



# Fraser River Run

Monthly newsletter of Xatsūll First Nation



## **XATSŪLL TO BUILD A NEW FOUR PLEX IN SODA CREEK**

Xatsūll First Nation is starting a new project to build a four plex at Lot 3 Townsite Road in Soda Creek.

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## Blanketing Celebration

Weytk-p,  
Jennifer Phillips ren skwest.  
Xatsúll ren stllekwen ell Cmetem  
mumtwin.

(Hello everyone, my name is Jennifer Phillips. I come from Soda Creek and I work at Deep Creek). I wanted to share with you about the Blanketing Ceremony in honour of the past Chief, Sheri Sellars and Council Mike Stinson & Crystal Rain Harry.

Joanne Moiese and Bev Sellars were the MCs for the celebration. Joanne explained the history of the blanketing ceremony, sharing how the community would gather to honour the individual who was being gifted a blanket for their service and being recognized for their sacrifices of time away from their families. Joanne designed all

three blankets and explained the way the colour and patterns were chosen for each blanket. Stunning work Joanne! I am in awe of the craftsmanship, the detail, and above all, the dedication you have to all the hard work.

Bev Sellars, shares the history of the Department of Indian Affairs and the Indian Act. Bev mentioned the prophecy of the seven generations and how what we do today will affect the upcoming community and families. Bev also spoke of the task of being a leader and the trials and tribulations which arise from being a leader. It takes a great deal of commitment to be a member of Chief and Council and as a community member, I honestly can say I don't see behind the scenes of all the work and the long hours

that are put in. A lot of time! I am sure it goes unrecognized. For our community to heal, we need to hold one another up and see the good. I know I am an eternal optimist. I hope and pray we can hold more ceremonies in Xatsúllemc ell Secwépemculucw (Soda Creek People and Shuswap Land). Kuksts'etsemc to the drummers and singers that came, and the cooks Darian and Tamara. To the individuals who went out and gathered the cedar, beautiful medicine. So grateful for all who attended the event and those in spirit.

Sle7s te sewecs (it's all good)  
All of My Relations,  
Jennifer Phillips







## Xat'sull to build a new Four Plex in Soda Creek

Xat'sull First Nation is starting a new project to build a four plex at Lot 3 Xat'sull Townsite Road in Soda Creek.

Each of the four units in the fourplex will be 1260 square feet with three bedrooms. Kúkpí7 Rhonda Phillips commented, on behalf of Chief and Council, that “Our members have made it clear that they would like

to see more housing in the Housing Study and throughout the Strategic Planning process. We are working hard to meet housing needs and are committed to adding more houses in the community.”

Ground preparation is planned for Sept. 12, 2023 (weather permitting). The project is scheduled to reach lock-up by mid-winter and

completion by late spring 2024.

Xat'sull is currently in the process of completing a housing and a new subdivision feasibility study. Further details on those will be shared once they are finalized.

For any questions, please contact Housing Manager Simon Bett at [housing@xatsull.com](mailto:housing@xatsull.com) or 250-989-2323 ext. 103.



Location of new four plex



Breaking ground





## Summer Youth Program wraps up!

The summer ended so quickly. We are glad that this program was so much fun and that we had a great group of kids that came out and enjoyed the events that we put on. We had plenty of fun at the centre with water gun painting, tie dye and board games played every day. We got to go on a couple of out-of-town trips, including going to the park and pool in Quesnel and up to

Barkerville. In Barkerville, the kids got to gold pan, ride the stagecoach and get an old-time picture. We also managed to make the most of the sunny days and spent some time at the park in town and at the culvert. Kyé7e Minnie even came in to teach Secwépemc and we kept practicing our counting for the last few weeks. We were glad to have Angel help

out this summer and we know the kids liked her story times. We hope everyone is enjoying their time back at school and we are looking forward to all the youth events we have planned in the upcoming months!

For questions about the Youth events, please email Dionne at [youthcoord@xatsull.com](mailto:youthcoord@xatsull.com) or Keegan at [youth@xatsull.com](mailto:youth@xatsull.com).











## Salmon Sampling 2023

The 2023 Salmon Sampling event was held on the beautiful evening of August 30 this year and although we were not able to catch any fish to sample, it was a great opportunity for Gibraltar staff and Xatsúll Community members to get together. The program started in 2016 and was designed to provide Xatsúll and local communities with information on

the safety of consuming salmon from the traditional fishing spots along the Fraser River. The salmon are tested for a variety of different metals and the levels they may contain. At this year's event, we hosted a BBQ along with a few different children's activities, and a presentation about salmon sampling. The turnout was great, and Gibraltar would like to give

a special thank you to the Xatsúll Heritage Village and community for hosting us. It was a fun-filled evening with lots of laughs and great conversations and we look forward to doing it again next year. Kukwstec-kuc.

All my relations,  
Crystal Wells, Sr Coordinator  
Indigenous Relations, Taseko  
Gibralta.











# OCTOBER

## COMMUNITY CALENDAR

### TUESDAY OCT. 3

SOCIAL DEV.

#### S.A.G.E.

**DATE:** Tuesday, Oct. 3 and 4 , 2023  
**TIME:** 9 a.m. - 3 p.m.  
**LOCATION:** Williams Lake  
**INFO:** at S.A.G.E. Trainers/Four Winds Feathers. For Income Assistant Clients only  
**CONTACT:** Yvonne Funk/Jenna Rich 250-398-7137



COMMUNITY

#### FOOD BANK

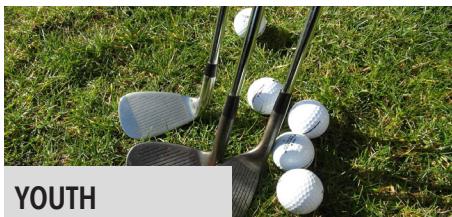
**DATE:** Tuesday, Oct. 3, 2023  
**TIME:** 9 - 10 a.m.  
**LOCATION:** Back of main office  
**CONTACT:** Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120

YOUTH

#### MAKING PUMPKIN PIE

**DATE:** Tuesday, Oct. 3, 2023  
**TIME:** 4:30-6:30 p.m.  
**LOCATION:** Head Start  
**INFO:** ages 6-12  
**CONTACT:** Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### WEDNESDAY OCT. 4



YOUTH

#### GOLFING

**DATE:** Wednesday, Oct. 4, 2023  
**TIME:** starting at 5:30 p.m.  
**LOCATION:** Coyote Rock, Williams Lake  
**INFO:** all ages  
**CONTACT:** Keegan at youth@xatsull.com,  
Dionne at youthcoord@xatsull.com

### THURSDAY OCT. 5



SOCIAL DEV.

#### SUBSTANCE ABUSE WS

**DATE:** Thursday, Oct. 5, 2023  
**TIME:** 9 - 10 a.m.  
**LOCATION:** Health Boardroom  
**INFO:** Dinner and Door Prizes  
**CONTACT:** Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120

### TUESDAY OCT. 10

COMMUNITY

#### FOOD BANK

**DATE:** Tuesday, Oct. 10, 2023  
**TIME:** 9 - 10 a.m.  
**LOCATION:** Back of main office  
**CONTACT:** Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120



YOUTH

**LEAF PROJECTS**

**DATE:** Tuesday, Oct. 10, 2023  
**TIME:** 4:30 - 6:30 p.m.  
**LOCATION:** Head Start  
**INFO:** ages 6-12  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

**WEDNESDAY OCT. 11**

YOUTH

**YOUTH COUNCIL**

**DATE:** Wednesday, Oct. 11, 2023  
**TIME:** 6 - 8 p.m.  
**LOCATION:** Head Start  
**INFO:** ages 12-18  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

HEALTH

**PHYSIOTHERAPY**

**DATE:** Wednesday, Oct. 11, 2023  
**TIME:** 9 a.m. - 12 p.m.  
**LOCATION:** Health

**THURSDAY OCT. 12**



YOUTH

**BASKETBALL**

**DATE:** Thursday, Oct. 12, 2023  
**TIME:** 5 - 7 p.m.  
**LOCATION:** Gym  
**INFO:** all ages  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

**FRIDAY OCT. 13**

YOUTH

**MOVIE NIGHT**

**DATE:** Friday, Oct. 13, 2023  
**TIME:** 5:15 - 8 p.m.  
**LOCATION:** Gym  
**INFO:** all ages , Movie: Scream  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

**MONDAY OCT. 16**

HEALTH

**COUNSELLING**

**DATE:** Monday, Oct. 16, 2023  
**TIME:** 1 - 4 p.m.  
**LOCATION:** Health  
**INFO:** Open to all band and community members  
**CONTACT:** For appointment with Bill call 250-267-3034

**TUESDAY OCT. 17**

COMMUNITY

**FOOD BANK**

**DATE:** Tuesday, Oct. 17, 2023  
**TIME:** 9 a.m. - 4:30 a.m.  
**LOCATION:** Home visit  
**CONTACT:** Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120

YOUTH

**HALLOWEEN CRAFTS**

**DATE:** Tuesday, Oct. 17, 2023  
**TIME:** 4:30 - 6:30 p.m.  
**LOCATION:** Head Start  
**INFO:** ages 6-12  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

HEALTH

**ELDER'S FOOT CARE**

**DATE:** Tuesday, Oct. 17, 2023  
**TIME:** 9 a.m. - 4:30 p.m.  
**LOCATION:** Health  
**INFO:** office visit  
**CONTACT:** by appointment only

**WEDNESDAY OCT. 18**

YOUTH

**DIP NET MAKING**

**DATE:** Wednesday, Oct. 18, 2023  
**TIME:** 5:30 - 7:30 p.m.  
**LOCATION:** Head Start  
**INFO:** ages 12-18  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com

HEALTH

**ELDER'S FOOT CARE**

**DATE:** Wednesday, Oct. 18, 2023  
**TIME:** 5 - 7 p.m.  
**LOCATION:** Head Start  
**INFO:** all ages  
**CONTACT:** by appointment only

SOCIAL DEV.

**SA DAY**

**DATE:** Wednesday, Oct. 18, 2023  
**CONTACT:** jennifer at socdev@xatsull.com

**THURSDAY OCT. 19**

YOUTH

**PAINTING NIGHT**

**DATE:** Thursday, Oct. 19, 2023  
**TIME:** 5 - 7 p.m.  
**LOCATION:** Head Start  
**INFO:** all ages  
**CONTACT:** Keegan at youth@xatsull.com  
 Dionne at youthcoord@xatsull.com



## CALENDAR

### MONDAY OCT. 23

#### HEALTH

#### COUNSELLING

DATE: Monday, Oct. 23, 2023

TIME: 1 - 4 p.m.

LOCATION: Health

INFO: Open to all band and community members

CONTACT: For appointment with Bill call 250-267-3034



#### YOUTH

#### ARCHERY

DATE: Monday, Oct. 23, 2023

TIME: 5:30 - 7:30 p.m.

LOCATION: Outside the Band Office

INFO: ages 19-29

CONTACT: Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### TUESDAY OCT. 24

#### COMMUNITY

#### FOOD BANK

DATE: Tuesday, Oct. 24, 2023

TIME: 9 - 10 a.m.

LOCATION: Back of main office

CONTACT: Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120

#### YOUTH

#### HAUNTED HOUSE

DATE: Tuesday, Oct. 24, 2023

TIME: 4:30 - 6:30 p.m.

LOCATION: Head Start

INFO: ages 6-12

CONTACT: Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### THURSDAY OCT. 26

#### YOUTH

#### KICKBALL

TIME: 5 - 7 p.m.

LOCATION: Gym

INFO: all ages

CONTACT: Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### FRIDAY OCT. 27

#### YOUTH

#### MOVIE NIGHT

DATE: Friday, Oct. 27, 2023

TIME: 5:15 - 8 p.m.

LOCATION: Gym

INFO: all ages. Movie: Coraline

CONTACT: Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### MONDAY OCT. 30

#### HEALTH

#### COUNSELLING

DATE: Monday, Oct. 30, 2023

TIME: 1 - 4 p.m.

LOCATION: Health

INFO: Open to all band and community members

CONTACT: For appointment with Bill call 250-267-3034

#### YOUTH

#### MANI/PEDI

DATE: Monday, Oct. 30, 2023

TIME: starting at 5:30 p.m.

LOCATION: Head Start

INFO: ages 19-29

CONTACT: Keegan at youth@xatsull.com  
Dionne at youthcoord@xatsull.com

### TUESDAY OCT. 31

#### COMMUNITY

#### FOOD BANK

DATE: Tuesday October 31, 2023

TIME: 9 - 10 a.m.

LOCATION: Back of main office

CONTACT: Jennifer at socdev@xatsull.com, Jessie at 250-989-2323 ext 120

### 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 Reception

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





## SHARING KNOWLEDGE ABOUT PLANTS

The Xats'ull First Nation Natural Resources Department (NRD) and Xats'ull Tmicw Resources (XTR LLP) are conducting an Ethnobotany Study in relation to the Ministry of Transportation and Infrastructure (MoTI) Cariboo Roads Recovery Projects.

Interviews will take place on **October 5 and 6** at the NRD office. Interviews typically take about one hour and participants will be asked about the types of plants they are gathering and their uses.

**\$150 honorarium and refreshments are provided.**

Interested participants should contact Natural Resources Coordinator, Ksenia Kolodka at [nrcoordinator@xatsull.com](mailto:nrcoordinator@xatsull.com) or 250-989-2323 ext. 122.





# NEW MOBILE APP

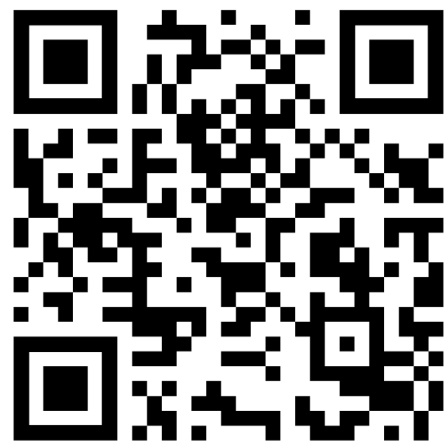
All Xatsūll First Nation Band Members are invited to join the new Xatsūll mobile app.

The app has all our upcoming events, notices, resources and applications as well as documents available Band Members.

It is completely free.

To download it, simply scan this QR code or search for "Hawks Communications" in the app store!

There will be a \$100 gift card draw for any members who are signed up on the app by Oct. 15.







# MOBILE APP USER GUIDE



## How to install the Xatsūll Mobile app:

1. Install the Hawks Communications app from your Google Play Store (Android) or the App Store (iPhone)
2. Launch the app and you will be directed to the login page. From here, click the **Request Account** button.
3. You will then be directed to a page to fill out your basic personal information. Fill out all the required fields and select the appropriate Nation/Organisation. Once complete, click **Submit**. After your account request has been approved by the administrator, you will receive an email notification that your account has been approved.
4. Click the link in the email to activate your account. If you have difficulty finding the approval email, check your junk or spam folders for an email from 'noreply@einsight.net'.

## How to set up your user profile:

1. At the bottom of the right corner of the main home page, click **Profile**. From here, you can upload a profile picture and update your profile information under the **My Profile** tab.
2. Click **My Settings** to view **Notifications** settings, **Privacy Policy**, or view our **User Agreement**.
3. Under the **Notifications** setting, you can select which features you would like to receive notifications for, like **Updates**, **Events**, **Resources**, or **Alerts**. The enabled notifications will appear in your app and can be found at the bottom of the home page under **Notifications**.





# ALL AGES YOUTH NIGHT SURVEY

The Xat'sul First Nation Youth Department has been hosting Youth Nights for all ages every Thursday night.

The department would like to know how it can better serve members during these All Ages nights and improve attendance. Please take a few minutes to answer the survey questions.

There will be a \$100 gift card draw amongst entries completed by Oct. 15.

You can complete the survey here:  
<https://shorturl.at/aemoW>



# LET'S TALK HEALTH



This is a notice to Xat'sūll First Nation Community Members, that we will have a "Let's Talk Health" Survey coming soon. We would like your input on health services that are currently offered and what could help our community from a health perspective. Your input matters.

There will be a chance to win a \$200 wellness basket for your survey entry. We appreciate your time and look forward to hearing from you.



### OPENING

# LIKELY XATSÜLL COMMUNITY FOREST BOARD DIRECTOR



**Xatsüll First Nation is seeking a Board Director for the Likely Xatsüll Community Forest.**

The Likely Xatsüll Community Forest is a collaboration of community members between Likely and Xatsüll First Nation in creating a model multi-use forest that ensures environmental quality, while creating economic opportunities.

#### **BOARD RESPONSIBILITIES:**

- Setting and reviewing policy for the organization;
- Protecting the interests of Xatsüll First Nation;
- Regular consultation and communication with and between the communities;
- Supporting quorum by regularly attending and actively participating in Board meetings;
- Supporting the financial health of the organization and approving the annual budget;
- Annually setting goals and objectives, producing an operational plan and providing strategic direction;
- Holding an AGM to review the annual financial statements and file the legally required returns to the appropriate Ministries to retain Non-Profit Organization (NPO) status;
- Reviewing and approving recommendations from ad hoc committees;
- Coordinating the work of the Board;
- Hiring and directing the General Manager and other contractual personnel as required;
- Maintaining active Membership in the British Columbia Community Forest Association (BCCFA);
- Meeting with other Community Forests for networking and educational development; and
- Reporting back to Xatsüll First Nation, Chief and Council.

#### **How To Apply**

Applications may be emailed to: [chiefexecasst@xatsull.com](mailto:chiefexecasst@xatsull.com)

Mailed to:

Attention: Chief Executive Assistant

Xatsüll First Nation

3405 Mountain House Road

Williams Lake, BC, V2G 5L5

**DEADLINE:** Open until filled.