



Fraser River Run

The monthly newsletter of Xats'ul First Nation

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Staff went fishing for the community

Natural Resource staff members went fishing to provide more salmon for the community in addition to a spring salmon delivery *Page 2*



Dawn Armes cleans salmon during her lunch break.

More than 400 salmon caught

Following the opening of salmon fishing in the Fraser and Chilcotin Rivers, Natural Resource Department staff went fishing to provide members with more salmon following a salmon purchase earlier in the year to compensate

for salmon fishing closures.

In total, over 400 sockeye salmon were caught and distributed among members.

Additionally, spring salmon was delivered, cleaned, packed and frozen. While the

sockeye salmon have all gone out, there are still packets of frozen spring salmon available for any members who would like some.

A big thank you go out to Mike Stinson, Darrin Sargent, AJ Sellars and Ben Sargent for going

out and fishing for the community.

Additionally, big thanks go out to Jessie Hunlin, Dawn Armes, Jolene Sellars, Belinda March, Max Winkelman and Edna Boston for their assistance in cleaning and packaging salmon.





Cheryl Chapman moves on from Economic Development

After having worked for Xat'sūll First Nation for years in everything from Education to Treaty and most recently Economic Development & Employment, Cheryl Chapman decided it was time for a change.

A farewell party was held in September, though of course,

we're still expecting to see her regularly in the community and at community events.

We want to thank Cheryl for her many years of serving the community, including serving as a councillor, wish her all the best in her future endeavours and hope to see her around!

Ada Phillips joins Xat'sūll staff as Head Start/Day Care Assistant

Ada Phillips has begun working as the Head Start/Day Care Assistant as of September 27, 2021. We do not currently have a Day Care in operation, however, Ada will be assisting with the Head Start/Day Care and learning workshop/event organization that will be occurring, alongside Kelly Menakian. Ada is from our community, as most of you know, and

comes with valuable cultural expertise that will contribute to our programming, along with a background in reception; business; with Three Corners Health; William Lake First Nation; and past work in our band office as well. We are very pleased to have her aboard and grateful to have extra hands to help with the workload! Welcome to Ada!





Edith William has retired

After over 20 years of dedicated service, Edith Williams has retired.

She's been a tremendous asset in the Health Department and she's absolutely going to be missed.

We thank Edith for all that she's done and wish her all the best in her retirement and hope to see her around at community events.



Unexpected visit at Xatsūll

Xatsūll received some unexpected visitors last month after a daring escape through a nearby fence or gate.

Staff took a few minutes to ensure the intruders were safely brought back home.





Members go corn picking

As is tradition, the Treaty Department paid for members to go corn picking at the Dunlevy Ranch at the end of the summer.

Members were able to come and pick up to three dozen corn per household.

Following the u-pick day, the summer students, with the help of Treaty/NR Assistant Jessie Hunlin, delivered corn to Elders who were unable to come and grab their own.



Elders enjoy outings to Bridge Creek Falls and Quesnel



The Health Department has been taking Elders on regular luncheons and walks. Most recently, the group went to 100 Mile House for a walk beside Bridge Creek and lunch in Centennial Park.

Before that, they went on a trip to Quesnel.

By all accounts, the outings have been a hit and they'll keep going, COVID-permitting.



Members assist with salmon sampling

Members of Xatśúll First Nation assisted staff from Gibraltar Mines with the salmon sampling program they run.

Xatśúll members caught the salmon while staff from Gibraltar did the sampling.

Last year the program won a prestigious Jake McDonald Annual Mine REclamation Award for the collaborative research program.

The program assesses the safety of eating fish caught at traditional sites.





Sheri Sellars Kúkpi7 (Chief)



First Nation Non-Profit Institution created under the First Nations Fiscal Management Act (FMA) and is optional legislation for First Nations.

Working with the FMA provides an alternative pathway for First Nations working towards economic self-sufficiency. The objective of the FMB is to support First Nations in their pursuit of social and economic well-being through the development of strong financial governance and financial management systems.

The FMA enables First Nations to leverage their own source revenues like other levels of government and provides an option to access low-interest loans from the First Nations Finance Authority (FNFA). Working with FMB has led Council to develop and sign a Financial Administration Law (FAL). A FAL is a set of financial standards based on internationally recognized finance best practices. The FAL Standards will inform the policies that then become the foundation

of Xat'sull First Nation's financial management system.

As part of the free services provided by FMB they offer various workshops for our administration staff such as: governing for success, developing policies, strategic planning, planning and budgeting, management of capital assets, introduction to risk management, and multi-year financial planning. In supporting transparency if there are any additional questions on the FMA, FMB or Financial Administrative Law please contact our Finance Department.

Strategic Planning

We have been working on the strategic planning. It is at a point of roll out to the community.

All the survey information is all tallied up for the process and will be available to the community with the aspiration of doing a presentation to the

community. In the next week or so we will start to develop the process of communications going out to the community and the delivery process of the information as well.

Secwépemc Caucus

It has been a trying two years for all the Nation dealing with Pandemic, flooding, and wildfires for all Secwepemcúlecw. It was exhausting for all, not to mention the difficulty for all the memberships to keep going from one emergency to another with COVID remaining throughout the background.

On July 19, 2021, the Kupkúkwpi7 of our sixteen (16) communities united at the Secwépemc Caucus level to declare a State of Emergency due to wildfires within the

territory. The Kupkúkwpi7 identified at this time the need for drastic measures to ensure the continued safety and mitigation of all the threats to all members



Weytk-p

The summer is coming to an end. It has been quite the summer and now we are dealing with our wave four (4) of COVID. I would like to remind everyone at this time to be very vigilant and to being cognitive of the need to keep safe. It has, unfortunately, impacted our communities in and around the whole of the interior right now.

Financial Administration Law

Council has been working toward building a stronger foundation for the organization. This work had us examine how to be proactive in assessing the administration of the Nation and how to be more accountable and transparent to membership.

After our assessment, Council met with and began to work with the First Nations Financial Management Board (FMB). FMB is a National

of the communities impacted. Since the 2017 Wildfires, the need to mitigate risk was identified by all organizations of the fires from 2017, 2018 and 2019. The 108 recommendations are yet to all be implemented and coordinated to protect our people's health and safety and wellbeing. The communities keep bringing this to the table. The Kupkúkwpi7 met with Minister Mark Miller, Minister Murray Rankin and Emergency Management of British Columbia, Mike Knauff, regional operations. After this meeting, there was a meeting with FNHC, Charlene Belleau, a representative from the First Nation Health Council, and representatives from the Government of Canada to discuss the elements of the Secwépemc Tripartite Agreement to pursue the work to draft and implement a Secwépemc Nation Collaborative Emergency Management Agreement to address the emergency preparedness, response, and recovery matters forward.

The team will be doing another COVID-19 video soon as well to keep you up to date on wave 4 that all of the Secwépemc Nation is

enduring right now.

Community Forest

Council has been reviewing the files of our Likely Xat'sull Community Forest and Likely, Xat'sull and Big Lake Community forests. For the Likely Xat'sull Community Forest, this has been an ongoing file for Xat'sull which we are hopefully on the final steps to resolving. We are currently going through a full scope of work, a process of structure review, how we can better position our new initiative of Xat'sull Tmicw Resources and any other procurement for resourcing out in the Community Forest. The restructuring is dealing with the process of the liabilities of taxation in regards to receiving the allocation of profits set out in the agreement.

With the Big Lake, Likely, Xat'sull Community we are in full negotiations on the Community Forests and have had to ask for an extension from the Ministry to keep the momentum of the negotiations moving forward.

Xat'sull Tmicw Resources

We are well on our way to finalizing the steps for this process to roll out to the community and

full industry. We have also been incorporating the organization in the industry, to begin the development of equity and the financial capacity of the company. The company is on the last steps of development of the website, so watch for this to be coming in the next little while as well.

Election Code

We had brought on a contractor to get things moving on this file. They have resigned the contract because of a lack of movement. We have just recently been made aware of this. We want to move this forward and it will be coming to Council to move the process forward.

Williams Lake First Nations Wellness Centre

The First Nation Health Authority has been working on this for some time now, it will be a center for all the First Nations in the area: the Northern Secwépemc Nation, Tsilhqoti'in Nation, and Dakelh Dene Nation. This is a First Nations -Led Primary Health Care Centre (FNPCC) that was submitted to the Ministry of Health and First Nations Health Authority which now is becoming a reality for this area.

Housing Renovations

Xat'sull has submitted several proposals to Indigenous Services Canada and there is a lot of hold up in getting this passed through their departments, such as 10-year planning for housing, reopening a past area for the development of housing and a renovation package. There are some renovations happening currently after a call from the Housing Department in regards to need for renovations.

Flood Mitigation

The band has been working on the annual flooding in Cmetēm on the South end of the community near the Hawk's Creek and the bridge. This has been an ongoing issue for the community during freshet (spring time). The band has been working with Emergency Management British Columbia and Indigenous Services for immediate assistance after the flooding and some things under their regulations can be covered via funding under recovery processes. To keep reviewing this as an ongoing annual emergency, we have applied for alternative funding to look at the whole area in regards to how to mitigate this risk.



Hello/Weyt-kp,
everyone!
Happy Fall and Back-to-School,

It's a very busy time for everyone. School is well underway. It was enjoyable working to provide back-to-school gift cards and packages to our community along with the Health Department. Hopefully people are/have enjoyed the shopping and preparing for school. I hope the start is going smoothly for everyone and everyone will be safe with COVID still!

Here are some quick updates from our Department:

Marnie Haines-Howell, Education Manager

- The Head Start/Day Care Supervisor position is still vacant.
- The Head Start/Day Care Assistant position has been interviewed for and awaiting results!
- The Youth Program positions is still vacant.

We require certified or applicants with diplomas to run programs with children and so far, applicants that have applied so far do not have the qualifications to work alone with our children, unsupervised. We'll keep the postings until we get them!

We are trying to meet needs of our children in the community by having evening events that are meaningful and have an educational component to them! The first one we had – Meet, Greet and Bead was a huge success and because of that success, we will require

moving it to the gym for the future for COVID's social distancing protocols, but please join us for a bit of learning and a lot of fun! Kelly and her husband Avo worked extremely hard with the organization and details. I send out huge "congratulations" to Kelly for having a wonderful turn out that was seasonally focused, well-planned and enjoyed by all in attendance... with delicious food from CJ's Western Grill.

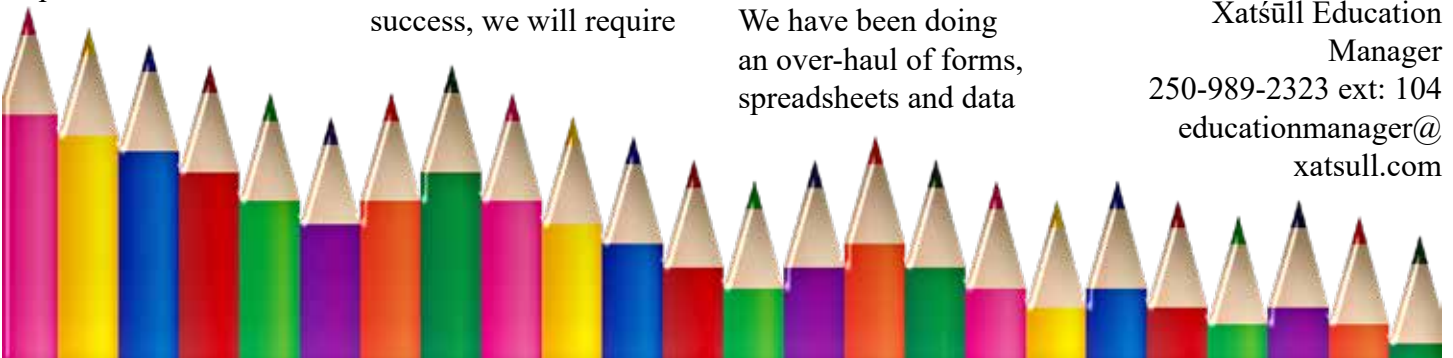
I have a financial advisor, Avo Menakian currently assisting me with "old issues" restructuring the organization of tracking systems for budgeting and the huge amount of informational tracking required for the Kindergarten-Grade 12 and Post-Secondary Education students. We have been doing an over-haul of forms, spreadsheets and data

input

requirements for reporting. This is a huge undertaking and we will continue to plug away at it until "the books are cleaned up." The end result will be efficient and consistent informational flow from this department. Also, efficient and accurate reporting to funding agencies such as Indigenous Services Canada.

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

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





Kelly Menakian, Head Start Outreach Coordinator



Happy Fall Everyone!

It's a busy time for all with back-to-school, fishing, hunting, or gathering firewood. The new season's change of colors always reminds me of going back to school on Wanda Tate's rockin' bus!

There have been changes in the Head Start programming lately; in early September, the Education and Health departments teamed up and gave out gift cards for students and young children in the community and we felt like Santa Claus on Christmas day!

The Head Start/Education department also had our first night of Greet, Eat & Bead – a series of beading events where Secwepemctsin teacher and Elder Cecilia DeRose along with bead artist Ada Phillips, offer language and beading lessons on various Wednesday evenings. Our first one on September 22nd was a great success

with 19 people showing up! The next one is on September 29th, and we hope to see everyone return.

Cecilia opened with a prayer, we ate a good meal and started beading. It takes time to get into a rhythm though so please keep coming. Register with me at Education and go at your own pace. Greet, Eat & Bead is for all ages and men are welcome! There will be different projects including teepee kits, fan-feathers, earrings, medicine pouches, and mini-moccasins. We hope to create a safe space where people can come together while maintaining Covid protocols (masks and maintaining social distance). There's a limit to how many we're

allowed indoors too so please register early. This also helps in planning for food as we want to have enough!

On another note, my regular learning packages for the community's preschool children are on hold for the time being. I do miss planning the themes with an educational component for that group of kids but there will be more in the future.

For Head Start Parents and Guardians, on October 6 & 27 registered Speech-Language Pathologist Alys Wardlaw, will be visiting from Interior Health for evening presentations at the Education building. Dinner is included along with a quick workshop for strategies on typical speech & language development

for young children. Notices will be sent out shortly and for another parenting class in November called Baby Navigator/Autism/Hearing Loss.

The Education department has been working on meeting the needs of other community members and when we have another staff member on board, we will be able to present more programs. Until then, give language and beading a try. You don't know what you're capable of until you do... Let's build up our community!

Kelly Menakian,
Head Start Outreach
Coordinator

Phone: 250-989-
2323, Ext 127 or email:
headstart@xatsull.com



Jennifer Stinson, Social Development Coordinator

be a delay in receiving your Income Assistance Cheques, and a delay in paying your household bills.

- Just a friendly reminder to all Income Assistance Clients, please have all your bills brought in on time, we can not make a payment without a bill. One can email it to me at socdev@xatsull.com or you can drop it off at the front desk at the Band Office.

- Pre-Employment Program is every two

weeks on Monday and Tuesdays from 10:00 – 2:00 pm, down in the Deep Creek Gym. It is mandatory for all Single Employable to participate and Single Parents with children over 3 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.

- The Food Bank is open every other Thursday from 1:30

pm – 4:00 PM, for all Community Members, please come to the Band Office and ask for Jennifer at the front desk. Remember to bring your own bags or boxes to carry your food items.

With winter coming, I am still currently looking for someone to haul some wood for Income Assistance Clients. One will be paid \$175.00 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,

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



Edna Boston, Natural Resource Manager

staying safe and healthy.

It felt like the summer went by too quickly.

I am happy to say that the community received 680 salmon and 49 Springs, and of those 430 Sockeye was caught by Mike Stinson, Darrin Sargent, AJ Sellars and Ben Sargent. A huge

thank you to them, it definitely was a long week for them.

We still are in negotiations with the following mines: Gibraltar, Mount Polley, Karus Mining and Spanish Mountain Gold, we are hoping to have a Participation Agreement

signed off with each of them.

We will be posting for an NR Coordinator as Mike will be moved into the Mining Coordinator position, effective October 18, 2021.

Stay safe and healthy.

Kukstemc.

Weykt
I hope everyone is

October

2021

SOCIAL DEVELOPMENT DEPARTMENT



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



Elder's Foot Care

October 19, 2021 | 9:00-4:30pm

Health Station

As a CMP, she offers foot care services that are more than what an Esthetician can offer during a pedicure.

"It is best to start early in maintaining your feet before problems arise" states Ayla.

Common foot problems you may encounter include: injuries, ingrown toenails, corns, calluses, foot odour, fungal infections, thickened nails, cracked skin and the effects of wearing improper footwear. For people with diabetes it is recommended to have a professional work on their feet.

To book an appointment, call Health at 250.989-2355.



Ayla Surek
Certified Master
Pedicurist , CMP



Massage



WITH KIM LITTLEWOOD

OF NORTH OF 7 BODYWORKS & MASSAGE

SEPTEMBER 13-17, 2021

OCTOBER 18-22, 2021



MON 12:00-8:00 PM

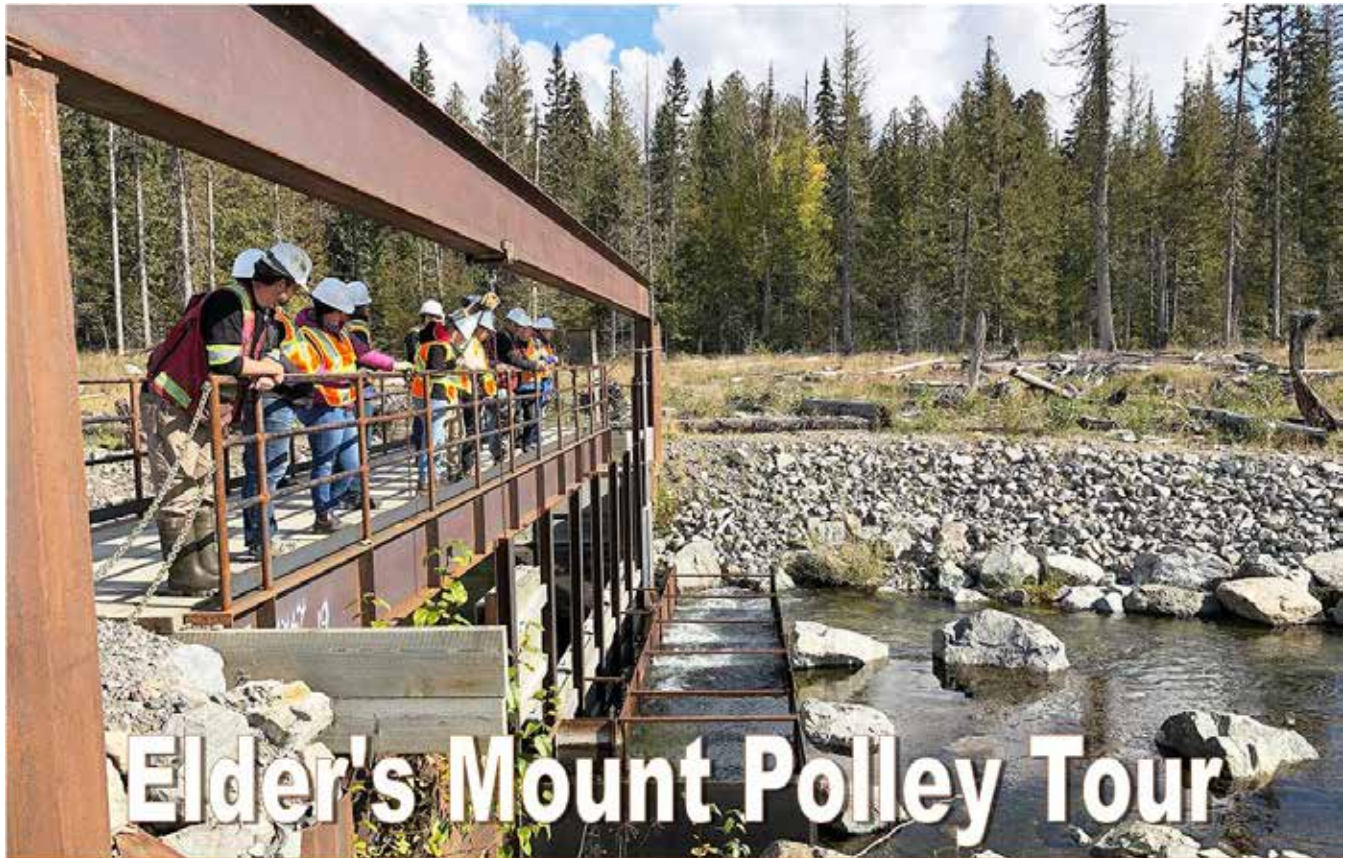
TUE 12:00-8:00 PM

WED 8:30-4:30 PM

THUR 8:30-4:30 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



Elder's Mount Polley Tour

Wednesday, October 6, 2021 | 8:30-3:30pm

Join us for the Elder's Mount Polley Tour. We will be leaving at 8:30am to meet the other group at 9:00am in Sugar Cane. Rides, snacks and lunch will be provided. Covid protocols in place. Limited space. Call Health, at 250.989.2355 to sign up.

Open to Xat'sül Members only.



CULTURAL NIGHT

Drum Making



Tuesday, October 12, 2021

3:00-7:00pm (drop in)

Xatśūll Gym

Join us for Cultural Night, we will be learning to make a drum.

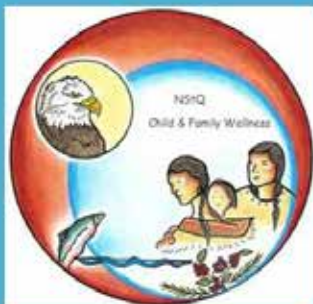
Call Health to sign up, 250.989.2355. Limited drum kits.

We provide snacks. Covid Protocols in place.

Open to Xatśūll Community Members only.



**CULTURAL
NIGHT IS EVERY
TUESDAY
EVENING**



Children and Family Steering Committee Zoom Meeting

October 6, 2021 at 5:00 pm



Please join us for a Children and Family Steering Committee Zoom Meeting for Xatsúll Community.

Contact Health at 250.989.2355 or healthreceptionist@xatsull.com to sign up for the meeting. A zoom link will be sent to you.



September 22, 2021

Dear Parents/Guardians:

Interior Health is working closely with *SD#27, Cariboo Chilcotin* to ensure the safety and health of students and staff. We are working to ensure measures are in place to support a safe return to class this fall, including access to COVID-19 vaccine for eligible students 12 years and older, teachers, and staff.

A COVID-19 vaccine clinic is scheduled for the following secondary school sites:

Tuesday, September 28: 2pm-4pm at Lake City, Williams Lake

Friday, October 1: 1pm-3pm at GROW/Skyline, Williams Lake

Tuesday, October 5: 2am-4pm at Lake City, Columneetza

Tuesday, October 5: 2pm-4pm at Peter Skene Ogden, 100 Mile House

Clinics are open to eligible students, staff, and school community family members for first or second vaccine doses. Please remember to bring BC Care Cards to the clinic.

Additional COVID-19 vaccine clinics throughout the community are regularly updated here:

<https://news.interiorhealth.ca/news/covid-19-immunization-clinics/>

Interior Health recommends that parents/guardians should make every effort to discuss vaccination with their families and to involve their children as much as possible in immunization decisions.

A helpful link to help with those conversations is located here: <https://www.healthlinkbc.ca/healthlinkbc-files/covid-19-vaccines>

To learn more about mature minor consent visit: <http://www.bccdc.ca/health-professionals/clinical-resources/informed-consent-for-immunization>

As a parent/guardian, you're welcome to accompany your child at the time of vaccination.

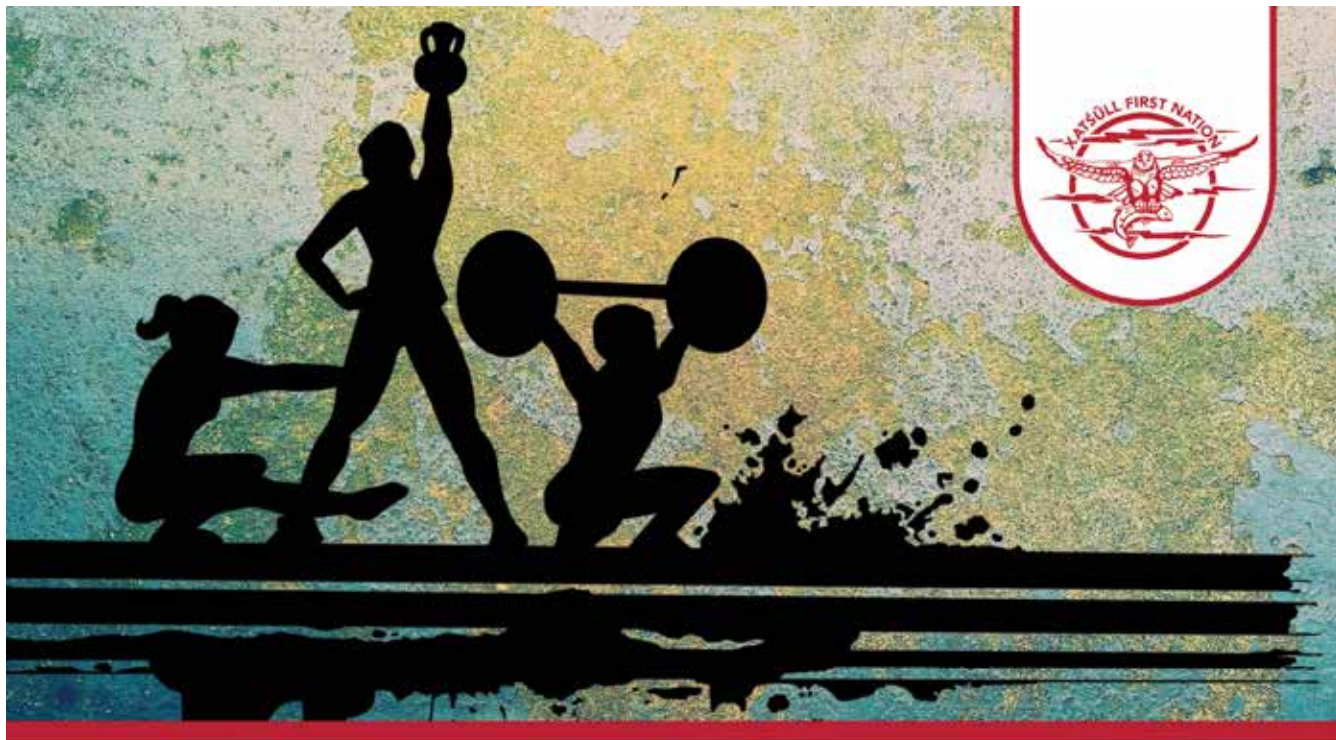
About the COVID-19 Vaccines:

Getting vaccinated is the best way to protect yourself, your family, and your community from the virus that causes COVID-19. The Health Canada authorized COVID-19 vaccines are safe and highly effective at preventing severe illness, hospitalization, and death.

For the strongest protection against COVID-19, you need to be fully vaccinated. The Pfizer and Moderna vaccines require two doses, and a person is considered fully vaccinated seven days after getting the second dose.

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations, where we live, learn, collaborate, and work together. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.

OFFICE OF THE MEDICAL HEALTH OFFICERS | 505 Doyle Avenue, KELOWNA, BC V1Y 0C5



WORKOUT NIGHTS

There will be workout nights on
October 7, 14, 21 and 28 from:

5 PM TO 6:30 PM

The workouts will be in the Xats'ull gym. There are limited spots, so please sign up by calling the Health Department at 250-989-2355.



GREET, EAT & BEAD

Join us for a fun evening of beading and Secwepemctsin (Secwépemc Language).

Learn greetings and other phrases with Cecilia DeRose while she and Ada Phillips teach us how to bead simple projects for children and adults.



OCT. 6 & 13 - 5 TO 7 PM

Xats'ull Community Gymnasium
Phone Kelly: (250) 989-2323, Ext 127 or
email: headstart@xatsull.com

Please pre-register
Limited seating

**DINNER
AND PRIZES
INCLUDING
A FALL
BASKET**

**OPEN
TO ALL
MEMBERS**



Inaugural NSTQ Youth & Elder Council Assembly

Gavin Lake, BC
Thur, Oct 28 - Sat, Oct 30
 Pre-register by October 22, 2021

Presentations Include: **Seats are limited**

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



To register email:

Sabrina Jeff (NSTC): youth&eldercoordinator@nstq.org
 Valerie West (NSTC): youth&elderassistant@nstq.org
 Max Winkelman (Xat'sull): communications@xatsull.com

Irene Gilbert (Tsq'escen'): mapping@canimlakeband.ca
 Kelyn Paul (SXFN): communications@sxfn.ca
 Judy Alphonse (WLFN): judy.alphonse@wlfm.ca

Drop-In Vaccine Clinics

Paradise Cinemas - 78 3rd Avenue South
 Williams Lake, BC

PLANNED DATES	VACCINE INFO	THANK YOU!
3:30 PM - 7:30 PM - Thursday, Sept. 23 - Monday, Sept. 27 - Thursday, Oct. 7 - Thursday, Oct. 14 - Thursday, Oct. 21 - Thursday, Oct. 28	First Dose ANYONE BORN IN 2000 OR EARLIER (12 YEARS AND OLDER) Second Dose 28 OR MORE DAYS SINCE FIRST DOSE No Appointment Needed! BRING YOUR BC SERVICES CARD	Interior Health administered over 300 doses of COVID-19 vaccines during the course of the first 3 drop-in clinics at the movie theatre. Most were first doses. Thanks to everyone who came out for making it a huge success. We hope to see even more of you over the coming weeks! Thank you for getting vaccinated.


Winter is just around the corner...

TIME TO START THINKING ABOUT ICE GRIPS

OUR ICE GRIP PROGRAM PROVIDES EQUIPMENT TO COMMUNITY MEMBERS THAT ARE AT THE HIGHEST RISK OF INJURIES DUE TO A FALL.

Those eligible include:

- Elderly Community Member
- Those with a disability
- those with a chronic disease that effects balance
- Prenatal or Postnatal Clients (up to one year)
- those who have not received a pair since 2019



IF YOU'RE INTERESTED IN LEARNING MORE, PLEASE CONTACT OUR HEALTHY LIVING COACH AT 250-398-9814 OR [KJASPER@TCHSS.CA](mailto:kjasper@tchss.ca)

FAMILY CONNECTIONS

PROGRAM



The Family Connections Program works in partnership with individuals, families and communities to provide services and support to First Nation families. The Family Connections Program collaborates with the pre and post natal programs to encourage healthy babies and families.

Programs:

- Cribs for Kids Safety Program
- Baby's First Year Program for 6 months to 1+ years
- Infant safety assessment
- Short and long term support as identified by client's plan
- Regular visits to support families - visits occur where the family is most comfortable
- Assists family as they move from one life stage to another
- Available to facilitate Melamen workshops in community.



If you would like more information about
The Family Connections Program
please call Mary or Barb

At Three Corners Health Services Society
250-398-9814



STUDENT PROFILE



Weytk Xwexweytec,

Brandi Phillips ren skwekwst, Joanne Phillips ren kik7ce ell Henry "Hank" Sellars len qeq7tse. Minnie (Chelsea) Phillips ell Alice (Gilbert) Sellars ren kikey7e ell Ralph Phillips ell Albert "Sonny" Sellars ren Xepep7e ell Brycen Pierce ren sqwsese7.

Hello Everyone,

My name is Brandi Phillips, Joanne Phillips is my mom and Henry "Hank" Sellars is my late dad. Minnie (Chelsea) Phillips and Alice (Gilbert) Sellars are my grandmothers and Ralph Phillips and Albert "Sonny" Sellars are my grandfathers and Brycen Pierce is my son.

I am going back to school in Kamloops through an initiative between Simon Fraser University and the First Nation Education Steering Committee through a program called

Mé7 Texwtuxwtsinem-kt (We will learn to speak straight/accurately) that is being held at Tkemlups te Secwepemc Band Office. This is to increase fluency in the younger speakers as our language is jeopardized due to all of the fluent speakers being only Elders. So once completed the 8 month program I will be receiving my Secwepemc Language Proficiency Certificate with that I will have a good knowledge of around 2,500 words, be able to hold conversations with other fluent speakers, be able to tell stories and also teach beginners.

I will be done my program in May and once completed I want to come back and be a Secwepemctsín Teacher not only to our Xats'ul youth but would like to go into the schools and teach also. I do miss having the After School / Summer Children's Program twice a week



teaching along with Kyé7e Minnie and really do hope to bring the language back to our Band's programs.

I am so grateful for the support I have received from everyone, it does

mean a lot and hoping to see some familiar faces every now and then!

Kukwstetselp ell yucem en tsutciwiye,

Brandi Phillips

The Education Department continues to request any other success stories of our Kindergarten-Grade 12 and Post-Secondary students! Please submit to Education Manager Marnie Haines-Howell at educationmanager@xatsull.com or drop it off at the department.

STUDENT PROFILES



My name is Angel Mitchell. My mother is Janae Beaulieu and my father is Jarrett Mitchell. I have a younger sister named Aurora. I go to Williams Lake Secondary School and I'm in grade eleven. I got the Secwepemc award in grade 6, 7, and 8. My goal after high school is to take a gap year and take some time off school then go back to become a real estate agent or take business classes to become a CEO one day or maybe I'll do something completely different.



My name is Marissa Sellars, and my parents are Sheri Sellars and Glenn Wynja. I'm attending Williams Lake Secondary School and currently in grade 11. I am involved in extra curriculums such as volleyball, and basketball. This kept me involved with my school and I even met new people! My goal after high school is to specialize in psychology or criminology.

The Education Department continues to request any other success stories of our Kindergarten-Grade 12 and Post-Secondary students! Please submit to Education Manager Marnie Haines-Howell at educationmanager@xatsull.com or drop it off at the department.

STUDENT PROFILES



My name is Trey Stinson, and I am from the Xats'ull First Nation band. My dad's name is Mike Stinson and my mother's name is Crystal Williams, and I also have a brother named Lindon Stinson and a sister named Michaela Stinson. I am going to grade 10 at the Williams Lake secondary school. I don't have many "accomplishments" besides Student of the week at Columneetza middle school. My main goal for a job is blacksmith engineering, because I've always had an interest in blacksmithing from a young age.



My name is Linden Stinson. My father is Mike Stinson, my mother is Crystal Williams, I have one brother Trey Stinson and a sister named Michaela. I'm in 9th grade at Columneetza school. I don't have any dreams yet.

The Education Department continues to request any other success stories of our Kindergarten-Grade 12 and Post-Secondary students! Please submit to Education Manager Marnie Haines-Howell at educationmanager@xatsull.com or drop it off at the department.

Student Report: April Mitchell

Later in the summer, I started working as a summer student worker with the Band and four other summer students.

We did maintenance work, such as weed whacking, mulching, labelling garbage and recycling bins. We helped out with the Salmon, and we also went out and did fun things in our community/territory. We also help out other people in the band with some of the things that need to be done like the Food Bank.

We went around with workers from Landmark and they took us to Blue



Lake and the Xatsull Heritage Village, they also interviewed us about the Trans Mountain pipeline. We got to hear stories from our Elders and other community

members.

We learned some Shuswap from Edna and we learned more about our Culture. Mike and Darrin took us out multiple times to teach us

about the Xatsull cash pits and pit houses.

We did a lot of fun things this summer and I'm glad I learned more about my culture while having fun.

Student Report: Linden Stinson

What we did as summer worker: We did river safety and went down fishing at the Fraser River.

We also weed whacked, mulch placement.

Landmark came and interviewed us and we also showed them around

Xat'sull territory.

We sorted the food band for Jen Stinson my co-workers are Marissa Sellars, Jolene Sellars,

Angel Mitchell and Trey Stinson.

We did berry picking with Elders. It was a fun time.

Student Report: Marissa Sellars

My name is Marissa Sellars and I worked as a maintenance worker with four other summer workers Jolene Sellars, Trey Stinson, Linden Stinson, and Angel Mitchell. We worked mostly labour-oriented work such as moving

mulch, gardening, weed whacking, and cleaning the food bank. These tasks as a team of five proved to be difficult. When most of our maintenance jobs were up to date, we did small workshops such as an introduction to photography and learned to

braid and pick sweetgrass. We did many cultural outings like learning how to set net and visits to the heritage site we also went berry picking, and fishing. My favourite thing that happened this summer was talking to the landmark team that informed us on

how the Trans Mountain Pipeline might affect us and our feelings on the matter. It was nice having a voice and talking to people who can educate us on current issues in our community and outside our community, overall great experience.



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLES

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

Terrific tuna and tomato salad

A perfect way to use tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or dinner on the patio with family and friends. Serve it over lettuce leaves for added colour and crunch.



30 mins or less



No-cook



PREP TIME
5 min



COOK TIME
0 min



SERVINGS
6

Ingredients

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

Directions

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.
2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

Tips

- ✓ **Older kids** can help to slice tomatoes and celery, drain tuna and chop cucumber. Little chefs can whisk the dressing together.
- ✓ For the **best tasting tomatoes**, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- ✓ No grape tomatoes on hand? No worries. Dice up **4 tomatoes** instead.
- ✓ Try this salad using canned **salmon** instead of tuna, or use leftover cooked fish.

Recipe developed by Emily Richards, PH, EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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Health
Canada

Santé
Canada



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:

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 YOUTH WORKER



Job Summary: The Youth Worker develops, delivers and evaluates programs for youth in the community to empower youth to become self-reliant, recognize the value of health and wellness and to develop life skills. The Youth Worker liaises with Health and Education staff to integrate the values and strengths of other programs.

Qualifications

Education: • Diploma in social work, counselling or a related field

Skills and Abilities: • Knowledge of the Mental Health Act and Child and Family Act
• Ability to administer youth programs
• Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the beginner level (only require basic skills)
• Ability to work independently and build effective interpersonal relationships
• Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality
• Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

Experience: • One to three years social work or counselling experience, preferably working with youth in a direct service delivery environment

Working Conditions: • Travel to other related organization locations will be required
• Ability to carry out the physical requirements of the job which include lifting, carrying and managing equipment and supplies, as well as walking, pushing and pulling
• May be required to work some non-standard hours and flex their work day

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 be able to obtain and maintain a valid Emergency First Aid Certificate, WCB approved Level 1

How to Apply: 1. Please provide a cover letter with salary expectations and availability.
2. Resume

Email your Application to: Human Resources Email: hr@xatsull.com

Mail your Application to: Attention: Human Resources
3405 Mountain House Road, WL, BC V2G-5L5

Fax to: 250 989-2300

For a complete Job Description, please contact the Executive Assistant at execasst@xatsull.com

Application Deadline: Open until filled.

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

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 Xatsüll Head Start/Day Care program according to the organization's vision, objectives, and strategic direction of Xatsüll 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

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
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