



Fraser River Run

The monthly newsletter of Xat'sull First Nation

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Xat'sull members received salmon

Natural Resource Manager Edna Boston helps Angel Mitchell, Marissa Sellars and Jolene Sellars clean fish for community members Page 2

Pelltexelcten (salmon come up river current month) – September 2021



Community shows up to pick up

Plenty of members showed up on Sunday, August 15 to pick up salmon. The salmon were made available to compensate for the closure of salmon fishing in the Fraser River due to the Big Bar rockslide. In total, the community received 250 salmon with a limit of three per household (so there was fish for members living away from the community as well). Most of the fish were sockeye salmon with the occasional spring salmon mixed in.

The vast majority was

cleaned and distributed on the Sunday. The remaining fish were cleaned and packaged on Monday, with a few more members picking up and the remainder being frozen for members unable to attend during the two-day window.

Representatives from the Department of Fisheries and Oceans reported salmon were making their way past the Big Bar slide earlier in the summer raising hopes for more fishing opportunities next years.







Staff help Elders pick berries

Staff helped Elders pick berries in August following complaints from some that the berries they'd seen were

too dried out.

That was indeed the initial finding for the Elders berry picking day but eventually a nice

spot with loads of plump saskatoon berries was found leading to a couple of sizable buckets being filled.

Unfortunately, though, it was quite smoky and some Elders who'd been planning to attend ended up unable to make it out.





Cultural nights are a big hit

Cultural nights, which have been running regularly on Tuesdays, have been a big hit.

In addition to doing everything from making dream catchers and medicine pouches to tie-dying, the nights provide a good opportunity to skip making dinner and catch up with other members.



Community lake day welcome during heat

Staff from the Health Department took members to the lake for an afternoon during one of the heat waves in August.

The water provided a welcome relief from the heat and with some drinks and snacks it was a great way to spend some time even for those who didn't go in the water.



Student workers learn about sweet grass

Some of the student workers got a lesson about sweet grass for a few hours.

They learned how to identify it (i.e. with one side of the blade of grass dull and one side shiny), how to tie it and how to braid it.

They then gave the braids they had made away.





Survey training sets up next steps for Xat'sūll

Xat'sūll First Nation's Lands Coordinator Sally Sellars has been taking part in a Survey Capacity Development Program.

Land surveying is the cornerstone and first step of development, says Senior Surveyor Rod Zelli, who's been leading the program.

"Through the Survey Capacity Development Program, our main goal is to highlight the importance of the...

survey framework," says Zelli. "How important it is to maintain proper development. When it comes to proper development, we're talking about putting the land to the best use, increasing efficiency and making sure we do it in order to preserve the land and make sure that the way we develop it doesn't jeopardize the future development for future generations."

Research has shown that encroachment problems, development problems and other land-related issues are because at one point in time bypassing the survey fabric, not using it or not doing a survey in the first place, he says.

"Through this program, we train First Nation communities and participants in how they can actually access the survey fabric and access information the best way

they can use the existing tools. There are lots of good tools, beautiful tools available to land offices, land managers they can use but if they don't know how to use them or they don't know that they exist, they're useless right?" he says. "We train them to

The program has been running since December 1, 2020, with classes every Tuesday for a few hours as well as some field days in July and August with

Survey training a step towards development

a few more coming up in September.

The training has been helping with some short-term issues, such as when the Nenqayni Treatment Centre lease was up for renewal earlier in the year and needed a preliminary survey done to identify the boundaries. That was needed because the centre has grown since it's beginning 20 years ago.

Perhaps more importantly, looking forward, there's a need for lot development throughout the communities of Deep Creek and Soda Creek, says Sellars.

While there's some lot development underway, in order to move forward, the businesses on both the Soda Creek and Deep Creek communities need to be surveyed including Pioneer Log Homes, the Xat'sull Development Corporation, the Whispering Willows Campsite, the Emporium and the Band Offices to avoid future conflicts. Additionally, any new lots will have to be surveyed as well as existing homes and traditional fields.

"This has been a good experience. It has been

a long year of doing this project," she says. "Now I can go on the land surveying sites and know what I'm looking for and how to get into these different websites to find the Soda Creek information. I think that's all going to help a lot."

Sellars explains that surveying the lands is quite important for future development.

"People go 'you're on the reserve, what's the difference of a couple of feet?' But it actually is going to make a difference 20 years from now when there's more development and everybody's squishing in together. Then you can't do that anymore. This takes us towards the First Nations Land Management Act."

Williams Lake First Nation is already under the First Nations Land Management act which helps them move forward with projects like new condominiums while Xat'sull is still under the Indian Act, making it more difficult to proceed.

To that end, the Treaty Manager is currently working on bylaws.

"We're not using them right now but that's what



it's going to be like. [WLFN] has their bylaws in place and all their little laws are done now and we're not there yet. They have it certified and so now they're not under the Indian Act anymore whereas we still are. That's the big difference."

If the boundaries within the existing communities are settled, that would also make it easier when it comes to Treaty Settlement Lands in the future.

For Xat'sull it will probably take about five years to become part of the Land Management Act, she says.

With the training provided through the program, the Band will also be able to save thousands if not hundreds of thousands of dollars in the future by having staff complete a large portion of the surveying work, particularly preparation.

As part of the training, they completed surveying of the new administration building at WLFN and have been surveying the new housing development there.

identify the tools, understanding them, using them towards completing their work and day to day business."

Family weekend sees big turnout

In total, 17 family's attend family weekend at the 108 Golf Resort. Everyone had a wonderful time. Thanks for attending and we can't wait for hunting camp next!



A huge thank you

The Health Department would like to thank Dave Pop for his donation of this awesome popcorn machine so community members can enjoy popcorn when visiting the Health Station!





Janae Beaulieu, Community Health Representative

Hello Community Members, hope all is well with you all this month I haven't done an update in a month or two so figured I better let you know what I have been up to.

In July, I drove some of our youth into Williams Lake for a Three Corners Youth Lake Day but then it was switched to the pool last minute due to the smokey conditions. It was great to see our youth get out and about. They also had door prize draws for Kayaks and one of your lucky youth won one! CONGRATULATIONS! It was a great day and Three Corners is putting on another lake day for the youth at Chimney Lake coming up on Aug. 31. If any of our youth are interested, I'd be glad to provide transportation. Please just call the Health Station to sign up, so I know if I need to get the bus or not.

Betty and I also took



some of the Elders out to lunch at the Hearth Restaurant and was followed by ice cream and a walk to Scout Island, they really enjoyed that we have another outing planned for them and we will be going or have gone maybe by the time you're reading this (haha) for a day trip to Quesnel on Aug. 30 to check out the museum and go for lunch.

I continue to team up with Three Corners Healthy Living Program (Kayla Jasper) and have

been taking members out to Coyote Rock every other week, these will continue for September we just don't have any dates yet but keep an eye on the Facebook page for posters and dates.

Even better, take a drive by the office and see the events posted on the sweet new LED sign at the entrance.

We also hosted a couple paints classes. Both were well attended thanks to Megan Peach coming out and teaching us everyone



always does such an amazing job. Thank you to everyone for always attending our events.

With the new restrictions tightening up I'm hoping we can continue painting but again watch out for dates as I get them. They will be planned around the new restrictions, as things seem to be changing everyday with the COVID regulations which then effects our programming.

And DON'T FORGET, we still have boxes of masks, the germasolve disinfectant, and hand sanitizer here at the Health Station if you need any just stop by or give us a call and we will gladly provide you with these. Until next month stay safe and healthy.





Marnie Haines-Howell, Education Manager

Hello/Weyt-kp,
everyone!

The fall chill and back-to-school is in the air!

The Head Start Outreach Coordinator, Kelly Menakian (nee: Haines) continues doing much research and organizing of excellent and valuable learning packages for the 3-5 year olds. She has been trying to gather information from the community regarding any babies so we can also develop "baby bags." If you are a community member with a baby, please let us know! We do not have a Day Care Supervisor or Day Care Assistant so the Day Care is not open. We are working in a way that is possible only right now to try to reach the little ones who would normally be enrolled in the facility here. But again, because we are short-staffed, we ask the community to be understanding and



patient until we can begin organizing on-site activities for the little ones and parents to attend.

We only recently received approval for the Youth Program budget and will be advertising for a Youth Program worker. With the vacancies of a Day Care Assistant, Day Care Supervisor and Youth Program worker, it is hard to offer programming but we must remain positive, optimistic and have a forward-moving attitude! (Plus, hope and pray for people to apply!)

I have been updating policies and still playing catch up of overwhelmingly old business to bring things up to date in order to work on what is current. This has and is taking a lot of work still, on top of keeping up with the current day-to-



day functions and flow of information.

August has been very busy with getting the Post-Secondary students' congratulatory letters; sponsorship letters with us, on top of ones for their institutions; and financials in place. Then we have the elementary and high school students, Kindergarten-grade 12 school supply cheques and communication to be done. Some student waivers are still required, please so that families have a school supply cheque issued.

Now with the paving of Highway 97, the bus shelter below the old ski hill there is truly completed.

Our summer students have been helping around the education building and it has been very much appreciated.



Our education building is available for use with the computers, printers and zoom meeting/training technology if you ever require it.

Call out to Celebrate Successes!

I've requested from the Post-Secondary and Kindergarten-Grade 12 students a little biography to celebrate any successes you may have! I would like to share them in our newsletter, please. If you are interested, please provide:

Elementary/High School Students:

- who your family is
- what grade you are in and what school you attend
- what successes you have had in school
- what is your goal/dream after high school
- a picture of yourself



Kelly Menakian, Head Start Outreach Coordinator

Hello Head Start Parents & Guardians!

I hope you've been enjoying the cooler temperatures and getting ready to pick corn this week!

I'll probably see some of you in the corn field.

To give you an update about what I've been doing in Head Start, I'm still working on learning packages as recommended

by First Nations Health Authority, participating in different events like culture night, paint night and the Elder's luncheon which was really fun, and updating my Occupational First Aid Level 1. In July, I also completed a Jordan's Principle workshop and a Head Start information session.

Last week Jessie Hunlin and I visited the Deep Creek and Soda Creek reserve so I can get to know where everyone lives and see the changes in the community. I noticed there are different houses and also a new lookout at the Xatsúll

Heritage Village which is awesome! It's good to see the community growing.

I've also had a meaningful visit with an Elder who had great advice and encouraging words for me starting out in this position. It's been helpful to hear positive feedback from other Elders, parents and community members. It has taken a bit of time to familiarize myself with the changes living in Williams Lake again and the program, so I appreciate your patience as there's a learning curve with anything new. There have been a few people

before me in this role; I've been reviewing what they've done in the past and have reached out to people and organizations for resources to plan future programs. As I was hired to do outreach, at this time, I'm limited to distributing learning packages, however once we increase staffing in Education, we will be able to offer more for the community as before. I can always be contacted in person at Education or by phone or email: (250) 989-2323, Ext 127 or headstart@xatsull.com

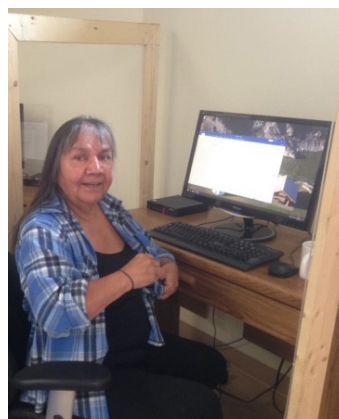
Thank you,
Kelly Menakian

Education Manager update continued

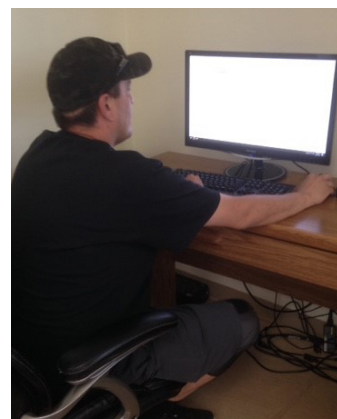
Post-Secondary Students:

- who your family is
- what you are studying and at what institution
- what successes you have had
- what is your goal/dream after completion
- a picture of yourself

Our Xatsúll Education Committee now consists of Edie Woods, Barb Dixon and Kelly Menakian. They meet regularly to determine



funding for applications to the Educational Assistance Funding. The purpose of this funding



is "to provide financial assistance to registered Xatsúll members that are committed to furthering

their education/training program (formal/personal growth), and/or taking part in an activity related to their personal well-being and/or that of the community." An application can be provided upon request.

I'll always do my best to help you. Take care for now and enjoy the fall! Stay safe and healthy.

Kukstemc/Thank you and respectfully,
Marnie Haines-Howell



Jennifer Stinson, Social Development Coordinator

starting up again.

Just a friendly reminder on what is a few items going on in Social Development Department.

- The Monthly Declaration forms now must be in by **the 10th of every month**. It is now mandatory, failure to do so, means there will be a delay in receiving your Income Assistance Cheques, and a delay in paying your household bills.

- Pre-Employment Program is every two weeks on Monday and Tuesdays from 10 am – 2 pm, down in the Deep Creek Gym. It is mandatory for all Single Employable to participate and Single Parents with children over three years old. If you do not participate, it will mean a termination of your Income Assistance cheques. If you have questions regarding this,

please do so in calling me at the office or emailing me.

I am still currently looking for someone to haul some wood for Income Assistance Clients. One will be paid \$175 per cord.

Please contact me at the office at (250)989-2323 Ext. 102, and ask for Jennifer. Or you can email me at socdev@xatsull.com.

Hi everyone,
I hope everyone has enjoyed their summertime with family and friends this year. I can't believe how fast summer came and went, and now another school year is



Sally Sellars, Lands Coordinator

Ltd. ("Landmark") to connect with community members concerning the Trans Mountain Expansion ("TMX") project. The NR Department began study scooping for this project in 2019, and in October 2020, Landmark was asked to further support the NR Department to complete the Study.

As it pertains to Xatsùll First Nation, the TMX Project intersects with the Northern Secwepemc

to Qelmucw ("NStQ") territory, which is part of Xatsùll First Nation's greater area of caretaker responsibility.

Due to the significant cultural and ecological value this area holds for Xatsùll First Nation community members, the NR Department is leading interviews with Landmark to assess the impact of TMX on the Nation's interests. In addition, Landmark is working with the community to gain a

greater understanding of the community's concerns regarding emergency response measures related to potential spills into the Fraser River and its watershed.

Information collected during this process will be used by Xatsùll First Nation to develop or refine mitigation measures for the TMX project and assist the NR Department to further engage with Trans Mountain Corporation.

I was interviewed by Landmark Resource Management regarding the Trans Mountain Expansion Pipeline.

Xatsùll First Nation is currently working with Landmark Resource Management

September

2021

Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 FOOD BANK 1:30-4:00 PM	3	4
5	6 OFFICE CLOSED	7 Pre-Employment Program 10:00 – 2:00 pm	8 MID-MONTH	9	10 HOUSEHOLD BILLS DUE, EITHER BY EMAIL OR DROP OFF @ THE OFFICE MONTHLY DECLARATION FORM DUE TODAY TOO	11
12	13	14	15	16 FOOD BANK 1:30-4:00 PM	17	18
19	20 Pre-Employment Program 10:00 – 2:00 pm	21 Pre-Employment Program 10:00 – 2:00 pm	22 SA DAY	23	24	25
26	27	28	29	30 STAT HOLIDAY OFFICE CLOSED		

*Celebrating
The Life Of
Brayden Joseph Paul Ignatius*



Where: Xat'sull First Nation Gymnasium
3405 Mountain House Rd

Date: September 11, 2021

Time: 11:00 AM

Donations towards the service or prizes for Lahal
can be made by contacting Crystal Williams at
nemiahvalley@gmail.com.



YOUTH CHIMNEY LAKE HANGOUT



BACK TO SCHOOL EDITION



DRAW TO
WIN 2 KAYAKS



PADDLE BOARD
LESSONS



PIZZA



GAMES



FRIENDS



CRAFTS

AUGUST 31, 2021 - 10AM-3PM

Call McLayne
@ 250 855 8240
to sign up.

AVAILABLE TO YOUTH
AGES 12-24 FROM
COMMUNITIES:
T'EXELC, XAT'SULL,
STSWECM'C XGAT'EM

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.

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



THREE CORNERS HEALTH SERVICES SOCIETY

EVERY TUESDAY

10:00AM-12:00PM

SODA CREEK HEALTH STATION

**TO MAKE AN APPOINTMENT CALL
HEALTH AT 250.989.2355**





Northern Secwepemc te Qelmucw invites you to our

1st Annual Inaugural Youth & Elder Council Assembly

which will be held at Gavin Lake, BC

Thursday, October 21, 2021— Saturday, October 23, 2021



PRESENTATIONS DONE BY:

Self-Governance Transition Coordinator - Crystal Rain Harry
Child & Family Services Manager - Rhonda Phillips
British Columbia Treaty Commission

**LIMITED SEATING
AVAILABLE**

Activities may include:

Hiking, Storytelling, Lehal game,
Sweat, Indian Bingo, Scavenger Hunt

To sign up please contact please contact your community at the following:

Kelyn Paul

Communications Coordinator
Stswecem'c Xgat'tem (SXFN)
Phone: 250-440-5649
Email: communications@sxfn.ca

Irene Gilbert

Communications Coordinator
Tsq'escen (Canim Lake)
Phone: 250-397-2002
Email: mapping@canimlakeband.ca

Max Winkelman

Communications Coordinator
Xats'ull (Soda/Deep Creek)
Phone: 250-989-2323
Email: communications@xatsull.com

Judy Alphonse

Communications Coordinator
T'exelc (WLFN)
Phone: 250-296-3507
Email: judy.alphonse@wlfm.ca

For more information please call:

Northern Shuswap Tribal Council
250-392-7361

Sabrina Jeff

Youth & Elder's Program Council Coordinator
Ext: 219
Email: youth&eldercoordinator@nstq.org

Valerie West

Youth & Elder's Program Council Assistant
Ext 213
Email: youth&elderassistant@nstq.org

Update from Landmark

On December 17, 2013, Trans Mountain Pipeline ULC filed a Project Application with the National Energy Board (“NEB”) to expand its existing infrastructure and build approximately 987 kilometers of new pipeline. This application also included the reactivation of 193 km of existing pipeline between Edmonton and Burnaby. The Trans Mountain Expansion (“TMX”) project will result in the twinning of existing pipeline infrastructure, which runs from Edmonton to Westridge Marine Terminal in Burnaby. The TMX project requires construction activities that include ground disturbances, vegetation clearing, the building of new pipeline, and the assembly of new pump stations and facilities. Upon completion, Trans Mountain’s shipping capacity will increase from 300,000 to 890,000 barrels of oil per day.

As it pertains to Xat’sull First Nation, the TMX Project intersects with the Northern Secwepemc to Qelmuw (“NsTQ”) territory, which is part of Xat’sull First Nation’s greater area of



caretaker responsibility. As part of Canada’s current Indigenous accommodation measures, Xat’sull First Nation was provided funding in 2019 to conduct a project-specific Traditional Use Study. In early 2019, the Natural Resources (“NR”) Department began project scoping and gap analysis activities for the project. In October 2020, Xat’sull First Nation asked Landmark Resource Management Ltd., to support the NR Department to complete the study.

Recent Updates:

In coordination with the NR department, Landmark researchers Emma Barnes and Adam Solomonian travelled to Xat’sull to speak with community members and to document knowledge of the Nation’s natural and

cultural resources in the project area. During the week of August 16, 2021, Adam and Emma spoke with members to gain a greater understanding of their traditional ecological knowledge as it relates to ecological features such as land, waters, fish, and wildlife, and their contemporary knowledge of Xat’sull territory. Further, Landmark worked with NR Department Manager, Edna Boston, to create questions surrounding spills, spill response, and mitigation recommendations within the territory. With the information collected, Xat’sull First Nation will have greater input into emergency response measures and be able to collaborate more effectively with other communities impacted by the project.

Landmark would like to thank the NR Department’s summer students, who worked diligently with our researchers throughout the week. Their collective insight and valuable understanding of the land, both past and present, will assist the NR Department engage with Trans Mountain Corporation on emergency response and environmental mitigation measures.

Following the successful participation of the summer students, both the NR Department and Landmark agreed that all future projects will include resourcing for youth participation. By doing this, Xat’sull First Nation and the NR Department will ensure the next generation has the experience and the skills to support stewardship activities within the Nation’s territory.

In closing, the NR Department and Landmark would like to extend their gratitude to all of those who have participated in the project thus far. The week’s activities generated great information which will be helpful for the NR Department as the study continues.



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE SOLUTIONS

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

Chicken and spring vegetable soup

A bowl of this chicken and vegetable soup is sure to warm you up on a chilly day. Try it using any vegetables you have at home.



Kid-friendly



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
4

Ingredients

- 1¼ L (5 cups) water
- 1 onion, sliced
- 2 mL (½ tsp) whole black peppercorns
- 2 dried bay leaves
- 15 mL (1 tbsp) lemon juice
- 2 boneless skinless chicken breasts (about 285 g)
- ¼ head cabbage, thinly sliced
- 1 head broccoli, cut into small florets
- 1 carrot, thinly sliced
- 125 mL (½ cup) sliced mushrooms
- Salt to taste

Directions

1. In a medium pot with a lid, bring the water to a boil. Add the onion, peppercorns, bay leaves, and lemon juice. Reduce heat to low.
2. Add the chicken and partially cover with lid. Poach chicken for 5 to 7 minutes, turning over once to cook evenly on both sides.
3. Using a slotted spoon, remove the bay leaves and peppercorns and discard. Add the cabbage, broccoli, carrot, and mushrooms.
4. Cover and simmer for 10 minutes. Use a **digital food thermometer** to check that the chicken has reached an internal temperature of 74 °C (165 °F).
5. Slice the chicken and return to the pot. Gently reheat on low heat for 4 minutes. Serve hot and season with salt to taste.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada.
For more recipes by Chef Wolfman, see [Nutrition North Canada](#).

Tips

- ✓ Use any other vegetable you have in the kitchen! Try asparagus, kale, snow peas, celery, fennel or collard greens.
- ✓ Do you have leftover cooked fish? Replace chicken for cooked fish by adding it at step 1 and skipping step 2.
- ✓ Ask your little chefs to help you squeeze the lemon juice and cut the broccoli florets.
- ✓ Store soup for up to 3 days in the refrigerator and 3 months in the freezer. When ready to eat, thaw soup in refrigerator overnight and heat to a serving temperature of 74 °C (165 °F) or higher.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

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Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Savoury pear and cheese scones

These tasty scones are great on the run or at home for breakfast or as a snack. Make a double batch and freeze. Warm in the microwave and enjoy.



Vegetarian



Kid-friendly



Freezer-friendly



PREP TIME
10 min



COOK TIME
15 min



SERVINGS
8 scones

Ingredients

- 375 mL (1½ cups) whole wheat flour
- 125 mL (½ cup) oat bran
- 10 mL (2 tsp) baking powder
- 10 mL (2 tsp) packed brown sugar
- 1 mL (¼ tsp) ground nutmeg
- 30 mL (2 tbsp) soft non-hydrogenated margarine
- 150 mL (¾ cup) 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- 75 mL (⅓ cup) shredded light old Cheddar or crumbled blue cheese

Directions

1. In a large bowl, combine flour, oat bran, baking powder, sugar and nutmeg. Using your fingers or a pastry blender, rub margarine into flour mixture until it looks crumbly. Using a fork, stir in yogurt to make a ragged dough. Add pear and cheese and knead gently to make a soft dough.
2. Place dough on a floured surface and pat into a 20 cm (8 inch) circle about 2 cm (¾ inch) thick and cut into 8 wedges. Separate wedges and place on parchment paper lined baking sheet.
3. Bake in preheated 200°C (400°F) oven for about 15 minutes or until golden.

Tips

- ✓ Your **little chefs** will be super excited to help out with this recipe. They can help **stir the dry ingredients**, then use their fingers to mix the margarine into the flour mixture.
- ✓ **Older kids** can help **dice the pear and shred the cheese**. Kids will have fun patting the dough into a circle.
- ✓ Change up the taste of these scones with different combinations of fruit and cheese. **Apple with Swiss cheese**, anyone?
- ✓ To **freeze the scones**, cool, wrap individually and pop in the freezer.
- ✓ 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, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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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: execasst@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

DAY CARE AND HEAD START SUPERVISOR



Job Title: Day Care and Head Start Supervisor
Reports to: Education Manager

Job Summary: The Day Care and Head Start Supervisor is accountable for the successful operations of the Xat'sull Head Start/Day Care program according to the organization's vision, objectives, and strategic direction of Xat'sull First Nation. This position is responsible for the efficient operations of the day care and is an advocate for early childhood education in the community. Possessing excellent communication and management skills, the Day Care and Head Start Supervisor builds effective working relationships with community groups, funding agencies and other external contacts, and has a clear, results-oriented focus on community development.

Education and Experience:

- Three to five years early childhood education and/or management experience
- Experience supervising staff, as well as developing and managing budgets
- Hold an Early Childhood Education Certificate/Diploma

Skills and Abilities:

- Ability to work independently and build effective interpersonal relationships
- Understanding of legislation on Labour Code, Occupational Health and Safety, Privacy and Human Rights, as well as requirements for ISC, FNHS, CCOF, CCATEC, etc.
- 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)
- Report writing
- Ability to plan and implement developmentally appropriate activities and experiences
- Knowledge of First Nations language and culture

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

Application Deadline:

Opened till filled. Only candidates that are eligible for an interview will be contacted. To obtain a copy of this job description and application, please visit www.xatsull.com.

Conditions of Employment:

- Must be able to obtain and maintain a Provincial Criminal Records Check and preschool license as per the Community Care & Assisted Living Licensing Act,
- Must have and maintain a valid Class 5 BC Driver's License, Class 4 would be an asset, or willing to obtain Class 4 training
- Have reliable transportation
- Must undergo tuberculosis test and proof of immunization
- Must be willing to organize, prepare and maintain the organization of the Day Care with regular cleanings and maintenance system in place; and be willing to supervise the Head Start Outreach program worker.

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

Please provide your cover letter and resume. Open until filled. Only candidates who are eligible for an interview will be contacted. To obtain a copy of a complete job description please request one from the Executive Assistant. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

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

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

Please provide your cover letter and resume. Open until filled. Only candidates that are eligible for an interview will be contacted. To obtain a copy of a complete job description please request one from the Executive Assistant. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

JOB OPENING

MAINTENANCE WORKER



Reports to: Capital Infrastructure Manager

Job Summary:

The Maintenance Worker effectively provides maintenance services using strong diagnostic, repair, and organization skills to coordinate repairs, purchase of supplies, scheduling preventative maintenance and reporting on specific issues for buildings and facilities.

Duties and Responsibilities:

1. Performs day-to-day maintenance duties for all assigned buildings, developing an organized approach to repairs and scheduling preventative maintenance
2. Undertakes basic carpentry duties
3. Ensures plumbing and propane tanks are working and there are no leaks
4. Checks windows and doors to ensure they are secured properly with locks as required, and are in good condition
5. Changes any broken or worn fixtures, including light bulbs
6. Ensures there is appropriate heating/cooling functionality in the buildings; schedules furnace maintenance
7. Notifies supervisor immediately of any significant damage to buildings or equipment
8. Provides services to maintain roads which includes ensuring culverts are clean and potholes are filled
9. Ensures parking lots and walkways are cleaned of snow and sanded during the winter months
10. Obtains supplies for maintenance as required
11. Ensures areas around fire hydrants are kept clear and visible, and that chimneys are regularly maintained
12. Inventories all equipment and supplies in maintenance yard and ensures the yard is clean, tidy and free of debris
13. Creates a safe and healthy environment with well maintained facilities
14. Participates in various community, council and committee meetings
15. Other duties as assigned or required

The duties listed are provided as examples of area of responsibility and are not intended to create limits to responsibility but to help understand the scope of the position. All staff are expected to be team oriented and maintain confidentiality of all information gained while working with the organization.

Qualifications

Education:

- Graduation from High School Grade 12
- Registration in an apprenticeship program would be an asset

Competencies:

The Maintenance Worker should demonstrate competence in some or all of the following:

- **Delivers on Commitments** - Delivers on commitments to internal and external customers, demonstrating a sense of urgency and follow-through
- **Communicates Information** - Communicates and discusses with team critical information including rationale behind decisions. Creates an environment where open honest communication is valued and develops strong, cooperative relationships
- **Planning and Organizing** - Establishes and plans a clear course of action, involving others as appropriate, managing activities and monitoring results to accomplish specific goals and timetables

JOB OPENING

Skills and Abilities:

- Proficiency with the use of tools and carpentry equipment
- Ability to work independently and build effective interpersonal relationships
- Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality

Experience:

- Six months to one year maintenance or related experience

Working Conditions:

- Travel may be required
- Hazards may include use of commercial/industrial cleaning chemicals, climbing, lifting, carrying, pushing/pulling, operating tools and equipment
- Ability to perform the physical requirements of the job which include: carrying, lifting, standing and walking
- Non-standard hours of work
- Receives minimal supervision with occasional direction and very few checks of the work performed

Conditions of Employment:

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence

Directly Supervises:

- None

General Category:

- Operates as part of a team and is flexible about the boundaries and functions of the job
- Maintains open and professional communications with co-workers, leadership and all others who do business with XFN
- Ensures that all internal and external deadlines are met
- Travels as required in the performance of their job
- Serves on committees as directed by the Band Administrator
- Takes responsibility for identifying upgrading of personal skills necessary to perform job duties
- Successfully completes all training courses undertaken at the direction of Supervisor
- Maintains confidentiality of all information seen, heard or obtained by virtue of employment
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Email your Application to:

Leasa Williamson, Executive Assistant

Email: execasst@xatsull.com

Mail your Application to:

Attention: Leasa Williamson

Soda Creek Indian Band

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

Fax: (250) 989-2300

Application Deadline: **Open until filled**

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

Please provide your cover letter and resume. Open until filled. Only candidates that are eligible for an interview will be contacted. To obtain a copy of a complete job description please request one from the Executive Assistant. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.