



# Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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## MEMBERS LEARN TO TRAP BEAVERS

Just under a dozen members got lessons on how to trap beavers at the start of October

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Pellc7ell7úllcwten (entering winter homes month) – November









## Xat'sūll better equipped to handle beaver population

Staff from Gibraltar Mine were out at the Whispering Willows Campsite on Oct. 2 and 3 to teach Xat'sūll members how to trap beavers.

The training was led by Joanne Phillips and Kelsey Pop who are Environmental Monitors at Gibraltar.

"Gibraltar and Xat'sūll have been working together on this initiative for quite some time and we are pleased to see the training come together.

Joanne and Kelsey are certified BC Trappers as well as Xat'sūll community members," said Kourtney Cook, First Nations and Community Relations Coordinator for Gibraltar.

Cook noted that the training went extremely well and everyone was engaged and eager to learn. "We had a total of ten training spots available, and it was great to see all ten spots filled."

Besides learning how to

set traps, the group was also able to participate and take part in processing a beaver. They also had the opportunity to set traps overnight in hopes of catching beaver the following day.

Natural Resource Coordinator, Mike Stinson, says he's "really happy Gibraltar came out to do the training and that with more trained staff in the community it'll hopefully diminish their current beaver problem."

He says a big part of why they wanted to bring in the training is to offer a traditional trapping and cultural component as opposed to just going out and shooting the beavers.

He also thanked Gibraltar for donating trapping materials, including traps and snares, so that the community will be able to continue practicing trapping and keep the beaver population at a more manageable level.





## Remediation continues at Mount Polley Mine

Soda Creek Indian Band (SCIB) staff toured the ongoing remediation work on Hazeltine and Edney Creek on September 29, 2020.

The remediation is due to a tailings storage facility dam breach that started on Aug. 4, 2014, and released tailings into Polley Lake, Hazeltine Creek, Quesnel Lake and River.

In total, they've removed approximately 75-80 per cent of the tailings from the Hazeltine Creek area according to Gabriel Holmes, who works in the Environmental Department of the Mount

Polley Mining Corporation. After the tailings were removed the creek was reconstructed and the terrestrial sites were given a "rough and loose" surficial texture, coarse woody debris was dispersed and habitat features were installed.

Much of the work on the upper portion of Hazeltine Creek was completed in 2016 and 2017 and has had three to four growing seasons at this point, says Holmes. Trout could be seen going down into the upper part of Hazeltine Creek from Polley Lake. The area has also seen wild-

life return, according to Holmes, noting they've primarily spotted a lot of bears but also some moose and lynx, among other things. During the remediation at upper Hazeltine Creek and the Polley "flats" area, they removed and re-located approximately 78,000 amphibians in various stages of life, according to Holmes.

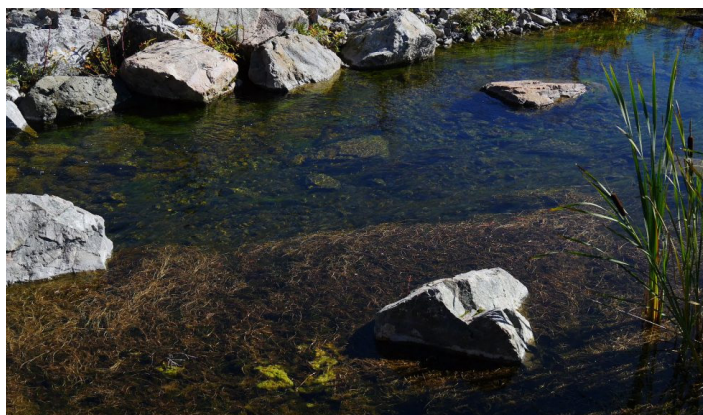
Much of the lower parts of Hazeltine and Edney Creek were still under construction with most of the aquatic work having been done in the past few months. Sockeye salmon went up Edney Creek for

spawning last year, says Holmes, adding that daily salmon inspections were completed during the 2020 construction season and no salmon were observed. It is hoped that Interior Fraser River Coho Salmon will utilize the system later this fall.

Some tailings, however, have been left in Quesnel Lake.

There are plans for reseeded and replanting the lower Hazeltine and Edney Creek area coming up. They're also considering adding an education component in the area, according to Holmes.







## Staff wear orange for Orange Shirt Day







## Firewood deliveries to community members

Soda Creek Indian Band (SCIB) contracted five people to deliver firewood to homes in the community, according to Natural Resource Manager Edna Boston.

“We had Jay Camille from Skywest Environmental come and do rehabilitation on our fire guards and we asked if he could pile all of the lumber, all the logs so we could have firewood

for the community.”

Once Camille was finished SCIB hired people to buck, split and deliver the wood.

The plan was to deliver one load (pickup) per household (based on what’s available) but Elders and young families were be delivered to first.

In total, the work was expected to take about nine days.







## Gibraltar Mine wins award with help from Xat'sull

Taseko Mines Limited's Gibraltar Mine was awarded the prestigious Jake McDonald Annual Award for Metal Mine Reclamation from the British Columbia Technical and Research Committee on Reclamation ("TRCR").

TRCR's annual BC Mine Reclamation Awards, which recognizes outstanding achievement in mine reclamation in British Columbia, was held on Sept. 23, 2020.

Russell Hallbauer, CEO and Director of Taseko, commented, "What a great honour for our employees. Gibraltar has been operating for near-

ly 50 years, generating opportunity for people and economic benefit for communities in the Cariboo. The efforts of our Gibraltar employees continue to be rewarded by achievements like this high profile award. It is gratifying to see their talent and ingenuity being recognized at the highest levels. Gibraltar is proof of mining sustainability in action."

"We would specifically like to acknowledge the local Xat'sull First Nations and the North Shuswap Tribal Council Fisheries Department for their partnership and traditional knowledge in the annual Fraser River

Salmon Sampling Program. As well as a thank you to the Xat'sull First Nations reclamation crew, whose participation has contributed to the success of Gibraltar's reclamation program."

Stuart McDonald, President of Taseko added, "The Jake McDonald Award is the top mine reclamation award in British Columbia, a province that has a large mining industry. This achievement reflects the hard work of many talented people and we are honoured to have been chosen as this year's recipient. The award adds to our track record

of achievement which includes other recognition awards for employee safety and community service."

Xat'sull First Nations Chief Sheri Sellars commented, "I am proud of the work Xat'sull First Nation community members have done in partnership with Taseko-Gibraltar. The fish-sampling program and the reclamation work have been award-winning successes. Our members have also benefitted from employment opportunities and educational initiatives which stem from our relationship with Gibraltar."





Community member Mike Stinson is interviewed for his role in the salmon sampling program.





# Community hunting camp

The Community hunting Camp took place from September 25 to 27 this year. Attendees enjoyed themselves at the annual event. Here are a few pictures of this year's camp.











## **Roxanne Pop has a new role at Soda Creek Band**

Roxanne Pop, the granddaughter of Ralph and Minnie Phillips, has been working at the Xatsúll Heritage Site since she was 14, missing just one summer, but has taken on a new position as of October 19.

Pop is the new intern in the Housing Department as part of the Housing Internship Initiative for First Nations and Inuit Youth program administered by the Canada

Mortgage and Housing Corporation.

Pop will be doing a lot of the administrative work within the department including filing, data management and data entry. She will also work on tenant relations and be the face that community members will see when they come into the department. She'll also handle maintenance requests and incoming communications from tenants and

pass them on to Housing Manager Holly Wycotte as needed.

With Pop now in the Housing Department Wycotte will be able to focus on some of the bigger projects she's been looking to get done.

Pop says she's excited and quite different from what she's been doing at the Heritage Site.

"This position is a great opportunity, my hope is to learn from it and help

however I can along the way," she says. "I'm excited to just learn new things."

Excluding 4 years, Pop has been a resident of Soda Creek Indian Band her entire life.

"Two and a half years ago, I had my daughter, and that's another way people know of me. After having my daughter, I have become more aware of all the opportunities that the band has to offer."





## New counsellor services available at Xat'sūll

Bill McGinnis is now offering counselling at Xat'sūll once a week.

"I came from the Cariboo Friendship Society. I was working there for 13 years as a mental health counsellor. I started contracting through Three Corners Health in September."

Through Three Corners Health, he's also going out to Williams Lake First Nation and Dog/Canoe Creek.

Services include gen-

eral counselling for ages 16 and up, though he's fairly flexible on that since he's worked with youth before, for everything from trauma to grief, addictions, anxiety and everything in between.

"It doesn't have to be clinical counselling either, but can be just an initial meet and greet and chat and feel each other

out kind of thing."

McGinnis has a Mas-

ter's Degree in clinical counselling and a Bachelor's in psychology and philosophy.

"Coming from working with the Cariboo Friendship Society. I really enjoy culture and I'm super excited to be out here working in the community. That's something that I wanted to keep going through my counselling career and I'm

just excited to be out here."

People can set up an appointment at the Health Department with Maxine Sellars.

There are also appointments available in Williams Lake on Thursdays and Fridays through his private office if they want something more private or simply if it's more convenient.

Services are available to community members and members who live away from the community.





Marjorie Sellars-Cady tests out the new Interac machine

# FINANCE NEWS

## Now Available at Soda Creek Indian Band



## Payments Made Easier



Soda Creek Indian Band would like to introduce the new and improved method of payment, now accepting debit and credit card payments.

Stop by the office and make a payment.

No cash needed however, still accepted.

## Don't Miss a Payment



No time to stop by, send an e-Transfer from wherever you are.

Fast, easy, and secure, send to:

[scib@xatsull.com](mailto:scib@xatsull.com)

[cmhc@xatsull.com](mailto:cmhc@xatsull.com)

Unsure of which account to send your payment too? For rent payments contact the Housing Manager other inquiries contact the Finance Department, we can answer your questions.

### Soda Creek Indian Band

3405 Mountain House Road  
Williams Lake, BC V2G 5L5

P: (250) 989-2323

F: (250) 989-2300

### Housing Department

Housing Manager  
[housing@xatsull.com](mailto:housing@xatsull.com)  
(250) 989-2323  
Ext: 103

### Finance Department

Finance Manager  
[D.armes@xatsull.com](mailto:D.armes@xatsull.com)  
Finance Assistant  
[finasst@xatsull.com](mailto:finasst@xatsull.com)  
(250) 989-2323  
Ext: 101

Finance Intern  
[finintern@xatsull.com](mailto:finintern@xatsull.com)





## Jennifer Stinson, Social Development Coordinator

Hi everyone, I thought I would introduce myself, since some of y'all still do not really know who I am. My full name is Jennifer Stinson. I have been working here in the Band Office for about a year and 9 months now. I am a community member. I am proud to say my family name is the Michel's. My parents are Jim Stinson, and Anne Stinson (some known to you as Annie Wannie). Unfortunately, we lost my mom over

almost six years ago on Valentine's Day. She used to work for the Band back in the day as the CHR (Community Health Rep.), before she had gotten sick. I do have a younger brother, which I'm sure all of you know, he works for the NR Department and is one of our Counsellors, Mike Stinson, and I also have two older sisters, that live down south. I used to work for the Band as a student worker, in the Band Office for two summers, when I was a teenager. I have also worked in the Soda Creek Emporium Restaurant as a waitress (so enjoyed working there). I have also worked for the Band's Archaeology Crew, when it first started up for about five

years. Did not mind doing this job as well. I learned a lot about our Culture.

I would like to say that the Food Bank is doing well. Just a friendly reminder it is open every other Thursday, from 1:30 p.m. to 4:00 p.m. Just come into the office and ask for me at the front desk. The next dates are November 5 and November 19. Just remember to bring your own bags, or box to carry your items in. Unfortunately, I do not have anything for you to carry your items in.

We also have the Pre-Employment Program going on, every two weeks, the next sessions are Nov. 4 & 5, and Nov.

18 & 19. It's always on a Wednesday and Thursdays, from 10:00 a.m. to 2:00 p.m., through CCATEC, but S.A.G.E. is running the program. If you are interested, just show up on these dates. Or if you cannot make it to the sessions, or are worried about the Pandemic, they are willing to work with the client, if they want to work from home. S.A.G.E. is also willing to work with the client on what they want or expect from the program (please see insert for more details).

If you have any questions, you can always reach me here at the office, at (250)989-2323 Ext. 102 or you can email me at [socdev@xatsull.com](mailto:socdev@xatsull.com)



## Janice Mitchell, Band Member and Receptionist

especially because of our first snow fall on October 13. I guess everyone is scurrying around like little Mice-(Kewékwtné) trying to get ready for winter? My late Uncle Herman Sellars, used to always tease Sally and I, "You girls sing like Crickets (Sal) all summer

and cry like Coyote's - (Sk'let) all winter." It is funny to think about those memories bringing me back to the old ski hill that was once called "Little Squaw Valley", whom Sally says was named after the big ski hill in Lake Tahoe, Nevada. Then later named

"Timberland," which makes me wonder why they changed the name? Humph! Good times that was! Ski-bums. Never had a bored day as the kids say nowhere days. Owell. Hope everyone is doing well with their winter preparations and staying well.

I'm just noticing the changes in the weather,



# November

# 2020

## Social Development Department



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



## Xat'sull By-election -- Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Soda Creek First Nation dba Xatsull**, will be held on **Friday, October 30, 2020** beginning at **5:00 PM** and lasting for at least three hours.

The purpose is to nominate candidate for the position of one councillor on the Band Council who will complete the Councillor term which will end on May 14, 2021.

The nominating meeting will be at **3405 Mountain House Road, Williams Lake, BC V2G 5L5**.

There is **one** councillor position to be contested in this by-election.

The election will be held at the same address on Tuesday, December 15, 2020.

Please note that any voter may nominate a candidate by using a mail-in nomination form. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the electoral officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void.

Given under my hand at **Williams Lake**, this 30th day of **September**, 2020.  
(municipality)

**H.A.(Bert) Groenenberg**

X   
Signature of Electoral Officer

PO Box 4624  
Williams Lake, BC V2G 2V6 text (250)398-0184 [bgroen53@telus.net](mailto:bgroen53@telus.net)





# CITIZENS ASSEMBLY

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**When:** 9 a.m. to 4 p.m.  
Friday, Nov. 6

**Location:** SCIB Gym

**By:** NSTQ/Treaty

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The 2020 Citizens Assembly will be streamed online.

SCIB members will have the option to watch from the community gym but attendance will be limited to 30 members due to COVID-19.

If you'd like to attend in the gym, please email [communications@xatsull.com](mailto:communications@xatsull.com) to register and include the following:

- Who's coming with you
- Any food allergies

*Pre-registration is also required to watch online and to be eligible for the grand prize draw. Please visit [nstq.ca](http://nstq.ca) or email [membership@nstq.org](mailto:membership@nstq.org) to register for that.*



# 2020 Citizens Assembly



THE LAKES & RIVER PEOPLE WALK THE LAND.  
TSCENTWECWS. THE LIVING VISION.

**Northern Secwepemc te Qelmucw**



**FRIDAY NOVEMBER 6TH 2020  
9 AM TO 4 PM**

**This event is broadcast on-line**

PRE-REGISTRATION IS REQUIRED TO WATCH AND BE  
ELIGIBLE FOR HOURLY PRIZE DRAWS AND THE GRAND  
PRIZE.

PRIZES INCLUDE A \$3,000 WINTER HOME COMFORT  
PACKAGE THAT INCLUDES EVERYTHING YOU NEED TO  
FACE THE SEASON AHEAD. WATCH FOR HOURLY  
DRAWS FOR TRADITIONAL HANDMADE GIFTS

TO REGISTER VISIT [NSTQ.CA](http://NSTQ.CA) OR EMAIL:

[MEMBERSHIP@NSTQ.ORG](mailto:MEMBERSHIP@NSTQ.ORG)

TO RECIEVE A REGISTRATION FORM



# Halloween Dinner



**OCTOBER 29th, 2020**

**6-8PM | Soda Creek Gym**

Join us for an evening of dinner, fireworks & treats!

**Call Health at 250.989.2355 to registrar.**

If you are sick, please cancel your spot.

Covid protocols in place.

Limited to 45 people.



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

P: 250-989-2355 F: 250-989-2301 [www.xatsull.com](http://www.xatsull.com)



## Injury Surveillance Program Draw

### Have you sustained any of the following:

- ◇ Animal bite
- ◇ Bike accident
- ◇ Broken bone
- ◇ Car accident
- ◇ Concussion
- ◇ Cut
- ◇ Fall
- ◇ Poisoning
- ◇ Skin burn
- ◇ Slipping on ice
- ◇ Sprain

We have the Injury Surveillance Program within our community to help prevent injuries within our community. If you have sustained an injury, there is a Injury Surveillance form on our website under Health page, or can get a copy at our Health Station.

To be entered for the draw, fill out a form and your name will be entered. Deadline is Friday, December 4th, 2020 at 4pm. Forms are kept confidential. Prizes are as follows:

- |                  |                           |
|------------------|---------------------------|
| <b>1st Prize</b> | Apple iPad                |
| <b>2nd Prize</b> | \$300 Sportchek gift card |
| <b>3rd Prize</b> | \$150 Sportchek gift card |



**Soda Creek Health**  
**3405 Mountain House Road**  
**Williams Lake, BC V2G-5L5**  
**P: 250.989.2355**  
**F: 250.989.2301**  
**www.xatsull.com**







First Nations Health Authority  
Health through wellness

# When staying home is not safe

## Domestic violence may increase during the COVID-19 pandemic

*Trigger Warning: this content may trigger unpleasant feelings or thoughts of past abuse.*

Violence, domestic and sexual violence (also known as assault, abuse, and exploitation) are rooted in control and power. Domestic violence can worsen during a disaster. This current pandemic is no exception. Remember, there is never any reason or excuse for abuse.

### FACTORS THAT CAN INCREASE DOMESTIC VIOLENCE

- Stress
- Loss / separation of friends, family, co-workers
- Loss of livelihood / financial hardship
- Loss of homes and resources
- Personal loss
- Uncertainty / anxiety
- Change in housing arrangements
- Breakdown of norms, including loss of routines
- Loss of control

Abusers typically try to achieve isolation of the victim so that the victim is without social supports. This pandemic, which has necessitated quarantining, physical distancing, and in some cases self-isolation, has made it easier for abusers to isolate their victims from friends, family, and work. And if both the abuser and the victim are working from home or are at home without work, it is even more difficult to seek help.

### PHYSICAL SAFETY IS MORE IMPORTANT THAN SELF-ISOLATION

Physical distancing (i.e. staying six feet/two metres apart) does not mean *social* isolation. We need each other more than ever right now, so if you are isolated, try to maintain social connections online or over the phone, if it is safe to do so. Also try to stick to your daily routines as much as possible.

The loss of control experienced during a disaster can lead to abusers looking for control in at least one area of their lives, and this can be in their own homes. We know that women are disproportionately victims of intimate partner violence. Unfortunately, if you are already experiencing domestic violence, you should be aware that it is likely to get worse during the pandemic. Power inequities, forced transactional sex due to disaster-related economic downturns and loss of livelihood, as well as impacts on family custody arrangements, can all occur.

There may also be a lack of available services to report abuse or provide shelter from it. Some organizations have changed the way they are providing services. For example, counselling has, in many cases, been moved to telephone, text, or online video appointments.



**WHAT COMMUNITIES CAN DO:**

- **Awareness:** All community members must be aware that vulnerable people will be more vulnerable during a crisis.
- **Community involvement:** We are all connected and need to be aware of how we are all doing, especially during a time like this. When one of us is in danger, we need to join together as best we can as a community member, family member, friend, or co-worker. If you think someone is being abused, you can call shelters for advice (see below). You can also be the voice for someone being abused if they ask you to call for help for them.

Many women will not report their abuse due to fear of their partner, the outcome, stigma or shame. Again, checking on each other is vital! Let the pandemic be a reminder for us to take care of each other.

**TO REPORT ABUSE:**

- If you are in immediate danger, or think someone else is, please call 911.
- You can call shelters or support lines. If phones are shared or you can be overheard or are being monitored, you could try asking general questions about isolation and coping to avoid worsening abuse. Or try to connect with the shelter or organization by text or email (see below) or through another person.
- You can still see or talk to a doctor, although many are carrying out their duties by phone appointment because of the pandemic. If phones are shared or you can be overheard, try to connect with the doctor's office by text or email or through another person. We understand that for some this may be difficult.
- If it's safe, try to be the family member who goes grocery shopping or to the pharmacy and call for help from there.

*"Trauma may happen to you but it can never define you."*

~ Melinda Longtin, survivor of domestic violence, author.

**SOME NUMBERS TO CALL:****KUU-US Crisis Line Society:**

Aboriginal-specific 24/7 crisis line serving all BC.  
Toll-Free: 1-800-588-8717  
Youth Line: 250-723-2040  
Adult Line: 250-723-4050

**Battered Women's Support Service:**

Text 604-652-1867. Email: intake@bwss.org  
Phone 604-687-1867 / Toll-Free 1-855-687-1868  
Hours are: Mon – Fri: 10:00am – 5:00pm &  
Wed: 10:00am – 8:00pm

**Rape crisis line (24 hours):** Phone 604-872-8212

**Women against Violence against Women:**

Phone 604-255-6344 / Toll-Free 1-877-392-7583

**VictimLink BC:** Phone 1-800-563-0808

**VictimLinkBC:** To call collect, call the Telus Relay Service at 711. Text 604-836-6381. Email VictimLinkBC@bc211.ca. TTY 604-875-0885

**Women's Crisis Lines:**

Phone 604-687-1867 / Toll-Free 1-855-687-1868  
Hours are: Mon – Fri: 10:00am – 5:00pm and  
Wed: 10:00am – 8:00pm







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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE



## PUZZLE SOLUTION

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION





## Morning Glory Muffins

These muffins have a great shelf life and taste better a day after baking. Store them at room temperature, covered, for up to 3 days, or freeze them for up to 2 months.

Prep: 15 min

Cook: 35 min

Total: 50 min

Yields 16 to 18 muffins

Move oven rack to lower third position and preheat oven to 350°F.

2 ¼ cups all-purpose flour  
1 ¼ cups sugar  
1 tablespoon ground cinnamon  
2 teaspoons baking soda  
1 teaspoon sea salt

Sift or whisk together the flour, sugar, cinnamon, baking soda, and salt into a large bowl.

2 cups finely grated carrots (about 2 carrots)  
1 large apple, peeled and finely grated  
1 cup (8 ounces) crushed pineapple, drained  
¾ cup raisins  
½ cup shredded coconut  
½ cup coarsely chopped pecans or walnuts

Add the carrot, apple, raisins, coconut, and nuts to dry ingredients. Stir to combine.

3 large eggs  
1 cup vegetable oil  
2 teaspoons vanilla extract

In a separate bowl, whisk the eggs, oil, and vanilla until smooth.

Pour into the bowl with the dry ingredients and blend well.

cooking spray

Generous grease two muffin tins with cooking oil.

Using a ⅓ cup mea-

surer, spoon the batter into greased muffin tins, filling each slot to the top.

Bake for until muffins turn a deep brown and a toothpick inserted into the center comes out clean, about 35 minutes.

Remove from oven and let muffins cool in the pan for 10 minutes. Then, carefully remove muffins and place on a wire rack until completely cooled.

From MakeBetterFood.com. Jan 23, 2013. (<http://makebetterfood.com/recipes/morning-glory-muffins/>). Adapted from Earthbound Organic.



## Carrot Ginger Soup

This simple, tasty soup combines a healthy dose of carrots with the interesting zing of ginger root to create an autumn favorite. It's also a surprisingly effective way to get a fussy 3-year old eater to devour half a pound of carrots for dinner.

Prep: 20 min

Cook: 15 to 20 min

Total: 35 to 40 min

Serves 6 to 8

6 cups chicken broth  
2 pounds carrots, sliced  
into ¼ to ½ inch  
pieces

Add chicken broth and  
carrots to a large stock  
pot.

2 tablespoons grated  
fresh ginger

Using a vegetable peel-  
er, the remove brown

outer skin from ginger.  
Using a grater or zester,  
grate 2 tablespoons of  
ginger. Add to stockpot.  
Cover the stockpot and  
bring it to a boil over  
high heat. Reduce heat  
and simmer until carrots  
are tender when pierced,  
about 15 to 20  
minutes.

Remove from heat. Us-  
ing a soup ladle, transfer  
a portion of the soup

into a blender or food  
processor and puree on  
high speed.

Transfer blended soup  
into a separate bowl.  
Repeat as necessary in  
small batches until all  
of the soup has been  
pureed. When complete,  
return blended soup to  
large pot.

1 cup heavy whipping  
cream

Add cream to blended  
soup and heat soup over  
medium-high heat to  
bring to a boil. Immedi-  
ately remove from heat.

½ teaspoon salt  
½ teaspoon pepper

Add salt and pepper to  
taste and mix well. La-  
dle into soup bowls and  
serve immediately with  
bread.

From MakeBetterFood.com. Oct 18, 2011. (<http://makebetterfood.com/recipes/carrot-ginger-soup/>).



# JOB OPENING



**Job Title:** Youth Worker  
**Reports to:** Education Manager

**Job Summary:** 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.

**Education & Experience:**

- Some post-secondary courses
- Life skills coach training and certification
- Three to Five (3-5) years experience working with youth and planning events

**Skills and Abilities:**

- Experience with outdoor activities (canoeing, paddling, fishing, medicine picking)
- Proficiency in the use of computer programs for word processing, email and the internet, to the beginner level (you only require basic skills)
- Ability to work independently and build effective interpersonal relationships
- Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality
- Ability to coach and teach life skills and understand special needs (FAS)
- Good interpersonal skills
- Ability to develop relationships and work as a team player
- Lifestyle consistent with the importance and responsibilities of the position

**Working Conditions:**

- Travel in this position is required
- Non-standard hours of work
- Ability to perform the physical aspects of the job which include walking, standing, bending, lifting heavy objects, kneeling, climbing, and performing outdoor activities
- Receives minimal supervision with occasional direction and very few checks of the work performed

**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

**Type of Employment:** 35 hours per week  
**Salary Grid Level:** To be determined later

**For a complete job description and application package contact:**

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: [execasst@xatsull.com](mailto:execasst@xatsull.com)

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

Application Deadline: Open until filled Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act

### Soda Creek Indian Band Employment Opportunity For Self-Government Transition Coordinator

#### Job Summary

The Self-Government Transition Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self governing environment in accordance with the vision, mission and objectives of the organization. The Self-Government Transition Coordinator is tasked with developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize the cultural heritage and language.

The Self-Government Transition Coordinator will work to advance the Soda Creek Indian Band's goal of self-government. This will include helping to further develop Governance structures, as well as plan and initiate the transition from the *Indian Act* to a sovereign, self-governing community.

#### Skills and Abilities:

- Understanding of laws, constitution and legal language
- Knowledge of traditional lands, culture and language
- Intermediate skills with Microsoft Office (You are capable of using large number of functions and feel confident using the program)
- Ability to use in-depth analysis and evaluation using significant innovative thinking and creativity to find answers
- Strong administration, conflict resolution, time management, interpersonal communication, proposal preparation, and negotiation skills.

#### Experience:

- Graduation from Grade 12
- Preferred Post-Secondary degree or related experience in Political Science, First Nations Studies, Aboriginal Law or related discipline.
- Three to five years working in a related capacity to support Treaty process

#### TYPE OF EMPLOYMENT

This is a full-time position of 35 hours a week.

#### APPLICATION DEADLINE

A completed Soda Creek Indian Band Application Form is required with your cover letter and resume. **Opened till filled.** Only candidates that are eligible for an interview will be contacted. To obtain a copy of this job description and application, please visit [www.xatsull.com](http://www.xatsull.com).

#### HOW TO APPLY

Resumes can be mailed or emailed or delivered by hand to:

Leasa Williamson, Executive Assistant  
3405 Mountain House Rd.  
Williams Lake, BC V2G 5L5

Email: [execasst@xatsull.com](mailto:execasst@xatsull.com)

Or by fax to: 250-989-2300

Only those selected for interview will be contacted



**Soda Creek Indian Band**  
Full Time Employment Opportunity

**Job Title:** Traditional Wellness Coordinator

**Reports to:** Health Manager

**Job Summary:** The Traditional Wellness Coordinator will develop and provide prevention, education, crisis counseling, substance abuse awareness and supports, detection, assessment, treatment, and after care services which focuses on addictions, mental health, Fetal Alcohol Spectrum Disorders (FASD), and client advocacy.

**Education & Experience:**

- Diploma in Social Service, counselling, or a related field.

**Skills and Abilities:**

- Ability to use with proficiency, the Microsoft Office Suite
- Ability to prepare and make research and report recommendations
- Strong analytical, communications skills (verbal and written) and knowledge of research practices
- Ability to work independently and as part of a team
- Ability to communicate effectively both orally and in writing, with a focus on drafting reports, policies, protocols, guidelines, newsletters, briefing notes, and other material
- Ability to synthesize information and feedback into easily understood and audience appropriate presentations
- Attention to detail
- Problem Solving and Conflict Resolution skills

**Type of Employment:** 35 hours per week

**Working Conditions:**

- Must be able to work flexible hours and travel as required
- Full time position, subject to 90-day probation
- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's License
- Be willing to obtain and maintain a Valid Class 4 Driver License
- Must provide a vehicle in good operating condition
- Must be able to obtain and maintain a valid Emergency First Aid Level One Certificate, and Food Safe Certificate

**Salary Grid Level:** to be determined later

**For a complete job description and application package contact:**

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

**Applications will be accepted by email, hand delivery, fax, or by post. Please provide a cover letter and references. Application Deadline: **Open until filled**** Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.



## CHIEF AND COUNCIL MEETINGS

We'd like to remind people that Chief and Council meetings are open to the public and members are encouraged to attend.

- Due to COVID-19 there's no in-person attendance but members can watch by requesting a Zoom invite from Executive Assistant Leasa Williamson (execasst@xatsull.com).
- The meetings are "watch-only" so attendees will be muted

### REMAINING COUNCIL MEETINGS FOR 2020:

October 29  
November 12

November 26  
December 10

Council will resume on January 7, 2021

**CHIEF AND  
COUNCIL  
MEET EVERY  
TWO WEEKS  
AT 5:30 P.M.**