



Fraser River Run

Monthly Newsletter of Xats'ul First Nation



**Xats'ul Youth & Community Members Attend
Indigenous Fashion Show in Vancouver**

Page 7

**Pelltitéqem (cross-over month; first real cold) – December 2025
Pellkwet'min (Buckskin sewing month) - January 2026**



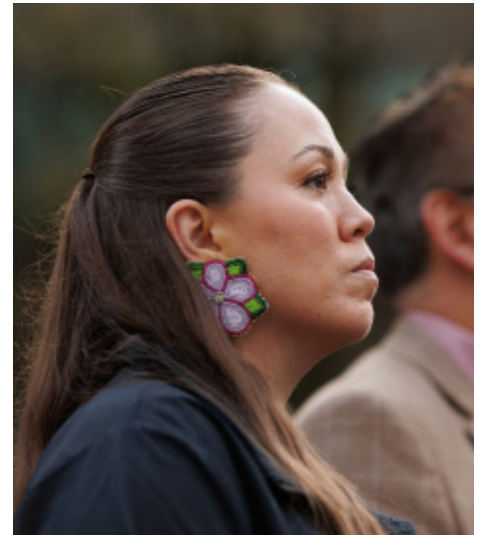
From Kúkpi7 Rhonda Phillips

Weyt-kp xwexweytep, as we move into December, closing out 2025, I want to take this opportunity to acknowledge Chylane Diablo and to share that I am truly going to miss her. Council and I have valued her contributions and the commitment she has shown to our Nation throughout her time with us. As she steps down from her role as Chief Administrative Officer, we raise our hands to her for the hard work, dedication, and strength she brought to our administrative team and to our community. Community members have shared that they are worried



about her departure, and I understand those feelings. Change is never easy, especially when someone has helped create structure, stability, and direction for our Nation. What I want to reassure everyone is that she has created a strong foundation, and that foundation remains in place. Our departments are grounded in clear processes and stronger systems that will support them as they continue their work. They will move forward, and we will continue to move forward together. The directors worked closely with her before she left and have a plan in place. They have the skills, experience, and clarity needed to carry out their responsibilities. Council and I trust them fully and appreciate the dedication they continue to show to our community. We also recognize that the CAO position will be vacant for a period of time. As Council, we are working with a recruitment agency. A full CAO search can take up to four months, but this approach helps us attract strong applicants, ensures transparency, and supports us in finding someone who aligns with the long-term direction of Xatsúll. I want to reiterate that during this time, we do not anticipate programs or services being halted; the work will continue. During her time with us, Chylane

worked collaboratively with Council, staff, and community members. She helped ensure that our administrative work aligned with the values of Xatsúll and supported the long-term direction of our Nation. Her leadership provided clarity and structure, and she offered a strategic overview that helped give meaning to the work we do and why we do it.



She helped directors move forward with confidence in their roles, building the foundation they needed to lead their teams well. One of the meaningful contributions that I truly appreciate is the introduction of meeting protocols at the beginning of our community meetings. These protocols support how we communicate with one another. They are not rules, but shared understandings

rooted in our traditional ways of listening, showing respect, and creating a safe space where all voices can be heard. This practice will continue because it reflects who we are.

A significant part of her contribution was giving directors the authority and trust to do their jobs while upholding accountability and transparency. She helped build a safe and respectful environment where directors and staff felt supported to grow, to collaborate, and to lead with integrity.

I have also appreciated her support and guidance at the Chief and Council table. Her professionalism, her clarity around roles, and her commitment to policies and procedures helped strengthen our discussions and decisions. This professionalism extended to our internal operations and our external relationships, ensuring that the way we show up as Xats'ull reflects our values and responsibilities.

Because of the clarity created through the separation of governance and administration, our teams have been able to move forward on some major pieces of work this year. We are extremely proud of the strides they have taken and the dedication they continue to show. Their progress reflects the strong foundation that was built and the care they bring to their work. Council and I are fully confident in our teams and in the direction they are moving.

They will continue to carry the work forward with purpose and integrity.

I cannot state it enough, but Chylane has helped strengthen the administrative structure of our Nation, supported our directors, and ensured that our work remained grounded in the values of Xats'ull. The foundation she helped build will continue to support our departments, our leadership, and our community as we move forward in a good way.

We wish her the very best as she moves into the next part of her journey, and we welcome her back with open arms anytime. She will always have a place with us at our community meetings and gatherings.

I know that some members cannot attend our community meetings but still want to be part of the conversations and decisions that shape our Nation. You are always welcome to connect with us in whatever way works best for you. Our team is here to listen and support.

As we move into the Christmas season and toward the winter solstice, I hope that everyone is able to spend time with family and friends, to visit, to share stories, and to check in on one another. These are the moments that make us strong and keep us grounded in who we are.

The office will be closed over the holidays so that our staff can rest and spend time with their loved ones. Emergency contact numbers will be shared so that support remains available when needed.

As we move into the holiday season and prepare to welcome 2026, I wish each of you a safe, restful, and meaningful time with family and friends. Take the time to visit, to share stories, and to check in on one another. May this season bring warmth, connection, and reflection. Council and I look forward to continuing our important work together in the new year, grounded in our values and guided by community.



Xatsūll Protocol for Sweat Lodge Ceremony

Weytk,

For the past while I have been having the sweatlodge at the Community Services Building, for each of the full moons with the exception of September.

As we come together, one of the teachings is Protocol's. It is never the intention to disrespect or offend anyone as you attend a ceremony.

The individual who is hosting

the ceremony is clear of substance use and asks others to do the same before coming to ceremony. 4 days is good but 7 is ideal. This also is the same for the Firekeeper's as well.

For the girls & ladies who will attend we can share of the protocols before you arrive.

The intention is not to harm anyone in attendance. I don't like turning people away at the door, please, when in doubt

check it out.

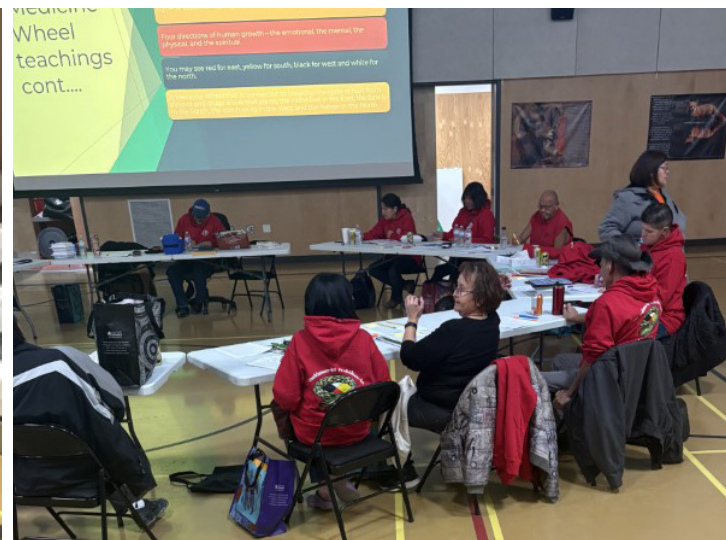
The sweatlodge will be closed for the season now, unless it is important to the individual to have a ceremony during the winter.

Kuksetsemc,

Jennifer Phillips
Wellness Counselor
250-267-2066



Xat'sūll First Nation National Addiction Awareness Week Healing



From November 17 - 20, Xat'sūll community members welcomed Cora Fraleigh (Substance Use Counsellor) and Kaylene Baye (Substance Use Connections) from Interior Health for their "Come As You Are" workshop.

Participants explored intergenerational trauma and personal triggers, learned coping strategies,

and discovered the concept of "emotional backpacks." Discussions emphasized the importance of meeting people where they are at, and the role of culture and community in supporting wellness and recovery.

The event concluded with a special day of self-care and pampering. Community

members enjoyed haircuts from Advance Cuts, healing touch with Kristine Jenson, Guided Hands with Tammy Dormouth, reflexology with Ashley Camille, and made body scrubs and bath melts with Tori Lee. Barb Wycotte and Mary Hary also assisted members with Christmas crafts and blending immune-boosting teas.



Xat'sūll Youth Design Their Own Ribbon Hoodies to Wear to the Indigenous Fashion Show

A week before the Vancouver Indigenous Fashion Week, the education building was buzzing with sewing machines, laughs, and lunch. The youth, chaperones, and helpers joined to make ribbon panel hoodies to

wear for their trip. They picked their material, ribbon, and custom patches- ironing and sewing, they created their own custom sweaters. All the youth and chaperones ended up with their own one-of-a-kind hoodie

to wear during the Vancouver Indigenous Fashion Week!

What a great way to spend a few afternoons. Thank you, Xat'sūll Education, for the materials, space, and lunch.



Xatśūll Youth & Community Members Attend Indigenous Fashion Show in Vancouver



From November 17 to November 22, a group of our Youth and several community members travelled to Vancouver to attend this year's Indigenous Fashion Show. It was an inspiring experience filled with culture, creativity, and vibrant energy.

During the trip, the group also visited the Vancouver Aquarium

and enjoyed a show at the Laser Dome, adding fun and exploration to their time in the city.

At the fashion show, our Youth had the opportunity to see Indigenous designers, artists, and models showcase their work on a national stage. The event highlighted the beauty of traditional designs, the strength

of modern Indigenous artistry, and the importance of celebrating our stories through fashion.

Everyone returned home with great memories, new ideas, and a deeper connection to culture. Thank you to everyone who supported and helped make this experience possible.



Xat'sūll's Annual Halloween Party brought the spookiness to November 1!

This year's celebration took over the Xat'sūll Emporium, which was transformed into a chilling haunted house filled with creepy decorations, eerie surprises, and plenty of Halloween spirit. Community members showed

up in amazing costumes, everything from funny to frightening, and the energy was fantastic. With games, prizes, treats, and a dazzling fireworks show to end the night, it was a Halloween party to remember.

A big thank you to everyone who helped set up, decorate, and bring the spooky magic to life, and an extra shout-out to the cleanup crew for helping wrap up the night!



Xatsúll Infrastructure Meeting on November 13, 2025 Recap *(by Dennis Elliott - Director of Infrastructure)*

Following the Infrastructure meeting on Nov 13, 2025, this is what was discussed and determined.

The current **water system in Soda Creek** cannot provide the necessary water requirements for future growth and firefighting capability, therefore a Feasibility Study was undertaken to determine the direction to move in.

- The Soda Creek Water Improvements Feasibility Study will move into the Design and Request for funding stage

- A ground water source was unable to be located

- Soda Creek will remain as the water source

- The current water treatment plant and reservoir will remain in place but will not be used for the current water delivery system, instead it will be available for additional water needs, such as irrigation.

- The water piping above the current water treatment plant requires replacing

- The water intake will be upgraded and will remain in its current location.

- The new water treatment plant and reservoir will be constructed above highway 97 across from the Emporium. This location will

provide the necessary capacity, volume, treatment and pressure required for community, including Egg Lake Road

- New water piping will parallel highway 97 on the east side from the water intake south and connect to the new water treatment plant and reservoir.

- The new water treatment plant and reservoir will have greater capacity and additional water treatment stages.

- The new water system will run from the new plant and under the highway to connect to the current system

- Possible construction to begin 2027

Ice Rink

- The community confirmed their request for an ice rink

- The ice rink would be located on the current site of the old rink at Soda Creek

- The ice rink space would or could be used for other community activities such as summer sports events, dances, weddings in the summer months

- The ice rink would be constructed with boards, mesh or Plexi-glass, covered players boxes, covered penalty boxes, and covered spectator seats, lights, heated storage for

shovels, tools, hoses, and a washroom.

- Paid or volunteered community help would be needed for ice prep

- A water park was also something that was desirable.

- Construction quotes and funding will have to be researched

- The rink could be designed to drain the melted ice into a storage container for summer sprinkling use.

- Progress update to come



For further questions contact Dennis Elliott (Director of Infrastructure) capitalmanager@xatsull.com

Family Wellness Update

(by Sabrina Charlie - Family Wellness Program Manager)

Hello Community! What has Family Wellness been up to? Well, well, well...it has been full steam ahead for us!

Our program manager was able to attend the 4th Annual *Our Children Our Way: A National Forum for Indigenous Child & Family Well-Being*. This year's conference took place on the unceded and ancestral territories of *skwxwú7mesh, xʷməθkʷəy̓əm, and səliłwətał Nations*.

Conference Highlights

- Connect with like-minded professionals committed to Indigenous child and family well-being
- Access a dedicated self-care space with traditional and holistic wellness practitioners
- Learn from leading voices and innovators from across Turtle Island

Our Program Manager attended Vancouver Indigenous Fashion Week with our Youth in Vancouver BC. Each night had a specific focus:

Opening Night, Red Dress Event: Dress in red to remember and celebrate Indigenous resilience and strength, and to honour our missing and murdered Indigenous women, girls, LGBTQ+ and Two Spirit members of our communities.

All My Relations: Traditional practices mix with contemporary aesthetics in magnificent pieces from emerging and established Indigenous designers.

Indigenous Futures: Indigenous Futurism features streetwear designs that advocate for Indigenous sovereignty. It is an evening of Indigenous artistic practice, contemporary storytelling, and pop culture.

Spirit of the West Coast: Celebrate designs with a signature West Coast spirit that highlights the uniqueness of this land and people.

You were able to enjoy lots of great food, daily activities, and beautiful accommodations. Xatsull Education did an amazing job organizing the trip, down to the last detail! Thank you for the invitation. I was honored to have the opportunity to engage with the youth as well as community members who chaperoned the trip. This was an incredible opportunity to get to know one another on a deeper level, which is incredibly important to myself as well as a critically important piece in my role in Family Wellness and as your Designated Band Representative.

Our Family Resilience Worker, Melisa, has started a Swimming Night for Community members, which has been very popular!

We are excited to announce that Swim Night will move from Bi-Weekly to Weekly in January! Keep your Thursday evenings open and ready to have more splashin good times!

Our Winter Clothing Program has been utilized in such a positive way, with the community accessing our support services. Melisa and Jessica have been busy bees getting everyone prepared for Frosty the Snowman!

Jessica is our new Family Engagement Worker who is building up some strong administrative tools for Family Wellness! We are so excited for the New Year to see all the programming Jessica will be bringing into the community!

Family Wellness wishes you all Happy Holidays filled with Connection, Love, Wellness, Family & Friends, and overall Peace.



Community Services Update

(by Janae Beaulieu - Health Manager)

November was a busy and exciting month for Community Services, filled with programs, workshops, and wellness activities that brought our members together.

We started the month with our **Adult Day Program (ADP)** luncheons, held every two weeks. These continue to be a wonderful gathering for our Elders, and we're happy to see how much everyone enjoys attending.



On **November 6**, we hosted an **Elder Abuse Awareness Workshop** with the BC Association of Community Response Networks. Eva Navarro and her assistant joined us to discuss how to recognize and support Elders experiencing abuse. We are now working toward establishing our

own **Community Response Network**, made up of community members committed to raising concerns and supporting Elders. If you are interested in being involved, please contact Community Services to add your name to the list. We are waiting for more information from Eva and hope to get this initiative started soon.



Our **Dental Therapist** visited on **November 10**, with all appointments filled in advance. He will be returning on **December 15th**, and there are still a few spots available for those who would like to book.

We continue to welcome our monthly service providers:

- **Guided Hands Healing with Tammy Dormuth** – first Thursday of

every month next date December 4.

- **Healing Touch with Christine** – second Thursday of every month next date December 11.
- **Massage Therapy** – every Tuesday, next dates: December 2, 9, and 16)
- **Reflexology with Ashley Camille** – restarting on December 8 and continuing monthly.
- **We will have our last Moms Luncheon of the year on December 9,**

If you would like to book for any of these services or have any questions, please call the Community Services front desk.

Our **Fitness & Yoga Nights** continue every Wednesday from **5:00–7:00 p.m.** Coach Ashley Hyde leads a 30-minute circuit workout followed by a 30-minute yoga session. We provide snacks and door prizes each week, and all members are welcome to join. Starting in **January 2026**, we are launching a new incentive to encourage participation: **attend six sessions and receive a \$100 Sport Chek gift card** to support your fitness journey with new shoes or workout clothing.

Community Services Update continue.

We also continue to support community wellness through **Foot Care with Ayla Surak**, offered twice a month usually falling on the third week of the month. Ayla has been helping our Elders and member for quite a few years now, and if you or an Elder you know needs foot care, please contact us to book.

Together with Family Wellness, we have also been offering **swimming and gym trips** every 2nd Thursday. Community members requested weekly outings, and we are happy to support this and starting in the new year we will be going weekly every Thursday 5pm-8pm and will continue offering pool passes for those wanting to go on extra days to work on their health and wellness goals.

As we prepare to close for the holidays, here is our **January schedule**:

- **Massage Therapy: January 6, 13, 20.**
- **Guided Hands with Tammy: January 8.**
- **Healing Touch with Christine: January 15.**
- **Adult Day Program Luncheons: January dates to be determined.**

- **Reflexology with Ashley Camille: January date to be determined.**

Please watch our Facebook page and we will be sending phone notifications for event reminders.

New for January: Sun Run Training Group

Starting in January, we are excited to introduce our **Sun Run Walk/Run Training Program** as we prepare for the **2026 Vancouver Sun Run!** This is a **13-week "learn-to-walk/run" program** designed to safely build strength, stamina, and confidence so participants can complete the 10K event.

- **Start Date: Sunday, January 18.**
- **Time: 9:00 a.m.**
- **Location: Community Gym**
- **Duration: 13 weeks**
- **Commitment:** We meet once a week together, and participants must complete two additional walk/run sessions on their own during the week before meeting the following Sunday.
- **Vancouver Sun Run April 19, 2026**

To keep everyone progressing safely and to prevent injury,

after three missed Sunday sessions, your spot in the group will be released. This ensures participants can follow the program properly and avoid overexertion.

We hope many members will join us so we can build a strong community team and proudly represent our Nation at the 2026 Sun Run. Let's train together, stay motivated, and show our community spirit! Call community services front desk to get your name added to the list.

Wishing everyone a safe, happy holiday season and all the best in the New Year. There is no better time to begin working on your health and wellness goals than now.

If you need to book an appointment, want to talk, or need support of any kind, please call Community Services (**250-989-2355**) and we will do our best to serve you.



Social Development Update

(by Jennifer Stinson - Social Development Manager)

Hi everyone!

Can not believe it is December, already. These months have gone by soooo fast. I hope everyone has a fabulous holiday, spending it with luv one's and friends.

Last month's updates:

On November 6, 2025, I had put on a lunch and learn with Ciel Patenaude, on "Cycles of Change". It was a great turnout, with the community, which I luv to see. We had over 20 community members attend this session. She had done a presentation for 2 hours on Mental Health. She had given out swag bags with three different books on the topic, that one can follow up on and use to integrate in one's daily life. (Which I cannot wait to read all 3 books.) She had taught us the tools and steps on how to use in one's daily life on how to deal with different kinds

of mental health. I am very excited to have her come out again in the new fiscal year, to do another lunch and learn.

On November 15 & 16, I had put on my fourth PAL (Possession and Acquisition License) course with Randy Billyboy. We had a class of 9 people that had attended the session. All 9 people passed the course. If one has an expired PAL ticket, one can phone 1-800-731-4000, to see if they can renew their ticket, without re-doing the PAL course.

Just a Gentle Reminder for all I.A. Clients:

Cell Phone Bills:

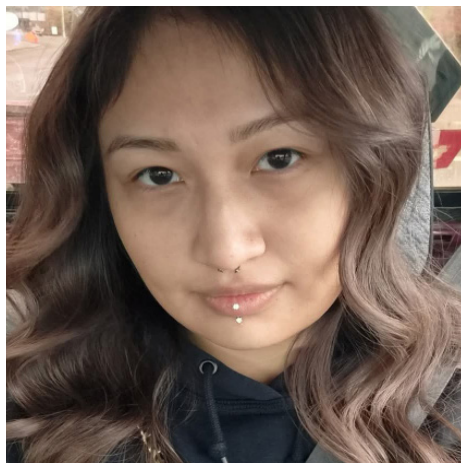
Social Development Department pays for cell phone bills if one is on a contract. We are allowed to pay up to \$40.00 each month. The Income Assistance

just needs to bring in their bill with **their account number and address of which Cell Phone Company they are dealing with.**

Unfortunately, accordingly to ISC, (Indigenous Service Canada ~ funding requirements), we cannot pay for cell phones that are Pay as You Go.

For I.A. (Income Assistance), Clients that privately own their home, Social Development Department cannot replace, do home maintenance repairs on appliances, furniture, hot water tanks, furnaces, doors, and windows accordingly to ISC, (Indigenous Service Canada), funding requirements. The owner would have to pay for it out of their own pocket. If one has any questions, please email me at socdev@xatsull.com or call me at 250-989-2323 Ext. 102.

Xats'ull First Nation Welcomes New Staff



Chief & Council Assistant Simone Phillips

Hi, my name is Simone Phillips and I am from the reserves of Xats'ull and Tl'etinqox. My parents are Dustin Phillips and Denise Alphonse and my brother is Demarius Phillips. My position with Xats'ull will be the Chief and

Council Assistant. I am excited to start working with Xats'ull and to be working in community and I hope to see you around.



MONDAY, DECEMBER 1

HOUSING

HOUSING RENT DUE

DATE: Monday, December 1, 2025

YOUTH

GYM SPORTS

DATE: Monday, December 1, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, December 1, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Brityn at youth@xatsull.com

TUESDAY, DECEMBER 2

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, December 2, 2025

TIME: 9 - 10:30 a.m.

LOCATION: Band Office

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Tuesday, December 2, 2025

TIME: 1:30 - 3 p.m.

INFO: For all I.A. Clients

CONTACT: Jennifer at socdev@xatsull.com

YOUTH

ARTS & CRAFTS

DATE: Tuesday, December 2, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, December 2, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Brityn at youth@xatsull.com

COMMUNITY SERVICES

WELLBRIETY MEETING

DATE: Tuesday December 2, 2025

TIME: 7 p.m.,

LOCATION: Community Services

CONTACT: Jennifer at 250-267-2066

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, December 2, 2025

TIME: 9 a.m. - 2:00 p.m.

INFO: Book appointment 250-989-2355

WEDNESDAY, DECEMBER 3

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Wednesday, December 3, 2025

TIME: 1:30 - 3 p.m.

INFO: For all I.A. Clients

CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

ADP LUNCH- ELDERS ENGAGEMENT

DATE: Wednesday, December 3, 2025

TIME: 12 p.m.

LOCATION: Community Services

CONTACT: Community Services Office
250-989-2355

YOUTH

COOKING

DATE: Wednesday, December 3, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP-IN YOUTH PROGRAM

DATE: Wednesday, December 3, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, December 3, 2025
TIME: 5 p.m.
LOCATION: XFN Gym

THURSDAY, DECEMBER 4

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Thursday, December 4, 2025
TIME: 1:30 - 3 p.m.
INFO: For all I.A. Clients
CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

GUIDED HANDS HEALING

DATE: Thursday, December 4, 2025
TIME: 9 a.m. - 4 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, December 4, 2025
TIME: 3:30 p.m. - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP-IN YOUTH PROGRAM

DATE: Thursday, December 4, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, December 4, 2025
TIME: 6:30 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

COMMUNITY DINNER - PREVENTION PLAN

DATE: Thursday, December 4, 2025
TIME: 6 p.m.
LOCATION: XFN Gym
CONTACT: Community Services Office
250-989-2355

FRIDAY, DECEMBER 5

COMMUNITY SERVICES

COMMUNITEA 'STYHEYEM

DATE: Friday, December 5, 2025
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

YOUTH

BOARD GAMES

DATE: Friday, December 5, 2025
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

X-MAS TRIVIA NIGHT

DATE: Friday, December 5, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

SOCIAL DEVELOPMENT

MONTHLY DECLARATION & HH BILLS DUE

DATE: Friday, December 5, 2025
LOCATION: Community Services
CONTACT: Jennifer at socdev@xatsull.com

MONDAY, DECEMBER 8

YOUTH

GYM SPORTS

DATE: Monday, December 8, 2025
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, December 9, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

TUESDAY, DECEMBER 9

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, December 9, 2025
TIME: 9:30 a.m. - 2:00 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: 250-989-2355

CALENDAR

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, December 9, 2025

TIME: 9 - 10:30 a.m.

LOCATION: Band Office

YOUTH

ARTS & CRAFTS

DATE: Tuesday, December 9, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP-IN YOUTH PROGRAM

DATE: Tuesday, December 9, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Brityn at youth@xatsull.com

WEDNESDAY, DECEMBER 10

YOUTH

COOKING

DATE: Wednesday, December 10, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP-IN YOUTH PROGRAM

DATE: Wednesday, December 10, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Brityn at youth@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, December 10, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

THURSDAY, DECEMBER 11

COMMUNITY SERVICES

HEALING TOUCH

DATE: Thursday, December 11, 2025

TIME: book appointment

LOCATION: Community Services

CONTACT: Community Services Office

250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, December 11, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP-IN YOUTH PROGRAM

DATE: Thursday, December 11, 2025

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Brityn at youth@xatsull.com

FRIDAY, DECEMBER 12

COMMUNITY SERVICES

COMMUNITEA 'STY EYEM

DATE: Friday, December 12, 2025

TIME: 12 - 3 p.m.

LOCATION: Health Boardroom

CONTACT: Community Services Office

250-989-2355

YOUTH

BOARD GAMES

DATE: Friday, December 12, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

MOVIE NIGHT

DATE: Friday, December 12, 2025

TIME: 5:30 p.m.

LOCATION: XFN Gym

MOVIE: Elf

CONTACT: Brityn at youth@xatsull.com

MONDAY, DECEMBER 15



COMMUNITY SERVICES

DENTAL THERAPY

DATE: Monday, December 15, 2025

TIME: 10 a.m. - 2 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office

250-989-2355

YOUTH

GYM SPORTS

DATE: Monday, December 15, 2025

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, December 15, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

TUESDAY, DECEMBER 16

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, December 16, 2025
TIME: 9 - 10:30 a.m.
LOCATION: Band Office



COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, December 16, 2025
TIME: 9:30 a.m. - 2:00 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

YOUTH

ARTS & CRAFTS

DATE: Tuesday, December 16, 2025
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, December 16, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

COMMUNITY SERVICES

WELLBRIETY MEETING

DATE: Tuesday, December 16, 2025
TIME: 7 p.m.
LOCATION: Community Services
CONTACT: Jennifer at 250-267-2066

WEDNESDAY, DECEMBER 17

COMMUNITY SERVICES

FOOT CARE

DATE: Wednesday, December 16, 2025
LOCATION: At Home Service
INFO: book appointment
CONTACT: Community Services Office
250-989-2355



COMMUNITY SERVICES

ADP LUNCH

DATE: Wednesday December 17, 2025
TIME: 12 p.m.,
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

SA DAY

DATE: Wednesday, December 17, 2025
CONTACT: Jennifer at socdev@xatsull.com

YOUTH

COOKING

DATE: Wednesday, December 17, 2025
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

MAKING GINGERBREAD HOUSES

DATE: Wednesday, December 17, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Brityn at youth@xatsull.com

THURSDAY, DECEMBER 18

COMMUNITY SERVICES

COMMUNITY CHRISTMAS DINNER

DATE: Thursday, December 18, 2025
TIME: 5 p.m.
LOCATION: XFN Gym
CONTACT: Community Services Office
250-989-2355

DECEMBER 22 - JANUARY 2

XFN

BAND OFFICE CLOSED



COMMUNITY

Christmas

DINNER

DECEMBER
THURSDAY **18** AT 5:00 PM
2025

RSVP BY DECEMBER 12, 2025, AT 4 PM

CALL COMMUNITY SERVICES AT
250-989-2355
OR EMAIL
CSRECEPTIONIST@XATSULL.COM
TO RSVP & REGISTER FOR CHILDREN'S
GIFTS.

OPEN TO OUR XAT'SULL
COMMUNITY MEMBERS



COMMUNITY TREATY MEETING



***Decentralized Governance Model
Presentation***

TUESDAY



January 13, 2026



DOORS OPEN 5:00 PM
DINNER 5:30 PM



XATS'ULL GYM

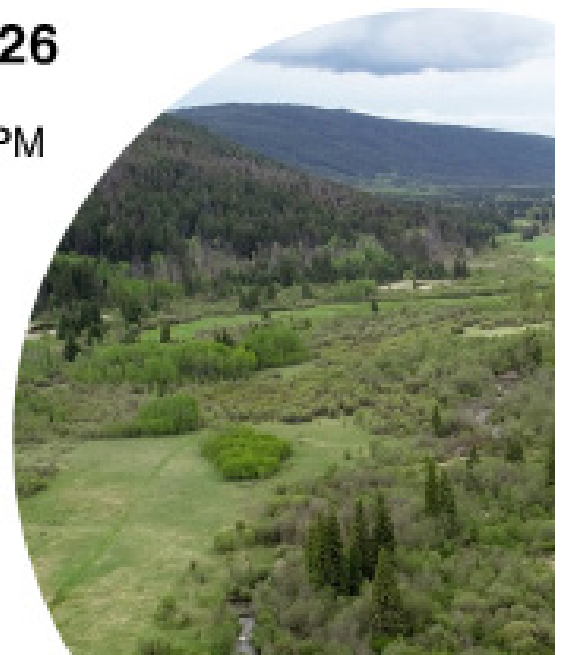
Zoom Link:

<https://us02web.zoom.us/j/89824164901>

Contact Us



250-989-2323 ext. 120
rides available





PARENT/STUDENT HIGHSCHOOL INFORMATION SESSION

January 27, 2026

6:00 - 7:30 PM

XFN Gym

Join us for an informative session with an SD27 representative who will share important details about:

- **Career Life Connections & Capstone**
- **Work Experience for Credits (WEX Program)**
- **Independent Directed Study (IDS)**

These topics apply to students in Grades 10–12, but all families are welcome, learn what's ahead and get a head start on planning!

Zoom:

<https://us02web.zoom.us/j/88330544245>

Dinner will be provided

CONTACT

250-267-5299

or email edcoord@xatsull.com



**XFN EMERGENCY
CONTACTS**

Infrastructure & Housing Needs

250-267-9955

Health & Wellness/Elders

250-267-1152

Children & Family Needs

250-267-6692

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



SELF-GOVERNANCE COORDINATOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

Xat'sull First Nation, a vibrant and growing Indigenous community, is located near the city of Williams Lake. Deeply connected to our rich heritage, culture, and stunning natural surroundings, our Nation is committed to fostering the well-being and development of our youngest members. With 125 band members residing on-reserve and 300 off-reserve, we continue to invest in programs that support our community's growth and prosperity.

Reporting to the Treaty Manager, the Self-Governance Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self-governing environment in accordance with the vision, mission and objectives of the organization. The Self-Governance Coordinator is responsible for developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize cultural heritage and language. The Self-Governance Coordinator works to advance the Xat'sull First Nation's goal of self-government. This includes helping to further develop governance structures, as well as plan and initiate the transition from the Indian Act to a sovereign, self-governing community.

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



HYDROPONIC GROWER

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

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Reporting to the Director of Capital Infrastructure, the Hydroponic Grower is responsible for the hands-on care, growth, and harvesting of crops in our hydroponic farming facility. This role ensures that plants receive optimal nutrition, environmental conditions, and care, while meeting production and quality targets. The Hydroponic Grower will also monitor plant health, troubleshoot issues, maintain equipment, and ensure compliance with food safety and sustainability standards.

For the full job posting visit xatsull.com

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



JANITOR

Type of Position: Full Time Permanent

Closing Date: Open until filled

About the Position:

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Reporting to the Director of Capital Infrastructure, the Janitor is responsible for carrying 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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