

Xwisten Newsletter

September 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

Band Meeting:

September 14, (Tentative)

Elders Tea:

September 16, 1pm - 3pm

Elders Luncheon:

September 24, 12pm

Community Dinner:

September 25, (Tentative)



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

Sept 1, 2025

To Xwisten Members,

Re: **Xwisten September Newsletter Update**

The following are updates for this month:



- **Watch out for fishing updates.**
- **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**
- **Xwisten Fire Volunteers still looking for new members** ongoing
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Fisheries BIO, Headstart/Daycare Manager, Homemaker, Fish Monitors, and check our website and Facebook for more information
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- FireSmart is working in the community
- **Water restrictions – No Watering – Reservoir below 50%**
- 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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Sept 1, 2025

To Xwisten Members,

Re: Xwisten September 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, follow water restrictions when needed, 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, out by 9am 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
- 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



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September 3, 2025 – 9:10am
WATER RESTRICTIONS &

BOIL WATER ADVISORY

for

**MAIN VILLAGE & UPPER VILLAGE
&**

ORCHARD SPRINGS

**94% Reservoir Water Level
LIMITED WATERING**

- **ADDING WATER to the main reservoir, due to undetected leak**
- **Hand water your gardens & lawns on odd & even days, using your house number (ie: 12361 "waters on odd days")**
- **Do not water unattended to avoid over usage.**
- **No washing cars or filling pools**

FURTHER Updates at a later date

Thanks for your cooperation - Bridge River Band Office

September Snapshot

EVENT	DATE	TIME	LOCATION
Recreation Bingo	Sept 5 & 19	5 pm	Gymnasium
Family Movie Night	Sept 12	5 pm – 11 pm	Gymnasium
Xwisten Youth / Kids Club	Sept 10, 16	4:30 pm – 6 pm	MPR
Xwisten Youth Group	Sept 10, 24	4:30 pm – 6 pm	MPR
Baseball fundraiser / Dinner	Sept 19	4 pm – 7 pm	Gymnasium
Elders Bingo	Sept 21	5 pm	Gymnasium
Xwisten Games Night	Sept 26	5 pm – 10 pm	Gymnasium
Sports Night	Sept 9, 17, 23, 30	6:30 pm – 8:30 pm	Gymnasium
Chair Exercises for all	Sept 8, 11, 15, 18, 22, 25, 29	10:30 am – 12 pm	MPR
Yard Contest Ends	Sept 30	4:00 pm	Community

If you have not signed up to the **Yard Beautification Contest** yet, please contact: Christina Ledoux at communitydevelopment@xwisten.ca. FIRST PLACE = \$750

Please watch for upcoming events as they may not have been listed here.

**PLACE ME ON YOUR
FRIDGE** 😊





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Outage Notification

We're performing work on our system in your area that requires us to temporarily turn off your electricity service.

Planned power outage details (WO W02471102-01)

Locations: 1 JOSEPH DR, LILLOOET
1A JOSEPH RD, LILLOOET
APPLESPRING CRK PUMP, LILLOOET
BRIDGE RIVER IR HALL, LILLOOET
BRIDGE RIVER IR OFFIC, LILLOOET
BRIDGE RIVER IR1 12KM, LILLOOET
BRIDGE RIVER IR1 8KM, LILLOOET
JOSEPH RD L1, LILLOOET
MOHA RD P28, LILLOOET
ORCHARD SPRING SUB, LILLOOET

From: Sunday, September 14, 2025 11:00 PM (estimated)

To: Monday, September 15, 2025 06:00 AM (estimated)

Reason: System Upgrade

Overnight outage. Landlords, please advise your tenants accordingly.

Prepare for the outage

Before the outage begins, turn off electric heaters, major appliances and unplug sensitive electronics to protect them from damage. If you rely on electric medical equipment or access doors, have a plan to maintain use.



School District No. 74 (Gold Trail)

2025-2026 Calendar

PURPOSE	DATE
Labour Day Statutory Holiday	01 September 2025
First day of school (Half Day)	02 September
Professional Development	22 September
National Day for Truth and Reconciliation – Stat Holiday	30 September
Thanksgiving Day - Statutory Holiday	13 October
Professional Development	24 October
Remembrance Day - Statutory Holiday	11 November
Christmas/Winter Break	20 December – 04 Jan
First day of school after Christmas/Winter Break	05 January 2026
Professional Development	26 January
Professional Development	13 February
BC Family Day - Statutory Holiday	16 February
Spring Break	14 March – 29 March
First day back for students after Spring Break	30 March
Good Friday - Statutory Holiday	03 April
Easter Monday - Holiday	06 April
Professional Development	27 April
Professional Development	15 May
Victoria Day - Statutory Holiday	18 May
Last day of school	25 June
Administrative Day (staff only in session)	26 June

The district calendar complies with the School Act for instructional hours and collective agreement and Ministry of Education and Child Care requirements for professional development days.

**FRIENDLY REMINDER
PLEASE
SLOW DOWN
SPEED LIMIT IS:**



For the safety of our children



Caught Look'n

★ **BASEBALL** ★
FUNDRAISER

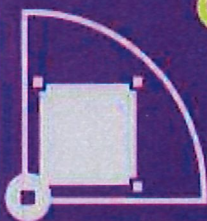
LOONIE AUCTION
★ **&** ★
DINNER ★



★ **Date: Friday September 19th**
4:00pm ~ 7:00pm
In the Bridge River Gymnasium

Great Prizes!

&
Great Food!



All funds go towards a tournament in HAWAII

Made with PosterMyWall.com

Hello,

My name is Roxanne Denego, and I'm excited to introduce myself as the new Social Assistance Coordinator with the Bridge River Indian Band. I recently completed my Bachelor of Arts Degree at Thompson Rivers University, and I'm looking forward to applying what I've learned in both my education and life experience to support our community.

I was born in Uranium City, Saskatchewan, but spent much of my childhood living in Lillooet on and off until I graduated from Lillooet Secondary School. I have three amazing children—my son Nicholas and my two daughters, Kealey and Avaya. Our family also includes our beloved pet, Sandy, and we may soon be welcoming a new kitten into our home.

With my educational background and personal experience, I hope to bring compassion, understanding, and meaningful support to the community. I'm truly excited to be returning home and to begin this new chapter with all of you.



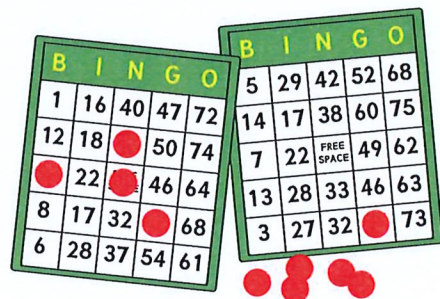
Bridge River Elders Rolling Jack Pot

BINGO

Date: September 21, 2025

Time: Doors Open @ 5:00pm

Place: Band Office Gym



Rolling Jack Pot \$300 in 48#s or Less

Raffle Concession Door Prizes

Card will only be SOLD DAY and TIME of the Bingo

Thank You for the continues Support



BRIDGE RIVER INDIAN BAND AGRICULTURE FARM PROJECT



August 28, 2025

Xwísten Farm update

Ama sq'it!

Its September!!! Where has the time gone? The Summer has been great, with the heat mixed with cool and rainy days that made for a great climate for vegetable growing already and the farm crops are at their peak Rainah & Blaine have been working some magic at the farm! The produce that has been coming out of the farm has been amazing; the size and quality is extremely impressive. If you have tried some and impressed make sure you let everyone know and especially Rainah and Blaine, they been working hard to be able to supply the community with community grown food! They deserve all the praises you can give. Xwísten is in good hands with the Farm crew doing what they love doing, growing healthy food.

The progress at the Xwísten Farm!









Rainah and Blaine are working extremely hard to grow food for the Xwísten community and doing it with great dedication and passion. It is very impressive what they have achieved this summer. It wasn't an easy thing to do getting the farm prepped and growing for the first time in decades, but they did it! And it took just They grew amazing crops

Xwísten Farm hosted the Community Dinner!!!

It was a great night with presentations from Farm Lead Hand, Rainah Thomas and the KPU team Micheal Robinson & Meredith Papatsie.

There were lots of vegetables handed out to the community and some were used for the dinner!



The Farm is closing this month, But we still want to do a UPICK, farm tours and movie night in the middle of September. Stay tuned for the posting.



Don't forget to show your appreciation to the farm crew if you see them in the community, they did amazing work this year and grew around 10,000bs of crops for the community

Any questions about the farm let us know, You can reach Rainah through email agri-farm-lead@xwisten.ca

Matthew Davidson

Agriculture Coordinator

250 256 7423 ext 874

Foodsystems.coord@xwisten.ca



BRIDGE RIVER INDIAN BAND Ancestral Food System Project



August 28th, 2025

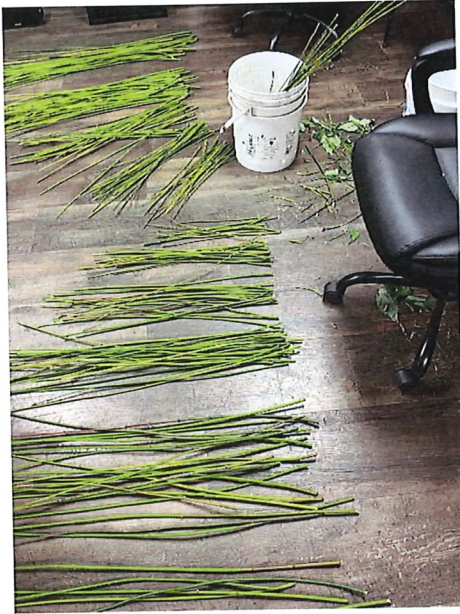
Ama sqit Bear Clan!

The Ancestral project Team is working hard and getting as much done as possible. They have been making traditional baskets, escorting the youth summer day camp on the land, fishing for community members in need, processing traditional foods, and garden crops and distributing to the elders



Traditional Basket making with Candice Jack

(shhhh, don't tell anyone, Candice is going to be doing a traditional basket making workshop in November for the community) limited seats available, sign up at the front desk if you are interested.

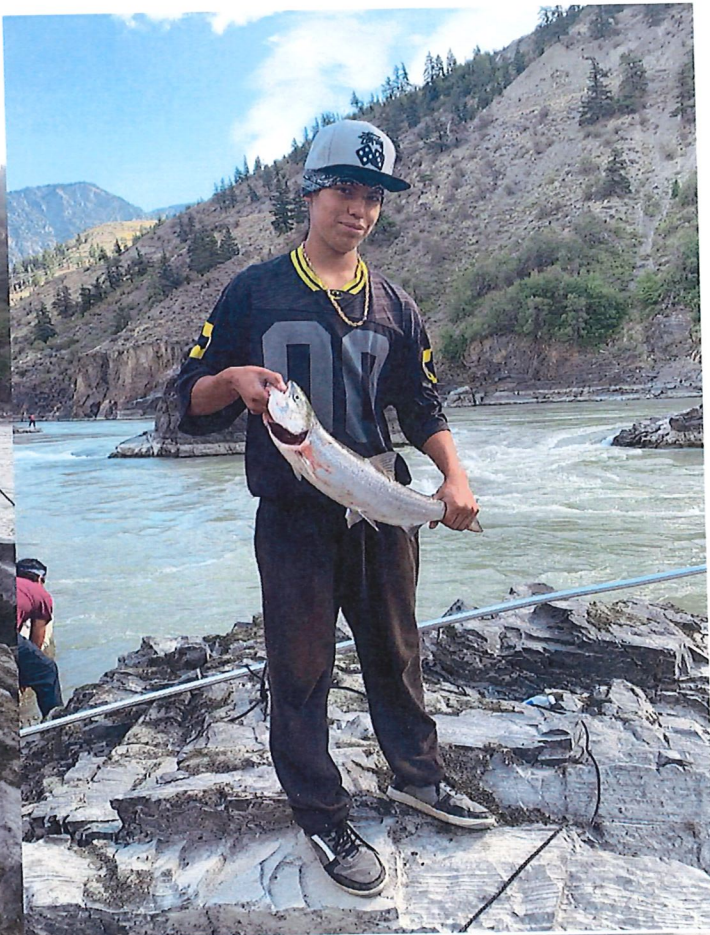




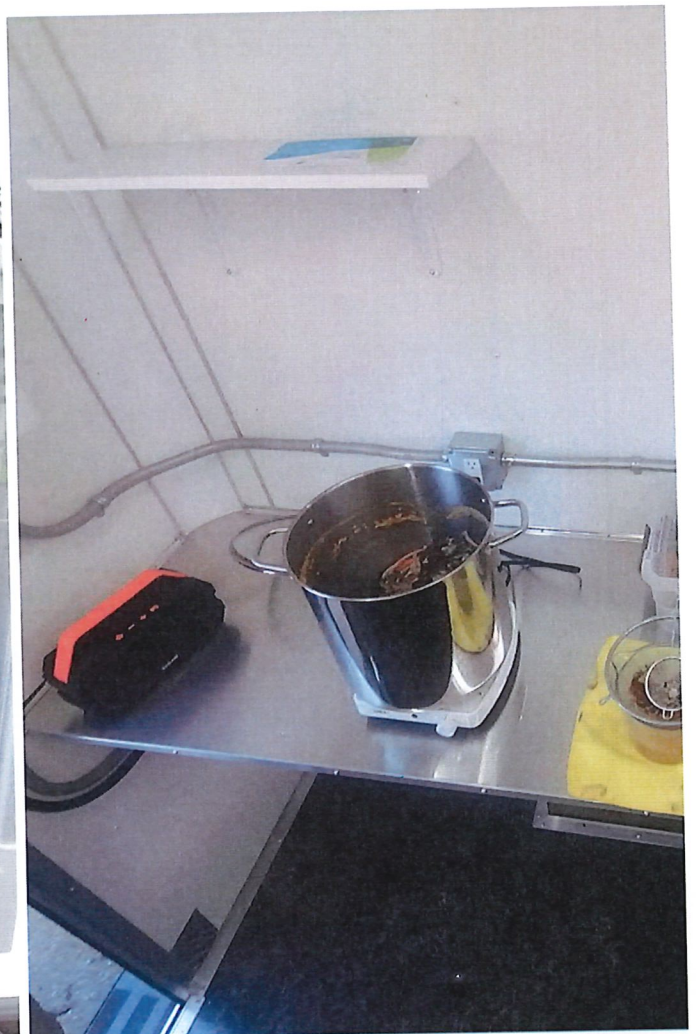
Taking the Youth on the Land with Elder Kenny Thomas



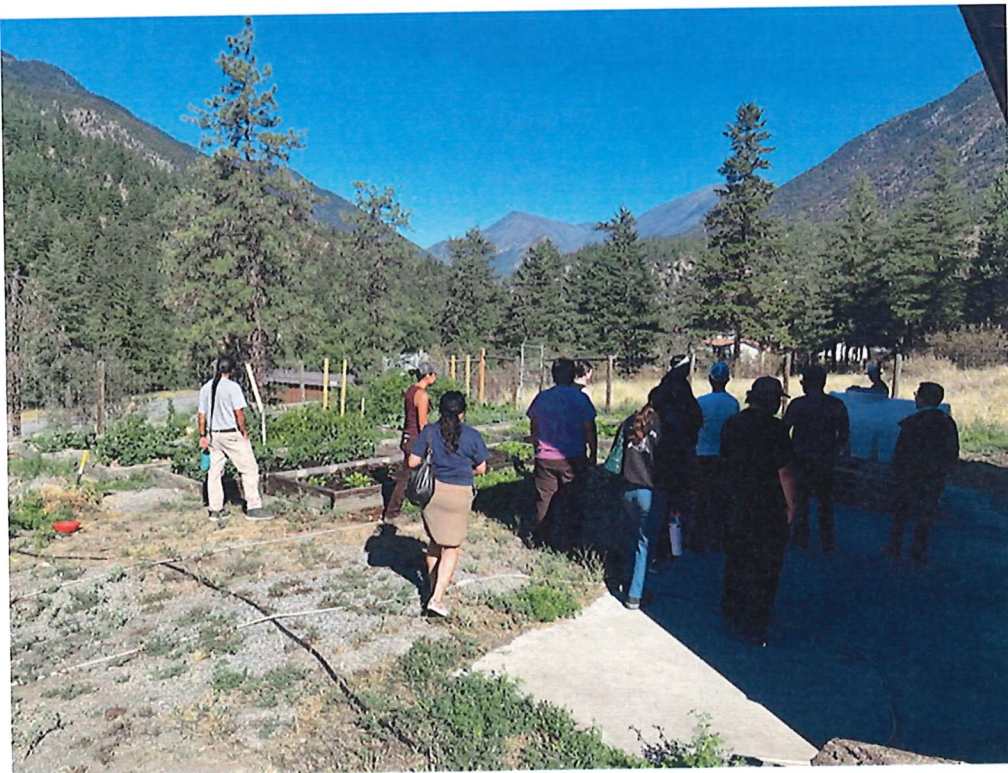
Traditional Activities

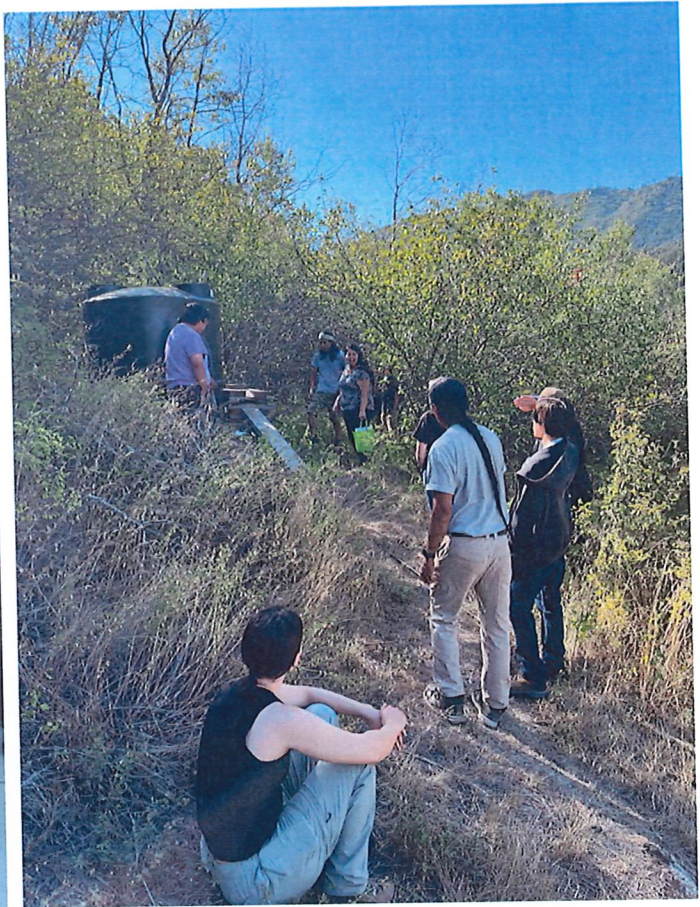


Ingredients for Pemican



Community Garden is looking great, The Team has been working very hard with the Garden. Oh! We are pleased to announce that we are having TRU Construction class come and build onto the building making it into a great gathering place to host workshops , lunches and garden parties(we are planning one for the end of September)

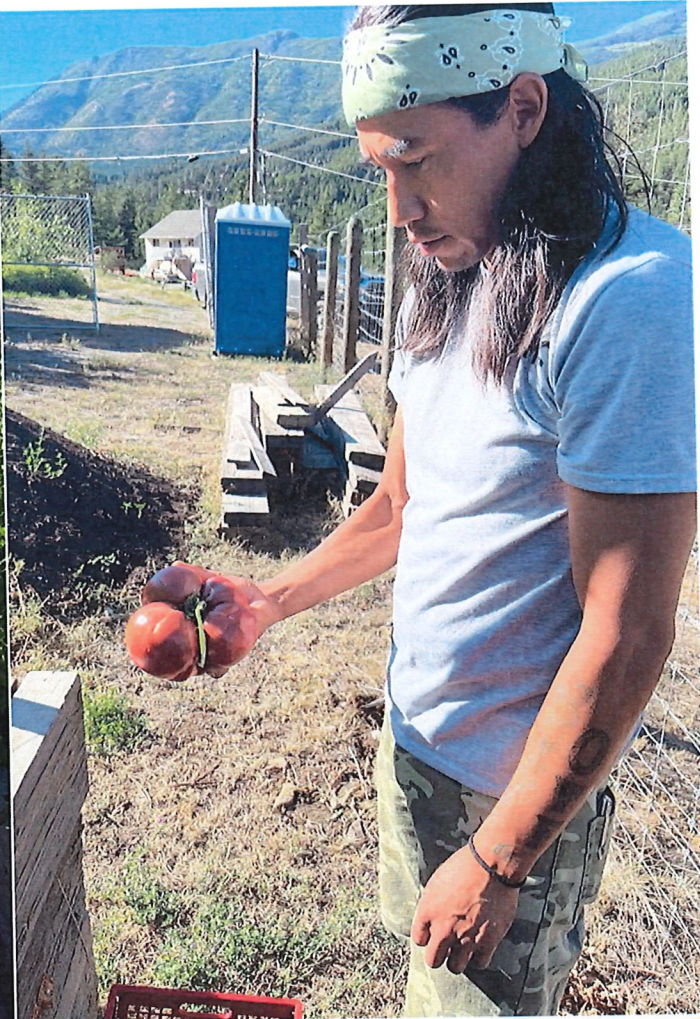
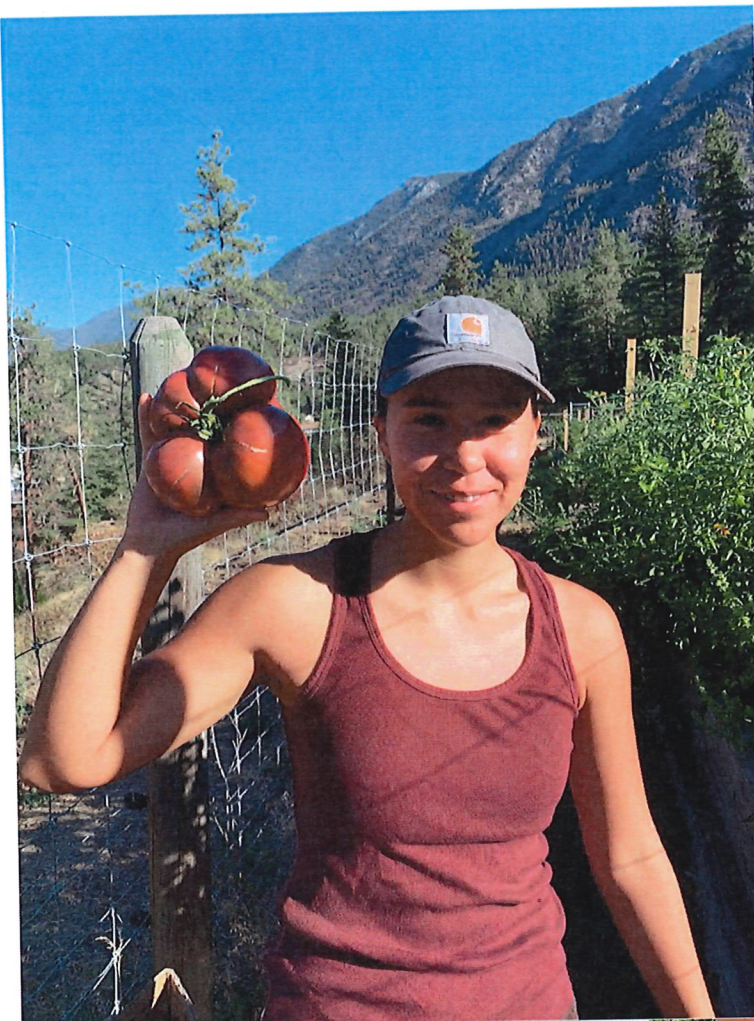




The Community Garden is looking great!



The Tomatoes are looking big in the Community Garden



Mobile processing unit is in operation and dehydrating tomatoes & apples



The Summer is over for the two Students that worked on the project this year. Taylor Griffiths and Harlem Haskell, We had a farewell cake for Taylor on her last day to show how much we



appreciated her hard work ,Taylor was the Climate intern that did a lot of work on documenting weather collected from the rain gage, weather station and developed the harvesting guide format, and worked along the team completing tasks. Harlem was the youth traditional and horticulture trainee that was mentored by the whole team and he showed that he has great potential to be apart of the Ancestral team

We Will miss you and hopefully we see you next summer!!!

We are having a Community Garden party at the end of September, stay tuned for the date and time. Come check out the progress this year at the community garden! Hope to see you there!

More workshops will be happening in the next couple of months, watch for the postings

“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



First Nations Health Authority

Health through wellness



FNHA's CHAP team at the Xwísten Community Garden alongside the Xwísten Ancestral Food System Revitalization Program team (July 2025).

A new First Nations-led climate health program has been initiated as a powerful response to the growing challenges of climate change, food insecurity and cultural erosion. One that is rooted in the ancestral wisdom and stewardship traditions of the St'át'imc people.

Matthew Davidson, Food Systems Coordinator with Xwísten First Nation, recently shared the Nation's vision for The Xwísten Ancestral Food System Revitalization program. The program's core mission is to revitalize the community's traditional food systems by reconnecting

community members with ancestral knowledge, land-based practices and seasonal rhythms. The program includes:

- Identifying and monitoring traditional food and medicine locations across Xwísten territory
- Tracking climate impacts on local ecosystems, including trees, shrubs and plants
- Developing a climate database and an annual harvesting calendar to inform sustainable gathering practices
- Hosting seasonal day camps that blend harvesting, processing and food preservation with cultural teachings and healing practices

The program's seasonal day camps will bring together youth and families, offering opportunities to learn from Elders and Knowledge Keepers, engage in hands-on learning about stewardship and strengthening community ties. The heart of the program places emphasis on wholistic wellness in the face of climate change, recognizing that time on the land nourishes the body and spirit and fosters intergenerational connections.

"The land takes care of us, we should take care of the land," said Andrew Michel, Project Supervisor for the Xwísten Ancestral Food System Revitalization Program.

The initiative has drawn strong support and funding from FNHA's [Climate Health Action Program](#) (CHAP), the [Red Cross, Indigenous Sport, Physical Activity & Recreation Council](#) (ISPARC), [BC Hydro, Indigenous Skills and Employment Training Program](#) and the [Pacific Institute for Climate Solutions](#). The program has been strengthened by in-kind support from nearby First Nations and local organizations, including the [Lillooet Regional Invasive Species Society](#). Collaboration with the environmental team at Sekw'el'was/Cayoose Creek—a connection first made during a CHAP knowledge exchange workshop hosted by FNHA in February—has also played a key role.

Seeing the Xwísten Ancestral Food System Revitalization Program in action



Andrew Michel, project supervisor for the Xwísten Ancestral Food System Revitalization Program at the Xwísten community garden (July 2025).

In July, FNHA's CHAP team had the opportunity to experience this community-driven project in action by attending an engagement dinner hosted by the project team. The event featured updates on climate monitoring and land stewardship efforts, and presentations from team members. Andrew Michael shared valuable teachings like "A wise person told me there is no such thing as a weed, it's all medicine" and "Don't grow cabbage in raised garden beds – they take up too much space."

The dinner drew strong community turnout with members expressing enthusiasm and interest in the gardens, the new greenhouse, and the future of the project. Families took home food grown on the farm, reinforcing how climate health action programs can nourish relationships, restore food sovereignty, and promote wholistic wellness.

Have a project idea for your community? Apply for a FNHA CHAP grant

FNHA's CHAP is now accepting expressions of interest (EOIs) for projects beginning in spring 2026 and beyond. EOIs will be reviewed on a rolling basis until the available funding has been allocated.

To learn more about projects that have previously received FNHA's CHAP funding, find the 2024-25 Annual Report at [FNHA Climate Health Action Program](#). If you're interested in applying, please contact us at climate.health@fnha.ca to request a copy of the EOI template.

[Revitalizing Tradition and Stewardship: Xwísten's Ancestral Food System Program](#)

THANK YOU, FIELD CREW!



It's that time of year again when we say goodbye to our summer field crew. A big thank you to Camilla Menhardt, Barrett Butcher, and Chantal Vachon for their hard work and contributions to protecting the Lillooet region.

This summer, the crew delivered youth outreach sessions, assisted with research alongside the UBC Indigenous Ecology Lab, and completed invasive plant inventories to help Gun Lake property owners recovering from the 2023 Downton Fire. They also carried out extensive treatments, surveys, and inventories across our region, from Hydro access roads along Anderson Lake to the Taylor Creek Trail into the South Chilcotin Mountains Park.

Their work has made a real difference in managing invasive species and supporting our local communities. We wish them all the best—Camilla as she begins her environmental career after a sailing trip, and Barrett as he heads into hunting season this fall.



Thank you to all of our summer staff for another successful season!



Iriss.ca



@Irinvasives



info@Iriss.ca



LILLOOET REGIONAL
INVASIVE SPECIES SOCIETY



Community Adult Learning Centre – Lillooet Tribal Council

HEALTH CARE ASSISTANT CERTIFICATE



Learn the skills, knowledge and attitudes necessary to work as direct client care providers in any level of continuing care, including home support, adult day care, assisted living, private care, complex care and acute care. The program consists of theoretical and laboratory components in the classroom, as well as a supervised practicum in long-term care and community settings.

Admission requirements:

- BC Secondary graduation or age 19 and one year out of school
- English 10 or equivalent
- Proof of 3 years of secondary instruction in English
- Criminal record check clearance
- Negative tuberculin test
- Proof of current immunizations/vaccinations

January 12 - August 20, 2026

- * weekly training allowance
- * tutoring support



For more information or to apply, contact:

Lillooet Tribal Council - Community Adult Learning Centre

Shalyn LaRochelle, Program Assistant

E: shalyn.larochelle@statimcltc.ca P: 250-256-7523 ext. 301



inspired
Continuing Studies
& Corporate Training

Expression of Interest!

PROJECT MANAGEMENT CERTIFICATE

» Program Details

Tentative date: January 2026

Length: 138 hours

Format: Online asynchronous and min.

Three (2 day) in person sessions



» Admission Requirements

- B.C. Secondary school graduation or equivalent, or 19 years of age and out of secondary school for at least one year as of the first day of classes.
- English 12 with minimum 60%.
- Math minimum of 70% in any: Foundations Math & Pre. Cal. Grade 10, Applications Math 10, Principles Math 10, and ABE Math 071 and 072.
- Excel Level One or successful completion of Excel Level One online assessment.

» Program Requirements

- Access to a computer with a webcam, microphone, capable of running MS365.

**FOR MORE INFO OR
TO REGISTER**



Community Adult Learning Centre
Shalyn LaRochelle, Program Assistant
Phone: 250-256-7523 ext. 301
Email: shalyn.larochelle@statimcltc.ca





Skills for Success

Expression of interest!

During this 10 week program participants will develop and learn essential skills that will be adaptable, employable, confident, and successful in the workplace or higher learning



Program Details

Tentative dates:
Sept 23 - Nov 28, 2025

Time:
Tues - Fri, 9 am - 2:30 pm

Location:
CALC/ISET Office 472 Main
Street Lillooet BC

- In person program
- Training supports will be provided

Workshops

- Personal power
- Grief and loss
- Mental health awareness
- Racism
- Cultural identity
- Story telling
- Career Planning

Certifications

- Basic First Aid level 1
- Food safe level 1
- Skills for Success Completion



For more information or to register contact:

Community Adult Learning Centre
Shalyn LaRoche, Program Assistant at
250-256-7523 ext. 301
or shalyn.laroche@statimcltc.ca



Lillooet Tribal Council
Community Adult Learning Centre

**Health & Wellness
Workshops#2&3**

When: August 15 and 29, 2025

Where: 472 Main Street

Time: 10:00am to 12:00p.m.

**Come and learn the 8 laws of
health and healthy cooking.**

Any questions please contact
Bonnie Michell at 250-256-7523 ext.305
or Elaine Roque 256-9218



Employment and Training Assistance:

☐ Short term course tuition

(documents required: acceptance letter & transcripts)

☐ Training Allowance

(documents required: acceptance letter)

☐ Job start: work gear, meals, travel

(documents required: Employment letter & PPE quote from local business)

Available to Members of:

- ☐ Sek'wel'was
- ☐ T'it'q'et
- ☐ Ts'kw'aylaxw
- ☐ Xaxli'p
- ☐ Xwísten
- ☐ Tsal'alh

Eligibility:

- ☐ Eligible participants must be First Nations, Metis or Inuit
- ☐ 16+ years of age and out of school
- ☐ Living in BC
- ☐ All participants must complete all necessary forms with CALC prior to training and employment
- ☐ Bring all supporting documents to CALC appointment

Community Adult Learning Centre/Lillooet Tribal Council

For more information or to book an appointment please contact:

Shalyn LaRochelle, Program Assistant

Ph: 250-256-7523 ext. 301

Email: shalyn.larochelle@statimcltc.ca



*Funded by the Indigenous Skills Training and Education Program—The Ministry of Post-Secondary Education and Future Skills.

Poster by Jevan Allen – 250-256-7423 ext 237

BRIDGE RIVER HEALTH DOCTOR & SPECIALIST APPOINTMENTS

9
SEPT

NEENA - DENTAL HYGENIST.

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

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

23
SEPT

DR. HUMBER

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

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

24
SEPT

AMY BORDAS - FOOTCARE.

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

Corns/Callus Removal – Gentle, professional removal for 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!



Starr Peters

Hello everyone!

My name is Starr Peters, I am the Community Health Representative at the Bridge River Band Office. I am a Xwísten member and a proud mom of 4 boys. My grandparents are Mary Peters and late Alphonse Peters. My parents are Arthur Peters and Denice Wennerstrom.

I am excited for this role within the community as health and wellbeing is important to me, and I also like to help our people the best way I can.

So far within office we've had Neena the Hygienist, Amy for Foot Care, once a month Doctor visits, Hearing Clinic, Optometrists, Nurses from FNHA who help with pre- and post-natal and any other health concerns you may have. Twice a month on Thursdays I will be doing hand and foot wax this will be by walk-in.

In the future we're hoping to bring in Diabetes Clinic,

I also take care of all on reserve medical travel. So, please have all your necessary paperwork in as early as possible so we can secure your travel funding for your next out of town appointment.

I'm looking forward to visiting with and seeing most everyone and assisting you with your Health needs.

Please don't hesitate to reach out if you have any questions or concerns.

Starr Peters
Bridge River Community Health Rep
250-256-7423 ext 838
Email health@xwisten.ca
medicaltravel@xwisten.ca

September

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

Medical Travel Clerk on Reserve medicaltravel@xwisten.ca

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Medical travel	2 Medical travel	3 FNHA Health care 9-3 Pre/postnatal	4 Medical travel cheque Pick up	5 6
7	8 Medical travel	9 Medical travel	10 Medical travel	11 FNHA Health care 9-3 Pre/postnatal Hand and foot wax 9-3	12 Medical travel cheque Pick up	13
14	15 Medical travel	16 Medical travel	17 In a workshop 9-5	18 FNHA Health care 9-3 Pre/postnatal	19 Medical travel cheque Pick up	20
21	22 Medical travel	23 Dr.Humber 9am-11:30 Medical travel	24 Amy foot care 9-3 Medical travel	25 FNHA Health care 9-3 Pre/postnatal Hand and foot wax 9-3	26 Medical travel cheque Pick up	27
28	29 Medical travel	30 MT FNHA Reporting		FNHA will not cover Adults Vivid Appointments		



First Nations Health Authority
Health through wellness

September 2025

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 STAT	2 Tsal'alh – Ashley Ts'kw'aylaxw – Darlene LFN- Chelsea Boothroyd- Larissa LFN NIC- Telleighla	3 Skeesht- Larissa Sekw'el'was- Darlene T'it'q'et - Chelsea Ashcroft- Telleighla	4 Kanaka – Darlene St'uxwfwes- Telleighla Xwisten – Chelsea LFN-Larissa	5 Lillooet HC- Darlene LFN- Larissa
8 Tsal'alh – Ashley Westside- Jane Skuppah – Christina Spuzzum- Chelsea Lillooet NIC- Telleighla Boston Bar – Larissa	9 Tsal'alh – Ashley Ts'kw'aylaxw – Christina LFN- Jane Boothroyd- Chelsea LFN NIC- Telleighla	10 Skeesht- Chelsea Sekw'el'was- Christina T'it'q'et - Brandi Ashcroft- Telleighla LFN- Jane	11 Lillooet NIC- Telleighla Kanaka – Christina St'uxwfwes-Chelsea Xwisten – Brandi	12 Lillooet HC- Brandi LFN- Chelsea
15 Tsal'alh – Ashley Westside- Jane Skuppah – Christina Lillooet NIC- Boston Bar – Chelsea	16 Tsal'alh – Ashley Ts'kw'aylaxw – Christina LFN- Jane Boothroyd- Chelsea LFN NIC- Telleighla	17 Skeesht- Chelsea Sekw'el'was- Christina T'it'q'et - Brandi Ashcroft- Telleighla	18 Kanaka – Christina St'uxwfwes- Telleighla Xwisten – Brandi LFN- Chelsea	19 Lillooet HC- Brandi LFN- Chelsea
22 Tsal'alh – Ashley Westside- Jane Skuppah – Christina Lillooet NIC- Telleighla	23 TEAM MEETING	24 Skeesht- Larissa Sekw'el'was- Christina T'it'q'et - Brandi Ashcroft- Telleighla LFN- Jane	25 Lillooet NIC- Telleighla Kanaka – Christina Xwisten – Brandi LFN-Larissa	26 Lillooet HC- Brandi LFN- Larissa
29 Tsal'alh – Ashley Spuzzum- Darlene Lillooet NIC- Telleighla Boston Bar – Larissa	30 STAT	Vacation: Jane- September 2 nd , 29 th Brandi- September 3 rd , 4 th Larissa- September 9 th -22 nd Telleighla- September 15 th		



Prostate Cancer Fact Sheet

for Patients and Caregivers



Prostate cancer is the most common type of cancer in men (other than skin cancer) and the second-leading cause of cancer death (after lung cancer) in the US.

Risk Factors

- **Age:** Men of any age can get prostate cancer, but the risk of having it is higher after age 50.
- **Race/ethnicity:** African American men and Caribbean men of African ancestry are more likely to get prostate cancer than in men of other races.
- **Family history:** Having a father or brother who has had prostate cancer increases the risk of getting this disease. Risk is higher if your brother had prostate cancer than if your father had it. Having more than one close relative with prostate cancer raises the risk even more, especially if the relatives were young when the cancer was found.
- **Inheriting gene changes:** Certain gene changes (such as *BRCA1* and *BRCA2* genes) or having Lynch syndrome can increase a man's risk of getting prostate cancer.

Prevention

There is no sure way to prevent prostate cancer. But there are some things you can do that might help lower the risk. Regular physical activity, staying at a healthy weight, and eating a diet high in vegetables and low in fat might help lower the risk of prostate cancer.

Screening and Early Detection

Screening is a process used to look for cancer in people who have no symptoms. The American Cancer Society recommends that men talk to their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the risks and potential benefits of prostate cancer screening.

The discussion about screening should take place at:

- **Age 50 for men who are at average risk** and are expected to live at least 10 more years
- **Age 45 for men at high risk**, including African American men and Caribbean men of African ancestry, or any man with a first-degree relative (father or brother) diagnosed with prostate cancer before the age of 65
- **Age 40 for men at even higher risk**, including those with more than one first-degree relative who had prostate cancer at an early age

Men who decide to get screened should be tested with the prostate-specific antigen (PSA) blood test. Some doctors might also do a digital rectal exam (DRE).

Signs and Symptoms

Early-stage prostate cancer usually has no symptoms. More advanced prostate cancer (cancer that may have spread outside the prostate) may cause symptoms, such as:

- Problems urinating, such as pain or burning during urination or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection
- Weakness or numbness in the legs or feet, or not being able to control the bladder or bowel, caused by cancer pressing on the spinal cord
- Pain in the hips, spine, ribs, or other areas, caused by cancer that has spread to the bones

Treatment

Treatment for prostate cancer depends on the type and stage (how big the cancer is and if it has spread) and the results of any testing done on the tumor. Your age, other health problems, and personal choices are also considered. If you have prostate cancer, talk to your doctor about the best treatment for you.

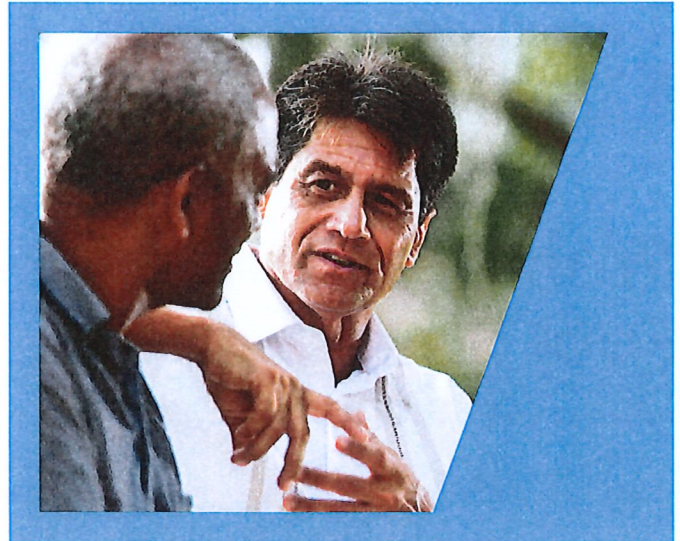
Living With Prostate Cancer

Prostate cancer affects a man's quality of life. Different physical, social, mental health, spiritual, and money issues can come up at any time.

Men with prostate cancer may be helped by palliative care at any time. Palliative care focuses on helping manage symptoms, addressing issues, and improving quality of life.

Good communication between a person with cancer and their health care team is important and involves:

- Asking and answering questions
- Working together to set care goals
- Making shared decisions
- Managing side effects and other issues
- Scheduling follow-up tests and care



Visit the American Cancer Society website at cancer.org/prostatecancer or call us at **1-800-227-2345** to learn more. We're here when you need us.



cancer.org | 1.800.227.2345



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No.080767 Rev.1/25
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Dental

Health Benefits provides coverage for dental services to maintain good oral health, prevent cavities and gum disease, and restore function. Seeing an oral health provider regularly can help catch dental problems before they get too serious and require more extensive procedures. Oral health is directly linked to general health and wellness. Dental infections can make certain health conditions - such as diabetes, heart disease, and pregnancy - more complicated.

The dental benefit is administered through a partnership between Health Benefits and PBC. Clients can access detailed information about their dental benefits through the online PBC Member Profile, available at www.pac.bluecross.ca.

Dental Benefit Coverage.

Health Benefits covers specific dental items and services under the following categories:

- Bridges;
- Crowns, Inlays, Onlays, Veneers;
- Dental Surgery;
- Dentures;
- Exams and X-rays;
- Fillings;
- Night guards;
- Orthodontic Services;
- Periodontal Services;
- Preventive Services; and
- Root Canals and Related Services.

Items and services not covered under the dental benefit may be covered on an exceptional basis. Clients should call Health Benefits at **1.855.550.5454** to learn more about exceptional coverage.

Most oral health providers in BC are registered with PBC and can directly bill for items and services. Clients who see a provider not registered with PBC will need to pay out-of-pocket and submit a reimbursement request to PBC after their appointment. Note that reimbursement requests may be denied and are still subject to coverage criteria and maximums.

Clients are strongly encouraged to discuss billing with their provider before booking an appointment or purchasing items. Questions clients should ask their provider:

- Is the provider registered with PBC for billing?
- Is the item or service fully covered by my plan?

Approvals Before Service

Some items and services covered under the dental benefit require approval before oral health providers can bill for them. Providers can submit approval requests directly to PBC. Once they receive authorization, they can provide the item or service and bill PBC directly.

If PBC denies an approval request, clients have the option of appealing the decision. Clients should submit appeals to PBC. More information on appeals can be found in the Appeals section. Clients cannot appeal decisions on items and services that are considered Exclusions.

If clients decide to pay out-of-pocket for an item or service before PBC has authorized an approval request - or despite PBC denying an approval request - there is the risk they will not be reimbursed.

Oral health providers can identify which items and services require approval and which are covered under the dental benefit by checking the PBC Provider Portal, "PROVIDERnet." If the provider is unable to determine requirements or coverage, the client or oral health provider should contact Health Benefits at **1.855.550.5454**.

Dental Exclusions

Some dental items and services are considered Exclusions under the dental benefit. Clients cannot seek exception or appeal for Excluded items. Dental benefit Exclusions include, but are not limited to:

- Cosmetic treatments;
- Implants; and
- Ridge augmentation.

Authorized Providers

Dental services must be provided by a licensed oral health professional such as a dentist, denturist, dental therapist, or dental hygienist.

Accessing Dental Benefits

1

- Client makes an appointment with an oral health provider.
- Client confirms that provider can directly bill PBC.

2

- Client attends appointment.
- If required, provider establishes treatment plan and submits approval requests to PBC.
- Client learns about any out-of-pocket charges before undergoing treatment.

3

- Provider delivers services based on treatment plan and authorized approval requests.

4

- Providers registered with PBC submit invoices directly.
- Providers not registered with PBC provide client with an invoice. Client will need to pay out of pocket and request reimbursement from PBC.

September

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed	2 Home / Phone Visits	3 Home / Phone Visits	4 Drumming in the Park 10am-12	5 Home / Phone Visits	6
7	8 Home / Phone Visits	9 Home / Phone Visits	10 Taste of Lillooet – Elders Gathering 11am-2 Town	11 Drumming in the Park 10am-12	12 Home / Phone Visits	13
14	15 Home / Phone Visits	16 Elders Tea 1pm-3pm MPR	17 Home / Phone Visits	18 Drumming in the Park 10am-12	19 Home / Phone Visits	20
21	22 Home / Phone Visits	23 Home / Phone Visits	24 Elders Luncheon – 12pm Totem	25 Drumming in the Park 10am-12	26 Home / Phone Visits	27
28	29 Home / Phone Visits	30 Orange Shirt Day	<div> <p>Jess Oleman – Xwisten Elders Coordinator</p> <p>250-256-7423 ext 839</p> <p>elders@xwisten.ca</p> </div>			

Notes:

In August 20 Xwisten Members attended the 49th Annual Elders Gathering in Vancouver. We all had a great time meeting new friends and finding previous ones! I hope you all enjoyed the Facebook pictures we each shared. I am also hoping everyone enjoyed their summer. It sure felt like it flew by this year! Grateful to end the season with plenty of fish though!

Also hoping everyone got their share of harvesting and processing done. This month and next month I'm looking into a couple out of town trips – Orange Shirt Day event (TBD), Horstings & Dessert Hills visits.

Keep your eyes open for Flea Market, Bingo, Bake Sale & Raffle Posters!!

S7atśxsútwi



First Nations Health Authority
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


Sept 2025

107-7th Avenue: Lorrinda Casper int. Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Shannon McDonald – Operations Director.


296 Main Street: Renee Angus MOA, Roni Shintah Wellness Navigator, Kate Aleck Mental Health Clinician

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labour Day – Office Closed	2	3	4	5 Mental Health Outreach w/Kate Tsal'ath – Bridge River Library 9:30am – 2pm
8 Mental Health Outreach w/ Kate Sekw'el'was 9am – 3pm Women's Group 10am-12pm	9 Stories & Language w/Elder 107-7th Ave 1-3pm	10 Keatley Creek n.SPCC Team	11	12 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
15	16	17	18	19 Mental Health Outreach w/Kate Tsal'ath – Bridge River Library 10am – 2:30pm
22 Mental Health Outreach w/ Kate Sekw'el'was 9am – 3pm Women's Group 10am-12pm	23 Stories & Language w/Elder 107-7th Ave 1-3pm	24	25	26 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
29	30 National Day for Truth and Reconciliation – Office Closed			

September 2, 2025




Stories & Language with in house Elder




Everyone Welcome
Join us in listening to
stories and learning the
St'át'imc Language with
a special guest elder.

September
Tuesdays
9th, 23rd
1-3pm


at n.SPCC
107-7th Ave






For more information call
Juanita Jacob - n.SPCC Wellness
Coordinator. 236-417-3000



Coffee, Tea &
water provided



 [n. St'át'imc Primary Care Centre](#)  juanita.jacob@fnha.ca  <https://www.nstatimcprimarycare.ca>



A TASTE OF LILLOOET

SENIORS/ELDERS SOCIAL MEAL GATHERING: FREE EVENT

FARM TO TABLE MENU:

Taste a wide selection of farm-fresh fruits, vegetables, and herbs directly from local farms.

NOURISH YOUR MIND:

Learn from Sarah Rommel, Diabetes Educator and dietitian from Interior Health. She will be sharing her knowledge on reducing sugar, warning signs of diabetes, and more.

LIVE MUSIC:

Experience local talent with a live performance from the Fly Smackers. Your Elder Connect Coordinator Sasha Fergusson and Sam will be playing a foot stomping, finger snapping performance not to be missed.

SOCIALIZE:

Meet old and new friends, move to the music and have a good time.

WEDNESDAY, SEPT. 10TH
11 A.M. — 2 P.M.

St. Andrews United Church,
577 Main St, Lillooet, BC

RSVP required:

lillooetgrownbc@gmail.com



Lillooet Learning Communities Society
Sát'mec Ull'usmíntwal' Szwátet.scal



LILLOOET AGRICULTURE
& FOOD SOCIETY



United Way helping seniors remain independent.

Better at Home is funded by the government of BC and managed by the United Way

SEPTEMBER



National Day
for Truth and
Reconciliation
September 30th



We Honour National Day for
**TRUTH AND
RECONCILIATION**

2025

Garry Dunn Community Wellness Worker Office 250-256-7423 ext.870 Cell 778-209-0252

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Narcen Training 101 1:30 to 3:00	2 Narcen Training 101 1:30 to 3:00	3	4 Grief and Loss 1:30 to 3:00	5	6
7	8 Narcen Training 101 1:30 to 3:00	9 Narcen Training 101 1:30 to 3:00	10	11 Grief and Loss 1:30 to 3:00	12	13
14	15 Narcen Training 101 1:30 to 3:00	16 Narcen Training 101 1:30 to 3:00	17	18 Grief and Loss 1:30 to 3:00	19	20
21	22 Narcen Training 101 1:30 to 3:00	23 Narcen Training 101 1:30 to 3:00	24	25	26	27
28	29	30 	Training dates may vary and are dependent on participant interest and attendance			

September

2025

Headstart Daycare – Things that Go



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Circle time: look at toy cars; sound of engines.	2 Push toy cars along ramps	3 Car collage: stick cutouts of cars on paper	4 Car race on the floor with blocks as roads	5 Car parade: kids push cars around classroom	6
7	8 Train song + pretend train ride (chairs in a line)	9 Make a paper bus craft.	10 Train track sensory bin (rice, toy trains)	11 "All aboard!" movement game – follow the train leader.	12 Bus coloring sheets + sing bus songs.	13
14	15 Water play: floating boats in a tub.	16 Paper boat craft.	17 "Row, Row, Row Your Boat" circle game.	18 Sailboat sensory tray: water + pebbles + small boats.	19 Boat parade: float paper boats in water table.	20
21	22 Vehicle sorting: cars, trucks, boats, planes	23 Vehicle song + dance party.	24 Outdoor vehicle ride (tricycles, wagons)	25 Big vehicle mural: kids stick all crafts together.	26 Mini vehicle parade + family showcase	27
28	29 Circle time: look at real pictures of vehicles.	30 Movement: imitate sounds and movements (vroom, beep, choo-choo).				

Happy Stsepqw! (salmon oil)

September already! Where did pipantsek go? Busy, busy with fruit, veggies and best of all – FISH! What a bounty this maqa7!

It is with much sadness that I am finished in xetspasqet but am blessed to have shared your community children. Thank you all for the best 9 ½ years of my life!

We welcome young Phillip to the program and are very pleased that he is settling in. With school starting things will change a bit so call the daycare if you have questions.

Stsepqw's theme is Things that Move, trains, planes, and automobiles...and bikes, rider toys and scooters! This will be popular!

Change is in the air – cool temps, less sunlight, back to school. Oh no, summer is over!

HeadStart is open Mon – Fri, parent participation. Come and see what we offer!

Thank you and goodbye. Laurel



September 2025

Xwisten Band

12210 Joseph Road
PO Box 10-
Lillooet BC
V0K1V0

Phone: 2502567423
2363120844
youthandrec@xwisten.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
					5 Youth and Rec Bingo	
7	8 Chair Exercises	9 Sports Night	10 All youth Night	11 Chair Exercises	12 Mov- ie Night	13
14	15 Chair Exercise	16 Kids Club	17 Sports Night	18 Chair Exercises	19 Youth and Rec Bingo	20
21	22 Chair Exercises	23 Sports Night	24 Youth Group	25 Chair Exercises	26 Games night	27
28	29 Chair Exercises	30 Sports night				

Schedule of Events

- Chair Exercises September 8, 11, 15, 18, 22, 25, 29 2025
MPR 10:30—12:00 pm
- Sports Nights September 9, 17, 23, 30
6:30—8:30 pm Gym
- All youth September 10
5:00 pm—8:00 pm MPR
- Movie Night September 12
5:00 pm—11:00 pm Gym
- Kids Club September 10, 16
4:30—6:30 pm MPR
- Youth Group September 10, 24
4:30—6:30 pm MPR
- Games Night September 26
5:00 pm—10:00 pm
- Youth and Recreation bingos September 5, 19
5:00 pm Xwisten Gym



Youth and Recreation

XWISTEN YOUTH GROUP

September 10 , 24 20252025

Multi Purpose Room pm

Snacks and Rides provided

4:30pm—6:00 pm

- Fun
- Activities
- Workshops
- empowerment
- trips
- Personal
- Development
- sports development



For grades 8-12

And ages

19—25

To sign up, Please contact:

Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2363120844

September 10, 16 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

Family Movie
Night
September
12Xwisten Gym
5:00 pm—11:00
pm



Xwisten Recreation



Youth and Recreation Coordinator :

Rubin Williams

youthandrec@xwisten.ca

2363120844 or

2502567423 ext 844

Popcorn and
drinks included
Bring your own
chair if you like

Youth Dropin all ages
MPR
September 10 2025
3:30pm –6:00 pm
Snacks and Rides Provided

Come on out and just hang out !!



For more information, Contact :

Rubin Willias

Youith and Recreation Co-ordinator

youthandrec@xwisten.ca

2363120844



Xwisten Recreation



Xwisten

Septem-
ber 9—
17—23—
30 2025

Sports
Night

Xwisten Gym

6:30 pm—8:30 pm

Please bring proper foot-
wear

For more information, Con-
tact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 247

youthandrec@xwisten.ca



Xwisten Recreation

Bingo Xwisten Gym

Sept. 5 , 19 2025

Doors Open 5:00 pm 2025

Regular books: \$22.00

toonie pot \$508.00

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

Qílqel't Lhú7u7s progressive

3 hard lines 27 #'s \$450.00

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](#)*

September 26 2025

5:00 pm—

10:00pm

Xwisten Gym

All Ages

Xwisten **GAMES** **Night**



Board Games

Card Games

Dice Games

PC,XB,PS5

To sign up, Please contact:

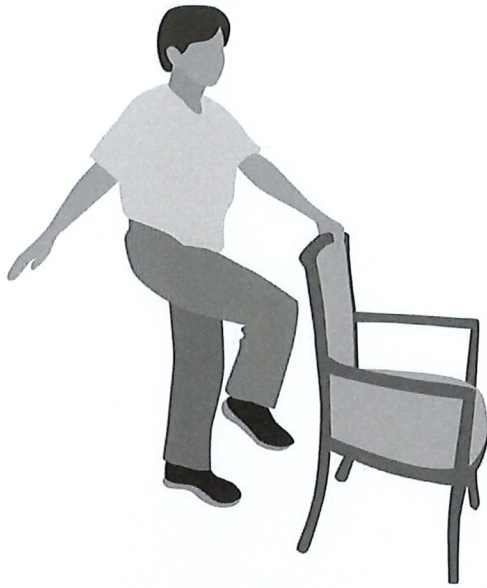
Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2363120844 direct | 2502567423 ext 247





Xwisten Chair Exercises

Open to all

**For balance, flexibility and
muscle tone**

**September 8 , 11 , 15 ,
18 , 22 , 25 , 29 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



September 2025 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Office Closed</u>	2  Brian Ward	3  Krys Martz	4 Dezmond Allen Kevin Diamond Michael Tom	5  Dusty Moizo	6 Marie James Blaine Kane
7 Norma Peters Matisha Ward	8  Charlotte Armstrong William M. James Daniel Peter Jr.	9 Nellie Boonstra Stewart Graham	10  Aaron Joseph Andrew Joseph Riley Ward	11	12  Stacey Biccum	13 Jamie Napoleon
14	15  Andrew Peter Sheenalee Terry	16	17  Thomas Terry	18	19  Roxanne Denego Robin Fenton	20
21	22  Landen Brady	23 Levi Lingor Michael Sinclair	24  Layla Ledoux	25	26  Audrey James Christina Ledoux	27
28 John Diamond	29  Barbara Fester Rebecca James Sonia James	30 Linda Innes <u>Office Closed</u>	 			