



Fraser River Run

Monthly Newsletter of Xats'ul First Nation



XFN Sacred Gathering on Caribou Island

Page 4 & 5

Pestemllik (ripening month) – July 2025

Xatsùll Harvest: Our First Greens Are In!



Xatsùll First Nation is proud to share that we've harvested the very first batch of leafy green vegetables from our new hydroponic farm, Xatsùll Harvest!

This is an exciting step for our community. Xatsùll Harvest is designed to provide fresh, healthy greens all year round, grown right here at home. It's part of our ongoing commitment to better food access, wellness, and self-reliance for our members.

What Is a Hydroponic Farm?

Our farm is located inside a C-Can container, right on XFN grounds. Inside, the system

uses hydroponics, a method of growing plants without soil. Instead, plants grow in vertical towers and receive all their nutrients from a carefully managed, water-based system. This farm is small but powerful. It runs with:

Vertical growing racks to make the most of the space

A closed-loop water system that reuses water and nutrients

LED grow lights that provide the perfect lighting for healthy plant growth

Advanced temperature and humidity controls to

ensure the plants thrive, no matter the weather outside

Why It Matters

The goal of Xatsùll Harvest is to make fresh greens available to our community throughout the year—especially during times when store-bought produce is expensive or hard to find. It also helps us reconnect with healthy, local food in a way that supports wellness, food sovereignty, and innovation.

We're just getting started, and we look forward to more harvests in the months ahead. Thank you to everyone who helped bring this project to life!





Sabrina Sullivan Family Wellness Coordinator

Xatśūll First Nation Community Services

"June is a love song written by nature." - Patience Strong
Wow! I can't say enough about all the positive vibes through the month of June!

Our Wellness team have been out cedar harvesting in collaboration with WLFN membership as well as on our own in preparation for upcoming events!

What an incredible honor to be able to attend the Pipe Ceremony on June 7, 2025 at Caribou Island hosted by the Moccasin Footprint Society. This event was geared toward revitalization of culture, Honoring Our Ancestors and Celebrating our Youth. We were accompanied by Elders, youth and families which was so beautiful!

The Father's Day Spa Day on June 13, 2025 was a great success honoring the warriors who bring such presence and vitality to the community.

We also were honored to support the "Bringing our People Home" Ending Stigma-Healing for All event at Boitano Park on June 19, 2025, hosted by Bonaparte First

Nation which was a great turn out of Cultural & Conventional support for those living in and affected by Addiction & Homelessness. We look forward to hosting in the future as Xatśūll First Nation was extended the invitation for holding future events by the organizer which is an incredible honor!



"Bringing Our People Home" 2025

The Canadian Mental Health Association (CMHA) offers a program called "Become the Change" which was held at the health boardroom from June 23-27, 2025, is designed to help men who want to improve their relationships and address issues like aggression, anger, and conflict. The program provides

a safe space for men to explore these challenges and learn new skills for healthier interactions. If there is further interest for anyone who missed this opportunity and would like to participate, please reach out and we can schedule another session.

Family Engagement has successfully transcribed the genealogy work into software that will take us to our next steps of presenting a workable presentation for community input for corrections, additions and anything else you feel should be a piece of your genealogy chart.



Xat'sūll First Nation Sacred Gathering on Caribou Island on Quesnel Lake

What an incredible and moving experience we shared on Caribou Island at Quesnel Lake, on June 7, where some XFN members attended a powerful Pipe Ceremony hosted by the Moccasin Footprint Society.

The event brought together family, friends, drummers, singers, youth, and members of surrounding communities in a spirit of healing and connection. We gathered not only to witness cultural revitalization—but to actively participate in it. This sacred ceremony was held to honor and respect our ancestors who were deeply affected by smallpox, and those who fought bravely for our territory and lost their lives

in the process. It was a time to reflect, remember, and offer our gratitude. Quesnel Lake is a place of deep cultural and spiritual significance for our people, and this gathering was a meaningful step in bringing our community back to the land, to our roots, and to each other. A special focus was placed on encouraging youth participation and raising awareness about the Youth Rediscovery Camp project—an initiative aimed at helping young people reconnect with culture, land, and identity.

Event Highlights Included:

- A traditional Pipe Ceremony
- Honouring our Ancestors
- Celebrating our Youth

A heartfelt thank-you to Debbie Pertson for organizing this beautiful and meaningful event. Your dedication and effort helped bring our community together in a powerful way.

The feedback has been overwhelmingly positive and heartfelt. This was more than an event—it was a step forward in healing, unity, and cultural resurgence.

Hosted by the Moccasin Footprint Society

www.moccasinfootprintsociety.ca







Justin Code, Youth & Recreation Supervisor

We've made it to summer! Among regular program mainstays like games, sports, and arts/crafts, our July calendar will bring together a fantastic blend of cultural learning, hands-on experiences, cool trips, and plenty of community connection.

Our students will have the special privilege of participating in styéy'm on July 4th and 18th, these meaningful gatherings provide invaluable opportunities to spend time with our respected Elders, doing fun activities and receiving traditional knowledge and cultural teachings.

The month kicks off with swimming, movies, and nature hiking on July 3rd and 4th. Students will dive into food education with dietician Tatjana Bates on July 17th and 31st, discovering healthy cooking techniques and nutrition knowledge, plus some delicious bannock-making on July 14th. Who doesn't love bannock?

Creative expression flows through beading projects with

Ada and Krista on July 21st, tie-dye clothing creation on July 22nd, beautiful dreamcatchers with Krista on July 28th, and painting projects on July 29th. Meanwhile, outdoor adventures include riding and equine education with the "Into the Elements" horse riding school on July 15th, plus educational activities and games with Alex from Invasive Species Council of BC on July 16th.

The fun continues with our Pizza Party day on July 18th and our exciting Community Family Bingo Event with lunch and prizes on July 30th – a perfect opportunity for families to come together and celebrate!

On our calendar, you will also see a big feature for our older students (ages 13-18): the weeklong Moccasin Footprint Society Culture Camp runs July 7th - 11th, offering an immersive cultural experience. Additionally, our program is looking forward to participating in outdoor fun at the Family Camp at Gavin Lake from July 23th – 26th.

Of, course, our August programming announcements will roll out soon, as well, with even more fun and surprises!

All of our trips (swimming pool,

equine program, etc) will require filled out-trip waivers that can be acquired via email or in person at our Education Office. If you have any questions, concerns or feedback, please be sure to reach out to me at rtp@xatsull.com or at my office number 250-989-2355 ext 152.



Snotty Nose Rez Kids Concert - June 2025 in Quesnel



XFN Youth Gym Sports June 2025

Xat'sūll First Nation

Natural Resource Department Updates

Placer Mining Infringement

Over the past few weeks, the Natural Resources Department has been actively responding to a large number of mining-related files from the Province. These include placer mining applications, amendments, multi-year area-based permits (MYABs), and new mineral tenure requests.

Many of these files have come in batches from the Ministry of Critical Mines and the Kamloops regional office. For each one, we've responded by email to clearly express Xat'sūll First Nation's concerns—especially around potential infringements on our Section 35 Aboriginal

rights, including hunting, fishing, and trapping within our territory.

To date, we've issued 39 formal responses asserting XFN's Title and Rights and making it clear that these mining activities cannot proceed without meaningful consultation and respect for our governance. This week, our focus has shifted to reviewing new mineral tenure applications and pushing the Province to provide complete documentation and mapping files so we can continue to respond in a timely and informed way.

We also want to share that the NR Department has completed

a detailed report titled "Legacy, Impact, and Action: XFN's Review of the 2024 Placer Mining Inspections in its Territory." The report was led by our Environmental and Regulatory Coordinator and outlines serious concerns regarding the Province's inspection practices, environmental non-compliance, and gaps in enforcement.

If you would like a copy of this report to learn more about what's happening in the territory, please contact the Natural Resources Department—we would be happy to share it with any interested community members.

Traditional Land Use Study Update

As some of you may recall, XFN Natural Resource Department (NRD) interviewed community members in Autumn 2024 for the purpose of conducting a Traditional Land Use (TLU) study in relation to Enbridge's proposed pipeline "Sunrise Expansion" which is going through a regulatory decision-making process with the Canada Energy Regulator (CER).

This month, on June 12th the TLU was submitted to the CER to share XFN's perspectives on how this expansion would affect our community. We would like to welcome you all, whether you were interviewed or couldn't make it, to look at it for yourselves. The NRD would like to host a session in July, if there is interest, to gather and see the product of your interview or to see what

others have shared. We would like to learn what went well and where we missed the mark.

Please contact Yoana Dinkova, Environmental and Regulatory Coordinator at ercoordinator@xatsull.com or at ext. 122 if you would like to receive a copy and express your interest in the discussion.



Jennifer Phillips Wellness Counsellor

Weytk xwexwetep,
(Hello to all gathered)

These past couple months have been busy. April flew by, I had attended the Indigenous Child & Families Conference in Edmonton, AB. Incredible time to hear the stories & wisdom of the people in Alberta. This was an opportunity to hear of the resilience of the communities & how the removal of the Indigenous children impacts & continues to impact the whole community. I was moved & inspired by the knowledge keepers & the leadership.

April 25, the women gathered with Three Corners staff at the Cariboo Memorial Hospital to share about the Qu7(belly button) bags. The medicine bags are gifted to the women from the community who have had their babies. The teachings are ancestral, passed down from the grandmothers to the mothers to the girls in the family.

On May 5, we attended the MMIW gathering held at the Stampede Grounds from 100

- 400pm. Big Kuksetsemc for all the attendees and the brave women who shared their stories. My heart goes out to all of you!

We've started Wellbriety at the Community Health office, on Tuesdays, 7:00 - 8:00pm.

The teachings are from the White Bison Society out of Colorado. "The First Vision Is for The People. We have a vision, a vision for us. We can find our sobriety, recovery wellness an Wellbriety, and then go on to achieve skills with which we can give back."

Chapter 12. "The Red Road to Wellbriety In The Native American Way."

We extend our hands out to all people to feel welcome at the meetings. Refreshments are available.

Each week I am sharing a moment with the Tiny Creek Daycare to teach songs, prayer & Secwepemctsin. I am happy the children are learning, it's in the formative years they're impressionable. Adorable to hear them speak what their learning.

Each month I attend Three Corners Health Services monthly meetings. We learned about Advanced Care Planning, which was informative especially for

the Elder's in the community. We have a package for assisting members to take steps for adults. If you have questions, please contact the Community Health office.

The Moose Hide Campaign was good. We had a film about the Lacerte family who created the event in 2011. Which was to address all forms of violence. At a vulnerable time, I pray the songs & walk helped all those who attended.

May 7, a group of Elder's attended a Yuwipi (you wip ee) in Esket (Alkali Lake). A night of prayer. Grateful for our time together as community, ancestors & family. Next time we'll bring a bigger vehicle & our gum boots.

May 21-22, Reclaiming Our Indigenous Spirit was held at the Curling Rink. The statistics for Indigenous people we are losing is phenomenal. There needs to be more awareness around human trafficking & gang awareness. More gatherings, healed relationships, substance abuse, domestic violence. Knowledge keepers sharing their stories, MMIW. I, enjoyed the unity I felt in the room. As hard as it is to take a stand in these vulnerable spaces,

it must be done for our children & grandchildren. So many great speakers. Proud of our Indigenous people for standing in the hard spaces.

I will continue to keep you all informed about the developments in the toxic drug crisis.

So far for the month of June, we've had two days of cedar harvesting. James Edgar Cook has taught us how to find a tree and pull the

cedar. Beautiful experience, my first time. Thoroughly enjoyed being out on the land sharing time and stories of healing through the medicines.

We had our first Full Moon Sweatlodge on June 12. At the Community Health Sweatlodge.

Kuksetsemc for all those who came, our firekeeper, wood gatherers. Keep coming back, we'll practice songs together.

Watch for a poster about the next one on, July 10, It will be a Potluck.

June 19, Calling our People Home at the Biotanio Park. I was inspired with the drum songs and to have the big drum there too. A good turn out of community. I look forward to sharing more stories about healing. We'll begin practicing songs, if you're interested lets pick a date & time.



Roxanne Pop FireSmart Coordinator

out, it was beautiful to hear laughter, share stories, and enjoy a meal together as a community.

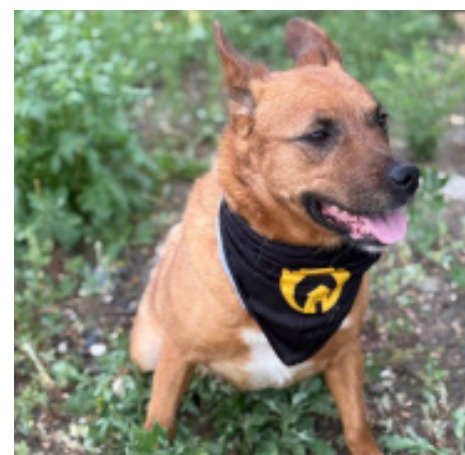
We were pleased to welcome Helena Marken from FNESS, who shared valuable knowledge on emergency preparedness and FireSmart practices. The weather cooperated just long enough, and the rain earlier in the day left the site smelling fresh and earthy, adding to the

good energy of the gathering.

A special thank you as well to Tasco Supplies LTD for donating a Milwaukee rechargeable pivoting flashlight as a door prize, congratulations to Tyler Phillips, the lucky winner!

Thank you all for making this a meaningful and informative event. Stay tuned for more to come!

Our First FireSmart Event Was a Success! Held on June 12, the first FireSmart event went as well as we could have hoped! A heartfelt thank you to everyone who came





Lisa Anderson Tiny Creek Daycare Manager

Hello everyone!

We have had an amazing June over at Tiny Creek Daycare! In the last month we have had field trips to the Xat'sull Heritage Village, Kiwanis park, and we have many more planned over the summer.

These past few weeks, we've been fortunate to welcome several community service workers to our daycare who have

joined us to share important cultural teachings, including smudging ceremonies, drumming, and how to make traditional medicines using local plants. We also had a visit from a community health nurse who taught the children about the importance of hand washing, and a dentist who explained why brushing our teeth helps to keep our smiles healthy and strong!

These visits support our commitment to caring for the whole child-mind, body, and spirit.

The children have also started their own vegetable and flower

garden in front of the education building. If ever it's a hot weekend and you would like to help us keep the garden watered we would sure appreciate the support!

We are very much looking forward to having more fun over the summer months. If you are someone you know has a child aged 30 months - 5 years and would like them to join our fun program please give me a call at 989-2323 ext 127.

Be sure to keep an eye on our Xat'sull Education facebook page to see more of what were up to this summer!



Tiny Creek Daycare at the XFN Heritage Site June 2025

Kukstéyemc to Our 2025 Graduates!

Congratulations to all of our incredible Xat'súll students and graduates this year! We are so proud of each and every one of you, whether you stood on the stage tonight or were celebrated from afar, your achievements matter and are deeply honored by our community.

A heartfelt thank you to our Education Department for organizing such a beautiful and meaningful celebration, even in the face of last-minute changes due to today's wild rainstorms. Your dedication shines through. We also raise our hands to the amazing team and community

members who lovingly created the handmade blankets and drums gifted to each graduate. These gifts carry not only warmth and sound, but also the pride, care, and support of your Nation. You make us proud. Keep going, your future is bright!



Firewood

To all Xat'súll Community members:

Firewood is available for cutting at the XFN Compound in Deep Creek and can be accessed at any time. Please contact Dennis at 250-267-9955

GENERAL BAND MEETING



**JULY 8, 2025
5:30 - 8:30 PM
at the XFN Gym**

For members who cannot attend the General Band Meeting in person but have questions, you can also join via Zoom.

Zoom link:

<https://us02web.zoom.us/j/81419706747>

There will be door prizes and dinner will be provided.

Please call XFN Community Services at 250-989-2355 to arrange for transportation.





XAT'SULL FIRST NATION **FAMILY CAMP**



JULY 23 – 27, 2025



Gavin Lake

Meals will be provided – cabins are available.
Attendees need to bring their own bedding and hygiene items.

DRUG & ALCOHOL FREE EVENT.
OPEN TO XAT'SULL MEMBERS ONLY.
Deadline to sign up is July 18, 2024.

Contact :

Community Services to sign up
250-989-2355



<p>TUESDAY, JULY 1</p> <p>HOUSING</p> <p>HOUSING RENT DUE</p> <p>DATE: July 1, 2025</p>	<p>THURSDAY, JULY 3</p> <p>COMMUNITY SERVICES</p> <p>DIETICIAN</p> <p>DATE: Thursday July 3, 2025 LOCATION: Community Health Services CONTACT Community Services Office 250-989-2355</p>	<p>SATURDAY, JULY 5</p> <p>COMMUNITY SERVICES</p> <p>WOOD CARVING</p> <p>DATE: Saturday July 5, 2025 TIME: 9:30 a.m. - 12 p.m. LOCATION: Community Health Services CONTACT Community Services Office 250-989-2355</p>
<p>WEDNESDAY, JULY 2</p> <p>COMMUNITY SERVICES</p> <p>ADP LUNCH</p> <p>DATE: Wednesday July 2, 2025 TIME: 12 p.m. LOCATION: Community Health Services CONTACT: Community Services Office 250-989-2355</p>	<p>COMMUNITY SERVICES</p> <p>GUIDED HANDS THERAPY</p> <p>DATE: Thursday July 3, 2025 TIME: 9:30 a.m. - 4:30 p.m. LOCATION: Community Health Services INFO: book appointment CONTACT: Community Services Office 250-989-2355</p>	<p>COMMUNITY SERVICES</p> <p>MEN'S GROUP</p> <p>DATE: Saturday July 5, 2025 TIME: 1 - 4 PM LOCATION: Community Health Services CONTACT Community Services Office 250-989-2355</p>
<p>COMMUNITY SERVICES</p> <p>FITNESS CLASS</p> <p>DATE: Wednesday July 2, 2025 TIME: 5:30 p.m. LOCATION: XFN Gym</p>	<p>FRIDAY, JULY 4</p> <p>COMMUNITY SERVICES</p> <p>COMMUNITEA 'STYHEYEM</p> <p>DATE: Friday July 4, 2025 TIME: 12 - 3 p.m. LOCATION: Health Boardroom CONTACT: Community Services Office 250-989-2355</p>	<p>MONDAY, JULY 7</p> <p>NATURAL RESOURCES</p> <p>HAWKS CREEK LOGGING MEETING</p> <p>DATE: Monday July 7, 2025 TIME: 1:30 p.m. LOCATION: NR Boardroom CONTACT: Emily at 250-989-2323 ext 121</p>
<p>COMMUNITY SERVICES</p> <p>PHYSIOTHERAPY</p> <p>DATE: Wednesday July 2, 2025 TIME: 9 a.m. - 4 p.m. LOCATION: Community Services INFO: Book appointment CONTACT: Community Services Office 250-989-2355</p>		

TUESDAY, JULY 8

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday July 8, 2025
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

FOOT CARE (HOME)

DATE: Tuesday July 8, 2025
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday July 8, 2025
TIME: 9:30 a.m. - 4:30 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Tuesday July 8, 2025
TIME: 1:30 - 3 p.m.
INFO: For all I.A. Clients
CONTACT: Jennifer at socdev@xatsull.com

XFN

GENERAL BAND MEETING

DATE: Tuesday July 8, 2025
TIME: 5:30 p.m.
LOCATION: XFN Gym
CONTACT: Reception at 250-989-2323

WEDNESDAY, JULY 9

COMMUNITY SERVICES

FOOT CARE (OFFICE)

DATE: Wednesday July 9, 2025
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Wednesday July 9, 2025
TIME: 1:30 - 3 p.m.
INFO: For all I.A. Clients
CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday July 9, 2025
TIME: 5:30 p.m.
LOCATION: XFN Gym
CONTACT: Community Services Office
250-989-2355

THURSDAY, JULY 10

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Thursday July 10, 2025
TIME: 1:30 - 3 p.m.
INFO: For all I.A. Clients
CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

FULL MOON SWEAT LODGE FOR WOMAN

DATE: Thursday July 10, 2025
TIME: 6 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer at 250-267-2066

FRIDAY, JULY 11

SOCIAL DEVELOPMENT

MONTHLY DECLARATION & HH BILLS DUE

DATE: Friday July 11, 2025
CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday July 11, 2025
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

TUESDAY, JULY 15

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday July 15, 2025
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

QUELLMIN GROUP

DATE: Tuesday July 15, 2025
TIME: 12 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

DIABETES NURSE

DATE: Tuesday July 15, 2025
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

CALENDAR

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday July 15, 2025
TIME: 9:30 a.m. - 4:30 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

WELLBRIETY MEETING

DATE: Tuesday July 15, 2025
TIME: 7 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer at 250-267-2066

WEDNESDAY, JULY 16

COMMUNITY SERVICES

ADP LUNCH

DATE: Wednesday July 16, 2025
TIME: 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday July 16, 2025
TIME: 5:30 p.m.
LOCATION: XFN Gym
CONTACT: Community Services Office
250-989-2355

FRIDAY, JULY 18

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday July 18, 2025
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

SATURDAY, JULY 19

COMMUNITY SERVICES

WOOD CARVING

DATE: Saturday July 19, 2025
TIME: 9:30 a.m. - 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

MEN'S GROUP

DATE: Saturday July 19, 2025
TIME: 1 - 4 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

TUESDAY, JULY 22



COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday July 22, 2025
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday July 22, 2025
TIME: 12 - 8 p.m.
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

DIABETES NURSE

DATE: Tuesday July 22, 2025
LOCATION: Community Health Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

WELLBRIETY MEETING

DATE: Tuesday July 22, 2025
TIME: 7 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer at 250-267-2066

TUESDAY, JULY 29

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday July 29, 2025
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

WELLBRIETY MEETING

DATE: Tuesday July 29, 2025
TIME: 7 p.m.
LOCATION: Community Health Services
CONTACT: Jennifer at 250-267-2066

WEDNESDAY, JULY 30

COMMUNITY SERVICES

ADP LUNCH

DATE: Wednesday July 30, 2025
TIME: 12 p.m.
LOCATION: Community Health Services
CONTACT: Community Services Office
250-989-2355

Moccasin Footprint Society presents

Te T7iwelk Culture Camp

July 7 - July 11, 2025

For Xats'ull and T'exele Youth between 13-18 years old **NO COST TO ATTEND**

Activities include canoeing, drumming & singing, arts, hikes, hikes, harvesting, and more!

Join us for a 5-day overnight land-based youth camp in Secwépemcúl'ecw! Explore Secwépemc culture through ceremonies and teachings shared by our Elders and Knowledge Keepers.

For registration or more info
Debbie Peterson (250) 974-7916
debbiepeterson21@gmail.com
www.moccasinfootprintsociety.ca

MFS Williams Lake

SUMMER YOUTH PROGRAM

A Summer Youth Program will be available for all band and community members aged 6 to 12. This program will run in July and August (Monday to Friday).

Registration is required

CONTACT
Justin at rtp@xatsull.com

XFN EMERGENCY CONTACTS

General

250-267-9771

Infrastructure & Housing Needs

250-267-9955

Health & Wellness, Child,

Family & Elders Needs

250-267-1152

Mental Health & Substance Use

250-267-2066

OTHER 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

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




Monthly Full Moon Sweatlodge for Women



next sweat

 **Thursday, July 10, 2025**

 **6:00 PM**

 **Sweatlodge at Xat'sul First Nation
Community Services**

Join us for a special evening of reflection, healing, and connection under the full moon.

This women 's-only sweatlodge offers a sacred space for grounding, renewal, and coming together in community.

Please arrive early to prepare and bring anything you may need for your comfort and participation in the ceremony.

A potluck will follow—please bring your favourite dish to share.

For more information, call or text Jennifer at 250-267-2066.

WELLBRIETY MEETINGS

All Xatsúll First Nation members are welcome to join our wellbriety meetings

**every
Tuesday at 7:00 PM**
XFN Health Boardroom



For more information and if you are in need of a ride, please contact Jennifer at 250-267-2066 or wellness@xatsull.com



WILLS & ESTATES

With Anne Fletcher



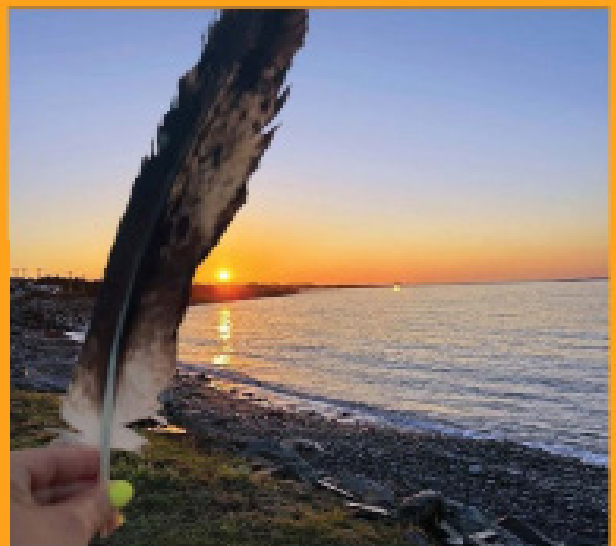
Anne Fletcher has been a dedicated advocate with the Bella Coola Legal Advocacy Program for over 15 Years, providing support to On-Reserve individuals with Wills and Estates matters. Her work extends to a broad range of legal issues, including Employment Insurance (EI), workplace complaints, pension concerns, debt and consumer protection, prison advocacy, border-related questions and status inquiries.

Anne offers free and confidential appointments available by calling 250-957-8444 or through the Bella Coola Legal Advocacy Program Facebook page.

Anne will be giving a presentation on Wills and Estates for any one who would like to learn more.



**Xat'sul Community
Services Building
July 9, 2025 at 10:00AM**



**LEGAL
INFORMATION FOR
INDIGENOUS PEOPLE**
NATIONAL EDITION

A Project of the Bella Coola Legal Advocacy Program



WELLNESS WORKER

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xats'ull First Nation, a thriving Indigenous community near Williams Lake, is deeply rooted in its rich culture, heritage, and breathtaking natural surroundings. With 125 band members residing on-reserve and 300 off-reserve, our Nation is dedicated to fostering the growth and well-being of our youngest members through high-quality early learning programs.

Reporting to the Wellness Counsellor, the Wellness Worker contributes to the overall health and wellbeing of Xats'ull First Nation by promoting cultural healing and traditional wellness within the community. As an advocate for quality and culturally appropriate health services, the Wellness Worker supports programs and services for assessment and prevention, education and advocacy, crisis counselling, and after-care services focused on addictions, mental health, and traditional wellness.

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
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www.xatsull.com



SOCIAL ENTERPRISE COORDINATOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xatsūll First Nation, a dynamic Indigenous community, is seeking a dedicated and detail-oriented Social Enterprise 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.

Reporting to the Chief Administrative Officer(CAO), the Social Enterprise Coordinator is , responsible for researching, developing, and promoting cultural, traditional, and business opportunities that generate financial and social benefits for the Xatsūll First Nation. This role oversees the operation of current economic ventures, such as the Xatsūll Heritage Village and Whispering Willows Campsite, while coordinating social gatherings that foster community connections and well-being.

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DAYCARE COOK

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

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Reporting to the Daycare Supervisor, the Daycare Cook plays a vital role in ensuring the health and well-being of children in the 3-5 age daycare program, which offers 16 available spots. This position is responsible for planning and preparing nutritious, balanced meals that meet the dietary needs of young children while accommodating allergies, cultural preferences, and special dietary requirements. The Daycare Cook follows food safety regulations, maintains a clean and organized kitchen, and collaborates with daycare staff to support meal and snack times. Additionally, this role helps introduce children to traditional and healthy eating practices, integrating Xats'ull First Nation's culture, values, and language into mealtime routines. The Daycare Cook supports in covering breaks for Daycare Staff when needed. Furthermore the Daycare Cook will support in additional cooking support for community Elders when needed.

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FAMILY RESILIENCE WORKER

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xat'sull First Nation, a dynamic Indigenous community, is seeking a dedicated and detail-oriented Family Resilience 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.

Reporting to the Family Wellness Program Manager, the Family Resilience Worker provides direct support to children and families within the Family Wellness Program at Xat'sull First Nation. This position plays an important role in strengthening family relationships, promoting healthy parenting, and reducing barriers to services. The Family Resilience Worker works collaboratively with the Family Wellness team, the Health and Wellness teams, Social Development, and external service providers to ensure families receive wrap-around support. This position emphasizes prevention, cultural connection, and family-centered advocacy to help families navigate challenges and access the resources they need to thrive.

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