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### **EMPORIUM WILL SEE \$3.8 MILLION DEVELOPMENT**

The Emporium will have a gas station, convenience store, quick-serve restaurant and more.

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# Development project will offer new jobs

Xatśūll First Nation is pleased to announce a new \$3.8 million project that will see the development of a gas station, convenience store, quick-serve restaurant and a seasonal museum with Xatśūll and Secwépemc artifacts that will include a tourism hub hosted by local ambassadors at the site of the Emporium.

"Our members have wanted this to come to fruition for over 20 years," says Kúkpi7 Sheri Sellars. "I'm ecstatic that the project is finally able to go ahead. It's taken a lot of hard work and dedication by the Xatśūll Development Corporation, in collaboration with Xatśūll, and persistence from our members to make this a reality."

Renovations and expansion of the Emporium, which is located about 30 km north of Williams Lake on Highway 97, will commence on

May 2, 2022 and the project is expected to take around a year to complete if there are no delays. The site was originally developed in 1970 and has previously served as a gas station and restaurant. Most recently, it's been used by Xatśūll as a training centre for culinary arts, trail builders and other miscellaneous functions.

"The Emporium sits at the heart of nine biking and hiking trails that were added in 2016 and is located just above the Xatśūll Heritage Village. The site will provide ample of reason for people to stop," says Sellars.

"The proposed project, which will incorporate the Emporium, is the right approach as it holds significant social, historical and cultural value; there is no appetite to remove the existing building and replace it."

Xatśūll is happy to announce that electric charging stations will be available for those who've made the switch from gas or diesel. Xatśūll is partnering with Petro-Canada for gas.

This project as a whole is expected to bring a minimum of nine full-time jobs and seven parttime jobs.

"One of the big objectives for us has been to bring more employment opportunities to the community, especially closer to home. This project will offer a mix of entry-level jobs and senior positions that'll suit a variety of experience and skill levels."

In the short term, a Trader Sampler Program will offer training to eight Indigenous people in a variety skills such as drywall, plumbing, electrical, carpentry and more. The program will run from

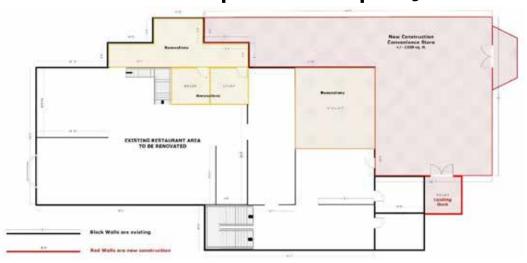
# Skill development will help future projects

May 2, 2022 to July 22, 2022 in collaboration between Xatśūll First Nation, the Xatśūll Development Corporation (XDC), Cariboo Chilcotin Aboriginal Training Employment Centre (CCATEC) and Thompson Rivers University (TRU).

"In addition to building long-term employment through the development project, developing these crucial construction skills locally will help us tremendously in future projects and provides more career opportunities for local Indigenous people. We're really thankful for the support and collaboration with CCATEC and TRU as skill development opportunities like this wouldn't be possible without them."

The development project will be managed by Kevin Potter, of Capital Asset Management Solutions, the construction will be managed by Xatśūll member and owner of **R&B** Construction Gary Sellars and Steven Parker. Xatśūll's Manager of Economic Development, will oversee the Residential Building Maintenance Worker Trades Sampler Program.

"As you can see there are a lot of moving parts





to this project and we're really happy with all the people who are stepping forward and lending their expertise to it," says Sellars.

"Our belief in the viability and benefits of

this project have helped us make this project a reality. We're really happy we've been able to bring it to this point and are looking forward to opening day. I'd like to thank Xatśūll members, staff, Chief and Council and all the other organizations and people who've helped us make this project a reality," says XDC Chief Executive Officer Howard Campbell.

# Emily Sonntag joins Xatśūll as NR Coordinator

Emily Sonntag has joined Xatśūll as the new Natural Resources Coordinator. The position had been vacant since Mike Stinson left the role to take on the Mining Coordinator position.

Sonntag was born and raised in the Cariboo having grown up in 150 Mile House.

She has worked for the Cariboo Regional District doing invasive plant management for the past 15 years and just completed a Master's degree in Environment and Management through Royal Roads University.

She says she loves her decision to join Xatśūll.

"I love the people, I love the work culture. It's been amazing. I've felt so welcomed here and I'm enjoying the work; it's very exciting and I feel like working here you're going to make a difference."

She says she chose to take on the role because she has worked with invasive plants over the last 15 years and wanted to branch out and increase her expertise our into different areas of natural resource management.

"I have also had a real great interest in working with First Nation communities over the years. I've done work with communities in the Cariboo Chilcotin working with invasive plants and it sparked my interest in wanting to work with First Nations in a more meaningful way."

She says she's looking forward to meeting more people and contributing to the important work of the Natural Resource department while in her new role.



We really like the energy she's brought to the role so far and her expertise is a welcome asset in the Natural Resource department.

# Simon Bett joins Xatśūll as Housing Manager

Simon Bett has joined Xatśūll as the new Housing Manager.

Betts is from England and has been in Canada since 2006 adding that he originally came for mountains and snow but stayed for the culture and scenery. He's got a wife and an eight year old son.

His background is in sales, operational management, financial and project management. Since coming to Canada, he's been involved in more operational, financial and project management primarily in IT on the business side not the technical side.

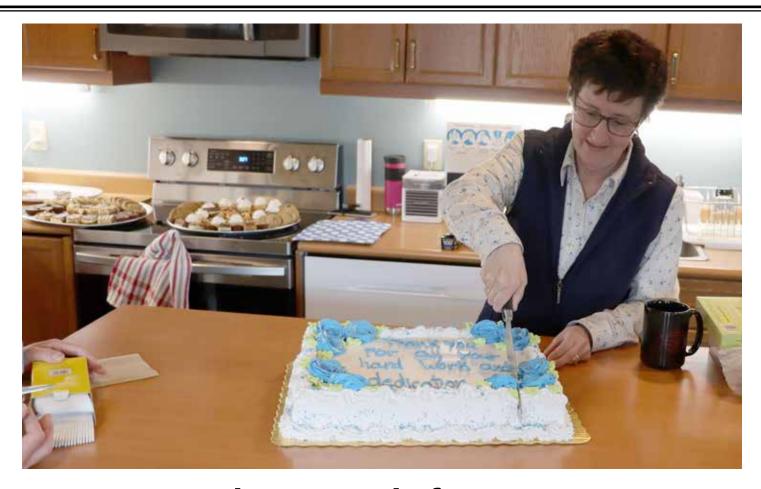
For the past three years he's been doing financial management and business administration before coming to Xatśūll.

Bett says he's convinced Xatśūll has a good plan in place and that he would be a good fit for that plan.

Always excited to take on a challenge, Bett says taking on the role of Housing Manager at a First Nations government would be a new and interesting experience as his previous experience is for for-profit businesses.

"I'm excited to be here to try and help be a part of the team and make things happen for the better of the organization," he says. "I'm happy to be here and it's been a great friendly welcome." We've got a lot of confidence in Bett and are looking forward

in Bett and are looking forward to the developments he's able to bring to the Housing Department.



# Dawn Armes has retired after 15 years

After 15 years in the Finance Department, Senior Finance Manager Dawn Armes has retired.

Armes played a crucial role in the growth and financial solvency of the Band.

We were very sad to see Dawn go as her knowledge, determination

and dedication will be sorely missed. She's been a major factor in the growth and successes this community has experienced over the past decade and a half and without her we wouldn't be where we are today. We thank her for all the time, hard work and passion

she's poured into this community and we wish her all the best in her retirement.

Finding a suitable replacement will be a Herculean task and we ask that people are a little extra patient with the other Finance staff in the meantime.







## Easter party proves popular

The Easter party and dinner proved to be a popular activity with over 50 children and adults signed up.

Outside of the dinner, there was

an Easter egg hunt and plenty of opportunity to win prizes as well as a lot of colourfully decorated cakes.

A big thank you goes out to

the Health Department for putting on the event and we're looking forward to the upcoming Mother's and Father's Day dinners.

# New storage area constructed at compound

A new storage shed has been built at the compound. In the winter season, it will be used for road sand which has a lot of salt in it. Summer use is still to be determined.

"In the past, we've used tarps and that doesn't work. The moisture gets into it and saturates the sand and it doesn't work," says Infrastructure Manager Dennis Elliott, adding that it costs money to go back and forth to Williams Lake and fill up the sand truck as opposed to getting a dump truck to bring out one or two big loads for the whole season.

A tin shed was considered too flimsy and the prices quoted by local contractors for a wood frame structure was higher than the log structure that was built.

A big thank you goes out to Efficient Log Cabins who offered a great deal and completed the work, says Elliott, adding that he hopes Xatśūll will work with them again in the future. A roof and staining will be completed in the next few weeks.





# **Kelly Menakian,**Head Start Outreach Coordinator

Hello Everyone, April has been busy at Education with two new programs; the Xatśūll Elders Introductory Computer Course and the Xatśūll Family Playgroup.

We've partnered with Cariboo Chilcotin Partners for Literacy Society (CCPL), bringing two very patient and knowledgeable instructors to introduce basic computer skills to our Elders. This 5-week course is full, and everyone has enjoyed coming on Wednesdays. We may be offering an additional course to build on basic skills as well a second course for those Elders who missed out.

To ensure everyone receives adequate instruction, a maximum of eight people can attend each class. All participants must register with the Education Department and have a laptop or portable computer.

Also on Wednesdays,



the playgroup for children six years and under is in full swing! It's been a great turnout so far with parents and children attending. Kids are playing with each other again and making friends, plus learning from the caregivers from CCPL, Suzanne and Donja, and Secwepeme teacher, Cecelia DeRose. We're grateful for their enthusiasm and experience with the preschoolers in our community and may be extending the program through June.

On May 18th, Al-Lisa McKay will visit Head Start to make sock puppets with



children under six years old. Al-Lisa is a very talented local artist and former Early Childhood Educator who loves to teach creative and fun projects that will keep children entertained and wanting to learn more.

Learning packages

will also continue as a support to Head Start parents and caregivers; we look forward to seeing all of you!

Kelly Menakian, Head Start Outreach Coordinator Phone: (250) 989-2323,

Ext 127



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),

# **Jennifer Stinson,**Social Development Coordinator

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 pm to 4:00 pm. 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 carries only non-perishable items and frozen meat.

- The Pre-Employment Program will be starting up again. I will let the clients know when the dates are, as soon I find out.

- The Annual Renewal Income Assistance Packages had gone out last month, please return them as soon as possible, thank you.
- 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.



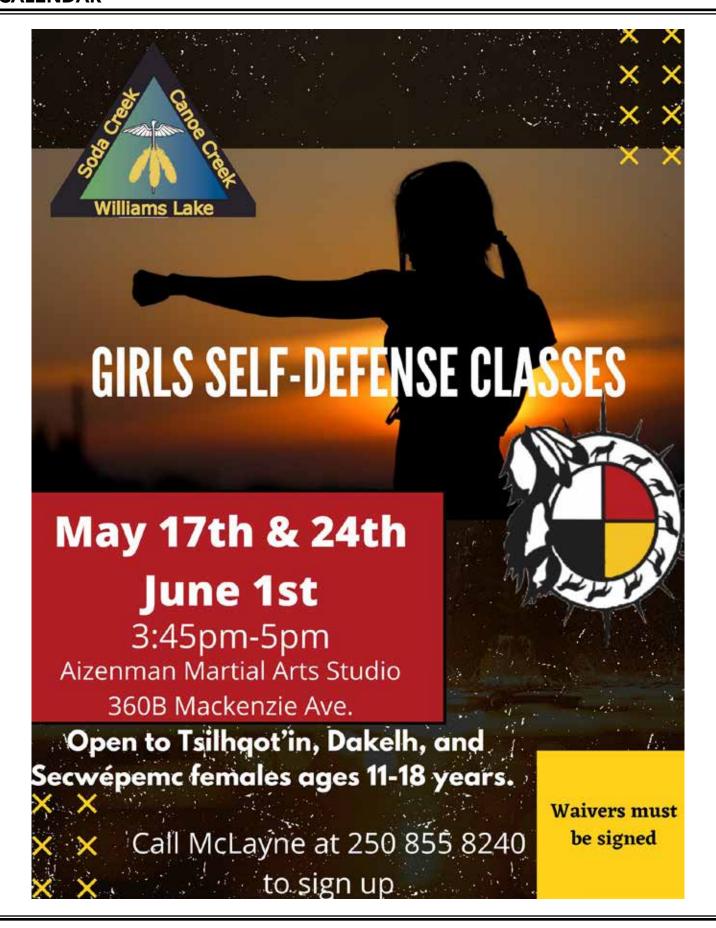
# May

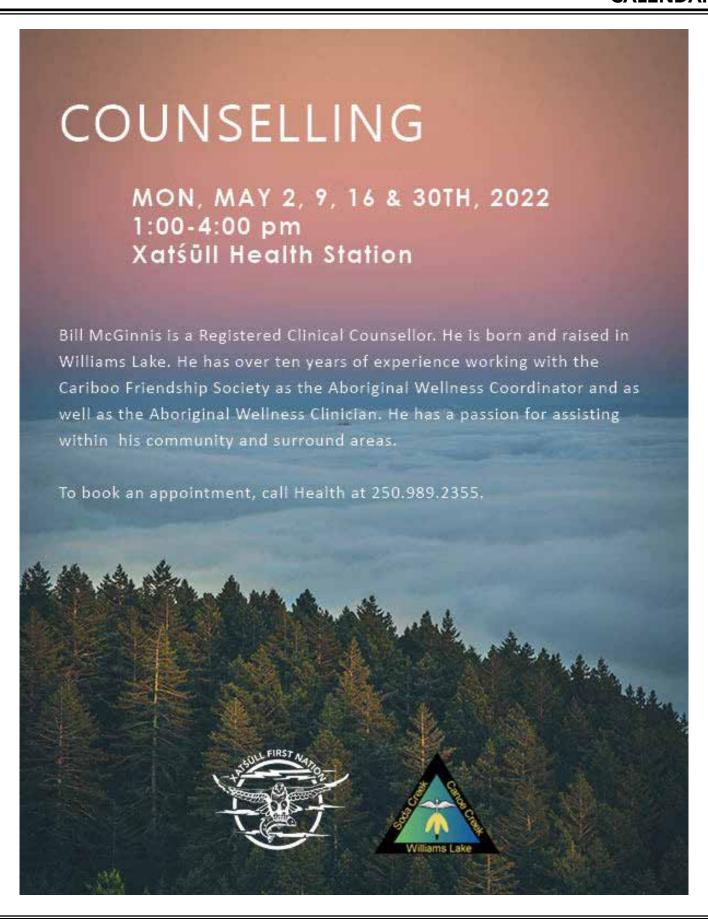
# 2022

## Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8	HOUSEHOLD BILLS DUE, EITHER BY EMAIL OR DROP OFF @ THE OFFICE MONTHLY DECLARATION FORM DUE TODAY TOO	10	MID- MONTH	FOOD BANK 1:30 – 4:00 pm	13	14
15	16	17	18	19	20	21
22	VICTORIA DAY OFFICE CLOSED	24	SA DAY	26 FOOD BANK 1:30 – 4:00 pm	27	28
29	30	31	***** THE DATES TBA.	PRE-EMPLOYMENT (MANDATORY)	WILL BE	GOING AGAIN











## **GRIEF & TRAUMA HEALING PROGRAM**

This program is for anyone who may be dealing with grief or trauma, past or present, this is your opportunity to heal any issues that you may be carrying:

Or are you interested in learning the skills to become a grief and trauma support worker/helper for your community?

Join us and Lee Mason for this program starting

9:30 am to 4:00 pm at The Point Conference Room

To registar and any questions, please contact Renee Albinati at 250-392-2995

Rides can be provided, please call Betty Price at the Health Station, 250-989-2355

Lunches and snacks will be provided

ALL XATSULL COMMUNITY MEMBERS ARE WELCOME TO ATTEND!

30 seats are available



2022 NStQ Citizens Assembly Hosts Tsg'escenemc "The People of Broken Rock" For more information contact outreachliaison\_vancouver@nstq.org outreachliaison\_kamloops@nstq.org youth&eldercoordinator@nstq.org commcoordinator@nstq.org commassistant@nstq.org

## 2022 NSTQ CITIZEN'S ASSEMBLY

SOUTH CARIBOO RECREATION CENTER 100 MILE HOUSE, BC

#### WEDNESDAY MAY 18

Kukpi7's Address Youth & Elder Panel Crystal Shawanda



#### THURSDAY MAY 19

Cindy Blackstock
Chief Cadmus DeLorme
Mary Teegee
Kukpi7's Children & Family Panel

NSTQ CHILDREN 8 FAMILY HONOURING FRIDAY MAY 20

#### PRESENTATIONS INCLUDE



Cindy Blackstock, Executive Director First Nations Caring Society of Canada



Chief Cadmus DeLorme Cowessess First Nation



Mary Teegee
President, Board of Directors
BC Aboriginal Child Care Society

## EVENING PERFORMANCE BY CRYSTAL SHAWANDA

WEDNESDAY, MAY 18 7:30 PM

2021 Juno Award Winner Best Blues Album 2008 Canadian Country Music



Hear Crystal's presentation during the Wednesday afternoon session "From the Rez to Nashville & Back Again"

Registration for the event is available online NStQ.ca

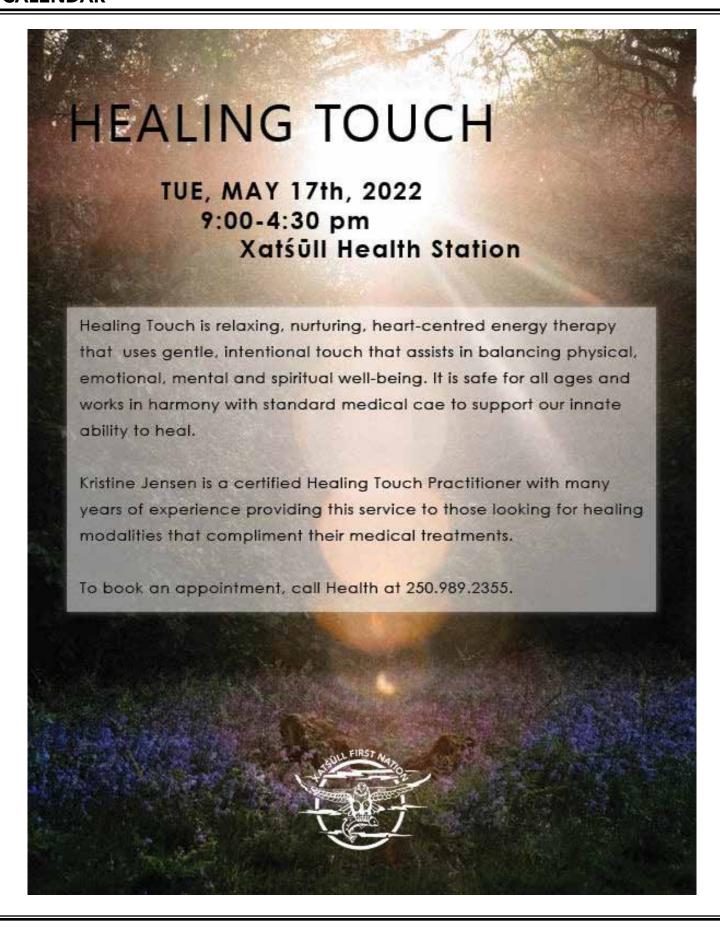
Northern Shuswap Tribal Council adheres to current Public Health Orders















# INTEGRATIVE THERAPY

FRI, MAY 6, 13, 20 & 27TH, 2022 8:30-3:30 pm Xatšūll Health Station

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



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.







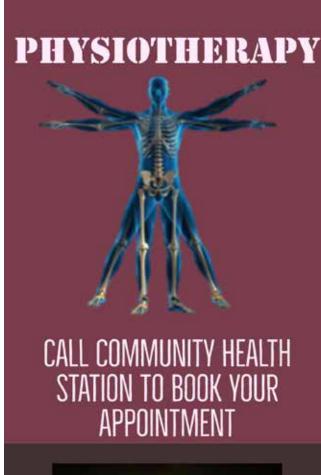
TUE, MAY 17th, 2022 12:00-1:30PM XATŚŪLL HEALTH STATION

Join for a lunch and learning about kidneys and the kidney screening that has been recently started in community.

To sign up please call Health at 250.989.2355 by Friday, May 13th.









# Upcoming Dates:

APRIL 27, 2022 CANOE CREEK 8:30 - 12 DOG CREEK 1-4:30

MAY 18, 2022 XATSULL 8:30 - 12 WLFN 1 - 4:30

MAY 25, 2022 CANOE CREEK 8:30 - 12 DOG CREEK 1 - 4:30



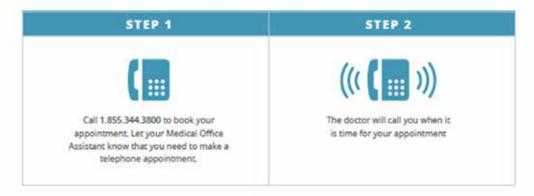




#### With a computer, phone or tablet connected to wi-fi



#### Over the telephone (no wi-fi connection)



Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.



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**EASY PUZZLE** 

MEDIUM	PUZZLE
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**HARD PUZZLE** 

**VERY HARD PUZZLE** 

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#### **EASY SOLUTION**

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## MEDIUM SOLUTION

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#### **HARD SOLUTION**

**VERY HARD SOLUTION** 

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# Cornmeal porridge with fruit preserve

Cornmeal porridge is a staple food in some Indigenous households and is usually enjoyed in the morning.
This version of the recipe is prepared with maple water.





Vegetarian



30 minutes or less



PREP TIME



COOK TIME



SERVINGS 4

#### **Ingredients**

- 1L (4 cups) maple water
- 500 mL (2 cups) yellow cornmeal, medium grind
- 1L (4 cups) of fresh or frozen berries
- 250 ml (1 cup) of water
- 30 mL (2 tbsp) of sugar
- 20 mL (4 tsp) maple syrup

#### **Directions**

- 1. In a pan, bring maple water to a boil then reduce to a simmer.
- 2. Stir in the cornmeal and fold gently (do not stop or the mixture will clump together). Remove from heat after 8 minutes.
- 3. Prepare the fruit preserve: Mix the berries, water, and sugar in a pot. Simmer for 15 minutes, until the mixture has reduced by half.
- 4. Divide the cornmeal into 4 bowls. Top off with fruit preserve and maple syrup. Serve with berries.

#### **Tips**

- If the porridge is too watery for your liking, cook the cornmeal longer until desired thickness.
- If you do not have maple water, you can make your own by mixing 15 mL (1 tbsp) of maple syrup with 500 mL (2 cups) of water.
- Once cooled, leftover fruit preserve can be store in an airtight container for up to 2 weeks in the fridge.
- 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.

ne Queen in Right of Canada, as represented by the Minister of Health, August 20:



Health Canada Santé Canada



#### **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 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 Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to
  meet program requirements OR access to company vehicle is provided and requires a valid

Driver's Licence

Resumes can be mailed or emailed or delivered by hand to: Leasa Williamson, Executive Assistant 3405 Mountain House Rd.

Williams Lake, BC V2G 5L5 Email: execasst@xatsull.com Or by fax to: 250-989-2300

Only those selected for interview will be contacted

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