

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



June 2020

## INSIDE THIS ISSUE:

Staff Report	2
Culture Submission	3
Events	4-7
Articles	8-23
Recipe	13
Employment Postings	24-31
Events Calendar	32

June 21st is  
*National  
Indigenous  
Peoples Day*

Celebrating the culture and  
contributions of First Nations, Inuit  
and Métis peoples of Canada



Photo to left: Fraser River on  
May 2, 2020, looking down  
from Jejebe area.



Pesxqéltemc (going into upper mountains month) – June

# Craig Smith

*Band Administrator*



Weyt-k

I cannot believe it is almost or is June already (depending on when you read this). It has been a very tiring last three months, but we have persevered and are almost out of it.

I want to thank the Community for their patience and resilience through the flooding and the pandemic (which is not quite over yet). I also want to thank the staff for their amazing work supporting the community through these trying times.

We are looking at re-opening the band office with strict Covid-19 protocols in place on Monday, June 1, 2020. All the access to any offices will be either through the Band Office or the Health Office. If you need to visit Housing or Natural Resources/Treaty, please check in with Jessie at the Band Office before as both those buildings will still be locked.

I am hopeful that we are over this pandemic, but we must remain vigilant. Remember to social distance, wash your hands and all the other protocols everyone has been saying over the last four months, and we will beat it. There are still restrictions on gathering in large groups, but your circle can be widened slightly.

On the positive side, there are many things the Band Office is planning for when all the restriction finally come off. My phone is always on so call me if you need me or if you just want to chat.





# What does culture mean to you?



This is the winning photo, of Serenna Sellars and her horse Cheyenne .

**A nation's culture resides in  
the hearts and in the soul of  
its people.**

Mahatma Gandhi



# Tradition Over Addictions Tour

Multi Award Winning Hip Hop Artist  
&

Motivational Speaker K.A.S.P

In Partnership with WLFN Social Development & Rec Department

When: June 13 & 14 2020

Where: *Elizabeth Grouse Gymnasium*

Time: Saturday June 13 Noon to 9-10pm

Time: Sunday June 14 10am to 5pm



Motivational Talks, Healing Circles

Motivational Hip Hop, Workshops

Dance Party!!!!

Lunch Provided for both days and Dinner for Saturday Night!!

Lots of Door Prizes

Open to ages 10 to 30 and only 40 spots available

RVSP by June 10 at 4:30 with Lisa McAlpine or Justeen Sellars

250-296-3507 ext. 140 or 111

Or

[Lisa.mcalpine@williamslakeband.ca](mailto:Lisa.mcalpine@williamslakeband.ca) [Justeen.Sellars@williamslakeband.ca](mailto:Justeen.Sellars@williamslakeband.ca)





# Do you need someone to talk to?

We're excited to announce that Neleena is back and ready to take appointments by phone

The stress from the pandemic can be overwhelming and affect your life in many ways. Lynn, Ciel, and Neleena are here to help with counselling and supports for the members of Xatsull, T'exelc and Stswecem'c Xgat'tem



For more information or to book an appointment please call:

250-398-9814

## FISH TALES FATHER'S DAY CONTEST

Tell us  
Your Best  
Fishing Story



**10 PRIZES**

MULTIPLE ENTRIES WELCOME

**GRAND PRIZE**

FOR THE BEST STORY

OPEN TO MEMBERS OF T'EXELC, XATSULL & STSWECM'c XGAT'TEM

ENTER BY JUNE 17, 2020

Leave your story in the comments below or email pics or videos to:

cwycotte@threecornershealth.org

For more information please call Chris  
Sugar Cane Health Station  
250-296-3532 or 250-303-0033



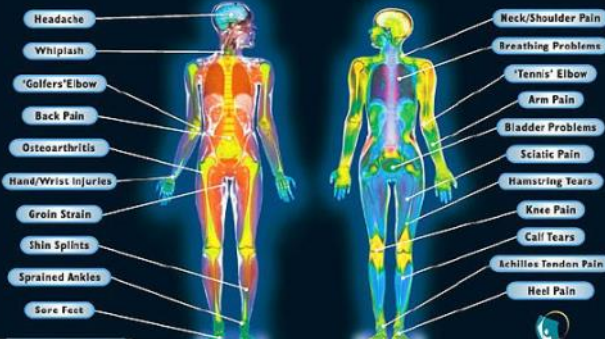
DEPENDING ON THE FUTURE  
CIRCUMSTANCES  
OF THE PANDEMIC,  
THREE CORNERS  
MAY BE ABLE TO SEND  
YOUTH AGES  
9-19 TO EDUCO  
CAMP. CAMPS OCCUR  
THROUGHOUT JULY AND  
AUGUST 2020.



Please call/text  
250 855 8240 or  
email McLayne at  
mbennett@threecornershealth.org  
if you would like  
to be put on the  
list for Educo Camp.  
Visit [www.educo.ca/summer/](http://www.educo.ca/summer/)  
for start dates and  
more information

## PHYSIOTHERAPY SERVICES

Are you suffering from...



...Physiotherapy can help you.  
You can see a physiotherapist without a referral



Physiotherapist  
Tyler Judd

### June 2020

Soda Creek—June 2—8:45am—12:00pm  
Sugar Cane—June 2—1:00pm—4:15pm  
Canoe Creek—June 3—10:00 am—12:00 pm  
Dog Creek—June 3—1:00 pm—3:00 pm

### July 2020

Soda Creek—July 7—8:45am—12:00pm  
Sugar Cane—July 7—1:00pm—4:15pm  
Canoe Creek—July 10—10:00 am—12:00 pm  
Dog Creek—July 10—1:00pm—3:00pm

Contact community health station to make appointments

Soda Creek Health Centre  
250-989-2355  
Sugar Cane Health Centre  
250-296-3532

Three Corners Health Services Society  
PH: 250-988-9814  
FX: 250-398-9824

Canoe Creek Health Centre  
250-459-7749  
Dog Creek Health Centre  
250-440-5822





**Sunday, June 21, 2020**

**12:00-2:00pm**

**Band Office Loop**

**RSVP: Wednesday, June 17, 2020**

Call Health, 250-989-2355 to sign up. Come out for a Father's Day Drive through and grab a burger for you and the family!

## National Indigenous Peoples' Day Celebrations

**JUNE 21, 2020**

## CALL FOR ENTERTAINMENT

We are seeking Entertainment for our Aboriginal Day Celebration.

We are looking for Entertainers who wish to showcase their craft celebrating First Nations Culture. Singers, Dancers, Drummers and many more are welcome to apply.

This year we will be Live Streaming this event, please contact us with your idea to see how we can be of help with formats or if you need help filming your piece.

**Contact: Sabrina Jeff**  
(250) 392-7361 or by email at  
youthoutreach@nstq.org



# Meat Box Pick Up

**Thursday, June 11, 2020**

**2:00-4:00 pm**

Each household on the reserve will be receiving a box of meat and fruit for pick up. So please, make room in your freezer.

**Important:**

As well, if you can't pick it up, please make plans for someone else to.







First Nations Health Authority  
Health through wellness

## **COVID-19 Communications: How to Access Dental Care**

It is important for First Nations individuals to have access to emergency dental care during the COVID-19 public health emergency. FNHA Health Benefits is working alongside Pacific Blue Cross (PBC) and the BC Dental Association to ensure Health Benefits clients have access to the care if they experience a dental emergency.

### **Clients and Communities WITHOUT Dental Therapy Services**

Clients who are dealing with a dental emergency (e.g. pain, infection or trauma to the mouth) should contact their regular dentist directly.

Most dentists are offering phone consultations, and can bill the Health Benefits Program (through our PBC plan) for the appointment. If the dentist determines that the client needs in-person treatment, they will refer the client to the nearest appropriate facility where proper emergency guidelines can be maintained. Dentists can also phone-in a prescription if needed.

### **Clients and Communities WITH Dental Therapy Services**

Clients who are dealing with a dental emergency (e.g. pain, infection or trauma to the mouth) should contact their dental therapist directly.

The dental therapist will conduct a thorough phone consultation, including a pre-risk assessment. If it is required and possible, the dental therapist will visit the client to provide emergency care with all emergency guidelines in place. If the dental therapist is unable to attend to the client in-person, they will refer the client to the nearest appropriate facility accepting emergencies or escalate the request to FNHA's dental consultant to phone-in a prescription if needed.

Please see the BC Dental Association's website to find a [list of dental clinics](#) equipped to attend to emergencies. This list is updated daily.

Clients with questions or concerns about who to contact for emergency dental care can call Health Benefits at **1-855-550-5454**.

Terry Buhler, Dental Therapist can be reached at his work cell for now 778-875-9303.



# COVID-19 Testing Clinic

Have you or your child been experiencing any of the following symptoms?

## Mild Symptoms:

- ✓ Low-grade fever
- ✓ Cough
- ✓ Malaise (overall discomfort)
- ✓ Muscle aches
- ✓ Runny nose
- ✓ Nasal congestion
- ✓ Loss of sense of smell
- ✓ Painful swallowing
- ✓ Loss of appetite
- ✓ Fatigue
- ✓ Sore throat
- ✓ Nausea, vomiting, and/or diarrhea

You or your child are eligible for COVID-19 screening and assessment by our Nursing Services Team at the Three Corners Health Services Society office. This clinic is open to **on-reserve** and **off-reserve** members from all communities

**Testing services are available Tues-Saturday from 12pm – 4pm**

Contact your Community Health Nurse or Nurse Practitioner to arrange for appointments

Esketemc	250-440-5651
Canim Lake	250-397-2717
Three Corners Health Services	250-398-9814 or 250-305-4162



## Northern Secwepmec Community

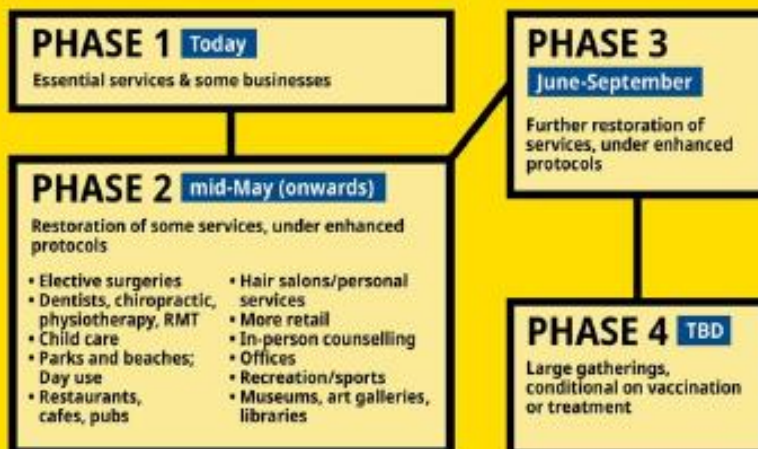
If you have any questions, please contact the TCHSS Nurses **Mon-Fri 8:30-4:30pm** at **250-398-9814** and on **weekends and holidays** from **12pm-4pm** at **250-305-4162**

# COVID-19 UPDATE

## PROVINCIAL RESTART PLAN

### WHAT YOU NEED TO KNOW

## BC's (careful) Restart Plan



### BC'S RESTART PLAN

While it's exciting to see things reopening, it's important to remember a few points:

- Physical distancing is still very important to practice
- Avoid shaking hands and hugging those outside of your household
- Small gatherings are allowed but please keep to less than 6 people outside of your household & practice social distancing
- Wash your hands frequently
- Stay home if you're sick

We are moving into Phase 2 by mid-May (after May Long Weekend)

The entire plan can be viewed online at:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>



Three Corners Health Services Society  
Ph: 250-398-9814  
Email: [sisaac@threecornershealth.org](mailto:sisaac@threecornershealth.org)



# Golden rules for everybody



Practice physical distancing



Clean your hands



Stay at home if you're feeling ill - no exceptions



Increase cleaning at home and at work



Stay informed



Cover your cough



Minimize non-essential travel



Make spaces safer

**COVID-19** IN BC

Puzzle #4

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

Puzzle #5

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

Puzzle #6

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



## Spicy Grilled Chicken Tacos Recipe

*"Look for ancho chile powder with the Mexican ingredients at your grocery store, or buy it online. (If you can't find ancho chili powder, you replace the ancho chili, the oregano, and the cumin with 2 1/2 tablespoons regular chili powder, though the flavour won't quite be the same. "*



**Prep time:** 20 m **Cook:** 15 m **Makes:** 4-6 servings

### Ingredients

For the chicken:

- 2 tablespoons ancho chili powder
- 1 tsp dried oregano
- 1 tsp dried cumin
- 1 tsp sugar
- 1/2 tsp salt
- 1 clove garlic, finely chopped
- 1 tbsp finely grated orange zest
- 3 tbsp fresh-squeezed orange juice
- 2 tbsp olive oil
- 4 to 6 skinless, boneless chicken thighs (1 1/4 lbs)

To serve:

- 8 small corn tortillas
- 3 cups packed baby arugula (3 ozs)
- 2 medium ripe avocados, sliced
- 4 radishes, thinly sliced
- 1/2 pint cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- Roughly chopped cilantro
- 1/2 cup sour cream thinned with 1/4 cup milk
- 1 lime, cut into wedges

### Method

**1. Prepare a gas or charcoal grill for medium-high, direct heat:**

**2. Make the marinade and coat the chicken:** In a large bowl, stir together the chili powder, oregano, cumin, sugar, salt, garlic and orange zest. Stir in the orange juice and olive oil to make a loose paste. Add the chicken to the bowl and toss to coat all over.

Set aside to marinate while the grill heats and you prepare the rest of the toppings.

**3. Grill the chicken:** Grill the chicken for 3 to 4 minutes per side, or until a thermometer inserted into the thickest part of the meat registers 165F. Transfer to a plate and rest for 5 minutes.

**4. Warm the tortillas:** Place each tortilla on the grill or on a hot, dry skillet over medium-high heat. As soon as you see pockets of the air start to puff up in the tortilla, turn it with tongs and heat for a few seconds on the other side.

Wrap the warmed tortillas in a tea towel to keep them warm until serving.

**5. Assemble the tacos:** Slice the chicken into strips. On each tortilla, place a small handful of arugula. Top with chicken slices, sliced avocado, radishes, tomatoes, and onion slices. Drizzle with the thinned sour cream. Serve with lime wedges.

**Recipe from:**

[https://www.simplyrecipes.com/recipes/spicy\\_grilled\\_chicken\\_tacos/](https://www.simplyrecipes.com/recipes/spicy_grilled_chicken_tacos/)

### Cooking Advice from Mom

~ [https://www.simplyrecipes.com/cooking\\_advice\\_from\\_mom/](https://www.simplyrecipes.com/cooking_advice_from_mom/) ~

**1. Buy and cook what's in season.** It will taste better and be cheaper. If you don't know what's in season, ask. The people working in the produce department at grocery stores are usually more than happy to help.

**2. Always read the ingredient label** on the box or can. They put all sorts of junk in things these days. Especially watch out for anything that says "low fat" on the label; they usually pack those products with carb-based fillers.

**3. Try to pick the heaviest on of its size** when you buy a lemon, lime, orange, or grapefruit (and other produce as well). That one will be the juiciest. (This is one of the first things my mom ever taught me about food, I can still remember being a kid of 7, picking out the heaviest oranges from the bin.

**4. Use a separate cutting board for cutting poultry**, and wash thoroughly everything that the raw poultry touches - your hands, counter knives, cutting board - after you're done.

# When You're in Recovery and a Pandemic Hits

Apr 29, 2020

Supports and Resources to Help you Through

**A message from Corrina Chase, BCCSU/FNHA Addictions Care Partnership Manager; and Dr. Nel Wieman, Senior Medical Officer, FNHA Office of the Chief Medical Officer**



We know the pandemic may be adding stresses and challenges to your unique recovery journey, so we are reaching out to you with some hopeful, encouraging words and helpful information about resources. Whether your recovery journey involves not using substances or using a harm-reduction approach including safer substance use, there is something for you.

Both of us have been in recovery ourselves for many years, and we know that people with “recovery time” can struggle just as much as people trying to get into recovery or to abstain from substance use. We raise our hands to you as you continue to walk your path of healing. The COVID-19 pandemic has everyone feeling out of sorts – and that's okay. We are all in this together and we can get through it, just as we have made it through other difficult times in our lives.

With the work you've done to support yourself on your healing journey, and after living through addiction, you are well aware of what it took to make such drastic changes in your life. You know that being in recovery is about more than just changing your relationship with drinking and or using drugs, and that it requires staying honest with yourself and focusing on your overall health and wellness.

When you entered recovery, you made a conscious commitment to yourself to be on a journey that allows for healing, learning, and personal growth. You became better at identifying your struggles, celebrating your accomplishments, and staying dedicated to maintaining your wellness. Many of you did this in collaboration with others in recovery, through mutual support groups. We also acknowledge that some people simply abstain from using alcohol and drugs and do not engage in support groups or other activities. In this case, we want to let you know that we support you in whichever way you choose to live without using substances.

Because of the pandemic, we are now practising physical distancing (keeping at least six feet / two metres apart from people who don't live with us, and not gathering to socialize) and self-isolation -- or are even under quarantine in some cases. This means we will need to discover new ways of connecting to others and that in-person support groups will not be available for a while. It also means we will need to be mindful of not falling into negative thinking and old patterns of self-sabotage that can increase the risk of relapse. It might help to remember that life has always been uncertain, not just during a pandemic.

At times, it may be difficult to feel confident, achieve balance, and stay true to ourselves – we can sometimes be our own worst enemy and ignore our self-preservation instincts or inner voice when it comes to making healthy decisions and avoiding relapse. Instead, we can explore the many ways of supporting ourselves, practising self-care, and coping with the stress and anxiety that this situation is bringing up for us. Some ways we may do this are: smudging, praying to the Creator / our Higher Power, checking out singing and drumming on social media, creating art, and getting out on the land (for more ideas, go to the bottom of this article). →



Recovery is an ongoing process of self-discovery and self-growth. If you have had a slip or a relapse, remember this is a part of many people's recovery journey. Try to address and counter-act negative self-talk and feelings of fear, guilt and shame by acknowledging them, identifying them, and replacing them with positive affirmations or actions. You may want to talk it out with a peer in recovery or within your support group. We are all doing the best we can for ourselves and our family and friends.

There are many good videos on YouTube with helpful information specifically for those in recovery during the pandemic, including [this video](#) by Tommy Rosen, Founder and Host of Recovery 2.0: Beyond Addiction Online.

Below is a list of resources to help you to connect with others who are in recovery. These are safe spaces for you to express your thoughts and feelings while sharing about relapse triggers, substance-use fantasies, and anything else you have on your mind. As well, if you have some recovery time under your belt, it is equally important that you share with others what you are doing to stay well.

If you are trying to make a change in your life regarding your use of substances or are currently in recovery, celebrate yourself for being a warrior during these times. Stay strong, everyone!

## Virtual Recovery Rooms

- [In the Rooms](#): a global recovery journey
- [Smart Recovery](#): self-management & recovery training
- [AA, Women's Group](#)
- [AA, Vancouver meetings](#)
- [AA, BC](#)
- [NA, BC](#) has a virtual meeting daily. To access their virtual recovery rooms, you must first download [this platform](#) (called Blue Jeans)

For the following links, you will need to download [this platform](#) (called Zoom) to access their virtual recovery rooms:

- [AA Online Meeting Directory](#)
- [Recovery Dharma](#): "Healing from Addiction with Buddhist Practice," daily meetings via computer, smartphone or dial-in.
- [WEconnect and Unity Recovery](#) have partnered to provide four daily all-recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery, seven days a week: 9 a.m., noon, 3 p.m., 9 p.m. and midnight. All times are EDT.

The following links require you to [download a mIRC server](#). After you have done this, you can click on the links below to access online text rooms:

- [AAOnline](#)
- [AlonOnline](#)
- [NAOnline](#)

**Link to article which contains direct links:**

<https://www.fnha.ca/about/news-and-events/news/when-youre-in-recovery-and-a-pandemic-hits>



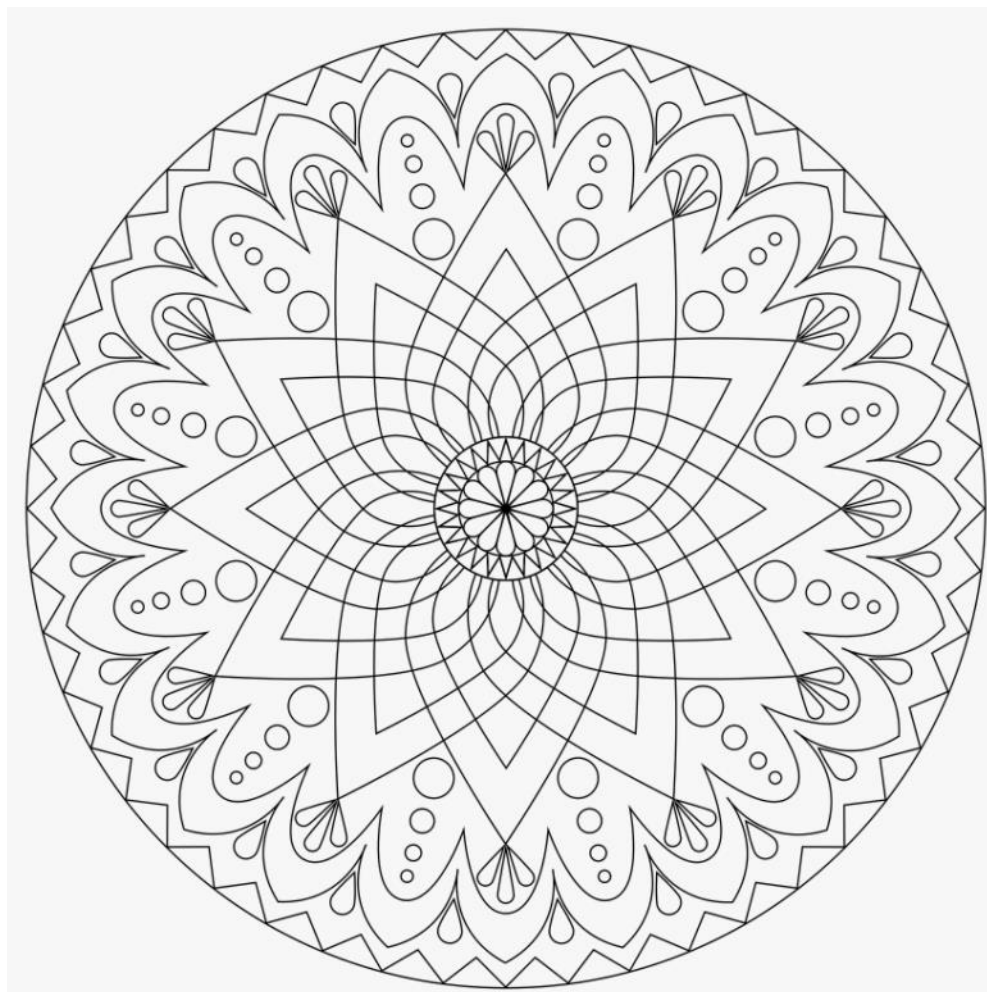
## Continued ~ When You're in Recovery and a Pandemic Hits

### Ideas for Staying on Your Recovery Journey:

- Get out on the land; take nature walks.
- View drumming, dancing, or cultural videos. One good way to do this is by joining the Social Distance Pow Wow Facebook page, which so far has over 173,000 members.
- Exercise at home. For motivation, join the Healthy Active Natives Facebook page, which so far has over 73,000 members.
- Pray to the Creator or your Higher Power.
- Write in a journal.
- Do yoga.
- Meditate / practise mindfulness.
- Colour, paint or draw.
- Practise tai chi.
- Limit news intake and distance yourself from negative social media.

### Link to article which contains direct links:

<https://www.fnha.ca/about/news-and-events/news/when-youre-in-recovery-and-a-pandemic-hits>





## Answer Keys

### PUZZLE # 4

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

### PUZZLE # 5

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

### PUZZLE # 6

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

# BIG BAR LANDSLIDE UPDATE

MAY 8, 2020

 Response Webpage  BC River Forecast



## ONGOING ONSITE OPERATIONS

Work continues to progress on the pneumatic fish pump system, despite pauses in construction this week due to high water levels.

An unexpected rock fall earlier in the week highlighted the hazardous and dynamic operations at the Big Bar landslide site. Previous slope reviews did not detect this instability. Fortunately, there were no injuries.

Crew safety is paramount. Prime contractor, Peter Kiewit Sons ULC, has implemented a number of measures to further enhance safety at the worksite following the rock fall. First, Kiewit installed a concrete retaining wall along the affected rock fall area. A dedicated spotter is now onsite during work hours to watch for falling rock and alert workers with an air horn and by radio should they detect movement. The number of workers in the construction area is also being limited and once the construction of the fish ladder is completed a mesh curtain will be installed on the slope to protect the site during summer operations.



PICTURED: The working platform will help crew with the installation of the pneumatic fish pump system tubing.

## PRESENTATION TO MAA-NULTH FISHERIES COMMITTEE

On May 4, DFO shared an update with the Maa-nulth Fisheries Committee regarding winter work milestones, spring work underway and planned summer work. Participants were pleased with the progress and acknowledged the work of everyone involved to restore fish passage at the slide site.

**"WHAT IS A CONCRETE FISH LADDER?" — PAGE 2**





# BIG BAR LANDSLIDE UPDATE

MAY 8, 2020



Response Webpage



BC River Forecast



## WHAT IS A CONCRETE FISH LADDER AND HOW DOES IT WORK?



**PICTURED:** Aerial view of the concrete fish ladder.

To support fish passage at the Big Bar landslide site this summer, crews are constructing a temporary fish ladder that will guide fish to a holding pool. From there, fish will enter the pneumatic fish pump to migrate past the slide site.

Fish ladders are either permanent or temporary structures built to provide alternative fish passage through a barrier. While designs vary based on the type of obstruction, flow levels, and species of fish affected, the general principle is the same. These structures contain a series of pools that fish reach by swimming against a directed flow, then leaping through rushing water to a pool to rest. Fish repeat this process until they re-enter the river upstream.

Fish ladders are designed to ensure that the water velocity does not exceed the swimming speed of fish to aid movement.

The temporary model being built at Big Bar is a commonly used 'vertical slot fishway' design; similar to the permanent one installed at Hell's Gate. Fish will swim through a thin, vertical open slot between each segment, or 'cell', that makes up the ladder. Each cell is approximately 30 to 40 centimetres higher than the previous one. The ladder can operate at varying water levels and takes advantage of natural fish migrating behavior.

**UPDATE CONTINUES ON PAGE 3**



Canada



# BIG BAR LANDSLIDE UPDATE

MAY 8, 2020

 Response Webpage  BC River Forecast



## WHAT IS A CONCRETE FISH LADDER AND HOW DOES IT WORK?

Usually, a ladder allows fish to swim past a barrier aided by river water flowing in from the top. At Big Bar, work is being done to create an artificial stream of water through the fish ladder. Starting with a series of large pumps supplying water or 'attractant flow', fish looking for an alternative route over the slide will be lured upstream into the pools. As fish swim further, they will end up in a holding pool at the same elevation as the fish pump. The use of a fish ladder encourages 'volitional entry', or natural fish behavior whereby they willingly enter the pneumatic fish pump. The use of this structure will help minimize stress to fish from handling and increase fish health – both key deciding factors for the design choice. The fish will then enter the pump and move over the slide site using a series of long tubes, suspended by a hanging system, above the river level.

In addition to acting as the entrance to the pneumatic fish pump system, the temporary fish ladder will play another critical role at the slide site. Should there be a gap in fish pump operations for any reason, teams will be able to collect fish from the holding pool, transfer them to tanks, transport them 4.5 km north to the French Bar Creek riverbank, and release them into the Fraser River.

When completed, the concrete fish ladder will be approximately 50 metres long. Building such a large temporary structure on difficult terrain, and ensuring its design is attractive to fish, was a challenge. In response, the ladder is located on a bench as close to the barrier as possible so fish can easily find it. The temporary structure is secured with large boulders to help reduce potential erosion of the work area. During freshet, currents can exceed eight metres per second. Therefore, crews



**PICTURED:** Steady progress is being made on the construction of the fish ladder, despite high water levels this week.

are building the structure from bottom up, using steel rods to reinforce 500 interlocking concrete blocks to maintain its structural integrity.

There are a number of unique features to the Big Bar modular concrete block fish ladder. Studies have shown that salmon migration in the Fraser River occurs primarily during daylight hours, with peak activity in the early mornings and evenings. To extend this activity into the nighttime, crews are placing large floodlights at the entrance of the ladder to guide fish into the pool. Crews are also building a 'debris boom' at the entrance to prevent material like logs from entering and damaging the pumps.

Although rising water levels and difficult terrain continue to challenge construction, the team is making progress. Once operational, the temporary fish ladder will play a critical role in supporting fish passage over the slide site during the summer should natural passage be impeded.







**KAMLOOPA POWWOW SOCIETY**

331-345 Chief Alex Thomas Way  
Kamloops, BC V2H 1H1  
Phone: (250) 828-9782 Fax: (250) 372-8833

**FOR IMMEDIATE RELEASE**

**April 28, 2020**

**CANCELLATION OF THE 41<sup>ST</sup> ANNUAL KAMLOOPA POWWOW**

Kamloops BC – Today the Kamloopa Powwow Society (KPS) joins the efforts against the spread of the COVID-19 virus and with the support of the Tk'emlúps te Secwépemc Council, we confirm that our powwow scheduled to take place on July 31- August 2, 2020, will be cancelled.

KPS respects the decisions of Canada, the Province, the Secwépemc Nation, and the Tk'emlúps te Secwépemc, where Canada has declared a Public Health Emergency, the Secwépemc Nation has declared a State of Emergency, the Tk'emlúps te Secwépemc has suspended all facility bookings and the announcement of Dr. Bonnie Henry, Provincial Health Officer who confirms that there will be no large events this summer.

“By cancelling our event, the KPS Board puts forward the health and safety of all people who take part in our event. It was a difficult but necessary decision to join the efforts of many citizens, communities, businesses and organizations against the spread of the COVID-19 virus.

KPS would like to thank all of our participants, volunteers, sponsors and spectators for their continued support and we look forward to celebrating the Annual Kamloopa Powwow next year.”

KPS President Delyla Daniels

- 30 -

**For more information please contact:**

**Kamloopa Powwow Society**

Email: [powwow@kib.ca](mailto:powwow@kib.ca)

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## INFORMATION BULLETIN

For Immediate Release  
2020FLNR0025-000815  
May 5, 2020

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

### BC Wildfire Service launches official wildfire app

KAMLOOPS – The official BC Wildfire Service mobile app is now available, providing real-time wildfire information and an interactive map that users can customize to display a variety of fire-related data.

The new app is one of many proactive initiatives undertaken by the BC Wildfire Service to give members of the public, media and stakeholders access to consistent, accurate and timely wildfire information throughout the province. This app complements the BC Wildfire Service's website and social media channels.

Key features of the mobile app include:

#### 1. Wildfire map

The app's landing page is an interactive wildfire map that offers the same features available through the B.C. Wildfire Dashboard: [www.bcwildfire.ca](http://www.bcwildfire.ca)

- current fire danger ratings
- active fires
- fires that have been declared "out"
- open burning prohibitions (including campfire bans)
- evacuation alerts and evacuation orders
- area restrictions
- current wildfire statistics
- perimeters of wildfires for the current season (April 1 through March 31 of the following year)
- boundaries of B.C.'s six regional fire centres
- BC Parks closures and recreation site closures
- wildfire search tool (search by active fire name, fire number or location)
- Drive BC events (e.g., advisories and closures)

The app also offers a "Near Me" function. When users select the "Near Me" option, the app will only display information within a 50-kilometre radius of their current location, allowing them to more easily focus on wildfire activity within that area.

#### 2. Latest news and advisories

The BC Wildfire Service mobile app allows users to view the latest informational tweets directly from the BC Wildfire Service's Twitter feed. A personal Twitter account is not required to view this feed. The latest advisories (related to open burning bans and prohibitions, area



restrictions, evacuation alerts and evacuation orders) are also available on the app.

### 3. Statistics

Wildfire statistics for the current wildfire season (April 1 through March 31 of the following year) are available through the app:

- a rolling total of all active wildfires
- a rolling total of all wildfires (active and extinguished)
- the number of wildfires detected in the last two days
- the number of wildfires detected in the last seven days

All of these statistics can be filtered by fire centre, suspected cause, stage of control, current year fires or active fires.

### 4. Fire reporting tool

The BC Wildfire Service relies on the public to report wildfires and irresponsible behaviour that could start a wildfire. The app features a “Report a Fire” function that will automatically generate map co-ordinates of your current location. Provincial Wildfire Reporting Centre staff will ask for these co-ordinates when the user reports a wildfire. This feature also indicates what sort of questions a person may be asked when reporting a wildfire.

#### Available for download now

The BC Wildfire Service mobile app is available for Apple (iOS) and Android devices and is free to download in the App Store and Google Play.

- **Android:** The BC Wildfire Service mobile app can be downloaded at Google Play: <https://play.google.com/store/apps/details?id=ca.bc.gov.WildfireInformation>
- **Apple (iOS):** The BC Wildfire Service mobile app can be downloaded from the App Store: <https://apps.apple.com/us/app/bc-wildfire-service/id1477675008?ls=1>

#### Learn More:

For further details about the BC Wildfire Service mobile app, refer to the online reference guide: <http://ow.ly/dZkr30qDdfM>

To learn about current wildfire activity, open burning prohibitions, evacuation alerts, evacuation orders and more, check out the app or go to the B.C. Wildfire Dashboard. Click on the “Interactive Wildfire Map” link: <http://www.bcwildfire.ca>

#### Follow the latest wildfire news:

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

#### Contact:

Fire Information Officer  
BC Wildfire Service  
Provincial Wildfire Coordination Centre  
FIREINFO@gov.bc.ca  
250 312-3051

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

**Title:** *Part-time Gardens Worker*

**Reports To:** *Economic Development & Employment Coordinator*



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### **Job Summary**

Working with the Economic Development, Employment, Health, Education and Social Development departments the Part-time Gardens Worker provides services for food security through traditional growing, harvesting and preservation methods, provides workshops on these and access to healthy foods to community members.

### **Duties and Responsibilities:**

- Finding out community needs for fresh foods (likes/dislikes)
- General maintenance of the gardens every day: planting, weeding, watering, adding fertilizer and compost, harvesting, watching out for pests and diseases and finding the resources or knowledge to address those things if needed
- Successive planting of seeds every 3 weeks so there will be continuous crops through the summer
- Learning about companion planting, pollinators, beneficial insects
- Helping people learn how to harvest, and when (proper picking of veggies)
- Keeping on top of who in the community may be struggling with food security and deliver after harvests
- Being present and learning when an Elder is sharing Native plant knowledge
- Staying on top of what the community lunch is each week and incorporating what is bountiful in the garden that week to bring to the table
- Bringing healthy snacks to the Headstart/Daycare and teaching them how to grow simple seeds
- Getting kids involved and teaching them about plant names, how to water, how to harvest things, etc
- Gathering herbs and berries and such for dehydrating for winter
- Planning food preservation days in the community- canning, drying, dehydrating, etc.
- Getting the community involved in the garden space and making everyone feel comfortable and welcome there
- Gathering and foraging for seasonal foods (berries, mushrooms, nettles, nodding onions, rose hips, etc) – preserving some for winter and transplanting when possible
- Learn more about Native plant knowledge in the area, talk to Elders
- Investigate gardens in other First Nations communities to see what works for them and what doesn't
- Incorporate language back into the garden by painting signs with the names of different vegetables in our language
- maintenance of garden tools and infrastructure

#### **In the winter:**

- plan garden expansions, figure out what foods people need and want more of, work with supervisor and other departments to access resources

### **Qualifications**

#### **Education:**

- Working knowledge of gardening and agricultural practices
- Locations of traditional foods and sources, for harvesting and possible transplanting



**Competencies:**

The *Gardens Worker* should demonstrate competence in some or all of the following:

- Planning and Organizing - Plans and organizes time effectively to meet goals and timetables
- Data Analysis - Gathers, analyzes and acts on information gathered
- Financial Impact - Manages self and resources against plans and budget
- Conflict Resolution - Effectively manages conflicts to resolution

**Skills and Abilities:**

- Strong communication skills
- Knowledge of the local communities
- Ability to plan and administer program resources
- Computer skills with Microsoft Office

**Experience:**

- One to two years experience working within agricultural field and/or gardening
- Minimum one year office and administration experience
- Experience working in the area of food security, personal or community based

**Working Conditions:**

- Outside even in inclement weather conditions
- Can be Physically demanding

**Conditions of Employment:**

- Must be able to obtain and maintain a Criminal Records Check
- Must have and maintain a valid BC Driver's License
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements
- Must have or be willing to obtain Food Safe and First Aid Level 1 Certification

**Salary**

- Include your wage expectations

**How to apply:**

Please visit the Employment Section of the Soda Creek Indian Band website at: [www.xatsull.com](http://www.xatsull.com)

1. Please provide a cover letter with salary expectations and availability.
2. Up-to-Date Resume
3. Three work related job references.

**Email your application to:**

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

**Mail your application to:**

Fax to: 250-989-2301

Soda Creek Indian Band  
3405 Mountain House Road  
Williams Lake, BC V2G 5L5  
Re: Gardens

**Application Deadline: June 04, 2020 by 4PM**

Applications will be accepted by email, fax, or by mail. If hand delivering, please arrange with reception by calling, 250-989-2323

NOTE: Applications received after 4:00PM on June 04, 2020 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.



# Seeking Board Directors

The Xat'sull Development Corporation ("XDC") is a non-political, for profit business entity mandated to create wealth and opportunity for the Soda Creek Indian Band and its members. XDC is structured as a Limited Partnership which is of which Xat'sull General Partnership Ltd. will be the general partner and the Soda Creek Indian Band will be the initial limited partner to acquire, own and operate various businesses in and around Williams Lake, BC, Canada



The Xat'sull traditional territory is rich in natural resources and provides opportunity within agricultural, forestry, construction, mining, pipeline, and utility sectors. XDC has managed forest licenses and has formed various partnerships to engage in projects and opportunities within the territory.



XDC intends to diversify its services and grow its income base. Therefore, we are seeking energetic and creative directors with experience in business development and partnership development who have proven leadership and governance experience to join our team.

XDC has four (4) Director positions which are appointed by the Soda Creek Indian Band Chief and Council. The two (2) year term is a staggered process of all the director(s) to ensure the continuity of the board and strategic plan.

## Board Composition

The Board provides policy-governance and oversees the Chief Executive Officer. Directors foster medium and long-term growth by providing strategic advice; monitoring business performance and progress towards strategic goals; overseeing financial reporting and risk management; and steering shareholder relations.

## Qualifications

- Forestry, Mining, Utilities, and Agricultural experience is an asset.
- Financial competency and the ability to read and interpret financial statements is an asset.
- Candidates should have demonstrable experience in a policy-governance model and in overseeing senior management via this model.
- Experience working with First Nations is an asset.
- Candidates should have a genuine interest in working to advance our economic development goals.
- Candidates should have excellent communication skills, including the ability to build effective relationships with stakeholders, shareholders, government, and senior management.
- Candidates should have a working familiarity with the geographic region (Williams Lake).

## Time Commitment

The Board meets every second month but will call special Directors meetings when required. The timing of the meetings is established by the Board.

## Compensation

The Board Directors receive a modest meeting fee as well as reimbursement for travel expenses.

## Application Process:

The deadline for interested applicants to submit a Cover Letter and Curriculum Vitae (CV) with their qualifications, three professional references stating their qualifications, and a Criminal Record Check open until the Board is filled

## Please Submit to:

c/o: Craig Smith, Band Administrator  
Soda Creek Indian Band  
3405 Mountain House Road  
Williams Lake, BC V2G 5L5  
Email: [bandadmin@xatsull.com](mailto:bandadmin@xatsull.com)





## EMPLOYMENT OPPORTUNITY

**Job Title:** Executive Assistant

**Job Summary:** The Soda Creek Indian Band (SCIB) is currently recruiting for the position of Executive Assistant to the Band Administrator and Chief and Council. The successful applicant will provide administrative support and will perform a variety of functions that require a high degree of accuracy and confidentiality. The individual must possess excellent secretarial skills (including the ability to take meeting minutes), be able to work under pressure and meet deadlines as required.

**Education and Experience:**

- Post-secondary education in Public or Business Administration or a related field or proven combined experience
- Experience in a secretarial or executive assistant capacity
- Must be able to perform administrative duties including personnel file management, compose letters and respond to email correspondence, and arrange travel and accommodations as needed.
- Keyboarding speed of 40 words per minute or more. Must be competent with Microsoft Outlook, Word, Power Point and Excel.
- Chief and Council: prepare meeting kits in advance, set up boardroom and arrange catering.
- Human Resources: post vacant staff positions, collect resumes and coordinate the hiring process.
- Technology: be the contact person for computer maintenance and internet problems, obtain quotes and purchase hardware and software as requested.
- Security: set up and monitor staff alarm codes, passwords and key sign out process.
- Other duties as assigned

**Job Requirements;**

- Must have and maintain a Class 5 Drivers License
- Must provide and maintain clean Criminal Record
- Monday to Friday, 8:30 – 4:30pm (35 hours per week)

**Salary:** Wage range depending 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:**

Band Administrator

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

**Mail your Application to:**

Fax to: 250 989-2300

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

**Application Deadline:** Open until filled.

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

**NOTE\*\*.** 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.



**Soda Creek Indian Band**  
3405 Mountain House Road  
Williams Lake, BC V2G 5L5  
Phone: (250) 989-2323 Fax: (250) 989-2300

## Employment Opportunity

**Job Title:** Education Manager

### **Job Summary:**

The Education Coordinator is accountable for the successful operations of the Education program according to the organization's vision, objectives, and strategic direction. This position is responsible for the efficient operations of all elementary, secondary and post secondary education and is an advocate for education in the community. The After-School program also is the responsibility of this position, providing an educational after school program for children aged kindergarten to grade seven. Possessing excellent communication and management skills, the Education Coordinator builds effective working relationships with community groups, funding agencies and other external contacts, and has a clear, results oriented focus on community education development and implementation.

### **Education and Experience:**

- Bachelor of Arts or Education Experience or a combination of both.
- Three to five years program management experience
- Experience supervising and managing staff as well as developing and managing budgets
- Experience working with First Nations organizations in the delivery of ISC Education programs

### **Skills and Abilities:**

- Ability to work independently and build effective interpersonal relationships
- Understanding of legislation on Labour Code, Occupational Health and Safety, Privacy and Human Rights, as well as requirements for ISC
- 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 various programs)
- Recognizes and respects all cultural diversity and has a knowledge of Indigenous history, language, traditions, and culture

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

**Criteria:** Must be able to provide proof of education (if required), have a valid driver's license, and a completed Criminal Records Check  
Have a well-maintained vehicle and appropriate insurance.

**Application Deadline:** Required is your cover letter and resume by Open till filled

**How to Apply:** By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, Attention Craig Smith Band Administrator, by fax to (250) 989-2300, or by email to [bandadmin@xatsull.com](mailto:bandadmin@xatsull.com). Include in the cover letter please state salary expectation and provide three work related references.





Soda Creek Indian Band  
3405 Mountain House Rd, Williams Lake, BC V2G 5L5  
Phone: 250-989-2323 Fax: 250-989-2300

## **JOB OPPORTUNITY**

### **Lands Coordinator**

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#### **Job Summary:**

The Lands Coordinator is responsible for lands research supporting the Treaty process and the Natural Resource Department. This position will finish administering a land use plan and develop a process for dealing with projects on reserve and advising on matters concerning Xats'ul Territory. This person will be heavily involved with community when working toward recommendations on allocations of reserve lands to individuals.

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#### **Duties and Responsibilities:**

- Researches and conducts interviews with Elders and Xats'ul community members to gather information on different land holdings on reserve.
- Documents information regarding land holdings, incremental Treaty lands, reserve lands, and the land base.
- Conducts community meetings for input in Land Management Plan.
- Utilizes information to create a Land Management Plan for Xats'ul.
- Uses information to help the Natural Resource and Treaty Departments negotiate with government and other stakeholders.
- Creates and maintains a database of all information gathered when researching and talking with community and different stakeholders.
- Develops Land Administration/Management processes, policies and procedures.
- Develops various maps on selected lands, including internal and external boundaries.
- Utilizing a GPS to map various internal boundaries/land claims, digitizes maps and creates database of useful maps.

#### **Qualifications:**

- A minimum of a Bachelor degree in environmental studies, resource management, or planning and/or at least 5 years' experience in related field.
- Knowledge of resource management, Provincial terrestrial management policies, Provincial tenuring system, protection management planning, and project management.
- Experience working with First Nation communities.
- Experience coordinating different viewpoints and facilitating multiple parties to come to resolution.
- Experience facilitating and working with First Nations and stakeholders or in multidisciplinary groups.
- Knowledge of the use and application of computer software such as MS Word, Excel, Access, Publisher, and Power Point.
- Familiarity with GIS software.

#### **Conditions of Employment:**

- Must have a valid Class 5 BC Drivers Licence.
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations).
- Able to work non-standard hours of work as required.
- Office hours 8:30am-4:30pm, Monday to Friday.

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

Open till filled to:

Craig Smith Band Administrator Email: [bandadmin@xatsull.com](mailto:bandadmin@xatsull.com)

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Soda Creek Indian Band  
405 Mountain House Rd, Williams Lake, BC V2G 5L5  
Phone: 250-989-2323 Fax: 250-989-2300

**JOB OPPORTUNITY**  
**Natural Resources Coordinator**

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**Job Summary:**

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

**Duties and Responsibilities**

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

**Qualifications:**

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

**Conditions of Employment:**

- Must have a valid Class 5 BC Drivers Licence
- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations)
- Office hours 8:30am-4:30pm, Monday to Friday

This position is pending on budget review.

Cover letter with wage expectation and current resume with three references by: June 5, 2020

To: Craig Smith, Band Administrator Email: bandadmin@xatsull.com

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## **Soda Creek Indian Band Employment Opportunity for Communications Coordinator**

### **JOB SUMMARY**

The Communications Coordinator contributes to the overall success of the organization by ensuring that all Xats'ul members both on and off reserve are informed and up to date on treaty issues and aware of ways they can participate and have input into the treaty process. The Communications Coordinator oversees all aspects of Xats'ul Treaty Department communications including the development of publications, pamphlets, handouts, videos, social media and other methods of distributing information about treaty. The Communications Coordinator maintains the [xatsull.com](http://xatsull.com) website and contributes treaty-related materials to the Fraser River Run and Lexey'em newsletters.

### **QUALIFICATIONS**

- Diploma or Certificates in: Communications, Public Relations or a combination of relevant education and experience
- Proficiency in the use of computer programs for word processing, PowerPoint, databases, spreadsheets, email, and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program)
- Excellent writing and research skills.
- Must have strong administrative, organizational and communication skills
- Strong presentation skills and the ability to facilitate group discussions
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

#### ***Experience:***

- One year working with various types of media or communication systems or communications platforms
- One to two years working in a related capacity to support Treaty preferred.

### **TYPE OF EMPLOYMENT**

This is a full-time position of 35 hours a week.

### **APPLICATION DEADLINE**

Open until filled

### **HOW TO APPLY**

Please send Resume and cover letter by mail or email or delivered by hand to:

Craig Smith, Band Administrator  
3405 Mountain House Rd.  
Williams Lake, BC V2G 5L5

Email: [bandadmin@xatsull.com](mailto:bandadmin@xatsull.com)  
Or by fax to: 250-989-2300

# June 2020

## Community Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Physio- therapy 9:00-12:00pm	3	4	5	6
7	8	9	10 Mid-month	11 Hamper Pick-Up Gym 2:00-4:00pm	12	13
14	15	16	17	18	19	20
21 Father's Day Drive Thru Bbq 12-2pm National Indigenous Peoples Day	22	23	24 SA Day	25	26	27
28	29	30				