



# Fraser River Run

AUGUST 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



**BREATHE THE  
SWEETNESS THAT  
HOVERS IN AUGUST...**

DENISE LEVERTOV



The Soda Creek Band Offices will be closed  
Monday, August 6, 2018 for BC Day.



A perfect summer day  
IS WHEN  
THE *sun is shining,*  
THE *breeze is blowing,*  
THE *birds are singing,*  
AND  
THE lawn mower is broken.  
— JAMES DENT

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Barb Dixon, Edith William, Diane Daniels and John Phillips (left to right) on the Elders Barkerville Trip with Three Corners Health Services Society on July 4, 2018.



## Elders Barkerville Trip



## Lake Day

The Summer Children's Program, Day Care and community member went to Horsefly Lake Provincial Park on July 6, 2018.



Pelltixelcten (salmon come up river current month)  
— August



## Community Recovery Coordinator



Mike Stinson

Hello everyone this is Mike Stinson with an update with what has been going on for me.

First off, we have wrapped the firewood project and hope it will help out for this winter.

The fencing project has now started and is looking good so far. The crew has until October to finish this up but we hope that it will be done before then.

There was a shed that burnt down in the fire last summer. We have replaced the shed as part of the fire recovery funding.

I have been doing many things with the emergency planning group so far. One thing the group has done as of late is we went for a tour of the Cariboo Fire Center. This was a great night and we learnt a lot from them on how they plan the year and how they do a plan of attack for fighting fires. The fire center is open to do another tour for us if anyone would like to do this. Please let me know and I can help set it up.

As part of the group we are doing a Thank You dinner for the people that helped out with the fire last summer. We had planned the dinner for early in the year but had to push it back till Aug 1, 2018. We hope that all the community can make it out to this to say thank you to the people that helped out with the fires.

As a part of the emergency planning group we are working on the emergency plan which has to do with all types of emergencies ranging from gas line leaks to fires.

I am looking into some training for those people that are interested in emergency training.

As any group that we have in the community we are looking for more people to help out and give input. We meet on Monday nights supper is at 5pm and the meeting starts at 5:30pm till about 8pm. Sometimes we end a little early and sometimes we end a little later. We have a couple things that are going to be happening soon and I will let you all know when there are going to be done.

I hope you all are having a great summer so far and will update again next month.

Thank you!

## Natural Resources Manager



Georgia Bock

Summertime is the busy season for fieldwork in the Natural Resource Department. We thought we would give you a quick update on some things that are being worked on at the moment.

You might know Anthony (Ken) Michel is currently employed for July and August as the Referrals Assistant. He is working with Kate this summer helping out with referrals and site visits.

**Deep Creek Stream Assessment** – We have a biologist coming up to do some assessment work on Deep Creek for the

last week of July and into August. We will have one of our field techs out there assisting for the entire time. They are gathering information for work on Deep Creek that we can hopefully do next season.

**Mount Polley Update** – We had a community meeting on June 19 2018 summarizing where we are with Mount Polley at the moment. I will be attaching minutes to this note.

**Gibraltar Update** – We are waiting on a decision for the Gibraltar permit for increased discharge of effluent to the Fraser River. Gibraltar will be at the Heritage Site again in August sampling salmon to verify that they are safe to eat – both NSTC and Esdilagh First Nation will be joining for the sampling as well. We will have a BBQ on August 13<sup>th</sup> from 5-7pm at the Heritage site to start things off.

Archaeology is busy. We have completed archaeological assessments of both Whiskey Creek and Wildwood (both ITAs) and all three cutblocks on Deep Creek IR2. We will be lining up to do more of our internal archaeology work later this summer.

If anyone is interested in doing archaeology work with us – please contact us for further information, we are always looking for archaeology technicians.

On August 7<sup>th</sup> we would like to take the elders down to Whiskey Creek to look at archaeology sites – there are numerous house pits and other sites that can be toured.

**Salvage logging XDC** – as updated last week – XDC is currently finishing up block 1 (by the treatment centre) and fixing up access to block 2 (MacKenzie's). They were inserting a temporary bridge on Thursday with one of our monitors there.

West Fraser, Tolko, and BCTS – Referral discussions continue to involve how traditional use information, wildlife management areas, Species at Risk, fir beetle damage, etc. will be managed prior and during Forestry operations. Recent collaboration with neighbouring bands has been successful as increased pressure has resulted in the rejection of several proponent applications within shared territories.



## Housing Coordinator



Marnie Sellars

### Topics in my report:

- BC HOUSING FUND
- Maintenance/ Repairs/ Renovations
  - ◊ Private Homeowners
  - ◊ Rental Units
  - ◊ Rent-To-Own Units
- Contact Information
- HIIFNIY Intern
- Updating Household Information and Forms
  - ◊ Residential Tenancy Agreements
  - ◊ Current Tenants
- Outstanding Amounts owed to the Housing Department

### BC Housing Fund

This is the Funding that was announced on June 18, 2018. I am looking into how this will benefit our community. I am asking questions, not just sitting back and letting this opportunity pass us by. I will keep you updated.

### Maintenance/ Repairs/ Renovations (Private, Rental and Rent-to-Own)

I understand that there is a great need for renovations in our community, but there are limited funds available through our funding agencies. When applying for renovations on your home, it does not mean that it will be funded right away. The Band does not fund maintenance or repairs and renovations, these are applied for and there is a process.

**\*\*If you are receiving Social Assistance, I would speak to Marion Phillips in regards to see IF that department can help cover some things. Which may be minimal as it would come out of your Shelter Allow-**

**ance.** (Remember that your bills are also covered through your Shelter Allowance, so speak to Marion for more information) Never hurts to ask.

### Private Homeowners

There is a program through the Housing Department, but nobody has signed onto it yet.

The Band Maintenance Program is where Private Homeowners sign into an agreement and make monthly payments to the Band for their home, these costs cover insurance, maintenance and later on can cover a major repair. There are 3 options. If you are interested in this program, please stop in and see me and we can discuss your options.

If you are not interested in this program, that is alright, but YOU are responsible for your home. (Home repairs, Insurance) You are still eligible for programs through the funding agencies, but it doesn't mean that your application will be approved right away, that is why it is important for you to keep your maintenance up to date.

**NOTE:** If you are not interested in the Band Maintenance Program, it might be a good idea to start a separate account with your Bank to start saving towards your own repairs.

**\*\*It's a good idea to have this account only accessible for a walk-in withdrawal.**

### Rental

The Band does do maintenance on our rental units because we receive a subsidy for these units. The tenant is responsible to call in or to fill out an application for maintenance. The tenants are also responsible for the basic maintenance of the home. (If it is tenant caused, the tenant is responsible.)

### Rent-to-Own

The Band does does some repairs and maintenance on our Rent-to-Own units, but the tenants have a bigger responsibility on these units. They are also responsible for the basic maintenance of the

home. If a repair is required, they also must contact the Housing Department to fill out an application for maintenance.

**\*\*We ALL have to be accountable to ensure that the homes in our community are looked after and cared for. We ALL have responsibilities.**

### Contact Information

Just a friendly reminder, if you are trying to get a hold of me during business hours, please call me at the Band Office at 250-989-2323 Ext 103 or you can email me at [housing@xatsull.com](mailto:housing@xatsull.com) ☐

**\*When calling and leaving a message, please leave a call-back number. There have been members who have called, but they haven't left a call-back number.**

### HIIFNIY INTERN

I would like to Welcome Tinesha Jakesta on-board as a new staff member for Soda Creek Band. Tinesha is the new HIIFNIY Housing Intern. She started working in the Housing Department on July 9<sup>th</sup>. Her position is funded through CMHC and she will be working in our office until March. I am very happy she is on board with the Housing Department.

### Residential Tenancy Agreements

Once again, please contact me at the office, so we can get your agreement filled out and signed. These need to be filled out EVERY YEAR!

I DO NOT have everyone's current contact information or mailing information, so please call in or stop in so we can get these completed.

Our department is working with the Finance Department and S.A Department to ensure all rents received are recorded and we would like to start sending out rental statements.

We are aiming for September to begin mailing these out, so please ensure we have your contact information.

**Continued on page 4** →

*~Housing Report continued~*

**CURRENT Tenants in Band Rentals**

**We are NOT RECEIVING everyone's MONTHLY RENT.**

Please come into the office to pay your rent, or you can make your payments at the Royal Bank. (Information listed below)

**\*\*If you are the head of the household and you have shared shelter, please make sure that that person makes their payments, otherwise you will be responsible for unpaid amounts that are accumulating.**

**OUTSTANDING amounts owed to the Housing Department**

If you owe money to the Housing Department (Arrears) and you are not able to make it into the Band Office, **Payments can be made at ANY Royal Bank with the following information:**  
**Royal Bank**

Branch # - 08640  
Institute # - 003  
Account # - 01 359 8

Just a reminder – If you have a debt with the Band, and you put your name in for Housing, you WILL NOT be considered for a unit if you have not been making payments towards your debt.

\*If we want to look at New Housing, we need to support what needs to be done in the community when it comes to dealing with arrears.

**Personal Message -**

I just want our members to know that I truly enjoy working in the Housing Department, sure it has it's ups and downs, but I want to do my best for our community. I may not be everyone's cup of tea, but I am here to work towards better housing solutions for our community. Things may not be done as fast as you want them to be, but Housing is such a big topic in every community. It's not only

about an individual. We all need to be accountable for our actions.

We need to look for solutions, instead of trying to blame our past. If we want change, we need to be that change. Working together will make us stronger and if our members speak up and say what kind of change they want, that is the only way that we will begin to move forward.

We **MUST PLAN TOGETHER** for a better future.

The present is a hard time to deal with, especially with the obstacles that we are all faced with. But, we must continue to move forward in order to be where we want to be and to remember we deserve the best. We must continue to remember the value in ourselves.

Respectfully



## Grad Celebration



## Education Coordinator



Cheryl Chapman

Your Implicit Career Search 'The Hero's Journey' begins September 17<sup>th</sup>, 2018, ages 16+, please refer to the poster and contact Marion, Lisa or myself for details and to register.

Additional Post-Secondary funding may be available, 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. I will develop a priority waiting list.

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 5<sup>th</sup> 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 5<sup>th</sup> member not be a youth 18-29, then the youth seat will remain available.

Part of your 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. 50/50 \$2 a ticket or 3 for \$5.00, see the poster. We will be doing a bottle/can drive as well as collecting them from the sides of the roads, on the 3<sup>rd</sup> and 16<sup>th</sup> of August, between 2:30 -3:45pm, please watch out for us. If you have any bottles/cans you would like to donate, please call me for pick-up.

***Check out the Summer Program updates and pictures, in this edition of the Fraser River Run!***

The annual Indigenous Celebration in Barkerville was on July 14<sup>th</sup>, we had 42 community members come with us, see the picture in this newsletter, note we can make copies.

Graduation & Student Celebration was on July 18<sup>th</sup>, the Xat'sull Heritage Village, we had a wonderful evening and thank you to the Walk-Run Group for catering.

Annual Summer Programming wrap-up will be at Bel-E-Acres August 31<sup>st</sup>, 2018, we will have snacks a BBQ lunch and cake, as well as games, go-cart rides and golf.

Should you require additional information please contact me at 250-989-2323 #104, or email [education@xatsull.com](mailto:education@xatsull.com)

*Stay Healthy, Happy & Safe*





# Grad Celebration

There was a Barbecue Dinner to celebrate all the students on August 18, 2018 at the Xatšúll Heritage Site. It was a great turn out!



## Our Graduate Students



Violet Quon



Felicity Sellars



Dusty-Rose Sellars



Noella William



Cheryl Chapman



Sheri Sellars



Brenda Phillips





Michael Phillips



Tyler Tweedie-Phillips



Anastacia Phillips



Nicholas Phillips



Bryanna Sellars



(Glen for) Marissa Sellars



Meghan Sellars



Arianna Harry



Angel Mitchell



Jolene Sellars



Skyleigh Phillips-Sparks



Ali Phillips-Sparks



Linden Stinson



Trey Stinson



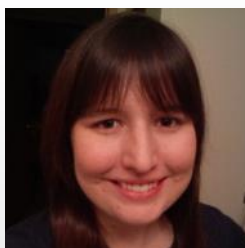
Michaela Stinson



Paige Sellars



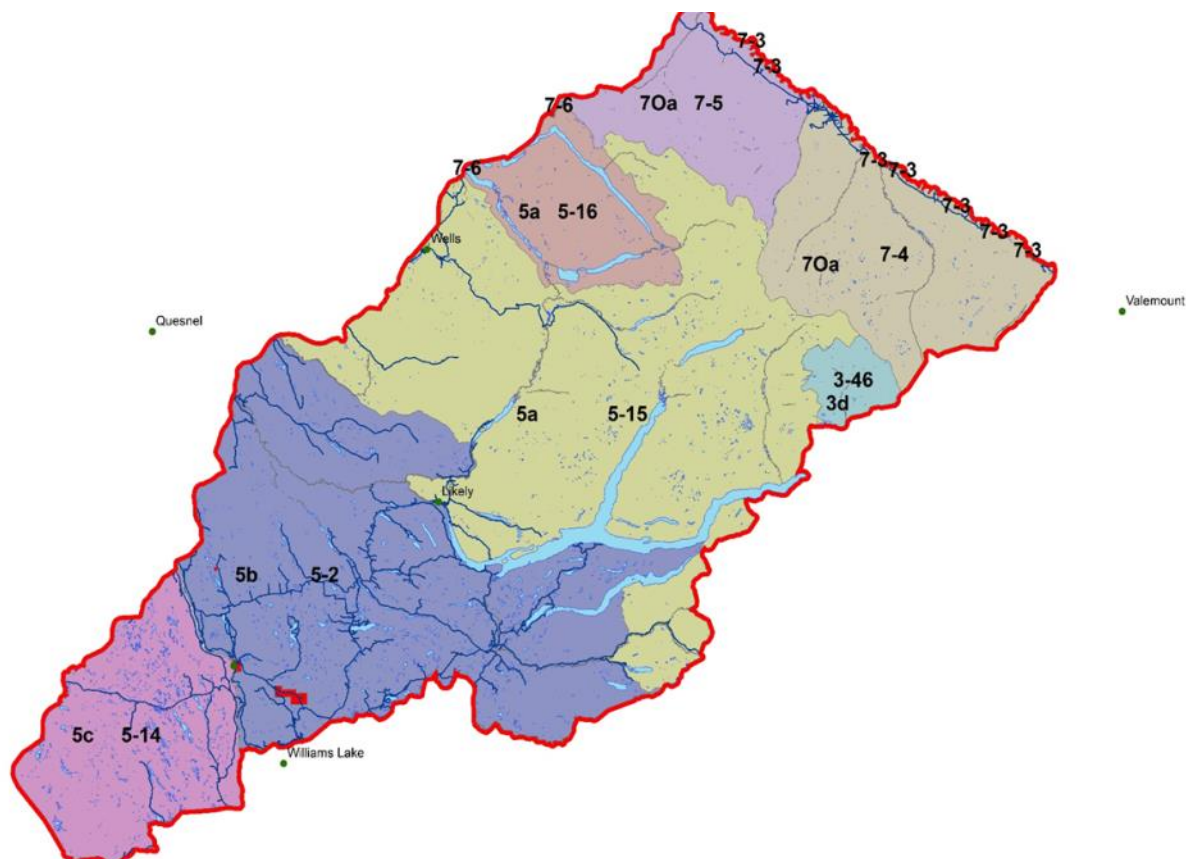
## Referrals Coordinator



Kate Hewitt

Soda Creek and many other communities had the opportunity to be directly involved in the harvest allocation of moose for the upcoming season. The final decisions were based on the impacts of the 2017 wildfires, compositional and population-based survey work, and information from stakeholders and First Nations. Below is a map of the Soda Creek Territory with the Wildlife Management Units (WMU) and Game Management Zones (GMZ) listed. Deep Creek and Soda Creek reserves are within WMU 5-2 and GMZ

5b, together creating 5-02b. In this zone, and in 5-14, the licensed bull moose harvest will be reduced by 50%, meaning half the number of hunting tags for bull moose will be provided this season. There will be an additional adjustment in 5-14 of 5-20% in areas heavily impacted by wildfires and an additional 10% reduction to licensed hunters to allow for greater First Nations hunting opportunities. If you have further questions, please contact me.



## Community Submission

Penny Phillips submitted these photos of her canning. She is canning cherries and Saskatoon berries.





The Vessel, the Spaceship, XDC is it! The potential, the possibilities that exist for our development corporation are limitless. As a Nation, it is important that we capitalize on XDC; it is the path to success through economic development. The revenue generator that can fuel our projects, our needs, our wants, our moving forward, our freedom, XDC can and will get us there.

Our Annual General Meeting (AGM) took place on June 13, 2018. Our past board of Directors: Bruce Mack, Brian Groves and Gilbert Sellars Sr. were not re-appointed, and a new board of directors were appointed for one-year terms: Thomas Phillips, David Pop, Yvonne Smith and Keray Camille. I want to personally thank the out-going board of directors for their time, energy and effort they consistently put into our economic development corporation, XDC. To the new board of directors recently appointed; good luck in taking our company to new levels, growth, strength and positioning.

At the end of June 2018, XDC's Chief Executive Officer – Brad Klock turned in his resignation, it is an unfortunate turn of tides because he carried significant skills, experience and a proven track record that will be greatly missed here at XDC. In the six plus months I spent with him working directly under his supervision, I was learning amazing ways of doing business and now as I sit here alone, it is a loss that I am still enduring.

I cannot emphasize how important XDC is to our future, this office, this business should be swarming with human resources, experts, consultants, staff, community members all working for the company. Because that is not happening, I am concerned that our key to success – XDC is being passed up in many ways.

In terms of our most recent activities here at XDC, we are logging the burned wood on our Deep Creek Reserve IR#2 due to the wildfires of 2017. Our partner, Jatco Timber Ltd. is doing a great job and going the extra mile to ensure expectations are exceeded. Block 3 is complete with only road de-activation and silviculture obligations required. Block 1 is 100% harvested and timber is 100% hauled out. Block 2 is being accessed, with a culvert already installed at Mountain House Road at the old Jim Mackenzie's Road and a temporary bridge has been installed on the creek to gain access to the final block 2. All blocks will have roads de-activated and silviculture obligations will be in place. As of July 24, 290 logging truck loads have been moved out of blocks 3 and 1 with more to come out of block 2. To ensure minimal disturbance, community archaeologists were on-site during road building, culvert and bridge installs, this is positive in protecting sensitive areas where our activities take place.

Again, our company website is [www.xatsuldevelopment.com](http://www.xatsuldevelopment.com) and our Facebook page is: [www.facebook.com/xatsuldevelopment/](https://www.facebook.com/xatsuldevelopment/) please have a visit when you have time. If you prefer to communicate in person, please feel free to stop in for a visit. You can also connect with me via email at: [tony@xatsuldevelopment.com](mailto:tony@xatsuldevelopment.com) or via cellphone at: (250) 267-7704.

Respectfully,

Tony Mack – Special Projects Coordinator



# Summer Children's Program

July was a fun and busy month for the Summer Children's Program. Paige, Tyrese and I have been working hard to keep the children active and entertained every day. We've gone swimming multiple times, made some homemade snacks, done science experiments with slime and had our annual trip to Barkerville. We still have

some big trips coming up in late July and August that I know the children will enjoy, such as our two night trip to Gavin Lake. I'm excited for the rest of the summer and getting to do some more fun activities with all the kids.



Dodge ball in the gym



Gold panning at Barkerville



Bowling



Horseback riding at 108 Stables



## Community Activities

### Worker



Janae Beaulieu

Hi Everyone August already?!?!?! Summer sure feels like its flying by, July has been a busy month we had a community Lake Day at Horsefly Lake. I supported the Three Corners Home and Community Care Program and drove elders to Barkerville, and I have been assisting Education and providing transportation for the Summer Program for the daytrips out and about. I took some of our elders for a day trip to take part in the events and activities in Quesnel. They really enjoyed that especially the live bands.

This month the Band started the Family Support travel. On July 11, 2018 I drove the bus providing transportation support for the ones that signed up and needed a ride into town. The last couple Wednesdays the service was cancelled due to no one signing up for a ride. The next travel dates are Wednesday August 8<sup>th</sup>, 15<sup>th</sup>, and 29<sup>th</sup>. If you need to access this service please call and sign up with Maxine at the health station by 4:00pm the day before.

On August 7, I will be working with Natural Resources Department taking the elders out for a day trip out to Whiskey Creek, if any community members that are not elders and are interested in joining us please leave your name with Maxine by August 3<sup>rd</sup>.

On August 10<sup>th</sup> from 11am-3pm Three Corners is having a Youth Fun Day at Bell-E-Acres if anyone who is 18 years old and under wants to attend that please let me or Maxine know by August 8<sup>th</sup> and I can provide transportation to and from the event with bus. I will also be assisting the Youth Group with some of their fundrais-

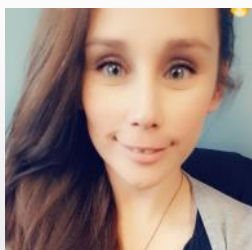
ers for their end of summer trip they have planned please keep your eyes and ears peeled as to when they announce their dates and support our Youth Group as they have been working hard planning so they can take their trip.

Halloween is only a couple months away and if you would like to take part in the planning please let me know and come September we can start planning the Halloween Party.

I will also be starting a list for names of parents who want to become part of the Parent Advisory Committee (PAC) if you are interested in being part of the group please leave your name with me and once there is enough interest we can get this group up and running.

Our little community garden is sure growing along and looking nice you are always welcome to come check it out and pick a few weeds, but that's it from me for now..... until next month hope you all stay cool and enjoy the summer weather.

## Community Support Counsellor



Shae Chelsea

Wekt-p, I hope everyone is enjoying their summer breaks so far. I know I have been very busy, but still loving every minute in the sun and with my family. July and August are some of the busiest times, because the kids are out of school, everyone's going on trips for their summer vacations and the weather is beautiful. I have a lot going on in my position for August, and I am very excited.

August 2018: (These dates and locations to be confirmed)

- Youth Meeting: July 26 & August 8 from 4-6pm - Health Station Boardroom
- Community Meeting: August 9 from 5-8pm - Gymnasium
- Girls Retreat (ages- 11-17): August 15-17- 108 Mile Resort
- Fundraisers for Youth Year End trip (keep your eyes open for dates)
  1. Bottle Drive
  2. Spaghetti and Bingo Night
  3. Movie Night at the Campsite
  4. Indian Tacos Lunch
  5. Bake Sale
- Older Youth Year End Trip (ages- 12-14): August 21-25 - Vancouver

- Drinking and Driving Presentation with the RCMP- date to be confirmed- Health Station
- Bike Rodeo- Health Station

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

## GIRLS RETREAT 2018

"BEAUTIFUL THE WAY I AM !!"



**108 GOLF RESORT**  
**AUGUST 15-17, 2018.**  
**AGES 11 TO 16**

JOIN US FOR THREE DAYS OF FUN, HORSEBACK RIDING, SWIMMING & GAMES  
 DISCOVER THE POWERFUL FORCE THAT YOU ARE!  
 REGISTRATION DEADLINE: AUGUST 10, 2018  
**ONLY 20 SPOTS AVAILABLE—CALL TODAY TO REGISTER**

REGISTRATION PACKAGES ARE AVAILABLE AT THREE CORNERS HEALTH SERVICES  
 CALL RENEE OR LAURIE AT 250-398-9814 IF YOU HAVE QUESTIONS OR TO REGISTER



THREE CORNERS HEALTH SERVICES  
250-398-9814

RENEE AND LAURIE





## Mexican Corn on the Cob (Elote)

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

*"My Mexican friend gave me this recipe for corn on the cob. Street vendors there sell their corn made this way. Cotija cheese can be found in most grocery stores."*

### Ingredients

- 4 ears corn, shucked
- 1/4 cup melted butter
- 1/4 cup mayonnaise
- 1/2 cup grated cotija cheese
- 4 wedges lime (optional)

### Directions

1. Preheat an outdoor grill for medium-high heat.
2. Grill corn until hot and lightly charred all over, 7 to 10 minutes, depending on the temperature of the grill. Roll the ears in melted butter, then spread evenly with mayonnaise. Sprinkle with cotija cheese and serve with a lime wedge.



## Pizza On The Grill I

Prep: 45m Cook: 15 m Ready in: 3 h

*"Even with a baking stone, a conventional oven is no match for a professional oven when it comes to making pizza. At home, or rather in your backyard, the grill is the way to go. The heat of a hot grill is perfect, and makes it possible to make incredible pizza at home. Use your favorite toppings, but keep in mind not to overload the pizza. Keep it light. Try it - everything is better on the grill!"*

### Ingredients

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1 pinch white sugar
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1/2 cup olive oil
- 1 teaspoon minced garlic
- 1/4 cup tomato sauce
- 1 cup chopped tomatoes
- 1/4 cup sliced black olives
- 1/4 cup roasted red peppers
- 2 cups shredded mozzarella cheese
- 4 tablespoons chopped fresh basil

### Directions

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.
2. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.
3. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 tablespoons tomato sauce. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/8 cup roasted red peppers over crust. Sprinkle with 1 cup cheese and 2 tablespoons basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza.



## Adrienne's Cucumber Salad

*"Cool, delicious cucumber salad. For a pretty salad, peel only half of each cucumber, leaving strips of skin on each. Don't make the vinegar solution first and then chop the cucumber because it's important that the vinegar solution be hot to ensure proper flavoring."*

### Ingredients

- 4 cucumbers, thinly sliced
- 1 small white onion, thinly sliced
- 1 cup white vinegar
- 1/2 cup water
- 3/4 cup white sugar
- 1 tablespoon dried dill, or to taste

### Directions

1. Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.





## Mexican Bean Salad

*"A colorful, spicy, and refreshing bean and corn salad."*

Prep: 15 m Ready in: 1h 15 m



### Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- 1/4 cup chopped fresh cilantro
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground black pepper
- 1 dash hot pepper sauce
- 1/2 teaspoon chili powder

### Directions

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

## Brown Rice Bean Burrito Bowl

*"Organic brown rice is topped with black beans, salsa, shredded cheese, and avocado slices for a quick and hearty lunch."*

### Ingredients

- 3/4 cup cooked truRoots® Organic Germinated Brown Rice
- 3/4 cup black beans, rinsed and drained
- 1/2 cup prepared salsa
- 1/4 cup finely shredded Cheddar cheese
- 1/2 avocado, pitted and sliced
- Lime wedge, cilantro sprigs and hot sauce for garnish (optional)

### Directions

1. Spoon rice, beans and salsa into bowl. Sprinkle with cheese. Top with avocado slices. Garnish with lime, cilantro and hot sauce, if desired.



## Baron's Blackberry Cobbler

Prep: 15m Cook: 55 m Ready in: 1 h 10 m

*"Easy blackberry cobbler. My father-in-law grows huge blackberries and always has tons. I tried a number of recipes and none really hit the spot. So created this one and it worked so well that my fiancé said it was the best she had ever had. Serve warm with heavy or whipped cream."*

### Ingredients

- 1/2 cup white sugar
- 2 tablespoons cornstarch
- 6 cups fresh blackberries
- 1/4 cup melted butter
- 2 1/2 cups all-purpose flour
- 1 1/2 cups white sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 cups milk
- 1 tablespoon vanilla extract
- 1/4 cup melted butter

### Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Lightly oil a 9x13-inch baking dish. Whisk 1/2 cup sugar with the cornstarch in a small bowl; set aside.
2. Place the blackberries into a mixing bowl, and drizzle with 1/4 cup of melted butter. Sprinkle with the cornstarch mixture, and toss to evenly coat. Spread the berries into the prepared baking dish. In a separate bowl, whisk together the flour, 1 1/2 cup sugar, baking powder, and salt until evenly blended. Stir in the milk, vanilla extract, and 1/4 cup melted butter until combined but still slightly lumpy. Pour the batter over the berries.
3. Bake in the preheated oven until the berries are tender and the crust is golden brown, 55 minutes to an hour.





## Nurse Practitioner



August 20  
August 27

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



August 1  
August 8  
August 22  
August 29

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

## Dental Therapist

Wednesday, August 22, 2018

10:00-3:00 pm

Health Station

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

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

## ENTER TO WIN

2 tickets to 2018 Arts Wells Festival being held August 3-6, 2018 in Wells, BC. In sponsorship by Barkerville Gold Mines Ltd.

Must be a community member of Soda Creek Indian Band

⇒ Enter by Wednesday, August 1st at 12 pm, via email to [tus@xatsull.com](mailto:tus@xatsull.com) or call Ada at 250-989-2323 ext. 120 or in person to the NR/Treaty Office

⇒ Draw will be done at the Soda Creek Natural Resources/Treaty Office on August 1st after 12 pm

**Salmon SAMPLING PROGRAM BBQ**

**2018**

Join us at Xatsull Heritage Village

**EVERYONE WELCOME**

**MONDAY AUGUST 13TH | 5PM-7PM**

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

**Taseko Gibraltar**

**EDI**

**XATSULL**

**Northern Shuswap Tribal Council**

**STIKKIAH NATION**

**STIKKIAH NATION**



# 50/50 SCIB Youth Fundraiser



1 Ticket for \$2.00  
or  
3 Tickets for \$5.00

Draw Date:  
August 21,  
2018  
In the  
Education  
Centre

Tickets can be  
purchased from  
Education or  
from the Youth  
ages 12-14

Please help support the Youth Group in their fundraiser.  
All proceeds will go towards their trip to Vancouver to tour the Colleges and Universities.  
Thank you for your support

## Lunch and Learn: The Patient Voices Network

Helping to make BC's health care system better in the Cariboo Chilcotin!



PVN provides volunteer opportunities to make your voice heard and have a real impact on improving quality of care. Join us for lunch to learn more!

**When:** August 23, 2018 12pm – 1pm

**Where:** Soda Creek Health Station  
3405 Mountain House Rd

**Why:** Your Voice Matters

To sign up call Maxine at 250.989.2355. Lunch is provided.

For more details please contact Jacquelyne at [jfoidart@bcpsqc.ca](mailto:jfoidart@bcpsqc.ca) or sign up at [PatientVoicesBC.ca](http://PatientVoicesBC.ca)

[jfoidart@bcpsqc.ca](mailto:jfoidart@bcpsqc.ca)  
250.879-1077  
1.877.282.1919



Interior Health  
Every person matters

in partnership with  
Patient Voices Network

## GIRLS RETREAT 2018 "BEAUTIFUL THE WAY I AM !!"



**108 GOLF RESORT  
AUGUST 15-17, 2018.  
AGES 11 TO 16**

JOIN US FOR THREE DAYS OF FUN, HORSEBACK RIDING, SWIMMING & GAMES  
DISCOVER THE POWERFUL FORCE THAT YOU ARE!  
REGISTRATION DEADLINE: AUGUST 10, 2018  
**ONLY 20 SPOTS AVAILABLE—CALL TODAY TO REGISTER**

REGISTRATION PACKAGES ARE AVAILABLE AT THREE CORNERS HEALTH SERVICES  
CALL RENEE OR LAURIE AT 250-398-9814 IF YOU HAVE QUESTIONS OR TO REGISTER



THREE CORNERS HEALTH SERVICES  
250-398-9814

RENEE  
AND  
LAURIE



## Soda Creek Acknowledgement Dinner

Please join us as we give  
Thanks to our hard working  
Firefighters and Volunteers  
that saved us during the 2017  
Fire Season.

**Wednesday, August 1, 2018**

**Soda Creek Gymnasium  
5:00 PM**

If you have any Names or Photos that you would like to ensure are included, please forward them to:  
Marion - [socdev@xatsull.com](mailto:socdev@xatsull.com)

RSVP by Monday, July 30th at 4 pm, call 250-989-2323, ext. 102

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

Email:  
edassist@xatsull.com

# AUGUST 2018 FUNDRAISING



Sun	Mon	Tue	Wed	Thu	Fri	Sat
50/50 Available 1 for 2\$ 3 for 5\$	29	30	31	1	2	3
					Bottle Drive	4
5	Program Closed	6	Indian Tacos	7	Bake Sale	8
					Bake Sale	9
					Bake Sale	10
					Bake Sale	11
12	Spaghetti Dinner	13	14	15	Bottle Drive	16
					Movie Night @ Campsite	17
19	Dinner & Raffle Draws	20	Vancouver	21	UBC	22
					Caplano University & Suspension Bridge	23
					BCIT & PNE	24
26	27	28	29	30	31	1

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

## XAT'SULL SUMMER CHILDREN'S PROGRAM



# AUGUST WORKSHOPS

with Ciel Grove

AUGUST  
30

## LUNCH + LEARN : EXPLORING AYURVEDIC MEDICINE & DOSHAS

Ayurvedic medicine is the one of the oldest systems of healing in the world, originating in India over 3000 years ago. Key concepts of this system include universal connectedness (among people, their health and their environment), and the importance of understanding the life forces and constitution of individuals--called their 'dosha'. We will explore how to define and understand your constitution in this lunchtime workshop, and how to use that understanding to improve your overall health.

AUGUST  
17

## HEALTH CHALLENGE GIFT CERTIFICATES WILL BE AVAILABLE

If you have registered for the September Health Challenge, please come to the Health Station any day after the 17th to pick up your Sta-Well gift certificate!

BEGINNER'S YOGA ON  
FRIDAYS: 12-12:45

Please call Maxine at 250.989.2355  
to let us know if you're coming for lunch!



# August 2018

## Soda Creek Health Station Events Calendar

Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> HCC Travel Mental Health Clinician 10-2	<i>2</i> Integrative Healing Session 8:30-12	<i>3</i> Yoga 12 pm	<i>4</i>
<i>5</i>	<i>6</i> BC Day Statutory Holiday Office Closed	<i>7</i> ADP Luncheon Elders Whiskey Creek Field Trip	<i>8</i> SCIB Travel Physiotherapy 8:45-12 Mental Health Clinician 10-2 Family Support Travel Youth Mt 4-6	<i>9</i> Integrative Healing Session 8:30-12 Community Mt 5-8 pm Gym	<i>10</i> Yoga 12 pm	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i> HCC Travel  Family Support Travel Girls Retreat 108 Resort	<i>16</i> Integrative Healing Session 8:30-12 Girls Retreat 108 Resort	<i>17</i> Yoga 12 pm  Girls Retreat 108 Resort	<i>18</i>
<i>19</i>	<i>20</i> Nurse Practitioner 10-3	<i>21</i> ADP Luncheon	<i>22</i> SCIB Travel Dental Therapist 10-3 Mental Health Clinician 10-2	<i>23</i> Integrative Healing Session 8:30-12 Lunch & Learn: What Matters To You 12-1	<i>24</i> Yoga 12 pm	<i>25</i>
<i>26</i>	<i>27</i> Nurse Practitioner 10-3	<i>28</i>	<i>29</i> HCC Travel Mental Health Clinician 10-2 Family Support Travel	<i>30</i> Integrative Healing Session 8:30-11:25 Lunch & Learn w Ciel: Explor- ing Ayurvedic Medicine & Doshas 12-2	<i>31</i> Yoga 12 pm	



## 2018 Application for Camp Fire Exemption – Cariboo Fire Centre

The Cariboo Fire Centre recognizes there may be times during an **Open Fire Prohibition Order** (burn ban) that First Nations require a campfire for cooking, warmth or ceremonial purposes (otherwise known as “Cultural Fires”).

The Cariboo Fire Centre is prepared to receive applications for “fire exemptions”

There may be specific situations where campfire ban exemptions are not granted (excessive fire workload, broad scale public concern etc) – these situations will be determined and applied by the Fire Centre Manager as required. Currently the **Wildfire Regulations** state:

### Exemption Requirements:

#### Section 27 Wildfire Regulations

An exemption referred to in section 25 or 26 must

- (a) Be in writing;
- (b) Specify the matter to which it relates;
- (c) Specify when the exemption comes into effect, and
- (d) Be delivered to the exempted person.

### To the Applicant

- a) Fires are allowed as follows;
  - i. The fireplace shall provide a non-combustible ring at least 20 cm high
  - ii. The area within 3 metres of all directions of the fire ring must be cleared to mineral soil or covered in 10 cm of gravel and cleared of live or dead vegetation including trees, undergrowth and grass
  - iii. Fires must be monitored by an adult at the fireplace at all times
  - iv. The fire shall be constructed in a manner to ensure material will not roll or fall outside of the fire. A tool or container with at least 8 litres of water must be present at each fire
  - v. Fires must not exceed 0.5m in diameter and 0.5 meters in height
- b) Fires must be continually patrolled by the client to ensure all fires are monitored by a responsible third party;
  - i. All sites with fires must be monitored while the fire is burning.
  - ii. Any campfire that escapes beyond the containment ring must be immediately reported in accordance with Sec. 2 of the *Wildfire Act*.
  - iii. Fires not in compliance of the conditions required must be immediately corrected
  - iv. Supervision and monitoring must be in place for all times when campfires are burning.
- c) The client must;
  - i. Meet requirements as specified in Section 20 of the Wildfire Regulation for camp fires.
  - ii. Provide an adequate “water delivery system” as defined in the Wildfire Regulation capable of reaching all fire places within the site boundaries.
- d) In the event the client causes a wildfire;
  - i. The client must immediately provide appropriate fire control action to extinguish the wildfire
  - ii. The client may be billed for Forests Lands and Natural Resources (FLNR) fire control and site rehabilitation costs.
- e) The client may be served a violation ticket, administrative penalty and/or be required to pay the costs of suppressing the fire.

### Application delivered to:

Cariboo Fire Centre  
Attn: Cariboo Fire Centre Manager  
3020 Airport Rd.  
Williams Lake BC V2G 5M1  
Office Reception: (250) 989-2600  
Email to: [Mark.Hamm@gov.bc.ca](mailto:Mark.Hamm@gov.bc.ca)



## Application for Camp Fire Exemption:

Name (of First Nation Community)				
Address				
City	Prov.	Postal	Phone:	Fax:

Name (the applicant and who is the person <u>responsible</u> on site)				
Address				
City	Prov.	Postal	Phone:	Fax:

Name (of Certified S100 holders who will be <u>present</u> during the event)				
Address				
City	Prov.	Postal	Phone:	Fax:

Name (of Certified S100 holders who will be <u>present</u> during the event)				
Address				
City	Prov.	Postal	Phone:	Fax:

Type of Cultural Fire you are requesting exemption for (ceremonial, prayer, smoke house, sustenance, vision quest, wake, sweat lodge, other (description required))
Describe the conditions of the proposed fire (example: smoking fire to dry salmon, flame of fire not to exceed 50 cm in height, etc)
Geographic Description (provide location, access directions, coordinates (lats/longs), etc.)
List equipment (available on site during the period of this exemption request) <i>reference</i> Section 5 Wildfire Regulations The applicant must supply more than current regulation states i.e. water delivery system, hand tools, certified fire fighters etc.
Other:

### Date(s) Required

Effective Date (day the fire is required)	Termination Date (exemption expires at midnight)
---	--

I, ( THE APPLICANT ), understand that this application is an exemption to current legislation and that I am responsible for the implementation of this plan:

- I. This application for exemption must be signed by the Chief and a minimum of two council members ;
- II. It is understood that the implementation/execution of this plan is the sole responsibility of Band;
- III. The approved application (signed by Cariboo Fire Centre) must be available on site in the event of an inspection being conducted by Compliance and Enforcement staff.

Date Signed: \_\_\_\_\_

Printed Name of Chief \_\_\_\_\_

Signature of Chief \_\_\_\_\_

Signed in the presence of:

\_\_\_\_\_  
Name of First Councilor

\_\_\_\_\_  
Signature of First Councilor

\_\_\_\_\_  
Name of Second Councilor

\_\_\_\_\_  
Signature of Second Councilor

-----  
Date Approved: \_\_\_\_\_

\_\_\_\_\_  
Signature of Cariboo Fire Centre Manager





Mount Polley Mining Corporation  
an Imperial Metals company  
Box 12 | Likely, BC V0L 1N0 |  
T 250.790.2215 | F 250.790.2613

# Community Update

## Introduction

Welcome to Mount Polley Mining Corporation's (MPMC) 2018 Quarter 2 Community Update newsletter providing the local communities with information about what is happening at the mine.

## Fish in Hazeltine Creek



Upper Hazeltine Creek, early July 2018

On April 26, 2018, the fish fence at the Polley Lake Weir was removed and fish were allowed to return into the remediated section of upper Hazeltine Creek. A lower fish fence was installed upstream of the Gavin Lake Road bridge to prevent spawning in future work areas.

## MPMC Events:

### Past events:

**April 11:** Implementation  
Committee Meeting —  
Williams Lake, BC

**June 8-10:** Plato Island  
Fishing Derby sponsored by  
MPMC — Quesnel Lake, BC

**June 26:** Public Liaison  
Committee meeting — Likely,  
BC

**June 28:** Regional  
Operations Supervisors from  
Ministry of Environment Tour  
— Mount Polley mine site

### Upcoming events:

**TBD:** Public site tour —  
Mount Polley mine site (after  
labour dispute is resolved)

**September 17-21:**  
Technical and Research  
Committee on Reclamation  
(TRCR) symposium and site  
tour — Williams Lake, Likely,  
and Mount Polley mine site

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Since August 2014, fish were prevented from entering Hazeltine Creek until suitable habitat was constructed. After two years of work, there is approximately 2.5 km of spawning and rearing habitat for rainbow trout, as well as red side shiners and long nose suckers in the creek. This marks a milestone in the remediation efforts at MPMC and could not have been achieved without the hard work and support of its employees, as well as consultants, contractors, First Nations and our community partners.

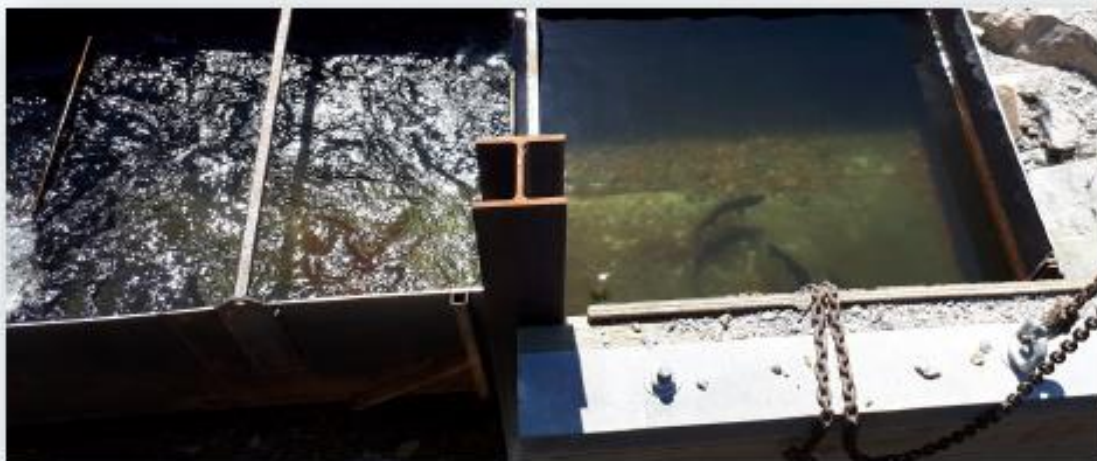


Spawning rainbow trout in Hazeltine Creek— late May 2018

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Weekly surveys of the fish populations are being conducted by MPMC environmental staff in cooperation with Minnow Environmental to track the success of the 2018 spawn and fish activity. The surveys include counting of fish at established monitoring stations and pools, and observing how the fish are using the creek (eg. seeking shelter under woody debris or boulders). The most recent spawning survey completed in early July observed over 18,600 rainbow trout in upper Hazeltine Creek, with the majority being young-of-year (ie. born from the 2018 spawn). In addition to the surveys, temperature data continues to be monitored within Hazeltine Creek as well as dissolved oxygen levels.

An engineered fish ladder was installed at the Polley Lake weir to allow fish to return into Polley Lake. The flows are monitored to ensure that the water elevations are properly maintained for fish passage. The fish ladder has been designed so that flow can be adapted to seasonal changes.



Fish using the ladder at the Polley Lake weir - late May 2018

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## Rainbow Trout Hatchery

To augment the rainbow trout age class numbers post-breach, MPMC built an on-site hatchery this spring. The eggs were harvested and fertilized from local rainbow trout in Hazeltine Creek.



Minnow Environmental Staff inspecting eggs harvested from rainbow trout, early May 2018.

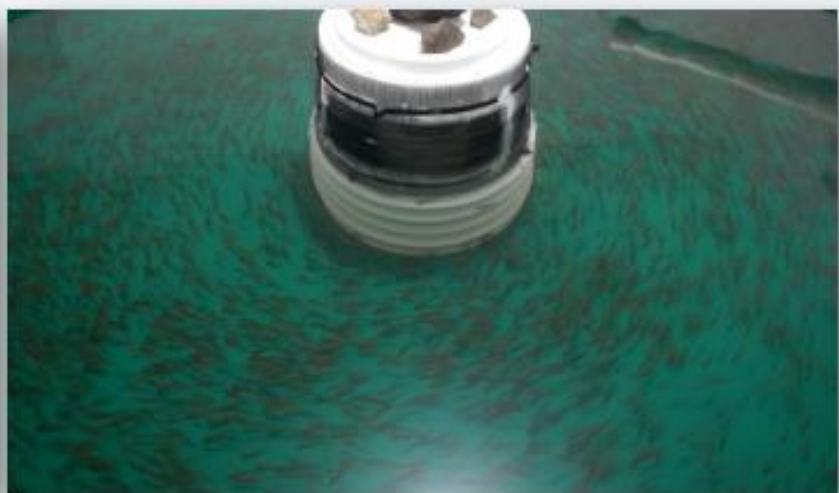
Once the eggs were fertilized, they were placed in incubation trays where temperature, flow and dissolved oxygen levels were regularly monitored. The water intake is sourced from below the thermocline in Polley Lake in order to maintain cooler temperatures. It took approximately two months for the eggs to hatch into alevins (yolk-sac fry) and another two weeks for the yolk sac to be completely absorbed. Throughout the incubation stage (except during their most sensitive phase), MPMC staff counted and removed the white dead/unfertilized eggs.

On July 5, the fry were transferred from the incubation trays to the shallow rearing tanks. They will remain there until the fish reach their target biomass and then will be transferred to deeper rearing tanks, and eventually released into the Polley Lake watershed.

MPMC staff have been monitoring the hatchery twice daily, at a minimum, to ensure the survival of the fish, and even have on-call overnight personnel to attend to an emergency.



Rainbow trout eggs hatching, late June 2018



Rainbow trout fry in shallow ponding tanks, early July 2018



## Hazeltine Creek Remediation

Approximately 3,030 willow cuttings harvested from site, were planted along 2.6 km of the lower floodplain in reach 2 of Hazeltine Creek in spring 2018. Additional planting of approximately 58,600 alder and 192,480 conifers plugs (eg. pine, spruce, and cedar) in the breach affected areas, will continue in the upcoming months.

Remediation work planned for summer 2018 includes further soil placement in the Polley Flats area. This will include the removal and remediation of the road south of the Polley Lake control structure. This will create a continuous area of remediation from the Polley Flats to the treeline east of Hazeltine Creek. Primary drainage control will be maintained/established during the construction.

Construction of fish habitat features in reach 3 of the Hazeltine Creek channel was scheduled to start in June, however, as MPMC is involved in a labour dispute with its unionized employees, this remediation work has been postponed to later this summer.

## Wildlife

There have been many wildlife sightings on and around the site, especially black bear sows with cubs. Reminder to be aware of your surroundings and make noise when walking in the bush.



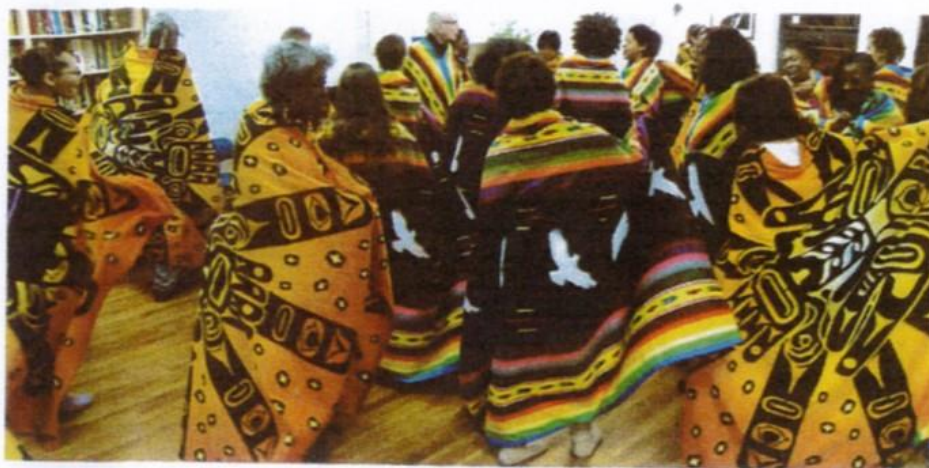
Black bear sow with cub along the west ditch on the Mount Polley site, June 2018



Bull moose observed on a Mount Polley site wildlife camera, June 2018

Please visit the Imperial Metals website for more information about MPMC's reports and ongoing projects:  
<https://imperialmetals.com/our-operations/mount-polley-mine/mount-polley-updates>





## ABORIGINAL FOCUSING-ORIENTED THERAPY & COMPLEX TRAUMA CERTIFICATE

### 21 days / 10.5 credits

This certificate uses Focusing-Oriented Therapy (FOT) as a safe and effective method of working with clients who experience complex trauma.

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. A variety of Aboriginal/Indigenous treatment modalities are woven throughout the courses, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques.

This program benefits Aboriginal and non-Aboriginal counsellors, therapists, frontline workers, and others who are interested in developing clinical treatment techniques and strategies essential to healing of traumatic

life situations presented by many clients. Focusing-Oriented Therapy is particularly helpful to practitioners who work with residential school survivors, those with addictions, and survivors of sexual, physical and emotional abuse. The program especially benefits practitioners who work in Aboriginal agencies and/or communities or in various other cross-cultural situations/settings.

### Proposed dates for Williams Lake:

- Module 1: Sept 26-28, 2018
- Module 2: Nov 21-23
- Module 3: Jan 23-25
- Module 4: Mar 20-22
- Module 5: May 15-17
- Module 6: July 17-19
- Module 7: Sept 18-20 (2019)

Meera Shah  
250-398-5786  
ALL NATIONS  
ARTS SOCIETY  
Program Coordinator

JIBC  
PROGRAM OF  
EXCELLENCE  
AWARD



**CHIEF CALVIN CRAIGAN:**  
CHIEF COUNCILLOR/HEREDITARY  
CHIEF, SECHELT NATION

“The program has brought me an awareness and has taught me how to integrate the new ways of healing with the old ways of healing in my culture as I was able to hone in on the similar aspects of the therapies. As a spirit worker, it has enhanced my methods and my skills in my everyday practice of using therapy. The teachers were very instrumental in showing and demonstrating how Aboriginal Focusing-Oriented Therapy affects the body, spirit and mental capacity. I am grateful to the program – of what it has brought to me.”

### REQUIRED COURSES

	Days/Credits
✓COUN-3200: Complex Trauma	3 days/1.5 credits
✓COUN-3205: Focusing-Oriented Therapy & Complex Trauma 1	3 days/1.5 credits
✓COUN-3210: Focusing-Oriented Therapy & Complex Trauma 2	3 days/1.5 credits
✓COUN-3215: Focusing-Oriented Therapy & Complex Trauma 3	3 days/1.5 credits
✓COUN-3220: Depression, Grieving & Complex Trauma	3 days/1.5 credits
COUN-3230: Dreams & Complex Trauma	3 days/1.5 credits
✓COUN-3225: Clinical Spirituality & Complex Trauma	3 days/1.5 credits



# **FIRE CAMP CATERING JOBS**

## **BC WILDFIRE SEASON 2018**



Do you live in BC or  
Alberta?



Enjoy camping and  
the outdoors?



Want to make a  
difference this  
summer?



Put your catering  
skills to great use...



Feed the hard  
working Fire  
Fighters

**Seeking experienced and enthusiastic:**

- First Cooks
- Second Cooks
- Bakers
- Breakfast Cooks
- Prep Cooks
- General Helpers



**\*\*\*Only residents of BC and Alberta will be considered  
due to location of camps\*\*\***

# **Apply now!**

**[recruiter@summitcamps.ca](mailto:recruiter@summitcamps.ca)**



# Community Events

Event	Date & Time	Where	Description
HCC Travel	August 1, 15 & 29		Call Edith at 250-989-2355
Mental Health Clinician	August 1, 8, 22 & 29 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Lunch & Learn w Ciel: The Energy Body	August 2 12-2 pm	Health Boardroom	Call Maxine at 250-989-2355 to sign up
Integrative Healing Sessions with Ciel	August 2, 9, 16, 23 & 30 8:30-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book a one on one session
Nurse Practitioner	August 20 & 27 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
ADP Luncheon	August 7 & 21	Health Station	
Elders Whiskey Creek Field Trip	August 7	Whiskey Creek	Call Maxine at 250-989-2355 to sign up
Family Support Travel	August 8, 15 & 22		Call Maxine or Janae at 250-989-2355 to book a spot on bus
Physiotherapy	August 8 8:45-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
SCIB Travel	August 8 & 22		Call Rae-Lyn at 250-989-2355
Youth Council Meeting	August 8 4-6 pm	Health Boardroom	Any questions call Shae at 250-989-2355
Community Meeting	August 9 5:00-8:00 pm	Soda Creek Gym	Call Jessie at 250-989-2323 if you need a ride
Salmon Sampling Program Barbecue	August 13 5:00-7:00 pm	Heritage Site	
Treaty Working Group Meeting	August 14 5-8 pm	Soda Creek Gym	Dinner is provided. If you need a ride, call Ada at 250-989-2323 ext. 12+0.
Dental Therapist	August 22 10-3	Health Station	Call Maxine at 250-989-2355 to book an appointment
Lunch & Learn: What Matters To you	August 23 12-1	Health Boardroom	Call Maxine to sign up. Lunch is provided.
Secwepemc Gathering	August 24-27	Esk'etemc	Registrar by contacting Justine Manuel: 778-471-8205
Lunch & Learn w Ciel: Exploring Ayurvedic	August 30 12-2	Health Boardroom	Lunch is provided. Call Maxine at 250-989-2355 to sign up
Annual Summer Children's Program Wrap-up Celebration	August 31 10-3:30 pm	Bel-E Acres Golf Club	Snacks a, BBQ lunch and cake, as well as games, go-cart rides and golf. Call Cheryl or Dionne at 250-989-2323 if you have any questions.