



Xatśūll First Nation Community Services Update

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Weyt-kp Xwexweytep,

My name is Chylane Diablo (Sellars), and I am a proud member of the Xatśūll First Nation. My mother is Audrey Sellars, and my father is Bob Rankin. Mypaternal grandparents are Jim and Joan Rankin. My maternal grandparents are Marjorie Sellers-Cady and the late Stanely Hurst. My husband and I have two daughters, Ariya (14) and Saraya (4).

# New Chief Administrative Officer **Chylane Diablo**

I have lived in the unceded Territory of the Tk'emlúps te Secwepemc since 2013. This is where I attended Thompson Rivers University, pursuing my bachelor's degree. While attending TRU, I was quick to jumpstart my career by gaining invaluable work experience that lent well to my studies. Throughout my career, I have several management positions in both the Finance and Human Resource fields.

I am beyond excited and grateful to return home to my family and to serve my community. Connecting to culture and

learning Secwepemc my language, teachings, and traditions has been my priority these last few years. My goal is to bring these teachings into the role and oversight of our nation's operations, along with the Xatśūll First Nation vision and mission. If I am not working, you will find me in the hockey arena or the soccer field. I love watching my daughters play the sports that they love. Aside from this, I love to be on the land with my family, exploring, hunting, or fishina.

I look forward to meeting and reconnecting with the staff, family, and community.

## Williams Lake Forest Landscape Plan

The XFN Natural Resource Department has begun work on the new Williams Lake Forest Landscape Plan (FLP) in collaboration with the Ministry of Forests. The FLP combines land use planning with operational planning in the Williams Lake forest management area. The goals of the FLP are to identify where timber harvesting, road layouts, and other silviculture

activities will occur. There is also a growing concern about what impact the effects of climate change and increased wildfires will have in the area – this will also be addressed in the FLP. There will also be an opportunity to bring up potential environmental impacts of timber harvesting on the territory. The FLP will direct where and how forestry activities can occur.

If you have any questions or comments about the Williams Lake FLP, please contact Ksenia at nrcoordinator@xatsull.com.



#### Hi everyone, I cannot believe that it is April already, where did these past few months go.

Just a gentle reminder:

- Monthly Declaration Forms and household bills are due by Friday, April 12th, 2024.
- Household bills are due by April 12th, 2024. One can email me their household bills to socdev@xatsull.com . The cheques are mailed out and then

## **Jennifer Stinson,** Social Development Manager

it takes up to 2-3 weeks for the bill to be processed by the billing company. If we receive the bill after Tuesdays, then it won't be mailed out until the next cheque run, which takes up to 2-3 weeks for the bill to be processed by the billing company.

Updates in Social Development:

In light of the rising inflation in Canada since 2022, as well as to address hardships that Income Assistance clients are facing Indigenous Services Canada (ISC) will provide an additional Income Assistance funding. It is being provided to help ensure that First Nations individuals and families who rely on income assistance will be able

to cover their essential living expenses during these uncertain times. The clients received an extra \$300.00 which was added to their cheques for the months of January, February, and March 2024.

- ISC , has also provided additional Income Assistance relief benefit to clients, which was used to provide new appliances or beds for clients.
- The clients who participated in the Pre-Employment Program, run by the S.A.G.E program wrapped up in March 2024. They were able to celebrate their graduation on a three-day outing at Gavin Lake.

## **Water Operators in Training**

Two employees from the maintenance team, Darren Russel and Doyle William will begin training for their Water Operator Certification starting March 22, 2024. They will be collecting water samples from a select number of residences throughout Deep Creek and Soda Creek on a weekly basis.

Please forward any questions to Dennis Elliott 250-267-9955.



## Xatśūll Youth Program Update

Hello Spring! We hope that everyone had a wonderful spring break. The youth sure stayed busy with our first week of spring break program. The nurses from Three Corners Health Society came and taught us about the benefits of exercise. We even had the opportunity to listen to our hearts using a stethoscope to hear our heart rate before and after physical activity. Our last week of spring break we got to

be a part of the Empowering Our Youth Conference in Kelowna sponsored by CCATEC where the youth learned so much. Not only did we get to attend workshops and hear storytelling, but we also got the chance to tour Okanagan College, enjoy Myra Canyon Adventure Park, swim at the H20 Fitness Centre and even go shopping for professional clothing. Durning March we also put on a sushi cooking class and

a karaoke night. We encourage youth, parents and elders to join us on Thursday nights 5pm-7pm starting in April to participate in practicing a song on drums to perform at the Citizens Assembly we are hosting in May.

Any questions or concerns please contact Keegan Follack at youth@xatsull.com



Hello everyone,

I hope you are all enjoying this beautiful spring weather we've been having. It's so nice to get out in the yard and do some spring cleaning!

Just a little update on what we have been doing here at the Community Services Building (Health Station) over the past couple of months, as it has been a while since we have shared in our newsletter. I would also like to extend a warm welcome to our new Health Manager, Ashley Rankin. Things are starting to look up!

Lately, we've been hosting Moms & Babes Groups/ Luncheons every two weeks. We team up with nurses, dieticians, or dentists to provide and present educational information for parents and babies.



# Janae Beaulieu, community Health Representative Community Services

we work with Additionally, Mary Harry and the Family Connections to facilitate cultural teaching and learning, including making traditional medicine. Any moms with babies, new moms, or moms-to-be are welcome to join us. The next sessions are scheduled for April 9th and April 26th, coinciding with the Home and Community Cares Program and their ADP luncheons. This collaboration aims to increase attendance for these programs and bring babies and elders together, as it is essential for teaching and learning about our culture and traditions.



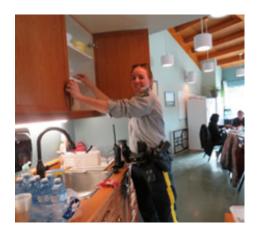
We regularly team up with the Community Health Nurses, the Registered Dietitian, or the Diabetes Nurse Educator to organize monthly lunch and learn sessions. These sessions offer educational presentations on various health-related topics or nutrition. Last month, we focused on Women's Health & Screening, which was informal but provided valuable insights

into the screenings necessary for maintaining good health as we age. Our next luncheon, scheduled for April 4th, will be facilitated by our Registered Dietitian, where we will discuss nutrition and the importance of healthy eating. If you need transportation, please call us to sign up. We would love for you to join us!

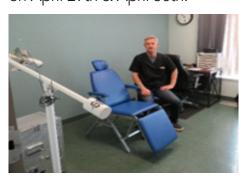




We would also like to welcome Constable Taylor Grant into the community, who is taking over for Constable Kevin Neufeld. Some of you may have already met her, as she has been with the community for about a month now, attending our functions and getting to know the community members. If you have any questions or concerns, her business card is available here at the station for anyone who would like it.



The Dental Therapist visits monthly, typically towards the end of the month. He offers a range of services including exams, X-rays, cleanings, fillings, and extractions for anyone in need. If there's a procedure he cannot perform at our station, he can provide referrals to dentists in town. He will be returning to our community on April 29th & April 30th.



The Massage Therapy has been running since December, and we are starting to pick up the pace again with a new Masseur (Male Register Massage Therapist) Mitchell Bruneski. Mitchell is highly knowledgeable, offers educational insights, and effectively addresses any muscle knots or pain. Clients have been happy with the results and eagerly anticipate their next appointment. If you're interested in alleviating pain or simply enjoying a relaxing massage, please call our reception to schedule an appointment. Slots tend to fill up quickly, but you can also be added to the waitlist, as we frequently have cancellations and last-minute openings. Mitchell is available every two weeks, with his upcoming visits scheduled for April 3rd and 17th.

Additionally, we receive bi-weekly visits from the Nurse Practitioner, Diabetes Educator, and Registered Dietitian, as well as monthly visits from the Physiotherapist. If you're interested in seeing any of these service providers, please don't hesitate to give us a call, and we'll gladly arrange an appointment for you.

For the upcoming month, we're excited to introduce a new initiative called Styéyem (CommuniTEA) every Friday. Our goal with this initiative is to build up our community and connect more with one another, so we'd like to invite anyone interested to come and join us to enjoy a tea and treats around the table. We will offer opportunities to learn more language and teachings around traditional medicine and

cultural crafts. We especially welcome our elders to join us, as they hold invaluable knowledge and are the keepers of our language and traditions. Come to learn or come just to hang out and visit with your community. Our first Styéyem- CommuniTEA session will take place on April 5th from 1:00pm to 3:00pm at the Community Services Boardroom. Our Elders "Around the Kitchen Table" Luncheon has a new date set on April 16, 2024. We invite elders to enjoy lunch with us and share your thoughts, concerns, and needs regarding health services and support. Please call to sign up, and if you require transportation, let us know. We want to hear from you what types of health services you would like to see and the support you need to help you live a healthy, happy

If there are any updates or events we missed, we'll be sure to share them on our Facebook Page and through our Phone Vite system. If you're not currently part of the Phone Vite and would like to receive community updates on your phone, please let us know, and we'll add you to the list.

Thank you for being a part of our community, and we look forward to seeing you at our upcoming events!





# BOOK YOUR APPOINTMENTS

To book your appointments for the following services offered to you at our Community Services:

Please call 250-989-2355 to book for:

- Foot Care
- Massage Therapy
- Dental Therapy

Please call 250-398-9814 to book for:

- Nurse Practitioner
- Diabetes Nurse

Please call 250-267-3034 to book for:

- Clinical Counsellor Bill

Please don't hesitate to call **250-989-2355**,

if you want us to book you an appointment to see any of these service providers and we'll gladly arrange an appointment for you.



#### **TUESDAY, APRIL 2**



#### YOGA

DATE: Tuesday 02-Apr-24

TIME: 4 - 6 p.m. LOCATION: Gym INFO: for all ages

CONTACT: Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **FOOD BANK**

**DATE:** Tuesday 02-Apr-24 **TIME:** 9 - 10:30 p.m.

LOCATION:

**CONTACT:** Band Office: 250-989-2323

#### **WEDNESDAY, APRIL 3**

#### YOUTH

#### **YOUTH COUNCIL**

DATE: Wednesday 03-Apr-24

TIME: 6 - 7:30 p.m. LOCATION: Head Start INFO: Ages 12-18

**CONTACT:** Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **MASSAGE THERAPY**

**DATE:** Wednesday 03-Apr-24 **INFO:** Book Appointment

**CONTACT:** Community Services Office

250-989-2355

#### **THURSDAY, APRIL 4**

#### YOUTH

#### CITIZENS' ASSEMBLY PREP

DATE: Thursday 04-Apr-24

TIME: 5 - 7 p.m. LOCATION: Head Start

CONTACT: Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **WOMEN'S HEALTH LUNCHEON**

**DATE**: Thursday 04-Apr-24 **TIME**: 11 a.m. - 1 p.m.

**LOCATION:** Community Health Services **CONTACT:** Community Services Office:

250-989-2355

#### FRIDAY, APRIL 5



#### **MOVIE NIGHT**

DATE: Friday 05-Apr-24 TIME: 5:15 - 8 p.m. LOCATION: Gym

INFO: Movie: Ferdinant

#### **COMMUNITY SERVICES**

#### STYÉYEM- COMMUNI(TEA)

DATE: Friday 05-Apr-24 **TIME**: 1 - 3 p.m.

**LOCATION:** Community Health Services **CONTACT:** Community Services Office:

250-989-2355

#### **MONAY, APRIL 8**

#### **COMMUNITY SERVICES**

#### **CLINICAL COUNSELLOR**

DATE: Monday 08-Apr-24

**TIME:** 1 - 4 p.m.

**LOCATION:** Community Health Services **CONTACT:** For an appointment with Bill

please call 250-267-3034

#### **TUESDAY, APRIL 9**



#### **MAKING MUFFINS**

DATE: Tuesday 09-Apr-24 **TIME:** 4 - 6:30 p.m. **LOCATION:** Head Start

**INFO**: all ages

CONTACT: Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **FOOD BANK**

DATE: Tuesday 09-Apr-24 **TIME:** 9 - 10:30 p.m.

**CONTACT:** Band Office: 250-989-2323

#### **COMMUNITY SERVICES**

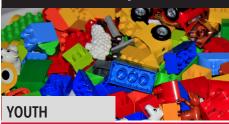
#### **MOM'S & BABE'S LUNCHEON**

DATE: Tuesday 09-Apr-24 **TIME:** 11 a.m. - 1 p.m.

**LOCATION:** Community Health Services **CONTACT:** Community Services Office:

250-989-2355

## WEDNESDAY, APRIL 10



#### LEGO

DATE: Wednesday 10-Apr-24 TIME: 5:30 - 7:30 p.m.

**LOCATION:** Head Start **INFO:** Ages 12-18

CONTACT: Keegan at youth@xatsull.com

#### THURSDAY, APRIL 11

#### YOUTH

#### CITIZENS' ASSEMBLY PREP

DATE: Thursday 11-Apr-24

**TIME:** 5 - 7 p.m. **LOCATION:** Head Start

CONTACT: Keegan at youth@xatsull.com

#### FRIDAY, APRIL 12

#### YOUTH

#### **MOVIE NIGHT**

DATE: Friday 12-Apr-24 **TIME:** 5:15 - 8 p.m. **LOCATION:** Gym INFO: Movie: Hot Chick

#### **MONDAY, APRIL 15**

#### **COMMUNITY SERVICES**

#### **CLINICAL COUNSELLOR**

DATE: Monday 15-Apr-24

**TIME**: 1 - 4 p.m.

**LOCATION:** Community Health Services **CONTACT:** For an appointment with Bill

please call 250-267-3034

#### **TUESDAY, APRIL 16**

#### YOUTH

#### **DYI LAVA LAMP**

DATE: Tuesday 16-Apr-24 TIME: 4 - 6:30 p.m. **LOCATION:** Head Start **INFO**: All ages

CONTACT: Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **FOOD BANK**

DATE: Tuesday 16-Apr-24 TIME: 9 - 10:30 p.m.

**CONTACT:** Band Office: 250-989-2323



#### **ELDERS LUNCH**

DATE: Tuesday 16-Apr-24 **TIME:** 11 a.m. - 1 p.m.

**LOCATION:** Community Health Services **CONTACT:** Community Services Office:

250-989-2355

#### **WEDNESDAY, APRIL 17**

#### **COMMUNITY SERVICES**

#### **MASSAGE THERAPY**

DATE: Wednesday 17-Apr-24

TIME: LOCATION:

**INFO**: Book Appointment

**CONTACT:** Community Services Office

250-989-2355

#### YOUTH

#### **YOUTH COUNCIL**

DATE: Wednesday 17-Apr-24

**TIME:** 6 - 7:30 p.m. **LOCATION:** Head Start **INFO:** Ages 12-18

**CONTACT:** Keegan at youth@xatsull.com

#### **THURSDAY, APRIL 18**

#### YOUTH

#### **CITIZENS' ASSEMBLY PREP**

DATE: Thursday 18-Apr-24

**TIME**: 5 - 7 p.m. **LOCATION:** Head Start

**INFO**: all ages

**CONTACT:** Keegan at youth@xatsull.com

#### FRIDAY, APRIL 19

#### YOUTH

#### **MOVIE NIGHT**

DATE: Friday 19-Apr-24 **TIME:** 5:15 - 8 p.m. **LOCATION:** Gym

INFO: Movie: Bridge to Terabithia

#### **MONDAY, APRIL 22**

#### **COMMUNITY SERVICES**

#### **CLINICAL COUNSELLOR**

DATE: Monday 22-Apr-24

**TIME:** 1 - 4 p.m.

**LOCATION:** Community Health Services **CONTACT:** For an appointment with Bill

please call 250-267-3034

#### **TUESDAY, APRIL 23**

#### YOUTH

#### **SALT BATH JARS**

DATE: Tuesday 23-Apr-24 TIME: 4 - 6:30 p.m. **LOCATION**: Head Start

**INFO**: All ages

CONTACT: Keegan at youth@xatsull.com



#### **FOOD BANK**

DATE: Tuesday 23-Apr-24 **TIME:** 9 - 10:30 p.m.

**CONTACT:** Band Office: 250-989-2323

#### **WEDNESDAY, APRIL 24**

#### **SOCIAL DEVELOPMENT**

#### **SA DAY**

DATE: Wednesday 24-Apr-24 CONTACT: socdev@xatsull.com

#### **THURSDAY, APRIL 25**

#### YOUTH

#### **CITIZENS' ASSEMBLY PREP**

DATE: Thursday 25-Apr-24

**TIME:** 5 - 7 p.m. **LOCATION:** Head Start

**INFO**: all ages

**CONTACT:** Keegan at youth@xatsull.com

#### FRIDAY, APRIL 26

#### YOUTH

#### **PRO-D DAY**

DATE: Friday 26-Apr-24 **TIME:** 8:30 a.m. - 4:30 p.m. **LOCATION:** Head Start **INFO**: Ages 5 -12

CONTACT: Keegan at youth@xatsull.com

#### **COMMUNITY SERVICES**

#### **MOM'S & BABE'S LUNCHEON**

DATE: Friday 26-Apr-24 **TIME:** 11 a.m. - 1 p.m.

**LOCATION:** Community Health Services **CONTACT:** Community Services Office:

250-989-2355

#### **MONDAY, APRIL 29**

#### **COMMUNITY SERVICES**

#### **CLINICAL COUNSELLOR**

DATE: Monday 29-Apr-24

**TIME:** 1 - 4 p.m.

**LOCATION:** Community Health Services **CONTACT:** For an appointment with Bill

please call 250-267-3034

#### **TUESDAY, APRIL 30**

#### **COMMUNITY SERVICES**

#### **FOOD BANK**

**DATE:** Tuesday 30-Apr-24 **TIME:** 9 - 10:30 p.m.

**CONTACT:** Band Office: 250-989-2323



#### **EVENT CONTACTS**

#### **SOCIAL DEVELOPMENT**

Jennifer Stinson

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

#### YOUTH

Keegan Follack

Youth Coordinator youth@xatsull.com

#### HEALTH

**Gloria William** 

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

#### **COMMUNICATIONS**

**Dina Stephenson** 

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

#### **TRANSPORTATION**

**Dennis Elliott** 

P: 250-989-2323 ext. 147 capitalmanager@xatsull.com

## EMERGENCY CONTACTS

**Chiwid Transition House** 

250-398-5658

**RCMP Victim Services** 

250-392-8709

**Aboriginal Victim Services** 

250-305-2350

**Suicide Crisis Line** 

1-800-784-2433

**Gateway** 

250-302-3261

**Hospital** 

250-392-4411

BC Nurses Help Line

811

Youth Help Line

1-800-668-6868

All Nations Healing House

778-417-0405

First Nations Health

<u>Authority</u>

1-855-550-5454

**RCMP** 

911



## **Seeking Board Director**

#### THREE CORNERS HEALTH SERVICES SOCIETY



Xatśūll First Nation is currently seeking a Community Member to join the Three Corners Health Services Society Board of Directors.

Three Corners Health Services Society (TCHSS) is incorporated pursuant to the provisions of the Societies Act of B.C. Its affairs shall be managed by a Board of Directors, which shall consist of two representatives from each of the three Communities it represents (Xatśūll, Stswecem'c Xget'tem, and Williams Lake First Nations). The three Chiefs of each community are considered members and will appoint Board members for their community. A Band Council Resolution will support the appointment.

The individual appointed to the position will be responsible for:

- regularly attending Board Meetings and ensuring the Executive Director is informed when unable to attend due to the requirement of a four-person quorum;
- adhering to the Board of Director's Code of Conduct (Policy A-2);
- acting as a signing authority for the Society;
- setting policy and establishing goals for the Executive Director to achieve;
- evaluating the performance of the Executive Director;
- providing guidance to the Executive Director;
- maintaining a professional relationship with staff;
- ensuring adequate financing of the organization and money is spent in a responsible manner;
- actively supporting the organization and it's Executive Director;
- holding the Executive Director accountable for the management and operation of the organization;
- making a written plan that outlines the long-term goals of your organization;
- complying with relevant legislation;
- ensuring there are appropriate internal financial controls;
- assessing the Board's performance;
- planning for succession of Board Members and the Executive Director;
- ensuring openness with each other, taking responsibility, and providing a clear voice readily understood by all, in the decision-making processes of the Board;
- managing the affairs of the organization and applying the by-laws of the organization;
- working diligently to provide the leadership and direction in terms of concrete actions and attitudes required by the organization to be effective and successful;
- keeping Xatśūll First Nation Chief and Council informed on a regular basis.

Application and Deadline: Open until filled.

Please submit your Cover Letter & Resume to Devon Elliot, Executive Assistant to the Chief. Via email at chiefexecasst@xatsull.com, fax: 250-989-2300

## LIKELY XATŚŪLL COMMUNITY FOREST BOARD DIRECTOR



## Seeking a Board Director for the Likely Xatśūll Community Forest



The Likely Xatśūll Community Forest is a collaboration of community members between Likely and Xatśūll 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 Xatśūll 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 Organizaton (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 Xatśūll First Nation, Chief and Council.

#### **QUALIFICATIONS:**

- is a full-time resident of the Xatśūll First Nation;
- 19 years or older;
- demonstrable experience in a policy-governance model and in overseeing senior management via this model;
- excellent communication skills, including the ability to build effective relationships with stakeholders,
  - shareholders, government, and senior management;
- financial competency and the ability to read and interpret financial statements is an asset; and
- experience working with First Nations is an asset.

Application and Deadline: Open until filled.

Please submit your Cover Letter & Resume to Devon Elliot, Executive Assistant to the Chief. Via email at chiefexecasst@xatsull.com, fax: 250-989-2300



#### FINANCE COORDINATOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

#### About the Organization:

Xatśūll First Nation, a dynamic Indigenous community, is seeking a dedicated and detailed oriented Finance Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

#### About the Position:

Xatśūll First Nation, a dynamic Indigenous community, is seeking a dedicated and detail-oriented Finance Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

We are looking for a Finance Coordinator with a background in Finance/Accounting to support our financial operations. Experience with Sage Intacct and budget management within a First Nations Band Office is highly desirable.

#### For the full job posting visit xatsull.com

3419 Mountain House Road, Williams Lake B.C., V2G 5L5 Phone: (250) 989-2323 / Fax: (250) 989-2300 email: reception@xatsull.com www.xatsull.com



#### **EDUCATION COORDINATOR**

Type of Position: Full Time Permanent

Closing Date: Open until filled

#### About the Organization:

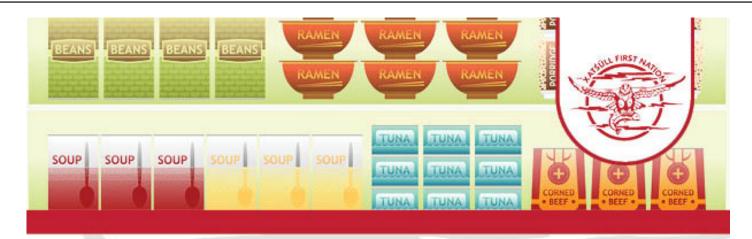
Xatśūll First Nation, a dynamic Indigenous community, is seeking a dedicated and detailed oriented Education Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

#### About the Position:

We are looking for an Education Coordinator who will be responsible for ensuring the Education Program's successful operations in alignment with the organization's vision, objectives, and strategic direction. This role involves interacting with students from public school to post-secondary levels, assisting them in accessing education to secure their future, and advocating for education within the community. With exceptional communication and management skills, the Education Coordinator builds effective working relationships with community groups, funding agencies, and other external contacts, and has a clear, results-oriented focus on community development.

#### For the full job posting visit xatsull.com

3419 Mountain House Road, Williams Lake B.C., V2G 5L5 Phone: (250) 989-2323 / Fax: (250) 989-2300 email: reception@xatsull.com www.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.