



Fraser River Run

The monthly newsletter of Xat'sul First Nation



XAT'SUL WINS B.C. PREMIER'S AWARD

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Xat'sūll & Ministry win Premier's Award

Xat'sūll First Nation and the Ministry of Indigenous Relations and Reconciliation have won the 2022 Regional Impact B.C. Premier's Award for the first-of-its-kind ranch agreement with B.C.

The Province purchased the ranch, along with its Crown land range tenure, cattle, hay and equipment, for \$8 million. It is leasing the ranch to Xat'sūll First Nation until a treaty

is reached, at which point ownership will transfer to the Nation. The purchase agreement also includes a provision for a grant towards the operating costs for the ranch's first year.

The Regional Impact award recognizes groups, teams or



organizations within the BC Public Service that have developed and delivered programs, projects and initiatives benefiting citizens in a specific location (town, city, municipality or region).

"We're proud to be able to work together

with the province and lead the way towards reconciliation," says Councillor Mike Stinson. "We're happy that the excellent work of our teams is being recognized by the B.C. Premiers Awards and are looking forward to continuing to work towards reconciliation and improving life for our members."

The ranch has again provided beef to members this year.

Updates from the Band Office

FUNDING TOWARDS YOUTH CENTRE

Up to \$50,000 has been approved for the development of a youth centre. That funding will be used to hire an architect who will provide an initial concept and help with securing funding for the project. The location of the proposed youth centre is the current location of the Infrastructure trailer, which is set to be moved to the compound. The project was brought to C&C by the Xat'sull Youth Council.

"We're very excited to receive the support needed to take this project forward," says Communications Manager Max Winkelman who's been working with the Youth Council on the project.

BACK-TO-SCHOOL ASSISTANCE

Going forward, K-12 students living outside of the Xat'sull community will can receive the same back-to-school assistance that students living in the community do. This means that youth living outside the community will now receive \$50 if they're entering K-6, \$75 for grades 7-9, \$125 for grades 10-12 and an additional \$69 for girls eight and older. Application form and details will be available shortly. The program will

be reviewed in the future.

GRADUATION INCENTIVES

Starting immediately, graduation incentives will be provided to all sponsored Xat'sull students upon successful completion of their Post-Secondary studies. For completing a certificate or 2-year program, the student will receive a \$750 graduation incentive, \$1,000 for a Bachelor's degree, \$1,500 for a Master's degree and \$2,000 for a PhD.

INFLATION DISBURSEMENT

Xat'sull Chief and Council approved a \$400 disbursement to all members. Disbursements will take place in January. Members will need to apply to receive it. A poster with more information on how to apply will go out by Dec. 16 at the latest.

ELECTORAL OFFICER HIRED

Electoral Officer Ron Laufer has been hired for the upcoming elections. Ron has extensive experience administering and observing electoral events both locally and globally. He serves as Lead Electoral Officer for various society and First Nations elections in British Columbia and Alberta.

Questions about the election will be accepted closer to the election dates. If you have questions about Mr. Laufer's appointment, please email communications@xatsull.com. Please also keep an eye out for another election code meeting early in the new year.

SUPPORT FOR TRIPLEX FUNDING APPLICATION

Chief and Council voted to support the Housing Department in an Indigenous Services Canada (ISC) funding application towards a three-unit multiplex at 4058 Mountain House Road. The proposed triplex is for three approximately 1,000 square feet three bedroom units. The funding requested from ISC will be \$600,000 which represents approximately 58.5 per cent of the proposed budget. We will provide further updates if the funding request is approved. UPASS SUPPORT Chief and Council approved a motion to extend coverage toward UPass fees for students attending the University of BC (UBC) and Thompson Rivers University (TRU). The mandatory fee is approximately \$150 per semester, per student. The available Indigenous Services Canada (ISC)

funding for post-secondary programs will absorb the fee. It is unclear if this fee was historically excluded by ISC. Coverage of the fee was also amended in the policy to be covered going forward and will be applicable to all post-secondary institutions that have a similar, mandatory program.

RESEARCH APPROVED FOR NEW SPECIFIC CLAIM

TerraVita Law has been hired to conduct Specific Claims research on the IR2 Highway Specific Claim (35 acres). The funding for this research is coming from Canada, not Xat'sull. More information about Specific Claims can be found on the members only section of the Xat'sull website (xatsull.com). If you don't have a login, please email communications@xatsull.com. For questions about this particular claim, or if you would like to provide information, please email myriam@terravitalaw.com.

2023 CHIEF & COUNCIL DATES APPROVED

Chief and Council have approved the regular meetings dates and times for 2023. The calendar will be made public on the Xat'sull website (Xat'sull.com).



Xatsūll has paid off CMHC mortgages

Xatsūll First Nation has paid off the remainder of the CMHC mortgages. The amount that had still been outstanding was \$289,000.

“Paying off the mortgages has been a priority for Chief and Council,” says Kukpi7 Sheri Sellars. “As

members were able to hear at the audit meeting on Dec. 6, Xatsūll now has no long-term debt and we’re in a very strong financial position.”

Paying off the debt also has advantages for housing. With Xatsūll no longer tied to CMHC through the mortgage

debt, the Nation has greater freedom to self-determine, plan and create its own programs for homes in the community.

“With the debts to CMHC paid off, our housing department does not have to report to CMHC anymore.

This will free up time to deal with the growing need for housing for our members.”

If you have any questions about housing, please call Housing Manager Simon Bett at 250-989-2323 ext. 103 or email housing@xatsull.com.



Jennifer Stinson, Social Development Coordinator

moments,

Treasured memories,
And all the blessings a
heart can know!

I hope everyone had a wonderful holiday filled with memorable moments with loved ones & friends.

- Just a gentle reminder, the Pre-Employment

will be resuming again this month, Jan. 9 and 10, (it is mandatory to go accordingly to ISC funding requirements).

- Also the Monthly Declaration Forms are due by Jan. 6, if not received by then, one’s SA cheque will be delayed.
- And household bills

are also due by Jan. 6, one can drop them off at the front desk, or email them to me at socdev@xatsull.com

- The food bank re opens on Jan. 12, from 1:30 – 4 p.m. only, please remember to bring your own bags or boxes to carry your items in, thank you.

Happy 2023 New Year everyone!
Wishing y’all beautiful



Kelly & Avo, Education Department

The Head Start and Elders Christmas luncheon on December 7th, went well; it was a nice gathering at the education department, and we thank all who came out.

We wish everyone a safe and happy holiday. See you in the New Year!

Kelly & Avo,
Education/Head Start



Merry Christmas!

The knitters continue to make progress with their work! It was a lot of fun, and we look forward to more in the New Year.

Hampers distributed to community

Christmas hampers were distributed to Xatsúll community members. The hampers included turkey, some vegetables and a few other items.

A \$400 food security gift is available to Xatsúll urban households

in lieu of access to in-community food programs like the hampers and beef. That gift is limited to one per household. For more information on eligibility and how to apply, visit xatsull.com.



January

2023

Social Development Department



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Office re-opens	4	5	6 MONTHLY DECLARATION DUE & HOUSEHOLD BILLS DUE	7
8	9 Pre Employment 9:30 – 2 pm Gym	10 Pre Employment 9:30 – 2 pm Gym	11 Mid Month	12 Food Bank 1:30 – 4:00 pm	13	14
15	16	17	18	19	20	21
22	23 Pre Employment 9:30 – 2 pm Gym	24 Pre Employment 9:30 – 2 pm Gym	25 SA Day	26 Food Bank 1:30 – 4:00 pm	27	28
29	30	31				

January 2023

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
<i>1</i> New Year's Day	<i>2</i> Office Closed	<i>3</i>	<i>4</i> HCC Travel	<i>5</i>	<i>6</i> Integrative Therapist 8:30-3:30pm	<i>7</i>
<i>8</i>	<i>9</i> Counsellor 1:00-4:00pm Massage 12:00-8pm	<i>10</i> Massage 12:00-8pm	<i>11</i> Med Travel Massage 12:00-8pm	<i>12</i> Massage 8:30-4:30pm	<i>13</i> Integrative Therapist 8:30-3:30pm Massage 8:30-4:30pm	<i>14</i>
<i>15</i>	<i>16</i> Counsellor 1:00-4:00pm	<i>17</i>	<i>18</i> HCC Travel	<i>19</i>	<i>20</i> Integrative Therapist 8:30-3:30pm	<i>21</i>
<i>22</i>	<i>23</i> Counsellor 1:00-4:00pm	<i>24</i>	<i>25</i> Med Travel	<i>26</i>	<i>27</i> Integrative Therapist 8:30-3:30pm	<i>28</i>
<i>29</i>	<i>30</i> Counsellor 1:00-4:00pm	<i>31</i>				

COUNSELLING

MON, JAN 9, 16, 23 & 30th

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.



DENTAL THERAPIST



MON, JAN 23rd

10:30am-3pm

TUE, JAN 24th

10:30-3pm

Xat'sūll Health Station

The services offered are:

- cleanings
- fillings
- extraction
- exams
- X-rays
- referrals.

Please contact Health at 250-989-2355
to book an appointment.



INTEGRATIVE THERAPY

THUR, JAN 5 & FRI, JAN 13, 20 & 27th

8:30-3:30 pm

Xatśūll Health Station

Creating wellness and healing trauma can be an 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



BOUT 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.





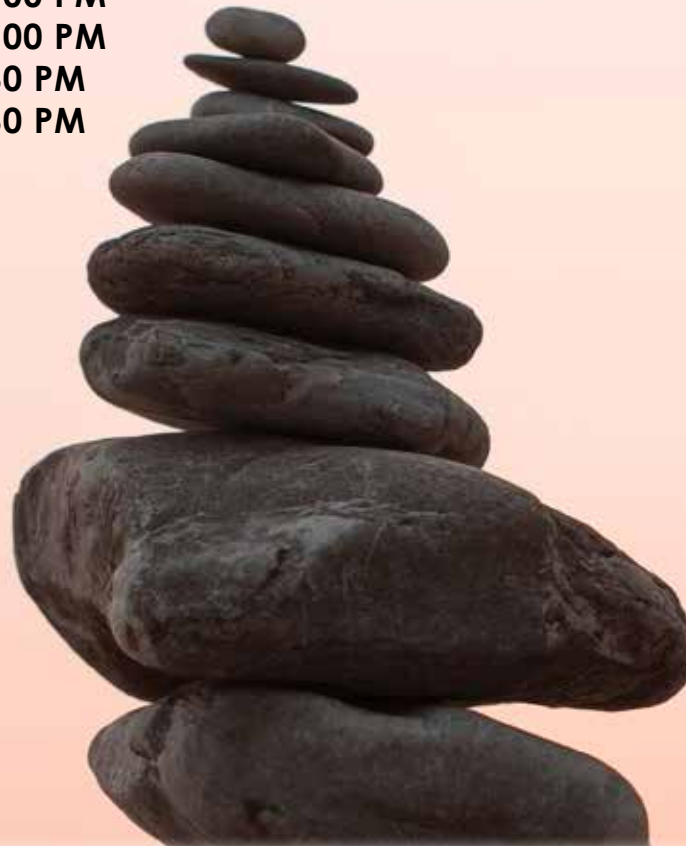
MASSAGE

WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

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.



SPANISH MOUNTAIN GOLD MEETING

There will be a Spanish Mountain Gold meeting on:

Jan. 11, 2023

Doors open at 5:30 p.m

Meeting starts at 6 p.m & ends at 8 p.m.

Supper will be provided

Rides will be provided call Jessie to book a ride at 250-989-2323 ext. 120

You can join by Zoom using this link:

<https://us02web.zoom.us/j/81045232289>

Contact Mike at 250-989-2323 ext. 160 for more info or email mining@xatsull.com

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	3		1		4		6	7

EASY PUZZLE

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9					8			4
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MEDIUM PUZZLE

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	3			5		1		
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HARD PUZZLE

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VERY HARD PUZZLE

PUZZLE

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

EASY SOLUTION

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8	5	2	1	7	9	3	4	6
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MEDIUM SOLUTION

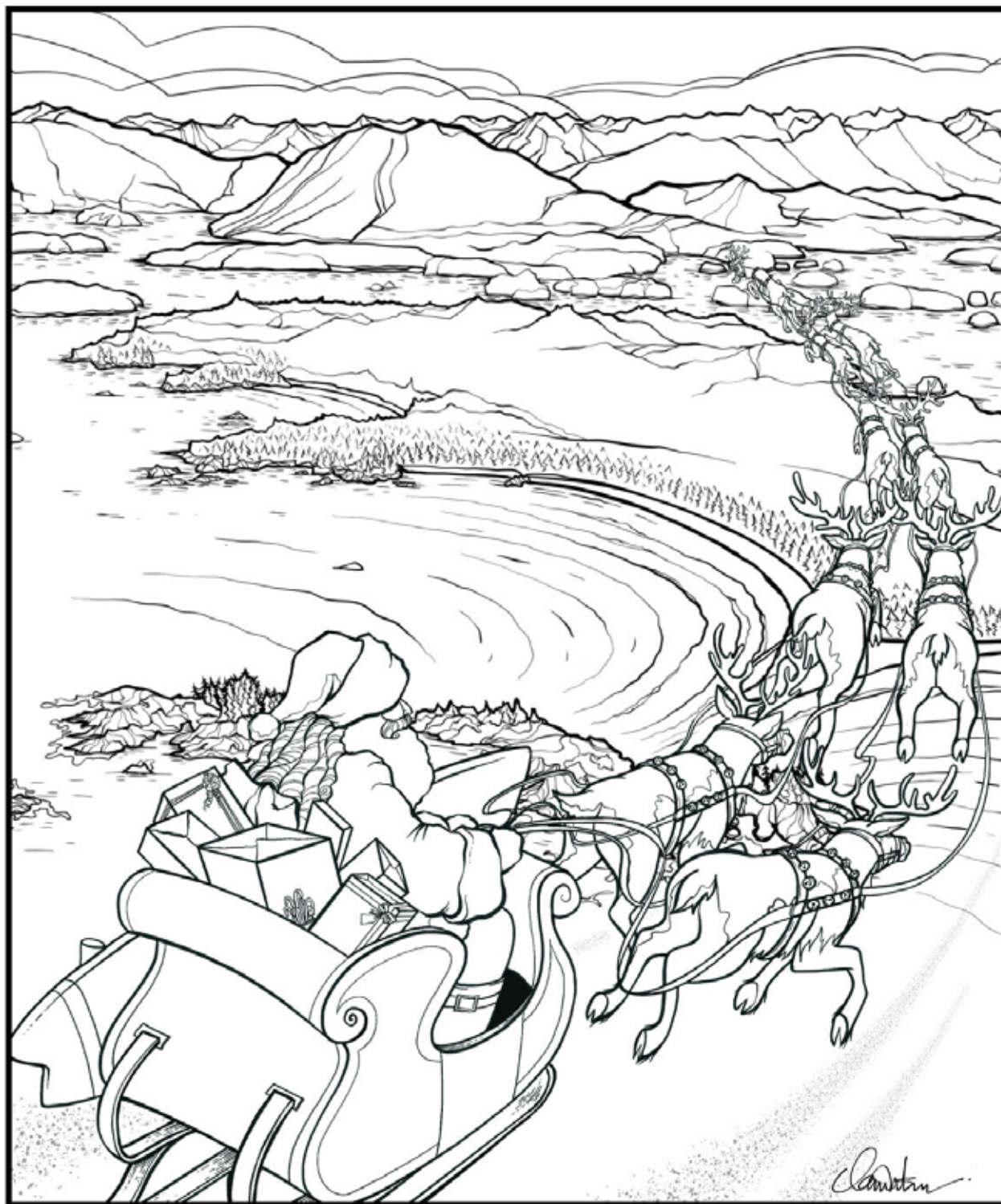
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1	7	4	3	9	8	2	6	5
2	8	3	7	6	5	4	9	1
4	6	5	1	8	3	9	2	7
8	3	7	2	5	9	1	4	6
9	1	2	6	7	4	3	5	8

HARD SOLUTION

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

VERY HARD SOLUTION

HAPPY HOLIDAYS - COLOURING PAGE



CLAIRE WATSON ILLUSTRATION | www.clairewatson.com | [f](#) [i](#) [t](#) [@clairewatsonart](#)

2023 INFLATION DISBURSEMENT

A \$400 disbursement will be available
for all members age 16 and over by the end of January.

In order to receive the disbursement, please email
disbursement@xatsull.com with the following information
(applications close Jan. 13, 2023):

Full legal name (mandatory):

Status Card # (mandatory):

Birth Date (mandatory):

Mailing Address (mandatory):

Cell Phone Number:

Home Phone Number:

Email:

Please ensure the
information is
accurate and up
to date to ensure
you receive your
cheque. During the
last disbursement,
multiple cheques
were returned.

By providing your cell phone and/or email, you are consenting to
Xatsùll First Nation contacting you on those for future programs and
notices. Additionally, if you don't have a login for the members-only
section of the website, we will use this email to create one for you to
ensure you can access members-only information. Please ensure that
the cell phone and email provided are specific to you. Our privacy
policy can be found on xatsull.com.

If you do not use email, please mail or drop off the
information to our office (no phone calls accepted):

Attn: Disbursement

3405 Mountain House Road

Williams Lake BC V2G 5L5

Note: please inform any Band Members who you think
may be unaware of this opportunity.

**APPLICATION
REQUIRED**