



Fraser River Run

The monthly newsletter of Xat'sull First Nation

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THE SPRING PLANTING SEASON HAS ARRIVED

Current Quon uses one of the items from the learning packages that were put together for the Head Start program to plant some flowers.



Pesxqéltemc (going into upper mountains month) – June



Pat Sellars and Kelly Sellars sworn in

Pat Sellars and Kelly Sellars were sworn in as part of council on May 13.

Pat Sellars had previously served a short term after being elected in a by-election earlier in the year. Kelly Sellars had previously served a longer term on Council.

We wish Pat and Kelly all the best in their upcoming terms.

Both were elected for a four-year term.



Pat Sellars



Kelly Sellars



Mother's Day BBQ enjoyed at Xat'sūll

Members were invited to come out and pick up a BBQ meal on May 8 for Mother's Day at the Health Station where staff was doing the barbequeing.

By all accounts the BBQ was well received.



What 'wellness' means to you?

Submissions from community:

Wellness means to me; to take care of myself through self-care. Which it may vary from moment to moment. To not be in balance but to be in alignment with myself. Taking myself for hikes, meditation, drinking water, having fun, laughing, crying when needed, using my creativity, and having time alone, as well as time with others. Nature has been a big part of wellness for me, which includes hiking but as well gardening. Gardening was my savior at times.

Sincerely,
Maxine Sellars

Wellness means to be comfortable in being vulnerable and sharing my story to help others. Wellness is accepting that my story does not define me, but that I have learned from it and will continue to do so. Wellness is being spiritually, physically, emotionally and mentally attuned; accepting myself and loving myself as a genuine soul who has something to offer. Wellness is believing in myself. Wellness is owning up to my mistakes and holding myself to be accountable to not only myself, but those around me and more importantly to my higher power, my Creator above. Wellness is waking up to each new day, grateful for the air in my lungs and going to bed each night, grateful to have spent it with those around me. Wellness is having faith and being filled with appreciation and love. Wellness to me is all of this, and so much more. Kukstemc.

Rhonda Phillips

Wellness is being healthy mind, body and spirit. Living life to the fullest and enjoying every minute life has to offer because nothing is guaranteed no even tomorrow. To me wellness is the sweathouse it's where I go to clean and clear my mind and body and free my spirit of worries that I can't control. All my relations.

Joanne Phillips

Wellness, to me, means being healthy in all different aspects of life. You need to take care of mental, physical and spiritual health in order to feel well in everyday life. This can include family time for mental health, exercise for physical health and smudging for spiritual health.

Dionne Phillips

Health, Self Care, Sharing and being there for our loved ones

Tanya Daniels

Wellness is being healthy mind, body and spirit. Living life to the fullest and enjoying every minute life has to offer because nothing is guaranteed no even tomorrow. To me wellness is the sweathouse it's where I go to clean and clear my mind and body and free my spirit of worries that I can't control. All my relations.

Joanne Phillips

Health, Lifestyle, Different Options, No Alcohol or Drugs, Stay in good physical Shape

Diana Daniels

Wellness Healthy Body & Mind , Positive Thinking, Sobriety for Self and Family Self Care
Pee Wee Sellars

Dedication
Penny Phillips

What a great question.

Since the pandemic started.

Wellness means getting out to walk 5-6 days a week.

Learning to bead as my mom was always beading when I was younger. I would sit and watch her as she did her beaded orders. She had a long beading loom, and I would sit and watch.

Since I'm a left-handed beadier I had to watch a lot of YouTube videos so I could learn various techniques.

Technology has enhanced my life. I am able to participate in zoom workshops from back East as a result I'm met some amazing beaders.

Luma Medical has Once a week Zoom sessions "Tea with Aunty". Connecting with others is amazing. People I didn't know, and I've now made a connection and I look forward to the weekly sessions.

NSTQ has started Blue Jeans weekly sessions for Elders. I can be with my "Own" people. Last week was the first session and I never laughed and smiled so much. Again, people I never knew and now I am connecting with Secwepemc Elders.

Making sure I connect with my family and time to time sending snail mail with a little gift to brighten their day. Everyone loves to get surprised snail mail.

Cheers

Susie

Wellness to me means family. 🧑🧑🧑🧑

Time spent with my mom, my husband, my sons and my new babies.

Wellness to me means food. 🍰

Time spent in the kitchen, making our favorite dishes to share with each other.

Wellness to me means activities. 🧑🧑🧑🧑

Time spent harvesting, gathering, camping, and walking in the territory.

Wellness to me means emotions. 😊

Time spent laughing, crying, arguing, making up, venting to only my closest confidants.

Wellness to me is traveling. 🚗

Time spent visiting friends and family and experiencing new adventures.

So when Covid is over and it safe, I'm going to travel, share my emotions, go do something fun, somewhere new, eat delicious food and do it with my family.

That's what wellness means to me.



Donna Dixon



Marnie Haines-Howell, Education Manager

Hello/Weyt-kp,
everyone!

Summer has arrived and it's so wonderful to be working in the yard at the education building. We have been busy with maintenance and helpers, putting together two pieces of playground equipment and the building of yes, another shed for storage!!! We have five programs that we need storage for! The wood on this is from the project at the campsite, made by Xats'üll! We now have a completed swing set and a new "jeep off-roader" toy added to our Day Care yard! Thank you to Dennis Elliott, Mike Retaskin and Allie/Alice Vogler's grandson, Chris Duncan for pitching in to get these projects done!

We've also had our IT workers, Gavin Buerge and Levi Sellars finishing up the



installation of items for our Zoom or online technology, which is ready for the community members to use! Thank you, guys!

There were interviews held this week for the Head Start Outreach Coordinator and Head Start/Day Care Supervisor roles. Hopefully, those

positions will soon be filled so we can have our facility eventually fully up and running with the energy of youth and little ones! It patiently awaits staff and students! In the meantime, two of our post-secondary students, Olivia Baptiste and Josie Duncan, granddaughters of Allie/Alice Vogler have been helping to



shop for and prepare our learning packages for the three-five year olds of our on-reserve community members. These are filled with educational learning activities and fun things to do such as baking a cake; planting seeds; painting and canvas sets; puzzles; flashcards; swim passes for their



are interested, please provide a cover letter and resume. Youth are encouraged to apply to be a committee member as well!

Just a reminder for the students who receive letter grades to please send report cards to receive your just rewards for any A's and B's you receive!

Thank you to Max Winkelman who is always so creative with our newsletter submissions and for the recent information on my family's loss, Joey Haines. Max's help is so much appreciated. Thank you also to Dawn Armes and Tinesha Jakesta for their patience sorting through all the finance "stuff!" Thank you to Cheryl Chapman for guiding me through processes with post-secondary issues (only occasionally now)... figuring things out!!!

Pop in for a visit sometime! Stay well and safe, everyone. I'll always do my best to help you. Take care for now!

Marnie Haines-Howell
Xats'ull Education Manager
250-989-2323 ext: 104
educationmanager@xatsull.com



14th. Applications are currently being reviewed before taking them to the Xats'ull Education Committee to review also and approve.

Our current Xats'ull Education Committee met recently to update the Terms of Reference for operating this committee. We look forward to adding a couple more members to this important committee. If you

families, etc. Please send me any pics you have of your child using these items and I can include them on reports or the next newsletter! I've provided photo consents for you to sign. Thank you to Janae Beaulieu

and Maxine Sellars for getting me the names and information of these families to assist in making this a success!

The deadline of applications for post secondary education funding was May



Jennifer Stinson, Social Development Coordinator

is starting up again through the S.A.G.E. Program, sponsored/ funded by CCTEC. They are willing to work with the client on what they need or want from the program.

Hi everyone,
Just a few items to say for this month. The Pre-Employment Program

I'm still not doing interview week with the I.A. Clients, because

of the COVID-19 restrictions. If there is any changes with my clients going on, such as moving or going back to work, please let me know either by a phone call at the office (250)989-2323 ext. 102 or email at socdev@xatsull.com

Just a friendly reminder the Food Bank is still going strong, it is open to ALL Community Members, every other Thursday. Just come to the office and ask for me at the front desk. Please remember to bring your own bags or boxes to carry your items in, please and thank you.

June

2021

Social Development Department

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 MID-MONTH	10 FOOD BANK 1:30-4:00 PM	11 HOUSEHOLD BILLS DUE, EITHER BY EMAIL OR DROP OFF @ THE OFFICE	12
13	14	15	16	17	18	19
20 FATHER'S DAY	21 ABORIGINAL DAY OFFICE CLOSED	22	23 SA DAY	24 FOOD BANK 1:30-4:00 PM	25	26
27	28	29	30			



Community Gardening Workshop

**Thursday,
June 10th, 2021
10:00am-3:00pm
Health Station**

Covid precautions in place
Limited spaces, sign up by
June 2nd, 2021. Call
250.989.2355






**FATHER'S DAY
BBQ TO GO**

**THURSDAY | JUNE 17TH | 4-7PM
BEHIND HEALTH STATION**

CALL 250.989.2355 TO SIGN UP | ~RSVP BY JUNE 15TH~
~COVID PROTOCOLS IN PLACE~



Nominate your Dad for
FATHER'S DAY
Gift Basket

ENTER:

- ⇒ Your Dad's name
- ⇒ His contact information
- ⇒ Reason why you are nominating him

For a chance for him to win a 'Father's Day Gift Basket' which will include items and a gift card.

Enter by, **Thursday, June 17th, 2021 at 4pm.**

By email healthreceptionist@xatsull.com
or call 250.989.2355



Integrative Healing Sessions

Heal the Body, Mind + Spirit together.

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

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

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

SESSIONS MAY INCLUDE:

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

FRIDAYS 8:30AM - 3:30PM

In person appointments now available
 Call Health, 250.989.2355 to book



ABOUT CIEL GROVE. MA

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



Have you experienced:

- Recent Injury
- Chronic Pain
- Arthritis
- Balance and Dizziness
- Tendonitis
- Whiplash
- etc.?



CALL COMMUNITY HEALTH
STATIONS TO BOOK AN
APPOINTMENT WITH TYLER
JUDD

Upcoming Community Dates:

Soda Creek
June 2 & 30 -
8:45am - 12pm
Sugar Cane
June 2 & 30 - 1pm
- 4:15pm
Canoe Creek
June 16 - 9am -
12pm
Dog Creek
June 16 - 1pm -
4pm



Hello,
My name is Bill McGinnis, I am a Registered Clinical Counsellor. I was born and raised in Williams Lake. I have over 10 years experience working with the Cariboo Friendship Society as the Aboriginal Wellness Coordinator and as well as the Aboriginal Wellness Clinician. I have a passion for assisting within my community and the surrounding areas.



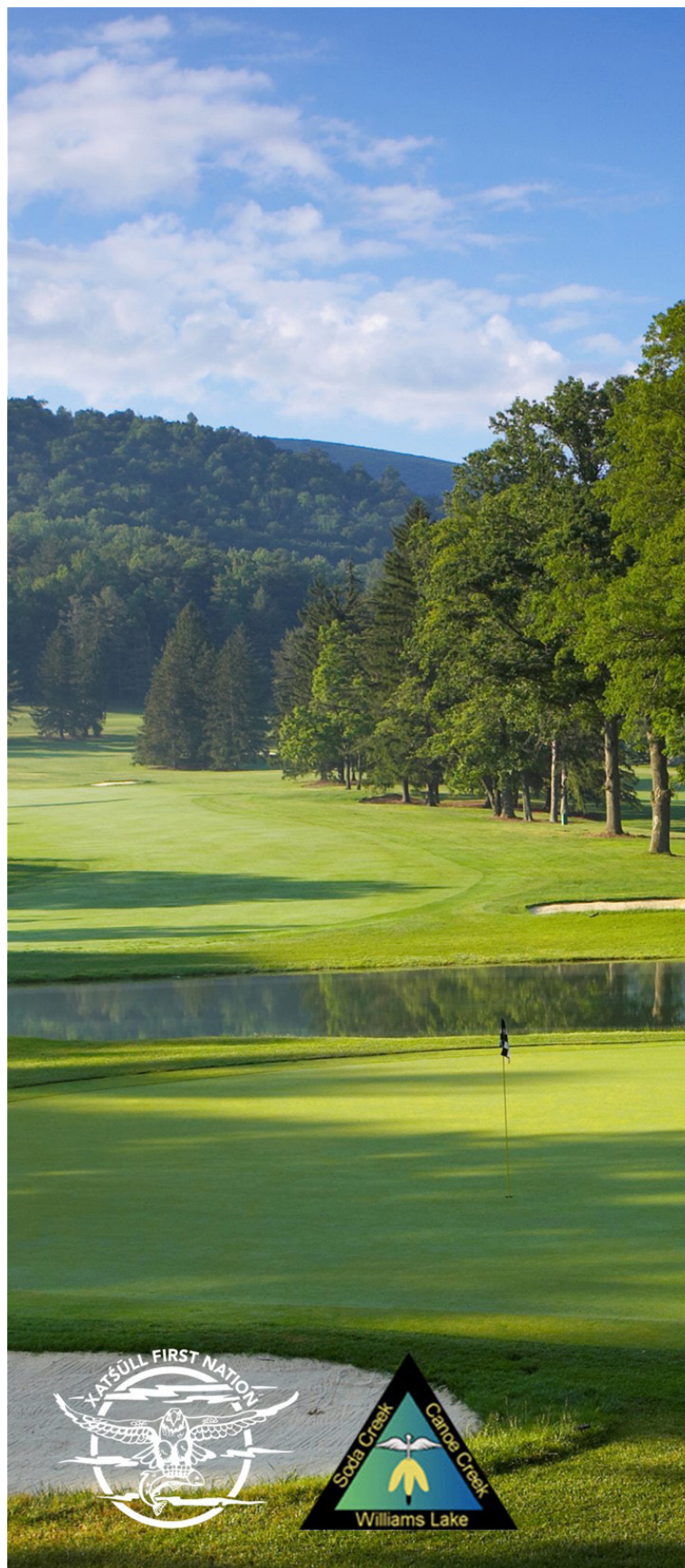
THREE CORNERS HEALTH SERVICES SOCIETY

**EVERY TUESDAY
10:00AM-12:00PM
SODA CREEK HEALTH STATION**

~In person appointments available~

To make an appointment call
Health at 250.989.2355





GOLF NIGHT

Xat'sull Community
Members Only

**WEDNESDAY
JUNE 16 & 30**

4:30-7:30PM

**Coyote Rock
Golf Course**

9-hole Golf Game
(max 4 per group)

Golf Carts
Dinner/Water
Provided

To reserve your space in
one of our booked tee
times, contact
Health 250.989.2355 by
Monday, June 14 & 28, 2021

Covid Protocols in place



BASS ERADICATION PROJECT INVITATION

Bass fishing will be postponed for next week, May 25, out of respect for the Haines Family.

We will commence on fishing the following week May 31 to June 4.

Band and Community Members are invited to come out fishing in an effort to help NSTC take care of some of the Bass out of the Beaver Valley water chain.

The Bass are an invasive species and do not belong in the water system. We are looking for up to six people to come out and help to try and get rid of some of the Bass. You can attend one or multiple days (first come first serve).

We will provide a lunch and snacks, water, and juice.
We will also provide rods for those who need them.

We will provide a ride for the those who need one.

Please contact
Mike Stinson
NR Coordinator
250-989-2323 ex 122

NURSE PRACTITIONER UPDATE

**Due to the Covid – 19 Pandemic
All In Person Community Clinics with the
Nurse Practitioners have been cancelled.
We will be offering Tele-Health appointments
Monday to Friday.**

****The Nurse Practitioner(s) may periodically be present at the Health Clinics. However they are only there to see clients which THEY HAVE requested see. Staff and all other community members still need to book with their Family Dr. or have a Telehealth appt.**

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 you call in as soon as possible.

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



NAMING AND LOGO CONTEST



ENTER TO WIN ONE OF TWO
CASH PRIZES WORTH

\$500

ENTER BY JUNE 15

Xatsūll is looking for a name and logo for our ranch at the end of Mountain House Road and we're looking for you to help us with that.

We're offering two \$500 prizes: one for the winning name and one for the winning logo.

Send your submissions to:
communications@xatsull.com

**OPEN TO
BAND AND
COMMUNITY
MEMBERS**



ASSIST WITH DAY SCHOOL CLAIMS

Date: June 14-15, 2021

Location: IRSSS C-83 Second Ave. South, Williams Lake

Time: 8:30 am to 6ish pm depending upon attendees (we are flexible with the time if individuals are working however, we would need to know what time so we can schedule it for them).

Contact: Jo-Anne Gottfriedson BGS/CED-
Daniel Joe -Interior Day School Coordinator
Indian Residential School Survivors Society
Email: jgottfriedson@irsss.ca
Email: danieljoe@irsss.ca
Cell: Jo-Anne :250-318-4673
Cell: Daniel : 250-540-4716
Website: irsss.ca

Please be advised that we will be in Williams Lake June 14-15, 2021 to assist individuals file their Day School Claims.

Please share the attached Day school notice with your community members and contact us if your nation members will be attending.

We are following the COVID safety plan.



Jo-Anne Gottfriedson BGS/CED-
Daniel Joe -Interior Day School Coordinator
Indian Residential School Survivors Society

Email: jgottfriedson@irsss.ca

Email: danieljoe@irsss.ca

Cell: Jo-Anne :250-318-4673

Cell: Daniel : 250-540-4716

Website: irsss.ca

Weykt,

My name is Jo-Anne Gottfriedson and my coworker Daniel Joe rejoined the Indian Residential School Survivors Society (IRSSS) team as the **Interior Day School Coordinators**. We work from our home office located both in Kamloops and Vernon, BC.

Currently, and as per the COVID-19 restrictions we are available via telephone, emails or Zoom calls or upon personal request.

Listed below are the types of services and assistance, we provide for former Day School students and their families:

- Emotional support through the settlement process.
- Can assist in forms associated with the Day School.
- Cultural support services.
- Safe, confidential, respectful, and nonjudgmental assistance through the settlement process.
- Assistance with Self-Care preparation.

Individuals who request assistance require the following documents: please bring at least two identifications with you to your appointment.

- Status cards
- Identification: drivers licenses -BC Medical card-
- Former report cards- photos-permanent school records-
- Statements or affidavits from former students.

If you have any questions or would like more information, please do not hesitate to contact us.

Thank You, In wellness and Healing.

Daniel Joe
RHSW/Interior Day School Coordinator
Email: danieljoe@irsss.ca
Cell: 250-540-4716

Jo-Anne Gottfriedson BGS/CED
Interior Day School Coordinator
Email: jgottfriedson@irsss.ca
Cell: 250-318-4673



DO YOU FEEL LIKE YOU'RE BREAKING DOWN?

Reach for Culturally Sensitive Support

Contact the BC KUU-Us Indigenous Crisis Line

1-800-588-8717



A message from the
Williams Lake
Suicide and Sudden
Death Committee



First Nations Health Authority
Health through wellness

FNHA 30x30 Active Challenge is back in June 2021!

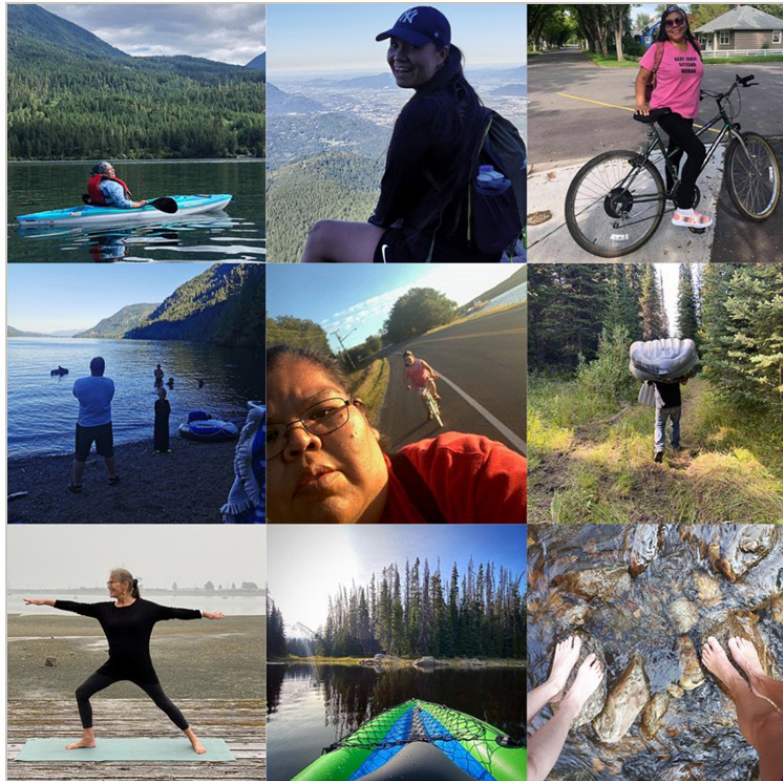
May 18, 2021

Let's get active for 30 minutes for all 30 days of June!

A message from the FNHA Wellness Initiatives Team

If you're an Indigenous person in BC, you're invited to join our 30x30 Active Challenge for the month of June! For this challenge, we encourage you to commit to at least 30 minutes of physical activity for each of the 30 days of June. We want to motivate you and your community to kick-start and/or ramp-up your wellness – with the goal of making daily exercise a habit!

As we approach summer, this is a great opportunity to get together with your online community or your core "bubble" – a group of friends, family members, your community or even your team at work – to get active for 30 minutes a day and share your stories with us. Join us to stay motivated, focused and make exercising a little more fun!



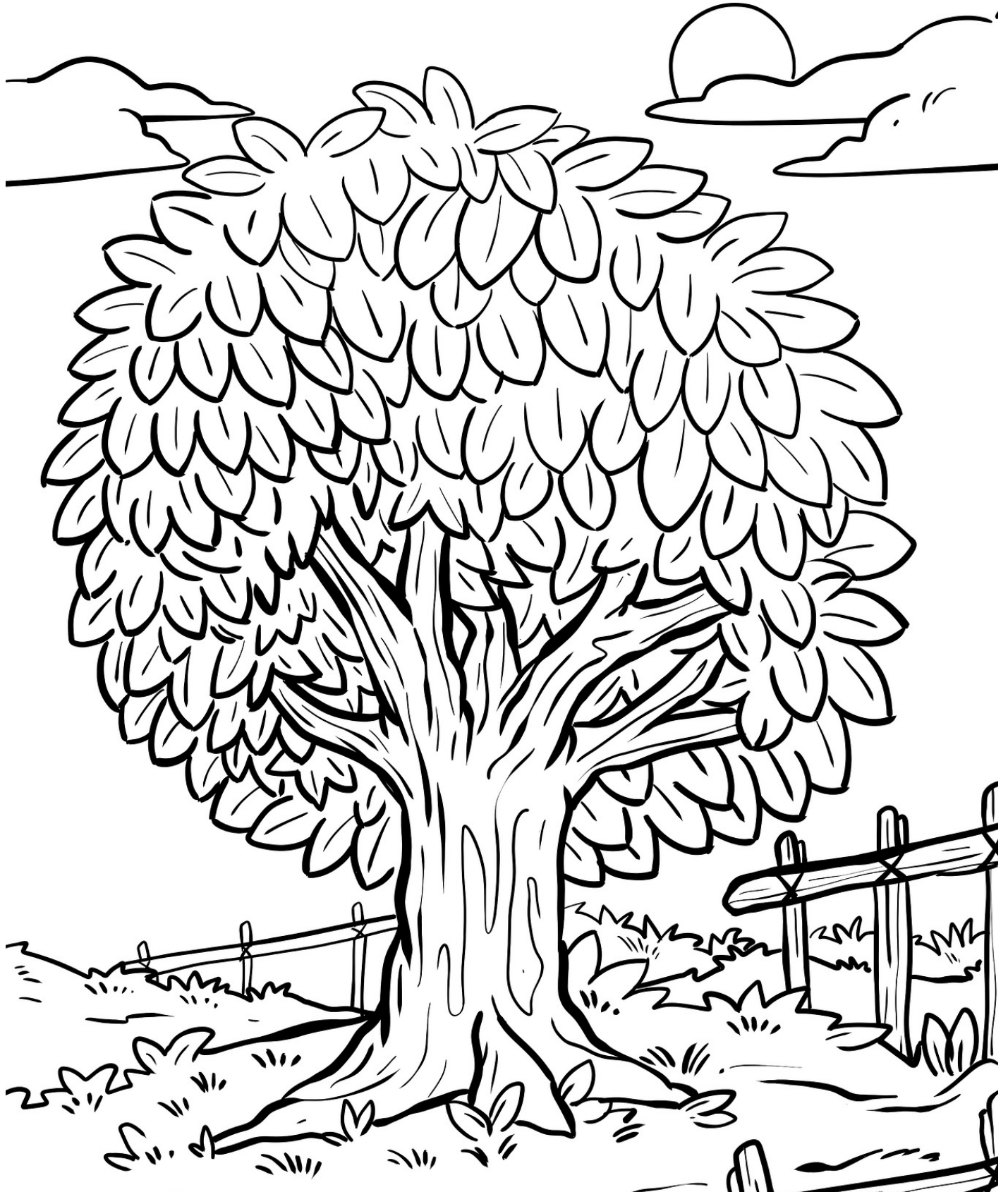
Overall, 4,512 people registered for the 30x30 Active Challenge and this year, we hope to have even more people join us with other Wellness Champions across BC by using the hashtags: #30x30ActiveChallengeFNHA and #BeActiveFNHA.

This year, we're also excited to partner with the [Indigenous Sports and Physical Activity Council](#) (ISPARC) and the [University of British Columbia \(UBC\) Learning Circle](#) on a webinar series called Inspirational Indigenous Athletes Series, which will take place every Thursday in June at 10 a.m. Watch our social media for more information.

Ready to commit to a healthier summer? Register for the 30x30 Active Challenge [here](#).

Download our 30x30 Active Challenge [Physical Activity Log Calendar](#)

Download our 30x30 Active Challenge [Physical Activity Log Sheet](#)



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

French toast sticks with pineapple orange topping

Wake up to this delicious French toast. Using bran flakes adds a creative crunch to traditional French toast. Jazz it up with a tropical fruit topping made with pineapple and orange.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME
10 min



COOK TIME
10 min



SERVINGS
4

Ingredients

- 125 mL (1/2 cup) skim milk
- 2 eggs
- 2 mL (1/2 tsp) grated orange rind
- 5 mL (1 tsp) vanilla
- 2 mL (1/2 tsp) ground cinnamon
- 250 mL (1 cup) bran flakes, crushed
- 4 slices whole grain bread
- Pineapple Orange Topping:
- 5 mL (1 tsp) soft non-hydrogenated margarine
- 5 mL (1 tsp) granulated sugar
- 1 large navel orange, peeled and chopped
- 250 mL (1 cup) diced pineapple

Directions

1. In a large bowl, whisk together milk, eggs, orange rind, vanilla and cinnamon. Place bran flakes in a plate. Dip a slice of bread in egg mixture and coat both sides well. Dip one side of the bread into bran flake mixture.
2. Heat a nonstick skillet or griddle over medium high heat and spray lightly with cooking spray. Cook coated bread slices, bran flake side down, for about 3 minutes or until golden. Turn over and cook for another 2 minutes or until golden. Repeat with remaining bread slices. Place French toast on a baking sheet and keep warm in a preheated 120°C (250°F) oven.
3. Meanwhile, in another nonstick skillet, melt margarine and sugar over medium-high heat. Add orange and pineapple and bring to a simmer for 2 minutes to warm through.
4. Cut each French toast slice into 4 sticks and serve pineapple orange topping on the side or on top.

Tips

- ✓ Make **extra pieces of French toast** and freeze uncut. Just pop them in the toaster to reheat on busy mornings.
- ✓ Change up the topping by using your favourite fruit like **strawberries, blueberries, raspberries, apples or pears**.
- ✓ Turn this breakfast fave into dinner by serving up **hard boiled or poached eggs**. Serve it with a green salad for a quick and easy meal.
- ✓ 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.
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Health Canada Santé Canada



Easy peasy fish tacos

Who said fish tacos needed to be complicated? These delicious tacos are easy to prepare and really fun to eat! Cabbage also works well to replace lettuce if you prefer.



Kid-friendly



30 minutes or less



PREP TIME
15 min



COOK TIME
15 min



SERVINGS
4

Ingredients

Filling

- 30 mL (2 tbsp) extra virgin olive oil
- 30 mL (2 tbsp) lemon juice (about 1 lemon)
- 5 mL (1 tsp) ground cumin
- 625 mL (2½ cups) cooked flaky white fish (like cod)

Lettuce slaw

- 125 mL (½ cup) 0% plain Greek yogurt
- 15 mL (1 tbsp) extra virgin olive oil
- 30 mL (2 tbsp) lime juice (about 1 lime)
- 5 mL (1 tsp) garlic powder
- ½ head of lettuce, chopped
- 5 mL (1 tsp) dried cilantro
- 8 small whole grain corn tortillas
- Salt and pepper to taste
- Optional toppings: avocado, corn, Pico de Gallo, lime wedges

Directions

1. In a medium bowl, whisk together 30 mL (2 tbsp) olive oil, lemon juice, and cumin.
2. Add cooked fish, flaking it apart and coating it in the dressing.
3. Meanwhile, in a large bowl, whisk Greek yogurt, 15 mL (1 tbsp) olive oil, lime juice, garlic powder. Stir in lettuce and cilantro. Season with salt and pepper to taste.
4. Assemble tacos: Serve fish over tortillas with lettuce slaw and toppings of choice!

Tips

- ✓ Little chefs will love assembling their tacos. Ask them to help you brainstorm topping ideas.
- ✓ If you don't have white fish, try using tuna.
- ✓ For extra toppings, sprinkle 15 mL (1 tbsp) of grated low fat mozzarella on top of your tacos.
- ✓ No tortillas? No problem. Try using lettuce or cabbage wraps or making a bowl by adding the mixture on top of brown rice or quinoa.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.



Health
Canada

Santé
Canada

Canada

JOB OPENING

NATURAL RESOURCES MINING COORDINATOR



Job Summary:

The Natural Resources Mining Coordinator organizes the effective natural resource programs and services in the community advocating for sustainable and healthy communities, as well as to support the mandate to protect and implement Aboriginal title and rights, building on and using the established capacity in land and resource management to operate programs.

As stewards of the Xat'sull First Nation Traditional Territory, our Natural Resource Department promotes and upholds the protection of our lands and waters for present and future generations. The Department works cooperatively as a team.

Duties and Responsibilities

1. Coordinates referrals in conjunction with Natural Resources Manager
2. Liaises with government and third party interest groups regarding protocol development and information gathering
3. Develops proposals and follows through with action plans
4. Manages team performance by setting expectations and regularly reviews performance with staff; acts as coach and mentor to address performance issues; and consults with progressive disciplinary actions as required
5. Assists in conducting needs assessments to identify gaps and provide targeted services to the community's needs
6. Prepares and submits regular activity reports and statistics to appropriate agencies and the community
7. Ensures there is a system of checks and balances for the maintenance of accurate and confidential files and records; complies with reporting requirements
8. Consults and liaises with other natural resources experts to share information and to potentially formulate joint special projects which would enhance the delivery of existing programs and services
9. Carries out the communication strategy for public awareness of programs and events
10. Participates in various community support, council and committee meetings

Qualifications:

A university degree in Indigenous studies - governance, law and policy; and/or a university degree in environmental/earth sciences, with minimum 3 years relevant experience.

An equivalent combination of education, training and experience could also be considered in lieu of the above requirements. Knowledge of Secwepemc language, culture, and history is an asset.

Conditions of Employment:

Travel is required

Must have a valid Class 5 BC Drivers Licence

Able to work non-standard hours of work as required

Office hours 8:30am-4:30pm, Monday to Friday

Open until filled.

Please submit a cover letter and current resume with three references to:

Leasa Williamson, Executive Assistant Email: excasst@xatsull.com

NOTE Only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.**

JOB OPENING

SELF GOVERNMENT TRANSITION COORDINATOR



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.

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
Or by fax to: 250-989-2300
Only those selected for interview will be contacted

Open until filled