



Fraser River Run

The monthly newsletter of Xat'sull First Nation

Inside this Issue

News	2	Calendar	8	Puzzle	19
Staff reports	5	Colouring	18	Job opportunities	21



XAT'SÜLL TAKES NSTQ ON LAND TOUR

Xat'sull Treaty Department took NSTQ members on a land tour in Xat'sull Territory on June 20th.

Page 2

Pestemllík (ripening month) – July



Members visited Likely, Quesnel Lake & more

The Xat'sül Treaty Department took members of all four Northern Secwepemc te Qelmucw bands on a land tour in Xat'sül territory on June 20.

It was great to be able to bring all four communities together again after such a long time.

It was also an excellent learning

opportunity with visits to Likely, Quesnel Lake, the Mt. Polley spill site and the Likely-Xat'sül Community Forest.

For some attendees, it was the first time they'd been to some of the sites.

The land tours are currently ongoing in the other communities

with the Williams Lake First Nation land tour having taken place on June 28.

If you'd like to attend either the Canim Lake or Stswecem'c Xget'tem land tour, please contact Treaty and Natural Resource Assistant Jessie Hunlin at 250-989-2323 ext. 120.



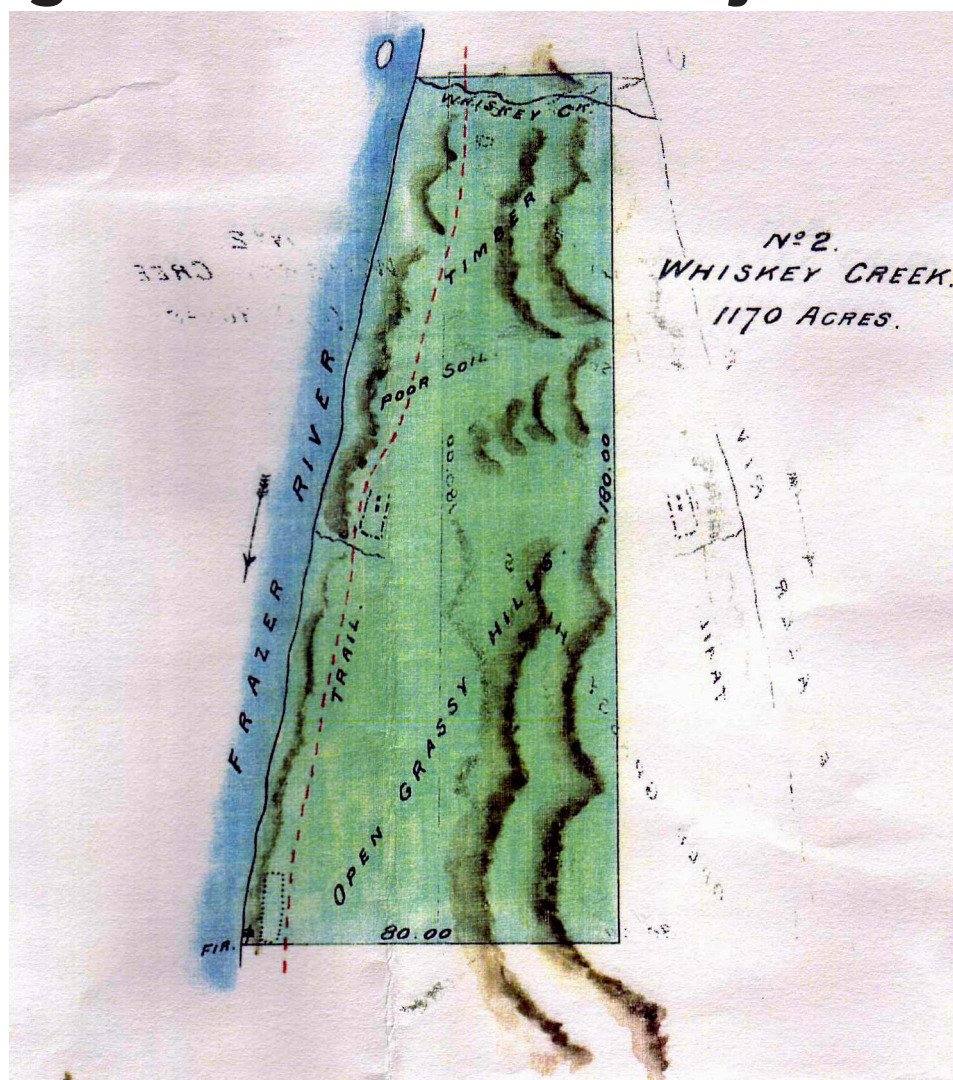


Xat'sull enters negotiations over Whiskey Creek

Xat'sull First Nation, The Province of B.C. and Canada have entered into negotiations over lands that were designated as reserve near Whiskey Creek.

Chief and Council have inspected the area at the start of June and a drone flight of the area was completed prior to that.

A more detailed update will be forthcoming in the future.



Xatśúll participates in Indigenous Day Parade



Members participate in Melamen Workshop





Janae Beaulieu, Community Health Representative

Hey everyone hope all is well and are staying cool in this awesome summer weather we have been having!!!!

Just a quick update from me and about some of the events coming up for July,

June flew right on by we had an Elders luncheon and crafts a Shingles lunch and learn, check ins with our health challenge, food safe kidney screening and the best part of it all was Indigenous Day was glad we got to take part and be in the parade was so nice to see so many people come out for it by far the best one I would say and next year will be even bigger and better!!!! And my update for July:

Starting On July 4th and then every other Monday, I will be taking anyone that would like to come to the Cariboo Memorial Complex (Pool) for Drop in Aqua fit. It runs from 12:05 pm-12:55 pm- and is very low impact and easy head to toe workout,



I will have transportation going in if you need a ride sign up by 9 am that Monday morning or if you are already in town and would like to meet us there, we can meet there around 11:30 am.

On July 5th- Kayla Jasper and the Healthy Living Program has a great contest coming up and will be here to do weigh ins and measurements. So come on out and join the great contest to get a kick start your health journey, all the events and activities hosted by the healthy living program or ours will gain you extra

entries in the grand prize draws, (again see poster to get clarification what I mean lol) also in this issue.

We will also be taking the bus and going to Farewell Canyon for a hike and stopping for lunch on July 7th, you must sign up please see poster is this issue.

And since Farewell Canyon trip lands on veggie box day, I will be delivering veggie boxes a day early on July 6, 2022.

Family Camp will be out at Gavin Lake this year spots are filling up fast if you would like to

attend call and reserve your spot dates for those are July 11-14, 2022, will be an awesome four days filled with fun, games food and much more.

Three Corners and us will be taking our elders on their annual Barkerville Trip we haven't been able to take them for two years now so we are so excited and that will be on July 20, 2022, you must sign up with Melissa at Three Corners if you would like to attend.

Until next month stay cool take care and be safe!!!!

Avo Menakian, Education Coordinator

Hello everyone, it's been a busy time at the Education Department with programs and planning. Here is a roundup of what we've been working on:

Don Burnstick comedy show – Unfortunately, due to unforeseen health issues, Don had to cancel a slew of upcoming appearances, including ours. We will reschedule for September, schedule permitting. A big thank you to Max who helped Kelly and Avo design promotional material, as well as to Health and the Band Office who gave out tickets and helped spread the word.

Parent-Tot playgroup – The nine-week program was a success, with many children meeting new friends to play with and was extended to June 22nd. The parents also enjoyed each others' company; however, with the warmer summer weather, the program is on a break until the fall. We'd like to thank CCPL for bringing fun activities for the kids to enjoy, Cecilia DeRose for her cultural teachings, and Kelly for putting everything together, including the delicious snacks every week.

Puppet-making – In between the Parent-Tot



playgroups, a puppet maker came to read to the children and create puppets with them. The kids were very involved in their story and craft!

Elders' computer class – All participants finished their introductory course

and sailed into the next-level of computing. Everyone had a lot of fun while learning, under the guidance of CCPL's instructors. Fresh, hot coffee, tea and delicious snacks were ever-present for all to enjoy. Thank

you, Kelly, for arranging everything and making sure the space was cheerful and bright.

Summer Youth Program – After a two-year absence, the summer program for kids will begin on July 18th, and



Jennifer Stinson, Social Development Coordinator

Some updates, on what has been going on in Social Development.

- The Pre- Employment has started up again last month.

- It runs every two weeks, Monday & Tuesdays from 9:30 am to 2:00 pm, downstairs in the gym.

- Just a gentle reminder to ALL Single

Employable Clients, it is mandatory for one to participate in the program to be eligible for Income Assistance.

- The food bank is still going strong, and is open to ALL, band members.

Just a gentle reminder for the FOOD BANK, it is open every other Thursday's from

1:30 pm to 4:00 pm. (Remember to bring your own bags or boxes to carry all your food items).

- Also, a reminder to all Income Assistance Clients the monthly declaration forms must be in every month by the 10th, to be eligible for Income Assistance.

Hi everyone, I hope everyone is enjoying these summer months!!!

Education Update Continued

run for six weeks until August 26th. We're happy to welcome Stephanie Tweedie on board! She has a lot of great activities already planned to fill everyone's days and provide them with lasting memories.

Grads – Congratulations to the Class of 2022! We have six graduates from our community, and many more who successfully completed their school year.

We would like to acknowledge Olivia Baptiste who earned a Bachelor of Science from UBC, and Serenna Sellars, graduating with a Bachelor of Science in Nursing from TRU. High school graduates are Phyllisia Jeff, Jacob Johnson, Kenneth Phillips, and Jayden Houde; your hard work and dedication paid off! Please join us at the Heritage Village on Saturday, July 9th for a community

Fun Day organized by the Health department where we will also honor Class of 2022 and celebrate as a community with food, drinks, and cake.

Head Start Learning Packages – Learning packages continue to be created for Head Start families; please contact Kelly if you have children 6 years old or younger and are living on reserve to receive yours.



July

2022

SOCIAL DEVELOPMENT DEPARTMENT



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

FAMILY FUN DAY

XATŚŪLL HERITAGE VILLAGE

SAT, JULY 9th
11-4 pm

Come celebrate with us! We will have fun, food & festivities for all ages.

BOUNCY CASTLES | FUN | GAMES | LUNCH | PRIZES

GRADUATES CELEBRATION at 1pm

~Open to Xatśūll Community Members only~
Call Health at 250.989.2355 if you have any questions



FAMILY CAMP

July 11-14th, 2022

Gavin Lake Forest Education Centre

Come join the community for a week of fun!

*Meals will be provided *Cabins available *Canoeing *Swimming

*Obstacle course *Games

~Need to bring own bedding & personal hygiene items~

* Limited booking available

*** Drug & alcohol free Event ***

~Open to Xat'sùll Community Members only~

Contact Health at 250.989.2355 for information

and to book by July 4th, 2022.





MASSAGE

WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

JULY 4-8th, 2022

AUG 15-19th, 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 protocols in place
We ask if you are sick to please cancel your appointment
To book an appointment, call Health at 250.989.2355.



LAND TOUR

Canim Lake will be hosting a land tour on:

JULY 11

Meet at the Xatsūll Band Office.
Lunch will be provided.

Contact Jessie for rides by 4p.m. June 17 at 250-989-2323 ext. 120

Upcoming land tours:
July 18 - SXFN

Summer Health & Wellness Challenge



SET YOUR SUMMER GOALS, GET ENTERED
FOR PRIZES ALONG THE WAY...

SIGN UP, AND GET YOUR
FIRST CHECK-INS:

- Tuesday, July 5
Xatsull
- Wednesday,
July 6 SXFN
- Friday, July 8
WLFN

Participate in
Healthy Living
Program events
over the next 8
weeks; each event
gets you an
additional entry
to the draw!



Other events include cooking
sessions, hiking days, and
more.

For more information, call or email Kayla
Jasper at 250-398-9814 or KJasper@tchss.ca

PHYSIOTHERAPY



CALL COMMUNITY HEALTH
STATION TO BOOK YOUR
APPOINTMENT



Upcoming Dates:

JUNE 15, 2022

XATSULL 8:30 - 12

WLFN 1 - 4:30

JUNE 22, 2022

CANOE CREEK 8:30 - 12

DOG CREEK 1-4:30

JULY 13, 2022

XATSULL 8:30 - 12

WLFN 1 - 4:30

JULY 20, 2022

CANOE CREEK 8:30 - 12

DOG CREEK 1 - 4:30



Three Corners Health Services Society

HEALING TOUCH

TUE, JUL 26th, 2022

9:00-4:30 pm

Xat'sūll Health Station

Healing Touch is relaxing, nurturing, heart-centred 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 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.





**Come with
a Friend or
Family
Members**

**Smudging
+ Brushing
off**

**Drug &
Alcohol Free
Event**

To honour and acknowledge Residential School Survivors, we are gathering to offer ceremony, compassion and healing.

We raise our hands up to Survivors and their families and draw on the strengths of culture and community.

If you are a Survivor or have a family member who is, or who was, we invite you to join us.

All our relations.

**Bring your Drums and Songs!
Everyone is welcome! Lunch provided!**

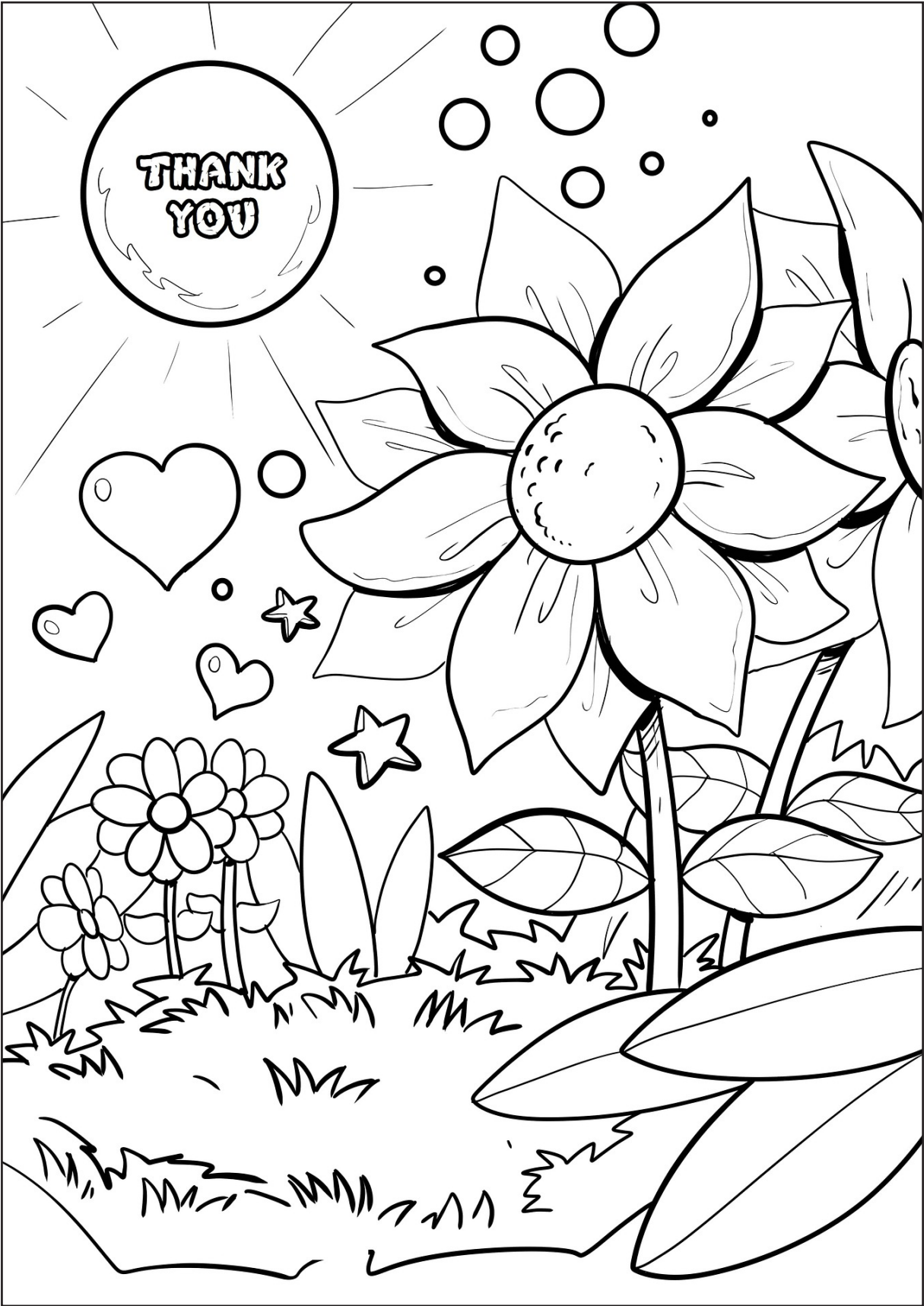
For Info or to Registrar, contact Betty at Xatsúll Health Station at 250-989-2355 or email at wellness@xatsull.com



Xat'sūll Health Station Calendar of Events

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day Statutory Holiday Office closed	2
3	4 Massage 12-8:00pm Counselling 1:00-4:00pm AquaFit 12:00-1pm Cariboo Complex	5 Massage 12-8:00pm Cultural Night 3:00-7:00pm	6 Massage 8:30-4:30pm	7 Massage 8:30-4:30pm	8 Massage 8:30-4:30pm Integrative Therapy 8:30-3:30pm	9
10	11 Counselling 1:00-4:00pm Family Camp Gavin Lake	12	13 Physiotherapy 9:00-12pm	14	15 Integrative Therapy 8:30-3:30pm	16
17	18 Counselling 1:00-4:00pm AquaFit 12:00-1pm Cariboo Complex	19 Cultural Night 3:00-7:00pm	20	21	22 Integrative Therapy 8:30-3:30pm	23
24	25 Counselling 1:00-4:00pm	26 Cultural Night 3:00-7:00pm	27	28	29 Integrative Therapy 8:30-3:30pm	30
31						



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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Xatsūll Heritage Village

2022 Employment/ Contract Opportunities



Site Supervisor at Xatsūll Heritage Village

The Site Supervisor at Xatsūll Heritage Village will be in charge of day to day operations of the Heritage Village. The position will be in charge of all staff and contractors including scheduling and manage bookings, purchasing of supplies as well as general site maintenance.

Outdoor environment with office components, rotating schedule includes work shifts on weekends and some evenings.

Tour Guide Assistant at Xatsūll Heritage Village (Summer Student Position)

The Tour Guide Assistant will work at Xatsūll Heritage Village with a team of Elders and Youth. The position requires a high level of enthusiasm and communication skills while sharing the rich History and Culture of Xatsūll with Tourists from around the world. Outdoor environment with office components, rotating schedule includes work shifts on weekends and some evenings.

Workshops

Xatsūll Heritage Village offers a variety of crafts and workshops for groups and special events. Please let us know what kinds of workshops you would be able to teach and if you would like to be notified of contract opportunities.

Catering

Xatsūll Heritage Village caters meals for guests to the site as well as for special events, meetings, etc. We are looking for individuals who would like to be on the catering list for Xatsūll Heritage Village.

If you are interested in any of the opportunities above, please get in touch with:

Steven Parker
250-989-2323 ext. 132
ecdev@xatsull.com

JOB OPENING

WATER OPERATOR / MAINTENANCE WORKER



The Water Operator/Maintenance Worker effectively provides water and maintenance support services in the community. This role requires strong maintenance skills, problem assessment and the ability to perform inspections on a regular basis. The Water Operator/Maintenance Worker must be vigilant in water quality testing and reporting to protect the community.

Duties and Responsibilities

1. Performs water inspections, ensuring all components are fully functioning for the delivery of potable water
2. Tests water quality on a weekly basis and records data for all water systems, also monthly and quarterly testing will be done.
3. Check pumps, chlorine levels, flush hydrants and record daily water usage.
4. Maintains the slow sand filter system and iron/manganese removal filter system in proper working order
5. Performs day-to-day maintenance and minor repair duties for all assigned buildings
6. Checks and maintains heating system in the water buildings on a regular basis
7. Identifies repairs and completes work orders; obtains quotes for repairs as required
8. Maintain the water plants grounds in the way of grass and shrub trimming and snow removal
9. Obtains supplies for maintenance as required
10. Ensures areas around fire hydrants are kept clear and visible and ensures the ID markers for the curbstops are maintained and visible
11. Prepares and submits regular activity reports and statistics to appropriate agencies, such as First nation Health Authority, and the community
12. Completes and maintains accurate records for conditions in the water plants; complies with reporting requirements
13. Maintains, operates and reports on the conditions of Rose Lake Dam
14. Participates in various community, council and committee meetings
15. Other duties as assigned or required
16. Reports to supervisor when or before making any adjustments to the water system

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 or equivalent
- Level 1 Water Operator Certificate
- Possibility of training the right candidate if no water certification

Competencies:

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

- Data Analysis - gathers, analyzes, and acts on information gathered as well as team and individual performance data
- Accountability – holds self accountable for achieving goals and personal development; delivers on commitments
- Communicating information – creates an environment where open, honest communication is valued and develops strong, cooperative relationships
- Planning & Organizing – plans and organizes time effectively to meet goals and timetables visualizing needs for the future

Skills and Abilities:

- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the beginner level (only require basic functions)
- 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

JOB OPENING

- Problem Solving – uses critical thinking skills to analyze problems systematically, organise information, find root causes and generate options or solutions
- Plumbing, electrical, carpentry, automotive, electric motor and HVAC
- Use of power tools

Experience:

- Two to three years water operator and water analysis
- Building maintenance and HVAC

Working Conditions

- Travel will 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
- 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

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 communication with co-workers, board members and all others who do business with the society and band members
- Ensures that all internal and external deadlines are met
- Travels as required in the performance of their job
- Serves on committees as directed by supervisor
- Takes responsibility for identifying and upgrading of personal skills necessary to perform job duties
- Successfully completes all training courses undertaken at the direction of the 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.

Wages: \$19-25 per hour depending on experience

How to Apply:

Please provide a cover letter and resume

Email your Application to:

Human Resources
Email: hr@xatsull.com

Mail your Application to:

Attention: Human Resources
Xat'sull First Nation
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Fax to: 250 989-2300

Application Deadline: Open Until Filled

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

NOTE** Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.

JOB OPENING

SELF GOVERNMENT TRANSITION COORDINATOR



Job Title: Self Government Transition Coordinator
Reports to: Treaty Manager

Job Summary: The Self-Government Transition Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self governing environment in accordance with the vision, mission and objectives of the organization. The Self-Government Transition Coordinator is tasked with developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize the cultural heritage and language. The Self-Government Transition Coordinator will work to advance the Soda Creek Indian Band's goal of self-government. This will include helping to further develop Governance structures, as well as plan and initiate the transition from the Indian Act to a sovereign, self-governing community.

Skills and Abilities:

- Understanding of laws, constitution and legal language
- Knowledge of traditional lands, culture and language
- Intermediate skills with Microsoft Office (You are capable of using a large number of functions and feel confident using the program)
- Ability to use in-depth analysis and evaluation using significant innovative thinking and creativity to find answers
- Strong administration, conflict resolution, time management, interpersonal communication, proposal preparation, and negotiation skills.

Type of Employment: This is a full-time position of 35 hours a week.

Application: Opened till filled. Only candidates that are eligible for an interview will be contacted.

Deadline: To obtain a copy of this job description and application, please visit www.xatsull.com.

Conditions of Employment:

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

Resumes can be mailed or emailed or delivered by hand to: Leasa Williamson, Executive Assistant
3405 Mountain House Rd.
Williams Lake, BC V2G 5L5
Email: execasst@xatsull.com
Or by fax to: 250-989-2300
Only those selected for interview will be contacted

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