



Fraser River Run

JULY 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



The Band Offices are closed
July 2nd in lieu of Canada Day



INSIDE THIS ISSUE:

Staff Reports	2-7
Community Photos	8-11
Family Support Travel	12-13
Summer Children's Prog.	14-17
Recipes	18-19
Gardening Article	20-21
Events	22-25
Health Calendar	26
Employment & Training Opportunities	27
Community Events	28

Soda Creek Band Office:
250-989-2323
Soda Creek Health Station:
250-989-2355
Natural Resources:
250-989-2323
Xats'ull Development Corporation
(250) 477-4900
Toll free 1-888-581-7750
Xats'ull 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



Pitch Making Workshop
May 29, 2018



There was a Pitch Making Workshop which was a follow up to the Pitch Collecting Field Trip on May 24, 2018. We had Community Members come in to learn how to make pitch medicine with Donna Dixon. It was a good turn out and very good learning experience for all that came.

Pesteml'ik (ripening month) – July

"When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive." ~Chief Seattle

New Trail-development Makes Soda Creek The Leader In First Nation's Trail Infrastructure

*Submitted by: Thomas Schoen,
First Journey Trails*

Weyt-kp! Le7 te sitqt!

I'm happy to report to the community, that Phase 3 of the trail development is going really well and the trail network is growing fast.

I travel all over the Province to develop trails and trail networks with First Nations and non-indigenous communities and Soda Creek is always part of my presentations. The quality, variety and quantity of trails that the local crews have constructed in the past 3 years is more than impressive and attracts the attention of the media, industry insiders and of course trail users. Crew members are proud of their work and their skill level is growing quickly. Band members are exploring the trails and stop by regularly to visit the crew.

Trails recreation including hiking, trail running, horseback riding, and particularly mountain biking is growing in popularity throughout British Columbia. Numerous communities throughout the province, both Aboriginal and non-Aboriginal, are investing significantly in trails as a means for enhancing the livability of their communities and to attract and retain residents. In addition, trails recreation and tourism are also



growing and providing exciting new opportunities for economic development. The development of trails can have a significant impact on the health and well-being of communities. Trails make a significant contribution to community development, creating opportunities for healthy active living, recreation and connection to nature.

Many communities and First Nation communities in particular, are deeply concerned for the health and well-being of their membership and are keen to create new opportunities for recreation and to support their membership to engage in healthy active living.

Canada is built on a lie and First Nations are the rightful owners of this land. Indigenous people never received recognition

for building this country. Without the return of the land to the indigenous people of Turtle Island, reconciliation is not possible. Building trails is one way to establish a presence and do what indigenous people have done for thousands and thousands of years. Trails have always been an important element of the indigenous economy and they play an important role in asserting a presence on the land and for upholding Aboriginal Rights & Title. Building trails with non-native partners, such as myself, is one step towards reconciliation. You lead the process, your partners lend support and follow.

Many of you know me from my work with the Xat'sull First Nation in the early 90's when I developed the Xat'sull Heritage Village. Some of the kids I worked with then, are now in administrative positions and help make Xat'sull a thriving community. Chief Andrea is just one shining example. I couldn't be happier to have so many friends in the community and be a part of this exciting project. The Soda Creek Band now has the largest First Nation's bike/hiking trail network in BC, followed by the Simpcw First Nation, another Secwépemc band.

Yerí7 skukwstsétsemc!



Community Support Counsellor



Shae Chelsea

Wekt-p, the last few months have been busy, within the community and Health Station. I have a lot of events coming up for this summer, and I need the communities input to see

who is interested in attending. Please call me or Max at the Health Station 250-989-2355 if you want yours or your youths name put on a list for any of these events;

July 2018

- Lake Day at Horsefly Lake with Janae (Everyone Welcome)-July 6, 2018
- River Safety Day Course- July 10, 2018
- Youth Meeting- July 12, 2018
- Drinking and Driving Presentation with the RCMP- date to be confirmed

August 2018:

(These dates and locations to be confirmed)

- Bike Rodeo
- Restorative Justice Training
- Girls Retreat (ages- 11-17)
- Older Youth Year End Trip (ages- 12-14)

Feel free to contact me or Max, if you or your youth is interested in any of these events. Also I am currently offering a drop in day for all clients, every Wednesday of the month.

July 2018

Support Counsellor's Calendar

Shae Chelsea supportcounsellor@xatsull.com
250-989-2355 ext. 136

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 STAT Canada Day	3	4	5 Prep Day for Lake Day, Horsefly Lake	6 Lake Day with Community at Horsefly Lake	7
8	9	10 River Safety with Kayla	11 Staff Meeting & Drop in Day	12 Youth Meeting Night	13	14
15	16	17	18 Shop and Prep for Workshop & Drop In Day	19 Drinking and Driving Workshop w/ RCMP	20	21
22	23	24 Administration Day	25 Drop In Day	26 Lunch & Learn w/ Ciel	27	28
29	30	31				

Lands Coordinator



Sally Sellars

Land Use Planning:

The BC Capacity Initiative May 31st, 2018 for Land Use Planning has been submitted, "Xat'sūll First Nation Land Management Strategy 2018".

I have pulled some key notes from the document and will be discussed in full at our next Land Use Planning (LUP) Community Meeting Mid-July 2018.

The purposes of this strategy are to:

- Provide guidance for the development of a Land Use Plan
- Identify land use data collection and management
- Form a foundation for the addressing of issues with respect to Traditional holdings
- Form a basis for the ultimately dealing with treaty lands
- Identify infrastructure requirements
- Identify areas that need to be protected from development while identifying areas that could be developed

Section 3.0 The Vision has not changed:

We, the Xat'sūll people of the Shuswap Nation, continue to own and take care of our territory by respecting and enhancing our traditional ways and cultural values through strong, accountable, determined self-government and by creating a self-sustaining abundant economy.

Xat'sūll wants to ensure that its land use planning is done in accordance with a number of key themes;

Key themes:

- Environmental Protection
- Family oriented community
- Rural lifestyle
- Place for people to move home
- Opportunities

Guiding Principles:

- Transparency in decision-making
- Community involvement in decision making
- Environmental Protection
- Community Benefits

Section 4.0 Traditional Holdings

There has never been a formal process for allotting lands. No individuals or families hold certificates of possession (what is required) the *Indian Act* process for legally acknowledging a band member's right to exclusively use and occupy land. However, over the years, individual or families have received economic benefits from use or transactions regarding specific parcels.

Example:

- In the 1990s, a band member was paid \$6000.00 to sell a parcel of land on Soda Creek IR#1 to the band.
- A band family receives annual payments for the lease of land to Pioneer Log Homes Ltd.
- A band member receives annual payments for the lease of land to the Nenqayni Treatment Centre
- A band member receives annual payments from the band for a water station located on a parcel of land.
- Three band members/families received a financial settlement from Enbridge from the use and disruption of parcels of land during their 2017 pipeline replacement project.

Traditional holdings are not legal interests in land under the Indian Act. A band member needs a formal allotment by a Band Council Resolution, evidenced by a Certificate of Possession issued by the Minister of Indigenous Affairs. A band member cannot rely on Council's informal recognition of a traditional holding.

Key Principles:

- Transparent decision making
- Community involvement in decision making
- Certainty/clarity in tenure

Section 5.0 Housing

If Xat'sūll were to solve the traditional fields issue, there would be many more areas open for potential housing options, it being said again and again that people would like to move back to the community. The future is to plan for a diversity of housing needs and variety and hopefully draw a wide variety of people and economic opportunity back into our community.

Section 6.0 Community Facilities and Use

We have a growing youth and elder population; the focus is to accommodate with new facilities for these groups. Community engagement sessions brought out the fact for an elder's center and youth center with playgrounds were some of the ideas. The next steps are feasibility studies which will be most popular and most feasible at this time.

Section 7.0 Commercial Development

Guiding Principles

- No harm to the environment
- Provisions of benefits to the community in terms of jobs and revenue
- Fit with the development scheme of the land

Potential Strategy

- Explore commercial development opportunities in greater detail through economic development projects on the bands reserves
- Consider designating reserve lands for development purpose
- Explore economic opportunities TSL

Continued on page 5 →

Section 8.0 Food

Xat'sull community members have expressed a strong desire both for increased access to commercially produced food and increased local food production and processing

Guiding Principles

- Organic – no fertilizers or pesticides
- Help feed the community

- Help create employment and business opportunity

Key Policies

- Ensure that a portion of food grown feeds the community
- Market gardens
- Commercial community kitchen
- Agriculture be organic
- Irrigation water license's
- Development of greenhouses
- Development of fish and game can- nery

- Protect on reserve hunting, gathering and fishing

Section 9.0 Environmental Protection

Protection and stewardship of the land is consistently expressed as a core value by Xat'sull members. Reserve land management initiatives must seek to enhance resilience to the effects of wildfire, flooding, drought and threats to forest health. Archaeology sites remain the most important aspect to our identity and requires full protection.

Recovery Update

Mike Stinson is the new community recovery coordinator for Xat'sull. Mike will be in this position until October 2018 with back up from Deb Borsos (the first CRM). To reach Mike: communityrecoverycoordinator@xat'sull.com or phone 989 2323 local 122, Monday to Friday 830-430.

In May, a draft Recovery Plan was reviewed by Band staff along with staff from the Province and will be used by the new CRM (Mike) as a plan moving forward to complete different projects in the community.

Fencing

A fencing crew is being put in place to do the work. Replacement of the shed which burned will also be part of this project. Contact Ji Anderson for more information.

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. Mike will be working on emergency response training opportunities for Xatsull residents as part of the Emergency Planning committee.

Environmental Assessment

The assessment has been completed, and once recommendations are reviewed, funding for remediation of the burnt areas will be investigated and projects put in place to begin the replanting and regrowth of affected areas.

Archeological assessment

Completed for areas being logged on reserve presently.

From Deb:

Many thanks to all those who I met and/or spoke with that offered information, ideas, comments and support while I was in the Community Recovery Manager position from February to June All the best to Mike as the new CRM as he works on and completes the ongoing recovery and preparedness projects.



Williams Lake Stampede Pageant 1979

Sally Sellars was 16 years old when she ran for Miss Williams Lake Stampede Queen

The only person that ever wore the banner "Miss Soda Creek"

The Soda Creek Band was the sponsor to enter the pageant.

Education Coordinator



Cheryl Chapman

I have finalized the Post-Secondary funding requests 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 you can find the application on the SCIB website or contact me and I will provide one to you.

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

1. Upgrading – Adult Education Programs
2. Vocational & Skills Training Programs
3. Field Trips (including cultural exchange programs) transportation, accommodation, food – up to a maximum of \$200.00

4. Graduation Expenses from high school and post secondary institutions up to a maximum of \$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)

If the program you are interested in doesn't quite fit into one of these categories, please contact me, I am looking to update the application, and I am sure we are missing some areas of interest.

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' are starting next week!!! I welcome Dionne Phillips as our Summer Children's Supervisor/Education Assistant, and we will have two Summer Students working with her.

Annual Summer Programming will run from July 3rd – 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. Calendars are in this newsletter.

The annual Indigenous Celebration in Barkerville is scheduled for July 14th, please see poster.

Graduation & Student Celebration is on July 18th, at 5pm at the Xat'sull Heritage Village, I am looking for someone that is doing fundraising to prepare the salads and BBQ.



Photos from the Pitch Making Workshop

Community Activities Worker



Janae Beaulieu

Hi everyone hope you are enjoying this warmer weather and the rain we have been having. I think it's great especially for the community garden. Just a quick update on stuff we did in June and also what we have planned for July.

June was a pretty busy month starting off with the community clean up we had on the 1st, thank you to everyone that came and help beautify our community.

On June 5th, we took the Elders for a day trip to the Chilcotin to check out some historic sites and seen the beautiful scenery which was awesome my first time ever out there so I'm very happy and thankful to Cecil Grinder for taking time out of his day to tour us around and share his knowledge and history.

On June 7th, 2018 we planted the com-

munity garden followed by flower planting after that. A big thank you to the 2 community members that help us plant the garden your help was greatly appreciated as it was a lot of work.

The week of June 11-15 was planning and preparing for the Aboriginal Day Celebration

June 21st was the aboriginal day celebration and that was a lot of fun, we decorated the bus and I was pretty excited to drive it in the parade (which meant I didn't have to walk hehehe) We had a dip net station where kids were able to dip net for a prize which was a great turn out and enjoyed by kids of all ages. We also did a bit of face painting, glitter tattoos and handed out freezies, water and snacks. Good job to all staff that helped out it was a great day and was glad the rain held off. Now for July.....

I have been working with the Home and Community Care worker and she is planning on taking the elders to Barkerville on the 4th, so I will be driving them up there on the bus.

On July 6th we will be taking anyone who wants to join us to Horsefly Lake for some swimming and a Barbeque please see poster in the newsletter and if you're interested leave your name with Maxine.

On July 18th, I will be helping out with the

Education Celebration down at the Heritage Site. Come on out enjoy a meal with us and help us congratulate the students for their successes.

July 21st, we will be taking the elders for another day trip this time we will be going to Quesnel for Billy Barker Days, we will be going up to watch the parade then have some time to take part in the festivities or rodeo as well.

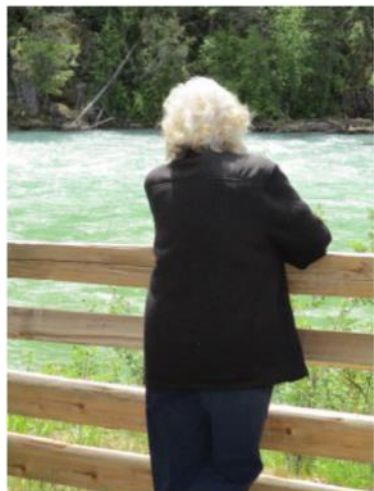
Also we have some great news for families and community members who have trouble accessing rides to town the bus will be going in on Wednesdays and Fridays, starting JULY 11TH. Please see the guidelines and travel schedule also in this month's newsletter.

Take care and stay cool until next month.....

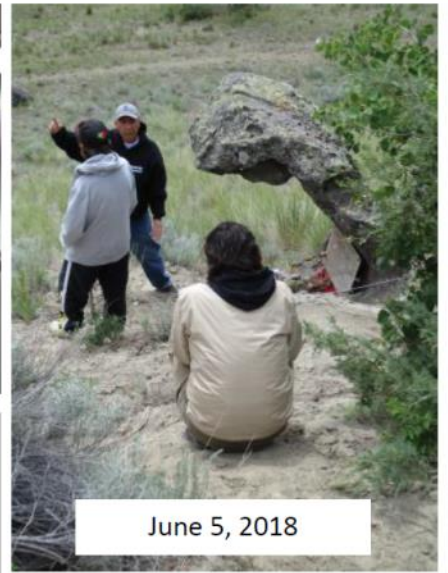
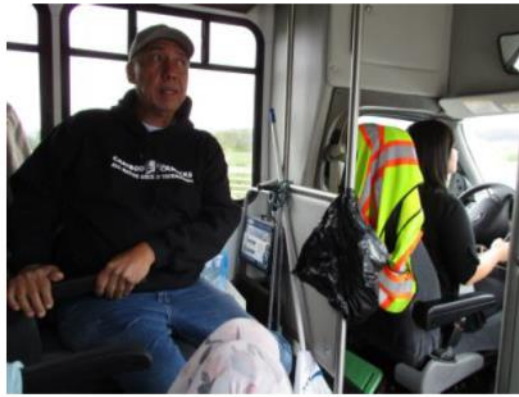


Family Support Travel Dates for July 2018:

- July 11th, 2018
- July 18, 2018
- July 25, 2018



Photos from the Elders Trip to the Chilcotin



June 5, 2018



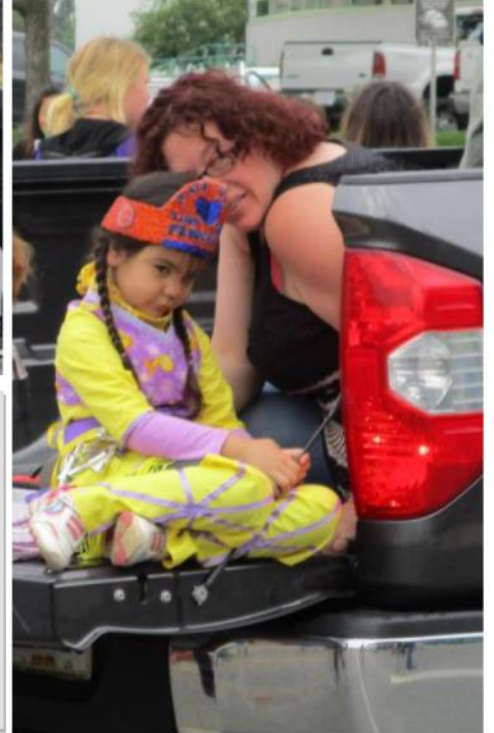
Cecil Grinder was their tour guide for the trip to Anaham Reserve. The trip was to go visit the Legendary Rock Woman, the Woman that turned to Stone.

Elder's Trip to the Chilcotin

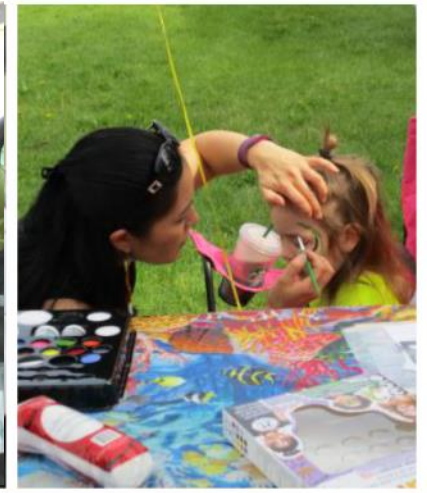




Indigenous Day 2018



Indigenous Day Parade and festivities in the Park. Aurora Mitchell was our Xat'sull Tiny Tot Princess 2017. Soda Creek had a glitter tattoos and a dip net fishing stations. Also a spot to visit and snack. As well, the Xat'sull Heritage Site booth.





Shane Charley



Ashley Pruden
Grade 12 Graduates



Dusty-Rose Sellars



Brenda Phillips



Joanne Phillips
Adult Dogwood Graduates



Noella William



Cheryl Chapman



Brandi Phillips
Certificates in General Studies Graduates



Sheri Sellars



Noella William



Latasha Diaz
Bachelor of Nursing



2018 Graduates



Brenda Phillips
Medical Office Assistant

Soda Creek Indian Band Family Support Travel Guidelines



- 1 The service is for family support travel on **Wednesdays and Fridays.**
Driver will enforce zero tolerance for drugs, alcohol, offensive or abusive behavior. Those believed to be in non-compliance will be refused service.
- 2 The space for this service is **limited to 15 people** and you must reserve a seat by phoning to the Health Station Administrative Assistant **Tuesday at 3:00pm and Thursday at 3:00 pm, prior to the travel day.**
- 3 This service maybe cancelled due to unforeseen circumstances or if no seat reservations have been made.
- 4 There will be other community members using this service as well. Please be prepared to spend most of the day in Williams Lake (pack any necessary snacks and water) **Pick up starts at 9:00 am and out of town by 2:00pm.**
- 5 The service is based on family support and we would request community members be prepared for pick up at the end of their driveways at scheduled times for pickup. ***Parents must provide car seats or booster seats for their child/children***

Approved by: Flora Fleming

Family Support Travel Bus Schedule/ Route:

1

Pick up in Soda Creek 9:00am—9:30am

2

Pick up on Deep Creek Highway 9:45am—10:00am

Pick up on Mountain House Road 10:00am—10:30am

3

Downtown: 11:00am—11:30am

Drop Off Locations:

TD Bank

Credit Union

Royal Bank

Scotia Bank

Bank Of Montreal

Shoppers Drug mart

Pick up Location after banks: Theatre at 11:20am—11:30am

Call Maxine or Janae at
250-989-2355 if you want to
book a ride. Call by Tuesday at
3pm or Thursday at 3pm, prior
to the travel day

4

Pick up and drop off locations in order and scheduled times:

<u>Location:</u>	<u>Drop off time:</u>	<u>Pick Up time:</u>
-------------------------	------------------------------	-----------------------------

<u>Safeway:</u>	<u>11:35am</u>	<u>12:45pm</u>
-----------------	----------------	----------------

<u>Save On Foods:</u>	<u>11:45am</u>	<u>1:00pm</u>
-----------------------	----------------	---------------

<u>Whole Sale:</u>	<u>12:00pm</u>	<u>1:15pm</u>
--------------------	----------------	---------------

<u>Wal-Mart:</u>	<u>12:15pm</u>	<u>1:30pm</u>
------------------	----------------	---------------

*** LEAVING WILLIAMS LAKE AT 2:00PM ***

***Please be courteous of others accessing the bus service and be ready to
go at scheduled pick up times.***

Phone: Dionne or Cheryl
250-989-2323 ext.115

Email:
edassist@xatsull.com

JULY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Program Closed	3 First Day of Program! Tie Dye & Games	4 Lake Day	5 Scavenger hunt	6 Community Lake Day @ Horsefly Lake	7
8	9	10 River Safe	11 Snack making	12 Science Experiments	13 Park & Scout Island	14 Indigenous celebration @ Barkerville
15	16 Culvert	17 Bowling	18 Grad Celebration 5-8pm	19 Wilderness Skills	20 Movie Day	21
22	23 Horseback Riding	24 Lake Day	25 Kids Carnival	26 Games Day	27 Wilderness Skills	28
29	30 Recycling clothes (DIY)	31 Gavin Lake	1 Gavin Lake	2 Gavin Lake		

**Events are subject to change due to unforeseen circumstances*

XAT'SULL SUMMER CHILDREN'S PROGRAM

Phone: Dionne or Cheryl
250-989-2323 ext.115

Email:
edassist@xatsull.com



AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	Gavin Lake 31	Gavin Lake 1	Return from Gavin Lake 2	Movie Day 3	4
5	Program Closed 6	Game Day 7	Traditional Crafts 8	Lake Day 9	Gymnastics 10	11
12	Drum Making 13	Outdoor Games 14	Drum Decorating 15	Farwell Canyon 16	Culvert 17	18
19	Mountain Biking 20	Vancouver 21	UBC 22	Caplano University & Suspension Bridge 23	BCIT & PNE 24	25
26	Snack Making 27	Lake Day 28	Gym Day 29	Outdoor Games 30	Belle Acres 31	1

**Events are subject to change due to unforeseen circumstances*

XAT'SULL SUMMER CHILDREN'S PROGRAM



Soda Creek Indian Band
3405 Mountain House Rd.
Williams Lake, BC V2G 5L5

Xat'sūll Stsmemult Nek'úsem K'weselkét'n
(Soda Creek Youth Group)
Programming Registration

Child's Full Name: _____ Birthdate: _____
☐ Male ☐ Female Care Card #: _____ Grade: _____

Child's Full Name: _____ Birthdate: _____
☐ Male ☐ Female Care Card #: _____ Grade: _____

Child's Full Name: _____ Birthdate: _____
☐ Male ☐ Female Care Card #: _____ Grade: _____

Child's Full Name: _____ Birthdate: _____
☐ Male ☐ Female Care Card #: _____ Grade: _____

Parent/Guardian Information:

Name: _____ Home Phone Number: _____

Work Phone Number: _____ Alternate Phone Number: _____

Address: _____

Email Address: _____

Emergency Contact Information:

Name: _____ Home Phone Number: _____

Work Phone Number: _____ Alternate Phone Number: _____

Medical Information:

Allergies: _____

Medication Taken: _____

Medical or behavioural conditions that we should know about: _____

Informed Consent and Permission Section

In consideration of the Xat'sūll Stsmemult Nek'úsem K'weseltkétn Programs, in granting me the privilege of participating in the activity named below I agree to this release of claims, waiver of liability, and assumption of risks (hereinafter collectively called "this Release").

I, _____ (name of Parent or Guardian), have reviewed my responsibilities and the terms, conditions, roles and responsibilities with my child and give _____ (name(s) of Child(ren)) permission to participate in the Soda Creek Education – Xat'sūll Stsmemult Nek'úsem K'weseltkétn Programming.

I, _____, waive any and all claims I may have against, and release from all liability and agree not to sue, Soda Creek Indian Band and its officers, employees, agents and representatives (hereinafter collectively called "its Staff"), the Soda Creek Education – Xat'sūll Stsmemult Nek'úsem K'weseltkétn Programming, and partners for any personal injury, death, property damage or loss sustained by me as a result of my participation in the activity named above arising out of any cause whatsoever including, but not limited to, negligence on the part of the Soda Creek Indian Band and its staff.

I am aware of all the dangers and risks inherent in these particular activities including, but not limited to the following:

1. Sports related injuries from participating in games and activities.

In entering into this Agreement, I am not relying on any oral or written representations or statements made by Soda Creek Indian Band or its staff, the Soda Creek Education – Xat'sūll Stsmemult Nek'úsem K'weseltkétn Programming, including those in any calendars issued by the Band to induce me to undertake this particular activity. I confirm that I have read and understood this Release prior to signing it, and agree that this Agreement will be binding upon me, my heirs, next of kin, executors, administrators and assigns. I agree that this Agreement is to be interpreted pursuant to the laws of the Province of British Columbia and Canada; I understand that if I have any questions regarding this waiver of rights, I should consult a lawyer prior to signing this Agreement. I acknowledge that at any time Soda Creek Indian Band may refuse to allow participation to any persons who are a hazard to themselves or other participants involved in the activity.

Parent/Guardian:

Signature: _____ Date: _____

Name: _____ Relation to Student: _____

Photo Consent

By signing this consent, I agree to allow the Soda Creek Education – Xat'sūll Stsmemult Nek'úsem K'weseltkétn Programs to take photos or videos (digital or otherwise) of my child and to reproduce the likeness of my child (no name to be used) in promotional materials, including brochures and audio-visual productions, for reporting purposes.

Signed by Parent/Guardian: _____ Date: _____

Information

Received by: _____ Date: _____
Signature

Name: _____ Title: _____

Baked Zucchini Chips

"I love using these as a healthier alternative to fries or chips with my meals. Very yummy!"

Ingredients

- 3 small zucchini, sliced into 1/4-inch rounds
- 2 tablespoons olive oil
- 1/2 cup Italian-seasoned bread crumbs
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons fresh oregano

Prep: 15 m **Cook:** 15 m **Ready In:** 30 m

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place zucchini in a bowl. Drizzle olive oil over zucchini and stir to coat; add bread crumbs and toss to coat. Spread coated zucchini onto a baking sheet. Sprinkle Parmesan cheese and oregano over coated zucchini.
3. Bake in the preheated oven until zucchini are tender and cheese is browned, about 15 minutes.

**Spiced Sweet Roasted Red Pepper Hummus**

"Serve with pita bread-you can cut pita bread into wedges and toast it for a different taste sensation. Tahini is a sesame paste, you can usually find it in the Mediterranean section of your grocery

Prep: 15 m **Ready In:** 1h 15 m

Ingredients

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

Directions

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley before serving.

**Sesame Pasta Chicken Salad**

Prep: 20 m **Cook:** 10 m **Ready In:** 30 m

"A refreshing light pasta salad with a delicious Asian flair. Great for a summer cookout or picnic. Tastes great right away, and even better if you can allow it to marinate for a while."

Ingredients

- 1/4 cup sesame seeds
- 1 (16 ounce) package bow tie pasta
- 1/2 cup vegetable oil
- 1/3 cup light soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon sesame oil
- 3 tablespoons white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 3 cups shredded, cooked chicken breast meat
- 1/3 cup chopped fresh cilantro
- 1/3 cup chopped green onion

Directions

1. Heat a skillet over medium-high heat. Add sesame seeds frequently until lightly toasted. Remove from heat, and set aside.
2. 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 pasta, and rinse under cold water until cool. Transfer to a large bowl.
3. In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.
4. Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.



Light and Easy Greek Potato Salad

"Light, easy, hard to mess up, easily multiplied."

Ingredients

- 12 red potatoes
- 1/4 cup chopped green onion
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon coarse salt, or to taste
- 1/2 teaspoon ground black pepper, or to taste
- 1/4 teaspoon dried oregano
- 1/4 teaspoon white sugar
- 1/4 teaspoon dried rosemary, crumbled
- 1 pinch ground red pepper

Prep: 30 m **Cook:** 25 m **Ready In:** 1h 25 m

Directions

1. Place red potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 25 minutes. Drain and chill in freezer until cold, about 30 minutes.
2. Slice potatoes and place into a large salad bowl; toss potatoes with green onion. Whisk olive oil, red wine vinegar, lemon juice, garlic powder, onion powder, salt, black pepper, oregano, sugar, rosemary, and red pepper in a bowl. Pour the dressing over the potatoes and toss. Serve immediately or chill until serving time.



Calico Slaw

"Crunchy cabbage slaw with apples, peppers, and carrots."

Ingredients

- 1 medium head green cabbage, shredded
- 3 carrots, shredded
- 1 green bell pepper, seeded and thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 1 yellow bell pepper, seeded and thinly sliced
- 1 Red Delicious apple, cored and chopped
- 1 Golden Delicious apple, cored and chopped
- 2 tablespoons apple cider vinegar
- 2 tablespoons white sugar
- 1/2 teaspoon fine sea salt
- ground black pepper, to taste

Prep: 20 m **Ready In:** 50 m

Directions

1. Toss the cabbage, carrots, green bell pepper, red bell pepper, Red Delicious apple, and Golden Delicious apple together in a large bowl.
2. Whisk the apple cider vinegar, sugar, and sea salt together in a small bowl; season with black pepper. Pour the vinegar mixture over the cabbage mixture and gently toss to coat. Cover the bowl with plastic wrap and refrigerate at least 30 minutes.



Best Black Beans

"This simple black bean side dish works well with Mexican or Cuban meals."

Ingredients

- 1 (16 ounce) can black beans
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon cayenne pepper
- salt to taste

Prep: 10 m **Cook:** 5 m **Ready In:** 15 m

Directions

1. In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cilantro, cayenne, and salt. Simmer for 5 minutes, and serve.



COOKING TIPS

<https://www.buzzfeed.com/rachelysanders/cooking-tips-that-will-change-your-life>

- Use a spoon to peel a kiwi from inside out.
- Grate frozen butter straight into pastry dough for fast, even distribution.
- Can make whip cream by shaking it in a mason jar.
- Peel a lot of boiled eggs at once by shaking them around in the pot. The shells will get broken up and then slip right off when you rinse them. Can also try shaking the eggs in a closed Tupperware container.

Petal Power: Why Is Gardening So Good For Our Mental Health?

10 ways horticulture helps us heal, overcome anxiety and lift low mood



Time and again research reveals that gardening has a positive effect on our mental health, so let's explore what it is that seems to make horticulture so healing.

1. Looking after plants gives us a sense of responsibility.

I remember when my mother gave me a little spot in our garden to tend. I must have been about five. I demarcated it with stones and planted forget-me-nots and 'poached eggs' flowers that still make me smile.

Having to care for plants is a good way to learn to look after and respect other living things and when we are small it helps develop an appreciation of the magic of nature.

2. Gardening allows us all to be nurturers.

It doesn't matter if we are seven or seventy, male, female or transgender, gardening underlines that we are all nurturers. Horticulture is a great equalizer: plants don't give a fig who is tending them and for those with mental health problems to be able to contribute to such a transformative activity can help boost self-esteem.

3. Gardening keeps us connected to other

living things.

Gardening can act as a gentle reminder to us that we are not the centre of the universe. Self-absorption can contribute to depression, and focusing on the great outdoors – even in the pared-down form of a patio – can encourage us to be less insular.

As long ago as 2003, research concluded that for those in mental health units and prison, the social nature of group gardening is beneficial because it centers on collective skills and aspirations rather than individual symptoms and deficits. Yet to dig and delve in a walled or fenced garden also helps to keep vulnerable people within boundaries both literally and metaphorically, allowing them to feel safe at the same time as they expand their horizons.

4. Gardening helps us relax and let go.

For many the peacefulness associated with gardening comes not from its social aspect however, but the opposite. It enables us to escape from other people.

'Flowers are restful to look at. They have no emotions or conflict,' said Freud.

Tending to plants allows us to tap into the carefree part of ourselves with no deadlines, mortgage or annoying colleagues to worry about.

Moreover, the rhythmic nature of many tasks associated with horticulture – weeding, trimming, sowing, sweeping – allows thoughts to ebb and flow along with our movements. I often take to watering the plants in my patio when trying to untangle the knots in plots or characterization that can arise when writing a novel, and all too often the solution comes to me far more easily there than if I sit staring and despairing at my screen. The competing thoughts inside my head somehow clear and settle, and ideas that are barely formed take shape.

5. Working in nature releases happy hormones.

To say that gardening encourages us to exercise and spend time outdoors might

seem a statement of the obvious, but it's worth reminding ourselves that what's good for the body is also good for the mind. When I'm deeply immersed in writing it can be all too easy to forget this, but when we exercise levels of serotonin and dopamine (hormones that make us feel good) rise and the level of cortisol (a hormone associated with stress), is lowered. It's true that a session in the garden can be tiring, but it can also get rid of excess energy so you sleep better and ultimately feel renewed inside.

6. Being amongst plants and flowers reminds us to live in the present moment.

As I explain in my little book on anxiety, 'when we let go of ruminating on the past or worrying about the future and instead focus on the here and now, anxiety lessens'. So one of the best ways to calm the anxious mind and lift mood is to become more 'present'. Next time you're in a garden, pause for a few moments and allow yourself to be aware of your senses. Listen. Touch. Smell. See.

Just a short time experiencing the fullness of nature like this can be very restorative.

7. Gardening reminds us of the cycle of life, and thus come to terms with that most universal of anxieties: death.

Rituals can help us work through difficult emotions, including grief, and gardening is a form of ritual involving both the giving of life and acknowledgement of its end; it's symbolic of regeneration. It's no coincidence we create gardens of remembrance and mark the scattered ashes and graves of our loved ones with roses, shrubs and trees; by doing so we're acknowledging that from dust we all come and to dust we return.

8. Some aspects of gardening allow us to vent anger and aggression...

Clearly then, horticulture is not all sweetness and light: nature has its dark side too. In a similar vein, some of the therapeutic power of gardening is

~Petal Power continued~

that it allows us to unleash our anger and aggression as well as providing an opportunity to nurture. Why beat pillows with a baseball bat or yell at the cat when you have a hedge to hack? I confess there are times when I enjoy cutting and chopping and yanking and binding as much, if not more, than sowing and feeding and watering, and the great thing about destructiveness in the garden is that it's also connected to renewal and growth – if you don't cut back the plants, your space will be swamped by them.

9. ...whilst others allow us to feel in control.

In a similar vein, anxious people often feel overwhelmed, and gardening can be a good way of gaining a sense of control. Moreover, whereas trying to control oth-

er people is invariably a fruitless exercise, you're more likely to succeed in controlling your beds and borders, which can make gardening a particularly satisfying experience.

10. Last but not least, gardening is easy.

When it comes to growing things, for all its power of healing, the world of plants can feel intimidating to an outsider. If you're new to gardening you may well be anxious you won't have 'green fingers' and here, as with all new ventures: starting small is key.

You don't need garden the size of a meadow to enjoy horticulture; you don't even need a patio the size of mine (above).

Just one hanging basket or few pots along a window ledge can lift the spirits when-

ever you look at them, and if you're strapped for cash, why not recycle an old container like a colander or ice-cream carton?

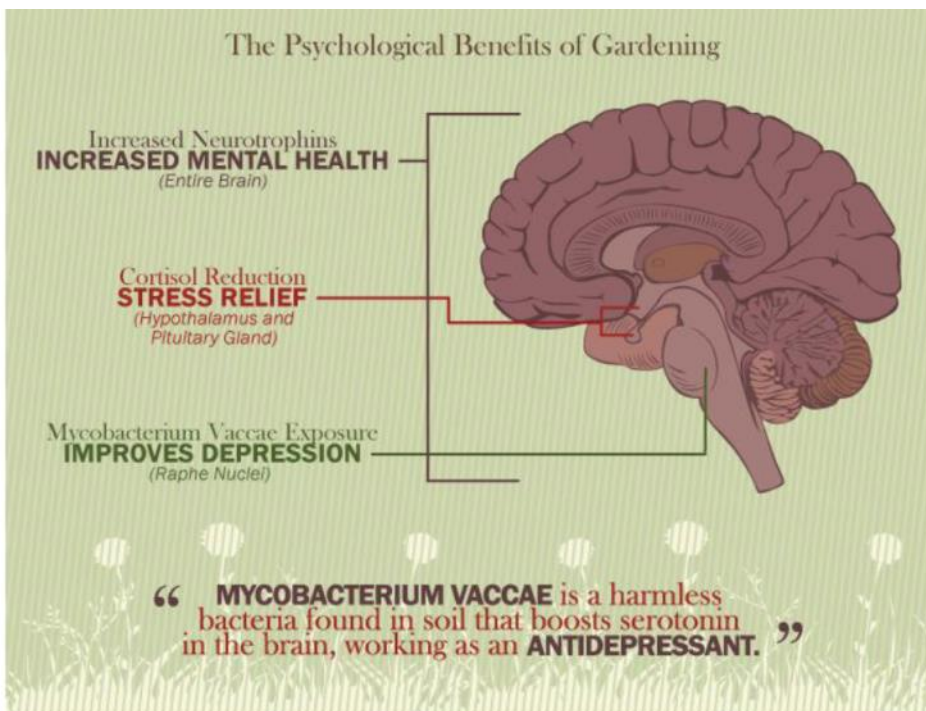
I also recommend looking for packets that say 'Ideal for Children' – who cares if you left school years ago? Nasturtium are a good bet, as are sweet peas, or, if you can find a patch of earth which gets sunshine, try sowing sunflowers or poppies directly into the soil.

It's the perfect time of year to get planting and gardening is a lot more affordable than many other forms of therapy, so why not grow yourself better by making an appointment with Mother Nature today?



BENEFITS OF GARDENING

- Stress relief
- Exercise, fresh air and sunshine
- Increase tolerance and patience
- Nutrition from produce
- Opportunity for bonding with family, neighbors and friends



Nurse Practitioner



July 4
July 11
July 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



July 4
July 11
July 18
July 25

10:00-2:00 pm

Soda Creek Health Station

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

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

**Community
Lake Day
@ Horsefly
Lake**



Come out and join in on our community lake day. We will be going to Horsefly Lake for swimming and a BBQ lunch.
Everyone Welcome:

Bus is travelling out and if you plan on attending please sign up to ensure you get picked up.

Also please ensure you bring your own water bottle, sunscreen and life jacket.

Time: 10am—3:00pm
Date: July 6th, 2018

To sign up please call Maxine @ 250-989-2355
Deadline to sign up is July 4, 2018 @ 4:00pm



Dental Therapist

Wednesday, August 22, 2018

10:00-3:00 pm
Health Station

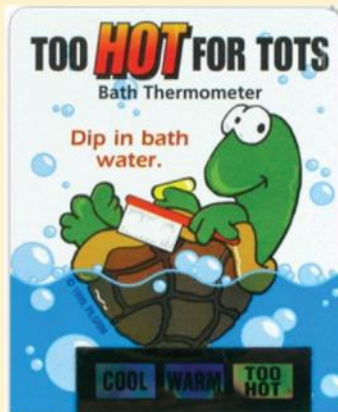
**No date for July*

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

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



Too Hot for Tots Workshop for Care Givers



Tuesday, July 17, 2017

11:00-2:00 pm

Health Boardroom

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

- ⇒ Lunch is provided
- ⇒ Prizes
- ⇒ Rides are available
- ⇒ To registrar please call Maxine at 250-989-2355



July 18th, 2018

*Join Us in the
Celebration of Our Students & Graduates*

*For their dedication and commitment in
completing the 2017/18 School Year
at the
Xat'sūll Heritage Village*

5:00pm	Welcome & Opening Prayer
5:15pm	BBQ
6:15pm	Presentations
7:00pm	Cake
7:30pm	Closing Prayer



*For Information or Rides contact Education
250-989-2323 Cheryl ext. 104 or Dionne ext. 115*

PHYSIOTHERAPY SERVICES

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

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

Be Well Program

WHERE & WHEN?

July 5, 2018 — Canoe Creek Health Station

July 11, 2018 — Sugar Cane Health Station

July 12, 2018 — Soda Creek Health Station

Open to all community members.



Schedule:

10:30 am — Be Well Screening

- Blood Pressure Check
- Blood Sugar Check (A1C)
- Cholesterol Check
- Respiratory and Pulse Check
- Weight Check

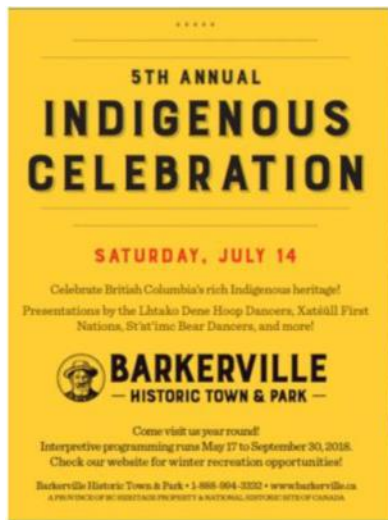
12:00 pm — Lunch Provided

12:30 pm — Healthy Living Program

Grip Test & Step Test—post screening

2:00 pm — End of Session

For more information contact Sheila or Kayla at 250-398-9814



MAY 2018

SODA CREEK BAND WORKING GROUP MEETING

MAY 2018
TO
DECEMBER 2018



Date	Location	Time
Thursday, May 10 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, June 12 2018	Soda Creek Gymnasium	5 to 8 pm
Changed Date Tuesday, July 25 2018 Tuesday, July 10 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, August 14 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, September 11 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, October 9 2018	Soda Creek Gymnasium	5 to 8 pm
Tuesday, November 6 2018	Soda Creek Gymnasium	5 to 8 pm
Thursday, December 6 2018	Soda Creek Gymnasium	5 to 8 pm

**Xat'sūll Stsmemult Nek'úsem (Soda Creek Youth Group),
Summer Children's Program and Community Members**

The **SCIB Bus** will leave the **Education Department** at **9am**
Snacks and Lunch will be provided.

Barkerville Historic Town will provide:
Entry into the town
A Stagecoach Ride
A Gold Panning Experience, and ,
We will gather for our **Group Picture**.

If you will be **joining us** please **contact**
Dionne at 250-989-2323 ext. 115 or **Cheryl** at ext. 104

**You are welcome to take your own vehicle, however you will not
be compensated, unless prior arrangements have been made.**

SECWÉPMC SUMMER GATHERING

Esketemc

August 24th – 27th, 2018

This is an invitation to all our Secwépemc relatives from across Secwepemcú'ecw to gather, reconnect with each other and enjoy another part of our great territory.

Farewell Canyon Day Shuttles

Healing Tent & Traditional Medicines Workshops

Lahai Battle of the Bands

Storytelling

On the Land Activities and Workshops

Secwépemc Craft Vendors Welcome

Detailed agenda to be announced soon!

Travel and Accommodations Info

Camping Sites will be available at the Arbor ("no electrical hook ups") Given the remoteness of the location, you will need to come prepared to camp and look after your own immediate travel needs. Lunch, dinner, and breakfasts will be provided.

Are you planning on attending?

RSVP so we can be prepared to host you!

Register by contacting Justine Manuel:

Phone. 778-471-8205 Email. govassist@shuswapnation.org.

Secwepemc Gathering Coordinator:
Maryann Yarama: Tel. 778-471-8220 Email. govcoordinator@shuswapnation.org



LUNCH • LEARN

JULY SESSIONS W/ CIEL

13th •

UNDERSTANDING WILLPOWER

We all face challenges in doing (or not doing) what we know we need to in order to feel healthy, happy and balanced, so why is it so hard to stay on track? This workshop will explore the many ways we all 'sabotage' our own best interests when we're seeking change, offering both insight and tools to help you outsmart your habits and keep yourself focused, no matter what the goal.

26th •

THE ENERGY BODY

For thousands of years medical systems all over the world have recognized that there is a powerful link between our mind/emotions and our physical body. This workshop will offer an exploration of ancient perspectives on the mind/body connection along with practices to empower your innate healing ability. There is really nothing more powerful than your mind when it comes to healing...

LUNCH WILL BE PROVIDED

CALL MAX AT 989.2355 TO LET US KNOW YOU'RE COMING

XATS'ULL HEALTH CHALLENGE

Beginning September 2nd!

There are several key nutrients that nearly everyone is deficient in due to stress and the processed nature of most modern diets. When they are replaced consistently as supplements, these nutrients can have powerful effects on the functioning of your mind, body and emotions, enhancing memory, energy, immunity and much more.

This 'Supplement Challenge' will offer 6 weeks of nutritional support to all participants, and will require them to take their vitamins for 5 days per week during the duration of the challenge.

EACH DAY WILL INCLUDE:

1 tbsp Omega 3 (Fish) Oil
1 Probiotic
1 Green smoothie
1 Multivitamin

In order to be included in the challenge, you must attend an introductory session with Ciel at the Health Station BEFORE JULY 13TH.

PLEASE CALL MAX TO SET UP AN APPOINTMENT.

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> Canada Day	<i>2</i> Office Closed In lieu of Canada Day Statutory Holiday	<i>3</i>	<i>4</i> HCC Travel Mental Health Clinician 10-3	<i>5</i> Integrative Healing Sessions 8:30-12	<i>6</i> Yoga 12 Gym Community Lake Day Horsefly Lake 10-3	<i>7</i>
<i>8</i>	<i>9</i> Nurse Practitioner 10-3	<i>10</i> ADP Luncheon	<i>11</i> Family Support Travel SCIB Travel Mental Health Clinician 10-3 Physiotherapy 8:45-12	<i>12</i> Integrative Healing Sessions 8:30-12 Be Well Pro- gram 10:30-2 Youth Mt	<i>13</i> Lunch & Learn w Ciel 12-1	<i>14</i>
<i>15</i>	<i>16</i> Nurse Practitioner 10-3	<i>17</i>	<i>18</i> Family Support Travel HCC Travel Mental Health Clinician 10-3	<i>19</i> Integrative Healing Sessions 8:30-12 Drinking & Driving Workshop w RCMP 12-2	<i>20</i> Yoga 12 Gym Newsletter Deadline	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i> ADP Luncheon	<i>25</i> Family Support Travel SCIB Travel Mental Health Clinician 10-3	<i>26</i> Integrative Healing Sessions 8:30-12 Lunch & Learn w Ciel 12-1	<i>27</i> Yoga 12 Gym	<i>28</i>
<i>29</i>	<i>30</i> Nurse Practitioner 10-3	<i>31</i>				



BC MEATS
for BC FAMILIES

Become Part of a Growing Industry!

- The boutique meat and buy local movement
- Jobs available throughout the Province



Meat Processing Certificate Training Program

Training will be held in Big Lake, BC
(55 km East of Williams Lake)
between July 23 and September 28, 2018

Learn:

- Animal welfare and humane handling techniques
 - Food safety and sanitation
- Introductory meat processing and butcher skills

This 10 week full-time program will include both classroom training and on-site practical experience

Obtaining a Certificate in this Training program could ladder into advanced positions within the BC craft meat industry, including, but not limited to the following:

- Wholesale meat cutter
- Shipping positions
- Leadership roles
- Charcuterie craft

If you are currently unemployed and not eligible for Employment Insurance or underemployed, you may be eligible for program participation

Please visit www.bcabattoirs.org for more information or email info@bcabattoirs.org

Canada



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.

Community Events

Event	Date & Time	Where	Description
Elders Trip to Barkerville	July 4	Barkerville	Call Edith at 250-989-2355 to sign up
Mental Health Clinician	July 4, 11, 18 & 25 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing Sessions with Ciel	July 5, 12 19 & 26 8:30-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book a one on one session
Community Lake Day	July 6 10:00-3:00	Horsefly Lake	Call Janae or Maxine at 250-989-2355 to sign up
Nurse Practitioner	July 9, 16 & 30 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	July 10 & 24	Health Station	
Treaty Working Group Meeting	July 10	Soda Creek Gym	Dinner is provided. If you need a ride, call Ada at 250-989-2323 ext. 120.
Family Support Travel	July 11, 18, 25		Call Maxine or Janae at 250-989-2355 to book a spot on
SCIB Travel	July 11		Call Rae-Lyn at 250-989-2355
Physiotherapy	July 11 8:45-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
Be Well Program	July 12 10:30-2:00 pm	Health Station	For more information contact Sheila or Kayla at 250-398-9814
Youth Meeting	July 12	Health Boardroom	
Lunch & Learn w Ciel: Understanding Will Power	July 13 12 pm	Health Boardroom	Call Maxine at 250-989-2355 to registrar. Lunch is provided.
Annual Aboriginal Celebration in Barkerville	July 14	Barkerville	Snacks and lunch are provided. The bus is going, so rides are too. Call Dionne or Cheryl at 250-989-2323.
Too Hot For Tots Workshop for Caregivers	July 17 11-2	Health Boardroom	Prizes, lunch and rides available. Call Maxine to registrar at 250-989-2355
HCC Travel	July 18		Call Edith at 250-989-2355
Celebration of Our Students & Graduates	July 18 5-8 pm	Heritage Site	For more information or rides, call Cheryl or Dionne at 250-989-2323
Lunch & Learn w Ciel: Understanding the Energy Body	July 26 12 pm	Health Boardroom	Call Maxine at 250-989-2355 to registrar. Lunch is provided.
Dental Therapist	August 22 10-3	Health Station	Call Maxine at 250-989-2355 to book an appointment
Secwepemc Gathering	August 24-27	Esk'etemc	Registrar by contacting Justine Manuel: 778-471-8205