



# Fraser River Run

The monthly newsletter of Xat'sull First Nation

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## YOUTH COUNCIL VISITS UNIVERSITIES

Youth Council members made a trip to Vancouver Island to visit a number of universities there.

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**Pelltsekúlecwten (root digging month) – April**





## New entrance installed at graveyard

A new entrance has been installed at the Xatsúll community graveyard.

The project was long overdue, says Kúkpi7 Sheri Sellars.

“The new entrance is wider, making it easier for a service and pallbearers to make it through and the addition of the gate was

important to us for spiritual reasons.”

The project was completed by the Xatsúll sawmill crew.

There was a bit of concern about getting it done this time of year with the cold and the snow but they were able to get the holes dug and the project done, says

Craig Kennedy, a Forestry and Safety Consultant hired by the Band.

“It turned out really well. The team did a good job. They used their carpentry skills from another project we did there to make it work. They designed it and they did a fabulous job.”





## Xat'sūll receives smoke alarms

Xat'sūll has received 61 smoke/carbon monoxide alarms from the Williams Lake Fire Department.

Kúkpi7 Sheri Sellars says she appreciates the help to keep the community safe.

The smoke alarms are a part of a larger home inspection program, according to Fire Chief Erick Peterson.

"I am so happy Xat'sūll can utilize the smoke alarms. COVID has caused major issues in implementing the full program here in Williams Lake so we have adapted it as best we can to get the information out and increase public safety."

Xat'sūll will be hiring someone to install the fire alarms in community

homes.

"The best way to protect your family and home from fire is to install, properly maintain, and test household smoke alarms," says Peterson.

Over the last five years, 78 per cent of structure fires were residential and the majority of fire deaths occur in residential occupancies.

## Steven Parker hired for Economic Development

Steven Parker has joined the Xat'sūll team as the Economic Development and Employment Coordinator.

Parker has spent the past ten years in investment and commercial banking in various places in B.C.

Recently his fiancé got a position in Williams Lake with a different First Nations government.

In his new role, Parker will be responsible for the Xat'sūll Heritage

Site and the Whispering Willows campsite among other things.

He says he's looking forward to seeing where he fits in the team and is excited to be a part of the Xat'sūll staff.

"Steven brings a wealth of experience and energy. I'm heartened he's chosen to join Xat'sūll and I'm looking forward to seeing what he can add," says Band Administrator Norman Champagne.







## Youth explore university options

Seven Xat'sül Youth went to Vancouver Island from March 21 to 25 to visit Universities.

Students visited Vancouver Island University in Nanaimo, Royal Roads University in Victoria and the University of Victoria.

At each, they received a tour

and asked questions. In some instances they also had a chance to interact with staff including on campus Indigenous centres.

Additional activities included a tour of the Parliament buildings as well as some fun activities like a food and history tour in Victoria, an escape room

and the Royal Museum.

"The trip was a great success in that it helped the youth prepare or think about what they want to do after high school. Additionally, I think they had a lot of fun," says communications coordinator Max Winkelman, who helped the youth organize the trip.





# Ecora hired to expedite flood study

Following a recommendation by Indigenous Services Canada who are funding the project, Xat'sul First Nation has decided to hire Ecora to expedite the flood study on Hawks Creek.

Ecora will be working in combination with Xat'sul and Urban Systems. Urban Systems assisted with the temporary flood mitigation works constructed at Sonny Lane in 2021, and has been

engaged to undertake floodplain mapping and long-term flood mitigation planning for Hawks Creek through the remainder of the reserve lands.

The study needs to be completed in order for rehabilitation work to stop flooding on Mountain House Road and Sonny Lane to start. Initial plans were for the survey to be completed by now but COVID-19 resulted in delays due

to reduced staffing.

Phase One of the study will be to estimate the peak flow during the 2020 flooding. Phase Two would be a hydraulic analysis to estimate flood levels at various points along the creek.

"We're excited to have Ecora on board and are looking forward to completing the survey and commencing the rehabilitation work," says Kúkpí7 Sheri Sellars.

## Ranch update presented to Xat'sul Chief and Council

The Feb. 24 Chief and Council meeting included an update on the ranch.

Perhaps most notable for the community, ten cows were slaughtered for local food security. The cows selected were found "open" (not pregnant) following pregnancy testing. They were primarily turned into hamburger and stew meat which was distributed to the community. The food bank still has some available.

On a different note, the ranch has recently received results for ten soil and eight forage samples. After the results are reviewed, it will be determined if any changes to feeding are



necessary. The ranch is also reinforcing an existing pen that will then serve as a temporary bullpen until a permanent bullpen can be completed.

Ranch staff have made substantial progress with their financial

responsibilities though some additional training is still needed in other areas.

The ranch is also in the process of transferring from the temporary structure set up following acquisition to a more permanent business plan

which is required to obtain the final payment from the province.

"We're excited to see all the progress and recent developments at the ranch and are looking forward to see it continue to thrive," says Kúkpí7 Sheri Sellars.



## C&C supports CCATEC application

Chief and Council (C&C) have decided to once again support the annual application to the Cariboo Chilcotin Aboriginal Training Employment Centre (CCATEC) to cover the wages of an Employment Coordinator.

“Basically every year CCATEC puts a certain amount of dollars towards hiring someone to assist the community with employment

needs,” says Miriam Schilling, who submitted the briefing to C&C.

The Employment Coordinator can help any community member with finding jobs, accessing training opportunities and finding funding for training. Additionally, they can help members with adjusting their resume.

For anyone looking for jobs,

there’s now a page on [xatsull.com](http://xatsull.com) where there are a number of great opportunities.

Any members looking for a job or training are encouraged to come see Economic Development & Employment Coordinator Steven Parker.

Schilling adds that there are a lot of opportunities out there at the moment.

## Multiple water system upgrades completed

For the Soda Creek water system, the piping has been replaced between the filter and the reservoir, as well as the chlorination piping and valves, which were leaking.

Additionally, the valves can now be accessed from the top level of the water treatment plant.

“You no longer have to go to the bottom level to turn them on. You stick your key down, turn and

they’re on,” says Capital Infrastructure Manager Dennis Elliot.

In April, a generator will be installed at the Soda Creek water plant as well as a back up energy source in case of power outages.

The generator came from the Deep Creek water station where a new generator was installed. For that generator, Chief and Council, in discussion with Elliot, recently

decided not to purchase the \$22,000 three year extended warranty and set money aside for a repair and replacement reserve instead as Elliot can do both the service and load test.

Additionally, a flow metre and back-flow preventer will be added to the Pioneer Log Homes water access in order to monitor usage. Additionally, there’ll be

extra protection added to it so it’s less likely to break or freeze in the winter.

Finally, fire hydrant maintenance will be conducted in the near future in both Deep Creek and Soda Creek. Elliot is also working on having the hydrants and water system recognized by the fire protection specialist and the insurance companies in order to get a reduction in insurance.

## Recycling and solid waste management starting soon

The first trial run for the new recycling and solid waste management program is expected to be in April/May.

The trial run will be to identify any issues with access the large vehicles may have.

“The program recommends that the recyclable carts and garbage bins

be transferred down to Mountain House road. Some of the roads are very long so it’s not practical for everyone to do that. So that’s why we want to do a trial run with the vehicles,” says Capital Infrastructure Manager Dennis Elliot.

That’ll show what construction needs to be done to better facilitate

the vehicle access.

“In turn, we’ll accommodate all the residences and all the people who potentially have to cart these bins around. We want to eliminate that.”

An education package will be sent out on recycling and what’s expected.





## Kelly Menakian, Head Start Outreach Coordinator

with Cariboo-Chilcotin Partners for Literacy Society (CCPL), we'll offer:

- Circle time songs
- Sensory bin stations like playdough, painting, puzzles, puppets, crafts & activities
- Toys & books to help kids interact & build skills

Hello Everyone,  
Spring is on its way, and we have a lot to look forward to with trees and flowers budding and warmer temperatures! Head Start children will continue receiving learning packages with items to spark curiosity and teach about the world around them; I'm finding more Indigenous puzzles, books, and other items to share with our families on reserve, so it's been exciting to see more resources available. We appreciate the family photos of kids enjoying the items in the packages, thank you.

On April 6, Head Start is beginning a drop-in family playgroup for children from birth to five years old. This is for parents/caregivers and children to play and connect with others through a First People's Principles of Learning approach. Working

The playgroup will run for six weeks, meeting every Wednesday from April 6 to May 10, 1:30 to 3 p.m. with snacks and refreshments provided. Please contact Kelly at 250-989-2323, Ext 127 to sign up.

The Education department will also be hosting a Beginner's Computer Course for Elders starting on Wednesday, April 13 to May 11 from 10 to 11:30 a.m. An instructor from CCPL will present weekly lessons to the absolute beginner and those who have some knowledge of computers. Working with your own computer, it will be a comfortable learning environment where Xat'sull Elders can get more familiar with basic functions while



enjoying coffee, tea, and snacks. Best of all, there will be no tests at the end! Please call Kelly to sign up at 250-989-2323, Ext 127.

Thank you, Gord Keener, Max Winkelman and the Xat'sull Youth Council for inviting me to Vancouver Island during Spring Break. It was my first time as a chaperone

and great to see our youth engaged in positive activities - we visited three universities, the Legislative Building, the Royal BC Museum, and a walking food tour of Victoria. I hope everyone had fun!

Sincerely,

Kelly Menakian,  
Head Start Outreach  
Coordinator





### Jennifer Stinson, Social Development Coordinator

Hi everyone,  
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 MEMBERS**, (including the one's living in town). It is open every other Thursday from 1:30 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.

I would like to give a huge shout out Lindie Mitchell, for helping me out in the food bank. I

so greatly appreciated all the extra help with the unpacking of all the food and restocking the shelves for me. It has been a great big help.

**- And lastly, just a friendly reminder to ALL the I.A. Clients, please have your Monthly Declaration Forms in by the 10th of every month. Failure to do so, will be termination of Income Assistance.**

## EDUCATION EVENTS

### Xatsùll Family Playgroup at Head Start

**Date:** Wednesdays, April 6 to May 11, 2022 (6 weeks)

**Time:** 1:30 - 3 p.m.

- Location:** Education Building (Head Start)
- A drop-in group for parents & children
  - Parents must stay & participate with their child
  - Activities include songs, stories, group activities, snacks

Please register early with Kelly: 250-989-2323, Ext 127

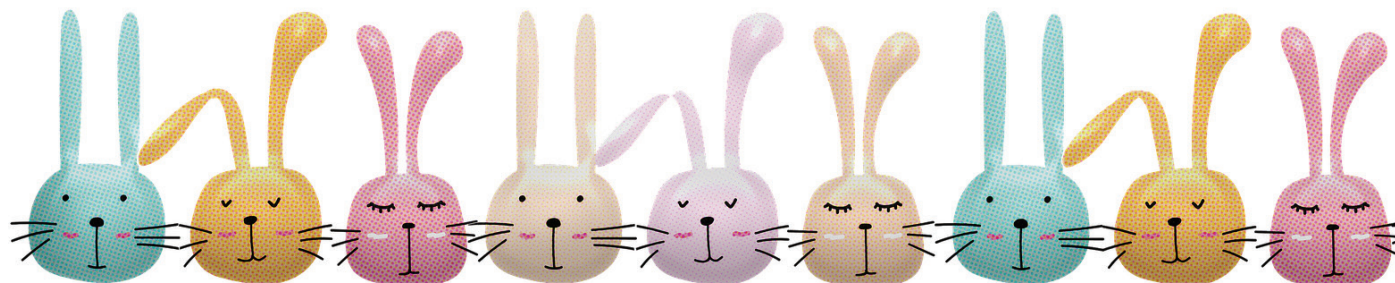
### Xatsùll Elder's Beginner Computer Course

**Date:** Wednesdays, April 13 to May 11, 2022 (5 weeks)

**Time:** 10:00 am to 11:30 am

- Location:** Education Building
- For Xatsùll Elders with little or no experience with computers
  - Learn & practice new skills in a relaxed environment
  - Snacks & refreshments provided

Please register early with Kelly: 250-989-2323, Ext 127



# April

# 2022

## Social Development Department



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



**April 2022**

**Soda Creek Health Station  
Calendar of Events**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> Integrative Healing 8:30-3:30pm	<i>2</i>
<i>3</i>	<i>4</i> Counselling 1:00-4:00pm	<i>5</i>  Cultural Night 3:00-7:00pm	<i>6</i>	<i>7</i> Nurse Practitioner 9-12pm	<i>8</i> Integrative Healing 8:30-3:30pm	<i>9</i>
<i>10</i>	<i>11</i> Massage 12:00-8pm Counselling 1:00-4:00pm	<i>12</i> Massage 12:00-8pm  Cultural Night 3:00-7:00pm	<i>13</i> Massage 8:30-4:30pm	<i>14</i> Massage 8:30-4:30pm Easter Party 12:00-7pm Gym	<i>15</i> Massage 8:30-4:30pm  Good Friday Statutory Holiday	<i>16</i>
<i>17</i>	<i>18</i> Easter Monday Statutory Holiday Office closed	<i>19</i> Foot Care w Ayla 9-4:30pm Cultural Night 3:00-7:00pm	<i>20</i> Healing Touch 9-4:30pm	<i>21</i> Nurse Practitioner 9-12pm	<i>22</i> Integrative Healing 8:30-3:30pm	<i>23</i>
<i>24</i>	<i>25</i> Counselling 1:00-4:00pm	<i>26</i>  Cultural Night 3:00-7:00pm	<i>27</i>	<i>28</i>	<i>29</i> Integrative Healing 8:30-3:30pm	<i>30</i>

# Massage



WITH KIM LITTLEWOOD

OF NORTH OF 7 BODYWORKS & MASSAGE

MARCH 14-18, 2022

APRIL 11-15, 2022

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 an appointment



# CULTURAL NIGHT

**TUE, APRIL 5, 12, 19 & 25th, 2022**  
3:00-7:00pm (drop in)  
Xat'sūll Health Station

Join us for Cultural Night and learn how to make a drum, crafts, or about different salves, etc. The cultural activity depends on weather. We provide snacks.  
Covid protocols in place.

Call Health if you have any questions, 250.989.2355.

Open to Xat'sūll Community Members only





# NURSE PRACTITIONER

Colleen Patenaude

March

Xat'sūll  
24

WLFN  
29

April

Xat'sūll  
7

Xat'sūll  
21

WLFN  
12

WLFN  
26

To book an appointment with NP, Colleen, please call Glenda at (250)855-8341 or (250)398-9814

*Three Corners Health Services Society*





# INTEGRATIVE THERAPY

FRI, APRIL 1, 8, 22 & 29TH, 2022

8:30-3:30 pm

Xat'sūll Health Station

Creating wellness and healing trauma can be an 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



### 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.



# COUNSELLING

MON, APRIL 4, 11 & 25TH, 2022

1:00-4:00 pm

Xatśūll Health Station

Bill McGinnis is a Registered Clinical Counsellor. He is born and raised in Williams Lake. He has over ten years of experience working with the Cariboo Friendship Society as the Aboriginal Wellness Coordinator and as well as the Aboriginal Wellness Clinician. He has a passion for assisting within his community and surround areas.

To book an appointment, call Health at 250.989.2355.







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**TUE, MARCH 8, 2022**

**9:00-4:30 pm**

**Xatśūll Health Station**

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Healing Touch is a relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental and spiritual well-being. It is safe for all ages and works in harmony with standard medical care to support our innate ability to heal.



**Kristine Jensen, RN**

Kristine is a certified Healing Touch Practitioner with many years of experience providing this service to those looking for healing modalities that compliment their medical treatments.

To book an appointment, call Health at 250.989.2355



# ELDERS FOOTCARE

**TUE, APRIL 19, 2022**

**9:00-4:30PM**

**XATŚŪLL HEALTH STATION**

**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.







**Family Camp at Gavin Lake**  
**July 11-14th, 2022**

Keep you eye out for upcoming poster, closer to the date





# TUTORING SUPPORT

If your child is in need of tutoring, please make the necessary arrangements through their school.

Xatsúll will cover the costs of the tutoring. Please call 250-989-2323 ext. 104 or email [edassist@xatsull.com](mailto:edassist@xatsull.com) to let us know.

Urban Members need to contact education in advance.





## CHIEF & COUNCIL CANCELLED

The Chief and Council meeting for April 7th will be cancelled.

We apologize for any inconvenience this may cause.

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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE



## PUZZLES

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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# Baked cheese stratas

These individual stratas are sure to become a family favourite. Wake up to a delicious aroma by making them the night before and popping them into the oven in the morning. They are perfect for making together on the weekend.



Vegetarian



Freezer-friendly



**PREP TIME**  
15 min



**COOK TIME**  
35 min



**SERVINGS**  
4

## Ingredients

- 2 slices whole grain bread
- 375 mL (1½ cups) chopped cooked broccoli
- 125 mL (½ cup) shredded light old Cheddar or Swiss cheese
- 60 mL (¼ cup) chopped roast turkey
- 30 mL (2 tbsp) chopped fresh parsley
- 190 mL (¾ cup) skim milk
- 3 eggs
- 5 mL (1 tsp) Dijon mustard
- Pinch of ground black pepper

## Directions

1. Using a serrated knife, cut bread into 1 cm (½ inch) cubes and place in large bowl. Add broccoli, cheese, turkey and parsley and mix. Divide among four 250 mL (1 cup) ovenproof ramekins, or bowls, and place on a small baking sheet.
2. In another bowl, whisk together milk, eggs, mustard and pepper until well combined. Gently pour over top of each bread mixture; press down gently with a fork so the bread absorbs the egg mixture. Let stand for 15 minutes or alternatively, cover and refrigerate for up to 12 hours.
3. Bake in preheated 190 °C (375 °F) oven for about 35 minutes or until puffed and edges are golden, and a knife inserted in centre comes out clean.

## Tips

- ✓ Invite your mini chefs into the kitchen. They can help tear the bread into pieces with their hands, grate the cheese, whisk the egg mixture and pour it over the bread cubes.
- ✓ Mix up your veggies. Swap out the broccoli for cauliflower, red peppers or mushrooms.
- ✓ If you don't have small ramekins you can use a small baking dish.
- ✓ Want to make this recipe vegetarian? Just leave out the turkey.
- ✓ Try using less of the ingredients that contain a lot of 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 of Canada. Reproduced with permission from the **Heart and Stroke Foundation of Canada**.

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Health  
Canada

Santé  
Canada





## Chicken and lima bean stew

This aromatic and comforting stew will surely become a family favourite! Serve with brown rice or quinoa for a slight nutty flavour.



**Kid-friendly**



**PREP TIME**  
20 min



**COOK TIME**  
35 min



**SERVINGS**  
8

### Ingredients

- 30 mL (2 tbsp) vegetable oil
- 6 boneless, skinless chicken thighs (about 454 g/1 lb), diced in 5 cm/2 inch cubes
- 1 onion, diced
- 3 cloves garlic, chopped
- 5 mL (1 tsp) ground cumin
- 5 mL (1 tsp) ground cinnamon
- 2 mL (½ tsp) ground clove
- 5 mL (1 tsp) salt
- 2 mL (½ tsp) black pepper
- 3 carrots, thinly sliced
- 500 mL (2 cups) frozen butternut squash cubes
- 750 mL (3 cups) fresh spinach, chopped
- 60 mL (¼ cup) dried apricots, quartered
- 125 mL (½ cup) unsalted almonds, roughly chopped (optional)
- 500 mL (2 cups) lower sodium vegetable broth
- 1 can (540 mL/19 oz) lower sodium lima beans, drained and rinsed

### Directions

1. In a large pan, heat vegetable oil over medium-high heat. Cook chicken for 2 to 3 minutes per side until browned.
2. Reduce heat to medium and add onions, garlic, cumin, cinnamon, clove, salt, and pepper. Sauté for 2 to 3 minutes or until onions have softened.
3. Add carrots, squash, spinach, dried apricots, and almonds. Stir well and add broth.
4. Cover and simmer for 20 minutes until the chicken is tender and sauce has reduced. Use a **digital food thermometer** to check that the chicken has reached an internal temperature of 74 °C (165 °F).
5. Stir in lima beans to warm through and remove from heat.
6. Enjoy with brown rice or quinoa.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.

### Tips

- ✓ Encourage your kids to be little chefs. They can help gather and measure ingredients. Older kids can cut apricots.
- ✓ Choose frozen vegetables for a budget-friendly or quick option.
- ✓ Don't have lima beans on hand? Use any canned beans you have instead!
- ✓ Both chicken breasts and chicken thighs work for this stew. No need to adjust the cooking time.

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Health  
Canada

Santé  
Canada

Canada





### JOB OPENING

# CHILD & FAMILY TRANSITION COORDINATOR



Xats'ul is looking for a highly motivated and qualified person to work as the Child & Family Transition Coordinator. This position will be responsible for supporting the development, recognition and implementation of Xats'ul's inherent jurisdiction for Child and Family Services and Supports to replace British Columbia's Child, Family & Community Service Act.

The Child & Family Transition Coordinator will work closely with NStQ Community Child and Family Transition Teams, Child and Family Steering Committee, Knucwentwecw Society, and with community members (youth, elders, matriarchs, patriarchs). The coordinator will be guided by the NStQ Child and Family Tripartite Working Group Work-Plan.

### Duties & Responsibilities

#### Relationship Building

- Supports the Tsentwécws re Xats'ul (Treaty) in the areas of the development and integration of Child and Family wellness.
- Represents Xats'ul First Nation at Northern Secwepem'c te Qelmuc'w (NStQ) Child & Family Steering Committee meetings, Child and Family Tripartite Working Group meetings, and other relevant meetings in relation to Child and Family Transition.

#### Community Engagement

- Establishes and supports a Xats'ul First Nation Child and Family Transition Team and any other required focus groups.
- Conducts research and engagements to identify Secwépemc legal traditions, customs, principles and values for codification of jurisdiction for children and families.
- Develop and oversee a communication strategy for public awareness of programs and events

#### Research Program and Service Delivery

- Supports and conducts community-based research to identify capacity development, healing and prevention services.
- Conduct research in order to recommend a plan for the implementation of transitional change management to move towards self-government.
- Conduct research on Information Management Systems that allow Xats'ul to work collaboratively with the province and the federal government to build a supportive system that meets the full spectrum of needs for Xats'ul families wherever they may live. The work will be done in collaboration with the Child and Family Tripartite Working Group.
- Create a Human Resource succession plan to ensure sustainability through the transition.
- Plan, organize and evaluate a review of the range of services and delivery models for on and off Treaty Settlement Lands (TSL) for Xats'ul First Nation members.
- Assist the Xats'ul working groups and/or Child and Family Transition Team to develop options and recommendations for a preferred NStQ Program and Service delivery model.
- Liaise with service providers of existing Child and Family policies and procedures as they relate to legislation and program development to build relationships and to identify and recommend options for the Xats'ul First Nation self government structures and services.
- Identify, evaluate and recommend opportunities to collaborate on existing and future information sharing arrangements, protocols, preventative initiatives training and funding.
- Manages the planning, implementation and evaluation of the project's research and the achievement of identified goals.

## **JOB OPENING**

### **Administrative**

- Provides monthly update reports to the Xatsúll First Nation Leadership and community.
- Maintains accurate and confidential file documentation.
- Assist in the development of proposals to further project goals.
- Develop a system of record keeping to track all meetings, communications and interactions for Xatsúll First Nation and Northern Secwepemc Tribal Council record keeping and funding purposes.
- Develop and submit interim and annual reports for funder.
- And other related duties.

### **Education**

- Bachelor of Social Work or equivalent training and/or experience

### **Experience**

- Background in Social Services and/or child welfare is an asset.
- Strong policy background in the area of Social Development.
- Knowledge of Canadian Legislation Bill C-92, British Columbia Policies, MCFD (Child, Family and Community Services Act), The United Nations Declaration on the Rights of Indigenous People, The Truth and Reconciliation Commission Report, Jordan's Principle, Federal and B.C. Government 10 Principals, Chief Ed John Recommendations and the Treaty Process.

### **Conditions of Employment**

- Must be able to obtain and maintain a Criminal Records Check.
- Must be able to obtain and maintain a valid BC Drivers License.
- Must have a vehicle in good operating condition.
- Ability and willingness to travel.

### **Reports to:** Band Administrator

Interested applicants may apply by submitting a resume and a cover letter with three work-related references.

### **Email your Application to:**

Leasa Williamson, Executive Assistant

**Email:** [hr@xatsull.com](mailto:hr@xatsull.com)

### **Mail your Application to:**

Human Resources

Xatsúll 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.

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](http://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](mailto: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.