



Fraser River Run

The monthly newsletter of Xatsúll First Nation



REGULAR TREATY MEETINGS ARE BACK

Members gathered on August 30 to get updated on the latest Treaty Developments.

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Pelltexelcten (salmon come up river month) – September 2022

Regular Treaty meetings are back

The Treaty department is glad to report that regular Treaty meetings are back at Xat'sul.

The most recent meeting was on Aug. 30 with about 30 people in attendance between in-person members, staff and people on Zoom.

The next meeting will be in October and the Treaty department hopes to see you then. Members will be able to attend in person or over Zoom. More details to be available later this month.

We'd like to thank our members, the NStQ Treaty Team, including Chief Negotiator Kenneth Bateman, BC Treaty Commissioner Angela Loesley, for coming out to the meeting, as well as BC and Canada for their recorded messages. We hope to see you again at the next meeting!



Ashish Koshy joins Xat'sul as hydroponics project manager

Ashish Koshy has joined the Xat'sul team as the project manager for the new hydroponics farm project. The project will be growing local produce.

Koshy has experience in the field from previous jobs, particularly with supply chain management and is excited about the project.

"I'm absolutely elated because I like the reason why this project is coming up. It's a new system altogether when it comes to farming. It's utilizing a lot of the space and resources properly. I think overall it's a really positive step and I'm really excited to overlook the project."

His first few months will be spent on acquiring the equipment and getting the system up and running.

Koshy is still fairly



new to Williams Lake and looking forward to make new contacts and

relationships as well as providing a solution for clients.

He says his reception within Xat'sul has been really positive.

Xat'sūll receives \$145,672 for hydroponics

The Northern Development Initiative Trust approved \$145,627 under the Economic Infrastructure program for a Xat'sūll hydroponic vertical farm.

This project involves the purchase and installation of a commercial hydroponics growing system on the Xat'sūll First Nation. This year-round operation will provide food security to the community, promote food

sovereignty and provide a platform for health/nutrition education in addition to creating employment and training opportunities for community members.

The greenhouse will also generate revenues for the Nation from the retail sales of the produce grown.

Hydroponics project manager Ashish Koshy is working to get the project off the ground over the next few months.

“Once we have the hydroponics container, we can set up a cultivations cycle and get to know to know the exact number of days for crops to actually grow. Once we have that in place, we'll be reaching out to different clients and giving them samples of the crops.”

He says they'll likely start with lettuce as one of the crops as well as possibly some herbs.

Blanketing ceremony was a healing experience

A blanketing ceremony held at the Xat'sūll Heritage Site for Residential School Survivors was a healing experience, says Susie Phillips who was the driving force behind the ceremony.

She had previously attended a blanketing ceremony in Strathcona Park. After taking that in, she wrote to Chief and Council to see if it would be possible to hold one at Xat'sūll.

Chief and Council provided the funding and made sure there was support for our Residential School Survivors, family members who were representing their loved ones who have joined the Spirit World and our members who are Intergenerational Survivors.

“It was emotional for everyone but it was



healing,” she says. “I’m intergenerational. I did not attend Residential School but I have all the effects because it was taught to me.”

It was difficult to be blanketed in front of survivors and Elders but it was an honour, she

says, adding that she broke down at the end but with family and friends around her it was a really healing experience.

The ceremony included drumming by Elders from Williams Lake First Nation and a brush off by Pat Sellars with

David Archie leading the ceremony.

She thanks Chief and Council and everyone who helped with the tents, food and other parts of the ceremony as well as everyone who came and attended the ceremony.



Salmon sampling program returned in August

The award-winning salmon sampling program returned in August.

The program started, in 2016, is designed to provide Xat'sull with information on the safety of consuming salmon, which are tested for a variety of metals.

This year the testing was paired with a community BBQ with kids activities, a sampling demonstration and village tours.

Turnout was great and we'd like to give a big thank you to our program partners – the Northern Shuswap Tribal Council, Gibraltar Mines Ltd, and Environmental Dynamics Incorporated – our community members for doing the fishing and the Williams Lake Lions Club for their help with the food.

It was a fun evening of fishing and education and we hope it'll be back again next year.



FRASER RIVER SALMON SAMPLING PROGRAM: ARE THE SALMON SAFE TO EAT?



BACKGROUND:

Initiated in 2016, this program is designed to provide local First Nations with information on the safety of consuming salmon from traditional fishing sites on the Fraser River. Salmon are tested for a variety of metals that have readily available human health guidelines.

Salmon accumulate metals through the food chain. Metals introduced to the food chain are either naturally occurring or industrial. Given that salmon spend most of their life in the ocean and enter rivers to spawn, they are most likely to accumulate metals in the ocean.

RESULTS:

THE STUDY SHOWED THAT SALMON CAUGHT AT TRADITIONAL FISHING SITES ON THE FRASER RIVER ARE SAFE TO EAT

Over the course of the 6-year study, metal concentrations remain very similar in salmon muscle tissue, roe and liver. Portion sizes are assumed to be 300 grams of muscle tissue (equivalent to 2.5 cans of tuna) and 100 grams of roe or liver (equivalent to 1 can of tuna or 3 livers). Portions are calculated based on an adult of 150 lbs, so a smaller adult or child can eat less, and a larger adult can eat more.



100 grams
roe or liver



1 can tuna



300 grams muscle



2.5 cans tuna

HOW MUCH SALMON CAN AN ADULT CONSUME PER WEEK?

Tissue Type	No. of Weekly Portions	Portion Size (g)	Equal to:
Muscle	8	300	20 cans of tuna
Roe	10	100	10 cans of tuna
Liver	2	100	2 cans of tuna

Note: portion sizes do not account for metal intake from other country foods.

September

2022

Social Development Department



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



Back to School Reminder

To all Xatsúll Parent(s)/Guardian(s):

We are fast approaching the start of 2022-2023 school year. Please remember to register your children if you have not yet done so!

For all Kindergarten-to-Grade-12 students living on-reserve (status OR non-status), there is financial assistance available to help with your children's back-to-school supply purchases. In order to receive this assistance, parents/guardians must fill out a Student Waiver Form by **September 9th** for timely processing. Though the Education Department can help with the form's preparation, it remains the responsibility of the parents/guardians to ensure it is completed every school year.

If you don't have a form, please contact the Education Department to obtain one, and for those that already have a form, please remember to make sure the information is correctly filled, sign it and return it to the office.

Education Department contact: Phone: 250-989-2323 extension 104

Email: educationmanager@xatsull.com



VEGGIE BAG

THUR, SEP 15th, 2022
1:00-4:00 pm
XAT'SÜLL HEALTH STATION

This is the next veggie bag day for households on reserve. If you have already signed up, you will be automatically added to the list. Call Health at 250.989.2355 to be added to the list. Can be delivered or picked up from Health Station.





NSTQ FAMILY FUN DAY

SATURDAY, SEPTEMBER 24, 2022

WILLIAMS LAKE FIRST NATION ARBOR
2581 CARIBOO HWY

JOIN US FOR LOTS OF FUN!

2:00 PM TO 7 PM

- bouncy castles •
- cultural arts & crafts •
- children's activities •
- tie dye shirts •
- yummy food •
- and much more!

SALMON FEAST

catered by the
Relevant Food
5:30 pm

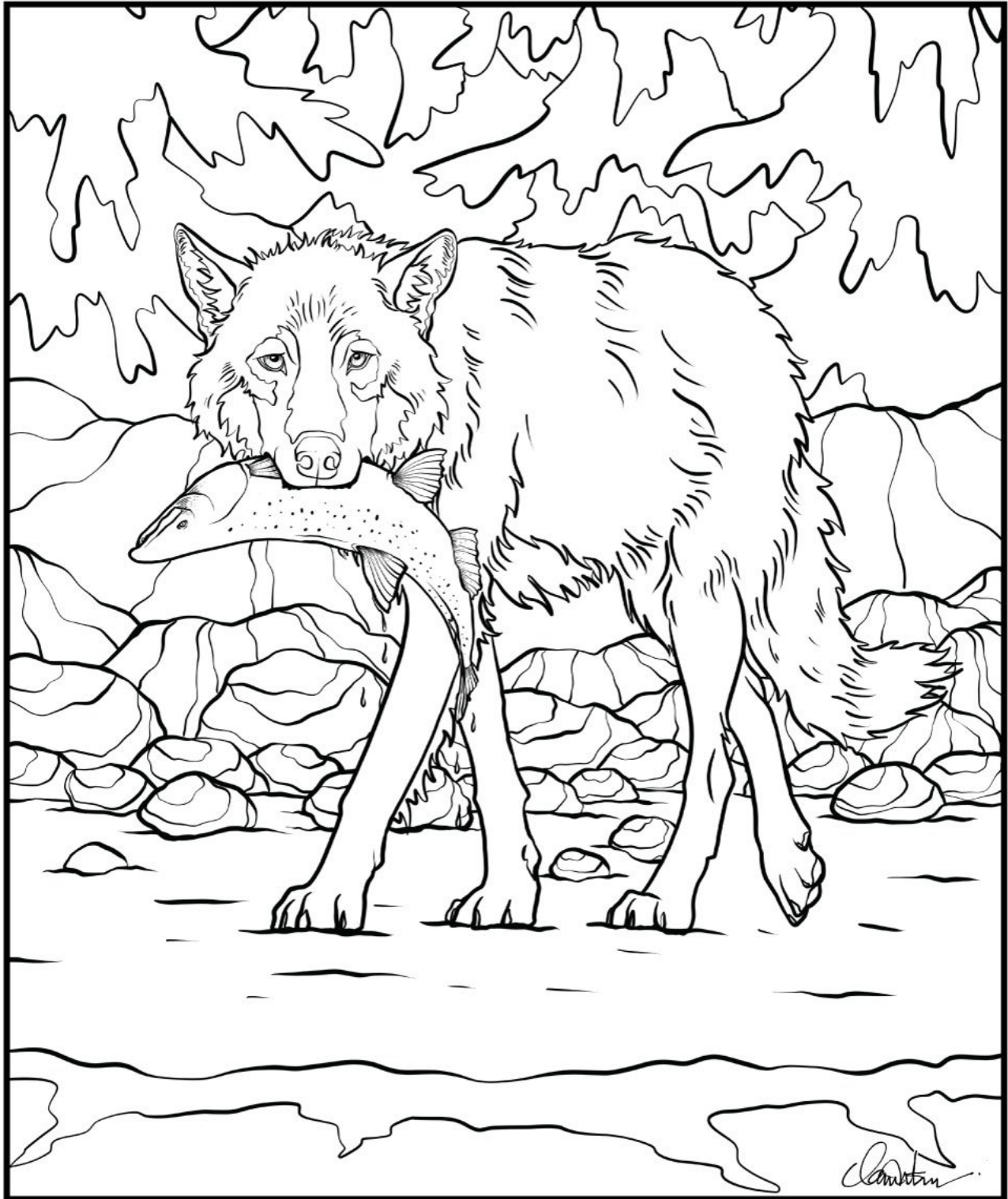
MOVIE PREMIERE
"JOURNEY TO NOW"
&
"NSTQ DECLARATION"
BEGINNING AT 7:00 PM

For more information contact the
Northern Shuswap Tribal Council 250-392-7361 for:
Sabrina Jeff, outreachliaison_williamslake@nstq.org, ext 219

**CALL OUT FOR NSTQ VENDORS & CRAFTERS - BRING YOUR OWN TABLE AND CHAIRS
LIMITED SPOTS AVAILABLE**

VENDOR REGISTRATION Contact: Brenda Phillips, engagementcoordinator@nstq.org, ext 224

COASTAL WOLF - COLOURING PAGE



CLAIRE WATSON ILLUSTRATION | www.clairewatson.com |  @utchichi

PUZZLE

	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		
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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

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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

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

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

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

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:

Fax to: 250 989-2300

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

Application Deadline: Open Until Filled

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

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

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

JOB OPENING

WASTE COLLECTION & RECYCLING CHAMPION



Job Summary: Working on a team and under minimal supervision, this position will be responsible for delivering education on XFN's recycling and waste reduction program, this position will also assist in the collection and disposal of materials as well as weekly solid waste to the proper transfer station. Performs related work as required.

Duties and Responsibilities:

- Weekly collection of recycling materials from blue roadside carts
- Monthly collection of large recycling items as identified
- Loading and sorting of recycling materials into Mobile Eco-Depot
- Coordination with Wildwood Transfer Station to schedule recycling drop off
- Coordination with City of Williams Lake transfer station for large monthly recycling drop off
- Being a change agent, working with community members to encourage and support this new recycling initiative
- Greeting the public in a friendly, professional manner, assisting with collection and sorting while responding to public enquiries/concerns
- Be involved in community engagement and awareness training
- Other duties as may be required by direct Supervisor.

Qualifications and Education, Skills and Abilities:

- Effective oral communication skills
- Will require a good level of physical fitness and the ability to use basic hand tools
- Nature of the facility and job is such that the successful applicant must have the ability and willingness to stand and walk throughout the day, as well as work in inclement weather
- Being an active Steward of the Land, have knowledge/understanding of Secwepemc traditions and language is an asset;
- Ability to work in varying weather conditions

Experience: • No experience required training provided

Conditions of Employment:

- Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must agree and adhere to Conflict of Interest Guidelines and an Oath of Confidentiality.

Term of Employment: This is a 2-year term position, two days a week approximately 17 hours, an additional day a month approximately 9 hours. Schedule TBD

Salary: \$21.00/hr for 8.58/hrs for the weekly pickup and \$21.00/hr for 8.95/hrs for the monthly pickup

Email your Application to: Human Resources Email: hr@xatsull.com

Mail your Application to: Attention: Human Resources
3405 Mountain House Road, WL, BC V2G-5L5

Fax to: 250 989-2300

For a complete Job Description, please contact the Executive Assistant at execasst@xatsull.com

Application Deadline: Open until filled.

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.