

Xwisten Newsletter

April 2025



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

Elder's Tea: April 8 (1-3)

Band Meeting: April 13
(Tentative)

Elder's Bake Sale & Bingo:
April 16 (MPR)

Community Dinner: April 24

Elder's Luncheon: April 29 (12-3)

Office Closed April 18 and 21



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 28, 2025

To Xwisten Members,

Re: Xwisten April Newsletter Update



The following are updates for this month:

- **Next Band Meeting April 13th Tentative**
- **Membership Code Survey started** and see poster for more details. Still gathering data at this time (Legal age Member participants enter draw for a 55" Smart TV)
- Moha Road Negotiations Agreement information session happening soon
- Water repairs and upgrades 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**
- Installing roof sprinklers soon
- **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, Food Systems Office Clerk, Lands Maintenance Supervisor & Worker, Seasonal Casual labour "Weed Wackers" and check our website and Facebook for more information
- Band Admin office renovating almost completed adding additional office space and storage
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- 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 28, 2025

To Xwisten Members,

Re: Xwisten April Newsletter Housing Update

- **Last Call to All rental members to book appointment for new 2025 Rental Agreements**
- Housing Insurance is in final stages of processing and any late calls will be at the discretion of the insurance company
- Still be aware to keep the all exterior water taps are turned off or covered, still may experience freezing temperature weather
- **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 completed** 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



April 2025

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.

Our membership code won't change, grant, or remove anyone's status.

Still, it helps to think about how status is passed down, which could be similar to membership. These rules have changed over time and can be complex. Here is a summary of how it is today:

- 6(1) means both parents have or could have status.
- 6(2) means only one parent has or could have status.

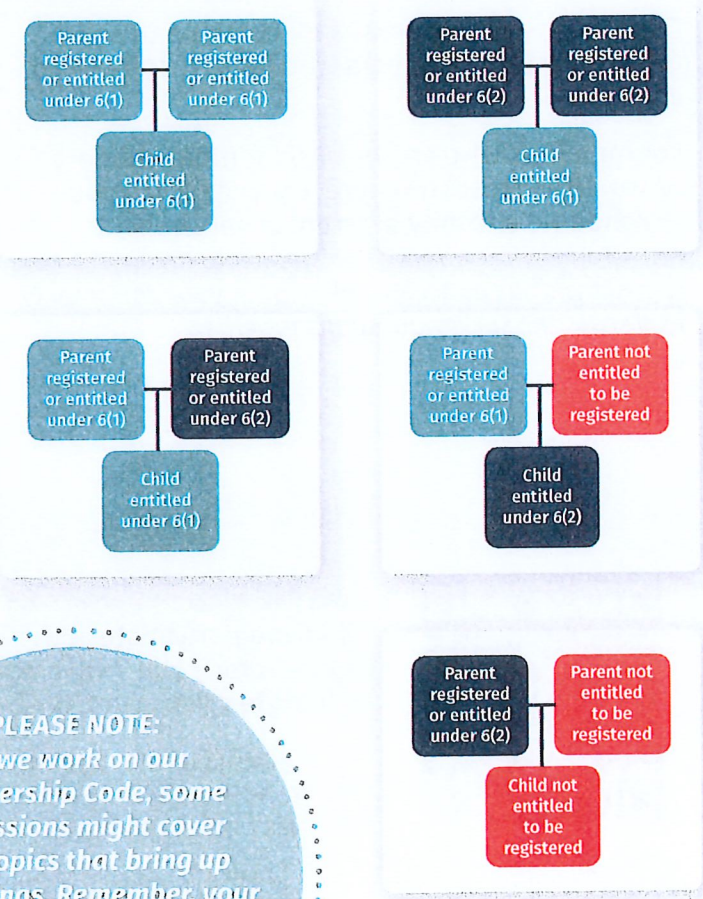
Both 6(1) and 6(2) have full status with access to the same services, but the ability to pass down status is different.

"Registered" means they have status.
 "Entitled" means they could have status if they applied.

For more information, visit:
bit.ly/PassingDownStatus



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.



BAND-WIDE SURVEY – SHARE YOUR VOICE

Over the past few months, we've been sharing high-level information about our future Membership Code 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, including:

- **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

On March 20, Council held an open house where members could complete the survey, ask questions, get clarity, and share what is important for our Membership Code.

Over the next few weeks, we'll continue to share this survey with members who haven't completed it yet.

For members who are looking for more support or would like to share more, we encourage you to **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.



MEMBERS – WHAT DO YOU THINK?

Did you participate in the membership code survey yet? **Did it inspire any other thoughts you want to share?**

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



Remember:

Status and band membership are not the same.

STATUS



- Legal term given by the Federal government
- Access to some Federal programs
- Currently used to determine community funding

BAND MEMBERSHIP



The right to:

- Be recognized as part of the community
- A voting voice
- Reside on-reserve
- Access community resources

This project is about membership.



FOR MORE INFORMATION

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

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

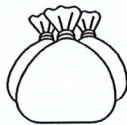
Invasive trees in Lillooet

There are multiple species of invasive trees found in Lillooet and we need your help to prevent them from spreading further. Black Locust, Russian Olive, Tree-of-Heaven and Siberian Elm all pose significant threats to Lillooet. Early spring, before they begin to flower and seed, is a great time to remove these trees from your property.

It's free to dispose of invasives at the Lillooet landfill.



Limbs and trunks go in the chipper



Roots, and any parts with seeds, flowers or berries require deep burial



Black Locust

Has fragrant white flowers, dark red-brown seedpods, and sharp spines on young trees. It forms dense stands on disturbed soil and is **toxic to humans and livestock.**



Tree-of-Heaven

Has large, foul-smelling leaves and dense thickets that damage infrastructure and suppress other plants. **It is a preferred host for the brown marmorated stink bug and spotted lanternfly.**



Russian Olive

Has sharp spines, silvery-green leaves, and clusters of light yellow flowers. It forms dense stands that disrupt nutrient cycling and **can take over river, stream and wetland areas.**



Siberian Elm

Has toothed, dark green leaves and clusters of winged seeds that outcompete native species. **It is a preferred host for the elm seed bug, which can invade homes and structures in large numbers.**

If you have any questions about trees on your property, please reach out to info@lriss.ca

Photos & information courtesy of L. Scott and the Okanagan and Similkameen Invasive Species Society



lriss.ca



[@lrinvasives](https://www.instagram.com/lrinvasives)



info@lriss.ca



LILLOOET REGIONAL
INVASIVESPECIESSOCIETY



Annual General Meeting

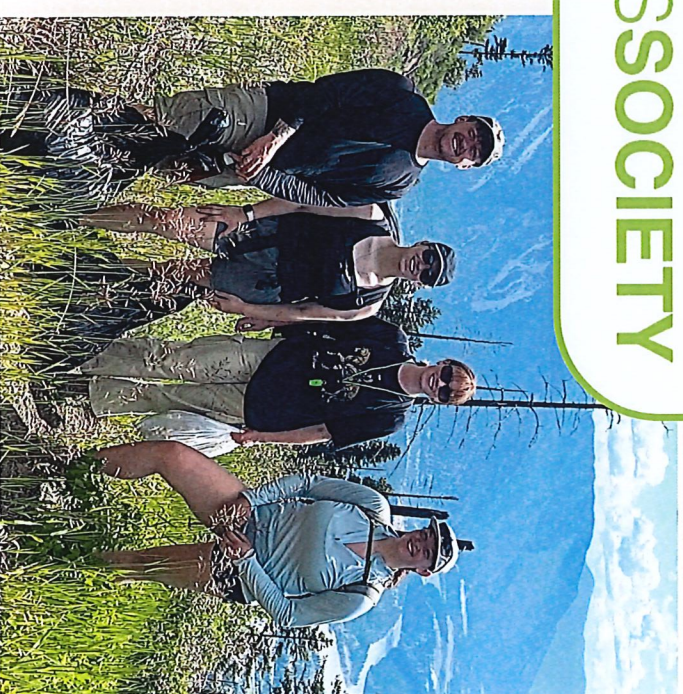
We are hosting our AGM & Annual Planning Meeting on Wednesday, May 7. Time: 1:30-4:30. It will be an online Zoom meeting. Meeting materials will be posted on our website. RSVP to get a link: info@LRISS.ca



LILLOOET REGIONAL INVASIVESPECIESOCIETY

Join our board!

We're looking for passionate individuals with about 3 hours a month to give, a love for Lillooet and the outdoors, and a desire to make a real impact. Youth are encouraged to apply! Email info@LRISS.ca for more information.





Xwisten Annual
Earth Day
Community Clean Up

Saturday

April 26, 2025

10:00am - 3:00pm

All Xwisten Community Members:

Reminder to place appropriate items in labeled bins. The bins will be monitored, and direction will be provided when dropping off items.

If you have LARGE items to be disposed, please contact Front Desk at 250-256-7423, to add your name and address to the list. Please have items at the end of your driveway for pick up.

Light snacks & drinks provided.

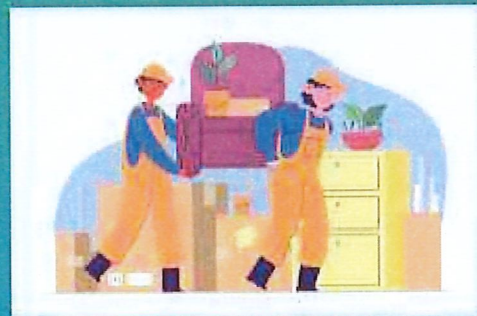
Volunteers Needed

EARTH DAY

April 26, 2025

Activities Include:

- ★ Community Clean-up, all areas of the reserve. (example: ditches, outside of yards, etc.)
- ★ Picking up garbage from households, and bringing to the disposal bins at the band office.



HELP MAKE A DIFFERENCE

Garbage Bags and Gloves will be provided.





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April 1, 2025

Xwísten Farm update:

Great News!!! Rainah Thomas has joined the team as Lead Farm hand and she has many years of experience of growing food, an Indigenous Food Champion and a great vision on growing food for the Xwísten community

We are excited to announce the grand opening of the Xwísten farm!!!

We will have a groundbreaking ceremony on April 23 from 4:30 to 7:30 at the Michel Ranch.

- There will be shuttle transportation provided
- Parking spaces available
- Meal provided
- Entertainment with activities
- Introductions

Meet the KPU Team !



**Institute for
Sustainable
Food Systems**

Micheal Robinson, B.A.Sc., A.Ag.

Research and Extension Associate

Robinson completed a Bachelor of Applied Science in Sustainable Agriculture (KPU) and has over 8 years of experience in research and extension for crop and livestock production, as well as new entrant farmer training.

Robinson has in depth technical knowledge and practical experience across the breadth of food production systems including managing crop and livestock production on the KPU teaching farm, managing an organic pasture-based livestock operation on Vancouver Island, designing and completing experimental field research and extension, and running his own farm in Shawnigan Lake. Micheal has been working closely with the Sik-e-Dakh farm school since 2020 providing technical support and mentorship to the students and staff there.

Kalista Pruden,

Indigenous Foodways Community Outreach Facilitator

Kalista is Métis with mixed European, Cree and Iroquois ancestry and has a background in environmental science and permaculture. She brings cultural knowledge of Indigenous food systems and traditional ways of living on the land into our training programs and can offer technical support for reviving traditional food systems.

Meredith Papatsie,

Indigenous Foodways Community Outreach Facilitator

Meredith is a new member with the ISFS and is taking on a support role on our Indigenous Foodways team. She is Inuk on her dad's side and has a background in trades. Over the past year she has been working with the Farm Team to support the Indigenous Housing Society's farm project.

Talia Parfeniuk,

Research and Extension Associate

Talia will soon complete a B.A.Sc. in Sustainable Agriculture at Kwantlen Polytechnic University. Formerly she earned a B.A. in Anthropology from Concordia University, which inspired her to engage in advancing sustainable food systems. She started working on organic farms in 2016 and is now an organic (verification) inspector. At the ISFS Talia is involved in applied agriculture research and extension, notably farmer training programs.

Matthew Davidson

Agriculture Coordinator

250 256 7423 ext 874



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April 1, 2025

Time For Seed planting!!!

You can start any crops now *(exception of some flowers, hot peppers, bulb onions, a bit too late to start, but you can still try)

We still have some seed trays and seeds at the office, come and pick one up and plant some seeds.

We will be doing weekly seed planting demos for the next few weeks, keep an eye out for those dates.

Garden Party On April 17th

4:30-7:30 at the Community Garden

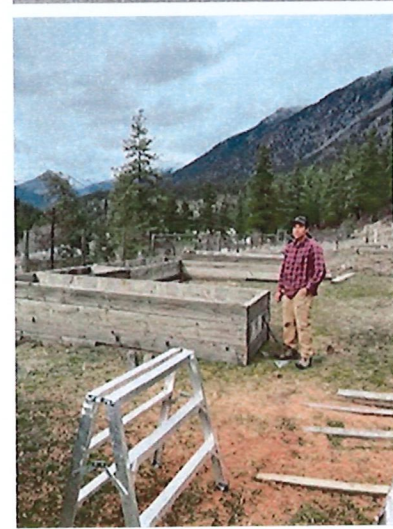
- Devils Club Workshop
- Seed planting
- Raised bed fabrication
- B&Q Hot dogs and Smokies

The Xwisten's Food Systems Project update:

- The Community Garden elders grow area is getting closer to be completed!
- Planted seeds with the Elders and did some crop planning for their grow area

- Working with the health department on a Traditional tobacco initiative, which we purchased a little greenhouse to grow tobacco and other plants
- Installed a rain monitoring gage, a program called cocorahs website is www.cocorahs.org
- Installing a purple air monitor donated by the FNHA environmental department, it measures for dangerous levels of smoke for forest fire season
- We received funding from Regreening funding by BChydro for traditional trees, Shrubs and plants to be planted for restoration and for traditional foods/ medicines
- Community members are picking seeds and trays up to plant in their gardens!







Lots of activities and more to come!

Please apply for our job postings! for the food systems office clerk, two 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 TRAINEES)

Full Time, seasonal position

Bridge River Indian Band is seeking **two** individuals to fill Horticulture/ Traditional Trainee for the food system program, full time position. These positions is providing support To the Food system supervisor on the community garden tasks, Ancestral food system tasks.

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 gages
- 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

Deadline: until filled

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

Devils Club Necklace Workshop

April 17th at the Community Garden Party

Facilitated by Aileen Michel

Purpose & Teachings

“The purpose of this traditional workshop is to practice connecting with our ancestors and building relationships with one another and our plant medicine”.



Traditionally, this plant medicine Being, can be used in a few different ways:

- One is to make beads for jewelry (earrings, bracelets and necklaces)
- This medicine is worn for spiritual protection
- Ward off illnesses and to keep bad/negative spirits/energy away.

We will be making necklaces together, so you can have your very own spiritual protection and the great connection that comes from creating and working with our special medicines.

***You just need to bring a pendant**

Limited seating! Sign up at the Front desk

Matthew Davidson

250 256 7423 ext 874

foodsystems.coord@xwisten.ca



Aileen Michel was born and raised in Lillooet, British Columbia in the Interior region, she is of St'át'mc descent. Her traditional is Cheekalala Winchisty - "Little Woman", She belongs to the people of Xwisten (the smiling people), the Bear Clan.

Aileen grew up on a reservation and in and out of the Foster Care system in the Interior area. Growing up without a lot of money, family violence and addiction, a lot of childhood traumas; a life experience she sees as helping to shape her into the person she is today, someone who is "a bit rough around the edges, a bit of a scrapper and a fighter". Aileen has always felt like her life and accomplishments have been earned through hard work and struggle.

At the age of fifteen, Aileen ended up getting into trouble with the Law that landed her being convicted of Manslaughter. While serving her time in prison, she started getting involved in her culture at the age of Sixteen. She reached out to the Elders asking for help and guidance. She sat, listened and learned from many Elders that she has met throughout her time. She became a Oskapew (helper) for one of her Elders as a Sweat Lodge helper for six years, learning many teachings on what it takes to be a fire keeper, songs, protocol on the different ceremonies that she has been involved with. Being given the opportunity to learn these teachings while incarcerated sparked something in Aileen that made her hungry for more knowledge of her culture as it has helped her spirit get through that hard patch in her life.

Since being released from prison, Aileen has been continuing to do what she loves; learning about her culture and connecting with Mother Earth and her ancestors. Once she grasped onto culture, that's the only way of life she wants to live. Her experiences brought her to this point and though it was the long and rough road, it makes her who she is - a strong, proud indigenous woman wanting to help others by passing on her knowledge in a kind and loving way. Aileen is no longer looking back.

April

Medical Travel Clerk on Reserve medicaltravel@xwisten.ca

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

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 In office in the morning, Out with client in the afternoon	2 In office	3 In office in the morning, Out with client in afternoon	4 In office for half the day than I will be out in afternoon	5
6 In office Medical Travel Out in the Afternoon with clients	7 In office in the morning, Out with Clients in the Afternoon	8 In office	9 In office	10 In office in the morning, Out with clients in the afternoon	11	12
13 In office Medical Travel Out in the Afternoon with clients	14 Amy Foot care 9-4 In office, out in the afternoon with Clients	15 In office	16	17 In office in the morning, out with clients in the afternoon	18	19
20 STAT Easter Monday	21 In office in the morning, out with clients in the afternoon	22 In office	23 In office	24 In office in the morning, out with clients in the afternoon	25 In office Good Friday	26
27 In office Medical Travel Out in the Afternoon with clients	28	29 In office in the morning, out with clients in the afternoon	30 In office			

April 2025

TITQET & XWISTEN CHN - FNHA Lillooet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Immunization catch up	3 Immunization catch up	4	5
6	7	8	9 Prenatal/postnatal	10 Prenatal/postnatal	11	12
13	14	15	16 Drop in/screening day	17 Glo Germ/hand hygiene workshop; Head Start daycare 10-11am.	18	19
20	21	22	23 Workshop/oral health month	24 Drop in/screening day	25	26
27	28	29	30 Glo germ/hand hygiene workshop/ Tit'q'et Daycare			



First Nations Health Authority
Health through wellness



n.Státimc
Primary Care Centre

107-7th Ave, Po Box 131
Lillooet, BC, V0K 1V0
Tel: 236.417.3000
Email: n.statimc@fnha.ca

April 2025

107-7th Avenue Office: Shannon McDonald – Operations Director, Lorrinda Casper Practice Manager, Juanita Jacob Wellness Coordinator, Roxane Petel MOA
296 Main Street: Renee Angus MOA, Roni Shintah Wellness Navigator, Kate Aleck Mental Health Clinician

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9 n.SPCC Team - Tsat'alth	10	11
14 Barn Yard Fabrics Pop Up Market 107-7th Ave, 10-2	15	16 Grief & Loss Workshop 107-7th Ave, 10-3 (Lunch @ 12) 5-7:30 (Dinner @ 4:30-5)	17	18 Good Friday – Office Closed
21 Easter Monday – Office Closed	22	23 Bannock & Tea with Elders 107-7th Ave, 1-3	24	25 Mental Health Clinician w/ Kate Tsat'alth – Bridge River Library 10am – 2:30pm
28	29	30		

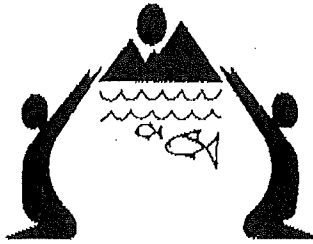
On Reserve Medical Travel

FNHA Medical patient travel for status People who live on Xwisten Reserve

All medical appointment documentation must be handed in by Wednesday of each week for a medical travel cheque to be issued by Friday @3:30.

- 1) All medical appointment documents handed in **AFTER** Wednesday of each week will have to be a reimbursement the following week. RE: Cheques 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. If you do not hand in your Attendance form in FNHA will not help you on your next medical travel.
- 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 cheques can be picked up from CHR in health dept.

PH: 250-256-7423 EXT: 838 Email medicaltravel@xwisten.ca



Bridge River Indian Band - Xwisten Health

PO Box 190, 1A Joseph Road, Lillooet, BC, V0K 1V0

ATTN: CHR Starr Peters Email: health@xwisten.ca

Phone: 250-256-7423 EXT: 838 Fax: 250-256-2443

Bridge River Indian Band members for travel purposes only phone: 250-256-7423 EXT 838 Fax:250-256-242 conformation of ATTENDANCE to Medical Appointment.

Patent: _____ had an appointment.

Health care specialty (Reason for travel) _____

Specialist or Facility name: _____

Initial Visit: _____

Follow-up Visit: _____

Location: _____

Date of Appointment: ____/____/____ Time: _____

Name of referring physician: _____

Signature or stamp: _____

Please fill out all applicable spaces. If this is NOT filled out and handed in before your next Appointment, we will not be able to process your next medical travel. Please insure this is handed in.

Please note that First Nations Health Benefit does not cover travel or accommodations for compassionate reasons.

This referral note is of confidential nature and is to be kept on file for audit purposes.

This fax transmission may contain confidential information and is intended only for the named recipient and may be privileged. Distribution or copying of this fax by anyone other than the named recipient is prohibited, if you are not the named recipient, please notify us immediately and permanently destroy this fax and all copies of it. Contact 1-250-256-7423 Ext: 828

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.



OFF RESERVE MEDICAL TRAVEL

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).

Note: Original Receipts for Hospital Parking, Tolls, Ferry, Air, Bus, Taxi, and Hotel **MUST** be mailed to our office indicating to whom it should be payable to with the referral and confirmation of appointment.



Amy Will be in for Foot Care

April 15, 2025, from 9 to 4

Please call Starr at Xwisten health to
book your appointment in with Amy,
thank you!

250-256-7423 EXT 838

WORKING THROUGH OUR GRIEF & LOSS

Shirley David, MISW
Indian Residential
School Survivor Society



April 16th, 2025

Topics:

Day Session

10:00am - 3:00pm
Lunch at 12pm

Evening Session

Dinner at 4:30pm
5:00pm - 7:30pm

- Impact of grief and loss
- Starting one's healing
- Developing a balance wheel
- Indigenous cultural teachings
- Ending with a closing circle.



107-7th Avenue
Lillooet, BC

*Cultural Support
Mental Health Support
available on site*

Limited spaces - Register with Roxane 236-417-3000



First Nations Health Authority
Health through wellness



n.St'at'ime
Primary Care Centre



First Nations Health Authority
Health through wellness

PREGNANCY & ORAL HEALTH

FACTS:

morning sickness: nausea & vomiting can leave stomach acid in the mouth which can cause cavities.

Poor oral health has been associated with poor pregnancy outcomes, including preterm birth and low birth weight

Recommendations:

- avoid brushing your teeth immediately after vomiting. while the teeth are covered in stomach acids, the vigorous action of the toothbrush may scratch the tooth enamel
- Rinse your mouth thoroughly with plain tap water
- Follow up with a fluoridated mouthwash
- if you don't have a fluoridated mouthwash, put a dab of fluoridated toothpaste on your finger and smear it over your teeth. Rinse thoroughly with water
- brush your teeth at least an hour after vom

Have more questions? Contact your local community health nurse at FNHA.

Lillooet Health center: 250-256-7017

Lytton Health Center: 250-455-2715

ORAL HEALTH

Good for Life™



CANADIAN
DENTAL
ASSOCIATION

A healthy mouth is an important part of a healthy lifestyle.
Keep your smile healthy for a lifetime by following these **5 steps** to good oral health:



1 Brush your teeth twice a day using fluoride toothpaste and floss every day.



2 Check your mouth regularly for signs of gum disease and oral cancer.



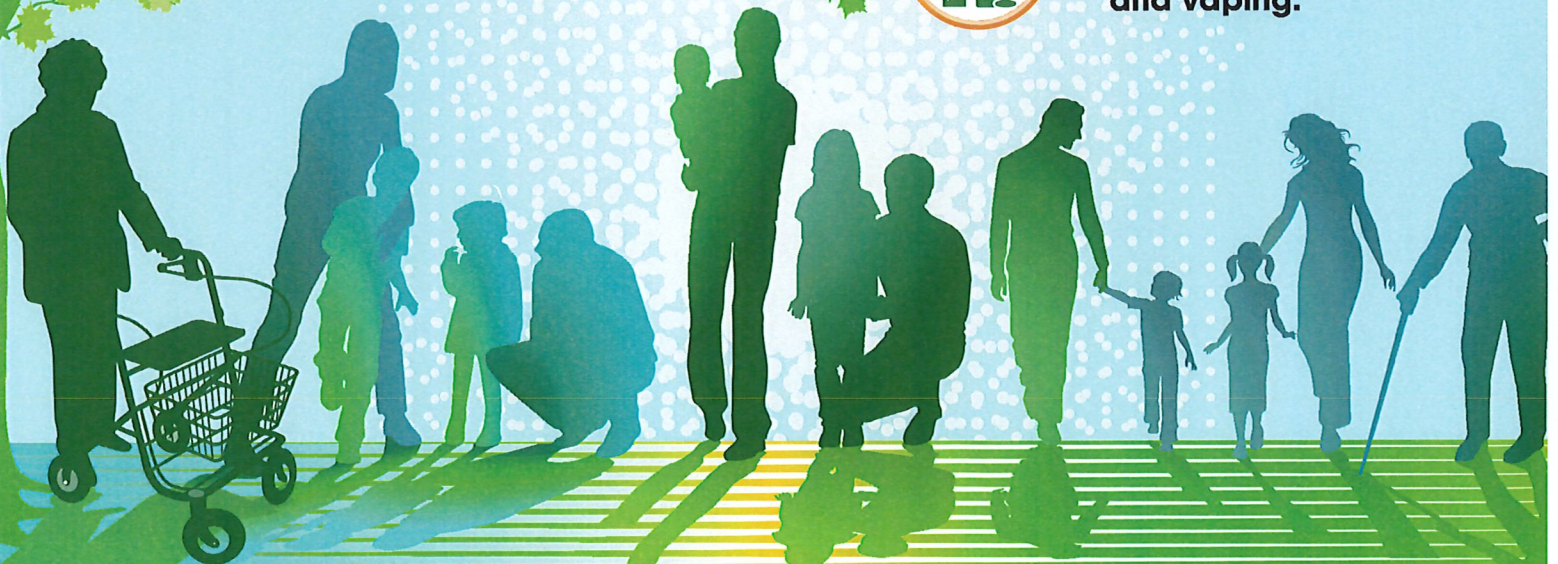
3 Eat a well-balanced diet.



4 Visit your dentist regularly.



5 Limit alcohol, and avoid smoking, smokeless tobacco and vaping.



cda-adc.ca/goodforlife

DENTAL BENEFITS



First Nations Health Authority
Health through wellness

First Nations Health Benefits & Services (FNHBS) offers you a comprehensive dental plan to support you on your wellness journey.

Oral health is directly linked to general health and wellness. Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures.

Did you know?

Oral health can affect more than just your mouth? Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your comprehensive dental benefits, you have regular access to essential preventative dental services, such as exams and cleanings, to take care of your oral and overall health.

What my plan covers



Your plan covers certain dental items and services under the following categories:

- > Exams and X-Rays
- > Fillings
- > Bridges
- > Crowns, inlays, onlays, veneers
- > Dental surgery
- > Dentures
- > Night guards
- > Orthodontic services (coverage has age restrictions and medical criteria)
- > Periodontal services (e.g., cleanings, scaling or root planing)
- > Preventive services
- > Root canals and related services

What my plan does not cover



Some items and services that are not covered by your dental plan include, but are not limited to:

- > Cosmetic treatments
- > Implants
- > Ridge augmentation



To have your dental care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit www.pac.bluecross.ca, to login to your member profile.

How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your treatment plan and billing details with your oral health care provider.

1

Ask your dental provider if they are registered with PBC so they can bill PBC directly.

2

Talk to your dental provider about which items and services are fully covered by your plan.

3

Make sure any prior approval requests for items or services have been approved.

4

Check if your dental provider requires payment up front.

If you have any questions about your dental plan, about how to access coverage, or need travel assistance to access your dental care, please call FNHBS at **1-855-550-5454**.

NOVEMBER 2023



April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  April Fools day	2 Home / Phone Visits	3 Chair Exercises MPR 10:30- 12pm	4 Home / Phone Visits	5
6	7 Home / Phone Visits	8 Elders Tea MPR 1-3pm	9 Home / Phone Visits	10 Chair Exercises MPR 10:30- 12pm	11 Home / Phone Visits	12
13	14 Home / Phone Visits	15 Home / Phone Visits	16 Elders Baking Day – MPR Bingo 5pm MPR	17 Chair Exercises MPR 10:30- 12pm	18 Good Friday	19
20  Happy Easter	21 Easter Monday	22  HAPPY EARTH DAY	23 Home / Phone Visits	24 Community Dinner 4-7pm GYM	25 Home / Phone Visits	26 Community Earth Day Clean Up
27	28 Home / Phone Visits	29 Elders Luncheon MPR 12-3pm	30 Home / Phone Visits			Elders Flea Market May 4 th !!

Jess Oleman – Elders Coordinator
 elders@xwisten.ca
 250-256-7423 ext 839

Notes:

Spring is finally here!! I am ready for warmer weather, and I bet you are too! We have a couple fundraisers this month, as last month's events were postponed. Any donations and helping hands are always welcome and greatly appreciated!

Hoping everyone has a great long weekend filled with all the family time!



Xwísten Elder's Bake Sale &



When: Wednesday April 16th, 2025

Time: Doors open at 5:00pm!!

Where: Bridge River MPR

*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





**CHILD & FAMILY, ELDERS, &
HOMEMAKER DEPARTMENTS**

Invites You To

Community Dinner & Elder Fundraiser Event

THURSDAY, APRIL 24TH

4:00 P.M. TO 7:00 P.M.

Band Office Gym

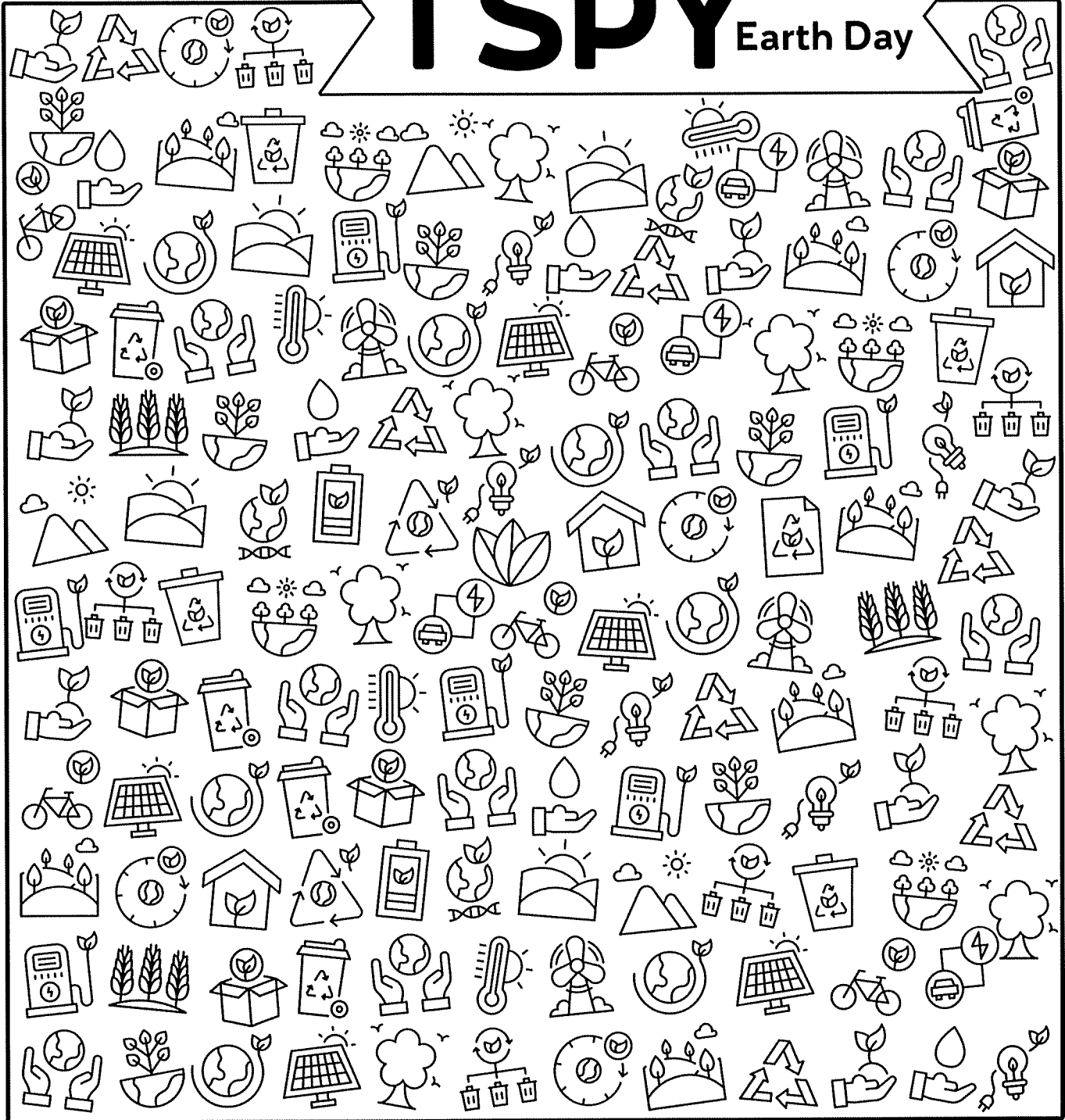
250-256-7423

Multi Item Raffle – Drawn end of Dinner

Any Donations or more info needed, please contact

Jess (ext 839) or Brenda (ext 873) or Annette

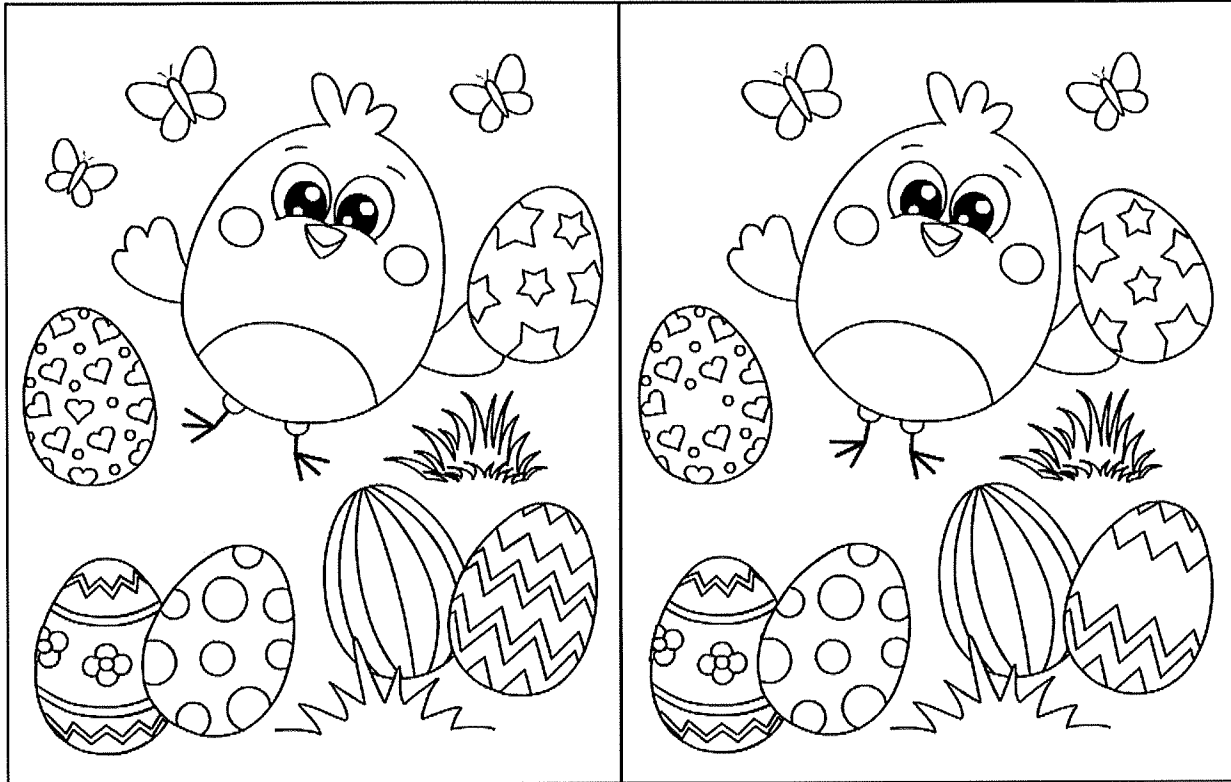
ISPY Earth Day



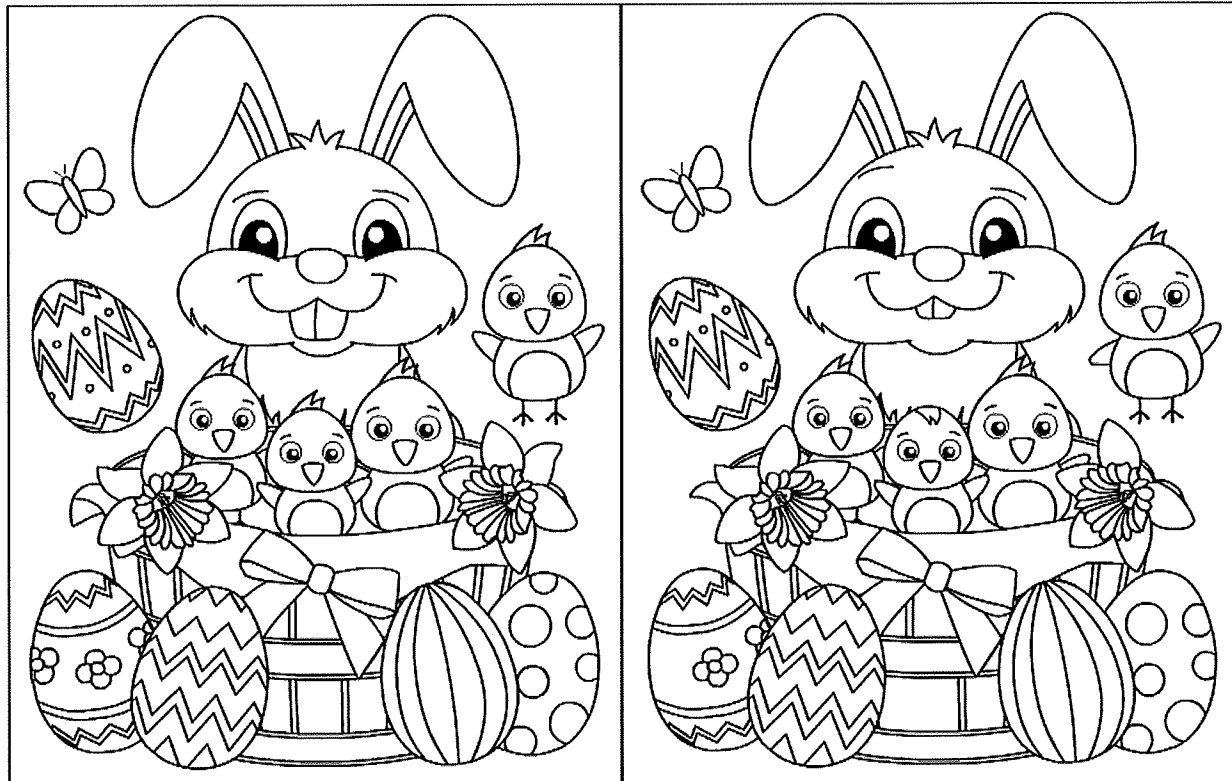
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|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
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| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

Easter

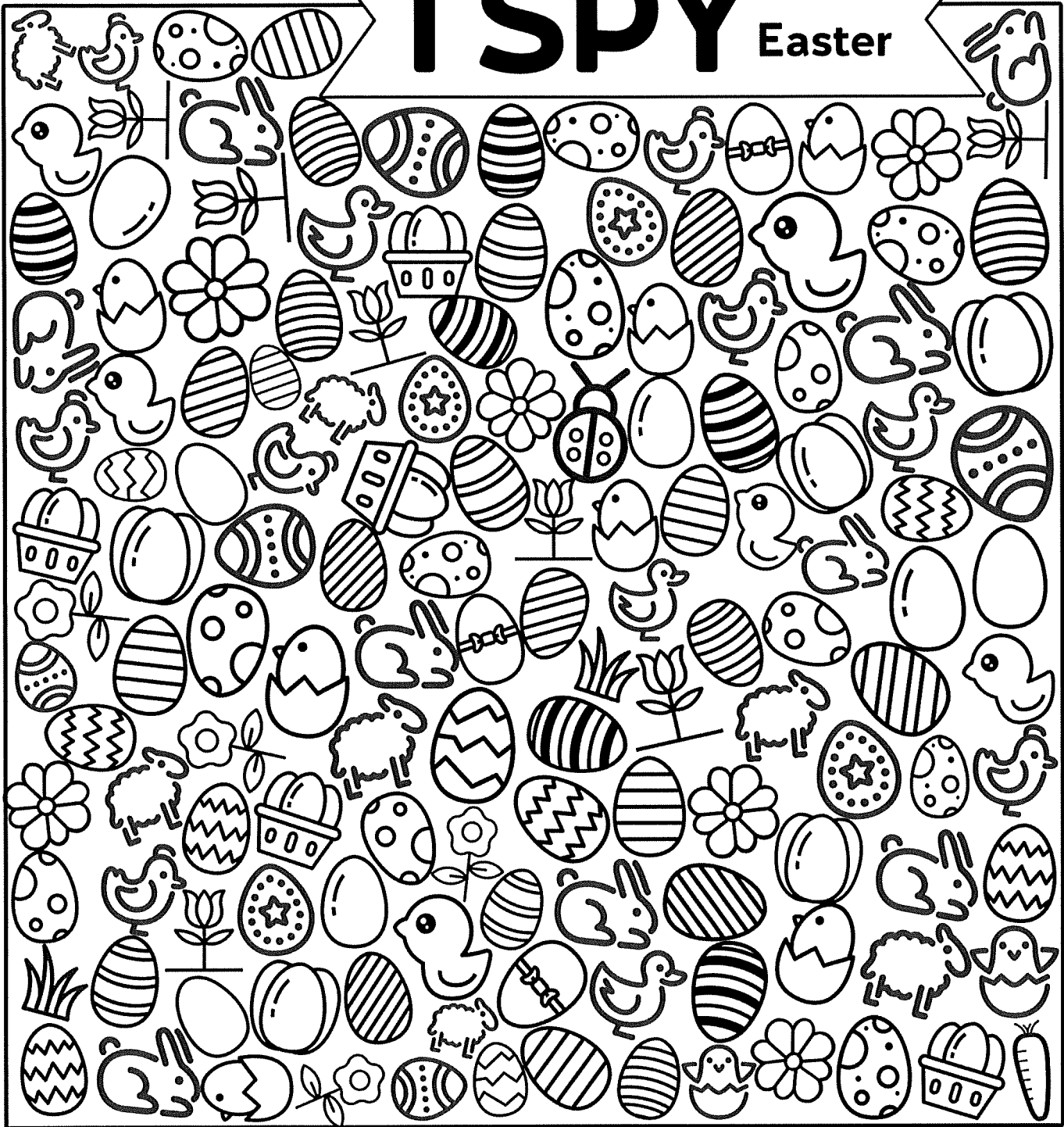
Spot 5 differences!



Spot 10 differences!



I SPY Easter

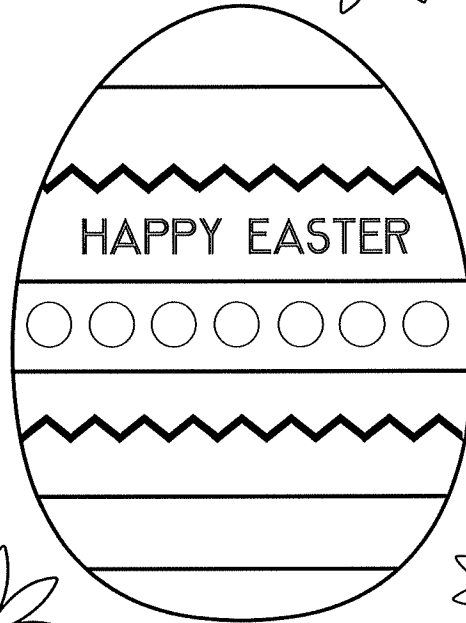
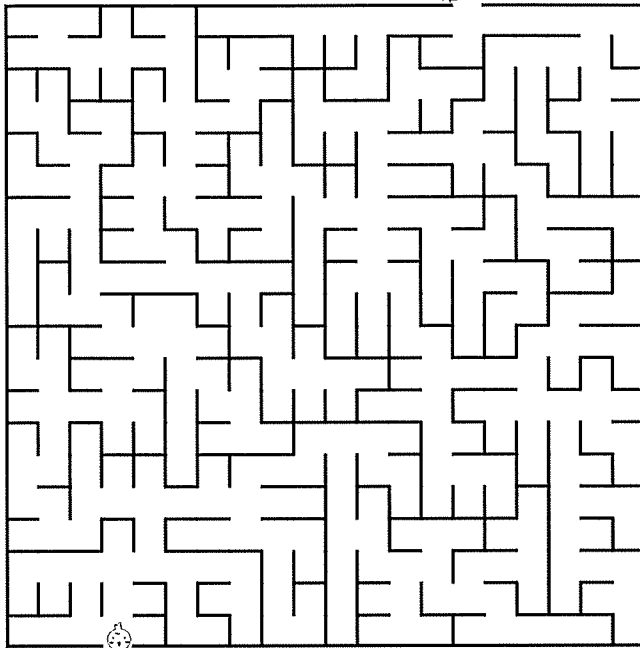


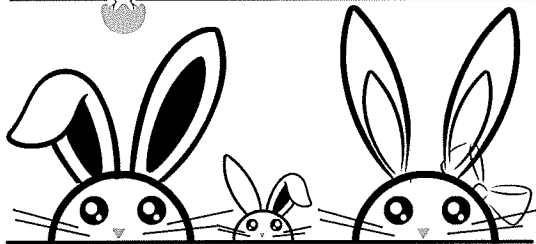
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| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |

Easter Fun

How many words can you make from the word 'EASTER'?

Help bunny find his friend





What kind of jewellery does the Easter Bunny wear?

B Z 6 22 23 23 5 25

14 5 26 18

A 22	H 3	O 5	V 10
B 1	I 8	P 9	W 13
C 6	J 11	Q 16	X 17
D 18	K 19	R 23	Y 21
E 24	L 26	S 15	Z 4
F 20	M 12	T 25	
G 14	N 2	U 7	

EASTER WORD SEARCH

Good Friday	L H S P R S Q N C W B T U L R Z I W Z O
flowers	A R U E U U I I G A M B U N N Y Y K Z H
Easter	M E N G K E K B A S K E T L A Z M U A P
chicks	B G D K U Y U A D V I A S K I G Q C H V
lily	Q H A Z F P C O X C H B K H B P E H B J
chocolate	X O Y Z A G C A O N D K V T H F A I E M
Sunday	P P Q R M G N H V G D E P Y U T S C W I
basket	B P V K I J M V M W Q S G J P R T K K S
hoppy	V Y E P L E P U A A A O Q G W W E S Z R
lamb	L Y P G Y P A S S O V E R Q H V R L A I
Passover	I T S E G L I X E X F T V S O U F U U L
carrot	L W A V E S D J K C R V N K C O N D B Q
bunny	Y Y I E O P S X T S E Z H C S D K T Q Z
peep	F L O W E R S Z C A R R O T N S D H U N
egg hunt	N N O O S J J G T J Y X D R M Q W K N X
family	Q R H R O P R A E M M K R F Q O B N V H
tulip	K L N R K R L H O K Q C C Y Z N N Q J F
eggs	K J A X H V G O O D F R I D A Y I F P H
	P J L C H O C O L A T E E Y W Z B F M T
	V I R T V D B H L F Z J V T A S H D P L

Xwisten Elders Tea



Tuesday April 8th, 2025

Band Office MPR

1pm-3pm

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

Let's Talk – Gardening

Jess Oleman – Elders Coordinator

250-256-7423 ext 839



Xwisten Elders Luncheon



Tuesday April 29th, 2025

Band Office MPR

12pm-3pm

Meal to be announced closer to date

Let's Talk – 2025 Events/Trips

XWÍSTEN ELDERS FLEA MARKET

SPRING CLEANING TIME IS HERE!

COME SET UP A TABLE WITH ITEMS TO
SELL, TRADE, BARTER OR GIFT!!

TREASURE HUNTERS, LOOK NO FURTHER!!

SUNDAY MAY 4TH, 2025

Doors open for setup: 9:00am
Bridge River Band - Gym
12210 Joseph Road

\$5 a table – Elders free!!!

A hot lunch meal will be for sale – TBA
In Person Raffle Drawn End Of Day (3pm)

Please bring cash and smaller bills ☺

Contact Jess for more info – 256-7423 ext 239
elders@xwisten.ca

April

2025

Headstart Daycare

Blooming Wonders of Spring

Spring brings new life as flowers bloom, trees turn green, and baby animals appear. Rain showers and sunshine create a colorful world filled with joy and growth. 🌸🌿



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Discuss about changing weather	2 Weather chart to track daily condition	3 Create paper Umbrellas or Rain Clouds	4 Discuss the importance of Rain for plants	5
6	7 Outdoor water play or puddle jumping	8 Planting and Growing	9 Flowers and Tree Crafts	10 Sensory Play with Soil and use use small Gardening tools	11 Read books about Plants and Nature	12
13	14 Rainbow and Colors	15 Create a rainbow Art	16 Learn the colors of Rainbow	17 Sing "I can sing a Rainbow" Song	18 Make Rainbow sensory Bottles	19
20	21 Discuss about baby animals of Spring	22 Read stories about Baby Animals of Spring	23 Learn Animal sound and sing songs	24 Craft Cotton Bunnies	25 Paper Plate Chicks Activity	26
27	28 Learn about the role of insects in Spring	29 Observe Insects in Nature	30 Learn songs about Bees			



April 2025

Xwisten Recreation



Xwisten Band

Chair Exercises April 14, 17, 22, 24, 29
MPR 10:30—12:00 pm All Ages Wel-
come

12210 Joseph Road
PO Box 10-
Lillooet BC
V0K1V0

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Bingo	
First Aid Training March 31—						
		8	9	10	11	12
April 11 2025						
13	14	15	16	17	18	19
	Chair Ex- ercises MPR	Sports Night	Youth Group	Chair Ex- ercises MPR		19 BIN- GO
20	21	22	23	24	25	26
		Chair Ex- ercises MPR	Sports Night	Chair Ex- ercises MPR		
			Kids Club			
27 Sun- run	28	29	30			
		Chair Ex- ercises MPR	Youth Group			
						BINGO

Schedule of Events

Sportsnight—April 15, 23 2025—Gym

Youth Group, MPR—April 16, 30 2025

Kids Club, MPR, April 22 2025

Youth and Recreation Bingos

Xwisten Gym aPril 4th evening session Doors open 5:00pm
April 19, afternoon, Doors open at 12:00pm
April 29, evening, doors open at 5:00 pm



Youth and Recreation
Rubin Williams

Phone: 2502567423
2363120844
youthandrec@xwisten.ca

Xwisten Recreation

Bingo s Xwisten Gym

April 19 Doors open 12:00pm

April 4th and 29th Doors Open
5:00 pm 2025

Regular books: \$22.00

(toonie pot grows depending on
attendance)

for a 5 pg 6 up book + \$1.00 addi-
tional 3ups

Proceeds go towards Youth and
Recreation **Trips and Events**



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 Elders Chair Exercises

For balance, flexibility and muscle tone

For April dates include:

April 14 , 17 , 22 , 24 ,
29 2025

*Mondays and
Thursdays (Tues.
sometimes)*

*10:30 am—12:00
pm*

*In the Xwisten Gym
Or MPR*

*For more information, con-
tact:*



Xwisten Recreation

Youth and Recreation

Rubin Williams

youthandrec@xwisten.ca

2363120844

Or 2502567423 Ext 844



April 22 2025

4:30pm—

6:00pm

Multi Purpose
room

Rides &

Snacks

Provided

For Grades 1–7

Xwisten KIDS

CLUB



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

2363120844 direct | 2502567423 ext 247



Xwisten Recreation



Xwisten

April 15 ,
23 2025

Sports
Night

Xwisten Gym

6:30 pm—8:30 pm

Please bring proper foot-
wear

For more information, Con-
tact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 247

youthandrec@xwisten.ca



XWISTEN YOUTH GROUP

April 16 , 30 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

April

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



Walk in Grief and Loss Sharing Circles.

We are starting a grief and loss circle.

In Xwisten Health Board Room
Afternoon sessions 1-2.

April 2, 9, 12, 2025

In Xwisten Health Board
Room Evening Sessions 5-6

APRIL 23, 30 , 2025

For any questions Contact Rucker Brady

250-256-7423

ex. 870

Work Cell

778-209-8830



DJ's Take-n-Bake



**“Homemade Pizza” By Deb Jack,
to order**

Ph #: 250-256-4135 or on Facebook

Dates: April 11 & 12 2025

I will be making only 8 Pizza's on 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:

12” Hawaiian or Pepperoni → \$18.00ea.

12” Cheese only - \$15.00,

12” Loaded → \$20.00

15” Loaded -- \$25.00ea / Hawaiian or 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: April 30, 2025

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

Time: 5pm – 6:30pm (pick-up only)

Price: \$20 per meal, E-transfers: debbie.jack55@outlook.com

Phone: 250-256-4135

(on the day of, I will not be on FB until end of cooking)

MENU

*BBQ Chicken 2 pcs or Pork Ribs 2 pcs or 1 of each

*Seasoned Baked Baby Potatoes or Rice Pilaf

*Cooked Veggies

*California Caesar Salad

*Garlic Toast

Dessert:

*Slice of Pie w/Whip cream

(You DON'T have to cook!!)

APRIL 2025 NEWSLETTER

HAPPY BIRTHDAY WISHES to Nephew Elijah on 7th, have a fantastic day! 🥰

Happy Birthday wishes to Levi, George, Livy, Clifford, Ness, hope you all have an adventurous day...

Happy Birthday to all the BR Elders for the month of April...

Oh boy!! Spring is Sprung, so lotsa Cleaning, planting, organizing & PURGING etc, etc... get'er done 🥰

HAPPY EASTER to you all, stay safe, and have some Happy & FUN Family time...

April's PIZZA NITES April 25th & 26th, get your orders in a.s.a.p. FB or phone me 250-256-4135

BBQ CHICKEN & RIBS DINNER on April 30, 2025, watch for my posting 🥰

Happy Birthday Wishes : To

DAUGHTER Bonnie - April 10

GRANDSON KAM - April 16

GRANDSON Aiden - April 21

LOVE & GRAM, PAPA & THE WHOLE TRIBE
A

April Birthdays

Happy Birthday
to Aunty Lena and
a happy birthday
to Fidelis and
Cuzzin Clifford
have a great day
love
Annette
homemaker

APRIL 2025 BIRTHDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Levi Adrian Sunny Allen 	3 William J. James Jessica James	4 Charlene Barney Seth Goss Susan Peters Aurora Terry 	5 Iris Biccum Amelia Peters
6 Michael K. Allen Anita Lanoue Angela Maylor	7 Gerald E. Michel 	8 Michael E. Allen Aaron James	9 	10 Rachael Alec Levi Ledoux Bonnie McEwen	11 Sheena James George Terry Colleen Thompson 	12 Adeline Peters-Humble
13 Fabian Terry	14 	15 Franklin Ledoux	16 Walter Joseph Kameron McEwen 	17 Sadie B. Thompson	18 <u>Office Closed</u> Olivia Bob Calvin Frank Jennifer Gurney James Clifford Terry	19 Lena Sangret
20 Mayson Peters-Humble Roman Terry	21 Annessa Terry Aiden Thomas <u>Office Closed</u> <u>Easter Monday</u>	22	23 	24	25 Jada Tom 	26
27	28 	29	30 	 Earth Day Clean Up Saturday April 26th		