



July 2019

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

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Jump for joy.
Uplift others.
Love yourself.
You got this.

**LONG
WEEKEND
vibes**



Soda Creek Indian Band Office will be closed for Monday, July 1st, 2019 for Canada Day Statutory Holiday.



**NATIONAL
INDIGENOUS
PEOPLES
DAY**

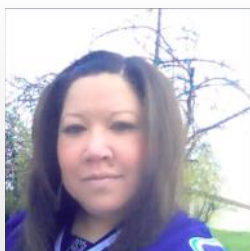
Our members came out to partake and celebrate the National Indigenous Day on June 21, 2019 at the Boitanio Park. The parade and celebration was a success and the weather was perfect for the day. So happy to see so many faces.



Pestemllík (ripening month) – July



Social Development Coordinator



Jennifer Stinson

Important Dates in July:

10th	SA Mid-Month
12th	Bills are DUE to ensure they are paid on time (You can also email your bills too).
8 th 10 th	Interview Week
24 th	SA Day
12 th – 14 th	Family Camp out, Gavin Lake
16 th – 18 th	Pre-Employment Program

Hi everyone, are we enjoying this summer so far? I know I am...trying to do as much things on weekends with the family and loved ones as I can.

I will be having **Interview Week** for this month:

Mon. July 8th 9am – 4 pm

Tues July 9th 9am – 4 pm

Wed. July 10th^h 9am – 4 pm

Thurs. July 11th – N/A (**but you can still come in and fill out a Renewal form & drop off your bills**)

Fri. July 12th – N/A (**but you can still come in and fill out a Renewal form & drop off you bills.**)

Mon. July 15th 9am-4pm

Interviews will be brief and will consist of:

- Filling out our Monthly Renewal Forms (just too also touch base of any changes as well).
- Also don't forget to bring in your Current bills for the month, so they can be paid on time.

This month I have the Pre-Employment Program going on with some of my Income Assistance Clients with CCATEC. This program from June 2019 – Sept. 2019, (5 week program) will entail participation of a variety of activities to help Clients develop realistic back to work action plans to move towards employment .

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

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

Income Assistance Clients on Renewal Forms

In order for me to help you, you need to help me, by keeping me up to date and inform of any changes in:

- Address
- Relationship Status
- Amount of people living in the house they reside in, even if they are not the head of the household
- Any income such as Child Tax, GST and Child Support. Just a reminder that these are not deductible from Shelter 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
- Any income such as part time work, or on call work, also stills needs to be reported. Again these are not deductible from Shelter Assistance, but once again they do have to be reported on the monthly renewal form

From now on it will be mandatory to start filling out a Renewal forms each month by 10th, in order to receive your cheque on time. Plus, if I need to make any changes on payments for basic and shelter portions (bills/rent) for that month.

I am sorry for any inconvenience, and the only reason why, it is mandatory for renewal forms to be filled out is:

- Social Development Policy has to have these (renewal forms; budget and decision forms; applications, id, recent bills) in your file as a prerequisite for Audit.

Band Administrator



Craig Smith

Hello Everyone. I'd like to introduce myself. My name is Craig Smith and I have been given the honour of being hired by Chief Sheri and Council as your new Band Administrator. It's been a month since

I've started and I'm starting to get the hang of how things work but I'm pretty sure this will be a constant learning experience.

I have had many experiences in my life that have given me the tools to be effective in my new job. After high school I joined the military as an officer and served for almost eight years. After I returned to civilian life, I got involved in sales for a short time then for the next thirty I have been a fairly successful entrepreneur. Looking for a new challenge I decided to go back to University and get my Masters in Business.

I am a father of three, step father of three more and grandfather of three. My passion is technology and if there is a new gadget out there is a good chance, I already own it.

I have never shied away from a challenge and look forward to serving the members of this community. I have always had a high engagement policy so my door is always open and my cell phone is published. If there are items that you want to discuss with me please don't hesitate to stop by or call. I look forward to meeting each and everyone of you in the next few months.



Bannock Belly Contest Winners



1st Place, Crystal William



2nd Place, Renee William to the left, 3rd Place, Kevin Neufeld, and Crystal William



National Indigenous Day



Blackberry Pie

"The best blackberry pie ever. No kidding! All butter crust, loads of blackberries, spiced with a little lemon, cinnamon, and almond extract. Yum."



Makes: 8 servings

Ingredients

- 1 pie dough recipe for top and bottom crust
- 5-6 blackberries, rinsed, picked clean, patted dry (if you use frozen berries, defrost and drain them)
- 1/2 cup to 3/4 cup sugar (depending on how sweet your berries are)
- 1 tsp lemon juice (use 2 tsps. If using store-bought berries)
- 1 tsp instant tapioca (use 4 tbsp if making lemon zest)
- 1/2 tsp ground cinnamon
- 1/4 tsp almond extract
- 4-6 tbsp cornstarch, flour or ground quick cooking the pie with wild-picked berries that include a few not fully ripe berries, 6 tbsp if making the pie with store-bought very ripe berries)

Method

- 1. Toss blackberries with sugar, lemon, cinnamon, almond extract, quick tapioca:** Place blackberries, sugar, lemon zest, lemon juice, cinnamon, almond extract, and cornstarch/flour/or ground instant tapioca in a large bowl. Gently fold the berries until they are well coated with sugar. Let sit for 30 minutes.
- 2. Roll out bottom crust:** Preheat oven to 400°F. You should have two balls of pie dough, one for the bottom crust, one for the top crust. Roll out one of the balls of pie dough on a lightly floured surface to 12-inch diameter if you are using a 9-inch pie pan, or 13-inch diameter if you are using a 10-inch pan. Line the bottom of your pie pan with the dough. Chill in refrigerator while you roll out the top crust.
- 3. Roll out top crust:** Roll out the second ball of pie dough for the top crust. If you would like to do a lattice top, weave the dough strips as described in How to Make a Lattice Top for a Pie Crust.
- 4. Spoon berry mixture into pie crust, top with second crust:** Spoon the berry mixture into the dough-lined pie dish. For a lattice top, weave strips of pie dough over the top of the fruit-filled pie dish. For a solid top, place the second rolled-out pie dough crust on top of the pie. Press ends of strips into the rim of the bottom crust. Use scissors to trim the edges to 1/2-inch from the outer edge of the pie pan. Fold the edges back over themselves and use your fingers to crimp to seal the edges. If you are using a solid top crust, score the top several times with a sharp knife to create air vents for the steam to escape.
- 5. Bake:** Place the pie on the middle rack of the oven. Put a baking sheet on the lower rack to catch any juices that might bubble out of the pie while it's cooking. Bake the pie in two stages. First bake it at 400°F for 30 minutes. Then place a sheet of aluminum foil over the pie to protect the edges and tops from getting to burnt. (A pie protector is quite useful here.) Reduce the heat to 350°F and bake for an additional 30 minutes, or until the crust has browned and the filling is bubbly. Remove from oven and place on a wire rack. Cool completely before serving.

Grilled Corn on the Cob

Learn how to grill corn that is juicy and tender with this easy grilled corn on the cob technique! The best way is the easiest way simply grill fresh corn on the cob in their husks, on direct high heat."



Cook time: 20 minutes Yield: Serves 4

Ingredients

- 4 ears fresh corn, in their husks
- Butter (or an herb butter)

Method

- 1. Prepare your grill, gas or charcoal, for direct, high heat.** (About 550°F) You know the grill is hot enough if are able to hold your hand one inch above grill for only 1 second.
- 2. Grill corn in husks:** The corn husks will protect the corn from burning or drying out while it is on the hot grill. If you want a bit of char on your corn, peel off a few of the outer layers of the corn husks first, before grilling. Place the corn in their husks on the hot grill. Cover the grill. Turn the corn occasionally, until the husks are completely blackened and charred on all sides, about 15 to 20 minutes.
- 3. Remove silks and charred husks:** Remove the corn from the grill. Let them sit for 5 minutes or until cool enough to handle. Remove the silks and charred husks from the corn. If you need to, use a damp towel to protect your hands from any sharp edges from the charred corn husks as you peel them off.
- 4. Serve with butter.** (Or you can sprinkle with a little chili powder, cotija cheese, and some lime juice for a Mexican twist.

Mental Health & Addictions Counsellor

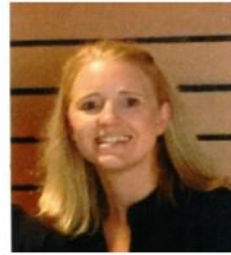


Neleena Popatia is a Mental Health Nurse with over 30 years of experience. She has worked in a variety of roles and settings, e.g. clinical nurse specialist in acute and tertiary mental health in hospital, manager in community mental health, consultant and therapist in private practice, instructor in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

To book an appointment with Neleena, please call Maxine Sellars, Health Administrative Assistant at Soda Creek Health Station : **250.989.2355**

July 3, 2019
July 10, 2019
July 17, 2019
July 24, 2019
July 31, 2019

Nurse Practitioner



SODA CREEK HEALTH STATION

July 15, 2019
July 22, 2019
July 29, 2019

10:00-3:00 pm

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 Sellars**, Health Administrative Assistant at Soda Creek Health Station : **250-989-2355**

Hide Tanning Workshop

Xat'súll Heritage Village

August 6 – 9, 2019

10am-3pm Daily

Lunch Provided

Gas Cards

5 Adults Max

First Come First Serve

Contact Cody William

250-392-7361 ext. 206

language@northernshuswaplanguage.com

FOOT REFLEXOLOGY



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

River Reflexology Schedule

Monday, July 8th & 22nd , 2019

9:00-4:00

Soda Creek Health Station



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

SODA CREEK INDIAN BAND

FAMILY

Camp

July 12-14, 2019



Gavin Lake Camp

Come join the community for a weekend of fun!

*Meals will be provided *Cabins available *Canoeing
*Swimming *Obstacle course *Games *Need to bring
own bedding & personal hygiene items

All community members welcome

Drug & alcohol free event

Contact Health at 250.989.2355 for information and
also to book by June 24th, 2019 at 4pm.

July 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Canada Day Statutory Holiday Office closed	<i>2</i>	<i>3</i> HCC Travel Community Travel Mental Health Clinician	<i>4</i>	<i>5</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>6</i>
<i>7</i>	<i>8</i> Reflexology 9-4	<i>9</i> ADP Luncheon Physiotherapy 8:45-12:00pm	<i>10</i> SCIB Travel Community Travel Mental Health Clinician	<i>11</i>	<i>12</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1 Family Camp Gavin Lake Camp →	<i>13</i>
<i>14</i> Family Camp Gavin Lake Camp	<i>15</i> Nurse Practitioner 10-3	<i>16</i>	<i>17</i> SCIB Travel Community Travel Mental Health Clinician	<i>18</i>	<i>19</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>20</i>
<i>21</i>	<i>22</i> Nurse Practitioner 10-3 BC Elders Gathering →	<i>23</i> ADP Luncheon	<i>24</i> SCIB Travel Community Travel Mental Health Clinician	<i>25</i>	<i>26</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>27</i>
<i>28</i>	<i>29</i> Nurse Practitioner 10-3	<i>30</i>	<i>31</i> SCIB Travel Community Travel Mental Health Clinician			

JUL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
	Interview Week 9am-4pm	Interview Week 9am-4pm	Interview Week 9am-4pm MidMonth	Interview Week N/A but Still hand in Renewal Form	Community Campout @ Gavin Lake	Community Campout @ Gavin Lake
14	15	16	17	18	19	20
Community Campout @ Gavin Lake	Interview Week 9am-4pm	Pre- Employment Program @ Soda Creek Emporium	Pre- Employment Program @ Soda Creek Emporium	Pre- Employment Program @ Soda Creek Emporium		
21	22	23	24	25	26	27
		SA Day				
28	29	30	31	1		
		Pre- Employment Program @ Soda Creek Emporium	Pre- Employment Program @ Soda Creek Emporium	Pre- Employment Program @ Soda Creek Emporium		

Canim Lake Traditional Pow-wow

Honoring Murdered and Missing Indigenous Women and Girls

July 12, 13, & 14, 2019

@ The Canim Lake Arbour

MC: Buck Sheena

Whip man/Arena Director: Everett White

Host Drums: per session

Friday: 7:00 PM Grand Entry, Categories, and Intertribal

11:30 PM Retiring of Flags

Saturday: Breakfast until 10:00 AM

1:00 PM Grand Entry, Prayer, Welcome by Chief/Council, Categories, Intertribal, Junior Princess Special

5:00 PM Supper

7:00 PM Grand Entry, Outgoing Princesses, Royalty, Princess Contestants, Intertribal

11:30 PM Retiring of Flags

Sunday: Breakfast until 10:00 AM

11:00 AM Princess Pageant Talent

12:00 PM Grand Entry, Senior Princess Special

2:00 PM Outgoing Princesses, Crowning of New Princesses

Camping is available, some billeting available

No outside 50/50 or Raffles

Vendors: \$75.00/weekend, \$50.00/day, plus a gift for the Toonie auction.

Please contact Denise Archie at (778)485 0160; Delores Archie or Lenora Christopher at (250)397 2227

ALCOHOL AND DRUG FREE EVENT

Boil Your Water

Please read this notice for important health and safety information!

ATTENTION RESIDENTS OF Soda Creek using Soda Creek Community Water System
As of June 24, 2019 until further notice, the water from this system is not safe to drink until boiled
due to total coliform (indicator of surface water) contamination.

*Any water that is going to touch
your mouth must have been boiled.
Cool water before using.*

People using this water supply must boil their water first.

WATER MUST BE BROUGHT TO A FULL BOIL FOR AT LEAST ONE MINUTE

if you are going to use it for any of the following:
drinking; cooking; making juice, drinks or infant formula;
brushing teeth or soaking dentures; washing fruit and vegetables;
making soup, tea or coffee and making ice cubes.

DO NOT

drink water from a public drinking fountain. It has not been boiled and it is not safe.

DO NOT

bathe infants or toddlers in water that has not been boiled and cooled.
It is recommended that you sponge bathe infants and toddlers
during the Boil Water Advisory.

If you or anyone you know becomes ill with diarrhea or stomach pains,
seek medical care immediately.

Boil your water until you receive official notice that this is no longer required.



For additional information, contact your:
Health Centre, Environmental Health Officer and/or Chief and Council



**Use water that
has been boiled for:**

- Drinking
- Cooking
- Making juice, drinks or infant formula
- Brushing teeth or soaking dentures
- Washing fruit and vegetables
- Making soup, tea or coffee
- Making ice cubes



**You can continue to use
regular tap water for:**

- Hand washing
- Washing dishes
- Bathing, except infants and toddlers
- Laundry

Community Contact Information:



First Nations Health Authority
Health through wellness

YOUR NEW FIRST NATIONS HEALTH BENEFITS PROGRAM: Dental, Vision and Medical Supplies & Equipment (MS&E)








The First Nations Health Authority (FNHA) engaged with First Nations communities and health care providers across the province to learn how we can improve dental, vision and MS&E benefits to support the wellness journey of First Nations people in BC.

YOUR NEW PLAN launching Sept. 16, 2019

FNHA has partnered with non-profit, BC-based health benefits organization Pacific Blue Cross to administer dental, vision and MS&E benefits.



PLAN HIGHLIGHTS

-  Higher limits and no pre-approval needed for routine eye exams and eyewear
-  Dental fee guide in line with BC industry standards
-  Faster pre-approval decisions for MS&E, vision and dental special needs
-  Pay-direct claims at most dental offices and participating optical stores
-  Online and mobile app claims
-  Reimbursement in as little as 48 hours for claims paid out of pocket
-  Ability to check your coverage and limits online 24/7

Questions? Your local FNHA Health Benefits Community Relations Representative would be happy to help you.



FRASER-SALISH REGION

James Delorme
James.Delorme@fnha.ca
778-684-1886



INTERIOR REGION

Joyce Kenoras
Joyce.Kenoras@fnha.ca
250-318-6634



NORTHERN REGION

Lindsey Larsen
Lindsey.Larsen@fnha.ca
250-645-3026



VANCOUVER COASTAL REGION

Jenny Smith
Jennifer.Smith@fnha.ca
604-693-6588








VANCOUVER ISLAND REGION

Candy-Lea Chickite
Candy-Lea.Chickite@fnha.ca
250-830-7346

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.

Learn more about your FNHA benefits at: www.fnha.ca/benefits

ENGAGE WITH US ON SOCIAL MEDIA OR CALL US AT:

     • 1.855.550.5454



WE LISTENED TO: COMMUNITIES

51

Focus groups across all 5 regions, and a Health Directors survey

98

Communities represented in focus groups

3000+

lines of feedback collected



WE SPOKE WITH: HEALTH CARE PROVIDERS

17

of health care provider group interviews conducted — dental, vision, MS&E, pharmacy

60

of provider colleges & associations who received information on our commitment to promoting cultural safety and humility

23

of health regulatory bodies that signed the FNHA Declaration of Commitment on Cultural Safety and Humility

WHAT WE HEARD: TOP COMMUNITY FEEDBACK

#1

enhance coverage, frequency and flexibility

#2

improve provider service, education and cultural safety

#3

better communication and engagement

#4

faster and easier pre-approval process

"Things will move at the speed of trust."
—Skidegate Focus Group

"Providers are not willing to direct bill as it takes too long, is complicated, and slow."
—Ktunaxa Focus Group

"Some dentists won't see clients because of the amount of paperwork and because they won't get the rate they normally charge."
—Cowichan Tribes Focus Group

"There needs to be better communication on what is covered, what isn't covered and the timeframe for payment or reimbursement."
—Musqueam Focus Group

"Some concerns were expressed about being able to access quality eye exams and eyeglasses."
—Skawahlook Focus Group



FOODSAFE COURSE



First Nations Health Authority, Environmental Public Health Services will be presenting the **FOODSAFE COURSE**.

Location: Soda Creek Health Station

Date and Time: Friday, July 26th, 2019
9 am-5 pm (Lunch will be provided)

Instructor: Patti Joyce, Environmental Health Officer

Cost and Supplies Needed : The course is free for First Nations members /employees and includes your workbook.

Contact Person: Rae-Lyn Betts, 250-989-2355

The Provincial Foodsafe Course will provide the participants with comprehensive information to prepare food safely and prevent food poisonings. An optional test will follow the course, and participants earning 70% or greater on the multiple choice exam will be entered into the Provincial Foodsafe registry. Foodsafe Certificates are now valid for 5 years.

* If your Foodsafe Certificate does not have an expiration date (all certificates prior to July 2013), it is now expired.



Knucwentwecw Society
Job Posting for
Administrative Assistant

Employment: Full time

Summary: Under the direction and supervision of the Office Manager, the Administrative Assistant will provide clerical and administrative support to the Staff and Board of Directors of Knucwentwecw Society.

Duties:

- Answering phones and greeting public in a pleasant and professional manner
- Must be proficient with power point, excel, word and business communications
- Directing inquiries to appropriate staff members or referring to other agencies
- Process incoming and outgoing mail
- Filing, typing, faxing, photocopying, booking of boardroom
- Minute taking
- Ensure that office supplies are stocked
- Coordinate Board meeting, booking of boardroom, updating of Board of Directors' binders and distribution of agenda and reports
- Maintain Society incorporation correspondence to Registrars' Office
- Maintenance of office equipment
- Post all job postings
- Clerical support to Executive Director, Board of Directors, Office Manager and Staff
- Other related duties

Pursuant to section 41 of the BC Human Rights Code, preference will be given to applicants of Aboriginal Ancestry.

Please submit resume to Executive Director, Arlene Adie at: arlene.adie@gov.bc.ca

Knucwentwecw Society
231 North Second Ave
Williams Lake, BC
V2G 1Z7

OR fax to (250) 392-7055
Attention to: Arlene Adie

No phone calls please. We thank all applicants; however only those selected for an interview will be contacted.

Deadline for applications is July 12, 2019

Community Events

Event	Date & Time	Where	Description
HCC Travel	July 3, 17 & 31		Call Edith at 250-989-2355
Community Travel	July 3, 10, 17, 24 & 31		Call Janae at 250-989-2355 by the previous Monday to book a seat
Mental Health & Addictions Counsellor	July 3, 10, 17, 24 & 31, 11:00-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Youth Meeting	July 4, 4-7pm	Health Board-room	Call Shae at 250-989-2355 if you have any questions
Integrative Healing	July 5, 12, 19, & 26, 8:30-3:30pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Reflexology	July 8 & 22 9:00-4:00pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	July 9 & 23	Health Station	
Physiotherapist	July 9, 8:45-12pm	Health Station	Call Maxine at 250-989-2355 to book a session
Elders Meeting	July 9 11-2	NR/Treaty Board-room	Call Ada or Edna at 250-989-2323
SCIB Travel	July 10 & 24		Call Rae-Lyn at 250-989-2355
Gibraltar Mine Tour	July 11	Gibraltar Mine	Call Ada or Edna at 250-989-2323 if you want to sign up. Pick up at Deep Creek at 11 am and 11:15 at Soda Creek Restaurant. Please remember to bring a water bottle (can refill it). Umbrella, no not wear open toed shoes (ie. Sandals). No sleeveless shirts (t-shirts are fine). Lunch is provided.
Family Camp	July 12-14	Gavin Lake Camp	Call Maxine at 250-989-2355 to sign up
Nurse Practitioner	July 15, 22 & 29 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
BC Elders Gathering	July 22-25	Vancouver	
Food Safe Level 1 Course	July 26, 9:00-5:00pm	Health Board-room	Call Rae-Lyn at 250-989-2355 to registrar. Lunch is provided.
NSTQ Steering Committee Meeting	July 31, 5-7pm	Soda Creek Gym	Dinner provided.

