

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



July 2020



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Cooking with IndigiKitchen: Falon, Noella, Jessie, Felicity and Franck, used the Health Station kitchen on June 4, 2020, to do a Zoom cooking class with IndigiKitchen through Three Corners Health Services Society.

“Summertime
is always the best
of what might be.”

—CHARLES BOWDEN



Soda Creek Indian Band Offices
will be closed,
Monday, June 29, 2020
in lieu of Canada Day which is
Wednesday, July 1, 2020

Pestemlúk (ripening month) – July

Edna Boston

Natural Resources Manager

Weykt

I hope all is keeping well in these trying times.

Our NR Department has been keeping up with what is going in the territory.

We had tree planters camped out at the gravel pit on Mountain House Road.

It has been a while since I wrote a report. In January 2020, we had all the positions filled, but due to the Covid-19 pandemic we had to let some people go and they have moved onto other jobs. We would like to wish them well.

In saying all that, we still have Mike Stinson, Natural Resources Coordinator and Darrin Sargent, Referrals Coordinator at the office. Mike Stinson and Darrin Sargent have been assisting the community in doing deliveries, etc.

Our NR department has been on a lot of calls, either phone or Zoom, Blue Jeans, or Skype. This seems, to be the new normal for now.

The Elders meeting will be postponed due to the Covid restrictions. We will not be hosting a meeting yet.

We would like to wish you all well, stay safe, stay healthy. We look forward to having meetings with the community again.

Kukstemc



Jennifer Stinson

Social Development Coordinator

For Interview Week, fill out monthly form and bring in your six month bank statement and bills.

Just a friendly reminder, you need to inform me of any changes before the 15th of every month.

If you have any questions, or concerns you can reach me by calling me at 250-989-2323 Ext. 102 . You can also email me at socdev@xatsull.com

Thank you. 😊





Perseverance Award



Jolene Sellars and her Mom, Jessie Hunlin, on Monday, June 22, 2020.
Jolene received the Perseverance Award for Grade 9 at Lake City
Secondary School.



Father's Day



Drive Thru BBQ

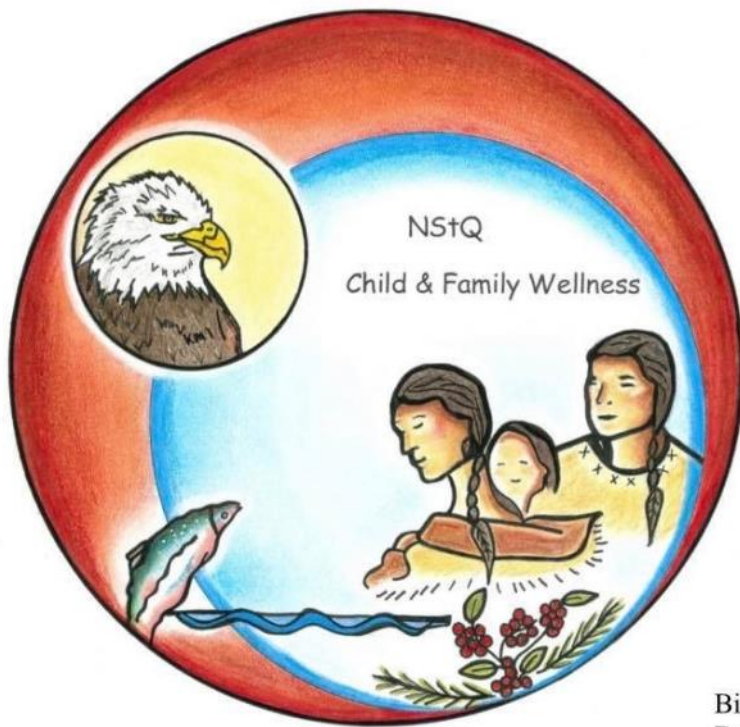




The Indigenous RCMP were out filming a Bannock Making video for the NSTC's National Indigenous Day video, on Tuesday, June 16, 2020 at the Health Station. Kevin Neufeld and Reg Michel were visiting and having bannock after it was complete.



Jean Medgyes and Barb Dixon at the Community Christmas Dinner, December 2019.
Photo submitted by Dave Pop.



Congrats Kelly!!

Northern Shuswap Tribal Council would like to thank all the amazing artists who submitted an entry for the 2020 Child & Family Wellness Logo contest, each and every one of the entries were beautiful.

Congratulations Kelly Menakian!

Congratulations to Kelly Menakian, member from Xatšúll.

Kelly is the winner of the
NStQ Child & Family Wellness Logo Contest.

A shout out of thanks goes to all the artists that participated.

Biography for Kelly Menakian

Born in Williams Lake, BC, Kelly is the daughter of Bobby and Doreen Haines and the youngest of five siblings. She is a member of the Soda Creek Indian Band and is of Shuswap, Carrier, French, and Welsh descent. Kelly spent her youth in Deep Creek and also in Whitehorse, Yukon where she lived and worked for many years before moving to Vancouver Island and Ontario to complete a university degree. Attending university in her 40s proved to be a challenging yet rewarding experience; however, she is grateful for the opportunity and looking forward to being employed in various areas of health and wellness. In her spare time, Kelly paints, sews, visits with her family, and spends time with her husband.



Kelly Menakian

NStQ Logo by Kelly Menakian

Designing the NStQ Child and Family Wellness logo, Kelly's focus was on the importance of health and well-being in a traditional First Nations family. Circles create harmony and unity and she chose to draw salmon, berries, water, and a rising Sun to represent an abundance of life and acknowledgement of nature. As well, she included an eagle to symbolize honor, strength, and a sacred connection to the spiritual world. The four branches of berries recognize the four communities of First Nations which NStQ embodies: Xatšúll Cmetem' – Soda Creek/Deep Creek, Stswéceñc Xgāt'tem- Canoe Creek/ Dog Creek, T'ēxelc- Williams Lake, and Tsq'ēseñ- Canim Lake.

COVID-19 Return to Work



Everyone will need to check in at the Band Office for the following Departments; Capital Infrastructure, Daycare, Education, Housing, Natural Resources, and Treaty.

- You will be asked to use hand sanitizer once entering any of the buildings.
- There will be a limit on the number of visitors in each building, 2-4 people.
- Asked to practice social distancing, so please help us by staying 2 meters away.
- Please call to make appointments with staff, this is to limit the amount of people in all buildings.

Please if you are not feeling well, with **FLU** like symptoms, please do not come to the Band Office. Help us stay safe. Call the Health Station, 250-989-2355 and the staff can assist you with support or help you contact a Nurse or Nurse Practitioner.

Integrative Healing Sessions

FRIDAYS 8:30-3:30PM

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

Call Health Station at 250.989.2355 to book a session



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.



Indian Registry Program Status Cards

Effective June 3, 2020 days & hours of operation will be:

1. Tuesday-Wednesday-Thursday 4:30 pm to 6 pm
2. Saturday 10 am to 2 pm

Please contact our receptionist at 250-392-7361 to book an appointment starting on June 1, 2020.

Social distancing will be followed, along with hand sanitizer and disposable face masks.

Only the individual getting their status card will be allowed in the building.

Since this is outside regular business hours we are only able to assist members from the communities we have register books for. Stswecem'c Xgat'tem (Dog Creek – Canoe Creek), T'exelc (Williams Lake) and Xat'sull (Soda Creek).

BARKERVILLE WILL RE-OPEN IN PHASES

1ST PHASE: JUNE 18TH

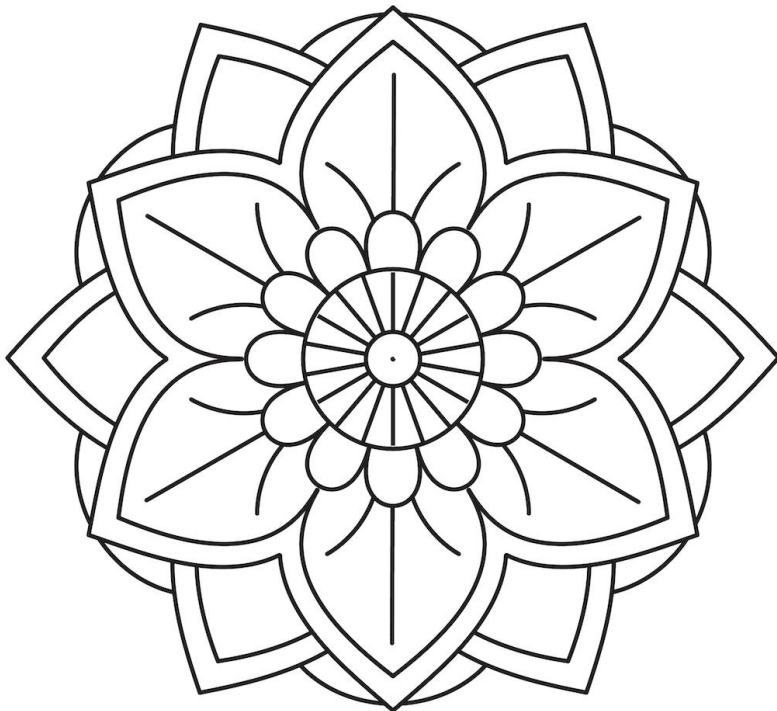
Will include accommodations, shops, and restaurants on a modified schedule.

2ND PHASE: JULY 3RD

Will include exhibits and public programming.

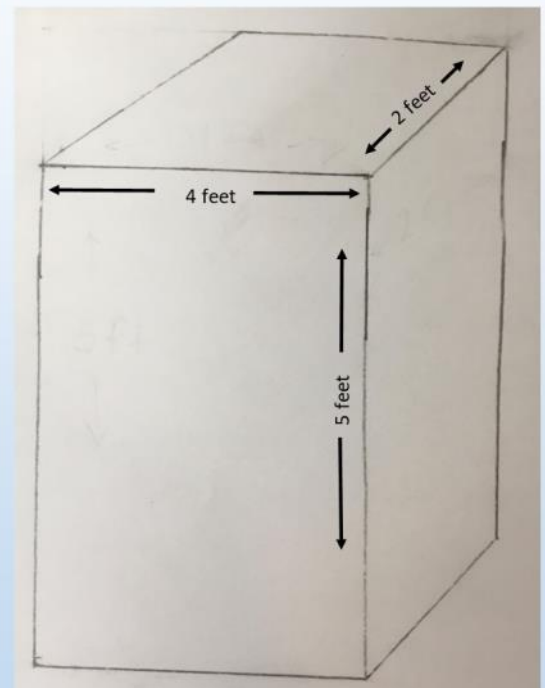
DETAILS ON THESE PHASES WILL BE POSTED NEXT WEEK ON
WWW.BARKERVILLE.CA

Thank you for your patience as we work to welcome you back to Barkerville.



Smoker

If you have signed up for a smoker, please see the photo of the dimensions. This is the size they will be. Please call us and confirm if you would still like one. Call Health, 250-989-2355.



COVID-19 UPDATE

Steswecem'c Xgat'tem, T'exelc, Xatsull First Nations

COVID-19 Testing is now recommended for individuals with any symptoms

Guidelines for Covid-19 testing in BC are updated. It is critical to ensure timely identification of new infections and their contacts to prevent community spread of COVID-19.

1. Test all individuals with new respiratory or systemic symptoms compatible with COVID-19, however mild. Symptoms include fever, chills, cough, shortness of breath, sore throat, painful swallowing, runny nose, nasal congestion, loss of sense of smell, headache, muscle aches, fatigue, or loss of appetite.
2. Individuals in the following groups should be prioritized for testing:
 - a. Residents and staff of long-term care facilities
 - b. Pregnant individuals near term, patients on hemodialysis or cancer patients
 - c. Healthcare workers
 - d. Individuals with a higher probability of being infected with COVID-19
 - e. Resident of remote, isolated, or Indigenous communities
 - f. People living in congregate setting, work-camps, correctional facilities, shelters, or group homes
 - g. Homeless or have unstable housing
 - h. First responders
3. COVID-19 testing is not recommended for individuals without symptoms

**** If you are having any of the above symptoms please call for assessment and possible testing:**

Please call our Nurses or Nurse Practitioner:

250-398-9814 – 9:00am – 4:30pm

250-305-4162 – Evenings (5pm-8pm)

Weekends (12pm-4pm)

Holidays (12-4pm)

Update May 15, 2020



Play safe!

It's ok to play on playgrounds



Wash hands with soap and water before and after playing (or using the playground) or use hand sanitizer



Don't share toys or equipment with other kids outside your family

Avoid crowded playgrounds and minimize physical contact between kids

Adults should keep 2 metres apart



Playgrounds may not be cleaned or disinfected



Protect yourself from COVID-19 related Phishing scams

B.C.

2020-05-22 15:30 PDT

Email Phishing Scams

Have you ever received an email from a bank or government agency with an enticing tag line that is so tempting to open? It may have an intriguing FREE offer or be asking you to URGENTLY update or confirm your personal information. The email may look official but it might have some slight irregularities such as: color, spelling/grammar mistakes and/or logo/design flaws.

Within the email you will be instructed to open a link or an attachment but be aware by following the email prompts or responding you may be unknowingly providing scammers with your personal and/or financial information. That link that appeared legitimate was a fake!

Common Email Phishing Scams:

- **Unemployment scams:** You may have recently lost your job and received an email directing you to the unemployment website or new job opportunities. You may be prompted to provide your personal details.
- **Donation scams:** Emails that appear to be from well-known charities or foundations that instruct you to make a donation to receive your FREE item.
- **Health Care scam:** This official appearing email alerts that you have been exposed to COVID-19 and guides you to confirm your personal health care and credit card information in order to receive your prescription.

Protect Yourself from Email Phishing Scams:

- Do not open any emails or attachments from unknown or suspicious addresses.
- Do not use phone numbers or email links that were provided in the email. Research company contact information independently.
- Do not reply to the email.
- Do not give out your personal or financial information.
- Confirm invoices with the issuing company directly (such as Netflix, BC Hydro, Apple, etc.) Remember if you aren't receiving services from a company, you won't have an invoice!



- No government agency or bank will threaten to arrest you.
- No government agencies will request payment in Bitcoin, iTunes cards, gift cards or interact e-transfers.

When to Contact the Police

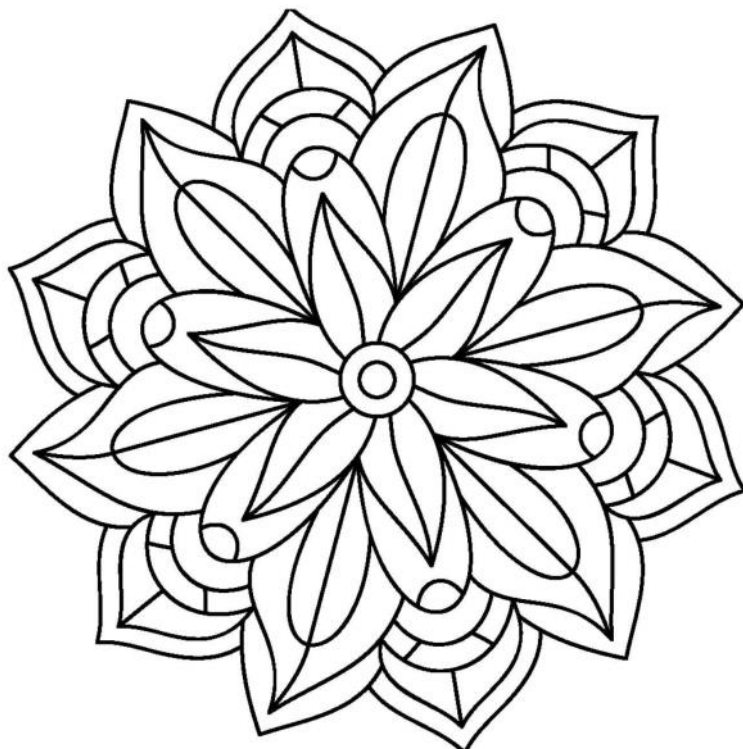
If you are a victim of fraud in which you have incurred a financial loss and/or given out your personal information call your local police to report the incident. Record details of your interaction with the fraudster including phone numbers, email addresses and communication with the scammer. Photographs or screenshots of the online conversation are helpful. If you have not been a victim of a fraud but have information related to scams, please report this to the Canadian Anti-Fraud Centre at 1 888-495-8501.

Helpful Links

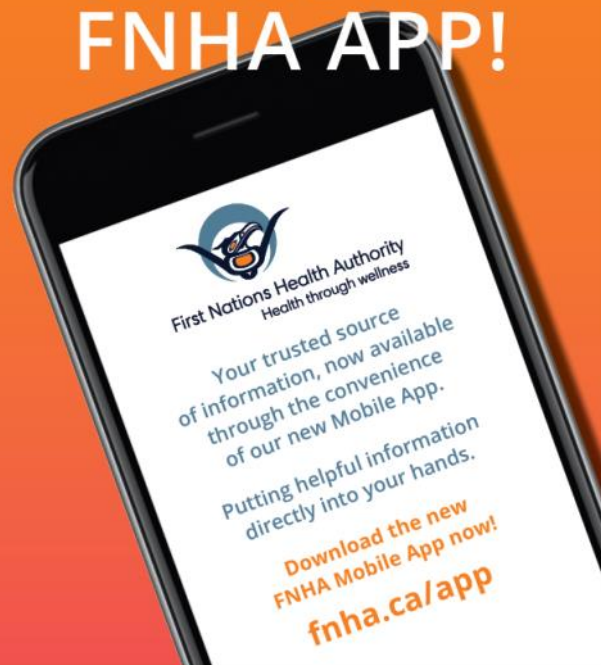
- [Canadian Anti-Fraud Centre](#)
- [Canada Revenue Agency](#)
- [Get Cyber Safe](#)
- [Canadian Bankers Association](#)
- [Public Safety Canada](#)

Released by:

BC RCMP Communications
778-290-2929



GET THE NEW FNHA APP!





First Nations Health Authority
Health through wellness

FNHA Mobile App

Frequently Asked Questions (FAQs)

The First Nations Health Authority (FNHA) strives to find the best ways possible to serve First Nations and Indigenous people in BC. In response to feedback received from communities, we have developed the FNHA Mobile App. The App provides the opportunity for First Nations, health care providers, community leaders and FNHA staff to receive information directly into their hands in support of health, wellness and safety. Push notifications and other alert options within the FNHA Mobile App will ensure helpful, meaningful updates in real time.

What is the FNHA Mobile App?

The FNHA Mobile App is an app that can be downloaded onto a mobile device. The App appears as an icon displaying the FNHA logo on the mobile screen. The App allows users to receive notifications and quick access to FNHA information, resources and tools.

How can I get the FNHA Mobile App?

The FNHA Mobile App is available for iOS and Android mobile users. Download it from the Apple App Store or Google Play Store by searching "FNHA".

Are there any costs associated with downloading and using the FNHA Mobile App?

There is no cost - the FNHA Mobile App is free for all users.

How does the information I receive on the FNHA Mobile App differ from the information I can access on FNHA.ca?

The FNHA Mobile App can alert you to new updates and resources on FNHA.ca. Notifications and the ability to customize these according to your user profile will provide immediate access to accurate, helpful information directly from the FNHA website.

How can I find / receive the information I am interested in on the FNHA Mobile App?

The first time you launch the FNHA Mobile App, you will be prompted to create a user profile. You can make selections that best describe you and customize your notifications. You can update your user profile at any time in the App's "Settings" tab.

The "News" tab also provides a direct link to the FNHA website where you can search the information you are looking for.

Can I turn notifications off?

Yes. There is an option to turn off notifications in the App's "Settings" Tab.

How will the FNHA Mobile App support me and my community through the COVID-19 pandemic?

The FNHA is continuously working with provincial and federal partners to actively monitor and respond to the pandemic. Depending on your settings, the FNHA Mobile App can send emergency notifications and alerts about urgent, health-related events during the COVID-19 pandemic, as well as other emergencies.

How can I use the FNHA Mobile App beyond the pandemic?

Beyond the pandemic, the FNHA Mobile App will be a helpful companion on your wellness journey. It will provide benefits with a focus on health and wellness, including physical and mental health. Depending on the settings you choose, the FNHA Mobile App can send emergency notifications and alerts about urgent, health related events.

What is the difference between FNHA Mobile App and the AtHoc SMS/Text messaging system for First Nations leadership?

The primary purpose of the AtHoc SMS/Text messaging system is emergency management response, however the FNHA Mobile App is able to offer you much more. While the FNHA Mobile App will provide emergency management response notifications and alerts, it also offers additional health and wellness benefits both now and beyond the pandemic, such as supports and tools for your wellness journey.

I still have a question that hasn't been answered here, how can I find out more?

For any other questions about the FNHA Mobile App, email: info@fnha.ca

fnha.ca/app

Good Medicine: First Nations “ninjas” are doing good deeds for homebound community members

Jun 04, 2020

A message from the Wellness Team, Office of the Chief Medical Officer

Definition of Ninja'd: verb 1) to be the recipient of a surprise care package delivered stealthily.

Have you been ninja'd lately? Ninja-ing was developed as a way to stay connected, have fun, and lift each other up while we're all physical distancing. The Squamish Nation is one community that is practicing ninja-ing.

Gift-givers are dressing as ninjas (all in black and masked), then sneaking through neighborhoods, ringing doorbells, and running away after leaving personalized and meaningful care packages containing a person's favourite drink, snack, gadgets or whatever on doorsteps. In other words, they are keeping a safe physical distance and avoiding gathering with people not in their household while doing good deeds. Some are taking it to the next level by also trying to disguise their walk and mannerisms!

Recently, Squamish First Nation member Josephine Whonnock was having a tough day at home when she heard a doorbell ring. She answered the door and found that a ninja had come and gone, leaving a package with a note that read “to a caring family that we love.” She said her mood instantly changed and she felt loved.

“I was so happy that someone cared enough to ninja me,” she said. “This simple act of kindness made me smile and warmed my heart.”

Knowing the happiness she received from the good deed, Josephine then became the ninja to pay it forward. She and others created six care packages to lift the spirits of other people who may need it.

Do you want to help cheer up others during this trying time? (Who knows, you might get ninja'd



Link to article: <https://www.fnha.ca/about/news-and-events/news/good-medicine-first-nations-ninjas-are-doing-good-deeds-for-homebound-community-members>

Puzzle #1 Easy

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

Puzzle #3 Medium

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

Puzzle #2 Easy

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

Puzzle #4 Medium

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

Answer #1 Easy

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

Answer #2 Easy

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

Answer #3 Medium

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

Answer #4 Medium

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



© Kalum Teke Dan

"Celebrating is our way of celebrating our culture with others. Speaking our language, singing our songs and dancing to the beat of the drum is our way of giving gratitude towards Mother Earth."..

by Piikani Blackfoot Elder Wendy English



Easy No-Knead Pizza Recipe

"This recipe makes two 1-pound balls of pizza dough, which is enough for two large pizzas or four 'personal sized' 10-inch pizzas.

Instant or rapid-rise yeast is actually a different strain of yeast from the usual granulated yeast. It is designed to be mixed directly into the flour. If you can't find it, use the equivalent amount of active dry yeast and proof it in warm water according to the package directions.

Leftover dough can be placed in a zip-top freezer bag and frozen for up to 3 months. Allow the dough to thaw in the fridge before using.

If halving the recipe (which is fine!), mix the dough by hand since the volume may be too small for your mixer to properly mix.



Prep time: 5 m Rising time: 2 hr Makes: 2 1-lb balls of dough (enough for 4 10-inch pizzas)

Ingredients

- 4 cups flour
- 1 1/2 tsps. (slightly less than a full packet) instant yeast
- 1 1/2 tsps. Salt
- 1 1/2 cups lukewarm water
- 1 tsp olive oil

Method

1. Make the dough: In a standard mixer on low speed with the paddle attachment, mix the flour, yeast, and salt to combine. Add the water all at once and mix until the dough comes together and cleans the side of the bowl, 30-60 seconds—you don't need to knead it, just get all the ingredients mixed together. The dough will be soft and slightly sticky, with no more visible streaks of flour on the surface.

To mix by hand, follow the same procedure using a large bowl and a wooden spoon.

2. Let the dough rise: Drizzle a large, clean mixing bowl with oil. Flour your hands and form the dough into a rough ball. Transfer it to the oiled bowl and twirl it around a few times to coat it with oil.

Cover the bowl with plastic wrap and leave it to rise for 2 to 3 hours at room temperature, until it doubled in bulk.

After rising, you can refrigerate the dough for up to 48 hours; take dough out of the refrigerator about 1 hour before shopping.

3. Use the dough: Once risen, the dough is ready to be shaped into pizzas and baked. Use this dough for any pizza recipe you want to make and follow recipe instructions for shaping and baking times.

Any leftover dough can be placed in a zip-top freezer bag and frozen for up to 3 months. Allow the dough to thaw in the fridge before using.

Recipe from:

https://www.simplyrecipes.com/recipes/easy_no_knead_pizza_dough/

Commandments of Summer Cooking <https://www.thekitchn.com/the-10-commandments-of-summer-cooking-232289>

Thou Shalt Give in to the No-Cook Summer Supper

Summer is the very best time to be a lazy cook. Make big salads for dinner that don't involve any heat, make big pitchers full of drinks to cool off, and eat all the popsicles imaginable.

Thou Shalt Attempt to Make Pie from Scratch

Summer is pie season. While you should try to avoid opening the oven this summer, pie should definitely be the exception. If you're new to making pie, go for something classic like strawberry-rhubarb.

BBQ Chicken Sheet Pan Pizza Recipe

"If your dough is store-bought or has been refrigerated for a long time, set out on the counter for at least 30 minutes to bring it to room temperature to make it easier to work with.

If you don't have leftover chicken or a rotisserie chicken to make this recipe, quickly poach a few chicken breasts. Optional topping: It's not a favorite of mine, but some people like pineapple on a pizza like this.



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

Ingredients

- 1 lb pizza dough, store-bought or homemade, room temperature
- 2 tbsps olive oil
- 2 cups cooked shredded chicken
- 1 cup BBQ sauce, such as Hunt's Hickory BBQ sauce
- 6 ozs (about 1 1/2 cups) shredded
- 1/2 red onion, thinly sliced
- 1 jalapeno, thinly sliced

Method

- 1. Prepare the oven to 450°F.** Place a rack in the lowest position.
- 2. Stretch the dough onto the baking sheet:** Place the dough in the centre of the baking sheet and drizzle with the oil. Turn the dough to coat it well, spreading some of the oil over the baking sheet.

Gradually stretch the dough until it reaches the edges of the baking sheet, being careful not to rip any holes in the dough, leaving a little bit of a border around the pizza.
- 3. Top the pizza:** Mix together the shredded chicken and barbecue sauce in a bowl, then spread evenly over the pizza dough, leaving a little bit of a border around the pizza.

Sprinkle evenly with two-thirds of the cheese, scatter the red onion and then the jalapeno, and then sprinkle with the remaining cheese. (I like to have cheese both under and over the toppings, but you can assemble it however you choose.)
- 4. Bake the pizza:** Set the pan on lowest shelf of the oven and bake until the cheese melts and the pizza is golden brown, about 15 minutes. Cut into squares and serve hot. .

Recipe from:

https://www.simplyrecipes.com/recipes/bbq_chicken_sheet_pan_pizza/

Cooking Advice from Mom ~ https://www.simplyrecipes.com/cooking_advice_from_mom/ ~

- 1. A little bit of bacon fat is great for flavour,** as is chicken fat, and of course butter. Do not be afraid to use these fats (in moderation, of course). Fry foods with an oil with a high smoke point, such as bran oil or grapeseed oil. Olive oil is great for daily cooking needs. Regardless of the latest diet craze, your body needs fat to function well. So don't be afraid of it.
- 2. Eat fresh fish the day you buy it** and keep it cold before you cook it. Fish is best when very fresh.
- 3. If you want your meat brown, don't stir it,** and don't crowd the pan. Just let it sit there in the hot pan, until it is browned on one side. Then stir, or flip.
- 4. Buy and use a pressure cooker.** Don't be afraid of them. The news ones have all these great safety features. You'll save plenty of time cooking with a pressure cooker, especially when cooking dry beans.
- 5. Vary your meals from day to day.** If you have chicken for dinner one day, have pork, beef, or fish the next. Do not eat the same foods every day. Our bodies are designed for variety.

ABORIGINAL EARLY CHILDHOOD EDUCATION CERTIFICATE PROGRAM

Sponsored by CCATEC



*** Social distancing will be practiced throughout the training. ***



Training includes but is not limited to:

Early Childhood Education Certificate Program (1 Year Certificate):

- Early Years Development I
- Foundations of ECE
- Guidance for the Early Years
- College Composition
- Programming for Early Years I
- Strategies for Success
- Early Years Development II
- Applied Interpersonal/Career Development Skills
- Observing in the Early Years
- Music and Art in ECE
- Children's Literature
- Introductory Practicum
- Curriculum Development in ECE
- Clinical Competencies
- Health, Nutrition and Safety
- First Aid and Food Safe

Location: TBA – Williams Lake

Training Dates: September 14, 2020 to November 2020 (Upgrading)
December 2020 – October 2021 (10.5-months program)

Training Agency: Nicola Valley Institute Technology

Prerequisites:

- Grade 12 Diploma or Mature status
- English 12 or English 060
- Criminal Record Check
- Medical Reference Form
- Professional Letter of reference individual working in the childcare or education field
- Transcripts
- 40 hrs. of volunteer (20 hrs. in a licensed group/20 hrs. in a private setting—sports camp, babysitting, daycamp, etc.) for the ages 0-12
- Immunization Record form

Application Process: Submit a completed "Back to Work Action Plan" with written confirmation of living supports and updated resume

Application Deadline: Friday August 7, 2020

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- Criminal Record, tuition, and books will be provided
- Living supports MUST be confirmed and all other costs are the responsibility of each trainee

See your Employment Coordinator to apply or

Contact Janine or Crystal at CCATEC (250) 392-2510 or Fax (250) 392-2570 www.ccatec.com

Canada



Soda Creek Indian Band
Full Time Employment Opportunity

Job Title: Receptionist

Reports to: Band Administrator

Job Summary: The Receptionist effectively carries out reception and general administrative tasks providing excellent customer service as the initial greeting and welcome to visitors/callers. The Receptionist uses a cordial and friendly approach and promptly addresses customer needs in a professional manner, and works to build effective relationships within the organization, associated agencies, government, and the general public.

Education & Experience:

- Grade 12 or equivalent
- Six months to one year administrative, clerical or coordination experience preferred.

Skills and Abilities:

- Accurate typing speed of 50 words per minute
- Confident working in Microsoft; Excel, Outlook, Publisher, and Word.
- Must have strong administrative, organizational and communication skills
- Ability to deal tactfully and effectively with clients, customers, suppliers, and co-workers
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Type of Employment: 35 hours per week

Working Conditions:

- Office environment: most services are provided immediately; the employee must be aware of the sensitivity, confidentiality and urgency of requests while balancing other work commitments
- Receives moderate supervision with less frequent direction and review of the work performed
- Must be able to obtain and maintain a Criminal Records Check
- Must have a valid BC Driver's License
- Reliable Transportation to and from work

Salary: As per company salary grid

For a complete job description and application package contact:

Craig Smith, Band Administrator
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5
P: (250) 989-2323 F: (250) 989-2300
bandadmin@xatsull.com

Applications will be accepted by email, hand delivery, fax, or by post. Please provide a cover letter and references. Application Deadline: **Open until filled** Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

CULTURAL ACTIVITIES WORKER
Employment Opportunity



Title *Cultural Activities Worker*

Reports to *Health Manager*

Job Summary

The Community/Cultural Activities Worker manages programs for Youth, Elders, and community members; develops budgets, plans, and manages volunteer and support staff and prepares proposals and solicits grants as they become available.

DUTIES AND RESPONSIBILITIES

Recreation Program:

1. Develops an operational plan which incorporates goals and objectives for programs and services.
2. Plans and coordinates events for the community involving cultural components
3. Involve community members in the planning of activities, fundraising and events. Encourages members to volunteer their special skills in order to enhance activity participation.
4. Conducts needs assessment with the community to identify gaps and provide targeted services to the community's needs
5. Prepares and submits regular activity reports to appropriate agencies
6. Develops a communication strategy for public awareness of programs and events.
7. Participates in various community support, council and committee meetings as required/directed.
8. Establishes and maintains budget

Human Resources and Administration:

1. Oversees and supervises all volunteer staff.
2. Writes proposals
3. Other duties as assigned or required

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

QUALIFICATIONS

Education:

- Grade 12 or equivalent
- Diploma in Recreation or a related field preferred

Skills and Abilities:

- Proficiency in the use of computer programs
- Ability to work independently and build effective interpersonal relationships

Experience:

- Experience in event planning
- Experience supervising and managing volunteers as well as developing and managing budgets

Working Conditions

- Travel to other locations maybe required
- Non-standard hours of work which include evening's and weekends

Conditions of Employment

- Part time employment, subject to 90-day probation
- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Be willing to obtain and maintain a Valid Class 4 Driver Licence
- Must provide a vehicle in good operating condition
- Must be able to obtain and maintain a valid Emergency First Aid Level One Certificate, and Food Safe Certificate

General Category:

- Operates as part of a team and is flexible about the boundaries and functions of the job
- Maintains open and professional communications with co-workers, leadership and all others who do business with Soda Creek Indian Band
- Maintains confidentiality of all information seen, heard or obtained by virtue of employment
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Please include:

- Cover letter
- Salary Expectations
- Application form found at xatsull.com

Email your application to:

Email: bandadmin@xatsull.com

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

Attention: Craig Smith, Band Administrator

Soda Creek Indian Band

3405 Mountain House Road

Williams Lake, BC V2G 5L5

Application Deadline: **Open until filled**

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

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

July 2020

Community Events

DEPARTMENTS:
Health Events
Social Development

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day Office Open	2	3 Integrative Therapy 8:30-3:30pm	4
5	6 INTERVIEW WEEK 9:30am- 4:00pm	7 INTERVIEW WEEK 9:30am- 4:00pm Physio- therapy 9:00-12:00pm	8 MID-MONTH INTERVIEW WEEK 9:30am- 4:00pm	9 INTERVIEW WEEK 9:30am- 4:00pm	10 INTERVIEW WEEK 9:30am- 4:00pm Integrative Therapy 8:30-3:30pm	11
12	13	14	15	16	17 Integrative Therapy 8:30-3:30pm	18
19	20	21	22 SA DAY	23	24 Integrative Therapy 8:30-3:30pm	25
26	27	28	29	30	31 Integrative Therapy 8:30-3:30pm	