



JUNE 2017

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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Community Garden Boxes

The garden boxes were built by the Trail Crew; Malcolm, Kelly, Kyle and Leeland and Staff; Miriam and Rae-Lyn.

Gardening Workshop

Agnes with her tomato plant, Rae-Lyn helping fill up pots for plants for Penny, Agnes and Loraine. Aurora showing off her flower seeds and pot.



Soda Creek Band Office:
250-989-2323

Soda Creek Health Station:
250-989-2355

Natural Resources:
250-989-2323

Xat'sull General Partnership Office:
250-989-2311

Xat'sull 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.

Staff Reports

Community Health & Wellness Counsellor



Rae-Lyn Betts

The new community garden is coming together, the boxes are built we had two garden workshops know just waiting to plant the seeds. We invite the community to come and help out with this new project anytime you want, beware the garden will have electric fence around it to keep out wildlife. I am hoping this garden is a

great success this year and that we can expand it next year.

Aboriginal Day is fast approaching the band will be putting a float in the parade and a booth in the park if any members would like to join us in the parade or volunteer

some time at the booth please let Max know, any help is appreciated. This can also be a fundraising opportunity for the Elders who are attending the Elders Gathering in July please let me know if this is something the Elders are interested in.

Traditional Use Studies Natural Resources/Treaty Library

The Library is all ready and set up with Computer and Desk

Ada has gathered Traditional and Historical Information. These were scanned, digitized and were put into the Mukurtu Database, and now is searchable. This information that were gathered are: Interviews, media, mapping and pictures. These are now stored in TUS Fire Proof Cabinets.



Social Development Coordinator



Tracey Elkins

Notice of Community Meeting the same time as SA Day. I will be at the Band Office at 8:30 am as usual. The Community meeting starts at 1:00pm. Please attend.

I still need to see some Clients for completing information, please contact me if you have not seen me in the past month. I will no longer be allowing others to pick up cheques on your behalf. I would prefer to see everyone every month just to check in with you to see if you are doing well.

For the Clients with Families, I need on your file, ID for your children. I also need info for everyone living in your household.

A reminder to families, you need to add your family allowance rates on your Renewal forms.

If you start work, please give me a call

to notify me when you started working, this is extremely important.

If you require work gear for your job, please ask for a letter of employment on the Company Letterhead saying you were hired. That makes it easier for me to put it through.

I apologize to some clients about the recent issues we are having.

I would like to sit down with those of you who would like Employment and document issues that are barriers to your employment.

I would like to say its great meeting each and every one of you.

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Mondays

For Wednesday Travels

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i> Health Administra- tion Day	<i>3</i>
<i>4</i>	<i>5</i> Mental Health Clinician 10:00-2:00 pm Nurse Practitioner 10:00-3:00 pm	<i>6</i>	<i>7</i> HCC Travel	<i>8</i> <i>Womens' Gath- ering Canim Deadline for Registra- tions</i>	<i>9</i> Health Administra- tion Day	<i>10</i>
<i>11</i>	<i>12</i> Mental Health Clinician 10:00-2:00 pm	<i>13</i> ADP Luncheon	<i>14</i> SCIB Travel	<i>15</i> Nurse Practitioner 10:00-3:00 pm Biggest loser 10am to 3pm	<i>16</i> Health Administration Day <i>Womens' Gathering Canim</i>	<i>17</i> <i>Womens' Gathering Canim</i>
<i>18</i> <i>Womens' Gathering Canim</i>	<i>19</i> Mental Health Clinician 10:00-2:00 pm Nurse Practitioner 10:00-3:00 pm Newsletter	<i>20</i> Manager's Meeting 9 am <i>Health Station Closed for Staff Meeting 1:00 pm</i>	<i>21</i> HCC Travel Aboriginal Day Parade & Park 10:00-2:30 pm	<i>22</i> Dental Therapist 9:30-12:00 pm	<i>23</i> Health Administra- tion Day Dental Therapist 9:30-3:00 pm	<i>24</i> <i>Community engagement for Healing and safety BBQ 3pm to 6pm at the GYM</i>
<i>25</i>	<i>26</i> Mental Health Clinician 10:00-2:00 pm <i>Too Hot for Tots 10:30-1:00 pm</i>	<i>27</i> ADP Luncheon	<i>28</i> SCIB Travel Nurse Practitioner 10:00-3:00 pm	<i>29</i>	<i>30</i> Health Administra- tion Day	

Community Meeting Question/Answers

Health Department:

Questions

Question #1: "Where is the Water?"

Answer # 1: We apologize for the inconvenience to community. The executive assistant position had made all arrangements and the smaller details that go in to planning for these meetings in the past. With the position, currently vacant while in the hiring process, we were ill prepared. We will ensure there is water and small snacks for the future meetings. Thank you for your question.

Question #2: "Do you have abuse against women programs for men and women?"

Answer # 2: Thank you for your question. We provide individual counseling for those who have been impacted by the varied cycles of abuse both for those being abused and the abuser. This support is accessed by both men and woman in community. Often individuals come to our services for other supports and over time and building trust the supports transition with the individuals needs as they work through the complexity of compounding stresses and emotions.

In the past we have offered a program event called "A Community Against Violence", this event was held for three years around the end of summer. Each year we invite service partners and providers from community and the Williams lake area to present the services and bring awareness to all

areas of cycles of abuse and violence. This will be held this year as well. If community has any suggestions for presenters or topics for this years' event, please forward them to Gina at the health station. You can call me 250-989-2355 extension 129, or of you prefer to remain anonymous you can leave an envelope with your suggestion in there with my name on it and give it to Jessie or Maxine at the front desks.

Questions #3: "Is the Mental Health Services for Children and Families here in community?"

Answer #3: Thank you for this question. We have support counselling here in community through the Community Health and Wellness Counselor Rae Lyn Betts. She is able to refer members to Victoria Scott of Three Corners Health Mental Health and Wellness Services who works with children and families, or Lynn Dunford of the Three Corners Manager of the Mental Health and Wellness Services.

We also have access to the Three Corner's Mental Health Clinician, Neleena Popatia. There is no formal referral process juts call or walk and make an appointment with Maxine at 250-898-2355. Neleena comes out to community once a week, please see the Health Station Monthly Calendar for her scheduled days.

For members who are wanting their child to see the Child Psychiatrist Dr. Berkey can be accessed every through the Ministry of Children and Families

walk-in clinic each Thursday from 9am to 12pm and from 1:00 to 4:00 pm. You can also have your general practitioner provide a referral for times outside of the clinic hours.

Suggestions

For this section of the parking lot feedback process, we had asked some questions to community. What kinds of programming would you like to have offered? What would you as a member actually come out to participate in? What days or times? The following are some of the great suggestions we got.

Suggestion #1: "Activities aim at adults 19-55, family and youth 13-18."

Suggestion #2: "More interactive health programs; nutrition, exercise, health cooking. Too much overweight diabetes, over weight children."

Suggestion #3: "During 1:00-3:00 pm and 5:00 to 8:00 pm"

Follow up: we have tried a multitude of various programs and activities over the years. Some of the challenges are the lack of participation, funding restriction/ criteria and need for more capacity in staffing or volunteers to provide all hours or weekend activities. We are hoping that the Community Coordinator position will be posted soon and that this position will be a bridge in those after hours and weekend programming as a complimentary service to what health is offering.

Health Department cont...

We are always open to hearing suggestions. Some of the ideas we are putting out to community is to have the outdoor movie nights, fitness sessions, annual hunting camp, summer family camp out on the territory, fishing safety programming, supporting the elder's gathering, coordinating some youth day trips during the summer months as well as some evening sporting events.

We have ordered volleyball nets, volleyball balls and other equipment to start

some evening and day times sporting activates in the gym for all ages. I have also made some inquiries into receiving quotes and proof of certification from some fitness instructors to provide evening sessions for some fitness activities like; Zumba, Cardio and small weights, Pilates, Yoga, and some other physical health activities for all ages and fitness levels.

Rae lyn has been working with Three Corner's Staff to host family fun nights once a month and we will be planning some through summer as a part of the Health Department Programming.

Please remember that all of our programs and events are posted on Facebook, advertised in the Newsletter, and Posted on the Poster Boards in the offices. If there is any other more efficient ways to get the communication of programs or events to you.... We would love to have that feedback.

Keep the ideas coming. It was great to hear all the questions and suggestions! Let's keep moving forward together!!!



Soda Creek Committees

Events committee

This group is currently: Rae-Lyn Betts, Betty Price, Maxine Sellars, Lynda Porter, Sheri Sellars, Cheryl Chapman, and Miriam Schilling.

Purpose of the Committee

Is a committee in administration that assists on event planning for the community. This group is mainly made up of staff currently, but they fully welcome assistance from the community. The type of events they plan are the following Easter celebration, Aboriginal day, Halloween, Christmas and they may be required to do special event planning if requested as well.

Education Committee

This group is currently: Barb Dixon, Edie Woods, Jeanette Merriott, Marnie Sellars, Cheryl chapman,

Purpose of the Committee

To provide a consultation forum that will effectively address education funding applications received by the Soda Creek Indian Education Department with particular reference to the requirements of the SCIB Education Department Funding Arrangements (ie. INAC Spectra, Energy, (SE), Mount Polley Mining Corporation (MPMC), and Gibraltar Mine (GM)

Deep Creek and McLeese Lake Pipeline Maintenance Project

Dates: April 11th – Mid October 2017

Summary: Enbridge (previously Spectra Energy) owns and operates the two pipelines (30-inch and 36-inch) running through Xat'sull traditional territory and the Deep Creek Reserve. These pipelines are approximately 60 years old and pipeline replacement is necessary to meet the current standard for gas pipeline systems as required by the CSA and NEB. Additionally, the original crossover assembly (connects two parallel pipelines together) located just north of Mountain House road and a crossover assembly located near McLeese Lake are both being replaced with new upgraded crossovers.

Please be advised that Spectra Energy has recently merged with Enbridge. Many of the work trucks you may see are still labeled as Spectra.

Triton Environmental Consultants are working onsite to ensure environmental protection of the land and wildlife throughout the project. A community member environmental technician is onsite as well as archeology and heritage technicians monitoring ground disturbances.

Several community members have been hired for various jobs on the project, please contact Miriam Shilling for further information (contact details below).

Small areas have been dug out to view the 30-inch and 36-inch pipes as well as the crossover assembly on the north side of Mountain House road. Full excavation of the

pipeline segments will begin June 5th.

Weekly Progress:

- Community Meeting with Enbridge (May 16th)
- New Natural Resources Coordinator –Robyn Clark— started working with Georgia Bock
- Pipeline preparation and work continued
 - ◊ Existing crossover assembly is being dug out continued on the north side of Mountain House road

We had a successful community meeting and many great questions were raised. For the remainder of the project Natural Resources department will be providing regular updates to the community regarding the pipeline maintenance replacement project and any relevant opportunities.

With an active construction site **safety is a high priority**. Any security, flagging and fencing you may see surrounding the construction site is designed to ensure your safety as there are open holes, equipment and other hazards present. This is for your safety and is not meant as a barrier to keep you out. You are more than welcome to participate in a guided tour of the site that will allow you to safely view the activities and work.

It is unsafe to walk across the construction site due to the hazards and holes, however the construction managers are more than happy to provide rides to any community members inconvenienced by

the construction obstructing their walking paths. Please speak to security onsite or contact Robyn Clark if you will require transportation any time throughout the project to avoid walking through the construction site. Thank you for your cooperation and patience.

If you are interested in seeing the work that is being performed and visiting the project sites, the Construction Manager has extended an invitation to any community members to take a site tour (with proper safety equipment provided) and provide any detailed information you may be interested in learning about this project. Please speak to Robyn Clark at the Treaty/NR Office at nrcoordinator@xatsull.com 250-989-2323 x122 to arrange a time.

June – Planned Project Activities (on reserve)

- June 5th smudging and prayers for project kickoff. Excavating of pipelines will start.
- Hydrovac and stripping of pre-disturbed topsoil on the pipeline right of way will commence
- Archeology/heritage monitors will be onsite to monitor activities during topsoil stripping
- June 12th **H2S Alive training** – 1-day course for workers in the oil & gas, pulp mill and mining industries who could be exposed to hydrogen sulphide. Successful students will receive an H2S Alive certificate valid for 3 years (contact Robyn Clark ASAP to register)

- June 13th & 14th **First Aid Level 1** Course (contact Robyn Clark to register)
- June 15th venting (emptying gas from pipeline). Please be aware this can be quite loud and lasts 20-30 minutes.

June Planned Activities in Territory Cross-over north of Mountain House Road and McLeese Lake site)

- Welding pipes at both cross-over assembly sites (approx. 10 days per site)
- Fitting and surveying crossovers (approx. 5 days each site)

- Preparing for hydro test (approx. 1 day each site)

Get Involved:

- Training courses for First Aid Level 1 & H2S Alive certification opportunities June 12-14th at the Community Gym.
- Community tours available upon request for anyone interested in seeing the construction site and learning more about the project first hand.
- Please provide your resume or contact Miriam Schilling (m.schilling@xatsull.com) regarding any employment

opportunities.

If you have any questions or concerns regarding the Deep Creek pipeline maintenance project please do not hesitate to contact Robyn Clark located at the Treaty/ NR office in person, by email or phone at:

nrcoordinator@xatsull.com or 250-989-2323 ext. 122.

Weekly updates will be posted on the Facebook page and the mail box and band office bulletin boards. Important information will also be included in the community newsletters as well.

These pictures are showing the crossover assembly at McLeese



Treaty Urban Meeting Summaries



Notes for the Calendar Month of May 2017 NStQ Urban Treaty Meetings - Kelowna

Date: Tuesday May 09, 2017
Time: 5:00 p.m. (Scheduled End Time: 8:00 p.m.)
Place: Sandman Hotel and Suites – Kelowna, BC
Topic: Health and Wellness

Health and Wellness Urban Meeting - NStQ Kelowna

This meeting in Kelowna was one of the same, held in a total of five urban locations. Initial input was gathered from NStQ members, in attendance, in order to formulate an adequate Health Vision that meets their requirements. The eventual aim is to formulate a satisfactory proposal by NStQ members for implementation in the post-treaty environment. Subsequently, the following list are the comments and questions posed during the course of the meeting:

- Which health service should we go with, FNHA, another or a combined-hybrid?
- Have other health systems been examined, FNs, abroad?
- Concern about the eventual disappearance of Health coverage especially when retired or unemployed where some things are covered but not all as previous.
- A complete list of benefits available for FNs provided and adhered too.
- Concern over being uninsured yet having FNHA with providers (eg. Pacific Blue Cross) that are not accepted by doctors and clinics.
- Disparity of benefits between FNs and non-FNs (eg. Root canal not covered, as well as, FNs rated 76th in world health in stark contrast to the rest of Canada rated 8th)
- Good dental health is the key to all if not overall health.
- The current promise in the post-treaty environment is to sustain what is currently being offered/covered now but without any enhanced benefits. The reality is that cuts to FN health benefits continue even now; what will eventually be left?
- Canada has been asked for definitive answers regarding health status.
- Suggested: take over our own health (draft NStQ's own health laws), hire or partner with provider (eg. Blue Cross) and obtain card with extended benefits for NStQ members.
- Cindy Blackstock Decision can play a role in future benefits; poses that FNs funding is 40% below standard.
- Comment: In view of the post-treaty environment, Stage 4 NStQ Health Visioning (pre-Final Agreement) is ahead when compared to BC modern treaty FNs that waited until Stage 6 (Implementation) to address health planning.
- FNHA is found incompetent in Kelowna. FNs refused as clients in Kelowna being told it takes 16 weeks to process FNHA transactions; racism faced in crisis mode.
- A pre-contact model is key part to change management (ie. building on culture). People have to see and digest it. Build from ancestors and where enough persons hear it.

Urban Meeting Summary – MAY 2017

The Urban Meetings held the week of May 8, 2017, focused on the issue of Health and Wellness. Participants were led in a discussion of both Traditional Health Practices and Modern Day health issues, including emotional health, physical health, mental health and spiritual health.

At the end of each session, participants were asked for their input and suggestions for NStQ to address these issues in future.

The comments and suggestions from urban community members who attended the meetings are summarized below.

Vancouver, May 10, 2017

Traditional Health Practices

Mental Health

- War – we learned when to fight and when not to
- We played with fire, we played with bees, as learning
- Close-knit families and community
- Learned animal behaviour, habitat, patterns

Spiritual Health

- Remember who we are. Remember where we came from
- Grandmother taught me about the owl
- Fishing and hunting was the fun part. We have thanks to wildlife for giving up life.
- When I am out on the land I feel at peace
- Family gatherings
- “oneness” with nature, surroundings, and people
- Peaceful, quick, blessed hunting
- Fishing, hunting and gathering = respecting the land
- Kids had a spot to play at the river
- Connection to the land
- Respect the Fraser River – do not throw guts into the river
- Sweat lodge

Physical Health

- Balsam bark, traditional medicines
- Swimming, fishing, travelling to water sources
- Nutritional diet – fish, moose, berries, garden varieties
- Berry picking until the bucket was full
- Water that animals depend on
- Community garden – currants, apples, fruit trees, vegetables tended by and used by everyone
- Berry-picking, drying, canning. Drying meat and fish.
- Building shelters and smoke houses
- Fishing from Williams Lake
- Dad used to take brothers hunting
- Trapping is a lost tradition
- I used to eat rosehips at Soda Creek reserve
- Hunting game was taught by uncles, grandparents; wild foods

Treaty Urban Meeting Summaries cont...

Urban Meeting Summary – MAY 2017

Vancouver, May 10, 2017

Emotional Health

- Cultural knowledge about birds, medicines, food, need to be passed down
- Traditional birth – wrapping the child – traditional way of learning
- Don't hold grudges
- Feeling of purpose from having an important task, such as hunting, gathering, making clothes
- Uncles and cousins that taught me salmon fishing, trout, wild moose, berries
- When I needed help I had aunts, uncles, elders that gave me spiritual, emotional advice

Modern-Day Health

Mental Health

- Healing Our Spirits program
- In recovery: learning, reconnecting; still struggle to feel I belong
- Meditation, yoga, counselling
- Anti-depressants
- Lack of childhood love is heavily linked to the high levels of addiction
- Lots of similarity between residential school and military trauma and the needs of survivors to heal

Spiritual Health

- Cultural spots are not being respected today; drinking and drugging goes on
- Too busy nowadays to stop and ask about the teachings
- Learning language
- "In the city it's a really hard thing to reconnect to the land. It's made of concrete." Don't have the resources to travel outside the city for that.

Physical Health

- FNHA is dysfunctional. It is a challenge to find [health care] providers.
- Addiction affects every one of us
- Diabetes; heart disease
- Trap lines are logged out
- FNHA – money being spent on big trips
- Live in Vancouver because it has the best access to doctors
- Health Active Natives on Facebook
- Fentanyl – drug addiction
- Bologna and wiener diet; canned food
- Hiking, going to the gym, walking and running, swimming
- Pitch was collected from trees and heated on the stove to liquefy and used to treat open sores
- Grandmother had over 50 children [and grandchildren]

Emotional Health

- Taught not to show emotions in residential school. Survivors often have trouble showing love to their own children = generational impact of residential school
- Annual Kamloops event is a place for family gathering
- Lack of affection leads youth to search for affection and acceptance elsewhere, often from unhealthy sources such as gangs or abusive relationships
- Medication; yoga; personal mantras
- Hobbies like cooking, sewing and art, collecting things
- How to break the chain of intergenerational trauma from residential school?
- Foster care disconnects children from their culture; loss of traditions
- Didn't know brothers or sisters because they were sent to residential schools
- Loss of language
- We were not allowed to be Indian. We lost a lot of culture.
- My auntie taught me along with friends how to deal with the four directions.

Vision for NStQ Health and Wellbeing

- Remember we are all connected and need to be here for one another
- It takes your friends, relatives and community to help heal; places from the heart
- Give credit to what we can do and are doing for our own health
- Sending love/best wishes is how we should and can be; be vulnerable
- We have a lot of knowledge within us. Heal ourselves.
- The answer can come from outside of our communities
- I see us embracing our own knowledge, medicines
- Use of technology
- With economic development, I hope we will be able to fund help with health issues
- Family gatherings in Lac la Hache = connection to culture
- Annual Stswecem'c /Xgat'tem powwow is a highlight of the year for family; also Kamloopa
- Give parents tools to parent their children
- A system better than FNHA
- Advocacy for youth health
- Trauma treatment
- No drinking at community gatherings
- It takes a large community to raise a child; good leaders who show us and teach us

Community Submissions

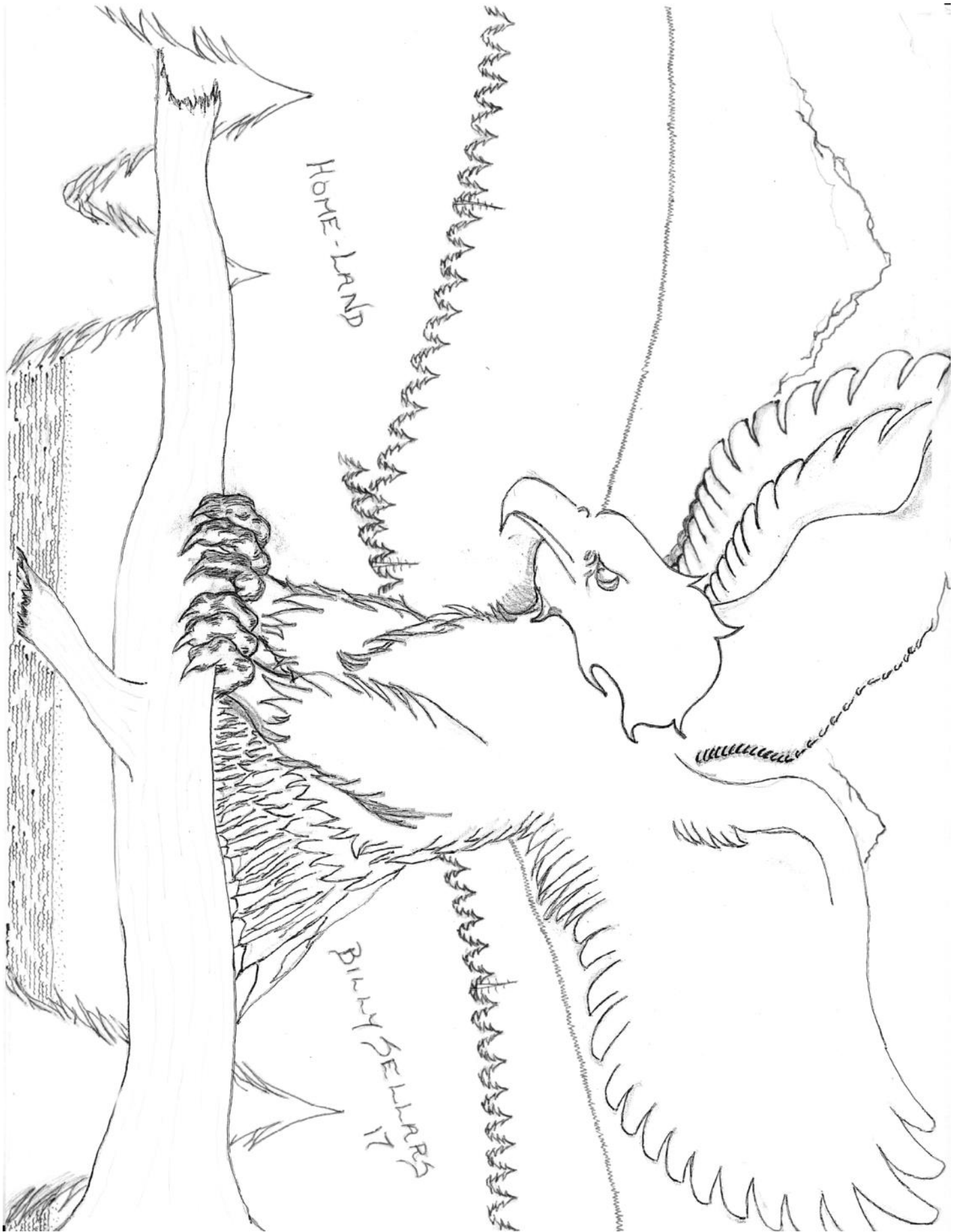
Hello everyone,

Hope everyone is in good health. Myself I'm doing ok. Wishing for the rain to stop. I'd like to thank your Youth for building the Community Garden boxes. I also want to recognize our Band Staff for doing their best they can do with what is allotted to them from INAC funding.

I'd like to wish anyone in June who is having a birthday a HAPPY BIRTHDAY!!! Congratulations to the Sun Run Participants. So until next time. Have patience with one another and remember school is just about out.

Congratulations to anyone who is graduating from College, University, Elementary, Middle School and Training.

Sincerely, Lorraine Sellars



Community Garden



HOW TO MAKE A GARDEN PLANTER OUT OF SCRAP WOOD AND A PALLET

WITH JEN WANG

Here's a project you can easily customize that can be made out of mostly recycled (and recyclable) materials. I found a discarded pallet and got the rest of my wood from the scrap bin at Home Depot.

SUGGESTED MATERIALS

- Scrap wood
- Pallet
- 2x4 wood pieces
- Carpenter square
- Drill and Screws
- Saw
- Level
- Shims

1 Free pallets are fairly easy to come by! Ask around at stores near you or find one through websites like Repalletize.com. Make sure your pallet is in good condition (no cracks, etc).

2 Attach three **2X4** pieces of wood of your desired length to the bottom of the pallet. Space evenly. These are what your planter will sit on.



3 Measure and cut **scrap wood** to match the width of your pallet. Screw the bottom piece to the top of the 2x4s. Screw the remaining sides together and attach to the pallet. Remember to drill two drainage holes in the bottom!

4 Use scrap wood wedges or **shims** to level the planter so it stands straight and water spreads evenly throughout.

5 Fill with soil and plants!

ADDITIONAL IDEAS:



leave open for climbing plants like peas



attach or hang additional boxes



double-sided for maximum effect



10 Awesome, All Natural Uses for Baking Soda

By Nathalie Chantal de Ahna
August 28, 2013

Whenever I fall in love with a product I tend to buy it in bulk. It's cheaper, more convenient and you never have to be afraid of running out of it.

One of the things I get by the bucket is baking soda. This stuff is so amazing! And you can do so much more with this magic powder than just adding it to baked goods.

Here are 10 brilliant, all-natural ways to use baking soda in your daily life:

1. All-natural ant control remedy.

Where I live ants are just about everywhere! Small ones, big ones, sometimes even red on or those that can fly. They used to drive me crazy because I refuse spraying chemicals on them, but you can get rid of them naturally by pouring baking soda on their trails or in their holes.

2. Deodorizing dairy containers. Do you know the annoying smell milk and dairy products can leave in the

containers they're stored in? If so, just add 2-3 tablespoons of baking soda in really hot dishwater, rinse your dishes as usual, and your containers will be as good as news!

3. Perfect energy boost after a long day. Sometimes a hot bath is exactly what you need after a tough day. If you want this to be even more relaxing, add half a cup of baking soda to the water, and you'll simply feel great.

4. Soap substitute. If soap is too harsh on your facial skin, add a couple of teaspoons of baking soda to a bowl with warm water and rinse your face. Dry immediately and your skin will not only be clean, but also incredibly soft.

5. Happy cats. Cats don't like smelly litter pans, and I bet you're not a big fan of those either. If you mix your kitty's litter with 5 tablespoons of baking soda, the cat toilet will stay fresh for a longer time.

6. Clean windshields. The next time you come back home from a long drive and need to clean your windshields from dead insects, pour a

little bit of baking soda onto your sponge and you'll get the job done in a jiffy.

7. Soothe mosquito bites. Mosquito bites are annoying, but you can easily stop them from itching by making a paste out of water and baking soda. Apply it to the

bite and any swelling and itching will stop right away.

8. Coffee booster. Personally I don't like coffee too much, but my husband doesn't start a day without it. Hard water can be a real taste killer, so if you want your coffee to be as aromatic as it can possibly be, add a knife point of baking soda to the water, sit back and enjoy.

9. Clean thermos flasks. I LOVE my green smoothies and take them with me in thermos flasks wherever I go. To make sure they stay nice and clean inside, I regularly fill them with hot water, add 2-3 tablespoons of baking soda and let the soak overnight.

10. Shiny teeth. I have naturally white teeth and people often ask me what my secret is. The answer: baking soda toothpaste! Mix equal parts of baking soda and coconut oil with a few drops of peppermint oil and you'll get an incredibly effective, all-natural whitening toothpaste.

So I haven't promised too much, have I? Baking soda really is worth buying it in bulk!

Marinated Green Beans with Olives, Tomatoes, and Feta

Ingredients

- 2 pounds fresh green beans, trimmed
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 cup kalamata olives, pitted and sliced
- 2 tomatoes, seeded and chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (8 ounce) package crumbled feta
- 1 bunch fresh oregano sprigs

"This is a wonderful summer side dish. Allow the flavors to marinate together overnight for even better results."

Prep time: 30 min **Cook time:** 10 min **Ready in:** 3 h 40 m

Method

1. Bring a large pot of salted water to a boil over medium heat and drop in the green beans; cook until slightly tender, but still crisp, 8 to 10 minutes. Immediately drain the green beans and plunge into ice water to stop the beans from cooking further. Drain the beans and place them in a shallow serving dish.
2. Heat the olive oil in a skillet over medium heat. Cook garlic in the oil for about 30 seconds. Remove the skillet from the heat. Stir in the olives, tomatoes, vinegar, oregano, salt, and pepper. Pour mixture over green beans. Toss together until beans are evenly coated. Sprinkle feta cheese over the top and garnish with oregano sprigs. Chill at least 3 hours before serving.



Knife and Fork Grilled Caesar Salad

"A different Caesar salad and it is from your grill! Great with any grilled meat. I use a Caesar dressing from this site."

Ingredients

- 1 long thin baguette
- 1/4 cup olive oil, divided
- 2 cloves garlic, halved
- 1 small tomato, halved and seeded
- 1 head romaine lettuce, outer leaves discarded and head cut into quarters
- salt and coarsely ground black pepper to taste
- 1 cup Caesar salad dressing, or to taste
- 1/2 cup Parmesan cheese shavings

Prep time: 15 min **Cook time:** 10 min **Ready in:** 25 min

Method

1. Preheat grill for low heat and lightly oil the grate.
2. Cut baguette on a severely sharp diagonal to make 4 long slices about 1/2-inch thick. Lightly brush each cut side with about half of the olive oil.
3. Grill baguette slices on the preheated grill until lightly crispy, 2 to 3 minutes per side. Rub each side of baguette slices with the cut-side of garlic and cut-side of tomatoes. Set aside to cool.
4. Brush 2 cut sides of romaine quarters with remaining olive oil.
5. Grill romaine quarters until lightly seared, 2 to 3 minutes per side. Sprinkle grilled romaine with salt and set aside to cool.
6. Place a grilled romaine quarter, cut-side up, on top of a grilled baguette slice. Drizzle each with Caesar dressing and top with Parmesan cheese. Season with salt and black pepper.



Asian Beef Skewers

"Ginger flavored beef skewers are excellent as an appetizer as well as an entree."

Prep time: 30 min **Cooks:** 6 min **Ready in:** 2 h 40 m



Ingredients

- 3 tablespoons hoisin sauce
- 3 tablespoons sherry
- 1/4 cup soy sauce
- 1 teaspoon barbeque sauce
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 1 1/2 pounds flank steak
- skewers

Method

1. In a small bowl, mix together hoisin sauce, sherry, soy sauce, barbeque sauce, green onions, garlic, and ginger.
2. Cut flank steak across grain on a diagonal into 1/4 inch slices. Place slices in a 1 gallon resealable plastic bag. Pour hoisin sauce mixture over slices, and mix well. Refrigerate 2 hours, or overnight.
3. Preheat an outdoor grill for high heat. Discard marinade, and thread steak on skewers.
4. Oil the grill grate. Grill skewers 3 minutes per side, or to desired doneness.

Grilled Zucchini

Ingredients

- 1/3 cup extra-virgin olive oil
- 1 teaspoon sea salt
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1/2 teaspoon ground black pepper
- 6 small zucchini, sliced lengthwise into 1/4-inch thick strips
- 3 tablespoons balsamic vinegar

"A grilling recipe that is easy to prepare, tasty as a appetizer or a side dish."



Prep time: 10 min **Cooks:** 10 min **Ready in:** 20 m

Method

1. Preheat grill for medium heat and lightly oil the grate.
2. Whisk olive oil, sea salt, garlic, rosemary, and black pepper together in a bowl; brush evenly onto zucchini strips.
3. Cook on preheated grill until brown, 5 to 7 minutes per side; transfer to a serving platter. Drizzle balsamic vinegar over zucchini to serve.

Laurielicious' Garlic Herb Focaccia Bread

Ingredients

- 3 tablespoons extra-virgin olive oil, divided, or to taste
- 1 pound fresh pizza dough
- 2 tablespoons minced garlic, or more to taste
- 1 1/2 teaspoons chopped fresh rosemary, or to taste
- 1 1/2 teaspoons chopped fresh basil, or to taste
- 1 1/2 teaspoons chopped fresh thyme, or to taste
- 1 1/2 teaspoons chopped fresh parsley, or to taste
- salt and ground black pepper to taste

"Forget about making the dough - go out and buy dough from your local mom and pop pizza place - and load it up with minced garlic and fresh herbs! Place a shallow dish out with some garlic, herbs, salt, and black pepper with olive oil drizzled in it to dip the bread in, too!"

Prep time: 15 min **Cook time:** 15 min **Ready in:** 30 m

Method

1. Preheat oven to 475 degrees F (245 degrees C). Grease a rimmed baking sheet generously with 1 tablespoon olive oil.
2. Place pizza dough on the baking sheet and stretch to fit in an even layer. Drizzle 2 tablespoons olive oil on top; sprinkle garlic over oil. Spread garlic over the dough with your hands until evenly coated. Sprinkle rosemary, basil, thyme, parsley, salt, and black pepper on top.
3. Bake in the preheated oven until golden brown, 15 to 25 minutes. Slice into squares and serve.





Water Balloon PINATA



LEAF RUBBING COLLAGE



L	B	U	D	D	Y
I	T	E	E	D	S
F	R	E	E	W	H
E	N	M	P	A	A
G	P	O	O	L	L
U	S	F	W	E	L
A	Z	W	X	B	O
R	Q	E	I	P	W
D	I	V	E	M	C

Find the following words in the pool safety puzzle.

LIFEGUARD	BUDDY	SWIM	POOL
SHALLOW	DEEP	DIVE	



Summer Bucket List

50 fun things to do before summer ends

- Play frisbee
- Fly a kite
- Make s'mores
- Build a sand castle
- Picnic at the park
- Watch fireworks
- Play mini golf
- Water balloon fight
- Go bowling
- Catch lightning bugs
- Go to the zoo
- Go on a hike
- Read a book
- Blow bubbles
- Play in sprinklers
- Have a BBQ
- Sidewalk chalk fun
- Backyard camping
- Family game night
- Wash the car
- Scavenger hunt
- Get ice cream
- Go swimming
- See a movie
- Bike ride
- Go to the library
- Have a pillow fight
- Play in the rain
- Playdoh
- Finger paint
- Play hide and go seek
- Feed ducks
- Climb a tree
- Have a craft day
- Visit museum
- Roast marshmallows
- Have a pizza party
- Make a slip and slide
- Make a video
- Have a puppet show
- Catch butterflies
- Go to a fair
- Jumprope
- Make a campfire
- Play with glowsticks
- Have a lemonade stand
- Stargaze
- Play kickball
- Go fishing
- Go on a roadtrip







ALL NATIONS SPRING CLASSIC

Second Annual Run/Walk Event



Wednesday, June 7, 2017

Bell-E-Acres Golf Course, Williams Lake

Check in/Registration opens at 8:30 am

Race Starts @ 10:00am



Open to everyone!!

For more information, please contact Jimmy at
Tsilhqot'in National Government @ 250-392-3918

Fax Registration Forms to 250-989-0307
or drop off at your nearest Health Station.

BIGGEST LOSER HEALTH & FITNESS CHALLENGE

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

Here's how it works:

1. Meet with Kayla to set a Healthy & Fitness goal and do initial testing
2. Through next 12 weeks, try to reach the goal that you've set for yourself by eating healthy, exercising, etc.
3. Follow up with Kayla again July 24—27 for a half-way check-in, and then get your final results August 28—September 1!
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:

Monday, June 12, 2017—Dog Creek Health Station (10:00—3:00)

Tuesday, June 13, 2017—Canoe Creek Health Station (10:00—3:00)

Wednesday, June 14, 2017—Sugar Cane Health Station (10:00—3:00)

Thursday, June 15, 2017—Soda Creek Health Station (10:00—3:00)



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

Nurse Practitioner



June 5, 15, 19 & 28 2017

10:00-3:00 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 Clinician



June 5, 12, 19 & 26

10:00-2:00 pm

Soda Creek Health Station

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

To book an appointment please call

Maxine at 250-989-2355

Dental Therapist



Thursday, June 22

9:30-12:00 pm

Friday, June 23

9:30-3:00 pm

Health Station

- ⇒ Cleanings
- ⇒ fillings
- ⇒ Extraction
- ⇒ Check ups
- ⇒ A range of preventative services

Call Maxine at 250-989-2355 to book an appointment

Too Hot for Tots



June 26, 2017

10:300-1:00 pm

Health Station

The Too Hot for Tots program resources were developed for public educators working with families to teach caregivers about burn injuries that often happen in the home.

Lunch is provided. If you are interested please call Maxine at 250-989-2355 to sign up.

Community Engagement for Healing and Safety



Date: June 24, 2017

Time: 3pm to 6pm

Location: Community Building GYM

OBJECTIVE

Following the community meeting Held on May 24, 2017 where membership had voiced that the community membership as a whole would like to have, input, involvement in the planning and implementation of Community Safety and trauma recovery.

We would like to offer this opportunity to come together as a community to take a proactive approach to improving community safety and healing.

If there are workshop or training topics of requests, community initiatives, or community safety suggestions, we would like to hear from you. There will be a parking lot for some topics to start some brain storming; men's wellness, women's wellness, community healing, community safety, family/ parenting skill building and family fun.

Beverages, BBQ Burgers and Salads will be provided.

Call into Maxine by Thursday June 22, 2017 to confirm attendance and for rides

250-989-2355

2017 Touring Treaty Meetings

PRINCE GEORGE

All meetings are 5:00pm—8:00 pm unless otherwise noted

MAY 2017

May 8th (Days Inn)

JUNE 2017

June 5th (Days Inn)

OCTOBER 2017

October 16th (Days Inn)

NOVEMBER 2017 (Christmas Dinner)

November 27th (Days Inn)

****Prince George Days Inn****

Located at 600 Quebec Street



NStQ Treaty Group
Family • Education • Land • Culture • Unity

Stswecem'c / Xgat'em
General Delivery
Dog Creek, BC
V0L 1J0
Phone: (250) 440-5649
Toll Free: 1-888-220-4220
Email:
communications@canecreekband.ca

Xat'sull / Cmet'm
3405 Mountain House Road
Williams Lake, BC
V2G 5L5
Phone: (250) 969-2325
Fax: (250) 969-2300
Email:
Shenell@xat'sull.com

Ts'el'scen'
PO Box 1030
100 Mile House, BC
V0K 2E0
Phone: (250) 397-2002
Toll Free: 1-866-797-2277
Fax: (250) 397-2769
Email:
atp@ts'el'scen.com

T'xel'c
2672 Indian Drive
Williams Lake, BC
V2G 5K9
Phone: (250) 296-3507
Toll Free: 1-877-856-3507
Fax: (250) 296-4750
Email:
tony.morgan@williamslakeband.ca



Northern Shuswap Treaty Society
17 S. 1st Avenue
Williams Lake, BC
V2G 1H4
Phone: (250) 392-7361
Toll Free: 1-888-392-7361
Fax: (250) 392-6158
Email: b.mccuire@nsto.org

**Contact the treaty team
at your band office for
more details.**

2017 Touring Treaty Meetings

KELOWNA

All meetings are 5:00pm—8:00 pm unless otherwise noted

MAY 2017

May 9th (Sandman Hotel)

JUNE 2017

June 7th (Sandman Hotel)

OCTOBER 2017

October 18th (Sandman Hotel)

NOVEMBER 2017 (Christmas Dinner)

November 29th (Sandman Hotel)

****Kelowna Sandman Hotel****

Located at 2130 Harvey Avenue



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Family • Education • Land • Culture • Unity

Stswecem'c / Xgat'tem
General Delivery
Dog Creek, BC
V0L 1J0
Phone: (250) 440-5649
Toll Free: 1-888-220-4220
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communications@canoeandband.com

Xats'ill / Cmet'em
3405 Mountain House Road
Williams Lake, BC
V2G 5L5
Phone: (250) 989-2323
Fax: (250) 989-2300
Email:
Sheri.sellers@xatsuill.com

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Toll Free: 1-866-797-2277
Fax: (250) 397-2769
Email:
atoine.archie@canimlakeband.com

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Email:
tony.morgan@williamslakeband.ca



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Toll Free: 1-888-392-7361
Fax: (250) 392-6158
Email: b.mcquire@nsta.org

Contact the treaty team
at your band office for
more details.

2017 Touring Treaty Meetings

KAMLOOPS

All meetings are 5:00pm—8:00 pm unless otherwise noted

MAY 2017

May 9th (Coast Hotel)

JUNE 2017

June 6th (Coast Hotel)

OCTOBER 2017

October 17th (Coast Hotel)

NOVEMBER 2017 (Christmas Dinner)

November 28th (Coast Hotel)

****Kamloops Coast Hotel & Conference Centre****

Located at 1250 Rogers Way



NStQ Treaty Group
Family • Education • Land • Culture • Unity

Stswecem'c / Xgat'tem
General Delivery
Dog Creek, BC
V0L 1J0
Phone: (250) 440-5649
Toll Free: 1-888-220-4220
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Email: b.mcquire@nsta.org

Contact the treaty team
at your band office for
more details.

2017 Touring Treaty Meetings

VANCOUVER

All meetings are 5:00pm—8:00 pm unless otherwise noted

MAY 2017

May 10th (Sandman City Centre)

JUNE 2017

June 7th (Sandman City Centre)

OCTOBER 2017

October 18th (Sandman City Centre)

NOVEMBER 2017 (Christmas Dinner)

November 29th (Sandman City Centre)

****Vancouver Sandman City Centre****

Located at 180 West Georgia Street



NStQ Treaty Group
Family • Education • Land • Culture • Unity

Stswecem'c / Xgat'tem
General Delivery
Dog Creek, BC
V0L 1J0
Phone: (250) 440-5649
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Sheri.sellers@xatsuill.com

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Toll Free: 1-888-392-7361
Fax: (250) 392-6158
Email: b.mcquire@nsta.org

Contact the treaty team
at your band office for
more details.

2017 Touring Treaty Meetings

VICTORIA

All meetings are 5:00pm—8:00 pm unless otherwise noted

MAY 2017

May 11th (Marriott Inner Harbour)

JUNE 2017

June 8th (Marriott Inner Harbour)

OCTOBER 2017

October 19th (Marriott Inner Harbour)

NOVEMBER 2017 (Christmas Dinner)

November 30th (Marriott Inner Harbour)

****Victoria Marriott Inner Harbour****

Located at 728 Humboldt Street



NStQ Treaty Group
Family • Education • Land • Culture • Unity

Stswecem'c / Xgat'tem
General Delivery
Dog Creek, BC
V0L 1J0
Phone: (250) 440-5649
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Toll Free: 1-888-392-7361
Fax: (250) 392-6158
Email: b.mcquire@nsta.org

Contact the treaty team
at your band office for
more details.

OVERhang CLIMBING GYM
Outdoor Vertical Education and Recreation

Presents:

RIVER WISE

July 4 & 5, 2017
9:00am—5:00pm both days
Ages 13 & up
Location to be determined
Two chances to sign up for this one-day course!

Learn about hazard awareness & avoidance, self rescue, rescuing a friend, and more!

Must sign up by June 16, 2017

If you are a community member from WLIB or SCIB, please sign up with Kayla

SXFN Community members please sign up with Martina

Registration forms available in community health stations:

Sugar Cane: 250-296-3532
Soda Creek: 250-989-2355
Dog Creek: 250-440-5822
Canoe Creek: 250-459-7749

For more information, please contact Kayla
at Three Corners Health: 250-398-9814



NENQAYNI WELLNESS CENTRE PRESENTS



‘MOVING FORWARD’

Two 4-week Elders Wellness Programs:

Elder Couples /Elder Individuals welcome
Williams Lake, BC

Session 1: July 1 – July 26, 2017

Session 2: July 29 – Aug 25, 2017

For program information and applications:
See our website at nenqayni.com or contact:

Joan Evans: jevans@nenqayni.com or
Sharon Duffy: sduffy@nenqayni.com

PH (250) 989-0301 Fax (250) 989-0307



Building a Healthy and Safe Community



CRIMESTOPPERS

BENEFITS OF USING CRIMESTOPPERS

- You will Always Remain Anonymous
- Calls can be directed to Community Service
- Callers do not have direct contact with police

We want your information
– not your name!

1-800-222-TIPS (8477)

bccrimestoppers.com

1-800-222-TIPS (8477)
bccrimestoppers.com

Community Craft Monday

Wellness & Healing in the Health Boardroom

Come explore art as an avenue of
stress relief and stress management

Every Monday
1:30-3:30 pm
May 15– June 26, 2017

- Open to Community
- Free event
- Drop-in
- Snacks provided

Please call Maxine at 250-989-2355 by morning of , if you need a ride



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



NENQAYNI WELLNESS CENTRE SOCIETY

P.O. BOX 2529, #4802 HIGHWAY 97 NORTH
WILLIAMS LAKE, B.C. V2G 4P2
PHONE 250-989-0301 • FAX 250-989-0307
www.nenqayni.com

Elders Wellness Program: 'Moving Forward'

Nenqayni Wellness Centre is proud to announce our Summer Elders Wellness Program:
'Moving Forward'

We will be incorporating all of Nenqayni's accustomed cultural and holistic healing activities in this Elders-only program at our home on the beautiful Deep Creek reserve. Clients in this program can expect to participate in cultural activities (daily smudging, sweat lodge ceremonies, storytelling, drum making, and more), group workshops on self-care, healing, and mindfulness, recreational activities, as well as education on nutrition and traditional natural medicines.

There will be two separate 4-week programs. Individuals or couples are welcome to apply to either or both, but each applicant will only be permitted to attend one session:

Session 1: July 1-26, 2017

Session 2: July 29 – Aug 25, 2017

All meals and lodging will be provided.

Applicants are asked to meet the follow criteria:

- Clean from all drugs and alcohol 14 days before session start date.
- Fully self-sufficient in all personal care and mobility needs. Nenqayni is prepared to be as accommodating as possible, but we are unable to provide one-on-one care aides for clients.

Interested applicants are asked to fill out an Elders Wellness Program Application Package, which includes a Medical Assessment and TB Screen.

Elders Wellness Program – Applications available from our website @nenqayni.com

Elders across all of BC are encouraged to apply; acceptance will be granted on a first-come, first-served basis.

For more information, please contact intake coordinator:

Joan Evans, (250) 989-0301 ext. 206 or jevans@nenqayni.com



NORTHERN SHUSWAP TRIBAL COUNCIL

17-South First Avenue
Williams Lake, BC • V2G 1H4
P: 250 392 7361
TF: 1-888-392-7361
Fax: 250 392 6158

MEDIA RELEASE

Northern Secwepemc te Qelmucw (NStQ) leadership reacts to British Columbia election results and formation of new government

June 1st, 2017 (Williams Lake, British Columbia) – The recent May 9th British Columbia election has resulted in the province's first minority legislature since 1952, the end of the Liberal majority government that has led the province since 2001, and the first election in Canada at the federal or provincial level that saw more than one Green elected.

In light of the recent NDP-Green party power-sharing agreement, current Liberal Premier Christy Clark plans to call the legislature into session for a confidence vote in early June to determine who will be governing the province, and ultimately who the next Premier will be. With this news, the Leadership Council of the Northern Secwepemc te Qelmucw (NStQ) have issued statements regarding their concerns with the provincial government and its position with regards to the BC Treaty Process.

Quotes:

Patrick Harry, NStQ Spokesperson and Chief of Stswecem'c Xgat'tem First Nation – Political change in BC has been long overdue. Whatever formation government takes, the NStQ expects that our Government-to-Government relationship expands and grows. There were many promises made prior to the election with regards to UNDRIP, along with the implementation of the *Tsilhqot'in Decision*, and we hope to see those statements and promises upheld.

Ann Louie, Chief of Williams Lake Indian Band – British Columbia's impending new government must respect the promises made by current Premier Clark to visit with the NStQ, in our territory, to follow-up on commitments made by her government to the NStQ regarding our treaty concerns. Clark promised to meet with us soon after the election, possibly during Williams Lake Stampede week. This is imperative to achieve reconciliation with First Nations and to ensure promises made by government will be followed through immediately.

Background:

*NStQ traditional territories comprise the four Northern Secwepemc communities of *Williams Lake Indian Band (T'exelc)*, *Soda Creek Indian Band (Xat'süll)*, *Canim Lake Indian Band (Tsq'escen')* and *Stswecem'c Xgat'tem First Nation (Canoe Creek / Dog Creek)*.

For Media Inquiries please contact:

- **Patrick Harry, NStQ Spokesperson**
Phone (Office): 250-440-5645 **Phone (Mobile):** 250-855-8621 **Email:** chief@canoecreekband.ca

Safe and Active Transportation: Walk, Bike, Wheel

Along with long sunny days, kids are back to walking, cycling, skateboarding, scootering and riding other wheeled activities.

While promoting active transportation, the BC Injury Research & Prevention Unit (BCIRPU) would like to remind you that pedestrians, cyclists and boarders are more vulnerable road users as they lack protection if struck by a motor vehicle.

Statistics show that:

- On average, every year in BC, over 41 pedestrians (18 with major injuries) and 126 cyclists (19 with major injuries) under the age of 15 are injured and hospitalized (BCIRPU Injury Data Online Tool 2016 and BC Trauma Registry).
- Between 2005-2014, there were 42 children under 15 years of the age who died of injuries when walking, cycling or boarding. These deaths were due to a collision with a motorized vehicle or as a result of severe head injuries associated with a fall from a bike or a board (Report of BC Coroner Services 2016).

The good news is that these injuries are predictable and can be prevented through evidence-based interventions.

Here are a few suggestions:

1. **Teach your child to be a safe pedestrian**
2. **Make sure your child wears a proper helmet before biking or boarding**
3. **Share the road with child pedestrians, cyclists and boarders responsibly**

For more resources to prevent pedestrian, cycling and boarding injury among children, please see the links below:

[ICBC fact sheet on child pedestrian safety](#)

[Active transportation safety tips](#)

[Sharing the road safely](#)

[You're Probably Not Expecting a Child to Run Out On the Road](#)

[For more information on Safe Kids Week 2017](#)

Please feel free to share this information with your contacts, staff, parents, families and friends, and encourage them to share through their community boards, newsletters, websites and social media to keep our kids safe.



Ashnola at The Crossing

Program Information Package

Who We Are

Ashnola at The Crossing is a provincial, evidence-based, Tier 4 program located just outside of Keremeos, BC. The program supports youth and young adults aged 17-24, who are in need of residential treatment for substance use concerns, and is also able to support youth and young adults with concurrent disorders.

Ashnola is a client-centred program with an average length of stay from 3-6 months based on individualized client goals and treatment plans. The program is operated by Pacific Community Resources Society, and is overseen and funded by BC's Provincial Health Services Authority (PHSA).



Our Approach

The philosophy at Ashnola is positive, strengths-based and client-centred, with a vision of all people thriving in strong, healthy communities. To assist in accomplishing this, the focus of treatment is ultimately on healing and restoration through the development and fostering of healthy relationships, while supporting individuals to identify and build on their own unique strengths, resilience and personal values.

A client at Ashnola can expect staff to be welcoming, accepting and non-judgemental. Ashnola at The Crossing has adopted a trauma-informed practice model which is reflected in all aspects of the program, the staffing model and the overall culture.

The Program

- Individualized counselling
- Group counselling
- Psycho-educational groups
- Recreational therapy □
 Skills development groups
- High school completion and continuing education classes
- Relapse prevention
- Indigenous and cultural programming
- Smoking cessation program
- Family program
- Aftercare planning/support



The Team

Ashnola provides an inter-disciplinary and holistic approach to supporting all clients and their individualized treatment goals. The care team includes:

- Clinical Manager
- Clinical Counsellors
- Operations Manager
- Intake & Transition Worker
- Administration
- Psychiatrist
- Addictions Physicians
- Nurse Practitioner
- Registered Nurse
- Social Worker
- Youth Workers
- Recreation Worker
- Read Seal Cook
- Homemaker
- Cultural Worker



- Contact Rae-Lyn for more information 250-989-2355

Job Description

Title *Trail Builder – On Call Position*

Job Summary

The Trail Builder will work for the Soda Creek Indian Band and assist the Economic Development Department with the design and building of new recreational multipurpose trails.

Duties and Responsibilities

- Planning and Trail Design
 - Assist with creation of trails systems
 - Working with trail planner on trail design
 - Assist in collaboration with community, strategic partners and stakeholders
 - Plan and design trails to serve the needs of multiple user groups
 - Assist with design of signage
- Trail Building
 - Work as part of the trail building team to create trails systems
 - Equipment use, maintenance and care
 - Putting up signs
- General Trail Maintenance
 - Maintaining trails for multipurpose use
 - Filling in holes in trail surface
 - Removal of unwanted debris and garbage
- Trail Ambassador
 - Teach trail users about the trails and environment
 - Report comments or complaints
- Other related duties

The duties listed are provided as examples of area of responsibility and are not intended to create limits to responsibility but to help understand the scope of the position. All staff are expected to be team-oriented and maintain confidentiality of all information gained while working with the organization.

Qualifications:

- Previous Experience an asset
- Keen interest in the outdoors
- Ability to use simple hand tools
- Safety conscious
- Positive attitude
- First Aid Training is an asset

Working Conditions

- Outdoor environment
- Physically demanding

Term of Employment

This is a casual (on-call) term position, unless otherwise negotiated in writing with the Band Administrator.

Please submit your application to:

Miriam Schilling, Community Economic Development Coordinator
Soda Creek Indian Band
3405 Mountain House Road Williams Lake, BC V2G 5L5
(250) 989-2323 ext 132 FAX (250) 989-2300 m.schilling@xatsull.com

Application Deadline: ongoing

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



Soda Creek Indian Band (SCIB)
Employment Opportunity
Summer Work Experience Program

Summer Children's Program Assistant

The Summer Children's Program Assistant will work with the Education Assistant/Summer Program Supervisor and is an advanced summer work experience in that the student is expected to take on quite a bit of responsibility and be experienced in the type of work required. The position requires assisting in planning and implementation of a program for school aged children 5-12 years of age, during the months of July and August. Planning includes involvement in contacting all parents/guardians and registering all children; ensuring appropriate locations; arranging proper transportation and nutrition requirements for the program. Assisting in supervising 2 young employees (ages 13-18) ensure all safety needs and policies are met and adhered to. Applicants must have minimum valid Class 5 BC Drivers' License and have or be willing to get First Aid, FoodSafe, and a Criminal record check. This is a full time position and hours will vary depending on programming.

Application Deadline: SCIB Application Form is required with your cover letter and resume by **Monday, June 12th, 2017**. Applications received after **12:00PM on June 12th, 2017** will not be considered. Only those selected for an interview will be contacted.

How to Apply: By mail to 3405 Mountain House Road, Williams Lake, BC V2G 5L5, attention Education Coordinator; by fax to (250) 989-2300; or by email to education@xatsull.com . Please include references in your resume. The SCIB job application form is available online at www.xatsull.com or by pickup at the Band Office.

We welcome all qualified applicants. Preference may be given to qualified applicants of Aboriginal ancestry pursuant to Section 42 of the BC Human Rights Code. If you fall within this category and you wish to have this voluntary information considered as part of your application, please indicate this in your cover letter.

Community Events

Event	Date & Time	Where	Description
Nurse Practitioner	June 5, 15, 19 & 28 10:00-3:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment
Mental Health Clinician	June 5, 12, 19 & 26 10:00-2:00 pm	Health Station	Please call Maxine at 250-989-2355 to book an appointment
Community Craft Mondays	June 5, 12, 19 & 26 1:30-3:30 pm	Health Station Board-room	Please call Maxine if you need a ride
HCC Travel	June 7 & 21		Please call Edith at 250-989-2355
All Nations Spring Classic	June 7 8:30 registration 10:00 Start race	Bell-E-Acres Golf Course	Any questions call Jimmy Lulua at TNG 250-392-3918. Fax registration forms to 250-989-0307
ADP Luncheon	June 13 & 27	Health Boardroom	
SCIB Travel	June 14 & 28		Please call Rae-Lyn at 250-989-2355
Biggest Loser Health & Fitness Challenge	June 15 10:00-3:00 pm	Health Station	Please call Kayla at 250-398-9814 if you have any questions
Canim Women's Gathering	June 16-18	Canim Lake	Please contact Maxine at 250-989-2355 to registrar. The deadline is Thursday, June 8.
Aboriginal Day Parade & Park Event	June 21 10:00-2:00 pm	Williams Lake Oliver & Boitanio Park	
Community Engagement for Healing and Safety	June 24 3:00-6:00 pm	Soda Creek Gym	Please call Maxine at 250-989-2355 by Thursday, June 22 to confirm attendance and if you need a ride
Too Hot for Tots	June 26 10:30-1:00 pm	Health Boardroom	Please call Rae-Lyn to register at 250-989-23555

Check us out on the web: www.xatsull.com