



Fraser River Run

The monthly newsletter of Xats'ul First Nation



XDC PRESENTS PROCEEDS TO XATS'ULL

Xats'ul Development Corporation (XDC) President Dr. Ray Sanders presents Chief Sheri Sellars with a cheque in the amount of \$1,978,587.00 from the income generated from XDC

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Pelltitéqem (cross-over month; first real cold) – December

Updates from the Band Office

NAME AND LOGO SELECTED FOR HYDROPONICS BUSINESS

Xatsùll Harvest was selected for the new hydroponics company which will be producing fresh greens (vegetables). For the logo, a green feather/leaf inside a water droplet was created by Kelly Menakian with the assistance from the Communications Department. With the growing container now delivered and installed behind the Band Administration building, we're looking forward to seeing the operation go into production.

EMILY SONNTAG TAKES OVER AS NR MANAGER

Emily Sonntag, who had been working as the Natural Resource Coordinator, has been hired as the NR Manager. Prior to Sonntag assuming the manager position, Landmark Resource Management Ltd. had assumed temporary administrative oversight of the NR department to support the department during the manager vacancy. The now vacant NR Coordinator position has been posted.



The logo for Xatsùll's hydroponics business, which will be producing leafy green vegetables. The logo was created by Xatsùll's own Kelly Menakian.

SPECIFIC CLAIMS MEETING HELD

A first engagement community meeting was held for multiple Specific Claims that Xatsùll and Canada are currently negotiating. Further engagement sessions will still follow. More information can be found on the members-only section of xatsull.com (email communications@xatsull.com if you don't have a login) or pick up information at the front desk.

FIRST ENGAGEMENT HELD ON XATSÜLL ELECTION CODE

A first engagement meeting was also held for Xatsùll Election Code revisions. Further engagement sessions will follow at the start of the new year. More information can be found on the members-only section of xatsull.com (email communications@xatsull.com if you don't have a login) or pick up information at the front desk.

NEW SUBLEASE FOR NENQAYNI

Chief and Council have approved a new sublease for the Nenqayni Wellness Centre Society. The new lease is for 10 years though Xatsùll will retain a unilateral right to terminate the agreement with 180 days-notice.

XDC PRESENTS NEARLY \$2 MILLION

The Xatsùll Development Corporation (XDC) presented a cheque for \$1,978,587.00 to Xatsùll First Nation. Additionally, XDC held it's first annual AGM on Nov. 15 that was open to the public. A recording of that will be posted to the members only section of xatsull.com for anyone who missed it (email communications@xatsull.com if you don't have a login). The public AGM is part of XDC's Amended and Restated Limited Partnership Agreement. As part of that amendment, two additional members (Kelly Sellars and Pat Sellars) have been added to the board.

ANNUAL FINANCIAL STATEMENT

Xatsùll's Financial Statement for the 2021-2022 fiscal year is ready. A community meeting to review Xatsùll's finances is scheduled for December 6.



Kelly & Avo, Education Department



Hello Everyone!

Just a quick update from Head Start and Education as our programs are winding down for the season with Christmas coming and all the business that comes with that for many of us.

We'd like to remind everyone that there is funding available for any registered member living on or off reserve attending elementary or high school in need of tutoring. Please contact us for further information: (250) 989-2323, Ext 112.

The Xat'sull Head Start Gymnastics Group is ending on Monday, November 28th until the New Year. It has been

a great success with children between two to four years old taking part as their parents watch and visit.

The Xat'sull Head Start Parents and Elders Knitting Group has also been doing very well. At the last class, there were 13 people altogether on a Sunday afternoon to knit and eat chili. It's been cozy and fun, listening to music and sharing stories while learning how to make dishcloths.

On Friday, November 25th, we will be starting an art course for beginners to work on three fun painting projects: beautiful birch trees, a fun snowman and a fox painted on a rock. Come to the Education building from 1:00-2:30 and learn easy art techniques while we have snacks and visit. There's a maximum of ten participants in this class and we ask community members to please

register as it helps us to know how much food to prepare. Call (250) 989-2323, Ext 127.

On December 7th from 11:00 to 2:00 we are hosting a Head Start Parents and Elder's Christmas luncheon at Education. Please register at (250) 989-2323, Ext 127 so we will know how many to expect. Thank you and stay warm!

Kelly & Avo Menakian,
Head Start & Education

New member

Rhonda Charlene Evans has transferred and is now a Xat'sull member.

Rhonda father is Aaron Evans and her great-great grandmother was Augusta

Evans.

We're excited to have her be a part of Xat'sull and are

looking forward to seeing her in the community in the future.



Jennifer Stinson, Social Development Coordinator

December 2022

Social Development Department



Hello everyone,
Well, this year has zoomed by quickly, cannot believe it is going to be 2023 already.

Just a gentle reminder of a few things going on in Social Development Department:

- Monthly Declaration forms need to be in by December 2, in order to be eligible for the upcoming Income Assistance cheque.
- Pre – Employment Program will resume in January on the 9th & 10th and the 23 & 24th, at 9:30 a.m. in the gym.
- The last day the office will be open before the winter break is December 16, and then the office will be closed for two weeks. We will be back in the office on Tuesday, January 23rd, 2023.

I hope everyone enjoys their holidays with loved ones and close friends, and we will all see you in the new year

Happy holidays everyone!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			30 MID-MONTH (Dec.'s)	1	2 HOUSEHOLD BILLS DUE, EITHER BY EMAIL OR DROP OFF @ THE OFFICE MONTHLY DECLARATION FORM DUE TODAY TOO	3
4	5	6	7	8 FOOD BANK 1:30 – 4:00 pm	9	10
11	12	13	14 SA DAY	15	16	17
18	19 Office closed Re-opens Jan 3rd	20	21	22	23	24 Christmas Eve
25 Christmas Day	26	27	28	29	30	31 New Year's Eve

Beginner Art Projects for Adults



Samples of art projects by Al-Lisa McKay



Fun & easy projects

***Grown ups only please**

- No experience necessary!
- Learn art techniques
- Celebrating well-being & inner joy through art

Art can help:

- Manage emotions in a positive way
- Reduce stress & help heal emotional pain
- Maximum 10 participants

Snacks
& Drinks

Please register early
Education: (250) 989-2323, Ext 127

Dates: Fridays

November 25

December 2, 9

Time: 1:00-2:30

Location: Education Building

December 2022

Xat'sūll Health Station Events Calendar

Call 250-989-2355 for rides needed for medical travel, it must be booked on Monday for Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Integrative Therapist 8:30-3:30pm	2	3
4	5 Counsellor 1:00-4:00pm	6	7 HCC Travel Physiotherapy 9:00-12pm	8 Hamper Day 1-4pm Gym	9 Integrative Therapist 8:30-3:30pm	10
11	12 Counsellor 1:00-4:00pm Massage 12:00-8pm	13 Massage 12:00-8pm	14 Med Travel Massage 12:00-8pm	15 Community Christmas Dinner 5-8pm Gym Massage 8:30-4:30pm	16 Integrative Therapist 8:30-3:30pm Massage 8:30-4:30pm	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31

CHRISTMAS HAMPER



THUR, DEC 8TH, 2022
PICK UP: 1-4pm
Xatsúll Gym

For volunteers, meet at the gym and help put the Community Christmas Hampers for on reserve households. We will be putting them together on December 7th. Always a fun time to volunteer!

Call Health to sign up to be a volunteer or if you have any questions, 250-989-2355. And you will be given times to be there.



EAT,
Visit &
BE CHEERFUL

XATŚŪLL COMMUNITY
CHRISTMAS DINNER

Join us for our Community Christmas Dinner, Santa & Cheer!

DEC 15th | 5-8pm

Xatśūll Gym

~ RSVP BY December 2nd, 2022 AT 4PM ~
Call Maxine at 250.989.2355 to RSVP
& registrar for children's gifts

Open to our Xatśūll
Community Members





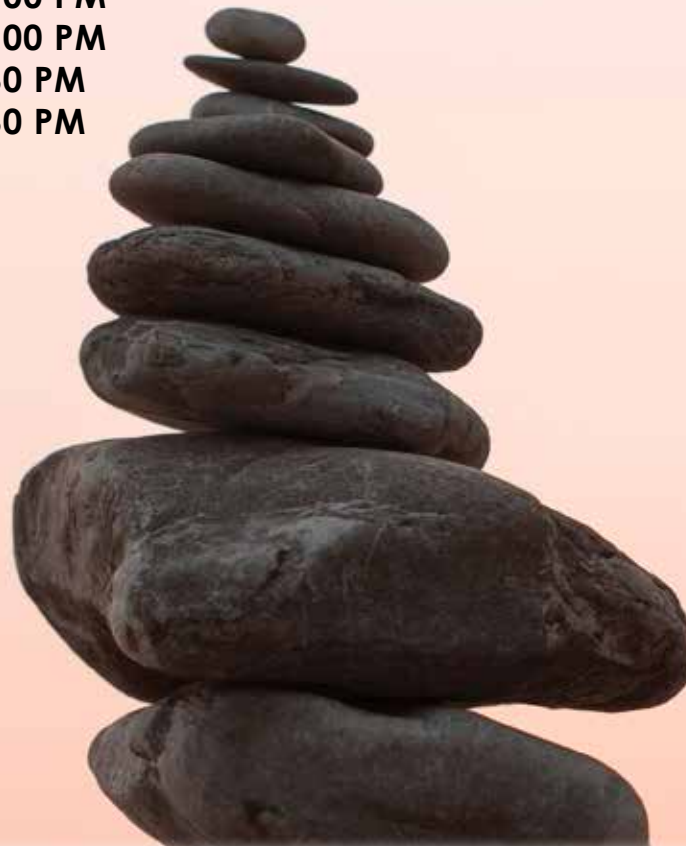
MASSAGE

WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

JAN 9-13th, 2023

FEB 6-10th, 2023

MON	12:00-8:00 PM
TUE	12:00-8:00 PM
WED	12:00-8:00 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.

COUNSELLING

MON, DEC 5 & 12th, 2022

1:00-4:00 pm

Xat'sūll 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.



INTEGRATIVE THERAPY

THUR, DEC 2, & FRI, DEC 9 & 16th

8:30-3:30 pm

Xatśūll 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

Call Health at 250.989.2355 to book an appointment



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.





HEALING THE HEARTBREAK OF ADDICTION, GRIEF AND LOSS

Grief is a journey and a sacred process that requires support, tools, and effective perspectives to navigate well, especially when it is related to addiction.

Join us for this three-day retreat to learn both traditional and contemporary grief work, to join with community in this sacred but difficult path, and to truly 'retreat' from your everyday life for a short while so that you may recharge, gain perspective, and more powerfully navigate your life.

“

This was monumental. This was exactly what I needed, what our community needs.

participant feedback

“

Everything is different since returning from the retreat. I feel like things are possible again.

participant feedback

HELD AT ECHO VALLEY RESORT *Clinton, BC*



One of the foremost luxury retreat ranches in North America, Echo Valley is the most beautiful and grounded space in which to do this work.

Your retreat experience will include incredible food, access to all amenities (gym, pool, sauna, activities), and gorgeous accommodations.

Visit www.evranch.com for more information

TO REGISTER, CALL YOUR BAND HEALTH DEPARTMENT



NSTQ LUNCH & LEARN

COMMUNITY ENGAGEMENT INFORMATION SESSIONS

**WITH CARIBOO CHILCOTIN ABORIGINAL
TRAINING EDUCATION CENTER**

CCATEC provides Programs and Services to all 15 First Nations communities living in the Cariboo-Chilcotin Regions, including other First Nations Communities.

Come & Learn about what Programs and Services that CCATEC provides and serves in the Cariboo-Chilcotin!

**NOVEMBER 30, 2022
12:00 PM - 1:00 PM**

In-Person Session: Limited Seating

Please RSVP for In-Person by November 18, 2022
with Brenda Phillips, Child & Family Engagement Coordinator at
engagementcoordinator@nstq.org or by phone 250-392-7361 ext 224

Virtual BlueJeans will be available for those who are unable to attend in person

Meeting Location: 17 South 1st Avenue, Williams Lake, BC

Each participant will receive a \$20 Walmart Gift Card upon completion of the Information Session.



NStQ Lunch & Learn
COMMUNITY ENGAGEMENT INFORMATION SESSIONS

*WL Cariboo Chilcotin Child
Development Center*

The Cariboo Chilcotin Child Development Centre provides assessments as well as education and assistance to children who require extra support in areas of physical, socio-emotional, communication and cognitive development.

Come and join us virtually to learn more about the Cariboo Chilcotin Child Development Center

December, 14, 2022
Time: 12:00 pm - 1:00 pm

Virtual via BlueJeans

For more information please contact the Northern Shuswap Tribal Council for:
Brenda Phillips, Child & Family Engagement Coordinator
250-392-7361 Ext 224 or via email engagementcoordinator@nstq.org

Each participant will receive a \$20 Walmart Gift Card upon completion of the Information Session.

Please note: Presenters & Dates are subject to change or to be cancelled.

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EASY PUZZLE

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MEDIUM PUZZLE

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HARD PUZZLE

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VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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

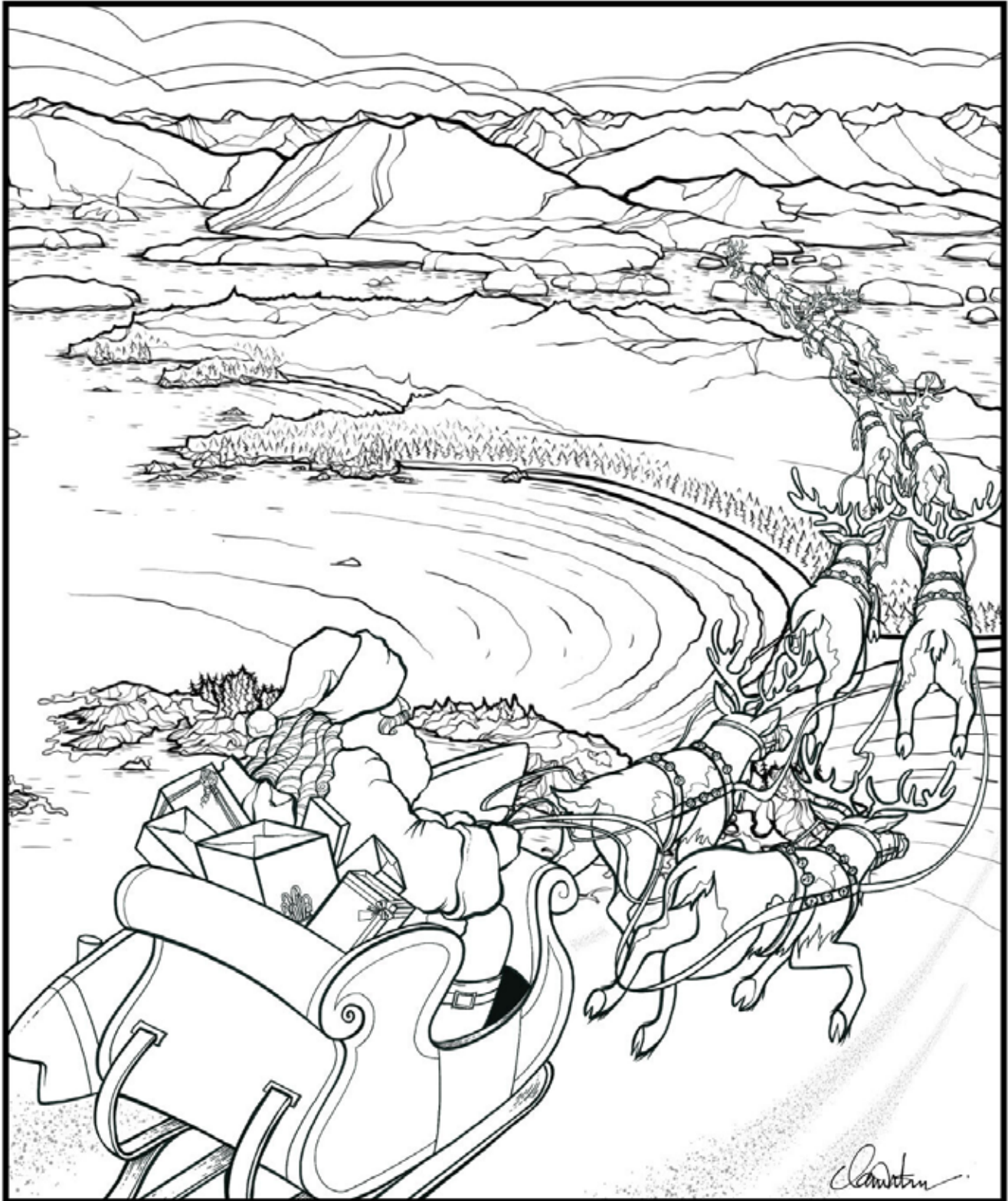
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5	7	8	9	4	3	1	6	2
4	9	3	2	1	6	5	8	7
9	6	5	3	7	1	2	4	8
7	4	1	6	2	8	9	5	3
8	3	2	5	9	4	7	1	6

HARD SOLUTION

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

VERY HARD SOLUTION

HAPPY HOLIDAYS - COLOURING PAGE



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

JOB OPENING

HEALTH MANAGER



Xat'sull First Nation (XFN) is hiring a **Health Manager** based at the XFN Health Department in Williams Lake, B.C.

WHAT YOU'LL DO: Xat'sull is a progressive First Nation in search of an innovative Health Manager who is able to carry out Chief and Council's vision, objectives and strategic direction through high operational standards, improvement of grass-roots program delivery and policy development, and the implementation of greater local control over community-level services. The Health Manager is responsible for the efficient management of all Xat'sull health-related departments, facilities, programs, services, and staff.

WHY WORK HERE: We believe that in order to get the best out of our employees we have to make sure our employees are well taken care of. We don't just offer a standard benefits package but go beyond what's expected. Outside of competitive wages and excellent benefits, we offer a friendly work environment and support professional development. Finally, working at XFN, you will be leading meaningful work to support the health of our community. Our primary goal is to make our members' lives better both now and in the future.

We are a Northern Secwepemc Nation, in the Cariboo, surrounded by a vast network of forests, lakes and rivers, grasslands, mountains beautiful neighbourhoods, wonderful people and a rich cultural history. Adventure and exploration await you in this lifestyle abounding in nature, outdoor activity, and wildlife.

HOW TO APPLY: Please provide a cover letter and resume to our Human Resources department:

Email your Application to:
Human Resources
Email: hr@Xat'sull.com

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

DEADLINE: December 9, 2022

WAGE: \$41.08-\$52.70/hr

KEY RESPONSIBILITIES:

- Play the lead role in the development and implementation of Xat'sull Health Department work plans; Community Health & Wellness Planning; and Xat'sull health & wellness programs and services evaluations;
- Responsible for overseeing all health & wellness related programs and services delivered by the Band, both current and those developed in the future, in consultation with the Community, Chief and Council, the Band Administrator, and Health Staff;
- Maintain a working knowledge of federal, provincial, and First Nations health legislation/policies/actions relating to or impacting Xat'sull health services, the Health Manager position, and those positions under his / her supervision;
- Provide recommendations for, and assist as requested, in the development of health department and general Xat'sull policies and procedures for Chief and Council's approval;
- In consultation with appropriate health and finance staff, develop and submit the annual health department budget to the Band Administrator for Chief and Council's review and approval;
- Ensure comprehensive narrative reports on health & wellness programs, services and initiatives engaged in by the Health Department are available for Band Administrator and Chief and Council review, as required;
- Coordinate and attend meetings necessary for the successful operations of the health department and meetings as directed by the Band Administrator and/or Chief and Council;
- In consultation with the Band Administrator, is responsible for the recruitment, retention, and evaluation (i.e., job

JOB OPENING

- evaluation, adherence to work plans, discipline) of all health staff;
- Review of monthly Health Department financial reports/expenditures to ensure compliance with Council approved Health Department budget.
- Ensure responsible and authorized access and control over client and employee files/information and sensitive health department or Chief and Council documents and materials;
- Ensure the safe and secure operations, maintenance and ongoing functionality of the Xatsúll Health Centre (including vehicles), ensuring, as much as possible, the health and welfare of staff and community members accessing the facility;
- In conjunction with the Chief and Council, ensure open and ongoing communications with community, government agencies, and other participants of the Band and Health Department;
- Participate and provide recommendations regarding the negotiation of health-related contracts and agreements;
- Ensure that reports required by Indigenous Services Canada (ISC), FNHA, and other funding or partner affiliates/agencies are completed and forwarded as per agreed to format, timelines and contract requirements; and
- In consultation with the Band Administrator, initiate investigations into community member (or staff) complaints pertaining to Health Department employees and / or practices, and ensure that appropriate corrective action are taken, if warranted.

JOB TYPE / CATEGORY

It is paramount that all positions within the health team strive to communicate and serve the peoples of Xatsúll First Nation in a manner that respects, enhances and promotes cultural identity and well-being of both the individual and the health care providers. This position will strive for cultural well-being through:

- Cultural awareness and sensitivity;
- Understanding and complying with any Xatsúll First Nation policies or position statements on cultural care (and ensuring it is reflected in individual training / professional development plans);
- Ensuring that plans, policies and activities undertaken promote and reflect the holistic health and well-being of the people of Xatsúll in a way that incorporates and promotes the culture of Xatsúll and their Traditions; and
- Overall, assisting in the articulation and establishment of cultural influence expectations in the Xatsúll Health Centre planning and day-to-day operations.

REQUIRED EDUCATION, SKILLS AND QUALIFICATIONS

- University degree in the area(s) of Bachelor of Science of Nursing; Business Administration; Public Administration; Health Sciences, or a related combination of education, training and supervisory experience.
- Knowledge of the United Nations Declaration on the Rights of Indigenous Peoples, as well as familiarity with the First Nations Health Authority and its Seven Guiding Principles.
- Knowledge and understanding of financial management practices, including budgeting and reporting.
- Knowledge of XFN language, culture, traditions are a strong asset.
- A comprehensive range of knowledge and skills relating to Indigenous and First Nations health trends, socio-economic trends, data collection and use, and proposal & project development.
- Excellent interpersonal, negotiation and communication skills.
- Knowledge and experience in health planning or related to planning, and change management.
- A successful criminal records check is mandatory (see below).
- A valid driver's license and access to a reliable vehicle is a condition of employment. Company Profile

Xatsúll First Nation continues to face challenges and inequalities that are rooted in Canada's and British Columbia's colonial policies and legislation, and perpetuated by impediments to accessing healthcare. These impediments include inadequate federal funding for health and social services for First Nations families and children living on reserve, Canada's inconsistent approach to jurisdictional gaps in programs and services and the full implementation of Jordan's Principle, and a lack of on-the-ground considerations in service provision.

Our optimism at Xatsúll First Nation is to hire caring, creative, and intelligent people who can not only lead but also facilitate the necessary transformation of well-being in our community.

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



AUDIT PRESENTATION

The Xatsūll Audit presentation for the 2021/2022 fiscal year will be in the gym on:

DEC. 6 FROM 5 - 8 PM

Dinner will be provided. Rides available.

Zoom link available:

<https://us02web.zoom.us/j/83722380335>

Please note that you will not be admitted unless you use your first and last name as your Zoom username.

For questions, email Max Winkelman at communications@xatsull.com or call 250-9889-2323 ext. 110