

November Newsletter

Xwísten 2021

Office will be closed November 11,
2021 for Remembrance Day

Thank you to all the Volunteers that
participated in our Annual
Halloween Event! We couldn't have
done it without you 😊

Administrators Report Inside

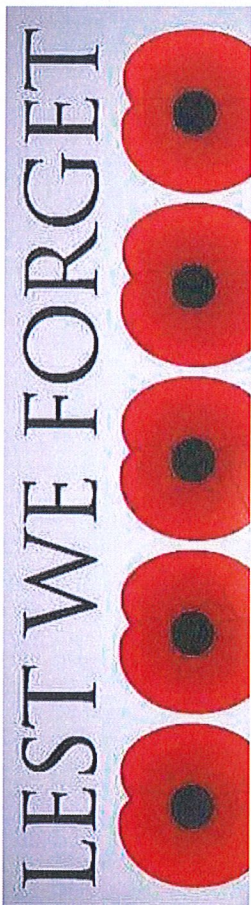


Bridge River Indian Band
PO Box 190 Lillooet, BC V0K 1V0

Phone: 250-256-7423

Fax: 250-256-7999

Health Fax: 250-256-2443





BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423

ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

October 26, 2021

To Xwisten Members,

Re: Xwisten Newsletter Update

We hope you are doing well and keeping COVID safe.

The following are updates for this month:

- COVID Community Signs going back up, as a pre-cautionary measure
- Reminder for Halloween Party and Halloween Fireworks, see Facebook for more information
- 911 Project, the new street and house signs installing soon, look for more information on Xwisten Facebook and Newsletter
- Placing two sea-cans at the Lands Office
- Garbage trucks are both being repaired and using BRM garbage truck
- New fence installed at hillside of West Pavilion turn off, as directed by Xwisten Elders
- We now have wood beside the Xwisten Band Office lower level
- The Headstart renovations are completed inside and now working on the yard
- Reminder the locks at Camoo, Ama and Blackhills have been changed, to get access, come to the Band Office and one will be signed out to you, there will be a \$25.00 deposit fee and will be returned when you return the key
- Reminder BRM is still looking for two Board Members

Gary Forsyth
Administrator



XWISTEN FIRST NATION
COUNCIL ELECTIONS 2021

NOTICE OF NOMINATION MEETING

Notice is hereby given to all Xwisten First Nation Voters that a **Nomination Meeting** for the positions of one (1) Chief and four (4) Councillors will be held:

DATE: November 7th, 2021

TIME: 5:00pm – 8:00pm

LOCATION: Xwisten Gym, Band Office, 1A Joseph Road, Lillooet BC

In order to qualify as a candidate, an Elector must be 18 years of age at the date of the Nomination Meeting and otherwise comply with the requirements of the *Indian Act Election Regulations*, copies of which are available from the Xwisten First Nation Administrative Office.

An Elector may nominate candidates by either:

- (1) Completing and delivering to the Electoral Officer completed Nomination Form and Elector Declaration Form before the time set for the Nomination Meeting, or
- (2) Attending the Nomination Meeting.

DUE TO COVID-19 CONCERNS all Voters at the Nomination Meeting must wear a mask, sanitize hands, observe social distancing rules and otherwise follow the directions of staff.

Electors are encouraged to **USE THE MAIL IN NOMINATION FORMS** to decrease the chance of covid exposure at the Nomination Meeting.

The Election will be held:

DATE: December 19th, 2021

TIME: 9:00am – 8:00pm

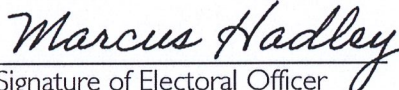
LOCATION: Xwisten Gym, Band Office, 1A Joseph Road, Lillooet BC

A list of Electors is posted in the Band Administration Office and on the Band website.

If you have any questions or concerns, please contact me by phone, text or email.

Given under my hand at Victoria, this 8th day of October 2021.

MARCUS HADLEY
255 LINDEN AVE
VICTORIA BC V8V 4E6
cell: (250) 884-4703
email: marcus.hadley@gmail.com


Signature of Electoral Officer

Xwisten First Nation

911 Mapping & Signage Update

Project Information



McElhanney

Q:

What is the 911 Mapping and Signage Update Project all about?

A:

First Responders, BC Ambulance and RCMP use a combination of digital maps and signs to locate homes and other buildings that need 911 assistance.

We are updating signs, including roads, house addresses, and directional signs. By adding signage First responders can locate an address more quickly. The roads and addresses are also being updated in the First Responders dispatch and mapping system so they show up correctly.

Q:

Will this project help First Responders to respond to emergency calls faster?

A:

Yes, by updating road and house locations in the digital mapping system that First Responders use they will be able to respond to 911 calls faster.

Q:

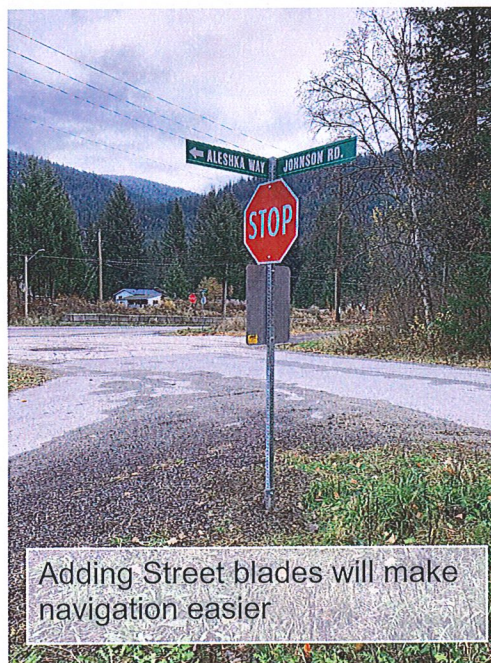
Why is it important to update address, road, and directional signs?

A:

First responders use digital maps to drive to the general location of a call, but it's important to have signs so they know exactly where to drive and where each home is located.



New signs will make these houses easier to spot at night



Adding Street blades will make navigation easier



Xwisten First Nation

911 Mapping & Signage Update

Frequently Asked Questions

Q: Why are we using high-visibility reflective yellow address signs at each house?

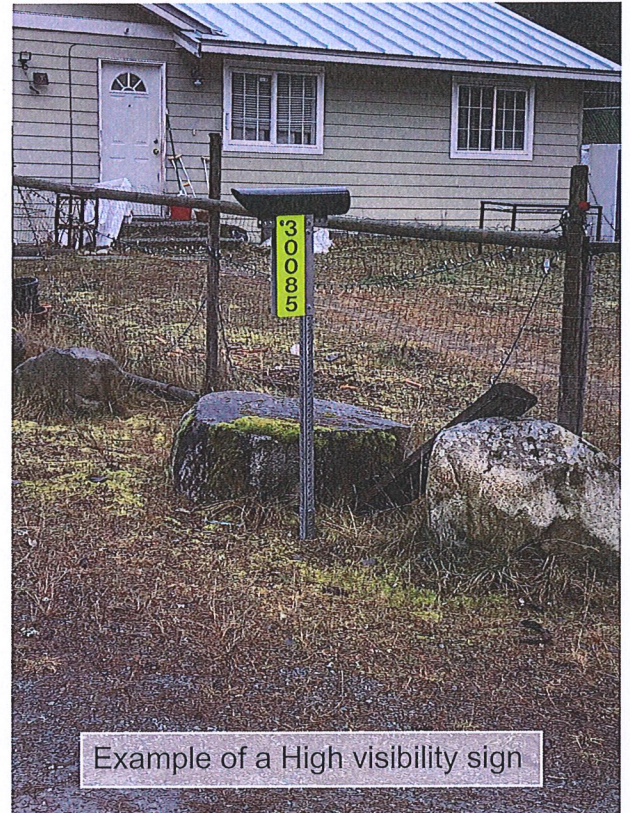
A: High-visibility signs help First Responder drivers see where homes are located even at night, as their headlights will light up the sign

Q: How will I be affected?

A: To assist First Responders in locating certain houses we will need to change many addresses and also provide new names for some roads. You will see these changes take place in the near future and will be contacted if your address is affected.

Q: How can I be involved?

Check Xwisten's website or Facebook page for updates and contact your Administrator if you have questions, concerns, or suggestions.



Example of a High visibility sign

Project Contact

Gary Forsythe
Band Administrator
administrator@xwisten.ca
250-256-7423





RECEIVED OCT 19 2021

October 8, 2021
Ref: 623708

Bridge River Indian Band
P.O. Box 190 - LOT 1A JOSEPH ROAD
Lillooet BC V0K1V0

Dear Bridge River Indian Band:

I am writing to advise you that the Ministry of Public Safety and Solicitor General is developing regulations under the *Firearm Violence Prevention Act* and that the Ministry of Forests, Lands and Natural Resource Operations & Rural Development is developing related regulations under the *Wildlife Act*.

Once brought into force, the *Firearm Violence Prevention Act* will regulate firearms, including by continuing prohibitions from the *Firearm Act* on transporting and discharging a firearm from a vehicle, and by prohibiting firearms in designated places such as schools. The *Wildlife Act* regulates hunting; regulations under that enactment could provide exemptions from the *Firearm Violence Prevention Act* prohibitions.

The regulations may include:

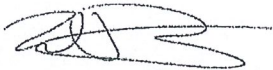
- exemptions that allow transporting a loaded firearm in or on a vehicle or boat and discharging a firearm from a vehicle or boat in specific circumstances;
- additional exemptions from prohibitions in the Act for officials who may need to carry firearms in the course of their duties;
- listing additional types of property as designated property;
- exemptions from the prohibition regarding the possession of firearms and imitation firearms on designated property such as schools, post-secondary institutions, public worship property, including exemptions for artistic, ceremonial and spiritual practices;
- exemptions from prohibitions that apply to minors;
- provisions relating to shooting ranges; and
- provisions relating to imitation firearm retail and rental operations.

.../2

Page 3

Both ministries will assume that comments received are not confidential and that respondents consent to the ministries attributing their comments to them and to the release or publication of their submissions. Any requests for confidentiality or anonymity must be clearly marked and will be respected to the extent permitted by the *Freedom of Information and Protection of Privacy Act* (http://www.bclaws.ca/civix/document/id/complete/statreg/96165_01).

Regards,



Wayne Rideout
Assistant Deputy Minister
And Director of Police Services
Policing and Security Branch

Enclosures

Riverview Retirement Community

Public Presentation

Presented by Bridge River Indian Band (Xwísten)



Tuesday, November 9, 2021

AGENDA

1. Welcome & Introductions
2. Purpose of the Presentation
3. Project Overview:
 - a) Location
 - b) Site Development & Buildings
 - c) Onsite Services & Amenities
 - d) Impacts and Benefits
4. Public Input
5. Closing Address



Welcome and Introductions

1. **Chief Susan James** - Property Owner
Bridge River Indian Band (Xwísten)
Bridge River Development Corporation.
2. **Michael McGee** - Project Lead
Economic Development Coordinator
Bridge River Indian Band (Xwísten)
3. **Charles Cantos** - Project Management Consultant
President & CEO, ATL Senior Living
4. **Chris Rempel – Community Planner**
Project Engineer – Urban Systems



Purpose of the Presentation

1. Project Overview:
 - a) Location
 - b) Site Development & Buildings
 - c) Onsite Services & Amenities
 - d) Impacts and Benefits
2. Public Input
3. Closing Address
4. Q&A



Location

In 2016 the property, formally known as the Riverview Elementary School, was acquired by Bridge River Development Corporation, a legal entity 100% owned by Bridge River Indian Band (Xwísten).

The property is comprised of approximately 4 acres of land on 2 adjacent lots situated at 227 and 211 Hillcrest Road, Lillooet, where the abandoned elementary school building still stands.

See next two slides for map and satellite image of property location



Location – BC Assessment



Location – Satellite Image



Riverview Retirement Community – Public Presentation



Buildings

The project site development shall consist of:

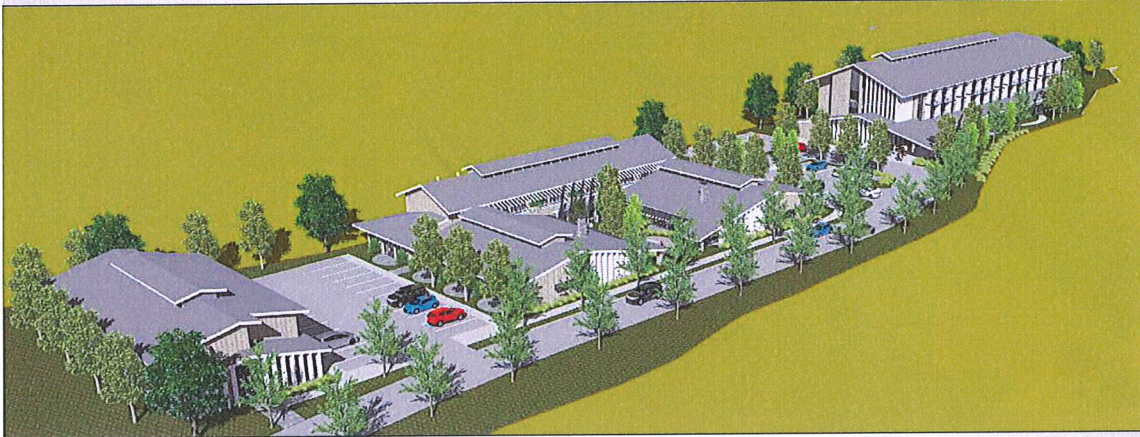
1. Demolition and safe removal of the existing building.
2. Redevelop the entire property with the construction of 3 entirely brand new buildings that would serve as the new Riverview Retirement Community complex.
3. Rezoning of the property is required and currently underway with application submitted to the District of Lillooet. The Public is invited to participate in this process with Public Hearing to be undertaken by the District of Lillooet.

See next several slides for site layout images & drawings

Riverview Retirement Community – Public Presentation



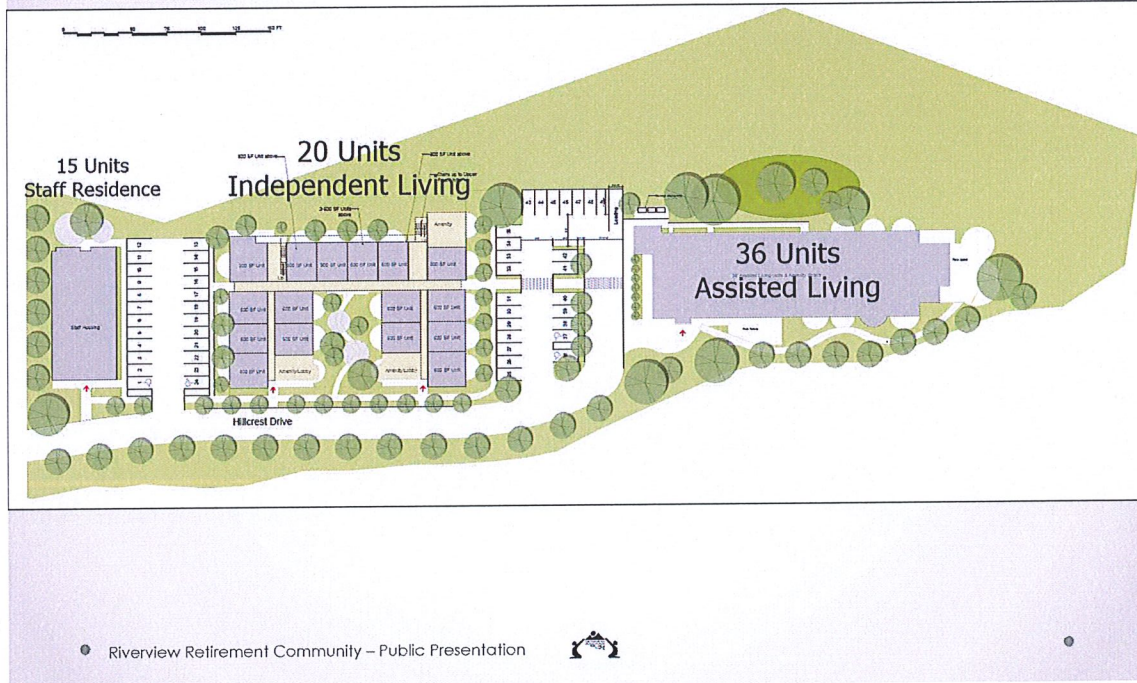
Buildings – Overall Site Plan View 1



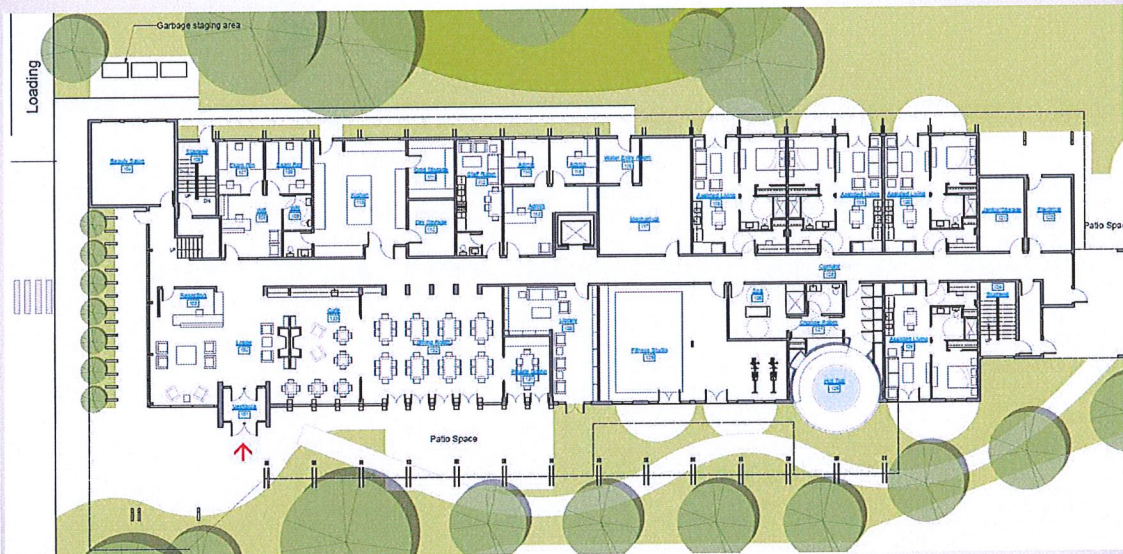
Buildings – Overall Site Plan View 2



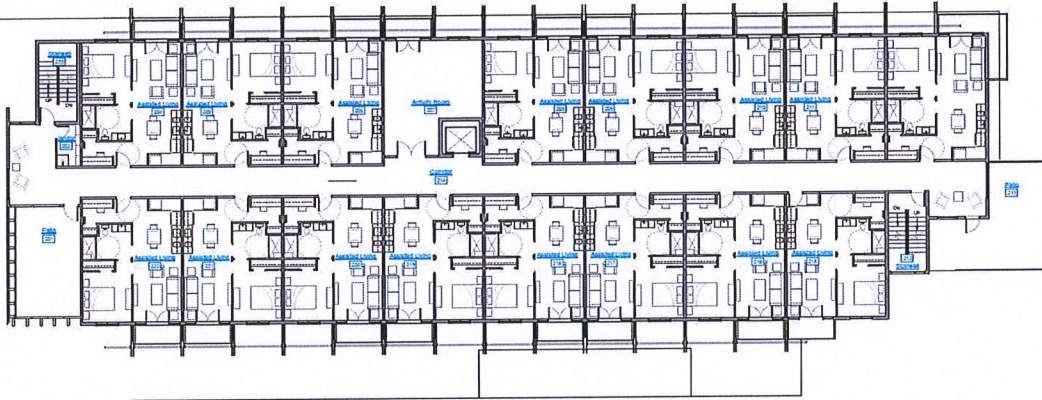
Buildings – Site Layout



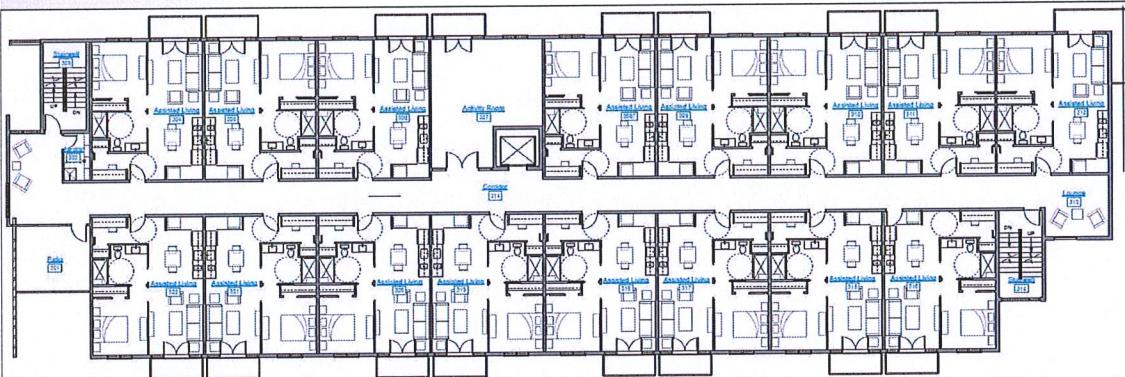
Assisted Living – Main Floor Plan



Assisted Living – Second Floor Plan



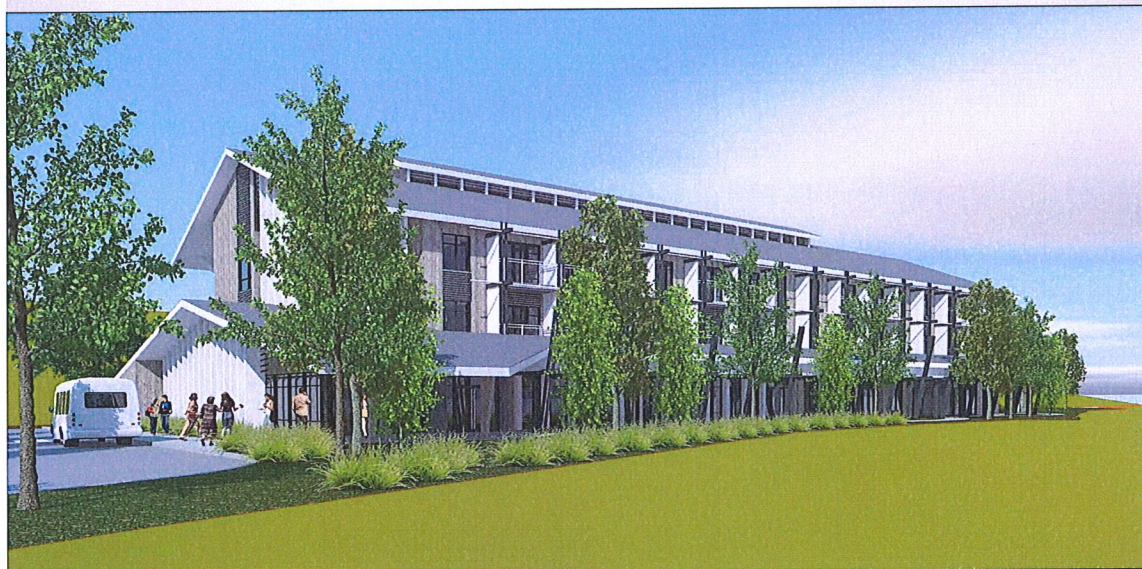
Assisted Living – Third Floor Plan



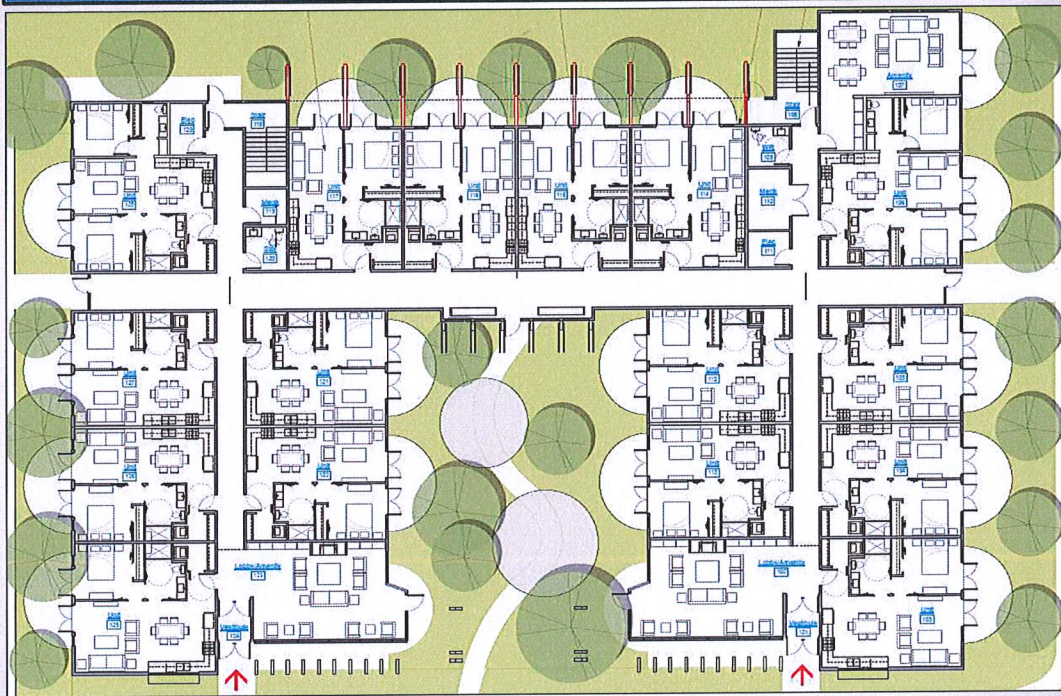
Assisted Living – View 1



Assisted Living – View 2



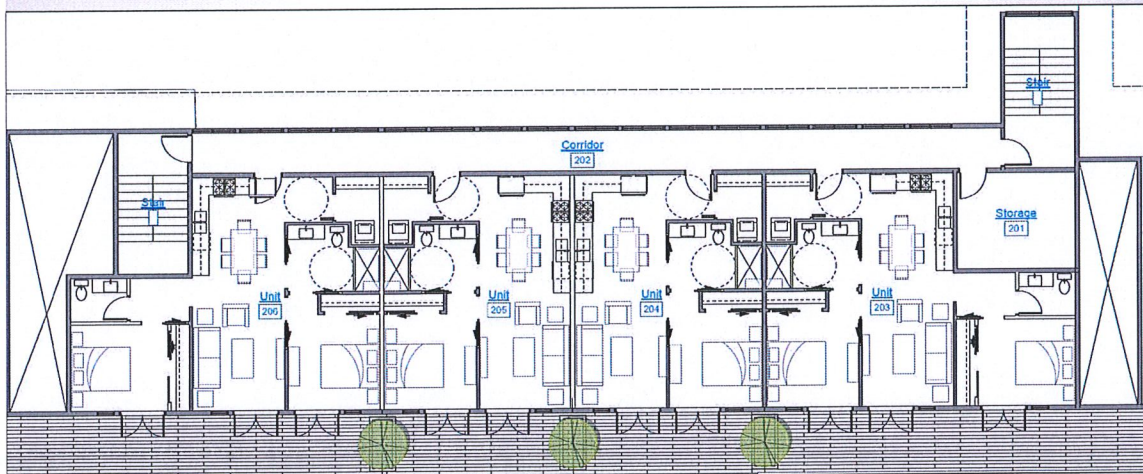
Independent Living – Main Floor



● Riverview Retirement Community – Public Presentation



Independent Living – Second Floor



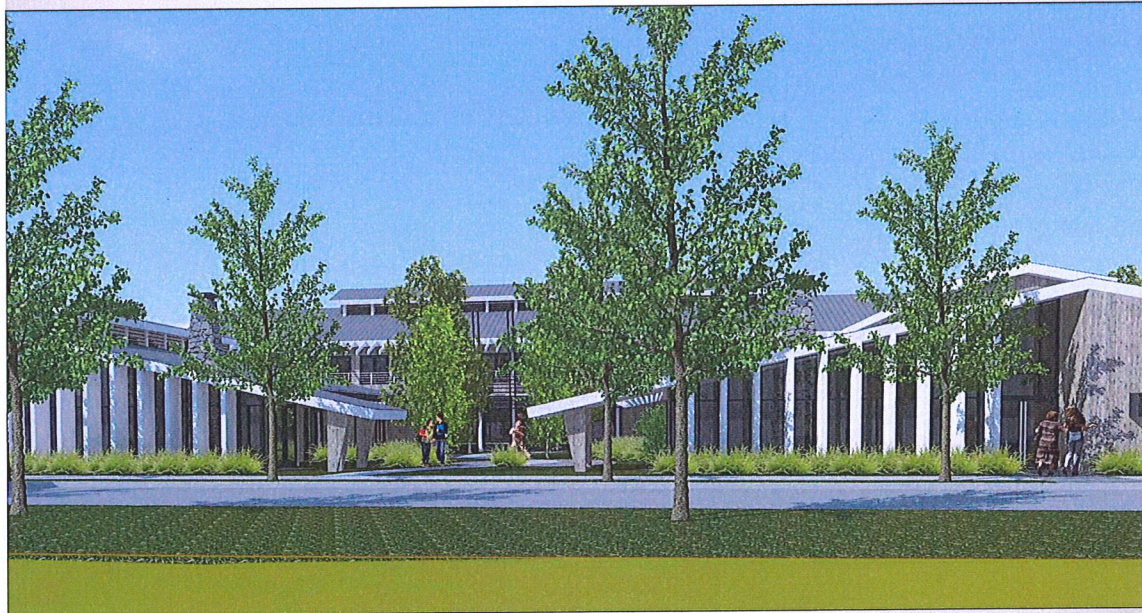
● Riverview Retirement Community – Public Presentation



Independent Living – View 1



Independent Living – View 2



Onsite Services and Amenities

- 36 assisted living and 20 independent living units with 15 staff and guest suites.
- Professional interdisciplinary healthcare team.
- Senior Living Specialist.
- Onsite Geriatrician.
- Feeding, Dressing, Bathing, Medication Management and Mobility Support.
- 24hr Emergency/CPR, Physio, Massage Therapy, Acupuncture and Rehabilitation onsite.
- Social and Cultural programs.
- Beauty Salon, Spa, Fitness Studio and Hot Tub.
- Meal arrangements.
- Laundry service and housekeeping.
- Transportation Service including Shuttle Bus.



Impact and Benefits

- Extensive development of an existing abandoned property by Xwisten for the benefit of everyone.
- Opening of high quality retirement residences.
- Professional medical health and wellness services.
- Attraction and employment of medical care professionals.
- Direct job creation of 20 employees including management.
- Attraction of family members of retirees to Lillooet who may stay at local hotels, eat in restaurants, buy from local merchants and may also consider relocating and/ or purchase property.
- Supports local economic development making Lillooet a more desirable place to live and retire.
- Provides increased tax base revenues to support Village services and operating expenses.



Public Input

The public and organizations shall have further opportunities to provide input through:

- Contact us directly for follow-up and ask questions, provide your input, comments and recommendations.
- Ask to meet with us privately.
- Attend upcoming Public Hearings hosted by the District of Lillooet.

Email us at ecdev@xwisten.ca



Closing Address

The Bridge River Indian Band (Xwísten) is committed to:

- 1) Continue the pursuit of developing the property into a significant and exciting project that will, when completed, provide expanded Retirement Services for all who wish to live and retire in Lillooet.
- 2) Communicate and consult with all stakeholders, health establishments, neighboring First Nations communities and governments alike at all levels throughout the planning and development of the project.
- 3) Work on establishing long-term partnerships and collaborative alliances with key stakeholders, health authorities, local government, First Nations communities and interested parties.

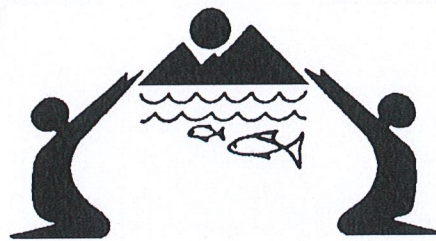


Public Q & A

We will now review questions received through the Q&A box sent to Panelists or through the Chat.

Panelist will provide verbal responses.

Due to limitation of time, it is possible that not all questions may be answered now but we can provide answers at a later date or you may submit additional questions to our email at edev@xwisten.ca

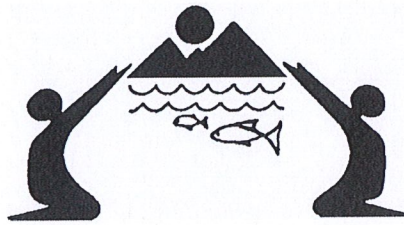


Thank You

Email to submit questions,
comments or to discuss further:

ecdev@xwisten.ca





BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423

ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

November 3, 2021

**Please be advised the
boil water advisory
has been lifted.**

**You no longer have to
boil water.**

Bat Management Program at Bralorne

Bats play an important role in our ecosystem, controlling insect populations and serving as pollinators and seed dispersers of many plants. 16 different species of bats are found in BC, and of those 14 may roost in underground mine workings at some point in their life cycle. BC has more bat species than any other province in Canada, and more than half are considered at risk.

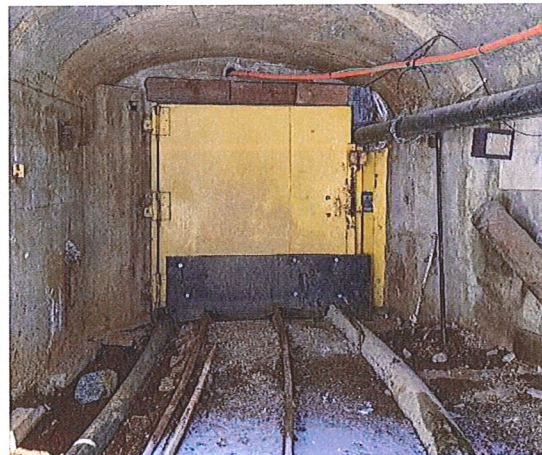
Bralorne Gold Mines is working to establish a Bat Management Plan, and has been basing the development of the plan on the ongoing bat monitoring at site. Since Talisker Resources purchased the Bralorne Gold Mine, bats have been monitored at all five adits, or entrances to the underground in and around Bralorne Mine. While not all locations were monitored continuously, bats were detected at all five sites.

Roost Loggers—low-power bat detectors designed to work at and around caves, mines and other bat habitats collect data on bat activity and monitor the effectiveness of mine closures and gates. Talisker uses this information to determine the seasonal activity of bats, and to ensure that we do not completely close mine entrances that are providing valuable habitat for bats.

Of the five sites monitored, none were used as maternity roosts, four were used for mating/swarming, and only a small number of bats were detected to hibernate in or around any of the sites. Myotis, or mouse-eared bats are common in BC, and are suspected to live in and around Bralorne, and a total of three different species of bats were detected.



*A Little Brown Bat resting.
Photo from the Canadian Wildlife Federation.*



*The 800 Level Portal with a bat monitor installed on
the black piping to the right*



A Special

Thank you
to



Talisker
RESOURCES

From Xwisten
(Bridge River Indian Band)
for sponsoring our annual Hal-
loween Fireworks Event,
it was truly a night to be
remembered



Ages 0-4

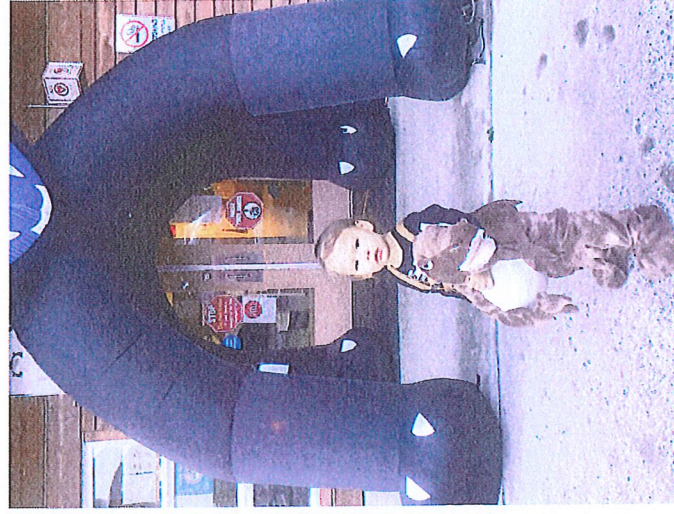
1st



2nd



3rd



Ages 5-12

1st



2nd



3rd



Ages 13-18

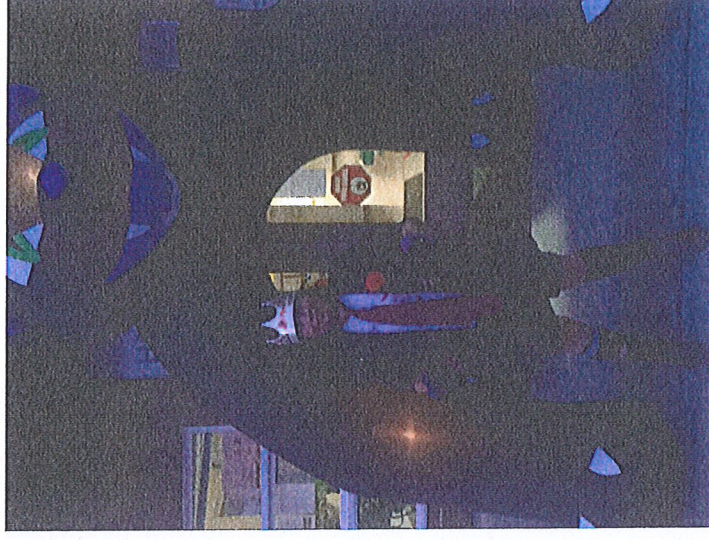
• 1st



2nd



3rd



Ages 19-59

- Both tie for 1st



- 2nd

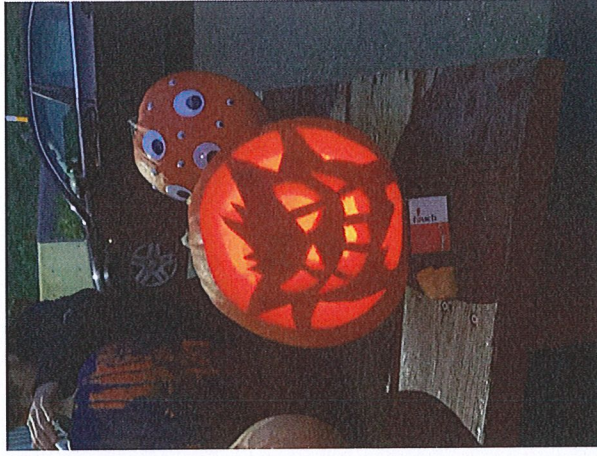


- 3rd



Pumpkins

• 1st

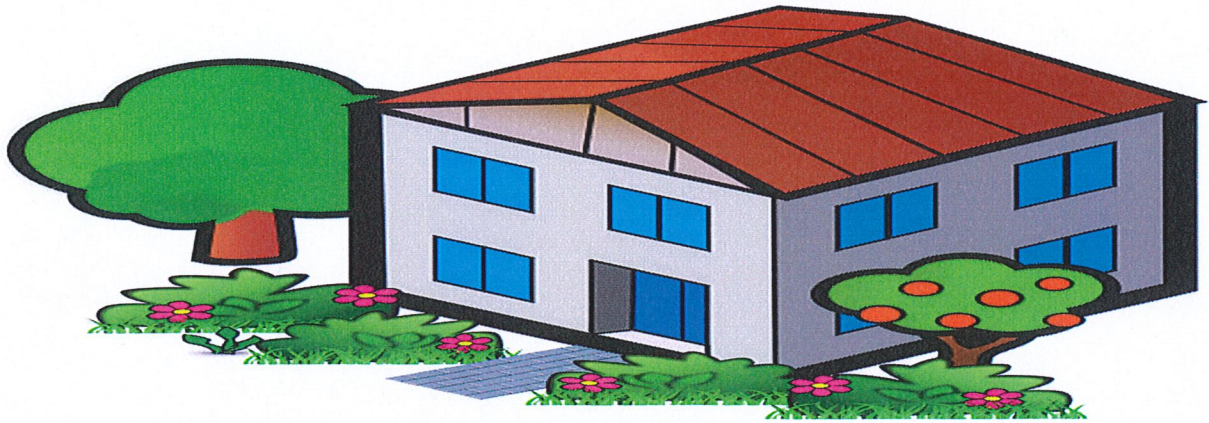


2nd



3rd





CONTENT INSURANCE CHANGES

Bridge River Tenants:

Content Insurance is renewed every November. Our insurer Capri Insurance wants our content insurance renewed in April instead of November. Our house insurance is renewed every year in April, so we will be having both House and Content Insurance renewal every April.

Capri Insurance is billing Bridge River tenants content insurance from November 2021 – April 2022 and then will have a new content insurance in April 2022.

If you have any questions, please call me at the office 250-256-7423 ext.229

Bonnie Michell
Housing Department

Reduce drafts - Seal in the savings on Hydro Bills

Gaps and cracks around windows and doors allow cold air to sneak into your home during the winter, causing your heating system to work harder. In the summer, these drafts bring hot air in, making your home less comfortable, which may lead you to turn on the air conditioner or fan to keep cool.

Sealing up your doors and windows is one of the most cost-effective steps you can take to improve your home's efficiency and keep these drafts at bay.

Here are four simple projects that can help draftproof your home:

- [Foam weatherstripping](#)
- [V-seal weatherstripping](#)
- [Window insulator film](#)
- [Outlet insulator pads](#)

Materials and supplies

- Foam weatherstripping
- Measuring tape

[Foam weatherstripping](#) creates a barrier against drafts around doors and windows. It's applied to the part of the frame that touches the exterior side of your door or window.

1. Begin by measuring the edges of your door or window and cut the foam weatherstripping to the desired length.
2. Peel away the paper backing and press the weatherstripping in place. If you're standing inside your home, the non-sticky side of the tape should be directly facing you.

[Install v-seal weatherstripping](#)

Materials and supplies

- V-seal weatherstripping
- Measuring tape

This type of weatherstripping is perfect for stopping drafts from sneaking in around doors and windows. It's flexible and compressible, so it won't get in the way if it's properly installed. You'll be applying the strip to the inside of the frame, facing the outside edges of the window or door.

1. Start by measuring the lengths of the window or door before you cut the v-seal.
2. Fold the v-seal in a line down the middle, creating a v-shape with the adhesive side on the outside.
3. Peel off the protective backing as you apply the strip, then press into place.
4. Close the door or window to check that the strip compresses slightly for a snug fit.

Apply window insulator film

Materials and supplies

- Window cleaning supplies
- Double-sided tape
- Measuring tape
- Window insulator film
- Hair dryer
- Scissors

Much like a second pane of glass, plastic insulator film creates an insulating air space against your windows to help prevent heat loss.

1. Start by cleaning the window and the frame.
2. Apply double-sided tape all around the clean and dry window frame.
3. Measure the height and width of the window frame allowing for a few extra inches of overlap on every side.
4. Cut the plastic film to size.
5. Remove the paper backing from the strip of tape on the top of the window frame.
6. Pull the film across the top of the frame, just enough to straighten it out without stretching it and press the film onto the tape.
7. With a hair dryer on the hot setting, slowly make your way back and forth across the plastic without getting too close or staying in one spot for too long. The film will begin to shrink and tighten, leaving you with a clear and relatively wrinkle-free surface.
8. Repeat steps five to seven for the bottom and two sides of the frame.
9. Carefully trim the excess film from around the edges of the frame.

Use outlet and switch insulator pads

Materials and supplies

- Screwdriver
- Foam outlet sealer
- Foam light switch sealer

These pre-cut foam pads help to stop cold air from seeping through outlets and light switches – especially ones on the exterior walls of your home.

1. Turn off the electricity at the circuit breaker before you start.
2. Remove the cover plate from your outlet or switch with a screwdriver that matches the plate screws.
3. Choose a foam pad with pre-cut holes that match the job.
4. Remove the extra material from the holes, then place the pad over the outlet or switch.
5. Put the cover plate over the foam pad and re-attach it to the wall with your screwdriver.
6. Insert safety caps on any unused outlets.

Looking for window and door rebates? Be clear on which ones are eligible.



Replacing single-pane windows and inefficient exterior doors with high-efficiency versions can help prevent heat loss in winter and heat gain in summer, reduce outside noise and greatly improve the aesthetics of your home. But before you commit, make sure you choose rebate-eligible products, as not all products qualify.

Demystifying window and door terminology

You know what will look good, but how will you know if the windows and/or doors you choose are energy-efficient—and eligible for a rebate? Here's an explanation of some of the confusing terms to help ensure the products you buy are rebate-eligible.

- **U-Factor:** also known as U-Value, U-Factor measures a window or door's resistance to heat flow. The lower the number, the better its insulating properties. U-Factor can be expressed in metric or imperial units.
- **Metric vs. imperial:** U-Factor requirements are listed in metric units ($\text{W/m}^2\text{-K}$). To convert from imperial to metric, multiply by 5.678. For example, $0.21 \text{ (imperial)} \times 5.678 = 1.19 \text{ (metric)}$.

Available rebates


Upgrade	Rebate	U-factor	Requirements
Tier 1 - windows*	\$50 per window, up to \$1,000	U-Factor 1.40 - 1.23 ($\text{W/m}^2\text{-K}$)*	<ul style="list-style-type: none">• installed by a contractor licensed in BC• replacing existing exterior windows or doors
Tier 2 - doors and windows	\$100 per door or window, up to \$2,000	U-Factor 1.22 ($\text{W/m}^2\text{-K}$) or less	

*Note: a City of Vancouver bylaw requires replacement windows to have a U-Factor that meets Tier 1 requirements; therefore, City of Vancouver residences are only eligible for Tier 2 rebates.

For full program terms and conditions, a sample invoice and to apply for your rebate visit fortisbc.com/windows, bchydro.com/homerebates or betterhomesbc.ca.

This offer may be modified or cancelled at any time without notice.

Tier 1 sample manufacturer's label*

DO NOT REMOVE UNTIL FINAL INSPECTION/NE PAS RETIRER AVANT L'INSPECTION FINALE			
Energy Performance Ratings Évaluation des propriétés énergétiques			
U-Factor Facteur-U 1.30 W/m ² ·K		Solar Heat Gain Coefficient Coefficient de gain de chaleur solaire 0.38	
Energy Rating Rendement énergétique 29		Visual Transmittance Transmission visible 0.43	
<div>Window Company Ltd.</div> <div>1 9999-99-FIX-9-G09</div> <div>Vinyl frame, triple glaze, Low-e coating (e=0.22, S3, S5) Krypton/air filled (both cavities), Grills <=13mm</div> <div>2 NR9999-9999999-ES</div>			
<div>3</div> <div></div>		<div>Energy performance and visual transmittance ratings certified to CSA A440.2-14. Ratings are determined for a fixed set of environmental conditions and a specific product. Certification agency does not recommend or warrant product for any specific use.</div> <div>Les taux de performance énergétique et de transmission visible sont certifiés CSA A440.2-14. Les taux sont déterminés selon une série de conditions environnementales fixes et une taille de produit particulière. L'agence de certification ne recommande ni ne garantit le produit aux fins d'utilisation particulière.</div>	

The label must have:

- 1 manufacturer model code/number, or
- 2 Natural Resources Canada reference number or a Certified Products Directory (CPD) number, plus
- 3 certified mark – label must have a certified mark from either
 - Canadian Standards Associations (CSA)
 - Intertek Canada
 - Labtest Certification (LC)
 - QAI Laboratories, or
 - National Fenestration Ratings Council (NFRC)

Rebate application checklist

Now that you've selected your rebate-eligible windows and/or doors and had them installed by a licensed contractor, it's time to apply for your rebate.

Remember to:

- ☐ include a photo of at least one manufacturer's label from a window and/or door
- ☐ include a detailed invoice from the window/door installer
- ☐ apply for your rebate within six months of the date on your invoice

*Sample labels approved and acceptable for use in B.C. are available at nrcan.gc.ca/energy/products/categories/fenestration/buying/13958.

Tier 2 sample manufacturer's label*

ENERGY STAR® Certified in Canada
Certifié ENERGY STAR au Canada

Canada
energystar.gc.ca

DO NOT REMOVE UNTIL FINAL INSPECTION/NE PAS RETIRER AVANT L'INSPECTION FINALE

Energy Performance Ratings
Évaluation des propriétés énergétiques

U-Factor
Facteur-U

1.10
W/m²·K

Energy Rating
Rendement énergétique

36

Solar Heat Gain Coefficient
Coefficient de gain de chaleur solaire

0.35

Visual Transmittance
Transmission visible

0.53

Window Company Ltd.

1 Triple X Operable Casement

Vinyl frame, triple glaze, Low-e coating (e=0.022, S3, S5)
Krypton/air filled (both cavities), Grills <=13mm

2 WCTXCAP0.022G

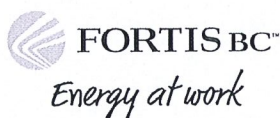
3

Energy performance and visual transmittance ratings certified to CSA A440.2-14. Ratings are determined for a fixed set of environmental conditions and a specific product. Certification agency does not recommend or warrant product for any specific use.

Les taux de performance énergétique et de transmission visible sont certifiés CSA A440.2-14. Les taux sont déterminés selon une série de conditions environnementales fixes et une taille de produit particulière. L'agence de certification ne recommande ni ne garantit le produit aux fins d'utilisation particulière.

FortisBC Inc. and FortisBC Energy Inc. do business as FortisBC. The companies are indirect, wholly owned subsidiaries of Fortis Inc. FortisBC uses the FortisBC name and logo under license from Fortis Inc.

We're working together to help B.C. save energy



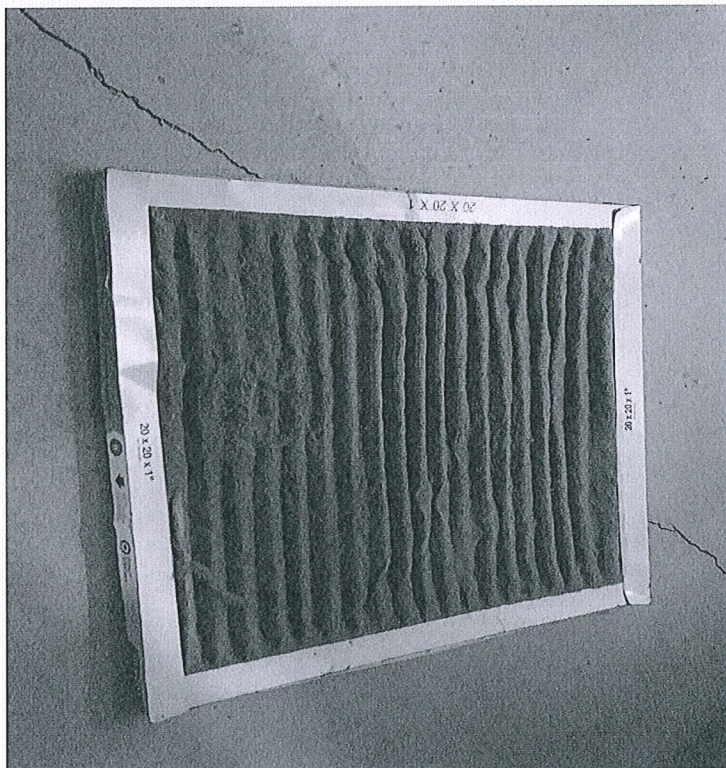
FURNACE CLEANING

A furnace is the beating heart of your home's heating system and it needs to be properly serviced to keep up efficiency. A well-maintained furnace can provide years of reliability and greatly reduce the risk of a component needing to be replaced. A breakdown in the middle of winter can be devastating to your family's comfort and your finances.

SIGNS YOUR HOME NEEDS A FURNACE CLEANING?

- Your furnace is making strange noises
- Your furnace is leaking water or gas
- Airflow is weak
- Air is not being heated
- Your furnace kicks on and off repeatedly
- Heating costs rise suddenly
- Your thermostat stops working properly
- The blue pilot light has turned yellow

THIS INCLUDES TO CHECK YOUR FURNACE FILTERS



THIS IS FROM A XWISTEN HOME, PLEASEE CHECK YOUR FILTERS EVERYONE!

* Get your Firesmart forms handed-in.
Deadline - November 30, 2021

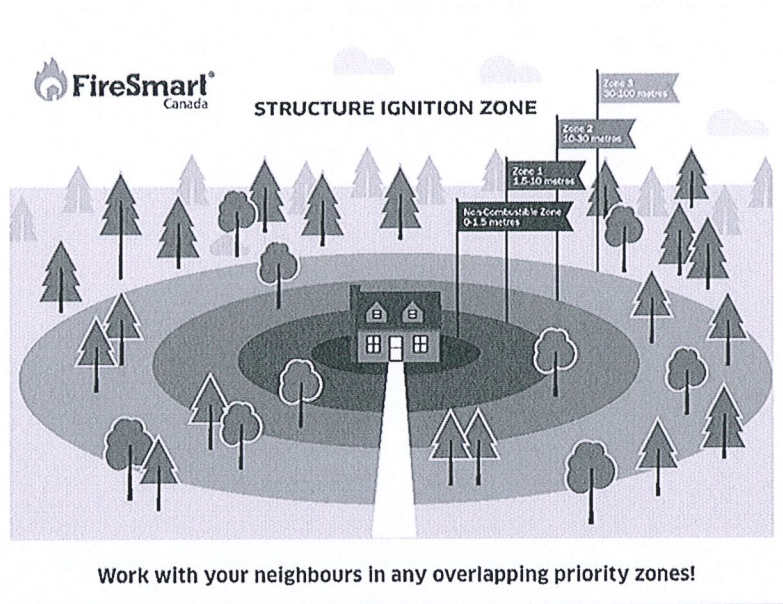
Firesmart Rebate Program 2021-2022

How is Everyone doing with the Firesmart Rebate Program? Is your home protected by any wildfire?

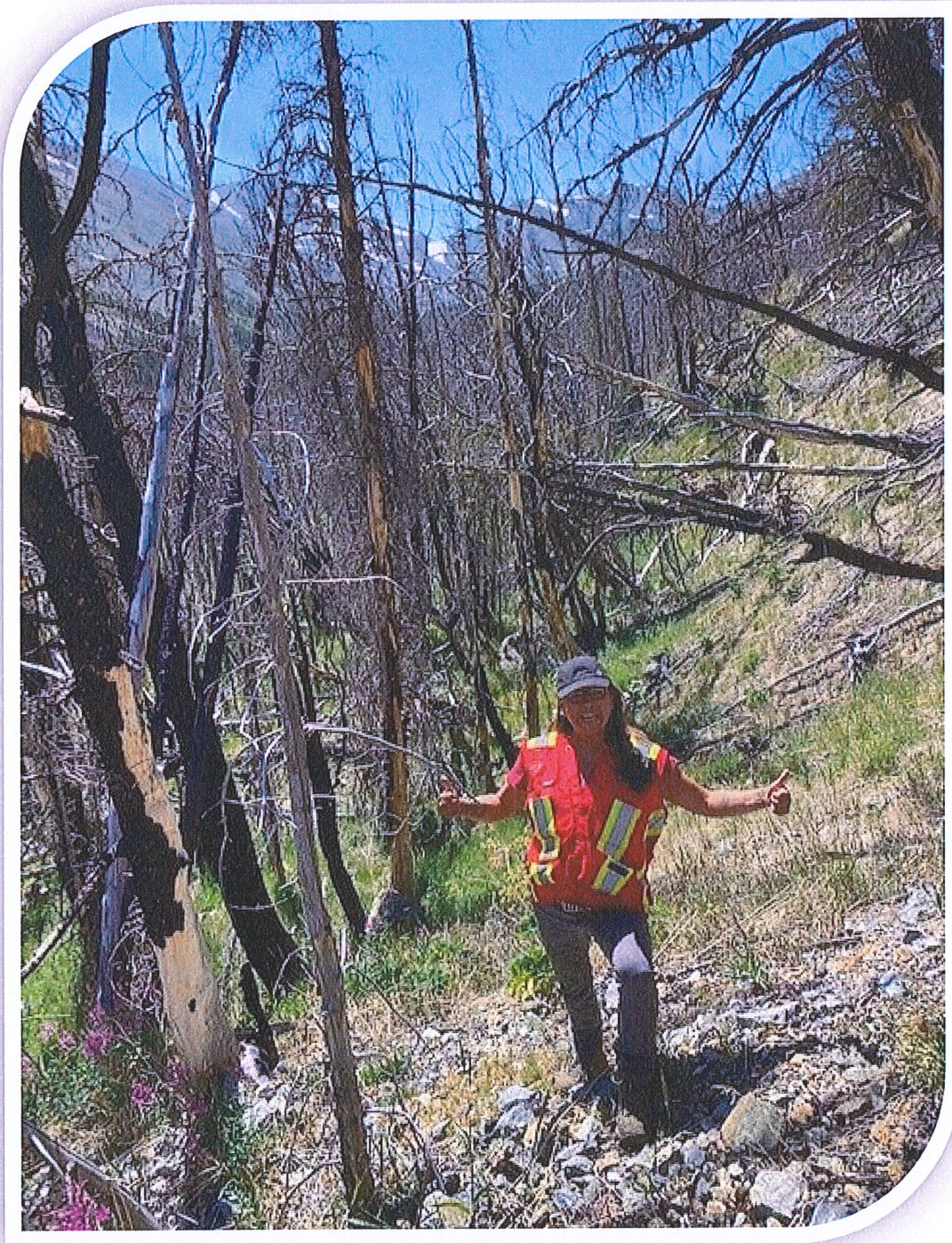
In order to qualify for the \$500.00 Rebate.

- Must fill out the FireSmart Assessment Work Hours Estimate Form. If you did not receive one, come to office and I will give you one. Write on extra paper if you need to add activities.
- To support your work around your house, take some pictures before and after. If you forgot to take a before picture, take a after picture.

The rebate program is being supported by the Xwisten, Coldstream NBS, Lands Dept and Housing.



Barb Taylor, Lands Referral/Field Technician,
conducting monthly water samples at the
Elizabeth mine site.



School District No. 74 (Gold Trail)

PO Box 250, Ashcroft, BC V0K 1A0
Phone: 250 453 9101 FAX: 250 984 0772
www.sd74.bc.ca



October 1, 2021

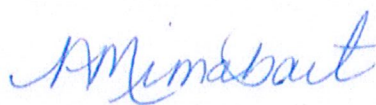
Dear Education Coordinators/Managers:

Today the Provincial Health Officer and Minister of Education announced changes to the mask mandate in schools. Starting on Monday, October 4th, masks will be required for all students Kindergarten to Grade 12 while in school and on school buses.

We want to reassure you that schools continue to be a safe place for your child, due to infection prevention and control measures in place on a daily basis to keep students and staff safe and healthy. Home and social networks continue to be where the majority of COVID-19 transmission continue to occur.

The district Communicable Disease Plan has been updated to reflect today's announcement. It can be located on the district or school websites.

Yours truly,



NICKY MINNABARRIET
District Principal of Indigenous Education: Reconciliation and Inclusion



Engaging Youth for Stronger Communities

STEP UP



We welcome you to Phase #3, 2021-2022 starts December 2-March 31

Engage in meaningful service, volunteer work experience while learning skills. Join the youth Council to Lead, Mentor and Advocate for change. Build a tool kit with resources to be equipped and build a career/education portfolio with a clearer vision of goals.

Empowerment and Engagement for ages 15-30

- Work Ethics-Leadership, Mentorship, Leadership, Self Awareness, Networking, Life Skills
- Occupational Health and Safety-HR Downloads online work prep courses
- Career Planning-Mission Statements-Individual Action Plans, Resumes
- Understanding Culture
- Work wear provided and more!

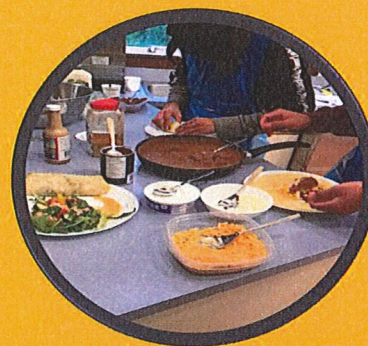
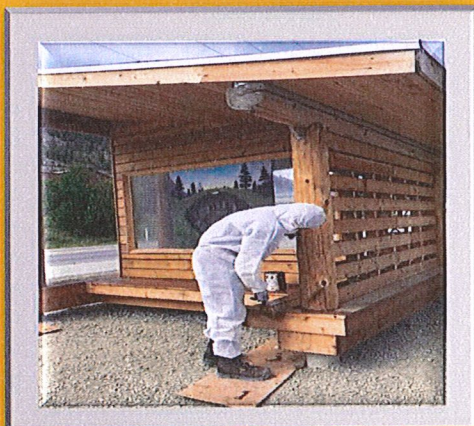
Open to youth in Lillooet, St'at'imc, Goldbrige, Bralorne and surrounding communities.

Support for living expenses available up to \$1,000.00 according to attendance

Contact: Coordinator-Gail Kreiser Leech eysccoach@lfcs.ca 256-4146 ext 207

Activity Support Coach-Bobby Mahngereyvc@lfcs.ca 256-4146 ext 209

Location: Lillooet Friendship Center Society 357-Main Street



Funded in part by the Government
of Canada under the Canada
Service Corps program

Canada





ENGAGING YOUTH FOR STRONGER COMMUNITIES



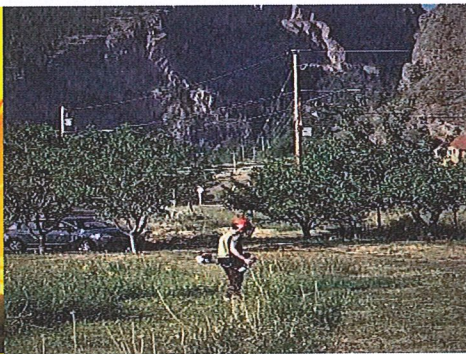
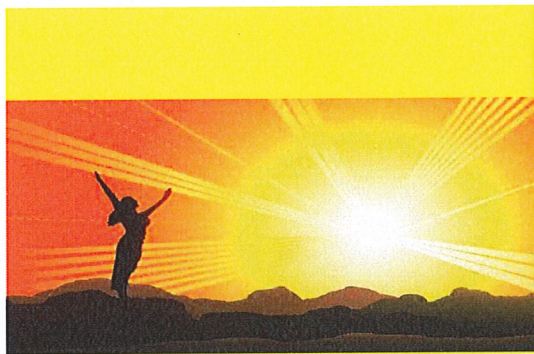
STEP UP

Open House

Tuesday November 25th, 2021 2:00-4:30

Phase #3, 2021 starts December 2-March 31,2022

Empowerment, Engaging in meaningful service, gain volunteer hours and work experience while learning skills, participate in a youth Council to Lead, Mentor and Advocate for change, build a tool kit with resources to be equipped and speak out for positive change and build a career/education portfolio with more choices and a clearer vision of goals.



**We welcome youth in Lillooet, St'at'imc, Goldbridge, Bralorne and surrounding Communities
Ages 15-30**

Contact: Coordinator-Gail Kreiser Leech eysccoach@lfcs.ca 256-4146 ext 207
Activity Support Coach-Bobby Mahnger eysc@lfcs.ca 256-4146 ext 209

Location: Lillooet Friendship Center Society 357-Main Street Lillooet BC

Funded in part by the Government
of Canada under the Canada
Service Corps program

Canada





PO BOX 40, 159 TSISTKEN ROAD, LILLOOET BC V0K 1V0

250.256.4061

Mission: To develop and guide businesses that are prosperous, self-sufficient and serve the interests of the Xwísten people.

Vision: Build Xwísten's capacity to provide secure employment and economic growth to the whole community in an environmentally and culturally sustainable way.

SEEKING DIRECTOR

(EXTERNAL POSTING)

This is an open call to professionals and outstanding individuals to submit an Expression of Interest in applying for this opportunity to help make a difference with us by serving as a Director on the Board of Bridge River Management LP.

Scope:

Bridge River Management LP is a 100% Xwísten owned entity established to act as the business and economic development arm of Xwísten. BRMLP manages Xwísten-owned business ventures and actively pursues additional business opportunities, contracts, agreements, partnerships and other strategic initiatives that support economic growth, employment and own-source revenues for Xwísten.

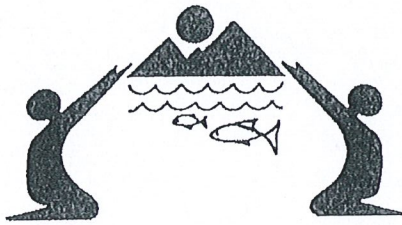
Preferred Qualifications:

- Be at least 18 years of age
- Be a Canadian citizen with no criminal records
- Reside within reasonable driving distance of Lillooet BC
- Possess extensive experience in business development or other relevant field of expertise that would bring value to the Board
- Advanced knowledge and understanding of Indigenous matters
- Availability to attend meetings on a monthly basis
- Demonstrated high standards of professional and ethical conduct
- Outstanding achievements in personal and professional life
- Strong interpersonal and communication skills
- Independence and soundness of judgment in your work

Interested? Please send us an **Expression of Interest** letter describing why you are interested and why you feel you would be an excellent candidate. Please email your letter to:

Mr. Bradley Jack, General Manager
Bridge River Management Limited Partnership
Email: manager@brmanagement.ca





BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

Job Posting

LANDS FIRESMART COORDINATOR

Employment Status Category: Fulltime Permanent Position

Department: Lands & Resources

Schedule: Monday to Friday 8:00 am to 4:00 pm.

Organization Relationships: Reports to and works under the daily supervision of the Lands & Resources Manager

Pay scale: Depending on experience.

The FireSmart Coordinator is responsible for the facilitation of FireSmart related activities within Xwisten. The position will ensure that the FireSmart activities are supported, developed, and implemented in accordance with Provincial guidelines and the direction and policy provided by the Lands Manager.

MAIN DUTIES and RESPONSIBILITIES

1. Office and field work
2. Organize, plan, and participate in events to accomplish the goal of educating Xwisten members about the FireSmart principals
3. Provide FireSmart recommendations to homeowners to reduce the wildfire hazards on their properties by conducting site visits
4. Facilitate FireSmart 101 sessions for community members
5. Attend tradeshow, wildfire preparedness days, community events, etc. to engage with Xwisten members, the public and distribute information regarding the FireSmart principals
6. Coordinate and lead FireSmart Community Board and host monthly conference calls
7. Represent the Xwisten at various public events
8. Attend training or workshops related to FireSmart
9. Working and traveling in rural and remote areas
10. Evaluate, apply and respond to funded applications related to FireSmart
11. Assist with environmental monitoring field work as required
12. Collaborate with other Xwisten departments, as necessary
13. Implement and manage a large amount of data
14. Maintain files on FireSmart:
 - (a) Contracts
 - (b) Residential Areas
 - (c) Surveys and Maps
 - (d) Photos
 - (e) GIS records
 - (f) Etc.
15. Become familiar with information sharing and confidentiality agreements
16. Other duties as requested by the Lands Manager and Chief and Council

Required Qualifications:

- Some knowledge of fire prevention, FireSmart and emergency preparedness programs
- Some knowledge of fire and public safety education, fire service operation, and emergency management
- Ability to effectively deliver educational and outreach materials to a variety of audiences
- Some knowledge of Microsoft and social media application software
- Must have valid Class 5 drivers license and abstract

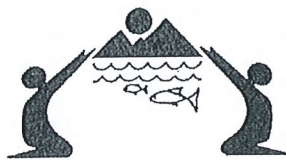
Required Knowledge, Skills and Abilities:

- knowledge of Xwisten values and culture
- Demonstrates exceptional interpersonal skills and demonstrates ability to deal tactfully with elected officials, co-workers, community representatives and Xwisten members on various matters, including those of a sensitive nature
- Demonstrates written and oral communications skills including exceptional presentation and public speaking
- Ability to use information technologies (computers, mobile devices, etc.) including familiarity with presentation development tools, education programs, and social media applications
- Physically able to perform the duties of the position, punctual, organized, and dependable
- Able to work independently and as part of a team
- Flexible and adaptable to changing priorities
- Good physical condition to do field work
- Ability to work in adverse weather conditions

Required Certificates and Licenses:

- RISC Archaeological and CMT Inventory Certificate
- Valid Class 5 drivers license and abstract
- Valid 1st Aid and Transportation Endorsement Certificate
- Danger Tree Assessor Certificate (DTA)
- Min Level 1 Power saw Operator Certificate
- Environmental Skills Certificate
- Fire S100/S185

Gary Forsyth, Administrator
#1A Joseph Rd.
PO Box 190, Lillooet, BC V0K1V0
Fax: 250-256-7999



BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

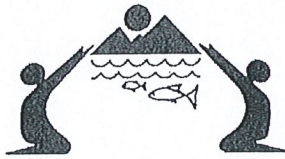
Job Posting

Interim-Fulltime -Community Health Representative

Under the direction of Xwisten's Health Manager, the CHR is responsible for providing health promotion and prevention programs for Xwisten community members.

Responsibilities include:

- Performs all duties and responsibilities in accordance with the Xwisten policies, standards, and procedures, and as directed by the Health Manager
- Maintains confidentiality on all matters relating to the affairs of Xwisten
- Provides health care services through planned home visits, clinics, and educational workshops
- Provides clients with information and access to First Nations Health Benefits and Pharmacare coverage
- Organizes workload management and communication strategies that relate to the health programs
- Assessing community members health needs with the Xwisten Community Health Nurse
- Administration (Record Keeping/Information Flow): Maintains Xwisten client file system to ensure confidentiality of Health Files including Patient Files.
- Does referrals to other health professionals and service providers as required
- Completes reporting requirements as per FNHA policies and guidelines.
- Participates as a team member in planning community health plans, attend staff meetings, departmental planning sessions
- Acts as an advocate for families in need of health care services and encourages ownership and responsibility of the individual's health care needs
- Keep updated on the Health of Bridge River Community and its members.
- Performs other duties and responsibilities as necessary in the performance of the position, as assigned by the Health Manager. Ensure the Bridge River Community is informed on health issues (hold or promote attendance at health fairs, information sessions, workshops, testing, etc).
- Ensure all reporting requirements and funding agreements through First Nations Health Authority are adhered to.
- Administer the First Nations Health Programs you oversee:
 - Non-Insured Health Benefit (NIHB) Program
 - Canada Prenatal Nutrition Program
 - CHR
 - Water Sampling
 - AIDS/HIV
 - Diabetes
 - and other short-term funding programs as they arise.
- Assist and work with the other health departments, Ama7 Swa7, and Social Development, Recreation and Elders, to carry out programs for the community.



BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423

ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

- You (and other Bridge River Staff Members) are not responsible for transporting community members to medical appointments.
- Other duties as assigned by Health Manager

Qualifications:

- Education & Training background in Health Field.
- Grade 12 with post-secondary education and Community Health Representative Certification.
- Knowledge of First Nations Health Authority, Interior Health Authority, Northern St'at'imc Health Outreach Services, and other health care providers of the surrounding communities is beneficial.
- Minimum of 3 years' experience working in the health field in a First Nations community or setting
- Knowledge of First Nations culture and traditions and history
- Good interpersonal and communication skills
- Leading a healthy lifestyle
- Excellent oral and written communication skills
- Strong Computer Skills Certification Training
- Must pass a criminal record check
- Must hold a valid B.C. driver's license
- Must have a reliable vehicle

Fax Cover Letter with referrals and Resume to:

Gary Forsyth, Band Administrator

Fax: 250-256-7999



LILLOOET TRIBAL COUNCIL

682 Main Street, P.O. Box 1420, Lillooet, BC V0K 1W0
T: 250-256-7523 F: 250-256-7119 info@lillooettribalcouncil.ca

JOB POSTING

Janitor Position

Organization: Kanukwa7staliha Family Services, St'at'imc Outreach Health Services
Reports to: Team Lead Administrator
Closing date: **OPEN UNTIL FILLED** (position to be filled ASAP)

Kanukwa7staliha Family Services and St'at'imc Outreach Health Services is seeking a casual p/t Janitor to provide Janitorial duties.

The Janitor will be responsible for keeping the building in a clean and orderly condition, and will perform cleaning duties, such as cleaning floors, shampooing rugs, washing walls, and windows and removing rubbish. Duties may include, performing routine maintenance activities, notifying management of need for repairs and other duties as required.

Knowledge, Skills & Abilities

- Knowledge or the safe and effective use of a variety of janitorial equipment
- WHIMS certificate
- Proper use and storage of hazardous cleaning solvents
- Ability to work independently and unsupervised
- Ability to adhere to meticulous cleaning standards
- Good communication and interpersonal skills
- Ability to follow oral and written instructions
- Ability to prioritize multiple tasks

Qualifications

- Grade 12 or equivalent
- Minimum 2 years of janitorial experience or related experience
- Valid drivers license and reliable transportation
- Criminal Record Check
- First Aid skills and/or certificates are considered assets

How to apply:

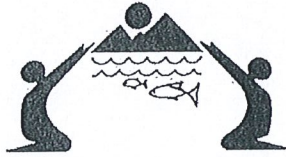
Please submit cover letter, resume and two references to:

Attn: Andrea Leech, Administrator, Lillooet Tribal Council
682 Main Street, Lillooet BC or email to: info@lillooettribalcouncil.ca

Any questions, please contact:

Andrea Leech at (250)256-7530 ext. 263 or ALeech@lillooettribalcouncil.ca

We thank all applicants for their interest, please note only those short-listed will be contacted.



BRIDGE RIVER INDIAN BAND

**P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443**

JOB POSTING

SOCIAL DEVELOPMENT COORDINATOR

Bridge River Indian Band (Xwisten) requires an interim full time Social Development Coordinator for a minimum of six months. On the job training will be available.

The Social Development Coordinator is required to properly supervise and manage the overall Social Development programs including Income Assistance, Adult in Home Care, Child out of Parental Home, National Child Benefit Re-Investment, and Family Violence Prevention.

Duties and Responsibilities include:

- Deliver the Social Development Program in adherence with the INAC Guidelines, Policies & Procedures including but not limited to Income Assistance (Basic Needs, Special Needs, Child Out of Parental Home), National Child Benefit Re-Investment, Assisted Living (Adult in Home Care) and Family Violence Prevention;
- Support clients in their academic and work initiatives through counseling, encouragement and if possible financial support;
- Maintain a sound working relationship and open lines of communication with all clients, departments, and partnering agencies;
- Exercise discretion and confidentiality in dealing with all matters pertaining to clients;
- Provide monthly reports to the Administrator;
- Provide monthly submissions to the Bridge River Newsletter;
- Ensure all funding requirements are adhered to, including that all reporting deadlines and requirements are met.
- Administering budgets of the Social Development Department including annual budget preparation, monitoring and adjusting budgets, and authorizing all expenses.
- Inform band members of Social Development activities and workshops;
- Writing and Submitting funding proposals that compliment Social Developmental programming;
- Manage and supervise all Adult-In Home Staff (Homemaker(s) and Elders Coordinator).
- Work with other departments to provide opportunities and support to Bridge River Members.
- Maintain training and professional development for skills and knowledge relevant to the position, by approval or request of the Administrator.
- Other relevant duties as assigned by the Administrator.

Education and Experience Requirements:

- Post Secondary Courses in Social Work or Human Services Work, or equivalent;
- Previous experience providing guidance or counselling;

Posting Closing Date: Open Until Filled

Forward Resumes to:

Gary Forsyth, Administrator

Bridge River Indian Band

PO Box 190 Lillooet BC V0K 1V0 Fax: 250-256-7999



BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

JOB POSTING HEALTH RECEPTIONIST

Under the direction of the Health Manager and Administrator, the Health Receptionist is to carry out the following duties:

- Answer phones and direct calls to voice mail or take messages
- Greet guests
- Provide assistance to Xwisten's Health Department Leads as needed
- Type letters, memos and other correspondence
- Keep the general areas of the office tidy
- Assist with developing health related posters of events
- Ensure that all office equipment is functioning, make service calls, and order supplies
- Participate in Monthly Health Team Meetings
- Other health related duties as assigned by the Health Manager or Administrator

Education & Experience

- Must have High School Graduation Diploma
- Preference of an Office Administration Certificate or similar
- Minimum one (1) years office work experience in a front line office environment
- Preference for proficiency for Microsoft Office- Word, Outlook, Publisher, and Excel
- Understanding of First Nations' management, culture and lifestyles

Key Competencies

- Strong verbal and written communication skills
- Professional personal presentation
- Manage multiple tasks and time management skills
- Detail oriented
- Reliability
- Stress tolerance
- Minute taking skills

This is a full-time position and wages will be based on experience. Benefit package available.

Posting Closing Date: Until Filled

Please submit resume and cover letter to:

Gary Forsyth, Administrator
Bridge River Indian Band
PO Box 190 Lillooet BC V0K 1V0 Fax: 250-256-7999



Self-Care Nights

Zoom Events

- Elders Teachings and Storytelling
 - Art Activities
 - Dinner
- Craft Kits for Kids
 - Mindfulness
 - Door Prizes
- Register with Ellie: 778-209-8552

Caregiver Self-Care is free and open to anyone who cares for children.

Please register while there is space available.

Call Ellie Madeley (SOHS/LTC Child, Youth, & Family Mental
Wellness Clinician) to Register: 778-209-8552

Dates:

October 14 of 2021 (Sign Up by October 10 of 2021) – Zoom Group
November 4 of 2021 (Sign Up by October 25 of 2021) – Zoom Group
November 18 of 2021 (Sign Up by November 8 of 2021)

• Location To Be Determined

Time: 6pm-8pm

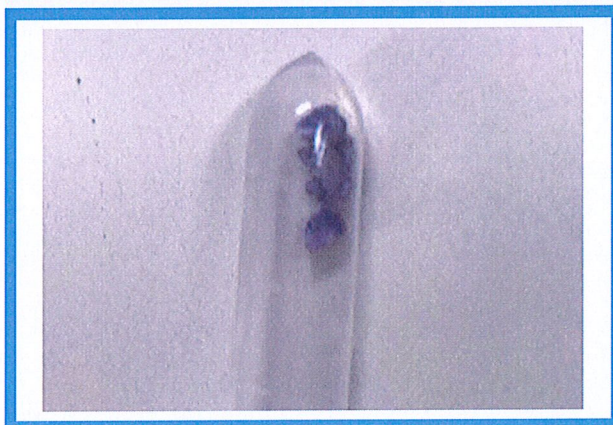


ROSE CASPER
healing centre

DRUG ALERT



 Interior Health



Penticton and surrounding area

November 09, 2021

Looks like:	Dark Purple
Sold as:	'Down'
Contains:	High amount of fentanyl
Risk:	Extremely high risk for drug poisoning (overdose)
In effect until:	November 16, 2021

No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:

- Get your drugs checked – find locations at [drugchecking.ca](https://www.drugchecking.ca)
- Avoid mixing.
- Use with others around or at an Overdose Prevention Site (OPS).
- Start with a small amount.
- Carry naloxone and know how use it.
- Get the LifeGuard App - lifeguardh.com
- Call 211 or visit bc211.ca to find services near you

More information and drug checking results at www.drugchecking.ca



FNHA COVID-19 Isolation Supports: Quick Guide

Däkelh Dené | Ktunaxa | N. St'át'imc | Nlaka'pamux | Secwepemc | Syilx | Tsilhqot'in

Isolation supports can be supported by: Interior Health and/or First Nations Health Authority.

Self-isolation for COVID-19:

- Reach out to your local Interior Health - Pandemic Health Coordinator (PHC) in your region.
- PHCs can be reached at 1-833-469-9803 toll free.
- Select 1 of 9 prompts listed by region isolation supports are requested.
- Hours: Mon to Fri 4:30pm – 11:00pm and Sat/Sun/Holidays 8:00am – 11:00pm

***PHCs work in close collaboration with FNHA's Isolation Lead to provide the best supports and services for clients needing isolation supports. Clients have a choice as to which isolation pathway(s) best fit their needs.**

FNHA's Isolation Pathway works in collaboration with First Nations Health Benefits (FNHB) to provide:

∇ Accommodation & Transportation

- Up to 8 hours per day for supplementary COVID-19 surge capacity transportation at \$24.66/hour + \$0.23/km.
- Email FNHA Health Benefits – Medical Transportation transportation@fnha.ca

∇ Meal Supports

- There are two Meal Support pathways to choose from: A) Community can apply for meal support funds on behalf of client(s) or B) The client can apply for funds directly.
- Both pathways have a daily rate of \$60 per person and \$25 per child 3 and under.
- Email HB.Eligibility@fnha.ca and ask for Meal Support Calculator for option A or B.

∇ Wrap Around Supports

- PPE supplies
- Technology supports
- Mental health and wellness (MHW) supports and services
- Email to COVID19needs@fnha.ca

Please contact FNHA's Isolation Lead if you require any assistance with FNHB.

***(FNHB) hours: 7 days a week from 8:30 am to 4:30 pm and can be reached at 1-888-305-1505.**

Please note: FNHB runs through a reimbursement process. If this method will not work for you, please get into contact with FNHA's Isolation Lead.

For a full list of COVID-19 Additional Supports for BC First Nations, please see:
<https://www.fnha.ca/Documents/FNHA-COVID-19-Community-Support-Guide.pdf>

Toxic Drug Alert - Interior Region Kamloops



First Nations Health Authority Supports
Peer-Based Drug Alerts

- Date Issued: October 14, 2021
- In effect until: October 21, 2021

Benzodiazepines continue to circulate in the drug supply across the Interior Region, with recent reports of increased overdoses and severe outcomes. Drugs containing benzodiazepines show a higher risk of overdose, including prolonged sedation that may not respond to Naloxone. It is important to give breaths and seek medical attention.

Looks Like: White / Colourless Crystals with Purple or Black Spots Inside
Sold as: SPEED Contains: Fentanyl and/or Methamphetamine

For Your Safety:

- Avoid using different drugs at the same time/using drugs & alcohol together.
- Get your drugs checked. Visit [DrugChecking.ca](https://www.drugchecking.ca) for more info on testing sites/methods.
- Don't use alone. Leave the door unlocked. Tell someone to check on you.
- If you feel the need to use alone, consider using the [Lifeguard app](#).
- Test by using a small amount, then go slow.
- Carry a Naloxone kit and know how to use it.

Knowing the Signs of Overdose:

- Unusual snoring
- Slow/no breathing
- Gurgling/gasping
- Lips/fingertips turning blue
- Difficult to awaken
- Being nonresponsive

How to Respond:

1. Call **911** for medical attention
2. Make sure to give rescue breaths if
 - Someone has slow/no breathing
 - Someone is gurgling/gasping
 - A person's lips and/or fingertips are turning blue
 - Someone is difficult to wake up or not responding
3. Give **Naloxone**, even if you are unsure. It will help reverse any opioids that are in a person's system

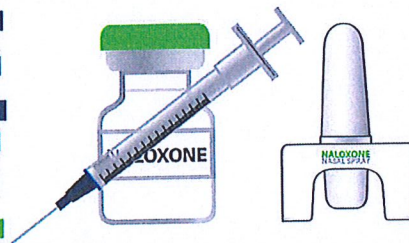
Stay with the person and encourage them to stay safe. If they are feeling withdrawal symptoms, let them know that this may not last. Connect the person with supports if they are open to this.

Contact First Nations Health Authority Interior Region for more information on obtaining Naloxone kits/training, & other resources available:
IRSupports@FNHA.CA or by calling 1-833-751-2525



College of Pharmacists
of British Columbia

NALOXONE SAVE A LIFE



Signs of Opioid Overdose



Not responsive to
noise or touch



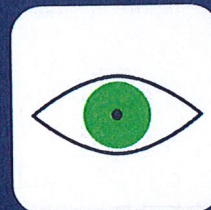
Breathing will be
slow or absent



Choking, gurgling
or snoring sounds



Lips or nails are
blue, skin is cold or
clammy



Pupils are tiny

Overdose is a medical emergency - **CALL 9-1-1** | Tell attendant: Person is **not responsive** and **not breathing**.

HealthLink BC: 8-1-1 BC Drug & Poison Information Centre: 1-800-567-8911

SAVE ME Protocol

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



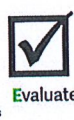
Stimulate
Unresponsive? **CALL 911**



Airway



Ventilate
1 breath every 5 seconds



Evaluate

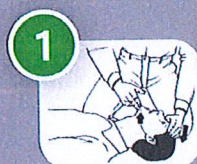


Muscular Injection
1st dose of naloxone



Evaluate
2nd dose?

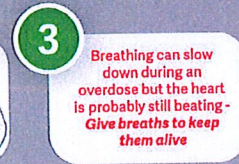
How to Give Breaths



1
Tilt head back to
open the airway



2
Pinch nose. Cover
mouth with mask
or clothing

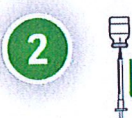


3
Breathing can slow
down during an
overdose but the heart
is probably still beating -
**Give breaths to keep
them alive**
Give 1 breath every
5 seconds

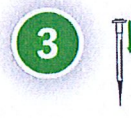
How to Use Naloxone



1
Flip off the cap to
reveal latex seal



2
Turn vial upside
down. Pull plunger
to draw up liquid



3
Inject into muscle.
Press plunger all the
way down to trigger
safety (retraction)



Tap ampoule to send
all liquid to the
bottom.
Push top away from
you to snap open
the ampoule.



Pull plunger to draw
up liquid



Inject into muscle.
Press plunger all the
way down to trigger
safety (retraction)

bcpharmacists.org/naloxone



Opioid Agonist Treatment (OAT)

CLINICS & PROVIDERS (PUBLIC DISTRIBUTION)

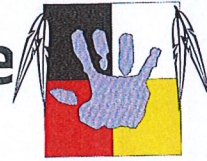
Within the Interior Health Region

This list is not exhaustive and there may be additional prescribers in your community that are not on this list. You are encouraged to discuss OUD medication options with your own primary care / health care provider first. First Nations Health Authority offers [eHealth & Virtual Health](#).

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Ashcroft	Ashcroft Hospital and Community Centre	700 Ash-Cache Creek Hwy Ashcroft, BC V0K 1A0	250.256.1345	IH
Castlegar	10 th Street Clinic	707 10 th St. Castlegar, BC V1N 2H7	250.304.1284	IH
Chase	Chase MHSU	825 Thompson Ave. Chase, BC V0E 1M0	250.679.1390	IH
Cranbrook	East Kootenay Addictions Services (EKAS)	202-1617 Baker St. Cranbrook, BC V1C 1B4	877.489.4344	IH
Cranbrook	Cranbrook MHSU Clinic	20 - 23 rd Ave. South Cranbrook, BC V1C 5V1	250.417.7056	IH
Creston	Creston MHSU	243 - 16 Ave. North Creston, BC V0B 1G0	250.428.8734	IH
Elk Valley <i>Serves Sparwood, Fernie, Elkford</i>	Sparwood MHSU	570 Pine Ave. Sparwood, BC V0B 2G0	250.425.2064 Ext. 68170	IH
Golden	Golden Medical Clinic	826 9 Ave. South Golden, BC V0A 1H0	250.344.2211	Private
Grand Forks	Boundary MHSU	7441 2 nd Street Grand Forks, BC V0H 1H0	250.442.0330	IH
Invermere	Invermere MHSU	850 - 10th Ave. Invermere, BC V1A 1K0	250.342.2363	IH
Kamloops <i>Also serves Barriere, Clearwater</i>	Kamloops Rapid Access Addictions Clinic	103 - 220 3rd Ave. Kamloops, BC V2C 3M3	250.374.2345	Private
Kamloops	Interior Chemical Dependency Clinic (ICDC)	239 Lansdowne St. Kamloops, BC V2C 1X8	778.471.6488	Private
Kamloops	Dr. Hancke DeKock	694 Seymour St. Kamloops, BC V2C 2H2	778.471.3574	Private
Kelowna	Kelowna MHSU Clinic	505 Doyle Ave. Kelowna, BC V1Y 0C5	250.801.2589 Ext. 13556	IH
Kelowna	Foundry	100 - 1815 Kirschner Rd. Kelowna, BC V1Y 6G3	250.420.2803	IH
Lillooet	Lillooet MHSU	951 Murray St. Lillooet, BC V0K 1V0	250.256.1345	IH
Lytton	St. Bartholomew's Health Centre	575A Main Street Lytton, BC V0K 1Z0	250.256.1345	IH

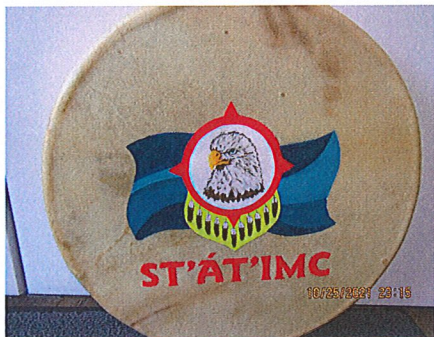


Bridge River Headstart Daycare



1A Joseph road, P.O. Box 190, Lillooet, B.C. V0K-1V0 (778) 209-9890

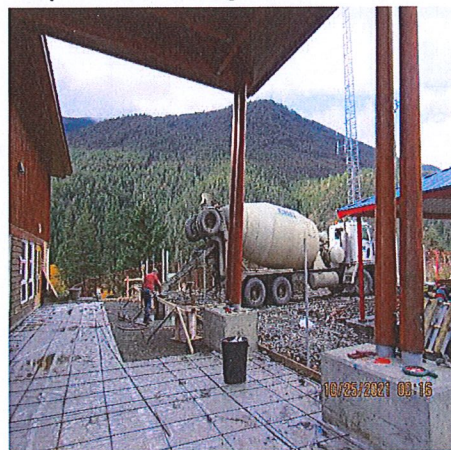
We would like to express our sincerest gratitude to Andrew Tom, the Culture and Language Coordinator, who donated these beautiful hand drums to us.



Ryleigh and Levi can be seen here exploring "the jungle". Using their imaginations while searching for treasure they are immersed in Land Based Learning.



Construction is continuing and our new space upstairs is looking amazing and would not be possible without the On-Reserve Land Based Improvement grant.

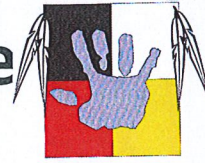


We hope you are all well and staying safe during this difficult time. We look forward to seeing you soon and we miss the laughter and joy that you bring to the daycare.



Bridge River Headstart Daycare

1A Joseph road, P.O. Box 190, Lillooet, B.C. V0K-1V0 (778) 209-9890



This is the tape-table that grew throughout the week as the children continuously added different items that they wanted to tape to the table. These are very basic fundamental skills that are built on (cutting, grasping, hand-eye coordinator, fine/gross motor skills, etc.) while engaging their imagination and creativity as they think of “what next?”.

We are currently closed due to COVID-19 cases within the community and await instruction from Band Council and Administration on when we will reopen. When we do reopen there will be exciting times! We will need winter gear, because snow will soon be on the ground, and everything will be frozen. Also if you have extra winter items we will accept donations for our big outdoor days.

Happy Halloween Children! Have a wonderful and scary weekend together and try to be safe.


Thinking of you all

Alan, Laurel, and Vianne



November 2021

Tiffany HCCN: 250-256-7423 Ext 234 Email: tina7wa7@xwister.ca
 Sonia HCCA: 250-256-7423 Ext 242 Email: homecare@xwister.ca

	1 HCCA 8-4	2 HCCA 8-4 HCCN 8-4	3 HCCA 8-4	4 HCCA 8-4 HCCN 8-12	5 HCCA 8-4	6
7	8 HCCA 8-4	9 HCCA 8-4 HCCN 8-4	10 HCCA 8-4	11 Office closed 	12 HCCA 8-4	13
14	15 HCCA 8-4	16 HCCA 8-4 HCCN 8-4	17 HCCA 8-4	18 HCCA 8-4 HCCN 8-12	19 HCCA 8-4	20
21	22 HCCA 8-4	23 HCCA 8-4 HCCN 8-4	24 HCCA 8-4	25 HCCA 8-4 HCCN 8-12	26 HCCA 8-4	27
28	29 HCCA 8-4	30 HCCA 8-4 HCCN 8-4	Any Health questions please call on Tuesdays or Thursdays and talk to Tiffany or email her.			



*For anyone who has a thermometer who need a Battery Changed Please Call Sonia and leave a message she will bring you a battery and can change it for you.

* Falls prevention Month

* Men's Prostate Awareness Month

Notes

Ama7Swa7 home and community Care Program, provides service to any on-reserve member who has physical, emotional, mental, or social need for assistance, to continue living independently in the community. Service will be provided as needed to enhance the individual and the family's independence. A list of services we provide but not limited to are, personal care (bathing and mobility); medication assistance/checks; meal assistance as needed; and S.A.I.L exercises as needed.

November 2021

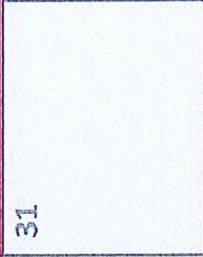

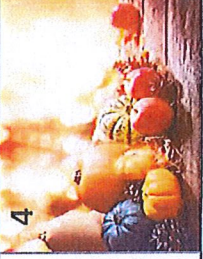

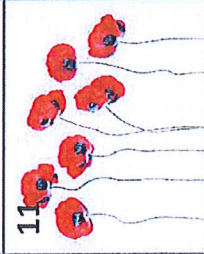
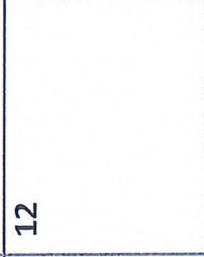
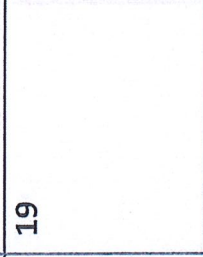

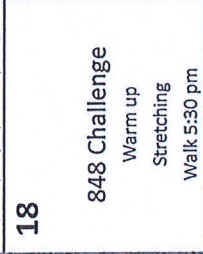
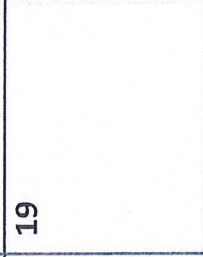

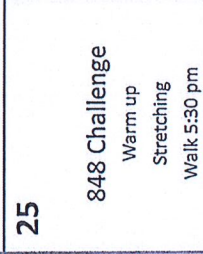
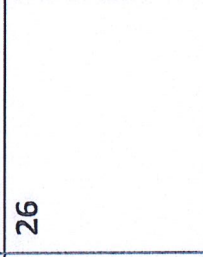
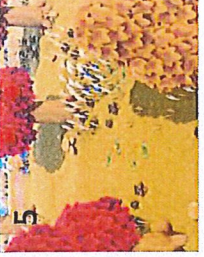
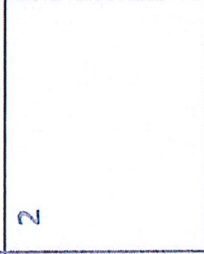
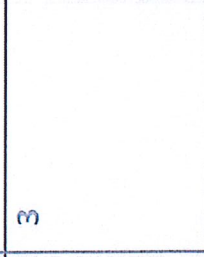
Youth Worker: Davis Williams
(250-256-7423 Ext:239)
bryouth@xwisten.ca

December '21

S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

October '21

S M T W T F S
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 (New handout available) 848 Challenge Warm up Stretching Walk 5:30 pm	2 848 Challenge Warm up Light Weights Walk 5:30 pm	3 848 Challenge Warm up Standing Ab Workout Walk 5:30 pm	4 848 Challenge Warm up Stretching Walk 5:30 pm	5 	6 
14 	8 848 Challenge Warm up Stretching Walk 5:30 pm	9 848 Challenge Warm up Light Weights Walk 5:30 pm	10 848 Challenge Warm up Standing Ab Workout Walk 5:30 pm	11 	12 	13 
21 	15 848 Challenge Warm up Stretching Walk 5:30 pm	16 848 Challenge Warm up Light Weights Walk 5:30 pm	17 848 Challenge Warm up Standing Ab Workout Walk 5:30 pm	18 848 Challenge Warm up Stretching Walk 5:30 pm	19 	20 
28 	22 848 Challenge Warm up Stretching Walk 5:30 pm	23 848 Challenge Warm up Light Weights Walk 5:30 pm	24 848 Challenge Warm up Standing Ab Workout Walk 5:30 pm	25 848 Challenge Warm up Stretching Walk 5:30 pm	26 	27 
5 	29 848 Challenge Warm up Stretching Walk 5:30 pm	30 848 Challenge Warm up Light Weights Walk 5:30 pm	1 848 Challenge Warm up Standing Ab Workout Walk 5:30 pm	2 848 Challenge Warm up Stretching Walk 5:30 pm	3 	4 
Notes						

November

Remembrance

DAY

*We will
always remember*

2021

Community Wellness Coordinator Garry Dunn

Communitywellness@xwisten.ca 250-256-7423 ext 235

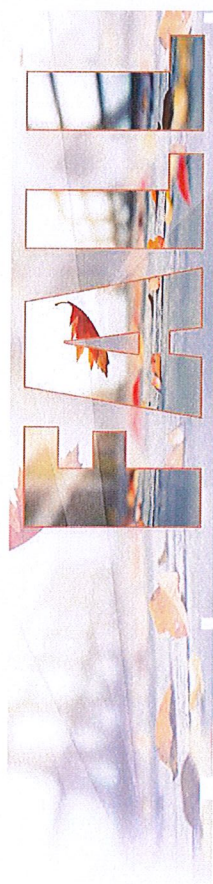
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Counselling in office one to one 8:00am to 4:00pm	2 Counselling in office one to one 8:00am to 4:00pm	3 Counselling in office one to one 8:00am to 4:00pm	4 Counselling in office one to one 8:00am to 4:00pm	5 Counselling in office one to one 8:00am to 4:00pm	6
7	8 Counselling in office one to one 8:00am to 4:00pm	9 Counselling in office one to one 8:00am to 4:00pm	10 Counselling in office one to one 8:00am to 4:00pm	11 Remembrance Day 	12 Counselling in office one to one 8:00am to 4:00pm	13
14	15 Counselling in office one to one 8:00am to 4:00pm	16 Counselling in office one to one 8:00am to 4:00pm	17 Counselling in office one to one 8:00am to 4:00pm	18 Counselling in office one to one 8:00am to 4:00pm	19 Counselling in office one to one 8:00am to 4:00pm	20
21	22 Counselling in office one to one 8:00am to 4:00pm	23 Counselling in office one to one 8:00am to 4:00pm	24 Counselling in office one to one 8:00am to 4:00pm	25 Counselling in office one to one 8:00am to 4:00pm	26 Counselling in office one to one 8:00am to 4:00pm	27
28	29 Counselling in office one to one 8:00am to 4:00pm	30 Counselling in office one to one 8:00am to 4:00pm				

Thank you to all Staff, Chief, & Council for all that you do for our people. Also the Health Department for the work in updates on important events. especially covid & that Fire Evacuations. Wow.

Lena

The info is for Newsletter. from Lena Sangret & Dave Swann.

November 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dakota Taylor Tanisha Terry	2	3 Daniel James	4	5 Colten Kastrukoff Gavin McKay	6 Bradley Jack Jr. Gerald Michel... Rex Peters	7 Cecilia Terry
8 Theresa Alexander Mary Ann Frank Zaiden Jack Joshua James Barb Thomas	9 Valerie Diamond Sharon Thomas	10	11 Darrell James REMEMBRANCE DAY 11 NOVEMBER	12 Shelly Frank Sharon Peters	13 Darrin Michell	14 Ernest Moizo
15 Mercedes Thomas Kelly James	16 Lukas John	17 Rebecca Ned	18	19 Mendo Thomas	20 Leanne Michell Trina Terry	21
22 Ginger Jones	23 Vanessa Serroul Veronica Terry	24 Trina Williams	25	26 Asia Redan	27	28
29 Doug Allen Breanne Gurney Stephen Gurney	30 Cassidy Humble Peters-	1	2	3	4	5
6	7					