

Xwisten Newsletter

June 2025



Band Office Closed: June 20

Band Meeting: June 8, 10-2

Bridge River Indian Band

PO Box 190 Lillooet BC, V0K 1V0

12210 Joseph Rd

Phone: 250-256-7423

Toll Free: 1-888-256-2423

Admin Fax: 250-256-7999

Health Fax: 250-256-2443

Lands: 250-256-7997

B.R.M: 250-256-4061

Elders Luncheon: June 11

Baking Day: June 17

Bake sale and Bingo: June 18

Community Dinner: June 26

JUNE Snapshot

EVENT	DATE	TIME	LOCATION
St'at'imc Canoe Journey Meeting / Registration	Saturday, June 7	12pm - 5pm	Gymnasium
Band Meeting (Tentative)	Sunday, June 8	10am - 2pm	MPR
Xwísten Recreation Bingo	Tuesday, June 10	5pm start	Gymnasium
Xwísten Elders Lunch	Wednesday, June 11	12pm - 2pm	Totem Restaurant
Xwísten Youth Group	Wednesday, June 11	4:30pm - 6:30pm	MPR
Xwísten Elders Bake Day	Tuesday, June 17	10am - 3pm	MPR
Xwísten Elders Bake Sale and Bingo	Wednesday, June 18	5pm start	MPR
Xwísten Elders Tea	Tuesday, June 24	1pm - 3pm	MPR
Xwísten Recreation Bingo	Tuesday, June 24	5pm start	Gymnasium
Community Dinner	Thursday, June 26	4:30pm start	Gymnasium
St'at'imc Primary Care Centre Grand Opening	Thursday, June 26	11am - 1pm	107-7 Ave Lillooet

**PLACE ME ON YOUR
FRIDGE 😊**





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

June 2, 2025

To Xwisten Members,

Re: Xwisten June Newsletter Update

The following are updates for this month:



- **Next Band Meeting June 8th Tentative**
- **Membership Code Survey Completed** raffle draw June 2nd, winner Olivia Bob, Congratulations!
- Moha Road Negotiations Agreement information session happening soon
- Water repairs and upgrades completed
- Will be doing dust control soon
- **Firewood**, 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, 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



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June 2, 2025 – 9:00am



WATER RESTRICTION ADVISORY

for

MAIN VILLAGE & UPPER VILLAGE



&

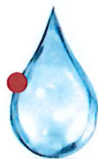


ORCHARD SPRINGS

WATERING



- **Water your gardens & lawns on odd & even days, using your house number** (ie: 12361 "waters on odd days")
- **Lillooet Contracting is working in conjunction with O&M to rectify this as quickly as possible**
- **Lots of drinking water**
- **No washing cars or filling pools**



FURTHER Updates at a later date

Thanks for your cooperation - Bridge River Band Office



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June 2, 2025

To Xwisten Members,

Re: Xwisten June Newsletter Housing Update

- Please watch out for O&M Team weed whacking. Thank you for all the positive comments!
- Housing Insurance invoices will be mailed soon
- Still be aware to keep all exterior water taps turned off, report all leaky taps.
- **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, talk to housing if conflict occurs.
- If you have rental arrears, please stop in and complete arrears payment plan form, if not, will move to possible eviction
- [Check out the Band Yard Improvement Contest, see Christina Ledoux's poster and how to sign up](#)
- FireSmart inside your home and encourage all houses to do cleaning, declutter and bring excess 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



Xwísten Membership Code

June 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.

A BIG THANK YOU

Band-Wide Survey: Closed May 30

A big thank you to everyone who shared their voice in our band-wide Membership Code survey over the past couple of months. Your ideas and insights are helping shape the values and principles that will guide how we draft our new Membership Code.



HAVE MORE TO SHARE?

If you didn't get a chance to take the survey, or if new thoughts have come to mind since, we'd still love to hear from you. Use your phone's camera to scan the QR Code here and let us know! OR VISIT bit.ly/xwistenmembershipcode.

PLEASE NOTE:

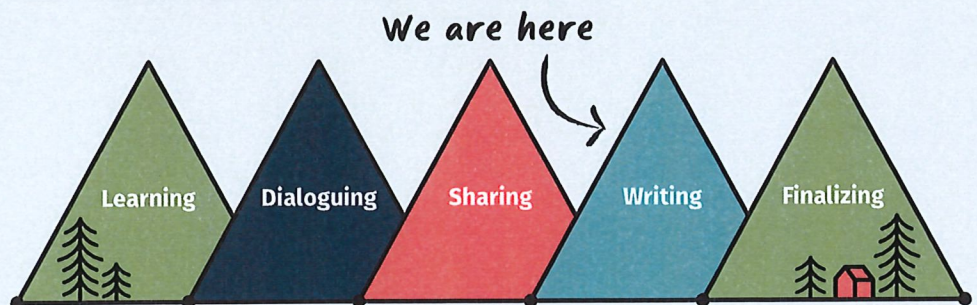
As we work on our Membership Code, some discussions might cover hard topics that bring up raw feelings. Remember, your wellbeing comes first. Take care of yourself and join in as much as feels right for you.



UP NEXT: DRAFTING BEGINS

In the first phase, we explored what a Membership Code means and asked what matters most to our community. In the next two phases, this dialogue guided us as we developed the survey for members to share more specific and detailed ideas. But this isn't the end of the conversation.

Now, we're entering the next exciting chapter: writing the first draft of the Code. Over the coming months, once the draft is ready, we'll be sharing it with the community and inviting more feedback. Stay tuned for more conversations ahead!



FOR MORE INFORMATION

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

Technical support: William Trousdale, william@ecoplan.ca

Yard Improvement Contest



Show us what you can do with your yard!
Before and after photos will be mandatory

Contest runs June 1 - Sept 30

Clear debris, remove old items,
and create a fun landscape!



5 Categories to be WON

1ST PLACE \$750

2ND PLACE \$200

3RD PLACE \$100

MOST IMPROVED \$75

MOST FIRE SMART \$100

Sign up TODAY for your chance to WIN!

Contact: Christina Ledoux
communitydevelopment@xwisten.ca
or sign up at front desk



Candice D. Amelle
PHOTOGRAPHY

GENERAL ADMISSION:
\$15 PER DAY OR \$40 FOR WEEKEND PASS

MASTERS OF CEREMONIES
JACKSON ROLLINGTHUNDER TAHUKA, SAN JUAN CAPISTRANO, CA
HOWIE THOMSON, CARRY THE KETTLE, SK

HEAD SINGING JUDGE
MIKE LAFROMBOIS, STAR SCHOOL, MT

HEAD DANCE JUDGE
JOHNNY CASPER, KAMLOOPS, BC

ARENA DIRECTOR
GARY PONYBOY OLNEY, WHITE SWAN, WA

HOST DRUM
WILD HORSE 2024 KAMLOOPA SINGING CHAMPIONS

C&T TABULATING
306-551-0972 | Kamloopapowwow2025@gmail.com

44TH ANNUAL

Kamloopa Pow Wow

JUNE 27, 28, 29, 2025

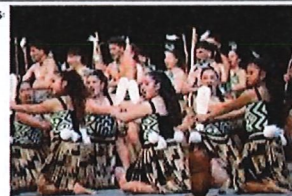
DANCE PRIZE PAYOUT

(GOLDEN AGE, MEN'S BUCKSKIN, TRADITIONAL, FANCY, JINGLE, GRASS, CHICKEN)

GOLDEN AGE MEN 55+	GOLDEN AGE WOMEN 55+	BUCKSKIN 18+	TEENS
1. \$1,800	1. \$1,800	1. \$1,800	1. \$800
2. \$1,500	2. \$1,500	2. \$1,500	2. \$600
3. \$1,200	3. \$1,200	3. \$1,200	3. \$500
4. \$1,000	4. \$1,000	4. \$1,000	4. \$400
5. \$800	5. \$800	5. \$800	5. \$300

JUNIORS	JR ADULT 18-34	SR ADULT 35-54	SINGING CONTEST
1. \$600	1. \$1,800	1. \$1,800	1. \$20,000
2. \$500	2. \$1,500	2. \$1,500	2. \$15,000
3. \$400	3. \$1,200	3. \$1,200	3. \$12,000
4. \$300	4. \$1,000	4. \$1,000	4. \$10,000
5. \$200	5. \$800	5. \$800	5. \$8,000

SPECIAL MAORIKAPAHAKA PERFORMANCES:
THURS, JUNE 26TH AT 7PM AND
AFTER EVERY GRAND ENTRY



SPECIALS

CHIEF & COUNCIL
IN HONOUR OF HEALING & WELLNESS
4P TEAM DANCE 18+ (WOMENS)

1ST. \$4,000
2ND. \$3,000
3RD. \$2,000
4TH. \$1,000

KAMLOOPA POWWOW SOCIETY
IN HONOUR OF HEALING & WELLNESS
4P TEAM DANCE 18+ (MENS)

1ST. \$4,000
2ND. \$3,000
3RD. \$2,000
4TH. \$1,000

HONOURING MEN'S MENTAL HEALTH
MILES PAUL (AKA CHUBBY CHICKEN)

1ST. \$1,500
2ND. \$1,200
3RD. \$1,000
4TH. \$800
5TH. \$600

LOZAN PAUL COMING OUT
TEEN GIRLS FANCY

1ST. \$500 + JACKET + RIBBON SKIRT
2ND. \$400 + JACKET
3RD. \$300 + JACKET
4TH. \$200 + JACKET
5TH. \$100 + JACKET

2024 KAMLOOPA POWWOW PRINCESS
ALEXA DANIELS
FOR THE LOVE OF TRADITIONAL TEEN GIRLS

1ST. \$800
2ND. \$600
3RD. \$400
4TH. \$200

4 GENERATIONS CREATIONS
GIVING BACK WOMEN'S RIBBON SKIRT

1ST. TBA
2ND. TBA
3RD. TBA
4TH. TBA
+ CONSOLATIONS

KAYLEE BEAR-MOUNSEY OLD STYLE JINGLE
COMING OUT SPECIAL TEENS + JR WOMEN

1ST. \$500, PENDLETON CHAMPION JACKET, BLANKET
2ND. \$400, HOODIE, BLANKET
3RD. \$300, HOODIE, BLANKET
4TH & 5TH: \$100, HOODIE

JONATHAN CASPER GIVING BACK TO THE CIRCLE
OPEN AGE GRASS DANCE

1ST. \$1500, BELT BUCKLE, TROPHY & PENDLETON BLANKET
2ND. \$1000, TROPHY & PENDLETON BLANKET
3RD. \$800, TROPHY & PENDLETON BLANKET
4TH. CONSOLATION \$100 & PENDLETON BLANKET
5TH. CONSOLATION \$100 & PENDLETON BLANKET



THE KAMLOOPA POWWOW SOCIETY AND THE TK'EMLUPS TE SECWEPEMC WILL NOT BE HELD RESPONSIBLE FOR ANY LOST, STOLEN OR DAMAGED ARTICLES OR INJURIES. ABSOLUTELY NO DRUGS OR ALCOHOL PERMITTED.

UNDER NO CIRCUMSTANCE WILL THE POWWOW BE CANCELLED

Accent Inns.
250-377-8877

Holiday Inn
250-376-8288

RANCHLAND VILLA MOTEL
250-826-8787



Kamloopa Pow-Wow 2025

Travel Expense Form

June 27 – June 29, 2025

NAME	Age of children
1.	
2.	
3.	
4.	
5.	

Admission: Day Pass _____ x \$15.00 = _____
Weekend Pass _____ x \$40.00 = _____

6 and under & 60 and over - free

Meals: Day Pass (1 day) Child _____ x \$48.00 = _____
Adult _____ x \$55.00 = _____

Weekend (Sat & Sun) Child _____ x2 \$48.00/d = _____
Adult _____ x2 \$55.00/d = _____

Travel: Lillooet to Kamloops (own vehicle) Yes or No _____

*****Van pending** – sign up (no less than 5 people) ***

Total: \$ _____

ADMISSION WRISTBANDS; please submit to Child and Family Coordinator AFTER the event to secure next year's funding

Signature

BSDW

Check payable to: _____

All submissions due by June 20, 2025- Noon



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May 28/ 2025

Ancestral Food System Project Update

-Andrew and the crew met with Fish & wildlife compensation organization and gave them a tour at the restoration site at Camoo.

-Our Ancestral crew did some training at Splitrock on traditional plant stewardship

-We hosted a Devils Club workshop and it was a great turn out, they processed devils club to make neckless, and Andrew is going to be making salve with the inner bark.

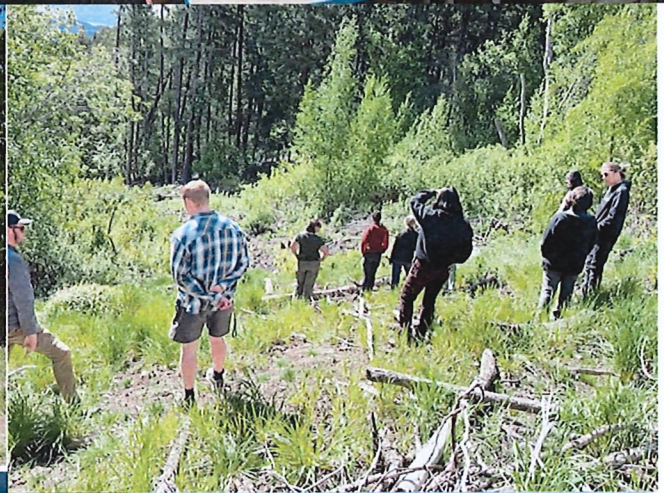
-We just received funding from Red Cross to retro fit our mobile processing unit and camping gear for our processing day camps and for emergency preparedness.

We are still looking for another horticulture/ traditional trainee and office clerk to be apart of the Ancestral food system program. Get your cover letters and applications in and join our team!

Matthew Davidson

250 256 7423 ext. 874

Email: foodsystems.coord@xwisten.ca





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May 28th, 2025

Xwísten Community Garden Food System program



Exciting News! We hired two more crew members Ava Michel as the traditional/ Horticulture trainee a Xwísten community member that's going to be working at the Community Garden and the Ancestral project. And Taylor Griffiths , Climate Intern from SFU will be doing weather and traditional plant monitoring and working on the Xwísten harvesting calendar guide.

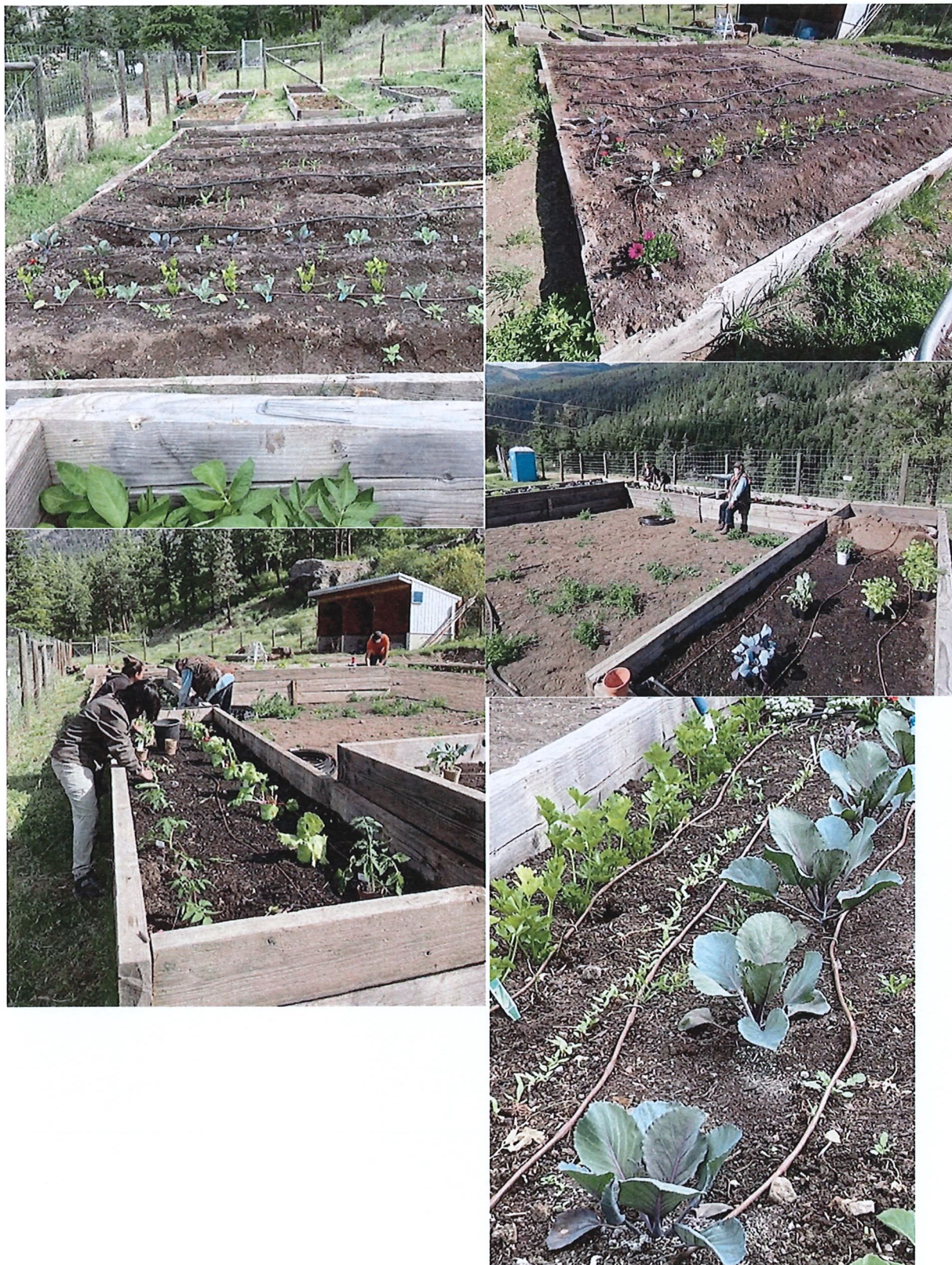
May 14th

The Sqan Nlepcalten Community Garden has officially opened!

Andrew lead the planting of the Elders Plot with the Elder Coordinator Jess and Elder Kenny Thomas along with Taylor. The crew did an amazing job!



There still are grow boxes for community members to come and plant for them and their family Xeytsam (to save food for oneself)





Thank you To Moon for donating her Tiller to the community garden

We Officially moved our office! We are now in the homework club room

Xwísten's Food Security Headquarters!



Devils Club Workshop







Kalhwa7alap,
my name is Ava Michel, and I am a Xwisten band member. I have just recently started working as a traditional trainee with Bridge River Band Office. My role here is to help with both the Horticulture and Ancestral food system projects. This was exactly the type of work I was looking for as I am passionate about connecting with the land. I would also just like to express that my experience here so far has been amazing because this position has given me the opportunity to

learn more about food security, traditional medicines, plant restoration as well as my culture. In my free time I really enjoy doing outdoor activities, such as going on walks, rock hounding, traveling and harvesting different medicinal plants.

Id like to end off with saying that I am happy to be a part of this team, and I look forward to working towards revitalizing food security for our community here in Xwisten.



"Hello everyone, my name is Taylor, and I am the new Climate Intern working with the Xwisten Ancestral Food System Program. I am currently in my fourth year of a degree studying Resource and Environmental Management at Simon Fraser University. My interests include ecological restoration, food systems, wildlife conservation, and ethnobotany. I

grew
hockey and

up in Ladner BC, where I spent much of my childhood playing volleyball. I'm incredibly grateful for the opportunity to work alongside the Xwisten community and contribute in any way I can. If you see me around, please don't hesitate to say hello-I'd love to meet you!" Best, Taylor



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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~~ 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



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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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Monday, June 2, 2025

Xwísten Farm update

Good Day everyone!

It has been another very busy and productive month at the Farm!



Aerial drone shot of the farm – May 2025



Michael McGee & Blaine Terry at the Farm

Blaine Terry has joined the Farm team! She will be learning how to be a Farmer from Rainah and the KPU team. Blaine is doing a fantastic job so far learning the ropes with Rainah being extremely busy getting ready to plant!

We have one of two storage containers at the farm, the greenhouse floor has just been completed, we just have to build the raised beds to extant our growing season. Shade cloth installed.

New Phase electrical is working on connecting our water pump to the generator and we have water to the growing area.

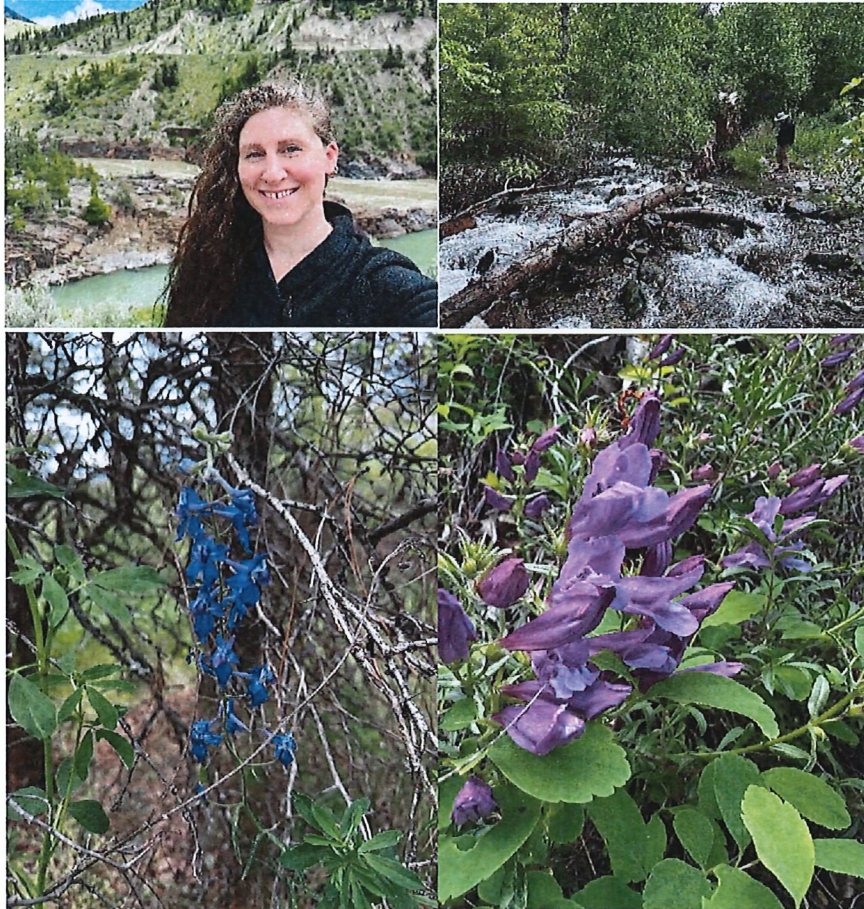
Bridge River Management completed the greenhouse floor!



Kalista Pruden

KPU Indigenous Foodways Community Outreach Facilitator, Kalista Pruden

came to visit the Farm! She conducted a couple interviews with Rainah and couple other community members and checked out Apple Springs with Rainah.



We Are still looking for one more Farm Worker!

Matthew Davidson

Agriculture Coordinator

Tel: 250-256-7423 extension 874

Email: foodsystems.coord@xwisten.ca



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Job Posting

XWÍSTEN AGRI-FARM WORKER

Full Time, Seasonal Position up to 16 weeks

The Xwísten Agri-Farm Worker plays a key role in supporting the daily operations of the Xwísten Agriculture Farm. This seasonal position contributes to the successful execution of all phases of the farming cycle, including land preparation, planting, crop maintenance, and harvesting. Assigned tasks are carried out safely, efficiently, and in alignment with Xwísten's goals to promote sustainable food production and community wellness.

Duties and Responsibilities:

- Carry out daily on-site work at the Xwísten Agriculture Farm Site ("Agri-Site")
- Ensure tasks are completed efficiently and in accordance with established procedures.
- Follow daily work plans as directed by the Xwísten Lead Farm Hand Worker.
- Work cooperatively as part of a team to support a respectful, positive, and productive work environment.
- Consistently follow safe working practices and procedures.
- Use personal protective equipment (PPE) correctly and ensure it is maintained in good condition.
- Participate in all phases of the farming cycle, including land preparation, seeding, weeding, irrigation, crop care, and harvesting.
- Operate farm tools, equipment, and machinery safely and correctly.
- Perform minor maintenance and ensure proper care and cleaning of tools and equipment.
- Store all tools, materials, and equipment securely at the end of each day.
- Assist in securing the Agri-Site premises at the end of each day.

Qualifications:

- Some knowledge of growing food
- 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 \$23.00 per hour minimum and depending upon experience

Deadline: Open until filled

Please submit your Cover Letter and Resume to:

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

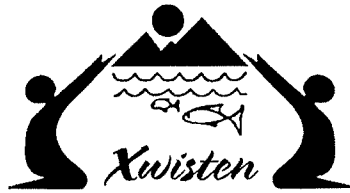
While we welcome all candidates, only those selected for an interview will be contacted

June

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	2	3	4	5	6	7
			Dentist in		I am out at 3pm	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day		I will be out of office from 1-4				
22	23	24	25	26	27	28
	Neena- Hygienist Amy Foot care			Dr. Humber 9-11:30		
29	30					



**Bridge River Indian Band
JOB POSTING**

2025 - SUMMER STUDENT POSITIONS

**Children's Program Leader (1 position) – July 2, 2025, to August 27, 2025
\$20.00/hr**

The Children's Program Leader will hold activities for the school aged children within our community through a Summer Day Camp Program. The Leader has the additional duties of planning, supervising, managing monies, and ensuring the camp runs smoothly under the direction supervision of the Youth Recreation Coordinator and Health Manager.

**Children's Program Workers (3 positions) – July 2, 2025, to August 27, 2025,
\$18.00/hr**

The Children's Program Workers will hold activities for the school aged children within our community through a Summer Day Camp Program. Under the direction supervision of Children's Program Leader and Youth Recreation Coordinator

All applicants must be returning to School. Must have their Social Insurance Number and Bank information to apply.

Send Resume and cover letter to:

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

Deadline: June 23, 2025 @ 4 pm

Late applicants will not be considered unless there are unfilled positions.



First Nations Health Authority
Health through wellness

June 2025

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tsal'alh – Ashley Westside- Jane Skuppah – Larissa Spuzzum- Darlene Boston Bar –Christina	3 Tsal'alh – Ashley Ts'kw'aylaxw – Christina LFN- Jane Boothroyd- Larissa LFN- Darlene	4 Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Darlene LFN- Jane	5 Kanaka – Christina St'uxwfwes- Darlene Xwisten – Brandi LFN-Larissa	6 Lillooet HC- Darlene LFN- Larissa
9 Tsal'alh – Ashley Skuppah – Larissa Spuzzum- Darlene Boston Bar –Christina	10 Tsal'alh – Ashley Ts'kw'aylaxw – Christina Boothroyd- Larissa LFN- Darlene	11 Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Darlene	12 Kanaka – Christina Xwisten – Brandi LFN-Larissa	13 Lillooet HC- Christina LFN- Larissa
16 Tsal'alh – Ashley Westside- Jane Skuppah – Larissa Spuzzum- Chelsea	17 TEAM GATHERING WITH PRIMARY CARE Lillooet HC- Chelsea	18 Skeesht- Larissa Sekw'el'was- Jane T'itqet- Brandi Ashcroft- Chelsea	19 St'uxwfwes- Chelsea Xwisten – Brandi LFN-Larissa	20 Lillooet HC- Brandi Lillooet HC- Chelsea LFN- Larissa
23 Tsal'alh – Ashley Westside- Jane Boston Bar – Chelsea	24 Tsal'alh – Ashley Ts'kw'aylaxw – Chelsea LFN- Jane Boothroyd- Larissa	25 Skeesht- Larissa Sekw'el'was- Chelsea T'itqet- Brandi	26 Kanaka – Chelsea Xwisten – Brandi	27 Lillooet HC- Chelsea LFN- Larissa
30 Tsal'alh – Ashley Spuzzum- Larissa Boston Bar – Christina	Leaves: Telleighla- June 1 st - 30 th Brandi- June 6 th Jane- June 9 th , 10 th , 11 th , 30 th Larissa- June 26 th			



First Nations Health Authority
Health through wellness



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

Jun 2025

107-7th Avenue: 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
2 Women's Group @ Friendship Centre – Roni 5-8pm	3 St'at'imc Artisan Pop-up Shop 1-3pm	4 Púnlthep (Juniper) picking – n.SPCC Xaxli'p 9am – 12pm	5	6 Mental Health Clinician w/ Kate Ts'kw'aylaxw 9:30am – 3:00pm
9	10	11 Tsal'alth Tea & Bannock w/ Roni 10am – 2pm	12	13 Mental Health Clinician w/ Kate Tsal'alth – Bridge River Library 10am – 2:30pm
16	17 Keatley Creek – n.SPCC & CHN's 10am – 12pm	18	19	20 Mental Health Clinician w/ Kate Ts'kw'aylaxw 9:30am – 3:00pm
23	24	25 Tea & Bannock w/Roni Everyone Welcome 107-7th Ave, 1pm -3pm	26 Grand Opening Celebration Everyone Welcome 107-7th Ave, 11am – 3pm	27 Mental Health Clinician w/ Kate Tsal'alth – Bridge River Library 10am – 2:30pm
30				

May 22, 2025

GRAND OPENING

Celebration & Ceremony

THURSDAY, JUNE 26, 2025



n.St'át'imc
Primary Care Centre

*New
Date!*



PROGRAM

11 AM Welcome

*Opening Prayer & Song
Speeches*

12 AM Ceremony

Bear Dancers & Hand Drummers

1 PM Lunch

Clinic Tours Until 3pm



**LOCATION:
107 - 7 AVE,
LILLOOET**



Primary healthcare and wellness for all Nation members—
grounded in St'át'imc Culture, Language, Traditions and Territory



INTERIOR REGION

First Nations Health Authority

**PLEASE RSVP TO ATTEND
PHONE: 250-256-7017
EMAIL: N.STATIMC@FNHA.CA**

June

2025

HCCN (250) 256-7423

Cell (778) 209- 8933



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

OFF reserve medical Travel

FNHA- Medical patient Travel for band members who live off reserve.

Band members who live off reserve must contact: FNHA in Lillooet @250-256-7017 OR Fax your medical appointments info at 250-256-4930.

FNHA will then submit your paperwork in to FNHA medical travel, for FNHA to process a medical travel cheque on your behalf of those living off reserve.

Please see First Nations Health Authority's off reserve application form for off reserve members to complete and forward to FNHA to process paperwork and cheque to be issued.

FNHA toll free number: 1-800-317-7878 Option.

2 for enquires.



PERSONAL AND CONFIDENTIAL

Case #: _____ TA #: _____

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

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:	Wheelchair accessible Room Required:	Meal(s): Same day travel >6 Hours <input type="checkbox"/> Overnight <input type="checkbox"/>	
<input type="checkbox"/> YES or <input type="checkbox"/> NO	<input type="checkbox"/> YES or <input type="checkbox"/> NO		

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.

Steps for Healthy Feet

General Health

- 1 Control your blood glucose levels.
- 2 If you smoke, quit.
- 3 Exercise daily as directed by your health-care professional.

Caring for Your Feet

- 1 Look for signs of redness or blisters on your feet. These show your shoe may not fit properly.
- 2 Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.
- 3 Do not soak your feet.
- 4 If you are unable to reach your toes or do not have feeling in your feet, have a health-care professional trim your toenails for you.

Footwear

- 1 Shake out your shoes before you put them on.
- 2 Wear shoes at all times, indoors and out.
- 3 Buy shoes with closed toes, as they better protect your feet from injury.
- 4 Change your socks every day.
- 5 Buy shoes late in the day, as feet tend to swell.
- 6 Have your shoes professionally fitted by a footwear specialist.

I will take care of my feet and make the changes needed to help keep my feet healthy!

DATE

SIGNATURE

This section is perforated for your personal reference.

Make the most out of your visit with your health-care professional by asking these 3 questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

National Patient Safety Foundation

Visit us to find a foot care professional, find the answers to frequently asked questions and more!

www.woundscanada.ca/about-dhfy



WoundsCANADA^{ca}

P.O. Box 35569, York Mills Plaza
North York, ON M2L 2Y4

Tel: 416-485-2292

Email: info@woundscanada.ca

Website: www.woundscanada.ca/about-dhfy

Production of materials was made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions. Specific medical concerns should be directly handled by a qualified health-care professional.

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WoundsCANADA^{ca}

Diabetes, Healthy Feet AND You



**How healthy are
YOUR feet?**

Know the signs.

Are your feet...

What can I do?



Numb, painful or tingling?

Do your feet feel like blocks of wood?

IF YES

- ☐ Control your blood glucose levels.
- ☐ Have a health-care professional trim your toenails and care for the skin on your feet.
- ☐ Have your shoes professionally fitted.



Changing shape?

Is one foot different than the other?

Any change is important.

IF YES

- ☐ Avoid too much walking.
- ☐ Visit your health-care professional as soon as possible.
- ☐ Have your shoes professionally fitted.



Dry, callused or cracked?

Do they have sores or blisters?

IF YES

- ☐ Changes to your skin should be seen by a health-care professional.
- ☐ Wash a sore or blister with warm water, dry well, and cover with a bandage. See a health-care professional today.
- ☐ Avoid walking on your foot as it heals.

Please continue to check your feet every day for any changes or signs of injury.

If you have answered **YES** to any of these questions, please see a health-care professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a health-care professional.

Have your health-care professional check your feet **AT LEAST** 1-2 times per year or more if required.

Your Health-care Professional Team

Chiropodists or Podiatrists specialize in treating foot diseases, disorders and dysfunctions.

Diabetes Educators provide education on diabetes, including foot care.

Doctors assist in diabetes management, and some have specialized training in foot care.

Nurses may have specialized training in foot care.

Orthotists/Prosthetists specialize in orthotic and prosthetic devices.

Pedorthists specialize in orthotics, footwear and footwear modifications.

Key Phone Numbers:

Chiropodist or Podiatrist

Diabetes Educator

Doctor

Nurse

Orthotist/Prosthetist

Pedorthist

For more information, visit

www.woundscanada.ca/about-dhfy

June

2025

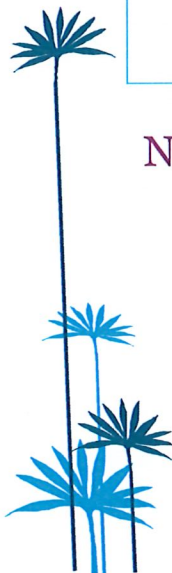
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair Exercises 10:30-12 MPR	3 Home / Phone Visits	4 Home / Phone Visits	5 Chair Exercises 10:30-12 MPR	6 Home / Phone Visits	7
8	9 Chair Exercises 10:30-12 MPR	10 Home / Phone Visits	11 Elders Luncheon – 12pm MPR	12 Chair Exercises 10:30-12 MPR	13 Home / Phone Visits	14
15 	16 Chair Exercises 10:30-12 MPR	17 Baking Day 10am-3pm MPR	18 Bingo & Bake Sale 5PM MPR	19 Chair Exercises 10:30-12 MPR	20 Office Closed	21 
22	23 Chair Exercises 10:30-12 MPR	24 Elders Tea 1-3pm MPR	25 Home / Phone Visits	26 St'at'imc Primary Care Centre Grand Opening 11am	27 Home / Phone Visits	28 Kamloopa Pow Wow
29 Kamloopa Pow Wow	30 Chair Exercises 10:30-12 MPR		<div> <p><i>Jess Oleman – Elders Coordinator</i> 250-256-7423 ext. 839 elders@xwisten.ca</p> </div>			

Notes:

Happy Father's Day to all you hard working dad's out there!!

We're having another baking day for a bake sale at our bingo!! These have become popular; community members are welcome to join!!

I'm hoping to join a few events out and away from the office this month – Drumming in the Park (Thursday's 10am), Check in on our Garden Plot (Possibly Tuesdays), St'at'imc Primary Care Centre Grand Opening (26th), Don't forget about Chair Exercises Every Monday and Thursday (Sometimes Tuesdays!)



Xwisten Elders Luncheon

Wednesday June 11th, 2025

Totem Restaurant

12pm-2pm



Reserved for 25 Elders

Jess Oleman – Elders Coordinator

250-256-7423 ext 839

elders@xwisten.ca



Xwisten Elders Tea

Tuesday June 24th, 2025

MPR

1pm-3pm



Join Us for Tea, Coffee, Xúsum, Fruit, Pastries, Laughs and Máwam 😊

Let's Talk Summer Activities

Xwisten Elders

Baking Day!!!

WHEN: Tuesday June 17th

WHERE: MPR

TIME: 10am – 3pm

Let's get together and share some baking recipes, tips & tricks, and ideas!!

We'll laugh and make a mess too 😊

Need to know:

Bring the specific ingredients you would like, I will have all the basics – flour, sugar, eggs, milk, baking powder, baking soda, vanilla and all the tools!!

Community Members welcome to join as well. Don't feel obligated to come early or stay the whole day, it's Drop In style.

All Baked Goods Will Be Held for Bake Sale at our Bingo on June 18th!!

Everyone deserves to have Kúkwa7's baked treats every now and then <3

Contact:

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



Xwísten Elder's Bake Sale &



When: Wednesday June 18th, 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

Thank You in Advance to All Volunteers!

Concession Items Will Be Available. Hot Meal to be Announced Closer to Date.

Door Prize Donations Are Welcome.

June

2025

Headstart Day Care

Insects & Bugs

This month, we're buzzing with excitement as we explore the world of insects and bugs! The children will learn about butterflies, bees, ladybugs, ants, and more through fun stories, songs, crafts, and outdoor adventures. It's a wonderful way to discover nature, practice counting, and enjoy summertime learning!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bug Hunt outside	3 Fingerprint Bug Art	4 Read <i>The Very Hungry Caterpillar</i>	5 Make a caterpillar using pom-poms	6 Sing "The Ants Go Marching"	7
8	9 Paint butterfly wings	10 Bee Dance Game	11 Make a ladybug using paper plates and black dots	12 Read <i>The Grouchy Ladybug</i>	13 Create a bug collage with magazine cutouts	14
15	16 Father's Day "All about Dad"	17 Build bug houses with blocks or natural items	18 Itsy Bitsy Spider Song + Hand Motions	19 Spider Walk Game	20 Spider web yarn maze in classroom	21
22	23 Create bugs with playdough	24 Sing "I'm Bringing Home a Baby Bumblebee"	25 Ant Marching Game	26 Insect Freeze Dance	27 Color a Bee on coloring sheet	28
29	30 Bumblebee Painting with Cotton Balls					

June 2025

Qwel i Sqwela 6th month/moon

June, month of “ripe, many ripe” berries, yah! Strawberries are our favourite, and we are looking forward to picking Saskatoon’s, soapberries, blueberries and eating red raspberries. Sqwel-any berry will do!

Pipantsek (summer) is here, and we have our kiddy pool out and ready for cold toes! Water play is fantastic in hot weather, and we are in it! As well as hats and sunscreen, of course!

Sqatsza7’s Day is Zapiws June 15th, many thanks to the great Dad’s out there....

Our theme is Insects and Bugs – and there is lots to observe and photograph. Oh, and the Garden Snake to keep us looking all around! The Flycatcher’s hatched out a nest of tsilkst babies, five of them! The birdfeeder attracts many different types of birdies who love the garden beds.

Our HeadStart program is open every morning for parent participation programs and there are spaces available at the Day Care. Please call 778 209 9890.



June 2025

Youth and Recreation

Xwisten Youth and Recreation

12210 Joseph Road
PO Box 10-
Lillooet BC
V0K1V0
Phone: 2502567423
2363120844
youthandrec@xwisten.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Exercises	3 Kids Club/sportsnight	4	5 Chair exercises	6	7 St'at'imc Canoe Journey Meeting
8	9 Chair Exercises	10 Youth and Rec Bingo	11 Youth Group	12 Chair Exercises Sportsnight	13	14
15	16 Chair Exercises	17 Kids Club	18 Chair Exercises Sportsnight	19	20	21
				St'at'imc Canoe Journey		
22	23 Chair Exercises	24 Youth and rec bingo	25 Youth Group	26 Chair Exercises Sportsnight	27	28
29	30 Chair Exercises					

Schedule of Events

Chair Exercises June 2, 5, 9, 12, 16, 18, 23, 26, 30 In the MPR 10:30 am—12:00 pm
Kids Club June 3, June 25 2025 MPR 4:30pm—6:30 pm
Sports night June 3, 12, 18, 26 2025 gym 6:30pm—8:30 pm
Youth Group June 11, 25 2025 MPR 4:30—6:30 pm
Youth and Rec Bingos evening sessions June 10—24 2024 Gym Doors open at 5:00 pm
St'at'imc Canoe Journey Meeting June 7 2025 12:00 pm—5:00 pm Xwisten Gym



Xwisten Recreation

Bingo s Xwisten Gym

June 10 and 24th 2025

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 additional 3ups

Qílqel't Lhú7u7s \$3.00 progressive

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



Xwisten Recreation

Specials sold
separately \$2.00

*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

June 2 , 5 , 9 , 12 ,
16 , 23 , 26 , 30

*Mondays and
Thursdays (Tues.
sometimes)*

*10:30 am—12:00
pm*

In the Xwisten Gym

Or MPR

*For more information, con-
tact:*



Youth and Recreation

Rubin Williams

youthandrec@xwisten.ca

2363120844

Or 2502567423 Ext 844





Xwisten Recreation



Xwisten

June 3 ,
12 , 18 ,
26

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



June 3,17 2025

4:30pm—

6:30pm

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 YOUTH GROUP

June 11 , 25 2025

Multi Purpose Room pm
Snacks and Rides provided
4:30pm–6:30 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

St'at'imc Canoe Journey Meeting

Discussions about the St'at'imc Canoe Journey, Safety, Conditioning, Technique, Itinerary, Strengthening Exercises to prepare for the journey That runs from

June 19—21 2025

June 7 2025 from

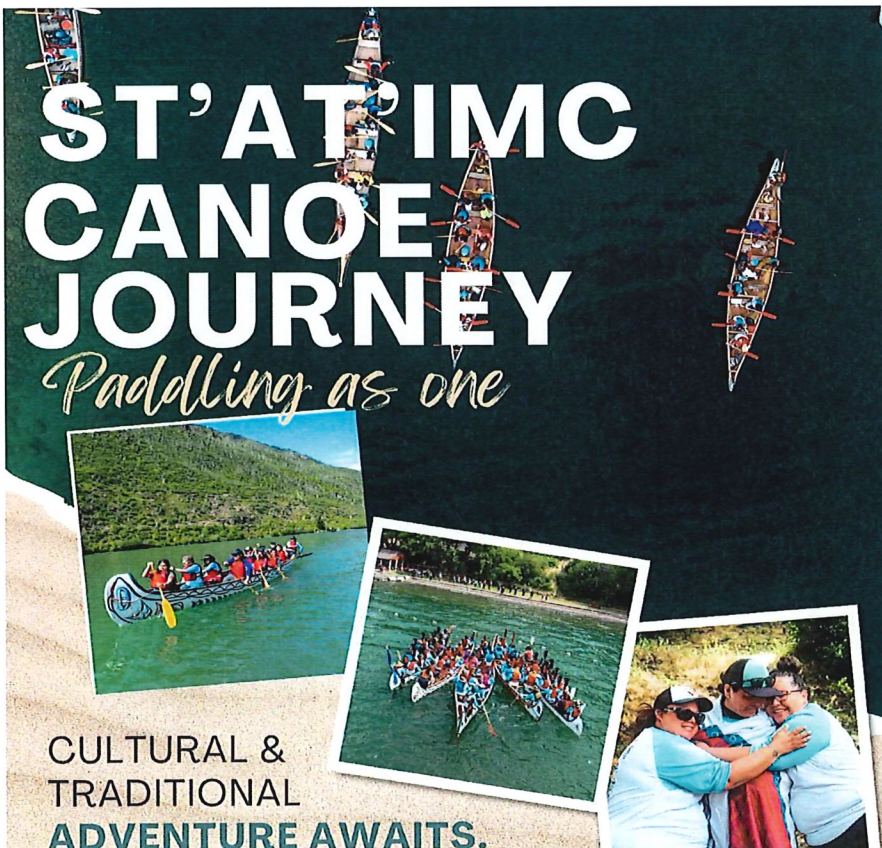
12:00 pm—5:00 pm

Xwisten Gym



This will be the last Day to register.

We are going to have a bus/van available for transporting members and luggage



Xwisten Recreation



DJ's Take-n-Bake

“Homemade Pizza’s”

By Deb Jack, to order
Ph #: 250-256-4135 or on Facebook

Date: **June 20th, 2025**

I will be making 10 PIZZA'S only on this day.

(may be more, depending on how my wrists feel, will let you know on the day)

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

Sizes: 12” & 15”

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

Flavors & Prices: **NEW \$**

12” Hawaiian or Pepperoni → \$18.00ea.

12” Cheese only → \$15.00 ea.

12” Loaded is → \$20.00ea.

15” Loaded → \$25.00ea.

15” Hawaiian & Pepperoni -- \$20.00ea

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

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

U-COOK at home, at 400° for 30 min.

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

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

June 2025 Newsletter

HAPPY BIRTHDAY WISHES going out to Sis Geraldine & Grand-Niece Emily on 2nd, Neph Marlon & Niece Julia F on 6th, CJ on 7th, Son Shane (Corky) & Grandson Landon on 10th, Grand-Daughter Hailey F. Jacob on 21st, Grand-Niece Kensley M on 22nd, John M on 22nd, Nieces Aereal W & Tara M and Neph Joe M on 25th, Niece Anna B on 27th... Wishing you all a Fabulous & Blessed day, have a fun day, love you all ❤️😊

HAPPY HEAVENLY BIRTHDAYS to Mom Flora on 13th, Best Bud & sister Barb & Brother Lou on 3rd, Brother Ben on 4th, Uncle Roy on 23rd... Forever loving & missing you all ... ❤️

HAPPY FATHER'S DAY to all you hard working & loving DADS out there, hope you have a special happy day... let it be fun filled or relaxing... 😊

PIZZA DAYS: June 20th, get your orders in a A.S.A.P. list fills up very fast... 250-256-4135 or Facebook message me.

BBQ-Chicken-n-Ribs Dinner (Monthly): Watch for my posting on Facebook

Happy BIRTHDAY TO MY DAUGHTER
MELIWA; on JUNE 4.
and Happy Heavenly birthday to bro
Ben on June 4th.
Love From Deb, Tom

June 2025 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Kathleen Street 	3 Specwitsa Grizzlypaws	4 Sydney Allen Bernard Tom Melina Tom 	5 Seth Ledoux	6 Julia Frank Marlon Michell 	7 Michael Aho Jevan Allen Krista Frank Christine Jack Stephan Monitobenis Owen Terry
8	9 Morgan Frank 	10 Doreen James Jerome Pelegrin	11 Kay-Lynn Terry 	12 Dennis Graham	13 Josephine Richard 	14 Jennifer Terry
15	16 Augustina Alexander Edward Samson 	17	18 Deborah Jack 	19 Juniper Allen	20 Adakis Napoleon-James 	21 Robert James
22 John Michell	23 Blaine Terry 	24	25 	26	27 Madeline James Anna Michel 	28
29 Tammy Fenton	30 					