



Fraser River Run

The monthly newsletter of Xat'sül First Nation

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YOUTH & ELDERS SPEAK AT CITIZENS ASSEMBLY

The Citizens Assembly took place from May 18 to May 20 with attendance from community and urban members

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Pesxqéltemc (going into upper mountains month) – June



Ceremony honours children at assembly

The Citizens Assembly took place from May 18 to 20 with two to three dozen Xats'ull members in attendance.

On the Treaty-side of things, the event included presentations by NStQ Chief Negotiator Kenneth Bateman, BCTC Chief Commissioner Celeste Haldane, BC Chief Negotiator Mark Lofthouse and Canada Chief Negotiator Gavin Fitch among others.

During the Youth and Elder panel, Xats'ull Youth Jolene Sellars spoke on the importance of youth opportunities while others spoke on the importance of language, youth input and mental health.

The Youth were supported by Elders from each community with Barb Dixon speaking on behalf of Xats'ull.

This year's Citizens Assembly had a heavy focus on Child and Family, including Bill C92, with presentations from Chief Cadmus Delorme of Cowessess First Nation, Cindy Blackstock of the First Nations Caring Society of Canada, Mary Teegee of the BC



Aboriginal Child Care Society, a Kukwipi7 panel and more.

The event was concluded with a Child honouring ceremony on May 20.

The latter ceremony was preceded by a special honouring ceremony of former Kukwipi7 Wayne Christian.

We want to thank all of the Xats'ull members who came out and attended. A video of the event will become available through NSTC for anyone who missed it.



Recycling program ready to kick off

The Xat'sull Recycling and Solid Waste Program is kicking off in June.

Recycling

Once per week on Thursday there will be a recycling collection. Residents are asked to place their recyclables into the colored recycle bags according to the information leaflet and then place these bags into the blue recycle bin prior to the collection date. Each household will have two sets of colored recycle bags, one blue recycle bin and one green garbage bin.

Any large recyclables, electronics, appliances, and power tools do not get placed in the bin. Residents are asked to please set those for the monthly collection which will be the first Monday of each month.

The recycling collectors will take the colored recycle bags from the



blue bin and empty them in the appropriate mega-bag (which is in the truck) and then return them to the blue bin for your future use.

The recyclables will then be transferred to Wildwood Transfer Station.

Tires will go to a designated tire shop, appliances and wood will go to Wildwood Transfer Station, and electronics will go to recycle station across from Integra Tire.

Full Mega-bags will be dropped

off at Wildwood Transfer Station. Additional Mega-bags can be picked up at Cariboo Disposal at no charge.

Community Buildings will each have a set of colored bags, one blue recycle bin and one green garbage bin; the recycle/garbage process will be the same as the residences.

Solid Waste Collection

One green garbage bin will be used for placing garbage bags in.

The garbage collection will take place on the Friday of every week.

Do not place any recyclable items in the garbage bin. The garbage collectors will remove the bags from the green bins and transport to Wildwood Transfer Station.

Please ensure all garbage is placed in plastic bags before putting it into green bin.

Trails program ready to restart this summer

Trail maintenance is expected to restart this summer with job postings going out soon.

The trail building jobs provide a unique opportunity to explore the land while being paid to do so!

Make sure to keep an eye out on our website or Facebook page for the trail building posters.

We are looking forward to your applications.





Xat'sūll Participates in Forest and Range Evaluation Program for 2022

Earlier this month, Xat'sūll First Nations began a collaborative partnership with the Ministry of Forests and British Columbia Conservation Foundation to participate in the Forest and Range Evaluation Program (FREP). The FREP is responsible for field-based post-timber harvest and/or post-range use

monitoring to evaluate the condition of resource values such as riparian areas, water quality, stand level biodiversity, wetlands, cultural heritage resources (CHR), visual quality, and the effectiveness of forest practices in conserving these values. The goal of the partnership is to build relationships, benefit from mutual

understandings of the condition of land and resources and incorporate valuable local Indigenous knowledge in resource stewardship monitoring. We were very pleased to have Lindie Mitchell represent Xat'sūll First Nations for the FREP training on May 10th, 18th, 19th, and 20th which was also attended by representatives from

Esk'etemc, Ulkatcho, and Nazko First Nations as well as the Cariboo-Chilcotin and Quesnel Forest Districts and a Tolko representative. The training sessions were well received by attendees, and we are extremely excited to have Lindie participate in the FREP monitoring on behalf of Xat'sūll First Nations this year.



Gardening program a hit once again

The Health Department along with Three Corners Health Services Society once again put on their annual gardening program on May 26.

Members had an opportunity to plant anything from flowers to tomatoes, cucumbers to pumpkins and much more in pots or simply stopped by to pick up some plants for their gardens.

A big thank you to everyone who helped put it on.



Dennis Elliot, Capital Infrastructure Manager

at the compound as well as for the PRV (pressure reducing valve) station and the Deep Creek Water Treatment Plant.

Some repairs are needed on the shop roof, some new tin and some insulation replacement.

Flood light

The flood light at the Band Office Road has been changed and now covers some of Mountain House Road as well as the entrance to the Main Office area.

Water

The second pump in the Soda Creek Water Treatment Plant has been replaced. The sand filter plugged up faster than normal due to a beaver dam above the intake which increased silt into the filter. Next, the intention is to remove the dam and beavers.

The generator for the Soda Creek Water Treatment Plant is ready to be installed.

The last phase of the water improvement

project for the Deep Creek water treatment plant will begin and should be completed this year.

The flow meter, backflow preventer and the structure to cover and protect the equipment as the Pioneer Log Home site has been completed.

Water usage as a whole has been normal.

Fire hydrants are waiting for service. They're currently waiting on parts before servicing can begin.

A couple of quick updates from the Infrastructure Department.

Fencing & Compound

I'm looking into repairing and or expanding the fencing

June

2022

Social Development Department



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



FREE LIVE COMEDY SHOW

Xat'sūll First Nation is putting on two free comedy shows for members and staff with comedian Don Burnstick on:

Friday, June 24 at 7 p.m.
Saturday, June 25 at 3 p.m.
Location: Gibraltar Room
(525 Proctor Street, Williams Lake)

This is an alcohol-free family event.
No photographs or audio.

**TICKETS
AVAILABLE
JUNE 13**



FOODSAFE COURSE

First Nations Health Authority, Environmental Public Health Services will be presenting the **FOODSAFE COURSE**

Date and Time: Thursday, June 23, 2022 | 9:00 am - 4:30 pm

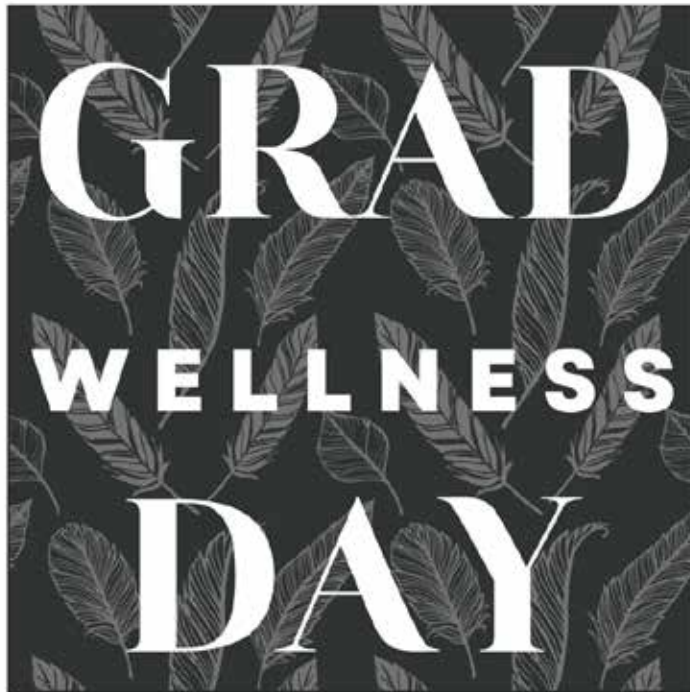
Location: Xat'sull Health Station

Instructor: Patti Joyce, Environmental Health Officer

Cost and Supplies Needed : The course is free for First Nations members / employees/guests/caterers and includes your workbook, but please bring pen or pencil. Please pre-register with Xat'sull Health, call 250.989.2355. Lunch is provided as well.

The BC Provincial Foodsafe Course will provide the participants with comprehensive information to prepare food safely and prevent food poisonings. An optional multiple choice test will follow the course, and participants earning 70% or greater on the exam will be entered into the BC Provincial Foodsafe registry. Foodsafe Certificates are now valid for 5 years.

Foodsafe Certificates obtained prior to July 29, 2013 with no expiration dates have now expired.



SATURDAY, JUNE 4, 2022
10AM

**SPOTS RESERVED FOR
2022 GRADUATES**

**OPEN TO YOUTH
AGES 12-24
DEPENDING ON
SPACE AVAILABLE**

**EVERYONE WILL HAVE
THE OPPORTUNITY TO..**

Haircuts Eyebrow waxing
Hair Colouring Essential Oils

Manicures/Pedicures
Lash lift or tint



**CALL OR TEXT MCLAYNE @ 250-855-8240
TO SIGN UP**

Open to youth from the communities of: Stswecem'c Xget'tem,
T'exelc, Xat'süll

INTEGRATIVE THERAPY

FRI, JUN 3, 10, 17 & 24TH, 2022

8:30-3:30 pm

Xat'sül 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.





MASSAGE

WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

MAY 9-13, 2022
JUNE 6-10, 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.

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



COUNSELLING

MON, JUNE 6, 13, 20 & 27TH, 2022

1:00-4:00 pm

Xat'sül 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.



CULTURAL NIGHT

TUESDAY'S

3:00-7:00pm (drop in)
Xat'sūll Health Station

Join us for Cultural Night!

- June 7th:** Medicine gathering
June 14th: Planting potatoes
~~**June 21st:**~~ Office closed, no program
June 28th: Medicine gathering

We provide snacks. Covid protocols in place.
Call Health if you have any questions, 250.989.2355.

Open to Xat'sūll Community Members only



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

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

MEDIUM SOLUTION

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

HARD SOLUTION

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

VERY HARD SOLUTION

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Chicken fried rice

This recipe helps you make use of leftover bits of food and is a perfect dish to make when you're cleaning out the fridge. Add your favourite vegetable and serve with a drizzle of chili oil.



Kid-friendly



Freezer-friendly



30 minutes or less



PREP TIME
20 min



COOK TIME
10 min



SERVINGS
6

Ingredients

- 30 mL (2 tbsp) vegetable oil, divided
- 2 eggs, lightly beaten
- 375 mL (1½ cups) chopped (into ½-inch pieces) cooked chicken breast
- 4 garlic cloves, minced
- 20 mL (1½ tbsp) minced fresh ginger
- 1 onion, finely diced
- 3 pieces baby bok choy, root trimmed and leaves finely chopped
- 1 L (4 cups) cooked brown rice, chilled or at room temperature
- 40 mL (2½ tbsp) sodium-reduced soy sauce
- 5 mL (1 tsp) sesame oil
- 4 scallions, thinly sliced

Directions

1. In a large wok or high-sided sauté pan, heat 15 mL (1 tbsp) of vegetable oil over medium-high heat. Pour eggs into the wok and scramble for about 1 minute or until just cooked through. Transfer to a plate and set aside.
2. Add the chicken to the wok and heat for about 4 minutes, stirring occasionally. Transfer the chicken to the plate with the eggs.
3. Heat the remaining 15 mL (1 tbsp) of oil in the wok. Add the garlic and ginger and cook for 1 minute over high heat. Add the onion and bok choy and sauté for about 3 minutes or until golden. Add the rice, soy sauce, and sesame oil. Mix well to break up rice and spread seasoning around.
4. Add cooked eggs, chicken and 30 mL (2 tbsp) of the scallions. Stir-fry for about 2 minutes or until the rice is hot.
5. Transfer to a serving bowl and sprinkle with the remaining scallions.

Tips

- ✓ If you don't have sesame oil, try using canola or peanut oil.
- ✓ You can replace fresh vegetables with frozen ones (such as peas, carrots) or canned ones (such as baby corn, water chestnuts, heart of palms).
- ✓ Make a vegetarian version by replacing the chicken with tofu or edamame.
- ✓ Your little chefs can help you measure out ingredients. Chances are, because they've helped, they'll enjoy eating it too!

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Health
Canada

Santé
Canada

Canada



JOB OPENING

MAINTENANCE WORKER



The Maintenance Worker effectively provides maintenance services using strong diagnostic, repair, and organization skills to coordinate repairs, purchase of supplies, for the scheduling of preventative maintenance and to report 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, plumbing and mechanical duties to band office buildings and possibly residential housing when needed.
3. Checks windows and doors to ensure they are secured properly with locks as required and are in good operating condition
4. Changes any broken or worn fixtures, including light bulbs
5. Perform routine checks on band office buildings HVAC systems, record findings and report to supervisor
6. Notifies supervisor immediately of any significant damage to buildings or equipment
7. Provides grounds keeper service which includes lawn mowing, weed whacking, plant and shrub care; this care could be extended to the Rose Lake Dams site, water treatment plants, reservoirs and compound.
8. Clear stairs and walkways of snow and sanded these areas when slippery during the winter months
9. Obtains supplies for maintenance as required.
10. Maintains fire hydrant and curb stop visibility through vegetation removal and painting.
11. Inventories all equipment and supplies in maintenance yard; maintains this yard so that it is clean, tidy and organized.
12. Helps create a safe and healthy environment with well-maintained facilities
13. At times participate in various community, council and committee meetings.
14. Receives daily and weekly workload from supervisor and reports on the progression of this workload daily.
15. Other duties as assigned or required

Qualifications

Education:

- Graduation from High School Grade 12 or equivalent
- Registration in an entry-level foundation program and pre-apprenticeship training is encouraged and any trade would be an asset

Competencies, 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:

- Two to five years maintenance or related experience

Working Conditions:

- Travel may be required
- Hazards may include the 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.
- Standard hours of work but may be altered at times.
- Receives direction, then expected to perform to meet expectations with supervision.

JOB OPENING

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

General Category:

- Operates as part of a team and is flexible about the boundaries and functions of the job
- Maintains open, honest 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.
- 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

How to Apply:

1. Please provide a cover letter with salary expectations and availability.
2. Resume

Email your Application to:

Human Resources
Email: hr@xatsull.com

Mail your Application to:

Fax to: 250 989-2300

Attention: Human Resources
Xatsúll 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.