



# Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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## MEMBERS ATTEND ASSEMBLY

The Citizens Assembly was held remotely this year

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**Pelltitégem (cross-over month; first real cold) – December**



## Xat'sūll Members watch Citizens Assembly online and from live sites around the province

Xat'sūll members both from within the community and those living away from the community spent time watching the Citizens Assembly on Friday, Nov. 6. The proceedings were live-streamed from the Northern Shuswap Tribal Council offices.

The assembly included opening comments from the four NSTQ chiefs, among others, presentations on child & family

services, self-government, a (new) NSTC Administration Building, the future of Secwepemcstín and Secwepemcstín place names as well as a Treaty update and plenty of prize draws.

"The turnout for our online audience was amazing, yes we had a few technical glitches, but with a strong communications team, we were able to get things sorted

quickly. Speaking with a few members from the communities, the live sites were greatly appreciated and well attended by the ones who felt comfortable to do so in this time of the pandemic we are faced with," says NSTC Communications Coordinator Heather Camille.

In addition to the presentations, there were Elder and Youth Panels with Ralph Phillips and

Trey Stinson representing Xat'sūll on the respective panels.

"We'd like to thank all our members who attended in the gym or watched the Assembly online, the panel members and all the staff who helped make it possible," says Communications Coordinator Max Winkelman who organized the gym for members to watch the proceedings in.





**Youth panel member Trey Stinson (left) and Elder panel member Ralph Phillips.**







## **Halloween a hit at community gym**

Halloween was a big hit this year at the Soda Creek gym even though attendance was limited due to COVID-19 restrictions.

“It went awesome. I want to thank everybody for coming out,” says organizer Janae Beaulieu.

Unfortunately, a lot of people missed out due to

COVID-19 protocols and it’s always one of the most well-attended events of the year, says Beaulieu.

The night consisted of a pizza dinner, some games for the youth, a costume contest and fireworks, she says.

“Everybody left with a prize or a goodie bag

if they didn’t win in the costume contest.”

The costumes that stood out most were Carole Baskin and Joe Exotic, she says.

“The fireworks were awesome. We just want to thank all the departments and Three Corners for their donations and chip-

ping in. We were able to get a little bit more fireworks than we usually do and they were awesome. Probably almost better than Williams Lake,” she says with a laugh.

She thanks everyone for coming out as well as the RCMP for helping light the fireworks.

















## Health services enjoyed by community

Staff and community members enjoyed appointments with three health specialists from October 21 to 23.

“It was very well attended by the community and staff. Everyone wants to have them all back again and we’re bringing back the massage therapist. A lot of people got some good healing out of it,”

says Health Manager Rae-Lyn Betts.

Services included acupuncture, cultural healing and herbs by Dr. Joe Turner, white feather readings by Pam English and bodywork and massage by Kim Littlewood.

It was nice to have a bit of an event or mini-wellness fair, says Betts. Normally, there’d be a

big one with 10 or 15 different practitioners but that’s not possible with the current COVID-19 restrictions.

“We were fully booked and even had waitlists on most of the practitioners that we brought in.”

Community members wanted to bring Turner and English back in following a visit in March,

which is what prompted the services, says Betts. They’ve been following strict COVID-19 protocols which is what made it possible to have them back, she adds. Littlewood had already been travelling and working with them.

“A lot of people did get different kinds of healing done with them.”





## Treaty team presents to WLSS students

Treaty Manager Gordon Keener and Communications Coordinator Max Winkelman went to Williams Lake Secondary School for an informative presentation on Treaty to Grade 12 Law Students.

“I think the presentation at the high school went

very well. I believe the students were very receptive and had a lot of good questions,” says Keener.

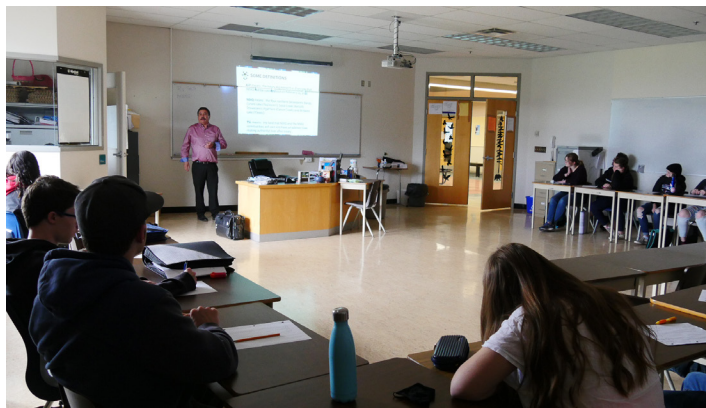
Generally speaking, we should be doing more of these presentations or lectures to the high schools and other places such as Thompson Rivers University

or local government so people understand what is in Treaty, he says. The youth were quite amazed at what self-government, Title and Rights and Treaty curtails, according to Keener.

It’s important to do these types of presentations to dispel some of

the myths that are out there, for example on taxation, and to keep people informed, says Keener.

“I think that was a very well spent afternoon and hopefully they’ve gained some knowledge about Treaty and Title and Rights.”







## Marjorie Sellars-Cady has been working in finance for Soda Creek Band for 32 years

Years ago, Marjorie Sellars-Cady had an opportunity to own her own hair salon after becoming a hairdresser. In order to learn about the business side of things, she went to school for accounting.

When she finished her schooling, she was put in the finance office to get

some training and has been there ever since.

She still does some hairdressing on the side though.

“I have my own mobile hair business that I do. It’s mainly family and friends now. It’s too much for me now to do more than that,” she

says.

At the Band, she does accounts payable and payroll.

“I like it. It is a little bit challenging; a lot of timeline and deadlines.”

Sellars-Cady is also a Band Member.

“I fit into every category here. Right from being

a Band Member to being an Employee to being an Elder to being a past Council Member. I fit into all the categories.”

She has three grown children, who have children of their own and she even has four great grandchildren.





## Maxine Sellars enjoys working with everyone from babies to Elders in the Health Department

Maxine Sellars has been working at the Band on and off since high school when she worked with as a Summer Youth Worker.

“I’ve been the Educations Assistant. I’ve been the Social Development Coordinator and in the Treaty department but more recently, I think it was in 2014, I took over the Health Administrative Assistant position while that person was on

maternity leave. Then I went on maternity leave for about a year and then they needed someone again. So I started again in 2015 and I’ve been here since.”

Sellars really enjoys her job working with everyone from babies to Elders. She fills in wherever she’s needed with-in different programs. Sometimes that means helping to cook while at other times it means

making a poster.

Sellars says she was well-prepared for the role between her past administrative roles as well as having taken some minute taking courses and is currently taking Excel training for injury surveillance.

“A huge part of me working here was when they actually had started the daycare. I needed daycare for my son at the time. He was about

one year old. They had a worker here who created the daycare and my son was basically the first who went on a consistent basis and went right until it wasn’t happening anymore.”

That was really nice because with her working up at health she could pop down whenever he needed her.

She says she looks forward to continuing to work at Xat’süll.





## Marnie Haines-Howell returns to Xatsūll in the role of education support assistant

Marnie Haines-Howell has taken on the role of Education Support Assistant at Xatsūll. In the role, she'll be supporting student Band Members, fulfilling any required administrative roles and keeping the office going.

She has a Bachelor's

degree in education and has been teaching for 16 years, 13 of which she spent in the Yukon. She's also taught in Williams Lake, Alberta and Little Chiefs Primary School.

Haines-Howell says she decided to "come back to the community and have a way to help them in

some sense; give back to my community because I was away for years."

She moved back to the area in 2016 and when the opportunity came up it seemed like a good fit for her education and experience working in education and administrative roles.

"So it was a good combination."

She says she's a little nervous but excited as well.

"It feels natural coming back to my community, so coming home but yeah still nervous about being able to meet the needs properly I guess."





## Dennis Elliott, Capital Infrastructure Manager

Hello,  
We've had divers working at Rose Lake Dam

There is a lower level outlet that we use to release water but the beavers had plugged it off; one of the photos shows the diver cleaning the beaver cage out. Another one of the photos shows the diver inside the cavity in the

dam structure, he was using a garbage can to put the debris in at the bottom of the dam. This debris was holding the isolation valves open so we could not shut them off. The other photo shows a shaft that has a camera on the end; the divers viewed the conditions of the valves and beaver cage via the camera first before they went into the water, this enabled them to make a plan before going in. The cleaning process took two days to complete and now we are able to release water from the dam as needed. The

divers are from Kelowna and their company name is "Aqua Billy." The work crew for the job

included myself, Big Country Pumps and Excavating, Ecora, and Aqua Billy.







## Max Winkelman, Communications Coordinator

Hello everyone,  
I don't usually write a staff report as most of the time the majority of the things that have kept me busy are in the Fraser River Run anyways whether it's putting the Fraser River Run together, writing the news stories or making the posters.

This month, however, there are a couple of things I'd like to share.

We asked for your feedback on a few things and I'm happy to say we've heard back from a good number of you. Unfortunately, the November 12 Chief and Council meeting was cancelled but they should

be back on the agenda for the November 26 meeting.

First, we asked Members for feedback on a hypothetical cannabis store at the Emporium Site. Chief and Council had been approached by Indigenous Bloom in October for a proposed partnership on a cannabis store. Chief and Council decided to ask members for input.

The survey was available on our website as well as at our offices and notices were sent out via email, Facebook, our website and posted around our offices. Hopefully, everyone who wanted to have a say had an opportunity to do so. If you did not hear about this, please contact me and let me know how you would like to be contacted.

Results-wise, 57

members completed the survey with 51 respondents indicating their support for the development of a cannabis store and six being opposed.

Additionally, the Band is working on developing a gas station and convenience store, tobacco store, food outlet and cultural arts and crafts at the Emporium site.

Respondents were also asked to indicate if they would be interested in working at one of the proposed businesses. Not everyone completed that question but 29 respondents indicated they would be interested in one of the proposed businesses.

We also sent out a survey by the same means on renaming the community. This issue had come up in the past

and was voted on but on but no action was effected. Since some years had passed since the last vote, Chief and Council chose to ask for a new vote in case opinions have changed. Three options were provided:

- Soda Creek Band
- Xat'sūll First Nation
- Xat'sūll – Cmetēm First Nation

Results for the naming survey were a little bit less one-sided: 20 members voted for Soda Creek Band, 31 for Xat'sūll First Nation and 21 for Xat'sūll – Cmetēm First Nation.

Less than a handful of members suggested something other than the provided options.

Finally, we are working on a revamped website that'll hopefully launch sometime in the first months of 2021.





New signs went up in the community in November.



#### HOUSE DECORATING CONTEST



Decorate your house for a chance to win one of three prizes of gift cards for:

- 1ST PRIZE \$200
- 2ND PRIZE \$150
- 3RD PRIZE \$100



#### CONTEST RULES:

- ⇒ Participants must reside in Soda Creek/Deep Creek
- ⇒ Register by **Friday, December 18th, 2020**
- ⇒ Submit a ten second video or three photos of your decorated home to Maxine Sellars, at [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com) or Health's cell #250-267-5818

Winners will be announced on the Xats'ul - Cmet'em Facebook page on January 4th, 2021



# Social Development Calendar

## DECEMBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 MID MONTH	3 Food Bank 1:30 to 4 pm	4	5
			Pre-employment program 1:30 to 4 pm	Pre-employment program 1:30 to 4 pm		
6	7 Interview wk 1:30 to 4 pm	8 Interview wk 1:30 to 4 pm	9 Interview wk 1:30 to 4 pm	10 Interview wk 1:30 to 4 pm	11 Interview wk 1:30 to 4 pm	12
13	14	15	16 SA DAY	17 Food Bank 1:30 to 4 pm	18 Office closed for the afternoon	19
			Pre-employment program 1:30 to 4 pm	Pre-employment program 1:30 to 4 pm		
20	21 Office Closed	22 Office Closed	23 Office Closed	24 Office Closed	25 Office Closed	26
27	28 Office Closed	29 Office Closed	30 Office Closed	1 Office Closed	2 Office Closed	3





# ALL CANDIDATES FORUM

**LIVESTREAM  
ONLY**

In light of the upcoming by-election, there will be an All Candidates Forum from:

**6 to 8 PM on DECEMBER 1**

- Due to COVID-19 there will be no in-person attendance
- You'll be able to watch the livestream on our YouTube channel

Please submit any questions you'd like to ask the candidates to:  
[communications@xatsull.com](mailto:communications@xatsull.com) by  
**Friday November 27**

Questions may be consolidated or edited for clarity





# COMMUNITY MEMBERS: THE FOOD BANK IS NOW OPEN



**EVERY OTHER THURSDAY FROM:  
1:30 P.M. to 4:00 P.M.**

Any community members looking to use the Food Bank can go to the front desk and ask for Jennifer during the above times.

Members are required to bring their own bags or boxes to carry their items.

Remaining 2020 dates:

- November 5
- November 19
- December 3
- December 17

The Food Bank is closed during the Christmas holidays and will re-open on Thursday, January 7



# Nurse Practitioner



## SODA CREEK HEALTH STATION

Catherine Birtwistle

**December 7, 2020**

**December 14, 2020**

10:00am-3:00 pm

The Nurse Practitioner can diagnose and treat illnesses & infections, write prescriptions, fill out medical forms, manage chronic conditions, annual health screening, STI screening & diagnosis, plus much more! She would be delighted to see any community members without a family physician!

To book an appointment with the Nurse Practitioner, please call  
Glenda, Nursing Assistant, at 250-855-8314

If you have any questions or concerns, please talk with your  
Community Health Nurse at your Health Centre or Three Corners



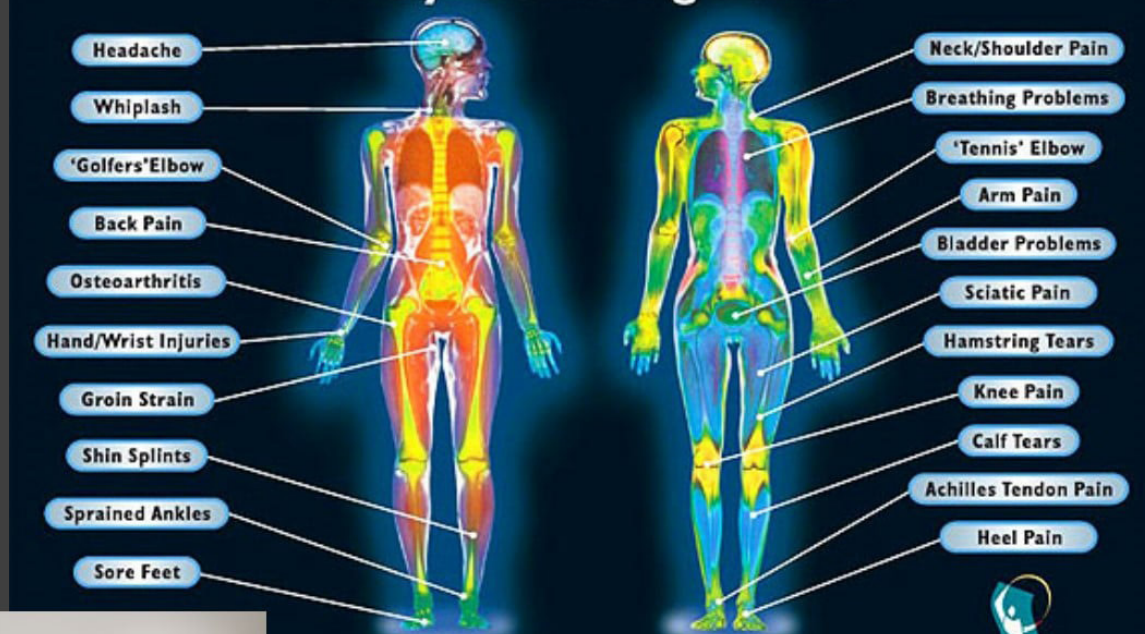
Kristine Jensen, RN & Stacey Isaac, RN  
Canoe Creek Health Centre 250-459-7749  
Dog Creek Health Centre 250-440-5822  
Soda Creek Health Centre 250-989-2355  
Sugarcane Health Centre 250-296-3532  
Three Corners Health Services 250-398-9814





# PHYSIOTHERAPY SERVICES

Are you suffering from...



...Physiotherapy can help you.



Physiotherapist  
Tyler Judd



## November 2020

**Canoe Creek**—November 18—9:00 am—12:00pm

**Dog Creek**—November 18—1:00 pm—4:00 pm

**Soda Creek**— November 25—8:45am—12:00pm

**Sugar Cane**—November 25 — 1:00pm—4:15pm

## December 2020

**Canoe Creek**— December 9 — 9:00 am—12:00pm

**Dog Creek**— December 9 — 1:00 pm—4:00 pm

**Soda Creek**—December 16—8:45am—12:00pm

**Sugar Cane**—December 16—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





## VISITORS TO SODA CREEK INDIAN BAND

Visitors include: community members, Board Members, Chief and Council Members, contractors, family of employees and the general public. All visitors are subject to the following guidelines regardless of their position in the community.

1. All visitors will undergo screening before being allowed entry to the building – no exceptions. If the visitor is symptomatic, they will be directed to rebook their appointment at a time when they are no longer exhibiting symptoms. Screening of visitors is the responsibility of the employee that is allowing the visitor access to the building site.
2. All visitors should have an appointment with a designated staff member. No drop-ins will be allowed in the building.
3. Visitors will be asked to wait outside the building until the staff member they are meeting with is able to escort them to their office or work area. Visitors will not be permitted to wait in the reception area.
4. All visitors will be directed to make use of the hand sanitizing stations set up at entrance to the building upon entering and exiting.
5. All visitors will be directed to wear a mask while accessing common areas in the worksite buildings if they are not able to maintain a 2m (6ft) distance from others. The mask should remain in place for the duration of their visit. A mask will be provided if the visitor does not have one.
6. Visitors should be escorted throughout the building; at no time should a client be wondering through the building on their own.
7. Employees are responsible for the cleaning and disinfecting of surfaces that their visitors may have come into contact with including cleaning of the bathrooms. If a visitor has used the bathroom and the employee is unable to clean the bathroom immediately, an indicator will be hung on the bathroom door so that staff are aware that the bathroom needs to be cleaned before use.
8. Once appointments are completed and the visitor has been escorted from the building, the employee is responsible for filling out sign out time on the COVID-19 Assessment Sheet once their visitor has left the building.





## EDUCATION COMMITTEE MEMBERS WANTED

Soda Creek Indian Band's Education Department is welcoming members to consider making a difference in our Community's Education. We are also looking for one youth member.

To become a member, please submit a cover letter and resume to:

The Soda Creek Indian Band Office  
Attention to Leasa Williamson, Administrative Assistant  
[execasst@xatsull.com](mailto:execasst@xatsull.com)

For further information contact: 250-989-2323  
extension 104



# Canada's Food Guide

## Healthy Eating Recommendations

### Make it a habit to eat a variety of healthy foods each day.

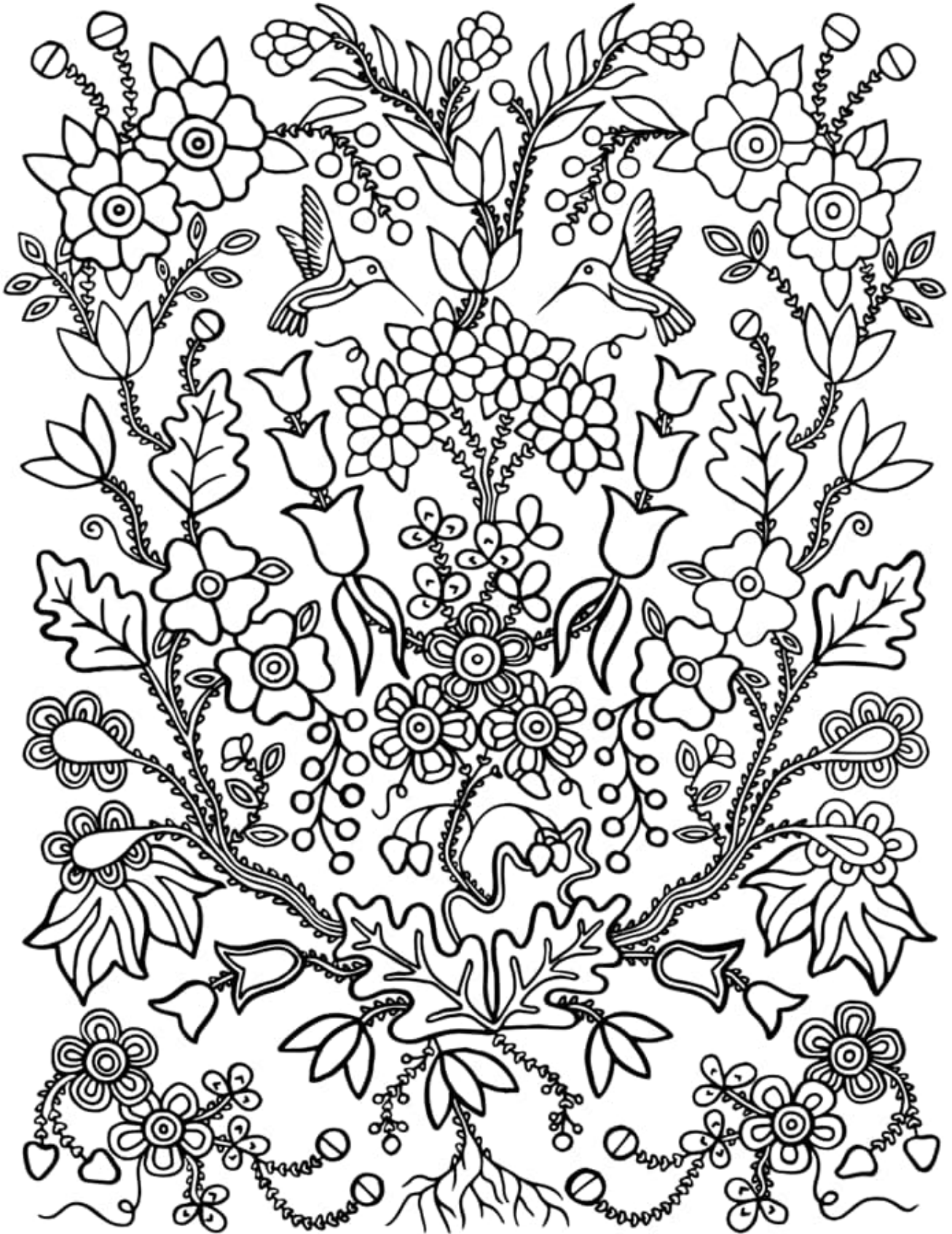
- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- Choose foods with healthy fats instead of saturated fat
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out
- Make water your drink of choice
- Replace sugary drinks with water
- Use food labels
- Be aware that food marketing can influence your choices



### Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

- Be mindful of your eating habits
  - Take time to eat
  - Notice when you are hungry and when you are full
- Cook more often
  - Plan what you eat
  - Involve others in planning and preparing meals
- Enjoy your food
- Culture and food traditions can be a part of healthy eating
- Eat meals with others







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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

## PUZZLE SOLUTIONS

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

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION



## Egg and veggie scramble

Loaded with veggies, this egg scramble comes together quickly and easily to make a tasty meal.



Vegetarian



30 mins or less



Kid-friendly



**PREP TIME**  
5 min



**COOK TIME**  
10 min



**SERVINGS**  
4

### Ingredients

- 6 eggs
- 60 mL (¼ cup) skim milk
- 1 mL (¼ tsp) ground black pepper
- 5 mL (1 tsp) canola oil
- 375 mL (1½ cups) mixed frozen or fresh vegetables (such as onions, bell peppers, mushrooms)

### Directions

1. In a medium bowl, beat together the eggs, milk and ground black pepper with a fork. Set aside.
2. Add oil to a medium 25 cm (10 inch) non-stick skillet and heat on medium heat. Add the mixed vegetables and cook for 2–3 minutes stirring often until they are tender. If the vegetables release too much liquid, try increasing the heat to high for the last minute until the moisture evaporates.
3. Reduce heat to medium-low and pour the egg mixture over the vegetables. Continue cooking, without stirring, for 3 minutes or until the eggs start to set. Use a heatproof spatula or wooden spoon and gently push the egg and vegetable mixture towards the centre of the pan and fold over, forming large pieces.
4. Continue gently folding the eggs until they are cooked through, about 3-5 minutes more. Remove from heat and serve immediately.

### Tips

- ✓ Serve with **whole grain toast** or roll this scramble up into a small whole grain tortilla to take this breakfast on-the-go.
- ✓ This recipe is perfect for using up produce that is starting to wilt in your fridge. Chop up any **vegetables you have on hand** such as tomatoes, spinach, or broccoli to use them before they spoil.
- ✓ **Like some extra spice?** Add a dollop of salsa on top of these cooked eggs or sprinkle ¼ tsp of paprika and ¼ tsp cayenne instead of the black pepper while cooking.



Health Canada Santé Canada

Canada

# Caprese muffin-tin frittatas

This recipe is convenient for breakfast, lunch or dinner. Make a large batch and freeze them for busy days. Serve alongside fresh fruit and whole grain toast!



Kid-friendly



Vegetarian



Freezer-friendly



30 minutes or less



**PREP TIME**  
12 min



**COOK TIME**  
15 min



**SERVINGS**  
6

## Ingredients

- 6 eggs
- 85 mL (⅓ cup) skim milk or unsweetened fortified plant-based beverages
- 2 mL (½ tsp) salt
- 2 mL (½ tsp) pepper
- 2 tomatoes, chopped finely
- 5 mL (1 tsp) dried basil
- 125 mL (½ cup) grated low fat mozzarella cheese

## Directions

1. Preheat the oven to 200 °C (400 °F). Lightly spray or paper-line 6 muffin tins.
2. In a large bowl, whisk together eggs, milk, salt and pepper. Add tomatoes and basil and whisk well.
3. Using a 125 mL (½ cup) measuring cup, scoop batter into muffin tins until divided evenly. Add 15 mL (1 tbsp) of grated cheese on top of each frittata.
4. Cook frittatas in the oven for about 15 minutes. Use a **digital food thermometer** to check that the eggs have reached an internal temperature of 74 °C (165 °F).
5. Let cool for 3–5 minutes before removing from muffin tins.

## Tips

- ✓ Looking for a lunch idea in a snap? Cut the frittata horizontally in half and tuck into a whole grain pita halves or roll into a whole grain corn tortilla.
- ✓ Use up leftover vegetables you have in your fridge to help reduce food waste. Try adding sautéed spinach or kale, or finely chopped broccoli, cauliflower and onions at step 2.
- ✓ If you do not have a 6-tin muffin pan, use a 12-tin pan and fill the empty tins with a small amount of water. This can help protect your pan.
- ✓ Little chefs can help mix the ingredients and then scoop the batter into the muffin cups, while older kids grate the cheese.
- ✓ Make a double batch and refrigerate extras for 3–4 days or freeze for up to 2–3 months. Warm in the microwave when ready to eat.



Health  
Canada

Santé  
Canada

Canada



# JOB OPENING



<b>Job Title:</b>	Youth Worker
<b>Reports to:</b>	Education Manager
<b>Job Summary:</b>	The Youth Worker is an integral member of the Education team. The Youth Worker is responsible for providing assistance to youth, and other community programs through programs offered at the Education Department. The Youth Worker provides support for traditional activities in traditional territories such as hunting camps, fishing camps, medicine picking, food security, arts and crafts and family support.
<b>Education &amp; Experience:</b>	<ul style="list-style-type: none"> <li>• Some post-secondary courses</li> <li>• Life skills coach training and certification</li> <li>• Three to Five (3-5) years experience working with youth and planning events</li> </ul>
<b>Skills and Abilities:</b>	<ul style="list-style-type: none"> <li>• Experience with outdoor activities (canoeing, paddling, fishing, medicine picking)</li> <li>• Proficiency in the use of computer programs for word processing, email and the internet, to the beginner level (you only require basic skills)</li> <li>• Ability to work independently and build effective interpersonal relationships</li> <li>• Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality</li> <li>• Ability to coach and teach life skills and understand special needs (FAS)</li> <li>• Good interpersonal skills</li> <li>• Ability to develop relationships and work as a team player</li> <li>• Lifestyle consistent with the importance and responsibilities of the position</li> </ul>
<b>Working Conditions:</b>	<ul style="list-style-type: none"> <li>• Travel in this position is required</li> <li>• Non-standard hours of work</li> <li>• Ability to perform the physical aspects of the job which include walking, standing, bending, lifting heavy objects, kneeling, climbing, and performing outdoor activities</li> <li>• Receives minimal supervision with occasional direction and very few checks of the work performed</li> </ul>
<b>Conditions of Employment:</b>	<ul style="list-style-type: none"> <li>• Must be able to obtain and maintain a Criminal Records Check</li> <li>• Must be able to obtain and maintain a valid BC Driver's Licence</li> <li>• Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements OR access to company vehicle is provided and requires a valid Driver's Licence</li> </ul>
<b>Type of Employment:</b>	35 hours per week
<b>Salary Grid Level:</b>	To be determined later
<b>For a complete job description and application package contact:</b>	Attention: Leasa Williamson Soda Creek Indian Band 3405 Mountain House Road, Williams Lake, B.C. V2G 5L5 P: (250) 989-2323 F: (250) 989-2300 Email: <a href="mailto:execasst@xatsull.com">execasst@xatsull.com</a>

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.

# JOB OPENING



**Job Title:** Self Government Transition Coordinator  
**Reports to:** Treaty Manager

**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 a 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.

**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](http://www.xatsull.com).

**Conditions of Employment:**

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements OR access to company vehicle is provided and requires a valid Driver's Licence

**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](mailto:execasst@xatsull.com)  
 Or by fax to: 250-989-2300  
 Only those selected for interview will be contacted

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.



# JOB OPENING



<b>Job Title:</b>	Traditional Wellness Coordinator
<b>Reports to:</b>	Health Manager
<b>Job Summary:</b>	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.
<b>Education &amp; Experience:</b>	<ul style="list-style-type: none"> <li>• Diploma in Social Service, counselling, or a related field.</li> </ul>
<b>Skills &amp; Abilities:</b>	<ul style="list-style-type: none"> <li>• Ability to use with proficiency, the Microsoft Office Suite</li> <li>• Ability to prepare and make research and report recommendations</li> <li>• Strong analytical, communications skills (verbal and written) and knowledge of research practices</li> <li>• Ability to work independently and as part of a team</li> <li>• Ability to communicate effectively both orally and in writing, with a focus on drafting reports, policies, protocols, guidelines, newsletters, briefing notes, and other material</li> <li>• Ability to synthesize information and feedback into easily understood and audience appropriate presentations</li> <li>• Attention to detail</li> <li>• Problem Solving and Conflict Resolution skills</li> </ul>
<b>Type of Employment:</b>	35 hours per week
<b>Working Conditions:</b>	<ul style="list-style-type: none"> <li>• Must be able to work flexible hours and travel as required</li> <li>• Full time position, subject to 90-day probation</li> <li>• Must be able to obtain and maintain a Criminal Records Check</li> <li>• Must be able to obtain and maintain a valid BC Driver's License</li> <li>• Be willing to obtain and maintain a Valid Class 4 Driver License</li> <li>• Must provide a vehicle in good operating condition</li> <li>• Must be able to obtain and maintain a valid Emergency First Aid Level One Certificate, and Food Safe Certificate</li> </ul>
<b>Salary Grid Level:</b>	to be determined later
<b>For a complete job description and application package contact:</b>	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.

## **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 January 11, 2020, for more information please contact Cheryl Chapman, Economic Development & Employment Coordinator or submit your resume and letter of interest by December 4 at 4 p.m., to:

Soda Creek Indian Band  
Leasa Williamson, Executive Assistant  
By email: [execasst@xatsull.com](mailto:execasst@xatsull.com)  
By mail or hand delivery: 3405 Mountain House Road,  
Williams Lake, BC V2G 5L5  
By fax: 250-989-2300