



Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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XAT'SULL MEMBERS GIVEN SALMON

500 fish were delivered on Friday, Aug. 14

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Pelltexelcten (salmon come up river current month) – September 2020



Elders enjoyed Bingo inside Community Gym

A handfull of Elders came to the Community Gym on August 13 to play bingo with some of the Band Staff.

Some of the prizes included a microwave, blankets and gift cards. Overall the bingo seemed very well received and enjoyed by both elders and staff.





A total of 500 salmon given to members

Both on and off-reserve Xat'sull (Soda Creek Indian Band - SCIB) members were able to pick up fish on Friday, Aug. 14 with 500 fish available in total.

"For the last three years, we haven't been able to fish in the Fraser River. That's due to the wildfires in 2017 and the Big Bar slide for the last two years," says Kúkpí7 (Chief) Sheri Sellars.

This year the four Northern Secwepemc te Qelmucw (NStQ) Chiefs decided to shut the fishing in the Fraser River down on account of the slide.

"At the same time, the

band has had a lot of requests from Xat'sull members for fish. 'We want salmon. This is the third year.'"

SCIB, along with the other three bands decided to purchase, fish this year, which unfortunately comes at a price, says Sellars.

The fish came from up in the Skeena area up north. Originally the four communities had hoped for 2,400 salmon total, but numbers were slightly reduced due to high demand.

"I don't know if this is our last one. I don't know if we're planning to do

another one or anything like that but Council wanted to get something to the homes of our band members.

The fish were purchased by the bands directly and the Northern Shuswap Tribal Council assisted by sending people north to pick them up.

"I'm just happy that we have salmon this year. Some anyways, I'm hoping we can get more," says Sellars.

Marilyn Turcotte was among the first to pick fish up and said she was excited because she didn't get any last year and had run out. She was planning

on canning a couple but leaving the rest fresh.

Shiley Bowe who was with Turcotte said she was smoking, canning and freezing some.

"I'm eating them all."

They agreed the fish looked really good.

"They smell really good. I can smell them when I was closing the bag."

By the time 250 fish had gone about half had gone to on-reserve members and half to off-reserve members.

Special thanks go to Natural Resource Manager Edna Boston for working on Saturday to get the fish to more people.



Ranch purchase for Xat'sull announced

In the spirit of reconciliation and co-operation, the Province has purchased ranch lands for the Xat'sull First Nation (Soda Creek Indian Band) as part of treaty negotiations with the Northern Secwepemc te Qelmucw (NStQ).

"I believe this is a sign of the changes that are needed to make reconciliation something real for our members and First Nations communities around the province," said Kukpi7 (Chief) Sheri Sellars, Xat'sull First Nation. "The oppor-

tunity this creates puts the tools for economic development into the hands of a community whose life has always been centred around the land. The community is celebrating this achievement - one that provides for a future of security and self-determination for our members."

The Province purchased the ranch, along with its Crown land range tenure, cattle, hay and equipment, for \$8 million. It is leasing the ranch to Xat'sull First Nation until a treaty is

reached, at which point ownership will transfer to the Nation. The purchase agreement also includes provision for a grant towards the operating costs for the ranch's first year.

The purchase includes 1,574 hectares (3,890 acres) of deeded land, 113 hectares (280 acres) of additional pasture, more than 500 head of cattle, extensive outbuildings and two residences. The working ranch has 486 hectares (1,200 acres) of hay production and plenty of

irrigation.

"These lands create a new economic opportunity for Xat'sull First Nation. Recognizing the importance of this property to the Nation makes this achievement even more meaningful," said Scott Fraser, Minister of Indigenous Relations and Reconciliation. "Working together and reaching milestones together opens up the path to treaty and long-term reconciliation, and that benefits the Nation and surrounding communities."



“Connection to the land is a feeling that runs deeply through Secwepemc people”

The acquisition was made as part of the NStQ treaty negotiation process and helps to address ranching tenures impacted by proposed treaty settlement lands. Including the ranch lands as part of treaty has been a long-standing aspiration for NStQ community members, who see the acquisition as an important part of the reconciliation process. This prompted efforts to acquire the property, increasing the size of the treaty land package and securing several water

licences, two grazing licences and a grazing lease for members of Soda Creek - Deep Creek (Xat'süll - Cmet'em).

Kukpi7 (Chief) and chair of NSTC Helen Henderson emphasized the importance of land for NstQ members.

“Our connection to the land is a feeling that runs deeply through Secwepemc people. For generations, this connection has been denied to NStQ members. This step forward begins the process of restoring the confidence of NStQ

citizens in the federal and provincial governments’ commitment to reconciliation. I celebrate with Xat'süll - Cmet'em in the long-awaited return of their land. I look forward to a future that includes more timely measures to return land to the people of the Northern Secwepemc te Qelmucw.”

Former owners Roger and Alison Patenaude were happy with the sale.

“We are pleased to announce the sale of our ranch and assets to the Soda Creek Indian Band

and wish them the best in their new adventure in the beef industry.”

John Massier, the Cariboo Regional District’s treaty representative congratulated Xat'süll - Cmet'em.

Kevin Boon, general manager for the BC Cattlemen’s Association said that having the Province purchase ranches as part of treaty is something they’ve encouraged and that they’re looking forward to Soda Creek becoming more active members in the ranching industry.





Community Camp at Gavin Lake a hit

This year's Soda Creek Community Camp, which took place on the weekend of July 31, was a great success, according to organizer Janae Beaulieu.

"I would like to say thank you all so much for attending this year's camp. We had 45 community members join us this year, which is awesome because our numbers are up from last year, especially, considering we had limited space due to COVID-19."

This year the camp was located at Gavin Lake Forest Education Society Centre again. Everyone seems to enjoy this location as there are so many activities to do and just being out there on

the land and traditional territory, according to Beaulieu.

"A lot of work goes into setting up these types of events but it is so worth it when you attend, and get to see members all visiting, laughing, swimming, reminiscing about the good ol' days and just having fun with no care in the world."

A few of the activities included an obstacle course, archery, sauna (sweat house), canoeing, ping pong tables, rock climbing wall and swimming.

"We checked into camp on Friday July 31 in afternoon and everyone got settled into our cabins. The weather was perfect for us all weekend which

sent most of us into the lake. Swimming, Swimming, Swimming; there was a lot of that, the children really enjoyed being in the lake. They would have lived in there for the weekend if they could. Right from when they woke up to sunset, some kids were out there until 10:30 p.m."

Ping pong was also a very popular activity with tournaments going on and some playing games past midnight, says Beaulieu. Members also took advantage of the sauna (sweat house) and dunking in the lake just as they would with the traditional sweat house. It was nice to see this being utilized and that we were still prac-

ticing our culture while having fun which we are needing more of these days, she says.

On Saturday, there were a couple group activities planned which were the highlights of the weekend.

"We played Indian Bingo for the kids and adults. Everyone had so much fun and won some prizes. We also tie-dyed t-shirts so everyone could leave with a shirt to remember this year's camping trip. On Sunday, some members went and learned archery and gave their shot at it."

Beaulieu thanks everyone for attending and really hopes everyone enjoyed this year's Community Summer Camp.



New receptionist at Soda Creek Band

People visiting or calling Soda Creek Indian Band (SCIB) may notice there's a new cheerful face behind the counter and on the phone.

Janice Mitchell has stepped into the role of receptionist for the band as long-time receptionist Jessie Hunlin has moved to Treaty and Natural Resource.

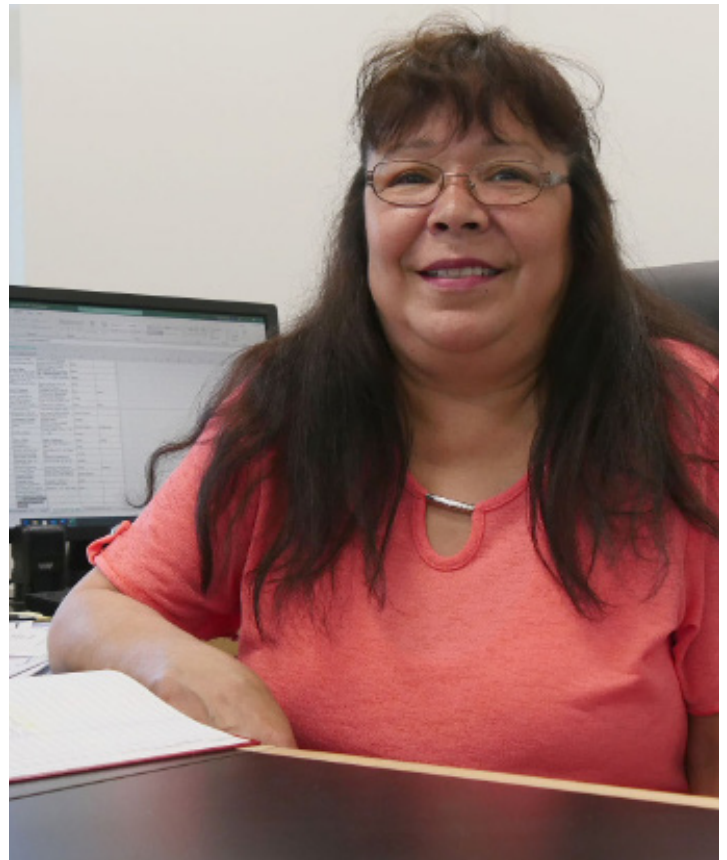
Mitchell is from Deep Creek and is a band member.

Mitchell has done similar type of work before

and has completed an Administrative Assistant Certificate through Thompson Rivers University. She's also worked for SCIB before starting in her new role as receptionist.

So far she's really enjoying the new role.

"It's a good feeling to be working for my own people," she says. "It's good to be back working. It's a full-time position and I'm happy about that and I get to see band members."



New executive assistant at the Band

If you're trying to get a hold of Chief Sheri Sellers, council or band administrator Craig Smith at Soda Creek Indian Band (Xat'sull - Cmetem), you might notice there's bright new face in the office.

Leasa Williamson is the new executive assistant to the band administrator and chief and council.

The experience is a bit new to her, she says, adding she's worked in insurance for most of her

adult life.

"This is brand new to me. It's very interesting so far and I'm learning a lot every day."

She's feeling great about being the new executive assistant, she says.

"So far it's been going well and I'm doing a lot of organizing."

Having been with the band only a short time, it seems like SCIB is a great place to work, she says.



Xat'sull Heritage Village lookout being replaced

The iconic lookout overlooking the Xat'sull Heritage Village is being replaced.

"People come from a long way away to look down at the heritage village and the beautiful Fraser River from there," says Cheryl Chapman, economic development and employment co-ordinator for SCIB.

The total project is expected to cost about \$25,000. Of that, \$5,000 came from the Cariboo Regional District with the rest coming from community development funding through the SCIB.

The work is being done



by Darren Russell, Dave Pop and Barry Beaulieu who are all community members, says Chapman.

The intent is for the project to be complete in a week but that will depend on a number

of factors such as the supplies coming in and favourable weather.

Chapman says they're not just looking to replace the deck boards but also some of the logs.

"When the logs settle, they crack so the logs

kind of fill with water. That's made it not totally unsafe but it was starting to get soft."

The decking boards will also be replaced with 2x6s from what were 2x4s.

"So it's going to be way sturdier and stronger than it is right now."

Chapman says she's looking forward to taking new pictures from the lookout.

The public is asked to slow down while the work is ongoing and not to climb out onto the lookout.

The deck had been closed for repairs for some time.

New Communications Coordinator at the Band

It's possible you might have seen a new face running around at the Soda Creek Band office in the past few weeks.

Max Winkelman has taken on the role of Communications Coordinator at the band.

Max has a Master's Degree and a Post-Baccalaureate in journalism. Prior to joining the team at Xat'sull - Cmetēm, he worked three and a half years as a newspaper editor. He's also worked

for marketing and videography companies.

"I'm excited to be part of the team and look forward to serving the community. It's been a busy few weeks already."

As communications co-ordinator, Winkelman is part of the Treaty Department but also working closely with the Band Administrator and the Chief.

"I'm enjoying working with Treaty Manager Gordon Keener, Chief



Sheri Sellars and Band Administrator Craig Smith. I'm looking

forward to keeping the community informed as well as I can."



Soda Creek Indian Band now offers IT services

Soda Creek Indian Band is pleased to announce Xat'sull Information Technology Services and Support (XITSS) is now available to companies, bands and nations.

XITSS offers a wide range of computer services including hardware installation, maintenance and repair, servers, decommissioning, reviewing quotes, setting up and maintaining servers, full domain support, network

security, routers, switches, cabling, wireless installation and more.

Services will also be available to Soda Creek Indian Band members.

Chief Sheri Sellars says she's excited about the new services.

"I am thrilled with this new endeavour Soda Creek Band has taken in Information Technology (IT). Hiring an IT expert to assist with the high costs of computer

maintenance was the logical next step and will also lead to economic development for the community by servicing other organizations upon request."

Garvin Buerge, XITSS Information Technologist with over 18 years of experience, says he's looking forward to servicing area businesses.

Buerge is fully certified (CompTIA A+, CompTIA Server+ and Computer

Systems: Operations and Management Program COSM).

XITSS will be available for on-site or in-shop service.

"So whether they bring it in for us to fix or we go to them to fix it, we'll do whatever works best for them," he says.

For more information or to get a quote for hourly or contract rates, phone 250-989-2323 ext. 148 or email it@xatsull.com.



Paint night popular at Soda Creek Band

Xat'sull First Nation (Soda Creek Indian Band) members participated in one of the first events on July 22 since COVID-19 hit.

Janae Beaulieu organized a paint night and says it went really well.

"We had about 15 people show up. We had spots for 20 so that was good."

Attendance was higher than she'd been hoping for noting that while the spots were filled up it's

common for people to back out at the last minute.

"We had a few people cancel because they weren't feeling well which is good because then they're keeping everybody in the gym safe."

A paint night last year was really well received by the community. At that point, they decided they would do another one in a few months but it had to be put on hold because of COVID-19. Now that

restrictions have eased somewhat, there will be a few paint nights.

"We're going to have one once a month for the next three months."

It was the first outing for artist Megan Peach since COVID-19, according to Beaulieu, adding Peach had been doing online classes.

"It was kind of like an ice breaker to get out into the groups again for her," says Beaulieu, adding that the group painted

a dreamcatcher to keep things cultural.

"Everyone's was so unique and different. It turned out really well."

Beaulieu says she tries to have activities for the entire family and that it's good to get moms, dads and sometimes even grandparents to come out.

The next paint night will be on August 21 and they'll be painting a wolf howling up at the moon. She notes spaces are limited due to COVID-19.



COMMUNITY CAMP

Janice Mitchell snapped this picture during the Community Camp at Gavin Lake

Missing and greatly appreciating our brother, Hank Sellars

Amid all the shock, grief and tears, there are also cherished, happy and productive, yesteryears.

Right from the start, mostly for the better, I am holding close all the time we had together.

Some of my earliest memories are of you teaching me to ride a bike, to long hours of trailing you around creek fishing, which I kind of did not like.

But with our catch in hand and pride in tow at the ventures end, I guess it was unrealized needed time we had to spend.

We went down our own paths with the things we did and different jobs we had.

Thankfully, they came back together, helping out and just being with Dad.

Man! All the moose and deer at all times, in all weather, and places.

Sure put myself and others to the test and through our paces.

When it came to making offerings and giving back, I almost thought you gave too much.

With showing appreciation for game and any help with it, you also had a touch.

You probably did not realize, the lives you filled with the passing of your qualities, or how much you provided with your master of hunting, food preparation and preservation abilities.

I know in life things do not always work out as they could or should.

There is some comfort and solace, in knowing your kids are all doing good.

With all the memories and lessons, I guess we will push forward as best we can, trying to deal with life's challenges and never revealing plans.

I have done so from the start, but when I relay stories, I do so with pride.

So, when I am done riding this thing, we call life, if there is a happy hunting ground, maybe I will see you on the other side.

I am so glad we had all the years because I know there could never be another that could ever take your place Ben, my closest brother.

P.S. The moose and deer will now tremble a little less with fear with every little noise they hear.

Billy Sellars

Xatsull Village Summer Culture Days



YOU and your Family are Invited to *Culture Days at Xat'sull Village*

We are hosting cultural activities with

**Secwepemc Language & Culture Teacher -Elder Cecilia DeRose
and
Xat'sull Elders Ralph and Minnie Phillips.**

Activities will be different each week.

Please register at the education centre. We will be providing lunch for participants.

Below is the schedule for the rest of summer, and early fall.

We want to make this experience yours and **Have Fun!**

- ✓ **Monday August 17th** Time 9:30 am - 3:00 pm *Medicine Picking & Harvest*
 - ✓ **Monday August 24th** Time 9:30 am – 3:00 pm *Making Kites & Legends/Stories*
 - ✓ **Monday August 31st** Time 9:30 am – 3:00 pm *Legends & Storytelling Play*
 - ✓ **Tuesday September 8th** Time 9:30 am – 3:00 pm *Pit-Cooking & Cultural Crafts*
 - ✓ **Monday September 14th** Time 9:30 am – 3:00 pm *Sweat lodge teachings, Drumming*
 - ✓ **Wednesday September 16th** Time 9:00 am – 3:00 pm *Language, Crafts, Legends*
 - ✓ **Monday September 21st** Time 9:00 am – 3:00 pm *Celebration-Language, Crafts*
- We may go to the Xatsull Ranch in the afternoon!*

The bus can pick you up and bring you to Xat'sull village.
We will be having lunch, and morning and afternoon activities.

**There is a sign-up sheet at the education office.

Call Heather McKenzie to register and book your seat on the bus.

Education@xatsull.com

Phone: **250-989-2323 ext.104**

Space is limited, please pre-register with Heather at Xat'sull Education

September

2020

Social Development Department

Hi everyone,

How was everyone's summer?

Just a few things happening in the Social Development Department.

- The Pre-Employment Program has started up again thru CCATEC and S.A.G.E

- It is every two weeks, out here downstairs in the gym from 10:00 a.m. to 2:00 p.m.

- We need at least 9 people for the program

- They are willing to work with you, on what the client wants out of the program.

- The next session will be September 9th and September 10th

- The Food Bank will be available for Thursdays from between the hours of 1:30 p.m. to 4:30 p.m. You can contact Jennifer Stinson, the Social Development Coordinator.

- Please bring your own

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 OFFICE CLOSED	8 Interview Week 9:30 – 4:00	9 MID – MONTH Interview Week 9:30 – 4:00 Pre-Employment 10:00 – 2:00	10 Interview Week 9:30 – 4:00 Pre-Employment 10:00 – 2:00 Food Bank 1:30 – 4:00 open	11 Interview Week 9:30 – 4:00	12
13	14	15	16	17	18	19
20	21	22	23 SADAY Pre-Employment 10:00 – 2:00	24 Pre-Employment 10:00 – 2:00 Food Bank 1:30 – 4:00 open	25	26
27	28	29	30			
***INTERVIEW WEEK, BRING IN CURRENT BILLS		***PRE- EMPLOYMENT IN THE GYM	***FOOD BANK PLEASE BRING OWN BAGS/BOX Contact Jen Stinson			

bag or box to carry your Food Bank Items.

- We will also be looking for someone to help start hauling some wood for Income Assistance Clients. If you are interested please contact me here at the Band Office (250)989-2323 Ext. 102 / email me at socdev@xatsull.com

4 Man Scramble Golf Tournament



When: August 29th

Where: Coyote Rock

Prizes: Longest Putt, Longest Drive & More!

Men from Canim Lake, Soda Creek, Sugar Cane & Dog/Canoe Creek

Lunch & Snack Provided

29 PARTICIPANT LIMIT

Contact Mike: 250-855-8897



BINGO

SEPT 24, 2020


GAMES - PRIZES - PIZZA

AT SODA CREEK GYM @ 6-8PM

45 PEOPLE MAX, SIGN UP AT HEALTH BY SEP 21, 2020
FOR MORE INFORMATION CONTACT
HEALTH 250.989.2355




Soda Creek Health 3405 Mountain House Road Williams Lake BC V2G-5L5
P: 250-989-2355 F: 250-989-2301 www.xatsull.com



Naloxone Training

Tuesday, September 1st, 2020
2:00pm | Health Station

Join us for Naloxone Training.
You can learn how to use
Naloxone kits to save a life.



Soda Creek Health, 3405 Mountain House Road, Williams Lake, BC V2G-5L5
P: 250-989-2355 F: 250-989-2301 www.xatsull.com

BACK TO SCHOOL SELF-CARE DAY FOR YOUTH


HAIR COLOR HAIRCUTS MANICURES ESSENTIAL OIL DIY

AUGUST 27, 2020
9:30AM-5PM

JOIN US FOR A
MORNING/AFTERNOON
OF SELF-CARE
WITH ADVANCE
CUTS SALON





Social
Distancing
in
Effect!




AVAILABLE TO YOUTH AGES
12-24 FROM: T'EXELC, XAT'SULL,
STSWECM 'C' XGAT' TEM

Call/Text
McLayne at
250 855 8240
to sign up.

P.A.L. (Possession & Acquisition License) Course

Saturday, September 19, 2020
8:00am-5:00pm | Soda Creek Gym

- ⇒ Participant is responsible for own transportation and \$50.00 to reserve spot. Then deposit returned once course is completed
- ⇒ Lunch & snacks are provided
- ⇒ Space is limited to 20 people
- ⇒ Please sign up by September 11, 2020 at 4:00 pm, call Health at 250-989-2355



BARKERVILLE GOLD MINES LTD.

CARIBOO GOLD PROJECT COMMUNITY MEETING AND DISCUSSION

DATE: August 26, 2020 – 5:00 to 7:00 pm

LOCATION: Gymnasium

Dinner: 6 pm – Presentations start at 5:30 pm

Join BGM for a community meeting to learn about the Cariboo Gold Project which includes a new underground gold mine near Wells, a transmission line from Barlow substation near Quesnel to the mine site, ore processing at QR Mill and use of existing roads. BGM will provide information on the project components and the studies that are underway. We would also like to have an open discussion where you can provide comment on, or ask BGM questions about, any aspect of the Project or studies.



The community meeting will follow social-distancing procedures with masks and hand sanitizer available.

Participants will be eligible for door prizes provided by BGM!

Community Members please contact NR Department if you need a ride.

September 2020

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 Naloxone Training 2pm Health Station	2	3	4	5
6	7 Labour Day Statutory Holiday Office closed	8	9	10	11	12
13	14	15	16	17	18	19 PAL Course 8:00am- 5:00pm Gym
20	21	22	23	24 Community Bingo 6:00-8:00pm Gym	25	26
27	28	29	30			




LEE SELLARS

SAMPLE BUCKER, MILL OPERATIONS

ABOUT LEE

1 YEAR OF SERVICE – LEE HAS WORKED AT GIBRALTAR MINE SINCE 2019. LEE ALSO WORKED AT GIBRALTAR IN 2015. LEE HAS ADVANCED QUICKLY IN THE MILL LABOURER POSITION. HE IS TRAINED AS A CRUSHER HELPER AND SERVICE OPERATOR, AND CERTIFIED TO OPERATE THE WHEEL LOADER, SKID STEER AND OVERHEAD CRANE. LEE WORKED FOR XDC AS A RECLAMATION LABOURER AS WELL AS AT MOUNT POLLEY AS A MILL OPERATOR BEFORE JOINING GIBRALTAR.




BRUCE BOWE

EQUIPMENT OPERATOR, MINE OPS

ABOUT BRUCE

12.5 YEARS OF SERVICE – BRUCE HAS WORKED AT GIBRALTAR MINE SINCE 2008. BRUCE BEGAN HIS CAREER AT GIBRALTAR AS A MILL LABOURER AND HAS ADVANCED INTO AN EQUIPMENT OPERATOR POSITION. BRUCE IS QUALIFIED TO OPERATE THE PRODUCTION LOADER, RUBBER TIRE DOZER, WATER TRUCK, AND THE 220 AND 345 EXCAVATORS. BRUCE IS ALSO A CERTIFIED HAUL TRUCK DRIVER.



FRED PHILLIPS

DEWATERING OPERATOR, MILL OPS

ABOUT FRED

13 YEARS OF SERVICE – FRED HAS WORKED AT GIBRALTAR MINE SINCE 2006. FRED STARTED AS A MINE MAINTENANCE LABOURER BEFORE TRANSFERRING TO A POSITION IN THE MILL. FRED IS CERTIFIED IN MANY DIFFERENT MILL OPERATIONS POSITIONS, INCLUDING; TAILINGS OPERATOR AND MOLY FLOTATION OPERATOR. IN ADDITION, FRED IS ALSO CERTIFIED TO OPERATE THE OVERHEAD CRANE.




JACK HARRY

CARPENTER, MAINTENANCE

ABOUT JACK

12 YEARS OF SERVICE – JACK HAS WORKED AT GIBRALTAR MINE SINCE 2008. JACK BEGAN HIS CAREER AT GIBRALTAR AS A CERTIFIED JOURNEYMAN CARPENTER AND HAS EXCELED IN HIS TRADE. JACK WORKS ON VARIOUS PROJECTS AROUND SITE AND WORKS WITH MANY DIFFERENT DEPARTMENTS.



JOANNE PHILLIPS

MONITOR, ENVIRONMENTAL

ABOUT JOANNE

2 YEARS OF SERVICE – JOANNE HAS WORKED AT GIBRALTAR MINE SINCE 2018.

JOANNE WORKED AS A LEAD-HAND FOR XDC BEFORE ACCEPTING A STAFF POSITION AT GIBRALTAR. SHE HAS OVER 10 YEARS EXPERIENCE WORKING IN THE MINING INDUSTRY. JOANNE'S INITIATIVE, DRIVE AND WORK ETHIC COMES FROM BEING A SINGLE MOTHER OF 6 CHILDREN. SHE HAS WORKED HARD TO BECOME AN EXPERT IN HER FIELD. SINCE JOINING GIBRALTAR JOANNE HAS OBTAINED HER BC MINE SUPERVISOR CERTIFICATION AND BC LANDFILL INSPECTION CERTIFICATE. IN ADDITION, JOANNE HAS ALSO COMPLETED THE BC TRAPPERS EDUCATION COURSE AND IS A LICENCED TRAPPER.




JO-LEEN SELLARS

EQUIPMENT OPERATOR, MINE OPS

ABOUT JO-LEEN

7 YEARS OF SERVICE – JO-LEEN HAS WORKED AT GIBRALTAR MINE SINCE 2013.

JO-LEEN STARTED AT GIBRALTAR AS A CRUSHER HELPER AND HAS ADVANCED INTO AN EQUIPMENT OPERATOR POSITION. IN ADDITION TO OPERATING VARIOUS TYPES OF HEAVY MACHINERY (LOADER, DOZER, AND GRADER), JO-LEEN IS ALSO A CERTIFIED HAUL TRUCK DRIVER. SHE IS AN AVID MEMBER OF THE GIBRALTAR MINE RESCUE TEAM AND HAS BEEN A MINE RESCUE MEMBER SINCE 2016.



KELSEY POP

MONITOR, ENVIRONMENTAL

ABOUT KELSEY

2 YEARS OF SERVICE – KELSEY HAS WORKED AT GIBRALTAR MINE SINCE 2018.

SINCE JOINING GIBRALTAR KELSEY HAS OBTAINED HIS ENVIRONMENTAL FIELD SKILLS AND ELECTROFISHING CERTIFICATION THROUGH THE NATURAL RESOURCES TRAINING GROUP. IN ADDITION, KELSEY HAS ALSO COMPLETED THE BC TRAPPERS EDUCATION COURSE AND IS A LICENCED TRAPPER. PRIOR TO ACCEPTING A POSITION AT GIBRALTAR, KELSEY WORKED AS A CONTRACTOR FOR XDC.



WILFRED PHILLIPS

AUTO MECHANIC, MAINTENANCE

ABOUT WILF

16 YEARS OF SERVICE – WILF STARTED AT GIBRALTAR MINE IN 2004 AND RECENTLY RETIRED IN JUNE 2020.

WILF IS A CERTIFIED JOURNEYMAN MECHANIC WHO IS ALSO TRAINED ON THE OVERHEAD CRANE AND FORKLIFT. WILF HAS A WEALTH OF EXPERIENCE AND HAS HAD A LONG, PROSPEROUS CAREER AT GIBRALTAR IN THE MAINTENANCE DEPARTMENT.



Hantavirus Pulmonary Syndrome

What is hantavirus pulmonary syndrome?

Hantavirus pulmonary syndrome (HPS) is a severe illness that is caused by a virus called hantavirus. This rare disease was first identified in the southwestern United States in 1993 and in western Canada in 1994. Each year in B.C., only a couple of people report being ill with hantavirus.

What are the symptoms?

HPS begins as a “flu-like” illness. In the early stage of the disease, you may have the following symptoms:

- fever;
- sore muscles;
- headaches;
- nausea;
- vomiting; and
- shortness of breath.

If the disease gets worse, fluid builds up in your lungs, making it harder to breathe. In North America, about 1 out of 3 people with HPS have died.

Is there a treatment?

There is no specific treatment, medication or cure however, many of the symptoms and complications of HPS can be treated. Most patients are admitted to intensive care in a hospital. Some patients may be given anti-viral drugs.

How is it spread?

In Canada, the virus has been found only in wild mice, specifically the deer mouse found across North America. Other rodents, such as house mice, roof rats and Norway rats are not known to spread the virus.

Hantavirus is mainly spread when deer mouse droppings, urine, saliva, or nesting materials are

disturbed, sending virus particles into the air where they can be breathed in. In rare cases, it may be spread through small breaks in the skin when handling a wild mouse, or by mouse bites. You cannot catch the disease from your domestic pet. In North America, there is no evidence that the disease spreads from person to person.

Who is at risk of being exposed to the hantavirus?

People who live in areas where the virus is present, and who come in close contact with the saliva, urine, droppings or nests of deer mice, may be at risk of catching the virus. However, the chances of this happening are extremely low. Rodent infestation in and around the home remains the main risk for contact with hantavirus.

Which activities put me at risk?

Certain activities may put you at a higher risk of getting infected with HPS, such as cleaning unused buildings, and working on construction, utility and pest control.

Workers and homeowners can be exposed in crawl spaces, under houses, or in vacant or occasional use buildings, such as cottages, trailers and garden sheds, that may have mice.

Campers and hikers can also be exposed when they use infested trail shelters or camp in other deer mouse habitats.

The chance of being exposed to hantavirus is higher if you work, play, or live in closed spaces where deer mice are living actively. On rare occasions, some people who have contracted HPS reported that they had not seen mice or their droppings before becoming ill. You should take precautions even if you do not see the deer mice or their droppings.

How can I protect myself?

The best ways to prevent infection from hantavirus is to avoid contact with deer mice, their droppings, urine, or saliva. You can do this by controlling rodents in and around the home. Keep mice out of your home and learn how to clean up safely.

Follow the instructions below on how to prevent and remove mice from your home, and to safely clean areas where mice have been. Contact your local public health unit before you clean up the home of someone who has HPS.

Remove mice from your home

Use spring loaded traps to remove rodents from buildings. Dispose of them in sealed, double plastic garbage bags. You should check with local by-laws or authorities to find out the most appropriate method of disposal. For example, you may be able to bury the garbage bags in a hole 0.5 to 1 metre deep, burn them, or deposit them in the trash. If you plan to reuse the traps, disinfect them with a mixture of 1 part bleach and 9 parts water, after dead mice have been removed.

Stop mice from getting in your home

Reduce the amount of rodent shelter, such as thick bushes or wood piles, and food or garbage within 35 meters of your home. Block all holes around the walls, windows, doors and roof of your home.

Safely clean areas where mice have been

During clean-up, wear an appropriate, well-fitting filter mask, rubber gloves and goggles. These masks include NIOSH-approved 100 series filters, such as N100, P100, and R100 (formerly called HEPA filters), or a respirator with P100 cartridges. An N95 mask may also be used. A dust mask for insulating or painting is not the same as these specialized masks. Specialized masks are available at safety supply stores and some hardware and home building outlets. Your local public health unit or WorkSafe BC can provide more information about mask operation, use and limitations. For more information, visit WorkSafe BC www.worksafebc.com/.

Prevent stirring up dust when you are cleaning up areas where mice have lived. Ventilate any enclosed area for 30 minutes before you start. Prepare a disinfectant solution. Most general purpose disinfectants and household detergents are effective. Diluted bleach (1 part bleach to 9 parts water) can also be used.

Once you are wearing your mask, rubber gloves and goggles, and have done the prep work described above, follow these steps:

1. Pour disinfectant solution carefully onto debris to avoid disturbing any virus present – do not use a sprayer. Let soak for 10 minutes.
2. Wipe up droppings, nesting materials and other debris with a paper towel and place in a plastic garbage bag. Avoid sweeping dry floors. Do not vacuum.
3. Double bag the contents, seal the bags and bury, burn or place in the trash, according to local bylaws.
4. Shampoo or steam carpets, wash clothing and bedding with hot water and detergent, and disinfect floors, counter-tops, cabinets and drawers that have been in contact with mice.
5. Wash rubber gloves with disinfectant or soap and water before removing them. Wash your hands with soap and water after removing gloves.

Avoid mice when hiking or camping

Try not to disturb rodent burrows. Do not use cabins where there are mouse or rat droppings. Keep your food in rodent-proof containers.

For More Information

For more information on how to control rats and mice, see [HealthLinkBC File #37 Getting Rid of Rodents \(Rats and Mice\)](#).

For proper hand washing tips, see [HealthLinkBC File #85 Hand Washing for Parents and Children](#).



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call 8-1-1 (toll-free). For deaf and hearing-impaired assistance, call 7-1-1. Translation services are available in more than 130 languages on request.



Getting Rid of Rodents (Rats and Mice)

Although there are more than 20 types of rodents in British Columbia, only 3 cause common domestic or farmyard problems. This includes the:

- house mouse;
- Norway rat; and
- black rat (roof rat).

What harm can rodents cause?

Rats and mice can cause significant property damage because they chew or gnaw on building insulation, siding, wallboard and wires. They eat a variety of foods, including food you might have stored in your cupboards or pantry. If you eat food that has been contaminated by rodents, you may get a foodborne illness. In some cases, diseases can be spread if you are bitten by a rodent, or if you are exposed to areas that are contaminated by rodent urine or droppings.

Hantavirus Pulmonary Syndrome (HPS) has been associated with the inhalation of dried droppings from the wild deer mouse. HPS has not been associated with the more common indoor mice. For more information see [HealthLinkBC File #36 Hantavirus Pulmonary Syndrome](#). Ticks and fleas carried by rodents can also spread diseases. For more information on tick bites, see [HealthLinkBC File #01 Tick Bites and Disease](#).

Is it easy to find rodents?

Rats and mice are easy to detect and leave plenty of evidence. From chewing through a cereal box to feeding on fruit left on the counter, they can leave a mess. There may be mouse nesting material inside the house or rat burrows in the soil outside. Dark brown droppings where rodents eat and travel are a sure sign of infestation. When your house is quiet, it is possible to hear rodents moving around (running between walls, in attics and under foundations) or even chewing.

How can I get rid of rodents?

Rats and mice have babies often, so it is important to find and get rid of them quickly and efficiently. Even if you do not see an actual rodent, the size and shape of the droppings can tell you if it is a mouse or rat. It is important to know what pest you are trying to get rid of as there are different control methods for the different rodents. Mouse droppings are approximately 6 mm (1/4 inch) long and oval shaped. Roof rat droppings are about 13 mm (1/2 inch) long with pointed ends and Norway rat

droppings are about 19mm (3/4 inch) long with blunt ends.

The best way to get rid of rats or mice is by using traps. If using spring loaded traps for rats, bait three of them in a row without setting them. Bait with dried fruit, peanut butter mixed with oats, or cheese. Set the traps at 'right angles' (90 degrees) to the walls where the rodents are known to travel, with the bait side of the trap toward the wall. When the rodents get use to feeding, set the traps. Make sure the bait is securely attached to the trip pedal so the trap springs when the food is removed.

Once you capture a rodent, make sure not to touch it with your bare hands. Wear gloves when handling a dead rodent and the trap. Double bag the dead rat or mouse, seal the bags, and then bury, burn, or place the bags in the trash, according to local by-laws. The trap can be reset if gloves are worn.

How can I prevent rodents from living on my property?

There are steps you can take to prevent rodents on your property.

1. Eliminate food and water sources:

- Keep all garbage in pest proof containers with tight fitting lids.
- Follow good composting practices for rodent control.
 - Do not throw food scraps into backyard compost without covering them.
 - Use lime.
 - Rotate compost.
 - Have a pest proof compost container.
- Remove fallen fruit and nuts from your yard.
- Remove pet food right after feeding and do not leave it outside overnight.
- Clean out waste and food from pet pens and enclosures.
- Equip bird feeders with trays and clean spilled seeds often.
- Repair any plumbing leaks to remove a water source.
- Cover pools and whirlpools when not in use.

2. Eliminate hiding and living places:

- Keep building perimeters clear of plantings, stored lumber or junk.
- Trim plants near buildings so that 15 to 20 cm (6 to 8 inches) above ground is clear. Trim branches of trees or shrubs to prevent access to roofs or balconies.
- Remove unused piles of lumber and old sheds.
- Do not store old cars or furniture outside.
- Store lumber and firewood on stands 30 cm to 45 cm (12 to 18 inches) off the ground.

3. Pest proof buildings:

- Cover crawl spaces, fresh air and attic vents with 6mm (1/4 inch) metal screening or steel mesh.
- Seal any possible entry points in the building exterior that are greater than 6mm (1/4 inch). Pay close attention to door jams and gaps between the siding and the house foundation. If you have roof rats don't forget to check for holes in areas of the roof.
- Repair cracks in cement footings and foundations.
- Build sheds on concrete slabs.

Can I use poison to get rid of rodents?

It is not a good idea to use poison or baits to control rodents. Poisoned rodents can crawl away and die, and their bodies can be hard to find and result in unpleasant odors. Poisons can also accidentally harm pets, wild animals, or even children.

Ultrasound repellers, although effective at first, are expensive and do not have long-term success at eliminating rodents.

If after taking preventive measures, a rat problem still exists on your property and you want to try rat poison, there are certain things you should consider:

- Set out non-poisoned food for a few days prior to baiting, so the rodent starts feeding in the area.
- Read and follow the directions on the label carefully.
- Set bait in areas where there is no access to children or pets.
- Remove dead rodents promptly and remove all bait stations once pest control has been completed.

If you are unable to control rodents on your own, contact a licensed company with certified staff to help you.

How can I clean up areas where rodents have been?

Prevent stirring up dust when you are cleaning areas where mice have lived. This includes ventilating any

enclosed area for 30 minutes and wetting down the area with household disinfectant before you start. Most general purpose disinfectants and household detergents are effective. A mixture of 1 part bleach and 10 parts water can also be used. Pour mixture carefully onto the area to avoid disturbing any virus present - do not use a sprayer.

Wipe up droppings, nesting materials and other waste with a paper towel and place in a plastic garbage bag. Do not sweep or vacuum.

Double bag the contents, seal the bags, and then bury, burn, or place the bags in the trash, according to local by-laws.

Clean floors, carpets, clothing and bedding, and disinfect counter-tops, cabinets and drawers that have been in contact with mice.

Wash rubber gloves with disinfectant or soap and water before removing them. Wash your hands with soap and water after removing gloves.

During clean-up, make sure to wear an appropriate, well-fitting filter mask, rubber gloves and goggles. For more information on appropriate masks contact your local public health unit or environmental health officer.

For More Information

For more information, visit Government of British Columbia – Rodents at www2.gov.bc.ca/gov/content/environment/pesticides-pest-management/managing-pests/animals/rodents, or contact your local environmental health officer.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit.

Click on www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.

Top 10 ways to stay safe this summer

Summer is here. So is COVID-19.

During these warm, sunny days, we want to get together with family and friends for camping, barbecuing, and other activities. There are ways we can enjoy these activities and stay safe.

Here are the top 10 ways to socialize safely:

1. **Sick? Stay home:** If you are feeling unwell, even with mild symptoms, stay home and get tested.
2. **Fewer faces in bigger spaces:** Limit your gatherings to small groups of people you know.
3. **Outdoors is better:** Enjoy the summer weather and protect your home – socialize outside and maintain physical distancing as much as possible.
4. **Smaller is better:** Gatherings with close friends should be limited to six people or fewer, especially when you're indoors.
5. **Keep your bubble small:** Avoid crowded, closed spaces as much as possible. The more people you interact
6. **Have a designated contact keeper:** If you host a gathering, keep a list of your guests and their contact information. This will help Public Health be in touch with contacts more quickly if there has been a COVID-19 exposure.
7. **Keep your distance:** Maintain two metres (six feet) between you and other people who aren't in your bubble.
8. **Mask up:** Wear a mask when you're in public and physical distancing isn't possible. This lets others around you know you're staying safe during this pandemic and that you're keeping them safe as well.
9. **No sharing:** Don't share food, drinks, or cigarettes with others. This summer is about "bring your own" and not potlucks.
10. **Practice good hand hygiene:** wash your hands often with soap and water for 20 seconds.

- Interior Health



Summer is here.
So is COVID-19.

The more people you hang out with, the higher your risk of being exposed to and spreading COVID-19.

Do your part: socialize safely.

- If sick, stay home – no exceptions
- Stay 2m apart
- Keep your groups small
- Don't share drinks or smokes
- Avoid crowded, closed, or indoor spaces
- Have a designated contact keeper at gatherings
- Don't socialize with people you don't know

Remember: your choices make a difference – you can keep others in your community safe.

COVID-19 PANDEMIC RESPONSE

Interior Health

NStQ Off Reserve COVID Food Supplement Program

The Northern Shuswap Tribal Council (NSTC) Urban Outreach staff for the province have now been joined by staff funded by the Red Cross for the NStQ Off Reserve COVID Food Supplement program. We would like to take a moment to introduce the program and the people that will be serving members around the province. Through the rest of the year and the winter ahead the program aims to supplement the food supply of the most disadvantaged and elderly Northern Secwepemc Qelmuw members in BC. Funded by the Red Cross, United Way and Indigenous Services Canada it will provide over \$100 thousand dollars in food security and personal protective equipment. The program is being administered by NStQ Communications Coordinator Heather Camille. The following staff will be contacting members that are in need of service. In the first week 50 individuals and families were assisted and we anticipate that will grow in the weeks and months ahead. The following staff will be working with NStQ

members all over the province.

Rick Archie – NStQ Urban Outreach Kelowna – Okanagan Jan Atkinson – Red Cross Off Reserve Food Supplement Coordinator – Kamloops

Mike Tarbaj – Red Cross Off Reserve Food Supplement Coordinator – Vancouver – Fraser Valley

Chris Duncan – NStQ Urban Outreach (Vancouver – Lower Mainland – Fraser Valley – Vancouver Island)

Sabrina Jeff – NStQ Urban Outreach (Cariboo - BC North)

People everywhere are faced with increased challenges from the pandemic. These include poverty that also add to the challenge of mental well-being. If you know someone who might benefit from the program you can reach out with an email to find out more. Our staff's goal is for non-contact delivery and the safest possible practices in order to serve NStQ members and curb transmission of COVID-19. Please keep in mind this program is only for members of the four nations of the



Northern Secwepemc te Qelmuw. Canim Lake (Tsq'escen'), Williams Lake (T'exelc), Dog Creek – Canoe Creek (Stswecem'c Xgat'tem) and Soda Creek (Xat'sull).

Contact any of the following email address' to find out more.

outreachliaison_vancouver@nstq.org
outreachliaison_kamloops@nstq.org
outreachliaison_williamslake@nstq.org

Dear First Nations and First Nation Schools,

The First Nations Education Steering Committee (FNESC) and First Nations Schools Association (FNSA) are providing this update to support First Nations in planning for the 2020/2021 school year.

We are sharing the latest available information as well as approximate timelines for upcoming announcements and resources.

The health and safety of students, schools, and communities remains our highest priority as we move toward September. As always, we respect the authority of individual First Nations to make decisions about the education of their learners based on local circumstances. We will continue to support First Nations throughout this process and will provide additional information as it becomes available.

First Nation Students in Public and Independent Schools

On July 29, 2020, Minister of Education Rob Fleming announced the Province's September

restart plan for public and non-First Nation independent schools. The plan requires public and non-First Nation independent schools to re-open on September 8th with full-time in-class learning.

The plan features a suite of COVID-19 safety measures to help protect students and staff in accordance with the latest public health recommendations. Students will be organized in cohorts (Learning Groups) to help limit contact and potential exposure. Provided for your reference, the following resources have been shared by the Ministry of Education to explain the expectations on school districts and what school will look like in September.

1. K-12 Education Restart Plan
 2. COVID-19 Public Health Guidance for K-12 School Settings
 3. WorkSafe BC Protocols for K-12
- Recognizing the authority of First Nations for their learners, and recognizing their responsibility for making decisions about the health and safety of their citizens, First Nation indepen-

dent schools are exempt from the requirements to fully open and submit a planning template to the Ministry.

A number of expectations apply to public school districts and non-First Nation independent school authorities at any stage of the Restart Plan. Expectations include that school districts/independent school authorities should:

- Regularly consult with First Nations to discuss the provision of educational services and transportation for First Nations students, with an understanding of the historical impact of pandemics on First Nations communities and the ways in which that may impact the decisions of First Nations governments, parents and students.
- Where a Local Education Agreement is in place, engage with First Nations to review and amend agreements as necessary in response to the pandemic.
- Regularly engage with Indigenous parents and caregivers to ensure that Indige-

nous students are provided with equitable, culturally appropriate education supports regardless of stage.

Parents and communities can also expect alternative methods of delivery, to be jointly determined by Boards and First Nations, for students from First Nations that remain closed and will not be sending students back to public schools in September.

If a First Nation decides that they will not be sending students back to public school for health and safety reasons, school districts will have to work with that First Nation to develop a plan for how education will continue to be delivered to those students.

First Nation Schools

FNESC and FNSA fully respect the authority of individual First Nations to make decisions about school operations in the best interest of their schools and communities and we recognize that there will be a diversity of delivery methods in place for September. K-12 Education funding will continue for the school year 2020/21, including funding admin-

istered by FNEC and FNSA. This includes the Special Education Program, the First Nations Language and Culture Program, the School Bus Capital Funding program, Local Education Agreement (LEA) funding grants, School Assessment Program and School Growth Plan Follow-up Grants, the Innovations in Education Program, and the First Nations and Inuit Youth Employment Strategy Programs.

To support schools in their planning processes, FNEC and FNSA will be preparing a variety of resources tailored to the needs of First Nation schools and communities in preparation for September.

Professional Learning / Information Sessions

Beginning in late August there will be a number of online sessions available for FNSA Authorized Representatives, First Nation school staff, and education coordinators. Registration information will be available shortly. Featured sessions include:

- August 20th
COVID-19 Back to School Planning:

Considerations for School Start-up

- August 27th
COVID-19 Back to School Planning: A Chance For You to Share (Regional Breakouts)

School Reopening Planning Template and Other Resources for First Nations Schools

A School Reopening Planning Template for First Nation Schools and other resources will be developed in collaboration between the FNEC Executive and the FNSA Board. The template will draw on materials being developed by the Ministry of Education and will be shared later in August once complete school health and safety guidelines have been released. A School Restart Considerations Checklist will provide a short summary of tasks and resources to support September planning in various school-related areas. A Frequently Asked Questions (FAQ) Document and Tripartite Communication will be developed and shared at a later date.

COVID-Specific Additional Funding

Approximately \$1.5 million in grants to First Nation schools will be distributed by FNEC. Grants will be based on school population and specific funding letters will be sent out soon. The grants are intended to sponsor activities including:

- the purchase of technology or other learning resources for students in the event that some remote learning will continue in the coming school year;
- the purchase of plexiglass, other types of barriers, wall mounted disinfectant dispensers, new or added furniture, kitchen supplies, etc. to prepare the school for returning staff and students;
- the purchase of personal protection products, safety supplies (e.g. masks, gloves, hand sanitizer, etc.), or cleaning supplies;
- school wide cleaning, such as HVAC systems, etc.;
- school bus adaptations to safely transport students.

On July 29th, the Ministry of Education announced an investment

of \$45.6M for the public system to support September COVID preparedness. In keeping with BCTEA commitments, we are working with Indigenous Services Canada to ensure that proportionate funding is distributed to First Nations schools. Details on this additional funding will be available once confirmed.

Next Steps

FNEC and FNSA will send further information as soon as possible. We thank you for your patience while we continue to engage with the BC Ministry of Education and Indigenous Services Canada to ensure BC First Nations learners, schools, and communities are fully supported. Your feedback and questions are welcome.

You can find this update and related resources on FNEC's COVID-19 information page www.fnesc.ca/covid19.

Sincerely,

*Jennifer White,
Senior Communications
Officer
First Nations Education
Steering Committee*



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

BEGINNER PUZZLE

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

EASY PUZZLE

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

MEDIUM PUZZLE

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

TRICKY PUZZLE

("Sudoku puzzles are provided by www.sudokuoftheday.com)

PUZZLE ANSWERS

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

BEGINNER SOLUTION

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

TRICKY SOLUTION

("Sudoku puzzles are provided by www.sudokuoftheday.com)



Pumpkin Pancakes with Cinnamon Streusel

These rich, decadent pancakes take like pumpkin pie that's been smothered with cinnamon sugar and maple syrup. We've found that one or two of these are a very filling breakfast.

Prep: 20 min

Cook: 25 min

Total: 45 min

Yields 8 pancakes

Cinnamon Streusel

½ cup all-purpose flour
½ cup brown sugar,
packed

1 teaspoon ground cin-
namon

6 tablespoons butter,
cold

In a medium bowl, com-
bine flour, brown sugar,
cinnamon, and butter.

Mix together with your
hands or a pastry blender,
until you have a crumbly
mixture. Set aside.

Pancakes

¾ cup all-purpose flour
½ cup whole wheat flour
2 tablespoons light

brown sugar

2 teaspoons baking
powder

1 teaspoon ground cin-
namon

¼ teaspoon salt

¼ teaspoon nutmeg

1/8 teaspoon ground
ginger

1/8 teaspoon ground
cloves

In a large bowl, whisk
together flours, brown
sugar, baking powder,
salt, and spices. Set aside.

1 cup milk

½ cup pumpkin puree

1 large egg

2 tablespoons canola oil

½ tablespoon vanilla
extract

In a medium bowl,
whisk together milk, egg,
pumpkin, canola oil, and
vanilla extract.

Add wet ingredients
to the flour mixture and
whisk until combined.

Cooking spray

Heat a griddle or pan to
medium low. Coat with
cooking spray.

Drop ⅓ cup of batter
onto heated skillet. Add
2 tablespoons of the cin-
namon streusel. Cook on
the first side until bub-
bles begin to form, about
2-3 minutes.

Carefully flip pancake
over and cover very gen-
erously with cinnamon
streusel.

Cook for another 2-3
minutes or until golden
brown. Continue this
process to make the rest
of the pancakes.

Serve pancakes warm
with maple syrup and
butter.

From MakeBetterFood.com. Oct 15, 2012. (<http://makebetterfood.com/recipes/pumpkin-pancakes-with-cinnamon-streusel/>). Adapted from Two Peas and Their Pod.

Spaghetti and Meatballs

Want to have moist, tender, flavorful meatballs with a thick, delicious sauce? Ditch the frying pan and roast the meatballs in the oven. You'll have less mess, lower fat, and a richer sauce.

Prep: 30 min

Cook: 2 hours 30 min

Total: 3 hours

Serves 6

Meatballs

cooking spray

Preheat oven to 450°F.

Line a rimmed baking sheet with aluminum foil. Place a wire rack on top and coat lightly with cooking spray.

$\frac{3}{4}$ cup panko breadcrumbs

$\frac{1}{2}$ cup buttermilk

Combine breadcrumbs and buttermilk in large bowl. Using a fork, mash and stir until a smooth paste forms.

1 large egg

In a small bowl, lightly beat egg. Add to bowl with breadcrumb mixture and stir to combine.

1 tablespoon cold water

$\frac{1}{2}$ teaspoon powdered gelatin

In a small bowl or ramekin, stir powdered gelatin in water until completely dissolved. Add to breadcrumb mixture and stir to combine.

1 pound ground beef (85% lean)

2 ounces prosciutto, chopped fine

28g / $\frac{1}{2}$ cup grated Parmesan cheese

2 tablespoons fresh parsley leaves, minced

1 clove garlic, minced

$\frac{1}{2}$ teaspoon salt, or to taste

$\frac{1}{2}$ teaspoon ground pepper, or to taste

Add ground beef, prosciutto, Parmesan cheese, parsley, garlic, salt, and pepper to breadcrumb mixture. Using your hands, gently mix until combined.

Using your hands, take about 2 tablespoons of the beef mixture and form into 1-inch round meatballs (about 1 ounce each). Place meatballs on prepared wire rack over rimmed baking sheet, evenly spacing them as you go. Repeat until all of the mixture has been using, yielding about 18 meatballs.

Roast at 450°F until meatballs have turned golden brown and read 160°F on an instant read thermometer, about 16 to 20 minutes.

Sauce

1 tablespoon olive oil

2 garlic cloves, minced

$\frac{1}{4}$ teaspoon oregano

While meatballs roast, heat olive oil, garlic, and oregano in large Dutch oven over medium-low heat. Cook and stir frequently, until garlic is



fragrant, about 3 minutes.

56 ounces (2 large cans)

crushed tomatoes

$\frac{1}{3}$ cup red cooking wine

$\frac{1}{2}$ teaspoon salt, or to taste

$\frac{1}{2}$ teaspoon ground pepper, or to taste

Stir in crushed tomatoes, wine, salt, and pepper. Increase heat to medium-high and bring to simmer.

Reduce heat to medium-low and simmer until thickened, about 15 minutes.

Combine

Remove meatballs from oven when done. Reduce oven temperature to 300°F.

Using a pair of tongs, gently place meatballs in Dutch oven so that they are submerged in sauce as much as possible. Tightly

cover top of Dutch oven with aluminum foil and place lid on top of foil.

Bake at 300°F until meatballs are firm and sauce has thickened, about 35 to 40 minutes.

Pasta

4 quarts water

About 20 minutes prior to meatballs being ready, bring 4 quarts of water to boil in large pot.

1 tablespoon salt

1 pound spaghetti

Add salt and pasta to boiling water. Stir and cook until al dente. Drain pasta and reserve in colander.

grated Parmesan cheese

Place desired portion of pasta with a ladle or two of sauce and meatballs. Serve with Parmesan cheese, salad, and garlic bread.

From MakeBetterFood.com. Jan 12, 2016. (<http://makebetterfood.com/recipes/spaghetti-and-meatballs/>). Adapted from Cook's Illustrated.



Soda Creek Indian Band
Full Time Employment Opportunity

Job Title: Traditional Wellness Coordinator

Reports to: Health Manager

Job Summary: The Traditional Wellness Coordinator will develop and provide prevention, education, crisis counseling, substance abuse awareness and supports, detection, assessment, treatment, and after care services which focuses on addictions, mental health, Fetal Alcohol Spectrum Disorders (FASD), and client advocacy.

Education & Experience:

- Diploma in Social Service, counselling, or a related field.

Skills and Abilities:

- Ability to use with proficiency, the Microsoft Office Suite
- Ability to prepare and make research and report recommendations
- Strong analytical, communications skills (verbal and written) and knowledge of research practices
- Ability to work independently and as part of a team
- Ability to communicate effectively both orally and in writing, with a focus on drafting reports, policies, protocols, guidelines, newsletters, briefing notes, and other material
- Ability to synthesize information and feedback into easily understood and audience appropriate presentations
- Attention to detail
- Problem Solving and Conflict Resolution skills

Type of Employment: 35 hours per week

Working Conditions:

- Must be able to work flexible hours and travel as required
- Full time position, subject to 90-day probation
- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's License
- Be willing to obtain and maintain a Valid Class 4 Driver License
- Must provide a vehicle in good operating condition
- Must be able to obtain and maintain a valid Emergency First Aid Level One Certificate, and Food Safe Certificate

Salary Grid Level: to be determined later

For a complete job description and application package contact:

Attention: Craig Smith, Band Administrator
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5
P: (250) 989-2323 F: (250) 989-2300
bandadmin@xatsull.com

Applications will be accepted by email, hand delivery, fax, or by post. Please provide a cover letter and references. Application Deadline: Open until filled 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.



Community Member Contract Opportunities Capacity Building Questionnaire Takers

Soda Creek Indian Band is looking to contract three community members, for up to 4 weeks to assist community members and staff in completing the Capacity Building Questionnaires, on computers with fillable forms, laptops and training will be provided.

Questionnaires are intended to identify the skills and training:

- existing in the community, what community members already have,
- that the community members are interested in acquiring.
- of existing staff within the band and band businesses
- training needed to do their jobs, and opportunities for job shadowing and succession planning.

We are looking to assist community members in starting or expanding their own businesses or, provide the band with business ideas that they would be interested in working toward developing.

We will be following Covid-19 protocols, which means many interviews will be completed either over the phone or in online meetings; any in person interviews will be with appropriate physical distancing and sanitizing.

Project Start Date is August 17th, 2020, for more information please contact Cheryl Chapman, Economic Development & Employment Coordinator or submit your resume and letter of interest by August 12th at 4pm, to:

Soda Creek Indian Band

Leasa Williamson, Executive Assistant

By email: execassist@xatsull.com

By mail or hand delivery: 3405 Mountain House Road,
Williams Lake, BC V2G 5L5

By fax: 250-989-2300

Soda Creek Indian Band Employment Opportunity For Self-Government Transition Coordinator

Job Summary

The Self-Government Transition Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self governing environment in accordance with the vision, mission and objectives of the organization. The Self-Government Transition Coordinator is tasked with developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize the cultural heritage and language.

The Self-Government Transition Coordinator will work to advance the Soda Creek Indian Band's goal of self-government. This will include helping to further develop Governance structures, as well as plan and initiate the transition from the *Indian Act* to a sovereign, self-governing community.

Skills and Abilities:

- Understanding of laws, constitution and legal language
- Knowledge of traditional lands, culture and language
- Intermediate skills with Microsoft Office (You are capable of using large number of functions and feel confident using the program)
- Ability to use in-depth analysis and evaluation using significant innovative thinking and creativity to find answers
- Strong administration, conflict resolution, time management, interpersonal communication, proposal preparation, and negotiation skills.

Experience:

- Graduation from Grade 12
- Preferred Post-Secondary degree or related experience in Political Science, First Nations Studies, Aboriginal Law or related discipline.
- Three to five years working in a related capacity to support Treaty process

TYPE OF EMPLOYMENT

This is a full-time position of 35 hours a week.

APPLICATION DEADLINE

A completed Soda Creek Indian Band Application Form is required with your cover letter and resume. **Opened till filled.** Only candidates that are eligible for an interview will be contacted. To obtain a copy of this job description and application, please visit www.xatsull.com.

HOW TO APPLY

Resumes can be mailed or emailed or delivered by hand to:

Deanna Dormuth Executive Assistant
3405 Mountain House Rd.
Williams Lake, BC V2G 5L5

Email: execasst@xatsull.com

Or by fax to: 250-989-2300

Only those selected for interview will be contacted

June 14, 2019

Xat'sūll/Likely Community Forest

Seeking One (1) Board of Director Seat

Contact: Craig Smith, Band Administrator

Email: bandadmin@xatsull.com

Phone: (250)989-2323



Xatsull has an appointment of one (1) Board seat for the Board of Directors.

The Mission Statement of :

Through the collaboration of community members both in Likely and Soda Creek, we intend on creating a model multi-use forest that ensures environmental quality, while creating economic opportunities. This forest will become the focal point for community pride..

Board Responsibilities:

- Setting and reviewing policy for the organization;
- Protecting the interests of the Xat'sūll;
- Regular consultation and communication with and between the communities;
- Ensuring regular meetings of the Board with good attendance (quorum) and active participation;
- Ensuring the financial health and approving the annual budget;
- Annually setting goals and objectives, producing an operational plan and providing strategic direction;
- Holding an AGM to review the annual financial statements and file the legally required returns to the appropriate Ministries to retain our NPO corporate status;
- Reviewing and approving recommendations from ad hoc committees;
- Coordinating the work of the Board;
- Hiring and Directing the General Manager and other contractual personnel as require;
- Maintaining active Membership in the British Columbia Community Forest Association (BCCFA);
- Meeting with other community Forests for networking and educational development; and
- Report Back to Xat'sūll Chief and Council.