



Fraser River Run

September 2018

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



The Elders went down to Whiskey Creek area for a tour on Tuesday, August 7th, 2018



The Soda Creek Band Offices will be closed Monday, September 3, 2018 for Labour Day

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Elders Billy Barker Day Trip

Our Elders went on a day trip to the Billy Barker Days on Saturday, July 21st, 2018. Most took in the parade, Street Party and live music.



Pellctsi Kenten (cache pit month) – September

Education Coordinator



Cheryl Chapman

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

It's almost September, please remember to have your student waivers in, so we can provide school supply funding, and your students will be supported through the SCIB Education Department.

Summer Program has been action packed and fun we enjoyed a few days camping at Gavin Lake, and have spent time at Blue Lake and at the Culvert. Unfortunately, the smoke from the wildfires have kept us inside some of the days. Thanks to our beautiful gymnasium we are still able to exercise and have fun.

I noticed that some of our students had outgrown our mountain bikes and mentioned this to Thomas Schoen, he suggested that I write a request for donations and he would take a copy and we'd see what happened. We received \$1,000.00 funding from Williams Lake Log Haulers Association, through First Journey for two mountain bikes for the Youth, we received 6 quality BELL helmets from Three Corners Health, these were purchased on our behalf from Red Shreds. We received four mountain bikes from the Cariboo Friendship Centre Hostel. We have since received \$2,500.00 from Taseko/Gibraltar and purchased another young lady's bike. We also purchased the tools and materials necessary to refurbish the bikes and completed refurbishing training at Red Shreds. Some of the youth joined Thomas Schoen, First Journey and Patrick Lucas, First Nations' Youth Mountain Biking, yesterday at Xat'sull Heritage Village to learn safe mountain biking and check out more of our trails, pictured.



We have enough funding to purchase a few medium mountain bikes, the adult ones are too big and the kids ones are too small for a few of our students. We will also be purchasing a tailgate guard for when we transport the bikes. The 12-14 year old's left today for Vancouver to tour Colleges/Universities and have some fun, the group did over \$1,700 in fundraising and are supported by a \$5,000.00 donation from the Likely-Xat'sull Community Forest. They have requested donations from all band departments and from Xat'sull Development Corporation; haven't heard anything back yet. In the meantime I have allocated \$5,000 of our Spectra funding towards this educational journey and will lessen this contribution as other donations are realized.

Annual Summer Programming wrap-up will be at Bel-E-Acres August 31st, 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

Stay Healthy, Happy & Safe



Housing Coordinator



Marnie Sellars

Topics in my report:

- Residential Tenancy Agreements for ALL CURRENT TENANTS
- RENT → RENT → RENT!!!
- Outstanding Amounts owed to the Housing Department
- House Insurance
- Contact Information

Residential Tenancy Agreements

————→ These need to be filled out EVERY YEAR!

These determine if you are RENTING the unit or if you are in a RENT TO OWN AGREEMENT for the unit.

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.

We are aiming for September to begin mailing out the rental payment statements, so please ensure we have your contact information.

RENT → RENT → RENT!!!

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.**

(This is especially needed if you have someone on Social Assistance (SA) and there may be the possibility that the rent and utilities are not being fully covered. IT IS UP TO THE PERSON/PERSONS LISTED AS HEAD OF THE HOUSEHOLD TO PAY ALL REMAINING DEBT)

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.

HOUSE INSURANCE

This is information that is needed when you go to get House Insurance or Contents Insurance, this was taken directly from their email.

For information with respect to insuring homes and mobile homes also tenants insurance.

Regular home Insurance we will need to know

- Year of home
- Yr. of roof and materials
- Yr. of electrical and materials also how many amps (60,100,200)
- Yr. of plumbing and type of materials
- Main source of heat, year..... any

auxiliary heat (wood stove, pellet stove combo furnace) As these need to be certified and WETT inspected

- Yr. of Hot Water Tanks
- Sq. Footage of home and style of home (1 story 2, bi level)
- Any outbuildings on property, what they are used for sq. footage any heating
- How many acres? any farm animals or farming
- Any business activities on premises

For tenants Insurance,

We will require most of the above as well as the amount of contents required

Mobile Homes

All of the above is required as well we require exterior photos of all buildings and outbuildings for the file. All policies come with mass evacuation and additional living expenses and depending on the age with mobiles the form could vary between replacement cost or actual cash value.

Let me know if you require any more info or call with any questions



Contact Information

-SODA CREEK HOUSING DEPARTMENT

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 ☐

*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.

Respectfully

Agreement In Principle (AIP) Celebration in Canim Lake



Minister Bennett

L/R: Chief Patrick Harry, Chief Andrea Gilbert, Chief Ann Louie, Chief Helen Henderson, Minister Scott Fraser



Gifts presented by the Province Medallions of a Pioneer: For purposes of this award, a Pioneer shall be any person who was either born in Canada or a resident of Canada prior to January 1, 1897, but must be a resident of British Columbia NOW. Award to be made during 1971.



Picture overall of waiting for grand entry to begin



Chief Andrea Gilbert, Chief Helen Henderson, Minister Scott Fraser, Chief Ann Louie, Chief Patrick Chelsea

Slow-Cooker Pepper Steak

Prep: 20 m Cook: 4 h 10 m Ready in: 4 h 30 m

"Very tender and flavorful, this recipe is one of our family's favorites. It's great to make ahead of time in the slow cooker and then serve over rice, egg noodles, or chow mein."



Ingredients

- 2 pounds beef sirloin, cut into 2 inch strips
- garlic powder to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- 1/4 cup hot water
- 1 tablespoon cornstarch
- 1/2 cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt

Directions

1. Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker.
2. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.
3. Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

Mom's Peach Crisp

Prep: 15 m Cook: 30 m Ready in: 45 m

"My Mom and I would often make this yummy and easy peach crisp using her home canned peaches when I was little."



Ingredients

- 4 cups slices fresh peaches
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup cold butter
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup rolled oats

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Arrange peaches evenly in an 8x8-inch baking dish.
3. Mix flour, brown sugar, butter, cinnamon, and salt in a bowl using a pastry cutter until evenly crumbled. Fold oats into flour mixture; sprinkle and press topping into peaches.
4. Bake in the preheated oven until topping is lightly browned, about 30 minutes.

Roasted Garlic Lemon Broccoli

Prep: 10 m Cook: 15 m Ready in: 25m

"I was looking for a unique way to prepare broccoli and decided to give this a try! Florets are roasted after being tossed in olive oil and sprinkled with sea salt, freshly ground black pepper, and minced garlic. A squeeze of lemon juice before serving seals the deal."



Ingredients

- 2 heads broccoli, separated into florets
- 2 tsps. Extra-virgin olive oil
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 1 clove garlic, minced
- 1/2 tsp lemon juice

Directions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

Corn Salad

Prep: 25 m Cook time: 20 m Ready in: 45 m

"This fresh and flavorful salad features buttery yellow corn tossed with chunks of tomato and onion with a fresh basil vinaigrette."



Ingredients

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 2 tablespoons white vinegar
- salt and pepper to taste

Directions

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Vegetarian Bibimbap

Prep: 30m Cook: 20 m Ready in: 50 m

"I created this recipe from looking at a few different ones online and choosing my favorite aspects of each. This is vegetarian but there are many bibimbap recipes with beef or chicken marinades, if you want to add beef or chicken to this dish."



Ingredients

- 2 tbsp sesame oil
- 1 cup carrot matchsticks
- 1 cup zucchini matchsticks
- 1/2 (14 oz) can bean sprouts, drained
- 6 oz canned bamboo shoots, drained
- 1 (4.5 oz) can sliced mushrooms, drained
- 1/8 tsp salt to taste
- 2 cups cooked & cooled rice
- 1/3 cup sliced green onions
- 2 tbsp soy sauce
- 1/4 tsp ground black pepper
- 1 tbsp butter
- 3 eggs
- 3 tsp sweet red chili sauce, or to taste

Directions

1. Heat sesame oil in a large skillet over medium heat; cook and stir carrot and zucchini in the hot oil until vegetables begin to soften, about 5 minutes. Stir in bean sprouts, bamboo shoots, and mushrooms. Cook and stir until carrots are tender, about 5 minutes. Season to taste with salt and set vegetables aside.
2. Stir cooked rice, green onions, soy sauce, and black pepper in the same skillet until the rice is hot. In a separate skillet over medium heat, melt butter and gently fry eggs, turning once, until the yolks are still slightly runny but the egg whites are firm, about 3 minutes per egg.
3. To serve, divide hot cooked rice mixture between 3 serving bowls and top each bowl with 1/3 of the vegetable mixture and a fried egg. Serve sweet red chili sauce on the side for mixing into bibimbap.

Roast Potatoes

Prep: 10m Cook: 20 m Ready in: 30 m

"Simple and delicious recipe for rosemary-kissed roasted red potatoes."

Ingredients

- 2 lbs red potatoes, cut into quarters
- 2 tbsp vegetable oil
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp dried rosemary, crushed

Directions

Preheat oven to 450 degrees F (250 degrees C)
Place potatoes in a large roasting pan and toss with oil, salt, pepper, and rosemary until evenly coated. Spread out potatoes in a single layer. Bake in preheated oven for 20 minutes, stirring occasionally. Serve immediately.



Nurse Practitioner



September 10, 2018

September 17, 2018

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



September 5, 2018

September 12, 2018

September 19, 2018

September 26, 2018

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

APPOINTMENT



Dental Therapist

Tuesday, September 25th, 2018

10:00-3:00 pm

Health Station

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

Warlords Ball Hockey Club Fundraiser

For

**1st Annual Deep Creek Ball Hockey
Tournament September 28th – 30th**

1 Deck of Cards being sold @ \$20/Card

1 Card being drawn for Cash Prize



Win \$500

Draw being held September 27th @ Deep Creek Health Station

Contact Kelly for Cash / Etransfer Purchase

(250) 305-7132

jem.kelly14@gmail.com

IG: jem.kelly

June Draw Winners:

1st Place \$500 – Terri Ryan

3rd Place \$200 – Kevin Chelsea

2nd Place \$300 – Greg Thomas

4th Place \$80 – Crystal Harry

Please Report It!

If you see an American Badger or Northern Goshawk, please report it to Kate at the Natural Resources Department! They are both Species at Risk in this area, and every sighting needs to be logged so wildlife management plans can be reworked to protect these animals!

In addition, if you see any unusual plant or animal, please let the department know! They could be invasive species or Species at Risk!

250-989-2323 ext. 123



1st Annual Deep Creek Ball Hockey Tournament

September 28th – 30th 2018



3405 Mountain House Road, Williams Lake, BC V2G5L5 (Deep Creek Gym)



Play On Rules – 9 Player Roster Max -100% Payout to Men's & Women's Division

Entry Fee: Men's Division \$300 Women's Division \$300 Youth Division \$100

Contact Kelly for Team Submission

(250) 305-7132

jem.kelly14@gmail.com

IG: jem_kelly

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5pm – 10pm Saturday September 15th 2018

Deep Creek Gymnasium

3405 Mountain House Road, Williams Lake, BC V2G 5L5

\$50 Buy In – Unlimited Rebuys for the 1st Hour

1st Annual Deep Creek Ball Hockey Tournament FUNDRAISER

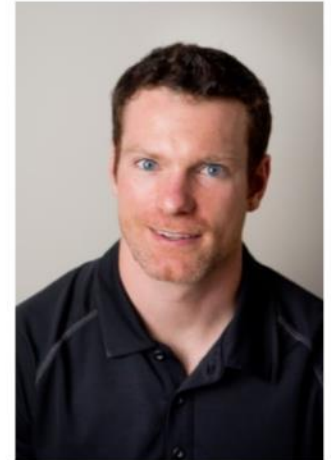
Contact Kelly for Player Submission (250) 305-7132 jem.kelly14@gmail.com



PHYSIOTHERAPY SERVICES

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

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



Physiotherapist
Tyler Judd

August 2018

Dog Creek—August 20 —10:00am-3:00pm

September 2018

Dog Creek—September 10—10:00am-3:00pm

Soda Creek—September 5—8:45am—12:00pm

Sugar Cane—September 5 —1:00pm-4:15pm



October 2018

Dog Creek—October 22—10:00am-3:00pm

Soda Creek— October 1 & 31—8:45am—12:00pm

Sugar Cane—October 1 & 31 —1:00pm-4:15pm

Contact community Health Station to book appointments

Soda Creek Health Centre

250-989-2355

Sugar Cane Health Centre

250-296-3532

Three Corners Health Services Society

PH: 250-398-9814

FX: 250-398-9824

Canoe Creek Health Centre

250-459-7749

Dog Creek Health Centre

250-440-5822



Important Deadline!!

Childcare Subsidy changes on August 31, 2018

funding will **STOP** if deadline is missed

We can help you apply for the new Affordable Child Care Benefit

When: August 23 & 30

Time: 9:00 am to 8:00 pm

Where: 51A South 4th Avenue
Williams Lake, BC

New Eligibility Rules

Families that earn up to \$111,000/year may qualify for funding. Families that earn \$111,000+ but have considerable deductions for family size or children who have special needs can also apply

What do you need to bring?

Child Care Arrangement Form

One piece of government-issued identification for yourself, spouse and each child, including:

- Birth certificate
- Canadian Citizenship Card
- Permanent Resident Card
- Passport
- Driver's license
- BC Services Card
- Certificate of Indian Status

Contact information & email address for you and your spouse.

Working or self-employed

Your work schedule with days and hours scheduled to work

Looking for work

A journal of activities related to looking for a job

Living with a medical condition

Medical Condition Form (CF2914) (PDF)

Attending school

- Student Loan Notice of Assessment or
 - school acceptance letter/registration
- Your school timetable with the days and hours you are scheduled to attend

Participating in an employment program

A copy of your registration in the employment program or Single Parent Employment Initiative action plan and your program schedule with the days and hours you are scheduled to attend.

Children with special needs

Special Needs Supplement Form (CF2951) (PDF)

Proof of the federal Child Disability Benefit



MAY 2018

SODA CREEK BAND WORKING GROUP MEETING

MAY 2018
TO
DECEMBER 2018



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

Soda Creek Health Station Events Calendar

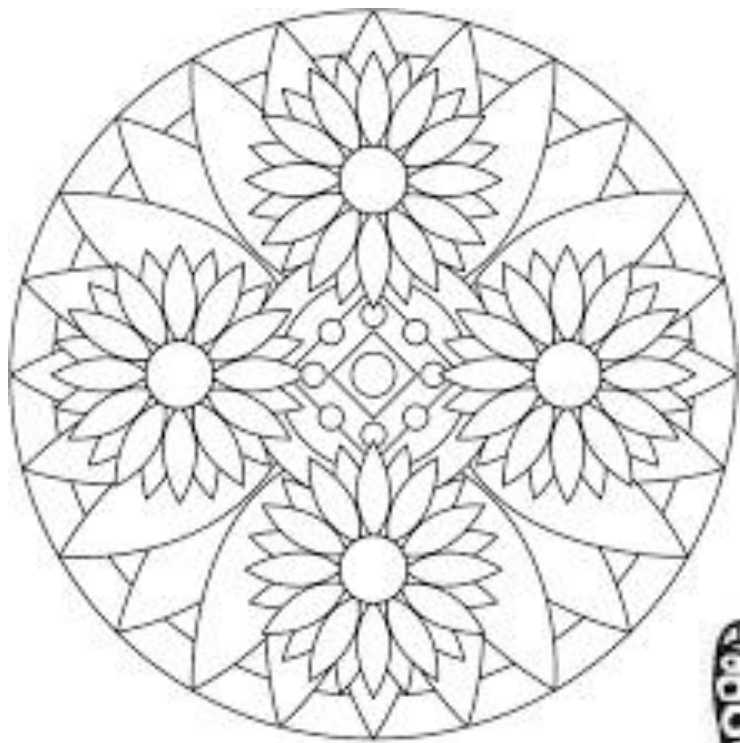
Call 250-989-2355 for Appointments

Medical travel rides must be booked on Monday

For Wednesday's Travel

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day Statutory Holiday Office closed	4 ADP Luncheon	5 Family Support Travel SCIB Travel Physiotherapy 8:45-12 pm Concussion Workshop 11-12 Mental Health Clinician 10-2	6 Integrative Healing Session w Ciel 8:30-12	7	8
9	10 Nurse Practitioner 10-3	11	12 Family Support Travel HCC Travel Mental Health Clinician 10-2	13 Integrative Healing Session w Ciel 8:30-12	14	15
16	17 Nurse Practitioner 10-3	18 ADP Luncheon Health Snacks 5-7 pm	19 Family Support Travel SCIB Travel Mental Health Clinician 10-2	20 Integrative Healing Session w Ciel 8:30-12	21 Three Corners AGM Soda Creek Gym 10-2	22
23	24	25 Dental Therapist 10-3	26 Family Support Travel HCC Travel Mental Health Clinician 10-2	27 Integrative Healing Session w Ciel 8:30-12 Sweat Building at Health Station	28 Sweat Building at Health Station	29
30						



Empowering Our Youth in the 21st Century ~ Employment & Education

WHEN: November 13-16, 2018

WHO: Youth 15 to 18 Years Old

WHERE: Coast Kamloops Hotel & Conference Centre
1250 Rogers Way, Kamloops, BC

INCLUDED:

- Transportation
- Accommodation
- Meals



- Sessions with Career Professionals
- Education & Employment Exhibitors
- Thompson Rivers University Tour
- Driver Safety & Licensing
- Building Your Leadership Self-Image
- Cultural Activities & Entertainment
- And so much more...



Government
of Canada

Gouvernement
du Canada

80 SEATS AVAILABLE
Only those selected will be contacted.
CLOSING DATE: OCT 1, 2018

Send completed registration/consent to: 1U Home Health Services oneuhomehealthservices@outlook.com



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of Canada

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du Canada



Empowering Our Youth in the 21st Century

CONFERENCE REGISTRATION

November 13 to 16, 2018

COAST KAMLOOPS HOTEL & CONFERENCE CTR

Theme: Employment & Education

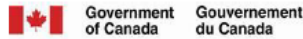
CONFERENCE IS OPEN TO YOUTH AGED: 15-18 YEARS. If interested in attending please complete the attached registration and photo/media release consent and submit to: oneuhomehealthservices@outlook.com or PO Box 4273 Williams Lake, BC V2G 2V3

CLOSING DATE: OCTOBER 1, 2018

PARTICIPANT NAME:		CELL	
FIRST NATIONS COMMUNITY:			
PARENT/GUARDIAN NAME:		CELL	
PARENT/GUARDIAN SIGNATURE:		TELEPHONE	
Do you have a Driver's License:	_____ Yes or _____ No		
Classification of Driver's License:	L _____ or N _____	If No are you interested in getting your L?	Yes _____ or No _____
PARENT/GUARDIAN CONSENT TO OBTAIN DRIVERS LICENSE	Yes _____ No _____	PARENT/GUARDIAN SIGNATURE (for youth to obtain drivers license):	
<p>Please note if interested in getting a L driver's license please pick up the "BC Drivers Handbook" from the government building in Williams Lake and pre-read before arriving to the conference.</p>			
<p>What kind of work and or education are you interested in?</p>			
<p>Why do you want to attend this conference?</p>			

Do you have any allergies?	
If Yes, please describe reaction. If allergy is anaphylactic please ensure you bring your EpiPen.	

Only those selected will be contacted.



Empowering Our Youth in the 21st Century November 13 – 16, 2018 Coast Kamloops Hotel & Conference Ctr

Photograph/Media Release Agreement

I consent to the use of my name, portrait, photograph, media footage as part of the Cariboo Chilcotin Aboriginal Training Employment Centre (CCATEC) promotional material. This is a CCATEC collection of images of work, training, staff, volunteers, patrons and clients intended to showcase CCATEC activities.

The images in this collection may be used on CCATEC media as well as in CCATEC publications and marketing products such as displays, pamphlets and presentations. Uses include but are not limited to:

- Engaging current employees (internal communications)
- Attracting prospective employees (recruitment)
- Enhancing stakeholder relations (marketing and outreach)
- Informing parliamentarians (parliamentary relations)
- Informing Canadian and international audiences (external communications)

I understand that my name, portrait, picture or photograph/media may be included in this image bank for an undetermined amount of time.

I understand that if any image bearing my likeness in this collection is selected for a particular use, I may not be consulted beforehand.

Participant Name: _____

Address: _____

Telephone/Cell: _____

Email: _____

I agree that I shall have no claim against CCATEC or 1U Home Health Services or against anyone accessing or using images as part of this collection.

Parent/Guardian Signature: _____

Print Parent/Guardian Name: _____ Date: _____

Submit to: onehomehealthservices@outlook.com or PO Box 4273 Williams Lake, BC V2G 2V3

CLOSING DATE: OCTOBER 1, 2018



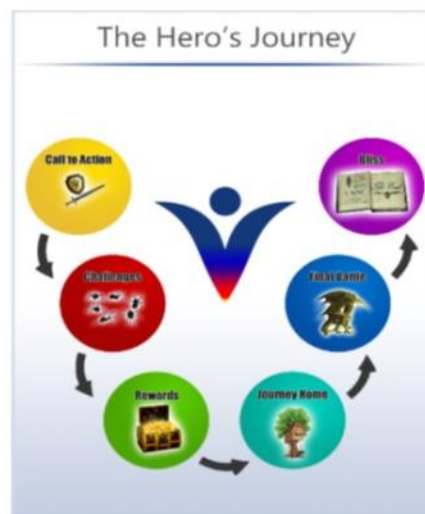
THE IMPLICIT Career Search

What is ICS?

The ultimate career search program, supported by the Northern Shuswap Tribal Council—Skills Development Committee.

Strategic planning in order to help you find the right career path that best suites you, through *The Hero's Journey*:

- Decision Making
- Personal Development
- Personal Definition
- Career Definition
- Career Development
- Strategic Planning



“For over thirty years, Implicit Career Search has consistently demonstrated that: no matter our demographic or background, no matter the trauma we have survived, and regardless of our current situation, each of us desperately wants to play our part in making this world a better place to be.” -Steve Miller



Education Department

**Come join us for your Implicit Career Search
Starting on September 17th, 2018.**

**For information and registration, contact:
250-989-2323**

Cheryl ext. 104, Marion ext. 102 or Lisa ext. 132



Training opportunity

Pesticide Applicator Training

In partnership with the Invasive Species Council of BC and Soda Creek's Natural Resources Department, there is a Pesticide Applicator Training opportunity for interested community members planned for October

The course will be three days in length:

Day 1 & 2: review key material in the Ministry of Environments Industrial Vegetation and noxious weed Pesticide Applicators CORE manual, including current noxious weed and herbicide legislation, impacts, safety, mixing herbicide, calibrating equipment and more. A large portion of time will be spent reviewing basic math principals and working through various calculations related to herbicide application.

Day 3: Participants will have an open study session with the trainer in the morning, followed by the opportunity to write the open book exam in the afternoon.

How to apply:

- ⇒ Training is open to all Soda Creek Indian Band community members
- ⇒ There is a minimum number of applicants required in order to start the course.
- ⇒ If you are interested in this training, please contact Lisa Bremner at the Soda Creek Band office to complete required forms and provide a copy of your updated resume

Deadline: 4:00 pm on September 14, 2018

Employment Department

Lisa Bremner, Employment/ Economic Development Coordinator

Email: employment@xatsull.com



Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5
P: 250-989-2323 F: 250-989-2300



Community Events

Event	Date & Time	Where	Description
ADP Luncheon	September 4 & 18	Health Station	
SCIB Travel	September 5 & 19		Call Rae-Lyn at 250-989-2355
Physiotherapy	September 5 8:45-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book an appointment
Concussion Workshop by Tyler, Physiotherapist	September 5 11-12	Health Boardroom	Call Maxine at 250-989-2355 to registrar
Family Support Travel	September 5, 12, 19, & 26		Call Maxine or Janae at 250-989-2355 to book a spot on bus
Mental Health Clinician	September 5, 12, 19 & 26 10:00-2:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Integrative Healing Sessions with Ciel	September 6, 13, 20 & 27 8:30-12:00 pm	Health Boardroom	Call Maxine at 250-989-2355 to book a one on one ses- sion
Nurse Practitioner	September 10 & 17 10:00-3:00	Health Station	Call Maxine at 250-989-2355 to book an appointment
Treaty Working Group Meeting	September 11 5-8 pm	Soda Creek Gym	Dinner is provided. If you need a ride, call Ada at 250- 989-2323 ext. 12+0.
HCC Travel	September 12 & 26		Call Edith at 250-989-2355
Texas Hold'em Poker Tournament	September 15 5-10 pm	Soda Creek Gym	Call Kelly at 250-305-7132
Healthy Snacks	September 18 5-7 pm	Health Boardroom	Any questions call Kayla at 250-398-9814
Three Corners AGM	September 21 10-2	Soda Creek Gym	Any questions call 250-398-9814
Dental Therapist	September 25 10:00-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Sweat Building	September 27-28	Health Station	Call Gina at 250-989-2355 if you have any questions
1st Annual Deep Creek Ball Hockey Tournament	September 28-30	Soda Creek Gym	Contact Kelly William for team submission at 250-305- 7132

