pm	Learn how to do Embroidered quillwork
2:30pm	Break coffee tea and snacks will be provided
2:45pm	How to do the Zig Zag quillwork
4:00pm	Package up Quills and closing pray

Please **Register** via email and/or telephone, space **is** limited.

Email: [CLPhilbrlick@hotmail.com](mailto:CLPhilbrlick@hotmail.com) and/or phone mobile (250) 267 -7076.

Sponsored by:  **FIRST PEOPLES'**  
CULTURAL COUNCIL

**Join us for the 4th Annual**

# All Nations Spring Classic

**5 & 10 km Run/Walk Event**



Registration is  
**FREE!**

Race Open to  
Everyone

**When: Friday, May 31, 2019**

**Where: Williams Lake Indian Band – Ball Field**

**2672 Indian Drive, Williams Lake, BC**

**Start: 10:00 am**

This event is funded by the Aboriginal Health Directorate – Ministry of Health in partnership with the Indigenous Sport, Physical Activity, and Recreation Council (I-SPARC), and is meant to encourage all communities to participate in physical activity.

Registration may be faxed to **250-398-9824** or brought with you to the sign-in table on race day. If you have any questions please contact Kayla at Three Corners Health Services @ 250-398-9814 or Lorna at TNG @ 250-398-8575. Check in/on-site registration will open at 8:30am on race day.





# Warlords Ball Hockey Club FUNDRAISER CARD DRAW

For  
WLIB Spring Classic Ball Hockey Tournament  
June 21<sup>st</sup> – 23<sup>rd</sup> 2019

- (2) Decks of Cards being sold @ \$20/Card
- (4) Cards being Drawn for Cash Prizes



**1<sup>st</sup> Place - \$500**

**2<sup>nd</sup> Place – \$300**

**3<sup>rd</sup> Place - \$200**

**4<sup>th</sup> Place - \$80**

Draw will be held Live on Facebook June 20<sup>th</sup> 12pm @ Deep Creek Health Station  
Contact Kelly for Cash / Etransfer Purchase  
(250) 305-7132      [jem.kelly14@gmail.com](mailto:jem.kelly14@gmail.com)      IG: jem\_kelly

# Lets Have a Conversation, Bev Sellars

May 6, 2019

5:00 pm

Soda Creek Gym

⇒ **Dinner provided**

⇒ **Honoraria provided for this meeting only. Thanks to Treaty!**

## **Issue we can examine:**

To begin with, let's look at the way we govern ourselves. The Department of Indian Affairs forced this election process on us. We have been trying to upgrade this for some time now. We need to examine what is not working and put forward an alternative process that works for all of us. As it is now, in the end it's just a different set of people operating the same flawed system. This system creates lateral violence.

Together we can make our community strong and make it easier to those elected who act as our spokespeople. All I can offer is a meal and some good discussion. I hope you will join me.

**Everyone welcome but remember, no personal issues with Chief, Council or staff. We just want to improve communication and the way we operate. We can do this without putting any community member or staff down. What are the core issues? That is the question.**



## Let's Have a Conversation – Bev Sellars

Elections! Elections! Congratulations to Kukpi7 Sheri Sellars in her bid for office. Thank you to Tony Mack and Cheryl Chapman for stepping up to the plate. It is courageous to be willing to take on such responsibility. The pressures of being in office are heavy. Not only do you have to make sure you have the right people hired and allow them to do their jobs, you also become a political spokesperson for our community.

I firmly believe that you do not have to be elected to be a leader. We have many different types of leaders in our community and we need to utilize them all. Elections always bring out tension in the community and then some who are not happy with the results withdraw until the next election. That reminds me of someone who told me, "You can stand on the outside and rant and rave all you want. That will not work. Or you can become part of the solution by getting involved." I want to remind everyone that we all have a stake in this community and it doesn't matter who is in office, our duties as a community member should never be dismissed. This is our community and those we put in office are there to carry out the direction of membership. This was said very clearly by **all** candidates at the Open Forum. So let's organize ourselves to give that direction.

To begin with, let's look at the way we govern ourselves. The Department of Indian Affairs forced this election process on us. We have been trying to upgrade this for some time now. We need to examine what is not working and put forward an alternative process that works for all of us. As it is now, in the end it's just a different set of people operating the same flawed system. This system creates lateral violence.

At one time we had our whole territories to sustain us. Now we have a few acres on a reserve that has so many restrictions and a few resources that are not enough to sustain everyone. This eventually developed into families fighting for the scraps thrown to us from the Department of Indian Affairs and we still have family divides today. We will never get to where we need to be without common goals and everyone working towards it. We have to overcome our differences within the community. We need to quit being colonized and be kind to each other.

I believe the 'old way' of operating suited our purposes. I have been doing some research on this topic and would like to have a conversation about it. We obviously can't go back but we may be able to incorporate some of it into present day.

And we still need to have conversations about other issues that affect us. As I said before, this is not a Chief and Council or staff bashing session. This is to examine our issues/problems and put forward solutions to help us move forward in a positive way.

### **Issues we can examine:**

- What are your rights as an Indigenous person?
- What is UNDRIP? What is FPIC?
- What does Section 35.1 and 25.1 of the Constitution mean to me as an Indigenous person? What do the many court cases Indigenous peoples have won mean?
- What is the Indian Act and how does it differ from Indigenous rights? What 'powers' do Chief and Council have?

- What organizations work for us and how do we become involved?
- What can we do to protect our rights?
- The Canadian Human Rights Code only became applicable on reserve in 2008. What does that mean?
- What is our role as a community to the environment?
- Anything else that might come up that members want information on.

We can become a powerful force in our territory if we work together. In order to do that, we have to provide direction for our Council.

And please do not feel intimidated because you have never been to University or College. Some of the smartest people I have met did not finish elementary school. James and Joe Gosnell of the Nisga'a Nation only went to Grade 4 and yet they could go head to head with the best lawyers. Learning doesn't happen only in schools, learning happens by talking about issues and getting everyone's input. And I should also say that some of the most uninformed, close-minded people I know have university degrees. Having a piece of paper does not make you smart.

If anyone has ever studied the 'Quiet Revolution' in Quebec you will know that the leaders in the 1960s decided to educate their people. Until then the English dominated the French people and even though they did not like it, they could do little about it until they got the grassroots people involved. Now Quebec is strong and very outspoken on issues that directly affect them.

There is a lot that I do not know but I am willing to learn alongside you. I do not get paid for this. The community has supported me in so many ways over my lifetime and I would like to contribute back in whatever way I can. I know others are interested because I have been asked when I am going to have more 'discussions'. We have had two sessions now and the response has been positive. I have been working on getting our first guest speaker in. Grand Chief Ed John has agreed to come to our community. It is just a matter of finding a date that works for both the community and his busy schedule. I had meant to have at least 5 sessions before the election for those wanting to run but my work and availability became an issue.

Together we can make our community strong and make it easier to those elected who act as our spokespeople. All I can offer is a meal and some good discussion. I hope you will join me.

**The next session is: May 6, 2019 @ 5:00 p.m. At the Soda Creek Gym.**

**Everyone welcome but remember, no personal issues with Chief, Council or staff. We just want to improve communication and the way we operate. We can do this without putting any community member or staff down. What are the core issues? That is the question.**



# SALE & TEACH CANNING

I am selling:

Small Jars: \$15.00/jar

Large Jars: \$20/jar

- Sliced Peaches
- Pears
- 2 kinds of Bing Cherries
- Crab Apples
- Salmon
- Jam (Strawberry Raspberry)

If you are interested then please contact me, as I am doing fundraiser for my elder's gathering trip. If you want to learn, let me know and I am willing to teach.

## ADDRESS

SODA CREEK

## CONTACT US

Home: 250-297-6411  
Cell: 250-257-7906

CANNING

# SALES & TEACH

By Penny Phillips





## **Activity 2-3: CFCSA Regulations – Notification to the Designated Band Representatives – Part 7, Schedule 1, 1A, 1B, and 2**

### **Notification to the Designated Band Representatives – Part 7, Schedule 1, 1A, 1B, and 2**

The Schedules lists the Designated Band Representatives who are entitled to be informed of Family Court presentation hearings when a child is removed, and notified of further Family Court proceedings. This applies to a child who is a member, entitled to be a member, or whose parents (or the child if over 12 years) identify the child as a member of an Aboriginal Community.

Being 'informed' of the removal of a child means that you may receive notification in the form of a phone or fax. These are accepted methods of notification. This notification may include little more than the name of the individuals involved and the date of the hearing. Whenever possible ask for a copy of the Report to Court regarding the removal to be included if possible. This report includes greater details as to why this matter is being brought to the attention of the court.

Notified means that the person entitled to be served notice is served in person or by a court ordered substitute method, such as fax to a lawyer or registered mail. It is the position of the Designated Band Representative who is served – not the person.

- Schedule 1: lists First Nations; and the position within the Nation receiving service
- Schedule 1A: refers to Nisga'a Lisims Government
- Schedule 1B: refers to Treaty First Nation
- Schedule 2: lists Regions of the province, names an Aboriginal organization within the identified area or region and the position within the organizing to be served.

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## INFORMATION BULLETIN

For Immediate Release  
2019FLNR0063-000606  
April 9, 2019

Ministry of Forests, Lands, Natural Resource Operations  
and Rural Development  
BC Wildfire Service

### **Category 3 fires to be prohibited in Cariboo Fire Centre**

WILLIAMS LAKE – Effective at noon on Monday, April 15, 2019, Category 3 open fires will be prohibited throughout the Cariboo Fire Centre to help prevent human-caused wildfires and protect public safety.

Specifically, prohibited activities that would constitute a Category 3 open fire include:

- any fire larger than two metres high by three metres wide;
- three or more concurrently burning piles no larger than two metres high by three metres wide;
- burning of one or more windrows; and
- burning of stubble or grass over an area greater than 0.2 hectares.

Anyone conducting a Category 3 fire anywhere in the Cariboo Fire Centre's jurisdiction must extinguish any such fire by noon on April 15, 2019. This prohibition will remain in place until Sept. 27, 2019, or until the public is otherwise notified.

This prohibition does not ban campfires that are half-metre high by a high-metre wide or smaller, and does not apply to cooking stoves that use gas, propane or briquettes.

This prohibition also does not ban Category 2 fires, which include one or two concurrently burning piles up to two metres high by three metres wide, or the burning of stubble or grass over an area less than 0.2 hectares.

A poster explaining the different categories of open burning is available online:

<http://ow.ly/znnv309kJv5>

The Category 3 open burning prohibition applies to all BC Parks, Crown lands and private lands, but does not apply within the boundaries of a local government that has forest fire prevention bylaws in place and is serviced by a fire department. Check with local government authorities for any other restrictions before lighting any fire.

Anyone found in contravention of an open burning prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of up to \$100,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to up to one year in jail.

If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs, as well as the value of the resources damaged or destroyed by the wildfire.

The Cariboo Fire Centre stretches from Loon Lake near Clinton in the south to the Cottonwood

River near Quesnel in the north, and from Tweedsmuir Provincial Park in the west to Wells Gray Provincial Park in the east. A map of the area affected by this Category 3 open burning prohibition is available online: <http://ow.ly/jfAH30omY30>

To report a wildfire, unattended campfire or open burning violation, call 1 800 663-5555 toll-free or \*5555 on a cellphone.

For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, visit: [www.bcwildfire.ca](http://www.bcwildfire.ca)

Follow the latest wildfire news:

- On Twitter: <http://twitter.com/BCGovFireInfo>
- On Facebook: <http://facebook.com/BCForestFireInfo>

### Contacts:

Jessica Mack  
Fire Information Officer  
BC Wildfire Service  
Cariboo Fire Centre  
778 799-2101

Erin Bull  
Fire Information Officer  
BC Wildfire Service  
Cariboo Fire Centre  
250 302-3503

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Connect with the Province of B.C. at: [news.gov.bc.ca/connect](http://news.gov.bc.ca/connect)



**NOW ACCEPTING CLIENT APPLICATIONS**

**ESK'ETEMC RECOVERY HOUSE - LETWILC REN SEMEC CENTRE**

5 bed post treatment 4-6 months recovery program

LOCATED IN THE BEAUTIFUL ALKALI LAKE VALLEY, 50KM SOUTHWEST OF WILLIAMS LAKE, B.C.

contact information  
(250)440-5651  
[asiae@esketemchealth.ca](mailto:asiae@esketemchealth.ca)

### Esk'etemc Recovery House

Now accepting client applications for [Esk'etemc Recovery House](#) — Letwilc Ren Semec Centre. Five bed post treatment 4—6 months recovery program. Located in the beautiful Alkali Lake Valley, 50KM Southwest of Williams Lake, BC.

E-mail [asiae@esketemchealth.ca](mailto:asiae@esketemchealth.ca) or call 250-440-5651 for more information.





# Jordan's Principle

Named in memory of [Jordan River Anderson](#) from Norway House Cree Nation in Manitoba, Jordan's Principle ensures that all First Nations children can access the products, services and supports they need, when they need them.

[Jordan's principle](#) recognizes that First Nation Children may need government services that exceed the normative standard of care and will evaluate the individual needs of the child to ensure [substantive equality](#), culturally appropriate services, and/or to safeguard the best interests of the child.

## Examples of supports covered under Jordan's Principle



### Health

- mobility aids
- wheelchair ramps
- addiction services
- services from Elders
- mental health services
- specialized hearing aids
- traditional healing services
- services for children in care
- assessments and screenings
- transportation to appointments
- medical supplies and equipment
- long-term care for children with specialized needs
- therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)



### Social

- social worker
- land-based activities
- personal support worker
- specialized summer camps
- respite care (individual or group)
- specialized programs based on cultural beliefs and practices



### Education

- school supplies
- tutoring services
- teaching assistants
- specialized school transportation
- psycho-educational assessments
- assistive technologies and electronics

## Who is covered

Services provided under Jordan's Principle are available to:

- Registered First Nations children\* living on or off reserve;
- First Nations children entitled to be registered, under the *Indian Act* including
  - those who became entitled to register under the December 22, 2017 amended provisions of the *Indian Act*, under Bill S-3;
  - Infants under 18 months; and
- Any Indigenous child, including Non-Status First Nation or Métis, who are ordinarily resident on reserve.

\* For the purposes of Jordan's Principle, a "child" is defined as an individual who is under the Age of Majority within their province or territory. In BC the age of majority is 19. As such, eligibility for Jordan's Principle ceases when Age of Majority is attained (Date of the child's 19<sup>th</sup> birthday).



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

## Who can send requests

A request for a child or children in the same family or with the same guardian can be submitted by:

- parents or guardians caring for a dependent First Nations child under the age of majority in the child's province/territory of residence
- a First Nations child above 16 years of age
- an authorized representative of the child, parent or guardian
  - written or verbal consent must be provided by the parent or guardian

A request for a group of children from multiple families or guardians can be submitted by:

- a community or service provider, who can request services, such as:
  - respite care
  - wheelchair ramps
  - support programs
  - educational assistants
  - transportation to school
  - local therapeutic specialists, etc.

## How to send a request

Contact us through our call centre, open 24 hours a day, 7 days a week, or your BC representative (see list below) to start your request for funding under Jordan's Principle. We are here to help.

Having certain information ready when you contact us can help if you are seeking access to funding for a product, service or support. This includes:

- registration number for child or parent under the Indian Act (if available)
- the product, service or support needed and how often the product, service or support will be needed
- estimated costs
- copies of documents related to requests (e.g. prescriptions, referrals from health, social or education professionals)
- any additional information that should be considered to support the request.

## BC Representatives

### ISC BC Regional Office

Ashley Dunsmore	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Caleb Lam	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Alison Atherton	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Vincent Dong	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>

### For First Nations Health Authority Child and Youth Systems Navigators:

- Phone: 1-866-913-0033
- Email: [jordans.principle@fnha.ca](mailto:jordans.principle@fnha.ca)

For requests for Inuit children contact the ISC BC Regional Office (see above)

### Jordan's Principle Call Centre (open 24 hours a day, 7 days a week):

- Phone: 1-855-JP-CHILD (1-855-572-4453)
- Email: [aadnc.infopubs.aandc@canada.ca](mailto:aadnc.infopubs.aandc@canada.ca)
- Teletypewriter: 1-866-553-0554



Services aux  
Autochtones Canada

Indigenous Services  
Canada

Canada<sup>2</sup>





## EMPLOYMENT OPPORTUNITY

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### Position Summary

Reporting to the Band Administrator, the COMMUNITY ECONOMIC DEVELOPMENT/ EMPLOYMENT COORDINATOR assists in the research, investigation and development of cultural, traditional and business opportunities that increase financial and social gains for the community, oversees the management of existing economic activities and coordinates social gatherings that strengthen the community. Responsible for the successful coordination of employment related services including providing job search support, identifying available positions, and providing training and information sessions and other assistance. Establishes effective working relationships with community groups, employers, funding agencies and other external contacts.

### Skills and Abilities:

- Proven ability to build effective working relationships and have strong networking skills
- Excellent verbal and written communication skills, effective listening skills, and strong public relations, customer service and public speaking skills
- Proven ability to effectively self-manage workload to deliver on assignments and projects on time and with good results
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet to the intermediate level (capable of using a large number of functions and feel confident using the program)

### Qualifications:

#### Education:

- Diploma in Business Administration or Economic Development.

#### Experience:

- Two (2) years related experience in tourism, economic development, business, or administration
- Supervisory experience, as well as developing and managing budgets

### Working Conditions

- Minimal Supervision with occasional direction and very few checks of the work performed
- Non-standard hours of work maybe required on occasion
- Travel is required

**Type of Employment:** 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

### Conditions of Employment

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements

**How to Apply:**

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: [www.xatsull.com](http://www.xatsull.com)

1. Please provide a cover letter with salary expectations and availability.
2. Resume with Three work related job references.

**Email your Application to:**

Executive Assistant, Deanna Dormuth

Email: [execasst@xatsull.com](mailto:execasst@xatsull.com)

**Mail your Application to:**

Fax to: 250 989-2300

Soda Creek First Nations 3405  
Mountain House Road, Williams  
Lake, BC V2G 5L5

**Application Deadline: May 3 2019 at 4:00 PM.**

Applications will be accepted by email, hand delivery, fax or by mail.

**\*\*NOTE\*\***

Applications received after 4:00 PM on May 3 2019 will not be considered. Only those selected for an interview will be contacted.



## Class 4 Driver Training Interest List

Sign up date by Friday, May 10th, 2019 at 4pm

- ⇒ Lunch will be provided
- ⇒ Seats are limited for each training
- ⇒ Schedule and more information will be provided once plans are in place
- ⇒ If you are interested, call the Social Development Coordinator, Jennifer Stinson at 250.989.2323 ext. 102

### Class 4 Training:

Kerry Chelsea, Instructor,  
Four Winds Driving School

### Prerequisite:

- ◇ 18 years of age
- ◇ Valid Class 5 driver's license
- ◇ Potential for classroom training to occur with road test to be scheduled at a later date







## REPOSTING EMPLOYMENT OPPORTUNITY

**Job Title:** BAND ADMINISTRATOR

**Job Summary:** The Band Administrator is responsible for the successful leadership and general management of the organization according to the vision, objectives and strategic direction set in conjunction with the governing body. The Band Administrator is responsible for the efficient management of all programs and departments, setting goals and measuring the achievement of the organization's objectives by leading the community's governing body as a skilled administrator who is a positive role model. This role focuses on establishing effective working relationships with community groups, funding agencies and other external contacts, the efficient financial responsibilities of the organization, economic development, treaty negotiation and other improvements for the organization.

**Education and Experience:**

- Diploma in Business, or a related field.
- Five to seven years of progressively responsible program management experience, preferably in the community social service sector or with First Nations group.
- Experience supervising and managing staff as well as developing and managing budgets.
- Knowledge of legislation on Labour Code, Occupational Health and Safety, Privacy & Human Rights.
- Knowledge of financial and reporting requirements for AANDC.
- Knowledge and experience in human resources and financial management, governance procedures and the treaty process.

**Skills and Abilities:**

- Ability to work independently and build effective interpersonal relationships.
- Ability to work collaboratively with the leadership team in the establishing goals, and preparation of budgets and funding proposals.
- Ability to self-regulate, meet deadlines, have attention to detail.
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture.

**Type of Employment:** 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

**Working Conditions:**

- Must be able to obtain and maintain a Criminal Records Check.
- Must be able to obtain and maintain a valid BC Driver's License.
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements.

**Salary:** Wage Grid 9. Dependent on experience.

**How to Apply:**

For a complete job description and application package, please visit the Employment Section of the Soda Creek Band website at: [www.xatsull.com](http://www.xatsull.com)

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

**Email your Application to:**

Deanna Dormuth, Executive Assistant

**Email:** [execasst@xatsull.com](mailto:execasst@xatsull.com)

**Mail your Application to:**

Deanna Dormuth

Soda Creek First Nations 3405 Mountain  
House Road, Williams Lake, BC V2G 5L5

**Fax to:** 250 989-2300 Attention:

**Application Deadline:** **May 2 2019 at 4:00 PM.**

Applications will be accepted by email, hand delivery, fax or by mail.

NOTE\*\* Applications received after 4:00 PM on May 2 2019 will not be considered. Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.



# Community Events

Event	Date & Time	Where	Description
SCIB Travel	May 1, 15 & 29		Call Rae-Lyn at 250-989-2355
Mental Health & Addictions Counsellor	May 1, 8, 15 & 22 11:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Treaty Working Group Meeting	May 1, 5-8	Soda Creek Gym	Dinner provided. Rides available, call Ada at 250-989-2323 ext. 120.
Integrative Healing w Ciel	May 2, 3, 9, 10, 16, 17, 23, 24, 30 & 31 8:30-2:30	Health Station	Call Maxine at 250-989-2355 to book a session
Yoga at Lunch	May 3, 10, 17, 24 & 31 12-1	Health Board-room	
Youth Meeting	May 2 4-6	Health Station	Contact Shae Chelsea at 250-989-2355
Nurse Practitioner	May 6 & 27 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Gardening Workshop	May 8 11-2	Health Station	Call Maxine at 250-989-235 to sign up
Reflexology	May 13 & 27 9-4	Health Station	Call Maxine at 250-989-235 to sign up
Council Election	May 14, 9-8	Soda Creek Gym	
Physiotherapist	May 15 8:45-12:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
The Sweet Spot Diabetes Lunch & Learn	May 21, 11-1	Health Station	Call Marnie Brenner at 250-398-9814 if you have any questions
Dental Therapist	May 28 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Learning How to Treat a Sick Kid	May 30, 1-3	Health Station	Call Rae-Lyn at 250-989-2355 to sign up
All Nations Spring	May 31 10	Sugar Cane	

