



Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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XAT'SŪLL MEMBERS PICK CORN

Band and Community Members went to pick corn at the Dunlevy Ranch on Sept. 3

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Pellsllwéltsten (everything leaves or sleeps month) – October 2020

A Rainy corn pick-ing day

Our staff and band members went out to pick corn at the Dunlevy Ranch in Soda Creek on Sept. 3. Each household could pick up to 3 dozen and it was open to both community and away-from-home members. The Treaty Department covers the cost for Band members to pick corn every year.

Organizer Jessie Hunlin thanked Sally Sellars, Darrin Sargent, Mike Stinson and Max Winkelman for their help with picking corn.





Xat'sūll supports Cow Moose Sign Project

The Soda Creek Indian Band (SCIB) is proud to support the Cow Moose Sign Project by providing billboard space in partnership with the project, says Kukpi7 (Chief) Sheri Sellars.

“Xat'sūll – Cmetēm strongly opposes the recent increases in moose hunting, especially the antlerless moose hunt. Declining moose populations affect our traditional rights. Revitalizing moose populations is crucial for current and future generations, as well as the ecological balance in our

traditional territory. We absolutely support Cow Moose Sign Project.”

SCIB is part of the Northern Secwepemc te Qelmuw (NStQ) and Northern Shuswap Tribal Council (NSTC) who announced their opposition to the increase in tags at the end of August.

Stswecem'c Xgat'tem Chief Patrick Harry and NSTC spokesperson voiced his concern at the time.

“Increasing moose tags, especially antlerless, goes against our Secwepemc values and ongoing ef-

forts of our nations. Some of our communities have made the difficult decision to restrict our own citizen's Rights to Hunt by placing bans on the cow moose hunt and any additions to the antlerless moose LEH will put us in conflict and make it more difficult to uphold our own policies.”

Cow Moose Sign Project founder Dan Simmons says the support means a lot.

“We're doing our best to try to get the government to overturn their stupid decision on these antler-

less moose tags. We're going to stay in this as long as we can and try to overturn it.”

In total 27 First Nations have signed in opposition, says Simmons.

“We're just trying to get our moose population back.”

Simmons thanked the Soda Creek Band, the Chief and everyone involved with the project.

Sellars says that she hopes increased signage and pressure from fellow First Nations will lead to better moose management.



Elders go berry picking

The Natural Resource Department took Elders berry picking on Friday, Sept. 11.

“The berry picking went very well. We had, I believe, nine community members out and about. They thoroughly enjoyed themselves.

If nothing more, they actually enjoyed each other’s company which they don’t get to do very often,” says Natural Resource Manager Edna Boston.

The whole group went to see Moffat Falls, had a picnic in the parking

lot and took a little drive for berry picking afterwards. A few of the Elders preferred watching over heading out into the bush themselves.

Boston hopes to take Elders berry picking one more time before it gets cold.



Xat'sūll and RCMP sign Letter of Expectation

Kukpi7 (Chief) Sheri Sellars, on behalf of Soda Creek Indian Band (SCIB), and Inspector Jeff Pelley, on behalf of the Williams Lake First Nations Policing, signed a Letter of Expectation on Sept. 10.

The agreement is important to establish a working relationship, for collaboration, to set the priorities to strategically reduce crime and to enhance relationships within Xat'sūll – Cmetēm, says Pelley. Community support is key for that, he adds.

The priorities include communication and cultural awareness, youth partnerships, crime reduction, drug enforcement education and awareness and the offender program.

The letter sets both expectations from the RCMP and SCIB to make the communities safer with Indigenous policing services.

“I think it’s an exceptional agreement. It’s always very fluid and works well within this community and we’ve had some successes. There is certainly more work to be done and the relationship has been key in these successes.”

Sellars says she’s feeling



good about signing it.

“It’s an annual thing for Soda Creek. We like to develop that relationship with RCMP. The world’s changed. It’s not like it used to be 20 years ago,” she says referring to the relationship with RCMP, crime in the area and trying to implement Title and Rights.

The letter identifies the priorities that the community wants Williams Lake First Nations Policing to focus on, says Corporal Eric Chrona, in charge of Indigenous Policing for Williams Lake.

Elder Ralph Phillips was present to witness the signing.

It’s important for the people to come together to better understand what they’re looking for and lead themselves instead of being led by the RCMP, he says.

“This here, I think, is a really good idea. I haven’t been able to see this for a long time. I guess it’s nearly 30 years ago when I’ve seen this happen. So to see it’s starting again and thanks to the Chief [is really good.]”

Constable Marty Rich-

ard, who works for the Indigenous Policing Section and is assigned to Xat'sūll First Nations, says he sees it as a continuation of the rebuilding process of getting the relationship between the RCMP and First Nations the way it should have been.

“Trying to heal some of the hurt that was done years and years ago. It’s not us working for the community. It’s us working with the community is how I look at it. It’s a joint partnership where we hopefully benefit each other.”



BGM informs Xat'sūll of new mine proposal

On August 26, Barkerville Gold Mines LTD visited The Soda Creek Indian Band for a community meeting and discussion. We did a question and answer with them afterwards for those community members who were unable to attend:

What is Barkerville Gold Mines proposing and where will the Project take place?

Barkerville Gold Mines Ltd. (BGM) is proposing the development and operation of the Cariboo

Gold Project (the Project), which includes:

The Cariboo Gold Mine, an underground mine producing an average of 4,750 tonnes per day of ore located in the District of Wells, including underground crushing, a surface concentrator and paste backfill plant, a waste rock storage facility, access roads, and associated mine infrastructure;

BGM's existing Quesnel River Mill (QR Mill) and associated infrastructure and construction of a new dry

stack tailings storage facility;

Supporting Transportation Routes:

Transportation of ore between the Mine Site and QR Mill along 56 kilometres (km) of Highway 26 and 59 km of the 500 Nyland Lake Forest Service Road, a forest service road maintained by West Fraser Mills Ltd;

Transportation of workers and goods to Wells from Quesnel along Highway 26;

Transportation of workers and goods to QR Mill from Quesnel along Highway 26 and the 500

Nyland Lake Road, and along the Quesnel Hydraulic Road to the 2700 Road and the 500 Nyland Lake Road; and

Transmission Line: a new 69 kV transmission line, approximately 72 km in length, that follows a corridor along forest service roads north of Highway 26 from the Barlow Substation near Quesnel to the Mine Site near Wells.

What will happen to any waste products?

Depending on the type of waste, it will be directed into the appropriate waste program for its disposal. For example, hazardous waste is safely contained on site until an external contractor, specializing in waste removal, can take it for disposal at a certified facility.

What is the timeline for the project?

The Project entered the Environmental Assessment process in May 2020. The Early Engagement Phase completed on September 1, 2020, and BGM is currently working to finalize the Detailed Project Description for submission in Fall 2020. The current timeline projects that the Environmental Assessment Certificate will be issued in July 2022 with permitting and construction to follow in early 2023.

What will happen to the project after the mining is done?

Once the project is complete, BGM will reclaim all sites and remove all associated infrastructure. The reclamation and closure plan will be developed as the Project progress through the Environmental Assess-



Cheryl Chapman wins one of the door prizes.

ment and will take into account input received from Indigenous nations, local communities and technical advisors.

What assurances are there in place to make sure the project is safe and will be cleaned up?

BGM is committed to operating a safe and environmentally progressive mine that uses previously disturbed sites where possible. BGM also completes progressive reclamation and cleans up as they go. In addition, in order to receive a Mines Act permit from the Chief Inspector of Mines, BGM (along with all other mining companies in the province) must submit a reclamation and closure plan and cost estimate that will inform the amount of security bonding to be put in place. This bond is held in trust by the province until such time the Chief Inspector of Mines deems the property reclaimed. Currently, the Ministry of Energy, Mines and Petro-

leum Resources holds over \$17M in bonding for BGM properties.

How will Xat'sūll members benefit?

BGM is committed to providing training and employment opportunities to all of our Indigenous nations partners. BGM will work with Xat'sūll to develop training programs that will benefit those community members looking to join the mining team. In addition, joint venture and contracting opportunities will be available throughout project construction and operation.

Anything else you think Xat'sūll members should know?

BGM is committed to a long term ongoing, meaningful, collaborative relationship with Xat'sūll. BGM is also committed to the environment, cleaning up legacy mining sites and leaving the environment better than we found it.



Community members given freezers

The Soda Creek Indian Band (SCIB) recently received COVID-19 funding specifically for food security for on-reserve members.

Part of the funding is being used to provide freezers to on-reserve members, multiple of which were distributed to

community members on Sept. 4.

Kukpi7 (Chief) Sheri Sellars says knowing the on-reserve members will have greater food security provides some valuable peace of mind.

“It’s great that we were able to do this for our on-reserve members but

our off-reserve members need help too. This is why we’re going through the Treaty process towards self-government. We want to have full control over our finances and how we serve members.”

For any off-reserve members who need help,

Sellars reminds them that the Northern Shuswap Tribal Council’s NStQ off Reserve Food Supplement Program is still available.

A second delivery of freezers is expected this week for the on-reserve members who haven’t gotten on yet.





There'll be upgrades for the Water Treatment Station.

Work on new well underway for Cmetēm

Soda Creek Indian Band (SCIB) has started work on a new well for Cmetēm (Deep Creek Reserve) as the existing well is slowly being depleted.

The new well, which will meet the community's needs for the next 20 to 30 years, and the accompanying upgrades are anticipated to be completed by the end of October.

The casing, well and a shutoff valve have been put in already, says

Capital Infrastructure Manager Dennis Elliott. They've also grouted the outside of the casing.

"It has been a long time coming. It has started. That's the first phase and there'll be a second, third and fourth phase which should take us to about the end of October."

The other phases include upgrades to the Deep Creek Water Treatment plant, upgrades to the Pressure-Reducing Valve (PRV) station and the north and south res-

ervoirs.

The new well will be connected to the existing system. Once it's online, the old well will be shut off but kept as a backup, says Elliott.

"The old well is getting depleted: the water supply. This new well has tons and tons of water and a new pump and it's going to carry us through the next 20 years, easily."

The water quality is good and will be better as we move forward,

says Elliott, adding that there will be less chlorine in the water in the future while ensuring the water is completely safe to consume.

"By the start of November, we should be using the new well. The upgrades should be in place and the entire system should be more efficient, more reliable and easier to manage in the way of water delivery and easier to manage in the way of chlorine delivery but less chlorine."



Heritage Village lookout replacement complete

Work on the lookout above the Xat'sull Heritage Village is complete and is open to the public.

The lookout is popular with both tourists and locals, says Cheryl Chapman, Economic Development and Employment co-ordinator for Soda Creek Indian Band (SCIB).

"People come from a long way away to look down at the heritage village and the beautiful

Fraser River from here."

The total project cost was about \$15,000. Of that, \$5,000 came from the Cariboo Regional District (CRD) with the rest coming from the SCIB.

Originally, the repairs were anticipated to be completed earlier. Upon closer inspection, the decision was made to replace the entire lookout as opposed to just the deck and railings, as had been planned, because

some of the support beams had some decay. Work on the lookout was paused after demolition to wait for the new beams which were bought from Pioneer Log Homes.

Kukpi7 (Chief) Sheri Sellars says she's pleased with the appearance of the new lookout.

"It was high time to replace the lookout. With the new decking and railings, beams and the repair of the sign it

feels much safer and is once again something to be proud of. A big thank you to the team and the community members for all their work to revive the lookout."

Chapman thanks community member Darren Russell and his crew who did the work. She also thanks CRD area D director Steve Forseth for his help in obtaining funding.

Russel said thanks for getting the work.





Culture Days at Xat'sūll First Nation

If you walked into the gym on Sept. 16 at the Soda Creek Indian Band Offices, you'd have found people making drum sticks, medicine pouches and working on traditional language.

It was part of Culture Days at Xat'sūll – Cmetēm following funding from the First Nations Education Steering Committee who oversee all of British Columbia's Aboriginal learning communities, says Education Manager Heather McKenzie.

"So I applied and received a grant and with it came language and

culture opportunities for Soda Creek Indian Band."

In addition to the drum stick and medicine pouch making and the language opportunities, there will be floor drumming next week with Dave Archie from Williams Lake First Nation and there'll be pit cooking, says McKenzie.

A few of the cultural days have passed already. Cecilia De Rose and Cindy Charleyboy have been contracted for the Culture Days as well as Elders Ralph and Minnie Phillips, who have knowledge of history, culture and language, she says.

The language and culture program is winding down after being intertwined with the youth program this summer, says McKenzie.

"We've yet to go out and pick pitch as well as sage. So we're hoping to do that next week," she says. "Then they make it into a salve which is a healing potion for anyone that would like to heal anything that was open or causing pain from any kind of cuts-scrapes that they may have received and the sage that we're going to pick is so that they can basically harvest

it for their own spiritual well-being."

They also broke bread together and had a chicken and spaghetti lunch with ice cream for dessert before heading back to the gym.

"The response is good. Although, with school back in session, I think that we need to have a few evening events so that the youth can also participate," she says, though they also have some daytime activities in participation with School District 27 which the students have to attend for credits.



Artifacts found on Deep Creek Reserve

Chris Quon, was doing trails maintenance at Deep Creek Reserve when he found two lithic pieces and a shard of animal bone. He recognized them as artifacts from previous experiences doing archeology adding he was a little bit surprised.

“It was on a little bit of a hill. We don’t usually expect to find stuff like this. Especially on a trail that has already been made. This trail was here already

a year or two ago.”

The find could just be a coincidence but it’s also possible there was something there at some point in the past, he says.

Glen Dixon, Senior Archeologist for Soda Creek Indian Band (SCIB, Xat’süll – Cmetēm), says they’ll mark the GPS location and take pictures of the area.

While there are no plans to expand on the trail, there are plans for poten-

tial housing in the area.

This way they at least have references now and will have to bring our archeology company out before they start building, he says.

“There’s not much archeology that’s ever been done in Deep Creek. It’s all been in Soda Creek because that’s where they know the main village is.”

The area is still brand new to them but has old trap lines and hayfields,

says Dixon.

“We still have to do a lot of work in this area. So it’s why it’s nice to have these young guys out here. They tell us about it. We come out and record it, take pictures, waypoint it and we have an idea next time,” he says. “This could end up being bigger.”

He says Chris and Aaron Quon have a good idea of what they’re looking for when doing trail maintenance.



Another salmon day at Soda Creek

After 500 salmon were handed out in August, another 69 spring salmon were handed out to Xat'sull members on Sept. 17.

Things went really well with the salmon which were donated by the Northern Shuswap Tribal Council and Skeetchestn Band, says Natural Resource Manager Edna Boston.

"We had fish for for on and off reserve member. It was first come first serve."

Unlike last time, members were expected to pick up their own fish.

"By the end of the day

we managed to distribute all of the 69 fish to the community members."

Some of the community members don't like Spring Salmon so they gave theirs to someone else, says Boston.

"Our NR Department decided we would clean the fish because of the bears in the area so community members didn't have to deal with salmon guts."

A number of people came out and volunteered to help including Arnold Bowe, Dawn Armes and Marty Richard.

Boston thanks the



volunteers as well as her staff Mike Stinson, Darrin Sargent and Jessie Hunlin.

"A big shout out to those people for sticking it out to the bitter end."



Youth learn about their culture

Cecilia DeRose was in the Education Department on Aug. 24 to teach students a bit about language and culture.

The students are part of the summer program.

“We’ve explained what the smudging is all about and then we’ve done a little medicine bag and that’s where some of the smudge goes.”

They also went over the uses of the medicine bag.

The group was still planning to go gather pitch one of the days to make a pitch salves, she said.



“I brought little samples so the kids could [see],” she says. “Then we’re learning just [a few]

little words at a time in Shuswap.”

They thank all the participants who ranged in

age from five to 18.

The students said they were really enjoying what they were learning.

CORE program attended by 9 members

In total, nine members attended the CORE (Conservation Outdoor Recreation Program) on Aug. 15 and 16.

Overall, it went really well though there were 20 spots available, says Janae Beaulieu, Community Health Representative.

“We were hoping to fill it up because all of the spots were prepaid. Now that we’ve done CORE, we’ll be moving on to PAL (Possession and Acquisition License for rifles and shotguns) on September 19 and that’s a



full day course as well.”

Spots for PAL are limited to 20 and the Health Department will require a \$50 deposit.

“It’s just to hold people accountable and make

sure that they’ll attend because there were so many who back out of CORE at the last minute.”

Beaulieu says she’s really pleased with the people who took CORE.

“I just think it’s really awesome that these people took it and now they can hunt in the Yukon, Saskatchewan, Alberta, you know, not just in B.C. which is good.



Barbara Dixon enjoys filling in as receptionist

Barbara Dixon (Michel) has lived in Deep Creek/Soda Creek for most of her life.

She has two children and four grandchildren and graduated from Columneetza.

“I’ve worked for the Band for about a good 18 years. I haven’t really calculated the years but close to that as a receptionist for the Soda Creek Band.”

She says she’s pretty

much the only one on call to cover for the receptionist at the band and health office.

She fills in when they go on holiday or when someone is sick.

She says she likes working for the Band and doing reception work because you meet all the people who come in.

“It’s a good way of meeting your community and knowing your community.

I like joining all the events that the Band has because it’s a good way to be with your community members. I like doing Elders events because we sometimes communicate with the other (NStQ) Bands... so it’s a good way of meeting with those people, you know, connecting with our relatives and friends we grew up with in Residential School.

Dixon also enjoys being

part of the walk-run group for Soda Creek. She says they started out with quite a few and now have about 12 in the group ranging from little babies to people Dixon’s age.

“I really enjoy that because it’s a 13-week program and you have to commit for those 13 weeks and you have to learn to eat and all those good things for your body.”

NAMING AND LOGO CONTEST



ENTER TO WIN ONE OF TWO
CASH PRIZES WORTH

\$500

ENTER BY OCTOBER 13

Xatsúll is launching an Environmental Services company and we're looking to you for a name and logo (the company will engage in stewardship services, i.e. water monitoring, permitting etc., and archeology services).

We're offering two \$500 prizes: one for the winning name and one for the winning logo.

Send your submissions to:
communications@xatsull.com

**OPEN TO
BAND AND
COMMUNITY
MEMBERS**

Xat'sūll - Cmetem to launch environmental services business this fall with Terra Archeology

Soda Creek Indian Band (SCIB or Xat'sūll) and Terra Archaeology have established a partnership and are formalizing it by way of a Limited Liability Partnership (LLP) this fall. The LLP will be a majority Xat'sūll First Nation owned business that provides archaeology, cultural heritage, lands management, and environmental services in the Nation's territory.

"This is an exciting step forward for Xat'sūll," says Kukpi7 (Chief) Sheri Sellars. "Xat'sūll regularly contracts com-

panies for environmental and archeological services. This means money and opportunities were leaving the community. By forming this LLP, there'll be better opportunities for Band Members and more in-house knowledge. We're keen to enter into this new relationship with Terra Archeology."

The LLP will have a mandate to provide jobs, training, and economic development opportunities to Xat'sūll First Nation members. By establishing a Xat'sūll First

Nation majority-owned company, the community will have greater oversight and participation when projects are proposed and built in the territory.

Terra Archeology owner Kevin Twohig says he's looking forward to a closer relationship with Xat'sūll.

"This is a big step for Terra Archeology. The LLP will help us to continue to grow and offer our clients a wider range of services. I look forward to seeing what we can achieve in com-

bination with Xat'sūll - Cmetēm."

We're currently searching for a name and logo for this new business, says Natural Resource Manager Edna Boston, who thanks Alex Fanni for helping Xat'sūll get to this point.

Xat'sūll is offering two \$500 prizes: one for the winning logo and one for the winning name.

To enter, submit your entries by October 13 to communications@xat-sull.com. The contest is open to Band and Community Members.

 **TERRA ARCHAEOLOGY**





Sally Sellars returns as Lands Coordinator

The Soda Creek Indian Band (SCIB) is excited to announce the return of Sally Sellars as Lands Coordinator.

“I was the Lands Coordinator a few years ago and I had to resign due to sickness.”

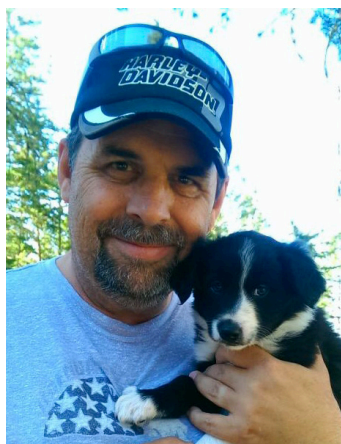
Sellars says she’s really enjoyed the two weeks she’s been back so far and has done a lot of reading. She added she really enjoyed the corn picking as well and is happy to be working at SCIB again.

“I enjoy being around my family and community members and it’s good to see everyone who I haven’t seen in a while because I live out at 146 Mile House.”

She’s got a Bachelor of Science in Forestry with

a major in Natural Resource Management, is a Registered Professional Forester and completed a Natural Resource Technology program at NVIT.

As Lands Coordinator, she’s part of the Treaty Department.



Weyt-k

Fall is in full swing and when you receive this a lot of you have probably done some hunting and started gathering wood for winter. As we head towards winter there are going to be many events

Craig Smith, Band Administrator

being held at the Band. We are also going to be starting our strategic planning process so put some thought into what you are wanting for your community. The deep creek well project is well under way and should be finished before the snow flies. We are having a naming/logo contest for our new Environmental Services company that the band is creating (archeology, environment, cultural monitoring) so if you are creative start

coming up with ideas and it could result with an extra \$500 in your pocket for Christmas. As we are continuing to move forward in forestry there will be many jobs available to members so make sure employment has a current resume from you if you are wanting that type of work.

I am hopeful that we are soon coming to the end of this pandemic, but we must remain vigilant. Remember to social distance, wash your

hands and all the other protocols everyone has been saying over the last four months, and we will beat it. There are still restrictions on gathering in large groups, but your circle can be widened slightly.

On the positive side, there are many things the Band Office is planning for when all the restrictions finally come off.

My phone is always on so call me if you need me or if you just want to chat,



Janice Mitchell, Band Member and Receptionist

in the beautiful "Cari-boo."

Even if it is quite smokey out there, I guess it could be a lot worse. People living in the cities cannot even see in front of their faces and this makes me feel very sad for them.

On a happier note for myself and Joey, we are both looking forward to the "Hunting Camp" on Sept. 25, 26 and 27. This will be the second year we will be attending the camp, and it is like going



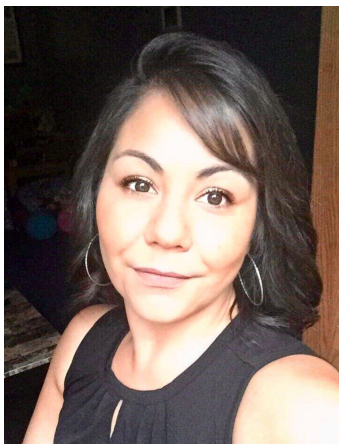
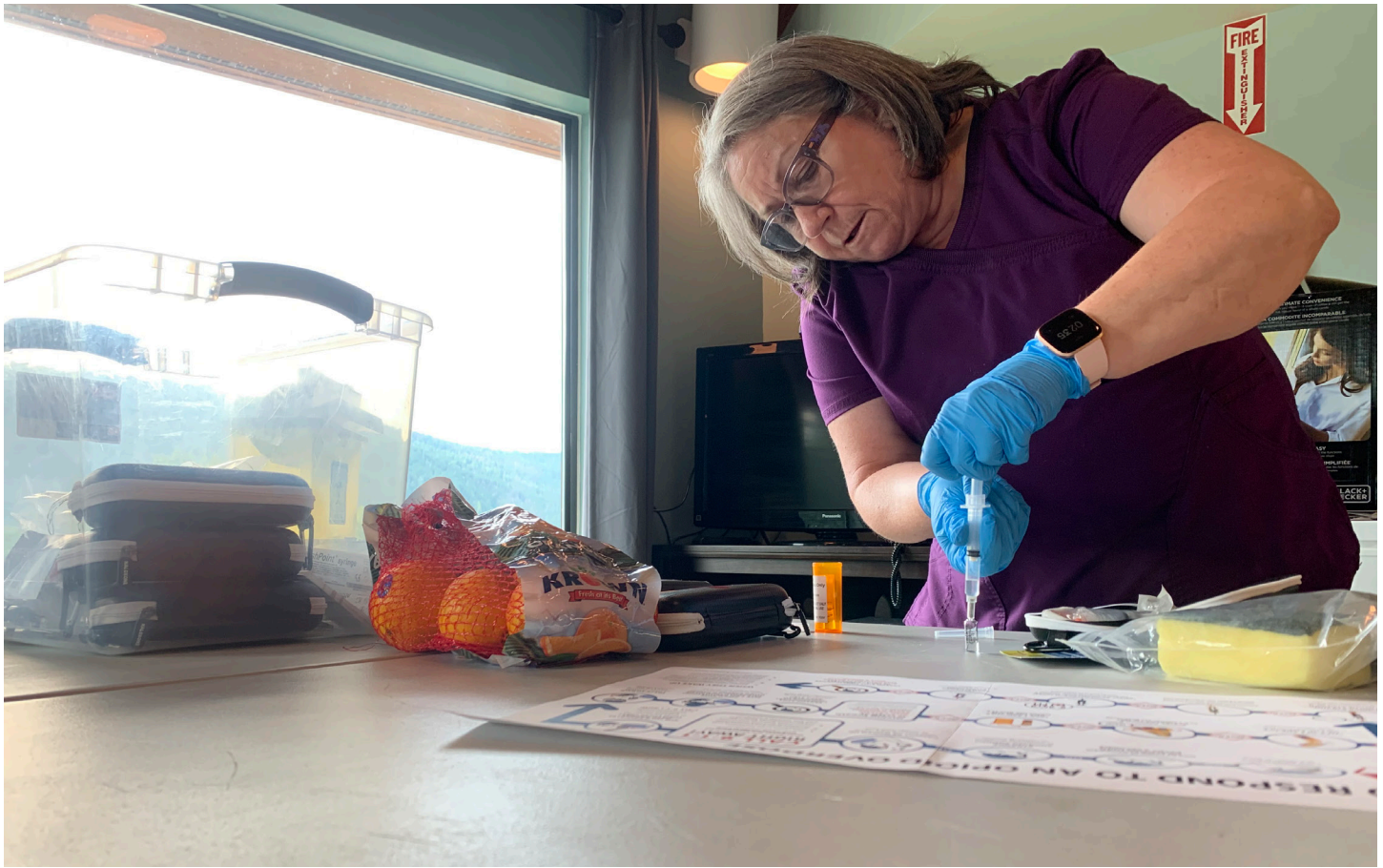
on a little holiday.

Well, it is because we get breakfast, lunch & supper cooked for us! What else could you ask for?

Bed & breakfast. Not

even. It is a cabin for two. Super! Hiking trails, sweat house, canoeing, archery and so on.

Wish us all luck in the hunt for Teniye - (Moose) & ts'i7 - (Deer).



Janae Beaulieu, Community Health Representative

Hey everyone I hope all is well and that you are all doing good.

Just a quick update about what we have done since the last newsletter; our community health nurse Kristine Jensen and I set up Naloxone

trainings over the months of August and September for community and staff. Over the course of three training sessions, she trained over 15 people who all passed, are certified and know how to save a life in the event they come across someone overdosing. If you would like to attend a training, please contact us at the health station and we are able to do the training in a group setting or individually.

We also finished up our paint nights and it was the best attended with 18 people. Everyone painted the Northern Lights and they all turned out so beautifully. Thank you all for coming out and attending I hope you enjoyed these painting events.

We also had a summer contest with three great prizes and congratulations to all the winners. 1st was Dolores Bebbington, 2nd was Jimmy Michel and 3rd was Fallon William. I

hope you are all enjoying your prizes.

The next big event is hunting camp coming the weekend of Sept. 25-27 out at Gavin Lake.

I apologize but unfortunately I will not be attending this year but I did as much preparation as I was able to get done for the camp. I hope you all have a great time and I can't wait to hear the stories and see pictures. Until next month be safe and take care of each other.





Jen Stinson, Social Development Coordinator

even work from home sometimes if one cannot make it in.

They had also said they would even pay for your gas as well to make it in for the program. If you have any questions, you can call me at the office 250-989-2323 Ext. 102 (please see the Calendar for the dates of the Pre-Employment Program).

Interview Week will be Tuesday, Oct. 13 – Friday, Oct. 16, from 9:30 a.m. – 4 p.m. Please come in to fill out your monthly declaration forms, and to inform me of any changes, also bring in your current household bills.

Also, to let the I.A. Clients know that your COVID-19 Supplement was extended for another four months, ISC had informed me that it will be for the months of October – January.

The Food Bank will now be accessible every other Thursday (please see calendar for time and

dates of when the Food Bank is open). Just come into the Band Office and ask for me, Jen Stinson, between the hours of 1:30 p.m. – 4 p.m. only. Also, bring your own bags or boxes to carry your groceries in. Thank you.

We are also still currently looking for someone to haul some wood

for the I.A. Clients, to help prepare for the winter season. If you are interested, please contact me, Jen Stinson, at the office 250-989-2323 Ext 102, or email me at socdev@xatsull.com

And Happy Thanksgiving weekend everyone, I hope everyone has some good family quality time with the loved ones.

4 Man Scramble Golf Tournament



When: October 3rd

Time: 10 am

Where: Coyote Rock

Prizes: Longest Putt, Longest Drive & More!

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

Lunch & Snack Provided

36 PARTICIPANT LIMIT

Contact Mike: 250-855-8897

NO ALCOHOL OR DRUGS

Hi, everyone.

Wow, I can't believe it's October already, what happened to summer?

It has been a busy month last month, trying to get the Quarterly reports done for ISC and helping out I.A. Clients when needed. It has been nice that my client list has gone down some, over these past few months. Some of the clients have gone back to work, which is so awesome!

We still need some clients to come in and participate in the Pre-Employment Program, with S.A.G.E. and CCATEC.

It is every other week on Wednesdays and Thursdays, from 10 a.m. to 2 p.m. They will work with the client on what they need or want from the program. You can

October

2020

Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 MID - MONTH PRE-EMPLOYMENT PROGRAM 10:00 – 2:00 PM	8 FOOD BANK 1:30 – 4:00 PM PRE-EMPLOYMENT PROGRAM 10:00 – 2:00 PM	9	10
11	12 THANKSGIVING DAY OFFICE CLOSED	13 INTERVIEW WK 9:30 – 4:00 PM	14 INTERVIEW WK 9:30 – 4:00 PM	15 INTERVIEW WK 9:30 – 4:00 PM	16 INTERVIEW WK 9:30 – 4:00 PM	17
18	19	20	21 SA DAY PRE-EMPLOYMENT PROGRAM 10:00 – 2:00 PM	22 FOOD BANK 1:30 – 4:00 PM PRE-EMPLOYMENT PROGRAM 10:00 – 2:00 PM	23	24
25	26	27	28	29	30	31 HALLOWEEN



NEW DATE! BEAVER TRAP TRAINING

When: Oct. 2 & 3 (Friday/Saturday)
9:00 a.m. to 4:00 p.m.


Location: Whispering Willows Campsite

By: Natural Resource Department

- A maximum of 10 participants (due to COVID-19)
- Lunch will be provided (separate/individual lunches)
- It is a free training to learn how to beaver trap
- If you need transportation, call the NR department

For more information or to reserve a spot, call Mike Stinson or Edna Boston at 250-989-2323
The date was moved to avoid a scheduling conflict with the hunting camp


Hello,
My name is Bill McGinnis, I am a Registered Clinical Counsellor. I was born and raised in Williams Lake. I have over 10 years experience working with the Cariboo Friendship Society as the Aboriginal Wellness Coordinator and as well as the Aboriginal Wellness Clinician. I have a passion for assisting within my community and the surrounding areas.



THREE CORNERS HEALTH SERVICES SOCIETY

EVERY TUESDAY
10:00AM-12:00PM
SODA CREEK HEALTH STATION

TO MAKE AN APPOINTMENT CALL HEALTH AT 250.989.2355



Community Hunting Camp

September 25-27, 2020
Gavin Lake Forest Education Centre



Join us for a three day hunting camp. All food is provided. Cabins are available and bring your own bedding. All you need to bring is clothing, and personal hygiene items. Registrar today! Call Health Station at 250-989-2355.

Sign up by Monday, September 21st, 2020 by 4pm.

* Archery * Canoeing * Fishing * Hiking * Outdoor Sauna *

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



AA Meetings in Williams Lake have started up again

Here is an updated schedule:

Sundays: 7:30 PM, Community Church, 35 Oliver Street, enter from back of building

Tuesdays: 11:00 AM, Community Church, 35 Oliver Street, enter from back of building

Wednesdays: 7:00 PM, ZOOM meeting, Big Book, Meeting ID = 803580318, Password = 814149

Fridays: 12:00 PM, Jubilee Place, old hotel by the Coast Hotel, at bottom of the parking lot (where restaurant used to be)

Saturdays: 9:00 AM, CJ's restaurant, only 10 to 12 people, so call ahead of time

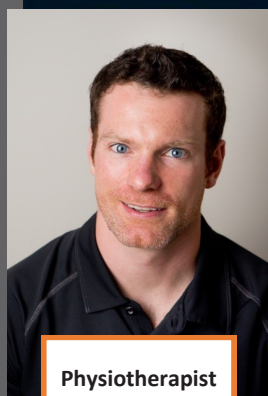


PHYSIOTHERAPY SERVICES

Are you suffering from...



...Physiotherapy can help you.



Physiotherapist
Tyler Judd



September 2020

Canoe Creek—September 9 & 30—9:00 am—12:00pm

Dog Creek—September 9 & 30—1:00 pm—4:00 pm

Soda Creek— September 16—8:45am—12:00pm

Sugar Cane—September 16 — 1:00pm—4:15pm

October 2020

Canoe Creek— October 21— 9:00 am—12:00pm

Dog Creek— October 21 — 1:00 pm—4:00 pm

Soda Creek—October 7 & 28—8:45am—12:00pm

Sugar Cane—October 7 & 28—1:00pm—4:15pm

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



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION



Strawberry Pie

This dish is like summer in pie form. Be sure to use fresh picked strawberries from your farmer's market or local orchard.

Prep: 1 hour

Rise: 2 hours

Cook: 25 min

Total: 3 hour 25 min

Serves 8

Pie Crust

Preheat oven to 350°F.

1 ⅓ cups all-purpose flour

1 teaspoon salt

½ cup vegetable shortening

In a large bowl, blend flour, salt, and shortening using two dull butter knives or a pastry blender until the shortening is the size of peas.

6 tablespoons ice cold water

Fill a wide-mouthed glass with ice. Add water to the top. Measure or pour the ice cold water into the flour mixture. Using a spatula or your hands, mix the water into the flour to form a large ball of dough. You may need to add an extra tablespoon of water if you have excess flour. If you added too much water, add additional flour until the dough is well formed but not too sticky. Handle

and mix the dough as little as possible.

Form dough into a disc and wrap in wax paper. Put wrapped dough in the freezer for 10 minutes or the refrigerator for 30 minutes.

Roll out onto a lightly floured surface and place in a deep dish pie plate. Place a second pie plate on top of the pie crust to weight it down.

Bake at 350°F until edges are golden brown, about 20 to 25 minutes. Remove from oven and let cool for at least 10 minutes before adding filling.

Filling

3 pounds fresh strawberries

Wash and hull strawberries with a grapefruit spoon, par knife, or your hands. Place any overripe, smashed, or second tier berries in a measuring cup

until you have 1 ½ cups. Reserve remaining strawberries.

Place 1 ½ cup of second tier berries in a food processor and process until smooth.

¾ cup sugar

2 tablespoons cornstarch

½ tablespoon low- or no-sugar pectin (Sure-Jell or Ball brand) (6g)

A generous pinch of salt

In a small saucepan, combine pureed strawberries, sugar, cornstarch, pectin, and salt. Whisk until combined.

Heat over medium-high heat, stirring constantly with a rubber spatula. Heat until a boil and then cook for 2 minutes at a boil. The mixture will bubble up and then thicken and darken, ensuring that the pectin and cornstarch are fully dissolved.

reserved strawberries

Transfer strawberry syrup

to a large bowl and add reserved strawberries. Gentle mix until well coated.

Assembly

Pour strawberry filling into baked pie shell. If you wish, you can turn over the strawberries on the top layer so that no cut sides are showing, but honestly, it tastes the same no matter how you arrange the strawberries.

Chill in the fridge for 2 to 5 hours. After 5 hours, the syrup may become a bit watery or runny, but the pie will still taste great.

Whipped Cream

1 cup cold heavy cream

1 tablespoon sugar

Just prior to serving, beat cream and sugar on high with an electric hand mixer until thick and fluffy, about 3 minutes. Serve as desired.

From MakeBetterFood.com. Jun 23, 2020. (<http://makebetterfood.com/recipes/strawberry-pie/>). Adapted from Cook's Illustrated.



Pumpkin Butter

One of my favorite ways to start a crisp, fall morning is with a piece of toast smothered in pumpkin butter. It's basically an excuse to have pumpkin pie for breakfast without the guilt of actually having pie for breakfast.

Prep: 5-10 min

29 ounces canned pumpkin puree, about 3 ½ cups
1 ⅓ cups brown sugar
¾ cup apple juice
1 ½ tablespoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon ground cloves

Cook: 20-30 min

1 teaspoon ground nutmeg
Combine pumpkin, brown sugar, apple juice, and spices in a large saucepan. Stir well.
Bring mixture to a boil. Reduce heat, and simmer for 20 to 30 minutes or until thickened. Stir

Total: 30-40 min

frequently. Adjust spices to taste.
¼ teaspoon lemon juice, or to taste
Stir in lemon juice, or more to taste.
Once cool, pumpkin butter can be kept in an airtight container in the fridge for up to two weeks.

Yields about 5 cups**Canning Instructions**

If you know how to can and preserve, then follow the usual steps.
Fill clean mason jars, leaving ¼ inch headspace. Remove air bubbles, wipe tops clean, and process for 10 minutes. Canned pumpkin butter keeps for up to a year.

From MakeBetterFood.com. Oct 10, 2011. (<http://makebetterfood.com/recipes/pumpkin-butter/>).



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 October 26th, 2020, for more information please contact Cheryl Chapman, Economic Development & Employment Coordinator or submit your resume and letter of interest by October 16th at 4pm, to:

Soda Creek Indian Band

Leasa Williamson, Executive Assistant

By email: execasst@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

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

Phone: (250) 989-2323 Fax: (250) 989-2300

Job Title: Recycling Champion – Part-time

Job Summary:

Indigenous Services Canada and the Soda Creek Indian Band are partnering to implement a Solid Waste Management System for the communities of Soda Creek and Deep Creek. The job of the Recycling Champion is to work closely with the community members and staff, to provide weekly recycling pick-up and monthly pick-up of household electronics, appliances, power tools and oversized items and deliver them to the Wildwood Transfer Station.

Training will be provided.

We are looking for someone that is:

- Passionate about environmental stewardship, recycling and community health and wellbeing;
- Able to work independently and as part of a dynamic team;
- Organized and creative, for auditing curb side and multifamily recyclable materials
- Able to greet the public in a friendly, professional manner, documenting and responding to public enquiries and concerns;
- Able to be involved in community engagement and awareness training, community events, videos, social media posts, and newsletter articles

Conditions of Employment:

- This is a part-time position, up to 17 hours per week, depending on scheduling
- Must be able to obtain and maintain a Criminal Records Check and a valid BC Driver's License
- Must be physically fit and willing to work outdoors
- Must be able lift and carry up to 50lbs or 22.68kg

Apply by October 16th at 4pm:

1. Please provide a cover letter with salary expectations and availability.
2. Resume with three work related job references.

Start Date:

October 26, 2020

Send your Application to:

Executive Assistant

Email: execasst@xatsull.com

Fax: 250-989-2300

Application Deadline: September 09, 2020 BY 4PM

***APPLICATIONS RECEIVED AFTER DEADLINE WILL NOT BE CONSIDERED**



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:

Leasa Williamson, 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



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: Leasa Williamson, Executive Assistant
Soda Creek Indian Band
3405 Mountain House Road
Williams Lake, BC V2G 5L5
P: (250) 989-2323 F: (250) 989-2300
execasst@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.



Soda Creek Indian Band

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

Phone: (250) 989-2323 Fax: (250) 989-2300

Job Title:

Housing Internship Initiative for First Nations and Inuit Youth (HIIFNIY 2020-2021)

Job Summary:

Canada Mortgage and Housing Corporation (CMHC) is pleased to administer the Housing Internship Initiative for First Nations and Inuit Youth. The object of this initiative is to provide housing-related work experience with on-the-job training through wage subsidies to Aboriginal youth between the ages of 16-30 years old.

Who can be an Intern?

- Aboriginal Youth
- Is between the ages of 16 to 30 years old.
- Youth under the age of 17 will only be considered if they have completed high school or are not legally required to be in school.
- Persons who are not in receipt of Employment Insurance benefits or agree to discontinue the benefits before the start of the Internship

Conditions of Employment:

- This is a full time position, 35 hours per week Monday-Friday 8:30am – 4:30pm
- Must be able to obtain and maintain a Criminal Records Check and a valid BC Driver's License
- A valid BC Driver's License and own transportation (not necessarily needed)

How to Apply:

1. Please provide a cover letter with salary expectations and availability.
2. Resume with Three work related job references.

Start Date:

Estimated start date of October 26, 2020

Send your Application to:

Executive Assistant

Email: execasst@xatsull.com

Fax: 250-989-2300

Application Deadline: October 16, 2020 BY 4PM

***APPLICATIONS RECEIVED AFTER DEADLINE WILL NOT BE CONSIDERED**

CULTURAL ACTIVITIES WORKER Employment Opportunity



Title **Cultural Activities Worker**

Reports to **Health Manager**

Job Summary

The Community/Cultural Activities Worker manages programs for Youth, Elders, and community members; develops budgets, plans, and manages volunteer and support staff and prepares proposals and solicits grants as they become available.

DUTIES AND RESPONSIBILITIES

Recreation Program:

1. Develops an operational plan which incorporates goals and objectives for programs and services.
2. Plans and coordinates events for the community involving cultural components
3. Involve community members in the planning of activities, fundraising and events. Encourages members to volunteer their special skills in order to enhance activity participation.
4. Conducts needs assessment with the community to identify gaps and provide targeted services to the community's needs
5. Prepares and submits regular activity reports to appropriate agencies
6. Develops a communication strategy for public awareness of programs and events.
7. Participates in various community support, council and committee meetings as required/directed.
8. Establishes and maintains budget

Human Resources and Administration:

1. Oversees and supervises all volunteer staff.
2. Writes proposals
3. Other duties as assigned or required

The duties listed are provided as examples of area of responsibility and are not intended to create limits to responsibility but to help understand the scope of the position. All staff are expected to be team oriented and maintain confidentiality of all information gained while working with the organization.

QUALIFICATIONS

Education:

- Grade 12 or equivalent
- Diploma in Recreation or a related field preferred

Skills and Abilities:

- Proficiency in the use of computer programs
- Ability to work independently and build effective interpersonal relationships

Experience:

- Experience in event planning
- Experience supervising and managing volunteers as well as developing and managing budgets

Working Conditions

- Travel to other locations maybe required
- Non-standard hours of work which include evening's and weekends

Conditions of Employment

- Part time employment, 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 Licence
- Be willing to obtain and maintain a Valid Class 4 Driver Licence
- 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

General Category:

- Operates as part of a team and is flexible about the boundaries and functions of the job
- Maintains open and professional communications with co-workers, leadership and all others who do business with Soda Creek Indian Band
- Maintains confidentiality of all information seen, heard or obtained by virtue of employment
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Please include:

- Cover letter
- Salary Expectations
- Application form found at xatsull.com

Email your application to:

Email: execasst@xatsull.com

Mail your application to:

Fax to: 250-989-2300

Attention: Leasa Williamson, Executive Assistant

Soda Creek Indian Band

3405 Mountain House Road

Williams Lake, BC V2G 5L5

Application Deadline: Open until filled

Applications will be accepted by email, hand delivery, fax, or by mail.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

Xat'sull/Likely Community Forest

Seeking One (1) Board of Director Seat

Contact: Leasa Williamson

Email: execasst@xatsull.com

Phone: (250)989-2323



Xat'sull 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'sull;
- 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'sull Chief and Council.