

# Xwisten Newsletter

## July 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

**Elder's Tea:** July 15 (12-4pm)  
[MPR]

July 28 (12-4pm) [MPR]

### **Bingos:**

Coming Together—July 1 (5-10pm) [Gym]

Elders— July 16, July 30 (5-10pm) [Gym]

### **Community Dinner:**

July 9 (5-7pm) [Gym]

July 29 (5-7pm) [Gym]



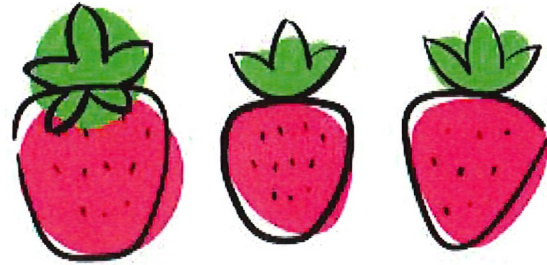
# BRIDGE RIVER INDIAN BAND

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

July 1, 2026

To Xwisten Members,

Re: **Xwisten July Newsletter Update**



The following are updates for this month:

- Fire Ban in place
- Water restrictions – lifted. Please water on odd and even days, wells are low – water table is down
- Upgrades to pithouse and arbour
- Upgrades to graveyard. Thanks to Natasha and Mike Street, Ervin Joseph and Doug Allen for donating post pounder and labour, and other volunteers missed
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- Weed whacking in community is on-going. Please help out
- **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, Climate Intern, Agricultural Farm, Elder's Coordinator, Land Stewardship Tech, Land Stewardship Crew, Headstart Daycare Manager, Lands Front Desk Assistant, Xwisten Tours Supervisor, Xwisten Tour Guides. **Summer Student Positions:** Children's Program Workers, Xwisten's Food Systems Program, and check our website and Facebook for more information
- 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
- Weed whacking in the community is on-going. Please help out
- Gate keys will be changed, watch for further updates

**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

July 1, 2026

To Xwisten Members,



Re: **Xwisten July 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...) Watch for rocks on road
- 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 turn off lights to save Hydro
- 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, water, snacks, have your home/travel emergency kits updated and ready
- Junk car/truck removal. Incentive for FireSmart/Forest fire program. \$100 for each vehicle. Talk to Blaine Kane before hand.
- When heat pumps on; leave windows closed to be more efficient (when using cooling)
- Conserve water as needed, follow information letters for household and personal use.

**Blaine Kane**

Operations & Maintenance,

Infrastructure & Housing Manager



## 2026 Bridge River Indian Band - XWISTEN COMMUNITY LINK BUS SCHEDULE

Operates Monday – Friday / July – October 31

|                                             |                           |                                                                                                                                            |         |
|---------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Bridge River Band Main Office               | 8:20 AM                   | Buy-Low Foods                                                                                                                              | 1:30 PM |
| Bridge River Main Village                   | 8:25 AM                   | Hop Farm (Country Store)                                                                                                                   | 1:35 PM |
| Bridge River Orchard Springs Subdivision #1 | 8:30 AM                   | Xwisten Experience Tours                                                                                                                   | 1:40 PM |
| Bridge River Orchard Springs Subdivision #2 | 8:35 AM                   | Bridge River Band Office                                                                                                                   | 1:45 PM |
| Bridge River Band Office                    | 8:40 AM                   | Bridge River Orchard Springs Subdivision #2                                                                                                | 1:50 PM |
| Xwisten Experience Tours                    | 8:45 AM                   | Bridge River Orchard Springs Subdivision #1                                                                                                | 1:55 PM |
| Hop Farm (Country Store)                    | 8:50 AM                   | Bridge River Main Village                                                                                                                  | 2:00 PM |
| Buy-Low Foods                               | 8:55 AM                   | Bridge River Band Office                                                                                                                   | 2:05 PM |
| Adult Education Centre                      | 9:00 AM                   |                                                                                                                                            |         |
| Post Office / Community Connect Hub         | 9:05 AM                   | Xwisten Experience Tours                                                                                                                   | 2:10 PM |
| Rec Center / Farmers Market                 | 9:10 AM                   | Hop Farm (Country Store)                                                                                                                   | 2:15 PM |
| T'it'q'et Band Office                       | 9:20 AM                   | Buy-Low Foods                                                                                                                              | 2:20 PM |
| T'it'q'et Mount Jenny                       | 9:25 AM                   | Adult Education Centre                                                                                                                     | 2:25 PM |
| Lightfoot Gas Chevron                       | 9:35 AM                   | Post Office / Community Connect Hub                                                                                                        | 2:30 PM |
| Seton Lake                                  | 9:45 AM                   | Rec Center / Farmers Market                                                                                                                | 2:35 PM |
|                                             |                           | T'it'q'et Band Office                                                                                                                      | 2:45 PM |
| Lightfoot Gas Chevron                       | 9:55 AM                   | T'it'q'et Mount Jenny                                                                                                                      | 2:50 PM |
| Buy-Low Foods                               | 10:05 AM                  | Lightfoot Gas Chevron                                                                                                                      | 3:00 PM |
| Hop Farm (Country Store)                    | 10:10 AM                  | Seton Lake                                                                                                                                 | 3:10 PM |
| Bridge River Band Office                    | 10:15 AM                  |                                                                                                                                            |         |
| Bridge River Orchard Springs Subdivision #2 | 10:20 AM                  | Lightfoot Gas Chevron                                                                                                                      | 3:20 PM |
| Bridge River Orchard Springs Subdivision #1 | 10:25 AM                  | T'it'q'et Band Office                                                                                                                      | 3:30 PM |
| Bridge River Main Village                   | 10:30 AM                  | T'it'q'et Mount Jenny                                                                                                                      | 3:35 PM |
| Bridge River Band Office                    | 10:35 AM                  | Rec Center / Farmers Market                                                                                                                | 3:45 PM |
|                                             |                           | Post Office / Community Connect Hub                                                                                                        | 3:50 PM |
| Xwisten Experience Tours                    | 10:40 AM                  | Adult Education Centre                                                                                                                     | 3:55 PM |
| Hop Farm (Country Store)                    | 10:45 AM                  | Buy-Low Foods                                                                                                                              | 4:00 PM |
| Buy-Low Foods                               | 10:50 AM                  | Hop Farm (Country Store)                                                                                                                   | 4:05 PM |
| Adult Education Centre                      | 10:55 AM                  | Xwisten Experience Tours                                                                                                                   | 4:10 PM |
| Post Office / Community Connect Hub         | 11:00 AM                  | Bridge River Band Office                                                                                                                   | 4:15 PM |
| Rec Center / Farmers Market                 | 11:05 AM                  | Bridge River Orchard Springs Subdivision #2                                                                                                | 4:20 PM |
| T'it'q'et Band Office                       | 11:15 AM                  | Bridge River Orchard Springs Subdivision #1                                                                                                | 4:25 PM |
| T'it'q'et Mount Jenny                       | 11:20 AM                  | Bridge River Main Village                                                                                                                  | 4:30 PM |
| Lightfoot Gas Chevron                       | 11:30 AM                  | <b>END OF ROUTE BRIDGE RIVER BAND</b>                                                                                                      |         |
| Seton Lake                                  | 11:40 AM                  | Times listed are departure from bus stop –<br>Please arrive at the bus stop area 5 minutes early<br>to ensure the bus remains on schedule. |         |
| Buy-Low Foods                               | 11:50 AM                  |                                                                                                                                            |         |
| <b>LUNCH BREAK</b>                          | <b>12:00 PM – 1:00 PM</b> |                                                                                                                                            |         |
|                                             | <b>CLEAN BUS AND FUEL</b> |                                                                                                                                            |         |
|                                             | <b>1:00 PM – 1:20 PM</b>  |                                                                                                                                            |         |

### BUS RULES:

- Absolutely **NO** drugs or alcohol on the bus
- If you are intoxicated, you will be escorted off or unable to board the bus
- Minimum age requirement is 15 otherwise must be accompanied by an adult
- Disruptive behavior will not be tolerated (harassment, bullying, and derogatory language)

**Thank you to our Sponsors**



**Bridge River Indian Band**



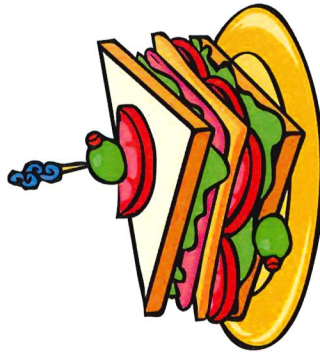
**Lillooet Learning Community Society**



**T'it'q'et Band**



# LEADERSHIP Workshop



**When: Tuesday July 7, 2026**

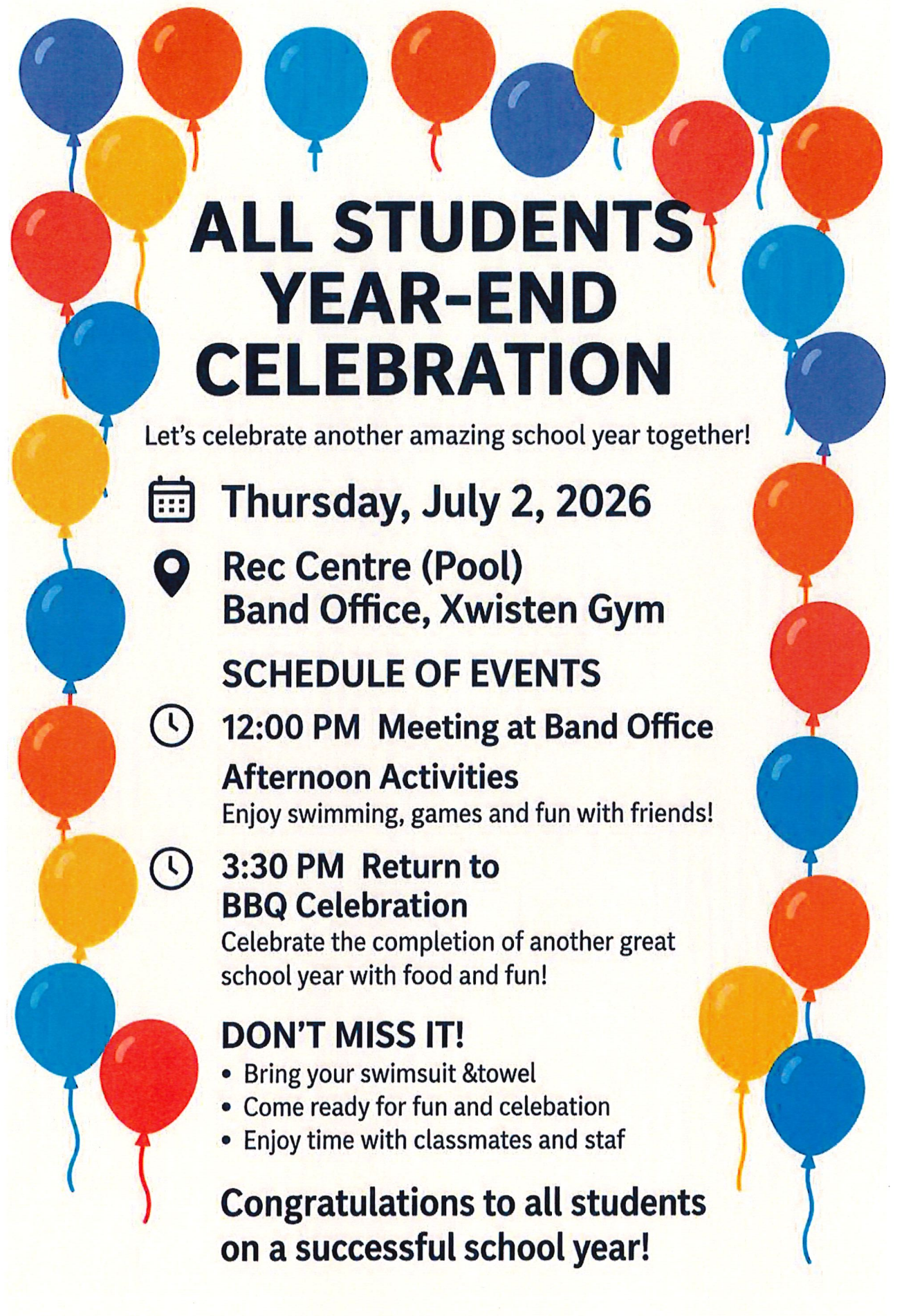
**Time: 10 am - 2 pm**

**Where: MPR Band Office**

**Snacks and Lunch are provided**







# ALL STUDENTS YEAR-END CELEBRATION

Let's celebrate another amazing school year together!



**Thursday, July 2, 2026**



**Rec Centre (Pool)  
Band Office, Xwisten Gym**

## SCHEDULE OF EVENTS



**12:00 PM Meeting at Band Office**

### Afternoon Activities

Enjoy swimming, games and fun with friends!



**3:30 PM Return to  
BBQ Celebration**

Celebrate the completion of another great school year with food and fun!

## DON'T MISS IT!

- Bring your swimsuit & towel
- Come ready for fun and celebration
- Enjoy time with classmates and staff

**Congratulations to all students  
on a successful school year!**





**BRIDGE RIVER**  
MANAGEMENT LIMITED PARTNERSHIP

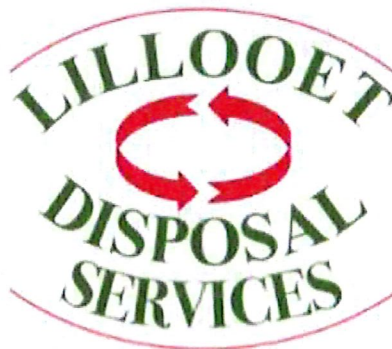
# COMMUNITY

*Dinner*

STARTS AT  
**5:00PM**

**NEW DATE:**

**THURSDAY, JULY 09, 2026**



**At the Bridge River Gymnasium!**



# **XWISTEN LANDS DEPARTMENT COMMUNITY DINNER**



**WHEN**

**July 29<sup>th</sup>, 2026**

**4pm – 7pm**

**Dinner to be served at 5pm**

**WHERE**

**Band Office  
Gymnasium**

**FEATURING**

- **Introductions** • Presentations from each team
- **Interactive Sessions** • **Door Prizes**

**COME MEET  
THE TEAM  
AND LEARN  
ABOUT WHAT  
WE DO!**

**FISHERIES**

**Annual Monitoring  
Program Update**

**Restorations  
Projects Update**

**HERITAGE**

**Major Projects  
Update**

**University of  
Mantana Project  
Update**

**FIRE SMART**

**Summer Students**

**Summer Projects**



# Sewing & Beading

**Wednesday July  
8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup>**

**4:00pm- 7:00pm**

**Multipurpose room**



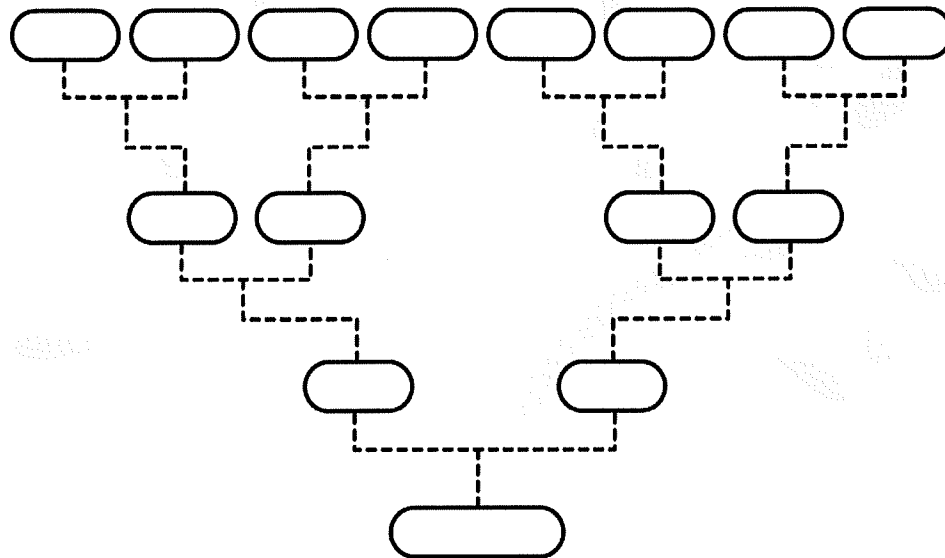
If you have your own material or supplies, you can bring.

Machines and supplies provided.

**Light meal provided**



# Family Tree



Interested in a Genealogical Search?

Want to start a family tree for your children?

Want to start a family tree?

Come fill out a Genealogical Search application. Find out who your parents, parents are\were. If your Family\ancestors were registered with Indigenous Services Canada, we can find out who they by doing a family history search; Birthday, Registry number, if married and which band they reside.

Come see Belinda Terry, Child and Family Prevention Worker to fill out a form. I ask in return, Child and Family department would like a copy of the Genealogical information when it has been returned for future database.

**Family Tree event coming soon!**



T'it'q'et Culture & Language has open  
invite for culture Training

# Kw'az'ántsut

## (CULTURAL TRAINING)

 The T'it'q'et Culture & Language Center holds Kw'az'ántsut(cultural training) on Saturdays, bi-weekly. Open to all the St'át'imc interested in learning our traditional/cultural practices, protocols from St'át'imc Elders/knowledge keepers. This a safe place to have open discussions around ceremonies, traditional protocols and past teachings.

**Open to all St'át'imc**

**Elders:**

**Frank Andrew**

**Quchin (Gerald Dick)**

**Saturdays - Bi-weekly**

**Next session July 18<sup>th</sup>, 2026**

Meet at 10 Scotchman Rd

9am - 4pm

(Dates & Times subject to change as  
needed by elders/teachers)

**To signup or for more information contact:  
Vanessa Napoleon.**

 #10 Scotchman Rd

 250-256-4118 Ext. 274

 [cultureworker@titqet.org](mailto:cultureworker@titqet.org)

**Requirement:**

**Commitment to be Drug and alcohol free.**

contact Vanessa Napoleon  
250 256 4118 ext. 274





# XWISTEN ELDERS TEA MEETINGS

**Wednesday July 15<sup>th</sup> • MPR 1pm**

Meet with Stefan from LTC to chat about the  
Cultural Uses of Fire Among St'at'imc

**Tuesday July 28<sup>th</sup> • MPR 1pm**

Meet Xwisten Fisheries Group and chat about  
ongoing projects and the recovery of Lower Bridge  
River Salmon

*As always, coffee, tea and snacks available ☺*

For more information:  
Jess Oleman, Xwisten Lands Resource Clerk  
250-256-7997 ext 882  
[landsresclerk@xwisten.ca](mailto:landsresclerk@xwisten.ca)



# Xwísten Fisheries Department Update – June/26

The Xwísten Fisheries Department has been working on understanding the juvenile outmigration timing of various salmonid species, such as Chinook, Coho, Pink salmon, some assumed Sockeye stray salmon, and Rainbow Trout since 2022. We are striving to understand the crucial timing of outmigration and the length of time salmonid species are using the lower Bridge River as rearing habitat.

The data we are gathering can also give us an estimate of how many fish are leaving the system and therefore how productive the lower Bridge River has been during the incubation period for salmon eggs and the rearing period before outmigration.

Outmigration timing is furthermore crucial to have an informed understanding of the correlation of movement of fish and flow releases of the Terzaghi dam. This relationship is crucial to understand because high flow releases from the dam could force fish out of the lower Bridge River that were intended to rear and imprint on the river so that safe returns home can be insured.

Xwísten Fisheries is trying to understand all these questions by using a Rotary Screw Trap (RST), which is strategically located at the Sweat Lodge at the lower reserve, close distance to the mouth where the lower Bridge River and the Fraser River meet. It passively fishes 24 hours throughout the week. Xwísten fish technicians are checking the fishing efforts daily to collect fish data, such as length weight and identify the species.

Fish that have been caught in the RST are also PIT (Passive Integrated Transponder) tagged, which gives them a unique number, that will allow us to identify fish as Bridge River origin upon their return.

Additionally, we are able to identify wild Chinook and Coho's outmigration timing and compare it to the hatchery population, which is released into the lower Bridge River usually in Spring and Fall.

In the coming newsletters, Xwísten Fisheries will give you updates on the efforts of sustaining and increasing the lower Bridge River Chinook and Coho population through our broodstock program, which we are running in collaboration with N'Quatqua.

Therefore, stay tuned to the  
next Xwísten Fisheries  
Update!

*Figure 1:*

*Ryder Kahanyshyn and Ian Adams  
(Xwísten Fish Techs) on the RST to collect  
trapped fish.*





# **FireSmart July Update**

Aho,

We're excited to share what's ahead for FireSmart work this July!

This season, we've welcomed one seasonal FireSmart employee, and we are currently looking to hire one more to join the team. In addition, we have two summer students working with us through to the end of August. Together, this team will be supporting FireSmart, fisheries, and heritage initiatives in the community.

## **July FireSmart Focus**

Throughout July, all three workers will be dedicated to FireSmart activities. Their work will begin around critical infrastructure areas, with a focus on water pump houses, helping reduce wildfire risks in these key locations.

Following that, the team will shift their efforts to supporting our Elders by:

- Removing unwanted and combustible materials
- FireSmarting properties around Elders' homes
- Helping create safer, more resilient surroundings
- Remove invasive plant species

## **Looking Ahead to August**

In August, the team will transition from FireSmart work into fisheries and heritage projects, continuing to support important community initiatives.

We're grateful for the team's hard work and commitment to keeping our community safe and cared for.

If you're interested in joining the FireSmart crew, we're still looking to fill one more seasonal position!

Thanks,

Brent Narcisse Lands Coordinator/FireSmart Coordinator





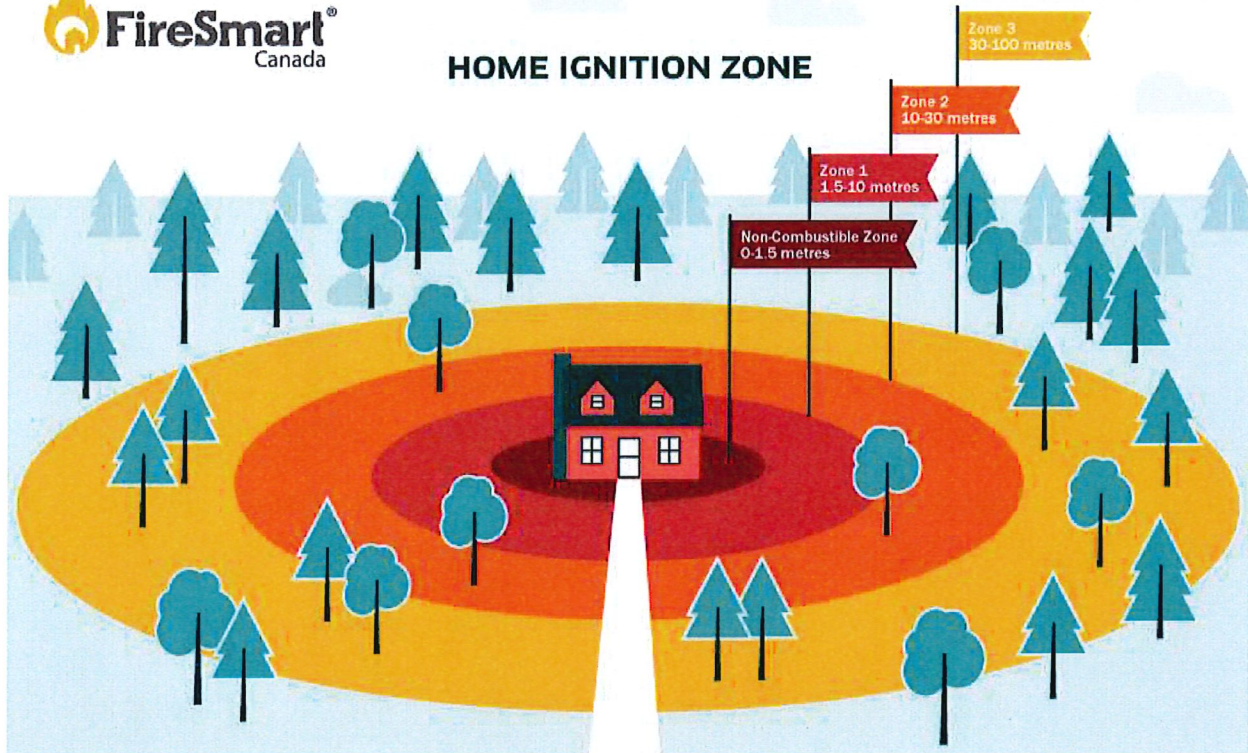
## BRIDGE RIVER INDIAN BAND

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### HOME IGNITION ZONE

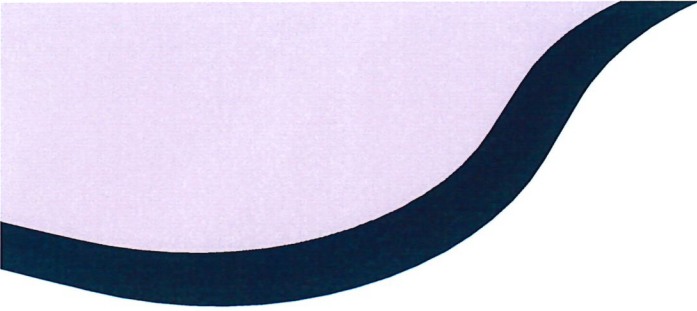


#### To the Xwísten Community,

Starting this week (June 25, 2026), a crew of two FireSmart staff will be visiting **Elders' homes** to offer assistance with **FireSmartering their properties**. The crew will be working within Zones 1 and 2 of the Home Ignition Zone (0–30 meters from the home). We will begin with critical infrastructure and Elders' residences. We encourage community members to participate and support the FireSmart crew in reducing wildfire risk around their homes. If you are not home when we visit, we will leave a letter with information and an option to request work on your property. You are also welcome to contact the Lands Department and speak with the Resource Clerk to request FireSmart work. At this time, work will be **focused on Elders' properties**. Thank you for helping us keep our community safe.

Brent Narcisse Lands Coordinator / FireSmart Coordinator, Lands Department Phone **#250-256-7997**





Jess Oleman  
Xwisten Lands Resource Clerk  
[landsresclerk@xwisten.ca](mailto:landsresclerk@xwisten.ca)  
250-256-7997 ext 882

Kalhwá7a7ap Nsnekwnúkwa7

I want to share an update:

I have moved from my position as Xwisten Elders Coordinator to Xwisten Lands Resource Clerk.

This is an exciting change for me. I thoroughly enjoyed my 5 years with our Elders, but as I have said – I am not going anywhere, I only moved up the hill!!

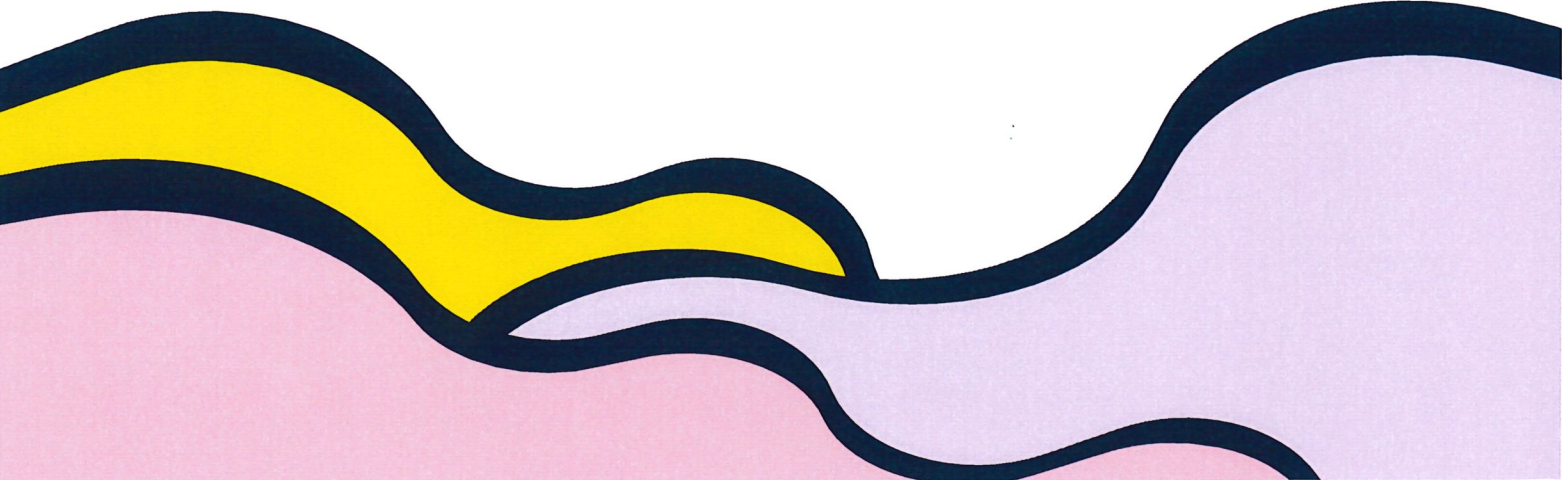
This new role is definitely a learning curve for me, but I am enjoying the switch up so far. My organization, quick learning and new team are making this transition easy for me.

I am looking forward to learning all about the projects that our fisheries, heritage and fire smart teams are working on and taking part in another department within our band.

Keep Learning, Keep Growing, Keep Succeeding

Kukwstumúlhkacw

Jess Oleman 😊







# BRIDGE RIVER INDIAN BAND

## Xwísten's Food Systems

June 30<sup>th</sup>, 2026

### Good day, Xwísten!

The Xwísten Food Systems Team is working together to revive and celebrate Xwísten's rich agricultural history. Claude, Skweltapis, Andrew, Cecilina, Sam, and Kathleen are helping bring this community dream to life through their dedication, teamwork, and care for the land.

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*If you see the team in the community, please take a moment to say hello. They are doing important work on the land for the benefit of the whole Xwísten community*

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**Social Development Manager Brenda Frank recently stopped by the Farm to check in with the team and see how the crops are growing. Brenda was happy to see the progress that has been made so far and left feeling encouraged by the hard work and dedication of the Farm Team.**

**The team is hopeful that the Farm will be able to support the request from Social Development by providing much of the fresh produce needed for Xwísten's vegetable distribution event in September. This is an exciting step toward growing more local food for the community and supporting families with fresh, healthy vegetables.**





**Corn is growing fast from the photo on the left compared to the photo on the right!**



**Colorado potato beetle with eggs hatching. Cecilina mentioned to be cautious because the ladybug eggs look very similar, but the ladybug eggs are round like a ball and the Colorado potato beetle eggs are elongated like a football. So be careful!**





**We will have Pumpkins this year!  
And They will be ready for the  
pumpkin pies and for Halloween!**

**Sweet potatoes were planted this  
year! Let's see how well they grow  
this summer at the Farm!.**

**I'm excited about this crop!**

**Andrew planted tobacco for the  
Ancestral project at the Farm. This  
will be used for offerings and  
ceremonies**





**Andrew and Sam planting some shrubs and fruit trees at the Farm Tsaqwem (Saskatoon Berries) Apricots, Pears and Cherries so far.**

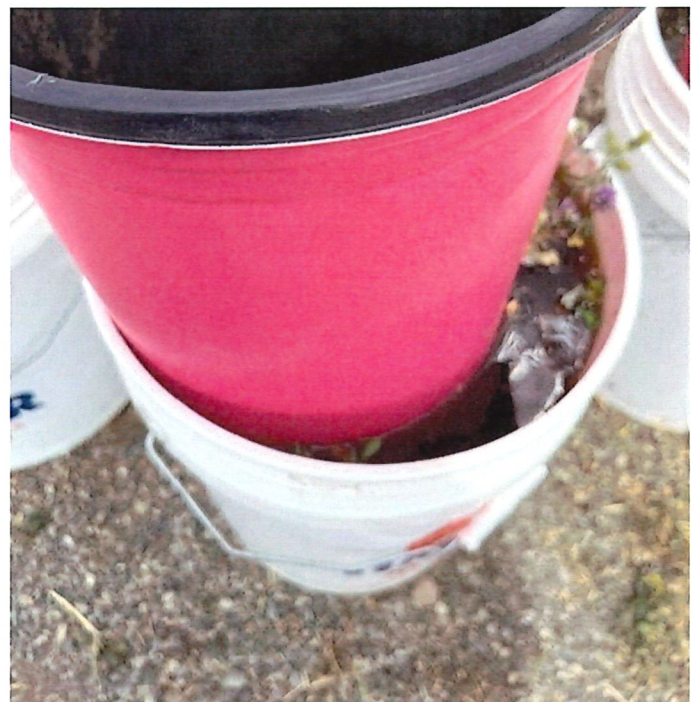


**Claude and Sam cleaning the filter for our new irrigation system!**

**With the new gravity water system installed, John won't have to worry about the Farm emptying his reservoir this year**



**Andrew brewing up some natural fertilizer for the farm**





Jacquie Rasmussen from Lillooet Regional Invasive Society (LRISS) She came to the farm to do a presentation on invasive species and how to remove them.







**Sam and Skweltapis weed whacking to prevent invasive species and to fire smart the Farm**



**Traditional Harvesting Guides for Elders have been completed, distribution is underway, and copies are available at the office for those who have not yet received one.**

**If you are an Elder and received a copy, we would greatly appreciate you taking the time to fill in some of the blank pages with your knowledge of traditional foods. We would be honoured to include your name with your contribution.**



The Harvesting field guides are almost finished, Andrew mentioned the expensive paper is hard to work with and takes a lot longer to build the books, the team would like to thank you for your patience.

The Xwísten weather Stations are online, and you can check the current weather conditions, the 7-day forecast and much more!

- Download the Davis Weather Link app
- Set up your username and password
- Search for local weather stations
- Add Xwísten Office and Xwísten Farm Weather Station



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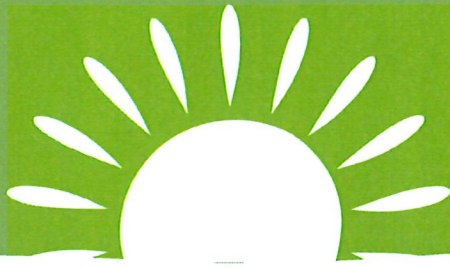
*The Team morale is important while working in the garden.  
Because we do put our energy into the food we're growing*

*Andrew Michel*

---

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





# LRISS SUMMER WORK IS IN FULL SWING

Summer is here, and the LRISS crew has hit the ground running! From visiting local schools and building field skills to attending community events, we've been busy connecting with the community and preparing for another productive season of outreach and treating invasive species. We're looking forward to another summer of helping protect Lillooet's landscapes and ecosystems.

## CONNECTING WITH THE NEXT GENERATION

This spring, the LRISS team has been visiting local schools, including George M. Murray Elementary, Cayoosh Elementary, Lillooet Secondary, and Gold Bridge Community School, to inspire the next generation of environmental stewards. Through interactive story times, nature walks, hands-on invasive plant removal, and other engaging outdoor activities, students are learning about local ecosystems, the impacts of invasive species, and how they can help protect the places they call home.



## WALKING WITH THE SMOLTS

The LRISS team had a great time at the annual Walking with the Smolts event, joining local students for a day of hands-on learning about salmon, healthy ecosystems, and environmental stewardship. From coho salmon releases and fish dissections to shrub planting, seed bombing, and invasive insect hunts at our booth, it was wonderful to see so many young people connecting with the natural world. Thank you to Splitrock Environmental, the Lillooet Tribal Council, NNTC, DFO, and everyone who helped make this inspiring community event possible.

## UBC RESEARCH RESUMES

Researchers from Dr. Jennifer Grenz's Indigenous Ecology Lab, UBC are back at the McKay Creek wildfire site, continuing their long-term research into post-wildfire recovery. Working alongside the LRISS field team, the research focuses on monitoring vegetation regeneration, above-ground biomass, soil carbon, and overall grassland health. Building on last year's work the project will help improve our understanding of how wildfire affects native ecosystems and support future restoration efforts in collaboration with St'át'imc communities. A big thanks to Virginia Oeggerli and Raelani Kesler, the PhD students who took our crew out and showed them their data capture methods.



Iriss.ca



@Irinvasives



info@lriiss.ca



**LILLOOET REGIONAL**  
**INVASIVESPECIESSOCIETY**





## Vanessa Thevarge

HEALTH CARE  
ADVOCATE



WHAT IS THE ROLE OF  
THE HEALTH CARE  
ADVOCATE?

650 Industrial Place Lillooet, BC, VoK 1V0

PH: 250-256-7523 ext. 251

FAX: 250-256-7119

EMAIL: [vanessa.thevarge@statimcltc.ca](mailto:vanessa.thevarge@statimcltc.ca)



WHAT IS THE ROLE OF  
THE INDIGENOUS  
PATIENT NAVIGATOR?

## Cheryl Edwards

Indigenous Patient  
Navigator  
Interior Health

951 Murray Street, Lillooet, BC, VoK 1V0

DIR: 250-256-1315

CELL: 250-256-3320

FAX: 250-256-1394

EMAIL:

[cheryl.edwards@interiorhealth.ca](mailto:cheryl.edwards@interiorhealth.ca)



# HEALTH CARE ADVOCATE

The Health Care Advocate advocates for better health care for Indigenous peoples at the Nation level and is based out of the Lillooet Tribal Council/Stat'imc Outreach Health Services and collaborates with the northern Stat'imc communities, Interior Health (IH), and the provincial governments to promote the design and delivery of health care services that are culturally safe without prejudice or inequities. The primary focus of the

Health Care Advocate is to promote change in the understandings, behaviors, and systems to address

Indigenous-specific racism and establish new foundations of health services that respect and uphold the human rights of the northern Stat'imc.

The Health Care Advocate aligns with the Health Quality BC philosophies that support system-wide leadership to improve the quality of care provided by Interior Health (IH) and other health care providers. The Health Care Advocate works with IH and other partners to advance the recommendations from the

In Plain Sight Report, the Truth and Reconciliation Calls to Action, and the goals and actions outlined in the Declaration on the Rights of Indigenous Peoples Act (DRIPA) Action Plan.



# INDIGENOUS PATIENT NAVIGATOR

The Indigenous Patient Navigator works with individual patients to help navigate the health system and is based out of the Interior Health/Lillooet District Hospital. The Indigenous Patient Navigator is available to support Indigenous peoples and their families during their care by creating a safe space for them to interact with the health system. Indigenous Patient Navigators are available to support your care journey and make it less stressful for you and your family. Any member of your care team, including your doctor or nurse, can refer you to the Indigenous Patient Navigator. You can also request that the Indigenous Patient Navigator is part of your care team at any point during your care. Indigenous Patient Navigators are available to:

- Offer emotional and cultural support
- Create a respectful space and help support the rest of your care team to provide care in a culturally safe way
- Be part of your care and discharge planning team
- Provide access to spiritual care for you and your family
- Connect with your Elder or spiritual care provider to ensure you have access to them during your care
- Contact language translation services



# MEET OUR TEAM

## n. St'át'imc Primary Care Centre



### Shannon McDonald - Operations Director

Shannon oversees the implementation and operations of the northern St'át'imc Primary Care Centre Service Plan, guided by Nation Representatives and recommendations from the northern St'át'imc Primary Care Technical Table.

Shannon brings a wealth of experience and a deep commitment to community healthcare.

*"My úcwalmicw name is Ti7na Lósi. My úcwalmicw name comes from my two maternal grandmothers, Celestine Edwards and Rose McDonald. I am from Ts'kw'aylaxw within the St'át'imc territory and Simpcw within the Secwepemc Territory".*



### Kate Aleck- Mental Health Clinician

In this role, Kate will provide mental health services, including consultation, intake, assessment, collaborative care planning, education, navigation and connection to other resources. This will be done through a decolonizing lensed approach, being aware of clients' intersectionality and healing journey to design treatment that would be tailored to meet clients' specific needs.

Kate has been living in Nlaka'pamux / St'át'imc Territories for the past 30+ years with her husband, Riley Aleck, and near Lillooet most of this time.



### Micha Kingston - Nurse Practitioner

Micha is a settler of Irish descent. She grew up in Lytton in Nlaka'pamux territory. She retains many close ties to the Nlaka'pamux nation to this day and fondly remembers going out as a child to harvest wild plants and medicines with various elders who were friends with her parents. Micha has a deep respect for Indigenous culture and spirituality and is excited to be working in Indigenous-focused primary care, as it aligns with both her personal and professional values and goals.

Micha practices with a trauma-informed lens and aims to incorporate respect of all cultures and diverse ways of being, into her work as a nurse practitioner. When she is not busy at work, Micha can be found spending time in nature with her 9 year old daughter and their dog Cedar.





## Renee Angus - Medical Office Assistant



Renee is a proud member of Sq'ewqel (Seabird Island Band), where her father, Richard Louie, resides. Her mother, Margeret James, is from Xwisten. Renee was adopted at 3 months of age during the 60's Scoop and raised by Helen Angus (Hope) from (Seabird Island) and father, Ivan Angus, of Ruby Creek.

In her role as MOA, Renee dedicates herself to improving access to health services and supporting community wellness. Previously, Renee spent nine years with Interior Health, where she honed her skills and deepened her commitment to healthcare. Renee also completed two years of study at the University of the Fraser Valley, earning certifications as a Medical Office Assistant and a Nursing Unit Clerk.

Family is at the center of her life. She shares a home with common-law husband, Derek Bob, niece Emma Angus-Haslam, and beloved pets: Nala the cat and Sam the dog.

*"My cultural heritage and personal journey have profoundly shaped my values, including compassion, resilience, and dedication to helping others. Outside of work, I enjoy participating in traditional ceremonies and sharing cultural teachings to honor and preserve my roots."*

## Juanita Jacob - Wellness Coordinator



Juanita brings with her a wealth of knowledge and a deep commitment to cultural and holistic wellness practices. In her role, she will be working to support and enhance traditional wellness initiatives for the community, fostering cultural connection and improving health outcomes.

She is the youngest daughter, of late Chief Ernest Jacob and Nancy Jacob. Born and raised in Xaxli'p.

## Roxane Petel - Medical Office Assistant



Roxane is a proud Secwpmecúl'ecw from St'uxwtéws and Skeetchestn. She has called the northern St'át'imc Territory home for 20years – her partner David Adolph and daughter Dionne Adolph are Xaxli'pmec. Roxane was Admin support at the Lillooet Health Centre for almost 15years. In those 15 years Roxane has fostered and built trusting relationships with the nation communities and community members with supporting clients with challenges and barriers to accessing services. Roxane enjoys golfing, beading, kayaking and time with her family.

The Medical Office Assistant provides administrative support to the day-to-day operations of the Centre. The role functions as a member of a collaborative and comprehensive health care team ensuring the provision of safe, ethical and culturally appropriate care to clients and their families.



## Roni Shintah - Wellness Navigator

Roni works with individuals and families including those living with chronic conditions, to help advance their health and wellness across the full spectrum of the health and social system through access to services, wellness planning and increasing health literacy. Her role also helps to facilitate a person-centered and holistic approach to health and wellness journeys, including health and social systems mapping. The role collaborates with the health partners, community service organizations, and Nations as part of a network that is supported by joint planning and regular meetings

Roni Shintah is daughter of Robert Chief Shintah and Debi Shintah. Her yuwipi ceremony name is "White Sage Woman," and her Blackfoot ceremony name is "Thunder Rain Woman. She is St'át'imc/Secwepemc from the interior of BC. Roni has three beautiful Daughters, 5 handsome grandsons, 1 beautiful granddaughter. Roni and her long-time sweetheart Mike also have their fur baby Winston.

She has worked as an Indigenous Liaison, supporting Indigenous children in care, managing group homes, and most recently as a Circle Keeper (Cultural). *"My passion in life is to continue learning our traditions and culture. I am committed to passing on the importance of our traditions and sharing untold stories with the next generations."*



## Dr. Nancy Humber - Medical Lead



Nancy grew up in Newfoundland and has lived and raised her family in Lillooet for the past 30 years. She is grateful to live and work in the St'a'timc territory where she has enjoyed hiking, skiing, gardening, harvesting, fishing and food preserving.

Nancy continues to learn and improve ways to provide culturally safe health care and grow to be an ally with the indigenous people of the region. She has a deep connection to the land and people and is honoured to be mentored by the elders, leaders and indigenous St'a'timc people over her 3 decades of work.

As medical director of the St'a'timc primary care clinic, Nancy is responsible for improving access and attachment to high quality care at the St'a'timc primary care clinic. Additionally she supports the delivery of holistic and culturally safe care for all who seek care at the center. As a long time physician in the community, Nancy will continue to look for opportunities to integrate when necessary Lillooet Hospital, Lillooet Medical Clinic and St'a'timc primary care center and build on synergies of the systems to improve sustainability of all.

When not working, Nancy has 6 children and two sets of identical twins that she raises and spends time with, occasionally playing the piano and spending time outdoors.







INTERIOR REGION  
First Nations Health Authority

## 24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy.



### INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE  
**1-800-721-0066**



### TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE  
**1-888-403-3123**



### YOUTH HELP LINE

TEXT **CONNECT**  
TO **686868**



### KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE  
**1-800-588-8717**  
YOUTH-SPECIFIC LINE  
**1-250-723-2040**

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### INTERIOR REGION CRISIS LINE NETWORK

TOLL-FREE LINE  
**1-888-353-2273**

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Interior Health

### INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

Call **#310-MHSU (6478)** to reach the  
nearest Interior Health Mental Health  
& Substance Use Centre.

*\*Monday-Friday, 08:30-04:30pm\**







# July 2026

## n.SPCC Nurse Practitioner Calendar

**Micha Kingston, NP**  
**296 Main Street, Lillooet**

| Monday               | Tuesday                   | Wednesday     | Thursday                 | Friday |
|----------------------|---------------------------|---------------|--------------------------|--------|
|                      |                           | 1             | 2<br>Main St             | 3      |
| 6                    | 7                         | 8             | 9                        | 10     |
| 13                   | 14<br><b>Tsal'alh</b>     | 15<br>Main St | 16<br><b>Sekw'el'was</b> | 17     |
| 20                   | 21<br><b>Ts'kw'aylaxw</b> | 22<br>Main St | 23                       | 24     |
| 27<br><b>Xaxli'p</b> | 28<br><b>Tsal'alh</b>     | 29<br>Main St | 30<br><b>T'it'q'et</b>   | 31     |

📍 296 Main St, Po Box 131  
Lillooet, BC, V0K 1V0

☎ 250-256-7017



236-417-3123

✉ n.statimc@fnha.ca



First Nations Health Authority  
Health through wellness





# July 2026

**107-7<sup>th</sup> 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 – Micha Kingston has her own calendar**

| Sunday | Monday                                 | Tuesday                                                                                                  | Wednesday                                       | Thursday                                                                                                  | Friday                         | Saturday |
|--------|----------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------|----------|
|        |                                        |                                                                                                          | 1<br><b>Office Closed<br/>Canada Day</b>        | 2<br>MH Clinician<br>Sekw'el'was                                                                          | 3                              | 4        |
| 5      | 6                                      | 7                                                                                                        | 8<br>MH Clinician<br>Ts'kw'aylaxw               | 9<br><b>Wellbriety</b><br>Tsal'alh                                                                        | 10<br>MH Clinician<br>Tsal'alh | 11       |
| 12     | 13                                     | 14<br><b>Understanding Intergenerational Trauma &amp; Healing Workshop<br/>Womens Group</b><br>5pm - 7pm | 15<br>MH Clinician<br>Ts'kw'aylaxw              | 16<br><b>Understanding Intergenerational Trauma &amp; Healing Workshop</b><br>MH Clinician<br>Sekw'el'was | 17                             | 18       |
| 19     | 20<br><b>Footcare</b><br>w/ Amy Bordas | 21<br><b>Soul Coaching</b><br>w/ Susanna Armann                                                          | 22<br><b>Soul Coaching</b><br>w/ Susanna Armann | 23<br><b>Wellbriety</b><br>Tsal'alh                                                                       | 24<br>MH Clinician<br>Tsal'alh | 25       |
| 26     | 27                                     | 28<br><b>Womens Group</b><br>5pm - 7pm                                                                   | 29                                              | 30                                                                                                        | 31                             |          |

📍 107-7th Ave, Po Box 131  
Lillooet, BC, V0K 1V0

☎ 236.417.3000

✉ n.statimc@fnha.ca



# **WOMEN'S WELLBRIETY CIRCLE**



**JULY 9 & 23, 2026**

**7:00 TO 8:00 PM**

**ROSE CASPER HEALING CENTER**

**Light Meal Provided**

**For more information contact:**

**Kate aleck at 250-256-9336**

**Or Reception@RCHC**





INDIAN  
RESIDENTIAL  
SCHOOL SURVIVORS  
SOCIETY

# UNDERSTANDING INTERGENERATIONAL TRAUMA & HEALING WORKSHOP

July 14, 15, 16, 2026

9am to 4pm

3 Day Gathering focused on grief, healing, wellness  
and community care.

Intergenerational healing—centering on resiliency, reconnection to  
traditional practices, and the importance of restoring cultural values  
in order to reclaim the past, present, and future.

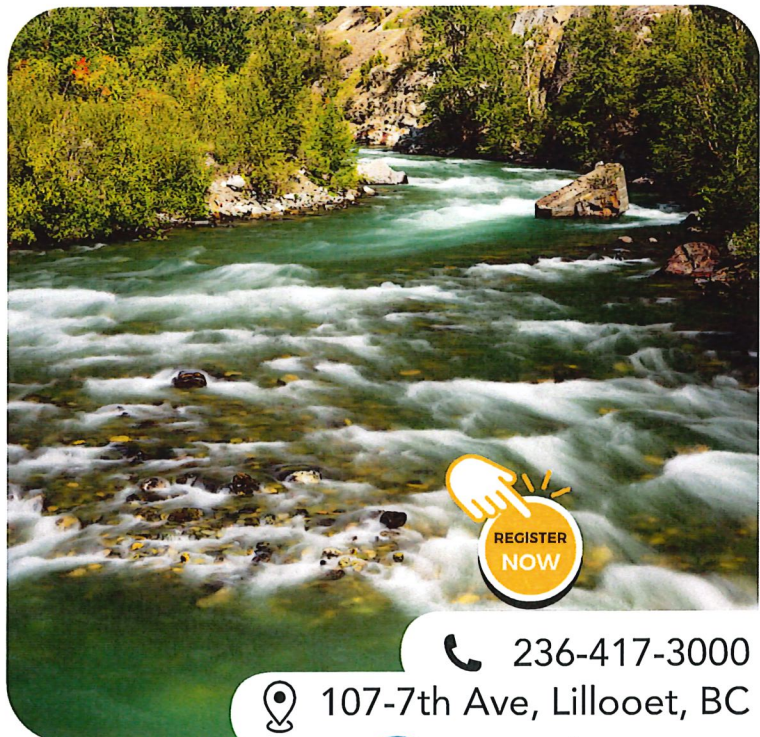
UNDERSTANDING  
GRIEF AND TRAUMA

INTERGENERATIONAL  
GRIEF AND HEALING

SELF-CARE AND  
WELLNESS PRACTICES

LAND-BASED  
WELLNESS ACTIVITIES

TRADITIONAL  
WELLNESS SUPPORTS



236-417-3000

107-7th Ave, Lillooet, BC



First Nations Health Authority  
Health through wellness



n.S'tát'imc  
Primary Care Centre



# Women's Group

📅 Tuesday July 14 & 28, 2026

🕒 5pm - 7pm

📍 107-7th Ave

## Discussions involving:

All Women Welcome

Dinner &  
Refreshments  
provided

- 🟠 Spirituality
- 🟠 Sweathouse
- 🟡 Beliefs
- 🟡 Culture
- 🟢 Traditions





# 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.



**JULY 20, 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



First Nations Health Authority  
Health through wellness



n.St'at'ime  
Primary Care Centre





# Susanna Armann

# Soul

# Coaching

July 21'26

Snacks Provided

Group session starts at 4:00 - 7:30

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July 22'26

Snacks Provided

Individual sessions start at 9:00 - 4:30

45 minute sessions



Call 236-417-3000 to sign up



107-7th Ave, Lillooet





First Nations Health Authority  
Health through wellness

# July 2026

## Lillooet & Lytton HC & Community Health Calendar

| Monday                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                  | Wednesday                                                                                       | Thursday                                                                                                    | Friday                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>Leaves:</b><br>Telleighla- Jul 2 <sup>nd</sup> , 27 <sup>th</sup> , 28 <sup>th</sup> , 29 <sup>th</sup> , 30 <sup>th</sup><br>Brandi- July 2 <sup>nd</sup> , 3 <sup>rd</sup> , July 15 <sup>th</sup> , 16 <sup>th</sup> , 17 <sup>th</sup><br>Jane- July 6 <sup>th</sup> , 7 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> , 15 <sup>th</sup> | Ashley- July 13 <sup>th</sup> , 14 <sup>th</sup> , 20 <sup>th</sup> , 21 <sup>st</sup><br>Crystal- July 27 <sup>th</sup> , 28 <sup>th</sup> , 29 <sup>th</sup> , 30 <sup>th</sup> , 31 <sup>st</sup> , 13 <sup>th</sup> 14 <sup>th</sup> | STAT                                                                                            | Kanaka – Crystal<br>LFN- Larissa                                                                            | Lillooet HC- Crystal (Rachel)<br>LFN- Larissa                         |
| Skuppah – Crystal<br>Lillooet NIC- Telleighla (Kaine)<br>LFN- Larissa                                                                                                                                                                                                                                                                                  | Tsal'alh- Ashley (Kaine)<br>Boothroyd- Larissa<br>LFN NIC- Telleighla<br>Ts'kw'aylaxw – Crystal                                                                                                                                          | Skeesht- Larissa<br>Sekw'el'was- Crystal (Kaine)<br>Ashcroft- Telleighla<br>T'it'q'et- Brandi   | Kanaka – Crystal<br>St'uxwtews- Telleighla<br>LFN- Larissa<br>Xwisten- Brandi (Kaine)<br>Boston Bar- Ashley | Lillooet HC- Crystal (Kaine)<br>LFN- Larissa                          |
| Lillooet HC- Darlene<br>Lillooet NIC- Telleighla (Rachel)<br>LFN- Larissa                                                                                                                                                                                                                                                                              | Tsal'alh- Darlene<br>Boothroyd- Larissa (Rachel)<br>Ts'kw'aylaxw – Telleighla                                                                                                                                                            | Skeesht- Larissa<br>Sekw'el'was- Crystal<br>Ashcroft- Telleighla (Rachel)<br>T'it'q'et- Darlene | Kanaka – Crystal (Rachel)<br>St'uxwtews- Telleighla<br>LFN- Larissa<br>Xwisten- Darlene                     | Lillooet HC- Crystal (Rachel)<br>Lillooet HC- Darlene<br>LFN- Larissa |
| LFN- Jane<br>Skuppah – Crystal<br>Lillooet NIC- Telleighla<br>LFN- Larissa                                                                                                                                                                                                                                                                             | Early Years Fair Lytton<br>Jane, Larissa, Telleighla, Crystal                                                                                                                                                                            | Skeesht- Larissa<br>Sekw'el'was- Crystal<br>Ashcroft- Telleighla<br>T'it'q'et- Brandi           | Kanaka – Crystal<br>St'uxwtews- Telleighla (Kaine)<br>Xwisten- Brandi                                       | Lillooet HC- Crystal<br>LFN- Larissa                                  |
| LFN- Jane<br>LFN- Larissa<br>Boston Bar – Ashley                                                                                                                                                                                                                                                                                                       | Tsal'alh- Ashley<br>LFN- Jane<br>Boothroyd- Larissa                                                                                                                                                                                      | Skeesht- Larissa<br>LFN- Jane<br>T'it'q'et- Brandi                                              | LFN- Larissa<br>Xwisten- Brandi                                                                             | LFN- Larissa<br>Lillooet HC- Brandi                                   |



# July 2026



**Elizabeth (Ann) Leech CHR**  
**Community Health Representative**  
**250-256-7423 ext 838**  
**health@xwisten**

| Sunday | Monday               | Tuesday                                                | Wednesday                                               | Thursday                                           | Friday                         | Saturday |
|--------|----------------------|--------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|--------------------------------|----------|
|        |                      |                                                        | 1<br>STAT HOLIDAY                                       | 2<br>Prenatal Walk In                              | 3<br>Paperwork and Filing Day  | 4        |
| 5      | 6<br>Medical Travel  | 7<br>Medical Travel<br>Paraffin Wax Therapy<br>10-2pm  | 8<br>Medical Travel Cut Off<br>Amy-Footcare<br>8-4:20pm | 9<br>Prenatal Walk In                              | 10<br>Paperwork and Filing Day | 11       |
| 12     | 13<br>Medical Travel | 14<br>Medical Travel<br>Paraffin Wax Therapy<br>10-2pm | 15<br>Medical Travel Cut Off                            | 16<br>Dr. Humber<br>9-12noon<br>Prenatal Walk In   | 17<br>Paperwork and Filing Day | 18       |
| 19     | 20<br>Medical Travel | 21<br>Medical Travel<br>Paraffin Wax Therapy<br>10-2pm | 22<br>Medical Travel Cut Off                            | 23<br>Prenatal Walk In<br>Mammogram<br>3:10-5:30pm | 24<br>Paperwork and Filing Day | 25       |
| 26     | 27<br>Medical Travel | 28<br>Medical Travel<br>Paraffin Wax Therapy<br>10-2pm | 29<br>Medical Travel Cut Off                            | 30<br>Prenatal Walk In                             | 31<br>Paperwork and Filing Day |          |

Paraffin Wax Therapy Tuesdays and Prenatal visits Thursdays are Walk-In

For Dr. Humber, Dr. Ejaz, Amy Foot Care, NP Micha please call 250-256-7423 ext 838 and book an appointment with Ann Leech CHR



# BRIB HEALTH APPOINTMENTS

## JULY 2026

Paraffin Wax Therapy Drop-ins Every Tuesday 10-2pm

Pre & Post Natal Drop-ins Every Thursday 9-12 with CHN Brandi

|                                               |                                                                            |
|-----------------------------------------------|----------------------------------------------------------------------------|
| Wednesday July 8th<br>8-4:20pm                | <b>Amy Foot Care</b> Please book appointment with Ann                      |
| On Vacation                                   | <b>Dr. Ejaz</b>                                                            |
| Date to be determined                         | <b>RD Magda</b> Please book appointment see poster for details             |
| Thursday July 16 <sup>th</sup><br>1-6pm       | <b>Dr. Humber</b> Please book appointment with Ann                         |
| Thursday July 23 <sup>rd</sup><br>3:10-5:30pm | Mammogram Please book appointment see poster for details                   |
| Date to be determined                         | <b>NP Micha</b> Please book appointment with Ann                           |
| Date to be determined                         | <b>Travelling Hygienist</b> Please book appointment see poster for details |

Please call Ann Leech CHR 250-256-7423 ext 838 or email [health@xwisten.ca](mailto:health@xwisten.ca) to be put on Dr. Humber, Dr. Ejaz, NP Micha and Amy Foot Care's appointment lists



# July



Community Wellness Coordinator  
Garry Dunn 250-256-7423 ext.870  
communitywellness@xwisten.ca



## 2026

| Sunday | Monday                                         | Tuesday                                        | Wednesday                                      | Thursday                                       | Friday                                         | Saturday |
|--------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|----------|
|        |                                                |                                                | 1<br>Counselling one to one<br>8:00 to 4:00pm  | 2<br>Counselling one to one<br>8:00 to 4:00pm  | 3<br>Counselling one to one<br>8:00 to 4:00pm  | 4        |
| 5      | 6<br>Counselling one to one<br>8:00 to 4:00pm  | 7<br>Counselling one to one<br>8:00 to 4:00pm  | 8<br>Counselling one to one<br>8:00 to 4:00pm  | 9<br>Counselling one to one<br>8:00 to 4:00pm  | 10<br>Counselling one to one<br>8:00 to 4:00pm | 11       |
| 12     | 13<br>Counselling one to one<br>8:00 to 4:00pm | 14<br>Counselling one to one<br>8:00 to 4:00pm | 15<br>Counselling one to one<br>8:00 to 4:00pm | 16<br>Counselling one to one<br>8:00 to 4:00pm | 17<br>Counselling one to one<br>8:00 to 4:00pm | 18       |
| 19     | 20<br>Counselling one to one<br>8:00 to 4:00pm | 21<br>Counselling one to one<br>8:00 to 4:00pm | 22<br>Counselling one to one<br>8:00 to 4:00pm | 23<br>Counselling one to one<br>8:00 to 4:00pm | 24<br>Counselling one to one<br>8:00 to 4:00pm | 25       |
| 26     | 27<br>Counselling one to one<br>8:00 to 4:00pm | 28<br>Counselling one to one<br>8:00 to 4:00pm | 29<br>Counselling one to one<br>8:00 to 4:00pm | 30<br>Counselling one to one<br>8:00 to 4:00pm | 31<br>Counselling one to one<br>8:00 to 4:00pm |          |
|        |                                                |                                                |                                                |                                                |                                                |          |



# July 2026

Willa Peters  
ECE

Dee Kropp  
ECEA

Xwisten Headstart Daycare  
Monday to Friday 8am to 4pm  
Daycare: 250-256-7667  
Manager: 250-256-7423 ex 877

Josephine Froste  
Interim Manager

| Sunday | Monday                                 | Tuesday                   | Wednesday                     | Thursday                        | Friday                | Saturday |
|--------|----------------------------------------|---------------------------|-------------------------------|---------------------------------|-----------------------|----------|
|        |                                        |                           | 1                             | 2                               | 3                     | 4        |
|        |                                        |                           | Closed<br>Canada Day          | Nature<br>Hunting<br>For Sticks | Painting<br>Sticks    |          |
| 5      | 6                                      | 7                         | 8                             | 9                               | 10                    | 11       |
|        | Paper Bag<br>Puppets                   | Back Yard<br>Water Fun    | Picnic in<br>The Yard         | Paper Cup<br>Maracas            | Paper Chain<br>Snakes |          |
| 12     | 13                                     | 14                        | 15                            | 16                              | 17                    | 18       |
|        | Butterfly on<br>A Stick                | Paper Cup<br>Phones       | Finger<br>Painting            | Collect<br>Rocks                | Paint<br>Rocks        |          |
| 19     | 20                                     | 21                        | 22                            | 23                              | 24                    | 25       |
|        | Paper Plate<br>Masks                   | Popsicle<br>Stick Rainbow | Practice Scissor<br>Cutting   | Paper Plate<br>Animals          | Sundae<br>Fundae      |          |
| 26     | 27                                     | 28                        | 29                            | 30                              | 31                    |          |
|        | Sock Puppets<br>(Bring an Old<br>sock) | Face<br>Painting          | Construction<br>Paper Rainbow | Picture Frame<br>Making         | Chalk<br>Paint        |          |
|        |                                        |                           |                               |                                 |                       |          |



Schedule subject to change for client emergencies

July 2026

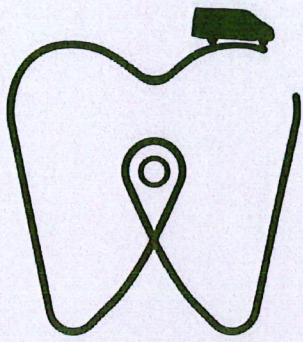
Rose -HCCN/Daphne-HCW

250-256-7423 # 868 Rose-HCCN Work Cell 778-209-8933

Home and Community Care Program - Xwisten

| MON |                    | TUE               | WED               | THU             | FRI | SAT | SUN |
|-----|--------------------|-------------------|-------------------|-----------------|-----|-----|-----|
|     | 1                  | 2                 | 3                 | 4               | 5   |     |     |
|     | STAT Office Closed | Kamloops - Client | Home Visits       |                 |     |     |     |
|     |                    |                   | Showers           |                 |     |     |     |
|     |                    |                   | Walkins - Office  |                 |     |     |     |
| 6   | 7                  | 8                 | 9                 | 10              | 11  | 12  |     |
|     | Home Visits        | Showers/physio    | Home visits       | Home Visits     |     |     |     |
|     | Showers            | Home visits       | Walk ins - Office | Showers         |     |     |     |
|     | Walkins - Office   | Walkins-Office    |                   | Walkins- Office |     |     |     |
| 13  | 14                 | 15                | 16                | 17              | 18  | 19  |     |
|     | Home Visits        | Showers/physio    | Kamloops - Client | Home Visits     |     |     |     |
|     | Showers            | Home visits       |                   | Showers         |     |     |     |
|     | Walkins - Office   | Walkins-Office    | Walkins- Office   | Walkins- Office |     |     |     |
| 20  | 21                 | 22                | 23                | 24              | 25  | 26  |     |
|     | Home Visits        | Showers/physio    | Home visits       | Home Visits     |     |     |     |
|     | Showers            | Home visits       | Walk ins - Office | Showers         |     |     |     |
|     | Walkins - Office   | Walkins-Office    |                   | Walkins- Office |     |     |     |
| 27  | 28                 | 29                | 30                | 31              |     |     |     |
|     | Home Visits        | Showers/physio    | Home visits       | Home Visits     |     |     |     |
|     | Showers            | Home visits       | Walk ins - Office | Showers         |     |     |     |
|     | Walkins - Office   | Walkins-Office    |                   | Walkins- Office |     |     |     |





# THE TRAVELLING HYGIENIST

## Experience Dental Care Like Never Before

Serving all of BC with high quality, patient-centered care right at your doorstep.

## Wherever You Are, We'll Be There

Exceptional dental care that fits your lifestyle, whether at home or in a care facility. Our skilled team is ready for you.

## Personalized Comfort

Relax on your couch or use a dental chair—we bring sanitized, cutting-edge equipment to you.

## Fully Equipped Mobile Dental Van

Introducing our state-of-the-art mobile dental van, providing comprehensive dental services directly to you.

## Explore Your Options

Not sure if our services are right for you? Let's chat! Schedule an online video call or phone call.

We can't wait to see you smile!

## CONTACT US

 778-231-0475

 [www.thetravellinghygienist.com](http://www.thetravellinghygienist.com)

 [info@thetravellinghygienist.com](mailto:info@thetravellinghygienist.com)

 [@thetravellinghygienist](https://www.instagram.com/thetravellinghygienist)





# RD Magda



Hi my name is Magda Nodzykowska I'm a fully licensed Denturist for 15 years, so I do everything denture related;

- Relines
- Repairs
- Complete dentures
- Partial dentures
- Adjustments
- Temporary liners.

I grew up in Lillooet and have been back for over 5 years, practicing at Lillooet Dental since 2021.

Lillooet Dental is my home base and I'm really looking forward to doing some outreach in the Xwisten community!

## TO BE DETERMINED

To book an appointment please call Lillooet Dental Clinic 250-256-4616 and ask to be put on the Bridge River Outreach List. You will need to provide:

- Full name
- Birth date
- Address
- Status number for insurance



# Mammograms Can Save Lives

The mobile mammogram coach is coming to a community near you.



Mammograms are available for women ages 40+. Take a positive step for your health and book a free screening mammogram.

Visit [www.screeningbc.ca](http://www.screeningbc.ca) to learn more.

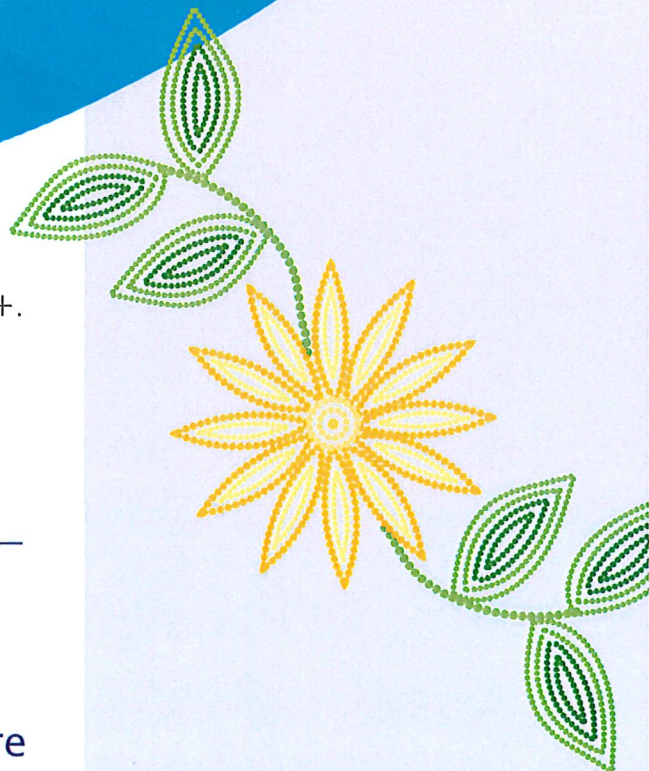
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## Upcoming Visits:

**Date:** Thursday, July 23, 2026

**Location:** Northern St'at'imc Primary Care Centre, 107-7th Ave, Lillooet BC, V0K 1V0

**Time:** 3:10 PM to 5:30 PM





# Take care of each other when it's hot out

Extreme heat is dangerous for everyone's health and wellbeing.  
Check in on people in your life who may need extra care during extreme heat events.



Elders



People who live alone or  
are socially isolated



People with pre-existing health  
conditions like heart, kidney or  
respiratory disease, and diabetes



People with mental illness, like  
schizophrenia, depression, or anxiety

If you are taking medication or have a health condition, ask your doctor,  
pharmacist, or call 8-1-1 to find out if it increases your health risk  
or makes it hard to tell if your body is getting too hot.



# Community Health & Wellness Day

July 30th from 10am - 3pm

Come by the Xwisten/Bridge River Health Department for a day of relaxation for the body, mind, and soul.

What can you expect to receive?

A massage therapist to help you loosen up



Excellent quality foot care



A barber and hair stylist to keep your hair fresh



Hot paraffin wax therapy for your hands & feet



Excellent quality nail care



Interested?  
Call 250-256-7423  
extension 837 to book  
an appointment!  
Limited spots available.







DJ's Take-n-Bake

## **“Homemade Pizza’s”**

By Deb Jack, to order

Ph #: 250-256-4135 or on Facebook

**Date: July 17<sup>th</sup>, 2026**

**I will be making 8 PIZZA’S only on this day.**

**(Possibly 4 more on Saturday, will let you know 😊)**

**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!



## JULY NEWSLETTER 2026

HAPPY BIRTHDAY WISHES to Sis Kat on 5<sup>th</sup>, Nieces Justine on 15<sup>th</sup>, Nikki on 21<sup>st</sup>, Aileen on 26<sup>th</sup>, Cuzzy Lisa P on 20<sup>th</sup>, Grand-Niece Dani & Bud-Sis Fay on 22<sup>nd</sup>, and to all the Elder's with B-days in July, woohoo another trip around the sun, may you all be blessed and have a fantastic day, stay safe everyone 😊 from Sister, Aunty & friend Debbie Jack

Congrats to ALL our 2026 Graduates, dream big, go far, strive for more, don't stop learning now ❤️.....

Happy Anniversary Wishes to Brother Brad & Sis Vivian on July 8<sup>th</sup>, 1989, wow, keep the happiness n bliss going, Love you both 😊 from sister Debbie

Happy Anniversary Wishes to Budz Fay n John on July 27<sup>th</sup>, 1996, woohoo and still going strong 😊 from Bud Deb

Sending Prayers, Strength, Determination, Courage, Encouragement, and hugzzz to everyone who needs it... ❤️

Pizza Days July 24, 2025, check out my poster.



# July 2026 Birthdays



| Sun                                   | Mon                                                        | Tue                  | Wed                                                                               | Thu                                                      | Fri                                                                          | Sat                              |
|---------------------------------------|------------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------|
|                                       |                                                            |                      | 1<br>Brolin McGowan<br>Kyle Thompson<br><u>Office Closed</u><br><u>Canada Day</u> | 2<br>Leonard Lanoue                                      | 3<br><br>Jessica Allen<br>Andrew Dawson<br>Shavon Terry-Link<br>Chasity Ward | 4                                |
| 5<br>Kathy James                      | 6<br><br>Dacoma James-Saul<br>Cassidy Thomas               | 7<br>Rayden Aleck    | 8<br>                                                                             | 9<br>Tracey Fenton                                       | 10<br>                                                                       | 11<br>Carl Alexander             |
| 12<br>Virgil Diamond                  | 13<br><br>August Frank                                     | 14<br>Kally Allen    | 15<br><br>Summer Doss<br>Dwayne Thomas<br>Justine Tom<br>Michelle Ward            | 16<br>Cynthia Spinks                                     | 17<br><br>Darrell McDougall                                                  | 18                               |
| 19<br>Melvina Alexander               | 20<br><br>Deborah Joseph<br>Lisa Paulson<br>Hayden Russell | 21<br>Nikki Frank    | 22<br><br>Daniella Michel<br>Fay Michell                                          | 23<br>Quintin Frank<br>Kaylence James                    | 24<br><br>John Terry                                                         | 25<br>Cody Allen<br>Tony Harding |
| 26<br>Holly Davidson<br>Aileen Michel | 27<br><br>Cheyenne Aubichon<br>Remy Thomas                 | 28<br>Natasha Street | 29<br>                                                                            | 30<br>Patrick Jones<br>Desiree Michell<br>Michael Thomas | 31<br><br>Kelsey Cahoon<br>Douglas Maylor<br>Samuel Terry                    |                                  |