

Xwisten Newsletter

March 2026



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

Wellness Day: [Gym]

Mar 6 (12-7), Mar 7 (9-4)

Elder's Tea: [MPR]

Mar 11 (1-3)

Flea Market: [Gym]

Mar 15

Elder's Lunch: [MPR]

Mar 18 (12-3)



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

Mar 1, 2025

To Xwisten Members,

Re: **Xwisten January Newsletter Housing Update**



- **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
- **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 done, outcome to apply for funding for repairs
- FireSmart interior/exterior of your home and encourage all houses to do cleaning, carport 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, and keep washer lid open to prevent moldy smell
- 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

P.O. BOX 190, LILLOOET, BC V0K 1V0 ● PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 ● HEALTH FAX: (250) 256-2443

Mar 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, Lands O&M Worker, 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
- Don't forget to vote on Sunday March 1, 2026

Gary Forsyth
Administrator





FIRST PEOPLES'
CULTURAL COUNCIL

ROOTS PROJECT

COMMUNITY LANGUAGE ENGAGEMENT SURVEY

COMPLETE THE SURVEY FOR A CHANCE TO WIN A

65" SMART TV!!!

**GRAND
PRIZE!**



Please submit your completed survey to
Charlotte Armstrong, by mail, in person
or by email: exec.assist@xwisten.ca

Must be 18 years and older to enter

Draw Date: March 21, 2026

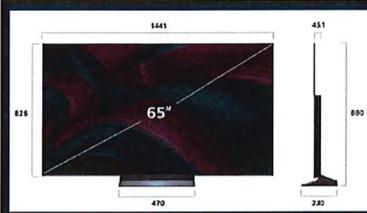


Roots Project



FIRST PEOPLES'
CULTURAL COUNCIL

COMMUNITY LANGUAGE ENGAGEMENT SURVEY



65" TV RAFFLE

Must be 18years or older

65" TV RAFFLE

Draw March 21, 2026
Must be 18years or older

Complete the Community Language Survey to enter to WIN GRAND PRIZE!

Draw: March 21, 2026



Bridge River Indian Band
PO Box 190, Lillooet BC V0K 1V0
250-256-7423

Name: _____

Phone: _____



Draw date: March 21, 2026

Please submit your completed survey to
Charlotte Armstrong, by mail, in person or by
email: exec.assist@xwisten.ca

Complete the online survey details forthcoming at a
later date



Community Language Engagement Survey

Bridge River Indian Band is working to strengthen and support the learning and use of our language. Bridge River Indian Band want to understand how to make language learning welcoming, comfortable, and meaningful for everyone. Your answers will help guide future language programs. All responses are voluntary and confidential.

Prize Draw 65" TV will be drawn on Saturday March 21, 2026

1. How interested are you in learning or using our language?

- Very interested
- Somewhat interested
- A little interested
- Not interested right now

2. What is your current experience with the language?

- I am fluent
- I understand some
- I know a few words
- I am a beginner
- I have not learned before

3. If you are not attending language sessions, what are the main reasons?

- Time or schedule conflicts
- Work or family responsibilities
- Transportation challenges
- Childcare needs
- I feel shy or nervous
- I worry about making mistakes
- I do not feel confident
- The sessions feel too formal or like school
- I do not know what to expect
- I did not know about the program
- Health or mobility concerns
- Other

4. What would make you feel more comfortable attending language sessions?

- Shorter sessions
- Drop-in style (no commitment required)
- Learning with people my age
- Learning with family members
- More cultural and land-based learning (on the land)
- Transportation support
- Childcare (individual families)
- Beginner-only sessions
- Small groups
- One-on-one or mentoring
- Online or hybrid options
- Other

5. What would you most like to learn first?

- Greetings and introductions
- Everyday conversation
- Words for family and kinship
- Land, animals, and nature
- Food and cooking
- Cultural teachings and stories
- Songs and drumming
- Ceremonial language
- Place names
- Language for children
- Other

6. What days and times work best for you?

- Weekday mornings
- Weekday afternoons
- Weekday evenings
- Weekends

7. What motivates you to learn the language?

- Connecting to culture
- Supporting children and youth
- Community pride
- Healing and wellness
- Identity and belonging
- Land and stewardship
- Personal growth
- Other

8. What has helped you learn in the past?

9. What barriers or challenges do you experience in learning or using the language?

10. What kinds of supports would help you continue learning over time?

11. Is there anything else you would like us to know?

12. Optional: Would you like to be contacted about future programs?

Yes

No

Prize Draw 65" TV will be drawn on Saturday March 21, 2026

Name: _____

Phone: _____

Email: _____

Xwisten Elections 2026

To my fellow community members

I would like to congratulate the newly elected Council Member, new and returning. Also to thank all the people who put their name forward to run for Council. I know the reason we run is to contribute to a community we love. I think we have a good group of people there and we are in good hands with this Council and the dedicated staff that we have working for us.

I can't help but look back over at the past forty-five years of serving this community. In 1981 after working for the Lillooet District Indian Council for five years as a Social Worker, I went to work for the Band, there were three of us there, Bradley Jack, Fay Michell (Terry) and myself, Saul was our Chief. (Bradley was just a kid). Look at where we've come to from three people to more than ninety staff in all our divisions. When I left the Band office to work for the Friendship Centre, I ran for Council.

I became the first women Chief for a Statimc Community in 1999. In those early days there were three people, a chief and two councillors. I lost an election for Chief to Franklyn Ledoux, and later rejoined Council till I lost another election but rejoined again as Chief and served a number of terms till stepping back in 2022, to run as Council. An interesting fact, Gerald Michel and I have been running neck and neck for longest serving Council member and I have been slightly ahead of him.

I have had some wonderful years working along side great people, on our own Council and along side leaders from other communities.

Thank you to all the community who supported me all these years, it has been an honor and challenge to serve. Thankyou to my children who sacrificed and gave up their time for me to do the work.

I plan to be available to support current Council, lots of unfinished work as we go forward.

All my relations.



Susan James

March 2, 2026



XWISTEN WORKSHOP

COMMUNICATING EFFECTIVELY

**Tuesday MARCH, 10 2026
10 PM - 2 PM in the MPR**

**Brought to you by:
Social Development & Community Development**

SNACKS PROVIDED - SIGN UP INSTRUCTIONS ON REVERSE



SIGN UP SHEET

XWISTEN WORKSHOP

COMMUNICATING EFFECTIVELY

Hand this sheet into Social Development by March 5, 2026
or call Brenda to sign up at 250-256-7423

Name: _____

Telephone Number: _____

Do you require transportation? YES NO

Do you have any food allergies? Please list.

EMPLOIS AU RECENSEMENT

CENSUS JOBS

Statistique Canada embauche dans votre communauté pour le Recensement de 2026!

- Mettez à profit vos connaissances sur la région pour aider à effectuer le recensement.
- Perfectionnez des compétences recherchées par les employeurs.
- Votre contribution au recensement pourra aider votre communauté à planifier et à définir son avenir!

Renseignements importants

- Environ 32 000 emplois au recensement sont offerts partout au Canada.
- Le taux de rémunération est de **25,87 \$ l'heure** pour les postes sans fonctions de supervision et de **31,32 \$ l'heure** pour les postes de supervision, en plus des dépenses admissibles.
- La période d'emploi pour les postes du recensement est de **mars à juillet 2026**, selon le poste et le lieu de travail.
- Vous devez être disponible pour travailler selon un horaire flexible, ce qui comprend le jour, le soir et la fin de semaine.



Statistics Canada is hiring in your community for the 2026 Census!

- Use your local knowledge to help conduct the census.
- Develop skills that employers are looking for.
- Your contribution to the census can help your community plan and shape its future!

Important to know

- There are approximately 32,000 census jobs available across Canada.
- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours, including days, evenings and weekends.



Postulez dès maintenant et parlez-en à un ami ou une amie recensement.gc.ca/emplois

Si vous avez besoin d'aide pour postuler, composez le **1-833-830-3106**
Téléscripteur (ATS) : **1-833-830-3109**



Apply now and tell a friend census.gc.ca/jobs

If you need assistance with your application, please call **1-833-830-3106**
Teletypewriter (TTY): **1-833-830-3109**



Statistique Canada

Statistics Canada

Canada

recensement.gc.ca/emplois
ATS / TTY : 1-833-830-3106
census.gc.ca/jobs
1-833-830-3106

Latest information when crossing the Canada-United States border as a person registered under the *Indian Act*



Here's what your community members need to know

Every country or territory decides who can enter or exit through its borders and the Government of Canada cannot intervene on behalf of Canadians who do not meet entry or exit requirements for the United States (U.S.).

Consular officials provide assistance to Canadians detained abroad (including by United States Immigration and Customs Enforcement (commonly referred to as ICE)) in accordance with the [Canadian Consular Services Charter](#).

TIPS before you travel to the United States

Check [Travel advice and advisories for United States](#) for the latest information on safety and security, entry and exit requirements, consulate contact information, and more.

Sign up with the [Registration of Canadians Abroad](#) system to receive important updates.

If you're crossing the Canada-U.S. border for travel purposes with a status card

Registered persons, regardless of where they are born, have the right to enter and remain in Canada. Although any valid version of the status card can be presented to enter Canada, there may be a difference between the requirements to enter Canada and the requirements to enter the U.S.

While in the past you may have been able to enter the U.S. with any valid version of the status card, Indigenous Services Canada (ISC) now strongly recommends carrying a valid passport when you are travelling outside of Canada in addition to your Secure Certificate of Indian Status (SCIS), also known as the secure status card.

If you're already registered under the Indian Act and need your secure status card on an urgent basis, for example, to return to Canada, you can apply at any time, free of charge, and request priority processing. **Acceptance of all status cards is entirely at the discretion of U.S. officials.**

Status cards can't be used to cross the Canada-U.S. border by air.

If you're entering the U.S. to live and work as a registered person

You may be asked to provide documentation to prove the percentage of Indian blood required under U.S. law. For example, they may request a letter from Indigenous Services Canada or your First Nation. Indigenous Services Canada can issue a letter of ancestry confirming registered ancestors, but it does not list a person's blood quantum. You may be asked for more documentation.

[Get, renew or replace a status card](#)

[Crossing the Canada-U.S. border with a status card](#)

[Indigenous travellers](#)



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Bridge River Elders Rolling Jackpot **BINGO**



When: March 8, 2026
Where: Bridge River Gym
Doors open at 5:00pm
Walk-Ins start at 6:00

**Rolling Jackpot \$550
in 51#s or Less**

Raffle/ Door Prizes/ Concession

Cards will only be sold day and time of Event

First Nations Wildland Firefighter Boot Camp

APRIL 13-19, 2026 in Lillooet

BCWS in partnership with Sekw'el'was, T'it'q'et, Tsal'alh, Ts'kw'aylaxw, Xaxli'p, Xwisten are holding a First Nation Wildland Firefighter Boot Camp for Band Members **April 13-19 2026 in Lillooet.**

To become a wildfire fighter with BCWS, applicants must demonstrate motivation, a relevant skill set, complete the WFPAT-1 fitness test and attend a delivery of the BCWS New Recruit Boot Camp. **Applicants invited to attend this camp will complete equivalent training to those that attend the Provincial Boot camps held annually in Merritt.**

Completion of this boot camp is equivalent to the CIFFC S-131 Crew Member Training Standard and **successful completion of this training may be used for Local Wildfire Response Crews or Contract Crews, as this is the new Type 1 standard.**

Candidates will be paid during the week of training. After camp, pending availability successful candidates may be offered a position on one of the crews in the Lillooet Fire Zone, and become a member of an auxiliary workforce in the BC Wildfire Service.

Applications are due by Feb 15, 2026 with limited space available.

For questions or to request an application, please email Thomas LePine, Wildfire Assistant at the Lillooet Fire Zone at the email below or through the QR code.

Thomas.lepine@gov.bc.ca



For Immediate Release | February 11, 2026

Mental Health services available to support

Interior Health's hearts and thoughts are with the Tumbler Ridge community following yesterday's heartbreaking tragedy.

Recognizing the widespread emotional impacts this tragic event may have on individuals across the Interior and beyond, Interior Health is asking that media share the following resources in their coverage where appropriate.

These services are available 24 hours a day, seven days a week, including holidays:

- Interior Crisis Line Network: 1-888-353-2273
- Suicide Crisis Helpline: 988
- KUU-US (Indigenous) Crisis Line: 1-800-588-8717
- Métis Crisis Line: 1-833-638-4722
- Kids Help Phone: 1-800-668-6868

People can also call 310-MHSU (6478) to reach your local Mental Health and Substance Use Centre for support in your community during business hours.

Find more mental health resources on our [public website here](#) and [here](#) (for youth focused services).

- 30 -

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.

MEDIA, FOR INFORMATION:

PHONE 1.844.469.7077 EMAIL media@interiorhealth.ca

Join our Xwisten Wellness Days
Provided by Our Social Development Team

Give yourself some time

Wellness Days



**CONNECT WITH
YOURSELF**

RELAX

**Friday - March 6th
12:00pm - 7:00pm
Dinner: 4:00pm**

REFLEXOLOGY



**&
Saturday, March 7th
9:00am - 4:00pm
Lunch: 12:30pm**

MASSAGE

NAILS

REIKI

AMETHEST BED

INTUITIVE READINGS

FOOT CARE

INDIAN HEAD MASSAGE

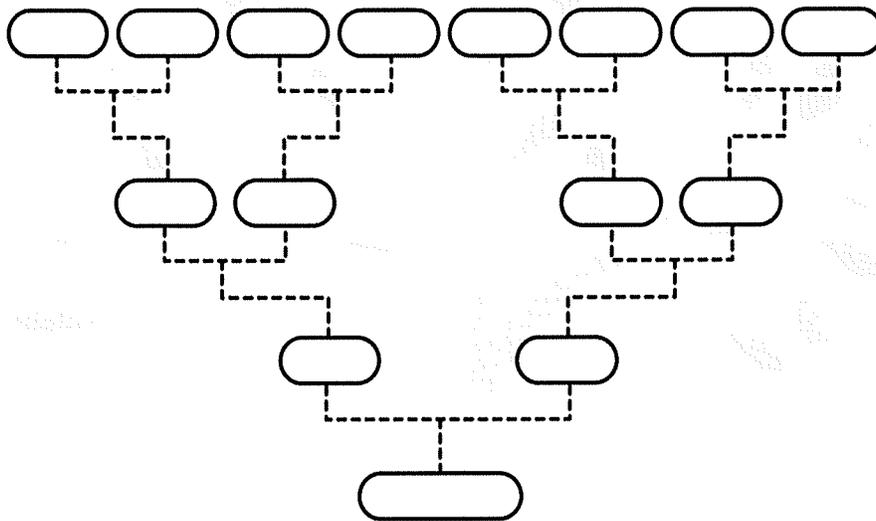
HAIR CARE

MIND - HEART - SOUL

Bridge River Indian Band Gymnasium - 12210 Joseph Road,
Lillooet BC, V0K1V0

**FOR MORE INFORMATION CALL ROXANNE
(250) 256-7423 EXT - 846**

Family Tree



WORKSHOP

Monday March 9th & 16th

4:00_{PM}- 7:00_{PM}

Multipurpose Room

Interested in starting your family tree?
Beginning of Family Tree workshop.
Organizing and identifying

Genealogical Search applications will be available, if applied for a genealogical search bring your paperwork that was sent back to you.

Contact Belinda Terry childandfamily@xwisten.ca 250-256-7423 ext.896

DINNER AND AUCTION



Indigenous Taco

Xwisten Gym - March 7, 2026

Doors open - 2:30 - \$15.00 a plate

Auction Draws—5:30pm - \$1.00 a ticket

Xwisten youth hockey fundraiser sponsored by:
Bridge River Recreation & Social Development

March

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BRIB Elections 9am – 8pm Gym	2 Home / Phone Visits	3 TRU Honoring Elders Luncheon Kamloops	4 Out Of Office	5 Out Of Office	6 Out Of Office Xwisten Wellness Days	7
8 BR Elders Rolling Jackpot Bingo 5pm Gym	9 Home / Phone Visits	10 Home / Phone Visits	11 Elders Tea MPR 1pm	12 Drumming in the Park 10am – 12pm	13 Home / Phone Visits	14
15 Flea Market 9am-3pm Gym	16 Home / Phone Visits	17  HAPPY ST. PATRICK'S DAY!	18 Elders Lunch MPR 12pm	19 Drumming in the Park 10am – 12pm	20 Home / Phone Visits	21
22	23 Home / Phone Visits	24 Home / Phone Visits	25 Bannock & Tea 2pm-4pm SPCC	26 Drumming in the Park 10am – 12pm	27 Home / Phone Visits	28 Elders Wellness Gathering 9am – 6pm REC
29 Elders Wellness Gathering 9am – 2pm REC	30 Xwisten Elders Bingo 5pm Gym	31 Home / Phone Visits	<div data-bbox="784 1325 1321 1556" data-label="Text"> <p>Jess Oleman Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca</p> </div>			



Notes:

Spring is coming!! I'm looking forward to gardening and I hope you are too! We have a few things happening this month – please see following posters.

I want to mention, for our events, please volunteer for our Elders if you are able to. All fundraising goes towards activities for Elders – Luncheons, Teas, Trips, Veggie Days, Events in town, and rentals of space and/or vehicle. Thank you to everyone for all your support in all the ways! You're always greatly appreciated!!

Kúkstumckaw!!

Xwisten Elders

Tea

DATE: MARCH 11TH, 2026

TIME: 1PM

LOCATION: MPR

Join us for Tea, Coffee, Xúsum, Laughter and Máwam

Luncheon

DATE: MARCH 18TH, 2026

TIME: 12PM

LOCATION: MPR

Let's Talk
Gardening and
Seed Starters with
Food Systems Coordinator
Matthew Davidson!

Jess Oleman - Xwisten Elders Coordinator

250-256-7423 ext 839

elders@xwisten.ca

Xwisten Elders Flea Market

Sunday March 15th, 2026

Doors open for setup 9am

Doors open to shoppers 10am

Bridge River Gymnasium

12210 Joseph Road

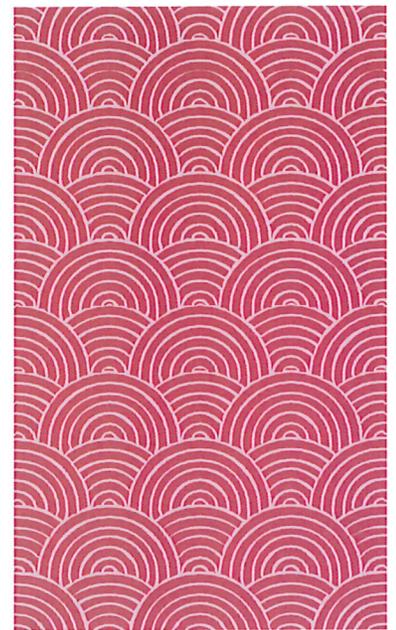
\$5 a table – all Elders Free!!

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

Bring Items to Sell, Gift, Barter or Trade

Concession Items Available

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

Please Bring Cash
Smaller Bills are best!

Thank You!!





“Knowledge with Health”
Ihxetspásqetas/Weekend Event

Two Days To Share, Listen, & Learn Wellness

FOR ALL OF ST'ÁT'IMC TERRITORY

ELDERS EVENT

FOR ALL SKELKÉKLA7
(SENIORS)
& THEIR SUPPORT CARE

WHAT TO EXPECT

seqúta
pumák7am
Fun Stories
Singing
Dancing
Drumming

SAT. SCHEDULE

9 AM - 6 PM
Brunch
4 PM Dinner

SUN. SCHEDULE

9 AM - 2 PM
Brunch
Bag Lunch

REMINDER

Elders are encouraged to bring items that will keep them comfortable.

Come Join Us

SAT & SUN - March 28 & 29 ²⁰/₂₆

Rec Centre Gym

930 Main St, Lillooet, BC

EMAIL OR CALL
250.256.8755
assistant@thehublillooet.ca
Register today

EVERYONE IS WELCOME

FREE EVENT FOR ALL

XWISTEN ELDERS

BINGO

WHEN: MONDAY MARCH 30TH 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!!**



First Nations Health Authority
Health through wellness



n.Státimc
Primary Care Centre

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

March 2026

107-7th Avenue: Shannon McDonald Operations Director, 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 call 250-256-7017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	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 Bag Making w/ Stella 1-4pm	7
8	9 NP @ Main St 9am - 3pm	10 NP @ Main St 9am - 3pm	11 NP @ Main St 9am - 3pm	12	13 Bag Making w/ Stella 1-4pm	14 Teen Wellness Day 13 - 18yrs 12 - 5pm
15	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 Bag Making w/ Stella 1-4pm	21
22	23 NP @ Main St 9am - 3pm	24 NP @ Main St 9am - 3pm	25 NP @ Main St 9am - 3pm Tea & Bannock 1 - 3pm	26	27 Bag Making w/ Stella 1-4pm	28
29	30 NP @ Main St 9am - 3pm Footcare w/ Amy Bordas	31 NP @ Main St 9am - 3pm				

Women's Group

 March 5 & 19, 2026

 5pm - 7pm

 107-7th Ave

All Women Welcome
Dinner &
Refreshments
provided

Discussions involving:

-  Spirituality
-  Sweathouse
-  Beliefs
-  Culture
-  Traditions



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

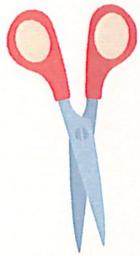
 juanita.jacob@fnha.ca

 roni.shintah@fnha.ca

 www.nstatimprimarycare.ca



Friday Sewing at n.SPCC



March



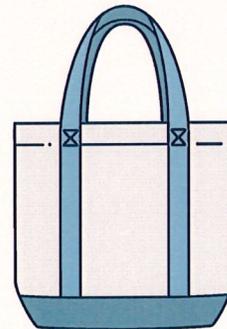
Bag Making



 March 6 - 13 - 20 - 27, 2026

 107-7th Ave, Lillooet, BC.

 1:00pm - 4:00pm



Limited spots available - Please call Roxane to sign-up

 236-417-3000

Refreshments provided



n.St'at'imc
Primary Care Centre



First Nations Health Authority
Health through wellness

FREE

TEEN

Wellness Day

AGES 13 - 18



SATURDAY, MARCH 14'26



🕒 12PM - 5PM

📍 107 - 7TH AVE, LILLOOET



HAIR CUTS
HAND PARAFIN WAX
MASSAGE
FOOT CARE
BROW WAXING & SHAPING

LUNCH &
REFRESHMENTS
WILL BE
PROVIDED

MUST BE PRESENT TO SIGN UP



n.St'at'imc
Primary Care Centre



First Nations Health Authority
Health through wellness

Everyone Welcome

March 25, 2026

1:00 - 3:00PM

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'at'imc
Primary Care Centre



March 2026

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 Chair exercises	3 Youth and rec bingo	4 Sports Night	5 Chair exercises	6	7 Loonie auction/ Dinner
8	9 Chair exercises	10 Sports Night	11 All youth	12 Chair exercises	13 mov- ie night	14 youth and Rec Bin-go
15	16	17	18	19	20	21
Gathering Our Voices Vancouver						
22	23 Chair exercises	24	25	26	27	28
		St'at'imc Youth Conference				
29	30	31				
		Chair Exercises Sports Night				

Schedule of Events

- Chair Exercises March 2,5,9,12,23,26,31 MPR 10:30—12:00
- Youth and Rec Bingos March 3,14,2026
- Sports and Rec Auction and Dinner March 7 2:30 pm—7:30 pm MPR
- Sports Nights March 4,10,31 Gym 7:00 pm-9:00 pm
- Youth Group March 11 2026 7:00 pm—9:00 pm
- Movie Night March 13 2026 5:00 pm—9:30 pm





Xwisten Chair Exercises

Open to all

For balance, flexibility
and muscle tone

In the MPR

*For more information,
contact:*



Xwisten Recreation

Youth and Recreation

Rubin Williams

youthandrec@xwisten.ca

2363120844

Or 2502567423 Ext 844

March

2,5,9,12,23,26,31

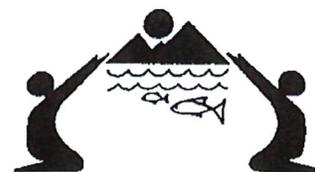
Mondays and

Thursdays (Tues.

sometimes)

10:30 am—12:00

pm





Xwisten Recreation



Xwisten

Sports

Night

March

4,10,31

2026

Xwisten Gym

7:00 pm—9:00 pm

Please bring proper
footwear

For more information,

Contact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 247

youthandrec@xwisten.ca





Xwisten Recreation

All youth and
parents

Are invited to
come and hang

out and discuss the Gathering our Voices youth
conference as well as the St'at'imc Youth Confer-
ence

March 11 2026 in the Gym

7:00pm—9:00 pm

XWISTEN YOUTH GROUP

Contact Rubin Williams

Youth and recreation
coordinator

youthandrec@xwisten.ca

2502567423 ext 844



Xwisten KIDS

CLUB





Family Movie Night



March 13 2026

Xwisten Multi purpose
Room

5:00 pm—9:30 pm

Doors open at 5, Movie to play at 5:30 pm.

Youth and Recreation Coordinator :

Rubin Williams

youthandrec@xwisten.ca

2363120844 or

2502567423 ext 844

\$2.00 adm

\$5.00 per family

Concession :

Bring you own container

Refillable popcorn \$5.00

Drinks \$1.00

Other concession items

Bring your own

chair if you like

Xwisten youth and Recreation

Bingo Xwisten Gym

March 14 2026

Doors Open at 5:00 pm

Regular books: toonie pot

**\$22.00 for a 5 pg 6 up book +
\$1.00 additional 3ups**

Qílqel't Lhú7u7s progressive

And a toonie pot

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



Specials sold
separately \$5 and \$2.00

*For information about
card sales, please con-
tact:*

*Rubin Williams Youth and
Recreation Coordinator
2363120844 youthan-
drec@xwisten.ca*

*Bridge-River Recreation
on facebook*

March

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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Opioid Forum LSS 9-3:00PM	3 Opioid Forum LSS 9-3:00PM	4 Rec Centre Job Fair 8-4:00pm	5 One to One Counselling In Office 8-4:00pm	6 One to One Counselling In Office 8-4:00pm	7
8	9 One to One Counselling In Office 8-4:00pm	10 One to One Counselling In Office 8-4:00pm	11 One to One Counselling In Office 8-4:00pm	12 One to One Counselling In Office 8-4:00pm	13 One to One Counselling In Office 8-4:00pm	14
15	16 One to One Counselling In Office 8-4:00pm	17 One to One Counselling In Office 8-4:00pm	18 One to One Counselling In Office 8-4:00pm	19 One to One Counselling In Office 8-4:00pm	20 One to One Counselling In Office 8-4:00pm	21
22	23 One to One Counselling In Office 8-4:00pm	24 One to One Counselling In Office 8-4:00pm	25 One to One Counselling In Office 8-4:00pm	26 One to One Counselling In Office 8-4:00pm	27 One to One Counselling In Office 8-4:00pm	28
29	30 One to One Counselling In Office 8-4:00pm	31 One to One Counselling In Office 8-4:00pm				

March 2026

Daphne Trzaska Home Care Community Worker Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Showers: Client Mooncreek - 9am-10am. Client Mooncreek - 1pm-2pm Client footcare - 10:30am-11:30am	3 Client Mooncreek Physio - 10:30am - 11 am. Med pickup & Dropoff	4 Client Check-ins: Lower Reserve 9am, 15 min Lower Reserve 9:30, 15 min Lower Reserve 9:30, 30 min Upper Reserve, 11 am	5 Showers: Client Mooncreek - 9am-10am & 1pm-2pm. Lower Reserve - 10am-11 am Client footcare - 10:30am-11:30am	6 Meds Dropoff - 9am-12pm Office filing - 2pm-4pm	7
8	9 Showers: Client Mooncreek - 9am-10am. Client Mooncreek - 1pm-2pm Client footcare - 10:30am-11:30am	10 Client Mooncreek Physio - 10:30am - 11 am. Med pickup & Dropoff	11 Client Check-ins: Lower Reserve 9am, 15 min Lower Reserve 9:30, 15 min Lower Reserve 9:30, 30 min Upper Reserve, 11 am	12 Showers: Client Mooncreek - 9am-10am & 1pm-2pm. Lower Reserve - 10am-11 am Client footcare - 10:30am-11:30am	13 Meds Dropoff - 9am-12pm Office filing - 2pm-4pm	14
15	16 Showers: Client Mooncreek - 9am-10am. Client Mooncreek - 1pm-2pm Client footcare - 10:30am-11:30am	17 Client Mooncreek Physio - 10:30am - 11 am. Med pickup & Dropoff	18 Client Check-ins: Lower Reserve 9am, 15 min Lower Reserve 9:30, 15 min Lower Reserve 9:30, 30 min Upper Reserve, 11 am	19 Showers: Client Mooncreek - 9am-10am & 1pm-2pm. Lower Reserve - 10am-11 am Client footcare - 10:30am-11:30am	20 Meds Dropoff - 9am-12pm Office filing - 2pm-4pm	21
22	23 Showers: Client Mooncreek - 9am-10am. Client Mooncreek - 1pm-2pm Client footcare - 10:30am-11:30am	24 Client Mooncreek Physio - 10:30am - 11 am. Med pickup & Dropoff	25 Client Check-ins: Lower Reserve 9am, 15 min Lower Reserve 9:30, 15 min Lower Reserve 9:30, 30 min Upper Reserve, 11 am	26 Showers: Client Mooncreek - 9am-10am & 1pm-2pm. Lower Reserve - 10am-11 am Client footcare - 10:30am-11:30am	27 Meds Dropoff - 9am-12pm Office filing - 2pm-4pm	28
29	30 Showers: Client Mooncreek - 9am-10am. Client Mooncreek - 1pm-2pm Client footcare - 10:30am-11:30am	31 Client Mooncreek Physio - 10:30am - 11 am. Med pickup & Dropoff	1 Upper Reserve, 11 am	2 Showers: Client Mooncreek - 9am-10am & 1pm-2pm. Lower Reserve - 10am-11 am Client footcare - 10:30am-11:30am	3	4

5	6	Notes	Xwisten Health Department — Contacts For Daphne
		#VALUE!	Phone.....1-250-256-7423 Ext.
			842 Fax.....1-250-
			256-2443
			Email.....HomeCare@xwisten

BRIB Health Appointments March

**MAR
5**

Amy Bordas - Footcare

- Personalized foot care for you!
- Provides good info about how to care for your feet!
- Routine foot health maintenance for those with difficulty self-caring!

**MAR
6**

Dr. Ejaz - Family Doctor

- Preventive care and personalized health education!
- Comprehensive physical exams and health screenings!
- Joint and muscle pain evaluation! (sprains, strains, arthritis)

**MAR
18**

Neena - Dental Hygienist

- Highly regarded and professional teeth cleaning!
- Applies fluoride for cavity prevention!
- Nutritional counseling for strong teeth and healthy gums!

**MAR
24**

Dr. Humber - Family Doctor

- Referrals to trusted medical specialists when needed!
- Comprehensive physical exams and health screenings!
- Coordinating care for your entire family, from children to seniors!

Interested? Call 1 (250) 256-7423 Ext. 837
Or Email
Healthreception@Xwisten.ca
for more info!

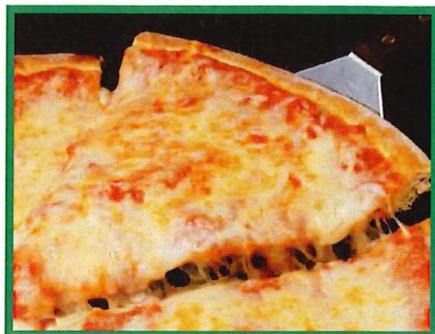


March 2026

SPRING IS HERE!



Monday	Tuesday	Wednesday	Thursday	Friday
2 Welcome Circle 	3 Raindrop Painting 	4 Spring Story 	5 Cotton Cloud Craft 	6 Rainbow Sorting
9 Seeds & Plants Circle 	10 Sticker Flower Collage 	11 Water Play 	12 Planting Seeds 	13 Color Matching
16 Animal Movement Game 	17 Worm Sensory Bin 	18 Ladybug Dot Craft 	19 Baby Matching 	20 Texture Fun
23 Paper Nest Craft 	24 Obstacle Course 	25 Leaf Rubbing Art 	26 Build with Blocks 	27 Spring Sorting
30 Spring Celebration 	31 Spring Review Games 			



DJ's Take-n-Bake

“Homemade Pizza’s”

By Deb Jack, to order

Ph #: 250-256-4135 or on Facebook

Date: **March 20th, 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 or 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!

March 2026 Newsletter

Happy Birthday Wishes going out to my Grandbabies Ethan turning 16 on 8th, Tiegan turning 22 on 19th, Thomas turning 10 on 30th, Gramma loves you all so very very much ♥ **Happy Birthday** Wishes to my Brothers Gasper on 4th, Andrew on 25th, and Sister Margaret on 9th, love you all, have a wonderful day... ♥ **Happy Birthday** Wishes to my Nephews & Nieces Aimee S on 15th, Kachina on 21st, Malaki turning 14 on 23rd, Micah on 26th, Sherry 29th, love you all, you all have a fantastic day ♥ 😊

My next **PIZZA Nite** will be March 20th , watch for my posting on FB, and get your order in asap, list fills up fast...

Good Luck ♣️ to you all on March 17, find a full pot of gold!!

Happy Birthday
Margaret James
On March 7th
From Lena Sangret
+ Eugene Alexander

March 2026 Birthdays

						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2  Blaine Adams Katelynn Bublitz Farrell Terry	3 Megan Donahue Gail Frank Jimmy James Michaela Pennier	4  Gasper Jack	5 Macro Cruces George Fletcher Peggy Gilbert Lance Jones	6  Shelia Joseph Lorne Lanoue	7 Margaret James
8	9  Anthony James Felicia Joseph Margaret Michell	10	11  	12 Michael Street Isabelle Terry	13  Rainah Thomas	14 Emmery Kempfle Harold Paulson
15 Elaine James Colby Kastrukoff Anna-lee Taylor-Alexander	16  Stacey Hainstock	17 Sherry Graham	18  Lonni Ledoux Brooklyn Madam Qwezilx Peters-Kelhmin	19	20  Wylee Allen	21 Joanne Drake-Terry Kachina Fenton Amelia Graham Andrew Tom
22 Avery Wilson	23  	24	25  Logan Allen	26 Angelica Lawrence-Bob Micah Michel Mixalhcen Ned	27  Michael Gould James Sonne	28
29 Skyler Manitobenis Sherry Michell	30  Aliesha McEwen	31 Dylan James	 <p><i>Hello Spring</i></p>			