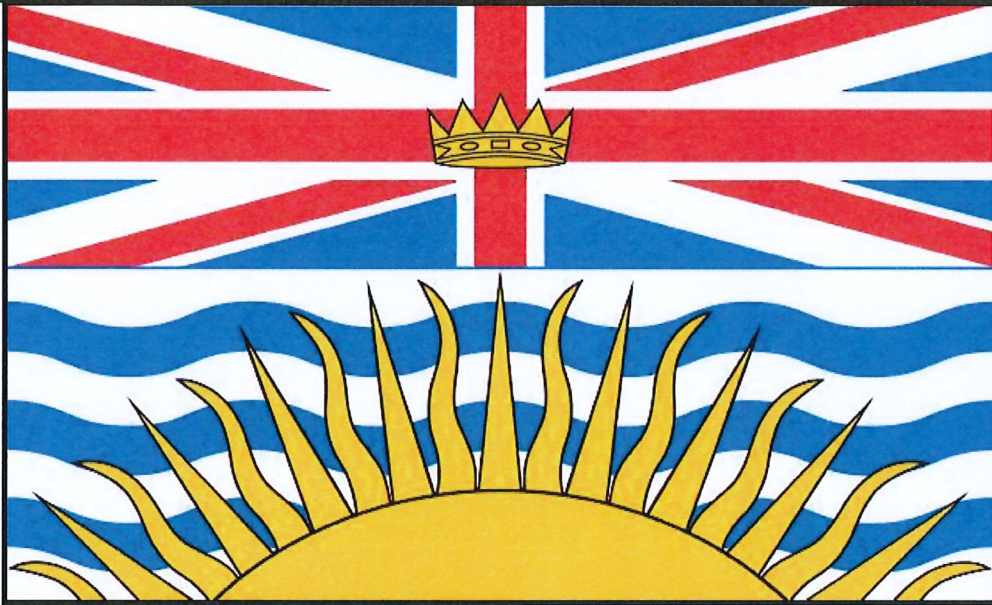


Xwisten Newsletter

August 2025



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

August 3 - Ratification Polls

August 4 - Office Closed:

BC Day

August 6 - Elder's Tea

August 13 and 22 - Elder's
Gathering Meeting



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 31, 2025 – 10:30am



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")**
- **No washing cars or filling pools**



FURTHER Updates at a later date

Thanks for your cooperation - Bridge River Band Office



BRIDGE RIVER INDIAN BAND

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Aug 1, 2025

To Xwisten Members,

Re: Xwisten June Newsletter Update



The following are updates for this month:

- **Watch out for fishing updates.**
- **Membership Code Survey Completed** raffle draw June 2nd, 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, installation complete.
- [Xwisten Fire Volunteers still looking for new members](#) ongoing
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Fisheries BIO, Headstart/Daycare Manager, Home & Community Care Worker, Food Systems Office Clerk, and check our website and Facebook for more information
- Band Admin office renovating is 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



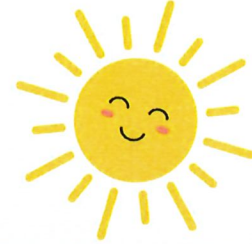
BRIDGE RIVER INDIAN BAND (Xwisten)

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Aug 1, 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/ needs assessment
- **2 triplex build completed** and reviewing housing list
- Housing Energy Assessments will be scheduled soon, outcome to apply for funding for repairs
- 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. Report any animals off leash
- 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

New Hire Announcement



Meet Ashley Kowalewski! She joins the Bridge River Indian Band (Xwísten) in the role of Indigenous Community Liaison.

She will be responsible for advancing the recruitment and employment of Xwísten community members at the Bralorne Mine while working collaboratively with Talisker to develop and implement a comprehensive cultural awareness program that supports respectful and inclusive workplace practices for all personnel on site.

She joins the team with 20 years of professional experience working as a journalist and a consultant in the fields of communications, marketing and community engagement.

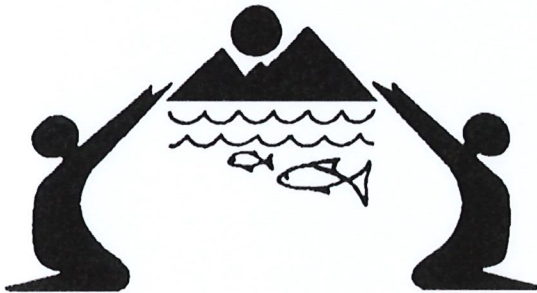
Over the course of her career, she worked in various sectors such as municipal and provincial governments, post secondary education, oil and gas, construction, engineering, aviation and healthcare.

Ashley has experience working with First Nations communities in BC including Xaxli'p, Squamish, and Cheam and in AB working with Mikisew First Nation and Fort McKay First Nation.

She has earned a Masters Degree in Public Relations from Mount Saint Vincent University (MSVU) and a Bachelor Degree in Public Relations from MSVU, she also holds a Diploma in Rural Leadership from Saint Francis Xavier University (StFX).

Contact:

IndigenousLiasion@Xwisten.ca



Talisker
RESOURCES

Be FireSmart: How Invasive Species Can Fuel Wildfire Risk



Living in wildfire country means we all need to stay FireSmart — and that includes being aware of invasive species. Invasive plants don't just threaten biodiversity and damage infrastructure — they also pose a serious wildfire hazard. These non-native plants grow quickly, spread aggressively, and thrive in disturbed areas. Once they die back, they leave behind large amounts of dry plant matter, creating dense fuel loads that can help fires ignite and spread faster.

Common culprits include:



Cheatgrass — dries early in the season and acts like kindling. It ignites easily and can cause more intense wildfires. Very common in our area.



Scotch Broom — contains high oil content and grows in dense patches significantly increasing fire hazard. Not in our area, please report any sightings.

Once invasive species get established, they're difficult and costly to remove. But by managing invasive plants early — and maintaining your yard or property with FireSmart principles — you can reduce the chance of fire near your home and community.



Invasive Grasses Made Lahaina Fires Worse

In August 2023, wildfires devastated the town of Lahaina, Hawaii. One major contributing factor? Invasive grasses like guinea grass and fountain grass. These fast-growing species created large areas of dry fuel that helped flames spread rapidly, turning a small ignition into a disaster.



What You Can Do:

- Learn to identify and remove invasive plants on your property
- Avoid disturbing soil or bringing in contaminated fill
- Don't plant invasive species in your garden — even if they look nice
- Keep your yard clear of dry plant debris
- Report invasive species sightings to LRISS

Being FireSmart starts with knowing what fuels fires — and that includes managing invasive species.

[Learn more: firesmartbc.ca](https://firesmartbc.ca)



Iriss.ca



@Irinvasives



info@Iriss.ca



LILLOOET REGIONAL
INVASIVESPECIESSOCIETY



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

Parental Consent for release of grades and attendance 2025-2026

To Parents: By filling out the following form, you are applying for school supply funds for the 2025/2026 school year. This form also gives consent for the Bridge River Education Department to access your child(ren)'s grades and attendance from their schools.

To Schools: The following is a permission to release a copy of student grades and monthly attendance of the listed student(s) to the Bridge River Band Education Department for the 2025/2026 school year.

Name of Mother		Name of Father		Name of Guardians (if applicable)									
Contact Numbers		Contact Numbers		Contact Numbers									
H: W: C:		H: W: C:		H: W: C:									
Mother Email Address		Father Email Address		Guardians Email Address									
Mailing Address		Mailing Address		Mailing Address									
Street Address		Street Address		Street Address									
Emergency Contact Name # 1		Relationship		Authorized to Pick/Up									
				Y N									
Emergency Contact Name # 2		Relationship		Authorized to Pick/Up									
				Y N									
Student Name (Alias in brackets)		School Attending				Grade		Age		Birth Date Month/Day/Year		Band Number (10 digit #)	
		Cayoosh	GMM	LSS	Preschool								

Parent/Guardian Signature

Date



Please fill out for all children attending Lillooet Secondary (High School) in 2025/2026

By filling out this form, you are helping the Education Department prepare its budgets to meet student needs for the 2025/2026 school year. Please circle all that apply for each student.

Student Name	Graduating in June 2026? (Fees & Pictures)			Enrolled in Elective Courses? ² (Supplies and Fees)		
	Yes	No		Woods	Metals	Clothing & Textiles
				Foods	Photography ¹	
	Participating in Field Trip/School Teams? ³ (Travel & Fees)					
	Basketball	Rugby	Soccer	Volleyball	Ski Trips	
Student Name	Graduating in June 2026? (Fees & Pictures)			Enrolled in Elective Courses? ² (Supplies and Fees)		
	Yes	No		Woods	Metals	Clothing & Textiles
				Foods	Photography ¹	
	Participating in Field Trip/School Teams? ³ (Travel & Fees)					
	Basketball	Rugby	Soccer	Volleyball	Ski Trips	
Student Name	Graduating in June 2026? (Fees & Pictures)			Enrolled in Elective Courses? ² (Supplies and Fees)		
	Yes	No		Woods	Metals	Clothing & Textiles
				Foods	Photography ¹	
	Participating in Field Trip/School Teams? ³ (Travel & Fees)					
	Basketball	Rugby	Soccer	Volleyball	Ski Trips	
Student Name	Graduating in June 2026? (Fees & Pictures)			Enrolled in Elective Courses? ² (Supplies and Fees)		
	Yes	No		Woods	Metals	Clothing & Textiles
				Foods	Photography ¹	
	Participating in Field Trip/School Teams? ³ (Travel & Fees)					
	Basketball	Rugby	Soccer	Volleyball	Ski Trips	

¹Photography class requires a payment for students to keep their negatives and also a damage deposit of \$50.00. Bridge River Band will sign for the damage deposit so parents do not have to pay the \$50.00 damage deposit up front. However, if the camera is damaged, the parent and student will be billed for the \$50.00.

²There is a limit per elective class per student of \$50.00. Please keep this in mind when purchasing supplies such as metal, fabric, wood, patterns, etc. that you will only be reimbursed up to the \$50.00 limit.

³Consideration for funding of extra curricular activities is dependent on the availability of Education Funds and also on a student's attendance records. If a student has more than three absences and/or four late arrivals in the previous month before the trip, they will not receive funding for tournaments or other extra activities.



BRIDGE RIVER INDIAN BAND

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August 28, 2025

Xwísten Farm update

Good day everyone!

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



The Farm crops have been growing vigorously!!! And Rainah and Blaine was able to hand out Xwísten grown crops to the community during the Ancestral Food system community dinner.

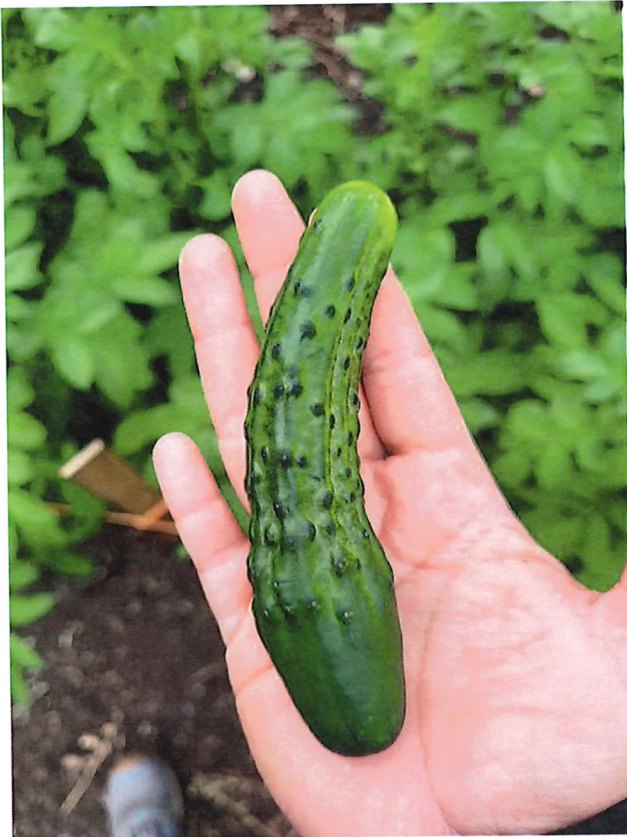


Xwísten's Farmer's!









The Farm team has joined the Ancestral team to do training in pressure canning by FNHA team Fiona Goorman and Alan Leung. They are canning Beets from the Farm.



Rainah and Blaine organizing the Farm Produce to get ready to distribute to the Elders, Thank you Jess for delivering the Farm produce! the creek!



The Farm team are getting pretty resourceful by washing the produce in fresh Apple Spring Creek!

Events coming soon at the Xwísten Farm!

- Farm tours on August 22 4:30 Bus will make trips
- Movie at the farm, following the tours.
- August 22 7ish movie will start, family Friendly film
- Hosting Xwísten Community Dinner August 28th

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

Matthew Davidson

Agriculture Coordinator

250 256 7423 ext 874

Foodsystems.coord@xwisten.ca

XWISTEN FARM

Community Engagement Dinner

August 28th



Presentations:

- **KPU Introductions**
- **Presentation on the Farm operations**

Dinner prepared by Micah with some of the Farm produce!

Date: August 28, 2025

Time: 4:30-7:30 pm

Place: Bridge River Gym

Dinner served: 5:00 pm

For more information, contact

Matthew Davidson

foodsystems.coord@xwisten.ca

250 256 7423 ext. 874

Rainah Thomas

agri-farm-lead@xwisten.ca

250 256 7423 ext. 874



BRIDGE RIVER INDIAN BAND Ancestral Food System Project



July 28th, 2025

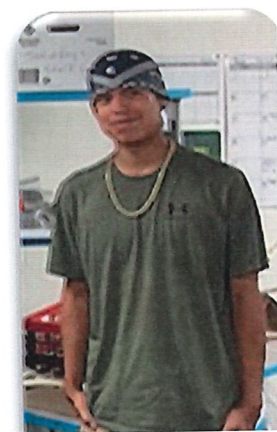
Ama sqit Bear Clan!

We are close to the peak of summer and the berries are plentiful!

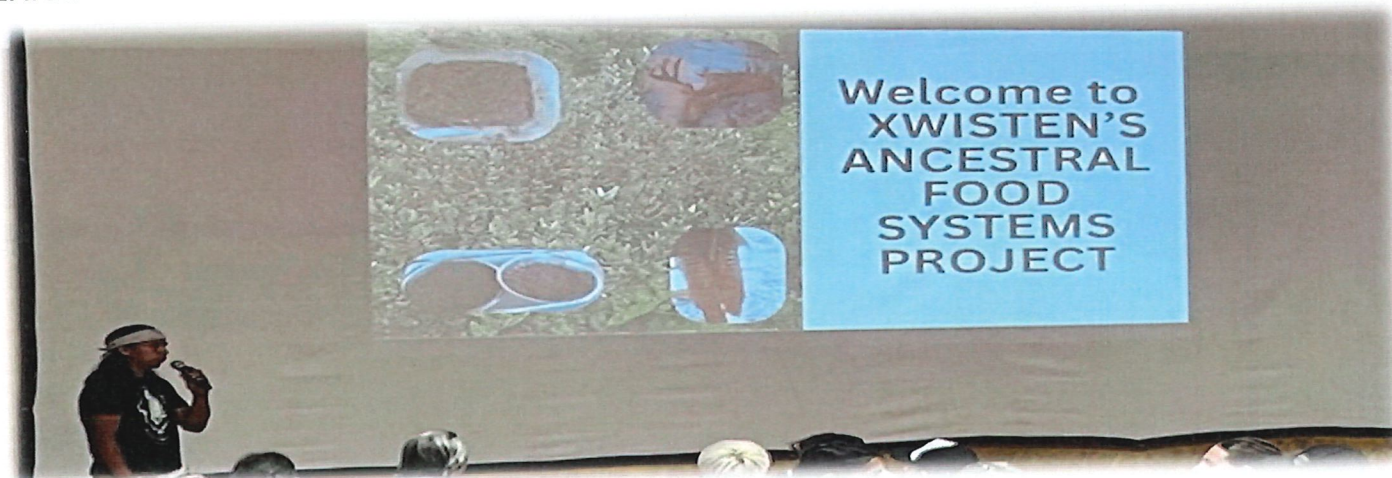
The Salmon are making their way home to the Xwísten territory!

And with great numbers this year!

Speaking on traditional foods! The Ancestral Food Systems Project has been busy with Traditional harvesting, land restoration, Xwísten Harvesting calendar guide development, and we hosted the community dinner this month. We really appreciate the community members that came out to see the project update! And very pleased the special guests showed up. Thank you Emma & Maery from FNHA CHAP program, Michelle and Tammy from Red Cross emergency response, Ernest from ISETS, Larry & Ian from FWCP and Jacquie from LRISS



Welcome Harlem Haskell to the Ancestral project! We are excited to have you join our team!



Emma Scott & Maery from FNHA Climate Health Program, which is the funding we received in January that started off the Xwísten Ancestral Food Systems Project. Stopped by the next day after the Community Dinner and toured the Xwísten's food systems project.



Traditional Harvesting and processing:

Andrew and the Ancestral team harvested and cleaned Xusum which they will be pressure canning them into jars and handing them out to the community soon.



Drying Xusum Pulp in the Greenhouse



Andrew & Team making traditional harvesting tools from deer antler, which they harvested tiger lily bulb



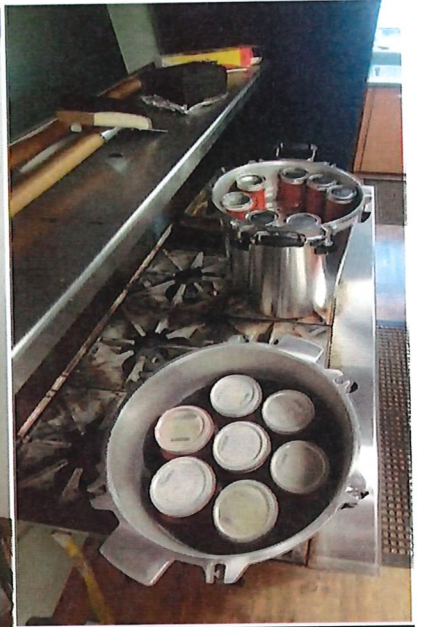
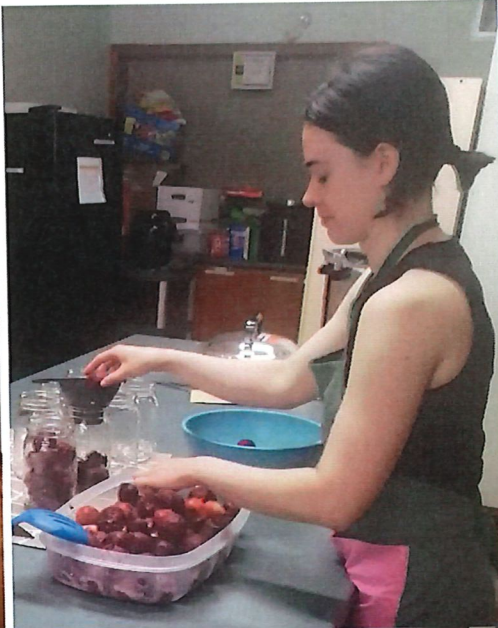
Traditional mentorship

Andrew taking Harlem on the land and sharing his knowledge about traditional



Fiona Goodman and Alan Leung from FNHA came to do a workshop for the Xwísten's food security team on pressure canning safety. The Farm team canned Beets from the farm and the Ancestral Team canned Xusum.





Photos taken by Alan Leung FNHA Environmental Health Officer

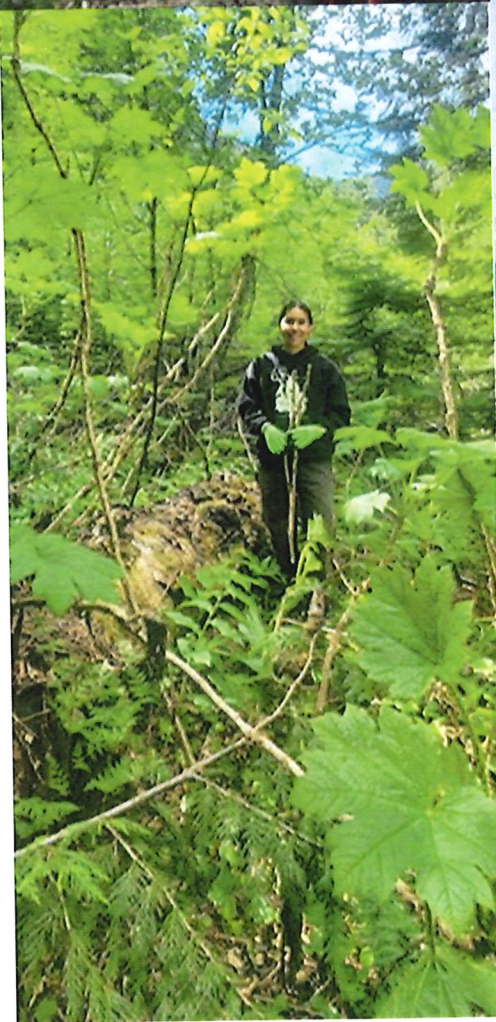


Fiona made a special trip the day before the workshop to see the facilities, and the equipment the Ancestral project have, as well as took a tour of the Community Garden



Land restoration: Planting trees , and invasive species removal

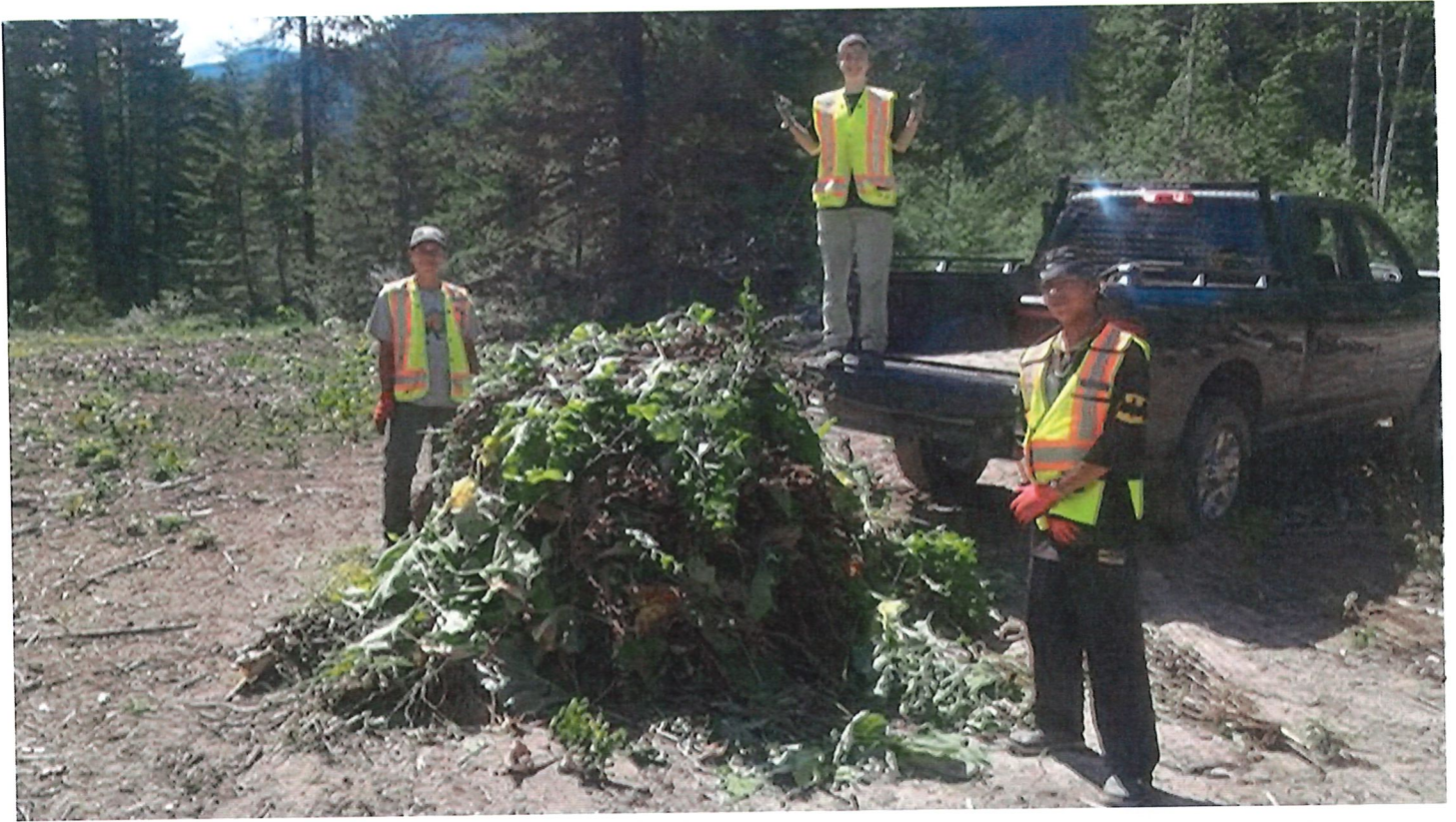
Odin from Split Rock environmental and some of their team came and helped plant trees in the old fireguard





Invasive species removal:

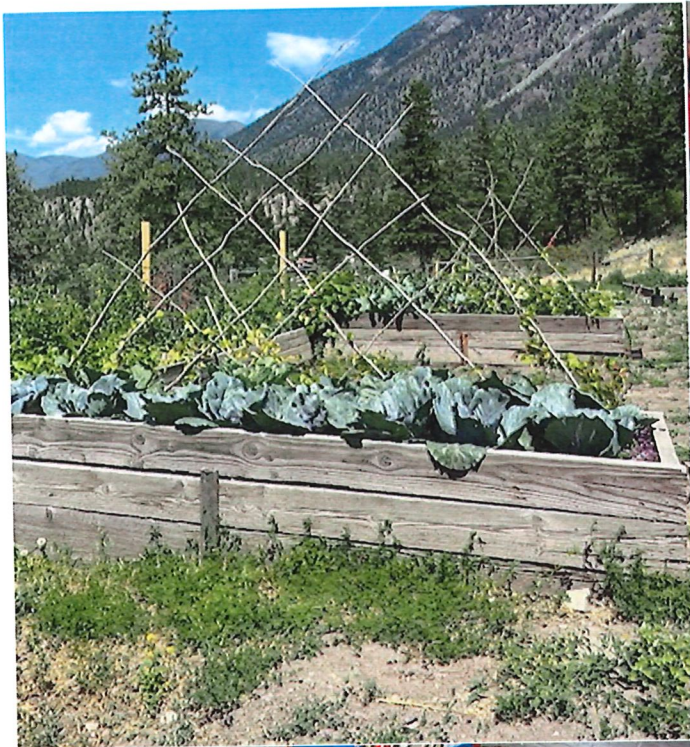
Andrew and the Team removed couple truck loads of burdock and bull thistle and stick seed and hound's tongue



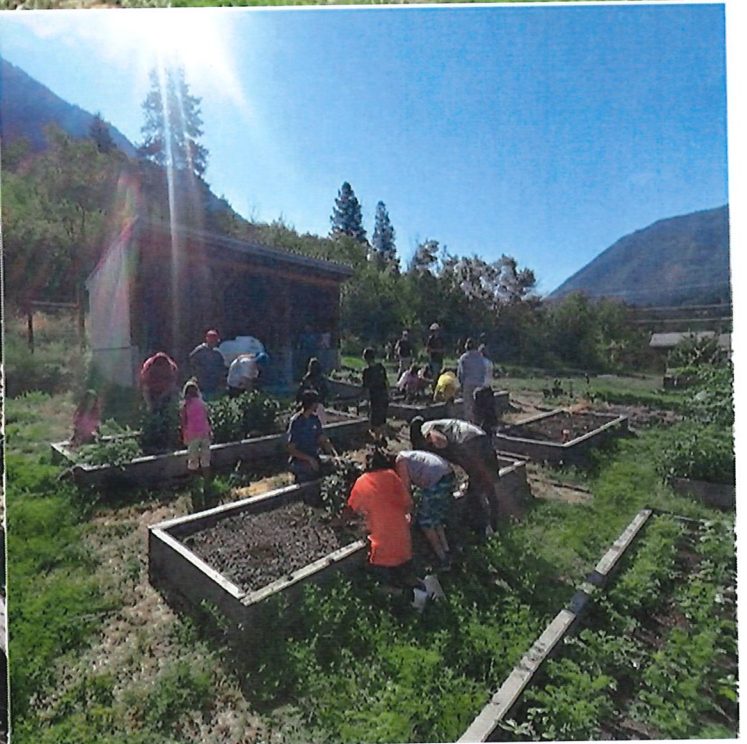
The Ancestral Project leased a truck, and we brought our mobile processing unit home!
The Mobile processing unit will make it possible to have camps and to process on the land



The Community Garden is doing great! with lots of produce distributed to the elders, and involving the summer day camp youth by helping them plant in the remaining grow boxes.



Summer Day camp Youth planting in the community garden



We would like to acknowledge Eileen Michel for her contribution to the project, we will miss you!



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!

“Let’s learn together on how to Xey’tsam (To save Food for oneself)”

Andrew Michel

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

Matthew Davidson

250 256 7423 ext. 874

Email: foodsystems.coord@xwisten.ca

BRIDGE RIVER HEALTH DOCTOR & SPECIALIST APPOINTMENTS

7
AUG

DR. HUMBER - FAMILY DR.

General Check-up – Routine health assessments to monitor your well-being.

Get a Doctor's Opinion – Expert advice on symptoms, conditions, and treatment options.

13
AUG

NEENA - DENTAL HYGIENIST.

Routine Cleanings & Check-ups – Keep cavities and gum disease at bay!

Cavity Prevention & Fluoride Treatments – Shield your teeth from decay.

18
AUG

AMY BORDAS - FOOTCARE.

Diabetic Foot Care – Prevent complications with expert wound care & nail management.

Corns/Callus Removal – Gentle, professional removal for comfort.

22
AUG

CARTER HEARING.

Hearing Tests & Evaluations – Quick, accurate assessments for all ages.

Custom Hearing Aid Fittings – Precision-tuned for maximum clarity and comfort.

INTERESTED IN ANY OF US? GIVE BRIDGE RIVER HEALTH A CALL AT

250-256-7423 EXT 237

ASK FOR THE HEALTH DEPARTMENT TO MAKE AN APPOINTMENT. TODAY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Prenatal/Postnatal	7 Prenatal/postnatal	8	9
10	11	12	13 Kindergarten Immunization Catch up	14 Kindergarten Immunization Catch up	15	16
17	18	19	20 Drop in day/Blood pressure checks *Regular Nurse away	21 Drop in day/Blood pressure checks *Regular Nurse away	22	23
24	25	26	27 Nurse in Community 9-3pm	28 Girls puberty workshop	29	30
31						

August

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Home / Phone Visits	2
3	4 Office Closed	5 Visit Elders Garden 10am	6 Elders Tea 1-3pm MPR	7 JO Away	8 JO Away	9
10	11 Chair Exercises 10:30-12 MPR	12 Visit Elders Garden 10am	13 Gathering Trip Meeting MPR 1-3	14 Drumming in the Park 10am-12	15 Home / Phone Visits	16
17	18 Chair Exercises 10:30-12 MPR	19 Visit Elders Garden 10am	20 Home / Phone Visits	21 Drumming in the Park 10am-12	22 Gathering Trip Meeting MPR 1-3	23
24	25	26	27	28	29	30
49 th Annual Elders Gathering - Vancouver						
31	<div> Jess Oleman – Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca </div>					

Notes:

I am very excited for our Elder's trip end of this month!

Our garden plot is huge, we've gotten a few harvests from it so far that I have handed out. I would like for us to go visit a few times this month as the other veggies should be really growing by then. Plans to have a small outdoor luncheon there is in the works – keep eye out for notice of this.

Keep cool in this heat, drink plenty of water, and don't be afraid to reach out if you're in need of any kind of assistance ☺



Chocolate Peanut Butter No-Bake Cookies

 **Total Time** Prep: 20 Min. + Chilling

Yield 2-1/2 Dozen

★★★★☆

 **Test Kitchen Approved**

These chocolate peanut butter no-bake cookies are so easy to make and only require a few simple ingredients and a stovetop.

Ingredients

2 cups sugar

1/2 cup butter or margarine, cubed

1/2 cup 2% milk

3 tablespoons baking cocoa

Dash salt

1/2 cup creamy peanut butter

1 teaspoon vanilla extract

3 cups old-fashioned oats

Directions

In a large saucepan, combine the first 5 ingredients. Bring to a boil, stirring constantly. Cook and stir 3 minutes.

Remove from heat; stir in peanut butter and vanilla until blended. Stir in oats. Drop mixture by tablespoonfuls onto waxed paper-lined baking sheets. Refrigerate until set. Store in airtight



Strawberry Rhubarb Cream

🕒 Total Time Prep: 20 Min. + Chilling

Yield 2 Servings

★★★★★

✅ Test Kitchen Approved

A friend gave me this recipe a long time ago. It's rich and creamy yet refreshing. I make this often in early summer when rhubarb is readily available. —Norma DesRoches, Warwick, Rhode Island

Ingredients

- 1/2 cup chopped fresh or frozen rhubarb
- 2 tablespoons plus 1-1/2 teaspoons sugar, divided
- 1-1/2 teaspoons water
- 1/2 cup sliced fresh strawberries
- 1/3 cup heavy whipping cream, whipped
- Additional sliced fresh strawberries, optional

Directions

In a small saucepan, combine the rhubarb, 2 tablespoons sugar and the water. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, until tender, about 10 minutes. Transfer to small bowl; cool to room temperature.

Place strawberries and remaining 1-1/2 teaspoon sugar in a food processor; cover and process until pureed. Stir into rhubarb mixture. Fold in whipped cream. Spoon into 2 parfait glasses or dessert dishes. Cover and refrigerate until chilled. Garnish with additional berries if desired.



Oreo Mousse Cake

🕒 Total Time Prep: 15 Min. Cook: 10 Min. + Chilling

Yield 16 Servings

★★★★☆

✅ Test Kitchen Approved

Oreo mousse cake is so simple to put together, but it tastes as decadent as fancy restaurant desserts. Have fun garnishing it as you like, using crushed or whole Oreos, additional whipped cream rosettes or chocolate shavings. —*Taste of Home* Test Kitchen

Ingredients

1 package (14.3 ounces) Oreo cookies, crushed

1/3 cup butter, melted

8 ounces semisweet chocolate, chopped

3 cups heavy whipping cream

1/2 cup confectioners' sugar

Additional whole or crushed Oreos, optional

Directions

In a small bowl, mix 2 cups crushed cookies and butter. Press onto bottom of a greased 9-in. springform pan. Refrigerate until ready to use.

In a large microwave-safe bowl, microwave chocolate on high just until melted; stir until smooth. Cool to room temperature.

In another bowl, beat cream and confectioners' sugar until stiff peaks form; fold 4 cups into cooled chocolate. Spread over crust. Spread remaining whipped cream over top. Cover and refrigerate until set, about 3 hours. If desired, garnish with additional Oreos.



Rocky Road Rice Krispies Treats

🕒 Total Time Prep: 20 Min. + Cooling

Yield 2 Dozen



✅ Test Kitchen Approved

Piled high with chocolate chunks, gooey marshmallows and crushed graham crackers, this Rocky Road Rice Krispies Treat recipe is perfect for those with a sweet tooth. —*Taste of Home* Test Kitchen

Ingredients

2 packages (10 ounces each) miniature marshmallows, divided

3 tablespoons canola oil

5 cups Rice Krispies

5 whole graham crackers, crumbled

1-1/4 cups salted roasted almonds, chopped and divided

2 packages (11-1/2 ounces each) semisweet chocolate chunks, divided

Directions

In a microwave or a large saucepan over low heat, melt 1 package of marshmallows in oil; stir until smooth. Remove from heat; stir in cereal, graham crackers, 1 cup almonds and 1 cup chocolate chunks. Press mixture into a lightly greased 13x9-in. baking pan, using waxed paper or a lightly greased spatula. Cool to room temperature. Melt 1 package chocolate chunks in microwave; spread over top. Sprinkle with remaining package of marshmallows and the remaining almonds and chocolate chunks. If desired, toast marshmallows using a kitchen torch. Cut into bars.



Elder's Tea


August 6th, 2025

1pm-3pm

Band Office MPR

Jess Oleman – Xwisten Elders
Coordinator

250-256-7423 ext 839



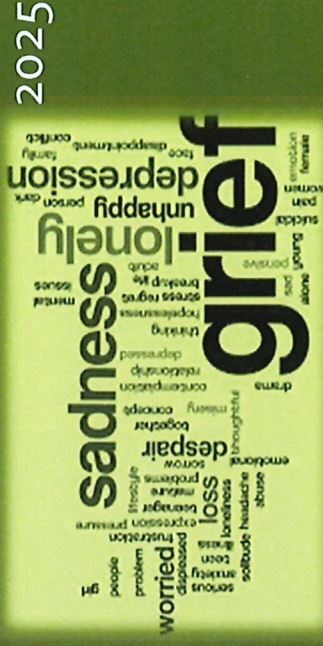
August

NARCAN SAVES LIVES



Narcan can temporarily reverse an opioid overdose.

For FREE Narcan training visit www.narcan.org or call 1-800-458-5231



Garry Dunn 250-256-7423 ext. 870

Cell # 778-209-8830

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

Health and safety

Tips For Dealing With Grief and Loss

What is **NARCAN?**

A medication used to counterattack
the effects of opioids such as:

- Oxycodone
- Heroin
- Vicodin
- Codeine
- Morphine
- Methadone

Naloxone
is the generic
name of Narcan



How to Respond to an Overdose:

5 Stages of Grief & Loss



Narcan Training 101

Tuesdays 1:30 to 3:30

Responding to an
overdose
Recognizing signs of
an overdose and how
to prevent harm
caused by toxic drug
poisoning

Grief and Loss

Thursdays 1:30 to 3:30

Understanding 5 stages
of grieving, coping with
grief and loss and how
every person's
response is unique to
them

Please feel free to call me 250-256-7423 and we can discuss any questions you might have about either
topic

Community Wellness Coordinator
Garry Dunn

August

2025

Headstart Day Care

Feelings and Friends

Kids will learn about different feelings like happy, sad, angry, and calm. They will explore how to share, be kind, and make friends through fun activities, stories, and songs. This helps children understand their emotions and build good friendships.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Draw a Happy face	2
3	4 Talk about the things that make you happy	5 Read a story about Friendship	6 Make a Kindness card for a friend	7 Practice saying "please" and "thank you"	8 Role-play saying "hello" and "goodbye"	9
10	11 Play a sharing game with toys	12 Make a friendship bracelet using beads	13 Read a story about helping others	14 Talk about ways to say sorry	15 Talk about what to do when angry	16
17	18 Share your favorite thing about a friend	19 Practice giving compliments	20 Talk about what makes you feel calm	21 Play a feelings game (show happy, sad, angry faces)	22 Make a "thank you" poster	23
24	25 Make a friendship tree with handprints.	26 Draw a tree and add leaves with kind act	27 Make different happy sounds together—laugh, cheer, or sing	28 Play games that involve taking turns	29 Celebrate friendship with a dance	30
31						

Kahwa7acw Hello from

HeadStart/Daycare

Tak i stsugwaza - going along many

salmon

August is here, month

of many berries and dreams of many

sockeye. The fruit and veggie bounty has

been delish this year. We enjoyed fresh,

canned, jammed and frothed fruit flavors

as well as perfect broccoli and lettuce

from our planters out back. The flowers,

pumpkins and tomatoes are still to

come.... the herbs - parsley, sage,

rosemary and thyme are so fresh and

flavorful - wow!

Our zoo animals theme was a

success! We have animal stories, animal figures and animal songs. Our favorite is “How does a Duck Walk”?

Our healthy bodies theme had us doing jumping jacks, hand washing and pretend play with the doctors kit. We drank lots of water, practiced rest time and love the song “Head and Shoulders”.

August's themes are friends and feelings, of which we have an abundance. Sometimes the themes are hard to explain with words but “littles” have BIG feelings and important relationships with their friends.

Safe fishing to all and enjoy this
August!



AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Workshop with moon Bingo Night	2
3	4 Stat Holiday No Summerday camp	5 Reading Club & Xwisten Tours	6 Pavillion Lake day 8:45 or first bus to	7 Camoo day trip	8 Workshop w moon Car wash @ Buylow Bingo night	9
10	11 Workshop w Moon	12 culture camp	13	14	15 Workshop w Moon Bingo Night	16
17	18 workshop w moon	19 Reading club	20 Last Day!! bridal falls water park	21	22	23
24	25	26	27	28	29	30

Sorry, we will no longer be having Overnight trips.
further updates will be sent home w kids and posted in
FB Group Chat.

NOTE

Will not be providing
Lunch unless said so

12th 17th & 20th be there @ 8:45am

Lake days : 2nd Side
Be there for 8:45 or be on the first bus
Towel
Swim clothes or something dry to
change into
Lunch
water
sunscreen (not banana boat)

Reading club: @ Rec.
**Be there for 8:45 or be on the
first bus**
Lunch
water

Day camp hours
9:15am-3:15am

**BRING IN EMPTIES ANYTIME FOR
FUNDRAISER!!!**

Debbie Jack's: Meals To Go

At house #12482, carport door Ph: 250-256-4135

Date: AUG 20, 2025 - Time: 5:00 – 6:30pm

MENU

Pork Loin Roast & Gravy

Mashed Potatoes or Rice Pilaf

Cooked Veggies

Green Salad or Cole Slaw

Dinner Roll

Dessert:

Slice of pie or Fruit Crisp w/ Whip Cream

Price: \$20.00 per person: e-transfers to:

gotemcovered@msn.com or
debbie.jack55@outlook.com

Auto-deposited or Cash

YOU DON'T HAVE TO COOK 😊!!



DJ's Take-n-Bake

“Homemade Pizza’s”

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

Date: **August 8th & 22nd, 2025**
I will be making 8 PIZZA’S only on each day.

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

Sizes: 12” & 15”

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

Flavors & Prices:

12” Hawaiian or Pepperoni → \$18.00ea.

12” Cheese only → \$15.00 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!

AUGUST 2025 NEWSLETTER

BIG HAPPY BIRTHDAY WISHES to; Grand-niece Eva Rae on 4th, Grand-nephew Ghenasis on 15th, My Grandson 'Qawam on 19th, HAPPY BIRTHDAY ❤️, Niece Jess O on 19th, Grand-niece Abigail on 20th, Grand-nephew Marcus on 24th, all the BR Elders... Wishing you all a GREAT day 😊

HAPPY ANNIVERSARY to Sis Carolyn & Willard on August 15th, 1987, ... 38 yrs woohoo 😊

To all of Xwisten, stay cool, drink lotsa water, and don't forget the sunscreen, DON'T MELT and have some fun!!

Pizza Nites will be August 8 & 22, 2025, look for my posters in here and on FB

Pork Loin Roast Dinner will be August 13, 2025, look for my poster in newsletter and on FB 😊

AUGUST 2025 BIRTHDAYS

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
					1 	2 Karla Joseph Salena Joseph Monique Moore Janetta Napoleon
3 Shyllan James	4 Eva Michell-Peters	5 	6 	7 Alissa Adams-Frank Stephan Andrews	8 	9
10	11  Cayden Ledoux Gertrude Terry	12 Joshua Adams-Frank Sherron James	13  Elizabeth Terry	14 Rita Terry	15 	16 Brenda Frank Robert Terry
17	18  Edward Thomas III	19 Bradley Jack III	20  Julis Dawson Jayden Gallagher Abigail Jack Soloman James	21 Jessica Oleman Margaret Samson	22  Karen Jacobs Carla Thomas	23 Brett Greenman Lester Sampson
24 Brian James Grant Louie Marcus Michel	25 	26	27  Alex Link Cayla Paris	28 Marie Joseph Jasleen Napoleon-James	29 	30
31 Phillis Gilbert Hunter Redan						