



# Fraser River Run

Monthly newsletter of Xats'ull First Nation



## HUNTING CAMP AT GAVIN LAKE

Xats'ull First Nation families enjoyed attending this years hunting camp at Gavin Lake.

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Pellc7ell7úllcwten (entering winter homes month) - November 2023



## Hunting Camp at Gavin Lake

The Xat'sull First Nation families enjoyed being at this year's Hunting Camp at Gavin Lake. The children really loved connecting with other family members and playing outside. The cook and cook's

helper were amazing. The food was delicious. Everybody loved having a campfire for two nights with smores. For many it was the first fire of the year because of fire bans we had this summer. The

children were entertained by the paper airplanes that were created all weekend. Overall it was such a nice time to unplug and spend time in nature.





## Xat'sull Member Kelly William Exploring the Vancouver Film Festival

Kelly William had a chance to explore the 2023 Vancouver Film Festival. He said that he was fortunate enough to meet and connect with Actors, Directors, Producers and Filmmakers. He was able to have dinners with individuals who are now part of his film team that he will be working with in the future.

The above photo shows the actors Carmen Moore and Simon Baker,

who you would know from the movie 'Smoke Signals'. 'Hey Viktor', was a mockumentary feature, which included the original cast of Smoke Signals. After watching the film 'Hey Viktor', Kelly was able to connect with both of them. Simon, himself, advised Kelly to reach out to him through Instagram because they are always looking for new actors and new faces in the industry.

Kelly met Grace Dove, a prominent actress who is known from the films 'The Revenant', 'Bones Of Crows' and 'Monkey Beach', at the Vancouver Film Festival. Kelly was lucky enough to spend an entire evening with Grace, socializing, playing fooseball and tee-ball. The two met last year at the opening of the Vancouver International Film Festival feature 'Bones Of Crows'.





# Jennifer Stinson, Social Development Manager

604-872-1234 available 24/7

-BC – 211

(Volunteers can help with getting groceries, medication, and staying connected.)

-First Nations Health Authority  
1-866-913-0033

-Aboriginal Victim Services  
250-305-2350 or 250-392-7361

(Noella Williams – Program Manager/  
Jodie Sellars Emergency Abuse  
Worker ‘Ext. 202’/Marty Camping  
Counsellor).

The second workshop was on  
Substance Abuse and Domestic  
Violence. Domestic Violence Facts  
are:

-1 in 3 teens in Canada has experienced  
some form of abuse in their romantic  
relationships.

-Research shows that violent incidents  
are two and half times more likely  
to be committed against Aboriginal  
Canadians aged 15 to 34.

-Girls between the ages of 11 to 17 are  
at highest risk of sexual assaults.

-Violent behavior in youth usually  
starts between the ages of 12-18.

A GOOD RELATIONSHIP is  
when someone ACCEPTS your  
Past SUPPORTS your Present &  
ENCOURAGES your future.

In substance abuse & mental health  
1 in 5 Canadians experience a mental  
illness in any given year.

Young people aged 15 to 24 are more  
likely to experience mental illness/  
substances use disorders than any  
other age group.

Men have higher rates of substance  
use disorders, where women have

higher rates of mood and anxiety  
disorders.

People with a mental illness are twice  
as likely to have a substance use  
disorder.

People with a substance use disorder  
are up to three times more likely to  
have a mental illness.

Here are some resources in and  
around Williams Lake that can help  
with substance abuse and mental  
health.

-Canadian Mental Health  
250-398-8220

-Gateway Crisis Stabilization Unit  
250-392-8261

Mental Health & Addiction  
250-392-1483

-Youth & Family Mental Health  
250-3984963

-All Nations Wellness Center FNHA  
778-41-0405

-Cariboo Friendship Society  
250-39-6831

-Adult & Teen Challenge BC  
1-888-575-3930

I would like to give a huge thank you  
to the caterers Darian Philbrick and  
Audrey Sellars for the delicious food  
we had on both workshops.

Hi everyone,

In the past months, we had three  
workshops, with Noella Williams,  
Jodie Sellars, Marty Camping  
of Aboriginal Victim Services  
with NSTC and myself. The first  
workshop was on Elder’s Abuse.  
The abuse of seniors is a major issue.  
Abuse means an action, or deliberate  
behavior, by a person(s) in a position  
of trust, such as an adult child, family  
member, friend, or care giver, that  
causes an elder, physical, emotional,  
or mental harm; Damage to, or loss  
of, assets or property. Many of these  
abuses are criminal offences under  
the Criminal Code of Canada, such  
as Theft, Forgery, Extortion, Assault,  
Intimidation, Threats, and Failure  
to Provide the Necessities of Life.  
Very few criminal offences against  
seniors are brought to the Criminal  
Justice System. 61,000 seniors in BC  
experience abuse.

The main reason for abuse is the use  
of power and control by one person  
over another.

Where to call if you are experiencing  
abuse:

-RCMP – 911

-Seniors abuse and information line  
Toll Free 1-866-437-1940 or  
604-437-1940

Available 8 a.m. daily (except  
holidays)

-Seniors Distress Line



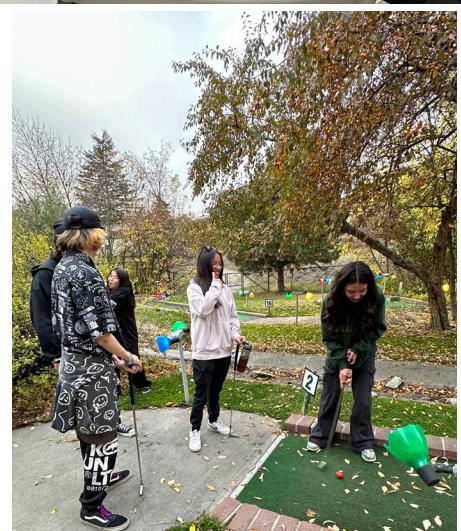
## Dionne Phillips & Keegan Follack Youth Coordinators

October was all about being seasonal! We utilized pumpkins as much as possible, starting with the 6 – 12 year-olds making mini homemade pumpkin pies from scratch. During our pro-d day we, not only, carved pumpkins, but we painted them as well to mix it up. We took advantage of the warm weather while we still

had it, by taking the 12 – 19 year-olds mini golfing at Lakeside Motel. During one of our Youth Council meetings, we discussed attempting to participate in the 2024 Gathering of Voices in Victoria. The youth showed a lot of interest and excitement in this event where the tickets sell fast and are limited. Youth who regularly attend Youth Council meetings will have a higher chance of attending. We would like to thank anyone who took the time to fill out our all-ages event survey. The start time for this

program has changed because of it and we have tailored our events to what was filled out. We would like as many filled out as possible, so the survey is still available on our Xatsúll website or Facebook Page. Once you fill out the survey you have a chance to win a \$100 gift card.

We appreciate any feedback on our Youth programming, so feel free to email Dionne at [youthcoord@xatsull.com](mailto:youthcoord@xatsull.com) or Keegan at [youth@xatsull.com](mailto:youth@xatsull.com) with any questions.





# Xat’sull First Nation Guardian Program

The Xat’sull First Nation Guardian Program is nearing its field season’s end, after a successful few months. XFN Guardians were out on the land recording cultural depressions, berry patches, medicinal plants, and wildlife. This year we had a total of 12 Guardians, 4 of whom were summer students. This spring, they took part in training, including first aid and RISC – the RISC course taught the Guardians basic archeological site identification, survey, and recording skills. They also took part in Forest and

Range Evaluation Program field days with the Ministry of Forests where they monitored conditions in forestry cutblocks such as wildlife, watershed health, and cultural heritage. Some Guardians also took part in aquatic habitat restoration fieldwork at Hawks Creek, vegetation surveys for an ethnobotany study, soil classification surveys, and wildlife surveys. Though the 2023 operational season is winding down, we are looking forward to another field season in 2024 and will be working

hard over the winter months to ensure it is equally successful. If you are interested in the Guardians exploring a certain area of Xat’sull territory that has cultural significance, please email Natural Resource Coordinator Ksenia at [nrcoordinator@xatsull.com](mailto:nrcoordinator@xatsull.com) and we will do our best to include the location in next year’s fieldwork plan. Additionally, if you are interested in learning more about joining our Guardian team, please email the Manager of Natural Resources at [nrmanager@xatsull.com](mailto:nrmanager@xatsull.com) or call our office at 250-989-2323.



# Removal of the Soda Creek Church

The Soda Creek Church is situated in a landslide risk area. The roof is close, due to collapsing and asbestos has been detected in the structure. These details were discussed with Elders and Soda Creek residents at a meeting held on October 10, 2023. A

ceremony will be held at the Soda Creek Church site on Wednesday November 1, 2023 at 12 noon, prior to the removal of the structure. All Xat'sull First Nation community members are invited to attend the ceremony. Please contact reception if you require

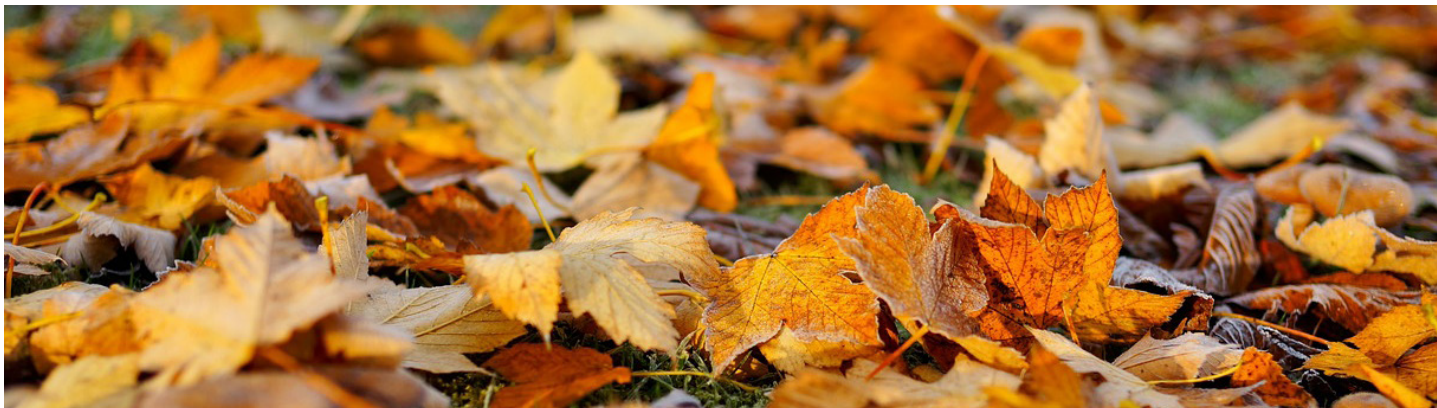
transportation in order to attend. The Church will be removed on November 6th and 7th, 2023. A memorial cenotaph with a picture of the church will be constructed, to commemorate the members who worshipped there.



# Locating Unmarked Graves

A radar ground penetrator will be visiting Xat'sull First Nation soon. The reason for this visit is to locate unmarked graves at the Soda Creek grave yard. The graves located will be marked and honored with a cross.





# NOVEMBER

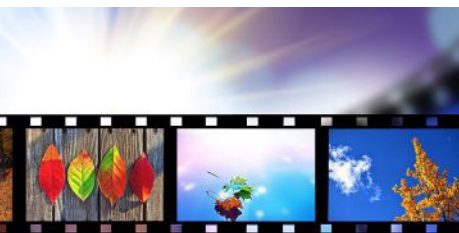
## COMMUNITY CALENDAR

### WEDNESDAY NOV. 1

HEALTH

#### MASSAGE

DATE: Wednesday, November 1, 2023  
TIME: 9 a.m. - 4 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355



YOUTH

#### MOVIE THEATRE

DATE: Wednesday, November 1, 2023  
TIME: 7 - 9 p.m.  
LOCATION: Head Start  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

### THURSDAY NOV. 2



YOUTH

#### BEADING EARRINGS

DATE: Thursday, November 2, 2023  
TIME: 4:45 - 6:45 p.m.  
LOCATION: Head Start  
INFO: all ages  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

### FRIDAY NOV. 3

YOUTH

#### MOVIE NIGHT

DATE: Friday, November 3, 2023  
TIME: 5:15 - 8 p.m.  
LOCATION: Gym  
INFO: Movie: Birds of Prey  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

### MONDAY NOV. 6

HEALTH

#### COUNSELLING

DATE: Monday, November 6, 2023  
TIME: 1 - 3 p.m.  
LOCATION: Health  
CONTACT: For an appointment with Bill call 250-267-3034

HEALTH

#### CHILD/YOUTH CLINICIAN

DATE: Monday, November 6, 2023  
TIME: 10 a.m. - 4 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355

YOUTH

#### MINI DRUM MAKING

DATE: Monday, November 6, 2023  
TIME: 5 - 8 p.m. LOCATION: Head Start  
INFO: Ages 13-29  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com



**TUESDAY NOV. 7**

COMMUNITY

**FOOD BANK**

DATE: Tuesday, November 7, 2023  
 TIME: 9 - 10:30 a.m.  
 LOCATION: Band Office

HEALTH

**CULTURAL NIGHT**

DATE: Tuesday, November 7, 2023  
 TIME: 3 - 6 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

YOUTH

**STRING CRAFTS**

DATE: Tuesday, November 7, 2023  
 TIME: 4:30 - 6:30 p.m.  
 LOCATION: Head Start  
 INFO: Ages 6-12  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**WEDNESDAY NOV. 8**

HEALTH

**MASSAGE**

DATE: Wednesday, November 8, 2023  
 TIME: 9 a.m. - 4 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

YOUTH

**YOUTH COUNCIL**

DATE: Wednesday, November 8, 2023  
 TIME: 6 - 8 p.m.  
 LOCATION: Head Start  
 INFO: Ages 12-18  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**THURSDAY NOV. 9**

YOUTH

**BOARD GAMES**

DATE: Thursday, November 9, 2023  
 TIME: 4:45 - 6:45 p.m.  
 LOCATION: Head Start  
 INFO: all ages  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**FRIDAY NOV. 10**

YOUTH

**MOVIE NIGHT**

DATE: Friday, November 10, 2023  
 TIME: 5:15 - 8 p.m.  
 LOCATION: Gym  
 INFO: Movie: John Tucker Must Die  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

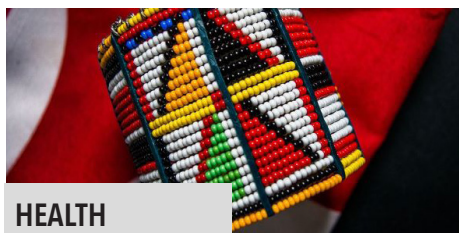
**MONDAY NOV. 13**

BAND OFFICE

**CLOSURE**

DATE: Monday, November 13, 2023

**TUESDAY NOV. 14**



HEALTH

**CULTURAL NIGHT**

DATE: Tuesday, November 14, 2023  
 TIME: 3 - 6 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

COMMUNITY

**FOOD BANK**

DATE: Tuesday, November 14, 2023  
 TIME: 9 - 10:30 a.m.  
 LOCATION: Band Office

YOUTH

**CLAY PROJECTS**

DATE: Tuesday, November 14, 2023  
 TIME: 4:30 - 6:30 p.m.  
 LOCATION: Head Start  
 INFO: Ages 6-12  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**WEDNESDAY NOV. 15**



HEALTH

**ELDER'S FOOT CARE**

DATE: Wednesday, November 15, 2023  
 TIME: 9 a.m. - 4:30 p.m.  
 LOCATION: Home Appointments  
 CONTACT: Health at 250-989-2355

HEALTH

**MASSAGE**

DATE: Wednesday, November 15, 2023  
 TIME: 9 a.m. - 4 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

YOUTH

**BOWLING**

DATE: Wednesday, November 15, 2023  
 TIME: 7 - 9 p.m.  
 LOCATION: Bowling Alley Williams Lake  
 INFO: Ages 12-18  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

# CALENDAR

SOC.DEV.

## SA DAY

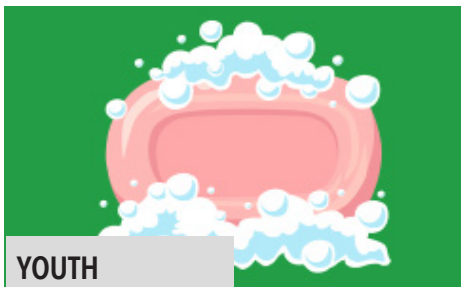
DATE: Wednesday, November 15, 2023  
CONTACT: jennifer at socdev@xatsull.com

## THURSDAY NOV. 16

HEALTH

## NURSE PRACTITIONER

DATE: Thursday, November 16, 2023  
TIME: 10 a.m. - 12 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355



YOUTH

## SOAP MAKING

DATE: Thursday, November 16, 2023  
TIME: 4:45 - 6:45 p.m.  
LOCATION: Head Start  
INFO: all ages  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

## FRIDAY NOV. 17

YOUTH

## MOVIE NIGHT

DATE: Friday, November 17, 2023  
TIME: 5:15 - 8 p.m.  
LOCATION: Gym  
INFO: Movie: Elemental  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

## MONDAY NOV. 20

YOUTH

## PRO D DAY

DATE: Monday, November 20, 2023  
TIME: 8:30 a.m. - 4:30 p.m.  
LOCATION: Head Start  
INFO: Ages 6-12  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

HEALTH

## CHILD/YOUTH CLINICIAN

DATE: Monday, November 20, 2023  
TIME: 10 a.m. - 4 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355

HEALTH

## COUNSELLING

DATE: Monday, November 20, 2023  
TIME: 1 p.m. - 3 p.m.  
LOCATION: Health  
CONTACT: For an appointment with Bill call 250-267-3034

## TUESDAY NOV. 21

COMMUNITY

## FOOD BANK

DATE: Tuesday, November 21, 2023  
TIME: 9 - 10:30 a.m.  
LOCATION: Band Office

HEALTH

## CULTURAL NIGHT

DATE: Tuesday, November 21, 2023  
TIME: 3 - 6 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355

YOUTH

## LASER TAG

DATE: Tuesday, November 21, 2023  
TIME: 4:30 - 6:30 p.m.  
LOCATION: Gym  
INFO: Ages 6-12  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

## WEDNESDAY NOV. 22

HEALTH

## MASSAGE

DATE: Wednesday, November 22, 2023  
TIME: 9 a.m. - 4 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355

HEALTH

## PHYSIOTHERAPY

DATE: Wednesday, November 22, 2023  
TIME: 9 a.m. - 4 p.m.  
LOCATION: Health  
CONTACT: Health at 250-989-2355



YOUTH

## YOUTH COUNCIL

DATE: Wednesday, November 22, 2023  
TIME: 6 - 8 p.m.  
LOCATION: Head Start  
INFO: Ages 12-18  
CONTACT: Keegan : youth@xatsull.com  
Dionne: youthcoord@xatsull.com

**THURSDAY NOV. 23**

YOUTH

**FLOOR HOCKEY**

DATE: Thursday, November 23, 2023  
 TIME: 4:45 - 6:45 p.m.  
 LOCATION: Gym  
 INFO: all ages  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

YOUTH

**MOVIE NIGHT**

DATE: Friday, November 24, 2023  
 TIME: 5:15 - 8 p.m.  
 LOCATION: Gym  
 INFO: Movie: Clueless  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**FRIDAY NOV. 24**

YOUTH

**MOVIE NIGHT**

DATE: Friday, November 24, 2023  
 TIME: 5:15 - 8 p.m.  
 LOCATION: Gym  
 INFO: Movie: Clueless  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**MONDAY NOV. 27**

HEALTH

**CHILD/YOUTH CLINICIAN**

DATE: Monday, November 27, 2023  
 TIME: 10 a.m. - 4 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

**TUESDAY NOV. 28**

COMMUNITY

**FOOD BANK**

DATE: Tuesday, November 28, 2023  
 TIME: 9 - 10:30 a.m.  
 LOCATION: Band Office

HEALTH

**CULTURAL NIGHT**

DATE: Tuesday, November 28, 2023  
 TIME: 3 - 6 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

YOUTH

**BAKING**

DATE: Tuesday, November 28, 2023  
 TIME: 4:30 - 6:30 p.m.  
 LOCATION: Head Start  
 INFO: Ages 6-12  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**WEDNESDAY NOV. 29**

HEALTH

**MASSAGE**

DATE: Wednesday, November 29, 2023  
 TIME: 9 a.m. - 4 p.m.  
 LOCATION: Health  
 CONTACT: Health at 250-989-2355

YOUTH

**BINGO**

DATE: Wednesday, November 29, 2023  
 TIME: 6 - 8 p.m.  
 LOCATION: Head Start  
 INFO: Ages 12-18  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**THURSDAY NOV. 30**

YOUTH

**GARAGE SALE**

DATE: Thursday, November 30, 2023  
 TIME: 4:45 - 6:45 p.m.  
 LOCATION: Gym  
 INFO: all ages  
 CONTACT: Keegan : youth@xatsull.com  
 Dionne: youthcoord@xatsull.com

**EVENT CONTACTS**

SOCIAL DEVELOPMENT

Jennifer Stinson  
 Social Development Manager  
 P: 250-989-2323 ext. 102  
 socdev@xatsull.com

YOUTH

Dionne Phillips  
 Youth Coordinator  
 youthcoord@xatsull.com  
 Keegan Follack  
 Youth Coordinator  
 youth@xatsull.com

HEALTH

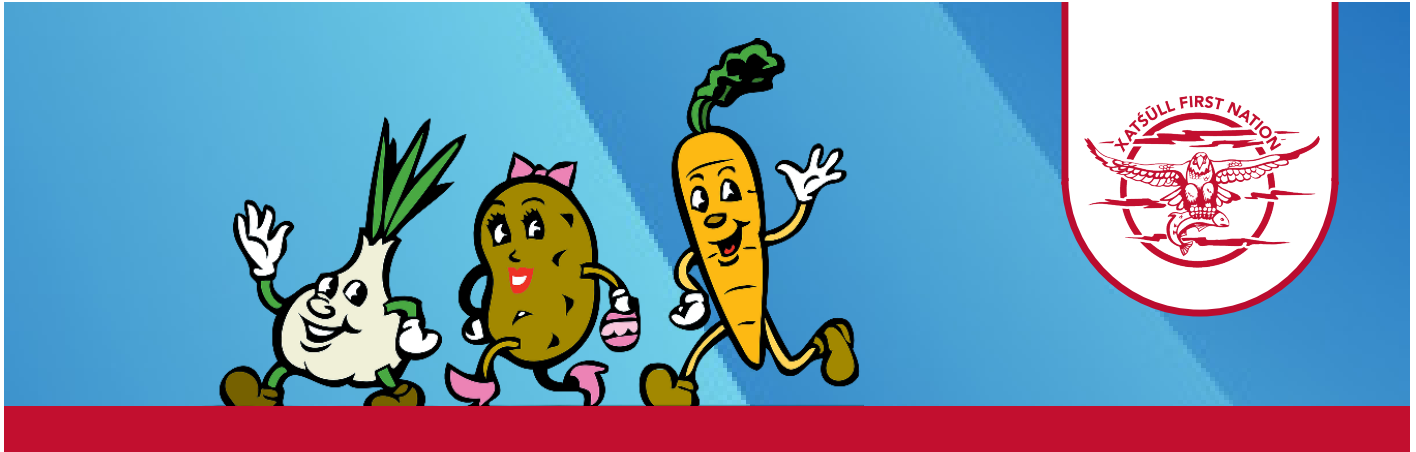
Lindsay McMillan  
 Health Receptionist  
 P: 250-989-2355  
 healthadmin@xatsull.com

COMMUNICATIONS

Dina Stephenson  
 Communications Coordinator  
 P: 250-989-2323 ext. 115  
 commcoord@xatsull.com

TRANSPORTATION

Health Reception  
 P: 250-989-2355  
 healthreception@xatsull.com  
 Jessie Hunlin  
 Event Transportation  
 P: 250-989-2323 ext.120  
 treaty.nr@xatsull.com



# FOOD BANK

The food bank will be open to members **every Tuesday** from **9:00 to 10:30 a.m.**

- Bring your own bags.
- Families of three or fewer are permitted to take up to two bags per week.
- Families of four or more are permitted to take up to four bags only per week.
- Andrea Gilbert and Jessie Hunlin will be operating the food bank.