

# *Xwisten Newsletter*

## *July 2025*



**Band Office Closed: July 1**

**Band Meeting: July 6, 10-2**

**Bingo: July 4 and July 18**

**Elder's Lunch: July 17**

**Baking Day: July 21**

**Bake sale and Bingo: July 22**

**Community Dinner: July 24**

**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**



# JULY Snapshot

EVENT	DATE	TIME	LOCATION
Recreation Bingo	Friday, July 4	5 pm	Gymnasium
Band Meeting	Sunday, July 6	10 am – 2 pm	Gymnasium
Elders Tea	Wednesday, July 9	1 pm – 3 pm	MPR
Youth BBQ	Wednesday, July 9	5 pm – 7pm	MPR
Elders Lunch	Thursday, July 17	12 pm – 2 pm	Totem Restaurant
Recreation Bingo	Friday, July 18	5 pm	Gymnasium
St'at'imc Fisheries Forum / Lunch	Monday, July 21	9 am – 4 pm	Gymnasium
Elders Baking Day	Monday, July 21	10 am – 3 pm	MPR
Elders Bake Sale and Bingo	Tuesday, July 22	5 pm	MPR
Community Dinner	Thursday, July 24	4:30 pm – 7:30 pm	Gymnasium

**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

July 2, 2025

To Xwisten Members,

Re: **Xwisten June Newsletter Update**



The following are updates for this month:

- **Next Band Meeting July 6<sup>th</sup> Tentative**
- **Membership Code Survey Completed** raffle draw June 2<sup>nd</sup>, winner Olivia Bob, Congratulations!
- Moha Road Negotiations Agreement information session happening 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, July 2<sup>nd</sup> – July 6<sup>th</sup>
- **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 and front desk security wall
- 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)

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

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

July 2, 2025

To Xwisten Members,

### Re: Xwisten July 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 July 14-18 & July 21-25, outcome to apply for funding for repairs
- Reminder all Rent must be paid by 1<sup>st</sup> 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,

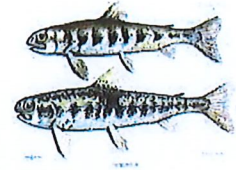
Infrastructure & Housing Manager



# ST'AT'IMC FISHERIES



## FORUM



9:00 – 1:00 Tier 1 and 2

1:00 - 4:00 Tier 1 (No DFO present)

Date: Monday July 21, 2025

Time: 9:00am – 4:00pm

Location: Xwisten Gym, 12210 Joseph Rd

Bridge River

**Lunch Provided**



DOOR PRIZES AVAILABLE TO THOSE PRESENT

**Information Sharing**

**Local Project Updates**

**Projects of Stuart Lake - Keith West, Takla**

**Chilcotin Landslide - Randy Billyboy, TNG Fisheries Manager**

*Agenda to follow!*

### **In Person, or Teams Virtual Meeting**

Meeting ID: 231 894 855 698 2

Passcode: Cc78UJ9Z

#### **CONTACT PERSON:**

Rebecca (Becky) Riley - Lillooet Tribal Council, Fisheries Manager

Office (250)256-7523 ext.114 Cell 250-256-3414

Email [rebecca.riley@statimcltc.ca](mailto:rebecca.riley@statimcltc.ca)







# BRIDGE RIVER INDIAN BAND

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

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June 28, 2025

## Xwísten Farm update

Good day everyone!

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



Rainah and Blaine Have planted all the plants and most of the seeds planned for the 2025 Xwísten Farm Season. It is outstanding how much Rainah and Blaine accomplished in such a short time. There will be abundance of food grown in the Xwísten Community this year.



Rainah's Perennial raised bed, that was built from pallets, Brilliant!

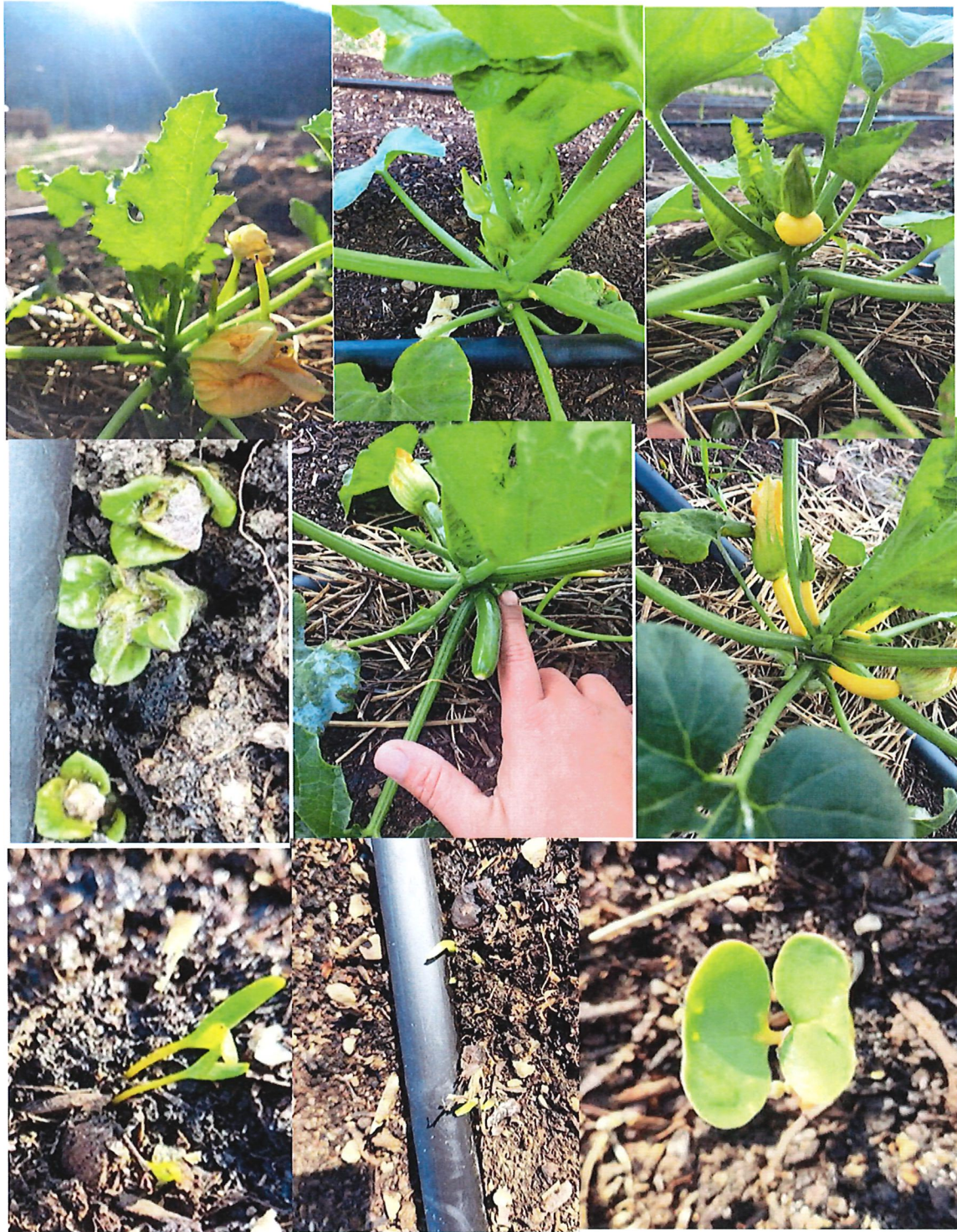




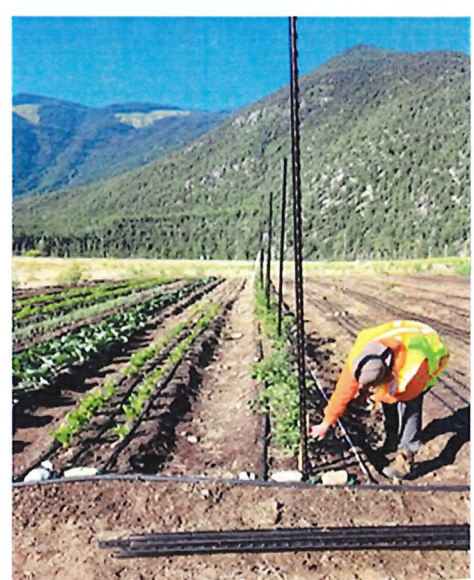
# Presenting! the Crops of 2025!













The Sea can storage/processing containers are now set into place, Thanks to IVL and Clifford





**The Farm crew has been extremely busy planting and preparing the farm to feed the community! But we need to appreciate the hard working, so it's important to Celebrate them during their special day! Happy Birthday Blaine! You're an amazing member of the Team.**



## **Events coming soon at the Xwísten Farm!**

- Workshops conducted by the Farm team!**
- Harvesting days / open house**
- Movie night at the Farm (Children of the Corn) JK!**
- Hosting Xwísten Community Dinner August 28<sup>th</sup>**  
**(Better believe we will be serving food from the farm!)**

Would you like to come and help at the Farm? And learn from Xwísten's very own Food Champions. Contact us and you can come and help grow food for the community! Earn some pocket change while learning to grow food. You can reach Rainah through email [agri-farm-lead@xwisten.ca](mailto:agri-farm-lead@xwisten.ca) or leave a message at the main office if you want to be involved.

**Matthew Davidson**

**Agriculture Coordinator**

**250 256 7423 ext 874**





## BRIDGE RIVER INDIAN BAND Ancestral Food System Project

June 28<sup>th</sup>, 2025



Exciting News! Aileen Michel is the new addition and is the traditional/ Horticulture trainee that will make a great addition to the Ancestral Food System Team



This Month the Ancestral team went to the Xwísten farm to lend a hand planting with the Farm crew! The Xwísten's Food Security team working as one



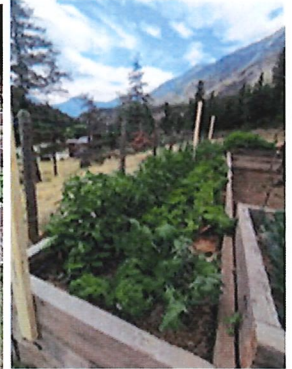
Andrew is eagerly waiting for community members to come and sign up for a plot, there is 4 raised beds available! or just come and help around the garden,

The community garden is looking spectacular! Come and see for yourself! The Elder's plot is growing out of control!

Photos below are from the Sq'an Nlepcalten Community Garden









## Devils Club salve Workshop

We invited Holly Bikadi and Buckshot, Holly created The Ntakmen Calendar for the Southern Stl'atl'imx society. Holly provided the Ancestral food system team on tips about developing Xwísten's harvesting guide, making Devils Club salve, discussion on traditional plants, Men's mental health, and even horticulture advice on the plants in the Elders raised beds





Jacquie Rasmussen from Lillooet Reginal Invasive Species Society (LRISS) came to the community and went on the land with the Ancestral Food System Team and discussed invasive species.







Ava processing Tiger Lilly bulb for Andrews Pemican that he is going to be preparing



Aileen processing Pineapple Weed for Mosquito repellent

### In the Coming weeks:

- Andrew and the crew are going to be planting trees at Camoo, on July 2nd, Paper Birch and Trembling Aspen, they are to restore shade cover over a spring within the old fire guard.
- Hosting the Community Dinner on July 24<sup>th</sup>
- Community Garden open house
- Hosting Elders Lunch in the Garden



Thank you, DJ, from New Phase! Installing our Purple monitor. donated by FNHA, It monitors smoke levels to keep community members safe!

**Would you like to participate in the Ancestral Food System Program??? You will get an opportunity to help with the community garden growing food for the Elders & Community and walk the land with Andrew & team to help with stewardship activities and make a connection to the land! You will also get an honorarium!**

**\*We have some tobacco plants if Community members want to try and grow them in your back yard.**

**Let's learn together on how to Xey'tsam (To save Food for oneself)**

**Contact Andrew Michel 250 256 3564 to inquire how to be involved.**

Matthew Davidson

250 256 7423 ext. 874

Email: [foodsystems.coord@xwisten.ca](mailto:foodsystems.coord@xwisten.ca)



# ANCESTRAL FOOD SYSTEM PROJECT

Community Engagement Dinner on July 24<sup>th</sup>

## Presentations:

- Presentation on the Ancestral Food System project
- Climate presentation
- Guest Presentations

Date: July 24th

Time: 4:30-7:30pm

Place: Bridge River Gym

Dinner served: 5pm

\*Door Prizes

## Special guests may include

- ✓ ICHAP (Indigenous Climate Health Action Program)
- ✓ ISPARC
- ✓ Red Cross
- ✓ LRISS (Lillooet Reginal Invasive Species Society)
- ✓ PICS (Pacific Institute of Climate Solutions)
- ✓ Community Regreening
- ✓ FWCP (Fish & Wildlife Compensation Program)
- ✓ ISETS (Indigenous Skills Essential Training Services)



## For more information, contact

Matthew Davidson

[Foodsystems.coord@xwisten.ca](mailto:Foodsystems.coord@xwisten.ca)

250 256 7423 ext. 874

Andrew Michel

[FS.supervisor@xwisten.ca](mailto:FS.supervisor@xwisten.ca)

250 256 7423 ext. 874

## Event Sponsored by:



First Nations Health Authority Health  
Through Wellness **Indigenous Climate**  
**Health Action Program (ICHAP)**



Food System Program  
"Learning together, Growing  
together"





## Honouring Land and Tradition: LRISS and St'át'imc Leadership's MOU to Protect Ecosystems



It was a sunny day on October 19, 2021 when members of the Lillooet Regional Invasive Species Society met to sign a Memorandum of Understanding (MOU) with the St'át'imc Chief's Council (Lands & Heritage Department) and St'át'imc Government Services. The meeting was held at the Cayoosh Campground near the confluences of the Fraser and Cayoosh Rivers. The MOU was the result of hard work led by SCC's Art Adolph, SGS's Lenora Starr and LRISS's Bill Spencer. At the time, Lenora presented the LRISS Board and staff special gifts. These gifts were given to help the receivers to "take care of themselves".



LRISS was formed officially as a Society in 2011 and has been dedicated to the collaboration and integration of St'át'imc ways. This has been a foundational principle for LRISS while working on St'át'imc Unceded and Traditional Territory. It was important to our Board to formalize this relationship by making commitments through an MOU. We continue to work with all of the Northern St'át'imc communities, Lillooet Tribal Council, SCC-Lands and Heritage Department and SGS to protect local ecosystems. The MOU states this commitment especially that "St'át'imc culture and traditions are inherently linked to a healthy, fully functioning ecosystem."

Since the signing of the MOU, LRISS has continued its work with all of the communities. Not only have we been working with Guardian programs and providing outreach information for community newsletters, but we've helped to bring researchers from UBC to work on restoring land impacted by wildfire. We have been working toward building the capacity in most of the Community's lands departments so they can independently manage invasive species. We continue to meet with SCC and SGS staff to find ways to implement the MOU. The words in the MOU are important but even more are the actions that we are taking to protect the land that is vitally linked to St'át'imc ways of knowing, traditions, culture and language.



lriiss.ca



@lrinvasives



info@lriiss.ca



**LILLOOET REGIONAL**  
**INVASIVESPECIESSOCIETY**



# MEASLES

## CASES ARE RISING IN BC

Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:



Fever



Cough



Runny nose



Red and/or  
watery eyes



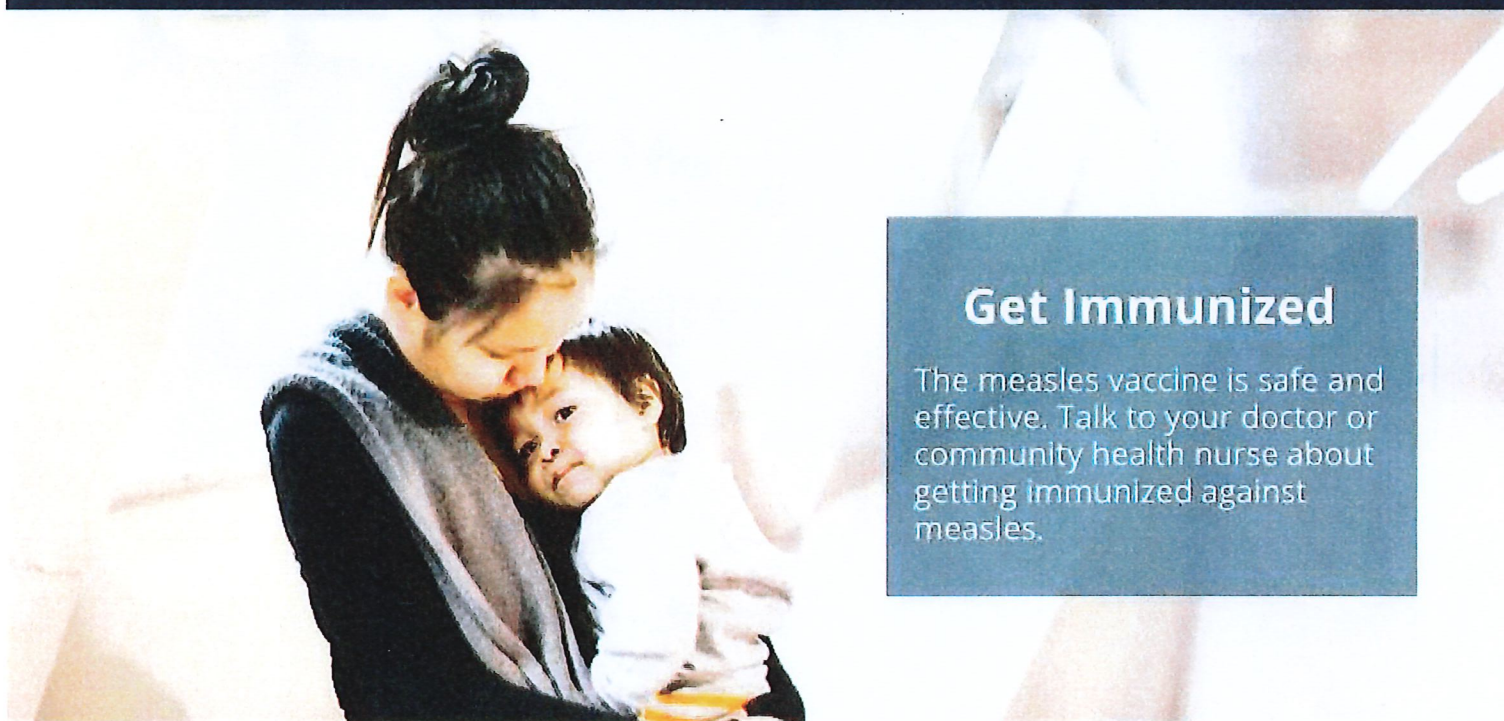
Rash



First Nations Health Authority  
Health through wellness



# Measles is contagious but **preventable**



## Get Immunized

The measles vaccine is safe and effective. Talk to your doctor or community health nurse about getting immunized against measles.



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Health through wellness



# Having 2 doses

of a measles-containing vaccine is almost **100% effective** at preventing measles.

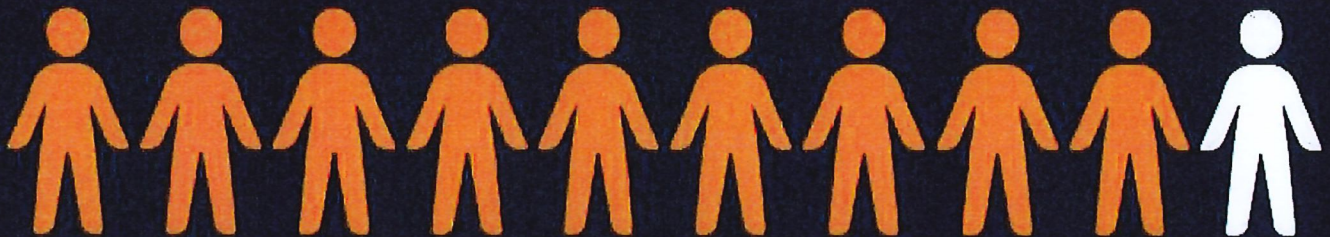


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Health through wellness



# Up to 9 in 10

people who lack immunity to measles  
and are close to an infected person  
will become infected.

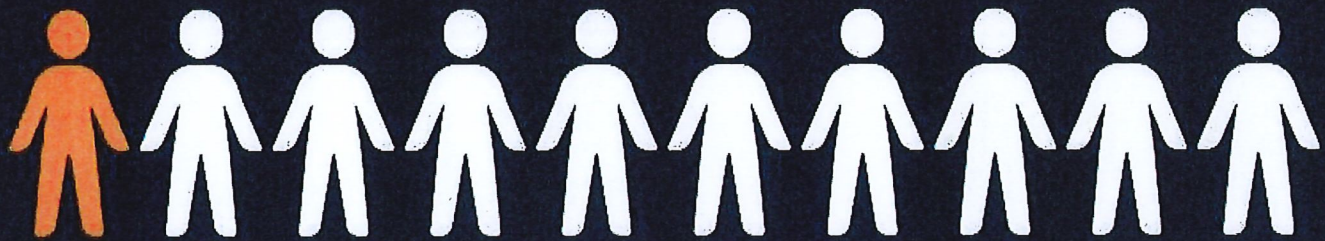


First Nations Health Authority  
Health through wellness



# About 1 in 10

people in Canada who get measles  
will be hospitalized.



First Nations Health Authority  
Health through wellness



# Measles is contagious but **preventable**

## Get Immunized

The measles vaccine is safe and effective. Talk to your doctor or community health nurse about getting immunized against measles.



**Learn more at:**

[fnha.ca/about/news-and-events/  
news/dont-let-measles-make-a-  
comeback](https://fnha.ca/about/news-and-events/news/dont-let-measles-make-a-comeback)



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Health through wellness





## Are you protected against measles?

Measles is a highly contagious disease but the vaccine can prevent serious illness. Contact your local immunization provider to check your own or your child's immunization records. You can also check medical records through the BC Health Gateway online: [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca)

### Find more information at:

**HealthLinkBC:** [healthlinkbc.ca/healthlinkbc-files/measles](http://healthlinkbc.ca/healthlinkbc-files/measles) or call 8-1-1

The measles, mumps, rubella (MMR) vaccine is routinely given at 12 months and 4-6 years of age. If you're planning on travelling with young children, talk to your immunization provider about getting a dose before these ages.



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# MEASLES

## What you need to know

Measles is a highly contagious virus that can be very serious.  
Vaccination is the most effective way to prevent transmission and illness.

### Symptoms

Rash



Cough



Red,  
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

### In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

### Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca)

### What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.



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Contact your local health centre:

T: \_\_\_\_\_

E: \_\_\_\_\_





## PATIENTS PRESENTING WITH SUSPECTED MEASLES

- Provide a medical mask to clients (2 years of age and older) and anyone accompanying them before they enter the clinic.
- Immediately move client and companion to a physically separate location, ideally a negative pressure room (AIIR) if available. If unavailable, use a private room with the door closed.



## INFECTION PREVENTION PRECAUTIONS

**NOTE:** Only healthcare providers/staff known to be immune to measles should be in contact with the client.

- Carry out a Point of Care Risk Assessment (PCRA) to select appropriate PPE & additional infection prevention precaution measures.
- Implement Airborne Precautions and place in a private room (ideally negative pressure) with minimal supplies/equipment.
- Use a fit tested N95 respirator.
- Use a gown/gloves eye protection as per the PCRA.
- Carry out Routine Practices (5-moments of hand hygiene etc.).
- Provide client and others who may be exposed with a medical mask for use in the clinic and during transportation.
- Maintain airborne precautions until at least 4 days after rash onset for immunocompetent clients and until symptom resolution for immunocompromised clients.
- If a negative pressure room is unavailable, the room the client was in should remain vacant for at least 2 hours after the client leaves. If a staff member must enter the room within 2 hours, a fit tested N95 respirator should be worn.
- After the 2 hour air clearance time is complete, a terminal clean with Health Canada approved healthcare grade products should be carried out.



## PUBLIC HEALTH NOTIFICATION

- Measles is a reportable disease in BC.
- Refer to the [BCCDC Manual: Measles Interim Guidelines](#) for guidance on case definition, testing and case and contact management.
- Immediately report all confirmed, probable and suspect cases of measles as per BCCDC Case Definition to the [RHA CD Unit](#) and initiate control measures.

Please contact [ipc@fnha.ca](mailto:ipc@fnha.ca), [cdmgmt@fnha.ca](mailto:cdmgmt@fnha.ca) or [immunize@fnha.ca](mailto:immunize@fnha.ca) for any questions or guidance



# THINK MEASLES



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Health through wellness

**Consider measles in any client presenting with a febrile rash illness, especially if unvaccinated for measles or traveled where measles is known to be circulating in the last 21 days.**



## MEASLES SYMPTOMS

- High Fever
- Cough
- Coryza (runny nose)
- Conjunctivities (red, watery eyes)
- Koplik spots (tiny white spots inside mouth)
- Maculopapular Rash
  - Typically appears 2-4 days after symptoms begin
  - Begins at hairline, spreads downward, to face, neck and trunk
  - Rash appears red on light complexions, but may be harder to see or appear as purple or darker than surrounding skin on dark complexions



## PRE-VISIT TELEPHONE TRIAGE

- For those reporting measles symptoms, assess the risk of exposure:
  - Has there been contact with a known measles case?
  - Are measles cases present in your community?
  - Did the client spend time out of the community and/or country or in an area where measles is circulating in the 21 days before symptom onset?
- Is the client protected from measles by vaccination or disease?
- In order to protect others in the clinic, client and companion will be asked to wear a medical mask and, if possible, will be placed in a private room. If available have client enter through a side or back entrance to reduce exposure to others.





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Health through wellness



n.St'at'imc  
Primary Care Centre

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

# July 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
	1 Canada Day Office Closed	2	3	4 Mental Health Clinician w/ Kate Ts'kw'aylaxw 9:30am – 3:00pm
7	8	9 Tsal'alh Tea & Bannock w/ Roni 10am – 2pm	10	11 Mental Health Clinician w/ Kate Tsal'alh – Bridge River Library 10am – 2:30pm
14	15	16	17	18 Mental Health Clinician w/ Kate Ts'kw'aylaxw 9:30am – 3:00pm
21	22	23 Tea & Bannock w/ Roni 1pm – 3pm	24	25 Mental Health Clinician w/ Kate Tsal'alh – Bridge River Library 10am – 2:30pm
28	29	30	31	

July 2, 2025





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# July 2025

## Lillooet & Lytton HC & Community health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Leaves: Jane- July 2 <sup>nd</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Ashley- July 14 <sup>th</sup> , 15 <sup>th</sup> Brandi- July 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 18 <sup>th</sup> Larissa- July 18 <sup>th</sup> Telleighla- July 2 <sup>nd</sup> , 10 <sup>th</sup>	1  STAT	2  Skeesht- Larissa Sekw'el'was- Christina T'itqet- Darlene	3  <b>CPR recertification</b>	4  LFN- Larissa
7  Tsal'alh – Ashley Skuppah – Larissa Spuzzum- Darlene Lillooet NIC- Telleighla Boston Bar –Christina	8  Tsal'alh – Ashley Ts'kw'aylaxw – Christina LFN- Darlene Boothroyd- Larissa LFN NIC- Telleighla	9  Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Telleighla Lillooet HC- Darlene	10  Kanaka – Christina St'uxw'tews- Darlene Xwisten – Brandi LFN-Larissa	11  LFN- Larissa Lillooet HC- Darlene
14  LFN Westside - Jane Skuppah – Larissa Spuzzum- Darlene Lillooet NIC- Telleighla Boston Bar –Christina	15  Tsal'alh – Darlene Ts'kw'aylaxw – Christina LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla	16  <b>TEAM MEETING</b> Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Telleighla LFN- Jane Lillooet HC- Darlene	17  Lillooet NIC- Telleighla Kanaka – Christina St'uxw'tews- Darlene Xwisten – Brandi LFN-Larissa	18  Lillooet HC- Darlene
21  Tsal'alh – Ashley LFN Westside - Jane Skuppah – Larissa Lillooet NIC- Telleighla Boston Bar –Christina	22  Tsal'alh – Ashley Ts'kw'aylaxw – Christina LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla	23  Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Telleighla	24  Lillooet NIC- Telleighla Kanaka – Christina St'uxw'tews- Xwisten – Brandi	25  LFN- Larissa
28  Tsal'alh – Ashley LFN Westside - Jane Skuppah – Larissa Lillooet NIC- Telleighla Boston Bar –Christina	29  <b>Kindergarten Health Fair</b>	30  Skeesht- Larissa Sekw'el'was- Christina T'itqet- Brandi Ashcroft- Telleighla LFN- Jane	31  Lillooet NIC- Telleighla Kanaka – Christina St'uxw'tews- Telleighla Xwisten – Brandi LFN-Larissa	





First Nations Health Authority  
Health through wellness

July 2025  
T'it'q'et/Xwisten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Vacation- Nurse Away	3 Vacation- Nurse Away	4 Vacation- Nurse Away	5
6	7	8	9 Immunizations catch up/coverage reports	10 Immunizations catch up/coverage reports	11	12
13	14	15	16 Team Meeting	17 Prenatal/Postnatal	18	19
20	21	22	23 Naloxone Training 10-12pm.	24 Workshop for youth on summer safety	25	26
27	28	29 Kindergarten Health Fair Lytton	30 Drop in day/Blood pressure screening and awareness 10-2pm	31 Drop in day/screening day		



# July

Community Wellness Coordinator  
Garry Dunn 250-256-7423 ext. 837



## 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grief & Loss 1:30 to 4:00	2 One to One Counselling 8:00 to 4:00	3 Narcan Training 1:30 to 4:00	4 One to One Counselling 8:00 to 4:00	5 Narcan Training 1:30 to 4:00
6 One to One Counselling 8:00 to 4:00	7 One to One Counselling 8:00 to 4:00	8 Grief & Loss 1:30 to 4:00	9 One to One Counselling 8:00 to 4:00	10 Narcan Training 1:30 to 4:00	11 One to One Counselling 8:00 to 4:00	12 Narcan Training 1:30 to 4:00
13 One to One Counselling 8:00 to 4:00	14 One to One Counselling 8:00 to 4:00	15 Grief & Loss 1:30 to 4:00	16 One to One Counselling 8:00 to 4:00	17 Narcan Training 1:30 to 4:00	18 One to One Counselling 8:00 to 4:00	19 Narcan Training 1:30 to 4:00
20 One to One Counselling 8:00 to 4:00	21 One to One Counselling 8:00 to 4:00	22 Grief & Loss 1:30 to 4:00	23 One to One Counselling 8:00 to 4:00	24 Narcan Training 1:30 to 4:00	25 One to One Counselling 8:00 to 4:00	26 Narcan Training 1:30 to 4:00
27 One to One Counselling 8:00 to 4:00	28 One to One Counselling 8:00 to 4:00	29 Grief & Loss 1:30 to 4:00	30 One to One Counselling 8:00 to 4:00	31 Narcan Training 1:30 to 4:00		



# July

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Office Closed	2 Home / Phone Visits	3 Chair Exercises 10:30-12 MPR	4 Home / Phone Visits	5
6	7 Chair Exercises 10:30-12 MPR	8 Home / Phone Visits	9 Elders Tea 1-3pm MPR	10 Chair Exercises 10:30-12 MPR	11 Home / Phone Visits	12
13	14 Chair Exercises 10:30-12 MPR	15 Home / Phone Visits	16 Home / Phone Visits	17 Elders Luncheon – 12pm Totem	18 Home / Phone Visits	19
20	21 Baking Day 10am-3pm MPR	22 Bingo & Bake Sale 5PM MPR	23 Home / Phone Visits	24 Chair Exercises 10:30-12 MPR	25 Home / Phone Visits	26
27	28 Chair Exercises 10:30-12 MPR	29 Home / Phone Visits	30 Home / Phone Visits	31 Chair Exercises 10:30-12 MPR	Home / Phone Visits	
<div> <i>Jess Oleman – Elders Coordinator</i>  250-256-7423 ext. 839  elders@xwisten.ca </div>						

## Notes:

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)! And don't forget about Chair Exercises Every Monday and Thursday (Sometimes Tuesdays!)

I hope you're all ready for summer, don't forget to check your filters in your air conditioners and furnaces!



# **Xwisten Elders Luncheon**

Thursday July 17<sup>th</sup>, 2025

Totem Restaurant

12pm-2pm



Reserved for 25 Elders

**Jess Oleman – Elders Coordinator**

250-256-7423 ext 839

[elders@xwisten.ca](mailto:elders@xwisten.ca)



# **Xwisten Elders Tea**

Wednesday July 9<sup>th</sup>, 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: Monday July 21<sup>st</sup>

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!!

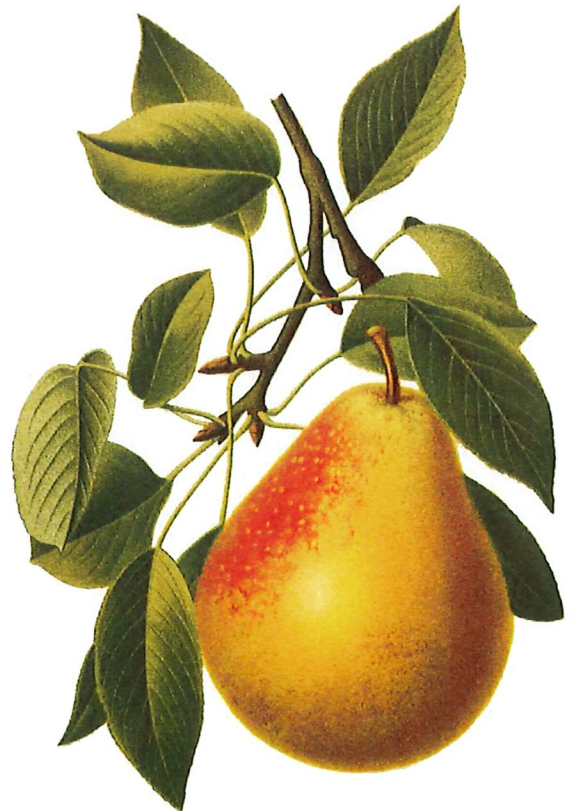
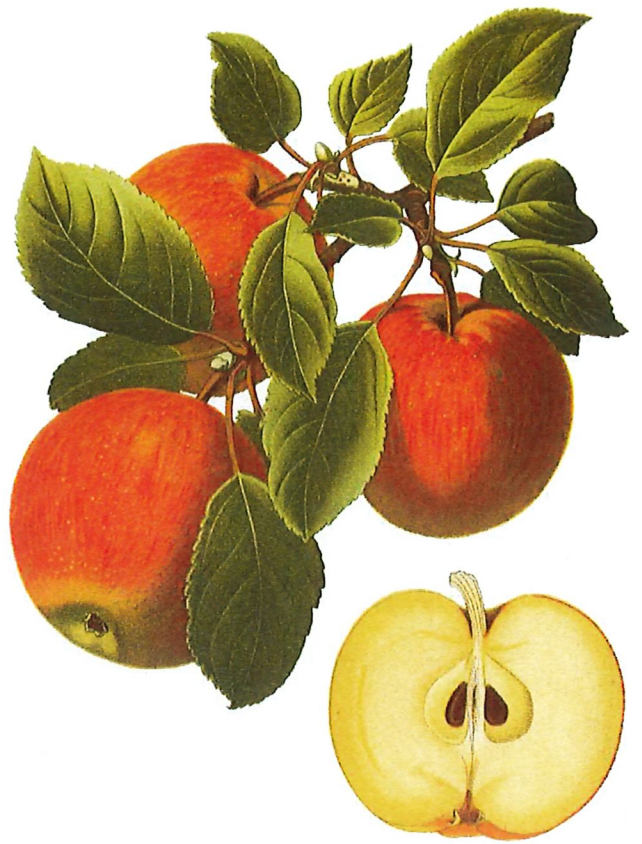
Community Members welcome to join as well. Don't feel obligated to come early or stay the whole day, it's Drop In style.

All Baked Goods Will Be Held for Bake Sale at our Bingo on July 22<sup>nd</sup>!!

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:** Tuesday July 22<sup>nd</sup>, 2025

**Time:** Doors open at 5:00pm!!

**Where:** Bridge River MPR

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

**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.**



# July

# 2025

HeadStart DayCare

## Zoo Animals & Healthy Bodies

This month, children will explore the exciting world of zoo animals through stories, crafts, and games. They'll also learn about healthy habits like eating well, exercising, and keeping clean—building strong bodies and happy hearts!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<sup>1</sup>	<sup>2</sup> Make lion masks with paper plates	<sup>3</sup> Read "Dear Zoo" & act like the animals	<sup>4</sup> Giraffe sponge painting	<sup>5</sup>
<sup>6</sup>	<sup>7</sup> Zoo animal puzzle or matching cards	<sup>8</sup> Animal walk game (hop like a frog, waddle like a penguin)	<sup>9</sup> Feed the monkey game (toss beanbags into mouth)	<sup>10</sup> Zebra stripes craft (black/white paper strips)	<sup>11</sup> Song: "We're Going to the Zoo"	<sup>12</sup>
<sup>13</sup>	<sup>14</sup> Animal sorting by size/color/type	<sup>15</sup> Make a zoo mural (group craft with stickers/pics)	<sup>16</sup> Zoo field trip or pretend zoo setup	<sup>17</sup> Talk about brushing teeth	<sup>18</sup> Wash the baby dolls (hygiene play)	<sup>19</sup>
<sup>20</sup>	<sup>21</sup> Fruit and veggie stamping art	<sup>22</sup> Hand washing practice with soap bubbles	<sup>23</sup> Exercise fun: jumping jacks, stretches	<sup>24</sup> Doctor's kit pretend play	<sup>25</sup> Healthy/unhealthy food sorting	<sup>26</sup>
<sup>27</sup>	<sup>28</sup> Talk about drinking water	<sup>29</sup> Song: "Head, Shoulders, Knees, and Toes"	<sup>30</sup> Rest time talk: why sleep is healthy	<sup>31</sup> Make smiley face snack (fruit, toast, etc.)		



Ama Pipantsek

Ama July

May your summer be wonderful! We have been very comfy and content with our pool, bubbles and bikes. This month of June we learned about plants sprouting into food, for example sweet lettuce and strawberries. We even picked sqwela Saskatoon's!

This month we are focussing on zoo animals and healthy bodies. This is elephants, lions, tigers and bears. We walk like them, talk like them and act like them. Keeping our bodies healthy is about nutrition, exercise, rest and play. This gang loves to be busy and go! go! go!

We have plans to build habitat's and read stories about



our zoo friends, Curious George and the Man in the Yellow Hat. Head and Shoulders will be a healthy body song.

Stay safe this hot month, drink lots of water and sunscreen from head to toes!





Xwisten Recreation



All youth and Xwisten **KIDS**  
parents  
invited to **CLUB**



an all youth BBQ July 2 and Ju-  
ly 9th 2025 5:00 pm—7:00 pm

MPR

We will be discussing upcoming events.

**XWISTEN YOUTH GROUP**

Contact Rubin Williams

Youth and recreation  
coordinator

[youthandrec@xwisten.ca](mailto:youthandrec@xwisten.ca)

2502567423 ext 247





**Xwisten Recreation**

**Bingo s Xwisten Gym**

**July 4 and 18th 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**

**Qílqełt Lhú7u7s \$3.00 progressive**

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



**Xwisten Recreation**

**Specials sold  
separately \$2.00**

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*For information about card sales, please contact:  
Rubin Williams Youth and Recreation Coordinator  
2363120844 youthandrec@xwisten.ca  
Bridge-River Recreation on facebook*

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## **Xwisten Elders Chair Exercises**

**For balance, flexibility and  
muscle tone**

**July**

**3 , 7 , 10 , 14 , 17 , 21 , 24 , 28 ,**

**31 2025**

*In the Xwisten Gym*

*Or MPR*

*For more information, con-  
tact:*

*Mondays and  
Thursdays ( Tues.  
sometimes)*

*10:30 am—12:00  
pm*



**Xwisten Recreation**

**Youth and Recreation**

**Rubin Williams**

**youthandrec@xwisten.ca**

**2363120844**

**Or 2502567423 Ext 844**





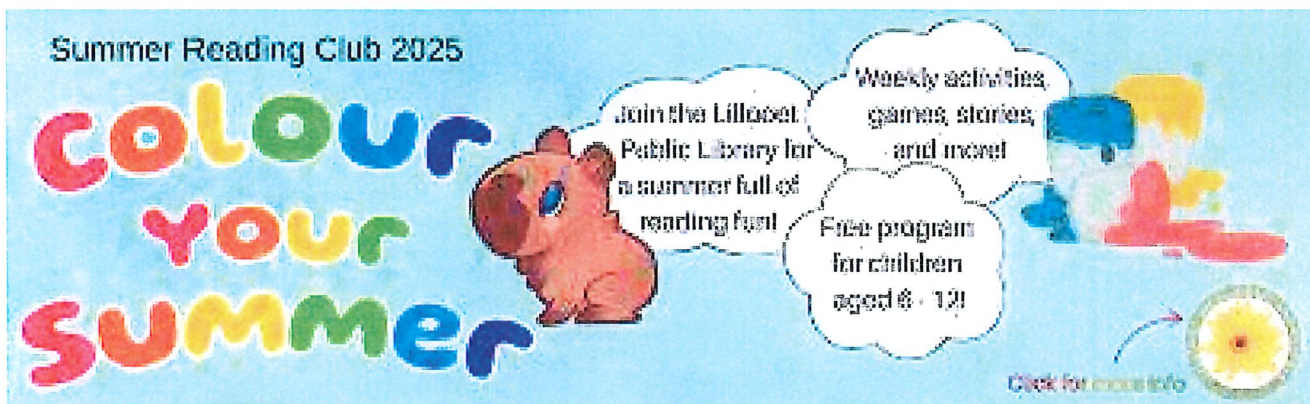
# Xwisten Summer Daycamp 2025

The Summer Daycamp is going to be starting on July 14 2025 and run until August 25 2025

Registration is open

For Xwisten Members ages 6—13 years old

9:00 am—3:00 pm Monday—Friday ( not on Stat Holidays)



Zewatetcal wi Tl'anam'tn

With Moon Moore

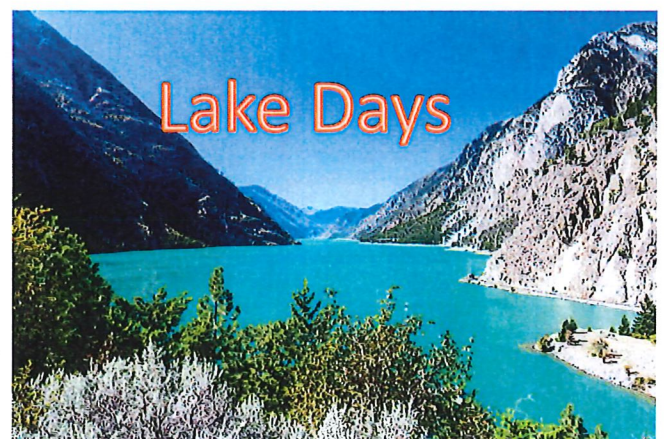
Registrations can be picked up at the front desk or by contacting:

Rubin Williams

Youth and Recreation coordinator

2502567423 Ext 247

Youthandrec@xwisten.ca







Lillooet Friendship Centre Society

☆ **RECRUITING** ☆

NEW & CURRENT VOLUNTEERS

Are you passionate about helping others and making a difference in your community? Join our dedicated team and receive **Victim Assistance Training** to support individuals in need.

## Victim Assistance Training Now Available!

No experience necessary — training provided

Gain valuable skills and experience

Be part of a supportive, community-focused organization

📅 **TUESDAYS | August 26 – October 21, 2025**

🕒 **Time: 9:00 AM – 3:00 PM**

📍 **Location: 737 Main Street, Lillooet**

Enjoy a Continental Breakfast and Lunch each training day!



Whether you're a **new volunteer** or a **returning one**, we welcome you!

📞 Call Carol or Gloria 250-256-4164

**Help us make a difference — one person at a time.**



## Environmental Technician

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### Company Overview

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Talisker Resources Ltd. is a resource company that is engaged in the exploration and development of mineral properties in British Columbia. Our flagship property is the Bralorne Gold Mine located 195 KM northwest of Vancouver near Lillooet. In addition has a large exploration team focused on properties comprising 291,339 hectares over 322 claims, six leases, and 181 crown grant claims in south-western British Columbia. The Company is well funded to advance its aggressive systematic exploration and development program at its projects.

Talisker Resources is led by one of the most experienced and successful exploration and leadership teams and boards in the business. This team has been together since the early 2000s and has a clear vision of what it takes to be successful in resource exploration and development and has the experience and knowledge to execute that vision.

Staff describe the company culture in terms of being a positive, collaborative environment with these commonalities:

- Consists of a really good team of people
- Respectful, flexible, helpful environment
- Friendly environment
- Everyone has a common goal

Talisker is an equal opportunity employer committed to employment equity and they foster a work culture that supports personal and professional development.

### Cultural Fit

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- Personality plus - kind, caring, respectful, team player
- Someone who is curious and wants to learn
- Not too serious but hard-working, positive, can-do attitude
- Very accepting, open and honest, transparent
- Persistent, patient, flexible, approachable, friendly
- Professional demeanor – high standards and professional integrity



- Is able to work independently when required

## **Position Summary**

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Talisker Resources is looking for an Environmental Technician to join their Bralorne team in a part time capacity. Reporting to the Environmental Superintendent, the Environmental Technician will primarily be responsible with assisting the Environmental Department with field sampling, monitoring and data management.

## **Key Duties and Responsibilities**

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- Strong Health and Safety, and teamwork orientated.
- Familiarity with environmental field equipment. YSI: water parameters, dataloggers: water levels. Inspection, calibration and maintenance
- Strong Microsoft Office, Excel, Word and Outlook. Microsoft SharePoint and Teams tracking Inventory, ordering supplies, preparing for field work.
- Collection of water samples, soil samples, vegetation/wildlife surveys.
- Ability to put into practice Standard Operating Procedures (SOPs) for field programs,
- Data collection, data entry and management for use in reporting and external Databases.
- Quarterly report preparation.
- Completing Chain of Custody (COC's) forms, sample shipment and data management.
- Strong communication and organization skills: working with team members, Planning, contacting / working with consultants.
- Comfortable working independently in the field and semi remote locations year round.
- Support all field programs and contractors and additional duties as they arise.

## **Qualifications, Experience, Knowledge and Skill Requirements**

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- College or University Degree in Environmental Science or Technician, Environmental Field courses/ Certification preferred.
- Safety Certificates: First Aid, working near water, Wildlife awareness (Bear Aware) willing to take training courses.
- Minimum 1 year Field work: collecting data, organizing and implementing field programs
- Knowledge and experience with BC Field Sampling Manual.
- Strong Microsoft, Word, Excel and outlook skills. Data Management
- Strong Organizational and planning skills.



- Strong Health and Safety disposition and teamwork orientated
- Working independently, Attention to Details.
- Comfortable driving Side by side / work truck.
- Working outdoors in adverse conditions.
- Valid driver's license required
- Candidates must be eligible to work in Canada.

## **Application Process**

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Please submit your resume and cover letter citing the title "**BGM Environmental Technician**" in the subject line to: [careers@taliskerresources.com](mailto:careers@taliskerresources.com)



## **Job Opportunity: Buyer**

We are currently seeking a Buyer to join our team. Reporting to the Procurement Specialist the Buyer is responsible for supporting procurement activities for our mining operations. This role is critical to maintaining the efficiency and reliability of our supply chain by ensuring the timely and cost-effective sourcing of materials, equipment, and services required for mining and maintenance activities.

The ideal candidate is detail-oriented, highly organized, and experienced in industrial or mining procurement. You will work closely with maintenance, operations, and warehouse teams to meet operational goals while maintaining compliance with company policies and industry standards.

### **Key Responsibilities**

Working with the Operations and Procurement teams, the Employee shall perform all duties commensurate with the position of a **Buyer**, which include, but are not limited to, the responsibilities outlined below.

Under the guidance of the Procurement Lead (or designate), the Buyer will be responsible for ensuring timely and cost-effective sourcing of materials, equipment, and services to support mine operations, including:

- Work with internal customers regarding purchase requirements
- Daily acquisition and expediting of goods and services
- Supplier sourcing and accountability
- Solicitation and evaluating of bids
- Co-ordination and selection of shipping methods
- Assisting in purchase negotiations with suppliers
- Work with A/P on price discrepancies
- Involvement with long-term purchasing strategies
- Initiating and implementing cost savings/avoidance
- Collecting and tracking supplier Safety documentation
- Supplier prequalification based on safety, quality, service and pricing
- Ensure compliance with health, safety, and environmental (HSE) policies in all procurement activities



**Compensation**

- Competitive Salary, based on experience.
- Benefits including Dental and Medical

**Knowledge, Skills and Abilities**

- Post-secondary education in Supply Chain Management, Business, or related field; SCMP designation is an asset
- Minimum 3 years of procurement experience, preferably in mining, heavy industry, or construction
- Excellent communication, negotiation, and organizational skills
- Ability to work in a fast-paced environment with shifting priorities
- Ability to handle large volume of work and multiple priorities simultaneously
- Familiar with Microsoft applications and very good Excel skills
- Mechanical aptitude is an asset

**Start Date and Location**

Start Date: June 2025

Location: BC based resident preferred. The position is a hybrid mix of working from home with travel to and working from the Bralorne Mine site.

If you are a motivated individual with a passion for underground mining and a desire to contribute to the success of our up and coming underground mining operations, we encourage you to apply for this exciting opportunity by emailing [Bill.Curry@TaliskerResources.com](mailto:Bill.Curry@TaliskerResources.com). Let's bring Western Canada's largest producing gold mine back into production together!



## **Expeditor/Driver**

**Location:** Bralorne Gold Mines, Bralorne, BC

**Schedule:** 2 weeks on, 2 weeks off

### **About Us:**

We are a junior mining company operating in British Columbia, committed to excellence in safety, sustainability, and productivity. As we expand our operations, we are seeking a reliable and skilled Expediter/Driver to transport materials and personnel dominantly from the Bralorne Mine to Kamloops, BC. A Company vehicle will be provided for this position.

### **Responsibilities:**

- Safely transport materials and personnel from the Bralorne Mine to Kamloops, BC, adhering to all traffic laws and Company safety regulations;
- Ensure timely and efficient delivery of goods and personnel to designated locations;
- Conduct pre-trip and post-trip vehicle inspections to ensure roadworthiness and report any issues to the appropriate personnel;
- Maintain accurate records of mileage, fuel consumption, and vehicle maintenance;
- Communicate effectively with dispatchers, mine personnel, and other stakeholders to coordinate transportation activities; and
- Assist with loading and unloading of materials as needed.

### **Requirements:**

- Valid driver's license with a clean driving record;
- Must have Class 5 Drivers License;
- Must be eligible to work in Canada;
- Experience driving on dirt roads and snow preferred;
- Ability to hitch, operate and maneuver a trailer in variable traffic and road conditions is considered an asset;
- Experience driving a heavy duty, full-size pickup, with either a long box or flat deck;
- Ability to safely secure material for transport;
- Proven experience as a driver, preferably in a commercial or industrial setting;
- Familiarity with safe driving practices and traffic regulations;
- Ability to work independently and prioritize tasks effectively;
- Strong communication and interpersonal skills; and
- Work on a two-weeks on, two-weeks off schedule.



**Salary / Benefits:**

- Competitive salary commensurate with experience.
- Comprehensive benefits package, including medical, dental, and vision coverage.
- Opportunity for career growth and advancement within a dynamic and growing Company.
- Safe and supportive work environment with a commitment to employee well-being.

**How to Apply:**

If you are a reliable and safety-conscious individual with a passion for driving and logistics, we encourage you to apply for this exciting opportunity. Please submit your resume and a cover letter outlining your relevant experience and qualifications to Bill Curry, General Manager, Bralorne at [bill.curry@taliskerresources.com](mailto:bill.curry@taliskerresources.com). Only qualified candidates will be contacted for further consideration.

Join our team and become a vital part of our continued success in delivering excellence in mining operations. We look forward to welcoming you aboard!





DJ's Take-n-Bake

## “Homemade Pizza’s”

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

Date: **July 11<sup>th</sup> & 25<sup>th</sup>, 2025**

**I will be making 8 PIZZA'S only on each 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:

**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](mailto:gotemcovered@msn.com) or  
[debbie.jack55@outlook.com](mailto: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!



## BBQ Chicken n Ribs Dinner →→→To-Go

**CHANGE OF DATE --- Date:** July 16, 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](mailto: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!!)

Just call me ☺



## JULY NEWSLETTER 2025

HAPPY BIRTHDAY WISHES to Sis Kat on 5<sup>th</sup>, Nieces Justine on 15<sup>th</sup>, Nikki on 21<sup>st</sup>, Aileen on 26<sup>th</sup>, Cuzzy Lisa P on 20<sup>th</sup>, Grand-Niece Dani & Bud-Sis Fay on 22<sup>nd</sup>, and to all the Elder's with B-days in July, woohoo another trip around the sun, may you all be blessed and have a great day, stay safe everyone 😊 from Sister, Auntie & friend Debbie Jack

Congrats to our 2025 Graduates, dream big, go far, strive for more, don't stop now ❤️.....

Happy Anniversary Wishes to Brother Brad & Sis Vivian on July 8<sup>th</sup>, 1989, wow 36 yrs, keep the happiness n bliss going, Love you both 😊 from sister Debbie

Happy Anniversary Wishes to Budz Fay n John on July 27<sup>th</sup>, 1996, woohoo 29 yrs... and still going strong 😊 from Bud Deb

EVERYONE NEEDS Prayers, Strength, Determination, Courage, Encouragement, and hugzzz... I'd like to send it to whoever needs it... ❤️

Pizza Days July 11 & 25, 2025, check out my poster.

Tentative date for BBQ Chicken n Ribs Dinner July 16, 2025, watch for poster on FaceBook for confirmation 😊



## July Newsletter

Wishing my brother Carl a very

Happy Birthday, on July 11,

+ a Happy Anniversary on July 8<sup>th</sup>

if I remember right or July 7, might be,

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Happy Birthday David S. on July 13<sup>th</sup> up  
in the spirit world. And he left us on  
July 1<sup>st</sup>. already 1 year. still think of  
you.

Any other birthdays in July. best  
wishes, to you all.

From Lena S.



# July 2025 Birthdays

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
		1 Brolin McGowan Kyle Thompson <u>Office Closed</u> <u>Canada Day</u>	2  Leonard Lanoue	3 Jessica Allen Andrew Dawson Shavon Terry-Link Chasity Ward	4 	5 Kathy James
	6 Dacoma James-Saul Cassidy Thomas	7  Rayden Aleck	8	9  Tracey Fenton	10	11  Carl Alexander
13 August Frank	14  Kally Allen	15 Summer Doss Dwayne Thomas Justine Tom Michelle Ward	16  Cynthia Spinks	17 Darrell McDougall	18 	19 Melvina Alexander
20 Deborah Joseph Lisa Paulson Hayden Russell	21  Nikki Frank	22 Daniella Michel Fay Michell	23  Quintin Frank Kaylence James	24 John Terry	25  Cody Allen Tony Harding	26 Holly Davidson Aileen Michel
27 Cheyenne Aubichon Remy Thomas	28  Natasha Street	29	30  Patrick Jones Desiree Michell Michael Thomas	31 Kelsey Cahoon Douglas Maylor Samuel Terry		