

March 2025

Xwisten Newsletter



Bridge River Indian Band

PO Box 190 Lillooet BC, V0K 1V0
12210 Joseph Rd

Phone: 250-256-7423

Toll Free: 1-888-256-7423

Admin Fax: 250-256-7999

Health Fax: 250-256-2443

Lands: 250-256-7997

B.R.M: 250-256-4061

March 17:
St Patrick's day

Band Meeting: March 9
(tentative)

Bingo:

March 3

Bridge River Elder's Bingo:
March 14

Community Dinner:

March 5 - 4pm to 7pm

March 20

Elder's Tea: March 7

Elder's Luncheon: March 27



BRIDGE RIVER INDIAN BAND

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

March 3, 2025

To Xwisten Members,

Re: **Xwisten November Newsletter Update**

The following are updates for this month:

- **Next Band Meeting March 9th *Tentative***
- **March 20th “Membership Code”** Open House, and see poster for more details. Still gathering data at this time.
- Repaired water leak near the Volunteer Fire Department completed
- **Firewood**, there is split wood at transfer station for members to cut their wood
- **Transfer Station – Reminder for Members to put garbage in the metal bins and not on the ground**
- TriPlex’s builds getting close to lockup
- **Xwisten Fire Volunteers still looking for new members** ongoing
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Fisheries BIO, Headstart/Daycare Manager, Indigenous Community Liaison Worker, Home & Community Care Worker, Food Systems Horticulture Trainee & Supervisor, Food Systems Office Clerk, Lands Maintenance Supervisor & Worker and check our website and Facebook for more information
- Band Admin office renovating almost completed 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**
- 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



BRIDGE RIVER INDIAN BAND (Xwisten)

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March 3, 2025

To Xwisten Members,

Re: Xwisten January Newsletter Housing Update

- All rental members to book appointment for new 2025 Rental Agreements
- Housing Insurance is in process for review and submission
- Housing Maintenance Plan will be sent in the mail for your 2025 renewal
- Please check to ensure all exterior water taps are turned off
- **All garbage should be bagged/double bagged if heavy and inserted in garbage can, no loose garbage will be picked up as per new Lillooet Landfill guidelines**
- All garbage and recycle bins must be placed near road away from house, convenient for driver for garbage pickup, if placed by house, will miss pickup
- Members can request garbage trailer; it will only be booked for two (2) days due to demand
- Currently applying for funding for house renovations
- **2 triplex build still** in progress, near completion and reviewing housing list
- Housing Energy Assessments will be scheduled in the spring for a few homes, with outcome to apply for funding for repairs, funding still under review
- Reminder all Rent must be paid by 1st of every month
- If you have rental arrears, please stop in and complete arrears payment plan form, if not, will move to possible eviction
- FireSmart inside your home and encourage all houses to do cleaning, declutter and bring access garbage to transfer station (ask family and friends for assistance)
- Encourage households to change over light bulbs to LED bulbs to conserve energy and will look at Energy Workshop at a later date
- **We encourage all dogs to be on a leash or fenced yard** and clean up pet feces for health and safety reasons
- Reminder, as per rental agreement, only two (2) pets per household
- **Dogs are chasing vehicles and some are bothering other dogs within their fenced yard and injuring dogs, dog owners identified will be notified. Reminder as pet owners you are responsible for damages and keeping your dog in your yard**
- **Ask Band Administration for assistance for spaying and neutering**

Blaine Kane

Operations & Maintenance,

Infrastructure & Housing Manager



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Job Postings

Early Childhood Educator

Finance Office Clerk

Fisheries BIO

Food Systems Office Clerk

Food Systems Trainee & Supervisor

Headstart / Daycare Manager

Home & Community Care Worker

Indigenous Community Liaison

Lands Maintenance Supervisor & Worker

Deadline March 28

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"



Feb 27, 2025

Hey Xwísten Members – Mark your calendars!

We're hosting a Membership Code Open House.

Date: March 20

Time: 10am-2pm, 4pm-7pm

Location: Gymnasium

Drop by to complete the Membership Survey, ask questions, get clarity, and share what matters to you.

Want to share some ideas about our Membership Code in advance?

Share your thoughts and see what others had to say here [→](#)

bit.ly/xwistenmembershipcode



Xwísten

Membership Code

March 2025

Get ready to share your thoughts!

WHAT'S GOING ON?

Xwísten members, we're developing our own Membership Code – a legal document that outlines who can become a future Xwísten member and how that process works. While it won't affect current members, your voice is key to shaping this important work, whether you live in the community or elsewhere.

Over the past few months, we've been sharing high-level information about our future Membership Code in newsletters and social media posts and asking for your initial thoughts. Now, we're asking members to take part in a **band-wide survey** about more specific contents of our Membership Code.

This month's focus:
dual membership

DUAL MEMBERSHIP

Dual membership means belonging to more than one First Nation at the same time. Under the *Indian Act*, this isn't allowed—even for people who are deeply connected to two cultures, or for children with parents from two Nations or communities.

Most First Nations with their own Membership Codes still don't allow dual membership. Some offer limited or 'probationary' membership that recognizes a person's ties to the community without full access to resources.

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?

In past discussions, many have said that ancestry is important in deciding who is a Xwísten member. **Does not allowing dual membership match our understanding of who is part of Xwísten?**

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

Band Members – Save the Date

MEMBERSHIP CODE OPEN HOUSE

DATE: *Thursday March 20*

TIME: *10am - 2pm
4pm - 7pm*

LOCATION: *Gymnasium*

Drop by to complete the Membership Survey with support from Council. This is your chance to ask questions, get clarity, and share what matters to you. We'll also be gathering any questions or concerns that need further investigation. Your participation will help shape the final Membership Code—we look forward to seeing you!

***Please note: This event is for Xwísten members only.
We need your voice in this important process!***

CAN'T JOIN? SCHEDULE A FAMILY SESSION!

Email Charlotte Armstrong at exec.assist@xwisten.ca to arrange a time to meet with a councillor online or in your community to discuss the survey questions together.



FOR MORE INFORMATION

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

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

skip the invasives this spring

As you get ready for spring planting, it's important to think beyond just what you're growing—consider how your choices can impact local ecosystems. One simple but crucial step is cleaning your seeds before planting. Seeds can carry invasive plant species or fungal pathogens that spread to new areas. By removing debris and ensuring your seeds are from a trusted, local source, you can prevent unwanted plants from taking root in your garden and beyond.



Another key consideration is selecting native pollinator-friendly plants instead of invasive species. While some non-native flowers may seem attractive, they often provide little to no benefit for local bees, butterflies, and birds. Worse, certain invasive plants—Scotch Broom or oxeye daisy—can outcompete native vegetation, reducing habitat and food sources for wildlife. Choosing native plants supports biodiversity and helps maintain a balanced ecosystem.

By taking these steps—cleaning seeds and planting native pollinator species—you can enjoy a thriving garden while protecting local landscapes from invasive threats. Gardening responsibly helps keep natural spaces healthy for future generations.

GROW ME INSTEAD!

There are plenty of beautiful native and non-invasive options you can plant in your garden to stop the spread of invasives and lend your local pollinators a hand. Like Large leaved lupine, a favourite for bees and hummingbirds.

Check out our Plantwise guide to learn about plants that are invasive to Lillooet and alternatives for your garden.



THE LILLOOET PLANTWISE GUIDE

PRIORITY GARDEN
INVASIVES AND NATIVE
PLANTS TO GROW INSTEAD



LILLOOET REGIONAL
INVASIVE SPECIES SOCIETY &
SPLITROCK ENVIRONMENTAL



Find this guide at lriiss.ca/resources-and-links



lriiss.ca



@lriinvasives



info@lriiss.ca



**LILLOOET REGIONAL
INVASIVE SPECIES SOCIETY**



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March 1, 2025

We Just received Funding from Thompson Rivers university for traditional workshops, TRU Pacific Institute of Climate Solutions (PICS) for a Climate intern from a university, Traditional Tobacco initiative from First nations health authority (FNHA)

We are looking for traditional knowledge keepers to conduct workshops on Tobacco and traditional plants. Willing to be interviewed for the Xwísten Harvesting calendar guide

Please contact us if you are interested in doing workshops or being interviewed.

Please apply for our job postings! for the food systems office clerk, supervisor and three community garden trainees/ traditional stewardship workers

Matthew Davidson

250 256 7423 ext. 874

Email: foodsystems.coord@xwisten.ca



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Job Posting

FOOD SYSTEMS HORTICULTURE/TRADITIONAL TRAINEE/SUPERVISOR

Full Time, seasonal position (start date mid-February)

Bridge River Indian Band is seeking three individuals to fill Horticulture/ Traditional Trainee/Supervisor for the food system program, full time position. These positions are providing support and perform a variety of administrative duties to the Food system program

Duties & Responsibilities:

- Preparing community garden beds for Elders and daycare program
- General upkeep in the community garden,
- Traditional land stewardship activities for the Xwísten Ancestral Food system project
- Traditional trees, shrubs, and plants monitoring/ harvesting care
- Collecting data from the weather station, purple monitor and the rain and snow gauges
- Taking part in the traditional day camp activities and processing.
- Xwísten farm work: helping prepare growing area, planting, monitor plants, weeding, and harvesting. and other tasks assigned by the food systems coordinator.
- Light computer knowledge
- Opportunity to attend workshops from traditional foods to farming

Qualifications:

- Some knowledge of growing food, and traditional foods
- Good work ethic and positive
- Good communication skills, verbal and written
- Ability to work independently and in a team environment
- Strong organizational skills with the ability to multi-task
- Knowledge and understanding of Xwísten community, culture and challenges
- Valid Driver's License, have a reliable vehicle and willing to travel is a **asset**
- Level 1 first aid ticket **bonus**

Wage: **\$18.00 to \$20.00 per hour minimum for Trainee and depending upon experience**
 \$20.00 to \$23.00 per hour minimum for Supervisor and depending upon experience

Deadline: March 7, 2025

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

FOOD SYSTEMS OFFICE CLERK

Full Time, seasonal position (start date mid-February)

Bridge River Indian Band is seeking an individual to fill an **Office Clerk** for the food system program, full time position. This position is providing support and perform a variety of administrative duties to the Food system program

Duties & Responsibilities:

- Provide general support to the Food systems coordinator
- Write and distribute email, correspondence memos, letters, faxes and forms
- Exercise Discretion: Handle confidential information with utmost discretion and maintain confidentiality at all times
- Assists in preparing and finalizing proposals and applying for funding that complement the food system program and assists with reports
- Assist food systems coordinator with coordinating community engagement events and meetings
- Maintain contact lists and compile data, statistics and other information to support program reporting
- Assist with maintaining manual and computerized information filing systems for the program
- Answer telephone and electronic enquiries, relay telephone calls, messages and provide backup support
- Experience working with multi-function printers, including the ability to scan documents and send them as an email attachment, configure copy settings and perform light maintenance tasks
- Other duties as assigned by the Food systems coordinator, Executive Assistant, Administrator

Qualifications:

- Minimum 1 year experience, in administration
- Computer proficiency, especially with Microsoft Office (Word, Excel, Outlook)
- Good communication skills, verbal and written
- Ability to work independently and in a team environment
- Strong organizational skills with the ability to multi-task
- Knowledge and understanding of Xwísten community, culture and challenges
- Valid Driver's License, have a reliable vehicle and willing to travel

Wage: \$20.00 to \$23.00 per hour minimum and depending upon experience

Deadline: March 7, 2025

Please submit your Cover Letter and Resume to:

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March 1, 2025

Thank you for attending the Career & Entrepreneur Dinner!

It was a great event with amazing presentations! The Youth were acknowledged for all the hard work they have done!



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



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March 01, 2025

Xwisten Community Food System program is preparing for spring!



We started seeds: Traditional tobacco, wild asparagus and echinacea.

We are looking for garden workers/ traditional stewards for the food systems program.

If you want to help in the garden, give us a call and you can take part of your food system projects. There will be **Honorariums**

We have seeds! if you want to come and sign some out and plant in your own garden or a community garden box, stop by.

Matthew Davidson

250 256 7423 ext. 874

Email: foodsystems.coord@xwisten.ca



**THOMPSON
RIVERS
UNIVERSITY**

Community Education
and Workforce Development
Lillooet



Register Now!



XOCH 0850- Food Safe Level 1

Date: Sunday March 23, 2025

Time: 8:30 am- 4:30 pm

**Location: Bridge River Indian Band
12210- Joseph Road**

Cost : \$160 (Free to Xwisten Members)

This sanitation program is appropriate for food handlers, kitchen staff and dining room attendants. You will learn about the purchase and storage of potentially hazardous foods, personal hygiene, the causes of food borne diseases and maintaining a sanitary food service operation.

Upon successful completion, a certificate will be issued which is valid for 5 years.

For more information and registrations, please contact:

Mathew Davidson- career.advisor@xwisten.ca
or Davis Williams- education.coord@xwisten.ca

250-256-7423



**THOMPSON
RIVERS
UNIVERSITY**

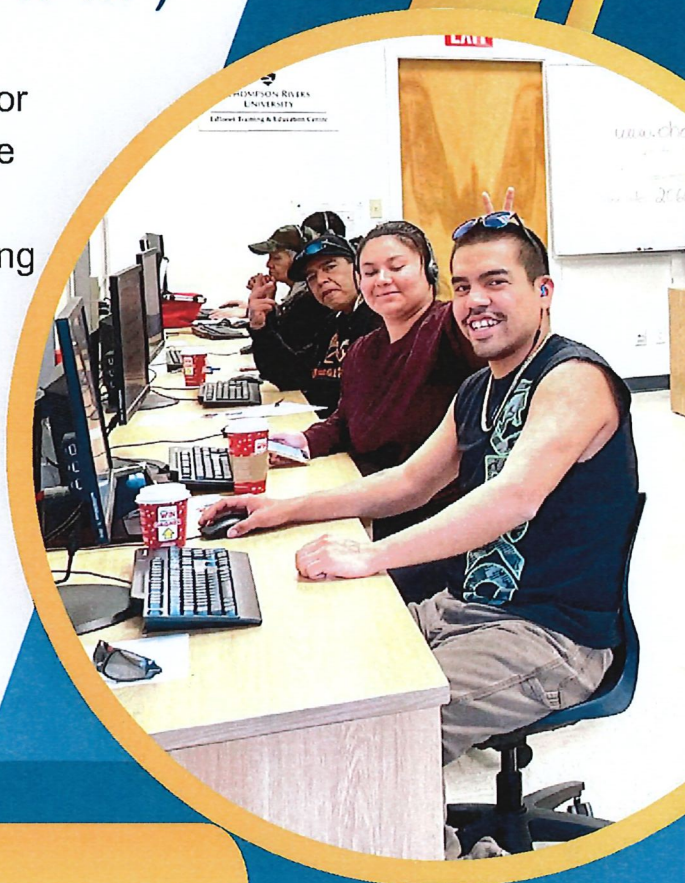
Community Education
and Workforce Development
Lillooet

BASIC COMPUTER SKILLS

MARCH 26-29, 2025 (1 - 4PM)

This course is designed for those with little or no experience using computers. This course will use instructional support and practical hands-on application to cover topics including the following:

- Navigate through the Windows operating system
- Use the file management system
- Browse the internet
- Accomplish basic email tasks
- Use common functions and basic formatting techniques in Microsoft Word and Excel.



REGISTER NOW ↓ ↓ ↓

Matthew Davidson- Davis Williams



250-256-7423



career.advisor@xwisten.ca



education.coord@xwisten.ca

Emergency Preparedness Manual for Children



Homeowner Edition, Children's Preparedness Manual

Welcome! This manual is designed to help you, and your family prepare for emergencies.

Fill in the blanks, solve puzzles, and learn how to stay safe!

Table of Contents

Welcome! This manual is designed to help you, and your family prepare for emergencies.

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Section 1: Know Your Emergency Contacts

Family Emergency Contacts:

- Parent/Guardian 1: _____ Phone: _____
- Parent/Guardian 2: _____ Phone: _____
- Trusted Neighbor: _____ Phone: _____
- Emergency Services: _____ Phone: _____

Out-of-Town Contact:

- Name: _____ Phone: _____

Section 2: Emergency Kit Checklist

Fill in the blanks: with items you have at home:

1. Water: _____ bottles/gallons
2. Non-perishable food: _____ cans/packages
3. Flashlight: _____ (Yes/No)
4. Batteries: _____ (Type: _____)
5. First Aid Kit: _____ (Yes/No)
6. Blankets: _____ (Number: _____)
7. Whistle: _____ (Yes/No)
8. Other: _____

Section 3: Emergency Plan

Meeting Place Outside Your Home:

- Location: _____

Evacuation Route from Your Home:

- Draw a map of your home and mark the exits:
[Blank Last page for Drawing]

Emergency Plan Practice:

- When did you last practice your emergency plan? _____

Section 4: Know the Hazards

Match the emergency to its description:

1. **Earthquake** _____
2. **Flood** _____
3. **Forest Fire** _____
4. **Tornado** _____
5. **Landslide** _____

Descriptions:

- A. Shaking of the ground caused by movement in the Earth's crust.
 - B. Overflow of water that submerges land.
 - C. Movement of rock, debris, or earth (mud) down a slope.
 - D. A spinning column of air that can cause severe damage.
 - E. A fast-spreading blaze that can destroy homes and forests.
-

Section 5: Emergency Terms Matching

Match the term to its definition:

1. **Evacuation** _____
2. **First Aid** _____
3. **Emergency Kit** _____
4. **Hazard** _____
5. **Firesmart** _____

Definitions:

- A. Immediate care given to an injured or sick person.
 - B. A collection of items needed during an emergency.
 - C. A dangerous situation that could cause harm.
 - D. To clean up flammable debris outside in your yard.
 - E. Leaving a place quickly to stay safe.
-

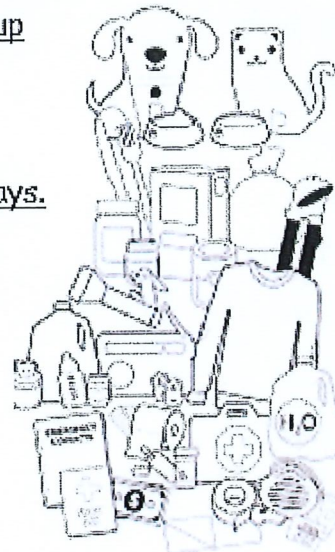
Section 6: Fun Activities

Checklist / Family Scavenger hunt

Emergency Supply Kit Checklist & Scavenger Hunt

Work with your family to search in your home for these items to put into your Emergency Supply Kit.

- ☐ Bottled Water, drinking, & Favorite cup
- ☐ Activity Book, pencil, crayons
- ☐ Favorite snacks, enough for up to 3 days.
- ☐ Small toys, to help pass time
- ☐ Book, Magazine for reading
- ☐ Basic First aid kit
- ☐ Flashlight & Whistle & Glowstick
- ☐ Toiletries, tissue, toothbrush, wet wipes
- ☐ Change of clothes & jacket & Pillow
- ☐ And don't forget Pet Food and Water if you own a pet



Word Scramble

Unscramble the words to reveal a hidden word.

Hint: the words can be found on page 7.

Word Scramble Emergency Preparedness

REATW	_____
FRSTI ADI	_____
FSTEYA	_____
REIF	_____
SETP	_____
LSIHLTHFGA	_____
HEMLET	_____
PESEAC	_____
MPA	_____
KIT	_____
TSHWLIE	_____
ORIAD	_____
DILLR	_____
HSAC	_____
SOPT	_____



Word Search Puzzle

Find these emergency-related words:

WATER	FIRST AID	SAFETY	FIRE	PETS
FLASHLIGHT	HELMET	ESCAPE	MAP	KIT
WHISTLE	RADIO	DRILL	CASH	STOP

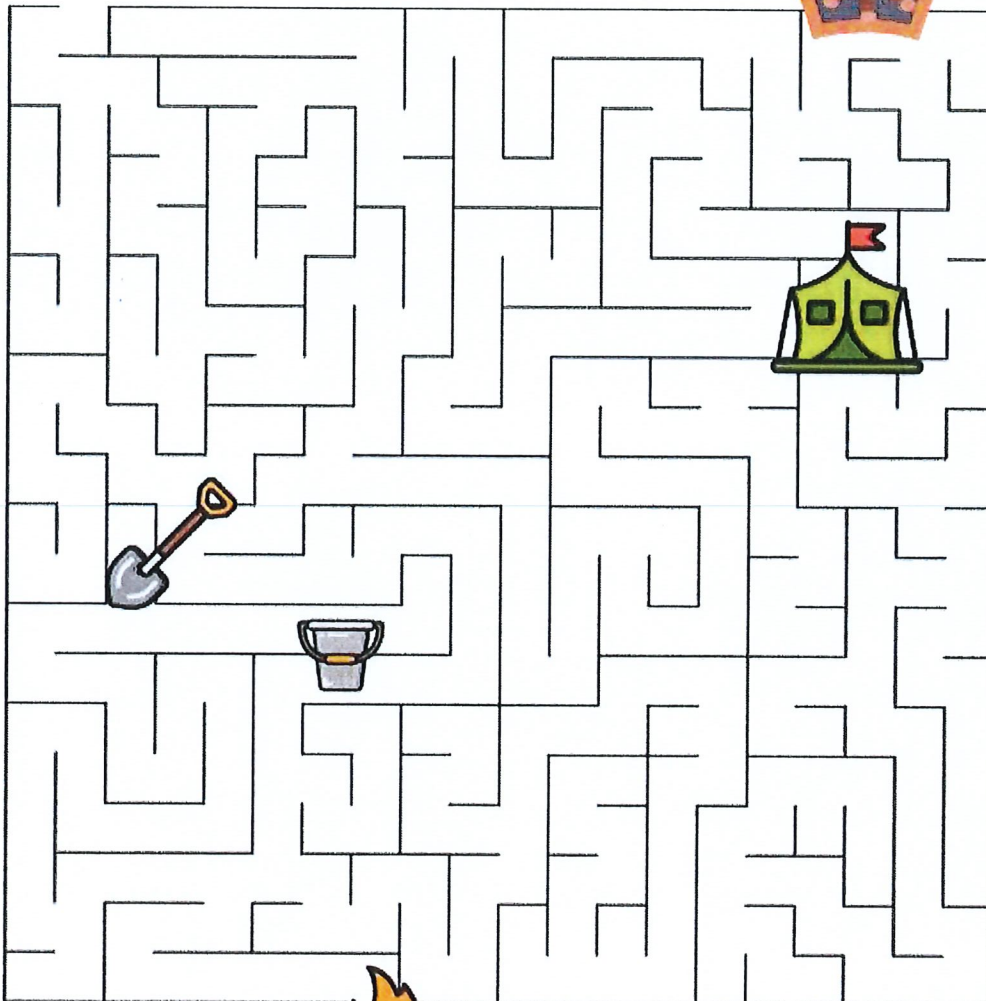
H	E	L	M	E	T	Q	W	E	R	T	Y
D	T	Y	R	I	P	M	K	T	W	B	V
V	F	L	A	S	H	L	I	G	H	T	U
Y	I	G	P	Q	W	D	T	F	I	Q	M
J	R	A	D	I	O	G	J	N	S	Y	A
M	S	H	W	X	Z	C	F	S	T	O	P
Q	T	D	G	B	L	A	X	P	L	Q	M
W	A	T	E	R	M	S	A	F	E	T	Y
E	I	X	Q	P	K	H	R	I	Q	V	U
U	D	R	I	L	L	G	M	R	N	Z	I
J	G	Y	K	A	I	H	P	E	T	S	A
E	S	C	A	P	E	D	W	D	K	C	W

Emergency Maze

Help Collect the Shovel, the Water Pail and the tent, then find your way to the emergency meeting place, the Fire Building badge!

Fire Building Patch Program® Safety Maze

What tools will you need? Pick them up on your way to the fire pit



Coloring Page

Color the emergency kit items!

EMERGENCY KIT



Section 7: My Emergency Notes

Write down what you've learned:

1. The most important thing to remember during an emergency is:

2. My favorite part of this manual was:

3. I will practice my emergency plan with my family on:

Stay Safe and Be Prepared!

Remember, being ready for emergencies helps keep you and your family safe. Share this manual with your friends and family!

Prepared by: [Your Name]

Date: _____

Let me know if you'd like to add more activities or customize this further!

Draw Your Home escape path. Leading to a designated safe place outside.

A large, light blue rounded rectangle with a black border, intended for drawing a home escape path. The rectangle is empty, providing a space for the user to draw their escape route from their home to a designated safe place outside.

Are you Prepared?



Darryl Adrian
Lillooet Tribal Council
Emergency Management Coordinator

March

Starr Peters- Community Health Representative
Email: health@xwisten.ca
Phone: 250-256-7423 EXT 838, Fax 250-256-2443

Medical Travel Clerk on Reserve medicaltravel@xwisten.ca

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1

2 Medical Travel 3 Medical Travel 4 Regional health survey 4-7 pizza in the gym 5 RHS 10-2 Health board room 6 RHS 10-2 Health board room 7 RHS 10-2 Health board room 8

9 Neena Hygienist 9-4 Medical Travel 10 Pre/Postnatal Pick up 11 In office 12 In office 13 Spring brake In office 14 15

16 Medical Travel Amy foot care 9-4 Out2-4 Dr, Humber Phone calls 4-5 pm 17 Medical Travel 18 In office 19 Girls Puberty workshop 1-2 in Health board room 20 In office 21 22

23 Medical travel 24 Medical travel 25 In office 26 Boy puberty workshop. 1-2 in the health board room. 27 In office 28 29 Dr, Humber in person 9-12

30 Back too school Medical travel 31

COMMUNITY HEALTH REPRESENTATIVE MARCH EVENTS

We have a health survey Dinner coming up on March 5, 2025, bus provided please call and put your name in for the bus, if you cant make it for the dinner and survey, they will be set up in the health board room from 10-2 on the 6 and 7th for the survey, please fill the surveys out this will help our community out by fill the survey out. Thank you!

Neena the Hygienist will be in on March 10, 2025, please call and book your Appointment at the Xwisten Health Department, 250-256-7423 EXT 837

Dr, Humber is going to be doing Phone call Appointments March 17, 2025, from 4-5 pm 10 min calls and in person March 27, 2025, from 9-12 Please call Health front Desk to book your appointments 250-256-7423 EXT 837

Amy Foot care will be in on March 17, 2025, please call Xwisten Health Department to book your appointment 250-256-7423 EXT 837

We are teaming up with First nations health in town and doing a Femail Puberty workshop on March 20,2025, we will also be doing a Male Puberty workshop on March 27, 2025, from 1-2 pm in the health board room.

Insect Repellents and DEET

What is insect repellent?

Insect repellent is a spray or liquid used to keep biting insects, such as mosquitoes, away from your skin and clothing. Repellents work by preventing insects from landing on and biting your skin. Some are also effective against ticks and other insects.

Insect repellent should be used when you are outdoors to protect against insect bites and the illnesses they can carry, including West Nile virus. To protect against mosquito bites, the most effective insect repellents to use are those containing the ingredient DEET.

What is West Nile virus?

West Nile virus (WNV) is spread to humans through bites by infected mosquitoes. Mosquitoes can become carriers of the virus after biting infected birds.

Most people infected with WNV will not get sick at all. About 20 per cent of those infected will have flu-like symptoms or West Nile fever 3-14 days after the infection. In rare cases – less than 1 per cent – WNV infection can result in more serious illness such as meningitis, which is inflammation of the lining of the brain, or encephalitis, which is inflammation of the brain. It can occasionally result in death.

WNV has spread across North America since 1999. It is expected that WNV might make its way into BC in the summer of 2005. The mosquitoes that can carry WNV are present in BC; however, the risk may vary by region of the province during the summer and depends on the climate conditions to some extent. For more information on West Nile virus, including ways to protect yourself, see BC HealthFile [#88 West Nile Virus](#).

What is DEET?

DEET is the common name for *N,N*-diethyl-*m*-toluamide. DEET is the active ingredient in the most effective and widely used

insect repellents. Different repellents have different amounts of DEET. Products with higher concentrations of DEET are not more effective than those with lower concentrations, but they last longer.

Is DEET safe?

Yes, products containing DEET are very safe when used according to the directions on the label. There is no indication that DEET poses a risk to pregnant or nursing mothers.

Guidelines for using repellents with DEET

- **Infants less than six months of age.** Do not use any repellents that contain DEET. Infants should be protected with mosquito netting tucked over baby carriers.
- **Children 6 months to 2 years of age.** When children ages six months to two years of age live or travel in an area at high risk of complications from mosquito-borne illnesses, one application per day of insect repellent containing DEET may be considered. Talk with your doctor about using DEET in this age group if you are in or going to an area with WNV. Use an insect repellent with 10 per cent or less DEET. The repellent should be applied sparingly and not be applied to the face and hands. Prolonged use should be avoided. The protection will last about 2-3 hours.
- **Children 2 to 12 years of age.** Use an insect repellent with 10 per cent or less DEET. Do not apply more than three times per day. Do not apply to the face and hands. Prolonged use should be avoided. The protection will last about 2-3 hours.
- **Adults and children older than 12 yrs.** Use an insect repellent containing 30 per cent or less DEET.
- **If you plan to be outdoors for a short period of time,** always choose a product with a lower concentration of DEET. For example:

Concentration of DEET	Protection Time
30%	6 hours
15%	5 hours
10%	3 hours
5%	2 hours

Protection times may be less than this if you are sweating, getting wet, or by friction.

Tips for proper use of insect repellents

- Choose a repellent that provides protection for the amount of time that you will be outdoors.
- Always read the entire label carefully before use. Follow all of the instructions on the label, including proper use on young children. Adults should apply repellent to children. Do not allow children to apply it themselves.
- Avoid applying repellent to children's hands to reduce the chance of getting the repellent in their eyes and mouths.
- Apply the repellent only on exposed skin surfaces or on top of clothing. Do not use under clothing.
- Do not use aerosol or pump sprays directly on the face. Spray your hands and then rub the product over the face. Try to avoid getting it around your mouth or in your eyes. If you do get repellent in your eyes, flush well with water.
- Do not use the repellent on open wounds, cuts, or if your skin is irritated or sunburned.
- Avoid breathing in spray mists and never apply sprays inside a tent. Use only in well-ventilated areas.
- Do not use sprays or aerosol products near food.
- Wash treated skin with soap and water when you return indoors or when protection is no longer needed. Washing the repellent from the skin surface is important when a repellent is likely to be applied for several days in a row. If clothing is treated, it should be washed before being worn again.
- When using sunscreen, apply it first, wait thirty minutes, and then apply the DEET repellent.
- If you suspect a reaction to the insect repellent, stop using it and wash the treated skin. Call the

poison control center: in Greater Vancouver, call 604-682-5050; in BC, call 1-800-567-8911.

Non-DEET repellents

There are effective insect repellents registered in Canada that contain active ingredients other than DEET. Instructions for proper use are listed on each product label.

These include repellents with *p*-menthane-3,8-diol (PMD), also known as lemon-eucalyptus oil. This product has been shown to be as effective as DEET, but protects against mosquitoes only for about 2 hours. Lemon-eucalyptus oil should not be used on children less than three years old. It should not be applied more than twice a day.

Soybean oil products are also effective mosquito repellents, but these are not widely available in Canada. Products with the substance picaridin are also effective, but these are not available in Canada. For a complete list of registered products, visit the Health Canada Pest Management Regulatory Agency Web site at

www.pmr-a-rla.gc.ca.



BC Centre for Disease Control
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

For more BC HealthFile topics visit
www.bchealthguide.org/healthfiles/index.stm,
or visit your local public health unit.

Call the BC NurseLine to speak to a registered nurse, available 24-hours every day:

- In Greater Vancouver, call 604-215-4700
- In BC, call toll-free 1-866-215-4700
- Deaf and hearing-impaired, call 1-866-889-4700
- Pharmacist available 5pm to 9am every day
- Translation services in over 130 languages upon request.

Visit BC HealthGuide OnLine – a world of health information you can trust at
www.bchealthguide.org

RAJI & ALEX PRESENT:

Tick Talk for the Whole Family

**Help us spread the
word about ticks!**

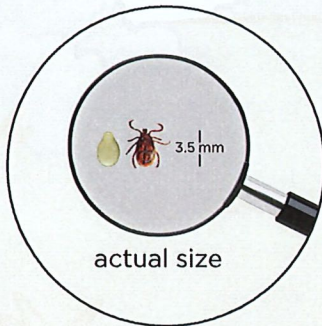
Inside: Learn how to stay safe and tick-free!





Where do ticks live?

Ticks are commonly found in many areas of British Columbia, including the Southern Interior, Lower Mainland, the Gulf Islands, and Vancouver Island. Ticks live in brush — tall grass, bushes, and shrubs.



How big are ticks?

Ticks are very small bugs. They are about the same size as a sesame seed, 3.5 mm. That's pretty tiny so it's very important to take precautions to prevent these little critters from latching on to you when you are outside in areas where ticks live.

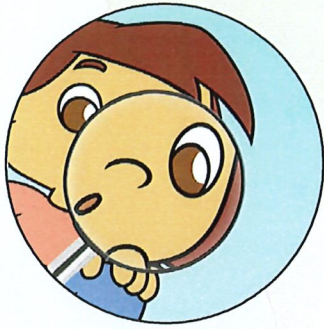


How do I protect myself?

There are many ways to reduce your risk of getting tick bites:

- Tuck your pants into your socks
- Use DEET, but remember to pick a repellent with 10% DEET or less for children (20-30% for people over 12)
- Wear appropriate clothing: light coloured clothing, long sleeves, pants, close toed shoes
- Stay on a clear path and avoid brush
- Perform daily tick checks on yourself and your pets
- Take a shower and put your clothes in the dryer when you get home from playing outside in areas where ticks are common



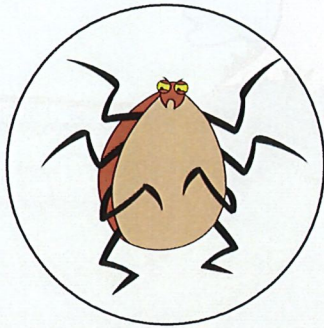


What should I do at home?

Perform a tick check on yourself, and your pets after a day outside. Kids should get help from an adult family member for their check.

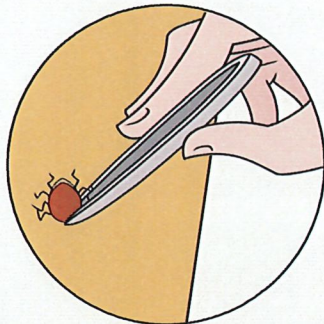
I found a tick! What now?

Is there a tick on your clothing or do you have a tick attached to your skin?



If you find a tick on your clothing, remove the tick, kill it, and dispose of it. Ticks take at least 24 hours to attach, so a big part of prevention is removing ticks before they bite.

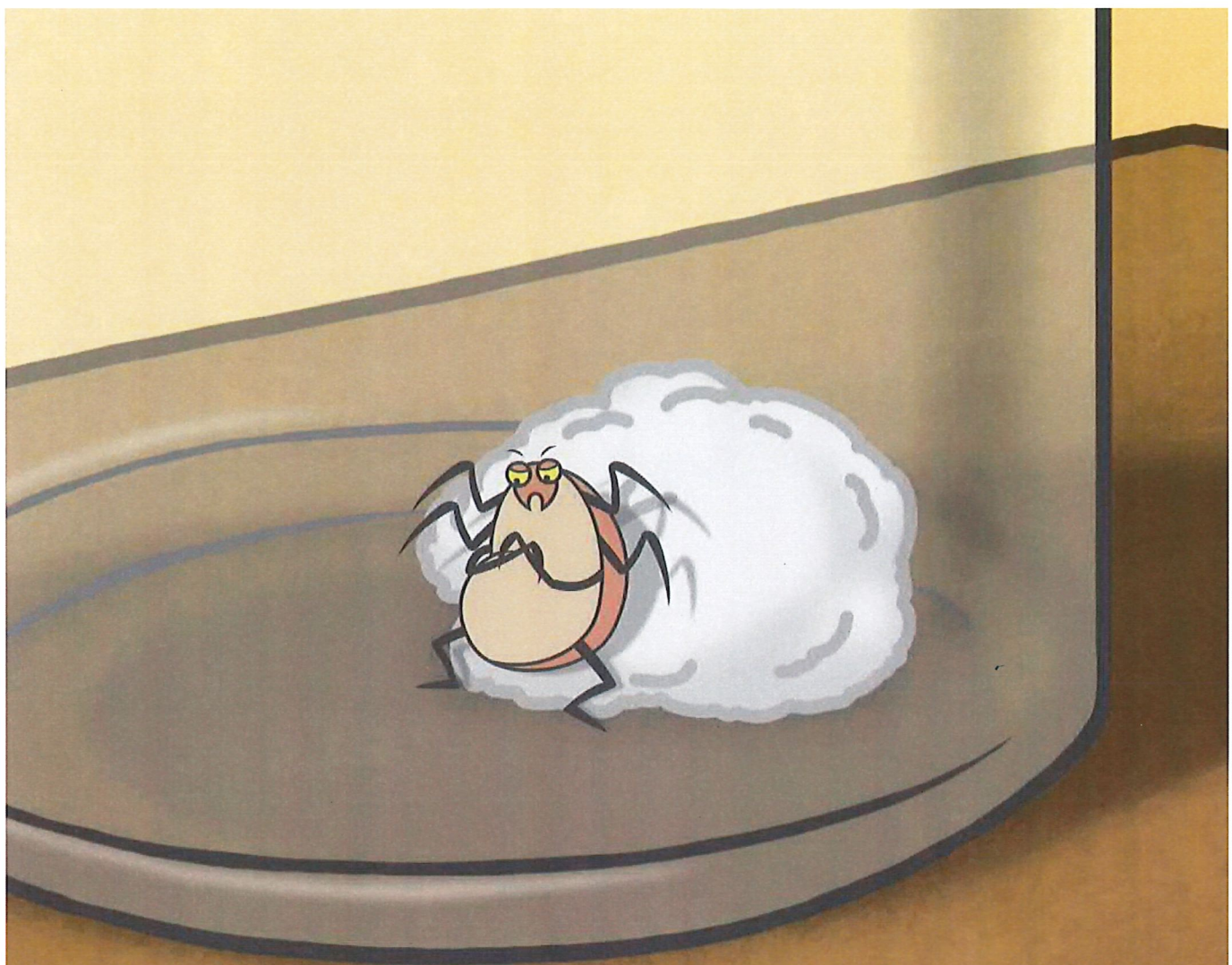
If you have a tick attached to your skin, follow the steps below:



- Tell an adult
- The adult will need to remove the tick using tweezers: grasp the tick at the head, where the tick attaches to the skin, and pull straight up slowly
- Clean the tick bite area using soap and water. You can then put a small amount of antibiotic ointment on the area
- If the tick is still alive, place it in a sealed container with a damp cotton ball
- Label the container with your name and where the tick came from. Take the container to a doctor, a vet, or the BC Centre for Disease Control



When removing a tick, remember this tip: Ease, don't squeeze!



Where can I learn more?

For more information on staying safe and tick-free, visit the BC Centre for Disease Control's website:

http://www.bccdc.ca/dis-cond/a-z/_I/LymeDisease/

Here you can watch Raji & Alex's video, and find links to the Tick Talk Facebook and Twitter sites.

BC Centre for Disease Control
655 West 12th Avenue
Vancouver, British Columbia
V5Z 4R4 Canada
604-707-2400



BC Centre for Disease Control



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



SIMON FRASER UNIVERSITY
THINKING OF THE WORLD



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada



CCHSA CCSSMA
Canadian Centre for Health and Safety in Agriculture
Centre canadien de santé et sécurité en milieu agricole

March

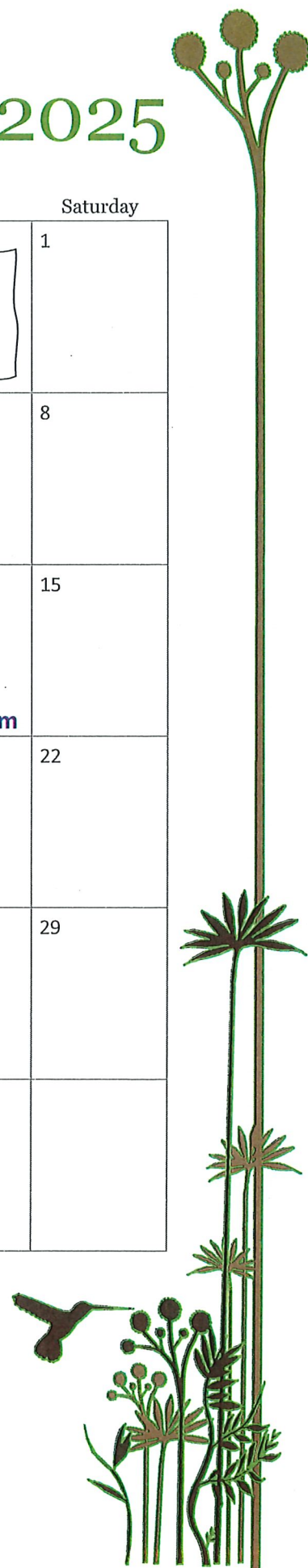
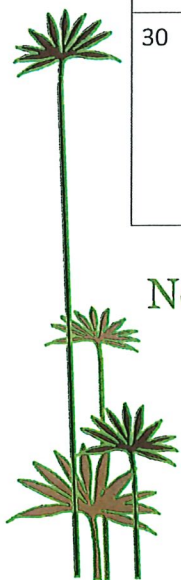
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Elders Coordinator – Jess Oleman 250-256-7423 ext 839 elders@xwisten.ca					1
2	3 Not In Office	4 Chair Exercises 10:30- 12 MPR	5 Home / Phone Visits	6 Chair Exercises 10:30- 12 MPR	7 Home / Phone Visits	8
9	10 Not In Office	11 Elders Tea 1:00pm MPR	12 Home / Phone Visits	13 Chair Exercises 10:30- 12 MPR	14 Bridge River Elders Bingo 5pm	15
16	17 Not In Office 	18 Chair Exercises 10:30- 12 MPR	19 Home / Phone Visits	20 Chair Exercises 10:30- 12 MPR	21 Home / Phone Visits	22
23	24 Not In Office	25 Chair Exercises 10:30- 12 MPR	26 Home / Phone Visits	27 Elders Luncheon 12:00pm MPR	28 Home / Phone Visits	29
30	31 Not In Office					

Notes:

We had a good turnout for last month's Flea Market!! Planning another one for April or May.

I am also planning to do a pop-up bake sale this month with the Elders – Date TBA – Please keeps eyes open for poster! Bakers, Helpers, Baking Item Donations all welcome and appreciated!!





Xwísten Elders Bingo!!

When: Friday March 7th, 2025

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



BRIDGE RIVER ELDERS

BINGO

WHEN: FRIDAY MARCH 14TH, 2025

TIME: DOORS OPEN 5:00 PM

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!!**

Xwisten Elders Tea Party

Tuesday March 11th, 2025

Band Office MPR

1pm-3pm



Come on out and get together for some Coffee, Tea, Xúsum,
Light Snacks and Máwam 😊

Let's Talk – Annual Gathering



Jess Oleman – Elders Coordinator

250-256-7423 ext 839

Xwisten Elders Luncheon

Thursday March 27th, 2025

Band Office MPR

12pm-3pm



Meal to be announced closer to date

Let's Talk – 2025 Events/Trips

MEASLES FACTSHEET

Measles cases and outbreaks still happen in Canada. Cases usually occur here when an individual who is not vaccinated travels to or comes from a country where measles is circulating. It can then spread in Canada among people who are un-vaccinated or not immune from a previous infection.

SYMPTOMS

- Initial symptoms include: fever, cough, runny nose and red, watery eyes.
- About 3 to 7 days after symptoms begin, a **rash** develops on the face and spreads to the rest of the body, including the arms and legs. The rash looks like red spots and blotchy patches that can last 4 to 7 days. In darker skin colours, the redness may be harder to see, or it may appear purple or darker than surrounding skin.

RISKS

Anyone with measles infection can develop complications. People at higher risk of developing severe complications from measles:

- children less than 5 years of age, especially infants who are too young to be vaccinated
- people who are pregnant
- people with weakened immune systems

Though rare, severe complications include deafness and brain injury caused by inflammation of the brain, and can even be fatal.

You're at risk of getting measles if you have been exposed to measles and aren't immune. To be immune, you must:

- be vaccinated **or**
- have had a laboratory-confirmed measles infection before or have laboratory evidence of immunity to measles.



MEASLES IS VERY CONTAGIOUS

Over 90% of people who aren't immune to measles and who come into contact with the virus can become infected. People infected with measles can spread it to others before the rash appears and therefore before they know they have a measles infection. Parents are urged to ensure that their child receives measles-containing vaccines according to their provincial or territorial vaccination schedule.

PREVENTING MEASLES

- Measles can be prevented with routine vaccinations, which typically begins at 12 months of age. If you or your child missed a vaccine, you can still catch up.
- Having 2 doses of a measles-containing vaccine is almost 100% effective at preventing measles. Two doses of measles-containing vaccine are recommended for children, adolescents and some adults. Check with your health care provider or local public health department about measles vaccination recommendations in your province or territory.
- If you plan to travel outside of Canada, talk to a health care provider or local public health department preferably 6 weeks before travel to see if you are up to date with your vaccinations or need additional doses of a measles-containing vaccine.

If you think you have been exposed or have measles

- If you believe you or your family may have been **exposed** to measles and have not been vaccinated (or have not had a measles infection in the past), isolate and contact your health care provider or local public health department immediately for guidance.
- If you develop **symptoms** of measles, isolate and call a health care provider immediately. The health care provider can arrange to see you while preventing the spread to others.

Help stop the spread of measles.

Talk to a health care provider or your local public health department if you are not sure if you or your family are up to date with recommended vaccines and to catch up on any missing vaccines. For more information, visit

Canada.ca/measles



First Nations Health Authority
Health through wellness

Xwisten



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Naloxone Training 1-2pm with Rocker Brady and CHN Immunization Catch up 9-12pm	7	8
9	10	11	12	13 Team Meeting day	14	15
16	17	18	19	20 Female Puberty workshop 1-2pm Naloxone Training 5-6 pm Rocker Brady	21	22
23	24	25	26	27 Male Puberty workshop 1-2pm	28	29
30	31					

March

Community Wellness Coordinator- Rocker Brady

(250)-256-7423 Ext.235

communitywellness@xwisten.ca

2025

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 Client Walk ins	3 Client Walk ins	4 Client Walk ins	5 Client Walk Ins	6 Client Walk ins Naloxone Training 1-2	7 Client Walk ins	8
9 Client Walk ins	10 Client Walk ins	11 Client Walk ins	12 Grief & Loss Sharing Circle- Health Boardroom 1-2	13 Client Walk ins	14 Client Walk ins	15
16 Client Walk ins	17 Client Walk ins	18 Client Walk ins	19 Grief & Loss Sharing Circle- Health Boardroom 5-6	20 Client Walk ins Naloxone Training 5-6	21 Client Walk ins	22
23 Client Walk ins	24 Client Walk ins	25 Holiday	26 Holiday	27 Holiday	28 Holiday	29
30 Client Walk ins	31 Client Walk ins					



NALOXONE TRAINING

Health Boardroom

March 06 @ 1-2pm

March 20 @ 5-6pm

**Naloxone training is open for anyone
that wants to learn how to use
Naloxone kits. Come stop by the
Health Department to learn more.**

For any questions contact Rocker Brady

250-256-7423 ext. 870

Work Cell 778-209-8830



Walk in Grief and Loss Sharing Circles.

We are starting a grief and loss circle.

In Xwisten Health Board Room
Afternoon sessions 1-2.

March 12th, 2025

In Xwisten Health Board
Room Evening Sessions 5-6

March 19th, 2025

For any questions Contact Rucker Brady

250-256-7423

ex. 870

Work Cell

778-209-8830





Chair Exercises March

3,6,10,13,17

MPR 10:30—12:00 pm All

Ages Welcome

youth group for ages
13 - 29 yrs
March 12 2025
4:30pm - 6:00 pm
MPR

Ages 7-12

March 4'18

4:30 pm = 6:00 pm

March 5, 11, 13

Xwisten Gym.

Please be wary of black soled

shoes. And bring running shoes.

6:30—8:30 pm

Youth and recreation Bingos

March 15 2025 Doors open at

11:00 pm

March 21 2025 Doors open at

5:00 pm

31

First Aid course



Xwisten Recreation

Xwisten



March

Sports

5,11,13

Night

2025

Xwisten Gym

6:30 pm—8:30 pm

Please bring proper foot-
wear

For more information,
Contact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 247

youthan-

drec@xwisten.ca





Xwisten Elders Chair Exercises

For balance, flexibility
and muscle tone

For March dates include:

March 3,6,10,13,17

In the Xwisten Gym

Or MPR

For more information, contact:

*Mondays and
Thursdays (Tues.
sometimes)*

*10:30 am—12:00
pm*



Xwisten Recreation

Rubin Williams

Recreation Coordinator

recreation@xwisten.ca

2363120844

Or 2502567423 Ext 844



March 4,18 2025

4:30pm—

6:00pm

Multi Purpose
room

Rides &

Snacks

Provided

For Grades 1—7

Xwisten **KIDS**

CLUB



fun trips!
culture

To sign up, Please contact:

Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2363120844 direct | 2502567423 ext 247

Fun Activities

Healthy habits

Empowerment

Sports development

Life Skills

Xwisten Recreation

Bingo

Xwisten Gym



March 15 Doors open 12:00pm

March 21 Doors Open 5:00 pm 2025

Doors open at : 5:00 pm

Regular books: **\$22.00**

Walkins, Early birds

(toonie pot is starting)

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

Proceeds go towards Youth and Recreation
Trips and Events



Xwisten Recreation

Specials sold
separately

For information about card sales, please contact:

Rubin Williams Youth and Recreation Coordinator

2363120844 youthandrec@xwisten.ca

Bridge-River Recreation on facebook

Xwisten Band

YOUTH AND RECREATION

YOUTH AND RECREATION EVENTS FOR SPRING BREAK

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Fun Career Day	18 movie/games day	19 Sports Games day in	20 Dinner	21	22
23	24	25	26	27	28	29
	Gélgellhkan! St'at'imc Youth Conference					
30	31					



XWISTEN BAND

12210 Joseph Road
PO Box 10-
Lillooet BC
V0K1V0

Phone: 2502567423
2363120844
youthandrec@xwisten.ca



Xwisten Walking Group

March

3,5,6,10,11,13,17,19,20

5:00 pm

Meet at the Band
Office

Parking lot



VANCOUVER
SUN
RUN
APRIL 27, 2025

PRESENTED BY

HerbaLand
NATURALS



walking
for health

If you would like to Participate and train to complete the 10km in the 2025 Sun Run held in Vancouver

April 27

- Do not attend if you aren't feeling well
- Please bring your own water bottle

Rubin Williams

Recreation Coordinator

Xwisten Bridge River Indian Band

recreation@xwisten.ca

2502567423 ext 247

XWISTEN YOUTH GROUP

March 12 2025

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

March 2025 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Blaine Adams Katelynn Bublitz Farrell Terry	3  Megan Donahue Gale Frank Jimmy James Michaela Pennier	4 Gasper Jack	5  Marco Crues Peggy Gilbert Lance Jones	6 Sheila Joseph Lorne Lanoue	7  Margaret James	8
9 Anthony K. James Felicia Joseph Margaret Michell	10  	11	12  Michael Street Isabelle Terry	13 Rainah Thomas	14  Emmery Kempfle Harold Paulson	15 Elaine James Colby Kastrukoff Anna-Lee Taylor-Alexander
16	17  Sherry Graham	18 Lonni Ledoux Brooklyn Madam Qwezilz Peters-Kelhmin	19  	20 Wylee Allen	21  Joanne Drake-Terry Kachina Fenton Amelia Graham Andrew Tom	22 Avery Wilson
23	24  	25 Logan Allen	26  Angelica Lawrence-Bob Micah Michel Mixalhcn Ned	27 Michael Gould James Sonne	28  	29 Skyler Manitobenis Sherry Michell
30 Aliesha McEwen	31  Dylan James					