



Fraser River Run

MAY 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



HAVE
A **NICE**
long WEEKEND

Pellcwéwlemten (trout fishing month) – May

We may think we are nurturing our garden, but of course it's our garden that is really nurturing us
– Jenny Uglow

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The Soda Creek Offices will be closed Monday, May 21st for Victoria Day



Happy May!



The Soda Creek Offices will be closed Friday, May 11th for Office Clean Up Day



Aurora and Franck enjoying the Paint Night



Easter Celebration, Nicholas, Anastasia and Trey egg decorating.

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



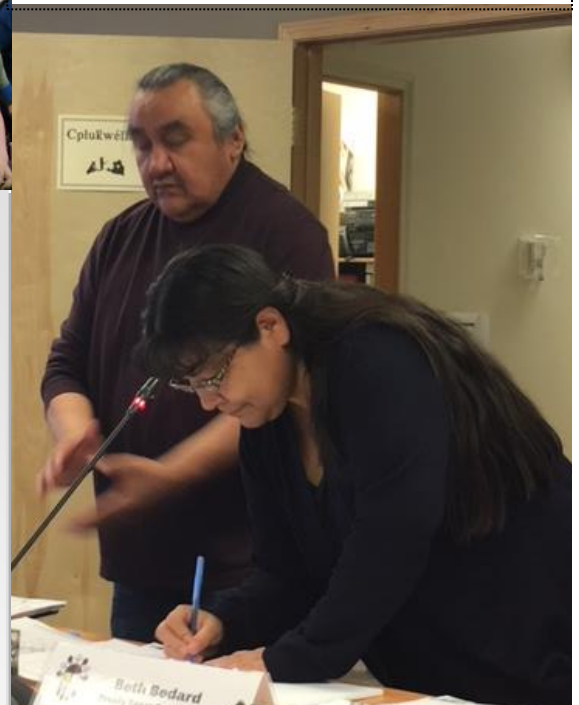
CAUTION

Due to snow pack volumes there is minor potential for flooding

As a precaution please stay clear the creek and culverts

Also, as a precaution please remove any personal property from flood plain

For more information please contact the Natural Resources Office



Chief Andrea Gilbert, swearing in at the Leadership at NStQ

Housing Coordinator



Marnie Sellars

Topics in my report:

- Current Tenants in Band Rentals
- Renovations
- Update on the Red Cross Wood for the Community
- Up-dating Household Information and Forms
- Smoke Detectors for All Homes
- Outstanding Amounts owed to the Housing Department
- Contact Information

CURRENT TENANTS IN BAND RENTALS

We are NOT RECEIVING everyone's MONTHLY RENT.

Please come into the office to pay your rent, or you can make your payments at the Royal Bank. (Information listed below)

****If you are the head of the household and you have shared shelter, please make sure that that person makes their payments, otherwise you will be respon-**

sible for unpaid amounts that are accumulating.

Renovations

If you are interested in renovations, please contact ME.

***When calling and leaving a message, please leave a call-back number. There have been members who have called, but they haven't left a call-back number. So, if you are one of the people who called, please call me again.**

UP-DATE - Wood for the Community – Red Cross

If you are interested in helping out with the wood that is for the community members who burn wood in your home, can you please leave your name with Ji Anderson or Marion Chelsea.

UP-DATE – Tenants in Rental Units – Residential Tenancy Agreements

Please contact me at the office, so we can get your agreement filled out and signed.

I DO NOT have everyone's current contact information, so please call in or stop in so we can get these completed.

Smoke Detectors for Homes

I haven't had anyone stop by to grab their detector, so I will be making arrangements to have them installed this month.

OUTSTANDING amounts owed to the Housing Department

If you owe money to the Housing Department and you are not able to make it into the Band Office to make a payment, you can make your payments at the ROYAL BANK.

Payments can be made at:

Royal Bank

Branch # - 08640

Institute # - 003

Account # - 01 359 8

Just a reminder – If you owe money to the Band for Housing, and you put your name in for Housing, you WILL NOT be considered for a unit. An applicant needs to either pay off the arrears or will need to be on a repayment plan with the Housing Department where the Housing Manager and the member has made an agreement.

***If we want to look at New Housing, we need to support what needs to be done in the community when it comes to dealing with arrears.**

Contact Information

Just a friendly reminder, if you are trying to get a hold of me during business hours, please call me at the Band Office at 250-989-2323 Ext 103 or you can email me at housing@xatsull.com

Respectfully

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.

Continued on page 3



Social Development Report Cont'd

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 **May 14 – 18, 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 May:

9th – SA Mid-Month

9th – Bills are Due to ensure they are paid

on time

14th to 18th – Interview Week – Please book a time that works for you to ensure that you are included in the next Cheque Run

23th – 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, but I would very much value what you would like to see for Soda Creek.

Kukstēc-kucw,
With gratitude to All



Community Support Counsellor



Shae Chelsea

Weyktp, my name is Shae Chelsea; I am the new Community Support Counsellor in Soda Creek. Everyone has been so welcoming and friendly, I am so honoured to be given this opportunity. I grew up in T'exelc, but I am also from Xat'sūll. My parents are Denise Tait and

William Sellars Sr, my grandparents were Martha (T'exelc) and Bill Sellars (Xat'sūll). I am a proud Secwepemc woman with three beautiful children and a supportive husband, Kerry Chelsea.

I have lived in Williams Lake, all my life. In 2014; I graduated with my Education Assistant/Community Support Certificate; in 2015 I graduated with my Human Service Diploma from Thompson Rivers University. I am currently working towards my Bachelor of Social Work Degree, then once I have that I will move onto my Master's in counselling. I want to show our people that it is never impossible to go back to school and get your education. My husband and I also

own the Four Winds Driving School in Williams Lake. We started this business because we found that many people struggle to obtain their licenses and we want to give them every opportunity we can to succeed.

In our spare time we go camping and travelling with our family and friends, we go swimming, bowling, sliding, anything to get us out of the house with our children and dog. I am learning more and more about my culture every day and look forward to expanding my knowledge so I can continue teaching myself and family. I am proud to be in my grandfather's community, to be able to help others and increasing my education of this land and culture.

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 upload 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 Mike Stinson and the crew at Pioneer Log Homes – Soda Creek Site for having the youth group over to learn about log home construction and where the homes have gone and are going.

Part of our Youth Group 12-14 year olds are planning a trip to the Universities in the Lower Mainland for August 2018, and will be doing fundraising. We will be doing a bottle/can drive as well as collecting them from the sides of the roads, Tuesday and Thursday between 4:30 -5:45pm, please watch out for us. If you have any bottles/cans you would like to donate, please call me for pick-up.

I worked with Lisa Bremner, Employment Services for Summer Student Programs'

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

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.

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

Stay Healthy, Happy & Safe



Easter Celebration



March 29, 2018



Update: Recovery Projects for Soda Creek-Deep Creek

Hello,

Below is an update on the various Recovery Initiatives being carried out at Deep Creek/Soda Creek:

Fencing

All the funding to take out danger trees, assess damage and rebuild the fencing burnt in the wildfires has been approved. The process of deciding when and who will be doing this project is ongoing.

Signs

Perimeter signage has been created and will put up soon.

Training Courses

There are a variety of training opportunities for the community to take part in in the next little while that involve preparedness for fire fighting, safety, fire smarting, etc.

Some is free, some is not, some gives certification to those who take it, and some is just valuable training and knowledge that (due to the 2017 wildfire season) is being offered for a short time to those interested.

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 contribute to making your community safer you are welcome to attend.

-Support to the Health coordinator (Gina) to organize **a workshop with Black Wolf** (Patrick Lamour) a traditional healer. His time spent here will include an introduction, healing sessions, closing feast, etc. **He is scheduled to be here from June 4 to 8th.**

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.)

There will be an opportunity to take part

in a **Psycho Social First Aid training course**, which is offered by the United Way (for free) and gives very good basic training for those who wish to understand trauma better in order to support others who have been affected in some way immediately following an emergency. Date to be decided; but it should be in the next few months.

For more information or to sign up for this upcoming course email: communitydisasterrecovery@gmail.com

Firewood

Funds to assist with getting firewood for those who need it have been received. The firewood will be delivered to community between now and early May. If you need firewood please email housing@xatsull.com for more details.

Food Security

Funding for sources of traditional food to replace what was lost when the wildlife left and berry bushes etc. were burnt up, has been received. Vouchers for Xats'ull members living at Deep Creek and Soda Creek will be available after April 16 at the Natural Resources office.

Environmental Assessment

A contractor (Ecofor) has been hired and has not been able to do an assessment due to the large amounts of snow still on the ground. He will be in the area in late April to do the survey.

Archeological assessment

This will take place after the salvage logging is complete.

Project to replant and reseed

Once an environmental assessment is completed plans to replant and reseed the damaged areas with native edibles, medicinal plants and trees native to the area will move forward.

Cultural Connections project

As part of the replanting project there is discussion and planning of the potential

for a 3-5 years duration program that would involve elders, kids, and others in the community who would like to take part. More details to follow in the May newsletter.

Salvage of damaged trees

An agreement has been reached as to the process of salvaging the wood damaged in the wildfire. Processing the wood will begin soon.

Rebuild of shed

Rebuilding the shed that was burned in the fire will begin soon, once a contractor has been hired.

Support to **help update your local Emergency Plan**. This will also include some training courses. Still awaiting confirmation on funding to support this process to completion

Heritage Village

Funding has been requested to hire employees to carry out cultural activities over the summer at the Heritage Village, via the Red Cross Small Business and Cultural Livelihoods program. This is as well as funding for hiring summer staff to run the Village and keep it open all season once again.

An **open house** is being planned for mid June to share the Wildfire Recovery Plan with the community. Details to follow in the June newsletter.

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.



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Health Coordinator



Gina Mortensen

The health department staff organizational chart and brief service summary is attached to the newsletter. The health team would like to welcome Shae Chel-sea to our team. Shae is the new Part-time Community Support Counsellor. She started at the beginning of this month and has been a great addition to the health department services. Shae has included an insert into the newsletter to introduce herself and an update from her position.

Ciel Grove has also been contracted to offer Integrated Healing Services to community for the next 7 months. Ciel has planned some great workshops throughout May that share learning that gives people the tools to learn and explore themselves, empower themselves to heal themselves. Ciel has provided an insert with some information on herself, her qualifications, and what a session may involve. Yoga on Fridays is another service she offers to our community from 12pm to 12:45pm. Everyone is welcome, dress comfy and bring water. This yoga is for all levels of fitness. These workshop and session fill up fast so remember to call in to Maxine to book an appointment or sign up for the workshops.

Neleena Popatia the Mental Health and Wellness Counsellor from Three Corners

has moved her Soda Creek Office day to Wednesdays for those who would like to access her services. Neleena offers counselling to members of the community as well as workshops relating to mental health and wellness. She can also see community members in Williams lake at Three Corners if you work in town and would like to access counselling, just call to Maxine and she can arrange to have Neleena contact you directly.

The Social Departments from Soda are working together to arrange a Community engagement meeting in June. We are hoping for members to come out to hear updates, gain knowledge about services or agencies that are accessible to members, and to provide suggestions of workshops or service supports that will benefit the community as a whole. The meeting is in the beginning stages of being planned, more information will be sent out once more is confirmed. Presenters may include representative from FNHA Jordan's Principles, Department of Indigenous Services Canada, School District 27 and Private School Reps., and others as we confirm.

May is coming fast there is quite a few programs and workshops that will be offered, remember to keep your calendar where you can see keep updated on what is happening. Some of the programs highlights include but not limited to: Mothers Day Spa Day May 10th, Gardening Workshop May 15th, Youth Group Meeting May 16th, Pitch Gathering and Making May 24th and 29th, May 29th Pharmacare Presentation at the Pioneer Complex and Loving and Addict with Candice Platter May 31st. Please remember to sign up with Maxine for these workshops.

Gathering Wisdom is coming up in May from the 15th to the 17th. This is the

province wide Health event with FNHA and community governing bodies, health leads, social department leads and many others. All health regions and nations come together to address health systems, governance over health systems and the Health Authorities updates as we progress through transitioning health and wellness from Health Canada to First Nations Health Authority. We recently went through the Pharmacare transitioning which has not been working for the people it is supposed to be helping. This a big concern that has come up at many health meetings, and community leaders are advocating loud and clear the disappointment in this service transition. Children in Care Systems approaches are presented each year at this event from guest who have experience and made changes in their communities/ nations. The biggest topic that touches each piece of the health system in Culture and how are we going to implement traditional wellness into creating a health system that is First Nations focussed and built. The Chief, some Council the BA and Myself will be attending this huge event and will provide an update in the newsletter for June.

Soda Creek and sister community staff are currently planning a Joint Parenting Conference for June of this year. This conference is to empower membership families in knowledge of resources, services, tools to accessing service supports and understanding the Children in Care process.

Thank you for taking the time to read the health update and we hope to see you out for the amazing may line up of functions.

Soda Creek Health Staff



Maxine Sellars
Administrative Assistant

Ext. 124

healthreceptionist@xatsull.com

- Provides Clerical Supports
- Greets and directs visitors to appropriate department staff for supports
- Provides communication, health information and resources to clients
- Administers the monthly newsletter to community



Janae Beaulieu
Community Activities Worker

Ext. 128

activitiesworker@xatsull.com

- Supports community in healthy recreational planning or program support
- Fundraising assistance for community driven groups
- Plans and provides programs to engage members in healthy community connection and cultural activities



Rae-Lyn Betts
Community Health Representative

Ext. 131

chr@xatsull.com

- Advocates for community in relations to health
- Client health advocacy
- Healthy lifestyle and preventative programming
- Provides Pre and Post Natal Services and Program in Collaboration with Community Nursing



Shae Chelsea
Community Support Counsellor

Ext. 136

supportcounsellor@xatsull.com

- Alcohol and Drug Counselling
- Family Support Counselling / services
- Provide Youth Justice
- Client advocacy
- Healthy lifestyle and preventative programming
- Provides mental health counselling and referrals



Georgina Mortensen
Health Coordinator/Children & Families Band Representative

Ext. 129

health@xatsull.com

- Supervises Health Department Staff
- Oversee health programming and staffing
- Children and Families Band Representative for children in care case
- Works collaboratively with other services to provide supports or referrals to members

Weytk-p

It has been a very busy few months for the Treaty Department. Had the indigenous Court Initiative from the presenters of Kamloops/Merritt area last fall at the Spruce Hills 108 Resort, which led us to doing a visit to the Merritt to visit the team there in how the aboriginal Court process works and how it may work in the Williams Lake area. The group had the opportunity to meet Chief Judge Crabtree. We went onto Kamloops for the second day to witness the court process as well which ended with a nice lunch with the elders that stood on the panel. We will be coming out soon with more of an update to the next initiatives to this soon.

Luncheon with the Elders, Kamloops Indigenous Court



During Spring Break, the four (4) communities chartered a bus under NStQ Treaty Related Measure proposal of the Child and Family to plan a Trip for the youth to the Vancouver area. First stop was Tsawwassen First Nation for a land tour of their community, we visited their new community initiatives of a proposed youth facility by the new playground and fields and their new economic initiatives, such as their new Mall.



Picture prior to going on tour through Tsawwassen in front of their administration office



Tour of University of British Columbia

We had an extensive tour of the University of British Columbia, and a presentation from the Ch'nook Scholars Program explaining the opportunities for, "aboriginal post secondary students in the business feels to give them tools and connections they need to succeed in their studies and careers" and the other opportunities of the university. The program was so informative and showing the need for the youth young people to begin career planning sooner than they think they need to now.



Museum of Anthropology, University of British Columbia

In the itinerary it was included a tour of the Museum of Anthropology. I was in aww...all the artifacts and culture that is out there. So many things to see, take more than just one visit to see it all.

DEEP CREEK IR#2

WATER SYSTEMS IMPROVEMENTS



The Deep Creek water system was originally commissioned in 2000. It includes a community well, chlorination & filtration to remove iron and manganese, a distribution system, and two storage reservoirs. The system has been working well and provides safe water to the community. However, there is no back-up well, and in recent years there have been some operational issues relating to the age of some of the system components.

Funding has now been provided by Indigenous Services Canada (ISC) to design upgrades to the Deep Creek water system. The project will primarily include the following:

- Drilling and testing a back-up well (this will occur in May 2018 and will be located near the existing well);
- The design of improvements to the water system focussed on connecting the new well and replacing/modernizing ageing infrastructure.

This is an important project for our community as it will increase the reliability of the system and ensure that the community water system will serve us well into the future.

Once the design is complete, Xat'sull will apply for funding for the construction of the upgrades.

We are also in the process of assessing the Soda Creek water system with ISC, and some initial repairs are being completed to that system.

If you have any questions, please contact Dora Demers or Ji Anderson.



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

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> ADP Luncheon	<i>2</i> SCIB Travel Mental Health Clinician 10-2	<i>3</i>	<i>4</i> Mobile Mammogram 2-4:50 pm	<i>5</i>
<i>6</i>	<i>7</i> Nurse Practitioner 10-3 pm Health & Fit- ness Challenge 11-2:30 pm	<i>8</i>	<i>9</i> Mental Health Clinician 10-2 HCC Travel	<i>10</i> Spa Day 11:00-5:00 pm	<i>11</i> Office Clean Up Day- Offices closed	<i>12</i> The Enneagram & Understanding Your Personality 10-3 pm
<i>13</i>	<i>14</i> Nurse Practitioner 10-3 pm	<i>15</i> Gardening Workshop 12-3 pm	<i>16</i> SCIB Travel Spring Fling Dance 11-3 Gym Mental Health Clinician 10-3	<i>17</i> Lunch & Learn w Ciel 12-2 pm Youth Meeting 4-6 pm	<i>18</i> Newsletter Deadline	<i>19</i>
<i>20</i>	<i>21</i> Victoria Day Statutory Holiday Office Closed	<i>22</i>	<i>23</i> HCC Travel Mental Health Clinician 10-2 The Trauma- tized Brain & Body 5-9 pm	<i>24</i> Pitch Collecting Field Trip 9:30-2 pm	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> Nurse Practitioner 10-3 pm	<i>29</i> ADP Luncheon	<i>30</i> SCIB Travel Mental Health Clinician 10-2	<i>31</i> Loving an Addict Workshop 5-9 pm		

Ingredients

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella

Double Tomato Bruschetta

"A delicious and easy appetizer. The balsamic vinegar gives it a little bite. Dried basil can be substituted but it is best with fresh."

Prep time: 15 min Cook time: 7 m Ready in: 35 m

Method

1. Preheat the oven on broiler setting.
2. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
3. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
5. Broil for 5 minutes, or until the cheese is melted.



Ingredients

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered

Strawberry Spinach Salad I

"Someone brought this salad to a pot luck dinner and I had to have the recipe. I have made it many, many times since then and I have been asked for the recipe every time I bring it somewhere. It is also a great way to get kids to eat spinach!"

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

Method

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.



8 Star Chefs Share Their Easy Cooking Tips—Food Network Canada

Organization

Organization is key in any kitchen, professional or home. A fun and easy way to cook at home is to mise-en-place everything you need. Chop, measure and weigh everything you need in advance and put in small bowls. That way, when you get to cooking, all you're really doing is combining ingredients! It also makes it fun — it feels like you're doing a demo on a cooking show!

— Susur Lee

Asparagus and Mozzarella Stuffed Chicken Breasts

"This dish is easy enough for a Tuesday, but looks pretty enough for company. It has a really fresh flavor and goes great with roasted potatoes or rice."



Ingredients

- 2 large skinless, boneless chicken breast halves
- salt and black pepper to taste
- 8 asparagus spears, trimmed - divided
- 1/2 cup shredded mozzarella cheese, divided
- 1/4 cup Italian seasoned bread crumbs

Prep time: 20 min Cook time: 25 m Ready in: 45 m

Method

1. Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.
2. Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper.
3. Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.
4. Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Creamy Strawberry Crepes

Ingredients

- 3 eggs
- 1/2 cup milk
- 1/2 cup water
- 3 tablespoons butter, melted
- 3/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 (8 ounce) package cream cheese, softened
- 1 1/4 cups sifted confectioners' sugar
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1 cup heavy cream, whipped
- 4 cups sliced strawberries1 egg

"This recipe has been a family favorite for over 30 years! These crepes are delicious and very rich! Be sure you have at least 1 hour to prepare, they are worth every minute!"

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

Method

1. Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
2. Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.
3. Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Flip over when the batter is set and the edges are beginning to brown. Cook until the other side begins to brown. Stack finished crepes on a plate, cover with a damp towel and set aside.
To serve, fill each crepe with 1/4 cup sliced strawberries and 1/3 cup of the cream cheese filling, roll up and top with a small dollop of the cream cheese filling and more sliced strawberries.



Clean As You Go

One tip that makes cooking a lot easier is cleaning up as you go. There is nothing that throws me off my game more than a messy work station. After each step of a recipe, tidy up, wash your utensils and wipe down your counter. Use a garbage bowl to keep all your scraps and peels in one place so you don't have to keep going back and forth to your garbage.

Nurse Practitioner



May 7
May 14
May 28

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 2
May 9
May 16
May 23
May 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



Wednesday, May 16th, 2018

10:00-3:00 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



Community Pitch Collecting Field Trip

Thursday, May 24th, 2018

9:30-2:00 pm

Come join us to collect pitch. Picnic lunch is provided. The bus is going out. If you want to join, contact Maxine at 250-989-2355 to sign up by Wednesday, May 23rd at 4 pm.

PHYSIOTHERAPY SERVICES

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

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



Physiotherapist
Tyler Judd



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



Ball Hockey Nights

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



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!



Please join us for a
**Mothers Day/Welcome Lunch
 & Spa Day**

Thursday, May 10th, 2018
 11:00-5:00 pm
 Health Station

**Hair, Reiki, Healing
 Touch, Beginners
 Yoga and Much More...**



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

HEALTH & FITNESS CHALLENGE

Three Corners Health Services Society is challenging the communities to take steps toward Healthy Living this spring!

Here's how it works:

1. Meet with Kayla on dates below to check-in on your progress, or start your challenge if you haven't already joined
2. Try to reach the goals that you've set for yourself by eating healthy, exercising, etc.
3. Follow up with Kayla again June 5-7 for your final weigh-ins!
4. Prizes will be awarded to top 3 in each community based on how close they get to their original goal



Goal Setting Dates in Community:

- Wednesday, May 2, 2018—Canoe Creek Health Station (10:30am—12:00pm)
 — Dog Creek Health Station (1:00 pm—2:30 pm)
 Thursday, May 3, 2018 — Sugar Cane Health Station (11:00 am—2:30 pm)
 Monday, May 7, 2018 — Soda Creek Health Station (11:00am — 2:30pm)



**For more information, please contact
 Kayla at 250-398-9814**



Youth Council Meeting

Date: Thursday, May 17, 2018
 Time: 4:00-6:00pm
 Where: Health Station Boardroom
 Ages: 13-18 years old

Bring your ideas for your future youth council, as well as your appetite's for make your own pizza night.

Any questions call Shae Chelsea, Community Support Counsellor at 250-989-2355, ext. 136.



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

The NR Department would appreciate community input on the upcoming renewals of Forestry Stewardship Plans prepared by local Forestry companies. The terms are for the next 5 years so this is your opportunity to voice your opinions NOW.

Natural Resources Forestry Stewardship Plan Input!

May 9, 2018

5-8 pm

Soda Creek Gym
 Dinner Provided

Contact Kate or Ada in NR for more information and to book a ride.

250-989-2323.

Soda Creek Acknowledgement Dinner

Please join us as we give
Thanks to our hard working
Firefighters and Volunteers
that saved us during the 2017
Fire Season.

Wednesday, May 16, 2018

Soda Creek Gymnasium
5:00 PM

If you have any Names or Photos that you
would like to ensure are included, please
forward them to:
Marion - socdev@xatsull.com

PosterMyWall.com



Lunch Yoga Break

FRIDAY'S, 12:00 TO 12:45 pm

SODA CREEK GYM



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



CHIEF WILL YUM FATHERS DAYPOW WOW

JUNE 15-17/2018 - CHIEF WILL YUM CAMPSITE

2581 CARIBOO HWY 97 SOUTH, WILLIAMS LAKE, BC

Agenda:

Friday, 06/15/18 7 pm Warm up Drum & Vendors registration

Lehal tournament starts

Saturday, 06/16/18 8 am – 10 am Breakfast Sugar Shack

10 am Lehal tournament continues

12 noon Drum & Princess & Brave registration closes

1 pm Grand Entry – Secwepemc Welcome Song & Dance

2 pm Categories – Tiny tots, Golden age, Jrs, Teens, Adults

3 pm 2017 Princess Giveaways & Specials

4 pm Categories– Tiny tots, Golden age, Jrs, Teens, Adults

5 pm Traditional Feast Sugar Shack

7pm Grand Entry & Intertribal

8 pm Specials

9 pm Categories – Tiny tots, Golden age, Jrs, Teens, Adults

12 am Retire the Colours

Sunday, 06/17/18 8 am – 10 am Breakfast Sugar Shack

10 am Lehal tournament continues

12 pm Grand Entry & Intertribal

12:30 pm Princess Pageant Brave Dance Off & Crowning

2 pm Categories– Tiny tots, Golden age, Jrs, Teens, Adults

3 pm Brunch & Fathers Day Special – Dance & Cake

4 pm Honouring the Committee & Pay out

4:30 pm Retire the Colours

1st 6 drums payout, rotating host drum

Committee not responsible for lost items, damages & divorces

Pageant contestants responsible for 50/50s & raffles

NO ALCOHOL OR DRUGS PERMITTED

CONTACT: VIRGINIA GILBERT: 1-250-267-6588

Caterer needed
Volunteers needed

Integrative Healing Sessions

THURSDAYS 8:30-12:00PM

Heal the Body, Mind + Spirit together.

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

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

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

SESSIONS MAY INCLUDE:

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

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



ABOUT CIEL GROVE, MA

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

INTEGRATIVE HEALING

Background Information

Integrative Medicine brings together different healing practices to address imbalances within the mind, body and spirit. Developed as people have more fully recognized the importance and healing power of traditional medicines and of the wisdom of the body, Integrative Practice aims to 'inform' Conventional Western Medicine of a more holistic means of healing, and to allow patients to direct and manage their own healing process

Sessions with an Integrative Therapist are not aimed at coming up with a diagnosis or pharmaceutical medication, but at helping individuals understand the challenges they are experiencing through holistic means. The healing offered might include herbal medicine, nutritional therapy, exercise, vitamin + mineral supplements, energy medicine, meditation, homeopathy, shamanic practices, somatic release, massage and more.

While this type of healing does include counseling and talk therapy, it is not the primary focus: the healing work begins and continuously returns to understanding the body, and how the health or lack of health of our bodies (and environment) changes our emotions and experience. However, if an client is looking for the opportunity to talk through their challenges, that is always available.

Modern life disconnects us from ourselves and our environment, and modern medicine teaches us to not trust our bodies.

Integrative Practice aims at helping people reconnect, creating self awareness, emotional and physical stability, healthier relationships, and lasting healing.

What to Expect

Initial sessions are much like visiting a Naturopathic Doctor: we will explore your energy levels, sleep, digestive symptoms and overall physical well-being together, developing a clear picture of where you're at on a physical and environmental level.

The primary focus to start is on improving nutrient availability, reducing inflammation, increasing your ability to deal with stress, and enhancing your metabolic energy. Only when these are attended to can a person really explore what is happening for them emotionally and psychologically. Over time--and as a client feels comfortable--the focus may shift to exploring and healing old wounds, damaging personal habits, and 'core stories' about worth and personal potential, but that is not an expected nor forced process.

Sessions may include a followup email with any pertinent information or practices, and each session will include homework so that healing continues between sessions.

All information shared is confidential.

Sessions are not recorded through official practice notes.

MAY HEALING WORKSHOPS:

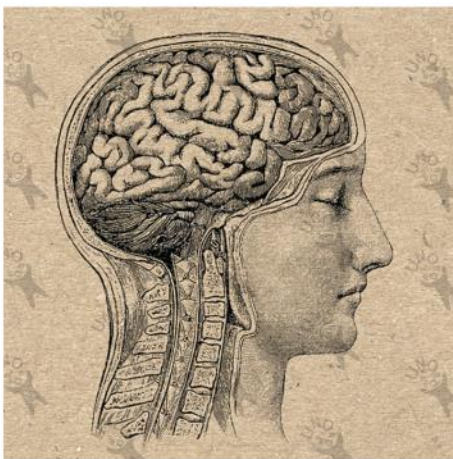
WITH CIEL GROVE, MA

The Enneagram and Understanding Your Personality

May 12th : 10-3pm (Lunch will be provided)

Dating back to the 4th century, the Enneagram is an ancient body of wisdom that identifies nine core personality types, and explores how each of these types sees and interacts with the world. The point and purpose of this system is not to 'pigeonhole' an individual into a particular type, but to offer reflections and insight into the nature and needs of each type, supporting all people in their path towards greater self awareness, health + harmony. It is only through understanding ourselves that we come to better understand our relationships and how others perceive us, and then gain the possibility to heal and evolve.

To attend this workshop, please register with Max at the Health Station. Participants will need to complete an Enneagram Quiz prior to the workshop, and this can be completed at home or in a scheduled appointment with Ciel on any upcoming Thursday.



LUNCH + LEARN: Understanding The Gut-Brain Connection

May 17th from 12-2

Information uncovered by science in the last decade has completely changed the way we think about our digestion, food choices, and mental+emotional health. It turns out that our gut and our brain are WAY more interactive than we ever imagined. This brief workshop will introduce key nutritional and lifestyle changes reflective of this new understanding that you can begin implementing right away for greater emotional health, immunity, and healthy aging.

The Traumatized Brain + Body: Part I

May 23rd 5-9pm (Dinner will be provided)

Trauma has a profound effect on our minds and bodies. In this three part series (to be offered over the next three months) we will be exploring the physiological effects of stress and trauma, investigating why old trauma makes it so difficult for people to change, and what they can do to shift out of old patterns and sabotaging behaviors given this understanding. This workshop will be experiential and transformative, offering skills and insights that all people will benefit from, no matter their level of current or historical stress.

CONTACT MAX AT 250.989.2355 IF YOU ARE
INTERESTED IN JOINING ANY OF THESE WORKSHOPS.

LOVING AN ADDICT

WORKSHOP FOR FAMILY OF PEOPLE WHO HAVE ADDICTIONS



Candace Plattor, M.A.
Registered Clinical Counsellor

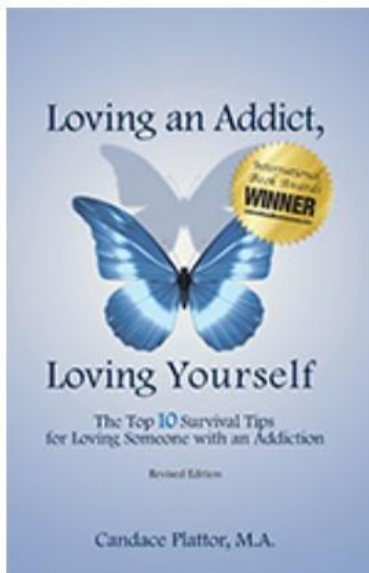
I have worked as an Addictions Counsellor in the Downtown Eastside area of Vancouver, BC since 1991, working with addicts, alcoholics, and the family and friends who love them.

In 2001, I graduated from the Adler School of Professional Psychology with a Masters degree (M.A.) in Counselling Psychology. I have now been in private practice for over 20 years, helping clients understand their addictive behaviours of choice, such as unhealthy relationship dynamics, problem gambling, internet addiction, disordered eating, and substance abuse ~ *because it is only when we understand why we use addictive behaviours that we will be able to stop using them.*

Therapy is about change. It is about choosing to explore our options and deciding to make healthier choices for ourselves, so that we can get out of our own bug juice.

As you can see, I have chosen to do this in my own life

I feel both blessed and honoured to be able to assist others in their own journeys of recovery and healing. I have a lot to offer clients because of my knowledge of addictive behaviours, from both a personal and professional perspective. After more than 30 years of recovery and over 20 years of working with clients, I still enjoy my work so much that I cannot imagine doing anything else.



← This is the cover of the book that Candace has written



When: Thursday, May 31, 2018

Time: 5:00-9:00 pm

Where: Soda Creek Gym

⇒ Call Maxine or Rae-Lyn at 250-989-2355 to register by Tuesday, May 29th , 2018

⇒ Snacks will be provided

Are you feeling exasperated and helpless about your family member's addiction?

Sacred Healing Journey

With Patrick Lamour, Traditional Native Healer & Teacher

Monday, June 4th—Friday, June 8th, 2018

Location: To be announced



Opening Lunch, Monday June 4th,
Healing Circle in evening

Cleansing Homes & Individual Healing Sessions, June 5th

Balance of Time Healing Sessions to follow
(More information will be provided closer to date)

Patrick Lamour brings with him a lifetime of experience as a Traditional Native Healer and teacher, working in Aboriginal communities across Canada and the U.S.A., with a commitment to emotional, mental, spiritual, and physical healing and well being.

He is a certified Addictions Counselor as well as a certified member of the Canadian Society of Counselors and Therapists. And also a certified SASSI (Substance Abuse Subtle Screening Inventory) trainer in Quebec and BC.

He combines Native and alternative methods of dealing with issues on all areas facing our Aboriginal people in today's world. He has held healing circles and personal sessions through the 'Healing the Family Circles' since 1996, a Facilitator for a program called Wilderness Therapy (for troubled Youth) and also a traditional consultant for Social Services.

Part of his personal sessions, he works on the energy in the body. *"I work on the person's body to see where their pain is. I cleanse the body, and from that I find out what medicines and type of healing they will need."*

To registrar call Maxine at 250-989-2355. Need to registrar by Thursday, June 1st at 4:00 pm

If you have any questions feel free to call Deb Borsos at 250-989-2323 or

email at Deb Borsos communitydisasterrecovery@gmail.com



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



Elders Group Meeting

Tuesday, May 1st, 2018

1:00-3:00 pm

Health Boardroom

- ⇒ This meeting is to discuss the Elders Gathering and other trip options. Also to plan for fundraising for the Elders Trip
- ⇒ Must attend meeting to vote and make decisions for group
- ⇒ Lunch at 12 pm and meeting to follow, 1-3 pm
- ⇒ Rides are available. Call Maxine or Janae at 250-989-2355 by April 30th at 4 pm

Warlords Ball Hockey Club Fundraiser

For

2018 WLIB Spring Classic Ballhockey
Tournament May 25th – 27th



1st – \$500

2nd – \$300

3rd – \$200

4th – \$80

(2) Decks of Cards being sold @ \$20 / Card

(4) Cards are being drawn for Cash Prize Winners

Draw will be held Live @ Deep Creek Health Station as soon as all cards are sold.

Contact Kelly for Cash / Etransfer Purchase

Facebook: Kelly William

(250) 305-7132

Emergency Operations Centre (EOC) Essentials Course

May 5 & 6th, 2018

Justice Institute Course for credit



COURSE DETAILS:

Learn the fundamentals of how Emergency Operations Centres (EOC) operate in supporting the needs of response departments and agencies during emergencies and disasters. Explore key aspects of site support operations within an Incidental Command System (ICS) management structure. (Formerly EOC120)

COURSE FORMAT:

This interactive two-day course features applied scenarios and activities and provides learners with an opportunity to practice some of the standard activities performed in and EOC. This course includes an in-class exam.

**If interested, please sign up as soon as possible by
emailing or calling Marion at 250-989-2323:**

Marion at socdev@xatsull.com or

Deb at communitydisasterrecovery@gmail.com

May 2018 - What's in my Back Yard? Photo Contest

Throughout May 2018, during Invasive Species Action Month, we challenge you to enter the "What's in my Back Yard?" Photo Contest. Taking part is simple and you could win up to \$350 for your youth group or class.

As a youth group or class, spot and photograph as many invasive species in your local area and either post your photos on social media using #BCinvasivescontest or enter using the online form below. Enter as many photos as possible for the chance to win. The group with the most photos will win \$350 for a group field trip and the runner up group will win \$200 towards a field trip.

Scroll down to read more and to enter.

Contest Inquiries: if you have any questions about this contest, please email: events@binvasives.ca



Xat'sūll First Nation- Community Service Code

Principles

Background

1. Council Members and employees of Xat'sūll First Nation are committed to providing Community Members with the best possible service.
2. This Code describes the fairness and service principles that we follow when dealing with Community Members.
3. The purpose of this Code is to encourage open and respectful communication to:
 - a) prevent problems before they occur;
 - b) identify problems early; and
 - c) find appropriate solutions sooner

Rights of Community Members

4. In your dealings with Council Members and employees of Xat'sūll First Nation, Community Members have the right to **courtesy and respect**, including our:
 - a) being clear in our communication with you;
 - b) being respectful in our interactions with you;
 - c) listening to your concerns;
 - d) responding in a timely manner, and in writing when requested;
 - e) making sure you can contact the Council Member or employee best able to assist you; and
 - f) acknowledging our errors and correcting them in a timely manner.
5. In your dealings with Council Members and employees of Xat'sūll First Nation, Community Members have the right to **privacy and confidentiality**, including our collection, storage, usage and distribution of your information in accordance with law by:
 - a) complying with Band policies and applicable laws about privacy, confidentiality and access to information;
 - b) sharing your information only with those Council Members and employees who are entitled to the information and require it in order to perform their jobs;
 - c) not accessing information about you or your family members unless it is required in order to perform their jobs; and
 - d) not providing your information to persons purporting to be your representative unless you provide us with such authority in writing.

In your dealings with Council Members and employees of Xat'sūll First Nation, Community Members have the right to **fair treatment**, including our applying laws and rules fairly and impartially by:

- a) acting honestly;
- b) avoiding conflicts of interest or the appearance of conflicts of interest in providing services or making decisions of concern to you;
- c) considering all relevant factors, including personal circumstances where appropriate, and applying laws and rules consistently and impartially;
- d) providing you with a fair opportunity to provide information and evidence supporting your position;
- e) consistently applying penalty and collections policies when obligations to the band have not been met;
- f) making just, fair and timely decisions and explaining them to you thoroughly;
- g) providing you with written decisions upon request; and
- h) access to a fair process for appealing or reviewing decisions and information about that process.

7. In your dealings with Council Members and employees of Xat'sūll First Nation, Community Members have the right to **obtain help**, including our:

- a) being available during regular office hours, subject to other work commitments, in person or by telephone;
- b) accommodating disabilities;
- c) accommodating your work schedule where feasible;
- d) responding to your communications in a timely manner;
- e) advising you of the steps in the decision-making process and a time by which you can expect a decision;
- f) making available up-to-date information on programs and services available to you in a variety of manners including electronic information, written documents, and information sessions; and
- g) providing you with complete, accurate, clear and timely information in a format that is accessible and convenient to you.

Rights of Council Members and Employees

8. Council Members and employees of Xat'sūll First Nation have the right to protection from abuse and harassment in the workplace, including:

- a) the enactment and enforcement by Band Council of anti-abuse and anti-harassment policies in the workplace;
- b) training in dealing with abuse and harassment;
- c) information about past incidents of abuse and harassment in the workplace, and the steps being taken to address them;
- d) the right to terminate an abusive or harassing incident; or
- e) the right to discontinue an abusive or harassing incident by:
 - i) asking the abuser or harasser to leave; or
 - ii) leaving the communication;
- f) where appropriate, intervention in an abusive or harassing incident in the workplace by a fellow employee, supervisor or Council Member.
- g) debriefing, follow-up and other active support from the supervisor and Band Council after an abusive or harassing incident;
- h) where the abuse or harassment amounts to a criminal offence, support from the supervisor and Council in reporting the matter to the RCMP; and
- i) protection from retaliation after reporting an abusive or harassing incident.

Complaint Procedure

Step 1- Informal Resolution

9. A Community Member (the "Complainant") who feels that they have not been treated fairly or appropriately in accordance with this policy shall first raise their concern directly with the Council Member or employee in question.
10. The Complainant may have another person accompany him or her when raising a concern under the previous paragraph, provided that other person conducts themselves in accordance with the spirit of this policy.
11. The Council Member or employee shall provide the Complainant with information on the policy and other factors on which the original action or decision was based and discuss the matter with the Complainant in an effort to resolve the complaint in an informal manner.
12. If the complaint is not resolved to the satisfaction of the Complainant, the Council Member or employee shall advise the Complainant of the process for appealing or reviewing the employee's action or decision and, upon request, provide the Complainant with the decision and the reasons for it in writing.

Step 2- Supervisory Review

13. Where there is a process for appeal or review provided for by statute, regulation by-law or policy, the Complainant shall use that process to attempt to resolve the complaint.
14. Where there is a no process for appeal or review otherwise provided for by statute, regulation by-law or policy, the Complainant may submit the complaint for review by completing Form A and giving it to:
 - a) the Department Head where the action or decision complained of is that of another employee in that Department;
 - b) the Band Manager where the action or decision complained of is that of a Department Head or Council Member; or
 - c) Band Council where the action or decision complained of is by the Band Manager.
15. Within 10 working days of receiving a completed Form A, the Department Head, Band Manager or Band Council, as the case may be, shall:
 - a) consider submissions from both the Complainant and Council Member or employee complained about;
 - b) review applicable law and policy;
 - c) take such other steps as the reviewer deems appropriate in order to resolve the complaint, and
 - d) provide a written decision on Form A as to the resolution of the complaint to the Complainant and the Council Member or employee complained about, and tell the Complainant how he or she may request a further review.

Step 3- Further Review

16. If the Complainant is not satisfied by the decision of a Department Head under the previous paragraph, he or she may request a further review by submitting Form A, together with the written review decision and any further written submissions, to the Band Manager.
17. Within 10 working days of receiving a request for further review, the Band Manager shall:
 - a) consider submissions from both the Complainant and the Council Member or employee complained about;
 - b) review applicable law and policy;
 - c) take such other steps as the Band Manager deems appropriate in order to resolve the complaint, and
 - d) provide a written decision as to the resolution of the complaint to the Complainant and the Council Member or employee complained about.
18. A review or further review by the Band Manager is final.

Alternative: There shall be no appeal to Band Council from a review or further review by the Band Manager, except on the basis that the decision of the Band Manager on review or further review was patently unreasonable.

Frivolous or Vexatious Complaints

19. The Band Manager may refuse to review or further review a complainant that it frivolous or vexatious.

File Retention

20. The Band shall maintain a file of all Complaints made under this policy together with all related materials.

Form A- XAT'SULL COMMUNITY SERVICE COMPLAINT FORM

Your name:	Date:
Your address:	Contact phone number:

YOUR COMPLAINT AND REQUEST FOR REVIEW

Complaint submitted to:

[Please describe the decision or action you are complaining about, the date it happened, and the Council Member or employee whose decision or action it was. Use more paper if necessary].

REVIEW DECISION AND REASONS

Name of Reviewer:

Date of Review:

FURTHER REVIEW

[If you are not satisfied with a review decision made by a Department Manager, you can request a further review by giving this form and any further written submissions to the Band Manager. The Band Manager will make a final decision and provide it to you in writing within 10 working days of your complaint.]

Nasal Naloxone (Narcan)

Now Available at no cost to BC First Nations

Effective April 1, 2018 Nasal Naloxone is available to First Nations Health Authority clients.

Adding Nasal Naloxone as a drug benefit is intended to save lives. We encourage those at risk of an opioid overdose and people close to them to have naloxone and the training to use it.

QUICK FACTS ABOUT ACCESSING NASAL NALOXONE FOR YOURSELF AND YOUR LOVED ONES:

What is Nasal Naloxone (Narcan)? How do I use it?

- Nasal Naloxone is the same chemical as injection Naloxone; the only difference is the delivery method.
- Nasal Naloxone is easy to administer.
- Learn how to use Nasal Naloxone from your pharmacist.

At the Pharmacy Counter:

- To access Nasal Naloxone, First Nations in BC may request it directly from the pharmacy. It does not require a prescription from a doctor or nurse practitioner. You will need your Status number and Personal Health Number.
- Pharmacy claims for Nasal Naloxone will be processed through the NIHB program and not Plan W (PharmaCare).
- If your claim is rejected, ask your pharmacist to try again:
 - Option 1:** (preferred) - billing to NIHB
 - Option 2:** using NIHB
- *You can pick up Nasal Naloxone for yourself, a friend or a loved one.* The client requesting Naloxone does not have to specify who it is for. However, it will be billed to the FNHB program under the name of the client requesting it.

PLEASE NOTE:

Because Nasal Naloxone is newly listed, some pharmacies may not have inventory and we encourage our clients to contact their health centre or call ahead to their pharmacy to ensure it is available.



First Nations Health Authority
Health through wellness

For more information and resources, visit us online www.fnha.ca/overdose

INFORMATION BULLETIN

For Immediate Release
2018FLNR0067-000693
April 20, 2018

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

Cariboo Fire Centre urges caution with outdoor burning

WILLIAMS LAKE – The Cariboo Fire Centre is encouraging the public to exercise caution with any outdoor burning activities, due to predicted windy conditions in the region that could bring gusts up to 40 kilometres per hour to some areas on Saturday.

The public is also reminded that Category 3 open fires will be prohibited within the Cariboo Fire Centre's jurisdiction effective at noon on Monday, April 23, 2018. This prohibition does not apply to campfires or Category 2 fires. A poster explaining the different categories of open burning is available online: <http://ow.ly/znnv309kJv5>

Category 3 open burns 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.
- one or more burning windrows.
- burning of stubble or grass over an area greater than 0.2 hectares.

Anyone wishing to conduct a Category 3 open burn before noon on Monday must obtain a registration number ahead of time by calling 1 888 797-1717.

Always check the venting conditions before conducting an open burn. If venting conditions are rated "Poor" or "Fair", open burning is restricted. The venting index can be found online: <http://www.env.gov.bc.ca/epd/epdpa/venting/venting.html>

People planning to light an open fire are encouraged to visit the BC Wildfire Service website and consult the B.C. FireSmart Homeowner's Manual online: <http://gov.bc.ca/firesmart>

Anyone planning to light an open fire must take the following precautions:

- Ensure that enough people, water and tools are on hand to control the fire and prevent it from escaping.
- Do not burn during windy conditions. Weather conditions can change quickly, and the wind may carry embers to other combustible material and start new fires.
- Create a fireguard at least one metre around the planned fire site by clearing away twigs, grass, leaves and other combustible material.
- If you are planning a large burn, consider conducting smaller burns around the perimeter beforehand to create a fuel break to help stop the fire from spreading beyond its intended size. Each of these fires should be kept small, and must be completely extinguished before starting a new fire.

- Never leave a fire unattended.
- Make sure that your fire is completely extinguished, and the ashes are cold to the touch before you leave the area for any length of time.

If an open burn escapes and causes a wildfire, the person responsible may be held accountable for damages and fire suppression costs. It is the responsibility of that individual to ensure that burning is done in a safe manner and in accordance with regulations and any current burning restrictions.

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.

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

For up-to-date information on current wildfire activity, burning restrictions, road closures and air quality advisories, call 1 888 3-FOREST, or visit: www.bcwildfire.ca

Learn More:

Follow the latest wildfire news:

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

Contact:

Jessica Mack
Fire Information Officer
BC Wildfire Service
Cariboo Fire Centre
778 799-2100

Connect with the Province of B.C. at: news.gov.bc.ca/connect



NORTHERN SHUSWAP TRIBAL COUNCIL
17-South First Avenue Williams Lake, BC • V2G 1H4
Phone: 250-392-7361 Toll-Free: 1-888-392-7361 Fax: 250 392 6158

Northern Shuswap Tribal Council **Indian Registry Notice**

The Indian Registry Program at the Northern Shuswap Tribal Council now has Status Card Stock. Please call to make an appointment; for Friday's only.

Clients MUST provide 2 Pieces of identification:

Category 1 (one piece Primary I.D)

- Valid Canadian Passport or SCIS (cannot be expired by more than 6 months)

OR

Category 2 (Two pieces of Secondary I.D)

- Driver's License, BCID, Student I.D, Firearms License, CIS (less than 6 months expired, BC Services Card, Birth Certificate, Current CIS (cannot be expired by more than 6 months)

Band and Affiliates	Rate
Williams Lake, Soda Creek and Stswēceṁc/Xgā'tem	No Charge
Canim Lake (<i>Cash only</i>)	\$ 5.00
All Other Bands and Affiliates (<i>Cash only</i>)	\$ 25.00

We accept Cash Only – no debit or credit cards or personal cheques.

Thank You,

Loretta Weingart
Indian Registry Administrator
250-392-7361 ext 208

Interior Region Chiefs and Health Leads engage in constructive dialogue on community Mental Health & Wellness and Nation-based Governance

<http://www.fnha.ca/>

April 6, 2018



Colleen Lessman, Sheila Dick and Joyce Johnson of Secwepemc Nation; Chief Mike Archie and Kukpi7 Wayne Christian of Secwepemc Nation

Day 1: Health Services

The Interior Caucus session began on March 13-15, 2018 with ceremony, brushing off, and a prayer from Syilx Nation's Mary Louie and Wilfred Barnes; Chief Roxanne Lindley of Westbank First Nation provided the territory welcome. 42 Political Leads and 53 Health Leads participated in the three-day event.

Interior Update

Caucus Chair Allan Louis, Syilx Nation opened the caucus with an update on Interior Region priorities. He noted that there are some challenges with the Pharmacare transition; Interior Region Nations are requesting deeper engagement before the next round of changes to Health Benefits; and wildfire/flooding, opioid response, and mental wellness are top priorities for the Interior.

FNHA Key Priorities: 'Nothing about Us without Us'

FNHA COO Richard Jock discussed key priorities for FNHA which included: urban away-from-home health strategies; innovative, regionally-based service delivery; cultural safety; continued transformation of Health Benefits; and emergency response policies and plans.

Text polling showed that Chiefs and Health Leads ranked health priorities as follows:

- 86 percent ranked Addictions Workers as their 1st priority
- 78 percent ranked Addictions Workers as their 2nd priority
- 78 percent ranked Nursing increases as their 3rd priority

Blanketing Ceremony honours Interior Health's CEO

CEO Chris Mazurkewich is blanketed by



Kukpi7 Wayne Christian of Secwepemc Nation (left) and Ko'waintco Michel of Nlakapamux Nation

CEO Chris Mazurkewich who is retiring as CEO of Interior Health (IH) in the fall of 2018 was recognized for his leadership in deepening IH's partnership with First Nations communities in the Interior and for successfully advocating health funding flow directly to the Nations – so that services can be provided closer to home.

Kukpi7 Charlene Belleau of Esketemc First Nation outlined recent successes of the Partnership Accord Leadership Table. A key highlight was the implementation of cross-organizational accountability at IH for critical First Nations health priorities. Kukpi7 Belleau thanked Chris for his leadership in opening an additional 14 IH treatment beds for the Aboriginal population last year, addressing racism in IH

hospitals, and aiming for a 10 percent Aboriginal IH workforce.

After lunch, Theo Fleury, NHL Stanley Cup Champion and relational trauma expert, spoke about trauma, mental health and wellness, and addiction. He signed books and posed for photos after his presentation.

Health Benefits 'Plan W' and the next Phase of Transformation

John Mah, FNHA VP Health Benefits, committed to continuous improvement for Plan W and outlined how and why Pharmacare will give FNHA the flexibility to transform Health Benefits to better suit First Nation needs in the future. Cindy Preston, FNHA Pharmacist, discussed how FNHA is working with health partners to improve the delivery of Pharmacare and is also working on educating prescribers and pharmacists about Plan W. Darren McKnight, Director Health Benefits, outlined his plan to improve engagement with community members on Phase 2 of Transformation with the support of a new community relations team.

Lively Q & A Session

First Nations Chiefs and Health Leads asked questions, voiced concerns, and engaged in dialogue with FNHA representatives. Key questions and comments included hardship and confusion for clients, pharmacists and prescribers over the transition to Pharmacare; cultural safety at the pharmacy counter; the complexity of using a Third Party Provider for the next phase of Health Benefits transformation; challenges with generic drugs and Special Authorities; poor diabetic medication coverage; and treatment beds.



Franny Alec Xaxlip Health Director, Chief Chad Eneas, Penticton Indian Band, and Eliza Terbasket Lower Similkameen Band Health Director

Opioid Strategy Update

A panel comprised of FNHA and IH staff provided an overview of what is being done to combat the crisis of accidental overdoses. Dr. Shannon McDonald, FNHA Acting Chief Medical Officer stressed that FNHA would like to hear from community to know if FNHA's efforts are truly helpful at the community level. "This is a very challenging issue and we can't resolve it alone. At FNHA, we want to make sure that you have the resources you need to tackle this complex problem," she said.

Day 2: Mental Health & Wellness (MH&W) and Health Governance

Discussion on Day 2 focused on preparing for the opportunity to secure long-term funding commitments from the governments of BC and Canada to support community-based mental health and wellness services.

MH&W Priorities

Lisa Montgomery-Reid, FNHA Regional Director, Interior, outlined Nation priorities for mental health and wellness. She spoke passionately about weaving traditional wellness into all programs and developing a 'close-to-home' approach. "Let's get resources to flow directly to the Nations so that everything we do is a wrap-around approach to the Nation." Montgomery-Reid also spoke to the need for incorporating family in the treatment process and focusing on treating trauma not addiction.

Wildfire and Flooding: The healing is ongoing



[L to R] Chief Darrell Bob, Xaxlip First Nation, Kukpi7 Mike Archie Canim Lake Band, Kowaintco Michel IRNE Nlakapamux Nation, Kukpi7 Wayne Christian Splatshin First Nation, and Jennifer Lewis Syilx Nation

Drumming, singing, and brushing acknowledged the ongoing emotional impact of the 2017 wildfires on the people, lands and animals of the Interior Region. "What hurts most is the human losses we've had due to the wildfires," relayed a tearful Kukpi7 Charlene Belleau.

Lisa Montgomery Reid noted that the people of the Interior Region have experienced an incredible amount of crises in recent years – fires, floods, the opioid crisis and the Mt. Polley Mine disaster. During emergencies, mental health services are critical yet the access to mental health workers during the 2017 wildfire emergency was very challenging. "There is a lot of anxiety about the upcoming fire season," Lisa added.

Proposing a First Nations Approach to MH&W

Gwen Phillips, FNHC representative from Ktunaxa First Nation, urged delegates to remain resolute in honouring First Nations approaches to mental health and wellness. "For us, mental health and wellness is about the whole human being ... how we relate to ourselves, our families, our communities, the Creator. It's about our ceremonies, our language, our culture."

Gwen promoted changing the focus from 'closing gaps' in MH&W services to working towards the *outcomes* First Nations

want – with a focus on the social determinants of health.

"Mental health and wellness is a journey," she said and then asked: How do we develop our communities so they are conducive to wellness? By working together and sharing ideas among Nations to develop community MH&W plans, which feed into Nation-level plans, and ultimately culminate in a regional MH&W strategy.

"We also need to help bring all the outside partners into a circle to collaborate with us on our approach ... the people at the ministries of education, children and family development, health ...

we need to teach them so they can help us better," Gwen added.

First Nations Health Council proposes knocking down Silos



Grand Chief Doug Kelly, FNHC Chair

Grand Chief Doug Kelly, Chair of the FNHC, told Chiefs and Health Leads that "when it comes to mental health and wellness, the FNHC wants to support you in planning your community strategy. We want you to have the funds you need – no strings attached. No proposals to write. That's our goal."

The FNHC is working towards dramatically changing the way communities receive funding for MH&W – towards a government-wide response. The FNHC aims to move planning to the community level. For this to happen, First Nations, FNHC,

and all health partners will need to knock down silos in order to work together in a way that they never have before.

Kelly appealed to Interior Region leadership to lead the way in working with partners in a brand new way – as they have done before with other ground-breaking endeavors such as re-identifying and re-organizing themselves as seven Nations.

Health Directors' Perspective on the Social Determinants of Health

First Nations Health Directors Association (FNHDA) Interior representatives Jacki McPherson, Shelley Lampreau, and Franny Alec also weighed in on the importance of the social determinants of health.

All agreed that a social determinants approach improves health outcomes more than health services do. "A social determinants approach is more effective because it focuses on treating the causes – not the symptoms," explained Franny Alec.

Concerns and Opportunities

Chiefs and Health Leads broke into groups to discuss the proposed new 'social determinants approach' to MH&W planning. Leadership's main concerns centred on minimizing administrative burden and proposal writing as well as being cautious about replicating a Western-style wellness program. They saw opportunities to include youth and Elders in the planning process, recognize non-professional healers such as aunts and

Elders, and leverage existing partnerships while also building new ones.

Day 3: Health Governance and a Nation-based Approach

Speakers, Chiefs and Health Leads discussed strategies, experiences, and successes of health and wellness in supporting Nation-based governance.

Moving the Conversation Forward

Gwen Phillips of the Ktunaxa Nation kicked off the discussion on governance by reminding attendees that "our strength is the collectivity of our families and our communities ... Interior Nations have been driving the conversation forward and have been quite assertive since the beginning."

Gwen continued by saying that the main themes of health governance are a Nation-based approach, collaboration, accountability, cultural safety, and the role of culture in healing.



FNHC Representative Gwen Phillips of the Ktunaxa Nation

"Our job is not just to look at health and health services. Don't think narrowly. Think about all partners out there and resources to bring to our community plans. Governance is about long term plans and the big picture."

Gwen spoke about how governance work is about changing policy. The first entity to be funded should be the Nations, as they are in the best position to decide how to fund programs and provide services.

Gwen pointed out that federal and provincial government officials don't really know what 'Nation to Nation' means. "We need to tell them what Nation-based governance is. It's up to us."

Building a Nation-based Governance Model

The seven Nations broke out into groups to discuss cultivating a governance model within their Nations. Participants clearly voiced the need for more governance capacity at the community level, sharing information between Nations, mentorship support for leadership and for the community as a whole, direct engagement with citizens, and for incorporating ceremony and traditional gatherings into the process.



Interior Region closed out its caucus session by singing and drumming in a huge circle. Much discussion and sharing of knowledge happened over the three days.



B.C. Fires 2017

Community Partnerships



How the Red Cross helps

Red Cross will use **\$21.6 million** to support programs and services that help communities recover from the fires, thanks to funding from the Government of B.C., the Government of Canada and generous Canadians.



Who can apply?

Organizations with programming in communities affected by the 2017 fires:

- ▶ Registered charities
- ▶ Not-for-profit organizations
- ▶ Municipalities
- ▶ Non-governmental organizations
- ▶ Schools and school boards
- ▶ Indigenous organizations
- ▶ Faith-based organizations
- ▶ Community groups



Funding is available to help in the following areas:

- ▶ **Emergency relief** for urgent needs related to evacuation
- ▶ **Community strengthening** initiatives that bring communities together
- ▶ **Safety & wellbeing** support for community services that help individuals
- ▶ **Indigenous programming** that supports the unique needs of communities
- ▶ **Disaster Risk Reduction** activities to help prepare for future emergencies

For more information and to apply

We encourage you to connect with our team to discuss your idea before you apply.

Currently, there is no deadline to apply for funding, and the funding amount you request should reflect what you need for your project.

Visit redcross.ca or email BCCommunityPartners@redcross.ca



Help for Individuals and Families



Were you affected by the 2017 BC wildfires and still need help? **If YES**, please contact the Canadian Red Cross. You may be eligible for further assistance.

How the Red Cross helps

The 2017 BC wildfires affected people in different ways, and every personal situation is unique.



Red Cross can provide referrals to community supports and/or some financial assistance.

Examples include:

- ▶ damaged or destroyed homes
- ▶ temporary accommodations or mortgage
- ▶ firewood or other fuel to heat homes
- ▶ mental health and well-being supports
- ▶ replacement of prescription medication or dentures
- ▶ extermination services

Contact us at **1-800-863-6582** to book an appointment for a confidential assessment.



B.C. Fires 2017

Support for Small Business and First Nations Cultural Livelihoods



Who can apply?

Organizations with programming in communities affected by the 2017 fires:

- ▶ Small businesses (including sole proprietors, partnerships, franchises)
- ▶ First Nations businesses and cultural livelihoods on reserve
- ▶ Not-for-profit organizations



Applicants must

- ▶ Have 50 employees or fewer*
- ▶ Be located in an impacted community
- ▶ Have been in operation on or before July 7, 2017
- ▶ Be financially vulnerable as a result of the 2017 B.C. wildfires
- ▶ Have resumed or are intending to resume operations
- ▶ Have a net income of less than \$250,000 (calculated as revenue less expenses)*
- ▶ Have the business or livelihood be their primary source of income*

** Does not apply to not-for-profit organizations.*



How the Red Cross helps

The Canadian Red Cross is providing additional financial assistance to eligible small businesses, cultural livelihoods that support First Nations communities, and not-for-profit organizations impacted by the B.C. wildfires, thanks to funding from the Government of B.C.



Application deadline extension

May 31, 2018

For more information and to apply

Visit www.redcross.ca/bcfires/smallbusiness or contact the Support to Small Business Helpline 1-855-999-3345

If English is not your first language, please contact us for additional assistance with your application.

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Buy BIG and SAVE!

NAME: _____

DATE: _____

PHONE: _____

15lb Beef & Pork Pack \$95.00 3 lb each of: Baron of Beef, Pork Roast, Pork Steak, T-Bone Steak & Lean Ground Beef	25lb Beef Pack \$168.00 6 lb Baron of Beef, 6 lb Pot Roast, 5 lb Lean Ground Beef, 3 lb Beef Stew, 3 lb T-Bone Steak & 2 lb Beef Sausage
15lb Beef Pack \$96.00 3 lb each of: Baron of Beef, Pot Roast & Lean Ground Beef 2 lb each of: Sirloin Steak, Beef Stew & Beef Sausage	50lb Beef & Pork Pack \$275.00 10 lbs each of: Baron of Beef, Pork Chop, Lean Ground Beef 5 lbs each of: New York Steak, Pork Roast, Pork Spareribs & Pork Sausage
25lb Beef & Pork Pack \$136.00 6 lb Pot Roast, 6 lb Pork Roast, 5 lb Lean Ground Beef, 2 lb Beef Stew, 2 lb Pork Chop & 4 lb Pork Sausage	50lb Beef Pack \$326.00 10 lbs each of: Baron of Beef & Lean Ground Beef 5 lbs each of: T-Bone Steak, Beef Stew, Round Steak, Pot Roast, Beef Sausage & Chuck Steak
25lb Broil & Fry Pack \$146.00 5 lb Sirloin Steak, 6 lb Lean Ground Beef, 5 lb Pork Chops, 2 lb Pork Cutlets, 4 lb Beef Sausage, 3 lb Beef Minute Steak	50lb BBQ Pack \$343.00 10 lbs each of: Sirloin Steak, Rib Steak, Lean Ground Beef, Pork Chops & Pork Steak
30lb Chicken Pack \$115.00 3 lb Whole Chicken, 5 lb Chicken Drumstick, 5 lb Chicken Thighs, 5 lb Chicken Breast (Bone-In) & 12 lb Turkey	100lb Econo Pack \$462.00 15 lb Turkey, 12 lb Pot Roast, 12 lb Beef Sausage, 10 lb Pork Roast, 10 lb Lean Ground Beef, 10 lb Pork Chops, 10 lb Frying Chicken, 5 lb Pork Sausage, 5 lb Bacon, 5 lb Roast Chicken & 6 lb Bone-In Ham

841B South Mackenzie Ave. Williams Lake, BC



Soda Creek Indian Band

Workers Needed

Four to five people are urgently required for short-term employment
starting **May 23, 2018**

The job will be doing scatter collection at Gibraltar Mines for four (4)
to five (5) days for eight (8) hours a day

Successful applicants:

√ must be reliable

√ have own transportation (carpooling can be an option)

√ pass a drug and alcohol screening

√ attend an orientation prior to starting work

Successful applicants will need to:

√ have own steel-toed boots and sunglasses

√ bring own lunch and water

√ Gibraltar Mines will provide hard hats, gloves, vests and related work
supplies

Interested applicants are encouraged to submit their resume

3405 Mountain House Road
Williams Lake, BC
V2G 5L5

DEADLINE:

Thursday, May 10, 2018 by 4:00 pm

Contact person:

Lisa Bremner, Employment Coordinator

Phone: 250-989-2323



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

EMPLOYMENT OPPORTUNITY

Job Title: Temporary/On Call Head Start/Day Care Assistant

Job Summary: The Temporary /On Call Head Start/Day Care Assistant is an advocate for children and families in the community and is responsible for the planning, organizing and delivery of the program, including supervising program staff and facilities and encouraging parental involvement.

Education and Experience:

- Early Childhood Education Diploma/or Assistant Status
- Two to Three years related experience

Skills and Abilities

- Must have organizational and communication skills
- Ability to work with minimal supervision
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations;
- Ability to self-regulate, meet deadlines, have and maintain an attention to detail;
- 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);
- Recognizes and respects all cultural diversity and have knowledge of Aboriginal history, language, traditions, and culture

Job Requirements:

- Must have and maintain a Class 5 Drivers License and preferably Class 4 as well.
- Must provide and maintain a clean Criminal Record
- First Aid and Infant and Child CPR certification
- Food Safe Level One

Type of Employment: Temporary/Casual, May 1, 2018-May 1, 2019

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

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:

Lynda Porter Email: headstart@xatsull.com

Mail your Application to: Fax to: 250 989-2300

Attention: Lynda Porter
Soda Creek First Nations
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Application Deadline: May 7th, 2018 by 4PM.

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

Community Events

Event	Date & Time	Where	Description
ADP Luncheon	May 1 & 29	Health Station	
SCIB Travel	May 2, 16 & 30		Call Rae-Lyn at 250-989-2355 if you have an appointment
Mental Health Clinician	May 2, 9, 16, 23 & 30 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing Sessions with Ciel	May 3, 10, 17, 24 & 31 8:30-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book a one on one session
Mobile Mammogram	May 4 2:00-4:50 pm	Health Station	
Elders Bingo	May 5 12:00-5:00 pm	Soda Creek Gym	
Emergency Operations Centre (EOC) Training	May 5 & 6		Contact Marion or Deb at 250-989-2323 to sign up
Nurse Practitioner	May 7, 14 & 28 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Health & Fitness Challenge	May 7 11:00-2:30 pm	Health Station	For more information call Kayla at 250-398-9814
HCC Travel	May 9 & 23		Call Edith at 250-989-2355
NR Forestry Plan Input	May 9 5:00-8:00 pm	Soda Creek Gym	Dinner provided. Contact Kate or Ada in NR 250-989-2323 for more information or to book a ride
Mothers Day/Welcome Lunch & Spa Day	May 10 11:00-5:00 pm	Health Station	
The Enneagram Workshop	May 12 10-3 pm	Health Station Boardroom	Contact Max at 250-989-2355 to sign up
Gardening Workshop	May 15	Health Station	
Physiotherapy	May 16 8:45-12:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Dental Therapist	May 16 10-3 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Elders Spring Fling Dance	May 16 11-3 pm	Soda Creek Gym	
Lunch & Learn	May 17 12-2 pm	Health Station Boardroom	Topic: Understanding The Gut-Brain Connection. Call Maxine at 250-989-2355 to book an appointment
Youth Meeting	May 17 4-6 pm	Health Boardroom	Call Shae at 250-989-2355 if you have any questions
HCC Travel	May 23		Please contact Edith at 250-989-2355
The Traumatized Brain & Body: Part 1	May 23 5-9 pm	Health Station Boardroom	Dinner provided. Contact Max at 250-989-2355 to sign up
Pitch Collecting	May 24 9:30-2 pm		Call Maxine at 250-989-2355 to sign up
Loving An Addict Workshop	May 31 5-9 pm	Soda Creek Gym	Call Maxine at 250-989-2355 to registrar. Snacks provided.