



Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

APRIL 2020



IN THIS ISSUE **COVID-19** WHAT YOU NEED TO KNOW

HEALTH STATION UPDATE

SCIB HOUSING MAINTENANCE REPAIR & RENOVATION GETTING STARTED

EC DEV, EMPLOYMENT, JOBS DEPARTMENT UPDATE HERITAGE VILLAGE HEADSTART TREE PLANTERS

THE MISSION 82 PROJECT

Many of the images in this issue are from a set of contact sheets left to the NSTC. They were taken in a number of communities during the summer of 1982. Most of the images were taken in Soda Creek.

Over the next few Issues the Fraser River Run will be publishing the contact sheets. If you have information, memories or stories of these pictures please contact David Sannes communications@xatsull.com.

It is the intention to use these remarkable images within the communities to create media that adds to the story of the community.





COVID -19 COMMUNITY UPDATE

March 17, 2020

Weyk-p community, thank you for your patience, the Soda Creek Band team is currently reviewing and diligently working to create plans to support prevention of Covid-19 in the community. As well, we are looking at program and services to what will be offered through the time of progression of the pandemic.

We have staff monitoring daily the reputable information outlets which will be shared as per new information that will come forward.

To date we do not have any confirmed cases in the community.

Our recommendations to the community:

1. **Prevention** – the number 1 way to prevent the Covid-19 virus from entering the community is **PREVENTION**.

What is does this look like?

- a. Good hand hygiene,
- b. cover your coughs and sneezes,
- c. disinfecting surfaces with bleach and water (once a day),
- d. flush the toilet with the lid down,
- e. practice social distancing,
- f. Limit out of community visitors,
- g. avoid public places and gatherings,
- h. only leave your home for the essentials,
- i. cancel all unnecessary appointments,
- j. self-isolate for 14 days if you have been out of the country and been in contact with someone with Covid-19 or have symptoms.

Community Administrative:

- a. Chief and Council has restricted all staff travel to essential travel only (emergency travel, prescription runs)
- b. Staff, including Three Corners Health Service Society, participate on the coordination calls with Interior Health and Emergency Management of British Columbia
- c. Maintain a healthy work environment by ensuring fresh air circulation and posting tips on how to stop the spread of illness at work
- d. Encourage employees to stay home when ill.

We encourage families to extend the self-isolation to all residents of the home.

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- ☐ dried pasta and rice
- ☐ pasta sauces
- ☐ canned soups, vegetables and beans
- ☐ pet food

HYGIENE

- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ household bleach
- ☐ household cleaning products



FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397

@canada.ca/coronavirus

phac.info.aspc@canada.ca

Public Health Agency of Canada

Agence de la santé publique du Canada

Canada

All community events, gatherings and activities have been cancelled.

2. **Messaging to the Community** – updates are being provided via social media. Please check the Soda Creek Band Facebook Page for the most accurate information. We are encouraging families and friends to share the information with those who are not on social media.

Band Administrator, Craig Smith oversees all official incoming and outgoing information from the Soda Creek Band. Please contact him via email bandadmin@xatsull.com or text/cell phone call 250-305-9731.

3. **Family Plans** – we are encouraging families to communicate and create a family plan for support. Make decisions on who will deliver food, medications, etc. Please ensure plans are in place for the vulnerable population – elders, youth, those with compromised health.

4. **Information Sharing** – if you are self-isolating or you need information, please inform the Community Health Department – 250-989-2355.

5. **Important Phone Numbers** – for concerns about your health, or the health of your family members call 811 OR 888-COVID19 (888-268-4319). CALL AHEAD PRIOR TO HOSPITAL VISIT.

6. **Trusted Internet Links** – First Nations Health Authority, www.fnha.ca OR BC Centre for Disease Control, <http://covid-19.bccdc.ca/>.

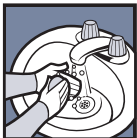
7. **Mental Health** – we encourage community members to remain active, go for a walk, spend time in nature, meditate, read a book, chat on the phone or FaceTime with family and friends, learn something new, start a new arts/crafts project, take time for rest and relaxation. If you or your family members require emotional support call Soda Creek Band, 250-989-2355

We thank everyone for their patience and continue to ask you to remain vigilant in sanitizing your environments. Be assured, as developments occur, we will be sure to update you. Soda Creek Health and Three Corners Health Service Society will post regular communication as they come in

Sincerely
Chief and Council
By Craig Smith - SCIB Administrator



Stop the spread of viruses that make you and others sick!



Clean your hands often with soap and warm water for 20 seconds or use alcohol-based hand cleanser.



Stay home if you are sick.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Avoid touching your face.



1 Remove jewelry. Wet hands with warm water, add soap to palms and rub hands together to create lather.



2 Thoroughly cover all surfaces of your hands and fingers with lather and work fingertips into palms to clean under nails.



3 Rinse hands well under warm running water.



4 Dry with a single-use towel and then use towel to turn off the tap.

Hands should be washed for a minimum of 20-30 seconds. To help children wash long enough, say the ABC's or sing "Twinkle, Twinkle Little Star."

For more information on COVID-19, visit: <http://www.bccdc.ca>



Ministry of Health

For more information on COVID-19, visit: <http://www.bccdc.ca>



Ministry of Health

Novel coronavirus (COVID-19) information for patients with chronic health condition

From the best source of up-to-date information on the novel coronavirus (COVID-19) in British Columbia is the BC Centre for Disease Control (BCCDC): covid-19.bccdc.ca

This document provides answers to additional questions from patients with chronic conditions.

Q1. Which patients are at higher risk for COVID-19 complications?


• We are still learning about COVID-19. For people infected with COVID-19, there is a wide range in infection severity from no symptoms to severe pneumonia. Current information suggests that older people with chronic health conditions such

as diabetes, heart disease and lung disease are at higher risk of developing more severe illness or complications from COVID-19. Although most people with COVID-19 recover, people with chronic diseases are also at higher risk of death if they become ill.

• It is advisable that if you are at higher risk for COVID-19 complications, follow general preventative strategies against infection, and should you become ill, seek medical help early.

Q2. How can I avoid getting sick with COVID-19?

- The way to protect yourself from COVID-19 is the same as what you probably already do to avoid influenza, colds and other illnesses. The most important thing you can do to prevent COVID-19 and other illnesses is to wash your hands regularly and avoid touching your face.
- Washing your hands properly means using soap and water and washing for at least 20 seconds. You can also use hand sanitizer with alcohol (60-90%) in it. However, if your hands have dirt or food or anything else on them, you should use soap and water because hand sanitizer may not work.
- If you have to cough or sneeze, try to do it into your elbow or a tissue, and then wash your hands afterwards. Stay away





CORONAVIRUS FACT SHEET




The Assembly of First Nations (AFN) is providing this overview of the coronavirus, and information on resources in your region. As the situation is evolving rapidly, please visit the Public Health Agency of Canada and Indigenous Services Canada for the most updated information.


Canada's Chief Public Health Officer, Dr. Theresa Tam, has assessed the **public health risk of COVID-19 within Canada to be low.**

- Coronaviruses in general are part of a large family of **viruses** which may cause illness in people and in animals. Human coronaviruses are common and are typically associated with mild illnesses, like the common cold.
- Coronavirus Disease 2019 (COVID-19) is a new disease that has not been previously identified in humans.
- Those who are infected with COVID-19 may have little to no **symptoms**. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.
 - o Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease.
 - o Symptoms have included fever, cough, difficulty breathing, pneumonia in both lungs.
- Coronavirus infections are **diagnosed** by a health care provider based on symptoms and confirmed through laboratory tests.

- Currently there is **NO vaccine** to protect against 2019 novel coronavirus infection.
- The **flu vaccine does not** protect against coronaviruses.
- For now, there is no **specific treatment**. Most people with the common coronavirus illness will recover on their own and your health care provider may recommend steps you can take to relieve symptoms.
- Common **prevention measures** for viruses, such as the COVID-19 and influenza, include:
 - o Regular hand washing with soap and warm water or an alcohol-based hand cleanser.
 - o Covering your mouth and nose when coughing and sneezing.
 - o Avoid close contact with anyone showing symptoms of a respiratory illness, such as coughing or sneezing.



For updated national information on COVID-19:

PHAC: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

ISC: www.sac-isc.gc.ca/eng/1581964230816/1581964277298

COVID-19 — BE PREPARED

Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

Stock up on:

- | | | |
|--------------------------------------|---|-------------------------------|
| ▶ Dried pasta and rice | ▶ Diapers | ▶ Toilet paper |
| ▶ Pasta sauces | ▶ Soap | ▶ Paper towels |
| ▶ Canned soups, vegetables and beans | ▶ Alcohol-based hand sanitizer | ▶ Plastic garbage bags |
| ▶ Pet food and supplies | ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children) | ▶ Dish soap |
| ▶ Feminine hygiene products | ▶ Facial tissue | ▶ Laundry detergent |
| ▶ Thermometer | | ▶ Household bleach |
| | | ▶ Household cleaning products |

Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

Stay Informed

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus | phac.info.aspc@canada.ca



Public Health
Agence de la santé
publique du Canada

Canada

from other people who are ill. If you are sick yourself, stay away from others.

Q3. Will wearing a mask protect me from being infected?

- Our advice for patients with chronic health conditions is the same as for others. Masks should be used by sick people to prevent transmission to other people. A mask will help keep a person's droplets in.

- It may be less effective to wear a mask in the community when a person is not sick themselves. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask).

Q4. Should I still go to my medical appointments?

- It's important to ensure you continue to receive medical care for your chronic conditions. If you have symptoms of a respiratory illness (fever, cough, sore throat, feeling unwell), call ahead to let your health care providers know so that care can be provided for you in a way that is safe for other patients.

Q5. Should I have medication and other supplies on hand in case I can't go out to pick up more?

- The Public Health Agency of Canada has issued guidance for all Canadians on preparedness and COVID-19 (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>). If possible, it is prudent to have at least a two-week supply of your medications on hand.

Q6. Should I avoid crowds? Should I stay in my home and avoid going out?

- If there is widespread local transmission of COVID-19 in a community, people with certain chronic conditions (particularly people on medications that suppress the immune system) may consider "protective self-separation." This is a term that means staying separate from other people as much as possible. For many people, staying at home for long periods will not be an option. If there is widespread local transmission of COVID-19, people with chronic conditions should consider reducing their exposure to large gatherings, particularly those where they will be in close contact with others.

Q7. Should I change my travel plans in the next few months because of COVID-19?

- Health Canada travel advisories should be consulted before any travel for people with chronic conditions (<https://travel.gc.ca/travelling/health-safety/travel-health-notice>).

- Remember that the risks of travel to other countries affected by COVID-19 include being subject to public health measures (such as quarantine or travel restrictions). Travellers may also have difficulties accessing routine care due to high numbers of patients seeking care. If you are considering traveling, make sure to check your travel medical insurance coverage regarding restrictions.

- If you develop symptoms of a respiratory illness after returning from travel, make sure to call ahead before seeking health care so that steps can be taken to prevent it spreading to others. Tell your health care provider about your travel history.

Q8. Where can I get more information?

- You can find trustworthy information about COVID-19 by visiting the website of the BC Centre for Disease Control:

www.bccdc.ca

- The Public Health Agency of Canada has set up a telephone information line about COVID-19. It can be reached by calling 1-833-784-4397.

- In British Columbia, you can receive health advice in 130 languages by dialling 8-1-1.

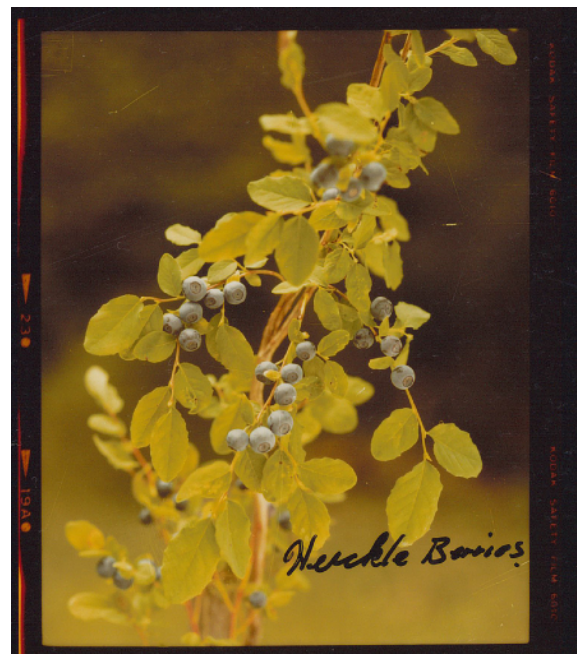


BC Centre for Disease Control

Provincial Health Services Authority



**Office of the
Provincial Health Officer**



EFFECTIVE IMMEDIATELY**Three Corners Health
Services Society**

is closed to the general
public. If you require
Nursing services,
Counselling Services or
URGENT
Medical Transportation
Please call our office
250-398-9814

**Seasonal Employment Opportunity**

Looking for entry-level tree planters to work on Cariboo-Chilcotin Natural Resource District spring tree planting projects, focussed on reforestation areas burned in the 2017 wildfires.

Approximate start date is May 1, 2020,
subject to weather.

Hourly pay to start
(option to move to production-based with experience
and good planted tree quality)

For more information please contact
Kevin Trott, - Stewardship Forester (Williams Lake)
Kevin.R.Trott@gov.bc.ca (250) 398-4358

**Temporary Medical Transportation
Changes in Response to COVID-19****Medical Transportation for Routine Appointments**

All medical transportation for routine appointments is currently unavailable. Routine appointments include, but are not limited to, regular dentist appointments, eye exams, non-urgent specialist appointments, or diagnostic tests.

Medical Transportation for Urgent Appointments

Medical transportation is only available for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

- All medical transportation for urgent appointments must be submitted as a Benefit Exception request to Health Benefits.
- Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

If the Benefit Exception request is approved, medical transportation will be arranged.

- If clients **have not** been told to self-isolate, their medical transportation will be arranged by their local patient travel clerk.
- If clients **have** been told to self-isolate, their medical transportation will be arranged by Health Benefits. Special travel arrangements will make sure the client stays isolated.

Clients Who Have Been Told to Self-Isolate

Health Benefits is following the provincial criteria for self-isolation set by the [BC Centre for Disease Control](https://www.bccdc.ca/disease-control). Clients should follow self-isolation directions given to them by:

- a government official;
- 8-1-1;
- their local public health office; or
- their primary care provider.

Clients can complete a self-assessment set by the BC CDC at <https://covid19.thrive.health/>.

If a client has severe symptoms such as difficulty breathing, chest pain, or losing consciousness they should call 9-1-1.



Indigenous Services
Canada

Services aux
Autochtones Canada

The following notice was issued by Indigenous Services Canada

"Wednesday, March 18, 2020

Indian Registry Notice

CLOSED – the Indian Registration & Band Lists Program Vancouver is closed. Due to the evolving situation regarding COVID-19 in British Columbia, the Indian Registry and Band lists are closed until further notice.

Note: Their office is not staffed and is not returning phone calls or E-mails.

The situation will be assessed and information will be provided if there are any changes.

Registration and SCIS applications continue to be available online and can be mailed to the address listed on the forms or instructions.

As well, SCIS clients can download and use the SCIS photo app for free from the Apple store and Google play – use of the app still requires a paper application to be submitted

General Link: <http://www.canada.ca/indian-status>

Direct link forms: <https://www.sacisc.gc.ca/eng/1462806841041/1572461062751> "

Therefore, the Northern Shuswap Tribal Council will not be providing Indian Registry services until further notice.

For any questions phone 250.392.7361 Ext. 208 or email csc@nstq.org

Thank you for your understanding,

Northern Shuswap Tribal Council



NStQ Treaty Group
Family • Education • Land • Culture • Unity

SCIB HEALTH STATION UPDATE

SCIB Health & Wellness

Janae Beaulieu - Community Health Representative

Hey everyone just a quick update from me seeing how I missed the last couple months.

February was a pretty good month we had a quite a few events happening. We started it off with our 1st Annual Winterfest with Kayla Jasper from Three Corners with an Amazing style race and they different obstacles they had to race through and work as a team to get to the end. It was cold and very icy but everyone enjoyed themselves and made the best of it.



Angel & Bernice getting their manicures from Lvy fashion Nails

I also had workout night down in the gym every Wednesday in February from 5:30pm-7:30pm and had no one show up at all for any of the nights, so we will put that on hold until we get any kind of interest from the members.

During the Family day weekend I held family events in Williams Lake for the community and we did Bowling on the Saturday and Movie Theatre on the Sunday this was a great weekend and had over 100 members join us over the two days.

Also our first nations police officer Marty Richard teamed up with the Health dept. and held a movie night down in the gym and we watched Frozen 2 and the youth group did some fundraising for their upcoming trips.

If anyone has suggestions on the next movie let us know and we will plan another one and hope more members come out for it.

March is always sooo busy with year end and all but we would like to thank the members for coming out and joining in on our biggest event of the year The 2020 Community Wellness Day.



Kelly and Mike having a good chat.



Joey enjoying his hot shave while Hilda & Jessie get their trims from Advanced Cuts.

Members came out to enjoy a day of self care which included haircuts, hot shaves, teeth whitening, massages, traditional healing, tarot card readings, manicures, crafts and culture. Your attendance is what makes these events successful and we are always looking for positive feedback or suggestions to improve for the next one.



Donna getting her teeth whitening done by Advanced Cuts.

We would like to thank and acknowledge all the service providers who came out to make it a success, Advanced Cuts Hair Studio, Guided Hands Complementary Health Care, LVY Fashion Nails, Sharon Taphorn, Mike Retasket, Three Corners Health, White Feather Readings, Dr. Joe and Don Ashley.

We are taking extra precaution to help stop the spread of germs and will not be having any programs for the rest of March and maybe into April due to the Covid-19 Virus. If you have any questions, concerns or need more information give us a call at the Health Station.

For the most recent updates or information can be found on:

Interior Health website www.interiorhealth.ca and the BC Center of Disease Control www.bccdc.ca.

Play your role and help stop the spread of germs. The most important thing you can do is wash your hands, avoid touching your face, cough or sneeze into your elbow and stay home if you're sick.



This tree was neat we had members make tobacco ties with Mike Retasket and write a prayer or message to a loved one. They were burned and offered after the event.

I hope you all enjoy this sunshine and longer days I know I definitely am.

Stay Healthy and wish you all the best until next month

Janae Beaulieu



HOUSING

SODA CREEK INDIAN BAND



Renovation, Repairs & Maintenance

Housing Manager Holly Wycotte
email housing@xatsull.com

Everyone deserves a place to live that protects both health and safety of all persons residing in the home and provides a place that brings both pride and enjoyment in one's life.

While repairs and maintenance within one's ability is expected of a renter or home owner to ensure you are maintaining the basic necessities of a safe and healthy household, sometimes repairs come along that are beyond our financial capabilities which leads to one of the most asked housing questions, how do I apply for renovations for my home?

All housing units that reside on reserve are eligible for various subsidies and programs offered through Indigenous Services Canada (ISC) and the Canada Mortgage and Housing Corporation (CMHC).

Determine what program the housing unit may be eligible for prior to applying can make starting the process easier,

below you will see the eligibility criteria for the various programs offered;

Canada Mortgage and Housing Corporation Emergency Repair Program (ERP)

Financial support is available through the Emergency Repair Program for repairs targeted towards remedying safety issues for low-income households on reserve.

- Support is available only for repairs needed immediately for example:
- Repair or replace broken heating systems

- Address structural damage to foundation, roof and exterior walls
- Plumbing repairs to prevent potable water from getting into your home
- Electrical systems which pose serious safety hazards
- Replacing or repairing damaged flooring that is a safety hazard



Residential Rehabilitation Assistance Program (RRAP)

Support is available for homes that lack basic features and need major repairs to address issues that are cause or liable to cause problems that are health and safety related.

- Structural such as roof, building enclosure, foundation
- Electrical replacements or repairs
- Plumbing replacements or repairs
- Heating source replacements or repair

The Residential Rehabilitation Assistance Program has various sub-programs:

Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D)

For persons with a disability or serious health issue that requires modifications for improvement of quality of life.

- Ramps, Handrails, chair lifts and bath lifts
- Height adjustments to countertops
- Cues for doorbells, fire alarms and smoke detectors



Residential Rehabilitation Assistance Program – Secondary and garden Suites

This funding is targeted at modifying existing homes to add a secondary or garden suite to privately owned units to accommodate a self-contained unit for a senior or adult with a disability. Only modifications or the creation of a secondary suite are eligible under this funding, the existing home must meet minimum health and safety standards for the secondary suite to be created.



Home Adaptations for Seniors Independence (HASI)

Everyone wants to live in their homes for as long as possible but as we age things that were easy regular daily tasks can become more difficult, that means making adaptations to better accommodate our changing abilities. This program offers funding for those 65 and older looking to make accessibility adaptations to their homes.

- Handrails
- Lowering countertops or cupboards and storage areas
- Changing door knobs and taps for easier operation
- Bathroom adaptations for ease of use such as grab bars
- Relocation of washer and dryer for ease of use

All programs through CMHC have the same basic requirements as far as funding eligibility:

- The income of the household does not exceed \$75,000.00/yr
- The home has not received any funding through the programs listed in the last 15 years





Indigenous Services Canada

ISC offers funding that covers a variety of health and safety issues such as mould, radon, structural issues such as roofs, exterior cladding, foundation, and drainage issues just to name a few, ISC does not have their programs broken down as CMHC does as they only offer the two funding options for regular renovations and mould remediation.

Application criteria has the following restrictions:

- Unit being applied for has not received ISC funding in the last 10 years
- The renovation will extend the overall life of the dwelling by 15 years minimum
- Unit is located on reserve

If you identify any issues within your home that falls under any of the above criteria and would like to fill out and Application to Renovate, have any questions or would like more information in regards to the list of programs please visit the Housing office and speak with Housing Manager Holly Wycotte. If you would prefer to receive information or an application digitally please feel free to email housing@xatsull.com

Maintenance and Repairs of Rental Units

Tenants must ensure they maintain reasonable health, cleanliness and sanitary standards throughout the housing unit, necessary steps must be taken to repair damages to the housing unit caused by actions or neglect of the Tenant, family guests and pets on the housing unit.

The Tenant is not responsible for reasonable wear and tear to the housing unit. Section 95 subsidized houses are maintained through a maintenance program and funded by the housing program budget.

There is a high demand on maintenance funds, therefore maintenance requests will be dealt with according to the greatest need.

Tenants responsibility are as follows:

- House cleaning
- Vacuuming
- Window cleaning
- Monitoring and wiping up moisture
- Ensure Indoor Air Quality is maintained
- (Vents kept clear)
- Proper Window coverings
- Cleaning appliances (and under appliances)
- Test smoke detector to ensure it's working
- Garbage removal (interior and exterior)
- Yard clean up and weeding (old vehicle removal)
- Proper disposal of hazardous/flammable materials (oil, gas, anti-freeze))
- Snow removal from patios, porches, private walkways
- Keep area around septic tank and propane tank access clear of snow, tall grass and debris
- Supplying and changing faucet washers (if unable to do so, please contact the Housing Department)
- Supplying and repairing loose screws on such things as cupboards and towel racks
- Sinks or toilet maintenance
- Replacing light bulbs



The band is responsible for major repairs and maintenance that was not caused by neglect from the tenant or guests of the unit.

Major damages which are not a result of normal wear and tear will be repaired through the budget if the repair or replacement poses an immediate health and safety risk but will be charged directly to the head of household.

In order for the Housing Department to process your request for repairs or maintenance it must come to the Housing Manager in writing;

- By a completed Schedule 25 Maintenance Request,
- A written letter signed and dated,
- By email to housing@xatsull.com,

verbal requests will no longer be accepted.

Through understanding, communication and team work we can make housing for the Soda Creek Indian Band safe and healthy for current occupants and generations to come.

Soda Creek Indian Band (SCIB) Employment Opportunity

Job Title: Head Start Coordinator

Job Summary: The Head Start Coordinator is an advocate for children and families in the community and is responsible for the planning, organizing and delivery of the program, including supervising program staff and facilities and encouraging parental involvement.

Education and Experience: Early Childhood Education diploma and one to two years related experience

Skills and Abilities:

- Must have strong administrative, organizational and communication skills
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations;
- Ability to self-regulate, meet deadlines, have attention to detail;
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program);
- Special needs training for infants and toddlers;
- Recognizes and respects all cultural diversity and has knowledge of Aboriginal history, language, traditions, and culture

Type of Employment: 35 hours per week, subject to 90-day probation – full benefit package after completion of probationary period

Criteria:

- Must be able to provide proof of education, have a valid driver's license and reliable transportation, and a completed Criminal Records Check;
- Must be able to obtain and maintain a valid Emergency First Aid Certificate, WCB approved Level 1, and;
- Must undergo tuberculosis test and proof of immunization
- Must be able to hold a Day Care licence

Application Deadline: Please submit your cover letter and resume. Open till Filled.

Included in the cover letter, please state salary expectation and provide three work related references.

How to Apply:

Attention Deanna Dormuth

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

Fax to (250) 989-2301

Email to execasst@xatsull.com



2020 Tourism Season is Almost Here!

SODA CREEK INDIAN BAND
IS LOOKING FOR PEOPLE IN
THE FOLLOWING AREAS

Xat'sull Heritage Village

Site Supervisor

Lead Tour Guide

Trainee

Caterers

Activities Workers

Summer Student Tour Guides

Workshop Facilitators

- Interested individuals are encouraged to apply for any of these positions, in person or by email:
- If you are applying for: Catering: please include menu, prices and supplies required
- Activities or Workshops: please provide outline, timeframe and supplies required

If you have any questions, please do not
hesitate to contact:

Cheryl Chapman

Economic Development & Employment Coordinator

E: ecdev@xatsull.com P: 250-989-2323 ext. 132



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



ECONOMIC DEVELOPMENT & EMPLOYMENT

Cheryl Chapman,
Economic Development & Employment

These are unprecedented times, Covid-19 has me working from home, to ensure my Mom and family stay as healthy as possible, so my routine is greatly impacted.

I am keeping up on emails and contacting clients and business contacts from here, except by cell phone, I am between the beautiful Deep Creek mountains and can't quite get cell service.

Thanks to fiber optics I have internet, so I am keeping up with the developments in the world and the impacts on our community.

I have put out the job postings for both the Heritage Village and Campsite; and will keep the community updated as to possible opening dates. Unfortunately, the 2020 tourism season may be cancelled.



To date we have received multiple cancellations for both the Xat'sull Heritage Village and the Whispering Willows Campsite,



I am working with Indigenous Tourism BC, Indigenous Tourism Association of Canada, Cariboo Chilcotin Coast Tourism Association, Destination BC and New Pathways to Gold Society, as we work through options for assistance in keeping our businesses 'on the map' for the future.

This is especially important because 2021 is the 25th anniversary of the opening of our National Award Winning Xat'sull Heritage Village and we have been working towards a huge celebration.

We replaced the large and two of the small teepees, rebuilt the lean-to, the central fire benches and picnic tables last year. We also purchased the new coverings for the sweat lodge and accessed funding to upgrade the look-out and repair our welcome sign and the pit house, which are scheduled to be done this spring.

We received confirmation of funding for a Tour Guide for this season, however, our start date is in early May, and with this virus, we may not be able to even get started.

We also have the funding to renovate the bathrooms and showers and fix the power/water supply to a couple of the sites, at the campsite. We replaced the roof on the office and repaired the woodshed and bathroom/shower roofs last year.



ECONOMIC DEVELOPMENT & EMPLOYMENT

I have been working with NSTC Skills Development, CCATEC and Aboriginal Employment Training and Skills BC on the development of a 'Guardians' training program which will provide interpretation skills training along with wilderness survival, and safety training as a foundation for Archaeology, Environmental Stewardship, Fisheries Monitoring, Forestry, Forest Fire Prevention and Response, Presenters, Trails Crews, Tourism, and Wildlife Monitoring.

I am working on a Capacity Building Questionnaire, this will assist us in developing and accessing training programs to meet the needs/wants of our community this year and for the future.

I am also questioning existing staff in the interest of Succession Planning, who will take my job if/when I am done, what education do they need, what types of opportunities are there for me to mentor someone, maybe they take post-secondary courses and work with me either part-time or through the summer months, on-the-job skill development.

It was great to speak with a community member that is interested in Economic Development, when I asked, 'oh, so you want my job!' they sat back, almost apologetic and said, 'well ummmm, yeah!'

I cheered, and then started telling them what types of skills they will need to develop, and what schools and programs provide training in those areas, I also let them know that I would assist and I am looking forward to them working with me, soon!

I am working with Northern Development Trust and New Pathways to Gold on the Trails projects for 2020 season, we need to maintain the existing trails network and work to extend/connect with Fox Mountain and Williams Lake mountain bike trails, however the pre-season training is currently on hold as is all other community gatherings, until we know how successful we all have been in getting rid of Covid-19.

Please stay healthy, happy and safe...
keep your distance, wash your hands and
don't touch your face.

Cheryl Chapman,
Economic Development & Employment

HEALTH STATION

SODA CREEK INDIAN BAND



Tyler Judd, MPT, BSc Kin (Hon)
Registered Physiotherapist
tyler@tylerjuddphysio.ca

I acknowledge that my work place is within the ancestral traditional and unceded territory of the Tsilhqot'in and Secwepemc Nations.

Shoulder re-hab, and movement

if your shoulders have been, creaky, sore, try these movements out at home

Shoulder Slides | Single Arm (Wall)
Sets: 1-2 | Reps 10-15 | Frequency: 1-2x/day



Start Position

Slide one forearm up the wall

Preparation

Stand with both arms on the wall as shown

Execution:

Slide one forearm up the wall
Return to the start position

Shoulder External Rotation Concentric | Neutral (Band)

Sets: 3-5 | Reps: 10-20 | Hold: 2 | Rest: 2 | Intensity: No Pain, only fatigue | Frequency: Every 2-3 Days

Preparation:

- Standing, elbow at 90 degrees
- Tuck a towel between your body and elbow

Execution

- Gently pull shoulder blades together
- Keeping elbow close to body, slowly rotate hand outward
- Return to start position



Start Position



Rotate hand outward

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

@canada.ca/coronavirus

phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



Ta7s kes t́sniqwtcwéye DON'T BE A BULLY

YOU DESERVE RESPECT. YOU DO NOT DESERVE TO BE BULLIED.



Take a stand. If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.



Don't join in the bullying by putting yourself down. **Stay focused on things that make you feel confident and proud of yourself.**



Get support. Hang out with friends that will support you, and work together to speak out against bullying and harassment.



Think about the qualities you want in a friend and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.



Don't cast yourself as a "victim" for life. This person or people have singled you out in this situation but that doesn't mean it will always be that way.



Cope with strong feelings of sadness or anger in a healthy way through sports, music, reading, journaling, or talking it out.

- 1.** Bullying is not a normal part of growing up.
- 2.** You have a right to be treated with respect and feel safe.
- 3.** Being bullied is **NOT YOUR FAULT.** No one deserves to be bullied.

YOU ARE NOT ALONE, ASK 4 HELP

Talk about it with someone you trust and try to find a healthy way to change what is happening or how you react to it.

Call a help line – reaching out to a counsellor in an anonymous way can help make talking about it easier.

KidsHelpPhone t. 1-800-668-6868
e. kidshelpphone.ca

APRIL 2020 | SOCIAL DEVELOPMENT CALENDAR

*** FOOD BANK IS OPEN TO all Soda Creek Band Members. It is obtained once a month and one food box per household.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 MID MONTH	2	3	4	5
6 INTERVIEW WEEK 11am-4:30pm	7 INTERVIEW WEEK 11am-4:30pm FOOD BANK HOURS 1:30-3:30 pm Bring own bags	8 INTERVIEW WEEK 11am-4:30pm	9 INTERVIEW WEEK 11am-4:30pm FOOD BANK HOURS 1:30-3:30 pm Bring own bags	10 GOOD FRIDAY	11	12 EASTER SUNDAY
13 EASTER MONDAY	14 FOOD BANK HOURS 1:30-3:30 pm Bring own bags	15 SA DAY	16 FOOD BANK HOURS 1:30-3:30 pm Bring own bags	17	18	19
20	21 FOOD BANK HOURS 1:30-3:30 pm Bring own bags	22	23 FOOD BANK HOURS 1:30-3:30 pm Bring own bags	24	25	26
27	28 FOOD BANK HOURS 1:30-3:30 pm Bring own bags	28	30 FOOD BANK HOURS 1:30-3:30 pm Bring own bags			

