



Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND

JANUARY 2020

2020

HAPPY NEW YEAR

BEST WISHES FOR A HAPPY, HEALTHY 2020



COMMUNITY WOOD DELIVERIES

Community Workers have been busy cutting, splitting, and delivering wood for our community members. We want to thank the workers who make this a possibility. The wood came from the Xats'ul/Likely Community Forest. This forest reserve and resource has created opportunities for experience, training and certification of community members in forestry related industries and trades and has provided a sustainable source of wood for home heating and comfort. If you or your family need wood please contact Cheryl Chapman, Economic Development & Employment.

Ext. #132

SCIB ADMINISTRATION

Happy New Year to all Band, Community and staff members.

I hope it was the holiday season you hoped for, 2020 is going to be an amazing year. We at the Band office are almost at full staff with the addition of six new employees that were hired just before the holidays.

There is going to be a lot of activity in the next year. Chief and Council have asked to have community meetings at least once a month as opposed to every quarter and I know the

various departments around the Band Office have different community events going on throughout the year.

There are a few projects that you will notice going on in the first part of the year. The big one is the well tie in at the deep creek well. That project should be finished in the spring. The big one that I am looking forward to is the strategic planning for the community which everyone should be involved in at some level. There will be more information about that in the next coming months.

I do want everyone to know that the Band Office works for the community so if you have any concerns or questions my door is always open and my phone is always on. I look forward to helping make 2020 an amazing year for the Soda Creek Band.





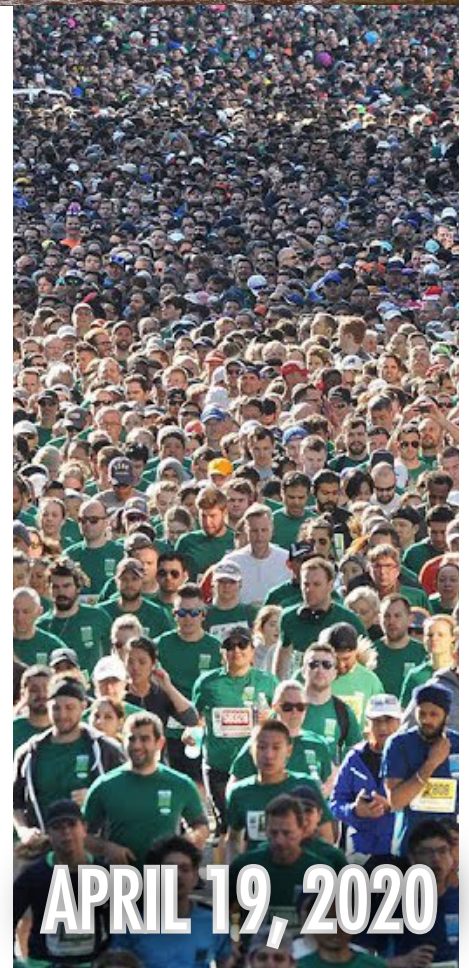
**Soda Creek Indian Band Community Members
Come and Join us for**

WALK RUN 2020

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..



APRIL 19, 2020

**VANCOUVER
SUNRUN**



SOCIAL DEVELOPMENT



Hi, everyone, can't believe it's 2020. On to a whole new decade of new adventures. I will be having Interview Week for this month from January 6th to January 10th.

Interviews will be brief and will consist of: filling out our mandatory Monthly Renewal Forms and to touch base on any changes in your situation. Also, don't forget to bring in or email your Current bills for the month, so they can be paid on time. If they are not brought in or emailed, they will not be paid. Please check the Monthly Calendar on the back page for our scheduled activities this month.

Important Dates in January

Mid - Month, Jan. 8, 2020
Bills are Due, Jan 13, 2020
SA Day, Jan 22, 2020

Interview Week

Mon. Jan. 6th, 9am to 4 pm
Tues. Jan. 7th, 9am to 4 pm
Wed. Jan. 8th, 9am to 4 pm
Thurs. Jan. 9th, 9am to 4pm
Fri. Jan. 10th, 9am to 4 pm

Pre-Employment Programs:

Chain Saw Safety,

January 6 & 7, 2020;
9 am to 4 pm,
Deep Creek Gym

S100/S185

Forest Fire Suppression,

January 8 2020,
9 am to 4 pm,
Deep Creek Gym

WHMIS,

January 9 2020,
9 am to 4 pm,
Deep Creek Gym

APPLYING FOR MEMBERSHIP

Weykt

My name is Edna Boston, I am currently from Stswecem'c Xgat'tem First Nations. My late Grandparents were Selina Kalelest and Jim Davies (Russell). My mother's name is Mary Boston (Kalelest) she is originally from Home Ranch which is located behind Gang Ranch. My late father is Mike Rosette, he was born in Williams Meadow which is located behind Gang Ranch.

I have two children, Natalie and Darion, two grandsons and one great granddaughter.

I have been employed with the Soda Creek Band since April, 2019.

I have requested a transfer to the Soda Creek Band for many reasons but here is a few:

- When I first started working here, I was welcomed by the Elders.
- Community members made me feel welcome
- Finally I was made to feel like I am a part of this community.

The reason I would like to transfer from my band is because of the following reasons, but there are many:

- Stswecem'c Xgat'tem some community/staff/council don't recognize that I am a member of the community.



- Stswecem'c Xgat'tem Band has never supported my son or I in furthering our Education.
- When my son started High School, I asked the Education Coordinator to assist with room and board for my son, I was told to sign my son over to the Welfare system so my mom would get monies for my child. At this point and time the Band was paying for children from Canoe Creek to be boarded in Dog Creek.
- I went to Xgat'tem (Dog Creek) to pick up my mom for my niece's funeral service and I had members come to my mom's house and ask me what I was doing there and made me feel like I didn't belong.

I would like to thank you all for this opportunity.

Edna Boston



FOREST STEWARDSHIP PLAN, STRATEGIES, AND THE CULTURAL HERITAGE VALUE



Examples of Cultural Heritage Resources

Left: choke cherries are also a source of vitamin C. They can be boiled, drained, and mixed with water for juice drinks and also dried and carried to mix with food sustenance;

Below: Rose hips are an excellent source of vitamin C, which helps prevent colds and flu, as well as provide a great boost in energy;



PHOTOS BY SALLY SELWANS, RPF

The objective set by government for cultural heritage resources is to conserve, or if necessary, protect cultural heritage resources that are;

- (a) the focus of a traditional use by an Aboriginal people that is of continuing importance to that people, and
- (b) not regulated under the Heritage Conservation Act

Since 2006, the Forest Practices Board

recommended improvements to forest stewardship plan (FSP) content. The Board's most recent special report on FSPs examined whether FSP content has improved over time and found there is still room for improvement for FSP results and strategies to meet government objectives for resource values.

Cultural heritage resource management under Forest and Range Practices Act (FRPA) supports the ongoing connection of Indigenous Peoples to their cultures, traditions, histories, and philosophies. This aligns with and supports the resolutions in the United Nations Declaration on the Rights of Indigenous Peoples.

In this article, we look at the cultural heritage resource (CHR) value and offer some thoughts on how forest professionals can write a result or strategy that is likely to conserve, or if necessary, protect CHR.

Ask the Right Questions

FSP holders need to specifically ask affected First Nations to identify all known or potential CHR. Many CHR strategies make a basic commitment to share information with affected First Nations in accordance with

government consultation agreements. Consultation agreements with First Nations address the potential impact of an activity on the rights and title of a First Nation, not on CHR.

All CHR dating to post-1846 are regulated under FRPA, not the Heritage Conservation Act (HCA)¹. Any CHR that pre-dates 1846 automatically becomes an archaeological site and is regulated under the HCA. Archaeological sites are defined as localities containing physical evidence of human use or activity predating 1846, burial places, Aboriginal rock carvings or paintings, or designated archaeological sites².

Most First Nations make little or no distinction between archaeological sites and more recent CHR, as both contribute to a broader understanding of how First Nations people lived, and continue to live, on the land. For this reason, it is difficult to consider the two independently³.

To understand which CHR require conservation or protection under FRPA, forest professionals need to develop an overall understanding of the types of features that exist on the land and what legal framework applies. This starts with asking First Nations for the type of

information you are looking for. The Forest and Range Evaluation Program (FREP) Protocol for Cultural Heritage Resource Stewardship Monitoring includes a good description of CHR and the common documented and undocumented sources of CHR information.

Involve the First Nations in the Process

Full participation of First Nations in the process of CHR identification and the determination of necessary conservation or protection measures is ideal. First Nations communities are the keepers of a wealth of cultural knowledge. Some of this knowledge is documented, but much of it remains embedded in the minds of Elders and those who continue to use the resources today. Some First Nations have inventories and technologies in place to enable spatial queries for CHR information, such as the Xat'sull First Nation near Williams Lake. Their stewardship portal is a valuable resource that only Xat'sull Nation members can access. Other First Nations may not have sophisticated inventories, but if taken to the site, they can identify if any cultural use occurs there. Building relationships and trust with First Nations

FOREST STEWARDSHIP PLAN, STRATEGIES, AND THE CULTURAL HERITAGE VALUE



PHOTOS BY SALLY SELLARS, RPF

Douglas-fir pitch; a post-1846 Culturally Modified Tree (CMT), specifically, a Douglas-fir; and another post-1846 CMT where the base of the Douglas-fir shows how it was cut as a trail marker and also used to burn the pitch in cold weather for warmth, medicinal purposes and tree for shelter.

can lead to development of a higher level of understanding of their use of the land over time. This level of understanding enables forest planners to address conservation or protection of CHR values at strategic levels rather than on a block-by-block basis.

Make a Commitment and Communicate It

To be enforceable, there must be a commitment to conserve, or if necessary, protect the CHR in the CHR strategy. Documentation of the presence of a CHR and the conservation or protection measures in the site plan facilitates communication with those implementing the plan. This documentation helps prevent future impacts to a CHR by other tenure holders in a timber supply area who see an unharvested polygon with accessible timber values. If a CHR is protected in a wildlife tree retention area or other stand-level reserve, there is no evidence — other than the site plan — to communicate this important information. Documentation in a site plan also facilitates post-harvest monitoring.

Many First Nations are sensitive to sharing cultural information that could be made public knowledge in a site plan. There are good reasons for this sensitivity, as they do not want their special sites to become overused and abused. This sensitivity to documenting the presence of CHR adds risks to the ability to conserve or protect the value over time.

Monitor Results and Adapt as Necessary

It is important to know whether the measures put in place to conserve or

protect a CHR were effective so that modifications can be made in future planning. For example, did the buffer of trees protecting a CHR endure the winter storms, or did the change in light levels affect the patch of medicinal plants? Again, involvement of the First Nations in the monitoring is important to build relationships and develop an understanding of what measures have better success in conservation and protection of CHR.

In summary, these four elements form the basis of a CHR strategy that is likely to conserve or protect CHR:

1. Share information on planned blocks and roads with First Nations with a request to indicate the presence of a known or potential CHR.
2. Invite First Nations to participate in the process of CHR identification and determining necessary conservation, protection measures, and monitoring measures.
3. Make a commitment to conservation or protection measures and document them in the site plan.
4. Monitor the effectiveness of the measures and adapt as required.

REFERENCES

1. Heritage Conservation Act; available online at http://www.bclaws.ca/civix/document/id/complete/statreg/96187_01
2. British Columbia Archaeological Handbook for Local Governments, https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/natural-resource-use/archaeology/forms-publications/archaeological_handbook_for_local_governments.pdf
3. Province of British Columbia, 2011. Protocol for Cultural Heritage Resource Stewardship Monitoring. Forest and Range Evaluation Program, B.C. Ministry of Forest, Lands and Natural Resource Operations and B.C. Ministry of Environment, Victoria, BC. https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/forestry/frep/frep_docs/chr_protocol_may_16_2016.pdf

Tracy Andrews, RPF

is manager of audits and investigations with the Forest Practices Board. Tracy has worked for the Ministry of Forests, Lands, Natural Resource Operations and Rural Development at the South Island Natural Resource District as a senior licensed authorizations officer, and for Tembec Industries in the East Kootenays.



Sally Sellars, RPF,

works for Ministry of Forest, Lands, Natural Resource Operations and Rural Development. Northern Secwepemc born and raised in Xat'süll/C'metem (Soda/Deep Creek), Sally graduated from UBC's Faculty of Forestry in 2006 with a BScF in Natural Resources Management and received a Natural Resources Technologist Diploma from Nicola Valley Institute of Technology in 1997.



Chicken à la King

There's plenty of controversy about where Chicken à la King originated, or rather who first came up with the idea of combining cream sauce, chicken, vegetables and sherry. But, there is no controversy about the deliciousness of this dish! In this modern take, we skip the sherry and add in bell peppers and mushrooms. The extra dose of veggies doesn't take away from the rich creamy flavor that makes this dish such a hit, and you can still enjoy this dinner without guilt since it's less than 400 calories per serving. So next time you've got cooked chicken or turkey on hand, turn your leftovers into this creamy classic—it's a guaranteed dinner win!

Ingredients

1/2 cup butter
1 small green bell pepper, chopped (1/2 cup)
12 fresh mushrooms, sliced (2 cups)
1/2 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups milk
1 1/4 cups chicken broth
2 cups cut-up cooked chicken or turkey
1 jar (2 ounces) diced pimientos, drained
3 cups hot cooked rice, pasta, bread*



Melt butter in 3-quart saucepan over medium-high heat. Cook bell pepper and mushrooms in butter, stirring occasionally, until bell pepper is crisp-tender.

Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until bubbly; remove from heat. Stir in milk and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and pimientos;

cook until hot. Serve over pasta, rice or on top *toasted bread/bannock



REGISTERED MASSAGE THERAPY

Three Corners Health and Daniell Brown
have partnered together to bring Massage Therapy
to the members of SXFN, WLIB, and Soda Creek.

Some of the services that Danielle offers are:

- Trigger Point Therapy
- Lymph Drainage (Dr. Vodder)
- Myofascial and Active Release
- Silicone Cupping
- Deep Tissue Massage •
- TMJ Treatment •
- Rehabilitation Exercise •
- Instruction •



**Danielle will be working out of her own office
in town located at 54 North Mackenzie Avenue
Massage will take place on the following dates:**

**January 7, 2020
January 14, 2020
January 28, 2020**



For information or to book an appointment call Three Corners Health Services Society at (250) 398-9814



Bread/Bannock

6 1/2 cups (approximately) all purpose flour
1 pkg, 5 grams traditional active dry yeast
2 tsp fine salt
3 tbsp sugar
3 tbsp melted butter
2 cups lukewarm whole milk
1/2 cup lukewarm water

Instructions

Dissolve 1 tbsp of the sugar in the half cup of lukewarm water. Sprinkle the yeast over the surface of the water and let stand for about 15 minutes until the yeast foams well, then stir it up. If you prefer to use instant yeast, just add it to the flour mixture in the instruction below.

Combine dry ingredients, 3 cups of the flour along with 2 tbsp sugar and salt in a large bowl

Add the wet ingredients, prepared yeast, melted butter and warm milk.

Using a wooden spoon keep mixing in the flour gradually until a soft dough forms that leaves the sides of the bowl. If you have a to add another 1/2 cup or so, don't worry. Add only enough flour to form a dough that releases from the sides of the bowl and remains slightly tacky but able to be handled with your bare hands.

Turn the dough out onto the counter top or bread board to knead.

Knead the dough for an additional 10 minutes using your hands on a bread board or counter top.

Cover dough and leave to rest and rise for one hour. Punch the dough down and knead it for a few minutes by hand before letting it rest for another 10 minutes.

Grease 2 medium loaf pans. Divide the dough into 4-6 equal portions. Form each division into a ball. Place 2 or 3 balls of dough in each loaf pan. Cover with a clean tea towel and allow the dough to rise until it is about 2 inches above the rim of the pan, about 2 hours depending on room temperature.

At this stage, the bread dough can be cold proofed overnight in the fridge if you want to serve it freshly fried or baked early the next day or just want to save time in advance.

Just cover the pans with a clean tea towel. You can spray the surface of the dough with water from a spray bottle to prevent the surface of the dough balls from becoming too dry if you like but this is not really necessary with the humidity in most fridges.

Just remove the pans from the fridge in the morning and allow them to finish raising to about 2 inches above the pan rim as shown in the photo above, which could be another 1-2 hours and bake as directed below.

Bake at 350 degrees F for 30-40 minutes depending on the size of the pans that you are using. The loaves should have a golden crust and sound hollow when tapped to be fully baked.

When baked, turn loaves out onto a wire rack to cool. Brush the tops with melted butter if desired to soften the top crust.

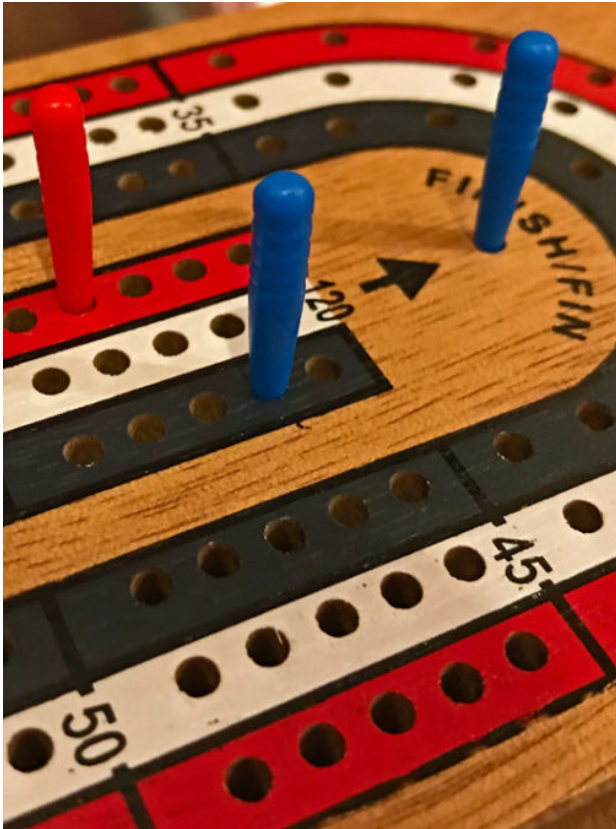


Cribbage Night

Wednesday, January 8th, 2020
7:30 pm | Health Boardroom

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

ALL ARE WELCOME
Come join in the fun!





Fraser River Run

JANUARY 2020





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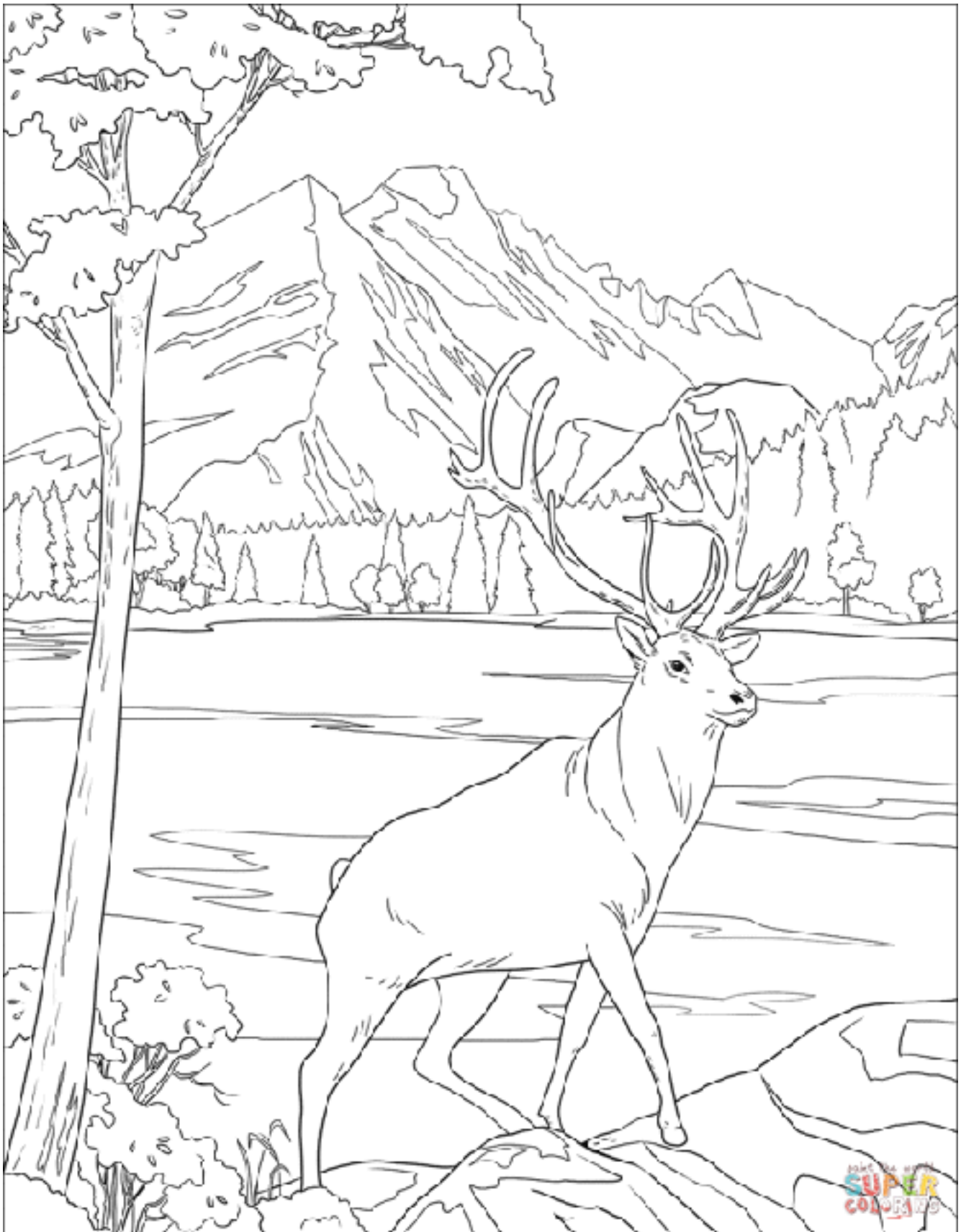


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get the world
SUPER
COLORING



MAKING THE WORLD
SUPER
COLORFUL

JANUARY 2020

JANUARY 2020

WEDNESDAY 1		THURSDAY 2		FRIDAY 3		SATURDAY 4	
NEW YEARS DAY SCIB OFFICE CLOSED		COMMUNITY SWEAT					
		Fire Start: 11 am Sweat: 1 pm Soda Creek Health Station (behind building)					
WEDNESDAY 8		THURSDAY 9		FRIDAY 10		SATURDAY 11	
INTERVIEW WEEK		INTERVIEW WEEK		INTERVIEW WEEK		SCIB OFFICE CLOSED	
9 AM TO 4 PM		9 AM TO 4 PM		9 AM TO 4 PM			
PRE EMPLOY/TRAIN		PRE EMPLOY/TRAIN					
S100/S185 9 AM TO 4 PM Deep Creek Gym		WHMIS 9 AM TO 4 PM Deep Creek Gym					
CRIBBAGE NIGHT		COUNCIL MEETING					
MID MONTH		5:30 pm					
WEDNESDAY 15		THURSDAY 16		FRIDAY 17		SATURDAY 18	
BARKERVILLE GOLD						SCIB OFFICE CLOSED	
INFORMATION SESSION 5 PM TO 7 PM Deep Creek Gym							
WEDNESDAY 22		THURSDAY 23		FRIDAY 24		SATURDAY 25	
RECYCLING PRESENTATION		COUNCIL MEETING					
5 pm - 7 pm		5:30 pm					
SA DAY						SCIB OFFICE CLOSED	
WEDNESDAY 29		THURSDAY 30		FRIDAY 31			