



Fraser River Run

JUNE 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



ABORIGINAL DAY
JUNE 21



INSIDE THIS ISSUE:

Staff Reports	2-9
Recipes	10-11
Events	12-18
Health Calendar	19
Health Transportation Guidelines	20
Articles	21-30
Employment & Training Opportunities	31-35
Community Events	36



Mother's Day Spa

May 10, 2018



There was a Spa Day at the Health Station for the ladies of the community. We had Hair Styling by Brenda Phillips, Manicures by Gina Mortensen, Healing Touch by Kristine Jensen, and Reiki by Maxine Sellars. This was all curated by Shae Chelsea, our new Community Support Counsellor. This was a welcome for her as well. Kevin Neufeld made the bannock for Indian Tacos. Also there was a professional photographer, Syilex Images.

Soda Creek Band Office:
250-989-2323
Soda Creek Health Station:
250-989-2355
Natural Resources:
250-989-2323
Xatsúll Development Corporation
(250) 477-4900
Toll free 1-888-581-7750
Xatsúll Heritage Village:
250-297-6502

The newsletter deadline is usually the **20th** of each month, and delivered by the last day of the month. Submissions can be sent to the Health Station Reception by mail: 3405 Mountain House Road, WL BC V2G-5L5 or emailed to healthreceptionist@xatsull.com. Any questions about the newsletter you can call: 250-989-2355



GOOD VIBES



Pesxqéltmc (going into upper mountains month) – June

Education Coordinator



Cheryl Chapman

I am finalizing the Post-Secondary funding request to the Department of Indigenous Affairs based on the applications that were received by the deadline for the 2018/19 school year. Should additional resources be provided, I will develop a priority waiting list, if there are any members that are still interested in applying for Post-Secondary funding supports.

There are also Education Assistance Funds available for 2018/19 eligible programs are:

1. Upgrading – Adult Education Programs (tuition; books; supplies & incentives);
2. Vocational & Skills Training Program (tuition; books; supplies and incentives);
3. Field Trips (ie: cultural exchange programs) transportation, accommodation, food –up to \$200.00;

4. Graduation Expenses from high school and post secondary institutions up to \$250.00;
5. School Supplies for children of post secondary students, who **must** leave the Williams Lake area to further their education {\$100.00 per student per year}
6. Education Committee Conference and training expenses to a maximum of \$600.00/year.
7. Educational Support such as tutoring, short term classes, equipment and supplies.
8. Personal Growth (e.g. Self-Awareness Programs, Parenting Skills, Cultural Awareness)
9. Extracurricular Activities (e.g. clubs, sports and recreation)

Please remember the education committee now meets monthly, if you are interested in Education or Training your funding application must be in before **4pm on the first Friday of every month.** We are looking for a 5th Education Committee Member, prefer a youth, however if you are looking for an opportunity to contribute to the success of our Education Department please submit your letter of interest and your up-to-date resume to become an Education Committee Member. **Note:** should the 5th member not be a youth 18-29, then the youth seat will remain available.

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

Summer Student Employment Programs' funding has been applied for and Lisa Bremner, Employment Services and I are excepting resumes for the perspective available positions. If you are interested in working with the Maintenance, Xat'sull Heritage Village or Education Department, please submit your up-to-date resume. We do have the Computer Access Site!

Annual Summer Programming will run from July 2nd – August 31st, 2018, students aged 5+ are welcome to have their Parents/Guardians sign them up, we will have snacks and lunch each day as well as many exciting and fun activities.

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

Items For Sale

These items are up for bid, they were from the Daycare/Head Start Department. They are all in working condition. If you are interested, please put in a closed bid at the Band Office to Jessie Hunlin by June 8th, 2018 at 4 pm.



Washer



Dryer



Dishwasher

Update: Recovery Projects for Soda Creek-Deep Creek

Hello,

Below is an update on the various recovery initiatives being carried out at Deep Creek/Soda Creek over the last month:

Fencing

All the funding to take out danger trees, assess damage and rebuild the fencing burnt in the wildfires has been approved. A plan is in place to begin the salvage of danger trees soon, which will tie in with the fencing project. Danger trees (within a tree length of the fenceline) will be salvaged, followed in the near future by the fencing rebuild.

Signs

Perimeter signage has been created and will put up soon.

Training courses

There are a variety of training opportunities for the community to take part in in the next little while that involve preparedness for fire fighting, safety, firesmarting, etc. Some is free, some is not, some gives certification to those who take it, and some is just valuable training and knowledge that (due to the 2017 wildfire season) is being offered for a short time to those interested.

This is through your Emergency Planning Committee which meets **Monday nights at 6pm**. If you would like to go to the meetings and offer to contribute to making your community safer you are welcome to attend.

Due to a low registration and several other

factors the workshop booked for June 4-8th with **Black Wolf** (Patrick Lamour) has been cancelled. There may be a future workshop offered for traditional healing in community. Dates and times will be announced when it is organized.

There will be an opportunity to take part in a **Psycho Social First Aid training course**, which is offered by the United Way (for free) and gives very good basic training for those who wish to understand trauma better in order to support others who have been affected in some way immediately following an emergency. Date to be decided; but it should be in the next few months. For more information or to sign up for this upcoming course email: communitydisasterrecovery@gmail.com

Firewood

Funds to assist with getting firewood for those who need it have been received.

If you need firewood please email housing@xatsull.com for more details.

Food Security

All funding received from the Red Cross for the Traditional Food security replacement program has been spent via vouchers and gift certificates given out in April.

Environmental Assessment

Ecofor, a regional contractor, has done the environmental assessment and a great deal of information was collected which will be helpful in future considerations regarding where and what to re-plant, reseed, and repair.

Archeological assessment

This work is currently underway for cut-blocks on reserve.

Cultural Connections project

Once the report from Ecofor is received and reviewed, there will be a better understanding of how a project with elders and kids in community can work, to help with replanting as well as passing on of traditional knowledge.

Support to **help update your local Emergency Plan**. This will also include some training courses. After an initial denial to fund the project, the application has been resubmitted and we hope to hear very soon that there will be funding to help complete this project.

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

If you are interested in working at the campground or Heritage Village this summer please contact the Employment Coordinator, Lisa: employment@xatsull.com

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

Sincerely, Deb Borsos



**Community Support
Counsellor**



Shae Chelsea

We'ykt-p,

This month has been incredibly busy for me at the Health station, getting organized in my new position and all the planning for different events.

First of all, I would like to send out an enormous thank you and shout out to all the ladies and man that helped make the Mother's day event a huge success.

THANK YOU to: Brenda for doing everyone's hair, Gina for doing the nails, Maxine for the Reiki, Kristine for doing Touch for Health, Renee, and Laurie out of Three Corners , and bringing out gifts for all the Mothers in community, Kevin for making all the yummy bannock and storytelling, Janae and Rae for helping with behind the scenes, and Sylix Images for the beautiful photos you took. You ladies (and man) are amazing and I couldn't

have done it without you.

The Mother's Day was a huge success and I hope we can make this an annual event. We had 30-40 Mothers, Grandmothers, and Great Grandmothers come through the door, this event was a great success. Thank you to all that attended.

This month I also attended a Peacemaking Circle Training in Kamloops, the weekend of May 11-13, 2018. This training was amazing, it was very informative on how to run the proper circles, and the trainer was energetic and very helpful. I am now fully certified to host the following circles in community:

- School-Based Circles
- Celebration Circles
- Conflict Circles
- Family Circles
- Healing Circles
- Support Circles
- Re-Integration Circles
- Group Conferencing Circles

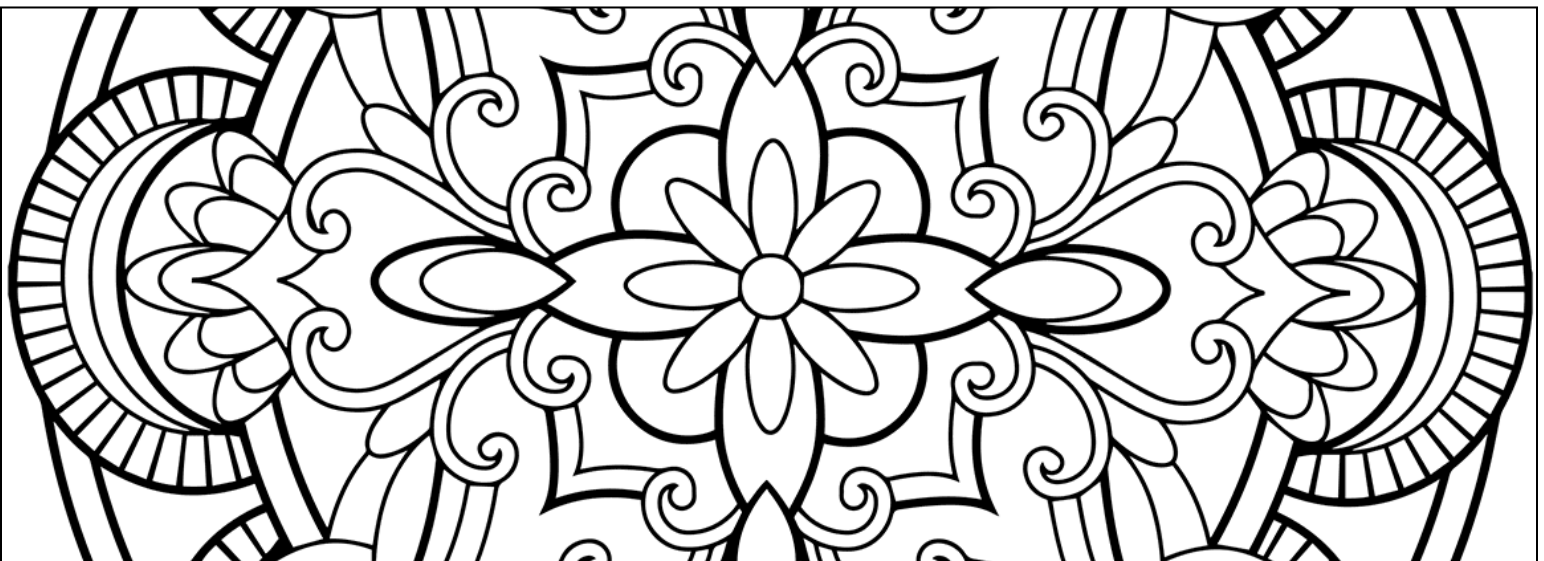
If you are interested in learning more, or would like me to host one of these circles you can call me at 250-989-2355 ext. 136. My next goal is to take the Community Justice Forum (Restorative Justice) Facilitator Training and then the Advanced Training he offers as well. I hope to be able to bring this training to the commu-

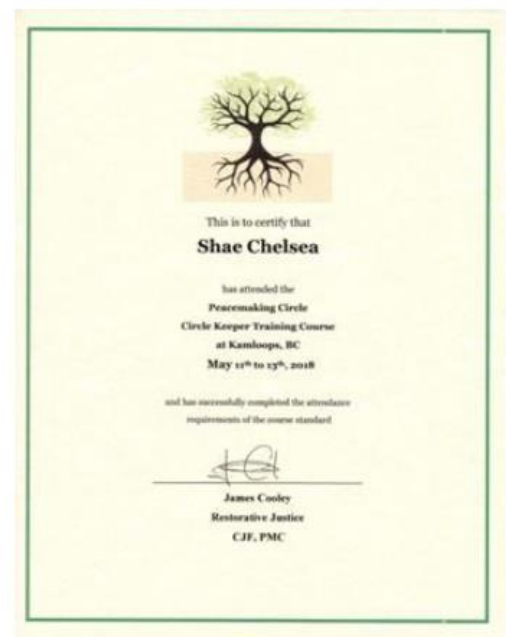
nity, so others can be trained as well. This training will benefit community members to take justice back into the community, so the people won't continue to get lost in the system.

I am also trying to get a Youth Council started in the community, we wanted to bring in the youth from ages 13-18 years old. I have been a Youth Worker for 15 plus years, I have a lot of experience in this field and want to work with the Youth of Xat'sull First Nation. We want the Youth to tell us what they would like to see in their community, and where they want to go this year. I hosted a meeting for the Youth on May 17, 2018, I also tried to hand deliver invitations. Although I did miss a couple of the Youth because they weren't home or I didn't get their address in time, we had a low turnout for this meeting.

I am planning the next Youth Meeting for June 28, 2018 at 4-6pm. Please let me know if you can make it, I will be providing food again so I need to know how much I will need to get.

If you need to book an appointment with me at any time please call 250-989-2355 ext. 136 or email me at supportcounsellor@xatsull.com





Social Development Coordinator



Marion Chelsea

Weytk-p,

We have been getting our Red Cross Firewood Project underway. The plans are to get every Household an amount of firewood to be ready for the next winter. If you have any questions or concerns please contact myself, Georgia or Marnie at the Band Office.

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

With the new Fiscal Year coming up I will be reviewing all Active Client Files to determine what is needed in terms of:

- ⇒ Annual Applications for Social Assistance

- ⇒ Budget and Decision Forms
- ⇒ Supporting Documentation – Identification Requirements, Social Insurance Numbers, etc.

This will be done for each Active Client File.

Our first Interview Week has been a little challenging in instituting, but we are off to a good start. Interview Week this upcoming month will be **June 18 – 22, 2018.**

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

It is critical that Clients report any changes in:

- ⇒ Relationship Status
- ⇒ Amount of people living in the house they reside in, even if they are not the head of household
- ⇒ Any income such as Child Tax, GST and Child Support. These are not

deductible from Social Assistance but they do have to be reported on the monthly renewal form

- ⇒ Shelter/Utility costs
- ⇒ Number of dependents
- ⇒ Changes in employability status
- ⇒ Whether they are attending school
- ⇒ Any changes in assets

Important Dates in June:

13th – SA Mid-Month

8th – Bills are Due to ensure they are paid on time

18th to 22nd – Interview Week – Please book a time that works for you to ensure that you are included in the next Cheque Run, call or drop by during this week.

27th – SA Day

If you have any input on what you might like to see for our Community, please do not hesitate to call or email me at socdev@xatsull.com. I may not be able to get back to you right away, but I would very much value what you would like to see for Soda Creek.

Kukstēc-kucw,
With gratitude to All



Gardening Door Prize Winner

Sally Sellars was the door prize winner of the Gardening Workshop. It was a Tumbling Composter.



GARDENING WORKSHOP

May 15, 2018

Kayla Jasper, from Three Corners came out and did a gardening workshop. She taught how to make a mini greenhouse. It will be used to start our seedlings for the Community Garden.





Community Pitch Collecting Field Trip

May 24, 2018

Community went out today to collect pitch medicine at Soda Creek and Whispering Willow Campsite. The Daycare/Head Start joined as well. The children enjoyed learning about pitch collecting. As Reign said 'medicine' as she picked pitch off the tree. The perfect day for it, not too hot of weather. They had a picnic lunch to enjoy the outdoors.



Southwestern Pasta Salad

Prep: 20 m Cook: 10 m Ready in: 30 m

"Really popular at potlucks--make a double batch! Very easy and very delicious. Serve on a bed of lettuce for a nice touch."



Ingredients

- 1/2 (16 ounce) package rotini pasta
- 1/3 cup vegetable oil
- 1/4 cup fresh lime juice
- 2 tablespoons chili powder, or to taste
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 2 cloves garlic, crushed
- 1 1/2 cups whole kernel corn
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 cup diced green bell pepper
- 1/2 cup diced red bell pepper
- 1/2 cup fresh cilantro leaves
- 1 cup chopped roma (plum) tomatoes

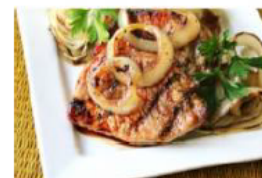
Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a large bowl combine oil, lime juice, chili powder, cumin, salt and garlic. Stir in pasta and set aside to cool to room temperature, stirring occasionally.
3. Stir in corn, beans, green pepper, red pepper and 1/2 of the cilantro leaves. Spoon onto a platter and garnish with tomatoes and remaining cilantro. Serve chilled or at room temperature.

Soy and Honey Pork Chops

"Grilled pork chops brushed with a honey and soy sauce mix. To round out the meal, serve with creamy chive and garlic mashed potatoes."

Prep: 10 m Cook: 20 m Ready in: 30 m



Ingredients

- 1/2 cup honey
- 1/4 cup soy sauce
- 1 pinch crushed red pepper flakes
- 1 pinch freshly ground black pepper, or to taste
- 4 center-cut boneless pork chops - 1/2-inch thick
- 2 teaspoons canola oil, or as needed
- salt to taste
- 1 large sweet onion, sliced

Directions

1. Preheat an outdoor grill for high heat, and lightly oil the grate.
2. Mix honey, soy sauce, crushed red pepper flakes, and black pepper in a bowl. Pour about 2 tablespoons of the honey-soy mixture into a small bowl and save for later. Brush chops with canola oil on both sides, and sprinkle with salt and black pepper.
3. Grill the chops on the hottest part of the grill until lightly charred and crusty, 4 to 5 minutes per side. Move the chops to a cooler area of the grill, and continue to cook, brushing both sides generously with the honey-soy glaze, until chops are no longer pink inside, about 3 to 4 more minutes. The juices should run clear, and an instant-read meat thermometer inserted into the center of a chop should read at least 145 degrees F (63 degrees C).
4. While chops are grilling, brush slices of onion with oil, and sprinkle with salt and black pepper. Grill onion slices until they are translucent and browned, 3 to 4 minutes per side. To serve, place chops and onions on warmed plates, and brush the chops with the reserved honey-soy glaze.

Cooking Tips

Master the Quick-Pickle

Whisk a little salt and sugar into some white vinegar. Pour over thinly sliced raw vegetables. Wait 20 minutes. Eat.

Toss most of your Spices—Especially that Ground Cumin

Ground spices die quickly. So give them a whiff—if they don't smell like anything, they won't taste like anything. And if they don't taste like anything, you're cooking with a flavorless, brown powder.

<https://www.epicurious.com/expert-advice/best-cooking-advice-ever-article>

Aunt Norma's Rhubarb Muffins

Ingredients

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups brown sugar
- 1/2 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 1 1/2 cups diced rhubarb
- 1/2 cup chopped walnuts
- 1 tablespoon melted butter
- 1/3 cup white sugar
- 1 teaspoon ground cinnamon

Prep: 15 m Cook: 25 m Ready in: 50 m

"These fabulous muffins have a crunchy sweet sugar topping and are great with no extra added butter or jam."

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with paper cups.
2. In a medium bowl, stir together the flour, baking soda, baking powder and salt. In a separate bowl, beat the brown sugar, oil, egg, vanilla and buttermilk with an electric mixer until smooth. Pour in the dry ingredients and mix by hand just until blended. Stir in the rhubarb and walnuts. Spoon the batter into the prepared cups, filling almost to the top. In a small bowl, stir together the melted butter, white sugar and cinnamon; sprinkle about 1 teaspoon of this mixture on top of each muffin.
3. Bake in the preheated oven until the tops of the muffins spring back when lightly pressed, about 25 minutes. Cool in the pans for at least 10 minutes before removing.



Cheesecake in a Jar

"Perfect for summer picnics, this is a no-bake version of cheesecake in a portable jar with fresh strawberries."

Ingredients

- 6 pecan shortbread cookies (such as Keebler(R) Sandies), finely crushed
- 2 tablespoons butter, melted
- 2 tablespoons white sugar
- 6 (1/2 pint) canning jars with lids
- 12 ounces sliced fresh strawberries
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons fresh lemon juice
- 1/2 cup white sugar
- 1/2 cup heavy cream, whipped

Prep: 55 m Ready in: 2h 55 m

Directions

1. Stir together cookie crumbs, butter, and 2 tablespoons sugar in a bowl until blended. Divide mixture evenly among jars (about 3 1/2 tablespoons each) and gently press (do not pack) into bottoms.
2. Halve 6 strawberries for garnish, and set aside. Chop remaining strawberries.
3. Beat together cream cheese, lemon juice, and 1/2 cup sugar in bowl with an electric mixer at medium speed until smooth. Fold in whipped cream and chopped berries, and divide evenly among jars (about 1/2 cup each). Top each with a 2 berry halves and cover with lids. Chill at least 2 hours and up to 3 days.



Treat Your Herbs Like Flowers

There's nothing worse than limp herbs. Next time, trim the stems and put the parsley in a glass of water, fit a plastic bag over it, and stash it in the refrigerator.

Double That Batch of Rice (Or quinoa, or bulgar, or..)

Having cooked grains in your fridge means that fried rice, pilafs, rice bowls and robust salads are just minutes away.

Put the Lid on the Pot to Make Your Water Boil Faster

Seems obvious, but if you don't know, now you know.

Dry Your Salad Greens Using a Kitchen Towel

Salad spinners? So bulky and annoying. Instead, pile your just-washed greens into a clean dish towel, gather it by the ends, and swing that sucker around until your salad is dry (or your arm is tired).

Nurse Practitioner



June 4
June 11
June 25

10:00 am-3:00 pm

Soda Creek Health Station

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

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

Mental Health & Addictions Counsellor



June 13
June 20
June 27

10:00-3:00 pm

Soda Creek Health Station

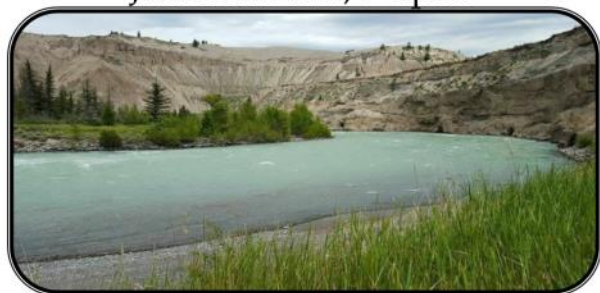
Neleena Popatia is a Mental Health Nurse with over 30 years of experience. She has worked in a variety of roles and settings, e.g. clinical nurse specialist in acute and tertiary mental health in hospital, manager in community mental health, consultant and therapist in private practice, instructor in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

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

Xatsull Elders Legacy Initiative Proudly Presents

Tsilhqot'in Day Trip

June 5th 2018, 9-4pm



Join us for a guided tour of the beautiful Tsilhqot'in Country.

We will visit culturally significant locations, and learn about Tsilhqot'in History & Culture. An environmentally friendly picnic lunch, snacks and drinks will be provided. Please bring a hat, coat, water bottle and good walking shoes.

Sign up with Maxine at Soda Creek Health

250-989-2355

Canada Funded in part by the Government of Canada's
New Horizon for Seniors Program



Dental Therapist

Wednesday, June 20th, 2018

10:00-3:00 pm

Health Station

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

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



Lunch Yoga Break

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

Health Station Boardroom



CHIEF WILL YUM FATHERS DAYPOW WOW

JUNE 15-17/2018 - CHIEF WILL YUM CAMPSITE

2581 CARIBOO HWY 97 SOUTH, WILLIAMS LAKE, BC

Agenda:

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

Lehal tournament starts

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

10 am Lehal tournament continues

12 noon Drum & Princess & Brave registration closes

1 pm Grand Entry – Secwepemc Welcome Song & Dance

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

3 pm 2017 Princess Giveaways & Specials

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

5 pm Traditional Feast Sugar Shack

7pm Grand Entry & Intertribal



Mount Polley Meeting Update

Presented by
Williams Lake & Soda Creek Indian Band Staff & Consultants.
Along with Ministry of Environment

Date: June 19, 2018

Place: Williams Lake Longhouse

Time: 5:00 p.m.

Topic:

Focus on the Ecological Risk Assessment and Human Health and Future Monitoring

- Dinner Provided
 - Rides available
- Call Ada at 250-989-2323, ext. 120

8 pm Specials

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

12 am Retire the Colours

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

10 am Lehal tournament continues

12 pm Grand Entry & Intertribal

12:30 pm Princess Pageant Brave Dance Off & Crowning

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

3 pm Brunch & Fathers Day Special – Dance & Cake

4 pm Honouring the Committee & Pay out

4:30 pm Retire the Colours

1st 6 drums payout, rotating host drum

Committee not responsible for lost items, damages & divorces

Pageant contestants responsible for 50/50s & raffles

NO ALCOHOL OR DRUGS PERMITTED

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

Caterer needed
Volunteers needed

Integrative Healing Sessions

THURSDAYS 8:30-12:00PM

Heal the Body, Mind + Spirit together.

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

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

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

SESSIONS MAY INCLUDE:

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

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



ABOUT CIEL GROVE, MA

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

INTEGRATIVE HEALING

Background Information

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

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

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

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

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

What to Expect

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

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

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

All information shared is confidential.

Sessions are not recorded through official practice notes.

June Lunch + Learn Workshops

with Ciel Grove

June 7th: NUTRITION + SUPPLEMENTS
FOR BRAIN HEALTH AND MEMORY



No matter your age, it's always a good time to make sure your brain has all the nutrients necessary to function well. Come learn about the exciting new field of 'nootropics'--brain enhancers--in this workshop, maybe walking away with the potential for greater attention, memory and learning potential!

June 28th: UNDERSTANDING ADDICTION
THROUGH AN INTEGRATIVE LENS

Modern research suggests that overcoming addiction has far less to do with improving willpower than it does with learning how to effectively nourish the mind, body and spirit. Nothing short of whole-person healing can cure us of our addictive tendencies.

This workshop will offer tools and understanding so that you might approach both your addictions and those of the people around you with compassion and effective tools, learning how to truly shift your patterns and heal holistically.



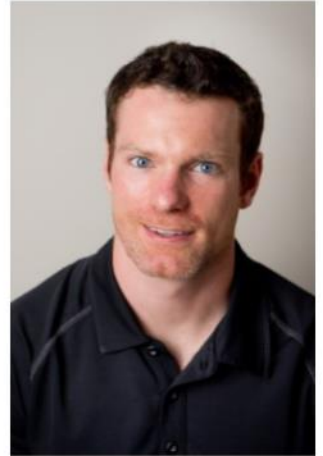
Lunch is always provided! Begins @ 12:00pm

Call Maxine at 250.989.2355 to register.

PHYSIOTHERAPY SERVICES

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

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



Physiotherapist
Tyler Judd

June 2018

Sugar Cane—June 4 —8:45am-4:15pm

July 2018

Dog Creek—July 9 & 30—10am-3pm

Sugar Cane—July 16 —8:45am-4:15pm

Soda Creek—July 11—8:45am—12pm

TCHSS—July 11—12:30pm—4:15pm



August 2018

Dog Creek—August 27—10am-3pm

Sugar Cane—August 13 —8:45am-4:15pm

Soda Creek— August 8—8:45am—12pm

TCHSS—August 8—12:30pm—4:15pm

Contact community Health Station to book in Dog Creek, Sugar Cane, or Soda Creek; or to book at TCHSS, please contact Kayla

Soda Creek Health Centre
250-989-2355

Sugar Cane Health Centre
250-296-3532

Three Corners Health Services Society

PH: 250-398-9814

FX: 250-398-9824

Canoe Creek Health Centre
250-459-7749

Dog Creek Health Centre
250-440-5822





Lunch & Learn: Jordan's Principles

Tuesday, June 19th, 2018

12:00-1:00 pm

Health Station Boardroom

Shannon McDonald will be in our community to discuss Jordan's Principles

Lunch is provided

If you have any questions, call Gina at 250.989.2355

NATIONAL ABORIGINAL DAY

PLEASE JOIN US FOR A CELEBRATION OF
ABORIGINAL COMMUNITY AND CULTURE
THURSDAY, JUNE 21ST, 2018
BOITANIO PARK

700 Borland St, Williams Lake, BC
Parade @ 10:00 am
Celebrations @ 11:00-5:00pm



COMMUNITY MEETING

JOIN US!

Monday, May 28th, 2018
3:00-8:00 pm
Soda Creek Gym



3:00-5:00 pm Department Booths
5:00-6:00 pm Dinner
6:00-8:00 pm Meeting

Please call Jessie at 250-989-2323 if you need a ride, need to call by May 25th at 4:00 pm.

Achievements. Art. Birth Announcement. Photographs, etc.

If you have any news that you would like to share, send to healthreceptionist@xatsull.com or bring it into the Health Station. We are happy to have community submissions.

Prizes for a Xatsúll Custom Election Code Amendment Survey

It is a Proposal to Amend the Xatsúll Custom Election Code

1st Prize small Master Chef BBQ

2nd Prize Cabana Wicker Folding Bistro Set

3rd Prize a \$75.00 gift card from Canadian



June 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> Yoga 12 Health Boardroom Community Clean Up Day	<i>2</i>
<i>3</i>	<i>4</i> Nurse Practitioner 10-3	<i>5</i> Elder's Trip to Chilcotin 9-4	<i>6</i> HCC Travel	<i>7</i> Integrative Healing Sessions 8:30-12	<i>8</i> Yoga 12 Health Boardroom	<i>9</i>
<i>10</i>	<i>11</i> Nurse Practitioner 10-3	<i>12</i> ADP Luncheon Diabetes Conference Elks Hall 8:30-4	<i>13</i> SCIB Travel Staff Mt 9 Managers Mt 10 Mental Health Clinician 9-1 Diabetes Conference Elks Hall 8:30-4	<i>14</i> Integrative Healing Sessions 8:30-12	<i>15</i> OH&S Training 8:30-4:30	<i>16</i> Father's Day Pow Wow
<i>17</i> Father's Day Pow Wow	<i>18</i>	<i>19</i> Lunch & Learn: Jordan's Principle 12-1 Newspaper Deadline 4	<i>20</i> HCC Travel Dental Therapist 10-3	<i>21</i> Aboriginal Day Celebration in Park	<i>22</i> Mental Health Clinician 10-2 Yoga 12 Health Boardroom	<i>23</i>
<i>24</i>	<i>25</i> Nurse Practitioner 10-3	<i>26</i> ADP Luncheon Naloxone Training	<i>27</i> SCIB Travel Mental Health Clinician 10-2	<i>28</i> Integrative Healing Sessions 8:30-12 Youth Council Meeting 4-6 pm	<i>29</i> Yoga 12 Health Boardroom	<i>30</i>

Soda Creek Health Station

Medical/Elders Transportation Guidelines



- 1 The service is restricted to every other **Wednesday**.
- 2 The space for this service is **limited to 6 people** and must be reserved by phoning in appointments to the Health Station Administrative Assistant by the Monday at 4:00 pm, prior to the travel day.
- 3 The service is for **medical, mental health, dental related** or personal errands. Essential health related appointments will take priority in seating.
- 4 The service is by appointment, however there may be other community members using this service the same day. This may take up the day from **10:00 am pick up and out of town by 3:00 pm**. Please allow for this time. Please make appointments between 10:00 am and 2:00 pm
- 5 This service can be cancelled due to unforeseen circumstances or if there are no appointments made by **Monday afternoon at 4:00 pm**
- 6 The service is based on appointment and as such we would request community members be ready for their pick up by the scheduled times



To our Community Members:

We have mushroom pickers and buyers in our area.

If you see mushroom pickers or campers that are on Private Property belonging to Soda Creek Indian Band and that you are relaying that information (pictures of vehicles & license plates) to the Chief and Council and RCMP, of their trespass. We will deal with it. Please refrain from verbally threatening or attacking anyone or their personal belongings.

Crown land is not legally in our jurisdiction, so do not put yourself or others in harms way. Notify the RCMP or myself, chief@xatsull.com.

Thank you.

Sincerely,

Chief Andrea Gilbert

Picking Mushrooms In Areas Burned By Wildfires



INTRODUCTION

When a wildfire moves through a forested area, a significant amount of tree cover and other vegetation can be burned away, leaving the soil exposed. Under these conditions, wild mushrooms (including fire morels) may be among the first organisms to reappear in fire-damaged areas.

Although individuals and commercial picking operations are allowed to harvest mushrooms on Crown land, everyone who does so must comply with applicable legislation related to the use of Crown land and respect the rights of private property owners, First Nations and other stakeholders in affected areas.



Grey fire morels often appear in greater-than-normal quantities in areas where wildfires have occurred.

MUSHROOM BIOLOGY

One of the essential components of a forest ecosystem is the presence of mushrooms. They decompose organic matter, provide food for animals and can even help plants grow. Mushrooms are the "fruit" of a fungus that lives unseen in the soil, the duff (the layer of plant material and leaf litter that often covers a forest floor) or on living or dead trees. This unseen, thread-like network is called a mycelium. In the case of many mushrooms, the mycelium is interconnected with the roots of a living tree.

If conditions are right, the mycelium produces spore-bearing bodies (mushrooms) each year. The spores produced by the mushrooms germinate in the soil when conditions are favourable and will establish new mycelia in the forest.

There are several species of fire morels in British Columbia, including *Morchella tomentosa* (gray fire morel), *Morchella sextelata* (pink fire morel) and *Morchella septimelata* (green fire morel) — as well as morel relatives with which they might be confused: *Gyromitra esculenta* (false morel) and *Verpa bohemica* (false early morel).

PICKING WILD MUSHROOMS

Mushroom pickers are encouraged to tread carefully in areas where mushrooms are growing, leave over-mature mushrooms behind, and not pick mushrooms in sensitive ecosystems or forest reserves. When harvesting mushrooms, it's important to not harm the mycelium that produces the mushrooms. If it's not damaged and conditions are favourable, the fire morel fungus may produce a new crop of mushrooms after the first crop is harvested.

Mushroom picking is allowed on provincial Crown land without a permit, but it's illegal to pick mushrooms in a provincial or national park. On private land, pickers must get permission from the property owner to access the land and harvest mushrooms from it. Permission to pick mushrooms is required:

- » on leased public land
- » on private land
- » on First Nations reserve lands

Mushroom picking is NOT ALLOWED:

- » in national or provincial parks
- » on Department of National Defence lands (federal)
- » in protected areas, such as ecological reserves or special reserves
- » in recreation areas, including provincial recreation sites and trails
- » in areas specifically closed to protect sensitive resource values or for the purposes of public safety

Anyone planning to pick mushrooms in burned areas is strongly advised to learn where the boundaries of provincial parks, federal parks and First Nations reserves are, to avoid picking mushrooms in restricted areas or inadvertently wandering into areas where permission is required to pick them. Pickers should familiarize themselves with the locations of First Nations traditional territories and reserves.

Information about picking mushrooms within the perimeter of the 2017 Elephant Hill wildfire is available at <http://www.elephanthillfire.com>

Mapping applications are available at the following links:

- » iMap BC: <https://www2.gov.bc.ca/gov/content/data/geographic-data-services/web-based-mapping/imapbc>
- » Explore Tool (users can generate a report about a defined area of interest): <https://portal.nrs.gov.bc.ca/web/client/explore>

Crown land may be closed to mushroom picking or other activities at any time in order to address safety issues or other concerns. Anyone planning to pick mushrooms is strongly advised to check with the local FrontCounter BC office to see if access to the specific area they wish to enter has been closed.

You can call FrontCounter BC toll-free at 1 877 855-3222. A list of FrontCounter BC offices is available online at <https://portal.nrs.gov.bc.ca/web/client/locations>

HARVESTING MUSHROOMS: TIPS AND PRECAUTIONS

Poisonous mushrooms grow in B.C. and they can cause sickness or death if they're eaten. Anyone who picks mushrooms should have the knowledge necessary to correctly identify both edible and poisonous varieties. They should do their research carefully or go picking with an educated professional.

Mushrooms should not be eaten raw. Morels, in particular, contain a volatile toxin that dissipates through drying or cooking, but will cause gastrointestinal problems if the morels are eaten raw. Some morel look-alikes can also cause gastric distress in some people (e.g. the *Gyromitra* species).

Harvesting tips:

- » When harvesting morel mushrooms, cut the stem above the ground. Do not pull or tear the mushroom out of the ground. This leaves the dirt in the forest instead of transferring the dirt to your collecting container.
- » Do not disturb the soil surface, since doing so can harm the mycelium (the underground, thread-like network that produces the mushrooms).
- » Only pick mushrooms that you will actually use. Broken and overmature morels may continue to spread their reproductive spores if they're left untouched.
- » Confirm the mushroom's identity with an experienced harvester, buyer or biologist.
- » "Care taken today means mushroom crops tomorrow."

Resources:

- » Forest Mushrooms (Canadian Forest Service) <http://cfs.nrcan.gc.ca/publications?id=4207>
- » Non-timber forest products of British Columbia: Mushrooms <http://bcmushrooms.forrex.org/ntfp/>
- » B.C. Centre for Disease Control: <http://www.bccdc.ca/health-info/food-your-health/fruits-vegetables-grains/wild-mushrooms>



Green fire morels (left) and pink fire morels (right) are two species of wild mushrooms commonly seen in burned areas.

PUBLIC SAFETY IN AREAS BURNED BY WILDFIRES

Anyone travelling in wildfire-affected areas or harvesting mushrooms in those areas is strongly encouraged to stay alert and watch out for potential safety risks, including water runoff, floods, landslides, rockfalls, danger trees and damaged infrastructure (roads, bridges, drainage culverts, etc.).

A burned forest may contain many known and unknown hazards. For example, trees that have been badly damaged or whose roots have been burned ("danger trees") could topple at any time, especially in windy conditions. Where a tree has burned right down to the roots, the resulting "ash pit" may be difficult to spot and could cause an injury.

Watch out for falling treetops and branches, debris flows, mudslides, unstable roads, and barbed wire from fences that were consumed by fire. Warning signs and other types of public notices may be damaged or missing in fire-affected areas, so exercise caution at all times.

Timber salvaging and landscape rehabilitation activities may be underway in burned areas. Members of the public must not enter areas where heavy equipment is operating or salvaging activities are taking place without the operator's permission. Aerial seeding is often used to rehabilitate burned areas. Please avoid these sites, since they are extremely sensitive and need time to recover.

Resources:

- » Current wildfires: www.bcwildfire.ca
- » Association of Professional Engineers and Geoscientists of B.C. (APEGBC): www.apeg.bc.ca/Home
- » Environment Canada weather: http://weather.gc.ca/canada_e.html
- » Current flood information, Emergency Management BC information and contacts: <http://www.embc.gov.bc.ca/Index.htm>
- » Ministry of Forests, Lands, Natural Resource Operations and Rural Development (district offices and contacts): www.gov.bc.ca/for



Many fire fungi Shannon Berch

ROAD USE AND VEHICLE ACCESS

When travelling on forest service roads in British Columbia, stay alert and exercise caution at all times. Watch out for road hazards and industrial traffic. Drive with your headlights on at all times. Obey all signs, but be aware that not all hazards are identified by signs.

Public roads within burned areas may be temporarily "deactivated" to restrict vehicle access and reduce potential environmental concerns, to address safety concerns, to prevent erosion, or to protect streams and wildlife habitat. This work may include cross-ditching, the placement of barriers and the removal of culverts, making the road impassable even for four-wheel-drive vehicles.

Driving on a deactivated road can be extremely dangerous. The Ministry of Forests, Lands, Natural Resource Operations and Rural Development discourages all vehicle traffic on these roads to allow landscape rehabilitation to continue uninterrupted.

Remember that roads in burned areas that have not been deactivated may have logging operations underway nearby and a variety of vehicles will be using them. Watch out for logging trucks at all times. Due to their size and lack of manoeuvrability, they have the right of way on forest service roads.

The presence of a gate on a road often indicates that the road is on private land. Public roads may also be gated if the road is unsafe (e.g. due to fallen trees, a damaged bridge, etc.) or access may be restricted to help protect wildlife. Usually, a sign will be posted to explain why a public road is closed. Any gates used to control livestock are to be left as you found them.

A motorized closure has been established for the Elephant Hill wildfire area of the Thompson Rivers Forest District and the 100 Mile House Forest District. This closure will

support wildfire recovery management strategies, including range recovery and salvage retention strategies. For more information, visit <https://www2.gov.bc.ca/gov/content/industry/natural-resource-use/resource-roads/local-road-safety-information>

Operators of off-road vehicles (ORVs) should familiarize themselves with the regulatory requirements in British Columbia's Off-Road Vehicle Management Framework. More information is available online at: <https://www2.gov.bc.ca/gov/content/industry/natural-resource-use/land-use/crown-land/crown-land-uses/off-road-vehicles>

For more information about resource road safety or to view current forest service road closures in your area, visit: <https://www2.gov.bc.ca/gov/content/industry/natural-resource-use/resource-roads/local-road-safety-information>

CAMPING

- » Camping within burned forest areas is not advisable, due to potential safety hazards.
- » Campers must respect private property. Always ask the landowner for permission if you wish to camp on private land.
- » Recreation Sites and Trails BC campsites are to be used for recreational camping only, not to conduct a commercial business.
- » Wildfires can affect provincial parks and access to some parks may be restricted due to wildfire activity. To find out which parks are closed or have access restrictions in place, check the BC Parks website at <http://www.env.gov.bc.ca/bcparks/>
- » When camping on Crown land, remember the following:
 - » "If you pack it in, pack it out!"
 - » Food and garbage can attract animals. Store all food and garbage well away from your camp and be sure to take your waste with you when you leave.
 - » Never cut down a live tree without authorization. If campfires are allowed in the area where you are, only use dead or fallen wood for firewood. Stay clear of trees marked with "wildlife tree" signs.
 - » Always leave your campsite clean, safe and sanitary.

Resources:

- » Recreation Sites and Trails BC: <http://www.sitesandtrailsbc.ca>
- » BC Parks: <http://www.bcparks.ca>
- » BC Wildfire Service (fire prevention tips, current fire use restrictions, campfire bans): www.bcwildfire.ca

FIRE PREVENTION

On average, about 40% of the wildfires that occur each year are caused by people. A carelessly discarded match or an escaped campfire can easily cause a wildfire that could threaten people, animals, communities, infrastructure and natural resources. Sparks generated by vehicles or other equipment can also start a wildfire.

For information about wildfire hazards, fire prevention, fire use prohibitions, campfire bans or current wildfire conditions, call the 1 888 3FOREST fire information line or visit the BC Wildfire Service website at www.bcwildfire.ca

Everyone has a stake in keeping B.C.'s public forests healthy. Keeping our public forests safe is everyone's responsibility.

- » Report any suspicious activities or environmental damage to local authorities or the RCMP.
- » To report a wildfire, call 1 800 663-5555 toll-free or *5555 from a cellphone.
- » Report natural resource violations by calling 1 877 952-7277 toll-free or #7277 on most cellular networks. You can also submit a report online at: www.gov.bc.ca/natural-resource-officers

More information about picking mushrooms in wildfire-affected areas is available by calling FrontCounter BC toll-free at 1 877 855-3222 or by visiting: www.gov.bc.ca/mushroompicking



INFORMATION BULLETIN

For Immediate Release
2018FLNR0077-000750
April 30, 2018

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

Overwintering fires, hotspots may reappear in Interior

KAMLOOPS – As warmer weather returns to parts of the province that were affected by last summer’s wildfires, some hotspots could emerge due to what are called “overwintering” fires.

An overwintering fire can occur when a wildfire that burned deep underground last year has continued to smoulder all winter long. Given the extent of last summer’s drought and the intensity of some of the 2017 wildfires, some of these residual hotspots could flare up with the arrival of warmer and drier weather this spring.

Most overwintering fires will occur well within the original fire’s perimeter. Areas near communities where wildfires burned last year were patrolled extensively by firefighters and have been scanned using thermal-imaging technology.

It is standard practice for the BC Wildfire Service to monitor these previous wildfire areas to ensure that any flare-ups from overwintering fires are located and suppressed, if necessary.

However, members of the public are encouraged to report any wildfire or smoke that they see, even if it’s located within the perimeter of a previous fire. To report a wildfire, unattended campfire or open burning violation, call 1 800 663-5555 toll-free, or *5555 on a cellphone.

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

Learn More:

You can follow the latest B.C. wildfire news:

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

An FAQ about overwintering fires follows.

Contact:

Kevin Skrepnek
Chief Fire Information Officer
BC Wildfire Service
Provincial Wildfire Coordination Centre
250 312-3051

BACKGROUNDER

For Immediate Release
2018FLNR0077-000750
April 30, 2018

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

Frequently Asked Questions: overwintering fires

What is an overwintering fire? Why might it emerge with the arrival of warmer and drier weather?

- An overwintering fire is a remnant of previous wildfire activity that can burn deep into the ground and smoulder, even while showing no visible signs of activity above ground.
- Overwintering fires can remain dormant and undetected all winter long, but hotspots may re-emerge with a return to warm and dry weather conditions.

What are the visible signs of an overwintering fire?

- Given last summer's prolonged drought and the large size of many wildfires throughout B.C., some wildfires burned deep into organic soil layers, increasing the likelihood that overwintering fires will emerge in the spring.
- The most common visual signs are smoke, smouldering ground or open flame within the wildfire's original perimeter (the outer boundary of a fire).

What should I do if I see wildfire activity?

- Any perceived wildfire activity should be reported, even if it is within a previous wildfire's perimeter. Please call 1 800 663-5555 toll-free, or *5555 on a cellphone.

What kind of suppression response will the BC Wildfire Service provide for overwintering fires?

- The BC Wildfire Service monitors former wildfire areas and any renewed activity will be assessed.
- In many cases, an overwintering fire will emerge deep within the original fire's perimeter and can be monitored by the BC Wildfire Service while it extinguishes itself naturally.
- If an overwintering fire emerges in an area containing unburned fuel or poses a potential threat to values (e.g. communities, infrastructure and natural resources), wildfire crews may be dispatched to extinguish the hotspot to ensure that the fire does not spread.

Could an overwintering fire pose a threat to communities?

- The majority of overwintering fires will remain well within the original fire's perimeter.
- They present a limited risk to communities, since previous wildfire areas near communities have been scanned using thermal-imaging technology and were patrolled extensively by firefighters.
- However, any wildfire activity should be reported, even if it is within a previous wildfire perimeter. Please call 1 800 663-5555 toll-free, or *5555 on a cellphone.

Contact:

Kevin Skrepnek
Chief Fire Information Officer
BC Wildfire Service
Provincial Wildfire Coordination Centre
250 312-3051

INFORMATION BULLETIN

For Immediate Release
2018FLNR0130-000971
May 18, 2018

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

Burning to be restricted throughout Cariboo Fire Centre

WILLIAMS LAKE – Effective at noon on Wednesday, May 23, 2018, Category 2 and 3 open fires will be prohibited throughout the Cariboo Fire Centre to help prevent human-caused wildfires and protect public safety.

Specifically, prohibited activities include:

- the burning of any waste, slash or other materials
- open fires larger than 0.5 by 0.5 metres
- stubble or grass fires of any size over any area
- the use of burning barrels or burning cages or any size or description
- the use of sky lanterns
- the use of fireworks
- the use of binary exploding targets (e.g. for target practice)
- the use of air curtain burners

A map of the area affected by this open burning prohibition is available at:
<http://ow.ly/q40P30k4sHB>

Anyone conducting a Category 2 open burn anywhere in the Cariboo Fire Centre must extinguish any such fire by noon on May 23. Category 3 open fires have been prohibited since April 23, 2018. This prohibition will remain in place until Sept. 29, 2018, or until the public is otherwise notified.

This prohibition is being implemented due to an increase in fire danger ratings caused by a drying trend throughout the Cariboo Fire Centre. Anyone conducting Category 2 open burning prior to this date is urged to use caution, and must follow open burning regulations as defined in the *Wildfire Act* and *Regulation*.

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

A poster explaining the different categories of open burning is available online at:
<http://ow.ly/znnv309kJv5>

These prohibitions apply to all public and private land unless specified otherwise — for example, in a local government bylaw. Please check with local government authorities for any other restrictions before lighting any fire.

Anyone found in contravention of an open burning prohibition may be issued a ticket for

\$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

The Cariboo Fire Centre stretches from Loon Lake near Clinton in the south to the Cottonwood River near Quesnel in the north, and from Tweedsmuir Provincial Park in the west to Wells Gray Provincial Park in the east.

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

For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, visit: www.bcwildfire.ca

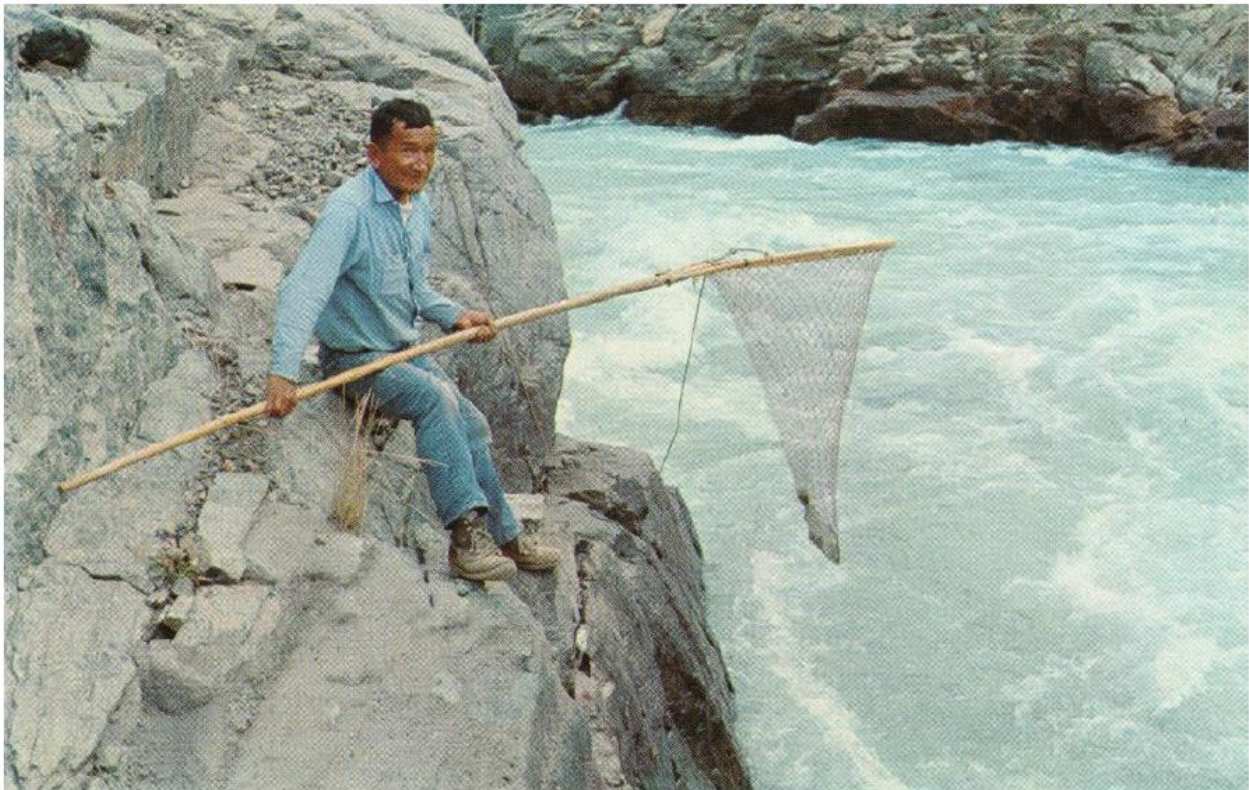
You can follow the latest wildfire news:

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

Contact:

Natasha Broznitsky
Fire Information Officer
BC Wildfire Service
604 223-8105

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



1970's Farewell Postcard of William Sellars



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



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

****FOR IMMEDIATE RELEASE****

Lack of Nation-to-Nation Consultation has Northern Shuswap First Nations opposed to Lheidli T'enneh First Nation's Treaty Vote

May 17th, 2018 - WILLIAMS LAKE, BC [Secwepemculew] – The Northern Secwepemc te Qelmucw (NStQ) oppose the proposed Lheidli T'enneh First Nation's Treaty vote, as there has been no consultation between the two nations concerning L'heidli T'enneh's proposed land use on NStQ asserted Lands.

Negotiators from Canada, British Columbia and the Lheidli T'enneh First Nation put their initials on their Treaty in a signing ceremony last Saturday — the final step before the Lheidli T'enneh membership are scheduled to vote on their Final Agreement deal in June.

NStQ declares that the Canada Constitution Sec. 35, the Supreme Court of Canada and honour of the Crown require adequate and meaningful consultation before a binding land agreement can be signed involving land on asserted title lands of another First Nation.

Chief Patrick Harry, spokesperson on behalf of NStQ, states:

"The NStQ do not oppose the Lheidli T'enneh First Nation's journey to self determination, to the extent such steps do not infringe NStQ land title rights. NStQ communities have defended the integrity of NStQ lands historically and are obligated to do so now. Meaningful consultation has not yet occurred".

"We [NStQ] believe that this is a matter between two First Nations and that a mutually beneficial resolution should occur on a Nation to Nation basis. We are prepared to meet together with the L'heidli T'enneh in good faith.

NStQ has repeatedly given written and verbal notice to the Government of Canada that no vote or Treaty signing can legally proceed without adequate and meaningful consultation. This news release is further notice to the Government of Canada.

For Media Inquiries: Brad McGuire, NStQ/NSTC Communications/Media Coordinator P: 250-392-7361

The Northern Shuswap Tribal Council is a non-governing body which represents 4 of the 17 communities known as the Secwepemc Nation, working on behalf of these four Northern Secwepemc te Qelmucw member communities of: Williams Lake Indian Band (T'exelc), Soda Creek Indian Band (Xats'ull), Canim Lake Indian Band (Tsq'escen') and Stswecem'c Xgat'tem (Canoe Creek / Dog Creek First Nation).



Employment Opportunities

May 23, 2018

Positions:

Labourer x 1 @ \$20/hr

Rock Truck Drivers x 2 @ \$25-30/hr*

Packer Operator x 1 @ \$25-30/hr*

Excavator Operator x 1 @ \$25-30/hr*

Dozer Operator x 1 @ \$25-30/hr*

*wages based on experience

Estimated Project Start Date:	June 4, 2018
Estimated Project End Date:	September 1, 2018
Work Schedule:	Monday to Friday – 7am to 6pm (11-hour days)
Working Environment:	Outdoors - various weather conditions
Drug/Alcohol Screening:	Requirement, negative test results within 30 days
Deadline to apply:	May 30, 2018 by 12:00pm (noon)
Asset(s):	Valid BC Drivers' License and Reliable Transportation

Interested Applicants: Submit a covering letter highlighting the position you are applying for¹, level of experience², wage expectations³, resume⁴, and references⁵ by mail to:

Xatsūll Development Corporation
3474A Mountain House Road
Williams Lake, British Columbia, Canada
V2G 5L5

Applications can also be submitted electronically via email to: tony@xatsulldevelopment.com
If you have any questions about the opportunities, please do not hesitate to contact me. I can be reached at: (250) 477-4900 Main | (250) 267-7704 Mobile | (888) 581-7750 Toll-Free

Thank you to all applicants, only those selected will be contacted.



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

Summer Education Assistant/Children's Program Supervisor

The Summer Education Assistant/Children's Program Supervisor under the direction of the Education Coordinator 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 5-15 years of age, from June 25th to August 31st. 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, 35 hours/week and hours will vary depending on programming.

Application Deadline: SCIB Application Form is required with your cover letter and resume by **Friday, June 08th, 2018**. Applications received after **12:00PM on June 08th, 2018** 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 pick-up 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.



Soda Creek Indian Band

Housing Department

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

Job Title: HIIFNIY

Housing Internship Initiative for First Nations and Inuit Youth

Job Summary:

Canada Mortgage and Housing Corporation (CMHC) is pleased to administer the Housing Internship Initiative for First Nations and Inuit Youth. The object of this initiative is to provide housing-related work experience with on-the-job training through wage subsidies to Aboriginal youth between the ages of 16-30 years old, who are living on-reserve.

Who can be an Intern?

- Aboriginal Youth
- Primary residence is on a First Nation Reserve or in an Inuit community
- Is between the ages of 16 to 30 years old.
- Youth under the age of 17 will only be considered if they have completed high school or are not legally required to be in school.

Conditions of Employment:

- This is a temporary position, 30 hours per week. Approximately 36 weeks.
- Must be able to obtain and maintain a Criminal Records Check

How to Apply:

1. Complete a Job Application Form (available online or at the main office)
2. Resume with Three work related job references

Start Date:

Estimated start date of **June 18, 2018**

Send your Application to:

Executive Assistant

Email: execasst@xatsull.com

Fax: 250-989-2300 ext. 126

Application Deadline: June 8, 2018 BY 3PM

***APPLICATIONS RECEIVED AFTER DEADLINE WILL NOT BE CONSIDERED**



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

JOB OPPORTUNITY

Fencing Foreman

Job Summary:

The Foreman will be responsible for directing a group of laborers in the construction of fencing in replacing burnt fence surrounding Deep Creek Reserve (IR 2). The Foreman will lead by example in their ability to complete tasks efficiently and to standards.

Duties and Responsibilities

- a. Dependable and willing to work 7 hour days, additional overtime may be required
- b. Committed to arrive on time for shift and update supervisor of change in schedule
- c. Coordinates daily tailgate meetings
- d. Plans daily tasks and work schedules to ensure conflicts do not occur
- e. Inspect work performed by employees and provide constructive feedback
- f. Will be responsible for all equipment and materials
- g. Update supervisor on a regular basis including employee concerns
- h. Self-motivated and enjoy working outdoors
- i. Approved CSA steel toed boots
- j. Train new hires and ensuring all staff aware of safety procedures
- k. Ability to maintain safe work practices
- l. Ensure work area and area is clean when finished for day
- m. Other related tasks as needed and/or directed

Qualifications:

- Previous experience needed
- Job related training and certificates can be an asset
- Driver's licence is required

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)
- Must be willing to work up to 7 hours a day

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

June 1, 2018

to:

Lisa Bremner employment@xatsull.com



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

JOB OPPORTUNITY

Fencing Labourer

Job Summary:

The fencing crew will work on putting up fencing, tearing out old fence, pounding posts, running power and hand tools. Crew members need to have knowledge of materials, methods and the tools involved in the construction and installation of fencing

Duties and Responsibilities

- a. Dependable and willing to work 7 hour days, additional overtime may be required
- b. Committed to arrive on time for shift and update supervisor of change in schedule
- c. Attend daily tailgate meetings
- d. Measure and layout fence lines, mark posthole positions
- e. Make rails for fences
- f. Dig postholes (if required)
- g. Mix and pour concrete
- h. Self-motivated
- i. Approved CSA steel toed boots
- j. Enjoy working outdoors
- k. Ability to maintain safe work practices
- l. Ensure work area and area is clean when finished for day
- m. Other related tasks as needed and/or directed

Qualifications:

- Previous experience preferred
- Job related training and certificates can be an asset
- Drivers Licence is an asset

Conditions of Employment:

- Must be physically able to meet fieldwork requirements (moderate hiking in remote site locations)
- Must be willing to work up to 7 hours a day

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

June 1, 2018

to:

Lisa Bremner employment@xatsull.com

Community Events

Event	Date & Time	Where	Description
Community Clean Up Day	June 1 9-4 pm		
Nurse Practitioner	June 4, 11 & 25 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Elders Trip to Chilcotin	June 5 9-4 pm		Call Maxine at 250-989-2355 to registrar
HCC Travel	June 6 & 20		Call Edith at 250-989-2355
Mental Health Clinician	June 6, 13, 20 & 27 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing Sessions with Ciel	June 7, 14 & 28 8:30-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book a one on one session
Lunch & Learn: Nutrition & Supplements for Brain Health & Memory	June 7 12-1	Health Boardroom	Lunch provided. Call Maxine at 250-989-2355 to registrar
ADP Luncheon	June 12 & 26	Health Station	
Diabetes Conference	June 12-13	Elks Hall	
SCIB Travel	June 13 & 27		Call Rae-Lyn at 250-989-2355 if you have an appointment
Fathers Day Pow Wow	June 15-17	Sugar Cane	
Lunch & Learn: Jordan's Principle	June 19 12-1	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Mount Polley Meeting Update	June 19 5 pm	Williams Lake Long House	Dinner provided, rides available. Call Ada at 250-989-2323, ext. 120
Dental Therapist	June 20 10-3 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Naloxone Training	June 26 12-1 pm	Health Station	
Lunch & Learn: Understanding Addiction Through an Integrative Lens	June 28 12-1	Health Boardroom	Lunch provided. Call Maxine at 250-989-2355 to registrar

