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CHRISTMAS CRAFTS A POPULAR ACTIVITY

Community Members came out for an evening of Christmas Craft making on Dec. 7. Page 2

Pellkwet'min (Buckskin sewing month - January 2022



Christmas spirit at craft evening





HAPPY NEW YEAR everyone!!!! I hope this new year will bring more positivity and more fun

moments with family & friend's making memories with one another.

Jennifer Stinson, Social Development Coordinator

Just some, friendly reminders to all Income Assistance clients:

- Please have all your bills brought in on time (at least by the 10th of every month), we cannot 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, or one can fax it to 250-989-2300.

- Food Bank is open

to ALL COMMUNITY MEMBERS, (including the one's living in town). It is open every other Thursday from 1:30 p.m to 4 p.m. Just come to the front desk and ask for Jennifer. (Please see calendar for the dates that it is open). Also please remember to bring your own bags or boxes to carry your food items in. The food bank carried non-perishable items and frozen meat.

- Pre- Employment

Program is every other Monday and Tuesday from 10 a.m. to 2 p.m. downstairs in the gym. (This is mandatory for all Single Employable Clients and Single Parents with children over the age of three years, to be eligible for I.A.). Please see calendar for the upcoming dates of the program.

- Please have your Monthly Declaration Forms in by the 10th of every month.



January



Social Development Department



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

Restorative Yoga

Live session with Heather Cherisse, Indigenous Pranayama



www.heathercherisse.com

Unwind and relax on JAN 6TH 12:00-1:00pm Health Station

Call Health at 250.989.2355, must pre-registar. Covid-19 Protocols in place. Open to Xatśūll Community Members only.





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 an appointment

CULTURAL NIGHT Ribbon Skirt Making



Tuesday's, January 11, 18 & 25, 2022 3:00-7:00pm (drop in) New date Health Boardroom

Join us for Cultural Night, we will be learning how to make a ribbon skirt. Call Health for any questions, 250.989.2355. We provide snacks. Covid Protocols in place.

Open to Xatśūll Community Members only.





January 18th, 2022 | 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.



Ayla Surek Certified Master Pedicurist , CMP

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







Muskrat – Nabi – Skelécwe7 Pelt Preparation Workshop

with Blaine Grinder

Open to Tsilhqot'in, Dakelh, and Secwépemc Youth ages 12-24 years

 Tuesdays 3:30pm -5:30pm

 January IIth, 18th, 25th 2022

 At Denisiqi 240 Mackenzie Ave North

 -Dinner included

 Contact McLayne at 250 855 8240

 to sign up

 COVID PROTOCOLS IN PLACE

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 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.



<u>How to enter:</u>

- 1. Name
- 2. Phone number
- Community
 1 entry per house hold

Three Corners is excited to present to the communities of Xatśūll, T'exelc, and Stswecem'c Xgat'tem our Annual Christmas Hamper. This year due to the COVID-19 Pandemic and grocery shortages, TCHSS will be giving gift cards in lieu of food hampers. Three hampers to be won! One for each community!

> Please call or email Shemica to enter your household in our draw for a hamper at Three Corners

P: 250-398-9814 Email: reception@tchss.ca



TRANSPORTATION DURING THE HOLIDAYS

Our holiday office closure is Dec 20 – Dec 31, 2021. If you have any upcoming medical trips scheduled between Dec 20 – Jan 31, please contact Sasha the Medical Transportation Receptionist at TCHSS to make arrangements by Dec 17th.

IN THE CASE OF AN EMERGENCY AND REQUIRE URGENT TRAVEL YOU CAN EITHER: • PAY FOR TRAVEL UPFRONT AND SEEK REIMBURSEMENT FOR THE TRIP • REACH OUT TO YOUR BAND TO SEEK ASSISTANCE FOR TRAVEL.

> PLEASE KEEP IN MIND YOU WILL NEED TO PROVIDE THE FOLLOWING FOR REIMBURSEMENT: • REASON FOR TRIP

- HOTEL RECEIPT
- CONFIRMATION OF DISCHARGE.

If you need assistance collecting this information you can contact the Aboriginal Patient Navigator (APN) at the hospital. If you trip is due to a motor vehicle accident or a work related incident you need to contact your insurance provider or WCB for financial assistance.



\$500 COVID-19 DISBURSEMENT

APPLICATION REQUIRED

A \$500 COVID-19 disbursement will be available for all members age 18 and over by the end of January.

In order to receive the disbursement please email disbursement@xatsull.com with the following information (**applications close Jan. 14, 2022**): Full legal name (mandatory): Status Card # (mandatory): Birth Date (mandatory): Mailing Address (mandatory): Phone Number: Email:

If you do not use email, please mail or drop off the information to our office (no phone calls accepted): **Attn: Disbursement** 3405 Mountain House Road Williams Lake BC V2G 5L5

COLOURING



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

5	3				4			
		4	1					
1		0	9		6		8	3
9	7		3	2		6		
				4				
		3		6	9		7	2
3	5		6		7			4
					2	7		
			8				3	1

EASY PUZZLE

MEDIUM PUZZLE

							1	4
				5		2	7	3
		0	1			9		
	5		9	6	9			1
9		6	4	1	3	7		2
1			5	7			4	
		9			7			
6	7	5		4				
2	4							

HARD PUZZLE

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

VERY HARD PUZZLE

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

EASY SOLUTION

MEDIUM SOLUTION

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

VERY HARD SOLUTION

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Hot and sweet curried squash

Squash is a versatile vegetable that can take on any flavour. Try this sweet and savoury recipe as a colourful side dish or over brown rice as a tasty main course.



Vegetarian 🏾 🛞 Freezer-friendly

СООК ТІМЕ

40 min

PREP TIME 25 min

Ingredients

- 15 mL (1 tbsp) canola oil
- 1 onion, minced
- 1 mL (¼ tsp) ground cumin
- 15 mL (1 tbsp) curry powder
- 2 garlic cloves, minced
- 1L (4 cups) sodium-reduced vegetable broth, divided
- 1 medium butternut squash, peeled and diced (about 900 g/2 lb)

Directions

- 1. In a large pot, heat oil over medium heat. Add the onion and cumin and cook for 3 minutes, stirring frequently.
- 2. Add the curry powder and cook for 2 more minutes, stirring to keep from burning.
- 3. Add garlic and 500 mL (2 cups) of broth and bring to a simmer.
- 4. Add the remaining broth, squash, chickpeas, and tomatoes to the pot. Bring back to a simmer and cook covered, for 25 minutes, stirring occasionally.
- 5. Add mango and cook for 5 minutes. Serve hot over brown rice.

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



Agence de la santé a publique du Canada

Tips

SERVINGS

1 can (540 mL/19 oz) no salt added chickpeas, drained and rinsed

1 can (540 mL/19 oz) no salt added

diced tomatoes, with juice

thawed and chopped

Salt and pepper to taste

250 mL (1 cup) frozen mango,

- To boost up the vegetable content, add minced carrot at step 2 and minced celery at step 3.
- To switch up the flavour, try using 125 mL (½ cup) raisins instead of the frozen mango.
- Store leftovers for up to 3 days in the refrigerator or up to 3 months in the freezer. If frozen, thaw in the refrigerator overnight and heat to a serving temperature of 165 °F (74 °C) or higher.
- Remember, a little salt goes a long way. Taste the food before adding any salt.

Canada





Health

Canada

Santé

Canada

JOB OPENING NATURAL RESOURCE COORDINATOR

Job Summary:

Duties and Responsibilities:

Qualifications:



Conditions of Employment:	BC Drivers Licence o meet fieldwork requirements (moderate hiking in remote site pm, Monday to Friday	
Email your Application to:	Human Resources	Email: hr@xatsull.com
Mail your Applica	tion to:	Fax to: 250 989-2300

Mail your Application to: Attention: Human Resources Xatśūll First Nation (Soda Creek First Nations) 3405 Mountain House Road, Williams Lake, BC V2G 5L5

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 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:

Fax: (250) 989-2300

Attention: Leasa Williamson Soda Creek Indian Band 3405 Mountain House Road, Williams Lake, BC V2G 5L5

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 HOUSING MANAGER



Job Summary:

The Housing Manager contributes to the overall success of the organization by coordinating access to housing assistance, advisory services, identifying housing needs, managing rent and maintenance fees, administering housing renovations, and maintenance, managing the budget and meeting reporting requirements for housing in the community according to the organization's vision, objectives, and strategic direction. The Housing Manager oversees staff and inspects facilities, using excellent communication skills to build productive and effective relationships.

Duties and Responsibilities

Operations:

- 1. Develops an operational plan which incorporates goals and objectives for programs and services, including program delivery and evaluation
- 2. Delivers the provision of housing to community members by establishing and implementing policies and procedures, managing maintenance of the premises through work orders and purchase orders, arranging for renovations and repairs that meet building codes and standards
- 3. Prepares an annual budget for approval by the Band Administrator and monitors expenditures throughout the year to stay within budget
- 4. Undertakes annual housing inspections documenting findings and adding new requirements to annual plans and budgets
- 5. Develops tools and systems to educate tenants, promote reporting of maintenance issues and compliance with policies and sense of responsibility and ownership
- 6. Oversees the collection of rents and maintenance fees, and develops a collection system for arrears, accounts for and forwards all payments to CMHC, loan applications and renewal documents
- 7. Meets regularly with government bodies, industry, First Nations organizations, etc. to share information and identify problem areas, and works towards developing solutions to issues
- Identifies, promotes and coordinates partnership opportunities with Aboriginal and non-Aboriginal communities focusing on housing, public works, maintenance and capital initiatives
- 9. Conducts needs assessment with the community to identify needs and to provide information to external agencies as well as governing body that feeds the operational plan
- 10. Consults and liaises with other housing, public works, maintenance and capital experts to share information and to potentially formulate joint special projects which would enhance the delivery of existing programs and services
- 11. Chairs Housing Committee, sets up meetings and creates the agenda, minutes and other documentation
- 12. Works closely with Social Development in the administration of rents for tenants on Social Assistance
- 13. Creates a safe and healthy environment where facilities are well maintained

Human Resources

and Administration: 1. Oversees contractors; involved in the recruitment and development of staff

- 2. Takes responsibility for the orientation, performance review and development of staff
- 3. Manages team performance by setting expectations and regularly reviews performance with staff; acts as coach and mentor to address performance issues; and administers progressive disciplinary actions as required
- 4. Ensures employee compliance with Band policies and procedures

JOB OPENING

	 communicates Band information to all s 6. Keeps the Band Administrator informed 7. Prepares and submits regular activity rethe community 8. Ensures there is a system of checks and confidential files and records; complies 9. Maintains database to track and follow 10. Develops a communication strategy for 11. Participates in various community, course 	d of sensitive and important issues and events ports and statistics to appropriate agencies and balances for the maintenance of accurate and with reporting requirements up on all contracts, projects, and properties or public awareness of programs and events					
Education:	Bachelor's Degree in Business Administration or related field						
Skills and Abilities:	 Knowledge of the provision of housing principles, practices, policies and procedures to consult with staff and various other governing bodies and agencies Knowledge of building codes and standards with an ability to read blue prints 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) Ability to work independently and build effective interpersonal relationships Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality Ability to develop reports that identify issues and solutions Ability to plan, estimate, budget and manage finances 						
Experience:	• Three years to five years business, prope	rty management, or related experience					
Working Conditions:	 Travel will be required Non-standard hours of work Receives minimal supervision with occa work performed 	sional direction and very few checks of the					
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 						
Email your Application to:	Human Resources	Email: hr@xatsull.com					
Mail your Application to:	Xatśūll First Nation 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.					

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 COMMUNITY ECONOMIC DEVELOPMENT/ EMPLOYMENT COORDINATOR



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.