



Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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FLOOD MONITORING NEAR SONNY LANE

Following flooding in recent years, Xatsúll is doing flood monitoring near the intersection of Sonny Lane and Mountain House Road.

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Pelltsekúlecwten (root digging month) – April



Aerial monitoring of Cmetēm watershed

Xatsūll is assisting Urban Systems, who've been hired for flood monitoring in the Cmetēm (Deep Creek) community near the

intersection of Sonny Lane and Mountain House Road, by providing aerial footage of the area.

Of primary concern are

Mountain House Road itself as well as two of the homes along Sonny Lane.

Drone flights are scheduled to take

place every Monday, Wednesday and Friday until the end of freshet season (excluding any statutory holidays during that time).



Sawmill program continues progress



Kitchen program runs Tuesdays and Thursdays



Sally Sellars, Lands Coordinator

Early October 2020, while working on Specific Claims and Historical Water License Permits, it was brought up that there was a need to renew the Chiefs' pictures in the Main Office Boardroom. I was already doing historical research, so I began taking notes of when leaders of past were mentioned and or had signatures in historical documents. The earliest found was 1869 to 1932. Discussions started to happen, and a INAC document gave information from 1959 to 1977. Historical documents from the Water License Permits which feed down into Deep Creek IR#2 were also received. This helped a lot. The last bit of information came from original Band Council Resolutions. So, 30 different spreadsheets were built for all the years from 1869 to 2021. Next, this information was combined into one spreadsheet and compared until accuracy was reasonably certain. The work was then passed



PAST CHIEFS		PAST COUNCIL			
Pa-ha-Kan	1869				
Com-mo-saltz	1881				
Sub-Chief Charlie Charlie	1914				
Antoine Peeps	1916				
Joe Michel	1932				
Alfred (Albert) James Sellars	1959	Percy Sellars	Herman James Sellars		
	1960				
	1961				Johnny Pop
	1962				
Herman James Sellars	1963	Percy Sellars		Clarence Michel	
	1964				
	1965		Adele Sellars		
	1966				
	1967				
	1968				
Thomas Morris Sellars	1969	William Gilbert Sellars			Bernice (Michel) Sellars
	1970				Lloyd Thomas Sellars
	1971				
	1972				
	1973				
Herman James Sellars	1974				
Thomas Morris Sellars	1975		Herman James Sellars	Bev Sellars	
Herman James Sellars	1976				
	1977		Adele Sellars		
	1978				
Doreen Sellars	1979				
	1980				
	1981				David Pop
	1982				
	1983				
	1984	Gilbert Dean Sellars		Bev Sellars	Thomas Morris Sellars
	1985		Teena Sellars		
	1986	William Gilbert Sellars			
	1987			Bev Sellars	David Pop
Bev Sellars	1988				
	1989		Williams Sandy	Lenny Sellars	
	1990				
	1991		Herman James Sellars		
	1992				
Lenny Sellars	1993	Ralph Phillips			Gary Sellars
	1994		Herman James Sellars	Richard Pop	Thomas Morris Sellars
Dorothy Phillips	1995				
	1996				
	1997				
Bernice Saunders and Dorothy Phillips back and forth	1998	Gilbert Dean Sellars	Bernice Saunders		David Pop
	1999		Reginald Michel		
Dorothy Phillips	2000			Bev Sellars	
	2001	Cheryl Chapman			
	2002			Elaine Mitchell	
	2003				
	2004		Teena Sellars		
	2005				
Lenny Sellars	2006				
	2007	Gilbert Dean Sellars	Thomas Phillips	Donna Dixon	
Bev Sellars	2008				Marjorie Sellars
	2009			Wilfred Phillips	
	2010				
	2011	Carmen Sellars		Donna Dixon	
	2012				
	2013	Marnie Sellars			
Donna Dixon	2014				
	2015		Sheri Sellars	Bev Sellars	Gary Sellars
Andrea Gilbert and Acting Chief Sheri Sellars	2016			Kelly Sellars	
	2017				
	2018				
	2019		Crystal Rain Harry		Mike Stinson
	2020			Patrick Sellars	
	2021				

off to Max Winkelman, Communications Coordinator, and he completed the chart which is submitted. A big thank

you to everyone who helped with this project for all of us to realize the Leaders, Chiefs, and Councilors we have past

and present. One more step to go is to add some pictures to this chart and to put on display for all to enjoy.



Jennifer Stinson, Social Development Coordinator

Development clients have any changes going on, please let me know either by a phone call at (250) 989-2323 Ext. 102, or email socdev@xatsull.com

The food bank is still going strong. It is every other Thursday, from 1:30 p.m. to 4 p.m. only. Please bring your own bags or boxes to carry your items in. The Food Bank is OPEN to ALL Community members. It's not possible to list everything, but the Food Bank does have a lot to choose from such as:

- Frozen chicken 5kgs
 - Sugar
 - Frozen ground hamburger meat 1lb
 - Variety of Spices
 - Variety of snacks for kid's lunches
 - Juice
 - Rice
 - Pancake mix & Syrup
 - Flour
 - Oatmeal
 - Variety of Cake Mixes & Icing
 - Cleaning household items
 - Shampoo
 - Tin Foil
 - Garbage bags
 - Tissue
 - Coffee & Coffee mate
 - Popcorn
 - Variety of jams & Peanut Butter
 - Variety of Soups
- There are a lot more things, and as previously stated, there are more items, so please do come out every other Thursday and check it out. All you have to do is come to the front desk and ask for Jennifer. We'll just go around to the back of the Band office, to the Storage Unit, which is where the Food Bank is.

Hi everyone,
It's hard to believe Spring is here!!! Luckily, winter is over with no more winter driving or cold.

Well, just a few things this month: There's still no interview week, with the COVID-19 still going on, but if any of the Social



Edna Boston, Natural Resource Manager

department is working on right now:

1. Gibraltar Mine Participation Agreement
Gibraltar Trigger Response
2. Mount Polley Meeting with Gabriel Holmes regarding the Habitat Restoration Agreement
3. Karus Mining Is located adjacent to Spanish Mountain Gold Continuous meetings regarding work in the area for this year

- and ensuring we have Archeology Technicians/ Environmental monitors out there
4. Spanish Mountain Gold Working with Doug Ramsay, CAO of Spanish Mountain Gold to discuss potential jobs/contracts.
5. Lemon Lake Is located at Horse lake, this mine was known as Evrim, we have reached out to set up a virtual meeting.

6. Barkerville Gold We have set up a meeting that we hold bi-weekly to discuss the Environmental process that is going on.
7. Committees Our staff sits on numerous committees, ie: Fisheries, DFO, Mount Polley IC, Gibraltar IC Stay safe and healthy and we are looking forward to when we can have meetings.
Kukstemic

Weykt
Hopefully everyone is staying safe and healthy.

The Natural Resource Department has been busy, with most staff working from home.

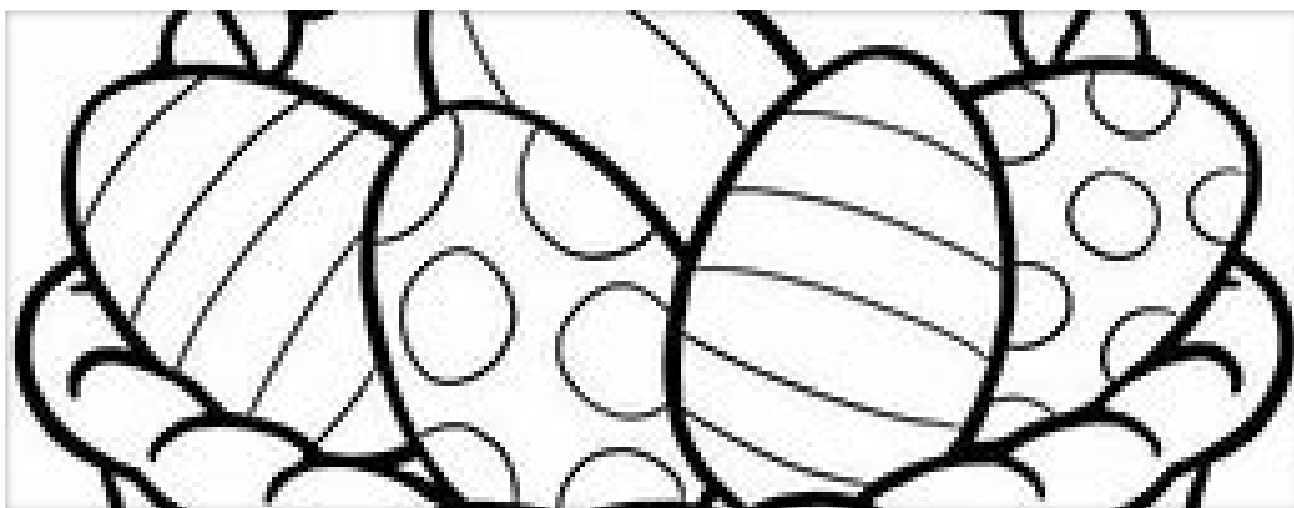
It's been extremely busy with online meetings.

These are the files the

April

2021

SOCIAL DEVELOPMENT DEPARTMENT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 FOOD BANK 1:30-4:00 PM	2 GOOD FRIDAY OFFICE CLOSED	3
4 EASTER	5 EASTER MONDAY OFFICE	6	7 MID- MONTH	8	9	10
11	12	13	14	15 FOOD BANK 1:30-4:00 PM	16	17
18	19	20	21 SA DAY	22	23	24
25	26	27	28	29 FOOD BANK 1:30-4:00 PM	30	



KITCHEN OPEN



The Kitchen Program has reopened with COVID-19 precautions in place!

Meals are available Tuesdays and Thursdays and can be picked up curbside (at the entry to the gym) between 12 and 2:30 p.m. Elders can have their meals delivered. Please call 250-267-5818 and note how many.

HELP WANTED

We're looking for a kitchen helper/cook. The position is 21 hours per week. Call Edna Boston at 250-267-7185 or email nrmanager@xatsull.com with your resume.

Integrative Healing Sessions

Heal the Body, Mind + Spirit together.

Creating wellness and healing trauma can be empowering and exciting process, but only if we include practices that attend to all the parts of our experience. Otherwise, we can work ourselves for years and years and just feel like we're spinning in circles.

Integrative Therapy is the practice of bringing these parts of our being back together, understanding how the body and environment influence the mind and spirit (and vice versa) and employing powerful practices that shift us out of old, damaging patterns. This isn't 'quick fix' medicine, but a process that can dramatically change a person's emotional + physical health over time.

Integrative Therapy reconnects a person with their innate capacity to heal and know themselves.

SESSIONS MAY INCLUDE:

Holistic Nutrition + Supplementation Guidance
 Body-Based Trauma Release Breathwork + Yoga Meditation
 Guided Visualization Massage + Energy Work

FRIDAYS 8:30AM - 3:30PM

In person appointments now available
 Call Health, 250.989.2355 to book



ABOUT CIEL GROVE. MA

Ciel is a Crisis Counselor, Holistic Nutrition Consultant, Herbalist, Yoga Teacher, Certified Wellness Coach, Initiated Shamanic Practitioner, Doula, and a few other things. She holds a Masters Degree in Integrative Healing, and works with both groups and individuals around the world.

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**

~In person appointments available~

To make an appointment call
Health at 250.989.2355



Covid-19 Prevention Supplies

Available:

- ◇ Disposable masks
- ◇ Germasolve cleaner
- ◇ Hand sanitizer

Call Health at 250-989-2355, let Health Staff what you need and they can meet you at the door of Health Station.



Soda Creek Health, 3405 Mountain House Road, Williams Lake, BC V2G-5L4
P: 250-989-2355 F: 250-989-2301 www.xatsull.com



First Nations Health Authority
Health through wellness

COVID-19 Vaccination Clinic Update

PROVINCIAL CLINICS

- 1) Register for appointments:
From March 20 at noon - Indigenous* people age 55+
From April 6 - Indigenous people age 18+
- 2) Locations will be confirmed when booked. Some will be for Indigenous clients only
- 3) Clinics will continue as needed. By June, everyone who wants a vaccine will have had their first dose
- 4) All Indigenous people in BC who meet the age eligibility
- 5) Organized by regional health authorities with planning support from FNHA regional teams.

* First Nations, Metis, Inuit. Self-identification, no proof required.

FNHA COMMUNITY-BASED CLINICS

- 1) Ongoing (started Dec. 31, 2020)
- 2) First Nations Communities and Health Centres will notify community members. Some may require appointments
Everyone living in community age 18+
- 3) Held in community facilities (e.g., on reserve)
- 4) All first-dose clinics will be held or scheduled by March 31
- 5) Intended for First Nations people living in community (i.e., on reserve). Nation members should not travel to attend these clinics, however some are open to members who live off reserve but nearby.
- 6) Organized by the FNHA in partnership with First Nations communities



PROVINCIAL VACCINE REGISTRATION CONTACT INFORMATION BY HEALTH AUTHORITY

Fraser Health Authority

1-855-755-2455 | www.fraserhealth.ca/vaccine

Interior Health Authority

1-877-740-7747 | www.interiorhealth.ca

Northern Health Authority

1-844-255-7555 | www.northernhealth.ca

Vancouver Coastal Health Authority

1-877-587-5767 | www.vch.ca

Vancouver Island Health Authority

1-833-348-4787 | www.islandhealth.ca/covid19vaccine

The centres will be open from 7 a.m. to 7 p.m. every day, with reduced hours on statutory holidays.

The regional call centres will shut down April 18, to be replaced by a single provincial call centre. An online booking system will open April 6.

NEW INFORMATION ON SECOND DOSE TIMING

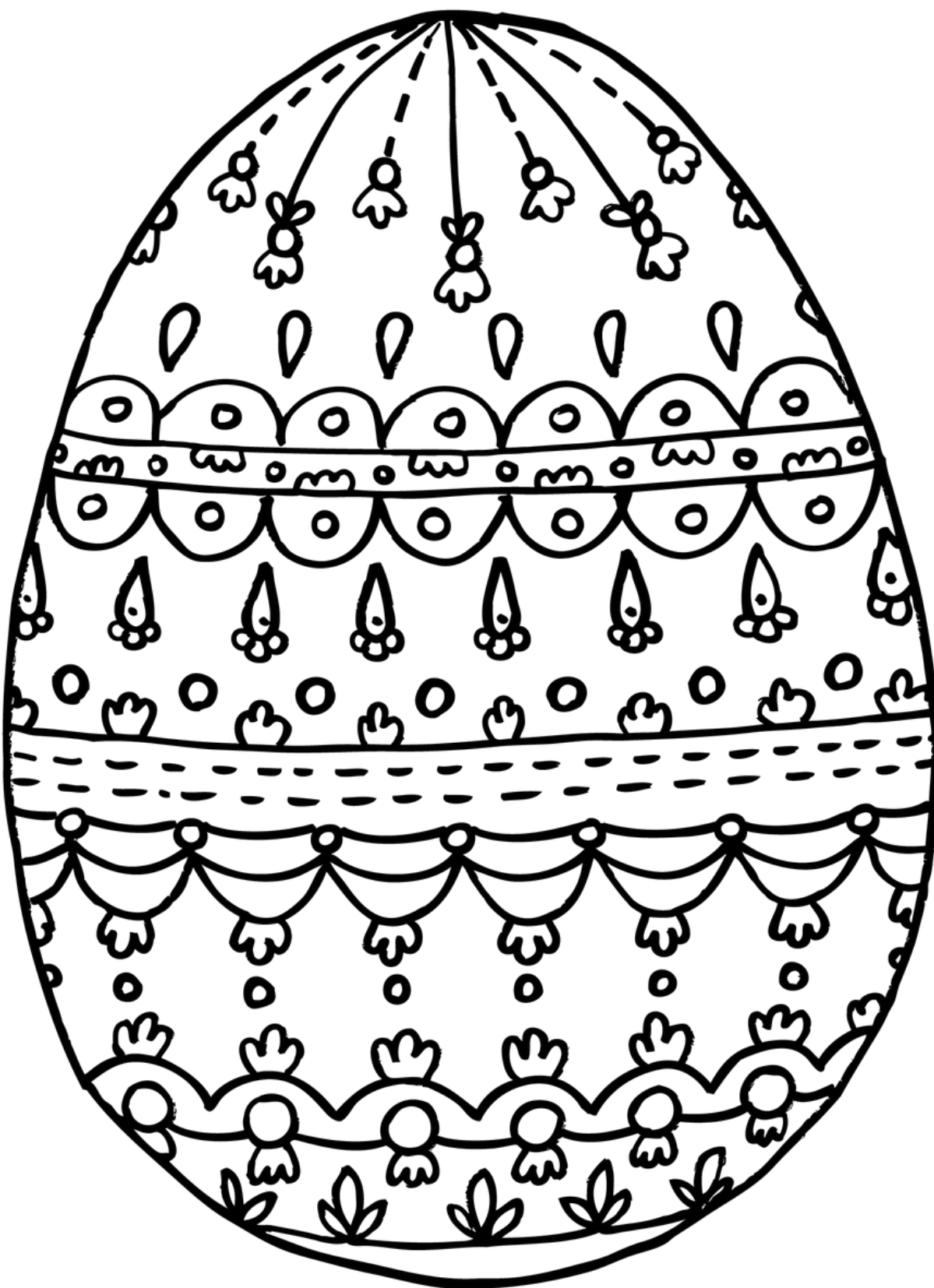
Under the Phase 2 COVID-19 vaccination plan announced March 1, second doses – also called booster shots – will be extended until 16 weeks after the first. This decision is based on research in BC and elsewhere that shows the Pfizer and Moderna vaccines give a very high level of protection after the first dose – about 90 per cent effectiveness three weeks after vaccination. The research also shows that recipients can safely wait for a booster shot without losing benefit.

FOR MORE INFORMATION ABOUT COVID-19 VACCINES

See [What You Need to Know About COVID-19 Vaccines](http://www.FNHA.ca/coronavirus) on the FNHA website:
www.FNHA.ca/coronavirus

or

[The BC Centre for Disease Control:](http://www.bccdc.ca)
www.bccdc.ca



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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Chicken fried rice

This recipe helps you make use of leftover bits of food and is a perfect dish to make when you're cleaning out the fridge. Add your favourite vegetable and serve with a drizzle of chili oil.



Kid-friendly



Freezer-friendly



30 minutes or less



PREP TIME
20 min



COOK TIME
10 min



SERVINGS
6

Ingredients

- 30 mL (2 tbsp) vegetable oil, divided
- 2 eggs, lightly beaten
- 375 mL (1½ cups) chopped (into ½-inch pieces) cooked chicken breast
- 4 garlic cloves, minced
- 20 mL (1½ tbsp) minced fresh ginger
- 1 onion, finely diced
- 3 pieces baby bok choy, root trimmed and leaves finely chopped
- 1 L (4 cups) cooked brown rice, chilled or at room temperature
- 40 mL (2½ tbsp) sodium-reduced soy sauce
- 5 mL (1 tsp) sesame oil
- 4 scallions, thinly sliced

Directions

1. In a large wok or high-sided sauté pan, heat 15 mL (1 tbsp) of vegetable oil over medium-high heat. Pour eggs into the wok and scramble for about 1 minute or until just cooked through. Transfer to a plate and set aside.
2. Add the chicken to the wok and heat for about 4 minutes, stirring occasionally. Transfer the chicken to the plate with the eggs.
3. Heat the remaining 15 mL (1 tbsp) of oil in the wok. Add the garlic and ginger and cook for 1 minute over high heat. Add the onion and bok choy and sauté for about 3 minutes or until golden. Add the rice, soy sauce, and sesame oil. Mix well to break up rice and spread seasoning around.
4. Add cooked eggs, chicken and 30 mL (2 tbsp) of the scallions. Stir-fry for about 2 minutes or until the rice is hot.
5. Transfer to a serving bowl and sprinkle with the remaining scallions.

Tips

- ✓ If you don't have sesame oil, try using canola or peanut oil.
- ✓ You can replace fresh vegetables with frozen ones (such as peas, carrots) or canned ones (such as baby corn, water chestnuts, heart of palms).
- ✓ Make a vegetarian version by replacing the chicken with tofu or edamame.
- ✓ Your little chefs can help you measure out ingredients. Chances are, because they've helped, they'll enjoy eating it too!

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Fruit kebabs with maple cinnamon yogurt dip

There's nothing like fruit kebabs to amp up the fun factor. Wow everyone's tastebuds by whipping up a creamy yogurt dip spiked with maple syrup.



Vegetarian



30 mins or less



Kid-friendly



No-cook



PREP TIME
5 min



COOK TIME
0 min



SERVINGS
8 kebabs

Ingredients

Kebabs:

- 8 strawberries, halved
- 2 peaches or nectarines or 3 plums, sliced into 8 wedges each
- 2 bananas, peeled and each cut into 8 pieces

Yogurt dip:

- 250 mL (1 cup) 0% fat plain Greek yogurt
- 15 mL (1 tbsp) pure maple syrup
- 2 mL (1/2 tsp) ground cinnamon

Directions

1. **Kebabs:** Pierce fruit onto small skewers, alternating fruit.
2. **Yogurt dip:** In a bowl, whisk together yogurt, maple syrup and cinnamon. Serve with fruit kebabs.

Tips

- ✓ This is one snack that **little chefs** will love making and eating.
- ✓ Make the dip **a day ahead** and refrigerate until ready to use.
- ✓ Unleash your inner chef and experiment with **endless fruit combinations**.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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Canada



JOB OPENING

RECEPTIONIST

**Job Summary**

The Receptionist effectively carries out reception and general administrative tasks providing excellent customer service as the initial greeting and welcome to visitors/callers. The Receptionist uses a cordial and friendly approach and promptly addresses customer needs in a professional manner, and works to build effective relationships within the organization, associated agencies, government, and the general public.

Duties and ResponsibilitiesReception:

1. Answers incoming telephone calls and addresses visitors, directing inquiries, providing information, screening calls, and taking messages as required
2. Copies and distributes incoming mail and faxes after date stamping and logging into the computer; organizes outgoing couriers
3. Daily staff attendance
4. Ensures the general tidiness of the main entrance/reception/staff lunchroom area

General Office Services:

1. Performs general administrative duties including maintaining bulletin boards, faxing, photocopying, data entry, and word processing of correspondence and other documents
2. Provides assistance to team members/management for special projects, including conducting research, coordinating reports and documentation
3. Maintains office telephone extension directory and updates this periodically, providing updates to employees and management as required
4. Prepares mail with appropriate postage, delivering outgoing mail and collecting new mail daily
5. Arranges for servicing of office equipment and orders office/coffee supplies
6. Organizes and maintains copy room with supplies and forms required and ensures it is tidy
7. Provides basic technical computer support to office members
8. Performs all closing procedures required at the end of the day
9. Other related duties as assigned by the Band Administrator & Executive Assistant

Accounting/Finance Support:

1. Fills in and reviews all administrative purchase orders to ensure they are correct
2. Ensures proper purchase order authority is obtained before retaining a copy and forwarding the original orders to Accounting for cheque payment processing and account posting
3. Forwards invoices and completed cheque requisitions to Accounting; investigates and resolves invoices received with no corresponding purchase order
4. Issues receipts for funds received
5. Maintains and annually updates inventory list of identified office assets
6. 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.

JOB OPENING

Qualifications

Education:

- Graduation from High School Grade 12 or equivalency

Competencies:

The Receptionist should demonstrate competence in all of the following:

- Quality – sets and attains quality standards that meet or exceed requirements
- Planning & Organizing – plans and organizes time effectively to meet goals and timetables visualizing needs for the future
- Accountability – holds self accountable for achieving goals and personal development; delivers on commitments
- Communicating information – creates an environment where open, honest communication is valued and develops strong, cooperative relationships

Skills and Abilities:

- Accurate typing speed of 40 words per minute
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program)
- Must have strong administrative, organizational and communication skills
- Ability to deal tactfully and effectively with clients, customers, suppliers, and co-workers
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Experience:

- Six months to one year administrative, clerical or coordination experience

Working Conditions:

- Office environment: most services are provided immediately; the employee must be aware of the sensitivity, confidentiality and urgency of requests while balancing other work commitments
- Receives moderate supervision with less frequent direction and review of the work performed

Conditions of Employment:

- Must be able to obtain and maintain a Criminal Record Check

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

Applications accepted until 4p.m., April 16

Applications will be accepted by email, hand delivery, fax, or by post. Please provide a cover letter, resume 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.