

Xwisten Newsletter

May 2024



Bridge River Indian Band
PO Box 190 Lillooet BC, V0K 1V0
12210 Joseph Road
Phone 250-256-7423
Toll Free 1-888-256-7423
Admin Fax 250-256-7999
Health Fax 250-256-2443
Lands Office 250-256-7997
Management 250-256-4061

**No Band Meeting
scheduled for May**

**The Office is Closed on
May 10 and May 20**

Declaration Day May 10

Mothers' Day May 12

Victoria Day May 20

May is Invasive Species Action Month!

Each May, the Government of British Columbia proclaims the month as Invasive Species Action Month. It's a great time to learn how you can take action against invasive species to protect social, cultural, economic and environmental values in our community!

Whether you love to camp, hike, ride, or paddle there are ways you can prevent the spread of invasives.

Learn more about invasive species initiatives and the easy actions you can take to do your part by following us on social media (Instagram, Facebook, Tiktok - [@Irinvasives](#)) or visit our website - [Iriss.ca](#)



STOP INVASIVE SPECIES IN YOUR TRACKS.
PlayCleanGo.org



Take Action, today! Observe and Report.

Many plants are beginning to bloom across our region, including some invasive species, keep your eyes out for species like these so you can report them:



Wild Parsnip

HIGHLY TOXIC

A part of the carrot family and wild version of the parsnip plant. **NEVER** touch this plant without full protective clothing including safety glasses or face shield.



Hoary Cress

A plant in the mustard family, introduced from Eurasia. Can contaminate alfalfa hay and competes with native plants spreading very aggressively due to the creeping roots.



Scotch Broom

Mature plants produce up to 3500 pods with 5-12 seeds in each pod! Shades out native species, can increase wildfire risk, and is toxic to livestock.



Observe and Report!

You can help prevent the spread of these invasives by reporting where you see them. Use the QR code to report directly to us or visit our website - [Iriss.ca/report](#).



BRIDGE RIVER INDIAN BAND (Xwisten)

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

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

April 30, 2024

To Xwisten Members,

Re: Xwisten April Newsletter Housing Update

- **Bridge River Indian Band was approved for 2 triplex build in 2024** and build starting soon
- **Reminder for housing agreements and home maintenance renewals**
- Continue researching Bylaws for whole reserve
- Report any leaking taps and wall hydrants
- Must clean all yard of garbage, tires, abandoned vehicles
- Not to store items alongside house and car ports to reduce pest issues and FireSmart
- Tires disposal site just outside transfer station
- Members can request garbage trailer, it will only be booked for two (2) days due to demand
- Mindful of wasps, hornets and bees as they are becoming active now and nests can appear in the ground and alongside of exterior of house, etc.
- Currently applying for funding for larger house renovations
- Working future infrastructure projects, leading to new builds ongoing
- Encourages Xwisten Members to apply for Home Maintenance Services Plan to assist with minor home repairs
- **We encourage all dogs to be on a leash or fenced yard** and clean up pet feces for health and safety reasons
- **Ask Band Administration for assistance for spaying and neutering**

Blaine Kane

Operations & Maintenance,
Infrastructure & Housing Manager





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April 30, 2024

To Xwisten Members,

Re: Xwisten April Newsletter Update

The following are updates for this month:

- **Check for Membership Code EcoPlan newsletter insert**
- **Watch for other meeting dates to continue working on data for drafting Xwisten Membership Code, requires your input and recommendations**
- Gates closed for transfer station, due to people dumping items on the ground and will be open week days during 8am to 2pm and will can be opened by Kenny Thomas onsite on the weekends 8am to 2pm, see Kenny at the wood station to unlock the gate
- [Xwisten Fire Volunteers still looking for new members](#) ongoing
- Will be putting up house sprinklers soon
- Reminder to check your yard house for FireSmart fire prevention
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Lands Manager, Fisheries Biologist, Lands Front Desk Assistant, Casual Workers, Casual Bus Driver, Homemaker, Health Front Desk, check our website and Facebook for more information
- Housing Department following up on repairs, maintenance and applying for renovation funding
- Telus and Lyttonnet currently installing internet fibre on reserve
- **Reminder to those with outstanding House Arrears to make a re-payment plan and thank you to Members who are following through with their commitments**
- **Reminder no Band Meeting in May due to N'Quatqua 2024 St'at'imc Days**
- **Thanks to Maintenance Team & other Band staff for assisting on Earth Day!!**
- **Band Office CLOSED Monday May 20, 2024 for Victoria Day**
- If you have a questions, concerns or recommendations to call the Band office and you can also write them and use the drop box outside the Band office

Gary Forsyth
Administrator





XWÍSTEN Membership Code

April 2024

WHAT'S GOING ON?

We are developing our own Membership Code: a legal document outlining who can be a Xwísten member in the future. It will not affect current members. It will be based on what is important to us, like our culture, history, family relations, our relationship with the land and our ways of doing things.

WHY?

Currently, the Canadian Federal Government decides who becomes a new Xwísten member, not Xwísten. This is a very important action for the future of Xwísten and for our self-determination

WHAT ARE YOUR THOUGHTS ABOUT XWÍSTEN MEMBERSHIP?

Have some ideas you want to share? Use your phone's camera to scan the QR Code here and tell us about it. Or visit bit.ly/xwistenmembershipcode



WHAT'S NEXT?

There will be lots of chances to learn more and also let us know what is important to you:

- ✓ **Always:** An open channel to share your thoughts on the Membership Code (bit.ly/xwistenmembershipcode)
- ✓ **Monthly:** Regular updates in community newsletters about key Membership Code topics
- ✓ **Spring/summer:** More opportunities to discuss the Membership Code in other community meetings and events
- ✓ **Fall:** A community survey for you to share your thoughts on specific contents of the Membership Code

FOR MORE INFORMATION

Contact:

Charlotte Armstrong, exec.assist@xwisten.ca

Technical support:

William Trousdale, EcoPlan, william@ecoplan.ca



PLEASE NOTE: As we work on our Membership Code, some discussions might cover hard topics that bring up raw feelings. Remember, your wellbeing comes first. Take care of yourself and join in as much as feels right for you.

OUR FIRST MEETING: WHAT WE HEARD

On March 13, Xwísten held an initial community meeting to introduce the project. This was the first of many opportunities for getting community input. At the meeting, we explained what a membership code is, why it's important, and how it will impact members. Everyone who attended provided input by answering questions about contents and important considerations for developing the code using clickers (remote voting tool) and contributing to the discussion.

Many members highlighted how the Indian Act undermines Xwísten's self-determination. The subject brought up many issues, and while they are all important to address, some attendees understandably found the subject matter triggering and upsetting. Overall, there is a lot to talk about related to Xwísten's Membership Code, so there is a need for more community discussion on topics related to eligibility criteria and decision-making.

A summary of the topics covered in the meeting can be found below. Again, this is just the beginning. And this is about FUTURE MEMEBERSHIP, not current members. All input will help shape future discussions.

SUMMARY OF THE FIRST MEMBERSHIP CODE MEETING

(About determining future membership – not current membership)

TOPIC	WHAT WE HEARD	
	General agreement	Needs more discussion
Eligibility criteria to be a Xwísten Member... Relational	<ul style="list-style-type: none"> • Not criteria: Having both parents as members • Adopted children can apply for membership • Spouses of Xwísten members can apply membership 	<ul style="list-style-type: none"> • Importance of blood ties and grandparents' membership • Status and its impact on members personally and funding for Xwísten • Losing membership in a divorce
Eligibility criteria to be a Xwísten Member... Cultural and community ties	<ul style="list-style-type: none"> • Possible criteria: Some knowledge of Xwísten History and Traditions and a connection to the community • Not criteria: Understanding St'át'imc and spending time on-reserve 	<ul style="list-style-type: none"> • The need for applications to demonstrate cultural or community ties • A probationary period to demonstrate community involvement
Losing Xwísten membership	<ul style="list-style-type: none"> • Reasons to lose membership: if a member personally asks, becomes a member in another community, provides false information in their application, or poses a threat to Xwísten (e.g., serious crimes). 	<ul style="list-style-type: none"> • Can Xwísten membership be lost? • Types of behaviours and crimes that may be a reason to lose membership
Decision making	<ul style="list-style-type: none"> • Decisions about membership should be made by a vote in a community meeting 	
Application process		<ul style="list-style-type: none"> • Time did not allow for much discussion on this topic
Appeals		<ul style="list-style-type: none"> • There was no agreement on what steps a Xwísten member should have to follow to initiate an appeal process. Time did not allow for much discussion on this topic



FOR MORE INFORMATION

Contact: Charlotte Armstrong, exec.assist@xwisten.ca

Technical support: William Trousdale, william@ecoplan.ca



Lillooet Tribal Council

JOB FAIR

Please join us at the
Lillooet Rec Center
930 Main St, Lillooet, BC

Prizes!

MAY 29TH, 2024

**Bring
your
resume!**

09:00 AM - 3:00 PM

Refreshments and Snacks
provided

Any questions please contact
Chantelle Riley

250-256-7523 EXT 108

officemanager@lillooettribalcouncil.ca

lillooettribalcouncil.ca



Úcwaymtecw

Way of the Old Ones

N'Quatqua 2024 St'at'imc Days

(May 9th – May 12th, 2024)

We are excited to host the nation at this 113th year of gathering & celebrating the signing of the 1971

Declaration of the Lillooet Tribe

We look forward to sharing this experience with you and making this time memorable

This schedule has been developed to outline the events we have been diligently planning for your enjoyment. If you have any questions pertaining to this event, please contact us as soon as possible

N'Quatqua 2024 St'at'imc Gathering Committee members:

Anita Patrick..... anita.patrick@nquatqua.ca
Sylvia Patrick..... sylvia.patrick@nquatqua.ca
Jesokah Peart..... jesokah.peart@ssh.ca
Juanita Peters..... juanitapeters448@gmail.com

THURSDAY MAY 9TH

9:00am St'at'imc Gathering Set Up
12:00pm Lunch
1:00pm St'at'imc Gathering Set Up
5:00pm Dinner
7:00pm Drumming and Dancing
9:00pm Closing Remarks

FRIDAY, MAY 10TH - Traditional Regalia Day

6:00am Sweat (gates creek behind Juanita Peters house)
8:00am Breakfast
9:00am Welcoming with drummers
10:00am Fisheries Tour-Christopher Fletcher
Mike James
10:00am St'at'imx Tribal Police
12:00pm Lunch
1:00pm Fashion Show-Frances Thevarge
3:00pm Declaration Reading
5:00pm Traditional Dinner

Words of Wisdom Video
Slides on the Mountain Film
6:00pm Ucwaimcwt's Bingo
7:00pm Drumming and Dancing
Cake with NQ Logo/Gathering Logo
9:00pm Closing Remarks

SATURDAY, MAY 11TH

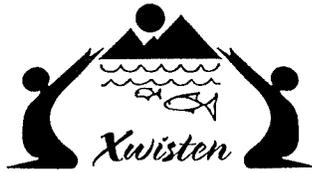
6:00am Sweat (Gates Creek behind Juanita Peters house)
8:00am Breakfast
9:00am Pictograph Tour-Weather permitting
Mike James

10:00am Traditional Cabin Hike/Drive – Weather permitting
10:30am Horseshoe Competition
12:00pm Lunch
1:00pm Scavenger Hunt-Jesokah
2:30pm Indian Car Special-Jesokah/Mike James
3:30pm Name Giving Ceremony
5:00pm Dinner
6:00pm Talent Show
7:00pm Drumming and Dancing
9:00pm Closing Remarks

SUNDAY, MAY 12TH

6:00am Sweat (gates creek behind Juanita Peters house)
8:00am Mother's Day Breakfast (Men cook)
Mother's Day Giveaway
9:00am Chiefs Speeches
11:30am Honoring our Volunteers
12:00pm Bagged Lunch – to go
12:30pm Raffle Drawing
1:00pm Closing

kúkwstum'ckálap



BRIDGE RIVER INDIAN BAND

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Job Posting

Xwisten Health Reception

Full-time (35 hours per week)

The health reception will report to the Health Manager, the successful candidate will provide support to all the Xwisten-Bridge River Indian Band Health Departments.

Primary Duties and Responsibilities:

- Provide assistance to Xwisten Health Departments as needed.
- Customer service.
- Filing, Faxing, Photocopying, Scanning.
- Creating and Distribution. Assist with developing health related posters of events as needed.
- Daily Monitoring temperatures of the Xwisten Medication Fridge and Keep a log of the readings.
- Maintain and monitor the health offices frost desk area.
- Adhere to workplace health and safety policies.
- Participate in Monthly Health Team Meetings.
- Perform other health related duties as required.

Qualifications:

- 2-3 years of relevant experience.
- Valid Driver's License and Reliable Vehicle.
- First Aid Certification. Level C CPR Certification (or willing to obtain within a set time frame).
- WHIMIS Certification (or willing to obtain within a set time frame).
- Vulnerable Sector, Criminal record Check.

HOW TO APPLY:

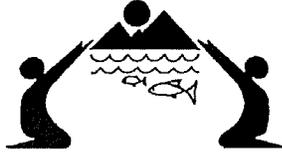
Wage: \$18.00 to \$20.00 per hour minimum and depending upon experience

Deadline: May 3, 2024

Please submit your Cover Letter and Resume to:

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

While we welcome all candidates, only those selected for an interview will be contacted



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JOB POSTING

AMA7 SWA7 NURSE

Full-time Permanent (35 hrs/week)

Ama7 Swa7 Nurse is responsible for providing quality home care to Xwisten Clients that are referred to the Home and Community Care Program.

Duties and Responsibilities

- Assists in direct nursing care as required with and for clients to achieve optimum health in various situations: chronic disease, acute illness, injury, wound care and palliative care.
- Promotes and provides health related knowledge, treatment services to clients, care givers while supporting independence.
- Perform assessments; evaluations; plans; goals; deliveries; treatment plan or care plan.
- Maintain confidential data records and documentation
- Coordinate nursing care services with the client, physician, hospital, rehabilitation, long term care programs and other community services/ programs.
- Coordinate, develop and teach nursing care strategies to assist client and family.
- Provide information and create workshops regarding health related issues and preventative measures as needed.
- Maintain financial records and budget
- ESDRT (Service Delivery Reporting Template) reports to FNHA monthly

Qualifications:

- Graduated from an approved school of nursing and must hold a current Registered Nurse License with the British Columbia College of Nursing Professionals (BCCNP) or Licenced Practical Nurse License (LPN)
- Knowledge of cultural safety principles, working within First Nation's Health and Social Development areas
- Criminal Record Check: Vulnerable Sector
- Valid Driver's License: Reliable Vehicle
- Excellent communication skills – written and verbal;
- Ability to develop and maintain budgets, and do financial and administrative reporting;
- Filing and record keeping skills;
- Experience supervising other employees

Wage: \$37.00 to \$45.00 per hour minimum ~ Depending on experience

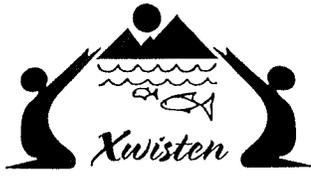
Closing Deadline: May 3, 2024

While we welcome all candidates, only those short listed for an interview will be contacted

Fax Cover Letter with referrals and Resume to:

Gary Forsyth, Band Administrator

Fax: 250-256-7999



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Job Posting

EARLY CHILDHOOD EDUCATOR

Full Time Permanent Position

Bridge River Head Start / Daycare Program is seeking an individual to commit to providing high quality care to children aged 0-6 years with interest in working in a unique program and ensuring that there is use of best practice provided during the program delivery.

Duties & Responsibilities:

- Ability to work with parents, children, and elders
- Must Participate in all aspects of the program including outdoor activities, luncheons, community functions and workshop / training opportunities
- Strong communication skills (Oral and Written)
- Strong computer skills an asset (Email, Word, Excel, PDF, PPT, Outlook, Fax, Photocopier, Scanner)
- Assist with administrative duties (or willing to learn) report writing, filing, proposal writing, daily attendance, invoice writing as per parent/guardian and government agencies, etc.
- Apply St'at'imc cultural values and benefits to all aspects of daily programming
- Work flexible hours and willing to attend conferences & professional development programs, sometimes outside of office hours
- Chaperone all trips, Driving Bridge River Head Start / Daycare vehicle as needed
- Maintain the cleanliness and service Bridge River Head Start / Daycare vehicle routinely
- Other duties as assigned by Headstart/Daycare Supervisor, Health Manager, Administrator and Chief and Council

Qualifications:

- Early Childhood Education License to Practice
- CPR Infant First Aid
- Clear Criminal Record Check
- Current on all immunization shots
- Food Safe Certificate
- Class 4 Drivers License preferred
- Speak the basic St'at'imc words and commands an asset (or willing to learn)
- Knowledge of St'at'imc Traditions and Culture an asset

Wage: \$23.00 to \$25.00 per hour minimum and depending upon experience

Deadline: May 3, 2024

Please submit your Cover Letter and Resume to:

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

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Job Posting

HOMEMAKER

Fulltime Position assisting Elders Coordinator

Xwisten Social Development requires one homemaker to provide housekeeping services to Elders and adults requiring in home care on reserve, while the person is home. This person must be reliable, have good communication skills, and have their own transportation. The hours are flexible but a regular schedule must be maintained with the elders to be respectful of their time.

Duties – General Housekeeping including:

- Floors: Sweep / Vacuum / mop floors
- Clean & Sanitize bathroom (tub, toilet, vanity, floors)
- Change bedding
- Dusting
- Dishes (Wash, Dry, & Put Away)
- Collect garbage & recycling and take to bins
- Annual cleaning including cleaning cupboards, washing walls & appliances, shampooing the rugs.

Qualifications:

- Previous experience working with Elders
- Previous Cleaning experience
- Excellent Communication Skills
- Physically Fit to complete the tasks listed above
- Ability to clean efficiently in the limited hours allotted
- Reliable Transportation to the homes
- Pass a criminal record check and have a Class 5 Drivers License and own transportation
- Preference will be given to Bridge River Band Members & Community members

Wage: \$23.00 to \$25.00 per hour minimum ~ Depending on experience

Deadline: April 12, 2024

While we welcome all candidates, only those selected for an interview will be contacted

To apply submit resumes and cover letter to:

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



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Job Posting

FINANCE OFFICE CLERK

Fulltime Position

Bridge River Indian Band is seeking a fulltime Finance Officer Clerk. Reporting to the Bridge River Indian Band Administrator. The Finance Office Clerk will be responsible for assisting office administration and accounting duties including invoicing.

Essential Duties and Responsibilities:

- Support duties related to data entry for agreements, records management
- Maintain confidentiality of all data, complete all documents relating to agreements, purchase orders and ensuring invoicing are made before deadlines.
- Interpret and apply accounting policies, rules, and regulations to all work in order to ensure compliance with applicable standards
- Compile and prepare routine invoices, reports and summaries
- Analyze financial information in order to identify discrepancies, research and resolve discrepancies in a timely fashion

The successful candidate must have excellent communication skills (both verbal and written). In addition, this person will have an above average sense of detail, accuracy, and organization. The candidate will be quite comfortable in a high-volume environment and will be accustomed to meeting tight deadlines.

Education and experience:

- Have training in Accounting, Bookkeeping, Finance, or similar field. An equivalent combination of education, training, and experience can be substituted.
- 1-3 years of relevant, hands-on accounting experience
- Xyntax or similar multi-department accounting software knowledge
- Proficient to advanced knowledge of Microsoft Office Applications, including Excel
- Excellent verbal and written communication skills
- Strong attention to detail, accuracy and experience working with agreements
- EFT payment experience an asset
- Ability to work independently on assigned duties
- Demonstrates an ability to manage a variety of priorities while meeting deadlines
- Pass a criminal record check and have a Class 5 Drivers License and own transportation

Wage: \$21.00 to \$23.00 per hour minimum ~ Depending on experience

Closing Deadline: May 3, 2024

While we welcome all candidates, only those short listed for an interview will be contacted

Fax Cover Letter with referrals and Resume to:

Gary Forsyth, Band Administrator

Fax: 250-256-7999



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JOB POSTING LANDS MANAGER

Situated along the scenic shores of the majestic Fraser River and Bridge River, this is an amazing opportunity for the right candidate to live and work in one of British Columbia's greatest natural landscapes. The town of Lillooet provides all the amenities needed for healthy living, shopping, recreation, medical, schooling, and outdoor adventures. The area is well-known for its vineyards and vibrant agricultural prominence nestled within the Fraser River valley with real-estate properties and hobby farm opportunities possible.

You will be supported by a multidisciplinary team of season skilled technicians and specialists in forestry, fisheries management, mapping, monitoring, cultural heritage protection and enhancement to name a few. Additional responsibilities range from overseeing the lands operations, receiving and managing referrals, directing staff, attending meetings and working closely with administration and leadership in the effective stewardship and protection of Xwisten's Territory (the "Territory"). This is a fulltime salaried position with generous group health benefits and pension provided. Relocation assistance will be considered. Training and professional development provided. Some travel may be necessary.

Duties and Responsibilities

- Manage and oversee the Xwisten lands office department, staffing and operations.
- Oversee all activities related to resource development in the Territory.
- Supervise, mentor, support and direct the lands and fisheries staff
- Provide lands and resources information and updates to the Chief & Council on a regular basis
- Evaluate land use and developing protection policies, guidelines and provided leadership recommendations
- Maintain files on land and land use within the Territory.
- Oversee the lands referrals system tracking system and responding to referrals.
- Keep records of all lands related matters
- Utilize appropriate project management techniques to meet deadlines
- Participate in meetings and negotiations, and develop agreements with government and proponents.
- Manage program and project budgets and expenditures
- Complete reporting as may be needed.
- Manage all files and documents effectively.
- Stay informed and up to date with trends, techniques and issues in land management
- Participate in policy reviews, symposiums, activities and/or meetings
- Prepare for and make public and private presentations to large and small audiences.
- Other related duties as may be assigned by Chief & Council and or Administrator.

Preferred Qualifications

- Post-secondary degree in natural resource management, finance, governance or other related field or an equivalent combination of training and experience.
- Training or experience in developing and managing budgets and project management.
- Knowledge and experience of working within an Indigenous environment.
- Knowledge of Indigenous Title and Rights
- Knowledge of natural resource disciplines, activities and permitting.
- Solid understanding and knowledge of relevant environmental legislation and regulatory requirements
- Well organized with excellent time management and multitasking abilities.
- Excellent verbal, written, and interpersonal skills
- Ability to write proposals and/or apply for grants
- Proficient in Microsoft Office and other database platforms.
- Level 1 First Aid and Transportation Endorsement an asset.
- Physically able to work in all-weather conditions and walk on uneven terrain at times and lift objects.
- Possess a valid BC Class 5 driver's license with clean drivers abstract

Salary Range: \$72,500 - \$90,000 minimum and depending upon experience

Deadline: May 3, 2024

Please submit your Cover Letter and Resume to:

Gary Forsyth, Administrator
Bridge River Indian Band
PO Box 190, Lillooet BC, V0K 1V0
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Job Description

LANDS FRONT DESK ASSISTANT

Full-Time Position

Bridge River Indian Band is seeking an individual with a professional work ethic and who has strong organizational and communication skills, for the Lands Front Desk Assistant position reporting to the Lands Manager. The Lands Front Desk Assistant is responsible for overseeing the daily operations of the Lands/Fisheries Office as well as providing support for all Xwisten projects.

DUTIES & RESPONSIBILITIES

- Answer phones and direct calls to voice mail or take messages;
- Greet guests as they enter the office, make sure they follow COVID rules;
- Ensure the Land Front Desk is covered during business hours each day 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.
- Receptionist duties; answering phones, taking messages, greeting visitors, setting up for meetings;
- Check the general email account each morning and afternoon and forward the emails to the appropriate department;
- Office Management; ensure the Lands Department is equipped with all necessary field and office equipment to have a fully functional department;
- Type letters, memos and other correspondence as requested by Lands & Fisheries staff;
- Maintain the clipboards, bulletin board and displays;
- Keep the general areas of the office tidy (front desk not too cluttered, waiting area tidy, no posters on the entrances, etc.)
- Order all Lands & Fisheries office supplies and ensure that adequate supplies are on hand at all times.
- Ensure that all office equipment is functioning, make service calls, and order supplies for the equipment as needed
- Assists in planning and organizing activities and events
- Assist in keeping track of all staff hours worked on contracts and assist in monthly reports to the Finance Department for invoicing
- Maintain Lands Department files
- Produce the monthly Bridge River Band Lands Newsletter submission; includes gathering information
- Other duties as assigned by Administrator, including Chief & Council

EDUCATION & EXPERIENCE

- Must have High School Graduation Diploma;
- Administrative Certificate would be an asset
- Must have high proficiency with Microsoft Office (Word, Outlook, Publisher, Excel)
- Accounting experience and asset
- Quick learner and detailed oriented
- Strong verbal and written communication skills;
- Manage multiple tasks and time management skills;
- Strong Organizational skills and Problem solving skills
- Able to work independently and as part of a team
- Flexible and adaptable to changing priorities
- Must have valid Class 5 driver's license and abstract
- Understanding of First Nations' management, culture and lifestyles.

Wage: \$18.00 to \$20.00 per hour minimum and depending upon experience

Deadline: May 3, 2024 and only those short listed will be contacted

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JOB POSTING

BIOLOGIST – PROJECT SUPERVISOR

Full-time

The Biologist is responsible to work on all programs within the department which represents a wide variety of initiatives and projects that include planning and the operational management of natural resources such as water, fish, and wildlife with the goal of ensuring long-term sustainability throughout Xwísten's territory.

Biologist position will develop new projects/research initiatives through grant writing and the development of collaborations/partnerships with federal and provincial agencies, First Nations, and academia.

Responsibilities and Experience:

- Design and implement fisheries-related projects, and other biological programs, as required.
- Oversee the collection of biological samples and monitoring data.
- Oversee data entry, QA/QC, database management.
- Provide technical direction and mentorship to junior staff.
- Analyze data, prepare technical reports and peer-reviewed publications.
- Develop proposals and project budgets, oversee and manage projects.
- Represent Bridge River at technical meetings, conferences, and workshops, as required.
- Engage with federal and provincial natural resources management agencies on permitting, project coordination and implementation, as required.
- Provide technical support to First Nations partners.
- Complete timesheets, expense reports, tracks billable hours by project.

Required Qualifications and Certificates:

- RP BIO Certification.
- M.Sc. in biology (ecology) or fisheries/wildlife science.
- 10 years of experience in an ecology- or natural resources management-related field, with at least 5 years of fisheries-related project management experience.
- Field experience with Water Quality equipment, Sonar, Telemetry and Resistivity monitoring and data management.
- Proficiency in MS Office, statistical analysis, and with other specialized software, e.g., R, JMP, Sigmaplot, GIS.
- Pacific Salmon ecology.
- Electrofishing certification.
- Swift Water rescue certification.
- WorkSafeBC – Level 1 First Aid and Transportation Endorsement.
- Valid driver's license.

Required Knowledge, Skills and Abilities:

- Knowledge of Xwísten's values and culture.
- Demonstrates exceptional interpersonal skills and demonstrates ability to deal tactfully with elected officials, co-workers, community representatives and Xwísten's 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.
- Willingness to live and work in a remote community full time.
- Willingness to work extended hours.

Salary: \$75,000 to 80,000

Closing Deadline: May 3, 2024

Fax Cover Letter with references and Resume to:

Gary Forsyth, Band Administrator

Fax: 250-256-7999

While we welcome all candidates, only those selected for an interview will be contacted.

May

Willa- Health Receptionist 250-
256-7423 #237

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
Foot Dr @ 9-3 Call health reception to book an appointment				Dental Hygienist @ 9-3 Call health reception to book an appointment	Dr Adala @ 11-2 Call health reception to book an appointment	
12	13	14	15	16	17	18
				Dr Humber @ 9-12 Call health reception to book an appointment		
19	20	21	22	23	24	25
STAT	Mammogram Mobility clinic @ 9-3:30 Call health reception to book an appointment					
26	27	28	29	30	31	
Floaters Eye Doctor @ 10-3 Call health reception to book an appointment	Floaters Eye Doctor @ 10-3 Call health reception to book an appointment	Floaters Eye Doctor @ 10-3 Call health reception to book an appointment	Floaters Eye Doctor @ 10-3 Call health reception to book an appointment	Floaters Eye Doctor @ 10-3 Call health reception to book an appointment		

Health Events Reminders

May 2, 2024

Dental Hygienist @ 9-3

May 3, 2024

Dr Adala @11-2

May 6, 2024

Foot Dr. @ 9-3

May16, 2024

Dr Humber @ 9-12

May 21, 2024

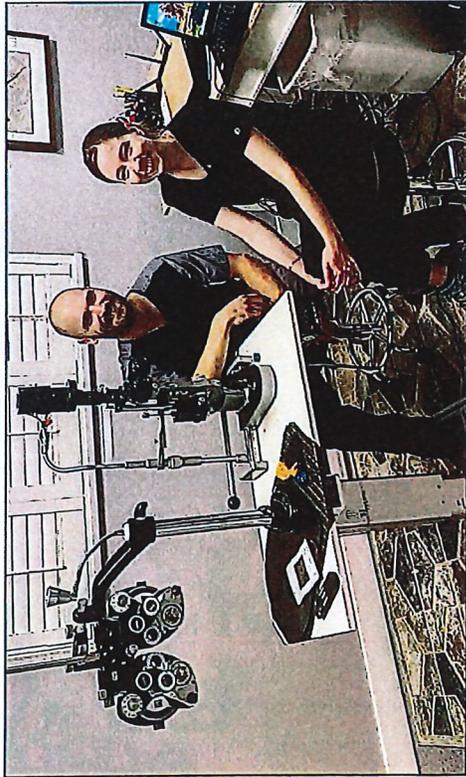
Mobility Mammogram @ 9-3:30

May 27,28,29,30, 2024

Floaters Eye Care @10-3

**Please call Heath Receptionist at extension
#237 to book an appointment!**

Eye Exams



Floaters

Mobile Optometry Services

Brianna Krajnyak, O.D., Optometric Corporation

Eye Glasses

We will be visiting **Xwisten May 27th-30th** to provide complete eye examinations and offering a selection of eyeglass frames.

MSP EXAM COVERAGE

YEARLY:

Children 0-18,
65 and older, &
Those with medical
conditions (like diabetes)

FNHA COVERAGE:

EXAMS

19-64 – every 2 years

GLASSES

18 and under – every year

19 and over – every 2 years

Your Optometrists:

Dr. Brianna Krajnyak, O.D.

Brianna was born and raised in Chilliwack, BC and attended the University of Waterloo followed by The New England College of Optometry in Boston, Massachusetts. After graduating optometry school, she completed a residency in Community Health Optometry.

Dr. Brandon Harris, O.D.

Brandon is a new Canadian Permanent Resident from Seattle, Washington. He received his undergraduate degree at Western Washington University and also attended The New England College of Optometry.

PLEASE CONTACT XWISTEN RECEIPT EX 237



First Nations Health Authority
Health through wellness

Lillooet & Lytton HC & Community health Calendar

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
UPDATED 04/24/24	Leaves: Ashley May 21 st Telleighla May 13 th	Skuppah- Jocelyn	St'uxwtews- Telleighla Xwisten – Jocelyn	Lytton HC- Jocelyn
Lillooet HC- Sophie Tsal'alh – Ashley T'itqet – Jennifer Westside- Jane Spuzzum - Jocelyn Lytton NIC- Telleighla	6 LFN- Sophie Tsal'alh – Ashley Ts'kw'aylaxw – Jennifer Boston Bar – Jocelyn LFN- Jane Lillooet NIC- Telleighla	7 Nicomen – Jennifer Ashcroft – Telleighla Sekw'el'was- Jocelyn Skuppah- Sophie	8 Kanka - Jocelyn St'uxwtews- Telleighla Xwisten – Jennifer LFN- Sophie	9 Lillooet HC- Jocelyn Lytton HC- Jennifer St'uxwtews/OJC- Telleighla LFN- Sophie
13. Tsal'alh – Ashley T'itqet – Jennifer Westside- Jane Spuzzum - Sophie	14 Tsal'alh – Ashley Ts'kw'aylaxw – Jennifer Boothroyd – Sophie LFN- Jane Lillooet NIC- Telleighla	15 Nicomen – Jennifer Ashcroft – Telleighla Sekw'el'was- Sophie	16 TEAM MEETING Kanka - Sophie Xwisten – Jennifer	17 Sekw'el'was ½ day- Sophie Lytton HC- Jennifer
20 STAT	21 Ts'kw'aylaxw – Jennifer Boston Bar – Ashley Y LFN- Jane Lillooet NIC- Telleighla	22 Nicomen – Jennifer Skuppah- Ashley Y	23 Kanka – Ashley Y Xwisten – Jennifer	24 Sekw'el'was - Ashley Y Lytton HC- Jennifer St'uxwtews/OJC- Telleighla
27 Tsal'alh – Ashley T'itqet – Jennifer Westside- Jane Lytton NIC- Telleighla	28 Tsal'alh – Ashley Boothroyd – Jennifer LFN- Jane Lillooet NIC- Telleighla	29 Nicomen – Jennifer Ashcroft – Telleighla	30 St'uxwtews- Telleighla Xwisten – Jennifer	31 Lytton HC- Jennifer

May Dolores- CHR

250-256-7423 #238

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Medical Travel Reporting 10-2-	2 Medical Travel Reporting 10-2	3 Client Filing	4
5	6	7 Medical Travel Reporting 10-2	8 Medical Travel Reporting 10-2	9 CHN	10	11
	Medical Travel Reporting 10-2			Medical Travel Reporting 10-2	Stat'at'ime Declaration Day- Stat	
12	13	14 Medical Travel Reporting 10-2	15 Medical Travel Reporting 10-2	16 Prenatal- CHN	17 Client Filing	18
	Medical Travel Reporting 10-2					
19	20	21 Mammogram Mobility clinic 9-3:30	22 Check in Community Members	23 Prenatal - CHN	24 Client Filing	25
	STAT					
26	27	28 Floaters Eye Care 10-3	29 Floaters Eye Care 10-3	30 Dental Hygienist 9-3	31 Client Filing	
	Floaters Eye Care 10-3					



First Nations Health Authority
Health through wellness



Medical Patient Travel for On Reserve

- 1) All medical appointment documentation must be handed in by Wednesdays of each week in order for a medical travel chq to be issued Fridays @ 3:30pm.
- 2) All Medical Appointment documentations handed in after Wednesdays of each week will have to be reimbursed the following week. Re: chqs can not be issued on short notice.
- 3) Please keep copies of your attendance forms as they will need to be handed in for reimbursement purposes.
- 4) Clients that do not attend their appointments will be required to pay back benefits they receive/ or pay for their own travel costs on subsequent medical travel appointments.

All medical travel chqs can be picked up from CHR in
Health Dept Ph: 250-256-7423 #238

medicaltravel@xwisten.ca

**XWISTEN GYM 12210
JOSEPH ROAD**

BREAK FREE

HEALING-FUN-LUNCH-DANCE

MARION BOGGS AND FACILITATORS
COMING TO THE COMMUNITY.

COME JOIN FOR SOME FUN,
LAUGHTER, AND MOST
IMPORTANTANLY, SOME SELF
HEALING.

**MAY 25/26,2024
TIME- TBD**

MORE INFORMATION TO COME

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Home / Phone Visits 1	Possible Join Unity Riders – Tskwaylaxw to Xaxli'p 2	Possible Join Unity Riders – T'it'qet to Xw'isten 3	4
Flea Market 10-5 GYM MMIW - Red Dress Day 5	Chair Exercises 10:30 – 12 MPR 6	Meal Cooking – Not in Office 7	Home / Phone Visits 8	Possible Join Unity Riders St'at'imc Gathering - Set Up 9	St'at'imc Gathering Welcome - D'Arcy 10	St'at'imc Gathering - Activities 11
 12	Chair Exercises 10:30 – 12 MPR 13	Home / Phone Visits 14	Elder's Tea Party 1-3 MPR 15	Chair Exercises 10:30 – 12 MPR 16	Meal Deliveries / Home Visits 17	18
19	Victoria Day – Office Closed 20	Chair Exercises 10:30 – 12 MPR Meal Cooking – Not in Office 21	Elder's Group Walk 22	Chair Exercises 10:30 – 12 MPR 23	Meal Deliveries / Home Visits 24	25
26	Chair Exercises 10:30 – 12 MPR 27	Possible Group Activity 28	Home / Phone Visits 29	Exercises 10:30-12 MPR Elder's Lunch 12-3 MPR 30	Meal Deliveries / Home Visits 31	

MAY

2024

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

APRIL 2024

JUNE 2024

NOTES:

Elder's Group Walks will depend all on weather, and first one we will try from Jack Lane to Band Office with possibly going the loop. Depends on interest...

Hope to see you at our Tea Parties and Luncheons ☺

May

2024

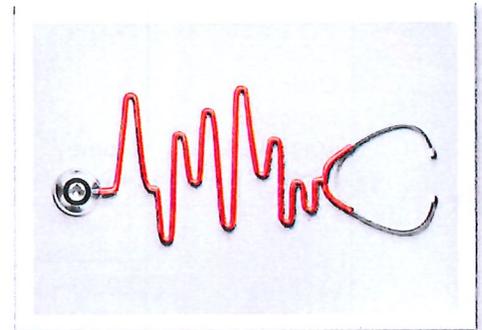
HOME & COMMUNITY CARE

Rose HCCN

Daphne Away til May 21st

(778)209 8933

250 256 7423 EXT. 234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 In Office/Clients	2 Away for Client Appt	3 In Office/Clients	4
5	6 In Office/Clients	7 In Office/Clients	8 In Office/Clients	9 In Office/Clients	10 OFFICE CLOSED	11
12	13 In Office/Clients	14 In Office/Clients	15 In Office/Clients	16 In Office/Clients	17 In Office/Clients	18
19	20 OFFICE CLOSED	21 In Office/Clients	22 In Office/Clients	23 In Office/Clients	24 In Office/Clients	25
26	27 In Office/Clients	28 In Office/Clients	29 In Office/Clients	30 In Office/Clients	31 In Office/Clients	

View and edit this document in Word on your computer, tablet, or phone. You can edit text; easily insert content such as pictures, shapes, and tables; and seamlessly save the document to the cloud from Word on your Windows, Mac, Android, or iOS device.



May 2024

Xwisten Kids club and Youth Group

Kids club April 29 and May 13 2024
Youth Group May 1 and May 15 2024
Movie night May 17 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April 29 Kids Club	1	Youth Group	2	3	4
5	6	7	8	9	10	11
12	13 Kids Club	14	15 Youth Group	16	17 Family Movie night	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Rubin Williams
Youth and Recreation Worker
youthandrec@xwisten.ca
2502567423 Ext 247



Xwisten Recreation



Bridge River Indian Band

Sports and Recreation Program Fund

All Bridge River Indian Band Members are eligible to apply for up to \$700.00 to register/participate in an organized sport and recreational program per fiscal year. (April – March)

- All requests for funding under this program must be made in writing or in a word doc by the band member requesting the funding (Minor children are encouraged to write their own letter but may have their letter written by their parent or legal guardian). The letter must be dated, signed, and include the band members status number.
- Payments under this program will only be made directly to the organization that operates the program. No payments will be made for reimbursement or to individuals. Preference will be for the organization/program to invoice the Bridge River Indian Band
- This is for individual registration fees only – this is not for family or group registrations nor is it for supplies or equipment.
- Some sort of publication/poster from host that states information on the program they offer that Xwisten member would like to commit to
- \$700.00 does not have to be spent on one program.
- Dollar amount does not get carried forward nor is it transferable to another person
- Request for sponsorship must be made at least one week prior to program start date

Preference will be for band members who have their applications as soon as they are aware of the program so adequate time is given to process applications

*Examples of suitable Programs

- Karate lessons
- Swim lessons
- Gym punch passes
- ice hockey
- golf green fees
- gymnastics lessons
- piano lessons
- exercise classes
- yoga

We would encourage all age levels to get active and involved. From toddlers to elders, we are here to offer support to band members on and off reserve.

Non-Band members living on this reserve are required to apply to their own band for sponsorship.

Send your requests to: Rubin Williams

Youth and Recreation Coordinator

Xwisten Bridge River Indian Band

youthandrec@xwisten.ca

2502567423 ext. 247





First Nations Health Authority
Health through wellness

Mental Health Supports

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone (toll-free): 1-855-242-3310

Website: hopeforwellness.ca.

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.

Phone (adults and Elders):

250-723-4050

Phone (Youth): 250-723-2040

Phone (toll-free): 1-800-588-8717

Website: www.kuu-uscrisisline.com.

Métis Crisis Line

is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC

(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence.

This service also provides [information and referrals](#) for all victims of crime.

Phone: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.

Phone: 1-800-784-2433

Indian Residential School supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024

Email: nakazdli.elders@outlook.com.

Carrier Sekani Family Services

provides health and cultural supports.

Phone: 250-567-2900

Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or Email: healthdirector@gitanmaax-health.ca.

Gitanyow Human Services

provides health and cultural supports.

Phone: 250-849-5288

Email: director@gitanyowhealth.ca.

Indian Residential School Survivors Society (IRSSS)

is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.

Phone (toll-free): 1-800-721-0066

Website: www.irsss.ca.

Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.

Phone (toll-free): 1-866-925-4419.

Kispiox Health provides health and cultural supports.

Phone: 250-842-6236 Email:

tbaskin@anspayaxwhealth.ca.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.

Phone: 250-724-3939 or Email:

sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.

Phone: 250-826-7844

Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.

Phone: 250-842-6876

Email: andrew@sikedakh.org.

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.

Phone (toll-free): 1-888-403-3123

Website: www.tsowtunlelum.org.

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.
Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Youth supports

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or
Text: TALK to [686868](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>



Bladder Cancer

Information for people with cancer

What is the follow-up after treatment?

- Follow-up testing and appointments are based on your type of cancer.
- After treatment, you may return to the care of your family doctor or specialist for regular follow-up. If you do not have a family doctor, please talk to your BC Cancer health care team.
- The BC Cancer Life after Cancer page has information on issues that cancer survivors may face: bccancer.bc.ca/lifeaftercancer

More Information

What causes bladder cancer and who gets it?

These are some of the risk factors for this cancer. Not all of these risk factors may cause this cancer, but they may help the cancer start growing.

- Smoking tobacco and cigarettes. The risk of bladder cancer for people who smoke is three times the risk of non-smokers.
- Being over the age of 50.
- It affects men three times more than women [see note below, Statistics]
- Working at companies that make aluminum (pot room workers), paint, leather goods, petroleum and rubber compounds.
- Working in the printing industry or as a hairdresser, truck driver, or machinist.
 - If you work in these industries and you are also a smoker, your risk is even higher.
- Chronic bladder infections or irritation. These can cause changes in your bladder that increase your risk of cancer.

Bladder Cancer

Information for people with cancer

Systemic therapy (chemotherapy)

- Can be done two ways:
 - Intravesical – treatments are injected into your bladder.
 - Intravenous or systemic – a needle is put in your vein to give you the treatments.
- Standard treatment for cancer that has already spread.
- May be given along with surgery and radiation for invasive or metastatic cancer.
- For invasive cancers, sometimes given before cystectomy.

For more information about systemic therapy go to:

[bccancer.bc.ca/our-services/treatments/systemic-therapy-\(chemotherapy\)](http://bccancer.bc.ca/our-services/treatments/systemic-therapy-(chemotherapy))

Radiation Therapy (high energy x-rays that kill or shrink cancer cells)

- For some patients, can be used to cure bladder cancer.
- In bladder cancer that cannot be cured, used to help with symptoms and pain.
- May be a different option than removing the bladder.
- Not the right treatment for all patients.

For more information about radiation therapy go to:

bccancer.bc.ca/our-services/treatments/radiation-therapy

Immunotherapy (treatments that help your immune system fight the cancer)

- BCG is a treatment that is sometimes used.
- Interferon is another type of immunotherapy that is sometimes useful in bladder cancer.

Lung Screening

For people who smoke or
have a smoking history

www.screeningbc.ca/lung

Take a positive step for your health by
getting screened for lung cancer.
Screening is easy, effective and painless.

Lung screening works by finding cancer early, when you are not experiencing any symptoms. When cancer is found early, there are more treatment options and a better chance of success.

Lung screening involves a scan of your lungs using a low-dose CT (LDCT) machine. The scan is free and takes place at a hospital in your community.

Why is lung screening important?

Lung cancer is one of the most diagnosed cancers, and the leading cause of cancer death in British Columbia. Smoking remains the most significant cause of lung cancer, leading to more than 70% of lung cancer deaths in men, and 55% of lung cancer deaths in women.

Usually, lung cancer symptoms don't appear until the disease is already at an advanced stage, and has spread. Early detection through screening can help find cancer in its early stages, when treatment is more successful.

What you should know

The best way to reduce your risk of lung cancer is to not smoke and to get screened.

Lung cancer is the leading cause of cancer death in BC

Smoking remains the most significant cause of lung cancer, resulting in...

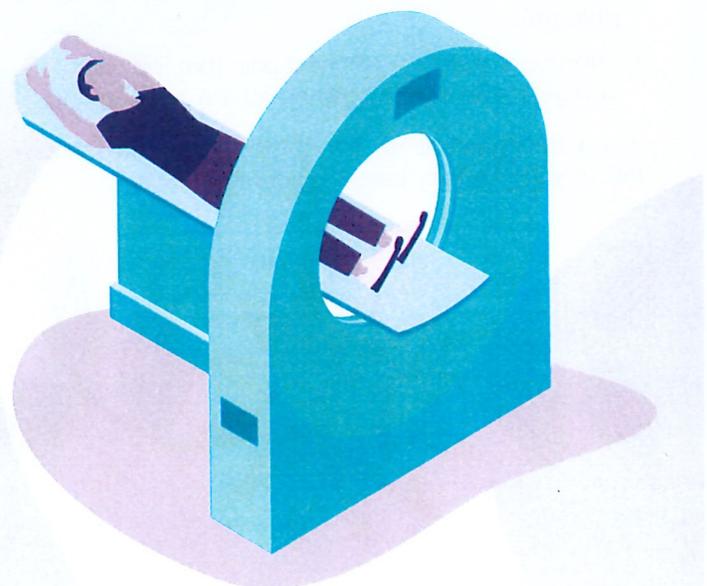
over 70% of lung cancer deaths in men, and 55% of lung cancer deaths in women.



What to expect for lung screening?

Lung screening involves a low-dose CT scan of the lungs. During your scan, you will lie on a table and a doughnut-shaped scanner that uses a small amount of radiation will take detailed images of your lungs. The scan takes less than 10 seconds, and is not painful. You will rest your arms above your head and hold your breath for a few seconds while the scan is taking place. You don't need to take any medications or receive any needles for this test.

The scan looks for signs of lung cancer and other lung diseases. Early detection has been shown to increase the chance of survival of those diagnosed with lung cancer by 20%.



What happens after my lung screening?

After your lung screening, a radiologist looks for spots, also known as nodules on your scan. These spots indicate small lumps of tissue that many people have. Your scan alone cannot tell us whether these spots are scars, areas of inflammation, or cancer.

Your next steps are determined by the size and appearance of any spots found. Depending on your results, you may be asked to screen again in 1 to 2 years, or to receive more tests, including more scans or a lung biopsy.

Who should get lung screening?

Lung screening is best for those who are at high-risk for lung cancer and who are not experiencing any symptoms. This usually includes people who are:

- 55 to 74 years of age;
- Currently smoking or have smoked in the past; and,
- Have a smoking history of 20 years or more.

If you meet these requirements, please call the Lung Screening Program at 1-877-717-5864 to complete a consultation and risk assessment over the phone. If you currently smoke, we will also discuss resources to help you quit smoking over the phone.

Why is lung screening not recommended to everyone?

People who do not meet the above screening requirements are generally not considered high-risk for lung cancer. If you don't have a significant smoking history, lung screening may not be right for you.

Screening is also not suitable for anyone experiencing lung cancer symptoms, including:

- Coughing that does not go away or gets worse;
- Coughing up blood or rust-coloured sputum (spit or phlegm);
- Shortness of breath or chest pain that is always felt and gets worse with deep breathing or coughing.

If you are experiencing any of these symptoms, please talk to your primary care provider right away.



Things to consider:

- No screening test is perfect. Your lung scan may suggest you have lung cancer when no cancer is present (false-positive). A false-positive result involves additional follow-ups, sometimes surgery, before it is determined that you do not have cancer. You may experience increased stress and anxiety during this time.
- Your lung scan may also find cases of cancer that are very slow growing and are not expected to cause any problems during your lifetime. This is called overdiagnosis and can lead to treatment that may not benefit you. However, at the time of diagnosis, there is no way for health care professionals to tell whether the cancer will cause any problems without doing additional tests.
- Your lung scan will expose you to a very small amount of radiation, however, the chances of you getting cancer through repeated exposure is very low. A LDCT scan uses 5 times less radiation than a regular CT scan and is similar to what you would receive from the natural background (radiation from the sky and ground) over six months.

Contact Us

BC Cancer Lung Screening
801-686 West Broadway
Vancouver, BC V5Z 1G1

Phone: 1-877-717-5864
Email: screening@bccancer.bc.ca
Web: www.screeningbc.ca/lung



Your personal information is collected and protected from unauthorized use and disclosure, in accordance with the Personal Information Protection Act and, when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law.

Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 – 686 West Broadway, Vancouver BC V5Z 1G1, web: www.screeningbc.ca or email: screening@bccancer.bc.ca)

Version May 2022

Cervix Screening

Answering your questions about cervical cancer screening

www.screeningbc.ca/cervix

Cervix screening involves a test called a Pap test that can find abnormal cells in the cervix before they become cancer.

If these abnormal cells are found and treated early, cervical cancer can be stopped from developing. Screening can also identify cancer at an early stage – before it can cause symptoms. If cervical cancer is caught at its earliest stage, the chance of survival is more than 85 per cent.

Cervical cancer usually has no symptoms. However, some symptoms of cervical cancer may include:

- Abnormal vaginal bleeding (such as bleeding in between periods, bleeding during/after sex or after menopause);
- Abnormal or persistent vaginal discharge; or,
- Pelvic pain, or pain during sexual intercourse.

If you experience any of these symptoms, please see your health care provider.

Who should get screened?

Anyone with a cervix, including women and transgender people, between the ages of 25 and 69 should be screened for cervical cancer every three years. Cervical cancer screening (Pap test) can stop at age 69 if your results have always been normal. Ask your health care provider if you should still screen.

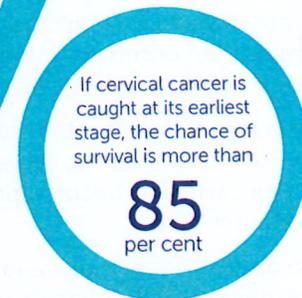
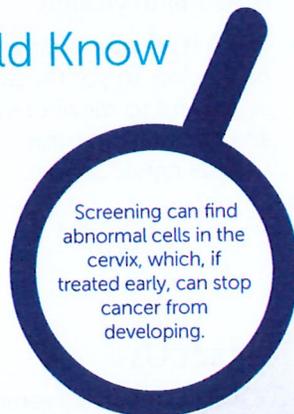
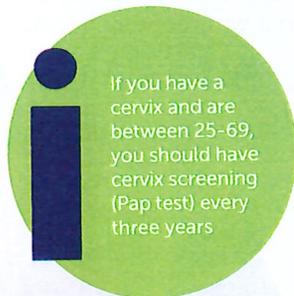
You should still screen regularly for cervical cancer if:

- You've been through menopause;
- You've ever been sexually active, even if you are not sexually active right now;
- You've had the human papillomavirus (HPV) vaccine; or,
- You're in a same-sex relationship.

You do not need to screen for cervical cancer if:

- You've had your cervix removed for any reason (such as total hysterectomy or gender affirming surgeries).

What You Should Know



What causes cervical cancer?

Human papillomavirus (HPV) infection causes almost all cervical cancers. HPV can take more than ten years to progress to pre-cancerous cells or cervical cancer.

What is human papillomavirus (HPV)?

HPV is a virus that usually clears up on its own without causing any problems.

Two groups of HPV can infect the cervix – low risk and high risk. Low risk types are not associated with cervical cancer but may cause genital warts and abnormal screening results. Long term infection with a high risk type of HPV may lead to cervical cancer or pre-cancerous cells.

HPV is very common and easily spread through any kind of sexual contact. This includes intimate touching, oral, vaginal and anal sex.

Most people will get HPV at some point in their lives – often without knowing it. Usually, the body's immune system removes the virus within two years. But sometimes, HPV does not clear on its own, and over time, it can cause the cells of the cervix to become abnormal.



How can I reduce my risk of getting cervical cancer?

You can take two steps to prevent cervical cancer – get screened every three years and get the HPV vaccine if you are between the ages of 9-45. The HPV vaccine is provided free to BC students in Grade 6. The vaccine protects against types of HPV that cause most cases of cervical cancer.

If you have received the vaccine, you still need to be screened, as the vaccine does not protect against all types of HPV that cause cervical cancer. To learn more about the HPV vaccine visit www.immunizebc.ca.

What happens during cervix screening?

Cervix screening involves a screening test known as a Pap test. During a Pap test, an instrument called a speculum is gently inserted in your vagina so your health care provider can see your cervix. Your provider will then collect some cells from your cervix using a small brush or spatula. Cervix screening is not usually painful, but can be uncomfortable.

How do I get screened?

Cervix screening can be done by a doctor, nurse practitioner, registered nurse, midwife or naturopathic doctor at their office or clinic. The test is free and only takes a few minutes of your time.

An abnormal screening result does not mean you have cancer.

An abnormal cervix screening result means that cells have been found on your cervix that do not look normal. Abnormal results are common and do not mean you have cancer or pre-cancerous cells.

Often, these abnormal cells return to normal by themselves. But in some cases, they may not return to normal on their own, and become pre-cancerous cells that need to be removed.

You need to discuss your results and the need for further tests or treatment with your health care provider. It is important that you attend all follow-up appointments.

Things to consider:

- No screening test is perfect. There are cases where results may indicate a cervical abnormality when there are no abnormal cells (false-positive). In other instances, results may be normal when there are pre-cancerous cells or cervical cancer present (false-negative).
- Cervix screening is not as effective if you are younger. For those under age 25, most of the cervical abnormalities identified through screening usually resolve on their own within about 2 years. But if screened, this would result in unnecessary follow-up/treatment, which can lead to unnecessary anxiety and distress, or long-term consequences for future pregnancy (pre-term birth or low birth weight).
- If you have any symptoms of cervical cancer, please talk to your health care provider. It is important to monitor your health and be aware of any unusual changes – even if you recently had a normal cervix screen.

Contact Us

BC Cancer Cervix Screening
801-686 West Broadway
Vancouver, BC V5Z 1G1

Email: screening@bccancer.bc.ca
Web: www.screeningbc.ca/cervix

Your personal information is collected and protected from unauthorized use and disclosure, in accordance with the Personal Information Protection Act and, when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law.

Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 – 686 West Broadway, Vancouver BC V5Z 1G1, web: www.screeningbc.ca or email: screening@bccancer.bc.ca)

Version: May 2022





INDIGENOUS PATIENT NAVIGATOR

PHSA has two groups of Indigenous Patient Navigators (IPNs) that support culturally safe experiences for Indigenous Peoples. One group of IPNs works specifically to support those wishing to make a complaint through the Patient Care Quality Office and the other group of IPNs support specific PHSA programs.

Indigenous Patient Navigators (IPNs):

- Act as a resource and support for Indigenous patients and health care providers to ensure the provision of care is client centred and culturally safe
- Address/interrupt anti-Indigenous racism
- Promote cultural safety and humility training and education for staff and employees of PHSA

While both groups of navigators support culturally safe experiences for Indigenous peoples, they have different roles.

PHSA Patient experience Indigenous Patient Navigator

This role specifically addresses patient experiences of Indigenous-specific racism and unsafe care within the health care system. The IPN-patient experience can provide support for filing a complaint with the Patient Care Quality Office (PCQO) as well as provide other patient experience support.

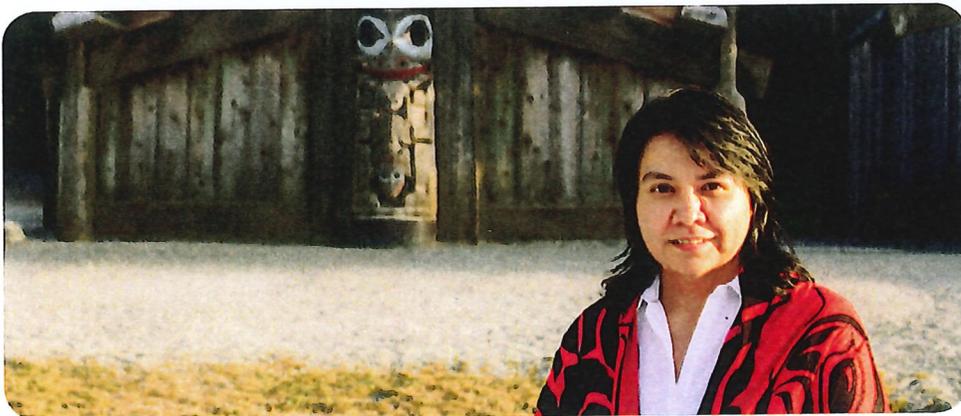
Site-specific Indigenous Patient Navigators

Indigenous Patient Navigators (IPNs) collaborate with Indigenous Peoples and their families to ensure access to high-quality care that is trauma-informed, culturally safe and free of racism and discrimination. These IPNs provide direct service to patients and their families with PHSA programs. IPN positions are available with BC Cancer, BC Children's Hospital, BC Emergency Health Services and BC Women's Hospital.

PHSA is actively working to address current and past inequities and barriers within our programs and services. We invite applicants of First Nations, Inuit, or Métis ancestry to voluntarily self-identify.

Thank you for considering PHSA as part of your journey and we look forward to your participation as we work to build a diverse and culturally safe health care community.

PHSA provides specialized health care services to communities across British Columbia, on the territories of many distinct First Nations. We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation), and sə́lilwəta? (Tseil-Waututh Nation) on whose unceded and ancestral territory our head office is located.



Scan QR code to explore PHSA jobs, or visit <https://jobs.phsa.ca/indigenous>



 Indigenous.recruitment@phsa.ca



Breast Screening

Answering your questions about screening mammography

www.screeningbc.ca/breast

BC Cancer Breast Screening provides free screening mammograms.

What is a screening mammogram?

Mammograms are x-rays of the breasts completed in privacy by a specially-trained female technologist.

A screening mammogram consists of four images (two of each breast) that look for hidden cancer if you are healthy (no symptoms) and have never had breast cancer.

If you are experiencing symptoms including a lump or nipple discharge, you should see your health care provider immediately to determine if other testing is required.

What happens during a mammogram?

- 1 A female medical radiation technologist will place your breast on a special x-ray machine.
- 2 A plastic plate will be used to hold your breast in place for a few seconds.
- 3 You will feel some pressure on your breast during the x-ray. Compression is necessary to spread the breast tissue and eliminate motion, which may blur the picture. This may be uncomfortable but usually lasts no more than 10 seconds.
- 4 Four pictures are taken, two of each breast.
- 5 The technologist will check the quality of the pictures to make sure the radiologist can read them. Then, if needed, the technologist may take additional pictures.

Why are mammograms important?

Mammograms save lives. They help find cancer when it is small, allowing more treatment options and a better chance of recovery.



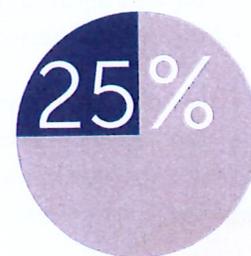
It is estimated that one in eight BC women will get breast cancer in their lifetime



Breast cancer risk increases with age. 80 per cent of breast cancer cases are diagnosed in women 50 years of age or older.



Mammograms can usually find lumps two or three years before you or your health care provider can feel them. Research has shown a 25 per cent reduction in deaths from breast cancer among those who regularly screen.



What are the limitations and other considerations of mammography?

- Not all breasts look the same on a mammogram. Your age or breast density can make cancers more or less difficult to see. In general, screening mammograms are less effective if you are younger because you tend to have denser breast tissue.
- Some cancers cannot be detected on a mammogram due to the location of the cancer or the density of your breast tissue. About 25 per cent of cancers among those ages 40-49 are not detectable by a screening mammogram, compared to about 10 per cent of those older than 50.
- On average, nine per cent of those screened through BC Cancer Breast Screening will require additional testing to look more closely at a specific area of the breast. This does not mean that a cancer was found – 95 per cent of those recalled for additional testing do not have cancer.
- Mammograms use low doses of radiation. The benefits of regular mammograms outweigh the risks posed by the small amount of radiation you are exposed to.

Learn more about the benefits and limitations of mammograms: www.screeningbc.ca/breast



Is there anything I can do to prepare for my mammogram?

- Wear a two-piece outfit with a top that opens in the front. You will be asked to undress from the waist up.
- Do not use deodorant, powder, creams or lotions on the day of the appointment. These products may leave a residue that can make it hard to read your mammogram.
- Try to schedule an appointment when your breasts are least sensitive (within 10 days of your last period).
- You may also find it helpful to avoid caffeine several days before an exam.

Who should consider getting a screening mammogram?

Screening mammograms are available if you are 40 years and older. You may call directly to book your appointment.

Age	Screen how often?
40-74 mother, daughter, sister w/ breast cancer	Recommended every year.
40-49 no family history	Available every two years. Talk to your health care provider about when to start screening.
50-74 no family history	Recommended every two years.
75+	Available every two to three years. Talk to your health care provider about when to stop screening.

Screening mammograms are recommended every year if you are between 30-74 with at least one of the following:

- You are a BRCA1 or BRCA2 carrier;
- You are an un-tested first degree relative of a BRCA1 or BRCA2 carrier;
- Have a very strong family history of breast cancer; or,
- Have had prior chest wall radiation.

Speak to your health care provider for information and referral.

How do I make a screening mammography appointment?

Book directly at the following screening centres:

Abbotsford	604-851-4750	Nanaimo	250-716-5904
Burnaby	604-436-0691	North Vancouver	604-903-3860
Comox Valley	250-331-5949	Penticton	250-770-7573
Coquitlam	604-927-2130	Prince George	250-645-6654
Delta	604-877-6187	Richmond	604-244-5505
Kamloops	250-828-4916	Surrey	604-582-4592
Kelowna	250-861-7560	Vernon	250-549-5451
Langley	604-514-6044	White Rock	604-535-4512

Vancouver	505-750 West Broadway 5752 Victoria Drive BC Women's Health Centre Mount St Joseph Hospital	604-879-8700 604-321-6770 604-775-0022 604-877-8388
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Victoria	305 - 1990 Fort Street Victoria General Hospital	250-952-4232 250-727-4338
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Other Locations	Client Services Call Centre	1-800-663-9203
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For a list of additional centre locations and the mobile mammography service, please visit www.screeningbc.ca/breast. Please have your BC Services Card/CareCard and health care provider's name available when you call to book your appointment. Call Centre hours: Monday to Friday, 8:00 am - 5:30 pm and Saturday, 8:30 am - 4:30 pm.

Contact Us

BC Cancer Breast Screening
801-686 West Broadway
Vancouver, BC V5Z 1G1

Phone: 1-800-663-9203
Email: screening@bccancer.bc.ca
Web: www.screeningbc.ca/breast

Your personal information is collected and protected from unauthorized use and disclosure in accordance with the Personal Information Protection Act and when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law.

Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 - 686 West Broadway, Vancouver BC V5Z 1G1, web: www.screeningbc.ca or email: screening@bccancer.bc.ca)

Version: May 2022

You should screen regularly if you are a transgender person with chest (breast) tissue or undergoing gender-affirming hormone therapy.

Visit screeningbc.ca/breast for more information.



Navigator Services

Would you like help planning for adulthood?

Moving into adulthood is an exciting and important time.

It can also be scary to make decisions about your future, but starting to plan early can make things go more smoothly.

Navigator supports offer service to you and your family so you have help in planning and accessing services and supports as you move to adulthood.

Start planning early

Planning for the transition to adulthood will help you make good decisions about your future, such as:

- where you are going to live
- whether you want to find a job or continue your education
- what kinds of activities you may want to try

You can start planning ahead while you are still in school.

Planning involves you, your family, and people you know who can help you achieve your goals.

How can a Navigator help you?

A Navigator can:

- » Help you think about and express your needs, hopes and dreams for the future.
- » Give you clear and reliable information about available services and supports.
- » Help you contact agencies and community services so you have the services you need.
- » Bring together a team of people to support you. The team may include your family, trusted friends, teachers, social workers, health professionals and employment counsellors.
- » Work with you and your team to develop a plan for your future goals. The team will work on the plan with you and help make sure the plan is put into action.
- » Explore opportunities to be involved in your community and develop new connections.



Navigator Services

How does the Navigator service work?

The Navigator begins by talking with you about yourself – where you are now and what you want and hope to do in the future. Together, you and your Navigator form your support team.

You are the most important member of your team. The Navigator will make sure your voice is heard and your needs and goals are expressed.

You and your family, your Navigator and members of your support team use an electronic system called Collaborate that provides a safe and secure place to store your information and transition plan.

How do I know if I am eligible for Navigator services?

If you are between the ages of 16 and 24 and are eligible for Community Living BC, you can apply for Navigator services.

A Navigator can help explain the process needed to confirm a developmental disability.

Where do I find a Navigator?

Navigator supports are currently available in 100+ communities across BC, including:

- » **North:** Prince George, Prince Rupert/Haida Gwaii, Smithers, Nechako Lakes, Fort St John and other surrounding communities.
- » **Interior:** Kamloops, Merritt, Oliver, Cranbrook, Williams Lake, Salmon Arm, and other surrounding communities.
- » **Island:** Nanaimo, Parksville, Qualicum, Courtenay, and other surrounding communities.
- » **Fraser:** Surrey, White Rock, Delta, Langley, Burnaby/ New Westminster, Abbotsford, Coquitlam, and other surrounding communities.

The program is expanding and will include more sites in the future.

How do I get started with a Navigator?

- » Call 1-855-356-5609 or send an e-mail to STADD_Support@gov.bc.ca to request referral information
- » Talk to a school teacher or your Ministry of Children and Family Development or Delegated Aboriginal Agency social worker and ask for a referral.
- » Talk to your facilitator at Community Living BC and ask for a referral.
- » If you are receiving services from a local health authority, ask for a referral.

More about Navigator Services:

Navigators aim to make it easier for you and your family to get information and access the services you need during the transition to adulthood.

Navigators work with different partner agencies in government and the community. The Navigator acts as a coordinator, making it possible for workers from different organizations to come together, meet with you and discuss your needs and goals and work together so you have the supports you need.

With your consent, Navigators will collect, use and share your personal information using Collaborate. If you are not yet 19 years old, Navigators will also need your parent or legal guardian's permission. You are able to decide who can see your information on the system.

For more information, please call
1-855-356-5609 or 250-356-5609,
or visit [www.gov.bc.ca/
adultdevelopmentaldisabilityservices](http://www.gov.bc.ca/adultdevelopmentaldisabilityservices)





DJ's Take-n-Bake

“Homemade Pizza” By Deb Jack,
to order

Ph #: 250-256-4135 or on Facebook

Date: MAY 24th & 25th, 2024

I will be making '16 PIZZA'S, 8 each day.

PRE-ORDERS---First come - First served!!!

Sizes: 12” & 15”

If you have your own pizza pans, please drop them off, if not bring something to put under pizza pan for stability.

Flavors & Prices: **NEW \$**

12” Hawaiian or Pepperoni → \$18.00ea.

12” Loaded is → \$20.00

15” Loaded -- \$25.00ea / Hawaiian & Pepperoni -- \$20.00ea

**15” pizza's will be made on my own pans, BR customers only,
(unless you bring your own 15” pans)**

e-transfer: gotemcovered@msn.com or
debbie.jack55@outlook.com Auto-deposit

U-COOK at home, at 400° for 30 min.

First orders go out at about 5 PM (unless specified otherwise)

Please leave a PH #, I will call if ready earlier) Thank you ☺ and enjoy!

BBQ Chicken n Ribs Dinner, To-Go

Date: MAY 15, 2024

Place: Debbie Jack's 12482 Joseph Rd, basement, carport door

Time: 5pm – 6:30pm (pick-up only)

Price: \$18 per serving, E-transfers:
debbie.jack55@outlook.com

Phone: 250-256-4135

MENU

BBQ - 2 pieces Chicken or Pork Ribs or 1 of each

Basmati Rice Pilaf or Mashed Potatoes

Cooked Veggies

California Caesar Salad

Garlic Toast

Dessert

MAY 2024 Newsletter

***HAPPY BIRTHDAY WISHES** to Lil Sis Michelle T on 1st, Grand-Nephews Maxx & Keenan on 11th, Nephews Joshie on 13th, Aaron on 14th and Chester on 30th, Grand-Nieces Sammi on 3rd, Aurora on 20th and Ava on 22nd, a BIG BIG HAPPY BIRTHDAY!! To my son Jason on 26th, my friend Freda Cakes on 27th 😊

*Happy Anniversary to Brother Randy & Sis Margaret on 30th, yayyy 😊

*Happy Mother's Day to all you beautiful Mommies & Mommy Daddies out there, have a BEAUTIFUL DAY... 🌱

*Next PIZZA DAYS are May 24th & 25th, get your order in as soon as possible & which day, leave a ph number, thanks.

*Next BBQ Chicken n Ribs Dinner May 15, 2024, see flyer for menu...



May 2024

Birthday Calendar



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
			1 Brianna Priester Elizabeth Tom Michelle Tom	2 Bronson Williams	3 Jeremy Thomas Melissa Thomas Sammi Joe-Wells	4 Ina Williams
5	6 David Thomas	7	8 Della Alec	9 Daniel Coward Skweltapis Ned Roberta Pelegrin Tiffany Pelegrin	10 Susan James Office Closed Declaration Day	11 Cory Laroche Keenan Michell-Peters Maxx Michell-Peters
12 Leighton Allen Gloria Gilbert	13 Joshua Jack Surenity James-Billy	14 Gerald Dick Suilitus Ledoux Crystal Napoleon	15 Mabel Jacob	16	17 Justin Jacob Tucker Ledoux	18 Effy James James Joseph Jonathan Williams
19 Anthony James Denesha James	20 Diona Bob Aurora Terry Patricia Tom Office Closed	21 Aubree Ward	22 Elliot Biccum Ava Michel Joseph Wilson	23 Kaiden James	24 Echo Smith	25
26	27 Freda Terry	28	29 Chester Fenton Kiley Terry-Link	30 Chester Fenton Kiley Terry-Link	31	31