



SEPTEMBER 2017

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



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Huge Thank You to Splatsin First Nation Community!



For the food donation and spiritual items that were donated to Soda Creek from the Secwepemc Gathering in Splatsin. The items will be going to nutritional support for programs.

thankful



grateful

Soda Creek Band Office:

250-989-2323

Soda Creek Health Station:

250-989-2355

Natural Resources:

250-989-2323

Xat'sull General Partnership Office:

250-989-2311

Xat'sull Heritage Village:

250-297-6502

The newsletter deadline is usually the 20th of each month, and delivered by the last day of the month.

Submissions can be sent to the Health Station Reception by mail: 3405 Mountain House Road, WL BC V2G-5L5 or emailed to healthreceptionist@xatsull.com.

Any questions about the newsletter you can call: 250-989-2355.





Soda Creek Indian Band
3405 Mountain House Rd.
Williams Lake, BC V2G 5L5
PHONE: 250 989-2323 FAX: 250 989-2300

August 23, 2017

Re: Resignation of Chief Donna Dixon

The Soda Creek Council would like to take this time to inform our neighboring communities of the resignation of our Chief, Donna Dixon. Her resignation is effective as of August 21, 2017.

We'd like to thank Donna for all of her hard work and commitment she has given to our community and helping us move forward. We wish her all of the best.

The Soda Creek Indian Band will hold a By-Election for the position of the Chief following our Custom Election Code.

All information can be forwarded to all of our council members, email address' are as follows:

Councillor Sheri Sellars – sfsellars@xatsull.com

Councillor Gary Sellars – gsellars@xatsull.com

Councillor Kelly Sellars – k.sellars@xatsull.com

Councillor Marnie Sellars – m.sellars@xatsull.com

Respectfully,

Soda Creek Indian Band Council

Notice to Community

“The Soda Creek Indian Band will be having a bi-election for the position of Chief.

Please watch for further information that will be sent out.”



Staff Reports

Education Coordinator



Cheryl Chapman

Well, this summer didn't go as planned... I know, understatement... I pray everyone is getting resettled, it is challenging with everything that has happened since July 7th...

Dionne Phillips, Education Assistant/Children's Summer Program Supervisor, will be assisting me on scheduling for the After School Program which will begin on September 5th, and include the Language & Cultural Practices on a weekly basis.

Xat'süll Summer's End Celebration with the support of Three Corners Health Services will include, BBQ, Cake, Golf or Go-Carting, from 11-4pm on August 30th.

The Xat'süll Save-the-Salmon Traditional Pow-Wow has been resched-

uled to September 15 – 17, if you are interested in volunteering to help out, please let me know.

I have the Post-Secondary Students for the Fall 2017 Semester set up and files updated. There are still some Post-Secondary funds available for eligible band members in an eligible program of study. Please see the application package under Education on our website, call me or drop by to see me.

Free Credited Courses for NSTC Members, Tuition & Books are funded through the Northern Shuswap Tribal Council Skills Development for seven Applied Business Technology courses at TRU, weekend university style, alternating Thursday/Fridays and Friday/Saturdays, starting with AB-TS1300 - Business English September 7th. Please see the poster in this newsletter and contact me for the application and details, I am waiting for an up-to-date calendar.

Computer Clean-up & Install Training

Elizabeth Hoffman provided computer training in May/June, we:

Learn about:

- Major Hardware Components;
- Monitor/laptop screen

- Keyboard (we even took them apart!)
- Mouse/laptop touchpad
- Hard disk drive (HDD)
- RAM
- Video Card
- Operating System – BIOS
- Erasing Hard Disks using Darik's Boot and Nuke (DBAN)

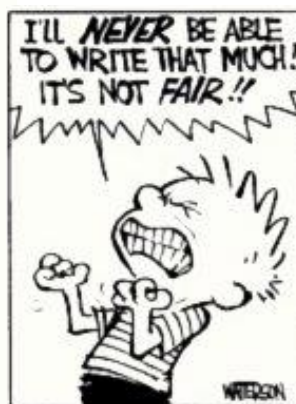
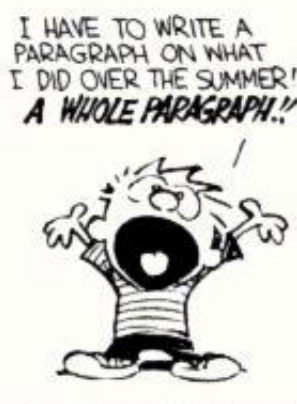
Software:

- Installing Windows XP and Linux Xubuntu
- Trying out both of the operating systems and choosing which we would like to have on our systems.
- Ensuring computer system is working; and,
- Creating Bootable USB's, CD's and DVD's for computer Software.

Also search for and accessed other programs from the internet and downloaded them to try out.

We still have some computers that we can provide the training on this fall, Elizabeth has agreed to provide the training.

Are you interested? Five evenings, starting in late September or October 2017, please let me know.



Invasive Species Site Visit with BCTS!

On August 22nd, community member John Phillips Sr. and Natural Resources staff Kate and Robyn accompanied BCTS on a tour of the 1300 Rd near Barkerville to see the impacts unmanaged fireweed is having on our native coniferous tree species. They showed us three specific sites where backpack

herbicide applications were used to help native species that are being out-competed by fireweed for sun and nutrients. We asked questions such as how the herbicide can potentially impact other plant species in the area (they are restricted on where they can spray), and how the chemicals may potentially affect groundwater (there is no contact between the herbicide

and the groundwater). The herbicide applicators were from all over Africa, and were quite excited and honoured to meet John.

If you have any questions about our site visit, please contact the Natural Resource (NR) department.

Thank you, John, for spending a lovely day with us!



Social Development Coordinator



There are some exciting new changes happening in this department. Social Development office will now be in the Health Station. We feel that this change will be a positive one for clients.

Unfortunately, Tracy is no longer with us, so Rae-Lyn is filling in until we are able to fill that position.

The new Social Development worker will also take on the responsibilities of a

youth worker position, so this will add some new exciting things to the position.

If you are needing to talk to someone in Social Development please call Rae-Lyn at the Health Station at 250-989-2355.



Lands Coordinator



Sally Sellars

Good to be back in the community, I am Sally Sellars and have accepted the position as **“Lands Coordinator, Natural Resources Department”** started **July 24th, 2017.**

As most may know my parents are the late Herman and Bernice Sellars, late brother Wesley, late sister Mary, Karen, Sandy, Kelly, myself the youngest, with many nieces and nephews. My spouse of twenty seven years is Kevin W. Grundy, no children but do have two dogs and a cat and we have lived in 146 Mile House also for twenty seven years, built two log homes; one of

lodge pole pine and the other of cedar. I am pleased to be part of the Soda/Deep Creek team and I am intrigued to get back into Lands and consultation with community members.

My education began at the St. Joseph Mission at age five years. I finally moved on and not until I was twenty six years old, did I return to school starting with the basics of upgrading to grade twelve and once completed I went to the Nicola Valley Institute of Technology for Natural Resource Technologist two year diploma. I then began my first year sciences back in Williams Lake Cariboo College. I was accepted into University of British Columbia, Vancouver to do four years in Faculty of Forestry, Forest Resources Management degree and was completed in 2006.

Moving back to 146 Mile House I started working at Ministry of Forests staying with them for three years while I

completed my practicum, designated a Registered Professional Forester in the Province of British Columbia in 2011. I did a three year position as Natural Resources Manager at Soda Creek and from there, I accepted a position with Tšilhqot'in National Government in Natural Resources Referrals which lasted five years.

I now begin a new journey coming back to the community and being with family once again. I am excited to be here, but also saddened by the devastation we have endured this summer, and thinking this is only the beginning of a whole new era here in the Cariboo. I will dedicate this job to help restore our lands, natural resources and community livelihoods to revitalize our hopes and dreams of a better tomorrow with the help of Mother Nature and the community. God bless our families and look forward to working with you all,

Sincerely , Sally Sellars, RPF

Community Health & Wellness Counsellor



Rae-Lyn Betts

So, it has been a crazy month for everyone, glad that everyone is safely back home and that this beautiful community wasn't too damaged from the fire. I want to welcome all the new

babies that were born during this evacuation. Glad there all happy and healthy and back home. I know this situation was hard on many of the community members, I want to offer my supports to everyone. Whether you want to come share your story or need help with healing from this experience, my door is always open. Please let me know if you require any other supports that we don't offer here at Health Station and I can make those arrangements for you.

Sadly, due to the Forest Fire evacuation orders and/or alerts, the Elders Gathering was cancelled. This was due

to road closures and for everyone's safety. On the positive side, we are grateful that we were refunded back our registration and hotels to use towards next year. The next Elders Gathering will be in Cowichan Valley. So, a big thank you to the Elders Gathering committee and hotels for understanding our situation. Due to the alert that was just lifted last weekend, we weren't able to plan any programs in the community but we are planning September programs know.

**Health Coordinator/
Children & Families
Representative**



Georgina Mortensen

Welcome Back to Community Everyone!!!! It has been so great to see so many of you back home. This has been a summer most of us will not soon forget. Most of us have stories have sadness, frustration, disappoint-

ment and its been very emotional. We have been working with individuals by phone, or in person who need to just share.

Through all the negative that came with the crisis, some stories have been shared that show the community and individual strength people and love for one another that people showed.

Now that we are regaining some sense of calm there is planning to be done, programming to bring back or develop, and support services that have been accessed since reopening. Our Band Staff, Council and other resource staff have been supporting membership with sharing sessions or visits, water and air purifier distributing,

hosting Red Cross services, recovery hampers when people first returned, providing referrals, distributing fish from Natural Resources Team, communicating the fire activity, meeting with governing bodies to retain more supports, and so much more from behind the scenes.

We are looking forward to September. Please check out the Health calendar for our upcoming programs and events. For individual supports please call in for an appointment so we can ensure that we are here for you and have uninterrupted time blocked for your needs.

September

5th & 18th – SCIB Med travel call in by 4pm Monday prior

6th & 20th – SCIB Med Travel

8th – YOGA in the GYM from 9am to 10am

8th - Massages 9am to 4pm

13th – CCG meeting for group members 5 to 6:30pm

15th - Community Welcome Back Feast

19th Be Well – Kayla and Sheila

21st – Three Corners AGM – Dog Creek



HUGE THANK YOU TO:

Red Cross- for all their services and supports

United Way- Electrolytes Boosters

Three Corner's – Air Systems and Counselling supports

FNHA for continued support in advocacy

To the community – for your strength and understanding.

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

1 4 3 2

Solution

ALL ABOUT BACK PACKS

WORD SEARCH

I	B	A	C	K	P	A	C	K	S	T
K	T	S	E	I	L	P	P	U	N	I
E	C	U	O	A	K	T	T	Y	A	K
S	E	O	L	C	A	R	R	Y	A	K
K	C	O	R	K	R	S	E	L	L	E
O	L	L	A	E	F	R	O	K	K	R
O	S	T	I	T	D	E	T	A	J	F
B	D	S	U	E	O	D	H	I	S	O
Y	N	I	D	Y	E	L	G	U	P	A
O	A	D	T	T	L	U	I	Y	A	I
L	A	E	C	O	O	E	T	R	U	Y
P	K	R	A	E	L	H	W	C	T	Y
A	J	D	C	O	K	S	R	E	S	T
I	T	O	L	L	O	H	C	S	C	E
U	U	T	H	G	I	L	O	L	L	E

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | |
|-------------|--------------|--------------|
| 1. BACKPACK | 5. WEIGHT | 9. BOOKS |
| 2. LIGHT | 6. SCHOOL | 10. SUPPLIES |
| 3. PADDED | 7. CORE | 11. CARRY |
| 4. STRAPS | 8. SHOULDERS | 12. LOAD |

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

Frogs & Toads

There are over 3,000 different types of frogs and toads. Frogs and toads are called amphibians because they spend some of their life in the water and some time on land. Frogs and toads both lay eggs and are born as tadpoles.

Frogs are normally wet, slimy and some climb trees. Toads are usually dry and bumpy. You cannot catch warts from a frog or a toad.

Asian Lettuce Wraps

"Delicious and bursting with flavor, Asian lettuce wraps are a great idea for entertaining or a family style meal."



Ingredients

- 16 Boston Bibb or butter lettuce leaves
- 1 pound lean ground beef
- 1 tablespoon cooking oil
- 1 large onion, chopped
- 1/4 cup hoisin sauce
- 2 cloves fresh garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons minced pickled ginger
- 1 dash Asian chile pepper sauce, or to taste (optional)
- 1 (8 ounce) can water chestnuts, drained and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

Prep time: 20 min **Cook time:** 15 min **Ready in:** 35 m

Method

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease; transfer beef to a bowl. Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes. Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.

Super Simple Salmon

"This is a very simple but delicious way to prepare fresh salmon using just a few ingredients from your pantry."



Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 4 (6 ounce) salmon
- 2 tablespoons butter
- 4 lemon wedges

Prep time: 5 min **Cook time:** 10 min **Ready in:** 15 m

Method

1. Stir together the garlic powder, basil, and salt in a small bowl; rub in equal amounts onto the salmon fillets.
2. Melt the butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge.

Chicken Tortilla Soup IV

"Loaded with corn and beans, this soup is hearty enough for a main meal. Save time by topping it with purchased tortilla chips."



Ingredients

- 2 1/2 teaspoons vegetable oil
- 6 (6 inch) corn tortillas, cut into 1/2 inch strips
- 3 cups chicken broth
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can whole kernel corn, drained
- 2 skinless, boneless chicken breast halves, cut into bite size pieces
- 1/2 cup salsa
- 1/2 cup chopped fresh cilantro

Ready in: 30 m

Method

1. Heat 2 teaspoons of the oil in a large pot over medium heat. Add half of the tortilla strips, stirring often, until crisp. Drain on paper towels. Repeat with remaining 1/2 teaspoon of oil and remaining tortilla strips and set aside.
2. Add the broth, cumin, chili powder and oregano to the pot. Raise heat to high and bring to a boil. Add the beans, corn, chicken and salsa. Reduce heat to low, stir and simmer for about 2 minutes, or until chicken is cooked through and no longer pink inside.
3. Add the cilantro and half of the reserved tortilla strips. Ladle into individual bowls and garnish each bowl with some of the remaining strips.

BBQ Chicken Chopped Salad

"This healthy salad was adapted from one I ate at California Pizza Kitchen. The lime juice intensified by the jicama draws out the flavor of the vegetables, so an oil- or cream-based dressing is not necessary."



Ingredients

- 1 head romaine lettuce, chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can sweet corn, drained
- 1 red bell pepper, chopped
- 1 cup peeled, shredded jicama
- 1 cup shredded carrots
- 4 scallions, thinly sliced
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh cilantro
- 3 limes, divided
- 1 (6 ounce) package cooked chicken breast strips (such as Foster Farms(R))
- 2 tablespoons barbeque sauce
- 1 avocado - peeled, pitted, and cubed

Prep time: 20 min **Cook time:** 1 min **Ready in:** 21 m

Method

1. Mix lettuce, black beans, corn, red bell pepper, jicama, carrots, scallions, basil, and cilantro together in a large bowl. Juice 2 limes and drizzle juice over salad; toss lightly.
2. Combine chicken and barbeque sauce in a microwave-safe bowl; heat in microwave until chicken is warmed through, about 45 seconds. Arrange chicken and avocado on top of the salad and squeeze remaining lime over salad.

Nurse Practitioner



September 11

September 18

September 25

10:00 am-3:00 pm

Soda Creek Health Station

Catherine can diagnose and treat illnesses & infections, write prescriptions, fill out medical forms, manage chronic conditions, annual health screening, STI screening & diagnosis, plus much more! She would be delighted to see any community members without a family physician!

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

Mental Health Clinician



September 11

September 18

September 25

10:00-2:00 pm

Soda Creek Health Station

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

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

Fundraising Opportunity

Are you doing fundraising? Would you like to earn \$300.00 towards your fundraising goal? Are you a Xat'sùll community member? Are you willing to BBQ hamburgers and hotdogs; and make salads and desert for up to 250 people?

Are you available September 16th, 2017, at the Xats'ùll Heritage Village.

The Xat'sùll Save-the-Salmon Pow-Wow will supply all equipment, food and supplies required.

If you are interested please contact Cheryl Chapman, Education Coordinator at 250-989-2323 ext. 104, before 4pm on September 8th.

**Xats'ùll Save-the-Salmon
Traditional Pow-Wow**



Dental Therapist

Thursday, September 14, 2017

9:30-3:00 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

Be Well Program

WHERE & WHEN?

September 12, 2017 — Dog Creek Health Station

September 13, 2017 — Sugar Cane Health Station

September 19, 2017 — Soda Creek Health Station

Open to all community members.



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

Schedule:

10:30 am — Be Well Screening

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

12:00 pm — Lunch Provided

12:30 pm — Healthy Living Program

Presentation & Exercise

2:00 pm — End of Session



Three Corners Health
Services Society

Annual General Meeting

Thursday, September 21, 2017

Time: 11:00 am

Location: Dog Creek Gymnasium

For more information please contact TCHSS @ 250-398-9814

Lunch will be provided!



Friday, September 8th

Massage

9:00-4:00 pm

Soda Creek Health Station

Half hour appointments available

Would need to come early or prior to fill out forms

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

Friday, September 8th

Relaxation Yoga

9:00-10:00 am

Soda Creek Gym



Friday, September 15, 2017

5:00 pm

Xat'süll Heritage Site

Please come join us to share a dinner in celebration of being home since the fires. Also the start of the Save the Salmon Pow Wow.

Postponed to September 15th, 16th & 17th, 2017 due to fires! Hope to see you here!

**Princess & Tiny Tot
Princess Payant**



Lehal Tournament

50/50's & Raffles

Xat'sull Save-the-Salmon Traditional Pow-Wow September 15th, 16th & 17th, 2017



Xat'sull Heritage Village, Soda Creek, BC

Warm-up 7pm Friday

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

Feast Dinner Break Saturday

MC: Mike Retasket

Arena Director: Melem-st'ye (E. White)

Whipman: Autrey Bell

Host Drum: Four Stones

Co-Host Drum: Northern TribeZ

- **Camping On-Site!**
- **Bring your chairs!**
- **Bring your plate, bowl, cup and utensils!!!**
- **Crafters please bring your own tables!**
- **Hand Drummers bring your drums!!!**

Please respect this is an alcohol & drug free event to honour our salmon, our families & our environment.

Proudly sponsored by:

Cariboo Regional District Area D

Cliff Thorstenson Law

New Pathways to Gold Society

Three Corners Health Services

Aboriginal Affects Consulting

Cariboo Regional District Area F

Enbridge-Pipeline Upgrading Project

Northern Shuswap Tribal Council

Xat'sull Development Corporation

List will be added to as sponsors are confirmed...



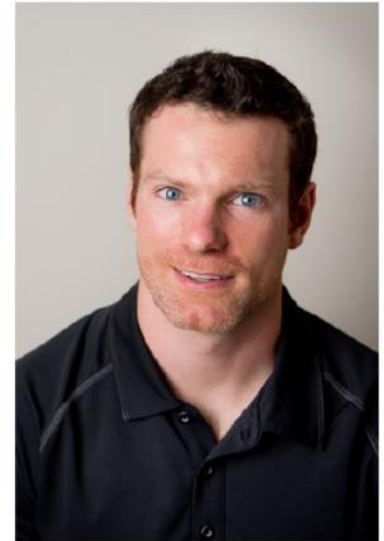
**Soda Creek Indian Band
3405 Mountain House Road,
Williams Lake, BC V2G 5L5**

**Cheryl Chapman, Education Coordinator
Email: education@xatsull.com
Phone: 250-989-2323 ext. 104**

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

September 2017

Sept 11—Dog Creek Health Station—10am-3pm
Sept 18—Soda Creek Health Station—8:45am-12pm
Sept 18—TCHSS—12:45—4:15pm
Sept 25—Sugar Cane Health Station —12:15-4:15



October 2017

Oct 16—Dog Creek Health Station—10am-3pm
Oct 23—Soda Creek Health Station—8:45am—12pm
Oct 23—TCHSS—12:45pm—4:15pm
Oct 30—Sugar Cane Health Station—8:45pm-4:15pm

**Call your Community Health Station or Heather Camille
at the TCHSS office to book your appointment.**



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

NATURAL RESOURCES COMMUNITY MEETING

COMMUNITY GYM

SEPTEMBER 12TH 2017

Join us at the Natural Resources Community Meeting!

Due to the wildfires our planned July meeting was postponed. Starting in September the natural resources department will be hosting monthly community meetings to share information and gain insight from the community. We want your input and are open to suggestions of how you would like to be involved and what you would like to see.

September 12th Meeting

Our initial meeting will focus on community questions and concerns as well as a guest speaker from the Indigenous Invasive Species Council of BC, including:

- Community questions and concerns about the impacts of the wildfires
- Identifying areas of high concern and ways to address these (ex: booking community meetings dedicated to a specific topic or activity)
- Addressing questions or concerns about ongoing projects or other natural resource issues.
- What is happening with fish in the Fraser River?
- Community suggestions for field trips
- Discussing how you would like to be involved in natural resources
- What ways can we encourage youth to become more involved in natural resources?
- Management of invasive species

Upcoming meetings will address overarching issues within the territory based on your feedback at this initial meeting and will also include interactive mapping activities as well as other suggested participatory activities suggested in the initial meeting.

Door Prizes & Refreshments!

Participate to enter our door prize draw for gift cards. Light snacks and refreshments will be served (no dinner).

When & Where

Join us for an interactive meeting at the community gymnasium at the band office from 5-7pm on Tuesday September 12th

Questions or Concerns?

Please contact Robyn Clark, Natural Resources Coordinator at Treaty/NR Office

Email:
nrcoordinator@xatsull.com
Phone:
1-250-989-2323 ext.122

September 2017

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
					1	2
3	4 Labour Day Statutory Holiday Office Closed	5	6 SCIB Travel	7	8 Relaxing Yoga 9-10 am Gym Massage 9-4	9
10	11 Mental Health Clinician 10-2 Nurse Practitioner 10-3	12	13 HCC Travel	14 Dental Therapist 9:30-3:00 pm	15 Welcome Back Feast 5 pm Xat'süll Heritage Site Save Salmon Pow Wow	16 Save Salmon Pow Wow
17 Save Salmon Pow Wow	18 Mental Health Clinician 10-2 Nurse Practitioner 10-3 Physiotherapy 8:45-12:00 pm	19 Be Well Program 10:30-2:00 pm	20 SCIB Travel Newsletter Deadline 4 pm	21 Three Corners AGM Dog Creek 11 am	22	23
24	25 Mental Health Clinician 10-2 Nurse Practitioner 10-3	26	27 HCC Travel	28	29	30

A. Gilpin © 2013



Help Starts Here.

Information on Abuse and Neglect of Older Adults

Abuse and neglect of older adults means... any action or inaction by any person that causes harm or risk of harm to an older person. When there is an expectation of trust, the consequences can be particularly harmful. Elder Abuse includes physical, mental or emotional harm, or damage or loss in respect of financial affairs (i.e., financial abuse). Examples include intimidation, humiliation, physical assault, sexual assault, overmedication, withholding needed medication, censoring mail, invasion or denial of privacy or denial of access to visitors, neglect and self neglect. Many types of abuse, and some types of neglect, are criminal offences. All types of abuse and neglect are harmful. If you are experiencing abuse or neglect, or have in the past, **help is available.**

What behaviours could be considered abuse and neglect?

Abuse and neglect encompass a wide range of behaviours. Here are some examples:

- assault, rough treatment, or inappropriate restraint
- failing to meet the physical needs of someone who requires care
- chronic verbal abuse that belittles or intimidates
- leaving a person who requires care alone for long periods of time
- stealing money or possessions, or using money for unauthorized purposes
- failing to meet someone's financial needs when responsible to do so
- unwanted sexual contact or sexual harassment
- giving too much or too little medication
- making decisions for someone who is capable of making them, against the person's wishes

While abuse and neglect are often intentional sometimes they are not. For example, neglect may occur if a family member is caring for an older adult and is having difficulty coping.

Who does it happen to?

Abuse and neglect happen to both women and men, and to older adults of different ages, abilities, cultural and economic backgrounds, and sexual orientation.

Older adults may be victimized in private homes, care facilities, or public places. They may be victimized by family members or relatives, care providers, strangers or others involved in their lives. Abuse and neglect are often related to older adults' living and family circumstances. For example:

- Physical violence may be a continuation of family violence that started some time ago, such as violence against women by their spouses.
- Financial abuse may be committed by adult children who are financially dependent on their parents and feel "entitled" to their money.
- Emotional abuse by family members may be associated with longstanding family problems.
- Abuse or neglect may occur when older adults become dependent on others for care. Some caregivers – whether paid workers or family members – abuse the power they have over those in their care, and breach the trust placed in them. Some caregivers may lack the ability to provide adequate care.
- Abuse may also occur to older adults who are in a caregiving role, such as when an older adult caring for a physically dependent spouse is subjected to chronic verbal abuse.



Ministry of
Justice





Help Starts Here.

Whatever type of relationship, past or present, that a victim has with someone, **abuse or neglect is the fault of the person who commits it.**

How may victims be affected?

Although victims are not responsible for others' abusive behaviour, victims of abuse or neglect often feel ashamed. Other feelings may include shock, numbness, a sense of violation, powerlessness, anxiety, fear, confusion, anger, depression, and grief. Some victims may feel alone. Loss of trust is a key issue for many.

Emotional distress may result in physical symptoms such as stomach trouble, headaches, or worsening health conditions. Physical violence can cause bruises, broken bones, and other injuries and health problems.

Financial abuse can have serious financial and legal consequences, as well as emotional and health consequences.

Emotional support from others and feeling in control of one's life are important for recognizing the problem, addressing it and healing/recovering.

Why don't some victims seek help?

Some older adults may be embarrassed to reveal abuse or neglect, particularly if a family member is involved. Some may not know how to get help, or be unsure if what they are experiencing is considered abuse or neglect. Some may worry about repercussions on their family member or caregiver.

Some older adults may have difficulty seeking help because of cultural or language barriers, their physical situation, or a disability. Others

may be afraid to tell. They may fear retaliation from the person who harmed them. Or they may fear losing services they need, losing their money, having to move, or breaking up the family. They may worry about not being believed.

Relatives, friends, or others who suspect abuse or neglect may not want to interfere or "take sides" in a family matter. They may worry that further harm or worse care will result if they report abuse or neglect in a care facility. Or, they may simply not know what to do.

If you are in a situation that you feel is harmful in any way, **let someone know.**

Which laws protect older adults?

The Criminal Code

Various criminal offences apply to abuse and neglect of older adults. For example: assault, unlawfully causing bodily harm, sexual assault, uttering threats, intimidation, forcible confinement, failure to provide the necessities of life, theft, fraud, and extortion.

Older adults have the right to decide whether they want to report a crime committed against them. In some circumstances, when an older adult is unable to make this decision, someone may report the crime on their behalf. Witnesses can also report a crime.

B.C.'s Victims Legislation

The Victims of Crime Act sets out the rights of victims of crime to be treated with dignity and respect and to obtain information.

The Crime Victim Assistance Act provides for benefits to help with recovery from injuries and other costs resulting from violent crime.





Help Starts Here.

Information on Abuse and Neglect of Older Adults

B.C.'s Adult Guardian Legislation

The Adult Guardianship Act has special provisions on abuse and neglect (including physical, sexual, emotional, and financial forms of abuse/neglect). These provisions are aimed at adults unable to get help because of a physical restraint, a physical disability, or a condition that affects their ability to make decisions about the abuse or neglect. Designated agencies respond to reports of abuse or neglect involving adults in these circumstances and notify police if it appears a criminal offence was committed.

B.C. laws include other statutes to protect adults in financial and health-care matters: the Public Guardian and Trustee Act, the Representation Agreement Act, and the Health Care (Consent) and Care Facility (Admission) Act.

What kind of help is available?

Police

Police respond to reports of persons in immediate danger or possible criminal offences. They investigate offences and provide information about other agencies that may be able to help.

Victim Service Programs

Victim Service programs are located in community agencies or police stations. They provide emotional support, justice system information, safety planning, referrals to counselling and other services, help in accessing *crime victim assistance benefits*, and support to victims going to court.

VictimLink BC provides information and referrals to all victims of crime, and immediate crisis support to victims of family and sexual violence. Call 1-800-563-0808 or go to www.victimlinkbc.ca.

Victims who are injured from violent crime can apply to the Crime Victim Assistance Program for benefits under the Crime Victim Assistance Act. Call 1-866-660-3888

The Public Guardian and Trustee

The Public Guardian and Trustee investigates reports of financial abuse and may provide financial management services for adults incapable of managing their own affairs. It makes referrals to designated agencies if there are concerns about physical risk or harm to the vulnerable adult (see resources section on back page).

Designated Agencies under the Adult Guardianship Act

Regional Health Authorities, Providence Health Care Society, and Community Living BC respond to reports of abuse or neglect of adults who cannot obtain help on their own because of certain physical or mental conditions. They can address a range of health and safety issues and help in informal or formal ways.

Other Services

Community agencies, health clinics, and hospitals provide emergency and longer-term services to help victims recover from physical and psychological trauma. Some agencies provide specialized services, for example, to persons of particular cultural backgrounds and persons with disabilities.

The BC Centre of Elder Advocacy and Support provides information and advocacy services on abuse and neglect of older adults. HealthLinkBC also provides information and advice on these issues. See **resources** section on back page.

Steps to take if you need help

- If you need immediate police or medical assistance, call 911 or the emergency number for your community.
- Talk to another adult you trust. If a family member or friend can provide emotional support or help you in practical ways, ask for help.





Help Starts Here.

- If you feel safe and able to do so, talk to the person who is causing you harm. Let that person know how the behaviour is affecting you and ask him or her to change it.
- If the situation is not urgent but you want to report a crime, call the non-emergency number for police in your community.
- If the situation is not urgent but you may need medical care, see your doctor or go to a walk-in clinic.
- Contact a victim service program in your community by getting information from VictimLink BC.
- Contact the Public Guardian and Trustee about financial abuse.
- Contact your Regional Health Authority about other forms of abuse or neglect of adults.
- If you have questions about abuse or neglect, or your rights, don't hesitate to ask a victim service worker.

Resources

BC Centre for Elder Advocacy and Support

- Call toll free in BC at 1-866-437-1940
- www.bcceas.ca

HealthLinkBC

- Call toll free in B.C. at 811, 24 hours every day
- Easy access to non-emergency health information and services
- Translation services in over 130 languages on request
- For deaf and hearing-impaired assistance (TTY), call 711
- www.healthlinkbc.ca

Crime Victim Assistance Program

- Call toll free in BC at 1-866-660-3888
- cvap@gov.bc.ca

Public Guardian and Trustee

- Call the Vancouver office at (604) 660-4444, the Victoria office at (250) 356-8160, or the Kelowna office at (250) 712-7576
- Outside these calling areas, call Enquiry BC toll free in BC at 1-800-663-7867 and ask to be transferred to the Public Guardian and Trustee
- E-mail: mail@trustee.bc.ca

Regional Health Authorities (Designated Agencies)

- Check your phone book for the number of the Regional Health Authority serving your community

VictimLink BC

- Toll-free, confidential telephone service available across BC and Yukon 24 hours a day, 7 days a week at 1-800-563-0808
- VictimLink BC provides service in more than 110 languages, including 17 North American aboriginal languages
- VictimLink BC is TTY accessible. Call TTY at 604-875-0885; to call collect, please call the Telus Relay Service at 711
- Text to 604-836-6381
- www.victimlinkbc.ca
- Email: victimLinkBC@bc211.ca

Please note: This pamphlet provides general information only. It is not a legal document.



November 2012



HELP US REACH COMMUNITY MEMBERS WITH THIS NEWS ARTICLE

BETWEEN NOW AND OCTOBER 1, 2017 PLEASE FEEL FREE TO:

- SUBMIT THIS ARTICLE TO COMMUNITY NEWSPAPERS FOR PUBLICATION
- INSERT THIS COPY IN NEWSLETTERS, E-BLASTS OR OTHER PUBLICATIONS
- PRINT AND POST IN HIGH TRAFFIC AREAS IN YOUR COMMUNITY

Some drug coverage changes are coming for First Nations in B.C.

BC PharmaCare program welcomes First Nations

First Nations in British Columbia are about to become the first in Canada to join a provincially-based prescription drug program.

Starting October 1 of this year, First Nations Health Authority clients with active Medical Services Plan (MSP) coverage will be eligible for the BC PharmaCare program.

If you have your MSP enrolled through FNHA, the move is automatic. A very small number of clients do not have MSP paid for by FNHA and will continue to have interim coverage with NIHB, ensuring you will get the drugs you need. To enrol in MSP, just contact your FNHA representative as usual.

The transition to PharmaCare is part of an overall plan to bring decision-making about health benefits closer to home and into the hands of First Nations. Bringing the program home to B.C. is our first step in improving it.

We ask that FNHA clients continue to take both their BC Services Card (or CareCard) and Status Card to the pharmacy when filling prescriptions.

Our current clients will continue to be eligible under PharmaCare for the medications they need - but a small number of recipients may have to change to a different comparable drug. If this happens to you and you have any concerns, please discuss it with your doctor or pharmacist.

We suggest that anyone preparing to travel out of province should plan ahead and fill prescriptions here in British Columbia before leaving. PharmaCare is a BC program, and cannot pay for prescriptions filled in other provinces. In most cases, clients are eligible to receive an advance supply lasting up to 100 days. Anyone needing more information before travelling should speak directly with a pharmacist.

Please visit FNHA.ca for information and updates as these changes come online. Anyone with questions about the switch to PharmaCare may call FNHA's Health Benefits phone number toll-free at 1.855.550.5454, or email FNHA at HealthBenefits@fnha.ca.



Free Credited Courses For NSTC Members



ABTS 1300 - Business English - Starts Sept 7 - November 30

ABTS 1140 - Keyboarding - Starts Sept 7 - October 19

ABTS 1270 - Outlook - October 20-November 25

ABTS 1500 - Human Relations - December 1-15

ABTS 1210 - Spreadsheets - January 5-February 2

ABTS 1310 - Business Communications (pre-req is Business English) - January 5 - March 5

ABTS 1430 – Accounting 1

****Classes can support maximum of 20 students – so register today!**

For More Information please contact Melissa Fornier at TRU – 250.392.8045



Medical Office Assistant

Three Corners Health Services Society is accepting applications for the full-time position of Medical Office Assistant. The successful candidate will be highly motivated, organized and have completed a credentialed

Qualifications and Skills

- Medical Office Assistant certification (requirement)
- Advanced computer software skills
- Excellent written and oral communication skills
- Ability to work independently and as part of a team
- Excellent organizational and multi-tasking skills
- Valid Driver's License and reliable vehicle (requirement)
- Experience working with First Nation communities considered an asset
- Experience working with electronic medical record(s) considered an asset

Please submit resume with cover letter and names of previous supervisors for reference to:

Lori Sellars, Executive Director
Three Corners Health Services Society
150 North 1st Ave
Williams Lake BC V2G 1Y8
Fax: 250-398-9824

Closing Date: Open until Filled



Job Opportunity

Community Health Nurse

The Three Corners Health Services Society is currently seeking a full-time Registered Nurse to join their dynamic health team to provide Community Health Nursing (CHN) services for the First Nations' communities of Soda Creek, Canoe Creek and Williams Lake.

Within the CHN role, the nurse will provide health promotion and prevention programs for individuals, families and the communities. They will also deliver the communicable disease program. On occasion, the CHN will develop comprehensive care plans for community members of all ages with acute, chronic and rehabilitative care needs in consultation with the Home Care Nurse.

Qualifications and Skills

- Baccalaureate Degree in Nursing or equivalent combination of training and experience
- Current practicing member of CRNBC (or eligible to register)
- Immunization Certificate or willingness to obtain within 3 months
- Current CPR C or equivalent certificate
- Computer experience with Microsoft Office, Outlook, PowerPoint & Publisher
- Valid BC Driver's License
- Excellent communication and interpersonal skills
- Knowledgeable regarding cultural competency in professional nursing practice
- Knowledgeable regarding First Nations health and social issues
- Experience with community health nursing and/or home care nursing programs (preferably in an Aboriginal community setting) is considered an asset
- Foot Care training and experience is considered an asset
- Ability to understand and speak the Secwepemcstin language is considered an asset
- Experience using an electronic medical record is considered an asset

Salary

Aligned with BC Nurses Union Salary Levels. TCHSS offers an excellent total compensation package including medical, dental, life insurance and pension plan.

Deadline: Open until filled

Please submit Resume with Cover Letter and names of Previous Supervisors for reference to:

Lori Sellars, Executive Director

150 North 1st Avenue

Williams Lake, BC V2G 1Y8

Fax: 250-398-9824

Email: reception@threecornershealth.org

Employment Opportunity

Title *Youth/Social Development Worker*

Reports To *Health Coordinator*

Job Summary

The Youth/Social Development Worker administers the social assistance program to on-reserve community members in accordance with the Federal Social Development Policy Manual. The Youth /Social Development Worker performs client intakes; answers client questions and concerns, and performs cheque requisition and distribution, providing excellent customer service while following the regulations. The Youth /Social Development Worker provides client and family supports, workshops and healthy lifestyle programming to youth in community.

Duties and Responsibilities:

1. Conducts interviews to assess eligibility for social assistance
2. Completes all necessary forms to determine eligibility for social assistance, inform clients of appeal process if necessary
3. Collects specific documents from clients to support their claims
4. Issues social assistance as set out in the policy rate tables by processing cheque requisitions and submitting them to the finance department
5. Performs yearly review with individual clients to ensure proper documentation is on file
6. Assists managers in the completion of documentation required for the Work Opportunity program, or any related First Nations Social Assistance Employment Training initiative
7. Works with housing manager and clients regarding housing rental program
8. Organizes activities which encourage youth and parents to take the initiative to learn and live a healthy lifestyle
9. Conducts needs assessment with youth to identify gaps and provide targeted services
10. Liaises with health and social development teams to develop and coordinate priorities and activities relating to programs for youth
11. Provides referrals for counselling services and intervenes with youth in crisis to lend support and make appropriate referrals
12. Maintains accurate and confidential client files; ensures all required forms are set up in files (electronic and hard copy)
13. Prepares reports and submits monthly tracking sheet and submits regular activity reports to appropriate agencies, most importantly completing financial reporting for respective government funding bodies

Qualifications

Education:

- Diploma in social work, counselling or a related field

Competencies:

The *Youth/Social Development Worker* should demonstrate competence in some or all of the following:

- Planning and Organizing - Plans and organizes time effectively to meet goals and timetables
- Data Analysis - Gathers, analyzes and acts on information gathered as well as team and individual performance data.
- Financial Impact - Manages self and resources against plans and budget
- Conflict Resolution - Effectively manages conflicts to resolution

Skills and Abilities

- Strong administrative, communication, verbal and written skills
- Knowledge of the Mental Health Act and Child and Family Act an asset
- Ability to administer youth programs
- Intermediate computer skills with Microsoft Office (capable of using a large number of functions and feel confident using the program)

Experience:

- One to two years experience working within Human Services Field
- Minimum one year office and administration experience
- Experience working with the areas of mental health, addictions and behavioural challenges an asset

Working Conditions

- Have potential to be subjected to difficult or aggressive behaviours in the workplace
- Can be Physically demanding

Conditions of Employment

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements

Salary

- Include your wage expectations

How to apply

- For a complete job description and application package, please visit the Employment Section of the Soda Creek Indian Band website at: www.xatsull.com

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

Email your application to

Danielle Taylor, Executive Assistant

Email: execasst@xatsull.com

Mail your application to:

Fax to: 250-989-2300

Attention: Danielle Taylor
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5

Application Deadline: September 06, 2017 by 4PM

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

NOTE: Applications received after 4:00PM on September 06, 2017 will not be considered. Only those selected for an interview will be contacted.

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

Employment Opportunity

Title *Capital Infrastructure Manager*

Reports To *Band Administrator*

Job Summary

The Capital Infrastructure Manager is responsible for the management of the Soda Creek Indian Band capital projects and Infrastructure, to include water, sewers, roads and buildings as assigned, and the inspection of the Soda Creek Indian Band buildings and physical services.

Duties and Responsibilities:

1. Perform all duties and responsibilities in accordance with the Soda Creek Indian Band policies, standards and procedures, and as directed by the Band Administrator
2. Maintains confidentiality on all matters relating to the affairs of the Soda Creek Indian Band

Operations:

1. Develops an operational plan which incorporates goals and objectives for programs and services, including program delivery and evaluation
2. Supervises capital projects ensuring they are completed on time and within budget
3. Meets regularly with government bodies, industry, First nations organizations, etc. to share information and identify problem areas, and works towards developing solutions to issues
4. Consults and liaises with other housing, public works, maintenance and capital experts to share information and to potentially formulate joint special projects which would enhance the delivery of existing programs and services
5. Coordinates and oversees the construction of Band construction projects in accordance with applicable building codes and other Provincial and Federal regulations
6. Coordinates contractors and sub trades
7. Operates equipment in the performance of responsibilities
8. Inspects public buildings, roads, and utilities for health safety and conditions, and develops a written report(s)
9. Responds to emergencies to include water and sewer

Human Resources and Administration:

1. Oversees and supervises all, construction staff & contractors; involved in the recruitment and development of staff
2. Takes responsibility for the orientation, performance review and development of staff

Finance:

1. Prepares an annual budget and five year capital projects budget for approval of the Band Administrator and monitors expenditures throughout the year to stay within budget
2. Establishes and maintains annual operating budget and works to secure adequate revenue and funding

Qualifications

Education:

- Prefer completion of related courses, to include construction management, estimating, budgeting, inspections, supervision and computers
- Prefer Journeyman Trade Certification (e.g. carpentry)

Working Conditions

- Non-standard hours of work
- Responds to rare after-hours or emergency calls; may be classified as "on-call" per company policy

Conditions of Employment

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements OR access to company vehicle is provided and requires a valid Driver's Licence

- Holds a Level 1 Occupational First Aid certificate, WHMIS, Transportation and Endorsement

Directly Supervises

- Maintenance and Infrastructure staff

Salary

- Include your wage expectations

How to apply

- For a complete job description and application package, please visit the Employment Section of the Soda Creek Indian Band website at: www.xatsull.com

1. Please provide a cover letter with salary expectations and availability.
2. Complete Job Application Form.
3. Resume with Three work related job references.

Email your application to

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Community Events

Event	Date & Time	Where	Description
SCIB Travel	September 6 & 20		Call Rae-Lyn at 250-989-2355 if you have an appointment
Relaxing Yoga	September 8 9:00-10:00 am	Soda Creek Gym	
Massage	September 8 9:00-4:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Mental Health Clinician	September 11, 18 & 25 10:00-2:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Nurse Practitioner	September 11, 18 & 25 10:00-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Natural Resources Community Meeting	September 12 5:00-7:00 pm	Soda Creek Gym	Please contact Robyn at 250-989-2323
HCC Travel	September 13 & 27		Please contact Edith at 250-989-2355
Dental Therapist	September 14 9:30-3:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Community Welcome Back Feast	September 15 5:00 pm	Xat'sull Heritage Site	
Save the Salmon Pow Wow	September 15-17	Xat'sull Heritage Site	Call Cheryl at 250-989-2323 if you have any questions
Physiotherapy	September 18 8:45-12:00 pm	Health Station	Call Maxine at 250-989-2355 to book an appointment
Be Well Program	September 19 10:30-2:00 pm	Health Station	For more information contact Sheila or Kayla at 250-398-9814

