



Fraser River Run

The monthly newsletter of Xat'sull First Nation

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GOING FORWARD AS XAT'SULL FIRST NATION

Following a vote in 2020, it is now official; we've changed our name to Xat'sull First Nation

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Pellcwéwlemten (trout fishing month) – May 2021



The new logo as seen on vehicle and building signs.

Xat'sull First Nation is reclaiming its name

Soda Creek Indian Band is reclaiming its name and will be known as Xat'sull First Nation going forward.

“The people of Xat'sull have occupied this territory since time immemorial. The name Xat'sull has meaningful, personal, and spiritual significance to our community. The people of Xat'sull are determined to restore traditional place names and revitalize languages after colonial policies and laws have endeavored to eliminate them. Through this

process we are one step closer to doing that,” says Kúkwpi7 (Chief) Sheri Sellars.

In 2020, members were asked to vote on the name of the Band. They were given three options: Xat'sull First Nation, Xat'sull – Cmetēm First Nation and Soda Creek First Nation. Members chose Xat'sull First Nation over the other two options. It was the second vote held on a name change. In a previous vote, Xat'sull First Nation was also the preferred option.

The word Xat'sull

means “on the edge” in Secwepemc.

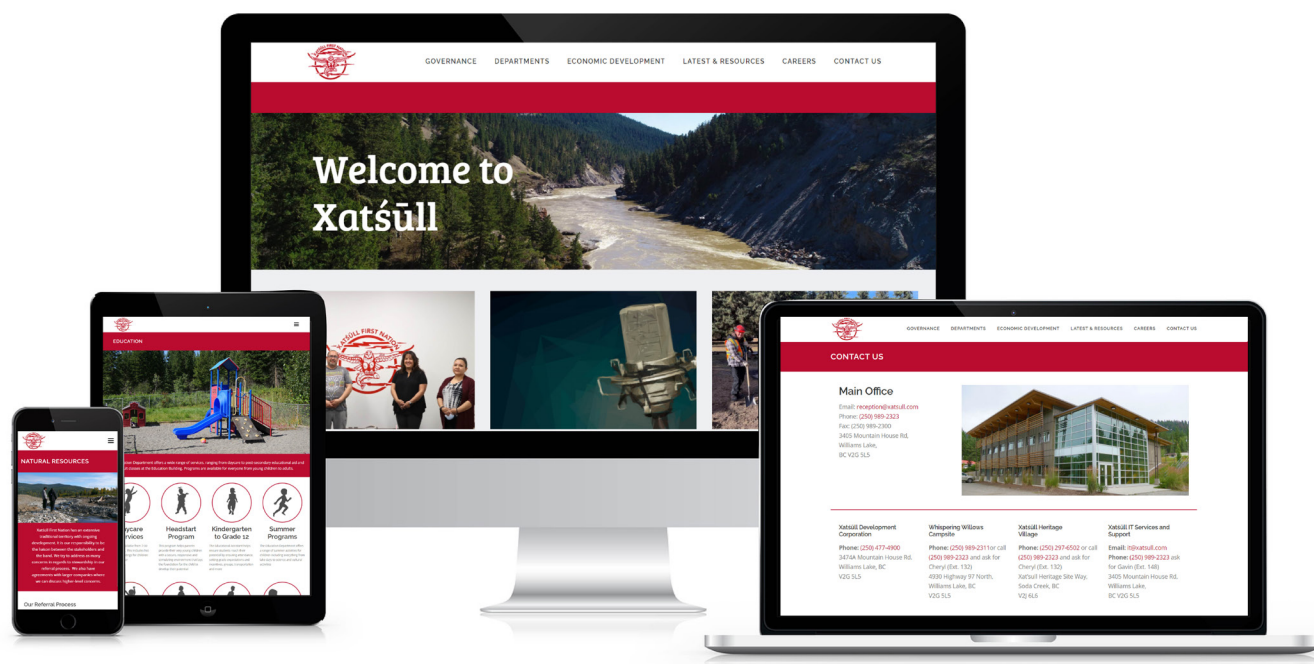
Xat'sull consists of between 400-500 members just over 100 of whom live in our Cmetēm (Deep Creek) and Xat'sull (Soda Creek) communities. We're the most northern Secwepemc Band. Together with Williams Lake First Nation, Canim Lake Band and Stswecem'c Xgat'tem First Nation we form the Northern Secwepemc te Qelmucw. We're currently in Stage 5 (Negotiation to Finalize a Treaty) of Treaty

negotiations with B.C. and Canada.

Along with our name, we've refreshed our logo.

Richard Pop was commissioned to repaint the logo in all its glory. The original logo was created by Chuck Sellars.

“We're proud to have reverted to our roots and be known by our traditional name henceforth,” says Sellars. “By including Secwepemctsin in our name, we're also adding back a bit of history and culture.”



New website launched for Xats'ul

A new website was launched for Xats'ul First Nation at the end of April.

The new website has

expanded some of the information on the departments, has an easy to use calendar and plenty of other information.

Additionally, anyone who would like to see upcoming agendas or recent minutes, can sign up for an

account by emailing communications@xatsull.com. We're hoping to add more information and pages in the future.



Former Band Administrator Craig Smith and Finance Coordinator Brent Dunlop had their final days with Xats'ul in April. We wish them all the best in their future endeavours.



NR Coordinator Mike Stinson and Referrals Coordinator Darrin Sargent ensure the trees outside the NR Department have plenty of water.



Mike Retasket spent some time making Balm of Gilead at the Health Station in April. If you're lucky, there might still be some available for pickup.



Ground broken for caretaker house

With great enthusiasm, Kukwpi7 (Chief) Sheri Sellars helped John E. Phillips and Krista Phillips break ground for a Caretaker House at Whispering Willows Campground on Friday, April 23.

The Caretaker House is being built as part of the Sawmill – ‘Let’s Build a House’ training program,

supported by the Ministry of Advanced Education and Skills Training and the Cariboo Chilcotin Aboriginal Training Employment Centre. Through the 16-week program, 10 local First Nations (including John Phillips and Krista Phillips) are picking up a host of new skills including safety

certificates, architectural design, project management, milling the wood for the house, equipment operation and introductions to construction trades.

“This is an exciting step for the program and it’s great to see all the skills they’ve picked up already,” says Sellars. “I’m eagerly looking

forward to seeing how the program and students develop from here.”

The program is administered by Cheryl Chapman, Economic Development & Employment Coordinator, and Craig Kennedy, a Forestry and Safety Consultant hired by the Band.



Betty Price joins Xatśúll as Wellness Coordinator

Betty Price started as the Wellness Coordinator for Xatśúll First Nation on April 9, 2021. She worked for Xatśúll in 2016–2017 as the Treaty/Natural Resources Assistant.

“I am very happy to be back working in this wonderful community.”

Betty Price is a member of the Williams Lake First Nations.

She grew up in Wildwood, a subdivision that is between Xatśúll

and the city of Williams Lake, B.C. She has three children; Jenny, Shawna, and Darian Philbrick.

Price also has four wonderful grandchildren.

She’s spent over 25 years as an Executive Assistant, Office Manager.

Price has worked with the Provincial Government, Oil and Gas, Treatment Centers and many different organizations over the years.



Belinda March has joined Xatśúll as the new receptionist. March worked as a manager of a medi-spa prior to joining Xatśúll and recently moved up from the Okanagan.

Candidate platforms for the May 11 election

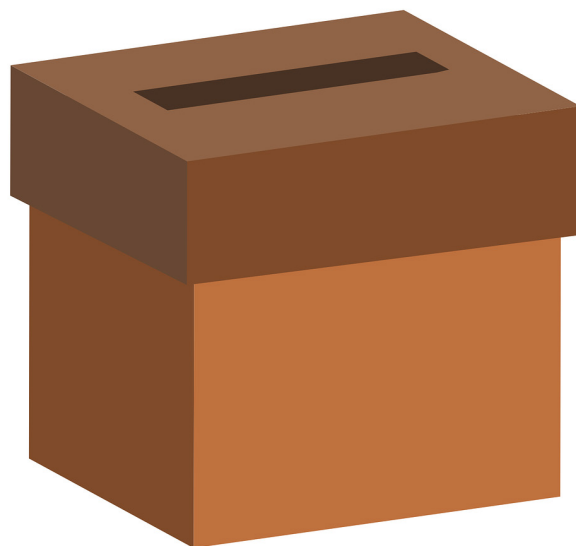
Kelly Sellars

Hello all Soda Creek band members, my name is Kelly Sellars. I am a Soda Creek band member and a former councillor member. I live in my home at Deep Creek for the last 30 years with my wife Jeannine and our three wonderful children that are now all grown adults. Both of my sons are working and my daughter has just finishing her third year of nursing.

I started out my working career in the forestry industry as a skidder operator; over the twenty years that I was doing this I received experience in all the aspects of the logging industry. I even had the opportunity to be a partnership in an owned logging company. I then

moved on to working at Gibraltar Mine for eleven years, operating heavy equipment. This job brought me closer to home where I could go back to my roots of farming the traditional land that my Dad had left me. Over the years I have had the opportunity to receive a lot of experience in many different fields of work; I have sat as an elected councillor for the band for the previous six years. Learning and engaging with the community on personal and political issues.

I believe with the life experiences and knowledge that I have to offer the community, I would make a good candidate for the upcoming elected seat of councillor. I have a heartfelt love for the people of our community. With this



I desire for everyone to prosper in the community with good paying jobs. I am also a strong believer in our title and rights to land resources and economic growth, but we must as a nation protect these resources and make sure that things are done safely. We are stewards of the land and need to voice our concerns of malpractices, etc. There are a lot of things in the political world that are

changing fast and we as a community need to be aware of this and be able to stand together for the benefit of our people.

I have a strong voice and an open mind for what the people of our community want. I am willing to express this if you're willing to consider me for this term of councillor representing you.

Yours Sincerely,
Kelly Sellars

Joanne Phillips

My name is Joanne Phillips, I am the daughter of Ralph and Minnie Phillips. I raised six

children to value their education and know the importance of hard work. I am interested in running for Council because I want to bring a sense of community back to Soda Creek. I want to be an advocate for change

within the community.

I have an extensive knowledge of the inner workings of the community. I have participated in many initiatives myself, including; housing, education, health programs

and running the Xat'süll Heritage Village. For years, I sat as a voluntary member of committees that have been a benefit to our community in many ways. I am also a Board

Continued on page 8

Candidate platforms continued

Pat Sellars

Well hello to all the people of Xats'ull First Nation

My name is Pat Sellars, my parents are the late Gilbert Sellars and Doreen Sellars

I am running for the councilor seat that is coming up in the next election. It will be for the full four year term, which I am very excited for.

The direction that I see the Band going right is now is in a very positive direction.

First of all, establishing our 10 year Strategic plan, and then the inclusion of membership by having

them observe our Council Meetings through Zoom. It is good to hear and see our members as we make decisions.

It feels like we still need to add a few more things to plan, but for me it's a real learning process

I would like to say with the Ranch, it looks like it is going to be good venture, we have a band member working up there now which is a start.

Then we have construction of the building at the campsite and making of different timber projects and the same time, with band members being employed.

This one of the many reason I want to run for

council again, to start to see the growth of our First Nations

We have so many different opportunities out there that I am coming to realize

There is going to be so many different changes in the next 5 to 10 years for all First Nations

I want to be part of this with Xats'ull First Nation

I feel that I am learning a lot with the short time I've been in the council seat I want this new challenge of doing this for 4 more years

I really feel strongly about this challenge that I am about to take, and I feel like I can take it head on!!

The saddest part about this crazy times is how hard it is not to visit my extended family, but what I've learned over the years, is when we get tested like this it truly shows how strong First Nation people are!!

That's why I want to take this challenge to be on council

I closing I would to thank all the people that voted for me In the bi election

I hope to see people come out to this election and cast there vote

Thank you to all Xats'ull First Nations band members

All my relations Pat Sellars

Joanne Phillips continued

Member for the Three Corners Health Services Society. I have worked for Gibraltar Mine for the past 9 years. I started as a XDC Contractor, specializing in environmental reclamation, and I am now employed by the

mine as an Environmental Water Technician. I have had the ability to work with an award-winning reclamation crew at both Gibraltar and in the past, Mount Polley. I am now working alongside my son ensuring the mine is adhering to their environmental policies.

I have also had the importance of our cultures and traditions instilled in me by my parents and they are doing the same with my children and

grandchildren. In the past year of assisting with the care of my parents I have come to realize; we need to ensure the simplest needs of our members are met and that we can assist them in some way.

Our resources need to be put towards employing our own members and developing their skills and abilities while we work towards being fully self-governed. When we developed the health transfer process, I

provided my knowledge and voice on how we can better support health and education programs to be delivered at the community level. I know that we need more and am willing to work with the community, staff, and council to better our living experiences on and off-reserve. We need to establish priorities for our members and need to have leadership who sole focus is to provide for our future generations.



Janae Beaulieu, Community Health Representative

Hey Everyone hope you are having yourself a great day,

Just a quick update from me as it has been a bit, I returned to work in February, and I am glad to be back!!! Since returning it was quiet as we were running under the EOC. Which was nice as I eased back into things. But anyway, by now most of you have received your household dental packages which included mouthwash, toothpaste, toothbrushes, and floss for the whole family. If you have not received yours yet do not worry, it is coming. I will be doing deliveries over the next week. We would like to provide these dental packages every three months as it is recommended by the Canadian Dental Association that you replace your toothbrush every 2-4 months or as needed. We always have toothbrushes, paste and

floss on hand for all ages if you ever need any. Just give us a call and we can get some to you. And for any elders who have dentures, we have supplies for you as well. So, with that I look forward to doing up these dental packages for your household again in July 2021.

Along with the dental packages, we put together Elder's kitchen goodie baskets to go with the items we received from NSTC Victim Services. I hope you enjoyed your baskets and baking cupcakes!

I would also like to welcome Betty Price to our Health Team, its already so great to have her on board and look forward to all the fun and exciting things that we will get to do with the community. It has been tough with COVID and the restrictions and being able to hold in person programs, but now I am done helping in the kitchen program I can focus on planning more things to do over Zoom or online. If any of you have suggestions and/or input on what you would like to see please let me know and do our best to accommodate what you guys and gals would like to do.



A group photo for the Sun Run Walk/Run Group with everyone in their own bubble

We will be having a Drive Thru Mother's Day BBQ outside the Health Station on May 8 from 12 p.m. to 2 p.m. So come on out to enjoy a burger and drive with your mom, grandma, auntie, sister, and even if you are not a mom and to the men everyone is welcome just, please RSVP with Maxine, so we have enough food. There is an awesome Mother's Day contest as well so do not forget to nominate a mom in your life and why and we will do a random draw out of all the entries. Good Luck to all!

I would also like to send a huge congratulations to everyone in the Sun Run Walk/Run Group as they continued their 13 week

walk/run training program despite COVID, and the race being cancelled. They started their training in January and completed their 10km walk/run on April 18 along Mountain House Road. Way to go guys keep up the hard work! Do not stop your walking and training as we would like to plan our own little walk/run within the community to get everyone out there and active since summer and beautiful weather is on the way!

I think that is about it for now we are always here at the Health Station until next update I hope you all stay safe and enjoy this nice warm weather we are having.

Kitchen program update

Hey everyone, I thought I would give an update and share about the kitchen program that I had the opportunity to help out with over the last month. I started helping with the program in the last week of March and has now ended our last lunch was April 29. Over the four weeks, we made over 700 meals, 735 to be exact. It could maybe even be a few more than that as some of the meals might have missed counting a few. I hope you all enjoyed the yummy food it's sad to see the program end and it was a lot of fun and we got to deliver to and see many familiar faces. A lot of thanks go out to everyone

who lent a helping hand where needed. Thank You to Tyrone Ignatius for his expertise working in the kitchen. It was great to help him out and we had a lot of fun cooking for everyone. We also couldn't have done it without our Receptionist Arnold Bowe who manned the phone and took orders for us, and thanks To Mike Retakset for delivering and getting those meals out to you guys! It was a great program. Thanks to Health and Natural Resources for creating such a great program that was utilized by so many members.

*Janae Beaulieu,
Community Health
Representative*



A few more pictures of participants in the Sun Run Walk/Run group at the halfway point, enjoying some oranges and water.



Jennifer Stinson, Social Development Coordinator

already know, their Income Assistance rates have gone up at least \$175 more, effective April 1st, 2021. If anyone is interested in applying for Income Assistance, one can do so by contacting me here at the office either by email or a phone call.

Just a friendly reminder that 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. Remember to bring your own bags or boxes to carry your items in, please and thank you.

I am still looking for someone to haul wood for Income Assistance Clients. If anyone is interested, please contact me here at the office. Just a reminder that the rate has also gone up to haul wood. It used to be \$150 per cord, to now \$175 per cord.

Hi everyone,
Just a few things happening in Social Development Department. I am still not doing interview week with the Income Assistance Clients, because of the COVID-19 restrictions still going on. If any clients have any changes going on, such as moving, or going back to work, please let me know either by a phone call at (250) 989-2323 Ext. 102 or by email at socdev@xatsull.com.

The Pre-Employment Program will be starting up again through the S.A.G.E. program. They are willing to work with the client on what they need or want from the program. Any clients who are interested in participating in the program, please contact me here at the office.

Some good news for the Income Assistance Clients, as most of them

May

2021

Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12 MID - MONTH	13 FOOD BANK 1:30-4:00 PM	14 HOUSEHOLD BILLS ARE DUE (EITHER BY EMAIL OR DROP OFF @ THE OFFICE)	15
16	17	18	19	20	21	22
23	24 VICTORIA DAY OFFICE CLOSED	25	26 SA DAY	27 FOOD BANK 1:30-4:00 PM	28	29
30	31					

A vibrant poster for a Mother's Day BBQ To Go event. The background is white with a large yellow sun at the top. The text 'Mother's Day' is in a large, pink, cursive font, followed by 'BBQ' and 'TO GO' in a pink, sans-serif font. Below this, 'Hosted by Soda Creek Health' is in a pink, cursive font, and 'MAY 8th 12-2PM' is in a pink, sans-serif font. At the bottom, 'Soda Creek Health Station (in the back)' is in a pink, sans-serif font, followed by 'RSVP BY MAY 6TH 2021, call Health 250.989.2355' and '-Covid-19 protocols in place-' in a black, sans-serif font. The poster is decorated with various food items: a burger, a hot dog, a lemon, a tomato, a pepper, and a slice of watermelon. In the top left corner, there is a small green circular logo with a white bird and the text 'Katsuli | Cmetem'.



Wellness Walk Wednesday's

Meeting Location: Health Station
Date: Every Wednesday, starting May 12th, 2021
Time: 10:00am
Contact: Janae Beaulieu, CHR, 250.989.2355

~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





FATHER'S DAY BBQ TO GO

SATURDAY | JUNE 20TH | 12-2PM
BEHIND HEALTH STATION

CALL 250.989.2355 TO SIGN UP
~COVID PROTOCOLS IN PLACE~



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



Massage



WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

APRIL 19-23, 2021

MAY 17-21, 2021

JUNE 14-18, 2021

MON 8:30-4:30 PM

TUE 8:30-4:30 PM

WED 12:00-8:00 PM

THUR 12:00-8:00 PM

FRI 8:30-4:30 PM

The appointments are 1 hour and 20 minutes long
25 spots available | Book as soon as possible | Covid-19 protocols in
Place | We ask if you are sick to please cancel your appointment
Call Health, 250.989.2355 to book

Elders Mothers Day Photo & Biography Contest

Please submit a photo of your mother or a short biography, of you mother to enter in the draw !!!

Closing date for contest: May 20, 2021

There will be prizes for each community!!



Please submit photo and biography to your Community Home Support Worker:

Melissa Lulua (Dog/Canoe Creek) 250-440-5822 or 250-459-7749

Cecelia Setah (Sugarcane) 250-296-3532

Edith William (Soda Creek) 250-989-2355



What does 'wellness' mean to you?

A chance for Community Members to
win a 'wellness basket'.

Submission deadline is
Friday, May 21st, 2021

Email your answer to
wellness@xatsull.com



**Drum Making
Interest**

Contact Health at
250.989.2355 or email
healthreceptionist@xatsull.com
if you are interested in
making a drum. *Deadline is*
Friday, May 28, 2021



2ND DOSE COVID-19 VACCINE CLINIC

XFN Band and Staff Members will be able to get the second dose of their COVID-19 vaccine.

TIME: June 1 - 3 from 8:30 a.m. to 4:30 p.m.

LOCATION: Community Gym

The shots will be by appointment only. Three Corners Nurses will be in contact to book appointments. There will be no drop-in appointments. COVID-19 protocols will be in place.

Members who've received their first dose somewhere else are asked to contact Three Corners nurses to see if they're eligible.

If you have questions or would like to book an appointment, please call TCHSS nurses at **250-305-4162**.



First Nations Health Authority
Health through wellness

After You Get Your COVID-19 Vaccine

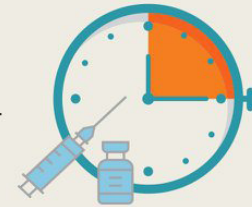


After You Get Your COVID-19 Vaccine:

Please wait for 15 minutes after your vaccination.

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

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



The Next Few Days:

The vaccine may cause side effects, such as:

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



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

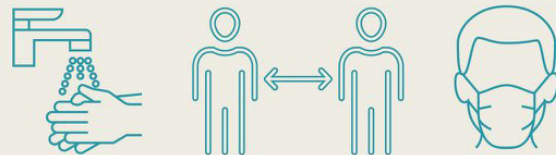
Serious side effects after receiving the vaccine are rare. If you develop serious symptoms or symptoms that could be an allergic reaction such as itchy bumps on the skin, swelling of your face, tongue or throat, or difficulty breathing, call 9-1-1 right away. Be sure to tell them that you received the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

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

After the Vaccine:

Continue to follow Public Health guidelines:

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



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



Covid-19 Prevention Supplies

Available:

- ◇ Disposable masks
- ◇ Germasolve cleaner
- ◇ Hand sanitizer

Call Health at 250-989-2355, let Health Staff what you need and they can meet you at the door of Health Station.



Soda Creek Health, 3405 Mountain House Road, Williams Lake, BC V2G-5L4
P: 250-989-2355 F: 250-989-2301 www.xatsull.com

Looking for a Family Doctor or Nurse Practitioner?

Live in the Cariboo-
Chilcotin Region?

Sign Up for CPAL!
(Cariboo-Chilcotin Patient Attachment List)

How does it work?

Go to **www.caribooattachment.ca**

or call **1-844-333-0440**

to put you or a family member's name on the list.

When a Doctor or Nurse
Practitioner becomes
available, we will
contact you.

*This service is only available
for those who do not already
have a family doctor
or nurse practitioner.*

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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

Kids colouring contest

Open to all children in the community ages 0-18.

Color this page and be entered to win a gift card. All entries submitted will be showcased in

the next newsletter.

Deadline to enter: **May 23, 2021.**

Ways to enter:

- Hand it in at the health station

- Take a picture and text it to the health cellphone: 250-267-5818

- Or take pic and email it to Janae at chr@xatsull.com



Za'atar chicken sheet pan dinner

Making a sheet pan dinner is a simple way to get dinner on the table and reduce food waste by transforming wilting veggies into a delicious meal. Experiment with different vegetables, protein foods, and seasonings!



Kid-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
4

Ingredients

- 2 boneless skinless chicken breasts (about 450 g)
- 15 mL (1 tbsp) olive oil, divided
- 30 mL (2 tbsp) za'atar spice blend
- 18 small new potatoes, halved (about 450 g/1 lb)
- 2 bunches rapini, trimmed, or collard greens, trimmed and leaves thinly sliced (about 3 1/2 L/14 cups)
- 375 mL (1 1/2 cups) 0% plain Greek yogurt
- 10 mL (2 tsp) dried oregano
- 45 mL (3 tbsp) lemon juice (about 1 lemon)
- 15 mL (1 tbsp) lemon zest (about 1 lemon)
- 2 mL (1/2 tsp) salt
- 2 mL (1/2 tsp) ground black pepper

Directions

1. Preheat the oven to 175 °C (350 °F). In a large bowl, place chicken pieces. Drizzle with 5 mL (1 tsp) of olive oil then sprinkle za'atar and lemon zest over chicken. Rub well to coat chicken in mixture.
2. On a large parchment paper lined baking sheet, arrange chicken pieces on one side.
3. In another bowl, add the halved potatoes and 5 mL (1 tsp) of olive oil. Toss well to coat potatoes and arrange on the other side of the sheet pan, with the flat side facing down. Season potatoes and chicken with 2 mL (1/2 tsp) salt and all of the pepper. Cook for 20 minutes then remove from heat.
4. In the same bowl, combine rapini or collards and remaining 5 mL (1 tsp) of olive oil to coat the greens. Place the greens on top of the chicken and potatoes on the sheet pan. Return to the oven, lower the temperature to 74 °C (165 °F) and bake for another 8 to 10 minutes or until greens are tender and chicken is cooked through.
5. In a small bowl, combine yogurt and dried oregano and mix well. Sprinkle lemon juice over greens and serve on the side.

Tips

- ✓ Save on time by washing and chopping the vegetables the night before. No fresh veggies on hand? Use a bag of frozen mixed vegetables.
- ✓ Your little chefs can help wash the potatoes and rapini. Older kids can cut the potatoes and squeeze the lemon juice.
- ✓ Switch up the protein! Try using shrimp or cubed tofu instead. If you're using leftover cooked protein, skip step 1.
- ✓ Season with your favourite herbs and spices. Try dried thyme, garlic powder, or chili powder for a spicy kick.

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Health Canada
Santé Canada

Canada

Fish and fresh herb veggie packets

Make the packets the night before or in the morning before going to work. That way they're ready to place on the grill when you come home.



 30 mins or less

 **PREP TIME**
15 min

 **COOK TIME**
10 min

 **SERVINGS**
4

Ingredients

- 1 bunch of fresh asparagus, trimmed
- 2 red bell pepper, sliced
- 2 small yellow zucchini (summer squash), sliced
- 60 mL (1/4 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh parsley or chives
- 2 cloves garlic, minced
- 4 baby bok choy, cut in half lengthwise
- 15 mL (1 tbsp) Dijon mustard
- 10 mL (2 tsp) canola oil
- 15 mL (1 tbsp) chopped fresh thyme leaves
- 1 mL (1/4 tsp) fresh ground pepper
- 4 salmon fillets, skinned (about 125 g/4 oz each)

Directions

1. Cut asparagus stalks in half crosswise and place in large bowl. Add red pepper, zucchini, basil, parsley and garlic. Toss together to combine.
2. Lay out four large pieces of foil and divide bok choy among them. Top with asparagus mixture; set aside.
3. In small bowl, whisk together mustard, oil, thyme and pepper. Add salmon and turn to coat evenly. Place one piece of salmon on top of the bok choy-asparagus mixture. Fold foil to seal or place another piece of foil on top to seal and form packets.
4. Place packets on greased grill over medium heat and cook for about 10 minutes.
* Use a digital food thermometer to check that salmon has reached an internal temperature of 70°C (158°F).

Tips

- ✓ Little chefs will get a kick out of using their hands to **snap the ends** off the asparagus.
- ✓ To get rid of the woody ends, **bend each stalk** near the bottom end and it will break off at the right spot.
- ✓ **Try this oven variation:** Place packets on large baking sheet and bake in preheated 220°C (425°F) oven for about 15 minutes.
- ✓ Switch up your fish. Look for firm fleshed fish such as **halibut, tilapia, trout or snapper** to substitute for the salmon.

Recipe developed by Emily Richards, PH. EC for the Heart and Stroke Foundation.
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JOB OPENING **BAND ADMINISTRATOR**

Job Title: Band Administrator

Job Summary: The Band Administrator is responsible for the successful leadership and general management of the organization according to the vision, objectives and strategic direction set in conjunction with the governing body. The Band Administrator is responsible for the efficient management of all programs and departments, setting goals and measuring the achievement of the organization's objectives by leading the community's governing body as a skilled administrator who is a positive role model. This role focuses on establishing effective working relationships with community groups, funding agencies, and other external contacts, the efficient financial responsibilities of the organization through economic development, treaty negotiations and other improvements for the organization.

Education & Experience:

- Diploma in Business or a related field
- Five to seven years of progressively responsible program management experience preferably in the community, social service sector, or with First Nations groups
- Experience supervising and managing staff as well as developing and managing budgets
- Knowledge of legislation on Labour Code, Occupational Health and Safety, Privacy, Human Rights
- Knowledge of financial and reporting requirements for AANDC
- Knowledge and experience in human resources and financial management, governance procedures, and the Treaty process

Skills and Abilities:

- Ability to work independently and build effective interpersonal relationships
- Ability to work collaboratively with the leadership team in the establishing of goals, strategy, preparation of budgets and funding proposals
- Ability to self-regulate, meet deadlines, have attention to detail
- Recognizes and respect all cultural diversity and has an understanding of Aboriginal culture

Type of Employment: 35 hours per week, subject to 90-day probation – full benefit package after completed probationary period.

Working Conditions:

- 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

Salary: Wage Grid 9. Dependent on experience

How to Apply:

1. Please provide a cover letter with salary expectations and availability.
2. Resume
3. For a complete job description please request a copy from the Executive Assistant

JOB OPENING

Email your Application to:

Leasa Williamson, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Soda Creek Indian Band

3405 Mountain House Road, Williams Lake, BC V2G 5L5

Fax: (250) 989-2300 Attention: Leasa Williamson

Application Deadline: Tuesday May 11, 2021 at 4:00 PM.

Applications will be accepted by email, hand delivery, fax or by mail.

NOTE Applications received after 4:00 on May 11, 2021 will not be considered. 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

HEAD START COORDINATOR



Job Title: Head Start Coordinator

Job Summary: The Head Start Coordinator is an advocate for children and families in the community and is responsible for the planning, organizing and delivery of the program, including supervising program staff and facilities and encouraging parental involvement.

Education and Experience: Early Childhood Education diploma and one to two years related experience

Skills and Abilities:

- Must have strong administrative, organizational and communication skills
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations;
- Ability to self-regulate, meet deadlines, have attention to detail;
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program);
- Special needs training for infants and toddlers;
- Recognizes and respects all cultural diversity and has knowledge of Aboriginal history, language, traditions, and culture

Type of Employment: 35 hours per week, subject to 90-day probation – full benefit package after completion of probationary period

Working Conditions:

- Must be able to provide proof of education, have a valid driver's license and reliable transportation, and a completed Criminal Records Check;
- Must be able to obtain and maintain a valid Emergency First Aid Certificate, WCB approved Level 1, and;
- Must undergo tuberculosis test and proof of immunization
- Must be able to hold a Day Care licence

Salary: Wage range depending on experience.

How to Apply:

1. Please provide a cover letter with salary expectations and availability.
2. Resume
3. For a complete job description please request a copy from the Executive Assistant

Email your Application to:

Leasa Williamson, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Fax: 250 989-2300

Attention: Leasa Williamson

Soda Creek First Nations

3405 Mountain House Road,

Williams Lake, BC V2G 5L5

Application Deadline: Tuesday May 11, 2021

Applications will be accepted by email, hand delivery, fax or by mail.

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

JOB OPENING

HEAD START / DAY CARE ASSISTANT



Job Title: Head Start/ Day Care Assistant /Full Time

Job Summary: The Full-time Head Start / Day Care Assistant is an advocate for children and families in the community and is responsible for the planning, organizing and delivery of the program, including supervising program staff and facilities and encouraging parental involvement.

Education and Experience:

- Early Childhood Education diploma or ECE Assistant Certificate

Skills and Abilities:

- Ability to work with minimal supervision
- Ability to relate well to children and parents; work as part of a team and promote positive staff relations;
- Ability to self-regulate, meet deadlines, have and maintain an attention to detail;
- Special needs training for infants and toddlers is an asset

Recognizes and respects all cultural diversity and have knowledge of Aboriginal history, language, traditions, and culture

Type of Employment: 35 hours per week, subject to 90-day probation – full benefit package after completion of probationary period

Job Requirements:

- Must have and maintain a Class 5 Drivers License and preferably Class 4 as well.
- Must provide and maintain clean Criminal Record
- First Aid and Infant and Child CPR certification
- Food Safe Level One
- 35 hours per week

Salary: Wage range depending on experience.

How to Apply:

1. Please provide a cover letter with salary expectations and availability.
2. Resume
3. For a complete job description please request a copy from the Executive Assistant

Email your Application to:

Leasa Williamson, Executive Assistant
Mail your Application to:
Attention: Leasa Williamson
Soda Creek First Nations
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Email: execasst@xatsull.com
Fax to: 250 989-2300

Application Deadline: Tuesday May 11, 2021

Applications will be accepted by email, hand delivery, fax or by mail.

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.