



# Fraser River Run

The monthly newsletter of the Soda Creek Indian Band

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## XATŚŪLL SAWMILL PROGRAM KICKS OFF

After a few delays due to COVID-19, the much anticipated sawmill program kicked off on Feb. 22

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## Sawmill program has started

SCIB has wanted the ability to mill lumber and build houses for the community for a very long time. We're on that path now with the Sawmill - 'Let's Build a House' Program that started February 22nd, 2021 with funding from the Ministry of Advanced Education Training and Skills (MAEST) and the Cariboo Chilcotin Aboriginal Training and Employment Centre (CCATEC). Participants will be trained in safety.

Funding from both MAEST and CCATEC were secured in December 2020. After

an enthusiastic response from 16 applicants for the Sawmill - 'Let's Build a House' Program, the interviews were held and 10 participants selected the week of January 25th, for the February 1st start date. Unfortunately, Xat'sull had an increase in COVID-19 cases in the community, the Emergency Operations Centre was opened, and Chief & Council delayed the start date to February 16th, then the community health team was provided with directions for updating the COVID protocols for staff and access to

facilities, which meant the training team had to adjust and the training start date was further delayed to February 22nd. The participants and trainers were split into two groups to keep the participants, trainers and community safe, and follow Dr. Bonnie Henry's rules of no more than 10 in a group. The team had to move the in-class training site from the gym to the Emporium, create a safety plan for the new location and gather all the necessary supplies to meet the safety protocols. The training calendar had







## Sawmill program participants out in the field

to be adjusted, trainers and equipment providers contacted and alternate arrangements made. Contact was also made with funders to adjust budgets, timelines and deliverables based on

the new calendar and expected outcomes.

It's been a whirlwind of activity at the Emporium, which has also created some inquiries as to whether the community is working to reopen the

Emporium.

Cheryl Chapman, Economic Development & Employment Coordinator, is working with Craig Kennedy of Kennedy Forest & Safety Consultants to

administer the program. Together they were also responsible for securing the funding. Brian Fuller of Fulltime Ventures is assisting in sawmill operations and construction training.







**SODA CREEK INDIAN BAND**  
**Official Count Declaration – Council**

**Community Hall**

23, FEB, 2021

This document declares and confirms the Official Ballot Count of ALL Ballots properly recorded for the SODA CREEK INDIAN BAND 2021 Council By-Election immediately following the close of Regular Polls located in Williams Lake, B.C.

	<b>TOTAL</b>
<b>TOTAL BALLOTS CAST</b>	<b>108</b>
	<b>TOTAL</b>
<b>SPOILED/REJECTED BALLOTS</b>	<b>0</b>
<b>INDIVIDUAL CANDIDATE BALLOT COUNTS</b>	
<b>DIXON, DONNA</b>	<b>29</b>
<b>HAINES-HOWELL, MARNIE</b>	<b>19</b>
<b>SELLARS, KELLY</b>	<b>26</b>
<b>SELLARS, PATRICK</b>	<b>34</b>

SIGNED AND DECLARED,

NICOLE HAJASH, ELECTORAL OFFICER  
 250-384-8200 (ph) / 250-384-5416 (fx)



onefeather

# Patrick Sellars wins Xat'sūll by-election

The by-election held on February 23 was won by Patrick Sellars.

In total 108 valid votes were cast. Once again a few mail-in ballots were returned without voter declaration forms meaning they could not be counted. We encourage everyone to thoroughly read the instructions when submitting their vote by mail.

Elections for two councillor positions are coming up in a few months time.

We look forward to what Patrick Sellars will bring to the leadership table.





## Marnie Haines Howell, Education Support Assistant

learning in there!

I have continued with the communications of the School District 27 information going to our parents of Kindergarten-Grade 12 students through email and Facebook. Parent and teacher communications continue.

I've participated in my first FNEC (First Nation Education Council) meeting. It was interesting and enjoyable to see so many dedicated people working towards our common goal of positive relations and assistance towards our students' success in schools.

I've also been working on creating mini posters in our Shuswap/Secwepemc Language to be used throughout our band office and work buildings. I've worked with Cody William of the Language Centre and used the First Voices Program on line as well. I never learned our language so this has been an enjoyable process. But for me, I have a learning difficulty that doesn't allow me to pick up the language that easily. I have used phonetic break downs and to assist myself and I think it may be helpful for others also. As a teacher for



**Cnek'men  
Washroom  
(said: hoo nek men)**

sixteen years, we always had to find creative ways to teach our students. There are visual learners, hands-on learners and there's learning orally, of course. For myself, I require all the tools when I'm learning. This project is not meant to diminish our language in any way. It is only meant to aid those like me who struggle to learn.

I will be requesting the assistance of one of our community's elders to sit with me and "check my work!" The hope is that these posters will be around for future generations to learn from as well. I didn't learn the language from my Great Grandma Augusta Evans,



**Ts'lcwíl'ep  
Chair  
(said: chell wee lip)**

but I still hear her speaking it and singing in my head and know it is deep inside me. I do remember certain

words and phrases she used and at 53 years of age, I continue to learn!

I look forward to seeing you all in person once life returns to some normalcy. In the meantime, I hope

to meet your needs with any questions, phone calls or emails you may have. I'll always do my best to help or at least steer you in the right direction! Stay safe and well, everyone!

Kukstemc; thank you and respectfully,

*Marnie Haines Howell  
Education Support  
K-12 and Head Start  
Coordinator*







# Sally Sellars, Lands Coordinator

and Indigenous objectives, local values, and sustainability priorities by facilitating full partnership with Indigenous Nations and relevant stakeholders.

- The process is intended to:

- Describe the current state of forests.
- Select a desired future state based on shared forest management priorities, modelling and dialog.
- Set the direction that licensees must follow during forestry operations.

### Fraser River East Corridor Landscape Planning for Interior Douglas-fir

- Hawks Creek, Williams Lake, Chimney, Alkali and Dog Creek Landscape units are in areas with a high number of overlapping objectives

and population density. These landscape units are within the Interior Douglas-fir (IDF) where mid-term timber supply availability, landscape resiliency and investment planning priorities have been debated. There are also gaps in providing operational direction for IDF that do not have strategic objectives.

- Request input for any values you feel necessary to build a sustainable forest for all to use.

- Hawks Creek (Deep Creek) Flood Mitigation Freshet

- The freshet (the spring thaw and/or flood of rain and heavy snow melt) within Deep Creek is being monitored.

- Deep Creek (Hawks Creek) field visit on Friday Feb 19th was done and information is being collected to find strategies to mitigate the spring flow.

### Survey Capacity Canada Development Program Training

- This training is ongoing as a 2-year program.

- Based to understand land survey documents, field notes, reports, and more which will help when doing the family field surveys and lot developments.

I also have been continuing to work with lot development and the survey of Nenqayni complete with a new agreement being put into place. I would encourage membership to send all concerns to myself so I may collaborate and distribute, as necessary. I continue to look for input with hereditary lands within Soda/Deep Creek reserves.

Thanks for reading and hope to hear from all membership regarding my above concerns.

Hello membership, we have been busy although working from home, meetings I have been involved with and are of concern and need your feedback include:

### Quesnel Forest Landscape Plan Pilot Project, Quesnel Timber Supply Area (TSA)

- Develop and implement a strategic Forest Landscape Plan (FLP) for the Quesnel Timber Supply Area using a structure (G2G Governance, Planning Table, Working/Advisory Groups) that enables a collaborative approach to address provincial







## Jennifer Stinson, Social Development Coordinator

the back of the office to access the food bank, and I will hand you what you need. You can also email me at [socdev@xatsull.com](mailto:socdev@xatsull.com) on what you need, and I can try and have it ready for you on that day.

Contractors for Income Assistance Clients. It is now \$175 per cord. If you are interested, you can either email me at [socdev@xatsull.com](mailto:socdev@xatsull.com) or call me at (250)989-2323 Ext. 102.

### PRE-EMPLOYMENT PROGRAM DATES

- March 3  
Stress Management (OPEN)
- March 4  
Coping Skills (OPEN)
- March 8  
Medicine (OPEN)
- March 9  
Medicine (OPEN)
- March 10  
Stress Management (OPEN)
- March 11  
Coping Skills (OPEN)
- March 15  
First Aid (PENDING)
- March 16  
First Aid (OPEN)
- March 17  
Computers (TOWN OFFICE)
- March 18  
Computers (TOWN OFFICE)

For mid-month and SA day, the office is still closed to the public, but all clients can still pick up their cheques on those days at the office. Or if you would like your cheque to be mailed to you just let me know either by email, or a phone call.

### IMPORTANT DATES

- March 4th & 18th  
Food Bank from 1:30 p.m. to 4 p.m.
- March 10th  
Mid- Month Day
- March 24th  
SA Day

Hi everyone,  
I hope everyone is doing all well. I have been busy for these past few months, especially with the end of the fiscal year.

Just a friendly reminder that Community members can now access the Food Bank, every other Thursday, from 1:30 p.m., to 4 p.m.

Please bring your own bags, or boxes to carry your items in. Just come to the front desk and ask for me, Jennifer, and I will bring you around

Interview week will be cancelled for this month because of the closing of the office to public, and the COVID-19 protocols that we must follow.

The Pre-Employment Program is still being held at the S.A.G.E. offices, or over ZOOM. If you have any questions, you can reach Yvonne at the S.A.G.E. office at (250)398-7137 or email her at [sage\\_funk@hotmail.com](mailto:sage_funk@hotmail.com).

We are still looking for Wood Hauling





# March

# 2021

## Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 OPEN Pre-Employment Stress Management 10:00-1:00 Computers (Town Office) Jim/Phillip	4 FOOD BANK 1:30 PM – 4:00 PM OPEN Pre-Employment Coping Skills 10:00-1:00 Computers (Town Office)	5	6
7	8 OPEN Pre-Employment 10:00-1:00 Medicine Rhona Bowe	9 OPEN Pre-Employment 10:00-1:00 Medicine Rhona Bowe	10 MID – MONTH OPEN PRE-EMPLOYMENT PROGRAM 10:00-1:00 Stress Management	11 OPEN PRE-EMPLOYMENT PROGRAM 10:00-1:00 Coping Skills Jim/Phillip	12	13
14 DAY LIGHT SAVINGS	15 Pre-Employment First Aid (pending)	16 Pre-Employment First Aid (pending)	17 Pre-Employment Computers (Town Office)	18 FOOD BANK 1:30 PM – 4:00 PM Pre-Employment Computers	19	20
21	22	23	24 SA DAY PRE-EMPLOYMENT PROGRAM @ S.A.G.E. OFFICE/ZOOM	25 PRE-EMPLOYMENT PROGRAM @ S.A.G.E. OFFICE/ZOOM	26	27
28	29	30	31			





## GROUND ~ CONNECT ~ THRIVE

Yoga Sessions with Heather Cherisse via Zoom



Through Breathe, Meditation and Yoga, Heather Cherisse will work with you to ground to your truest self, connect your mind and body so that you can thrive in your life.

### COMMUNITY SESSIONS

Tuesdays, February 16th-March 23rd, 2021  
7:00-8:00pm



To book, email Maxine Sellars, at [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com) to registrar. A zoom link will be emailed to you.



Soda Creek Indian Band, 3405 Mountain House Road, Williams Lake, BC V2G-5L5  
Phone: 250-989-2323 Fax: 250-989-2300 [www.xatsull.com](http://www.xatsull.com)



# Integrative Healing Sessions

FRIDAYS 8:30AM -2:30 PM

Heal the Body, Mind + Spirit together.

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

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

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

SESSIONS MAY INCLUDE:

HOLISTIC NUTRITION+ SUPPLEMENTATION GUIDANCE  
BODY-BASED TRAUMA RELEASE   BREATHWORK + YOGA   MEDITATION  
GUIDED VISUALIZATION   MASSAGE + ENERGY WORK

Zoom or phone call appointments are available.

Call Health at 250-989-2355 to book.



## ABOUT CIEL GROVE, MA

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



## PHYSIOTHERAPY SERVICES

Are you suffering from...

...Physiotherapy can help you.

**March 2021**

Soda Creek— March 3 & 24—8:45am—12:00pm  
 Sugar Cane—March 3 & 24 — 1:00pm—4:15pm  
 Canoe Creek—March 17—9:00 am—12:00pm  
 Dog Creek—March 17—1:00 pm—4:00 pm

**April 2021**

Canoe Creek— April 7 & 28— 9:00 am—12:00pm  
 Dog Creek— April 7 & 28 — 1:00 pm—4:00 pm  
 Soda Creek—April 14—8:45am—12:00pm  
 Sugar Cane—April 14—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

Physiotherapist  
 Tyler Judd

## THREE CORNERS HEALTH SERVICES SOCIETY

Bill McGinnis  
 Registered Clinical Counsellor

Have you been impacted by Covid-19? Headaches, Fatigue, Anxiety, Feeling Overwhelmed, Overeating, Angry Outbursts, Depression, Lack of motivation?

TO MAKE AN APPOINTMENT PLEASE  
**CALL OR EMAIL**

EMAIL:  
 WILLIAMCGINNIS@GMAIL.COM

PHONE:  
 250-267-3034

Williams Lake Cross Country Ski Club

Cariboo Chilcotin Conservation Society

WORLD WATER DAY

# FREE SKI!

join us at Bull Mountain for a FREE ski, snowshoe, or dog walk in celebration of World Water Day

**SATURDAY, MARCH 6**  
 10-2PM

no rentals! BYO gear



SODA CREEK HEALTH PRESENTS:

# MASSAGE

With Kim Littlewood  
 North of 7 Bodywork & Massage

**Cancelled for  
 March 8-12, 2021**

January 11-15, 2021  
 February 8-12, 2021  
 March 8-12, 2021

MON, 8:30am-4:30pm  
 TUE, 8:30am-4:30pm  
 WED, 12:00pm-8:00pm  
 THUR, 12:00-8:00pm  
 FRI, 8:30-4:30pm

The appointments are 1 hr & 20 min long | 25 spots available  
 | Book as soon as possible | Covid protocols in place | We ask  
 if you are sick, to please cancel your appointment.

TO BOOK, CALL HEALTH, 250.989.2355

Made with PosterMyWall.com





# COVID-19 Vaccine Available for Xat'sull Community Members

Limited quantities of the COVID-19 vaccine are available to Xat'sull community members **currently residing on-reserve** starting Monday, March 8, 2021.



## Vaccine Clinics will be held at the Gym in Deep Creek

Monday, March 8, 2021 - all community members 18 yrs +

Tuesday, March 9, 2021 - all community members 18 yrs +

### BY APPOINTMENT ONLY - NO DROP-INS

**Elders will be called with an appointment time.** All others must call the TCHSS Nurse Line to **book an appointment at 250-305-4162**. Due to COVID-19 requirements, we cannot accommodate walk-ins at this time.

If you are a Xat'sull community member living off-reserve and are interested in receiving the COVID-19 vaccine, please call to have your name added to the waitlist - if there are remaining doses, you will be contacted with an appointment time.

If you have questions about the vaccine, please call the TCHSS nurses at 250-305-4162

## **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.**







First Nations Health Authority  
Health through wellness

## Mental Health and Cultural Supports During COVID-19

### TELEPHONE AND ONLINE SUPPORT

**Virtual Substance Use and Psychiatry Service.** A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

**First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service** offers mental health counselling and crisis intervention to Indigenous people across Canada.  
Toll-Free: 1-855-242-3310  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Kids Help Phone** is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth.  
1-800-668-6868 or text the word "connect" to 686868 to access text support.

**KUU-US Crisis Services** is available 24/7 to support Indigenous people in BC.  
<http://www.kuu-uscrisisline.ca>  
Toll-Free: 1-800-KUU-US17  
(1-800-588-8717)  
Adult/Elder: 1-250-723-4050  
Child/Youth: 1-250-723-2040

**National Indian Residential School Crisis Line** supports former Residential School students. The crisis line provides emotional and crisis services 24/7.  
Toll-Free: 1-866-925-4419

**Provincial Alcohol and Drug Information Referral Service** provides free referral services to support with any kind of substance use issue (alcohol or other drugs).  
Toll-free: 1-800-663-1441  
Lower Mainland: 604-660-9382

**Foundry:** health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>  
Virtual: <https://foundrybc.ca/virtual/>

### FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

### INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

**Adah Dene Cultural Healing Camp Society**  
Margo Sagalon: 250-996-3813  
[Admin.elders@telus.net](mailto:Admin.elders@telus.net)  
Tracey Charlebois: 250-996-1475  
[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@telus.net)

**Carrier Sekani Family Services**  
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855  
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

**Gitanyow Human Services**  
Wanda Good: 250-849-5651  
[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

**Gitsxan Health Society**  
Ardythe Wilson: 250-842-8251  
[irsmanager@gitsxanhealth.com](mailto:irsmanager@gitsxanhealth.com)  
Pam Torres: 778-202-1355  
[irsmhsupport3@gitsxanhealth.com](mailto:irsmhsupport3@gitsxanhealth.com)  
Gary Patsey: 778-202-1703  
[irsmhsupport1@gitsxanhealth.com](mailto:irsmhsupport1@gitsxanhealth.com)

**Nuu Chah Nulth Tribal Council**  
Vina Robinson: 1-250-724-3939  
[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)  
Daily Elliott: 250-720-1736

**Indian Residential School Survivors Society**  
Stu Mitchell: 604-985-4464 or  
Toll-free: 1-800-721-0066

**Okanagan Nation Alliance**  
Rachel Marchan: 1-250-470-7048 or  
Toll-free: 1-866-662-9609  
[earlyyears@sylix.org](mailto:earlyyears@sylix.org)

**Tsow-Tun-Le-Lum Society**  
Toll-free: 1-888-590-3123

### FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

**Carrier Sekani Family Services**  
Call: 250-567-2900 or  
Toll-free: 1-800-889-6855  
and ask for an ARP Team member  
Email: [rjohn@csfs.org](mailto:rjohn@csfs.org)

**Kackaamin Family Development Centre**  
Call: 250-723-7789 or  
Toll-free: 1-833-205-6946

**Namgis Treatment Centre**  
Call: 250-974-8015 or  
Toll-free: 1-888-962-6447 Ext.2152

**Nenqayni Wellness Centre**  
Call: 250-989-0301 or  
Toll-free: 1-888-668-4245

**North Wind Wellness Centre**  
Call: 250-843-6977 or  
Toll-free: 1-888-698-4333

**Telmexw Awtexw (Sts'ailes First Nations)**  
Call: 604-796-9829

**Tsow Tun Le Lum**  
Call: 250-268-2463 or  
Toll-free: 1-888-590-3123

**Wilp Si'Satxw Healing Centre**  
Call: 778-202-0162, 778-202-1349 or  
Toll-free: 1-877-849-5211

*All information in this document is accurate as of December 9, 2020.*

# PASSES

If you are looking  
for something to do.  
We have passes for:

-Bowling  
-Pool

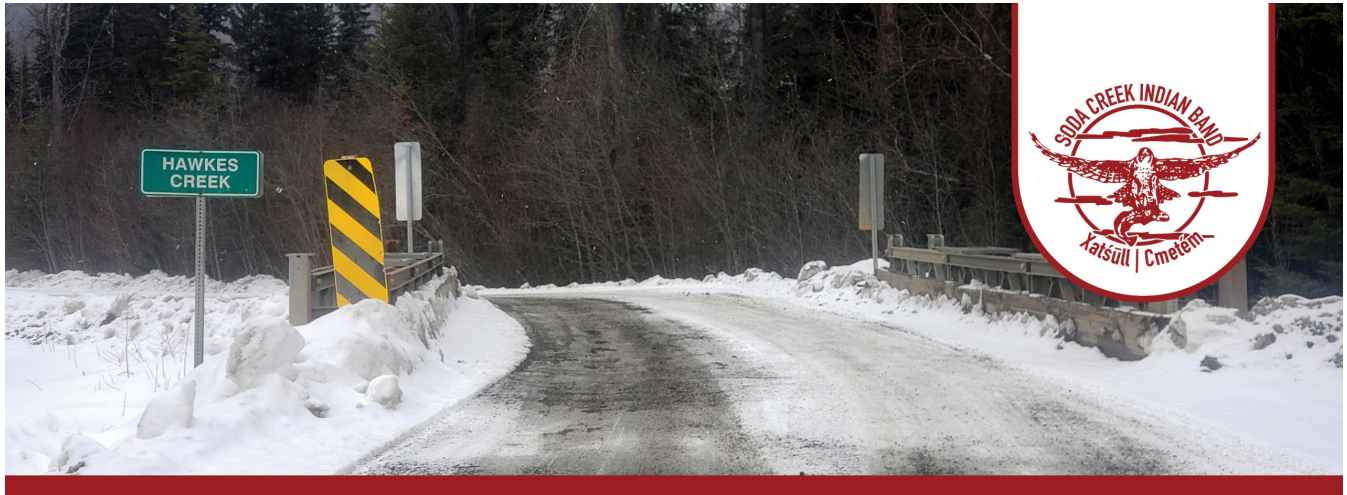
Call Health at 250-989-2355 and can  
meet you outside the Health Station to  
get passes for you and/or family.



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)





# FLOOD HAZARD STUDY UNDERWAY

Xatsúll has engaged Urban Systems to assist with a Flood Hazard Study on the Hawkes Creek Watershed as part of the Xatsúll Community Recovery Freshet. As part of this, a land surveyor will be completing these works:

FLOOD HAZARD STUDY FOR THE SPRING FRESHET WILL BE ONGOING FOR THE MONTH OF MARCH TO ASSESS THE IMMEDIATE RISKS

PLEASE USE CAUTION IN THE AREAS OF HAWKES CREEK BRIDGE, SONNY LANE, OLD MCKENZIE ROAD AND SOUTH MOUNTAIN HOUSE ROAD

A NON-COMMUNITY ENGINEER LAND SURVEYOR WILL BE DOING WORK AT THESE LOCATIONS

## Updates on the Trans Mountain Expansion Project:

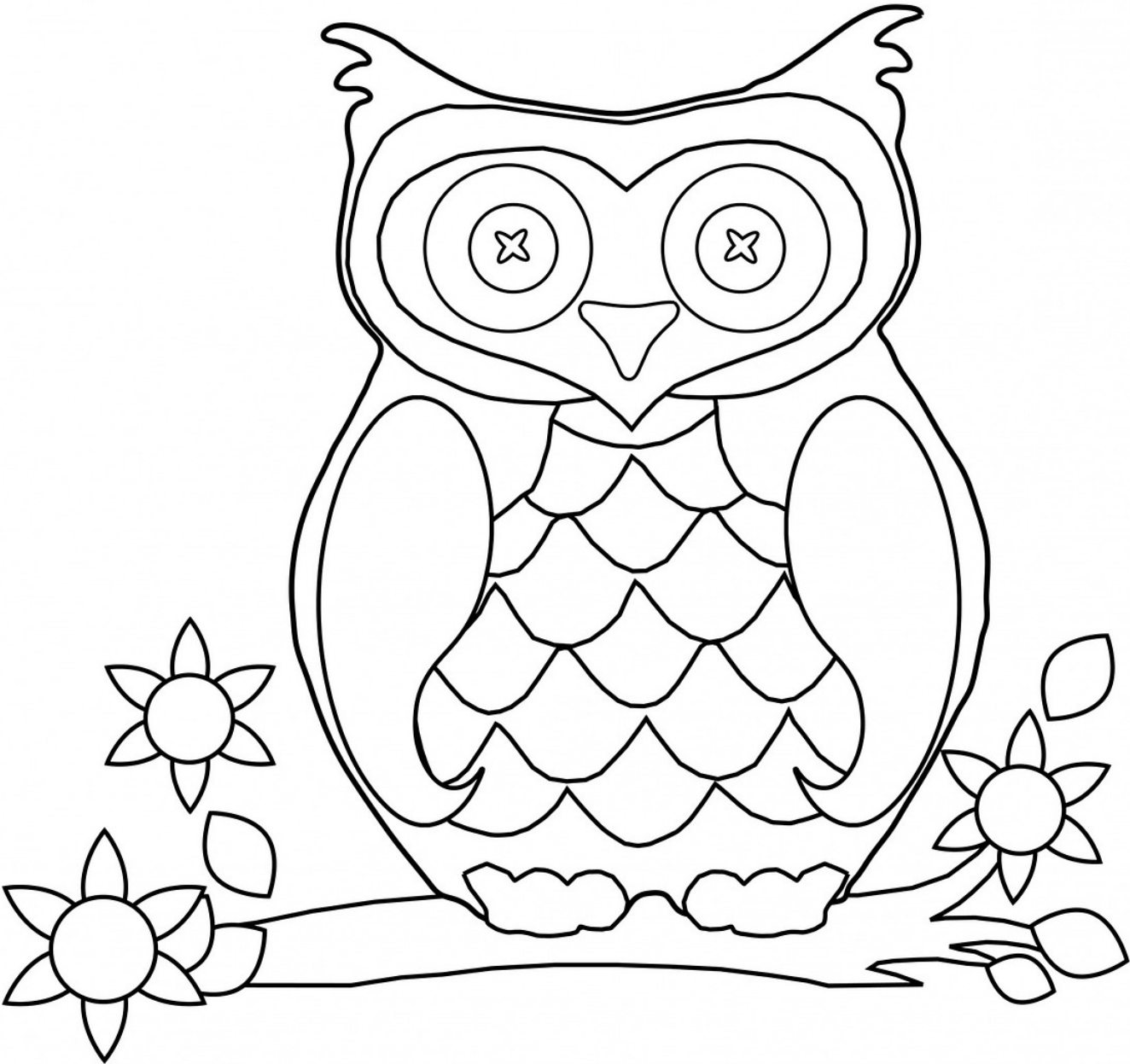
Honoraria will be allotted to individuals who wish to participate in this process.

go out next month once COVID-19 restrictions have relaxed. At that time, questionnaires will be mailed out to community members or available for pick at the NR Department Office.

Landmark and NR Department will be setting up virtual or social distanced engagements with this community to discuss TMX over the summer. More information to come!







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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE



## COLOURING

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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## Hearty chicken noodle soup

This version is sure to please as it's simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.



Kid-friendly



**PREP TIME**  
15 min



**COOK TIME**  
20 min



**SERVINGS**  
6

### Ingredients

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 250 mL (1 cup) whole grain egg noodles
- 2 L (8 cups) water
- 250 mL (1 cup) frozen peas
- 2 sprigs fresh parsley
- 60 mL (1/4 cup) grated Parmesan cheese
- 1 onion, chopped
- 30 mL (2 tbsp) chopped fresh basil or parsley
- 1 carrot, chopped
- Hot pepper sauce (optional)
- 1 clove garlic, minced

### Directions

1. Trim any visible fat from the chicken thighs and set aside.
2. In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.\* Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).
3. Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

### Tips

- ✓ **Time saver:** Double this recipe and freeze extra servings for another day.
- ✓ Portion the soup into **individual servings** for easy meals that are **ready to go**.
- ✓ If you don't have a large pot, just double the recipe by using **two smaller pots** instead.
- ✓ 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.

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Health  
Canada

Santé  
Canada





## Savoury broccoli and cheese muffins

This must-try recipe is perfect for breakfast on the run. A soon-to-be favourite, these muffins can do double duty as lunch along with a bowl of soup.



Vegetarian



Kid-friendly



Freezer-friendly



30 mins or less



**PREP TIME**  
10 min



**COOK TIME**  
12 min



**SERVINGS**  
10 muffins

### Ingredients

- 125 mL (½ cup) all purpose flour
- 125 mL (½ cup) whole wheat flour
- 125 mL (½ cup) fine cornmeal
- 75 mL (⅓ cup) ground flax seed or wheat germ
- 5 mL (1 tsp) each baking powder and baking soda
- 2 mL (½ tsp) each garlic powder and paprika
- 1 mL (¼ tsp) cayenne
- 250 mL (1 cup) 0% fat plain Greek yogurt
- 75 mL (⅓ cup) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 375 mL (1½ cups) chopped broccoli florets
- 175 mL (¾ cup) shredded light old Cheddar cheese

### Directions

1. In a large bowl, whisk together white and whole wheat flours, cornmeal, ground flax, baking powder, baking soda, garlic powder, paprika and cayenne; set aside.
2. In another bowl, whisk together yogurt, milk, egg and oil. Pour over flour mixture and stir to combine. Stir in broccoli and cheese. (Batter will be thick.)
3. Lightly spray or paper-line 10 muffin cups. Scoop batter into each and bake in preheated 200°C (400°F) oven for about 12 minutes or until golden and firm to the touch. Let cool slightly before removing from pan.

### Tips

- ✓ If you don't have whole wheat flour, use 250 mL (1 cup) of white flour with added bran for **extra fibre**.
- ✓ **Little chefs** can help mix the dry ingredients, the wet ingredients and then scoop the batter into the muffin cups.
- ✓ **Out of fresh broccoli?** Use frozen, thawed broccoli in a pinch.
- ✓ Try your **favourite vegetable and cheese combination** instead of broccoli and Cheddar. How about cauliflower and Asiago?
- ✓ Make a double batch and keep some of these muffins for later. Cool muffins, and wrap individually in plastic wrap. **Store in airtight container in fridge for up to 3 days or in freezer for up to 2 weeks.** Warm in microwave before serving.
- ✓ **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.

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Health Canada Santé Canada



# JOB OPENING



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

**Job Summary:** The Self-Government Transition Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self governing environment in accordance with the vision, mission and objectives of the organization. The Self-Government Transition Coordinator is tasked with developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize the cultural heritage and language.  
 The Self-Government Transition Coordinator will work to advance the Soda Creek Indian Band's goal of self-government. This will include helping to further develop Governance structures, as well as plan and initiate the transition from the Indian Act to a sovereign, self-governing community.

**Skills and Abilities:**

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

**Type of Employment:** This is a full-time position of 35 hours a week.  
**Application** Opened till filled. Only candidates that are eligible for an interview will be contacted.  
**Deadline:** To obtain a copy of this job description and application, please visit [www.xatsull.com](http://www.xatsull.com).

**Conditions of Employment:**

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

**Resumes can be mailed or emailed or delivered by hand to:** Leasa Williamson, Executive Assistant  
 3405 Mountain House Rd.  
 Williams Lake, BC V2G 5L5  
 Email: [execasst@xatsull.com](mailto:execasst@xatsull.com)  
 Or by fax to: 250-989-2300  
 Only those selected for interview will be contacted



# JOB OPENING



**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 & 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

**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

**Send Your Application to:** 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

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