



# Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

MARCH 2020

## Xat'sül/Cmétem Forest Professional Wins Article of The Year

In the January issue of the Fraser River Run we reprinted an article; Forest Stewardship Plan Strategies and the Cultural Heritage Value By Tracy Andrews, RPF and Sally Sellars, RPF. The article was originally printed in the BC Forest Professional magazine's November/December Issue.

That work has subsequently won Article of the Year in the BC Forest Professional magazine. We would like to congratulate Sally on her excellent work and an important article. I have included a reprint of some of the images and information from the article on Page 3

There is a Forest Management in the Fraser River Corridor community forum coming up on the 28th of February. Check Page 10 for the event poster. Come to Forum and find out how long term forest planning that includes Cultural Heritage Resources can make future forests more sustainable while respecting and regenerating Cultural Heritage Value for generations to come



Sally works for Ministry of Forest, Lands, Natural Resource Operations and Rural Development. Northern Secwepemc born and raised in Xat'sül/Cmétem (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.

**Sally Sellars, RPF**



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Starts 9:00 a.m.  
Ends 11:00 a.m.

March 01,2020  
March 08,2020  
March 15,2020  
March 22,2020  
March 29,2020  
April 05,2020  
April 12,2020



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

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

This is community driven program and all fundraising, Expenditures & decision making will be done by the group. Any participant missing 3 of these walk/run sessions are not eligible to attend the Vancouver Sun Run..

VANCOUVER APRIL 19, 2020  
**SUN RUN**

Call Jessie for Info. 250-989-2323 Ext. 100

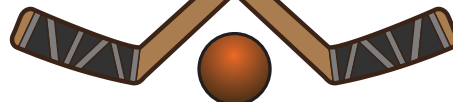
# Ball Hockey Night In Xatsúll



**TUESDAY|THURSDAY**

**7:00 PM – 9:00 PM**

Join us for ball hockey nights  
Everyone is welcome  
Sober Family Fun



Bring your Non-Marking  
Soled Shoes, A Water Bottle  
and Your Game



## Natural Resources

### 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 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.

*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

## HeadStart, Education, Children & Youth

### AFTER SCHOOL PROGRAM FEBRUARY HIGHLIGHTS

*Hello,*

Many of you know me from working with the children in different programs for years. As for those of you who don't I am Jordanna Camille, formerly Sellars. My grandparents Morris and Donna Sellars raised me in the small community of Soda Creek (Xats'ul.) My very first job was in the Summer Children's Program in 2013 and I've been working with the Youth and Daycare kids on and off since then.

I am very excited to be getting the children's program up and running again. I am overjoyed to see more and more children attending and can't wait to meet this fantastic next generation! We have already done some pretty fun things.

Recently we had RCMP Constable Martin Richard in to speak about Police First Nations Youth Issues with the police.

My main mission is to be a safe place for these children/youth as well as be more involved. Even if that means helping with homework or having fun sliding. I am excited to see where this amazing journey takes us.

Here are a few pictures of what we've already done. Unfortunately I am not always able to get pictures of all the fun things we do. Some of our other events are; gym time, cooking and indoor/outdoor days! An Honourable Mention goes to Taco Salad.

*Thank you,*

*Jordanna Camille (Sellars)*





## Soda Creek Indigenous Police Services



### Did You Know? DISTRACTED DRIVING

Activities that impact a driver's ability to focus on the road come in a wide range of forms, from visual distractions inside and outside the vehicle, to cognitive distractions when using electronic devices. In fact, research indicates that drivers fail to process approximately 50 per cent of the visual information in their driving environment when they are using electronic communication devices.

While texting on a communications device is often recognized as the riskiest behaviour, distractions such as seeking for preferred music or attending to personal grooming can significantly divert a driver's attention. Research has also concluded that telephone conversations are much more distracting than in-vehicle conversations – perhaps because passengers can observe the road, provide warning, adjust conversation tone according to traffic conditions, and the like – while telephone conversations contain fewer pauses and demand greater cognitive resources.

Research evidence has shown that approximately one-quarter of crashes can be attributed to driver distraction: attention being diverted from driving tasks. This can result in significant costs to society, such as: tragic loss of life, serious injuries, health expenses, property damage and insurance rates.

### Rules and Penalties:

The fine for a single distracted driving violation ticket is **\$368**, along with 4 penalty points that will be applied a driver's record. On a first infraction, these points will also result in a driver paying a further \$252 ICBC Driver Penalty Point premium, for a total of **\$620 for a first infraction**.

Drivers who get two or more distracted driving convictions in a three-year period are charged a Driver Risk Premium (DRP), which is billed annually and is separate from any insurance premiums you may have. This amount will increase for each additional conviction.

For example, drivers with two or more convictions for the use of electronics devices while driving over a three-year period could pay more than \$2,500 in penalties in addition to their regular vehicle insurance premium.

**More information can be found on the RCMP website:**

**[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)**

**Should you wish more information please contact**

**Cst. Marty. Richard**  
**Williams Lake RCMP Detachment**  
**Indigenous Police Services**  
**(250) 392-6211.**



**Royal Canadian Mounted Police** **Gendarmerie royale du Canada**

**Canada** 

## Nighthawks Play for Elders





## NATURAL RESOURCES DEPARTMENT

SODA CREEK INDIAN BAND



### BARKERVILLE GOLD MINE INFORMATION SESSION

**MARCH 4, 2020, 5 pm – 8 pm**

JOIN US FOR DINNER  
SODA CREEK GYM

BGM

## NATURAL RESOURCES DEPARTMENT

SODA CREEK INDIAN BAND



# BCTS

## Elders Lunch & Learn

**March 18, 2020**

**10 am to 2 pm**

**Natural Resources  
Building**



## SODA CREEK INDIAN BAND COMMUNITY MEETING

**March 11, 2020**

**5 pm - 8 pm**

**Soda Creek Gym**

*Join us for Dinner and Presentations on  
Economic Development  
Infrastructure  
Education*



## Employment & Training



At the Heart of Career Development is this:

You and I...

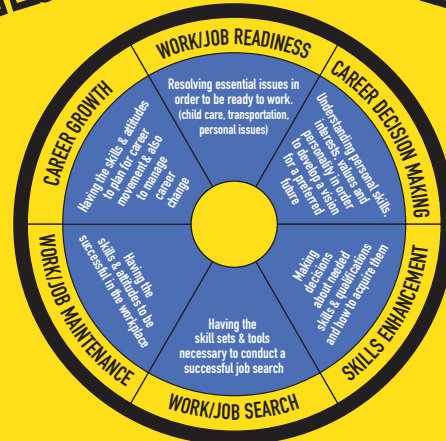
we meet as strangers, each carrying a mystery within us. I cannot say who you are; I may never know you completely. But I trust that you are a person in your own right, possessed of a beauty and value that are the Earth's richest treasures.

So I make this promise to you:

I will impose no identities upon you, but will invite you to become yourself without shame or fear. I will hold open a space for you in the world and defend your right to fill it with an authentic vocation. For as long as your search takes, you have my loyalty.

Theodore Rozak, Person/Planet, 1978

## EMPLOYABILITY DIMENSION WHEEL



Contact Cheryl Chapman, Employment Coordinator to find out where you are on the wheel and where you would like to be in your future career

phone: (250) 989-2323 Ext: 132  
email: [ecdev@xatsull.com](mailto:ecdev@xatsull.com)



# WALK RUN 2020



## BINGO Fundraiser

For the Soda Creek Walk Run Group

Sunday, March 22, 2020  
Doors Open at 12:00 PM  
Bingo starts at 1:00 PM

Concessions  
10\$ Prize Games  
2-50\$ Payouts  
1\$100 Pay Out (Black Out)





## DEPARTMENT OF EDUCATION

SODA CREEK INDIAN BAND



**Now Accepting  
Post Secondary  
Funding Applications**

Band Members Only!

**Soda Creek  
Daycare & HeadStart  
Are now accepting  
Applications  
for all ages!**

In community  
transportation available!

**We are accepting  
applications for  
"Gathering Our Voices"  
Youth Conference  
Age requirements  
14-24 yrs**

Please Contact Kayla Lulua  
for more Information


## Community Member Letters

March 2020

Happy St Patricks Day to  
one and all. Its a beautiful  
sunny day today. Hope one  
and all keep strong and  
keep Remembering were all  
human first. I fall everyday  
but, I keep doing my best to keep  
going And all the best to  
everyone. And Happy Birthday  
To Lindie Jay Mitchell for  
March 19, 2020 And to L.J.  
Happy March 14, 2020.

Sincerely


Hernaine Sellers —




## Screen Time Lunch & Learn

**Thursday, March 19th, 2020**  
**Health Station Boardroom**  
**12:00-2:00pm**

Join us for information and discussion on the effects of screen time and children. Open to all. Lunch provided.



**Soda Creek Health Station**  
3405 Mountain House Road,  
Williams Lake, BC V2G-5L5  
P: 250-989-2355  
F: 250-989-2301



**Three Corners Health Services Society**  
150 North First Avenue / PO Box 4728  
Williams Lake, BC V2G 2V7  
P: 250-398-9814  
F: 250-398-9824



## GAME NIGHT

Get out & have some family fun!!!

**Wednesday, February 26th, 2020**  
**5:30-7:30pm**  
**Health Station Boardroom**

- Board Games
- Can bring board games from home too
- Snacks & refreshments

**Alcohol & Drug Free Event**



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

## Wellness Day Self Care

### Celebrating Well Being

**Tuesday, March 10, 2020 | 1:00 - 8:00 PM**  
**Soda Creek Health Station & Gym**



\* DOOR PRIZES \* REFRESHMENTS \* REIKI \* MASSAGE  
\* TAROT READERS\* ENERGY HEALER \* TRADITIONAL HEALER  
\* HAIRCUTS \* TEETH WHITENING \* HOT SHAVE \* REFLEXOLOGY  
\* MANICURES \*DINNER @ 6PM

INCLUDING: DR. JOE & DON ASHLEY

ANY QUESTIONS CALL MAXINE OR JANAEE AT 250.989.2355








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



## Movie Night

**Friday, February 28th, 2020**  
**Soda Creek Gym**  
**6:00-8:00pm**

6:00 pm Doors open  
6:30 pm Movie

Join us for a movie night. All are welcome.  
An Alcohol & Drug Free Event

\*Concession for Youth fundraiser






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





# A.A. Meeting

6:00-7:30pm

Thursday, March 5th, 2020

Health Boardroom

Join us at our A.A. Meeting. We will have coffee, tea and light refreshments. Any questions call Bruce Baptiste, Community Support Worker at 250.989.2355

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



## HEALING SESSIONS WITH DON ASHLEY

March 10-11<sup>th</sup>, 2020, 1:00-8:00pm

March 12<sup>th</sup>, 2020, 9:00-4:00pm

**SODA CREEK HEALTH STATION**

In an individual healing session, Don utilizes medicines to invite your ancestors into the space to support you in your personal healing journey. Your healing will be determined by the Creator and your ancestors and may include physical, mental, emotional or spiritual healing.

In some cases, the ancestors may give messages to Don to pass on to you that may include what you need to heal. It is important to understand that true healing comes from within and healing is dependant on your personal commitment and willingness to work through issues that are preventing you from being well. These may include:

- ◊ Addictions
- ◊ Grief & Loss, or
- ◊ Trauma



Any questions, call  
Bruce Baptiste at  
250.989.2355

Call Maxine at  
250.989.2355 to  
book a session



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

# Dental Therapist

Cleanings,  
Fillings,  
Extraction,  
Check ups,

plus a range  
of preventative  
dental services



Call to book an  
appointment

**Tuesday**  
**March 24th 2019**  
**10 am - 3 pm**

**Contact Maxine Sellars**  
Health Administrative Assistant  
Soda Creek Health Centre  
(250) 989-2355

## Foot Reflexology

Tuesday, March 10th, 2020 | 12-4 pm

Tuesday, March 24th, 2020 | 12-4 pm

### Soda Creek Health Station

Creates relaxation | Decreases anxiety  
Enhances sleep quality | Improves blood flow  
Improves concentration

Call Maxine at 250-989-2355  
to book a session.

Ashley is from Stswecem'c Xgat'tem First Nation. She completed her reflexology training in the spring of 2018, and is excited to bring her knowledge home. Ashley from River Reflexology is excited to provide her services to the members of WLIB, Soda Creek, and SXFN.



**Ashley Camille**  
River Reflexology



Three Corners Health Services Society  
150 North First Avenue  
PO Box 4728  
Williams Lake, BC V2G 2V7  
P: 250-398-9814  
F: 250-398-9824



Artwork by Leah Dorion

## Women's Group

Join us Tuesday, March 3rd, 2020

5:30-7:00pm

Health Station Boardroom

Come along and have a chat, relax and enjoy a cuppa joe or tea, light snacks, as well as other interesting and varied things to do.

Any questions call Maxine or Bruce at 250.989.2355



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



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P: 250-398-9814  
F: 250-398-9824



# MOBILE MAMMOGRAM BUS

Soda Creek Health Station

Wed. April 29th, 2020

2:00-4:00 PM



If you have not had one done in over 2 years, please call Janae at 250-989-2355. As well if you have any questions, don't hesitate to call.



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

## PHYSIOTHERAPY SERVICES

Are you suffering from...



...Physiotherapy can help you.  
You can see a physiotherapist without a referral



Physiotherapist  
Tyler Judd

### February 2020

Soda Creek— February 4—8:45am—12:00pm

Sugar Cane—February 4—1:00pm—4:15pm

Canoe Creek—February 5—10:00am—3:00pm

Dog Creek— February 19—10:00am—3:00 pm

### March 2020

Soda Creek—March 3 & 31—8:45am—12:00pm

Sugar Cane—March 3 & 31—1:00pm—4:15pm

Canoe Creek— March 18— 10:00 am—3:00pm

Contact community Health Station to book appointments

Soda Creek Health Centre  
250-989-2355  
Sugar Cane Health Centre  
250-296-3532

Three Corners Health Services Society  
PH: 250-398-9814  
FX: 250-398-9824

Canoe Creek Health Centre  
250-459-7749  
Dog Creek Health Centre  
250-440-5822





## MARCH 2020 Social Development & After school Care, Spring Break Calendar

SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
SCIB OFFICE CLOSED		Afterschool: Trail Walk		Afterschool: Homework Indoor day		SCIB OFFICE CLOSED
			MID MONTH			
SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
SCIB OFFICE CLOSED	Interview Week 10:30 am to 4 pm  Pre Employment Wrapping Up @ Deep Creek	Afterschool: Playground Outside Day  Interview Week 9 am to 4 pm  Pre Employment Closing Ceremony @ Deep Creek	Interview Week 9 am to 4 pm	Afterschool: Homework Indoor Day  Interview Week 9 am to 4 pm	Interview Week 9 am to 4 pm	SCIB OFFICE CLOSED
SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
SCIB OFFICE CLOSED	Spring Break: Outside Day	Spring Break: Board Games & Puzzles	Spring Break: Movies	Spring Break: Indoor Day	Spring Break: Tie Dye & Art  Pre Employment Graduation Day	SCIB OFFICE CLOSED
			SA DAY			
SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
SCIB OFFICE CLOSED	Spring Break: PJ Day: Bring pillow/blanket	Spring Break: Gym Day Ice Breakers	Spring Break: Swimming	Spring Break: Gym Day Sports	Spring Break: Back to school Celebration Bake a Cake Day	SCIB OFFICE CLOSED
SUNDAY 29	MONDAY 30	TUESDAY 31	<p>Hi everyone Here is the calendar for all Income Assistant Clients. ***Just a reminder anytime this month the (Annual Renewal applications need to be done for the new Fiscal Year.</p> <p>If you need rides for your children in the mornings and evenings for spring break please call Jordanna at 250-267-5922. For spring break the meals will be providing along with fun! I love seeing all the children who are starting to attend again!</p>			
SCIB OFFICE CLOSED		Afterschool: Gym 4:30 - 5:30  Annual Renewal Applications Due				



## FEBRUARY 2020

THURSDAY 27	FRIDAY 28	SATURDAY 29
Fraser Forest Forum 10am - 3pm Gibraltar Room		
		SCIB OFFICE CLOSED

## MARCH 2020

SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
Walk Run 2020 9-11 am			Barkerville Gold 5pm - 8pm Soda Creek Gym	Chief & Council Meeting 5:30 pm	Disbursements Begin	
SCIB OFFICE CLOSED		Ball Hockey 7-9 Gym		Ball Hockey 7-9 Gym		SCIB OFFICE CLOSED
SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
Walk Run 2020 9-11 am		Wellness Day 1pm - 8pm Health & Gym  Foot Reflexology 12pm - 4pm Health Building	Don Ashley 9am - 4pm Health Building  Community Meeting 5m - 8pm Soda Creek Gym	Don Ashley 9am - 4pm Health Building		
SCIB OFFICE CLOSED		Ball Hockey 7-9 Gym		Ball Hockey 7-9 Gym		SCIB OFFICE CLOSED
SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
Walk Run 2020 9-11 am			BCTS Lunch/Learn 10am - 3pm Natural Resources	Chief & Council Meeting 5:30 pm		Child & Family Celebration 11am - 3pm Soda Creek Gym
SCIB OFFICE CLOSED		Ball Hockey 7-9 Gym		Ball Hockey 7-9 Gym		SCIB OFFICE CLOSED
SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
Walk Run 2020 9-11 am				Game Night 5:30 - 7:30 pm Health Building	NStQ Youth Rally 10 am - 3pm Lac La Hache Hall	
SCIB OFFICE CLOSED		Ball Hockey 7-9 Gym		Ball Hockey 7-9 Gym		SCIB OFFICE CLOSED

