

Xwisten Newsletter

December 2024



Bridge River Indian Band

PO Box 190 Lillooet BC, V0K 1V0

12210 Joseph Rd

Phone: 250-256-7423

Toll Free: 1-888-7423

Admin Fax: 250-256-7999

Health Fax: 250-256-2443

Lands: 250-256-7997

B.R.M: 250-256-4061

Dec 15 Christmas Party

Dec 20 Band Office Closed

Jan 6 Band Office Open

Jan 12 Next Band Meeting
(Tentative)



BRIDGE RIVER INDIAN BAND

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November 29, 2024

Re: Xwisten December Newsletter Update



To Xwisten Members,

The following are updates for this month:

- **Future Band Meetings for the “Membership Code”**
watch for future meeting dates, to continue working on data for drafting Xwisten Membership Code, requires your input and recommendations. **Still gathering data at this time.**
- **Firewood**, there is split wood cut in various lengths at the soccer field for community members to pickup 8am-4pm weekdays and 10am-2pm on the weekends
- Band members can cut their own wood at the transfer station – no charge.
- **Transfer Station – Reminder for Members to put garbage in the metal bins and not on the ground**
- TriPlex’s builds getting close to lockup and scheduled to complete by early winter-January/February
- **Xwisten Fire Volunteers still looking for new members** ongoing
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Lands Director, Lands Front Desk Assistant, Fisheries BIO, Headstart/Daycare Manager, Admin Support Clerk, Social Assistance Coordinator, Indigenous Community Liaison Worker, check our website and Facebook for more information
- Band Admin office will be renovating soon, adding additional office space
- Housing Department following up on repairs, maintenance and applying for renovation funding
- **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**
- Maintenance & Lands Department crews are ready to plow snow when needed.
- Community members are responsible to shovel their own driveways.
- Community members should volunteer to shovel their elders and neighbors’ pathways, as our crews will be busy keeping the roads open.
- 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

happy holidays



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November 29, 2024

Good day Xwisten Members,

The Bridge River Indian Band Office is closed on the following dates. Below is a list of Staff Emergency Contacts.

- ✓ **December 20, 2024 – OFFICE CLOSED**
- ✓ December 23, 2024 – Office Closed
- ✓ December 24, 2024 – Office Closed
- ✓ December 25, 2024 – Office Closed – **Happy Holidays**
- ✓ December 26, 2024 – Office Closed
- ✓ December 27, 2024 – Office Closed
- ✓ December 30, 2024 – Office Closed
- ✓ December 31, 2024 – Office Closed
- ✓ January 1, 2025 – Office Closed
- ✓ January 2, 2025 – Office Closed
- ✓ January 3, 2025 – Office Closed
- ✓ **January 6, 2024 – Office Open – Return to work**

EMERGENCY CONTACT	
Gary Forsyth, Administrator	C: 250-256-3020
Brenda Frank, Child & Family Coordinator	H: 250-256-0649 C: 250-256-5111
Rocker Brady, Community Wellness Worker	C:
Travis Peters, Lands Manager	C: 250-256-1772
Charlotte Armstrong, Executive Assistant	C: 250-878-3698





XWÍSTEN Membership Code

November 2024

WHAT'S GOING ON?

We are developing our own Membership Code here at Xwísten — a legal document outlining who can be a Xwísten member and what the process includes. It will be created **by Xwísten for Xwísten**.

This is important for all members — on and off reserve. Input from all Xwísten members is crucial. This will help strengthen our community and ensure the Code reflects what matters most to all of us.

CAN XWÍSTEN MEMBERSHIP BE LOST?

Most people stay members of Xwísten for life, but in some cases, membership might need to be removed to keep things fair and to protect everyone's wellbeing. This could happen, for example, if someone:

- Joins another Nation.
- Got their membership through marriage but later gets divorced.
- Provided false information when they applied.
- Causes harm to the community, such as committing serious crimes.

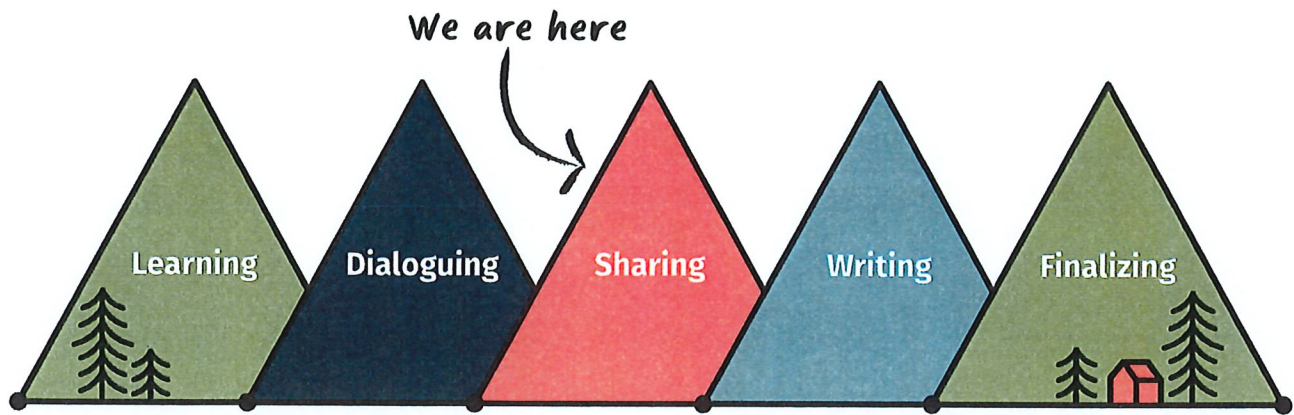
Including the ability to remove membership in our Membership Code could help us address harmful behaviour and manage community resources. It is important to be thoughtful and careful when developing the reasons why someone may lose their membership. If there are too many ways for someone to lose their membership, it could cause additional and unintended challenges for the community. Removing membership should not be a means of solving problems or replacing existing processes such as dispute resolution.

If we decide that membership can be removed, we also need to decide if a person can reapply in the future.

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.





MEMBERS *what do you think?*

Do you think there are any reasons why someone could lose their Xwisten membership? If so, can they reapply, and under what circumstances?

Use your phone's camera to scan the QR Code below and let us know! OR VISIT bit.ly/xwistenmembershipcode



UPCOMING SURVEY

We've been learning about Membership Codes and listening to your thoughts on what's important for Xwisten as we create our Membership Code. This dialogue so far is guiding us as we develop tools for members to provide more specific and detailed ideas.

Soon, we'll be asking members to take part in a survey about the Membership Code. You can take the survey on your own online or join a small group. In the survey, we'll ask for your opinions on:

- **Eligibility criteria** – Who can be a member, and their rights
- **Decision-Making** – How to become a member and who decides
- **Appeals (Double Checking)** – How to handle any problems with decisions

HOW TO PREPARE?

- **Learn more:** Review the learning materials at xwisten.ca/newsletter
- **Share your ideas:** Visit bit.ly/xwistenmembershipcode
- **Connect with Leadership:** Xwisten Council and other community leaders will be available or will be organizing small sessions to talk about these issues – for both in community and those living elsewhere.



FOR MORE INFORMATION

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

Technical support: William Trousdale, EcoPlan, william@ecoplan.ca



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Job Postings

Admin Support Clerk

Community Health Representative

Early Childhood Educator

Finance Office Clerk

Headstart / Daycare Manager

Home Community Care Worker

Indigenous Community Liaison

Social Development Support Clerk

Social Assistance Coordinator

Deadline December 13

Resumes must be turned in with a cover letter

Job postings can be found on our site xwisten.ca/jobs
On our Facebook page “Front Desk Bridge River”



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November 28, 2024

Career & Entrepreneur Advisory update

We are currently working with Education **to host a Career & Entrepreneur Community Engagement Dinner on January 16, 2025**, with special guests from universities and with community member success stories.

Providing information and support for community members to be able to:

- Have an amazing career!
- Start a business (big or small)
- or even start a micro business to help with bills.

See you there!

Contact Matthew for help with your cover letter & resume or do some brainstorming on business ideas.

Matthew Davidson
250 256 7423 ext. 874
Email: career.advisor@xwisten.ca



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November 28, 2024

Come join us for a Career & Entrepreneur Dinner!

There will be presentations from Universities & Entrepreneurs!

Topics of Presentations:

- Careers in the Community
- University linking training to Community careers/enrolment processes
- Xwisten Entrepreneur Grant information
- Success stories on careers & entrepreneurship from community members

Date: January 16, 2024

Time: 4:30-7:30pm

Place: Bridge River Gym

Dinner served: 5pm

*Door Prizes

Presenters:

- ✓ Karime Jolly, TRU Lillooet Campus
- ✓ Sammie Hanson, Future Indigenous TRU Kamloops
- ✓ Moon Moore, A personal path to a Successful Career
- ✓ Laura Grizzlypaws, Successful Entrepreneur

For more information, contact

Davis Williams

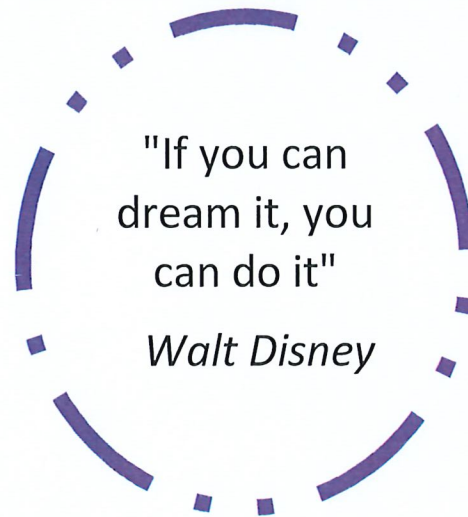
Email:

education.coord@xwisten.ca

Matthew Davidson

Email:

career.advisor@xwisten.ca





BRIDGE RIVER INDIAN BAND

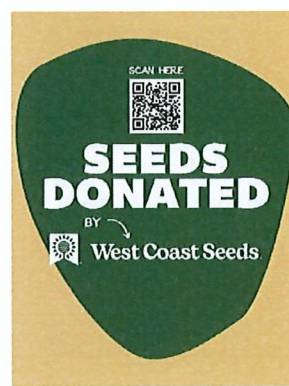
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November 26, 2024

Xwísten Community Food System program

Great news! We just got a seed donation from West Coast seeds. **We are currently discussing a plan to setup a seed library for Xwísten community members**, to be able to have access to the seeds to start a seed saving and distribution system.

We will get the delivery in the next few weeks; **we would like to plan an event around the seed donation and discussing the Xwísten community seed library details.**



***Stay tuned for more information!**

***We are still looking for persons that may want to contribute their time to come forward to help modify the Community Garden beds for the Elders and Daycare programs.**

***There will be honorariums for helping.**

Matthew Davidson

250 256 7423 ext. 874

Email: agri.training.coord@xwisten.ca



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November 27, 2024

Xwísten Farm update:

Progress at the Xwísten Farm is moving forward smoothly, in alignment with the Xwísten Agriculture Rejuvenation Plan. The future is looking promising for the Xwísten community, with the vision of a fully operational farm capable of producing enough food to sustain the community during challenging times.



Recently, significant milestones have been achieved:

- A new entrance road was constructed, providing seamless access to the farm. Thank you to Bridge River Management for their excellent work!
- Test plowing has been conducted with good results.
- A 1-hectare area designated for farming has been securely fenced and irrigation systems being installed.

These advancements are laying a solid foundation for future growth.

We have also submitted several funding applications to various programs, with hopes of securing support to advance key initiatives, including:

1. **Greenhouse Enhancements:** Upgrades to our newly installed 30' x 80' greenhouse, including lighting, heating, a potting station, raised beds, and roll-up sides for improved functionality.
2. **Infrastructure Development:** Acquisition of storage and cold storage facilities to enable on-site processing.
3. **Essential Equipment:** Procurement of tools and machinery to ensure safe and efficient operations within the fenced farming area.

If additional funding is approved, we also plan to offer training programs with hands-on opportunities for community members interested in joining the farm team. With continued progress, we are optimistic about celebrating our first growing season with a fall harvest!

We value your input and welcome your ideas and recommendations. Please feel free to contact our Agriculture Program Coordinator, who would be happy to meet with you, answer your questions, or provide more information.

Together, let's nurture the growth of Xwísten Farm for a brighter future!

Matthew Davidson

250 256 7423 ext. 874

Agr.training.coord@xwisten.ca

Gingerbread House Making

&

Craft Night

December 16, 2024

Gym

5:00 – 8:00

Soup, Sandwiches and water provided

Kanukwa7staliha Family Services and Social Development have partnered up to bring you this Christmas Activity

ON RESERVE MEDICAL TRAVEL

FNHA- Medical Patient Travel for status persons who live on Bridge River Indian Band

All medical appointment documentation must be handed in by Wednesdays of each week for a medical travel chq to be issued Fridays @ 3:30pm.

- 1) 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.
- 2) Please keep copies of your attendance forms as they will need to be handed in for reimbursement purposes.
- 3) 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.
- 4) All on reserve medical travel chqs can be picked up from CHR in Health Dept Ph: 250-256-7423 #238 Email: medicaltravel@xwisten.ca

OFF RESERVE MEDICAL TRAVEL

FNHA -Medical Patient Travel for band members who live off reserve

Band members who live off reserve must contact:

Roxanne Petel at FNHA in Lillooet @ 250-256-7017
(or) Fax your medical appointment info to Roxanne
at 250-256-4930, (or) email Roxane at
Roxane.Petel@fnha.ca.

Roxanne will then submit your paperwork in to FNHA
in order for FNHA to process a medical travel chq on
your behalf for those living off reserve 😊

See First Nation Health Authority's off reserve
application form for off reserve members to
complete and forward to FNHA to process
paperwork and chq to be issued

FNHA Toll Free Number: 1-800-317-7878 Option #2
for enquires.



HEALTH BENEFITS MEDICAL TRANSPORTATION REQUEST FORM

Toll Free Phone Number: 1-800-317-7878	Toll Free Fax Number: 1-888-299-9222	Email: Transportation@fnha.ca
Local Phone Number: 604-666-3331	Local Fax Number: 604-666-3200	
Mailing Address: #540-757 Hastings Street W.	CITY/PROVINCE: VANCOUVER, BC	POSTAL CODE: V6C 1A1

Part 1 – Client Information

Surname:	First and Middle Names:
Status Number: BC Health Care Card Number:	Date of Birth: YY / MM / DD
Street Address:	Telephone Number#:
Mailing Address (If different than Street Address):	
City:	Province/Territory: Postal Code: <input type="checkbox"/> On Reserve <input type="checkbox"/> Off Reserve

Part 2 – Escort Information

Escort Required: <input type="checkbox"/> YES <input type="checkbox"/> NO	Status Number (if applicable)
Escort Name:	Date of Birth: YYYY / MM / DD

Part 3 – Health Practitioner / Health Facility Information

Name:	Telephone Number:
Address:	City/ Province/Territory:
Specialty:	Appointment Date(s) and Time(s):

Part 4 – Travel Information / Mode of Transportation

Date of Departure:	Return Date:
Transported From:	Transported To:
Transportation Type:	<input type="checkbox"/> Plane <input type="checkbox"/> Bus <input type="checkbox"/> Boat <input type="checkbox"/> Wheels for Wellness <input type="checkbox"/> Taxi <input type="checkbox"/> Private Vehicle: _____ x \$0.23/KILOMETRE = \$ _____

Part 5 – Accommodation

Accommodation Type:	<input type="checkbox"/> Hotel/Motel <input type="checkbox"/> Private (Family/Friend) <input type="checkbox"/> Other	Accommodation Check – In Date:	Accommodation Check – Out Date:
Indicate if two (2) Beds Required: <input type="checkbox"/> YES or <input type="checkbox"/> NO	Wheelchair accessible Room Required: <input type="checkbox"/> YES or <input type="checkbox"/> NO	Meal(s): Same day travel >6 Hours <input type="checkbox"/> Per overnight <input type="checkbox"/>	

Part 6 – Authorization and Signature

I authorize the release of any records that are relevant to the processing and payment of all claims held by the service provider to First Nations Health Authority, its agents or contractors, or any appropriate Health Professional licensing or Regulatory Body for the purpose of administrative audit. I declare the information to be true and accurate and do not contain a claim for any benefit or service previously paid for by First Nation Health Authority; or by any other plan(s)/program(s) that is noted in the statement or explanation of benefits.

Client, Parent, Guardian or Person having a legally recognized authority	Date: (YYYY / MM / DD)
Print Name:	Signature:

Please complete this form and attach a copy of the referral letter (if applicable), including the specialist's information, confirmation of appointment, Physician Escort Form (if applicable).

Special Requests for Hospital Parking, Tolls, Ferry, Air, Bus, Taxi, and Hotel **MUST** be mailed to our office indicating

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jess Oleman – Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca						
1		Meal Cooking – Not In Office	Meal Cooking – Not In Office	Meal Cooking – Not In Office		
8		Elders Bingo 5pm Gym	Luncheon 12-3 MPR Wreath Making			
Community Christmas Party 12pm	Deliveries / Home Visits	Deliveries / Home Visits	Deliveries / Home Visits	Deliveries / Home Visits	Staff Brunch	
22	Office Closed	Office Closed		Office Closed	Office Closed	
29	Office Closed					

DECEMBER

2024

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NOVEMBER 2024

JANUARY 2025

NOTES:

We have another raffle fundraiser started.

Books are being sold by Elders and Community

Members. Draw Date Dec 20th after Staff Brunch.

I am hoping everyone gets a lot of family time and

please check in with one another this holiday

season!

S7atśxstsútwi



Xwísten Elders Bingo!!

When: Tuesday December 10th, 2024

Time: Doors open at 5:00pm!!

Where: Bridge River Gym

Bingo Cards Will Only Be Sold at Place and Time of Event.

5:30pm Walkins

6:00pm Early Birds (\$2.00 Each)

6:30pm Regular Games

Books: \$20.00 for 6up Book + \$1.00 for additional 3ups

Specials \$2 each

Concession Items Will Be Available.

Door Prize Donations Are Welcome.

Thank You in Advance to All Volunteers



This information is from a campaign in 2010 but is still very relevant.

Preventing Elder Abuse

Nov 6, 2010 | Campaigns, Home & Community Safety, National Senior Safety Week

Every year, elderly Canadians are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. It is estimated that between four and 10 per cent of seniors in Canada experience some kind of abuse. And one in five Canadians believes they know of a senior who might be experiencing some form of abuse.

As elders become less able to take care of themselves it becomes more difficult for them to stand up for themselves. They may not see or hear as well, or think as clearly as they used to, leaving openings for people to take advantage of them.

November 6th – 12th is National Senior Safety Week, and Canada Safety Council wants to raise awareness on elder abuse. What it is, what the signs and symptoms are, and how it can be prevented.

What is elder abuse?

Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pattern of behaviour. Financial abuse is the most commonly reported type of elder abuse.

Physical Abuse

Physical elder abuse is non-accidental use of force against an elderly person that injures or causes physical pain, and may include: striking; hitting; pushing; shaking; burning; shoving; inappropriate physical restraints; or harm created by over or under medicating.

Psychological Abuse

Psychological elder abuse includes actions that decrease their sense of self-worth and dignity, and may include: insults; threats; intimidation; humiliation; harassment; treating them like a child; ignoring; or isolating them from family, friends or regular activities.

Financial Abuse

Financial abuse of elders involves unauthorized use of an elderly person's funds or property. This includes actions that decrease the financial worth of an elder person without benefit to that person and may include: misusing or stealing their assets, property or money; cashing an elderly person's cheques without authorization; forging an elderly person's signature; excessive pressuring on elders to make or change a will, or to sign legal documents that they do not fully understand; and sharing an older person's home without paying a fair share of the expenses when requested.

Neglect of Elders

Elders who are the most vulnerable to neglect include those who are socially isolated, and those with serious health conditions. Elder neglect can be intentional or unintentional (ignorance or denial). This type of elder abuse may include a caregiver or family member not providing appropriate nourishment, shelter, clothing, medication or medical attention, and assistance with basic necessities.

What are the signs and symptoms of elder abuse?

Elder abuse and neglect can be very difficult to notice. You might not recognize signs as being abuse immediately. They may appear to be symptoms of dementia or signs of the elderly person's frailty — or caregivers may explain them to you that way. Many of the signs and symptoms of elder abuse do overlap with symptoms of mental deterioration, but that doesn't mean you should dismiss these warning signs.

The following are a few warning signs that could indicate some form of elder abuse:

- changes in personality or behaviour in the elder;
- fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;
- unexplained physical injuries, such as bruises, sprains, or broken bones;
- behaviour that mimics dementia, such as rocking, sucking, or mumbling to oneself;
- dehydration, poor nutrition or poor hygiene;
- improper use of medication;
- confusion about new legal documents, such as a new will or a new mortgage;
- sudden changes in elder's finances, such as significant withdrawals; and
- reluctance to speak about the situation.

How can elder abuse be prevented?

What you can do as a concerned family member or friend:

- Watch for warning signs that might indicate elder abuse. If you suspect abuse, report it.
- Look for any discrepancies in the elder's medications.
- Watch for possible financial abuse. Ask the elder if you may scan bank accounts and credit card statements for unauthorized transactions.
- Call and visit as often as you can. Help the elder consider you a trusted confidante.
- Offer to stay with the elder so the caregiver can have a break — on a regular basis, if you can.

If an elder is experiencing abuse they may feel ashamed or embarrassed to tell anyone in fear of retaliation or punishment. It is essential that elder's have access to information and are aware of available help. Make sure to listen to your elderly parents, friends, or other family members and take their concerns seriously. If you suspect abuse, report it immediately to health care providers, social services, police, legal professionals and/or members of faith communities.

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

Article from Canada Safety Council Email: csc@safety-council.org Website canadasafetycouncil.org

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

ADDRESS:
1415 Weiwaikum Rd.
Campbell River, B.C.
V9W 5W9

Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator:
Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net

**BCECCS HAS GONE
PAPERLESS!**

**ELDERS VOICE ISSUES
ARE NOW EMAIL-ONLY**

**AND POSTED ONLINE
EACH MONTH AT-
www.bcelders.com**

9-8-8: Suicide Crisis Helpline

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

9-8-8: Suicide Crisis Helpline offers support that is:

- bilingual
- trauma-informed
- culturally appropriate
- available to anyone in Canada

**The Indian Residential Schools Crisis Line
(1-800-721-0066) is available 24 hours a day for
anyone experiencing pain or distress as a result
of their residential school experience.**

Provided by the Government of British Columbia: People struggling with opioid addiction can call 1-833-804-8111 toll-free for immediate assistance from a dedicated team, including doctors and nurses, who can prescribe life-saving opioid agonist medications.

ANNUAL BC ELDERS GATHERING INFO CORNER

**DATES: THE 2025 ANNUAL ELDERS GATHERING
WILL BE AUGUST 26-27, 2025**

August 25th - Check-in for Group Leaders only

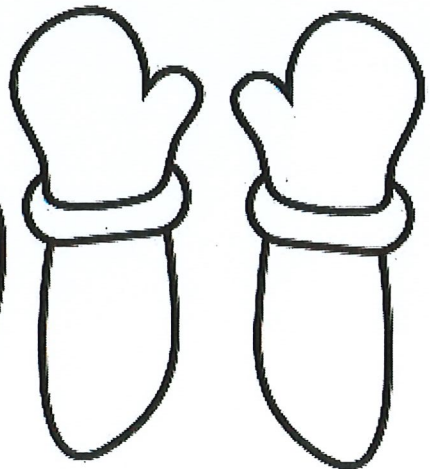
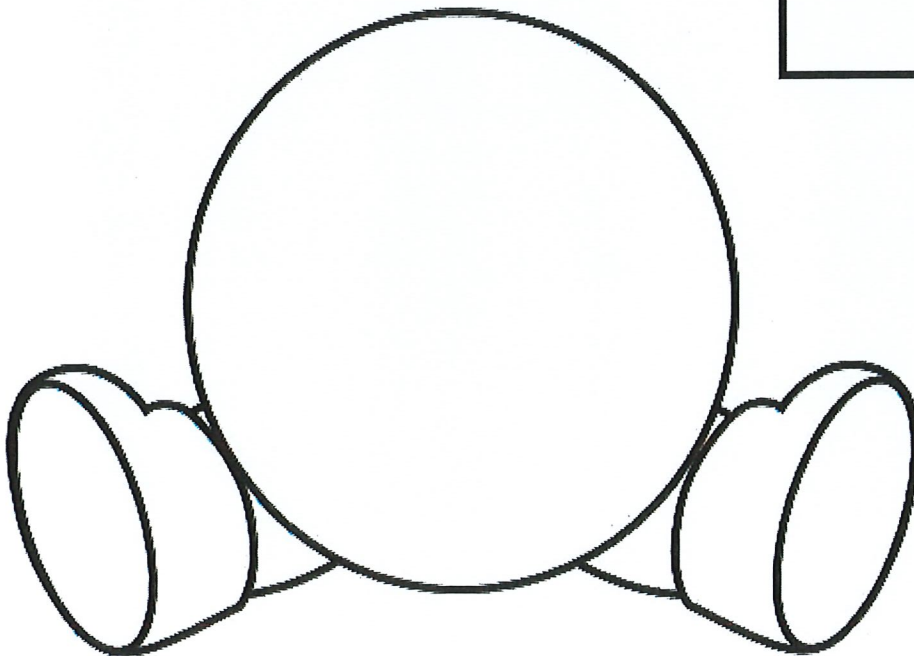
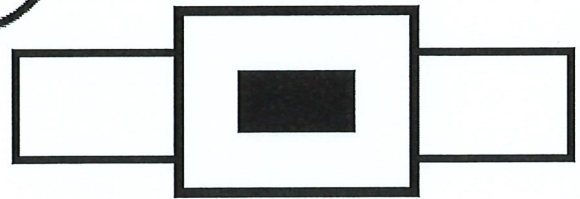
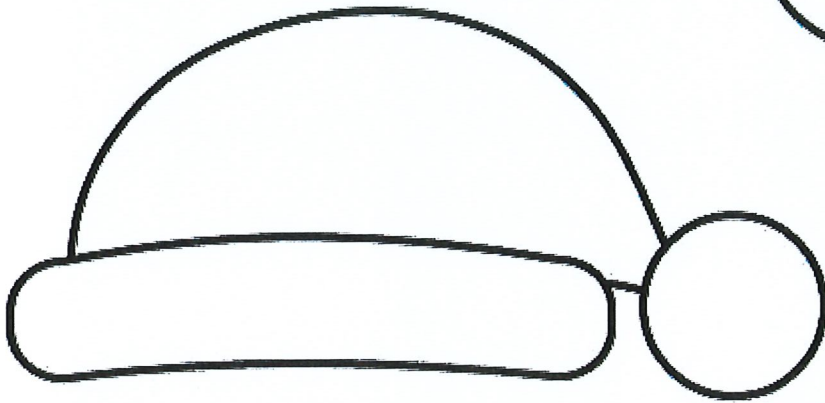
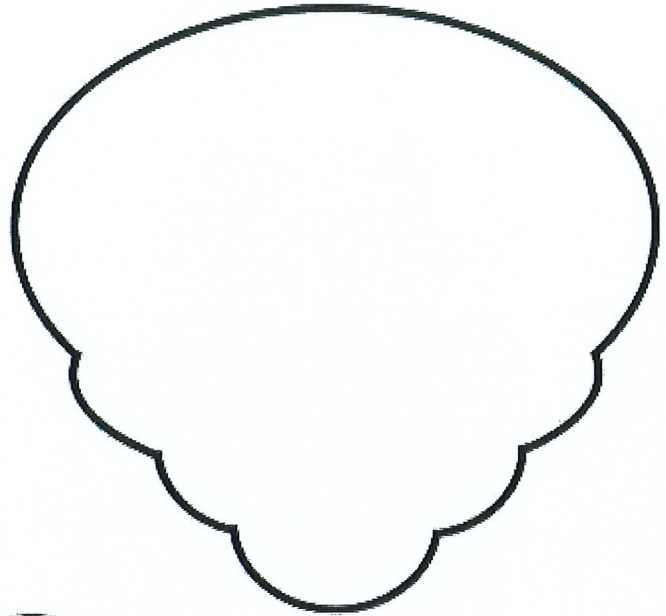
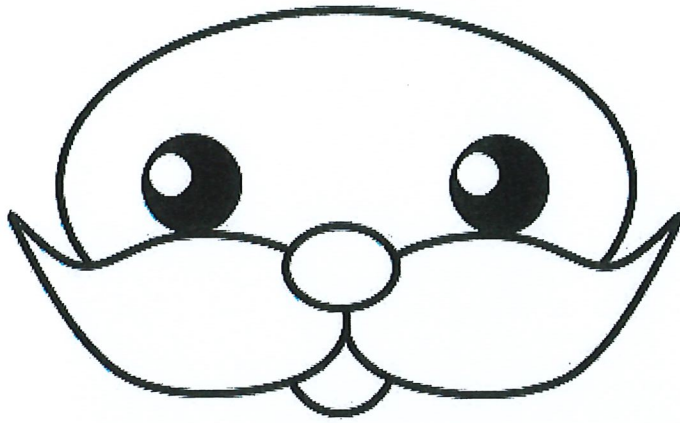
PLACE: Vancouver Convention Centre, East Building

*Elders Please
Contact Jess
To Sign U*



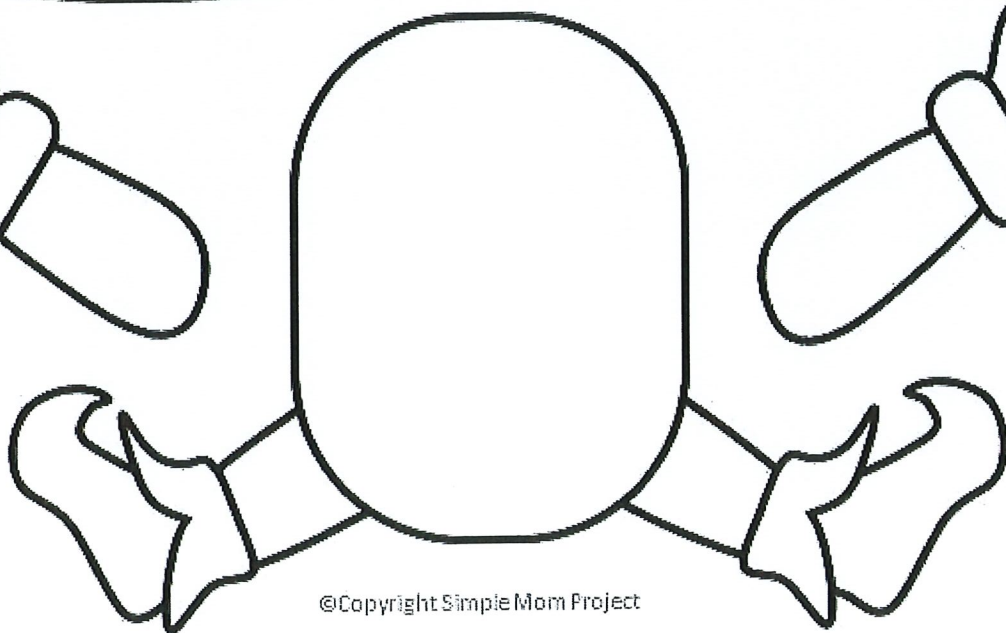
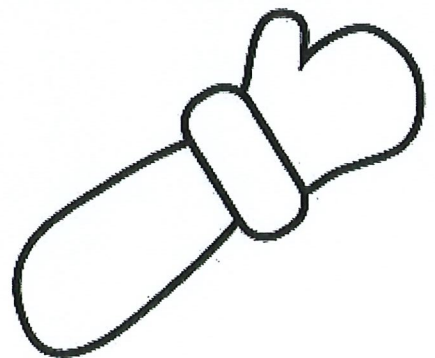
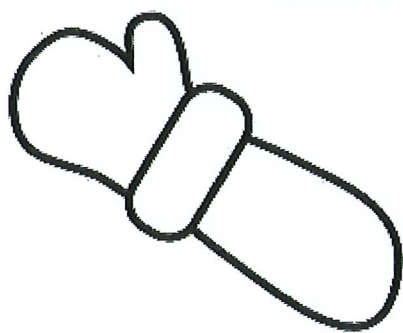
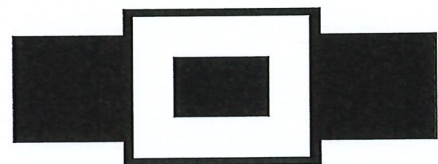
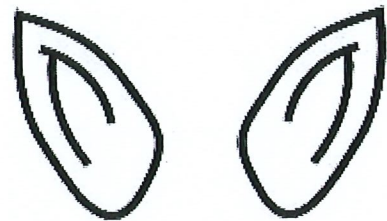
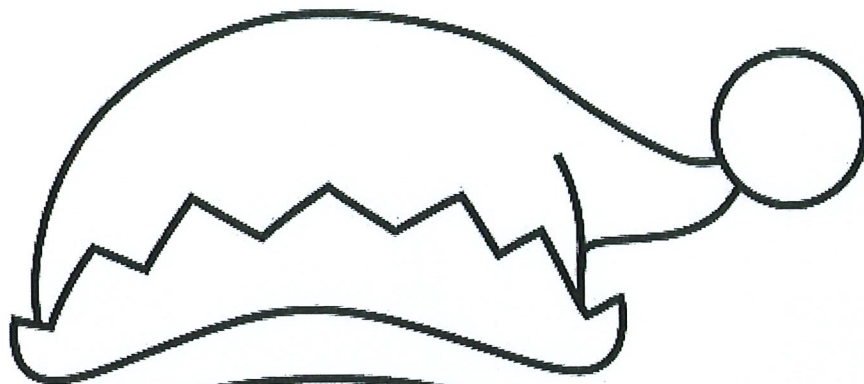


Build-A-Santa



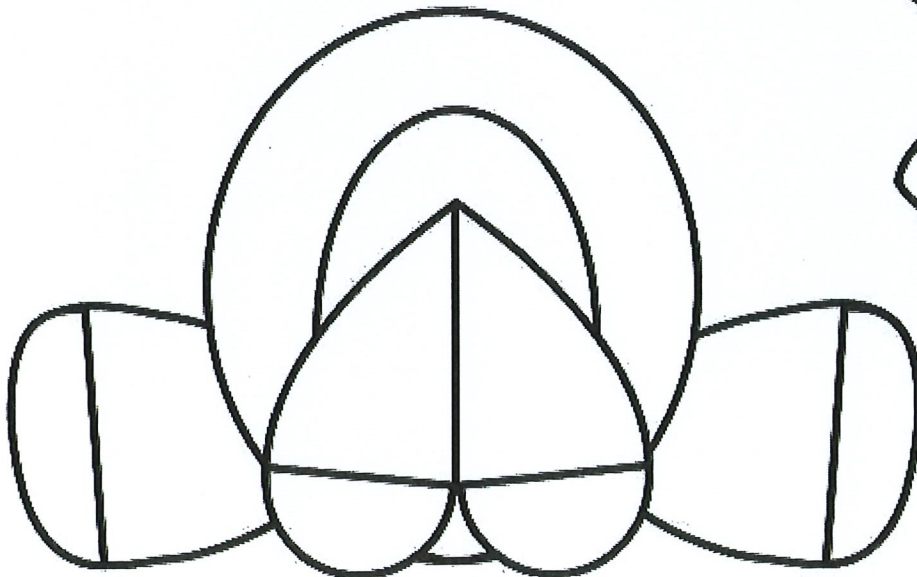
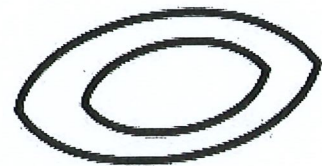
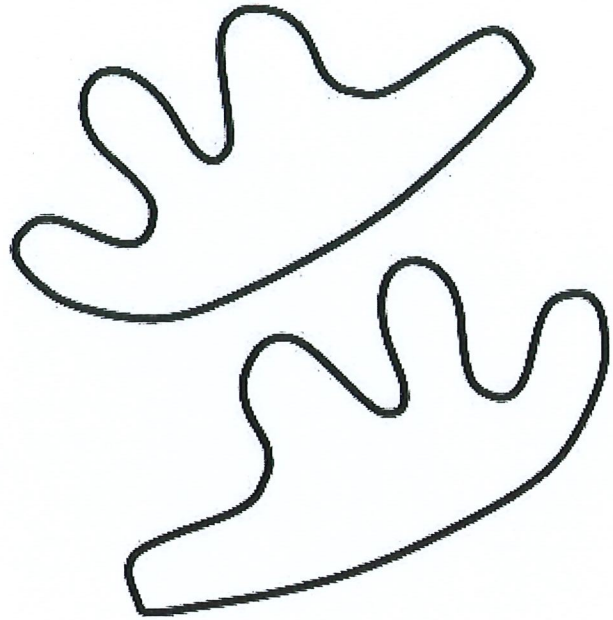
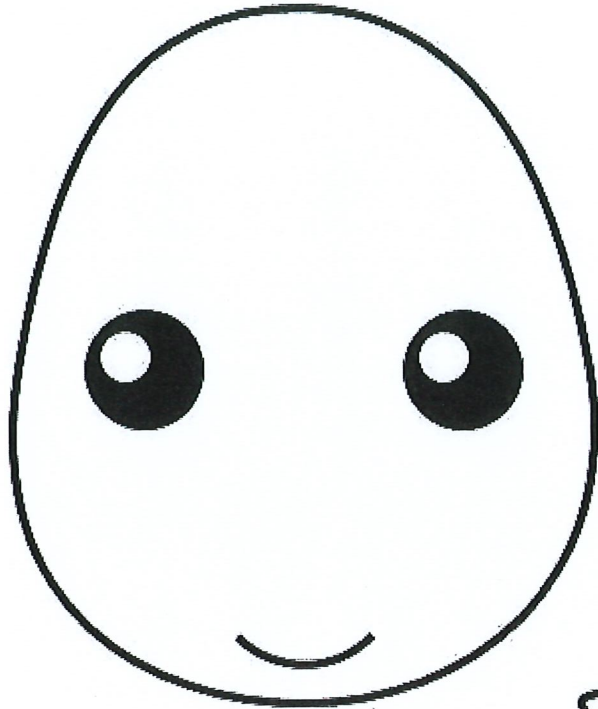


Build-An-Elf





Build-A-Reindeer





December 2024

Topics – Winter and Animals

Headstart Daycare

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Snow Painting	3 Snowman Poem	4 Mittens (Story)	5 Bring a Snow Inside	6 Build a Snowman	7
8	9 Sparkly Silver Slime	10 Mouse's First Snow (Story)	11 DIY Snow	12 Decorate a Snowflake	13 Little Snowflake (Story)	14
15	16 Pop Sickle Stick Snowflakes	17 Matching Animal Toys to Pictures	18 Sorting Animals	19 Brown Bear (Storytime)	20 Shredded Paper Sheep	21
22	23 Wash The Animals	24 Forest Animals Puppets	25 Animals Memory Game	26 Zoo Animals Movement	27 Torn Paper Bear	28
29	30 Songs About Pets	31 Wooly Sheep (Story)				

Special Dates in December

- December 2 – Monday – Seasonal Decorating
- December 4 – Wednesday – Silly Hats + Mittens
- December 10 – Tuesday – Show + Tell
- December 12 – Thursday – Teddy Bear Picnic
- December 17 – Tuesday – Mismatch Shoes + Socks
- December 18 – Wednesday – Family Christmas Luncheon
- December 19 – Thursday – Pajama Day



Headstart Daycare

Good-bye November, hello December! We are ready for winter, including hats, boots, snowsuits and mittens.

Waiting for the snow to make Snowmen.... The children are enjoying our winter books and waiting patiently....

Our November themes were All About Me and My Body.... busy subjects! We experienced body part songs (Head + Shoulders), made playdough faces, outlined our hands and feet and talked about our favorite things.

The all about me theme helped kids to learn about themselves, their family and their preferences. The theme fosters positive relationships, kindness, and active listening skills. These activities will not only build self-awareness and social skills but also inspire children's creativity and curiosity.

December's themes are Winter and Animals. Winter theme will help kids to learn about signs of winter, changes in temperature, appropriate clothing, hobbies and activities and sensory exploration. Animals theme will help children to improve their cognitive growth and language skills.

Christmas month is happiness on overload! We are decorating the Day Care together and crafting ornaments, while we wait for parties and fun. Top of the season to one and all!



christmas
PARTY

INVITATION

Headstart Daycare gladly invite you to a
Christmas party which will be held on :

DECEMBER

WEDNESDAY

18

10:30 - 12:30

2024

**Headstart Daycare
Bridge River Indian Band**



December

Rose Home & Community Care Nurse
(250) 256-7423 - (778) 209-8933

Due to the Christmas holidays coming up, Please Make sure you have all your medications filled out, office will be closed from December 23 to January 6, 2015,

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clients/ in office	3 Clients/ in office	4 Clients/ in office	5 Clients/ in office	6 Clients/ in office	7
8	9 Clients/ in office	10 Clients/ in office	11 Clients/ in office	12 Clients/ in office Amy foot care 9-3	13 Clients/ in office Dr. Humber 9- 12	14
15	16 Clients/ in office	17 Clients/ in office	18 Clients/ in office	19 Clients/ in office Dr Adela 10:30-1:30	20 Clients/ in office	21
22	23 Closed	24 Closed	25 Christmas Closed	26 Closed	27 Closed	28
29	30 Closed	31 Closed				

December

Community Wellness Coordinator- Rocker Brady

(250)-256-7423 Ext.235

communitywellness@xwisten.ca

2024

We offer Nasal Naloxone kits and Fentanyl test strips for FREE. Come by my office or contact me if you want these

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Client Walk ins	Client Walk ins	Attending Opioid Forum	Attending Opioid Forum	Client Walk ins	
8	9	10	11	12	13	14
	Client Walk ins	Client Walk ins	Sharing Circles (Health Boardroom) 1:30-2:30	Client Walk ins	Client Walk ins	
15	16	17	18	19	20	21
	Client Walk ins	Client Walk ins	Sharing Circles (Health Boardroom) 1:30-2:30	Client Walk ins	X-mas Holiday	
22	23	24	25	26	27	28
	X-mas Holiday	X-mas Holiday	X-mas Holiday	X-mas Holiday	X-mas Holiday	
29	30	31				
	X-mas Holiday	X-mas Holiday				



DR. Humber will be in on December 13, 2024,
from 9am to 12pm

DR. Adela will be in on December 19, 2024,
from 10:30am to 1:30pm

Please book your appointment with
Health Reception at

healthreception@xwisten.ca or call

250-256-7423 EXT. 837



Amy the Foot Care Nurse

Will be @ Xwisten Health Department

December 12, 2024. 9am to 3pm

To make an appointment, please call

Health Receptionist

250-256-7423 ex 237



First Nations Health Authority
Health through wellness

December 2024

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tsal'alh – Ashley & Telleighla T'it'iqet – Jennifer Westside- Noor Spuzzum – Simone	3 Tsal'alh – Ashley Ts'kw'aylaxw – Noor Boothroyd – Jennifer LFN- Jane LFN NIC- Telleighla Boston Bar- Simone	4 Nicomen – Jennifer Ashcroft – Telleighla Sekw'el'was- Noor Skuppah- Simone LFN- Jane	5 Kanaka – Noor St'uxwfwews- Simone Xwisten – Jennifer Lillooet NIC- Telleighla	6 Lillooet HC- Noor LFN- Jennifer
9 Tsal'alh – Ashley T'it'iqet – Jennifer Westside- Jane Spuzzum – Christina Lillooet NIC- Telleighla LFN- Simone	10 Tsal'alh – Ashley Ts'kw'aylaxw – Simone Boston Bar – Jennifer LFN- Jane LFN NIC- Telleighla	11 Nicomen – Jennifer Ashcroft – Telleighla Skuppah- Simone	12 Kanaka – Christina St'uxwfwews- Telleighla Xwisten – Jennifer LFN- Simone	13 Lillooet HC- Jennifer LFN- Christina LFN- Simone
16 TEAM GATHERING T'it'iqet – Simone	17 Tsal'alh – Ashley Ts'kw'aylaxw – Christina Boothroyd – Simone LFN- Jane LFN NIC- Telleighla	18 Nicomen –Christina Ashcroft – Telleighla Sekw'el'was- Simone Skuppah- LFN- Jane	19 Kanaka – Simone St'uxwfwews- Telleighla Xwisten – Christina	20 Lillooet HC- Christina
23 Tsal'alh – Ashley T'it'iqet – Westside- Spuzzum - Lillooet NIC- Telleighla	24 Tsal'alh – Ashley Ts'kw'aylaxw – Boston Bar – LFN- LFN NIC- Telleighla	25 CHRISTMAS	26 CHRISTMAS	27 Lillooet HC- LFN-
30 Tsal'alh – Ashley T'it'iqet – Westside- Jane Spuzzum -	31 Tsal'alh – Ashley Ts'kw'aylaxw – Boothroyd – LFN- Jane	Vacation: Jeanette- Dec 13 th , 23 rd , 24 th , 27 th , 30 th , 31 st Jane- Dec 2 nd , 23 rd , 24 th Telleighla- Dec 30 th , 31 st		

1-855-993-3100

Health Connections to Kamloops

To Kamloops

To Lillooet

Tuesday

8:00	Lv. Lillooet: Buy Low, Reynolds Hotel
8:20	Lv. Fountain Flats
9:20	Lv. Cache Creek: A&W
9:55	Lv. Savona: Cross Roads, <i>Flag Stop</i>
10:20	Ar. Kamloops: Aberdeen
10:30	Ar. Kamloops: Hospital (RIH)
10:40	Ar. Kamloops: Lansdowne Save-On-Foods
3:50	Lv. Kamloops: Lansdowne Save-On-Foods
3:55	Lv. Kamloops: Hospital (RIH)
4:05	Ar. Kamloops: Aberdeen
6:30	Ar. Lillooet

Health Connections to Kamloops

To Kamloops

To Lillooet

Thursday

(A)

8:00	Lv. Lillooet: Buy Low, Reynolds Hotel
9:00	Lv. Lytton: Esso
9:25	Lv. Spences Bridge: South Frontage Road, <i>Flag Stop</i>
10:05	Lv. Ashcroft: Across from Safety Mart
10:20	Lv. Cache Creek: A&W
10:50	Lv. Savona: Corssroads, <i>Flag Stop</i>
11:20	Ar. Kamloops: Aberdeen
11:30	Ar. Kamloops: Hospital (RIH)
11:40	Ar. Kamloops: Lansdowne Save-On-Foods
3:50	Lv. Kamloops: Lansdowne Save-On-Foods
4:00	Lv. Kamloops: Hospital (RIH)
4:05	Ar. Kamloops: Aberdeen
7:30	Ar. Lillooet



December 2024



Xwisten Recreation

Youth And Recreation Calendar

Chair Exercises December
2,5,9,12,16,19 2024
MPR 10:30am —12:00 pm



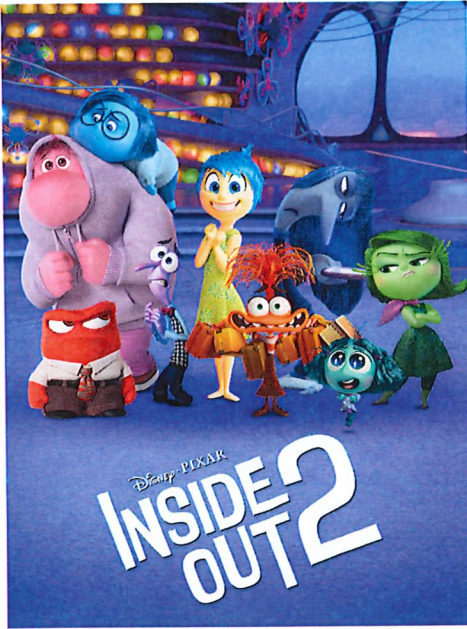
Youth and Rec Bingo
December 14 2024
doors open at 12:00
pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Exercises	3 Sport night	4 Youth Group MPR	5 Chair Exercises	6	7
8	9 Chair Exercises	10 Kids Club	11 Sports Night	12 Chair Exercis- es	13 Family movie night 4:00 pm-8:00	14 Youth and Rec Bingo Doors open at 12:00pm
15	16 Chair Exercis- es	17 Sports Night	18 Youth Group	19 Chair Exercis- es	20	21
22	23	24	25	26	27	28
29	30	31				

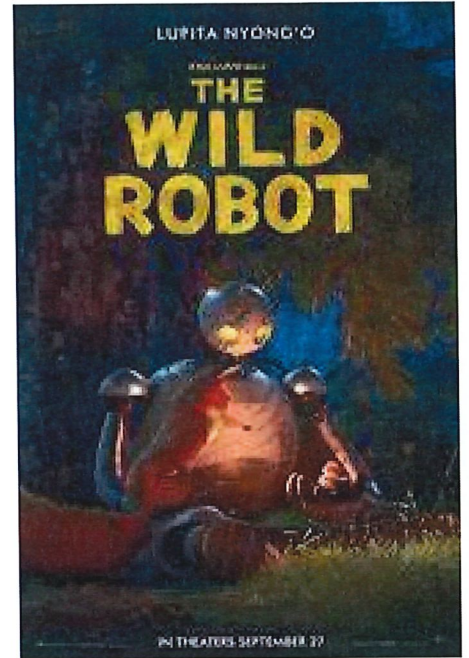
December 4 and 18 2024
MPR
youth group for ages 13 - 29
yrs
4:30pm - 6:00 pm

Kids Club December 10
2024 Multi Purpose
room
4:30pm-6:00pm

Sportsnight s December 3,11,17 6:30 pm—8:30 pm Xwisten Gym
Please where non marking shoes (not black soled)



Family
Movie night
December
13 2024



Xwisten Gym

4:00pm—8:00

Popcorn
pm

and
drinks

Included

Bring your
own chair
if you like



Youth and Recreation Coordinator :
Rubin Williams
youthandrec@xwisten.ca
2363120844



Xwisten Elders Chair Exercises

For balance,
flexibility and
muscle tone

In the Xwisten Gym

Or MPR

*For more information, con-
tact:*



Xwisten Recreation

Rubin Williams

Recreation Coordinator

recreation@xwisten.ca

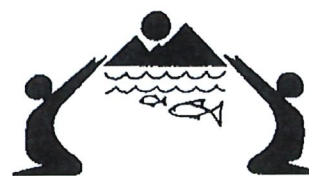
2363120844

Or 2502567423 Ext 844

*Mondays and
Thursdays*

*10:30 am–12:00
pm Until*

December 19 2024



Volleyball—basketball—
Indoor soccer



Xwisten Recreation

Dropin Sports
December 3 ,
11 , 17
Xwisten Gym
6:30—8:30pm



Bridge River youth & Recreation
Rubin Williams
youthandRec@xwisten.ca

12210 Joseph Road

2363120844



December 10 2024

4:30pm—

6:00pm

Multi Purpose
room

Rides &

Snacks

Provided

For Grades 1—7

Xwisten **KIDS**

C L U B



fun trips!

culture

Fun Activities

Healthy habits

Empowerment

Sports development

Life Skills

To sign up, Please contact:

Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2502567423 ext 247

XWISTEN YOUTH GROUP

December 4 and 18 2024

Multi Purpose Room pm

Snacks and Rides provided

4:30pm–6:00 pm

-Fun

Activities

-Workshops

-empowerment

-trips

-Personal

Development

-sports development



To sign up, Please contact:

Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2363120844

For grades 8-12

And ages

19—25

Xwisten Recreation

Bingo

Xwisten Gym



December 14 2024

Doors open at 12:00 pm

Walkins 12:30 pm

3 Early birds (\$1.00 each) start at
1:00 pm

regular books: \$20.00 for a

5 pg 6 up book + \$1.00 additional 3ups

Proceed go towards Youth and Recreation

Trips and Events



Xwisten Recreation

4 specials sold separately

\$2.00 each

3 hard lines

649 special

Merchandise Special



For information about card sales, please contact:

Rubin Williams, Recreation Coordinator
recreation@xwisten.ca

2363120844

Bridge-River Recreation on facebook

Have Yourself an Invasive-Free Holiday Season

This holiday season, let's celebrate in a way that keeps our environment merry and bright. Invasive species can sneak into our festivities in unexpected ways, causing long-term harm to local ecosystems. By making thoughtful choices for decorations and gifts you can help protect the environment while creating meaningful traditions.



Avoid Invasive Species for Holiday Décor

Many traditional holiday decorations, like wreaths, garlands, or floral arrangements, can introduce invasive species if sourced irresponsibly. Plants such as Common Ivy, Holly, and Baby's Breath can spread seeds that harm local ecosystems. Instead, opt for native alternatives such as cedar boughs, pinecones, and berries from local shrubs. Not only are these safer for the environment and often last longer in displays.

Give the Gift of Conservation

Make your holidays even more meaningful by giving back to the environment. Consider donating to a conservation-focused charity in someone's name or organizing a family volunteering day to remove invasive plants, plant trees, or clean up natural areas. Gifts that support local ecosystems not only protect the environment but also inspire a legacy of care and stewardship.



Think Twice Before Gifting a Pet

Pets may seem like a thoughtful gift, but they come with a lifetime of responsibility. Rehoming exotic pets or releasing them into the wild—whether fish, reptiles, or small mammals—can wreak havoc on native wildlife and ecosystems. If you're considering gifting a pet, make sure the recipient is ready for the commitment and understands the pet's needs. It is important to spay/neuter cats, dogs bunnies, etc. And remember, never let it loose! If the pet can no longer be cared for, consult a local organization like the Lillooet Animal Advocacy Society for support.



Iriss.ca



@Irinvasives



info@Iriss.ca



LILLOOET REGIONAL
INVASIVESPECIESSOCIETY

We would like to wish our Raphael TJ Michell a *Happy 16th Birthday* on December 4th!!! Being awesome since 2008!!! Time sure has gone by very fast!!! I am truly honored to be your Mom, you are a very kind, thoughtful, caring, helpful, loving, hardworking YOUNG MAN and so much more. Please keep being yourself and don't let the world change who you are!!! You are so very special to all of us, thank you Raphael for being you! Wishing you all the best, because you absolutely do deserve the best! You already ARE THE BEST! From, Mom, your sister Lila Beans, brother Ryder Blueberry and Marshall Mathers! We all love you to the moon and back, to infinity and beyond!!!

I'll love you forever, I'll like you for always, as long as I'm living my baby you'll be!!! <3



Happy 16th Birthday

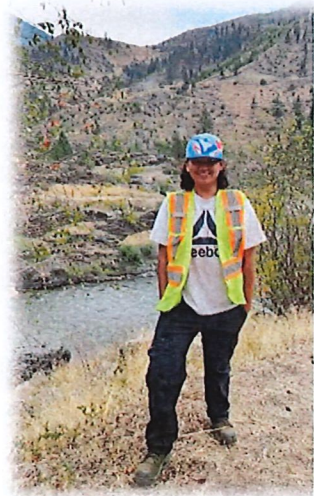
☆ BEHIND YOU ☆
all your memories.

✦ BEFORE YOU ✦
all your dreams. 🎆

🎆 AROUND YOU ✦
all who love you. ✦

📦 WITHIN YOU 🍰
all you need.

Making the world a better place
— since —
2008



December 2024

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
1	2	3 Michelle Alex Douglas R. Allen Laura Grizzlypaws Ashyra James	4 Kenneth McEwen Raphael Michell Kenny Thomas	5 Paul Moizo	6 Donna James	7
8 Julia Lanoue	9 Bridgid Maylor Yvonne Michell	10 Lexi Kempfle Keowna Sheena	11 Alvin Griffith Sandra Terry	12 Nicholas Michell Brian Paulson Landon Whiting	13 Kelly Andrews	14
15	16 Bonnie Michell	17	18	19	20 Nicholas Adolph Simone Davidson	21
22 Vivian Jack	23	24 Landon Russell	25 Randy Michell	26 Henry Eustache	27 Cassie Thomas	28 Emma Allen
29 Gary Forsyth	30 Alexander James	31				