



# Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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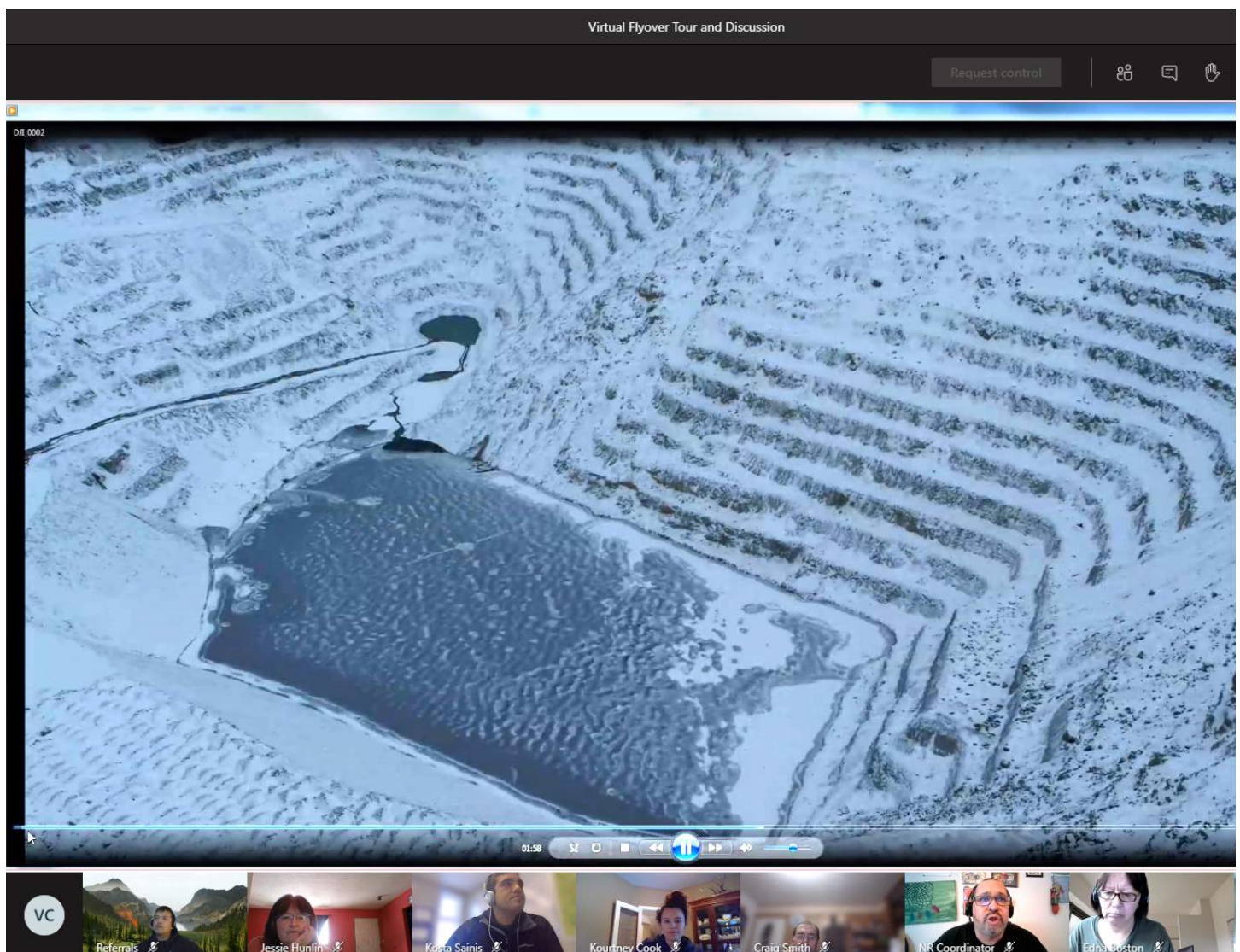
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## NEW WALL ADDED IN XATSÚLL DAYCARE

The wall, which was added for privacy reasons, is one of multiple upgrades completed in the Education Department

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## Xat'sūll Natural Resource Department takes a virtual tour of Gibraltar Mine

With the increase of COVID-19 in the region, staff have been presented with some new challenges in performing their jobs.

One of these challenges, for the Natural Resource Department, is staying on top of mine developments in the traditional Xat'sūll territory.

Gibraltar Mine offered staff the opportunity to do a virtual tour online with drone footage they had recently captured at the mine.

In addition to the video, NR staff asked questions about the upcoming and ongoing development and water management at the site.

Natural Resource Coordinator Mike Stinson says it was good to have an over view of the open-pit mine, which is one of the largest in North America. Stinson, who has worked at Gibraltar before, says he appreciated the opportunity to have a look at the mine from a different perspective.

Natural Resource Manager Edna Boston thanked Gibraltar for the opportunity to do a virtual tour.

“It gives an idea of how big the mine is. I’m hoping we can do another tour in the summer which would show much more detail without the snow cover.”





## Marnie Haines Howell, Education Support Assistant

parents, K-12 as well as communicating with First Nation Liaison workers at those schools regarding K-12.

We continue to make improvements to our space with a new wall in the Day Care for privacy; as a quiet work space; or perhaps for nap time! (For the kiddies, that is!)

A new storage area has been created where there was an ancient divider attempting to conceal a pile of overflowing stored items! It is looking polished and fresher in here and we will continue doing the same polishing in the Daycare and Head Start area with more sorting, cleaning and organization. Heather and I are in the midst of paperwork and reports for an eventual re-opening but much work is to be done still.

I'd like to remind parents and students, K-12 that once you provide a copy of your report card for each term, there is incentive funding you can benefit from for your grades! The report card copies can be emailed, mailed or dropped off in an envelope and we



can provide your just rewards!

I have a parent group email for K-12 and there are regular posts on Facebook to keep you up to date with information we receive from the School District 27 and how we are here to help as well.

My goal during the "lock down" is to be connecting with K-12 students' teachers and if you have any concerns or need assistance connecting and communicating with teachers/principals, please reach out! I always do my best to help.

If students require internet or a laptop, please let me know. It's important to continue students' learning, despite

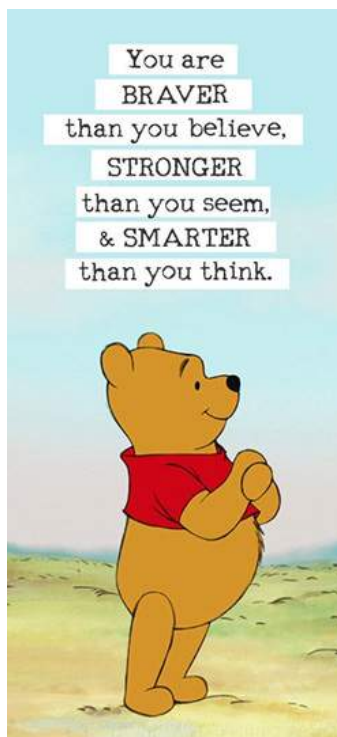
crazy COVID times.

Remember also, there is tutoring available that our department is willing to pay for with Pam Kozak's very capable daughter, Kani. You can contact her directly or contact me to arrange it for you. Whatever works best for you. This was posted on Facebook and in the parent group email.

Please stay well and happy. If anyone is requiring support getting through this difficult time of social distancing, remember all the great services that are being offered through the Health Department and we at Education can try to find resources to support you as well.

Take care and all the best for now!

Hello Everyone  
Weyt-kp xwexweytep,  
I hope everyone is  
staying safe during  
these COVID times!  
Life is busy in the  
Education Department  
even though we are  
closed to the public. I  
have continued updating  
and maintaining files;  
communicating School  
District 27 information to





## Holly Wycotte, Housing Manager

community members who are interested or in need of home repairs or renovations to submit letters of interest. If you have not already signed for the upcoming year's application for renovation funding, are unsure of what programs are available and which best suit your needs the following list will give an idea of what is available to you.

### **Canada Mortgage and Housing Corporation Emergency Repair Program(ERP)**

Financial support is available through the Emergency Repair Program for repairs targeted towards remedying safety issues for low-income

households on reserve. Support is available only for repairs needed immediately for example:

- Repair or replacement of broken heating systems
- Address structural damage to foundation, roof and exterior walls
- Plumbing repairs to prevent potable water from getting into your home
- Electrical systems which pose serious safety hazards
- Replacing or repairing damaged flooring that is a safety hazard

### **Residential Rehabilitation Assistance Program(RRAP)**

Support is available for homes that lack basic features and need major

repairs to address issues that are cause or liable to cause problems that are health and safety related.

- Structural such as the roof, building enclosure and foundation
- Electrical replacements or repairs
- Plumbing replacements or repairs
- Hating source replacements or repair

The Residential Rehabilitation Assistance Program has various sub-programs:

### **Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D)**

For persons with a disability or serious health issue that requires modifications for improvement of quality of

Weytk,

I hope this finds everyone safe and healthy during this pandemic. As many may have noticed, we have changed the way the department is operating these days by limiting traffic through our offices or even working from home but be assured, Housing is still here for any questions or concerns you may have. If you are in a rental unit and have any maintenance concerns, you can contact the Housing Department two different ways; by email at [housing@xatsull.com](mailto:housing@xatsull.com) or by phone at 250-267-3782. Currently, all rental unit maintenance requests have been paused. Only those deemed as an immediate threat to the health and safety of tenants or the unit itself will be addressed at this time; this is to ensure the safety of community members as well as staff.

Housing would also like to remind





## Edna Boston, Natural Resource Manager

staying safe and healthy.

As you all know, we are all currently working from home due to the Covid-19 pandemic, but you can still reach us via email.

Our Department has not slowed down we are still on virtual calls with the different companies

we are working with:

- Barkerville Gold Mine
- Gibraltar Mine
- Mount Polley
- Tolko
- West Fraser

There is a new proposed mine in the territory, we are now currently working directly with them to

ensure proper protocols are followed. We will keep the community informed.

Our kitchen will not open up until we get all clear.

Stay safe and healthy and we are looking forward to when we can have meetings.

Kukstenc

Weytk,  
I hope everyone is

## Housing report continued...

life.

- Ramps
- Handrails, chair lifts and bath lifts
- Height adjustments to countertops
- Cues for doorbells, fire alarms and smoke detectors

### Residential Rehabilitation Assistance Program – Secondary and garden Suites

This funding is targeted at modifying existing homes to add a secondary or garden suite to privately owned units to accommodate a self-contained unit for a senior or adult with a disability. Only modifications or the creation of a secondary suite are eligible under this funding, the existing home must meet minimum

health and safety standards for the secondary suite to be created.

### Home Adaptations for Seniors

#### Independence(HASI)

Everyone wants to live in their homes for as long as possible but as we age things that were easy regular daily tasks can become more difficult, that means making adaptations to better accommodate our changing abilities. This program offers funding for those 65 and older looking to make accessibility adaptations to their homes.

- Handrails
- Lowering countertops or cupboards and storage areas
- Changing door knobs and taps for easier operation

- Bathroom adaptations for ease of use such as grab bars
- Relocation of washer and dryer for ease of use

All programs through CMHC have the same basic requirements as far as funding eligibility:

- The income of the household does not exceed \$75,000.00/yr
- The home has not received any funding through the programs listed in the last 15 years

### **Indigenous Services Canada**

ISC offers funding that covers a variety of health and safety issues such as mould, radon, structural issues such as roofs, exterior

cladding, foundation, and drainage issues just to name a few, ISC does not have their programs broken down as CMHC does as they only offer the two funding options for regular renovations and mould remediation. Application criteria has the following restrictions:

- Unit being applied for has not received ISC funding in the last 10 years
- The renovation will extend the overall life of the dwelling by 15 years minimum
- Unit is located on reserve

If you have questions you can email them to [housing@xatsull.com](mailto:housing@xatsull.com) or you can call 250-989-2323 or 250-267-3782.





## Jennifer Stinson

### Social Development Coordinator

frozen meat (such as mild Italian sausages, Italian meatball, which can be good for meatball subs, turkey patties, 1 lb. beef ground meat, and some 5 kg chicken drumsticks.).

Hi everyone,  
I hope you're all doing well and being safe.

Just want to let everyone know that the Food Bank is open again, for all Community members. It is now open every other Thursday from 1:30 p.m. – 4:00 p.m. Just remember to please bring your own bags, or boxes to carry your groceries in, thank you.

To access the Food Bank just come to the front door of the office and the front desk will let me know that you are here. Then I can meet you around the back of the office and hand you what items that you are interested in. Or you can email me your list of what you need, and I will try to accommodate you if I have the items in our Food Bank. We have mostly non-perishable items in the Food Bank. No fresh food. We also have some

Interview week will be cancelled for this month because of COVID protocols, and the shutting down of offices to public. We will get the monthly forms filled out much later. If there are any changes, please contact me at (250) 989-2323 Ext. 102, if you have any problems getting through just leave me a message with the front desk. Or you can email me as well at [socdev@xatsull.com](mailto:socdev@xatsull.com).

The Pre-Employment Program is still being held at the S.A.G.E offices because of the COVID restrictions. If you need to get a hold of Yvonne for any concerns or questions you can reach her at:  
Phone: 250-398-7137  
Fax: 250-398-7114  
[sage\\_funk@Hotmail.com](mailto:sage_funk@Hotmail.com)

We are still looking for some Wood Hauling



Contractors for Income Assistance Clients. Some good news Chief and Council has approved the increase for Wood Hauling contracts from \$150 to \$175. If anyone is interested in doing this, you can reach me at (250) 989-2323 Ext. 102 or email me at [socdev@xatsull.com](mailto:socdev@xatsull.com)

For SA Day and Mid-Month Day if the office is still closed to the public, all clients can still collect their cheques on those days at the office. We will just do it like last month and hand you your cheque through the window. Or, if you would like your cheque to be mailed to you, just let me know so

we can accommodate your needs, so again either just call me or email me to let me know.

#### IMPORTANT DATES

- Feb. 3rd Mid-Month
- Feb. 4th Food Bank 1:30 p.m. – 4:00 p.m.
- Feb. 10th Pre-Employment Program @ S.A.G.E. offices.
- Feb. 11th Pre-Employment Program @ S.A.G.E. offices
- Feb. 17th SA Day
- Feb. 18th Food Bank 1:30 p.m. – 4:00 p.m.
- Feb. 24th Pre-Employment Program @ S.A.G.E. offices.
- Feb. 25th Pre-Employment Program @ S.A.G.E. offices.

February

2021

## Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 MID-MONTH	4 FOOD BANK 1:30-4:00PM	5	6
7	8	9	10 PRE-EMPLOYMENT PROGRAM @ THE S.A.G.E OFFICES	11 PRE-EMPLOYMENT PROGRAM @ THE S.A.G.E OFFICES	12	13
14 VALENTINE'S DAY	15	16	17 SA DAY	18 FOOD BANK 1:30-4:00PM	19	20
21	22	23	24 PRE-EMPLOYMENT PROGRAM @ THE S.A.G.E OFFICES	25 PRE-EMPLOYMENT PROGRAM @ THE S.A.G.E OFFICES	26	27
28						

# Nurse Practitioner



## SODA CREEK HEALTH STATION

Catherine Birtwistle

**February 1, 2021**

**February 8, 2021**

**February 22, 2021**

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



## January 2021

**Canoe Creek**—January 13—9:00 am—12:00pm

**Dog Creek**—January 13—1:00 pm—4:00 pm

**Soda Creek**—January 20—8:45am—12:00pm

**Sugar Cane**—January 20 — 1:00pm—4:15pm

## February 2021

**Canoe Creek**—February 3 & 24— 9:00 am—12:00pm

**Dog Creek**—February 3 & 24 — 1:00 pm—4:00 pm

**Soda Creek**—February 10—8:45am—12:00pm

**Sugar Cane**—February 10—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

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**

**PHONE APPOINTMENTS  
UNTIL FURTHER  
NOTICE**







# COVID-19 UPDATES AND INFORMATION



**HOT MEAL  
PROGRAM  
POST-PONED  
UNTIL  
FEBRUARY  
DUE TO  
COVID-19**

**HOT MEAL PROGRAM RETURNS**

The hot meal program will return to the school on January 18th. The program will be a free meal for all students and staff. The program will be a free meal for all students and staff. The program will be a free meal for all students and staff.







# BAND OFFICES CLOSED

Chief and Council have decided to close the Band Offices as a precautionary measure to everyone but essential staff due to COVID-19.

- This decision was not made lightly but with the safety of staff and community members in mind
- Staff will continue to work from home
- The closure is scheduled until Feb. 8. Chief and Council will reassess on Feb. 5

## Need Help?

- If you need groceries, medication or other supplies delivered, please call the Health Station at 250-989-2355 or 250-267-5818.
- For COVID-19 testing, call Three Corners at 250-398-9814 between 8:30 am and 4:30 pm.
- A nurses cell is available limited hours on weekends at 250-305-4162.

## STAYING SAFE

- Keep interactions to members in your household
- Don't let friends or family from out of town visit
- Don't travel
- Check in with family and friends by phone or online

## SERVICES

- To use the foodbank call the office and they'll pack you up a box
- SA cheques can be picked up outside the Band Office on SA day
- Some health appointments will be available digitally

FOR QUESTIONS OR CONCERNS CALL 250-9892323 OR  
BAND ADMINISTRATOR CRAIG SMITH AT 250-305-9731



# COVID-19 UPDATE

Please be advised that there are 4 active cases\* of COVID-19 in the Xat'süll (Soda Creek) - Cmetēm (Deep Creek) community and 6 who are no longer required to isolate (recovered)

We'd like to remind you that if you've tested positive for COVID-19 or are self-isolating, to please let the health department know at 250-989-2355 or call the health cellphone at 250-267-5818. We respect your privacy and will keep it confidential.

We can help you with:

- Food security
- Cleaning supplies
- Medications
- Mental health support

We will help in anyway we can, please ask.  
Be safe and stay safe

**JANUARY 27  
DAILY  
UPDATE**

\* Please note that this is higher than what's in the printed version of the FRR as we received an additional update after it was printed





# TUTORING UPDATE

We'd like to advise parents that the available tutor for Primary Grades to Grade 7 tutoring has changed to:

Kani Calahaison

Phone: 1-587-597-5779

Email: [kanicali27@gmail.com](mailto:kanicali27@gmail.com)

She will be doing the tutoring by Teams on laptops or cell phones until there's a safe option to enter our homes.

The Education Department at Xatsúll First Nation (Soda Creek Indian Band) will cover the costs.





# COVID-19 VACCINE PRE-SCREENING

We're looking to do some pre-screening for the COVID-19 vaccine. We have no confirmation yet on when the vaccine will be available to us yet, but would like to get some of the administrative work done in advance. If you're looking to take the COVID-19 vaccine, please answer the following questions and return it to the Health Department (or email the Health Department with the information at [health@xatsull.com](mailto:health@xatsull.com)).

**Legal Name:**

**Date of Birth:**

**Care Card Number:**

**List of medications and any allergic reactions:**

# COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period.

KATE WAS EXPOSED TO COVID-19.

## DAY 0

Kate was exposed to COVID-19.

## DAY 10

Kate became symptomatic and tested positive.

## DAY 5

Kate got tested for COVID-19 and the results came back negative.

## DAY 8

Thinking she didn't have COVID-19, Kate went to work and a family gathering. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 22 people.



# SOCIAL DISTANCING

**IT MAY NOT BE FOR YOU, BUT IT IS FOR EVERYONE.**

## COVID-19 HIGH RISK CATEGORIES:

Elderly

Those with weakened  
immune systems

Pregnant women





# **Due to the rising numbers of Covid – 19 In the Cariboo Region**

**All in Person Community Clinics with the Nurse Practitioners have been cancelled.** We will be offering Tele Health to our clients Monday to Friday.

Please call (250) 398-9814 ext. 215 or (250) 855-8314 to book an appt.

Due to the volume of calls if your call is not answered please leave a message and we will return your call as soon as possible.

**If you have a Family Doctor Please call their office to book an appt.**





**Please Note: Your Family Physician is still Available.  
Clinics are offering Telephone Consultations.**

**\*Current wait times for physicians approx. 1-2 days. If the line is busy please try calling them back as they are on the phone with another client.**

**Yorston Medical Clinic**  
201-143 4<sup>th</sup> Avenue South  
Williams Lake

Phone: (250) 398-8242

Dr. Fedor / Dr. Radhi / Dr. V. Kriek / Dr. Ali

Telephones are answered between 8:30am and 12:00pm Monday to Friday

\*Client will be seen in office in on an as needed basis. (Reception Triage) Approx. 50 - 60% of appts are still telephone

**Cariboo Medical Clinic**  
402 Borland Street  
Williams Lake

Phone: (250) 392-7221

Dr. Neufeld / Dr. Harmse / Dr. Aruj

Telephones are answered between 9:00am and 4:00pm Monday to Friday

\*Client will be seen in office in on an as needed basis. (Dr. Neufeld Triage) Most appts are still telephone

**Cariboo Chiropractic & Medical Clinic**  
232 3<sup>rd</sup> Avenue  
Williams Lake

Phone: (250) 392-7717

Dr. Das, Dr. Raffard

Telephones answered Monday to Thursday 9:00am to 4:00pm, Friday – Closed for lunch

\*If a client really wants to see Dr. Das in office they will book in office and ask the client to call from the parking lot. When a room is ready staff will call the client in.

**Comer Medical Clinic**  
440 Comer Street  
Williams Lake

Phone: (250) 398-8499

Dr. Magnuson / Dr. LaBossiere

Telephones are answered 9:00am to 12:00pm & 1:00pm to 4:30pm Monday to Friday

**Cameron Medical Clinic**

Phone: (250) 305-1102

302 Cameron Street  
Williams Lake

Dr. C. Kriek / Dr. van der Merwe / Dr. W. Engelbrecht

Telephones are answered 8:30am to 5:00pm Monday to Friday

\*Client will be seen in office in on an as needed basis. (Reception Triage) Most appts. are still telephone

**Phoenix Medical Clinic**

Phone: (778) 799-2141

200-197 2<sup>nd</sup> Avenue  
Williams Lake

Dr. Steyl

\*Client will be seen in office in on an as needed basis. (Reception Triage) Approx. 50% of appts. are still telephone

**Atwood Medical Clinic**

101 – 143 4<sup>th</sup> Avenue

Williams Lake

Phone: (250) 398-6724

Dr. deSwardt / Dr. Comeau (Until Feb. 19)

Phone: (250) 398-8319

Dr. Scrooby / Dr. R. Engelbrecht / Dr. Routtu / Dr. J. Xu (Pronounced Shoe)

Telephones are answered Monday to Thursday 8:30am – 12:00pm & 1:15pm – 4:00pm.

\*Client will be seen in office in on an as needed basis. (Physician Triage) Approx. 80% of appts. are still telephone

## **Specialists**

### **Surgeons Office**

Phone: (250) 398-8280

4<sup>th</sup> Floor @ CMH  
517 6<sup>th</sup> Avenue  
Williams Lake

Dr. Brosseuk / Dr. Oosthuizen / Dr. Robbins / Dr. van Wyk

Telephones are answered Monday to Friday 8:30am – 3:00pm

### **Gynecology Office**

Phone: (250) 392-1137

4<sup>th</sup> Floor @ CMH  
517 – 6<sup>th</sup> Avenue  
Williams Lake

Dr. Gill / Dr. Adam

Telephones are answered Monday to Friday 9:00am – 12:00pm & 1:00pm -3:00pm

## **Pediatrician**

Dr. McKay

Phone: (250) 392-4481

690 2<sup>nd</sup> Avenue  
Williams Lake

Telephones are answered Monday – Friday 8:00am – 4:00pm.

If no answer please leave a message for callback.





First Nations Health Authority  
Health through wellness

## Prevent COVID-19 (Novel Coronavirus)

### by Cleaning your Phone



**Clean your phone twice daily or as needed.**

Turn off your phone and unplug all cables.

Use gloves before cleaning your phone (optional).

Always check manufacturer guidelines before cleaning your phone.

#### **STEP 1: CLEAN (removing germs and dirt)**

Use a soft, lint-free cloth with warm soapy water. Avoid getting moisture in openings.

#### **STEP 2: DISINFECT (killing germs)**

Gently wipe the exterior of your phone using a 70 per cent isopropyl alcohol wipe. Do not use bleach.



**Wash your hands after cleaning your phone.**

For more information: <https://www.fnha.ca/coronavirus>



First Nations Health Authority  
Health through wellness

# What You Need to Know About the COVID-19 Vaccine

## What is the COVID-19 vaccine?

- Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you may be exposed to it without becoming sick or if you do become infected, it can prevent more severe illness.

## Why is it important to get a COVID-19 vaccination?

- Vaccines save lives. Vaccines don't just protect the people getting vaccinated; they can protect everyone around them too. The more people in a community who are vaccinated and therefore protected from COVID-19, the harder it is for it to spread.
- Widespread immunization is the best option to protect people from COVID-19.
- As more people get vaccinated, we will be able to return to activities that haven't been possible during the pandemic.
- The First Nations Health Authority's (FNHA) Medical Officers strongly recommend that Indigenous people opt to get the vaccine when they are offered one.

## Who will get vaccinated first?

- Initially, only small quantities of vaccine will be available, requiring that vaccinations take place in a sequenced rollout.
- Health care workers in long-term care homes in Vancouver and the Fraser Valley are the first to get the Pfizer-BioNTech vaccine, which requires ultra-cold storage that is only available in a few sites in BC.
- The Moderna vaccine was approved by Health Canada Dec. 23, 2020 and started going out to communities the week of Dec 28. Though it is still fragile, it doesn't have such strict storage requirements. So it will be suitable for administering in long-term care facilities and community settings.
- Other vaccines will also become available in the new year after they have passed rigorous approval processes. Until they are more widely available, the following groups are being prioritized:
  - Residents and staff of long-term care and assisted living facilities
  - Health care workers providing care to COVID-19 patients in settings like intensive care units, COVID-19 medical wards, and emergency departments.



- First Nations people in rural or remote areas.
- Older adults. The age requirement for Indigenous adults will be lower than the rest of the population due to a higher rate of health risks and other factors that have affected equitable access to health care.
- Check this page for updates as more vaccines are approved and more supplies become available: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/eligibility>

### How does the vaccine work?

- The first COVID-19 vaccines are called messenger RNA (mRNA) vaccines. RNA stands for ribonucleic acid, which is a molecule that provides cells with instructions for making proteins. These vaccines essentially teach our cells how to make copies of the coronavirus' spike protein that are harmless to us (do not cause disease), which triggers an immune response if we become infected with the virus.
- The Pfizer and Moderna mRNA vaccines require two doses to be fully effective. The second dose is administered between 21 and 35 days after the first.
- Clinical trials showed a 70 per cent effectiveness rate beginning seven to 10 days after the first dose and a 95 per cent effectiveness rate beginning seven to 10 days after the second dose.
- As with any vaccine, the COVID-19 vaccines may not fully protect all those who receive them.
- Questions remain about how long immunity lasts and whether a vaccinated person can still transmit the disease. Research into these and other questions continues.

### Is the COVID-19 vaccination safe?

- Vaccines are safe. To ensure vaccines are safe, there are many processes and standards in place. The COVID-19 vaccine has been rigorously tested.
- In Canada, new vaccines must go through three phases of clinical trials (studies) before being approved for use in the general public. There are hundreds or even thousands of participants who volunteer to take part in the third phase of the clinical trials. These trials provide crucial information on vaccine safety as well as effectiveness. After clinical trials, Health Canada must review the evidence and approve any vaccine before it is used in Canada.
- Before a vaccine is offered in Canada, Health Canada will ensure:
  - It's safe,
  - It works,
  - There are consistent, high-quality manufacturing processes, and
  - That the benefits of getting the vaccine outweigh the risks of not getting it. There is strong evidence that the vaccine is safe and works for people 18 years and over - including seniors - and that it is highly effective across age, sex, race and ethnicity.

- COVID-19 vaccines have not yet been tested in people who are under 16 years old, pregnant, or have some immune-compromising conditions (e.g., people undergoing chemotherapy, are breast feeding or who've had an organ transplant). The vaccine isn't recommended for these people at this time.
- As more data becomes available, Health Canada will assess new clinical data, such as evidence to support use in broader populations (e.g., children).
- The vaccine is recommended for people with underlying health conditions, such as diabetes and/or heart disease. This is because most people with underlying health conditions are vulnerable to developing a severe illness if they do get coronavirus, and vaccines are the most effective way to prevent that from happening.
- If you had, or may have had, COVID-19 you should still get the vaccine when it's available to you. This is because you may not be immune to the virus that causes COVID-19 and you could get infected again and become sick. If you are unsure, check with your primary care provider.

#### **What are the side effects?**

- Only minor side effects were observed in clinical trials, similar to ones you might get from any shots.
- These include pain at injection site, tiredness, headache, muscle pain, chills, joint pain and fever. These reactions are mild and generally last one to two days. They are evidence that your immune system is working to respond to the vaccine.
- Should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away. Symptoms of an allergic reaction include: hives (bumps on the skin that are often very itchy); swelling of the face, tongue or throat; and difficulty breathing. This is why you are asked to wait 15 minutes before you leave the clinic after getting a vaccination.
- If you have experienced a serious allergic reaction to another vaccine, drug or food, you should talk to your health professional before you receive the vaccine.
- The Moderna vaccine ingredients are published here: <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/moderna.html#a11>
- Vaccines continue to be monitored for safety after they are approved. They are monitored locally, provincially, nationally and globally. If you have an adverse reaction following immunization, it is important you let your immunization provider know.

#### **I still feel nervous about getting the vaccine...**

- Vaccination is a personal choice that most Canadians agree is part of good health and important for prevention of serious disease.



- The COVID-19 vaccine is an option the FNHA's Medical Officers recommend to protect you, your family and your community.
- Feeling worried or hesitant is normal when something is new and it is understandable that some people – especially Indigenous people – may lack trust in the medical system. However, vaccine trials go through rigorous, well-established ethical processes. *We can feel assured that vaccines are safe, effective and that they will save lives.*
- Reduced access to stable housing, income, clean water and/or health and social services place many Indigenous peoples at higher risk of COVID-19. The COVID-19 vaccine is one way that Indigenous peoples can protect themselves from this virus and build “Community Immunity.”

#### How did we get a COVID-19 vaccine so fast?

- Scientists have been able to develop COVID-19 vaccines quickly thanks to high levels of government funding, by sharing information and working together across countries, and building on technology they already use in existing, successful vaccines.
- In addition, groups like Health Canada shortened the bureaucratic processes, for example, by reviewing data while clinical processes were going on. However, the *safety approval processes have not changed*. The requirements for safety data in clinical trials are as stringent as ever.

#### How is the COVID-19 vaccine being distributed?

- The first vaccine, by Pfizer-BioNTech, is being transported into the province to pre-determined “drop sites” in highly populated areas that have the ultra-cold (less than minus 70 degrees) storage facilities the vaccine needs.
- The Moderna vaccine has less rigorous storage requirements – about minus 20 – the same as a regular freezer. Other vaccines that are in development can be stored in a fridge.
- The Moderna and other upcoming vaccines will be much easier to transport and store in various locations around the province.
- They will make it possible for vaccines to be brought to people all over the province. There should be no need to travel to a city to get the vaccine.
- The FNHA is working to make sure you can access the vaccine when it is available for you.
- The first vaccines for First Nations people are being administered in 10 remote communities beginning the week of Dec. 28, 2020. The next rollout will go to other remote and rural First Nations communities and those that have already experienced larger numbers of COVID-19 cases. The FNHA, First Nations Health Council and First Nations Health Directors Association will continue to work with regional health authority partners to advance approaches that include urban and away-from-home (i.e., off-reserve) members. We will also work with regional teams and First Nations leaders to identify the next set of communities for priority implementation.

## Will we be able to stop wearing masks and other measures to protect ourselves from COVID? Will life go back to normal?

- Not yet.
- We need to continue to adhere to all of the recommended public health measures even if we've been vaccinated.
- That's because we don't know how long the vaccine will last or whether it prevents us from transmitting COVID-19 to others, even if we don't have symptoms.
- To stop the spread of the virus, enough people need to be immune either through natural infection or immunization. The World Health Organization estimates that at least 70 per cent of the population would need to be vaccinated to ensure widespread protection.
- An effective vaccine against COVID-19 is another tool in our toolkit and another layer of prevention.
- We need to keep doing the basics because these stop COVID-19 and other diseases too.
- To protect yourself from COVID-19, avoid touching your face and keep your distance (two metres/six feet) from people outside of your household, and wear a mask when you can't maintain that distance (e.g., in a store or transit bus). Stay home when you feel sick, and cover your mouth when coughing or sneezing.

**The FNHA will be able to offer a vaccine to every BC First Nations person who wants one, in time, recognizing the vaccine distribution is rolling out according to supply, logistics and other factors. We are working to protect the most at-risk individuals and communities first. We are looking forward to a time when we can safely gather together again. Until that time, we need to do all we can to keep ourselves and our communities safe.**



**First Nations Health Authority**  
Health through wellness



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



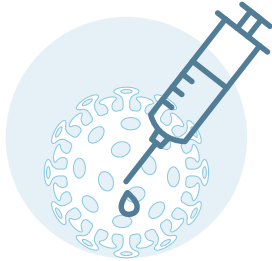
For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)





First Nations Health Authority  
Health through wellness

# The facts about COVID-19 Vaccines



## What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

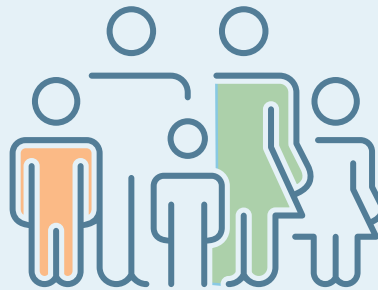
### WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

#### THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

#### THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

#### THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

### PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY

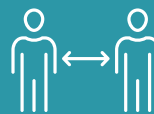
December



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.



**STAY STRONG,  
STAY THE COURSE.**

For more information, visit  
[www.fnha.ca](http://www.fnha.ca)



First Nations Health Authority  
Health through wellness

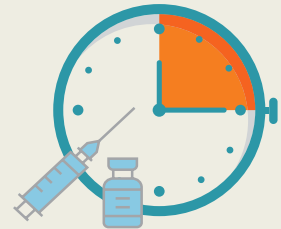
# After You Get Your COVID-19 Vaccine

## After You Get Your COVID-19 Vaccine:

### Please wait for 15 minutes after your vaccination.

Inform a health care provider if you feel unwell while waiting.

Please leave your mask on and remain at least two metres away from others.



## The Next Few Days:

### The vaccine may cause side effects, such as:

- Pain where the needle was given,
- Headache,
- Feeling tired,
- Sore muscles,
- Nausea or vomiting, or
- Fever or chills.



These reactions mean the vaccine is working to help teach your body how to fight COVID-19. For most people, these side effects will last no longer than a day or two, and will go away on their own.

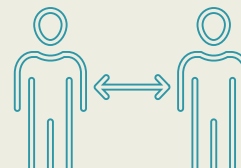
**Serious side effects after receiving the vaccine are rare.** If you develop serious symptoms or symptoms that could be an allergic reaction such as itchy bumps on the skin, swelling of your face, tongue or throat, or difficulty breathing, call 9-1-1 right away. Be sure to tell them that you received the COVID-19 vaccine.

Symptoms such as cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19. If you develop these symptoms, you may need to be tested for COVID-19. Contact your health care provider or call 8-1-1 for advice.

## After the Vaccine:

### Continue to follow Public Health guidelines:

- Wash your hands or use hand sanitizer,
- Physically distance,
- Wear a mask where required, and
- Do not receive any other vaccines until 28 days have passed after you receive the second dose of the COVID-19 vaccine.



**Not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

# Landmark Update

Since April 2020, Landmark Resource Management Ltd., has been working with Xat'sull's Natural Resources ("NR") Department, Edna Boston, to conduct a Traditional Land Use Study ("TLUS") within Xat'sull and Williams Lake First Nations greater caretaker area. The study was initially launched as part of the regulatory process for Barkerville Gold Mines ("BGM") proposed Cariboo Gold Project.

Since our last visit with the community in the summer of 2020, Landmark has continued to work with the NR department to implement new initiatives for capacity building within the department. With the guidance and support of the NR Department Manager, we are proud to announce the roll out of Geographical Information Systems ("GIS") training for the NR Department team. The training program will be launched in early 2021 and will allow the NR Department to have a much larger role responding to referrals, assessing impacts on the territory, and integrating



Xat'sull's cultural values into projects.

Additionally, Landmark will be supporting Xat'sull yet again as they make preparations to conduct a TLUS for the Trans Mountain Expansion project. Similar to BGM, this project will collect information from community members regarding their concerns about the potential impacts

on Xat'sull's Aboriginal Title and Rights, the environment, as well as the health and wellbeing of the community. More information on this project will become available to the community in the coming months and will be shared through the Fraser River Run.

In closing, we understand the hardships all communities and

organizations have felt in the wake of COVID-19. As such, we are all working hard and following best practices. We look forward to working in your community safely and are honoured to have the opportunity to learn from you all yet again in 2021!

Sincerely,

The Landmark Team





## Northern Shuswap Tribal Council

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### NSTC Food Supplement Program

In order to access the NSTC COVID-19 Off-Reserve Food Supplement Program, members can contact the NSTC office directly to find out which of the Outreach Liaison staff is serving their area. Heather Camille at 250-392-7361, extension 223, will put you in touch with the closest distribution point. Even though our offices are currently closed, phone messages are checked daily. Or members can contact the outreach staff directly as follows:

1. Vancouver/Fraser Valley/Lower Mainland area is serviced by Mike Tarbaj whom you can reach at cell 604-841-1627 or by email at [outreachliaison\\_vancouver@nstq.org](mailto:outreachliaison_vancouver@nstq.org)
2. Kelowna/Kamloops/Merritt area is serviced by Rick Archie at 250-855-8568 or by email at [outreachliaison\\_kamloops@nstq.org](mailto:outreachliaison_kamloops@nstq.org)
3. Kamloops is also served by Jan Atkinson at 250-299-4500 or by email at [fscoord\\_kamloops@nstq.org](mailto:fscoord_kamloops@nstq.org)
4. Cariboo/BC North is serviced by Sabrina Jeff 250-267-9018 or you can reach her by email at [outreachliaison\\_williamslake@nstq.org](mailto:outreachliaison_williamslake@nstq.org)

This program also provides personal protective equipment like gloves, masks, hand-sanitizer and additional cleaning products as required.



## WIN A LAPTOP - WE WANT TO HEAR FROM YOU!

We are conducting a questionnaire intended to identify the skills and training present and needed within the community.

Each completed questionnaire will be given a number and a random draw will be made for a laptop.

If you are a Band, Community or Staff Member, you should have received the questionnaire via email.

If you've not received an email, please check your junk/spam folder or email Cheryl Chapman, Economic Development & Employment Coordinator, at [ecdev@xatsull.com](mailto:ecdev@xatsull.com)

**Deadline:** February 19, 2021

## NOW OPEN: SCHOOL REGISTRATION



Registration for the start of school of choice for the 2021/2022 school year started on January 22. All current forms are on the School District 27 website. The only change in practice for registration this year is to obtain two pieces of proof of physical address with registration.

<https://www.sd27.bc.ca/student-registration/>

If you have any questions about the forms or process please call (250-398-3811) or email ([tracy.becker@sd27.bc.ca](mailto:tracy.becker@sd27.bc.ca)) Tracy Becker at the School Board Office.

**Jerome Beauchamp**  
First Nations Education Liaison  
SD 27 (Cariboo-Chilcotin)  
250-398-3822



Hello Everyone/Weyt-kp xwexweyep,

I had created a group email for all of you and have been busy and happily sending notices to it, only to discover yesterday the group disappeared from my computer. I have been trying to keep you all informed, only to be let down by technological glitches! But anything that was missed, you would have seen on Facebook.

Here are the current updates for K-12 students and parents:

The First Nations Tutorial teacher at Lake City Secondary continues to be ready to help. A Microsoft Teams room is available for students to connect with the teacher. If you have students who would like to connect, let me know their names and I will add them to the Teams group.

Beyond that, the tutorial teacher can be contacted by email ([sean.glanville@sd27.bc.ca](mailto:sean.glanville@sd27.bc.ca) until January 31, then [grant.gustafson@sd27.bc.ca](mailto:grant.gustafson@sd27.bc.ca) after that.) Students can also connect by phone with Mr. Glanville or Mr. Gustafson at 250-392-6284.

With regards to getting homework in paper form, contact the school at the number above to make arrangements.

Let me know if there is anything else we can do.

**Jerome Beauchamp**  
First Nations Education Liaison  
School District No. 27  
(Cariboo-Chilcotin)  
(250) 398-3822

Exciting extra news...We also have a tutor available and willing to travel and help our students. The cost of the tutoring and her mileage will be covered by Soda Creek Indian Band/Xat'sul's Education Department. If anyone needs this service, please contact:

**Pam Kozak**  
[kozakpamela4@gmail.com](mailto:kozakpamela4@gmail.com)  
Text or call: 250-267-8742

I hope this is helpful. If you have any further questions, please call and I can do my best to help! Be well, be happy and be safe!

*Kahlo: thank you and respectfully,*

**Mariae Andrea Howell**  
Education Support Assistant  
Phone ext: 112 or 127 email: [Edassist@xatsul.com](mailto:Edassist@xatsul.com)



3405 Mountain House Road, Williams Lake B.C., V2G 5L5  
Phone: (250) 989-2323 | Fax: (250) 989-2300  
email: [reception@xatsul.com](mailto:reception@xatsul.com)  
[www.xatsul.com](http://www.xatsul.com)



Board of Education of  
School District No. 27 (Cariboo-Chilcotin)

P: 250.398.3833  
F: 250.392.3800  
350 Second Avenue N  
Williams Lake, BC V2G 1Z8

January 25, 2021

**RE: SCHOOL COMMUNITY MEMBER TESTED POSITIVE FOR COVID-19**

Dear Families,

A member of the LCSS – Columetza Campus school community has tested positive for COVID-19. The exposure notice indicates January 18<sup>th</sup> – 21<sup>st</sup> as potential exposure dates. They are self-isolating at home with support from local public health teams.

We are supporting Interior Health Authority as they undertake contact tracing to determine if any other members of our school community were in contact with the person who tested positive for COVID-19, and if any additional steps are required. We are following the protocol established for these circumstances:

- The health authority is performing [contact tracing](#);
- The health authority will determine if anyone in the school community was in contact with the person who tested positive for COVID-19 while they were potentially infectious;
- The health authority will determine if anyone in the school community is a close contact that is required to [self-isolate](#).

Only the health authority can determine who is a close contact.

If you are contacted by Interior Health Authority, please follow their advice. If you are not contacted by Interior Health Authority, it has been determined that your child is not at risk of developing COVID-19. To ensure personal privacy rights are maintained, we will not be providing additional details.

The safety and well-being of our students, families and staff remains our highest priority. Please be reassured that our school will continue to implement the strict protocols and procedures we have in place so that children can continue to attend school as safely as possible.

Students should continue to come to school while contact tracing is underway. As a reminder, please continue daily health checks to monitor your child for illness.

We will continue to work closely with Interior Health Authority to provide ongoing communication as required.

If you have questions or concerns about COVID-19, please call 811.

Sincerely,

Chris van der Mark  
Superintendent of Schools

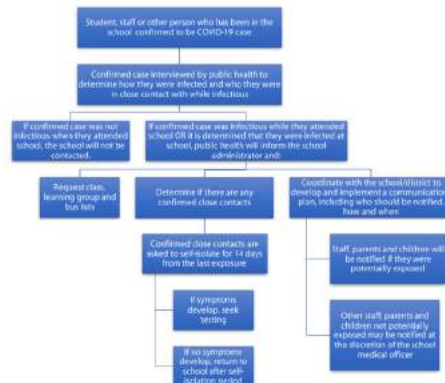
*"Learning, Growing and Belonging Together"*



Board of Education of  
School District No. 27 (Cariboo-Chilcotin)

Page 2 of 2

Figure A: Public Health Actions in Response to Confirmed Case of COVID-19 in a School



Confirmed close contacts are determined based on the length of time of exposure and nature of the interaction. **Only public health can determine who is a close contact.**

\*This chart above is located in the "COVID-19 Protocols for School and District Administrators" document - <https://www2.gov.bc.ca/assets/gov/education/administration/childcare-to-grade-12/safe-caring-orderly/covid-19-protocols-for-administrators.pdf>

*"Learning, Growing and Belonging Together"*





# DO YOU CLEAN YOUR LINT TRAP AFTER EVERY USE?

**Does your dryer take a little longer than normal to dry a load?**

**Is the airflow from your dryer vent very weak?**

**Do you smell what could be burning hair or lint when the dryer is in use?**

Then your dryer could look like this:

- Cleaning your dryer lint trap after each use prevents the possibility of a dryer fire caused by lint combustion
- Extends the life of your dryer's heating element
- Prevents the possibility of any carbon monoxide gas developing
- Extends the life expectancy of the dryer unit



When cleaned properly water should be able to freely pass through the lint screen, doing this test will make sure the screen is cleaned to allow for proper air flow and the highest efficiency of the dryer, dry the screen and place back into dryer and use as normal.



## A career in forestry

Lands Coordinator Sally Sellars received a picture from the University of British Columbia this month from back when she was attending a field camp at the Gavin Lake Research Forest in August,

2003.

Looking back now Sellars says she was so young and intrigued by everything forestry. She says she still has the plant book though it's much more worn out and

comes with a lot of good memories.

Sellars says she hopes more Xat'sül members will decide to take the forestry route because "there is so much more in forestry than forestry."

The class she was taking at the time was silviculture and plant identification. She hopes that seeing the picture will make more members consider a career in forestry.





## The Emporium on the Gold Rush Trail! A Recipe For Success

Start with a totally "green" staff, no advertising and a unique design; add "home cooked food" and hand crafted furniture. Blend thoroughly with patio seating (in the summer), a great view of the Fraser River, gorgeous sunsets and a place in the secluded yet very accessible "country" location.

Since the doors first opened for business in September, 1987 "the Great Soda Creek Food and Beverage Emporium" has been a resounding success, and a credit to the entrepreneurial spirit of the Soda Creek Indian Band. Located about 20 minutes drive north of Williams Lake, on the way to Quesnel, this interesting new place to eat had people lined up at the door on the very first day of business and its owner/operators haven't looked back since. Many tourists have stopped in and carried the word, some from as far away as Germany, Switzerland and Japan. One of their regulars last year created quite a stir by periodically dropping in by helicopter!

The Soda Creek Band is quite small, having only 225 members. They decided to open a cafe on the highway to create employment for Band members and offer job training to their young people.



Soda Creek Band Chief Bev Sellars (right), discusses the "Emporium" menu with Management-Trainee Janice Mitchell.

The initial concept for the restaurant was a simple "truck stop" type operation but Earl Buller, the carpenter they hired, had other ideas! Having already designed and built a restaurant in Seattle, Wash., he proposed that they simply down-size the same plans and, in the process of building it, he could train any interested members of the Band in carpentry. Agreement was reached and "The Great Soda Creek Food and Beverage Emporium" rose up from the Cariboo dust, constructed totally by the Soda Creek Band, with Buller's help and supervision. Everything in the building, except the plumbing and the kitchen fixtures has been made or supplied by members of the Band; the charming



Interior decor, including furniture and curtains, was entirely built by Soda Creek Band members.

wood furniture, the curtains on the windows, the carving on the doors and even the flowers on the tables. Every corner of the building is a testament to attention to excellence of detail and design, including the sparkling clean restrooms decorated in ceramic tile and natural wood. As a result of the training received on this project the Band now has one Journeyman carpenter and two apprentices among its members.

The unusual choice of name, and the choice of menu evolved under the guidance of two experienced restaurant-ers, Max Von Hartmann and Pat Joyce. The food is excellent, with a varied offering of sophisticated dishes such as Chicken Cordon Bleu and Coquille St. Jacques, balanced by "basic beef" dishes in the always popular form of steaks or prime rib. An added attraction is an opportunity to try some native dishes such as Bannock, including updated versions of the traditional staple flavoured with cheese and onion, apple and



cinnamon or chocolate chip! The deserts and breads are all created and baked in their own "in house" bakery. (Enquiries 299-6410)

Seventy-five percent of the employees of the Emporium are Band members and the day-to-day management is the responsibility of two very bright and attractive young ladies, Band Chief Bev Sellars and Management-Trainee Janice Mitchell, also a Band member. The main floor of the Emporium has about a seventy-five seat capacity with a small banquet room upstairs that holds about twenty-five people and they are open from about 7:00 a.m. to 9:00 p.m.

This "make work project" has been a resounding success in every way and is a tourist attraction the whole province can be proud of!

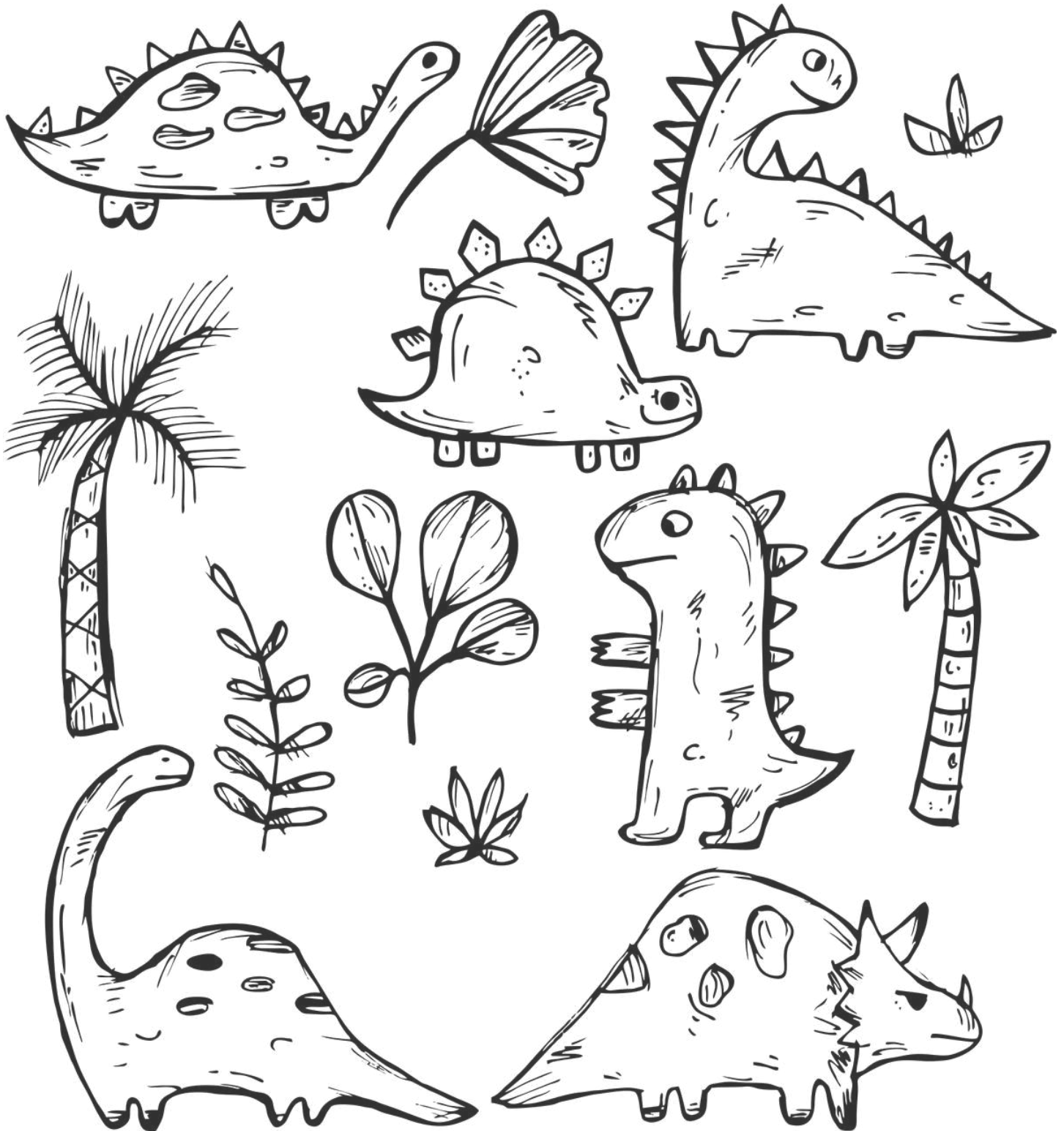
Susan Zais



In the summer, dining on the patio affords guests a panoramic view of the valley below.







# Eat your greens frittata

You can't go wrong with eggs at breakfast, lunch or dinner. For a flavour twist, use different peppers or other greens like arugula or kale.



Vegetarian



30 mins or less



Freezer-friendly



**PREP TIME**  
5 min



**COOK TIME**  
10 min



**SERVINGS**  
4

## Ingredients

- 1 container (142 g/5 oz) baby spinach, washed
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 mL (¼ tsp) hot pepper flakes
- 10 mL (2 tsp) extra virgin olive oil
- 5 eggs
- 75 mL (⅓ cup) water or skim milk
- 30 mL (2 tbsp) grated Parmesan cheese

## Directions

1. In an ovenproof 25 cm (10 inch) nonstick skillet, cook spinach with water that is still clinging to leaves, over medium heat, stirring for about 2 minutes or until wilted. Add pepper, garlic and hot pepper flakes; stir to combine. Add oil and cook for 3 minutes or until softened.
2. In a bowl, whisk together eggs, water and cheese. Pour into skillet, stirring to combine with spinach. Cook lifting edge with rubber spatula, letting runny egg go to the bottom. Let cook, until edge is starting to set.
3. Place skillet about 10 cm (4 inches) under broiler for about 3 minutes or until top is set and light golden.

## Tips

- ✓ If your skillet has a plastic or wooden handle, make it ovenproof by wrapping the handle with foil before placing in the oven.
- ✓ **Looking for a lunch idea in a snap?** Cut frittata into larger squares and tuck into whole grain pita halves or roll into whole grain tortilla.
- ✓ Add more **flavour** by serving frittata with **sodium reduced** pasta sauce or salsa.
- ✓ 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, PH. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada used under license.



Health  
Canada

Santé  
Canada



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE



## PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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