

# Xwisten Newsletter

## February 2026



Band Meeting: [MPR]

Feb 8: (10-12)

Elder's Lunch:

Feb 18: (12-3)

Office Closed:

February 16 - Family Day

Family Fun Day: [GYM]

Feb 16: (8-4)



Community Dinner:

Feb 24 (5-7)

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



# 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

Feb 1, 2026

To Xwisten Members,

**Re: Xwisten January Newsletter Update**



The following are updates for this month:

- **Firewood**, available at 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, Ama7 Swa7 Nurse - Interim, Fisheries BIO, Agricultural Farm Intern, Culture & Language coordinator, and check our website and Facebook for more information
- 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
- Fixing fire hydrant at five-plex

**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

Feb 1, 2025

To Xwisten Members,

## Re: Xwisten January Newsletter Housing Update



- **Reminder all Rent must be paid by 1<sup>st</sup> of every month**, talk to housing if conflict occurs.
- If you have rental arrears, please stop in and complete arrears payment plan form, if not, will move to possible eviction
- **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/new infrastructure/water upgrades
- Housing Energy Assessments are being done, outcome to apply for funding for repairs
- 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). Utilize garbage trailer and transfer station
- Encourage households to change over light bulbs to LED bulbs to conserve energy and will look at Energy Workshop at a later date
- Do not overload washing machines or dryers as this can burn out machine. Clean lint traps as needed.
- Watch out for rodents. Clean all food spills and crumbs, store all food in plastic or jars, use dedicated traps in safe/no touch areas
- **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, and attacks
- 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
- Be ready for power outages, have extra blankets on hand, candles, dry/canned goods, snacks, have your home/travel emergency kits updated and ready

Blaine Kane

Operations & Maintenance,  
Infrastructure & Housing Manager



# BRIDGE RIVER INDIAN BAND

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## Job Posting

### CULTURE AND LANGUAGE COORDINATOR

*Full Time Position*

Bridge River Indian Band is seeking a Culture and Language Coordinator to support community-driven language and cultural revitalization work under the First Peoples Cultural Council (FPCC) Roots Language Program. This role supports Elders, language instructors, and cultural workers, and helps keep language activities organized, respectful, and well supported. The Culture Language Coordinator works closely with the Social Development Manager and the Roots Language Consultant to ensure activities reflect community priorities and meet FPCC Roots reporting requirements.

#### **Duties and Responsibilities:**

- Promotes and creates opportunities for language learners to connect with fluent speakers of St'at'imc language
- Supporting Elder Language Instructors and Cultural Workers
- Ensures the efficient, inclusive and effective development and delivery of language and culture activity and services to the community of Xwisten
- Apply for grants and proposals that pertain to Culture and language, including funding reports
- Plan and coordination of program meetings, events, and training workshops as required, including the preparation of meeting, training materials and assist with notes or follow-up as required
- Monitor projects to ensure within budget
- Arrange and maintain recording and archiving of Culture Language files
- Develop monthly calendars of planned events for newsletter
- Other duties as assigned by the Social Development and Administrator

#### **Qualifications Skills and Abilities;**

- A relevant post-secondary certificate or experience with all ages and within First Nation communities an asset
- Office management, language and culture, communications, or an acceptable combination of equivalent education
- Valid Driver's License and reliable vehicle
- Submit to a vulnerable criminal record check
- Strong communication and organizational skills
- Experience supporting Elders and community-based initiatives
- Understanding of cultural protocols and confidentiality
- Preference given to one with experience working with Indigenous language and/or cultural programs

**Wage: \$22.00 to \$28.00 per hour minimum ~ Depending on experience**

**Closing Deadline: February 15, 2026**

*While we welcome all candidates, only those short listed for an interview will be contacted*

**Fax Cover Letter with referrals and Resume to:**

**Gary Forsyth, Band Administrator**

**Fax: 250-256-7999**



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January 30, 2026

### **XWISTEN BAND MEETING**

**Date: February 8, 2026**

**Start Time: 10:00am –12:00pm**

**Venue: Bridge River Gymnasium**

**Bus: Pick Up at 9:30am**

### **Agenda:**

**1) Candidates Speech/Bio**

**a. Questions & Answers**

**Lunch – Provided**

**Bus Return: 1:00pm**

# NOTICE OF ELECTION

for

**Bridge River Indian Band - Chief and Council**

*January 22, 2026*

**The Election will take place Sunday, March 1, 2026**

**The Polling Station will be open from 9:00 am – 8:00 pm**

**The Polling Station is at the Bridge River Indian Band, Gym  
12210 Joseph Road, Lillooet, BC**

**The counting of the votes will begin shortly after the close of the Poll at  
8:00 pm on March 1, 2026**

**The Voters List is posted at the Bridge River Indian Band Office on  
the front counter and viewable during office hours on weekdays from  
8:00 am – 4:00pm**

Please note, the Chief position has been filled by acclamation, the vote  
is for the 5 Council positions only.

Bridge River Indian Band

## 2026 ELECTION – FINAL CANDIDATES LIST

### CHIEF CANDIDATE – FINAL LIST

#### 1. Inez Williams - Wins by Acclamation

There is only 1 nominee for Chief – Inez Williams wins by acclamation.

### COUNCILLORS CANDIDATE – FINAL LIST

1. Brenda Rose Frank
2. Norma Elaine James
3. Gerald Perry Michel
4. Monique Moore
5. Kenneth McEwen
6. Blaine Kane
7. Mildred Susan James
8. Darrin Michell
9. Tiffany Pelegrin
10. Rainah Thomas
11. Andrew Michel
12. Raymond Edward Michael Frank
13. Nikki Raven Frank
14. Everett Lewis Tom

There are 14 nominees running for 5 councillor positions

Posted this 30<sup>th</sup> day of January 2026.



Ernest Armann  
Bridge River Indian Band Electoral Officer.

**January 23, 2026**

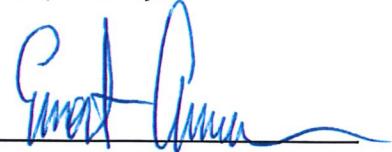
**Dear Xwisten Community Members**

As your Bridge River Indian Band Electoral Officer, I want to apologize for the mix-up we had during the nomination process. There was a mix up in the posted dates for nomination date. The wrong date of January 19, 2026 was shared with the external off-reserve members, the on-reserve notice had January 18, 2026, therefore we scheduled January 18<sup>th</sup> and January 19<sup>th</sup> for nominations. In addition we gave the option for members to call in their nominations.

Sorry for the confusion this may have caused you and see you at Election Date

March 1, 2026.

Respectfully,

A handwritten signature in blue ink, appearing to read "Ernest Armann".

**Ernest Armann**  
**Electoral Officer**  
**Bridge River Indian Band**



# BRIDGE RIVER INDIAN BAND

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January 23, 2026

Dear community Members

We are writing to you as we want to apologize for the mix-up we had during the nomination process, due to an oversight not all the required documents were included in the mail out nomination packages, and there was a mix up in the posted dates the nominations were to take place. Sorry for the confusion this may have caused you, the new election code provides challenges and a learning curve. To rectify this, we kept the nominations open for the two dates and times that were provided. We also gave the option for members to call in their nominations. Furthermore, we are reviewing the previous process and making sure we have checklists to make sure all necessary documents are included in each step so that we can accommodate all concerns and ensure this mistake does not happen again. We are already putting measures in place to ensure a better review process for future nominations.

Respectfully,

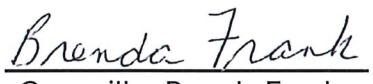
**BRIDGE RIVER INDIAN BAND**

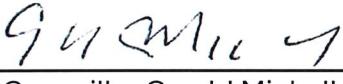


Chief Ina Williams

  
\_\_\_\_\_  
Councillor Susan James

  
\_\_\_\_\_  
Councillor Moon Moore

  
\_\_\_\_\_  
Councillor Brenda Frank

  
\_\_\_\_\_  
Councillor Gerald Michell

**Dear community members,**

**Wishing all Bridge River Band members and residents a happy New Year for 2026.**

We have an election coming up in March, and I want to thank all our members who participated in the nominations meeting and supported the process. Thanks to the members who nominated and seconded my nomination. I regret that I could not be there in person.

I am happy to see that we have Chief Ina Williams in as Chief for another term, I believe she has done an excellent job over the past two terms as chief and her many years as Council prior to that. It is not an easy job and requires a great deal of time and commitment.

In my last term as Councillor, I have held the portfolio of Lillooet Tribal Council and the role of Council liaison to Bridge River Management Board. I have been willing to step in wherever else I am needed. I am fully retired now and am able to commit time to the community, I do travel, but I am able to work from wherever I am thanks to technology.

My best wishes to all members who put their names forward for the elected positions. Having served the community for the past 40 plus years, I know the commitment needed.

The position of Councillor requires a minimum of eight to ten hours a week. This includes meetings, reading documents, attending community events. I am excited to see the changes coming with the new Election code that was approved recently because I think it will allow us to grow the Council in number and allow for new roles. This year we will have an addition Council position and an extra year between elections.

**Please come out and vote on March 1st, thank you for giving me the honor of serving my community.**

Proud to be Xwisten



Susan James

January 30, 2026

**RE: Upcoming Election**

Dear Xwisten Community Members,

My name is Kenneth McEwen. I would like to tell you a bit about myself, as I was nominated for Councillor in the upcoming election. I grew up in the community. My parents are Kevin McEwen and Bonnie McEwen(Jacob). My grandparents are Kenny Thomas and Mabel Jacob(Mom's parents) and also Ben McEwen & Shirley Payne(Dad's parents).

I have worked with the Bridge River Indian Band since the summer of 2009 where I started as a summer student at frontdesk. Once I finished my education at TRU at the start of 2018, I have been full-time in the finance department. I have gotten to know a majority of our members through working at the front desk or helping with membership duties.

I believe we need the next generation to step up into these leadership roles. I am willing to soak in advice and information from current and past leadership. As well as taking input and feedback from the community. I am always willing to learn.

I consider it a huge honor to be nominated for a position on Council. I hope everyone can come out to vote.

Thank you.

Kenneth McEwen

Kenneth McEwen

# COMMUNITY DINNER

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**Date: Tuesday  
February 24, 2026**

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**Time: 5:00pm - 7:00pm  
In the BR Gymnasium**

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Come get your pink shirts  
for Anti-bullying day. While  
quantities last.



# Lands and Resources

## UPDATES FROM EACH DEPARTMENT

2025 was a big and productive year for the Lands Department. Our Heritage team supported a wide range of projects, throughout the area, and our Fisheries team had another very busy season with tremendous results in the field with ongoing monitoring and restoration projects.

In 2026, one of our goals is to share more regular updates through this newsletter, including highlights from last year's work and progress on current projects.

Please feel free to stop by the Lands office or give us a call at 250 256 7997 anytime. We'd love to hear from you.

- Nick Froese - Lands Director



### FUEL MANAGEMENT WORK UPDATE — BRIDGE RIVER AREA

Fuel management work is underway in the Bridge River area as part of ongoing efforts to reduce wildfire risk and improve community safety.

Starting on January 6, 2026, the Bridge River Fuel Management Crew began work in Polygon 12HK. This work focuses on reducing overgrown and hazardous vegetation to help slow the spread of wildfire and improve access for fire crews in the event of an emergency.

Thanks to favorable weather conditions and strong teamwork, the crew has made steady progress and met all planned objectives to date. 3.37 Hectares have been completed so far, out of a total 11 hectares planned for this area.

Fuel management projects like this are an important part of FireSmart and wildfire preparedness efforts, helping to protect homes, infrastructure, and culturally significant lands. Work will continue as conditions allow, with safety remaining a top priority.

—Brent Narcisse  
Lands/FireSmart Coordinator





# Lands and Resources

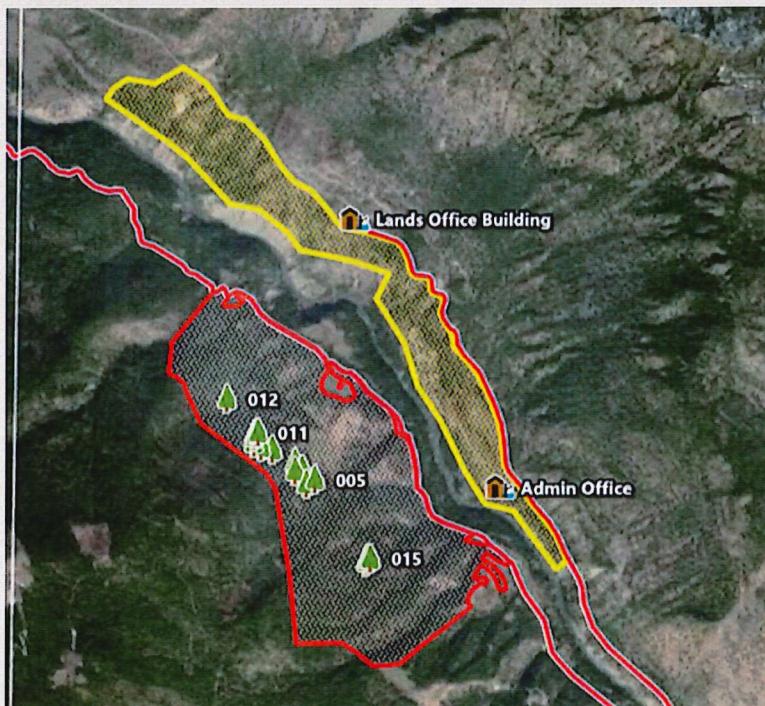
## DOUGLAS-FIR BEETLE MANAGEMENT

The Lands department has secured funding to tackle the Douglas-fir Beetle infestation that has established itself in and around the reserve. The goal is to reduce the beetle infestation and prevent a further spread through the landscape as well as reducing the wildfire risk presented by dead and dying trees.

The Lands department is currently conducting surveys on Ama and Moon Creek Road. Here the infestation is most severe. The identification of attacked trees will allow for efficient removal and thereby the protection of healthy trees.

Due to financial and operational restraints, we will not be able to remove all infested trees this year before the end of March. Areas that will not be subject to tree removal will be treated with so-called trap trees. These are healthy, large Douglas-fir trees that are felled near an active infestation and baited with pheromones. The beetles that emerge in April / May will be attracted to those trees. Thereby infestation can be restricted to a small area instead of spreading through the landscape. In fall, we will collect and destroy those trap trees and with them the maturing beetle larvae.

On and around the upper and lower reserve the severity of the infestation is much lower. The Lands Department will conduct



drone flights to locate red or fading Douglas-fir trees. If Douglas-fir beetle is recognized in those trees. Afterwards, either a ground survey will be conducted to identify all green trees in the surrounding with live beetle larvae and mark them for removal, or trap trees will be established.



Figure 1: Adult Douglas-fir beetles are dark brown and black and are 4.5 mm to 7 mm long.

# Lands and Resources

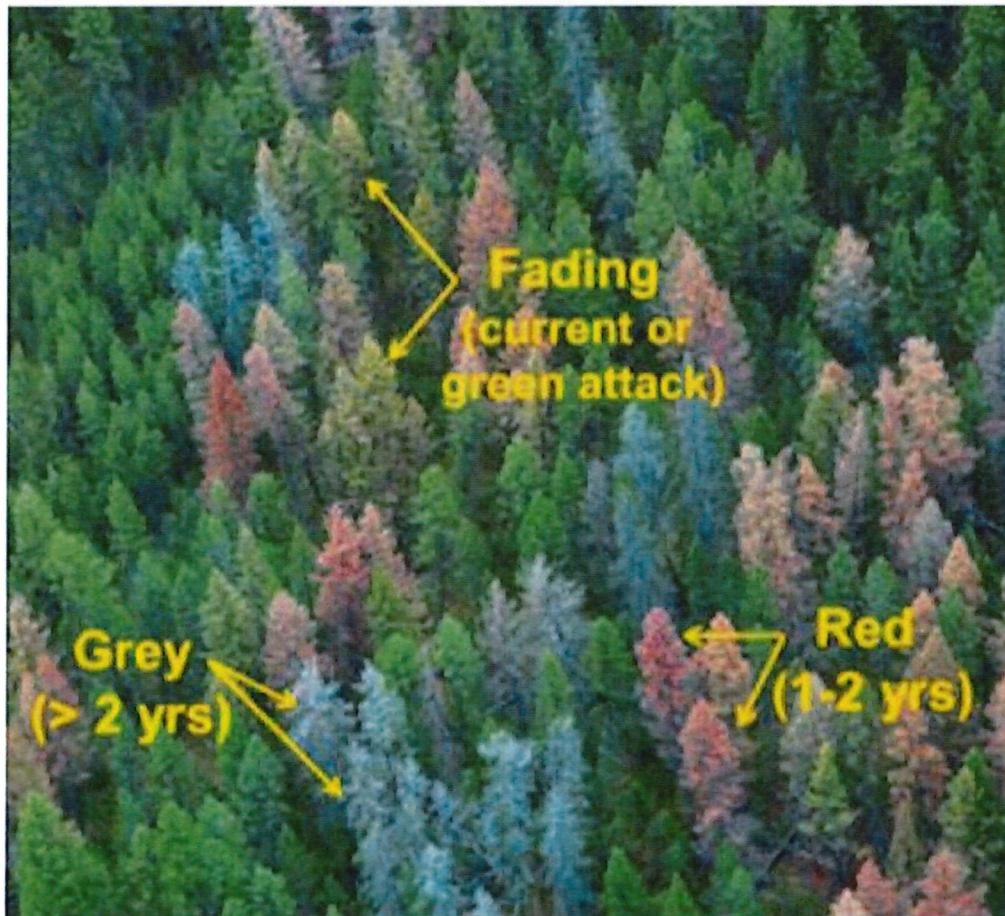
## DOUGLAS-FIR BEETLE MANAGEMENT

A further method currently under review is the use of pheromones – either attractants or repellants – to protect sensitive areas such as private properties.

Our next newsletter will inform you about our treatment operations.

If you know of the location of red Douglas-fir trees, please contact the Lands department at 250-256-7997 and we will assess the situation.

- Anna Brecke - Lands Support Clerk & Safety Officer



*Figure 3: When Douglas-fir beetles attack, the needles of affected trees change colour in stages. A pale green or yellow colour indicates that the tree is currently under attack. A colour range from sorrel (red) to dark brown means that the attack is one to two years old and beetles could still be feeding on the tree. A grey colour means that the attack is older than two years and beetles are no longer attacking the tree.*

# Lands and Resources

## XWÍSTEN FISHERIES DEPARTMENT UPDATE

Xwísten Fisheries is currently working on two restoration projects in the Lower Bridge River.

The first project in-reach 3 of the lower Bridge River and is located on what we call Grizzly Bar. This restoration project is on river right of the river and is an old mining site. It is a side channel that is submerged during spring and summer flows (late April to the end of August). During that time, when the side channel is wetted, it is a productive rearing area for salmonids and resident trout species. This is an important feature in the Bridge River, as the lower Bridge River is lacking rearing habitat (habitat for juvenile fish to grow) to support several salmonid species as well as resident fish species.

The prolonged Drawdown of the Downton Reservoir in 2022 caused damage to resident fish and fish habitat. As a result of this, the DFO ordered BC Hydro to work on offsetting measures in the lower Bridge River. This project was worked on by the Joint Planning Forum (JPF), which is a planning table for St'at'ime, DFO and BC Hydro. The JPF was able to choose Grizzly Bar as the location for the compensation of the Downton drawdown.

By working on Grizzly Bar, a year around connection of the side channel and the mainstream of the Bridge River can be achieved and fish will be able to



access the area year around for rearing. Secondly, the risk of stranding would be reduced once the dam is reducing flows to mimic reduced summer flows. During this time, Xwísten fish crews are very busy for a month to salvage fish that are at risk at stranding in Grizzly Bar (up to 1,000 fish were salvaged in 2025). Therefore, two improvements will be made to the Grizzly Bar restoration site: first fish stranding will be reduced or completely eliminated and second a permanently

connection to the mainstream of the lower Bridge River will be created to increase the rearing habitat for juvenile salmonids and resident fish.

The second restoration project Xwísten fisheries department is currently working on is the restoration of the Horseshoe Bend for juvenile refuge area and adult spawning. This has been a long-standing project and will be a project for the next several years.

In the next newsletter, Xwísten Fisheries will provide a detailed update on the current design proposals for that area.

Please stay tuned for the monthly updates from Xwísten fisheries.

- Vroni Lambinet -Lands Lead-Biologist



# BRIDGE RIVER INDIAN BAND

## Ancestral Food System Project

January 28, 2025

### **Ama sqit Bear Clan,**

I hope the new year finds you well. As we prepare for the upcoming spring and summer seasons, this is an excellent time to consider your involvement in local food initiatives. Whether you are interested in starting a personal garden, utilizing a plot in the Community Garden, learning more about harvesting traditional foods and medicines, or participating in the Farm operation, your engagement contributes meaningfully to our community's well-being.

Xwisten is in the early stages of developing a comprehensive, sustainable community food system designed to provide healthy, affordable, and culturally significant foods for our elders, working members, and youth. With rising food costs and decreasing nutritional quality in many store-bought products, it is increasingly important for communities to strengthen their own food security and sovereignty.

By working together, we can build a resilient food system that supports the health and prosperity of our people for generations to come.

#### **Dates, and activities planned:**

<b>February 21,22</b>	<b>Pemican workshop with Bonnie Michell (intro into making pemmican, pemmican for emergency rations)</b>
<b>March 20th</b>	<b>starting seeds demonstration with Matthew Davidson</b>
<b>March TBD</b>	<b>Respecting Tobacco presentation and quitting tobacco challenge launch</b>
<b>March TBD</b>	<b>Making personal portable harvesting bags with Matthew Davidson</b>

#### **Matthew Davidson**

Agriculture & Food Systems Coordinator  
250-256-7423 ext. 874  
[foodsystems.coord@xwisten.ca](mailto:foodsystems.coord@xwisten.ca)



## Xwísten Farm update

January 28, 2026



Good day Xwísten!

The farm is gearing up for the 2026 growing season. Electricity is now connected to the Heritage building and greenhouse.

This year, we plan to double the grow area and increase our vegetable production, and a goal to grow all the vegetables for the Community distribution day.

We are tentatively planning a “FallFest” to gather at the farm, along with invites to other St’at’imc communities to join us, in a potential annual celebration; The Fall fest would be a platform to trade goods, with other communities and maybe nations, which was once a traditional practice.

We are open to your ideas. we will be doing a lot of upgrades, and our greenhouse is expected to be fully setup and operational this spring as well. Exciting times. 😊

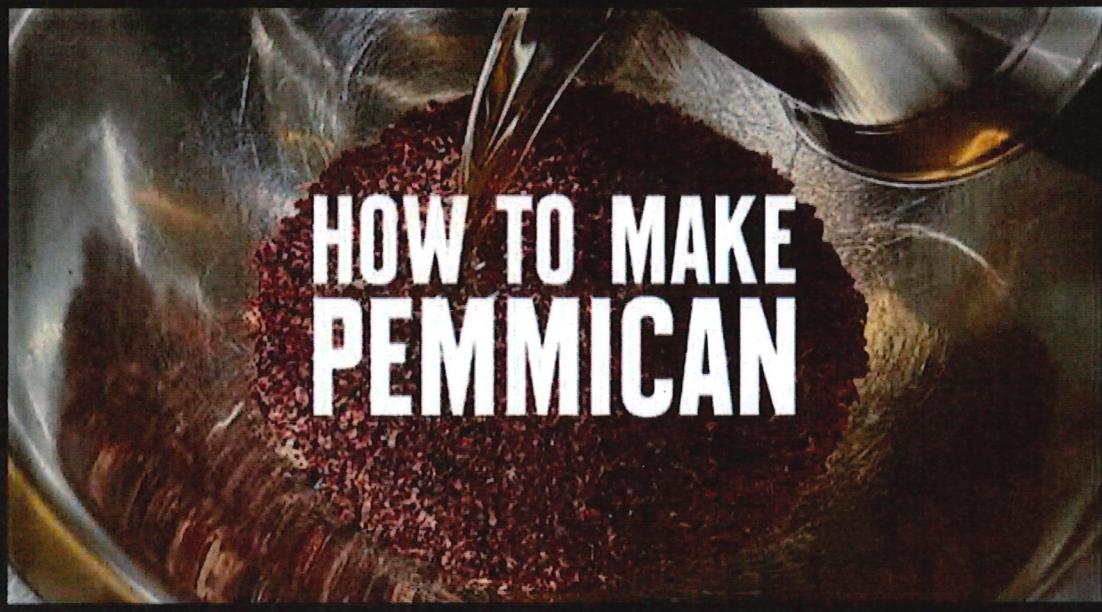
Check out our job postings for the farm! Join the team and be apart of something special!



Matthew Davidson  
Agriculture & Food Systems Coordinator  
Tel: 250 256 7423 ext. 874  
Email: [Foodsystems.coord@xwisten.ca](mailto:Foodsystems.coord@xwisten.ca)



# The Ancestral Food System Project



## HOW TO MAKE PEMMICAN

# WORKSHOP

*with Bonnie Michell*

Saturday, February 21, 2026 - 10:00am - 11:30am

- \* Introduction to Pemmican Making

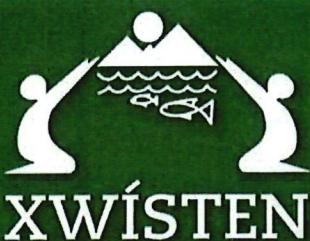
Sunday, February 22, 2026 - 10:00am - 11:30am

- \* Pemmican production for community emergency rations or experimenting with pemmican ingredients.

Location: Bridge River Gym Kitchen

**CALL TO REGISTER!!!**

Front Desk: 250-256-7423



# ST'ÁT'IMC LANGUAGE SESSIONS

Let's Speak Our  
Language Together

■ **WHEN**  
February 2026  
Tuesdays & Thursdays  
2:00pm – 4:00pm

■ **WHERE**  
Xwisten Multipurpose Room

■ **WHO CAN JOIN**  
Xwisten members of all  
language levels  
(Beginners welcome!)

■ **WHAT YOU'LL LEARN**

- Everyday words and  
phrases
- Speaking and listening
- Confidence using the  
language

■ **SIGN UP**  
Office sign up available  
Phone: 250-256-7423  
Email: [soc-dev-manager@xwisten.ca](mailto:soc-dev-manager@xwisten.ca)

Coming Together Bingo Group will be  
hosting Benefit



FOR THE MACHELL FAMILY



In Person at the Bridge River Gymnasium



Dates:  Wednesday, Feb 4th  
 Friday, Feb 6th  
 Saturday, Feb 7th

**TOONIE BALL IS AT: \$716.00**

Donations accepted  
and greatly appreciated



Bridge River Elders

46

30

48

# ROLLING JACKPOT BINGO

**ROLLING JACKPOT \$500  
IN 50#S OR LESS**

**SUNDAY FEBRUARY 8, 2026**

**DOORS OPEN: 5:00PM**

**WHERE: BRIDGE RIVER GYM**

**RAFFLE/CONCESSION/DOOR PRIZES**

**CARDS SOLD DAY & TIME OF THE  
EVENT**

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Home / Phone Visits	3 Home / Phone Visits	4 Luncheon 12-3pm MPR	5 Home / Phone Visits	6 Home / Phone Visits	7
8 Bridge River Elders Bingo 5pm Gym	9 Home / Phone Visits	10 Home / Phone Visits	11 Home / Phone Visits	12 Home / Phone Visits	13 Elder & Youth Craft Day 9-2pm MPR	14 
15	16 Family Fun Day 9-3pm Gym	17 Out Of Office	18 Staff Training	19 Staff Training	20 Home / Phone Visits	21
22	23 Xwisten Elders Bingo 5pm Gym	24 Home / Phone Visits	25 Tea 1-3pm MPR <i>Pink Shirt Day!!</i>	26 Community Dinner 5pm Gym	27 Home / Phone Visits	28
			<b>Jess Oleman</b> <b>Xwisten Elders Coordinator</b> <b>250-256-7423 ext 839</b> <b><a href="mailto:elders@xwisten.ca">elders@xwisten.ca</a></b>			

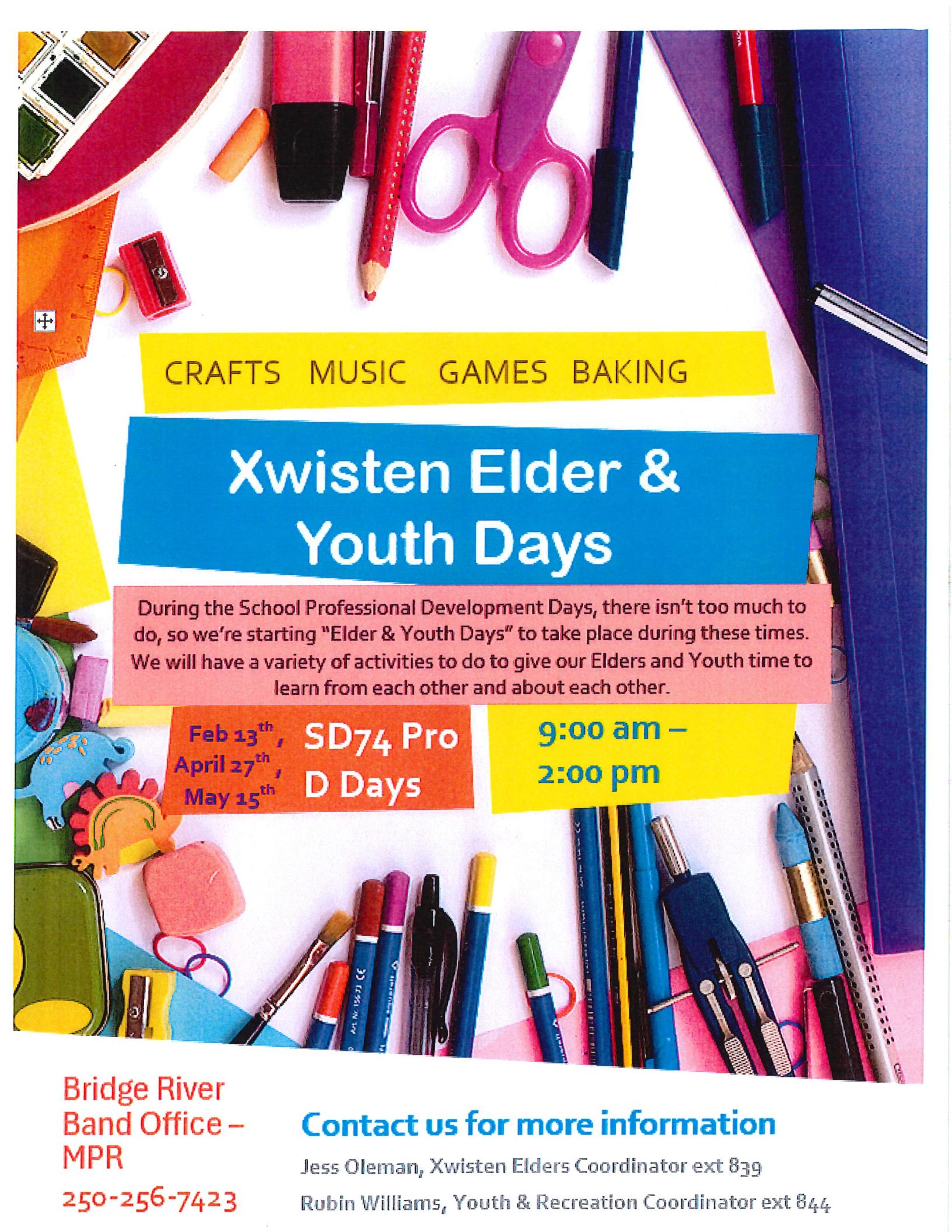
## Notes:

School Pro D Days, Xwisten Elders would like to have these days to do things with Xwisten Youth. This month (13<sup>th</sup>) will be introductory to each other, we will have a small variety of things to do – crafts and baking. Lunch will be provided.

Elders have a few fundraisers happening – Valentine Raffle and Valentine Candy Guess – these fundraisers go towards our tea & lunch get-togethers and outings. There are also 2 Bingos for us this month – volunteer helpers needed please.

We will also be hosting Flea Market in March!

Xwisten Elders please contact me ASAP to get added to 50<sup>th</sup> BC Annual Elders Gathering List!!



CRAFTS MUSIC GAMES BAKING

## Xwisten Elder & Youth Days

During the School Professional Development Days, there isn't too much to do, so we're starting "Elder & Youth Days" to take place during these times. We will have a variety of activities to do to give our Elders and Youth time to learn from each other and about each other.

Feb 13<sup>th</sup>, SD74 Pro  
April 27<sup>th</sup>, D Days  
May 15<sup>th</sup>

9:00 am –  
2:00 pm

Bridge River  
Band Office –  
MPR

250-256-7423

Contact us for more information

Jess Oleman, Xwisten Elders Coordinator ext 839

Rubin Williams, Youth & Recreation Coordinator ext 844

# Xwisten Family Fun Day!!

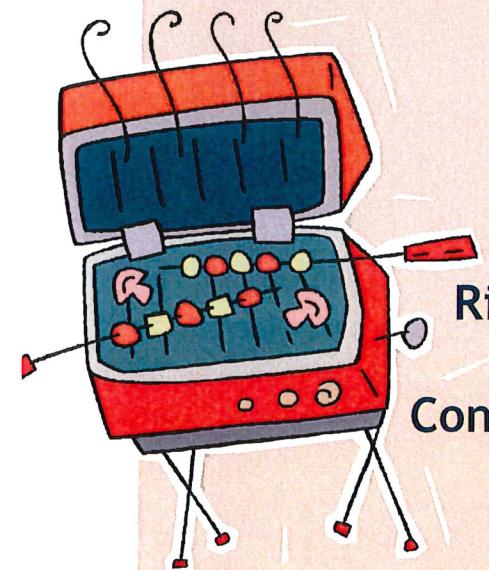
*Bring your family to the Gym to play  
some games, win prizes, & have fun!!*

*Main Door Prize to be Won!*

**February 16<sup>th</sup> @ 9am-3pm**

*Photo booth will be on site for fun  
family pictures!!*

Xúsum Ice Cream  
Bean Bag Toss  
Large Game Sets  
Board & Card Games  
Cribbage Tournament  
Craft & Coloring Centre  
BBQ Lunch



Rides Are Available Sign-up at Front Desk  
250-256-7423

Contact Social Development Team for More  
Information - 250-256-7423 ext 873

XWISTEN ELDERS

# BINGO

WHEN: MONDAY FEBRUARY 23<sup>RD</sup> 2026

Doors Open 5pm!!

WHERE: BRIDGE RIVER GYM

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

Books - \$20.00 for 6up Book + \$1.00 for additional 3ups

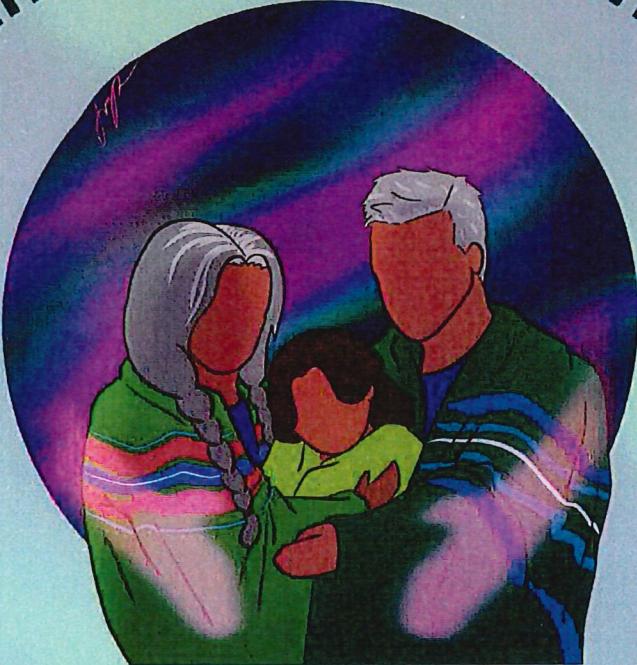
Specials \$2 each

**Concession Items & Hot Meal Will Be Available.**

**Thank You in Advance to All  
Volunteers!!**

2026

# St'at'imec Elders & Youth Feast!



**“AMAWIL’C KALH KELH LHELKI  
TSUNAMČALS I SKELKEKLA7 LHKALHA”**

**“WE WILL BE HEALED, WE WILL GET BETTER,  
THROUGH THE TEACHINGS OF OUR ELDERS”**

**Please join us for a presentation and feast as we listen,  
learn and heal through the teachings of our Elders**

**Keynote Speaker: Art Adolph**

**\*With more Presenters to follow**

**Date: February 26, 2026**

**Time: 10am-3pm**

**Location: Lillooet Rec Centre**

**\*lunch & Snacks will be provided\***

# Xwisten Elders Flea Market

**Sunday March 29<sup>th</sup>, 2026**

**Doors open for setup 9am**

**Doors open to shoppers 10am**

Bridge River Gymnasium

12210 Joseph Road

**\$5 a table – all Elders Free!!**

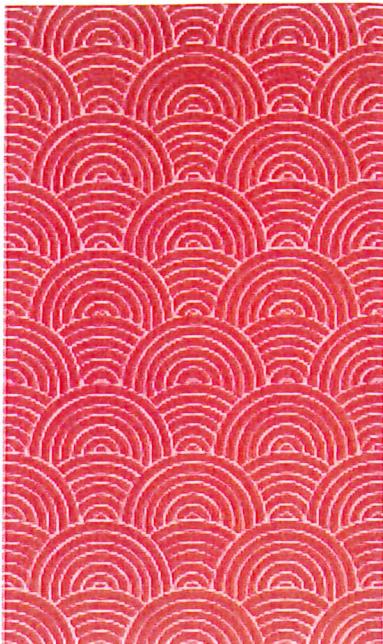
The time has come to clean out those cabinets and storage bins again!!

Bring Items to Sell, Gift, Barter or Trade

Concession Items Available

Hot Meal TBA Closer to Date

In person Raffle – drawn end of day  
@2:30 pm



**For Table(s)  
Contact:**

**Jess Oleman  
Xwisten Elders  
Coordinator**

**250-256-7423  
ext 839**

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

**Please Bring Cash**

**Smaller Bills are best!**

**Thank You!!**



# BRIB HEALTH APPOINTMENTS

February 2026

**FEB  
5**

## Amy Bordas - Footcare

- Personalized care for your feet!
- Great for people who are diabetic!
- Expert in complex foot and ankle conditions!
- Relieves pain to improve your daily mobility!

**FEB  
15**

## Dr Humber - Family Doctor.

Unfortunately, Dr Humber will only be able to do home visits on February 15th.  
If you would like to see her, please call or email us your address and phone number for her!

**FEB  
18**

## Neena - Dental Hygenist

- Applies fluoride and sealants to protect your teeth!
- Polishes teeth for a smooth, clean feeling!
- Identifies early signs of cavities!



For more details and updates about these events, please call us at  
1-250-256-7423 Ext. 837  
or email us at  
[healthreception@xwisten.ca](mailto:healthreception@xwisten.ca)



# 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.



**FEBRUARY 25, 2026**

- 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

.....





# February 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 SHOWER DAY	3 HOME VISIT	4 PICKING UP MEDS	5 SHOWER DAY	6 CHECKING ON ALL CLIENTS	7
8	9 SHOWER DAY	10 HOME VISIT	11 PICKING UP MEDS	12 SHOWER DAY	13 CHECKING ON ALL CLIENTS	14
15	16 FAMILY DAY	17 HOME VISIT	18 PICKING UP MEDS	19 SHOWER DAY	20 CHECKING ON ALL CLIENTS	21
22	23 SHOWER DAY	24 HOME VISIT	25 PICKING UP MEDS	26 SHOWER DAY	27 CHECKING ON ALL CLIENTS	28

**DAPHANE TRAZASKA - HOME COMMUNITY CARE WORKER**

**PHONE: 250 256 7423 E**

# February

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Counselling in office one to one 8:00am to 4:00pm	3 Counselling in office one to one 8:00am to 4:00pm	4 Narcan Training 3:30-6:30 LFC	5 Counselling in office one to one 8:00am to 4:00pm	6 Counselling in office one to one 8:00am to 4:00pm	7
8	9 Counselling in office one to one 8:00am to 4:00pm	10 Counselling in office one to one 8:00am to 4:00pm	11 Counselling in office one to one 8:00am to 4:00pm	12 Counselling in office one to one 8:00am to 4:00pm	13 Counselling in office one to one 8:00am to 4:00pm	14
15	16 Family Day Stat	17 Counselling in office one to one 8:00am to 4:00pm	18 Counselling in office one to one 8:00am to 4:00pm	19 Counselling in office one to one 8:00am to 4:00pm	20 Counselling in office one to one 8:00am to 4:00pm	21
22	23 Counselling in office one to one 8:00am to 4:00pm	24 Counselling in office one to one 8:00am to 4:00pm	25 Counselling in office one to one 8:00am to 4:00pm	26 Counselling in office one to one 8:00am to 4:00pm	27 Counselling in office one to one 8:00am to 4:00pm	28



# Men's Group Circle Up

Please join us for our first mens group  
Dec 2<sup>nd</sup> and then every Tuesday evening.  
Potluck - bring a snack or dish to share

**Tuesdays**  
5:00 - 7:00 pm

n.SPCC Office  
107-7<sup>th</sup> Ave



Contact - Fabian Peters



**236-565-1800**



Poster by Jevan Allen  
Health Reception  
1-250-256-7423 Ext. 837

# HIV Awareness Program & Education



Garry Dunn, BRIB  
Community Wellness  
Coordinator

Drop in to the health department on  
Thursdays from 9am to 3pm  
to talk to our experts in learning  
about HIV, how to get tested, how to  
prevent the spread of HIV, and how  
to manage it if you have it.

Brandi DeKlever,  
Community Health  
Nurse, FNHA



Fact: 1 in 7 people who are HIV positive don't know they  
have it. Good thing testing is free and safe!

Fact: While HIV is a chronic infection with no cure, there is  
medication to help live a healthy and full life!

We will be hosting a community dinner on  
June 18th where we will have booths where  
you can learn more with both  
Brandi and Garry!

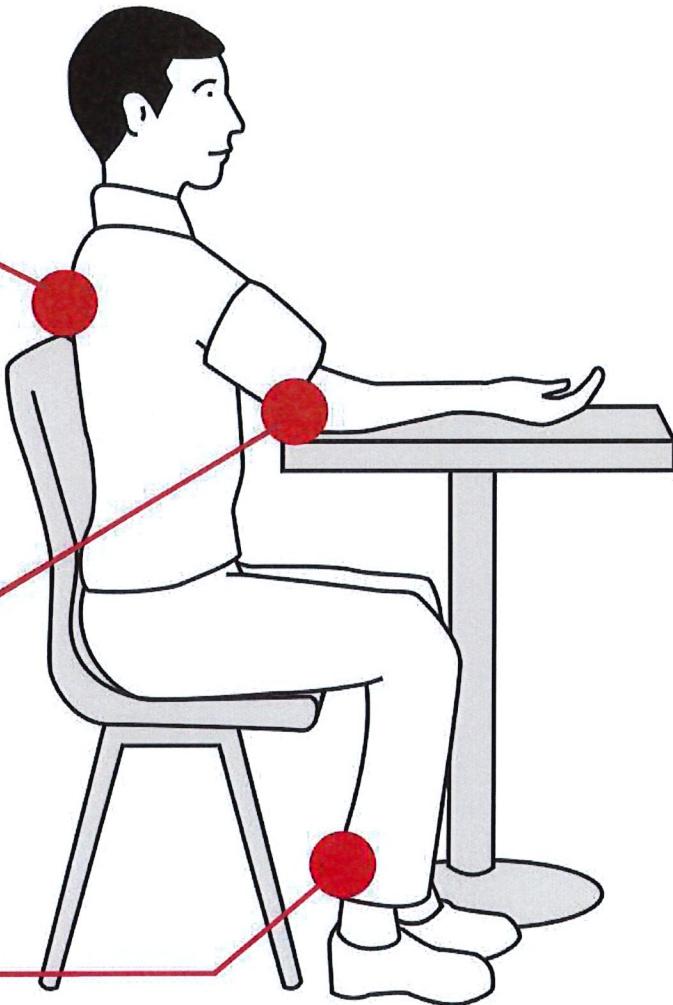
Be sure to come! There will be a door prize of  
a brand new tablet at the end of the program!

# BLOOD PRESSURE MEASUREMENT



## When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Apply cuff according to manufacturer's instructions
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



# When should I take the readings?

- ✓ Before breakfast and 2 hours after dinner
- ✓ Before taking your medication
- ✓ After emptying bladder and bowel if needed
- ✓ After a 5 minute rest
- ✓ No tobacco, no caffeine in the hour before
- ✓ No exercise 30 minutes before

# What device should I use?

- ✓ A validated blood pressure device
  - See Hypertension Canada's recommended devices at <https://hypertension.ca/public/recommended-devices>
  - Ask your pharmacist for an appropriate cuff size
  - It is important to use validated devices that meet the highest and current international standards (AAMI/ISO/ESH 2018). Devices that carry the logo below meet these standards. To see our list of validated devices, scan this QR code.



Hypertension  
CANADA



What is my target?

systolic

mmHG

diastolic

hypertension.ca



**Feb**

**2026**

**Lillooet & Lytton HC & Community Health Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
Tsal'alth- Christina LFN- Jane Skupnah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley	2 Tsal'alth- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Spuzzum- Crystal Ts'kw'aylaxw – Christina	3 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi Lillooet HC- Crystal LFN- Brittany	4 Kanaka – Christina St'uxwtews- Crystal LFN- Larissa Work Fair- Telleighla Xwisten- Brandi Lillooet HC- Brittany	5 Lillooet HC- Crystal Lillooet HC- Brittany
Tsal'alth- Christina LFN- Jane Skupnah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley	9 Tsal'alth- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Spuzzum- Crystal Ts'kw'aylaxw – Christina	10 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla LFN- Jane T'it'q'et- Brandi Lillooet HC- Crystal	11 Kanaka – Christina St'uxwtews- Crystal NIC- Telleighla Xwisten- Brandi	12 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi
Tsal'alth- Christina LFN- Jane Skupnah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley	16 Primary Care- Dinner 5:00 PM STAT	17 Tsal'alth- Ashley Boothroyd- Larissa LFN NIC- Telleighla Spuzzum- Crystal Ts'kw'aylaxw – Christina	18 Sekw'el'was- Christina T'it'q'et- Brandi Lillooet HC- Crystal	19 TEAM MEETING
Tsal'alth- Christina LFN- Jane Skupnah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley	23 Tsal'alth- Ashley LFN NIC- Telleighla Ts'kw'aylaxw – Christina	24 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla LFN- Jane T'it'q'et- Brandi Lillooet HC- Crystal	25 Kanaka – Christina St'uxwtews- Crystal LFN- Larissa NIC- Telleighla Xwisten- Brandi	26 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi
LEAVES: Larissa: Feb 6 <sup>th</sup> , 12 <sup>th</sup> Jane Feb 17 <sup>th</sup>				



First Nations Health Authority  
Health through wellness



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

# Feb 2026

**107-7<sup>th</sup> Avenue:** Shannon McDonald Operations Director, Lorinda Casper Practice Lead, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Roni Shintah Wellness Navigator

**296 Main Street:** Renee Angus MOA, Kate Aleck Mental Health Clinician, Micha Kingston Nurse Practitioner, Dr. Nancy Humber Medical Lead

## Nurse Practitioner, Mon - Tues - Wed 9am to 3pm to book appointments 250-256-7017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NP @ Main St 9am - 3pm	2 NP @ Main St 9am - 3pm	3 NP @ Main St 9am - 3pm	4 NP @ Main St 9am - 3pm	5 Women's Group 5-7pm	6
8 NP @ Main St 9am - 3pm	9 NP @ Main St 9am - 3pm	10 NP @ Main St 9am - 3pm	11 NP @ Main St 9am - 3pm	12	13	14
15 Office Closed	16 NP @ Main St 9am - 3pm	17 NP @ Main St 9am - 3pm	18 NP @ Main St 9am - 3pm	19 Women's Group 5-7pm	20	21 Sweat Dress Making 10 - 2pm
22 Sweat Dress Making 10 - 2pm	23 NP @ Main St 9am - 3pm	24 NP @ Main St 9am - 3pm	25 Footcare w/ Amy Bordas	26 Tea & Bannock 2-4pm	27	28
25	26	27	28	29	30	31

# Women's Group

📅 February 5 & 19, 2026

All Women Welcome

Snacks &  
Refreshments  
provided

⌚ 5pm - 7pm

📍 107-7th Ave

Discussions involving:



- Spirituality
- Sweathouse
- Beliefs
- Culture
- Traditions



For more information call  
Juanita Jacob or Roni Shintah  
236-417-3000



juanita.jacob@fnha.ca



roni.shintah@fnha.ca



[www.nstatimcprimarycare.ca](http://www.nstatimcprimarycare.ca)



First Nations Health Authority  
Health through wellness



**n.St'át'imc**  
Primary Care Centre

# Everyone Welcome

February 25, 2026

2PM - 4PM

# *Tea & Bannock*

with Roni Shintah  
n.SPCC Wellness Navigator



107-7th Ave

Lillooet, BC



Roni.Shintah@fnha.ca



236-417-3000



First Nations Health Authority  
Health through wellness



n.St'át'imc  
Primary Care Centre



Feb 10 2026

5:00 pm—8:00 pm

Xwisten Gym

Dinner Provided

# St'at'imc Laws



Xwisten Parents and elders are invited to attend a workshop with Mike Alexander and Tracy Redan to brainstorm the St'at'imc Laws with a Holistic Approach. Dinner provided. Participants must RSVP for dinner. Numbers

To Sign up please contact Front Desk at 2502567423

Or email Rubin Williams

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

# February

2026

Head Start Daycare

## Sing, Say, & Rhyme!

Sing, say & Rhyme introduces students to four classic nursery rhymes through singing, speaking, and movement, helping build early literacy, listening skills, and a love for learning through fun and play. 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sing "Old MacDonald" explore farm animals toys, Identify animals and sounds	3 Animal Movement – Move like animals, actions songs	4 Finger painting animals, animal coloring with crayons	5 Sensory bin with toy animals, grass/hay, fabric textures	6 Puppet Play, Rhyme repetition, free play with farm toys	7
8	9 Sing "Humpty Dumpty", Explore Egg shaped toys	10 Stack soft blocks, build and knock down towers safely	11 Egg-shaped sponge painting, decorating paper eggs	12 Roll balls/egg toys on ramps, gentle push and roll play	13 Pretend play with Humpty figures, group storytelling	14
15	16 Sing "Twinkle Twinkle Little Star" explore starts nd Moon pictures	17 Reach for hanging stars,gentle stretching and waving arms like stars	18 Star stamping, foil star collage, drawing circles for moon	19 Sensory bottles, soft music, quite mat Play	20 Sing rhyme with bells/shaker, slow-fast music play	21
22	23 Sing " Itsy Bitsy spider" with hands actions, explore spider toys and pictures	24 Action rhyme, climbing,crawling, arm movements	25 Fingers painting spider webs, dot painting spiders	26 Water plays with cups ( rain concept), textured web materials	27 Puppet play, group singing, free play with spider-themed toys	28



## DJ's Take-n-Bake

### **“Homemade Pizza’s”**

By Deb Jack, to order

Ph #: 250-256-4135 or on Facebook

**Date: February 20<sup>th</sup>, 2026**

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

## February 2025 Newsletter

HAPPY BIRTHDAY WISHES going out to Niece Sheronda M on 3<sup>rd</sup>, Grand-Niece Abilene L. Alexander on 6<sup>th</sup>, Nieces Candice J on 10<sup>th</sup> & Kayla D on 11<sup>th</sup>, Grand-Niece Kylie R. M. Frank on 13<sup>th</sup>, Cuzzy Bruce E on 4<sup>th</sup>, Neph Kevin on 7<sup>th</sup>, Grand-Neph Jaron M on 9<sup>th</sup>, Brother Brad J on 19<sup>th</sup>, Grandson Tisel M on 24<sup>th</sup>, Twins/Grand-neph & niece Victoria & Lane Michel, Grand-neph Shawn M & Brother-in-law Willard all on 25<sup>th</sup>.

And Happy Birthday to all the BR Elders in February.

Happy Valentines ❤ to all my Grandchildren, Nieces, Nephews, Grand Neph/Nieces, Brothers n Sisters n Friends too 😊 ❤

Next PIZZA NITE February 20<sup>th</sup>, also posting in Facebook ... or call 250-256-4135, Don't forget to drop off pizza pans if you have 'em ( And all you customers who still have MY pizza pans, please return them, thanks)

Continuous Prayers for all my family n friends going thru difficult times.

Love From Grandma, Auntie, Cuzzie, Sister & Friend Deb Jack

# February 2026 Birthdays

★HAPPY★  
BIRTHDAY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tammy Dawson Mary Peters	2 Billy James Wallace Peters Jace Terry-Aubichon	3 Wyatt Fenton Steven James Sheronda Michell	4 Grace Gallagher Sulyalesta Grizzypaws	5	6	7 Kevin James
8 Marlene Terry	9 Belinda Terry	10 Candice Jack	11 Cedric Sam	12 Christopher James	13 Kylie Frank April Thomas	14 Edward Thomas  VALENTINE'S DAY 
15 Lily Frank	16 Johnny James Dallas Kempfle  	17 Kenneth Peters-Philbrook	18 Robin James Calista Ledoux	19 Amanda Adrian-James Bradley Jack	20 Charlene Gurney-James	21 Richard James
22	23 Daryl Peters-Philbrook	24	25 Shawn Boyce Karen Terry	26 	27 Clay Edwards Kyler McEwen	28 Shelly Jacobs Braydon Madam