

Fraser River Run

MONTHLY NEWSLETTER OF



INSIDE THIS ISSUE:

Staff Reports	2-8
Recipes	9
Community Photos	10-15
Events	16-23
Articles	24-29
Employment/Training Opportunities	30-31
Community Events	32



BREATHE THE SWEETNESS THAT HOVERS IN AUGUST...

Soda Creek Indian Band Office will be closed for Monday, August 5th, 2019 for BC Day Statutory Holiday.

Family Camp

Was at Gavin Lake on July 12-14, 2019. There was canoeing, hiking, archery, swimming, sauna, and campfires. There were many families that came out to enjoy the camp setting and sights offered by the beauty of the area.



Band Administrator



Craig Smith

Hi Everyone,

It's been a very busy month for the community and myself. August doesn't look like it's slowing down.

July has had Graduation, Family Camp in Gavin lake, Barkerville's Indigenous Days and the Elders Gathering just to name a few.

Community projects that you can look out for in the coming months are Telus high speed internet installations, work on the fire guards and the tie in to the new deep creek well.

We will also be having a few community meetings in the next few months on various topics. We are starting to fill in some of the positions at the band office that have been empty for a while.

Our newest hire is Cheyanne who is

introducing herself in this newsletter.

Unfortunately, we are also saying goodbye to Shae Chelsea who is off for another year of schooling, working at completing her degree and we wish her the best of luck. I hope that maybe when she's done, will once again work in the community.

Please remember that my phone is always on and my door is always open if you have any questions, concerns or would just like to have a coffee.

Activities Worker



Janae Beaulieu

Hello everyone,

Hope everyone is doing well thought I'd give a quick update.

Our community garden boxes at health are coming along slowly but surely. I'm thinking they're not getting enough sun with all this rain we've been having but hey I'm not complaining it's a lot better than fires and smoke. If anyone is interested there is always weeding that needs to be done to keep them maintained.

I delivered t-shirts and cologne sets to all the fathers on reserve for their Father's Day gifts which they all appreciated.

We had a free community bingo for members to come together to enjoy dinner and bingo at no cost, it was a great turnout and hope to see more people attend the next one which we are hoping to have in September sometime.

The weekend of July 12-14, 2019 we held a Community Campout at Gavin Lake and had thirty members attend. They were able to do archery, the obstacle course, swimming, canoeing, nature walks; some did gather medicine and some were on the hunt for berries. Thank you to everyone who attended it was a great turnout doing these types of events makes it sooo worth it when you see the members coming together and making memories that last a lifetime.

Also a big THANK YOU to the ones that helped out in preparing the meals, clean up everything else it all came together so well. Now... to start on the planning for the Annual Community Hunting Camp coming up end

of September/ beginning of October. If you would like to be part of the planning process please give me a call and I'll start a list and can set up some meetings.

I will be helping out in Education on field trip days and drive the kiddies around to have some fun!!!! I am in the process of planning a Community Fun day so please keep an eye out for the date. Hoping to have it towards the end of August. On August 21,2019 we will be heading out to the Chilcotin Territory with the Home and Community Care Worker, Edith William and some of the Elders for an All Nations Gathering, I will be driving the bus and welcome anyone else who would like to join to jump on in and enjoy a trip out that way.

Any ideas or types of events you would like to see or do in the community please let me know.

Until next month I hope you all enjoy some sun and lake days . 😊

**Natural Resource
Coordinator**



Edna Boston

been going out with Tolko, West Fraser, Gibraltar Mines, and Barkerville Gold Mine.

We now have a trail crew who will be working with Forest Lands and Natural Resources. They will be on Bull Mountain. These three will spend the next 10 days at Bull Mountain building a trail.

Our Elders went on a tour to Gibraltar Mine, which was a great success. Prior to the tour we were given a presentation on the mine and what is being tested there, for example:

- The salmon at the Fraser River are tested and the test came back that the salmon are safe to eat
- The wildlife, and berries are

safe

- The water is also tested at the tailings ponds, they test above where Gibraltar releases water into the Fraser and below.

The tests come back the same and it is safe, they test for mercury and metals and they all came back with no issues. For replanting they gather seeds from the plants that are there to be replanted and they send it away to be planted which takes about two years and the plants back to Gibraltar to be replanted. For trees they have to be at least have to be three and a half feet tall before replanting.

I want to thank Xat'sull First Nations for giving me the opportunity to work for your community.

Weykt

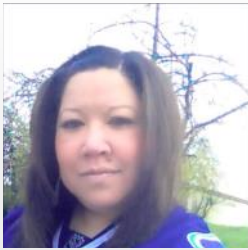
I am not sure if you all heard that Scott Scholefield has resigned, if you have any questions please come see me at the office.

Since I have been here our Archaeology crew (Glen Dixon, Chris Quon, Hank Sellars, Krista Phillips and Lance William) have been very busy. This crew is amazing, so far they have

Elders Gibraltar Mine Tour



**Social Development
Coordinator**



Jennifer Stinson

Hi everyone, how is everyone's summer going? This summer is going by so fast it seems like, but I'm so glad I get to enjoy it & loving every minute of it too.

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

Mon. Aug. 5th Office Closed Stat Holiday

Tues Aug. 6th 9am – 4 pm

Wed. Aug. 7th 9am – 4 pm

Thurs. Aug. 8th 9am – 4pm

Fri. Aug. 9th 9am – 4pm

Interviews will be brief and will consist of:

- Filling out our Monthly Renewal Forms (Mandatory) (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 is from July 2019 – Sept. 2019, (Five week program), it will entail participation of a variety of activities to help Clients develop realistic back to work action plans to move towards employment. This program revolves more around what the I.A. Clients wants to get their tickets/certificates in.

One final thing, I am always looking for Wood Haulers for my I.A. Clients. If you are interested, please contact me through a phone call to the office or email your name and contact number. I am working on a list of clients that need wood for the winter, so either call me, email me, or come in an see me about being on the list. So that way I know what size of wood you need for your woodstove, including pellets for your pellet stove too.

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.

Important Dates in August:

7th SA Mid-Month

12th Bills are DUE to ensure they are paid on time (You can also email your bills too).

6th-9th Interview Week (mandatory to also fill out your Monthly Renewal form, or cheques will be delayed if not done so during this week.)

21st SA Day

12th & 13th Mon-Tues Pre-Employment @ Deep Creek Gym 10am – 3pm

26th & 27th Mon-Tues Pre-Employment @ Deep Creek Gym 10am – 3pm<



Just a Friendly Reminder for Income Assistance Clients on Renewal Forms

Just a friendly reminder that from now on **you must come in during Interview Week** to fill out the Monthly Renewal Form.

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 during Interview Week, 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.
- Plus, if I need to make any changes or calculations before handing it into Finance. Finance and I have to work together, in order for things to be done on time for both Finance, Social Development Department and the I.A. Client.

Next Interview Week is August 6th – August 9th (Tuesday-Friday) from 9am – 4pm)

Housing Intern



Cheyenne Tenaton

Dear Xatśūll Members,

My name is Cheyenne Tenaton, and I am a Gwichya Gwich'in Beneficiary of the Gwich'in Comprehensive Land Claim. We are the last First Nation Peoples before the Inuvialuit, above the Arctic Circle. I am here to serve your community as the new Housing Coordinator Intern.

I am from Tsiigehtchic, Northwest Territories, in Treaty 11 Territory, but most recently I've lived, and have just moved here from, Maskwacis, Alberta, in Treaty 6 Territory. I'm Gwichya Gwich'in and Northern Slavey on my Grandmother's side, Cree on my late-

Grandfather's side, Anishinaabe and Assiniboia on my other late-Grandfather's side, and Scottish from my other Grandmother. Three generations in my family attended Residential Schools, I am a second generation Residential School Survivor. My father went to Grollier Hall in Inuvik, Northwest Territories, opened in 1959 until it closed in 1997. I was raised with my mother's Anishinaabe teachings and ceremonies, and I grew up on the powwow trail in the prairies dancing women's fancy. I have a younger sister who lives in Alberta, who will continue to powwow without me. Once she is done her beadwork for her regalia, I am going to try to convince her to work on mine...

Here's to hoping!

Prior to moving here, I worked within Peace Hills Trust for Samson Cree Nation. It brings me great pride to work within an Indigenous community; getting to know the members, listening to their stories, and participating

in cultural events always brings me much fulfilment.

I have had the fortune of living in many different Indigenous communities, due to my mom being immersed in Indigenous politics and for her work. My sister and I were raised to be strong, resilient Indigenous women, to think for ourselves, to stand for what's true to our beliefs, and to essentially look for how we can be of service to others in the community we live in. Being an Indigenous woman, I've always had the fundamental need to work for the betterment of our Nations.

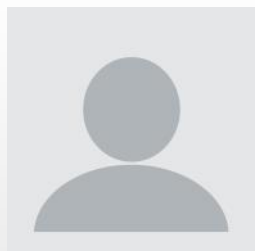
I am here to serve your community to the best of my abilities and I hope to connect with all members. My office is located in the trailer at the top of the hill, kitty corner to the health centre, on Deep Creek Reserve. Please feel free to come see me!

With Sincere Appreciation.

Berry Picking Trip



Lands Coordinator



Danielle Nepoose

I want to thank Soda Creek Indian Band for hiring me, and for allowing me to be here on your lands, and for giving me the opportunity to be of service to your community.

I am a proud Anishinaabekwe from Gaa-wiikwedaawangaag (aka Sandy Bay Ojibway First Nation) in Treaty #1 Territory, Manitoba. I was born and raised in my territory, and I try to ensure I get home to my lands to connect to my earth, from wherever I am calling home at the time. My bloodlines also include Assiniboine and Scottish heritage, in which even my Scottish ancestors for the past 2 generations are buried in my traditional territory in Manitoba. It is very important for me to recognize and honour all my ancestors when I am home.

I have had the honour to work for, and serve, various Nations in Western Canada being, the Southern Tutchone, Tagish and Tlingit descents of Kwanlin Dün in the Yukon, the Gwichya Gwich'in in the Northwest Territories, the Samson Cree Nation in Alberta, and in BC, the Squamish Nation, the C'eletkwmx of the Nlaka'pamux Nation, the Tk'emlúps te Secwépemc, and now Xatšúll/ Cmetēm.

I have worked in Lands for the past decade with Tk'emlúps, C'eletkwmx, as well as at the national level with the National Aboriginal Lands Managers Association. My service work has also encompassed being on three different Friendship Centers' Board of Directors, Parent Advisory Councils, and Director for the 2305 Rocky Mountain Rangers RCACC, in which both my daughters ran this Corp. at different times.

I am in my element when working for any of our Indigenous Peoples, at any level. I know I am on the right path in following my Grandmothers teachings, as a medicine woman, she lived what she believed. I am still learning,

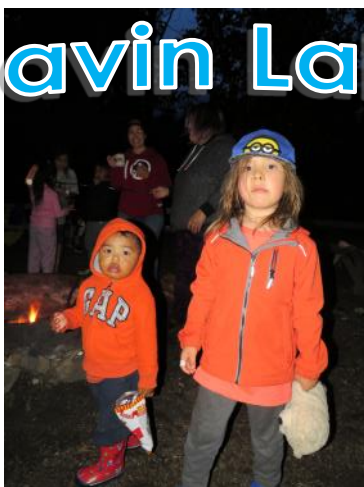
and I can only pray that one day I might come close to living up to her prayers for what my role is to be here on Mother Earth.

Thus far, I've been able to see my role as helping whatever Nation I am working for, in whatever way I can, to attain their true positions, and be recognized as the enlightened ones to lead the way of all other peoples on Mother Earth, especially for those occupying our Turtle Island. Some of you who have met me thus far may have noticed, that I am passionate about the work I do. I innately work from the position of truth, honesty, and tenacity. We as Indigenous Peoples need to be unified or Mother Earth will continue to suffer.

In my personal time I love being around powwow. I am a jingle dress dancer (on hiatus), and I love to sew regalia. You might even catch me hanging out with my Crush... my new baby kitten, who has become my crush!

I look forward to meeting all Xatšúll/ Cmetēm members.

Respectfully.



Gavin Lake

**Community Support
Counsellor**



Shae Chelsea

Weytkp, I have had a busy few months organizing my programming and getting ready for the end of my time with all of you. I have been getting busier and busier every month, I enjoy working with the community members and in the community. As of the week of August 12-16, 2019 I will be saying my farewell to the community of Soda Creek, to continue my Bachelor of Social Work. It has been the utmost pleasure to be a part of the community and to have made such amazing lifelong friends and family.

Everyone has been so nice and friendly, it has been a good year and a half at Xat'sūll First Nations. You never know, once I am finished my degree I might come back, and start my career here. A huge thank you to not only the community but the staff here, that has always been curious and great to work with. I would also like to thank the youth for being as amaz-

ing as they can be, they have taught me many things, and I plan to bring their ideas forward into my practicum to help others the way I have helped them.

Since my last post in April, I have wrapped up the Ask Auntie girls group and we celebrated together with dinner at Boston Pizza and a movie at Paradise Cinemas. I had a fantastic bunch of ladies who regularly attended the program, and learned about themselves, as well as taught me a few things. At the beginning of August I will be taking the youth on a trip down south to the Okanagan, to experience what they offer at their Universities, museums, and First Nations bands. To be eligible to attend this trip, I asked that the youth attend at least one meeting and help fundraise for the trip.

Our first fundraiser is an ongoing Chase the Ace draw, which we draw once all the cards are sold. If you would like to support the youth and buy a card you can contact me (Shae Chelsea) at 250-989-2355 or on my cell 250-267-4845, I do accept e-transfer as well. Our next big fundraiser will be on July 26, 2019 at 11am-2pm at the Chief William Gas bar in Sugar Cane. We will be selling hamburgers, hot dogs, pop, and chips.

We are always looking for parent volunteers as well, if you have interest or any time please contact me as well with dates and times you are available. Our last big fundraiser before the trip will be a Movie/Silent Auction Night on July 31, 2019 at 6-10pm in the gymnasium. We will be selling popcorn, hot dogs, candy bags, pop, and water. Please show your support to the youth, these trips are very educational and they get to experience places some of them have never been. It is an incredible opportunity to explore different territories and cities.

I hope to see you all in my future adventures where we can share stories and continue our friendships. I will miss everyone very much and I wish you all the very best in their paths going forward. You have all given me such warmth and hospitality, that I will be saddened the day I have to leave. I invite you all to attend my farewell lunch on August 15, 2019 at 3:30pm to say proper goodbyes.

Thank you for welcoming me into this community with open arms and I look forward to future events with you all.

Yeri7 skukwstsetsemc



Watermelon Salad with Feta & Mint

“The amounts given here are truly guidelines. Feel free to stretch or diminish depending on your taste and the ingredients you are working with. To experiment further, try adding a handful of pitted kalamata olives to the salad.”



Prep time: 20 m **Makes:** 8 servings

Ingredients

- 1/2 cup chopped red onion
- 1/2 cup lime juice (4-6 limes, depending on how big and juicy the limes are)
- A quarter of a medium sized watermelon, rind removed, black seeds removed (if there are any), chopped into 1-inch cube-ish pieces, about 8 cups
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh mint leaves, thinly sliced
- 1/2 cup fresh parsley leaves, chopped

Method

1. Soak the chopped red onion in the lime juice while you are prepping the other ingredients, about 10-15 minutes.
2. Gently combine all ingredients into a large serving bowl. Serve immediately. Salad will get soggy if kept overnight.

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) for serving

Method

- 1. Prepare your grill, gas or charcoal, for direct, high heat.** (About 550°F) You know the grill is hot enough if you are able to hold your hand one inch above the 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.)

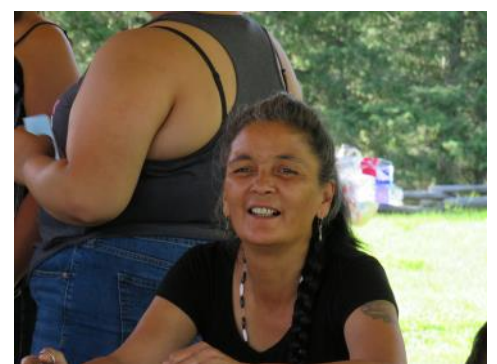
Cooking Tips from PureWow

Cook Grains in Double Batches Prepping grains in mass quantities is less about taste than convenience. Rice, quinoa and even oatmeal last about a week in the fridge after being cooked. When we're prepping any of those, we double up our measurements and store the leftovers, which are then impossibly easy to use up throughout the week. Too tired to make dinner? Heat up some leftover rice from the fridge and toss an egg on top (remember?). Couldn't be simpler.

Don't Always Rely on Salt You've probably heard that whenever a dish is lacking a little something-something, the best thing to do is toss in some salt. But, we have it on good authority that salt isn't always the answer. When you're tasting a dish at the end and you think that it needs a little oomph, often it just needs a splash of acid (like lemon juice) to round out the flavor.

Grad Celebration 2019

The Grad Celebration was a huge success with so many members that came to celebrate all of the Graduates. The weather was amazing and held out until the Celebration was done. The food was fabulous and the energy was high. It was so nice to see so many faces and people full of smiles and laughs.





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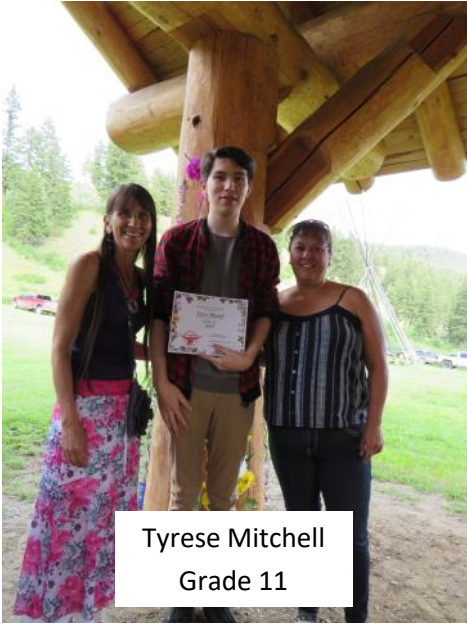
Allen Jr. Quon
Kindergarten



Violet Quon
Grade 1



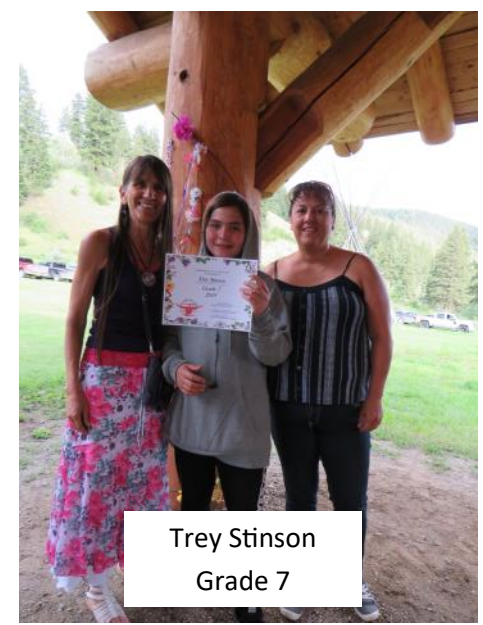
Lindon Quon
Preschool



Tyrese Mitchell
Grade 11



Tyler Tweedie-Phillips
Grade 3



Trey Stinson
Grade 7



Keenan Mitchell
Grade 4



Skyleigh Phillips-Sparks
Grade 2



Phoenix Phillips-Sparks
Grade 8



Paige Sellars
Grade 11



Nicholas Phillips
Grade 3



Michael Phillips
Grade 8



Meghan Sellars
Grade 4



Marissa Sellars
Grade 8



Linden Stinson
Grade 6



Jolene Sellars
Grade 8



Jade Colebank
Kindergarten



Felicity Sellars
Grade 3



Bryanne Sellars
Grade 4



Aurora Mitchell
Kindergarten



Arianna Harry
Grade 4



Anika Harry
Grade 7



Angel Mitchell
Grade 8



Anastacia Phillips
Grade 5



Aly Phillips-Sparks
Grade 5



Christopher Cooper
Elevating Device
Mechanical Technician



Dionne Phillips
Early Childhood
Education Diploma



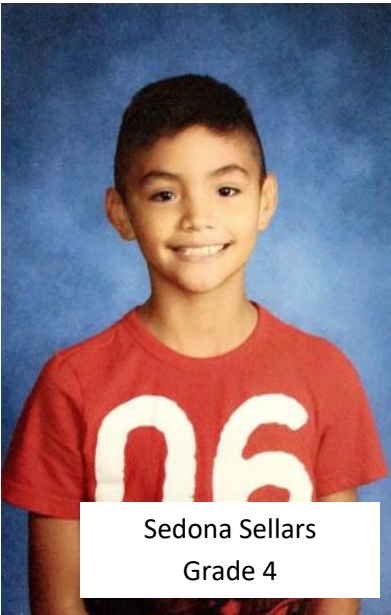
Michaela Stinson
Grade 12



Trinity Shakelly
Grade 12



Orden Mack



Sedona Sellars
Grade 4



Greyson Kaatz
Preschool



Athran Harry
Preschool



Ash Phillips
Preschool



Children's Program made Cheryl a card and shirt for thank you and farewell as Education Coordinator



Nurse Practitioner

SODA CREEK HEALTH STATION



August 12, 2019

August 20, 2019

10:00-3:00 pm

*August 20, Colleen Patenaude will be filling in for Catherine

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

Traditional Use review with Firelight group

August 7th, 2019

Meeting starts at 4pm

Supper provided at 5pm

Please contact Edna Boston or Ada Phillips, at 250-989-2323 if you require more information.

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**

August 7, 2019

August 14, 2019

August 21, 2019

August 28, 2019

11:00-3:00 pm

SODA CREEK HEALTH STATION

Canoe Creek Health Centre 250-459-7749

Dog Creek Health Centre 250-440-5822

Soda Creek Health Centre 250-989-2355

Sugarcane Health Centre 250-296-3532

Three Corners Health Services 250-398-9814



Fraser Basin Council

INDIGENOUS YOUTH CLIMATE ART CONTEST

UPLIFTING INDIGENOUS YOUTH VOICES ON CLIMATE CHANGE

FOR YOUTH AGED 16-30
APPLY BY SEPTEMBER 22, 2019

UP TO 5 PRIZES OF \$1000 EACH

DETAILS: fraserbasin.bc.ca/ArtContest.html

Join us at the Xat'sull Heritage Village

Everyone
Welcome!

for the 2019

SALMON SAMPLING BBQ

TUESDAY, AUGUST 13TH
FROM 5PM-7PM



FREE DINNER AND VILLAGE TOURS! COME AND JOIN THE
SALMON SAMPLING TEAM IN A FUN EVENING OF FISHING AND EDUCATION.

Tasaka
Gibraltar



EDI

Are you interested in learning about

Concussions?

Join Tyler Judd to learn more about concussions.
Lunch and learns will be held in each of the
communities.

Tuesday, August 6, 2019—Soda Creek

11:00 am—1:00 pm

Wednesday, August 7, 2019—Canoe Creek

12:00 pm—2:00 pm

Tuesday, September 3, 2019—Sugar Cane

12:00pm—2:00 pm

Please take the time to complete our online survey to test your knowledge of
concussions <https://www.surveymonkey.com/r/K8BB2HB>



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



Monday, July 22, 2019

To Community Members:

Given there have been three satisfactory bacteriological samplings, the boil water advisory for Soda Creek CWS can be rescinded.

However there may be a taste/odour issues of chlorine, carbon filters may be useful to address this higher level until the free chlorine level can be adjusted.

Please have the two water bottles that were delivered by the Water Factory ready for pick up.

Thank you for your cooperation.

Princess & Tiny Tot
Princess Pageant



Lehal Tournament
50/50's & Raffles

Xatsūll Save-the-Salmon Traditional Gathering

Info Booths **August 23rd, 24th & 25th 2019** Warm-up
7pm Friday Games



Xatsūll Heritage Village, Soda Creek, BC

Grand Entries: Saturday 12pm & 7pm, Sunday 11am

Feast: Dinner Break Saturday

Featuring:

MC: Mike Retasket Arena Director: Melem'st'ya (Everet Whyte)

Whipman: Autrey Bell Host Drum: Taleomi Co-Host Drum: Northern TribeZ

List of Sponsors will be added once they are confirmed...

List of Sponsors will be added once confirmed...

- Camping On-Site!
- Bring your chairs!
- Crafters bring your own tables!!
- Hand Drummers bring your drums!!



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

Brenda Phillips, Education Asst/Event Coord
Email: edassist@xatsull.com
Phone: 250-989-2323 ext. 115

SECWÉPEMC SUMMER GATHERING

Co-Hosted by Simpcw First Nation

JASPER, AB
AUGUST 16-18, 2019

RE XQWELTÉN-KT RE TK'WEMÍ7PLE7-KT "OUR LANGUAGE IS OUR LAW"

FOCUS IS ON TRADITIONAL GOVERNANCE AND LANGUAGE

ACCOMMODATIONS:

ON-SITE DRY CAMP
AND RV SPACE.

CAUTION: CAMP LOCATED
PARALLEL TO SWIFT RIVER
NO CAMP FIRE PERMITTED

MINI POWWOW:

CROWNING NEW PRINCESS

LAHEL:

FRIDAY-OPEN GAMES,
SATURDAY-TRADITIONAL &
BATTLE OF BANDS.

ACTIVITES:

FISH SPEAR MAKING,
MELÁMEN NATURE WALKS,
YOGA SESSIONS,
MESSAGE SESSIONS,
AND MUCH MORE...



For more information contact Lois Paul, SNBI Coordinator
SNTC, 680 Athabasca St W, Kamloops BC
Ph: 1-778-471-8200 or govcoordinator@shuswapnation.org
More Details on Facebook "Secwepemc Strong"



Mental Health and Addictions Counselor

Are you having a hard time with

- Stress
- Anxiety
- Depression
- Anger
- Alcohol, drugs



If you said YES to any of the above, come and see me... I have over 35 years of experience in the mental health field... I believe in kind, compassionate care...

To make an appointment, call your Community Health Centre or Three Corners Health (TCHSS)

Neleena Popatia

RN, MSN, CPMHN (C)

Mon – TCHSS

Tue – Sugar Cane

Wed – Soda Creek

Thu – Dog Creek

Thu – Canoe Creek

Fri – TCHSS

Soda Creek Health Centre
250-989-2355

Sugar Cane Health Centre
250-296-3532



Three Corners Health Services Society
250-398-9814

Canoe Creek Health Centre
250-459-7749

Dog Creek Health Centre
250-440-5822

WELLNESS THROUGH CULTURE

2019 FAMILY RIVER RAFT TRIP

AUGUST 23-25

REGISTER TODAY!
CALL CHRIS
250-296-3532

OPEN TO ALL TEXELC, STSWECM, C'XGATTEM, & XATSULL MEMBERS
ALCOHOL & DRUG-FREE EVENT



August 2019

Social Dev. Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Office closed (Stat Holiday /BC Day)	6 Interview Wk. 9am-4pm Bring in Bills	7 Mid-Month Interview Wk. 9am-4pm (Bills)	8 Interview Wk. 9am-4pm Bring in Bills	9 Interview Wk. 9am-4pm Bring in Bills	10
11	12 Pre-Employment Program 10-3pm Deep Creek Gym	13 Pre-Employment Program 10-3pm Deep Creek Gym	14	15	16	17
18	19	20	21 SA Day	22	23	24
25	26	27	28	29	30	31

	Pre-Employment Program 10-3pm Deep Creek Gym	Pre-Employment Program 10-3pm Deep Creek Gym				

Important

Dates:

**August 7th Mid-
Month**

August 5th –

August 9th

**Interview Week
(Bring in Bills &
sign Renewal
Form
Mandatory**

August 21st

SA Day

August 12th-13th

Aug. 26th – 27th

**Pre-
Employment @
Deep Creek
Gym**

Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>3</i>
<i>4</i>	<i>5</i> BC Day Statutory Holiday Office closed	<i>6</i> ADP Luncheon Physiotherapy 8:45-12 Concussion Workshop 11-12	<i>7</i> Mammogram Lunch & Learn12-1 SCIB Travel Community Travel Mental Health Clinician 11-3	<i>8</i>	<i>9</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>10</i>
<i>11</i>	<i>12</i> Nurse Practitioner 10-3	<i>13</i>	<i>14</i> HCC Travel Community Travel Mental Health Clinician 11-3	<i>15</i>	<i>16</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>17</i>
<i>18</i>	<i>19</i>	<i>20</i> Canning Salsa Workshop 11-2 Nurse Practitioner 10-3	<i>21</i> SCIB Travel Community Travel Mental Health Clinician 11-3	<i>22</i>	<i>23</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i> HCC Travel Community Travel Mental Health Clinician 11-3	<i>29</i>	<i>30</i> Integrative Healing Session w Ciel 8:30-3:30 Yoga 12-1	<i>31</i>



**The Indigenous Arts Program is now accepting applications!
The application deadline is September 15, 2019.**

The Indigenous Arts Program ([IAP](#)) (formerly the Aboriginal Arts Development Awards) provides funding in six different categories for Indigenous artists. Through a strong partnership with the B.C. Arts Council and additional funding from the Margaret A. Cargill Philanthropies, this program is a primary source of support for the unique expressions of B.C.'s Indigenous arts.

New! Community Land-Based Arts Program

We are excited to be providing a new IAP grant this year with funding for Community Land-Based Arts. This new program will support community-based Indigenous art workspaces and workshops focused on the transmission of arts skills and knowledge in all artistic disciplines. Projects must be initiated and directed by Indigenous artists, arts and culture organizations or established unincorporated Indigenous arts collectives. Find out more about this new program [here](#).

Current Funding Opportunities:

- [Individual Artists](#)
- [Sharing Traditional Arts Across Generations](#)
- [Organizations and Collective](#)
- [Arts Administrator Internships](#)
- [NEW! Community Land-Based Arts](#)
- [Arts Micro-Grants](#)

Click on the program above to view the grant guidelines and download the application forms for each program.

Applications are accepted annually from Indigenous, Métis and Inuit artists, organizations and collectives located in B.C., who have a demonstrated a commitment to their practice in any artistic discipline— visual, music, dance, theatre, literary or media. The IAP program supports both traditionally based and contemporary experimental approaches.



We are here to help!

If you have any questions or would like assistance in any way please get in touch with the applicable staff contact for your program listed below:

Indigenous Music Initiative - Sarah Pocklington sarah@fpcc.ca

Arts Administrator and Community Land-Based Arts - Anna Huard anna@fpcc.ca

Individual Artists, Sharing Traditional Arts Across Generations, Arts

Organizations and Collectives, and Micro-Grants - Nikki Thomas nikki@fpcc.ca

FPCC supports youth in their artistic practices but will no longer provide the Youth Engaged in the Arts program. We welcome applications that include youth in any of the above funding streams, except for Individual Artists and Micro-Grants. If you have any questions about how to involve youth in your project please contact Nikki Thomas nikki@fpcc.ca

The **Indigenous Music Initiative** (IMI) grants will be accepting applications soon so please sign up for updates [here](#) to receive notification when the forms have been posted.

Please help us reach artists across the province by sharing this information with your contact.

Warm regards,

Emmy McMillan
Communications Officer, First Peoples' Cultural Council
emmy@fpcc.ca

Young WARRIORS

Courage in 4 Directions

**CO-ED
Three Nations
Youth
Ages 13-18**



NENQAYNI WELLNESS :

- ▶ Land Based Activities
- ▶ Arts & Crafts
- ▶ Self Discovery
- ▶ Cultural Connections

SESSION 1: JULY 15 - AUG 2

SESSION 2: AUG 12 - AUG 30

WEEKENDS (SAT & SUN): JULY 20 - AUG 24

Registration @ Nenqayni.com

For More Info Call Sylvia @ 250-989-0301 or 1-888-668-4245

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Cougar Awareness and Safety

This past month a cougar was in the area of the water treatment plant and Sunny Lane on Deep Creek Reserve NO. 2 for an extended period of time. The Conservation Officer had been contacted, and had completed an investigation.

There are simple things we can do to prevent human wildlife conflicts.

1. **Cougar Safety.** Attacks by cougars are rare, but can be fatal, especially if young children are involved. Cougars that may encounter human conflict are usually young cougars that have not yet learned how to hunt efficiently and are looking for an easy target, or are older cougars that can no longer hunt efficiently in the wilds.
 - a. If you encounter a cougar, keep calm. Make yourself look as large as possible and back away slowly, keeping the cougar in view, and allowing a clear exit for the cougar. Pick up children and small pets immediately. NEVER run or turn your back, as sudden movements may provoke an attack.
 - b. If a cougar is watching you, maintain eye contact and speak to it in a loud firm voice. Back out of the area.
 - c. If a cougar shows aggression, or begins following you, respond aggressively in ALL cases, as cougars see you as a meal. Keep eye contact, and yell and make loud noises. Pick up sticks, rocks, or whatever is available to use as a weapon, trying not to bend. If the cougar attacks, FIGHT BACK, focusing on its facial and eye area. You are trying to convince the cougar that you are a threat, and that you are NOT prey.
2. **Cougars and Your Children.** Cougars may view children as prey targets due to their small size, high-pitched voices, and quick movements. In the event of a cougar encounter, pick up your children immediately!
 - a. Talk to your children and tell them what to do if they encounter a cougar.
 - b. Children playing outdoors in cougar country should play in-groups. DO NOT leave children unsupervised.
 - c. Consider using a dog as an early warning system.
 - d. Consider erecting a fence around play areas. Make sure children are home before dusk and stay indoors until after dawn – the period cougars are most active.
 - e. Keep a radio playing outside.
 - f. Escort children to bus stops.
3. **Cougars Around Your Home.** Usually they are passing through, but there are things we can do to encourage them to leave.
 - a. Leave outside lights on at night.
 - b. Use a battery-operated radio outside at night, rotating its location, as cougars do not like noise.
 - c. Feed pets indoors, or do not leave pet dishes with food in them, as they will attract smaller animals such as rodents, which can be cougar prey.
 - d. Keep your pets indoors, especially at night.
 - e. Bird feeders can attract cougars, as they attract rodents, such as raccoons and squirrels, as well as deer, which are prey for cougars.
 - f. Keep your chickens or small livestock in a properly maintained enclosure with an electric fence. Keep your feed in a clean secure area so as not to attract rodents, which in turn can attract a cougar.
 - g. Secure buildings to prevent access to roofs, attics and crawlspaces, where rodents can hide.

Contact the Conservation Officer Services to report an immediate threat or danger to public safety at 1-877-952-7277 (RAPP) on their 24 Hr Hotline.

TELUS PureFibre™ Network in Xat'sūll First Nation



Pathways to Technology, a project managed by All Nations Trust Company has provided funding to have TELUS bring TELUS PureFibre to Xat'sūll. Between July 22nd and November you will notice TELUS crews and authorized contractors in Xat'sūll bringing a fibre optic connection directly to the homes on Soda Creek 1 and Deep Creek 2.

We have received permission from Xat'sūll Council to bring a direct fibre connection to each home in the community. This fibre connection, or drop, is free and does not obligate you to sign up for any TELUS services.

What will I see during the upgrade?

You may see small crews throughout the community placing the new fibre cables on existing telephone poles, primarily along roads. The TELUS fibre will primarily follow the route of TELUS' existing copper network. Crews will also be testing the connections and possibly trimming trees or clearing brush.

Starting in late July this will involve approximately 1400 metres of digging, excavating and trenching along the main road coming into Soda Creek. This work will last for approximately 3 weeks. During that time there will be some traffic delays.

What is TELUS PureFibre?

The TELUS PureFibre network is a revolutionary new internet technology powered by flexible strands of transparent glass no thicker than human hair. These fibre optic strands transmit information as pulses of light, and carry huge amounts of information in the space of seconds. Fibre delivers not only fast download speeds but upload speeds as well.



Why is TELUS PureFibre being deployed?

Today most homes/businesses are serviced via copper technology. Copper technology was first deployed over 100 years ago to provide telegraph services and is still used today by TELUS for landline phone and internet service. Copper does not have the same capacity or growth potential for transmitting large amounts of data at fast speeds like fibre. Upgrading the network to fibre is an investment that will ensure the network can withstand the demands of new technologies which will be realized over future generations.

Why would I want to purchase services over the PureFibre network?

- TELUS PureFibre is the #1 internet technology for speed and reliability.¹
- Lightning fast up-and-download speeds mean buffer free streaming, crystal clear video calls, and the power to share photos and videos faster than you can take them.
- Home entertainment at 4x the resolution of HD with Optik TV™.



Questions about PureFibre?

For more information visit us at: telus.com/getconnected

-or-

Contact Kevin Adamson at: kevin.adamson@telus.com or 250-819-1650



Pathways to Technology, a project managed by All Nations Trust Company, is an initiative to bring affordable high-speed internet to all 203 First

Nations in British Columbia. The Pathways team is working to ensure First Nations people can connect with the world via high-speed Internet no matter where they live.

For more information please visit us at: <http://www.pathwaystotechnology.ca/>

¹ Traditional copper wire or copper wire hybrid networks are subject to capacity constraints and environmental stresses that do not affect TELUS fibre optic technology, which is based on light signals. Not available in all areas.

June 14, 2019

Xat'sūll/Likely Community Forest



Seeking One (1) Board of Director Seat

Contact: Craig Smith, Band Administrator

Email: bandadmin@xatsull.com

Phone: (250)989-2323



Xatsull has an appointment of one (1) Board seat for the Board of Directors.

The Mission Statement of :

Through the collaboration of community members both in Likely and Soda Creek, we intend on creating a model multi-use forest that ensures environmental quality, while creating economic opportunities. This forest will become the focal point for community pride..

Board Responsibilities:

- Setting and reviewing policy for the organization;
- Protecting the interests of the Xat'sūll;
- Regular consultation and communication with and between the communities;
- Ensuring regular meetings of the Board with good attendance (quorum) and active participation;
- Ensuring the financial health and approving the annual budget;
- Annually setting goals and objectives, producing an operational plan and providing strategic direction;
- Holding an AGM to review the annual financial statements and file the legally required returns to the appropriate Ministries to retain our NPO corporate status;
- Reviewing and approving recommendations from ad hoc committees;
- Coordinating the work of the Board;
- Hiring and Directing the General Manager and other contractual personnel as require;
- Maintaining active Membership in the British Columbia Community Forest Association (BCCFA);
- Meeting with other community Forests for networking and educational development; and
- Report Back to Xat'sūll Chief and Council.

July 3, 2019

Nenqayni Treatment Centre

Seeking One (1) Board of Director Seat

Contact: Craig Smith, Band Administrator

Email: bandadmin@xatsull.com

Phone: (250)989-2323



The purpose of the Nenqayni Wellness Society is to:

“Provide holistic healing to First Nations and Inuit youth, and families, and communities in safe and secure environment.”

Nenqayni will endeavor to accomplish its purpose by providing the highest quality residential Youth and Family substance and inhalant abuse programs. These programs give support and guidance to substance and inhalant abusers, their families, and communities.

The focus of these programs is to help individuals and families in their development through the use of strong traditional, cultural and spiritual values and beliefs, and through the development of positive attitudes and skills while balancing contemporary and traditional therapeutic knowledge.

The primary responsibility of the Board of Directors is to ensure the affairs of Nenqayni are conducted according to its Constitution and By-laws, and Society Act, RSBC 2014 in a manner that fulfills the purposes of the organization as a nationally recognized substance abuse treatment centre.

Nenqayni has six (6) Directors with two from each of the following three (3) First Nations: southern Carrier, Chilcotin, and northern Shuswap. One of the Shuswap directors will be from the Soda Creek Band on whose land Nenqayni is located. Directors will be elected for two (2) years, and may be re-elected.

Any person who is a band member of the fifteen (15) bands of the southern Carrier, Chilcotin and northern Shuswap Nations can stand for election as a Director; however, may not be the following:

- under the age of 18
- living in the same household as a permanent staff member of Nenqayni
- a person prohibited by the By-laws of Nenqayni
- use of alcohol and drugs + 2 years sobriety

Directors are elected at the Nenqayni annual general meeting. (See Bylaw s. 21, 22, 23, 24, 25, 26)

The position will be responsible for:

Please submit your letter of interest and resume to Deanna Dormuth, Executive Assistant at execasst@xatsull.com or via fax to 250.989.2300 Attention to: Craig Smith, Band Administrator

Community Events

Event	Date & Time	Where	Description
Physiotherapist	August 6, 8:45-11am	Health Station	Call Maxine at 250-989-2355 to book a session
Concussion Workshop & Lunch	August 6, 11-1pm	Health Boardroom	Workshop and lunch to follow
SCIB Travel	August 7 & 21		Call Rae-Lyn at 250-989-2355
Community Travel	August 7, 14, 21 & 28		Call Janae or Maxine at 250-989-2355 by the previous Monday to book a seat
Mental Health & Addictions Counsellor	August 7, 14, 21, & 28	Health Station	Call Maxine at 250-989-2355 to book an appointment
Traditional Use Review with Firelight Group	August 7, 4pm		Dinner provided. Please contact Edna Boston or Ada Phillips, at 250-989-2323 if you require more information.
Nurse Practitioner	August 12 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Pre-Employment Program	August 12, 13, 26 & 27 10-3pm	Soda Creek Gym	Any questions call Jennifer Stinson at 250-989-2323
Salmon Sampling Barbecue	August 13, 5-7 pm	Heritage Site	Dinner provided
Canning Salsa Workshop	August 20, 11-2pm	Health Boardroom	Lunch provided
Community Meeting	August 22, 1-8pm	To be announced	
Save the Salmon Pow Wow	August 23-25	Heritage Site	
Dental Therapist	August 27, 10-3pm	Health Station	Call Maxine at 250-989-2355 to book an appointment

