



# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

FEBRUARY 2020

## B.C. FIRST NATIONS ZERO WASTE PROGRAM.



*In a recent community meeting, the BC First Nations Zero Waste program was presented to the community as a future service.*

The company, GHD is one of the world's leading professional services companies operating in the global markets of water, energy and resources, environment, property buildings, and transportation. Since 2008, GHD has piloted this community waste reduction strategy in 70 first nation communities. The recycling program can reduce the amount of trash put in landfills by up to half. The target average amount of trash in BC per person is 24 bags of trash (435 kg) per year. In a 2016-17 implementation of the zero waste program, Heiltsuk (Bella Bella) was able to reduce trash going into landfills to 14 bags/year or 248 kg per person. Well below the provincial target average for 2018-19.

Recyclables make up approximately 40% of all household trash. These are the Potential Solid Waste Improvements planned.

- Recycling Collection
- Compost Trial
- Garbage Collection
- Oversized Items Collection

Approximately 220 residents will be involved in the program consisting of; 63 total houses and 10 community buildings. Collection will happen within the 4km of Soda Creek and the 15 km distance in Deep Creek.

### Upgrades, objectives, and benefits

- Recycling reduces garbage and landfill costs
- Composting
- reduce landfill methane/GHG emissions
- create soil for use in the community
- Managing over sized items
- Electronics, appliances, paint, and clean wood are recyclable
- Product stewardship programs in the future for furniture and mattresses
- Keep household hazardous waste out of landfill
- Storage at the household
- Carts and other containers reduce potential animal/wildlife impacts

## COMMUNITY MEETING, JAN 27, 2020

Natural Resources, Health and Housing presented departmental updates and potential future events initiatives and projects using a "world cafe" format. Lands Coordinator Julia Flinton presented an update on completed initiatives relating to the 2017 wildfires and Tree Canada. Several projects were put forward. Surveying and Fencing, The Soda Creek Graveyard Restoration, a community playground or park, Ice rink Restoration/Use, a community garden and an Elders Centre.

Referrals presented information on Forestry, Barkerville Gold, Taseko/Gibraltar, and Mt. Polley. The province of British Columbia is in the process of implementing the Comprehensive Environmental Monitoring Plan for all major resource projects. The functioning mines have significant buildup of water. Potential water release plans have been presented for community input.

Housing presented a range of instructional brochures on home maintenance, energy efficiency, care and upgrading and general home systems. These resources can help inform community members about everything from basic Inspections to fixes and upgrades.

Community members moved from table to table in the "world cafe format," giving everyone the opportunity to receive detailed department information and provide detailed feedback.

The health and wellness department presented on upcoming events, A call to the community on what they would like to learn in terms of health and what cultural skills and knowledge can members offer the community.

It was a productive evening with amazing food, good community feelings, and collaborating for a better future.

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## WALK RUN 2020



## Soda Creek Band Community Members Come and Join us at the Deep Creek Gym

In preparation for the Vancouver Sun Run we are starting a community walking & running club to train and to raise funds to participate as a community running team

This is community driven program and all fundraising, Expenditures and decision making will be done by the group

Any participant missing 3 of these walk/run sessions are not eligible to attend the Vancouver Sun Run..

VANCOUVER APRIL 19, 2020  
**SUN RUN**

### Walk/ Run Starts

9:00 a.m. – 11:00 a.m.

Jan.26,2020

Feb.02,2020

Feb.09,2020

Feb.16,2020

Feb.23,2020

March 01,2020

March 08,2020

March 15,2020

March 22,2020

March 29,2020

April 05,2020

April 12,2020

Call Jessie to sign up  
250-989-2323 Ext. 100

**WALK  
RUN  
2020**



## B.C. FIRST NATIONS ZERO WASTE PROGRAM – Whats Next?

### COMPOSTING TRIAL

- Composting reduces amount of waste going to landfills and benefits the environment
- Composting trial at community garden or other location
- Two Jora's composter would be used for the trial
- If the composting trial is successful, the composting system can be expanded to the wider community



### POTENTIAL FUTURE SERVICES

- Garbage Collection System
- Oversized Items Collection
- Monthly Recycling (For Items that can't go in the blue bins but are still recyclable (Electronics, Appliances, Tools

### CRD SOLID WASTE MANAGEMENT

**WILDWOOD Transfer Station – Hours of Operation**  
360 Westcoast Road

Summer Hours of Operation (April 1 to Sept. 30)						
Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Open 8a.m. – 6p.m.	Open 8a.m. – 6p.m.	Closed	Open 8a.m. – 6p.m.	Open 8a.m. – 6p.m.	Open 8a.m. – 6p.m.	Open 8a.m. – 6p.m.

Winter Hours of Operation (Oct. 1 to March 31)						
Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Open 8a.m. – 5:30p.m.	Open 8a.m. – 5:30p.m.	Closed	Closed	Open 8a.m. – 5:30p.m.	Open 8a.m. – 5:30p.m.	Open 8a.m. – 5:30p.m.

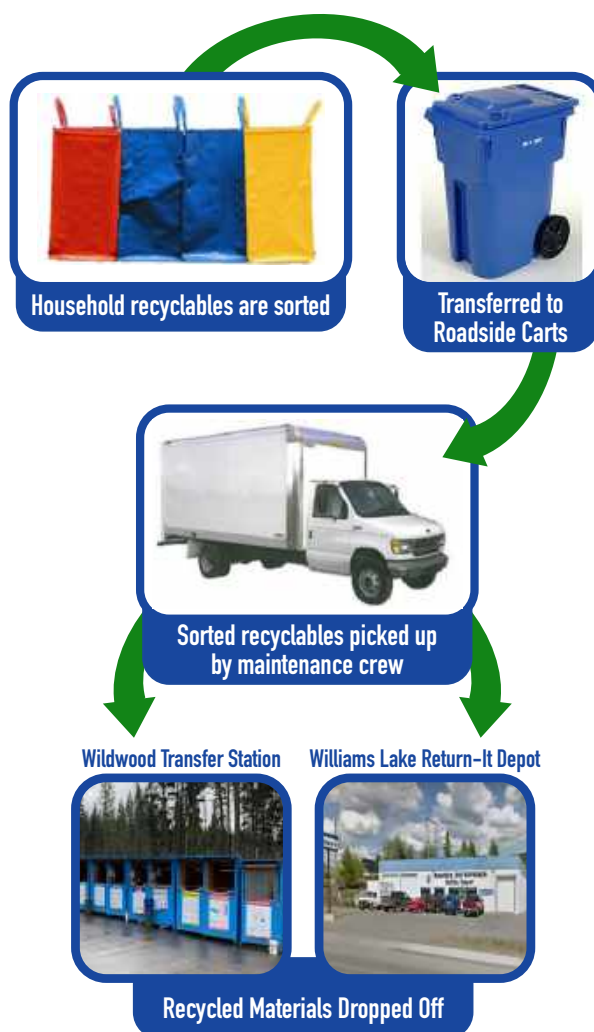
Open statutory holidays with the exception of Christmas and New Year's Day.

Effective October 30, 2014

Suite D, 180 North Third Ave., Williams Lake

250-392-3351 or 1-800-665-1636  
cariboo.bc.ca facebook.com/cariboooregion

### PROPOSED RECYCLING PROCESS







## NEW STAFF AT SODA CREEK

## NATURAL RESOURCES INTERN



Darrin Sargent

My name is Darrin Sargent I am from the community of Canoe Creek right along side the Fraser River. This is where I learned to fish and hunt dry deer meat/fish at the same time I learned about the land from my uncle Larry.

The first time I was introduced to the forestry I was going to school in Kamloops where I had the opportunity to take a 2 year forestry course . After the program I worked many different jobs. Powell River, working with concrete and a bob cat operator. Port Simpson, doing road side brush cutting and as an excavator operator, building roads.

The summer of 2016 my wife and I moved back to to the community of Dog Creek, where I worked different jobs; beetle probing, grass land restoration, grass seeding, slash pile burning, firefighting and in 2017/18 as a danger tree assessor. In 2019 I took the year off went back up north to Port Simpson and spent time with family. In the fall of 2019 I came back to Williams lake where I took the arch tech course, RISC at Soda Creek Indian Band. I am the intern for the Natural Resource office. My position includes helping answer referrals along with helping the other departments in the building.

## IT COORDINATOR



Gavin Buerge

My name is Gavin Buerge and I am the new Information Technology technician. I was born and raised in Williams Lake, and have lived here most of my life. The only time moved away from William Lake was when I went to University at UCC (now TRU) in Kamloops and took Computer Systems Operations and Management (CSOM). After CSOM I moved back to Williams Lake and started working at Sandtronic Business Systems Ltd where I looked after server and workstation installs, networking, computer repairs and various other IT related duties. I worked at there for a little over 17 years before I accepted this job. I

enjoy downhill mountain biking, camping, snowboarding, and spending time at home with the family. My hope in this new job is to help teach employees how to use all of the technology that is available to them, and to integrate various technologies into the workplace to help make employees day to day tasks more streamlined.



## NEW STAFF AT SODA CREEK

### LANDS COORDINATOR



Julia Flinton

Hello everyone!!

My name is Julia Flinton and I am the new Lands coordinator for Xat'sull First Nation. I have lived in the community for about three years with my spouse Anthony Sellars. We recently had a baby last March and for the past year I have been at home with her, watching her grow at light speed it seems.

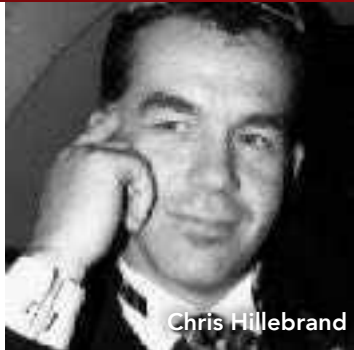
I was born and raised in Williams Lake. My parents started an orchard down at the Soda Creek townsite and then moved up to Fox Mountain where we had a small family farm. I have a degree in Agriculture from the University of Saskatchewan and spent ten years in the prairies playing hockey. After I graduated, I decided

to move home, and worked 7 years with the BC wildfire service as a firefighter and worked in the forest industry in the winters.

I am very excited to be working for your community, as I have the utmost respect for the people and the land in this area. I am eager to learn because of my spouse and now daughters roots here. I am very passionate about First Nations issues and hope to contribute to the community the best that I can.

**I look forward to meeting all of you!**

### REFERRALS COORDINATOR



Chris Hillebrand

I graduated from the University of Calgary in 1992 with a Bachelor of Commerce degree with a Petroleum Land Management designation. At that time, I started working with a company called Maxx Petroleum Ltd as a Land Administrator and worked my way up to Mineral Contracts Negotiator. From there I have spent the last 26 years in the oil and gas business in various business development roles.

Having a large population of family and friends in Nelson B.C., my wife, daughter and I always had the idea of settling there. It just so happened that the oil and gas sector experienced the largest downturn in the industries history, my wife landed a position in Nelsons Hospital, I found a position with a local company and we found accommodations that

suited our needs all at the same time...so we moved. Life in Nelson was good but for my wife, there were no opportunities for advancement and in looking for those opportunities landed a management job at Cariboo Regional Hospital

In September of 2019 which is how we ended up in the area. With my experience in working with First Nations in the oil and gas industry I had a good feeling that that skill set would transfer over well to working with First Nation communities which is now why I have become the Referrals Coordinator for the Soda Creek Indian Band. I have only been at Soda Creek for three weeks but have found the work to be very satisfying and rewarding and the people to be fantastic.

## NEW STAFF AT SODA CREEK

## HOUSING MANAGER



Weytkp

Happy New Year everyone, I hope everyone had a great holiday season. I would like to start off by introducing myself, my name is Holly Wycotte and I am the new Housing Manager for the Soda Creek Indian Band as of the 6th of January 2020. Many of you probably already know me from my previous employment here from 2012-2015 in the Housing Department. I am a member of the Williams Lake Indian Band and have spent the last 5 years managing WLIB's Housing Department, it's great to be back as part of the SCIB team and I look forward to getting to know everyone again, bringing in some fun and informative workshops and getting some now and exciting projects on the go. I welcome anyone

who even just wants to stop by the office and say hello to do so, come and check out some of the great information we have here, everything from pest control to how to change your furnace filter and woodstove care and maintenance tips. Have any questions in regard to what opportunities are available to you through the Housing Department from repairs and maintenance to possible future renovations. I look forward to a successful and productive 2020 with the Soda Creek Indian Band.

Holly Wycotte  
Housing Manager

## STAFF BIOGRAPHY

## TREATY/NR ASSISTANT



Weytkp

Hello, I am from Soda Creek Band. I have a wonderful Husband Wilfred Phillips, 2 daughters and 2 grandsons. I Love to Bead, Sew, read and take walks in the area. I have been the Treaty/Natural Resources Assistant for a number of years. I am

involved with a variety of band events throughout the year. Over the years, I have volunteered and catered for a lot of cultural and community events. I Love being part of this Community.



## TRAINING & ECONOMIC DEVELOPMENT

Cheryl Chapman, Economic Development & Employment

Welcome to February, as we experience warmer weather, we are looking forward to the new fiscal year, and planning for the future and wrapping up the 2019/2020 year.

Red Cross Wood & Heating Program wrapped up on January 24th, 2020; we hope everyone that uses wood heat in the community appreciated the loads that were delivered. We know it is not much however, we did the best we could considering the holidays and the cold snap. The band is working with the community forest on getting more logs and we will have to figure out the process for access to this, as we know not everyone has a chainsaw and a truck.

I have submitted a proposal to CCATEC for an Elder/Trainer & Trainee for the Xatsúll Heritage Village and will be submitting proposals for the Summer Student and Trails Programs. If you are interested in working in any of these areas please contact me.

Jennifer Stinson, Social Development Coordinator and I are working with CCATEC and SAGE Trainers to provide further certificate training for working out in the territory. I am working on a proposal for a Guardians' Program with the Natural Resources Department and will provide a schedule of training

soon. We also have a job board in the front waiting area at the band office.

I have a few questions for the community members and if you are interested in your own business, please consider the following:

What is your Product or Service?

Who are your Customers?

Marketing - How will you let your Customers know about your Product or Service?

What will you charge for your Product or Service?  
How will you get paid?

Start-up costs – What will it cost you to start your business? (materials, equipment, etc.)

Then let's have a conversation on February 19th, 2020 at the Community Meeting.

 <p><b>Do you have ideas for COMMUNITY ECONOMIC DEVELOPMENT or improvements to existing operations?</b></p> <p><b>SMALL BUSINESS DEVELOPMENT</b> Do you dream of owning and operating your own business? Do you want to know how to market your product or service? Do you need assistance with market research? Need a business plan?</p> <p>These services are available at the Band Office: Contact Cheryl Chapman, Economic Development &amp; Employment phone: (250) 989-2323 Ext: 132 email: employment@xatsull.com</p>	<p><b>Do you need assistance with:</b></p> <ul style="list-style-type: none"> <li>Developing or Updating your Resume</li> <li>Cover Letter Development</li> <li>Developing Great Interview Skills</li> <li>Job Search and Job Maintenance</li> <li>Submitting Employment Applications</li> </ul>  <p>Please free to stop by and meet with me in regards to your return to work action plan or entering the labour market for the first time</p> <p>These services are available at the Band Office: Contact Cheryl Chapman, Economic Development &amp; Employment phone: (250) 989-2323 Ext: 132 email: employment@xatsull.com</p>
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## YOUTH & INTERNET SAFETY

The internet has become a daily part of life in our Communities.



Access to the internet can be done through cell phones, laptop computers, tablets, and even online video games. This has made a virtual reality a part of our daily lives and even a part of our children and youths lives. As Elders, Parents, Guardians, Family members, and Community Leaders we have a responsibility to monitor our children and youth's online activities. Some activities may appear to be harmless however if we do not monitor these activities it could quickly become a potentially dangerous situation our child or youth may become involved in.

Don't get me wrong the internet is a great educational tool that creates a great new way to access information such as the news, history, and even communicating with some distant Family members just to name a few.

Here are some tips that can help ensure your young person's safety on the Internet:

- Let your child know they can talk to you about anything and that you will always be there for them, no matter what. This is important because it builds trust, and also lets your child know that they can come to you without fear of judgment.

- Know that social media and information and communication technologies (ex: smart phones) are a regular part of your young person's life. Threatening to take away their Internet access or smart phone can have detrimental effects; your young person will be a lot more reluctant to actually come and talk to you if something negative is happening to them online.

- Learn how young people are using the Internet. You may have a lot of preconceived notions about 'social media' and the Internet that are inaccurate. Remember that the Internet and/or social media sites are not the issue; the way that some people use them is the problem.

- Set some personal boundaries for the young person (like the value of privacy when changing clothes, etc.), and teach them to live by those boundaries (The Door That's Not Locked).

- Teach the young person about the dangers of posting personal information (location, school, full name, personal pictures) online.

Did you know? There are an estimated 2.3 billion people online globally. More information can be found on the RCMP website: [deal.org](http://deal.org)

Should you wish more information please contact Cst. M. RICHARD of the Williams Lake RCMP Detachment Indigenous Police Services at (250) 392-6211.



## PAGE DESCRIPTOR

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# MENTAL HEALTH & ADDICTIONS COUNSELOR

ARE YOU HAVING A HARD TIME WITH...

Stress  
Anxiety  
Depression  
Anger  
Alcohol, drugs

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

Call Maxine at the Soda Creek Health Centre  
(250) 989.2355 to book an appointment



**Neleena Popatia**  
RN, MSN, CPMHN (C)

10:00 am - 3:00 pm  
February 5, 2020  
February 12, 2020  
February 19, 2020  
February 26, 2020



# NURSE PRACTITIONER

Catherine can diagnose and treat illnesses & infections,  
write prescriptions, fill out medical forms, manage  
chronic conditions, provide an 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  
call Maxine Sellars, Health Administrative Assistant  
Soda Creek Health Centre (250) 989-2355

If you have any questions/concerns, talk with the Community Health Nurse  
at your Health Centre or Three Corners Health Services (250) 398-9814



February 3, 2020  
February 10, 2020  
February 24, 2020  
10:00 am - 3:00 pm



# Community Dinner & Dance



THE LIVE MUSIC BY  
**NIGHTHAWKS**

JOIN US FOR DINNER AND LIVE MUSIC  
KICK UP YOUR HEELS & HAVE SOME FUN

**FRIDAY, JANUARY 31, 2020**

5:30 - 6:30 PM - DINNER

6:30 - 9:30 PM - DANCE

**SODA CREEK GYM**

RIDES ARE AVAILABLE

ANY QUESTIONS CALL

JANAE OR MAXINE AT (250) 989-2355

A DRUG & ALCOHOL FREE EVENT



## Cribbage Night

**Wednesday, January 29th, 2020**

**5:30-7:30 pm | Health Boardroom**

Want to learn how to play? We know how to play!  
The boards and cards are provided just bring  
your self and be ready for snacks and fun!

**ALL ARE WELCOME**

Come join in the fun!

FEBRUARY 2020

Fraser River Run