



Fraser River Run

Monthly Newsletter of Xat'sull First Nation



Xat'sull First Nation Hunting Camp 2024

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Pellc7ell7úllcwten (entering winter homes month) – November 2024

Xatśūll First Nation Hunting Camp: Honoring Our Traditions and Passing Down Knowledge

A heartfelt thank you goes out to all the community members who participated in this year's Hunting Camp! Your invaluable knowledge, guidance, and support made this camp an amazing experience for all. Together, we reinforced the importance of our traditional hunting practices, a key part of our culture and heritage.

We are deeply grateful for the

opportunity to come together as a community to learn and share these experiences, especially with our future hunters. Passing down these teachings helps keep our traditions alive, ensuring they are preserved for generations to come.

Looking ahead, we hope even more community members will join us for next year's Hunting Camp. It's a wonderful chance to

come together, learn, have fun, and practice our traditions in a supportive environment.

Let's continue to nurture these practices, so they remain a vital part of our community's future.

Thank you all for your ongoing commitment to keeping our community and traditions strong!







Lucas Kiefiuk, Director of Education

Hi, howdy and hello! It has been an amazing month for the Education Department as we work towards advancing Education programs and supports in community. Here are some of the main areas we have been working on in the month of October:

Daycare and Head Start

We have been actively working towards relicensing our Daycare and Head Start to prepare for rollout to community in the coming months. We have currently hired a Daycare and Head Start Supervisor, Lisa Anderson to support in the development and implementation of our childcare programs. We will have more news on the Daycare and Head Start program in the coming months, so stay tuned for any updates as we bring this valuable resource back to the community.

Post-Secondary Education

The Education Committee is working very hard to help develop new guidelines and information for our Post-

Secondary Education program. We understand that our current policies and procedures can be difficult to navigate or are lacking the information needed for the community to make educated and advised decisions for their education needs. As such we are working with a First Nations agency called Carden Consulting who are helping our team develop culturally relevant policies and procedures that help create clarity, reduce barriers, and involve community input. As we get closer to having a completed draft, we will bring this draft forward to the community for review, input and edit. It is extremely important to us to have the insight of community for this process. Furthermore, these guidelines will be reviewed annually with the input and support of the community to ensure that our policies and procedures are in line with the needs of the community.

K-12

We are working to create strong partnerships with our local school district as well as the local independent schools to ensure that we are supporting community children and youth to the best of our abilities. As such the Education Department is actively working with the

various schools to ensure we have up to date Local Education Agreements. Furthermore, we are working towards ensuring that community children and youth, both at home and away from home members, have access to support such as Education plan development, shadowing opportunities in their community, and more.

There is so much going on in the Education Department as we work to build up all the pillars of the department so that we can successfully support community members in all areas of Education. I feel like we have accomplished a lot in the last two months, and I am excited to see what amazing services will be available for the community come this time next year!

If you have any questions regarding Education, or just want to say hi, please don't hesitate to reach out to me at education@xatsull.com.



Keegan Follack, Youth Coordinator

Hello, wonderful community!

October has been an absolute whirlwind of learning adventures, and we couldn't be more excited to share the highlights with you!

First, we hit the road to the FNHA Mental Health Forum, where we brought two of our amazing community members along. They participated in dynamic discussions and workshops about enhancing mental health support for our youth. It was inspiring to witness the power of youth voices being heard and to be part of the conversation for positive change!

Next, we attended the ISPARC Healthy Living Conference, learning about the importance of physical activity and discovering how to integrate exciting, health-focused programs into our community. We're buzzing with ideas for cultivating fun, sustainable activities for our youth that promote physical well-being and joyful living!

We're also thrilled to share that we recently hosted a Drum Making Night, which was a huge success! Community members of all ages came together to create beautiful drums, sharing stories and laughter along the way.

As winter approaches, we're all about blending mental and physical health practices. It's the perfect combination to help us stay active and happy during the

cold months!

Our last update is that our programming days will change starting in November. Instead of Monday, Wednesday, and Friday, our new days will be Tuesdays, Thursdays, and Fridays. As always, your thoughts and suggestions are invaluable! What would you like to see in our programming? Don't hesitate to email us at youth@xatsull.com with your recommendations, questions, or even movie night ideas! Your input makes our community thrive!

Here's to a vibrant and healthy season ahead!



Xatśúll First Nation Welcomes New Staff



Director of Finance **Jenny Tu**

with a major in Accounting, I am a Chartered Professional Accountant.

I have 15 years of experience in municipal finance and accounting, 13 years of which were at director's level.

I progressed myself from Alberta Municipal Intern to Director of Finance and Director

of Corporate Services for a few Alberta municipalities.

I am so excited to have an opportunity to work in BC for Xatśúll First Nation. I will dedicate my years of experience towards the organization's goals and objectives.

I graduated from Carleton University (Ottawa, Canada)



Fire Smart Coordinator **Roxanne Pop**

similar way. A big part of my adolescence was spent down at the heritage village, working alongside my grandfather, and learning about our rich culture.

However, through time I've shifted through different departments and positions.

Most recently I've been seen at the front desk for reception and the heritage village as supervisor.

Through these positions I've met a lot of community and I hope to

meet more of the community in this next opportunity.

This position, as Firesmart coordinator, is a necessary step for the community to take. Fire season is growing longer, and I would like to be apart of raising awareness on how we can mitigate the risk of fire to our homes.

I look forward to working with the community to reduce the negative impact that a future wildfire will bring with it.

Hello community and staff!

My name is Roxanne Pop, and I have strong roots in this beautiful territory, specifically Soda Creek. Raised by my mother, Joanne Phillips, with the help of her parents, Minnie Phillips, and Ralph Phillips.

I've had the privilege to raise my daughter, Lexa Pop, in a



Daycare & Head Start Supervisor **Lisa Anderson**

I am a dedicated mom of 4. With a passion for photography and early childhood education. I have been a licensed ECE for 16 years. My other hobbies include genealogy which has helped me trace my father's roots back

to Xat'sull First Nation and the Joe/Skinkinap family. I am very excited to become a member of the Xat'sull education team! I look forward to getting to know everyone.

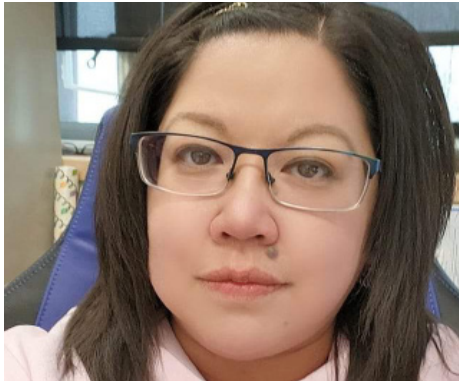
Two Gazebos For Soda Creek Have Been Completed

We are happy to announce that two log gazebos for Soda Creek have been completed and installed. We hope you enjoy these beautiful new structures!



Thank You!

I am excited to announce that the winner of my handmade porcupine earring raffle, in support of my 3-month trip to Spain, is Charlene Smith! A big thank you to Kizzy Draney for helping with the draw. I want to extend my deepest gratitude to everyone who supported me in making this adventure possible. Your support means so much to me. With appreciation, Dionne Phillips



Jennifer Stinson, Social Development Manager

with from Social Development Department. This week, one can come in and fill out their mandatory Monthly Declaration forms and drop off their household bills.

What happened last month:

October 3rd, 2024, I had lunch and learn for my Family Violence Prevention Plan. I had Noella William, from Victim Services of NSTC, come out and speak on the topic of "Narcissistic Abuse". Narcissistic abuse is a form of abuse stemming from narcissistic behaviors. It can be emotional, psychological, or physical. Narcissistic characteristics can include volatile behavior, lack of empathy, and aggression. Narcissistic abuse may include gaslighting, constant criticism, humiliation, and coercion.

Tips for dealing with someone's narcissistic personality traits are:

Build your self-esteem

Building healthy self-esteem can make it much easier to handle and cope with some of the potentially harmful behaviors you may encounter with someone who has NPD (narcissistic personality disorder), or narcissistic tendencies.

Engaging in positive self-talk, practicing self-care, and finding a healthy support system can help you develop resilience and foster your self-esteem.

Having higher self-esteem can also make it easier to set clear boundaries, be assertive, and advocate for yourself, all of which are key to maintain a relationship with someone with NPD.

Remember, while NPD is a mental health condition, it doesn't excuse harmful or abusive behavior.

What is a healthy relationship?

A healthy relationship involves honesty, trust, respect, and open communication between partners.

There is no imbalance of power.

Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation. Respect for privacy and space. You don't have to be with our partner 24/7. Your partner encourages you to spend time with family and friends.

Hi everyone!

Just a gentle reminder for all Income Assistance clients:

Monthly Declaration Forms and household bills are due on Friday, November 15th, 2024.

And the household bills are due by November 15th, 2024. One can email me their household bills to socdev@xatsull.com. The cheques are mailed out and then 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, then again it takes up to 2-3 weeks for the bill to be processed by the billing company.

"Interview Week". This will be Tuesday - Thursday, November 12th - 14th from 1:30pm - 3:00 pm. This entails the clients to come at any time during this week to see me. The client can touch base on any needs they may need or need help

Some key points in flourishing relationship are:

- Open communication
- Trust
- A sense of yourself as a separate person
- Curiosity
- Time apart
- Playfulness or lightheartedness
- Physical intimacy-not just sex
- Teamwork
- Conflict resolution

The lunch and learn went from 12:00 pm – 1:30 pm. We had CJ's cater the lunch and learn with a burger bar, desserts and drinks. We had swag bags with fun journals, colorful gel pens, and other fun stuff to enjoy at home with loved ones. (We wanted to give out fun items, since we were talking about a heavy topic). We also had door prizes, that were books on relationships, and narcissistic behavior, to read more up on. Please reach out if you need

support of any kind, from Victim Service workers, that are trained to help deal with the impact of being a victim of crime.

Contact :

Noella William
Program Manager @
250-305-2350

Jodie Sellars @
250-392-7361 Ext 202

Xatsūll First Nation Community Treaty Meetings



On October 8 and 24, 2024, Xatsūll First Nation held two Community Treaty Meetings at the XFN gym. The meeting provided an opportunity for members to discuss ongoing treaty negotiations and share updates on progress. Community members were encouraged to ask questions, share their views, and engage in meaningful dialogue about the future of Xatsūll. We thank everyone for their attendance and valuable input.

Stay tuned for more updates on treaty discussions and join our future treaty meetings.

Xatsūll Development Corporation Held First Annual Golf Tournament

XDC held our first Annual Golf Tournament right here in Williams Lake on August 16th. The turn-out was great, and the partners are already looking forward to next year's golf tournament. XDC is happy to announce the appointment of two new board members: Lisa Wolfe and Jason Rasevych. They will bring much value to XDC and XFN.



Xatśúll Youth shares her lifelong connection to nature, where there's 'never a dull moment'

by **Dionne Phillips,**

Local Journalism Initiative Reporter for IndigiNews

Jolene Sellars grew up learning to hunt and fish by watching her father, and being immersed in both the Secwépemc and Tšilhqot'in culture and traditions of her family from an early age.

Now 18, Sellars's love for the land is apparent. Observing her dad — the late Hank Sellars — provide for their family and take care of others has inspired her to follow a similar but unique path of her own.

Sellars's home of Xatśúll First Nation (XFN) is in the Cariboo region of the Central Interior, near St'émcúl'ecw (the Fraser River).

XFN has two communities, Xatśúll which translates to "on the cliff where the bubbling water comes out," and Cmetēm which translates to "on the inside of a valley"— and both have played an integral role in Sellars's life.

While mowing the lawn last year, Sellars saw a buck lying in the grassy field behind her house. Without a second thought, she

grabbed her gun. Soon, she was skinning and cutting the deer, another skill she had already learned from her father.

An essential part of the traditions includes giving thanks to the animals for giving their lives in a hunt, which she does by putting tobacco in the four directions while praying. If they didn't get an animal, they would also pray while putting tobacco in a hole where they were hunting.

As it was her first deer, she followed her traditional protocol and gave it away to a family member who dried the meat and fed their family for months. The next deer she hunts for now will be for her family. From beginning to end, Sellars knows all the steps in caring for the deer, even drying and smoking the meat herself.

Sellars joked that a buck was big enough for her to hunt and that anything larger would be too much to carry alone.

"A deer is twice my weight, and I struggle with that. I couldn't imagine a moose," she says.

While attending the hunting camps XFN holds each year, Sellars recalls the first camp she attended with her family, where she woke up in the freezing October morning to frost on her sleeping bag.

"We wanted to support because nobody else went," she says.

At the following hunting camps, Sellars and her fellow Youth, Angel Mitchell, would wake up early and head out to hunt before some camp attendees were awake. At the camp, they were usually out hunting with a RCMP member stationed with XFN as part of the First Nations Policing Program.

During the hunts, Sellars shot her grouse and was there to help when the officer shot a buck. Not only did Sellars go hunting, but when she returned to camp, she helped wherever needed, including cooking and cleaning.

She would also go fishing with a rod that her mom won, but she enjoyed fishing from the boat, an experience she's only had



once and hopes to do more.

"That was fun. We caught a couple of fish then," she says.

While she isn't rod fishing, Sellars uses a dipnet in the rivers to catch salmon. She explained the differences between set netting, where the net is tied down, and dipnetting, where you dip the net into the water and attempt to scoop out the fish.

Sellars prefers set netting because there's no chance of the net dropping into the water. While she has fished at multiple rivers, Xat'sūll's fishing place is her preferred spot for set netting.

Fishing is just one of Sellars' favourite pastimes as she takes any opportunity to fish and notes the joy of rod fishing in creeks and lakes. "I could waste a whole day away doing that," she says.

Involved as a Youth

Sellars and her mother, Jessie Hunlin, have been attending community events for many years. They are staples at each event and are there to help out when needed or to enjoy their time with family and friends. She has been involved with child and Youth programming since attending the XFN Headstart program from the time she was an infant until around age five. She then continued into the children and Youth programs, which she still regularly attends.

There is a group of Youth who are all around the same age, meaning Sellars has memories of the community with the Youth with whom she grew up. From swimming in the culvert to taking nature walks, Sellars has always enjoyed the outdoors.

She notes that nothing could interfere with their plans as she remembers a group of them finding a way to the creek to swim and using windshield shades as their seating.

"We were like complete rez kids that day. We embraced it," she says, laughing.

Throughout her years in the children's program, Sellars remembers the teachings on the land, where they were taught to gather pitch and turn it into medicine or use the plants for different types of teas.

She even learned the language on the land at the Xat'sūll Heritage Village, where Elder Minnie Phillips and her granddaughter Brandi taught Secwepemctsin. While she learned the language several years ago, Sellars still remembers the teachings to this day. When Sellars was 14 in 2020, she joined the Xat'sūll

Youth Council for its first meeting and has remained a committed member ever since.

Sellers says it is vital for the Youth to have a say in the band operations because they are the ones who are growing to become future leaders, noting that the Youth Council, to her, is to improve processes for the future and the present in which they live.

"It's to be more involved, to make changes," she says.

For Sellers, these changes include more community events where the Youth and families are involved and having community members as the decision makers in the band.

Every year, one Youth representative is sent to the Northern Shuswap Tribal Council's Citizen Assembly for a Youth and Elder panel. In 2022, Sellers took the stage, where she and other panellists addressed the opportunities available to youth and the challenges they face in their lives. Her points were then brought to the XFN chief and council, as people found her words inspiring.

In addition to making recommendations to the chief and council and other band departments, the Youth Council plans trips to visit post-secondary institutions in other

cities and gain new experiences.

They have travelled to "Vancouver," "Victoria," "Kamloops," and "Kelowna" in the past, but a recent trip to "Alberta" is the most memorable for Sellers.

In each city the group has visited, she has favourite schools, such as MacEwan University, and favourite activities, including the Capilano Suspension Bridge Park. However, one of her highlights was the latest trip's stop at the Calgary Stampede, where the Youth spent a whole day.

"That was definitely the coolest thing ever," she says.

Sellers laughed while recalling the oversized 'lucky ducky' drink she bought at the Stampede.

"And then, obviously, I had to fit in with everybody, so I bought a cowboy hat."

The views along the way also make the trips exciting, as Sellers recalls seeing new scenery throughout the national parks on the journey between the two provinces.

"One of my favourite parts was seeing [Lake Louise] because I've never been there before."

As the Youth have gotten older throughout the years, Sellers recalls being more independent with the planning and on the trips, allowing them to explore more of the cities they visited.

The Xat'sūll Youth Council is involved in what schools they visit, what activities they book, and how they can fundraise for all their plans.



The future is outdoors

As a senior in high school, Sellars took a RISC (Resources Information Standards Committee) course, which gave her archaeological training, including basic site identification, survey, and recording skills through daily classroom and field components.

Knowing a desk job would not be the right fit for her, Sellars jumped at the opportunity to learn in an outdoor environment. After passing the course, she took multiple other smaller courses to learn more about surveying trees, protocol around waterways, and erosion before landing a full-time position working with the XFN Natural Resources department once she graduated high school.

Walking 10 to 15 kilometres a day, she explored the land from the riverbeds to the mountain tops where they would locate and record findings such as cultural depressions and culturally modified trees (CMT), using the skills she learned in the RISC course.

The landscape constantly changed throughout Sellars's archaeology career as she worked through multiple areas of the territory. While working, Sellars had the opportunity to explore new spots, travelling as far north as "Quesnel," into the mountains surrounding "Likely,"

and even out west to Toosey First Nation.

Sellars explained that while the work could be challenging, it rarely feels monotonous, getting to explore areas up in the mountains that they could only reach by ATVs or walking for hours to reach their destination.

On one occasion, she had to find creative ways to warm the key before starting the ATV, as everything was frozen.

Sellars says they are cautious with their surroundings and ensure they are prepared for any situation, including watching for wildlife. While on the job, she's been circled by a grizzly bear and encountered a cougar den.

"My heart's always racing," she says.

"It might be a bear. It might be an eagle, or it might be some scenery. You won't know until you're out there."

They need to watch out for not only the animals but also the forests themselves, as Sellars recalls a tree falling mere metres in front of her.

"Work is fun, never a dull moment out there," she says.

While her archaeology position is completed for the season, Sellars keeps herself busy by helping in any area she is needed. She has proven adaptable as she works

in multiple XFN departments to give back to the community and even help run the children's program.

Sellars has just completed a Basic Wildfire Certificate Training and is looking forward to firefighting throughout the summer.

She notes that her career will probably be 'something outdoorsy' in the future since her time ahead in firefighting is still unknown.

"I've been convinced I should try it while I'm young," she says.

She could also imagine working in construction or as a haul truck driver since positions always open up. After travelling and having new experiences with the Youth programs, Sellars now has dreams to travel and explore more of the world.

For now, Sellars is focused on the present as she jokes about her plans for the future.

"I don't even know what I'm doing tomorrow," she says jokingly.

Go to <https://indiginews.com/> for more stories from Dionne.



NOVEMBER

COMMUNITY CALENDAR

FRIDAY, NOVEMBER 1



COMMUNITY SERVICES

HALLOWEEN PARTY

DATE: Friday November 1, 2024
TIME: 5 p.m.
LOCATION: XFN Gym
CONTACT: Community Services Office
 250-989-2355

MONDAY, NOVEMBER 4

COMMUNITY SERVICES

CLINICAL COUNSELLOR

DATE: Monday November 4, 2024
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: For an appointment with Bill
 please call 250-267-3034

TUESDAY, NOVEMBER 5

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday November 5, 2024
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
 250-989-2355

COMMUNITY SERVICES

LUNCH WALK

DATE: Tuesday November 5, 2024
TIME: 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
 250-989-2355

YOUTH

FLOOR HOCKEY

DATE: Tuesday November 5, 2024
TIME: 4:30 - 6:30 p.m.
LOCATION: Head Start
INFO: All ages are welcome
CONTACT: Keegan at youth@xatsull.com

WEDNESDAY, NOVEMBER 6

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Wednesday November 6, 2024
TIME: 9 - 4 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
 250-989-2355



COMMUNITY SERVICES

QELMÍN GROUP

DATE: Wednesday November 6, 2024
TIME: 12 - 2 p.m.
LOCATION: Community Health Services
INFO: ADP Luncheon
CONTACT: Community Services Office
 250-989-2355

THURSDAY, NOVEMBER 7

COMMUNITY SERVICES

WELLNESS GROUP

DATE: Thursday November 7, 2024
TIME: 1:30 - 3:30 p.m.
LOCATION: XFN Gym
CONTACT: Jordanna 250-267-2066

YOUTH

VOLLEYBALL

DATE: Thursday November 7, 2024
TIME: 4:30 - 6:30 p.m.
LOCATION: XFN Gym
INFO: Ages 12 - 18
CONTACT: Keegan at youth@xatsull.com

FRIDAY, NOVEMBER 8



COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday November 8, 2024
TIME: 1 - 4 p. m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

YOUTH

MOVIE NIGHT

DATE: Friday November 8, 2024
TIME: 5:15 - 8 p.m.
LOCATION: XFN Gym
INFO: Movie: Inside Out 2
CONTACT: Keegan at youth@xatsull.com

MONDAY, NOVEMBER 11

BAND OFFICE CLOSED

REMEMBRANCE DAY

DATE: Monday November 11, 2024

TUESDAY, NOVEMBER 12

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday November 12, 2024
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

DIABETES NURSE

DATE: Tuesday November 12, 2024
TIME: 12 - 1 p.m.
LOCATION: Community Health Services
INFO: Lunch & Learn Presentation
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

INTERVIEW WEEK I.A. CLIENTS

DATE: Tuesday November 12, 2024
TIME: 1:30 - 3 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer Stinson 250-989-2323 ext 102

YOUTH

BAKING BROWNIES

DATE: Tuesday November 12, 2024
TIME: 4:30 - 6:30 p.m.
LOCATION: Head Start
CONTACT: Keegan at youth@xatsull.com

WEDNESDAY, NOVEMBER 13

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Wednesday November 13, 2024
TIME: 9 - 4 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

INTERVIEW WEEK I.A. CLIENTS

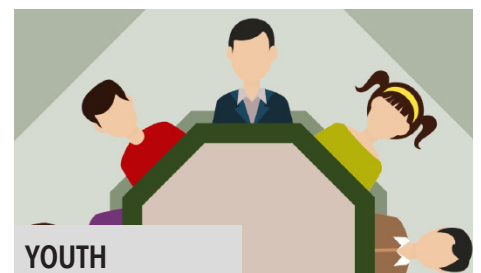
DATE: Wednesday November 13, 2024
TIME: 1:30 - 3 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer Stinson 250-989-2323 ext 102

THURSDAY, NOVEMBER 14

SOCIAL DEVELOPMENT

INTERVIEW WEEK I.A. CLIENTS

DATE: Thursday November 14, 2024
TIME: 1:30 - 3 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer Stinson 250-989-2323 ext 102



YOUTH

YOUTH COUNCIL

DATE: Thursday November 14, 2024
TIME: 6:30 - 7:30 p.m.
LOCATION: Head Start
CONTACT: Keegan : youth@xatsull.com

COMMUNITY SERVICES

WELLNESS GROUP

DATE: Thursday November 14, 2024
TIME: 1:30 - 3:30 p.m.
LOCATION: XFN Gym
CONTACT: Jordanna 250-267-2066

FRIDAY, NOVEMBER 15

SOCIAL DEVELOPMENT

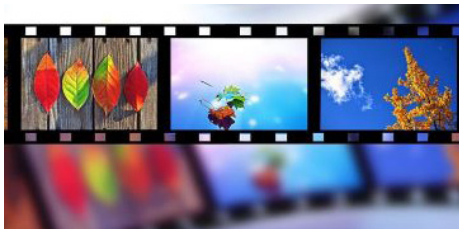
MONTHLY DECLARATION & HH BILLS DUE

DATE: Friday November 15, 2024
TIME: 12 - 1:30 p.m.
LOCATION: Community Health Services
INFO: Can be emailed to Jennifer at socdev@xatsull.com
CONTACT: Jennifer Stinson 250-989-2323 ext 102

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday November 15, 2024
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office 250-989-2355



YOUTH

MOVIE NIGHT

DATE: Friday November 15, 2024
TIME: 5:15 - 8 p.m.
LOCATION: XFN Gym
INFO: Movie: Kingsman: Secret Service
CONTACT: Keegan at youth@xatsull.com

MONDAY, NOVEMBER 18

COMMUNITY SERVICES

CLINICAL COUNSELLOR

DATE: Monday November 18, 2024
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: For an appointment with Bill please call 250-267-3034

TUESDAY, NOVEMBER 19



COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday November 19, 2024
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

LUNCH WALK

DATE: Tuesday November 19, 2024
TIME: 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

FOOT CARE (HOME)

DATE: Tuesday November 19, 2024
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

DIABETES NURSE

DATE: Tuesday November 19, 2024
LOCATION: Community Health Services
CONTACT: Community Services Office 250-989-2355

YOUTH

ART PROJECTS

DATE: Tuesday November 19, 2024
TIME: 4:30 - 6:30 p.m.
LOCATION: Head Start
INFO: All ages are welcome
CONTACT: Keegan : youth@xatsull.com

WEDNESDAY, NOVEMBER 20

SOCIAL DEVELOPMENT

SA DAY

DATE: Wednesday November 20, 2024
CONTACT: Jennifer Stinson 250-989-2323 ext 102

COMMUNITY SERVICES

QELMÍN GROUP

DATE: Wednesday November 20, 2024
TIME: 12 - 2 p.m.
LOCATION: Health Boardroom
INFO: ADP Luncheon
CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Wednesday November 20, 2024
TIME: 12 - 8 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

FOOT CARE (OFFICE)

DATE: Wednesday November 20, 2024
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

THURSDAY, NOVEMBER 21

COMMUNITY SERVICES

WELLNESS GROUP

DATE: Thursday November 21, 2024
TIME: 1:30 - 3:30 p.m.
LOCATION: XFN Gym
CONTACT: Jordanna 250-267-2066

FRIDAY, NOVEMBER 22

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday November 22, 2024
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

MONDAY, NOVEMBER 25

YOUTH

PRO D DAY

DATE: Monday November 25, 2024
TIME: 8:30 a.m. - 4:30 p.m.
LOCATION: Head Start
INFO: Ages 5 -12
CONTACT: Keegan at youth@xatsull.com

COMMUNITY SERVICES

CLINICAL COUNSELLOR

DATE: Monday November 25, 2024
TIME: 1 - 4 p.m.
CONTACT: For an appointment with Bill
please call 250-267-3034

COMMUNITY SERVICES

DENTAL THERAPY

DATE: Monday November 25, 2024
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

TUESDAY, NOVEMBER 26

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday November 26, 2024
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

LUNCH WALK

DATE: Tuesday November 26, 2024
TIME: 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

WEDNESDAY, NOVEMBER 27



COMMUNITY SERVICES

PHYSIOTHERAPY

DATE: Wednesday November 27, 2024
TIME: 9 a.m. - 4 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

THURSDAY, NOVEMBER 28

COMMUNITY SERVICES

WELLNESS GROUP

DATE: Thursday November 28, 2024
TIME: 1:30 - 3:30 p.m.
LOCATION: XFN Gym
CONTACT: Jordanna 250-267-2066

YOUTH

YOUTH COUNCIL

DATE: Thursday November 28, 2024
TIME: 6:30 - 7:30 p.m.
LOCATION: Head Start
CONTACT: Keegan at youth@xatsull.com

FRIDAY, NOVEMBER 29



COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday November 29, 2024
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

YOUTH

MOVIE NIGHT

DATE: Friday November 29, 2024
TIME: 5 - 8 p.m.
LOCATION: XFN Gym
INFO: Movie: We bought a Zoo
CONTACT: Keegan at youth@xatsull.com

CALENDAR

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 Authority

1-855-550-5454

AA Helpline

1-604-434-3933

Emergency

911

Three Corners Health Services S.

250-398-9814

Crisis Response Team

250-305-8496

Residential School Crisis Line

1-866-925-4419

Kids Help Phone

1-800-668-6868

Hope for Wellness Helpline

1-855-242-3310



The poster for the Diabetes Wellness Fair features a large red heart with a white ECG line passing through it, held by two hands. The text 'Diabetes WELLNESS FAIR' is prominently displayed in blue, with 'WELLNESS' in a larger, bold font. Below the title, it says 'Save the Date!' and 'THURSDAY NOV 28/24'. The location and time are listed as 'Ramada Convention Center 10:00am - 3:00pm'. A pink starburst graphic on the right says 'FREE EVENT No Registration Required'. A handwritten-style text 'Prizes to be won!' is written in pink. Below this, a circular inset photo shows a person receiving a blood pressure check. A list of activities includes diabetes screening, blood pressure check, traditional wellness, stress management, and learning about risk factors. The text 'Join us for a fun day of learning!' is written in a cursive font. At the bottom, it says 'No appointment needed, just drop on by!' and provides contact information for Tasha or Jillian at 250-398-9814.

Three Corners Health Services Society

Diabetes WELLNESS FAIR

Save the Date!

THURSDAY NOV 28/24

Ramada Convention Center
10:00am - 3:00pm

Prizes to be won!

Join us for a fun day of learning!

- diabetes screening
- blood pressure check
- traditional wellness
- stress management
- learn about your risk factors for diabetes

No appointment needed, just drop on by!

If you have questions about the event, please call Tasha or Jillian at 250-398-9814

WELLNESS GROUP MEETINGS

Come join our Wellness Group Meetings

every Thursday
1:30 - 3:30 p.m.
in the XFN Gym

Call 250-989-2355
for more details.



Central Interior Rural
Primary Care Network

DIABETES AWARENESS LUNCH & LEARN

NOVEMBER 12, 2024

12:00PM-1:00PM

Xat'sül Community Service Building

Lunch
Provided

Are you or a family member
living with diabetes?
Join us for a lunch and
information on screening and
adjusting to life with diabetes.

Door
Prizes



Jillian Neuner
Diabetes Nurse Educator



Ashley Rankin,
Health Manager

Supporting Our Elders: Strengthening Community Bonds as Winter Approaches

As we prepare for the colder months, it's the perfect time to reflect on the incredible support within our Xat'sūll community, especially for our beloved elders.

Recently, we've witnessed amazing contributions from community members.

A huge thank you to **Edie Woods, Laurie, and Lonnie**, who have stepped up to help with household cleaning, yard work, and winterizing homes for our elders.

Their hard work has made a tremendous impact on the lives of our elders, and I can't express enough how proud I am to be part of a community where people are so willing to help others.

This support has spread throughout the community, and we're noticing more of our younger people stepping up to offer their help. It's heartening to witness this growing enthusiasm to lend a hand, showcasing the strength of our community spirit. We hope to reach all elders in the community who need extra

support before winter arrives.

Edie has been actively reaching out to connect with our elders, offering consultations and assistance.

As we all know, the challenges of the season can be tough, so let's ensure we're here for our elders and make them feel supported. If you or someone you know needs assistance with cleaning or winter preparations, please don't hesitate to reach out.

I'd also like to give a special shoutout to **Darcy William** and his family for their generous efforts in hunting, processing, and sharing meat with our elders through the Community Services Building.

This act of kindness shows the spirit of our community, showcasing the dedication of our younger generation to ensure our elders are cared for and respected.

It's truly inspiring to see how we can all contribute to the well-being of those who have paved the way for us.

As we move forward, let's continue to foster this spirit of unity and support. I encourage all community members to think about how they can lend a hand—whether it's helping with cleaning, sharing a meal, or simply checking in on our elders.

Together, we can create a stronger, more connected community where everyone feels valued and respected.

Thank you to each and every one of you who has stepped up to support our elders. Your efforts make a real difference in their lives and in our community as a whole.

Let's keep the momentum going, inspire one another, and ensure that our elders know they are loved and cared for.

NOTE: We would like to let our elders know, that we have deer meat available for pick up. Please call Gloria at 250-989-2355 to make arrangements for pick-up by a family member. Thank you



OUR VETERANS

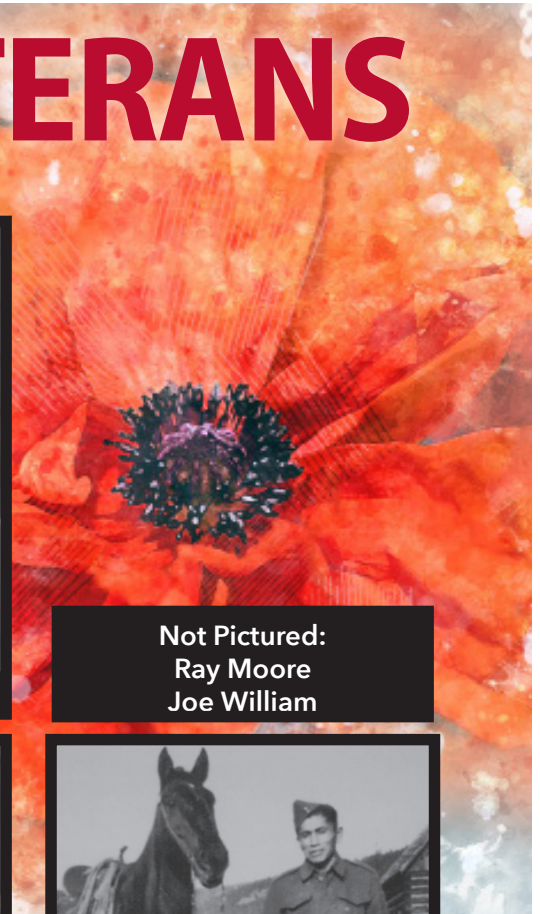
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Bill Sellars



Not Pictured:
Ray Moore
Joe William



Pte. Gilbert Baptiste
1941 - 1945. wounded in IT



Pte. Clifford John Lyne
WWII Europe



Pte. Clifford Joe Skinknap
5 ½ years in Europe



Pte. Charles Francis Baptiste
Enl 1940, served in Europe



Chuck Sellars
Marine Core 1989-1993



Gordon Keener
1981-1990



CULTIVATING SAFE SPACES

We are thrilled to offer Cultivating Safe Spaces training, open to both staff and interested community members. This valuable workshop will be facilitated by Elaine Alec, presenting a unique opportunity to learn and grow together.

When: **December 2, 2024,**
from 9:00 AM to 4:00 PM

Where: **XFN Gym**

For more information, please visit the Cultivating Safe Spaces website. Stay tuned for further details as the date approaches.

To register, please contact Olivia at reception@xatsull.com or 250-989-2323



NEW SWEAT LODGE

Xatśūll First Nation is looking for community members to join in building a new sweat lodge for regular use by all. Your help would be greatly appreciated in making this vision a reality for our community.

If you're able to assist, please contact Jordanna at
250-267-2066.

Thank you for your support!
Kukwstsétsemc





FINANCE COORDINATOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xats'ull 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



JANITOR

Type of Position: Part Time Permanent

Closing Date: Open until filled

About the Position:

Xatsūll First Nation, a dynamic Indigenous community, is seeking a dedicated and detail-oriented Janitor 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. Reporting to the Capital Infrastructure Manager, the Janitor carries out janitorial tasks for the organization, ensuring all assigned buildings and facilities are routinely cleaned and maintained. As a positive, results oriented individual who must balance multiple demands, the Janitor takes a pro-active approach to initiating and following through with a variety of custodial projects, ensuring the health, safety and security of buildings and the people who use them.

For the full job posting visit xatsull.com

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CHILD AND FAMILY JURISDICTION COORDINATOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xats'ul First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Child and Family Jurisdiction 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.

The Child and Family Jurisdiction Coordinator contributes to the successful operations of Xats'ul First Nation's Child and Family Services program in alignment with the organization's vision, objectives, and strategic direction. The role focuses on leading the work under the Act respecting First Nations, Inuit and Métis children, youth and families (previously Bill C-92). to reclaim and exercise jurisdiction over child and family services. The Coordinator will ensure that the transition to full jurisdiction is achieved through effective project management, collaboration, and integration of Xats'ul cultural values and traditional laws. Working closely with the Child and Family Jurisdiction Engagement Worker, the Coordinator is a strong advocate for the wellbeing of children and families, with excellent communication skills and the ability to build productive relationships with internal and external stakeholders.

For the full job posting visit xatsull.com

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email: reception@xatsull.com
www.xatsull.com



CHILD AND FAMILY ENGAGEMENT WORKER

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xatsūll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Child and Family Engagement Worker 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.

The Child and Family Engagement Worker supports the successful operations of Xatsūll First Nation's Child and Family Services program in alignment with the organization's vision, objectives, and strategic direction. The role is focused on community engagement, outreach, and ensuring the integration of community feedback into the child and family jurisdiction work under the Act respecting First Nations, Inuit and Métis children, youth, and families (previously Bill C-92). The Engagement Worker will play a key role in facilitating communication between the community and the Child and Family Jurisdiction Transition Team, helping to ensure that the jurisdiction transition reflects the needs and values of Xatsūll members. This role involves regular interaction with diverse community groups, and it requires strong communication, organizational, and relationship-building skills.

For the full job posting visit xatsull.com

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BOARD DIRECTOR

The Xat'sull Development Corporation ("XDC") is a non-political, for-profit business entity mandated to create wealth and opportunity for the Xat'sull First Nation ("XFN") and its members. XDC is structured as a limited partnership and has four Director positions which are appointed by the XFN Chief and Council.

The Xat'sull traditional territory is rich in natural resources and provides opportunity within agricultural, forestry, construction, mining, pipeline, utility and tourism sectors. XDC has managed forest licenses and has formed various partnerships to engage in projects and opportunities within the territory.

XDC intends to diversify its services and grow its income base. Therefore, we are seeking an energetic and creative Director with experience in business development and partnership development who have proven leadership and governance experience to join our team.

The Board provides policy-governance and oversees the Chief Executive Officer, XDC. Directors foster medium and long-term growth by providing strategic advice; monitoring business performance and progress towards strategic goals; overseeing financial reporting and risk management; and steering shareholder relations.

The Board meets every second month but will call special Directors' meetings when required. Directors receive a modest meeting fee as well as reimbursement for travel expenses.

Qualifications

- Candidates should have demonstrable experience in a policy-governance model and in overseeing senior management via this model.
- Candidates should be committed to XDC and have a genuine interest in working to advance their economic development goals.
- Candidates should have excellent communication skills, including the ability to build effective relationships with stakeholders, shareholders, government, and senior management.
- Candidates should have a working familiarity with the geographic region (Williams Lake).
- Forestry, mining, utilities, agricultural, tourism experience is an asset.
- Financial competency and the ability to read and interpret financial statements is an asset.
- Experience working with First Nations is an asset.

Short-listed candidates will be asked to provide three professional references. Appointees must consent to a Police Information Check.

How To Apply

Applications may be emailed to: chiefexecast@xatsull.com

or mailed to:

Attention: Chief Executive Assistant

Xat'sull First Nation

3419 Mountain House Road

Williams Lake, BC, V2G 5L5

DEADLINE: Open until filled.