

Xwisten Newsletter

October 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:

October 19, (Tentative)

Elders Tea:

October 1, 1pm - 3pm

Thanksgiving:

October 13—OFFICE CLOSED

Elders Luncheon:

October 15, 12pm– 3pm

Community Dinner:

October 23—Hosted by Health

Halloween Party

October 25-Times Pending



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

Oct 1, 2025

To Xwisten Members,

Re: Xwisten October 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, and check our website and Facebook for more information
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- **Water restrictions – No Watering – Reservoir below 60%**
- 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

Oct 1, 2025

To Xwisten Members,



Re: Xwisten September Newsletter Housing Update

- Please watch out for O&M Team still weed whacking. We are almost at the end of season.
- 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 and water misuse.
- **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. Items must be sorted. (I.E. steel pile, wood, etc...)
- Currently applying for funding for house renovations/ needs assessment
- Housing Energy Assessments are being done, 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
- FireSmart interior/exterior of 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



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

September 29, 2025

To: Xwisten Community Members



West Pavilion's Road closure:

Will be closed during the day,
From 8:00AM – 5:00pm.

As far as we know, there will be no traffic going through during
the times provided.

Last day of operation will be OCTOBER 5, 2025

They will be replacing the retaining wall. There will be flaggers in place on both sides of the construction site. Please follow their instructions.

Thank you for your understanding,
Administrator Gary Forsyth

WE'RE HIRING



XWÍSTEN

ARE YOU READY TO JOIN OUR TEAM



**Bridge River
Indian Band**

OPEN POSITIONS

- ❖ Biologist Project Supervisor
- ❖ Lands Front Desk Assistant
- ❖ Early Childhood Educator
- ❖ Headstart/Daycare Manager
- ❖ Interim - Homemaker
- ❖ Finance Office Clerk
- ❖ Community Health Representative
- ❖ 2 Lands Maintenance Workers

APPLY NOW!!!

Send Resume and Cover Letter to:

Gary Forsyth, Administrator

Bridge River Indian Band

Ph: 250-256-7423

Fax: 250-256-7999 or in person

**at Lot #12210 Joseph Road,
Lillooet, BC V0K 1V0**

The background is a white brick wall. Various Halloween-themed illustrations are scattered around: a striped orange and black object in the top left, a large black spider in the top right, a green pumpkin with a skull on the left, a witch's head in the middle right, a large black boot with a silver buckle in the bottom left, and a blue cauldron with green liquid in the bottom right.

OCT 25 2025

SAVE
THE
DATE

SCARY ACTIVITIES
AND CONTESTS

JOIN US FOR A SPOOKTACULAR
EVENING AT THE BRIB GYM

MORE INFORMATION TO FOLLOW AT
A LATER DATE!

The poster features a decorative border of autumn-themed illustrations, including various styles of leaves in yellow, orange, and brown, and small pumpkins. At the bottom center, there is a large, detailed illustration of an orange pumpkin with a green stem.

Social Development

Thanksgiving

ENVELOPE DISTRIBUTION

ON RESERVE COMMUNITY MEMBERS ONLY

During Office Hours envelopes can be
picked up Starting **October 8, 2025** from
8:00am-4:00pm

Happy Thanksgiving to All

START YOUR ENGINES!!!
FUNDRAISER
FOR KENNETH MCEWEN

Ken is a very hard worker, employed with the Bridge River Indian Band, as the Finance Assistant/Payroll and the Membership Clerk. Kenneth is a kind, dedicated coworker, colleague and friend, who always wants the best possible outcome for everyone.

If Kenneth isn't at work, he is spending his time working on his race cars and/or is at the racetrack doing what he loves to do > RACE! and Winning himself several 1st, 2nd, and 3rd place trophies.



We are fundraising for Kenneth, as he needs an electric wheelchair and an indoor stairlift to place inside of his home stairwell. Anything raised over our goal will go towards exterior chair lift repairs.

Any donation is greatly appreciated!
Lets help Ken FINISH THE RACE
to new wheels with \$30, 000!!!

Etransfer available: finance@xwisten.ca
(Message: Ken McEwen)

Please make cheques payable to:

Bridge River Indian Band
PO Box 190
Lillooet, BC V0K 1V0
250-256-7423 ext 875
Mary Oldring, Finance Manager
on behalf of Kenneth McEwen





BRIDGE RIVER INDIAN BAND AGRICULTURE FARM PROJECT

September 28, 2025

Xwísten Farm update

Ama sq'it!

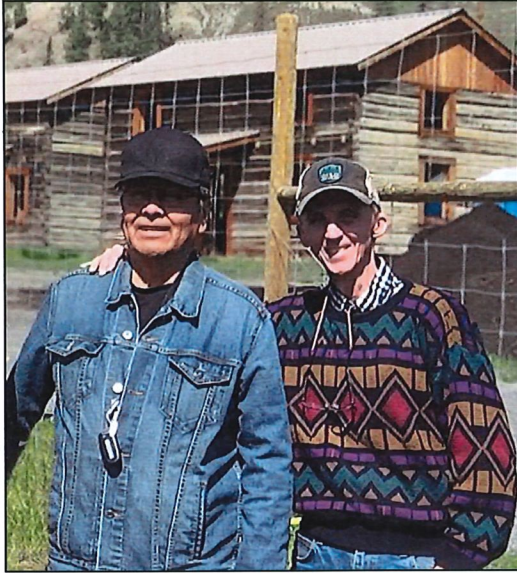
October is here, marking the beginning of fall, and the farm is full of fresh vegetables ready to share with the Community. Join us at the Community Vegetable Event on October 6th, where Xwísten Farm vegetables will be available for everyone to enjoy. We hope to see you at the distribution event.

We would like to extend a big shout out to Rainah Thomas for her incredible dedication at the Farm this season. Rainah worked tirelessly to grow food for the Xwísten Community and accomplished so much in just one summer. We are grateful for her hard work and look forward to welcoming her back in the early spring.

We also want to recognize Blaine Terry for her outstanding contributions. Blaine's strong work ethic and determination truly moved mountains this summer, and we are deeply thankful for her efforts. Thank you, Blaine. We hope to see you again next spring.

We plan on working with Social Development department by providing veggies from the Farm to the community veggie day on October 6th 12pm-8pm.





We would like to extend our heartfelt thank you to John and Faye for their generous support of the Agriculture Program. By offering the use of their land for the Xwísten Farm, they have made it possible to grow enough food to nourish the entire Community.

Also, a deeply appreciated thank you goes to Michael McGee for his tireless dedication. Through years of commitment, long nights, and remarkable effort in securing significant funding, Michael has been instrumental in building the farm into what it is today and ensuring its growth into the future.

If you would like to be involved at the Farm let us know! Contact Matthew Davidson for more information.

Thank you

Matthew Davidson

Agriculture Coordinator

250 256 7423 ext 874

Foodsystems.coord@xwisten.ca



BRIDGE RIVER INDIAN BAND Ancestral Food System Project



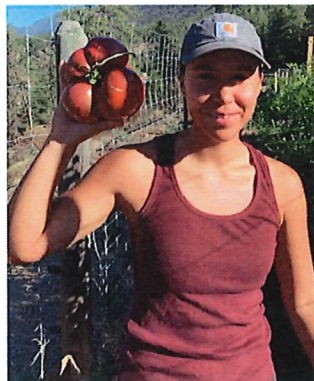
September 28th, 2025

Ama sqit Bear Clan!

The Ancestral Food System project Team is working hard and getting ready to shut down the project and putting the Community Garden to rest for the season. It was a great summer with Environmental monitoring, restoration, invasive species removal and traditional harvesting and processing. A lot has been accomplished this year!

We would like to give a big shout out to Andrew Michel for all the hard work he put in the Community Garden and the Ancestral Food System Project. Andrew worked extremely hard this summer and we really appreciate his efforts and looking forward to see him back on the project in Spring!

We would also like to thank Ava Michel for her hard work on the project as well. She did amazing with great potential! We are looking forward to have Ava back on the team next spring. As well as Antonie Michel for coming in and helping out for a few weeks with the project, He did fantastic!



TRU Trades Sampler Program

Glen (Instructor)and the aspiring Youth came to the community and built a roof to get us started with an area for the community to come and enjoy the garden with lunches, workshops and garden parties.



We are working with Social Development department, and we are going to provide veggies from the Community Garden to the Community Vegetable Day on October 6th 12pm-8pm !

We Still have a couple of workshops planned for October /November and we will be posting them in advanced.

Contact Matthew Davidson for information on the project or the workshops being planned

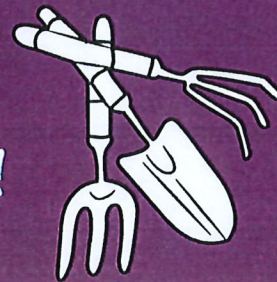
Thank you

Matthew Davidson

250 256 7423 ext. 874

Email: foodsystems.coord@xwisten.ca

Preparing your garden for Autumn harvest - and next Spring!



As we say goodbye to Summer and hello to Fall it's a great time to enjoy your garden and your harvest while also preparing it for a healthy start in the Spring. Along with prepping your beds and saving seeds, it's important to keep invasive species in check so they don't spread into your community or next year's garden.

Top Tips for Fall Garden Care



Watch for and deal with invasive plants

As you clean out your garden beds, keep an eye out for invasive species like Spotted Knapweed or Common Burdock. Removing them in the Fall prevents them from re-seeding and spreading in the Spring.



Clean and sort your seeds

If you're saving your seeds for next year or to share with friends take the time to clean them thoroughly and store them in a cool, dry place. This reduces the risk of carrying weeds and diseases into next year's garden.



Protect your soil

After harvesting your Fall vegetables, adding compost or mulch to replenish nutrients and protect from erosion over winter means stronger plants in the Spring.



Proper Disposal Matters!

Invasive plants, seeds, and plant parts should NEVER go into your compost pile as they can survive and regrow. Instead, bag them up securely and take them to the landfill, it's free in Lillooet! This ensures they won't spread.



Iriss.ca



@Irinvasives

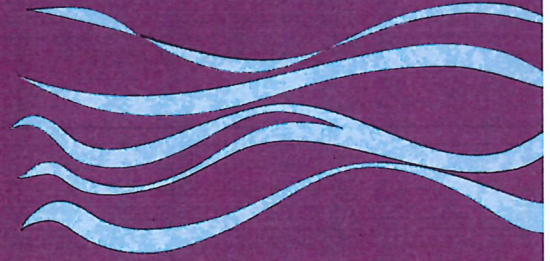


info@Iriss.ca



LILLOOET REGIONAL
INVASIVE SPECIES SOCIETY

Xwísten's Good Work in the Camoo Watershed



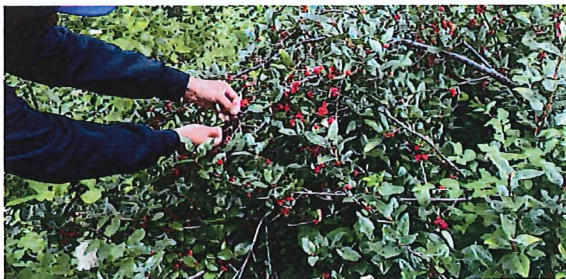
This summer, LRISS was honoured to work with Xwísten and their Ancestral Food Systems Team. Together, we visited the Camoo watershed, where their team is restoring land for culturally significant plants used for food and medicine. Our collaboration focused on identifying invasive species and supporting their ongoing restoration efforts. The team included Lead Andrew Michel assisted by Aileen Michel, Ava Michel and Taylor Griffiths.

40 hours of hard work!



Jacque Rasmussen, LRISS Executive Director, visited the restoration site to identify invasive species and how best to remove them. The Xwísten team of four dedicated 40 hours to pulling invasive plants such as Common Burdock, Hound's Tongue, Oxeye Daisy, and thistles. These invasive species crowd out native plants that people rely on for food and medicine, contributing to long-term food insecurity if left unchecked.

While on site, we also observed biocontrol agents already at work on knapweed — and saw the xúsum (soapberry) bushes full of fruit. Soapberry is one of the important native plants this restoration work helps to protect from the impacts of invasive species.



Xúsum (soapberry) bushes



Biocontrol on knapweed

LRISS is inspired by Xwísten Ancestral Food Systems Team's dedication to protecting the Camoo watershed.



lriiss.ca



@lriinvasives



info@lriiss.ca



**LILLOOET REGIONAL
INVASIVESPECIESSOCIETY**

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**



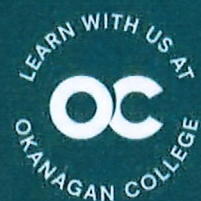
Community Adult Learning Centre
Shalyn LaRochelle, Program Assistant
Phone: 250-256-7523 ext. 301
Email: shalyn.larochelle@statimcltc.ca





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 LaRoche, Program Assistant
E: shalyn.laroche@statimcltc.ca P: 250-256-7523 ext. 301



inspired
Continuing Studies
& Corporate Training



Lillooet Friendship Center

WE ARE HIRING

OPEN POSITIONS



House Monitors



Shelter Monitors

Part-Time Positions

Full-Time Positions

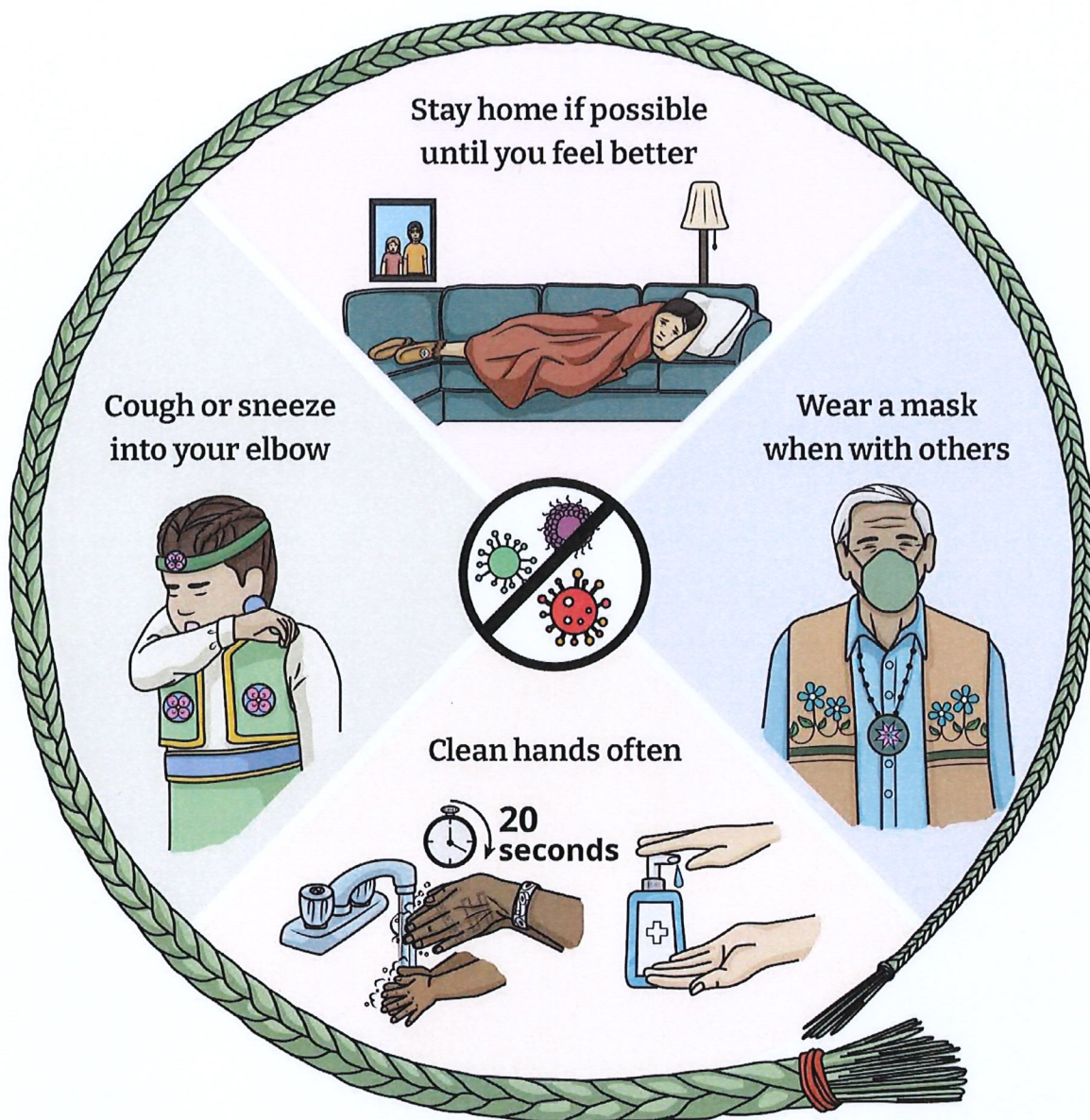
On-Call Positions

Send your resume to:

rhcoordinator@lfcs.ca

Community Cares Building

250-256-8852 x.314



Protecting wellness during respiratory illness season



NUK'WANTWAL': **"Help Each Other"**

We work through our recovery by supporting each other. We do things to strengthen ourselves holistically.

DAY TREATMENT PROGRAM

- DATES: OCTOBER 6TH – NOVEMBER 27TH, 2025
(8 WEEK PROGRAM)
- MONDAY - THURSDAY: 9 – 4 PM
- LOCATION: TBD

Deadline To Register: September 9th, 2025

Further Info or Referral Packages Please Contact:

Day Treatment Manger: Matilda Fenton

matilda.fenton@statimcltc.ca

BREAKING CYCLES

—
MILESTONES, NEW CHAPTER

—
GIVE YOURSELF
THE GIFT OF A
FRESH START THAT
COUNTS.

—
HOLISTIC HEALING

—
BALANCING YOUR
MEDICINE WHEEL.

LTC/SOHS

650 Industrial Pl. Lillooet
250-256-7523 ext.255 or
email:

matilda.fenton@statimcltc.ca

Toll Free

1-866-256-7530

NÁSKAN PÍXEM

I AM GOING HUNTING



Sima7wi'! You are invited to join us on the land for a time of learning and connection.

We will gather as family and community to set up camp, learn from our guides, and walk in the traditional teachings of hunting and preparing tsi7.

- Oct 9 – 12 noon camp set-up and preparing the space
- Oct 10–11 – Hunting with guides, learning teachings, preparing tsi7 with care
- Oct 12 – Closing together and taking down camp
- Children welcome with parent/guardian (18+)
- Meals provided, large tent available for gathering
- Designated area to learn how to cut and share tsi7

Bring camping gear, sleeping bag, hiking shoes, and a warm jacket.
If you cannot join in person, share your own family hunt in our Family Camp Photo Submission. Entries will be entered into a family draw for prizes.

This gathering is a time to honor the land, the animals, and the teachings of our ancestors.

DATE AND TIME:

**OCTOBER 9, 2025
12 NOON SET-UP**

LOCATION OF CAMP

**BEDARD LAKE, HAT
CREEK. WATCH FOR
SIGNS**

FOR MORE INFORMATION, PLEASE CONTACT:

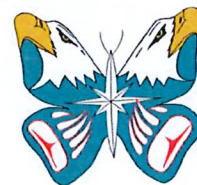
LINDA MCDONALD

LAND-BASED HEALING COORDINATOR

☎ OFFICE: 250-256-7523

☎ CELL: 250-256-3632

✉ LINDA.MCDONALD@STATIMCLTC.CA



Women's Group



October 9th & 23rd



5pm - 7pm








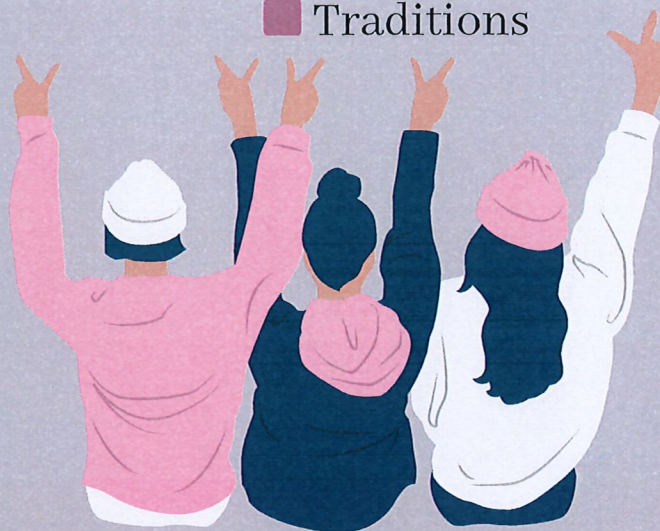
107-7th Ave

All Women Welcome
Snacks &
Refreshments
provided



Discussions involving

-  Spirituality
-  Sweathouse
-  Beliefs
-  Culture
-  Traditions



For more information call
Juanita Jacob @ 236-417-3000
or
Roni Shintah @ 250-256-7017



juanita.jacob@fnha.ca



roni.shintah@fnha.ca



www.nstatimcprimarycare.ca



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre

Everyone Welcome

October 28th

2PM - 4PM



Tea - Bannock & Sharing the Language



107-7th Ave



Lillooet, BC

Juanita Jacob - Wellness Coordinator



Juanita.Jacob@fnha.ca



236-417-3000



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre



First Nations Health Authority
Health through wellness



n.St'at'ime
Primary Care Centre

10107-7th Ave, Po Box 131
Lillooet, BC, V0K 1V0
Tel: 236.417.3000
Email: n.statimc@fnha.ca

Oct 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	2	3 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
6 Mental Health Outreach w/ Kate Sekw'el'was 9am – 3pm	7	8	9 Women's Group 5pm-7pm	10 Mental Health Outreach w/Kate Tsal'alh – RCHC 9:30am – 3pm
13 Thanksgiving Office Closed	14	15 Foot Care Clinic w/Amy Bordas 8:30-3:30	16	17 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
20 Closing Life, the Best Way Possible workshop Ts'kw'aylaxw 8am – 4pm	21	22	23 Women's Group 5pm-7pm	24 Mental Health Outreach w/Kate Tsal'alh – RCHC 9:30am – 3pm
27	28 Tea – Bannock & Share the language 2pm – 4pm	29	30	31 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm

September 24, 2025



First Nations Health Authority
Health through wellness

Lillooet & Lytton HC & Community Health Center

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Crystal Oct 6 th	Skeeshi- Larissa Sekw'el'was- Darlene T'it'q'et - Brandi Ashcroft- Telleighla	1 Lillooet NIC- Telleighla St'uxwtews- Darlene Xwisten - Brandi LFN-Larissa	2 Lillooet NIC- Telleighla St'uxwtews- Darlene Xwisten - Brandi LFN-Larissa
6 Tsal'alth - Ashley LFN- Jane Skuppah - Christina Spuzzum- Darlene Lillooet NIC- Telleighla (Crystal) Boston Bar - Larissa	7 Tsal'alth - Ashley Ts'kw'aylaxw - Christina Westside- Jane Boothroyd- Larissa LFN NIC- Telleighla (Crystal) LFN- Darlene	8 STAFF MEETING Larissa Christina Brandi Telleighla Jane Darlene & Ashley	9 Lillooet NIC- Telleighla Kanaka - Christina St'uxwtews- Darlene Xwisten - Brandi (Crystal) LFN-Larissa	10 Lillooet HC- Darlene Brandi LFN- Larissa (Crystal)
13 STAT	14 Lillooet Flu Prep- Ashley, Christina, Telleighla LFN Flu Prep - Jane, Larissa	15 Titqet Flu clinic- Brandi Christina Ashley Telleighla Brittany LFN Admin- Larissa	16 Xwisten Flu Clinic- Brittany Telleighla, Crystal Christina Ashley Larissa Admin Day- Brandi	17 Lillooet HC flu- Brittany Crystal LFN Flu Clinic- Larissa
20 LFN flu clinic Ashley Jane Mel Larissa, Telleighla Admin- Christina	21 Boothroyd Flu Clinic- Telleighla Crystal Christina Westside Flu Clinic- Jane, Larissa Admin day- Ashley	22 Nicommen flu clinic- Crystal Larissa Christina Ashcroft Flu Clinic- Telleighla Brandi, Ashley Admin Day- Jane	23 Kanaka Flu Clinic- Larissa Christina Brandi Skuppah Flu clinic- Telleighla Ashley Admin Day- Crystal	24 Lillooet HC Flu- Brandi Crystal LFN Flu Clinic - Larissa
27 Tsal'alth flu clinic- Ashley Telleighla Christina Crystal Spuzzum Flu Clinic- Jane Larissa	28 Tskwaylaxw Flu Clinic- Christina Telleighla Ashley Boston Bar- Jane Crystal Mel LFN Admin- Larissa	29 Sekwelwas Flu Clinic- Crystal Brandi Christina Lillooet HC Flu Clinic- Ashley Larissa Admin Day- Telleighla	30 Bonaparte Flu Clinic- Ashley Brandi Christina OJC flu- Telleighla	31 Interior health clinic- Crystal

Poster By: Jevan Allen

Arthritis Workshop

Tired of joint pain holding you back?

Join Brandi DeKelter for an empowering and informative workshop designed to help **you** understand arthritis and discover practical strategies to live well.

In this workshop, you will learn:

- Practical Pain Management: Simple, effective techniques for daily pain relief.
- Joint-Friendly Movement: Safe exercises to improve flexibility and strength.
- The Latest Treatments: A overview of current management options.
- Everyday Life Hacks: Tips to protect your joints at home and at work.
- Nutrition & Wellness: How your diet and mental well-being play a role.

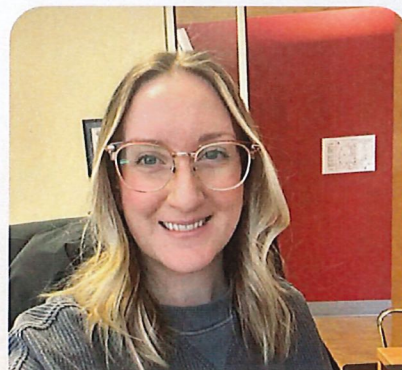


This is a supportive environment to get your questions answered by a professional.

October 8th 2025
From 1 - 2 pm

Call 250-256-7423
or email
HealthReception
@Xwisten.ca
for any questions.

You can find us in
the Health Boardroom.



First Nations Health Authority
Health through wellness

Foot Care clinic w/ Amy Bordas @ n.SPCC

FREE!

The goal of Lillooet Foot Care Nursing is to provide safe and competent nursing foot care services to all people in need of the service, but especially to those affected by or at risk of diabetes and its complications. Clients will receive professional assessments and treatments, education, self-care resources, and referrals when needed. Many people in and around Lillooet don't have the means to access this needed health care service and my goal is to reduce this barrier by providing mobile services.



OCTOBER 15, 2025

- Registered Nurse since 2010
- Advanced Nursing Foot Care Training PEDEd
- Member of CAFCN (Canadian Association of Foot Care Nurses)
- Ongoing Cultural Competency Training
- Compliance with sterilization/hygiene standards set out by IPAC Canada

By Appointment only

☎ 236-417-3000

📍 107-7th Ave, Lillooet, BC



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre





XWISTEN FLU CLINIC

Date: OCT 16, 2025

Time: 1pm - 7pm

Where: Xwisten Gym

Walk-In Basis

Snacks provided.

Please call 250-256-7017 CHN or
Jevan-Health Receptionist, for more info!

12210 Joseph Rd.
BRIB Gymnasium

23

OCTOBER

Community
Health Dinner

FREE DINNER

+

DOOR PRIZES AVAILABLE



4:00PM - 8:00PM

ASK HEALTH RECEPTIONIST FOR
MORE INFO AT

250-256-7423 EXT #837

POSTER BY JEVAN ALLEN

Poster by Jevan Allen - 250-256-7423 #837

BRIB MEDICAL APPOINTMENTS

October 2025

Dr. Humber - Oct 9

- Receive Medical Advice
- Get A Second Opinion
- Refill A Prescription
- Phone Appointments Available If Full

Neena Dental - Oct 9

- Routine Dental Check-Ups
- Excellent Advice On Keeping Teeth Clean
- Cavity Prevention
- Dental Restoration

Amy Footcare - Oct 29

- Expert Quality Foot Care
- Finger And Toe Nail Care
- Pain Free Callus Removal
- High Quality Analysis Of Your Feet Health

Additionally...

Wednesdays - Drop In Any Time Between 9AM - 3PM To Experience Therapeutic Wax Treatment For Your Hands And Feet, For Free!

Holidays & Events

October 13 - Thanksgiving

October 23 - Health Community Dinner - Come To The Gym From 4PM - 8PM For A Free Dinner And Door Prizes

October 31 - Halloween

Interested?

Call 250-256-7423, Ext #837 And Book An Appointment Today!

Elders Tea

Wednesday October 1st, 2025

MPR

1:00pm-3:00pm

Let's Talk October Events:

- Veggie Day
- Horstings & Dessert Hills Trip – Maze, Shopping
 - Elders Luncheon
- Halloween Party – Cake decorating
 - PAL
- Wellness Days
- Same as Yesterday Meetings
 - Song & Dance Evenings
 - Flea Market (for November)

Elders Luncheon

Wednesday October 15th, 2025

MPR

12:00pm – 3:00pm

Meal to be Announced Closer to Date

Jess Oleman
Xwisten Elders Coordinator
250-256-7423 ext 839
elders@xwistne.ca

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Elders Tea 1pm-3pm MPR	2 Chair Exercises 10:30-12 MPR	3 Home / Phone Visits	4
5 Veggie Day Prep	6 Veggie Day 12-8 Gym	7 Home / Phone Visits	8 Home / Phone Visits	9 Chair Exercises 10:30-12 MPR	10 Elders Horstings & Dessert Hills Trip	11
12	13 HAPPY THANKSGIVING DAY	14 Home / Phone Visits	15 Elders Luncheon MPR 12-3pm	16 Chair Exercises 10:30-12 MPR	17 Home / Phone Visits	18
19	20 Chair Exercises 10:30-12 MPR	21 Home / Phone Visits	22 Home / Phone Visits	23 Chair Exercises 10:30-12 MPR	24	25
26	27 Chair Exercises 10:30-12 MPR	28 Home / Phone Visits	29 Home / Phone Visits	30 Chair Exercises 10:30-12 MPR	31 HAPPY HALLOWEEN BOO!!!	
Jess Oleman – Xwisten Elders Coordinator elders@xwisten.ca 250-256-7423 ext. 839						

Notes:

The Spooky Season is finally here! I am always excited to see all the costumes! I hope you are too! A few events happening this month, I hope to see you all there! Elder Trip to Horstings & Dessert Hills please sign up with me ASAP, limited seats available. For our Community Halloween Party, Elders Department will host the cake walk. Last year was so much fun! Your help and presence decorating cakes will be greatly appreciated! Date TBA.

Also now is the time to start winter prep – chimney cleanings and firewood orders! Best to get a head start.

As always keep your eyes open for posters and remember I am always a call or message away!

- Jess

October

Community Wellness Worker
Garry Dunn 250-256-7423 Ext.870

2025

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

October

2025

Headstart Daycare

🍁 Leaves, 🦃 Thanksgiving, and 🎃 Halloween

"In October, our little learners will jump into colorful leaves, share thank-you moments for Thanksgiving, and dress up for a spook-tacular (but friendly!) Halloween." 🍁 🦃 🎃



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Nature Walk – collecting leaves	² Leaf rubbing with crayons	³ Sort leaves by color/size	⁴
⁵	⁶ "Falling Leave" movement game	⁷ Paint with leaves as Brushes	⁸ Leaf collage craft	⁹ Read Leaf Man and make your own "leaf People"	¹⁰ Leaf sensory bin (dry leaves + scoops)	¹¹
¹²	¹³ Count and glue leaves on number sheets	¹⁴ Story time " Red leaf, Yellow Leaf	¹⁵ Make apple stamping art	¹⁶ Gratitude tree (add thankful leaves daily	¹⁷ Handprint turkeys	¹⁸
¹⁹	²⁰ Thanksgiving feast pretend play (toy food)	²¹ Storytime " Thanks for Thanksgiving"	²² Circle time: say "thank you" to a friend, pass a pumpkin	²³ Paper plate pumpkins	²⁴ Cotton ball ghosts craft.	²⁵
²⁶	²⁷ Costume dress- up & parade	²⁸ Pumpkin toss game (beanbags into buckets)	²⁹ Halloween sensory bin (orange rice + spiders)	³⁰ Spider web art with glue & glitter	³¹ Halloween party 🎃 (songs, games, trick-or- treat bags)	



DJ's Take-n-Bake

“Homemade Pizza’s”

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

Date: October 17th, 2025

I will be making 8 PIZZA’S only on this day.
(Sorry to say, it is getting harder to do them, getting Arthritis in my wrists,
so enjoy them while still available ☺)

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 → \$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!

OCTOBER 2025 NEWSLETTER

HAPPY BIRTHDAY WISHES going out to: Grand-nieces & Nieces Lucas & Badger on 6th, Florence on 11th, Kiara May on 21st, Grand-nephews Antoine M on 21st, Declin on 23rd, Brother Everett on 22nd, Cuzzie Kimmy on 14th, Dot Sue Cook on 17th.

Have a GREAT DAY <3 😊

Also HAPPY BIRTHDAY WISHES to: Friends Claude, Deb T, Brucie, Nelson T, Art P, have a wonderful day 😊

HAPPY THANKSGIVING to everyone, hugzzz, prayers, strength n love to you all... Hope this month brings us all closer together during our Family times and giving thanks for what we have or about to receive.

Next PIZZA NITE is October 17th, 2025, get your order in as soon as possible!! And thanks. Check out my flyer... 😊

Time to switch gears again, summer is over, now to dig out all our winter stuff... brrrr, order that much needed wood, time to bundle up.

October 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 Sebastian Davidson Aaron Dawson Claude Terry	3 Esmond James Shanoah Thomas	4
5	6 Alicia Jack Latoya Jack Dynasty James	7 Lindsay Russell	8 	9 Colleen Ledoux	10 	11 Florence Jack Tyrone Napoleon-Joseph
12	13 Julianna Alexander Alison Fenton Makaya Thomas	14 Rosey Allen Kim Diamond-Swartz Jaylene Napoleon-Tom	15 Dorothy Middleton	16 Kaylee James	17 Ponch Jones	18 Devon O'Brien
19 Sylas Aubichon Gordon Gurney-James Eugene Terry	20 Wallace Peter	21 Antoine Michel Debbie Tom Kiara May Tom	22 Maurice Terry Everett Tom	23 Declin Dan	24 Allison James	25 Mary Aleck Brooklynn Maylor
26 Arthur Peters	27 	28 Drayden James-Saul Joscelyn Richard	29 Bruce Vaughan	30 Nelson Terry	31 Zachery Golden	