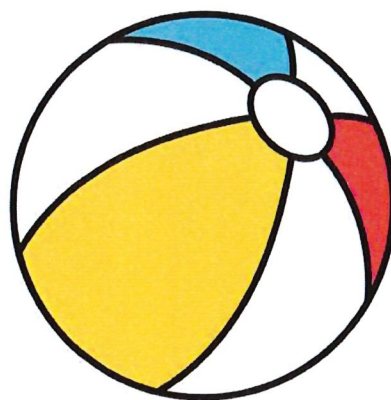


Xwisten Newsletter

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

Bingos:

Coming Together Aug 4, Aug 5,
— (5-10pm) [Gym]

Youth—Aug 7, Aug 18 (5-10pm)
[Gym]

St'at'imc Gathering—Aug 13,
Aug 20 (5-10pm) [Gym]

Community Dinner:

Aug 19 (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

Aug 1, 2026

To Xwisten Members,

Re: **Xwisten July Newsletter Update**



- 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 harbour
- 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, Fisheries Technician, Headstart Daycare Manager, Lands Front Desk Assistant, Xwisten Tours Supervisor, Xwisten Tour Guides. 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



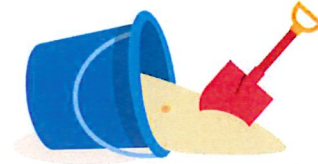
BRIDGE RIVER INDIAN BAND (Xwisten)

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

ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

Aug 1, 2026

To Xwisten Members,



Re: Xwisten August 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...) 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
- 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.
- Keep windows closed for smoke control

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

Xwisten Members Only FISHING NOTICE

Open Daily: **Saturday August 1, 2026**

Fishing Times: **6am to 10pm**

This may change on short notice

- * **See Xwisten Fish Monitors for Fish Permit**
- * **Fish Permit Fees:** \$20 per Xwisten Member Fisher
- * If a designated Fisher is required they must:
 - be accompanied by Xwisten Member
 - be identified on the Fish Permit
- * **Follow Fishing Protocols:**
 - ✓ Keep your fishing area clean.
 - ✓ Bring your own buckets for cleaning.
 - ✓ Do not throw garbage bags in the Fraser River.
 - ✓ use garbage bin located at the fish trail entrance.
 - ✓ Be environmentally responsible
- * Be mindful of conservation concerns regarding Sockeye, Chinook, and Bridge River Chinook
- * **Be aware of designated parking and no-parking areas**
- * Responsibilities: fishers are responsible for year end clean up, take down tarps and take everything out, failure to clean up will result in billing charges

**Cultural & Family orientated practices, absolutely NO
DRUGS OR ALCOHOL**

**Please use caution and safety at the Fish Rocks and be
mindful of others waiting to Fish**

Xwisten Chief & Council



St'át'imc Members

FISHING UPDATE

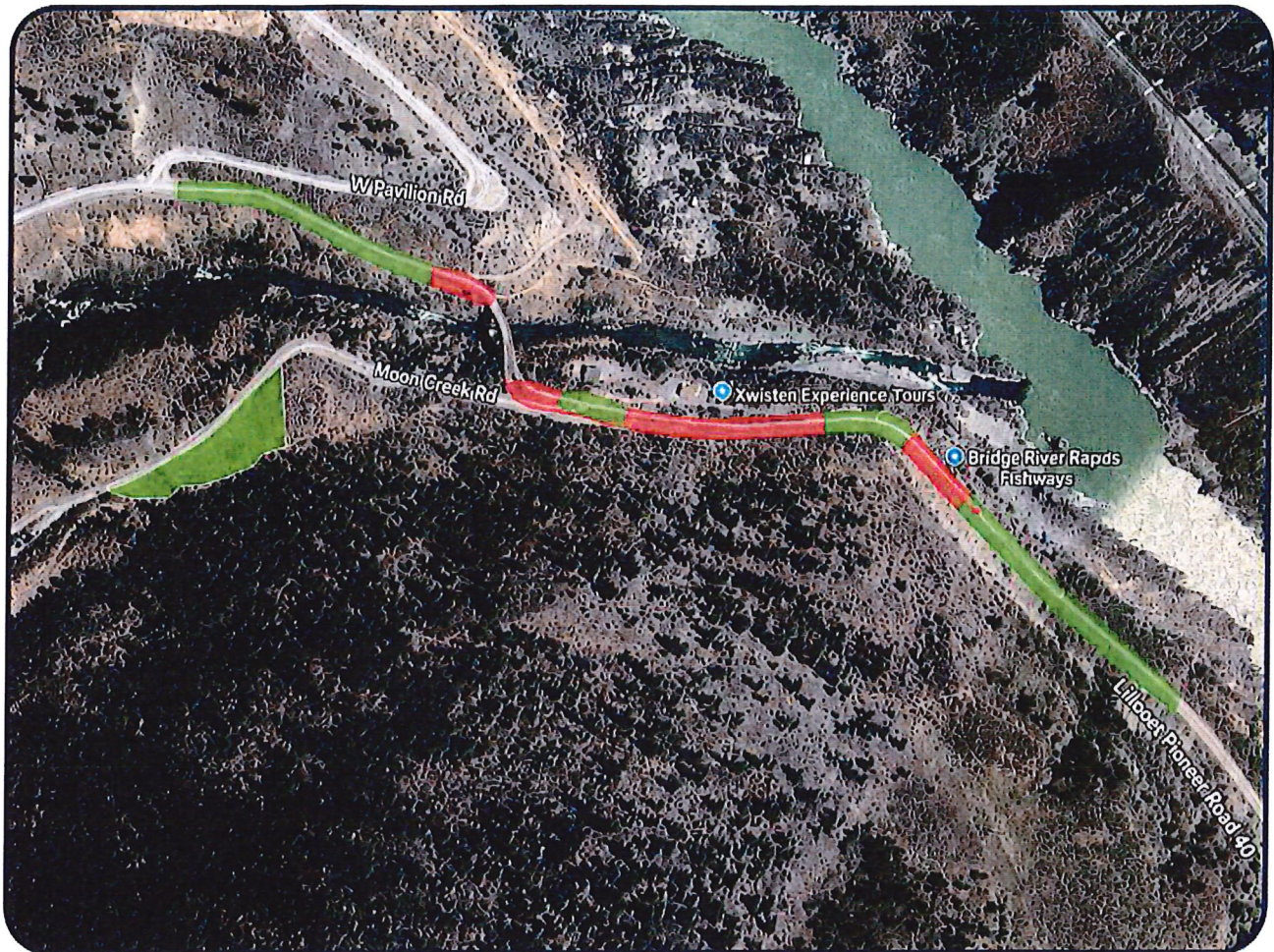
- **August 10, 2026 St'át'imc Members Fishing**
 - ✓ **This may change on short notice**
- St'át'imc Member Access Fishing Permits, please see fish monitors for permits
 - ✓ \$75 per non Xwisten, St'át'imc Member Fisher
- **Xwisten is in support of conservation efforts** to allow the early Stuart and the Early summer runs pass through. This is expected to take place over the next five to ten days
- **All fish activities are being monitored, it is anticipated that there will be a strong Summer run**, we are receiving reports on this
- No new rack building
- **Be aware of designated parking and no-parking areas**
- **Follow Fishing Protocols:**
 - ✓ Keep your fishing area clean.
 - ✓ Bring your own buckets for cleaning.
 - ✓ Do not throw garbage bags in the Fraser River.
 - ✓ use garbage bin located at the fish trail entrance.
 - ✓ Be environmentally responsible
- Please use caution and safety at the Fish Rocks and be mindful of others waiting to Fish
- Responsibilities: fishers are responsible for year end clean up, take down tarps and take everything out, failure to clean up will result in billing charges
- **Park in designated areas only, if parked in a no parking zone, vehicle will be towed**
- **Cultural & Family orientated practices, absolutely NO DRUGS OR ALCOHOL**
- We would like to extend our appreciation for everyone's cooperation and patience

Xwisten Chief & Council



PARKING INFORMATION

Thank you for helping keep the area safe and accessible.
Please be respectful and leave enough space.



Parking OK



No Parking

- Please park only in the green highlighted areas.
- Do not park in the red highlighted areas.
- Extra parking is available at the top of Moon Creek Road.
- Please allow room at the West Pavilion turnoff.
- Please allow room for the garbage disposal bin to be picked up near the bridge.
- Please keep the roadway clear for local traffic and emergency access.
- Please follow any on-site signage or staff direction.

ELEMENTS

COOKS + MEDICS

May 26 2026.

Job Posting.

Kitchen assistant/sandwich maker

Location - Bralorne Mine

Start date - June 2026

Job description.

This is a live in position on a rotation. 3 weeks in / 3 weeks out. You will work 10 hours per day during your time in camp.

The position will supervised by the chef and work will vary depending on the needs of the day as delegated by the chef.

The duties will include but not be limited to preparing sandwich's, food preperation, restocking fridges, dishes, cleaning, food service, other duties as needed.

You must be 100% reliable

You must be able to bill a good workflow and be independent for the primary parts of your job.

You must be fit, healthy an energetic, able to lift 50 lbs and spend long days on your feet.

Qualifications

-Food safe

-A strong work ethic is essential.

-Able to spend long days on your feet and lift up to 50 lbs correctly.

-Well presented with a high level of attention to detail.

-Able to follow directions with a minimum of supervision and attention to detail.

-Personable and easy going. We endeavour to create a fun and rewarding work environment that everyone can enjoy and thrive in.

-Interaction with other staff and clients is essential. Strong communication skills are an asset.

Wages

Wages will be discussed on an individual basis depending on experience level but are in line with industry standards. \$290- 315 per day

Who is Elements.

Elements is BC owned and operated family business providing chefs, cooks, medics and housekeeping staff primarily to the mining industry.

We endeavour to have a tight knit family group of staff that are happy in their work and can see a future within our company.

We have open lines of communication and realize that our staff the the basis of our business.

We value our staffs personal lives and try to make sure that everyone has a good work/life balance.

Contact us, Please email a resume to simon@elementscampservices.com . Thank you for your interest and time.



Child and Family Prevention Worker
12210 Joseph Road, PO Box 2367 Lillooet, BC V0K 1V0

Hi,

I Belinda Terry have been in the position of Child and Family Prevention worker for 11 months. Keeps me busy. To those I have supported during the time I started with Bridge River, I Thank you for being understanding and accepting the support I offer, remember to reach out when needed. I also work alongside the Social Development, Youth and Rec and Elders Coordinator. For additional information or for support, I can be reached at childandfamily@xwisten.ca or 250-256-7423 ext.896 or work cell 778-209-9830.

Child and family events/ workshops attend or hosted:

Oct 2025 - Pumpkin carving and Veggie distribution to the community.

Nov 2025 - Christmas Parade, Drumming in the park and
Responding & Understanding Self Harm facilitated by Karen Goodfellow.

Dec 2025 - Xwisten Christmas party, Gingerbread house event and
Rattle making facilitated by Alanah Woodland.

Jan 2026 - Roots of Wellness workshop facilitator Alanah Woodland.

Feb 2026 - Renewed First Aid and Transportation certificate, Youth & Elders Pro D Day, and
Trauma Support Training facilitator Gerald Kiesman 'Restoring Balance Consulting'
with Social Development Team.

March 2026 - Family Tree Workshop, Gelgellhkan Youth Conference, and
Land Based Wellness facilitator Alanah Woodland hosted at the Pithouse site.

April 2026 - Painting with Donna na na (Donna James), Ribbon skirt making and
Gathering Land Based Wellness facilitator Alanah Woodland- hosted at the arbor.

May 2026 - Ribbon skirt making, MMIW March in town, Pancake breakfast for Mother's Day,
Youth and Elders Pro D Day, and Family Tree workshop.

June 2026 - Beading and sewing, Hakwa7 harvest up Duffy, Devils club harvest, Canoe Journey
and Cedar prepping up Duffy with SOHS.

July 2026 - Sewing and beading and Fruit distribution to community.

For the month of August there will be no events by Child and Family, I will be supporting families or assisting other departments with their events or gone fishing.

If have an idea of an event or would like something brought in for community, I'm open to new ideas. Contact me anytime. Thank you Xwisten, enjoy your summer and please watch out for one another and build your support team.

Thank you,

Belinda Terry

School District No. 74

2026-2027 CALENDAR

September 2026							October 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31
November 2026							December 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		
January 2027							February 2027						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28						
31													
March 2027							April 2027						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	
May 2027							June 2027						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

SCHOOL HOLIDAYS & IMPORTANT DATES

September	07	2026	Labour Day
September	08	2026	First Day of School
September	30	2026	National Day of Truth and Reconciliation
October	12	2026	Thanksgiving Day
November	11	2026	Remembrance Day
December to January	19 to 03	2026 to 2027	Winter Break
January	04	2027	School Re-Opens
February	15	2027	BC Family Day
March	13 to 25	2027	Spring Break
March	26	2027	Good Friday
March	29	2027	Easter Monday
May	24	2027	Victoria Day
June	29	2027	Last Day of Classes
June	30	2027	Administrative Day (no school for students)

PROFESSIONAL DEVELOPMENT DAYS

September	21	2026
October	23	2026
January	25	2027
February	12	2027
April	26	2027
May	21	2027

BOARD & COMMITTEE MEETINGS

Meetings are held at 1:30 pm at the School District Office and via teleconference and Zoom. For more information visit www.sd74.bc.ca/Board/Meetings

September	08	2026
October	06	2026
November	03	2026
January	05	2027
February	02	2027
March	02	2027
April	06	2027
May	04	2027
June	01	2027



KINDERGARTEN SUPPLY LIST



2 - Blank
Exercise Books



4 - Duotangs (Red,
Blue, Yellow,
Green)



2 - 1/2 Interlined
1/2 Blank
Exercise Books



2 - White
Erasers



24 Pk Crayola
Twistable
Crayons



1 Box of
Tissues



3 - UHU Blue
Sticks



Full Size
Backpack

***** Students also need a complete change of clothes (pants, shirt, socks, underwear) and velcro indoor shoes *****

*Children Will Also need 1 Hard Shell Medium Sized Pencil Case
Labelled With Their name

*Please Place Your Child's Change Of Clothing In A Zip Lock Bag
Labelled With Their Names

Ms. de Strake's Supply List (Grade ½)

- 2 Hilroy ½ plain-1/2 interlined Exercise Books (dark green)
- 2 Hilroy Plain Exercise Books (blue)
- 4 large glue sticks
- 1 large box of Crayola Crayons
- 1 set of pencil crayons
- 12 (1 box) of HB#2 pencils (good quality, not plastic)
- 2 white erasers
- 3 Duotangs (with three prongs inside – basic colours)
- 4 Dry erase chisel markers
- 1 pair of runners for indoor use and physical educations
- 1 pencil box (not a pouch)



GMMES - Ms. Bryson

- [illegible]

GMMES Grade 2 School Supply List

- ☐ 2 Hillroy Green Exercise Books - ½ Plain, ½ Interlined
- ☐ 3 Hillroy Blue Exercise Books - Full Plain
- ☐ 3 Pocket Folders - 1 Yellow, 1 Red, 1 Blue
- ☐ 1 Water Bottle - Labelled With Child's Name
- ☐ 1 Pair Of Indoor Running Shoes - Velcro
NO LACES
- ☐ 2 Large Facial Tissue - Do Not Label



Ms. Dhillon



LILLOOET SECONDARY SCHOOL
P.O. Box 760
Lillooet, B.C. V0K 1V0
Phone: (250) 256-4274 Fax: (250) 984-0772
Website: www.sd74.bc.ca



SCHOOL SUPPLIES LIST

	3 ring binder
	1 pack loose-leaf paper for binder
	8 Dividers for three ring binder
	Pencils
	Pens
	Erasers
	Scissors
	Glue sticks
	Water bottle

***** This is a general list of supplies.**
Other classes may require more supplies. ***
e.g-PE Class- gym strip and runners.

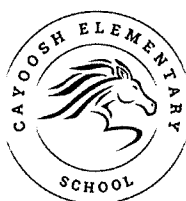


Cayoosh Elementary School
2026 - 2027
Supply List for Grade 3
Division 1

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical) will be shared as a class
1	Pencil crayons (24 colours)
1	Felt markers (12 colours)
4	White erasers
3	Dry eraser markers - BLACK ONLY
4	Pocket folder
2	Duotangs
1	Running shoes (indoor use) slip on or velcro, no laces
1	Facial tissue, large (do not label - these will be class use)
1	Water bottle

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.



Cayoosh Elementary School
2026 - 2027
Supply List for Grade 4
Division 2

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1	Pencil Crayons (24 colours)
1	Felt Markers (12 pack)
2	White Erasers
1	Scissors (6" pointed)
1	Plastic Pencil Box
2	UHU Glue Sticks
4	Highlighters (different colours)
6	Duotangs (assorted colours)
1	Tab Dividers for 3-Ring Binder (10 tab coloured)
1	Ruler (30cm, not bendable)
1	Headphones/Ear Buds
1	Calculator
1	Water Bottle (labeled)
1	Running Shoes (indoor use)
1	Facial Tissue, large (do not label)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.



Cayoosh Elementary School
2026 - 2027
Supply List for Grade 4/5
Division 3

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical) will be shared as a class
1	Pencil Crayons (24 colours)
1	Felt Markers (12 pack)
4	White Erasers
2	UHU Brand Glue Sticks (large)
1	Scissors (6" pointed)
1	Plastic Pencil Box
2	Highlighters (assorted colours)
1	Ruler (30cm, not bendable)
1	Hilroy Blue exercise book (full page plain)
1	200 sheets lined (loose-leaf)
3	Expo whiteboard markers - black
4	Pocket folders (assorted colours)
1	Headphones (labeled)
1	Water Bottle (labeled)
1	Facial Tissue, large (do not label)
1	Running Shoes (indoor use)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.

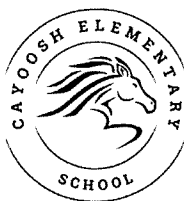


Cayoosh Elementary School
2026 - 2027
Supply List for Grade 5
Division 4

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1	Pencil Crayons (24 colours)
2	White Erasers
1	Scissors (6" pointed)
1	Plastic Pencil Box
2	UHU Glue Sticks
2	Highlighters (different colours)
6	Duotangs (assorted colours)
1	3-Ring Binder - 2" (plastic hardcover, not zippered)
2 pack	200 sheets lined paper (loose-leaf)
1	Ruler (30cm, not bendable)
1	Headphones/Ear Buds
1	Calculator
1	Water Bottle - 500ml max size (labeled)
1	Running Shoes (indoor use)
1	Facial Tissue, large (do not label)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.

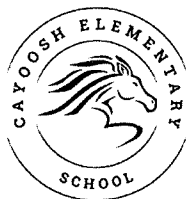


Cayoosh Elementary School
2026 - 2027
Supply List for Grade 5/6
Division 5

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1 each	Blue, Red & Black Ballpoint Pens
1	Pencil Crayons (24 colours)
1	Felt Markers (12 pack)
2	White Erasers
1	Scissors (6" pointed)
1	Plastic Pencil Box
4	Highlighters (assorted colours)
3	3-Ring Binder - 1-1/2" (plastic hardcover, not zippered)
2 packs	200 sheets lined paper (loose-leaf)
2	Tab Dividers for 3-Ring Binder (10 tab coloured)
1	Ruler (30cm, not bendable)
1	Headphones/Ear Buds
1	Geometry Set
1	Facial Tissue, large (do not label)
1	Running Shoes (indoor use)
1	Water Bottle (labeled)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.

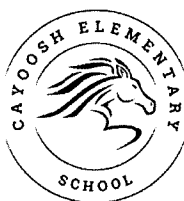


Cayoosh Elementary School
2026 - 2027
Supply List for Grade 6
Division 6

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1	Pencil Crayons (24 colours)
1	Felt Markers (12 pack)
2	White Erasers
1	Scissors (6" pointed)
1	Plastic Pencil Box
2	UHU Glue Sticks
4	Highlighters (different colours)
6	Duotangs (assorted colours)
1	Tab Dividers for 3-Ring Binder (10 tab coloured)
1	Ruler (30cm, not bendable)
1	Headphones/Ear Buds
1	Calculator
1	Water Bottle (labeled)
1	Running Shoes (indoor use)
1	Facial Tissue, large (do not label)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.

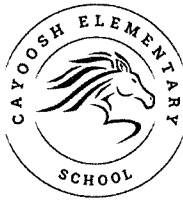


Cayoosh Elementary School
2026 - 2027
Supply List for Grade 6/7
Division 7

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1	Pencil Crayons (24 colours)
1	Felt Markers (fine tip)
6	Expo whiteboard markers
2	White Erasers
1	Scissors (6" pointed)
1	Plastic Pencil Box
1	Ruler (30cm, not bendable)
2	UHU Glue sticks
1	Headphones
8	Duotangs
1	Sketch book
1	Watercolour paper
1	Scientific calculator (square root & square button)
1	Running Shoes (indoor use)
1	Facial Tissue, large (do not label)
1	Water bottle

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.



Cayoosh Elementary School
2026 - 2027
Supply List for Grade 7
Division 8

Please send the below supplies with your child on the first day of school.

QTY	DESCRIPTION
24	HB Pencils (not mechanical)
1	Pencil crayons (24 colours)
4	Highlighters (assorted colours)
2	Black pens (medium tip)
2	White erasers (large)
1	Pencil sharpener
1	Ruler (30cm clear)
1	1.5" 3-ring binder
2 packs	Binder dividers
1 pack	200 sheet lined paper (loose-leaf)
1 pack	Graph paper (loose leaf)
5	Duotangs (assorted colours)
1	Zipper pencil case
1	Composition book
1	Geometry Set
1	Calculator
1	USB Drive (8GB or larger)
1	Headphones/Ear Buds
1	Scissors (6" blunt tip)
1	Glue stick
1	Water bottle
1	Facial Tissue, large (do not label)
1	Running shoes (indoor use)

With care, most supplies should last the year. However, some supplies may need to be replaced throughout the year.



Back to School

DINNER & PRESENTATION

Wednesday August 19, 2026

Hosted by: Education and Community Development
5 PM – 7PM in the BRIB Gym

School Supply Forms **MUST** be submitted before August 13th for you to pick up cheque at the dinner.

Forms handed in later will receive cheque in the mail.

FUN GIVE - AWAYS FOR ALL KIDS

- Beginner Baker Bundle
- Drawing Supplies
- Learning Books

Come to the Dinner to get yours!



SA WORKSHOP

Tuesday August 4

10 am - 2 pm
MPR

Leadership



Have you ever wondered
what kind of leadership
traits you possess?



In this workshop you will
learn the types of leaders
and how you can improve
your leadership skills.



BRIDGE RIVER INDIAN BAND

Xwísten's Food Systems

July 30th, 2026

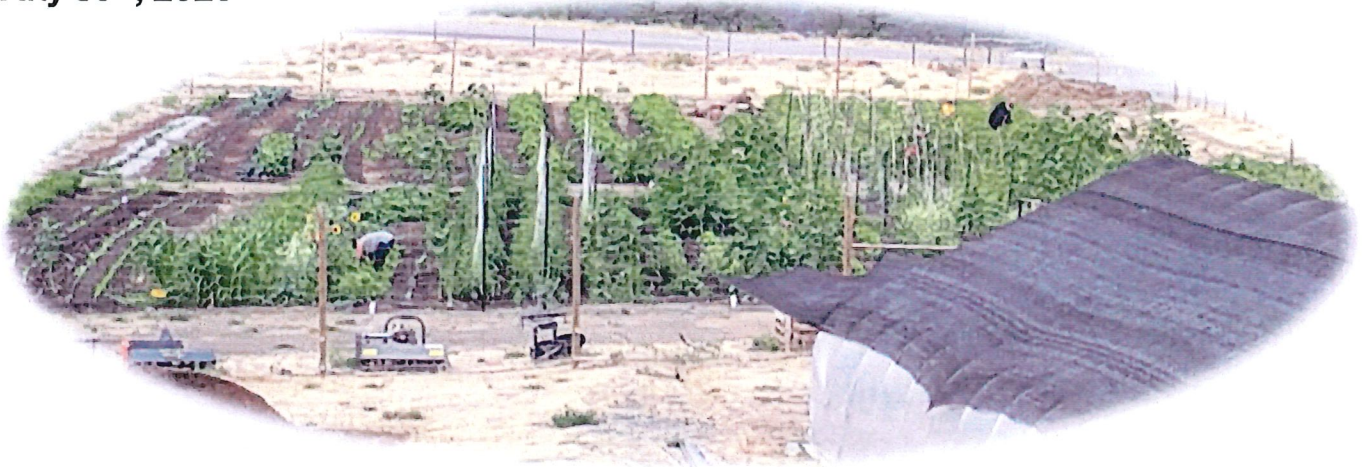


Photo credit Sam Terry

Good day, Xwísten!

Is it really August already?

Andrew and the team have been working hard at Xwísten Farm, and it shows. The crops are growing well, and the vegetable harvest is underway. Some vegetables have already been shared with the community during the fruit distribution event.

Farm upgrades are also continuing. These include planting more fruit and traditional trees, improving the greenhouse, expanding the irrigation system, introducing cover crops, and building healthy soil throughout the remaining growing area.

Traditional harvesting has begun. A couple of weeks ago, the team harvested Xúsum and retrieved data from the weather station at the restoration site. Books on traditional harvesting, developed by Andrew and the team, are also available for community members. Please phone the office to learn how you can obtain a copy.

The team has also begun creating a commemorative agriculture site by relocating equipment once used at Michel Ranch. This thoughtful gesture honours the agricultural activities and contributions of past generations.

In addition, the team supported Social Development by preserving the leftover fruit from last week's distribution. They canned and dehydrated it for the 2027 St'át'imc Gathering.

The Yukon Chief corn is growing extremely well!

A short season non-GMO heritage sweet corn, will be ready in mid August.



The Potatoes are flowering and looking amazing! There will be enough for September's veggie day and more!



The Pumpkin patch is out of control! It's safe to say there will be plenty of pumpkins this year for the community.





Andrew and Claude preparing the field mowing and setting irrigation for cover cropping/ soil building



Honouring the Past, Claude and Harlem setting up the commemorative site.



Andrew and the Team went out harvesting Xúsum this month!



Teamwork makes the Dream work. The Team pitching in on processing for the 2027 Gathering





Let's Welcome Liz Kolouch

She is the new Office Clerk/ Climate Monitor for the Food Systems Program.

Matthew Davidson
Food Systems Coordinator
250 256 7423 ext. 874
Email: foodsystems.coord@xwisten.ca

Bridge River Indian Band in Partnership with Lillooet Animal Advocacy Society

We are thankful for our partnership with Lillooet Animal Advocacy Society
Since 2024 we have successfully decreased the amount of animal
population on reserve.

Here is a caption of how many fur babies we spayed and neutered through
the Xwísten Spay and Neuter Program.



9 MALE DOGS

13 MALE CATS

9 FEMALE DOGS

12 FEMALE CATS



Thank you, members, of Xwísten for being a responsible pet owner!

For Information please contact: Christina Ledoux

Email: communitydevelopment@xwisten.ca

Phone: 250-256-7423 ext. 897



LUNCH & LOONIE AUCTION

FUNDRAISER



XWÍSTEN

Saturday

**AUG
15th**

Location:

Bridge River Gymnasium

Time: 3:00pm - 7:00pm

MENU INCLUDES

- Homemade Mac'n'Cheese
- BBQ Chicken Drumsticks
- Green Salad
- A Tart - Apple or Blueberry
- Drink - Pop/Iced Tea/ or Water

**\$15
per
meal**

RAFFLE

**\$1.00
Each**

RAFFLE

ALL FUNDS GOING TOWARDS STATIMC GATHERING 2027!!!

PLEASE COME OUT AND SUPPORT!!! ANY DONATIONS WELCOME AS WELL!!!



Grief & Loss Workshop

Everyone is welcome



Place: Recreation Centre

- MEZZANINE ROOM

Date: Tuesday August 25, 2026

- STAGES OF THE GRIEF CYCLE

Date: Wednesday August 26, 2026

- TASK OF HEALING FROM LOSS

- Time: 9:30 am – 3:30 pm

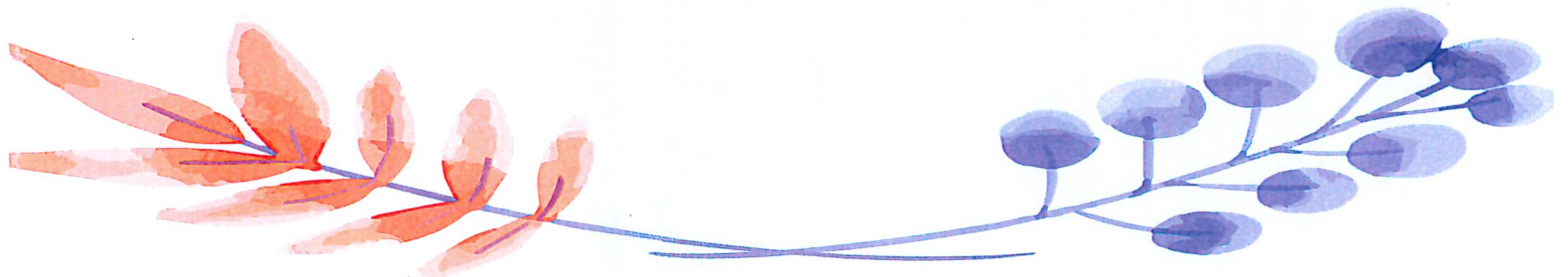
For Registration
and More Info.

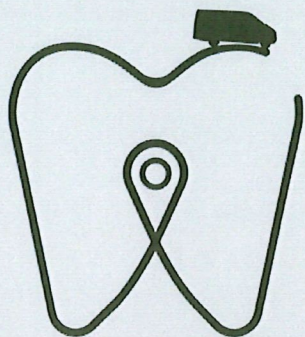
📍 Gloria Joseph or
Candace Louis at
Lillooet friendship
Centre

☎ 250-256-4146 or
✉ frontdesk@lfcs.ca

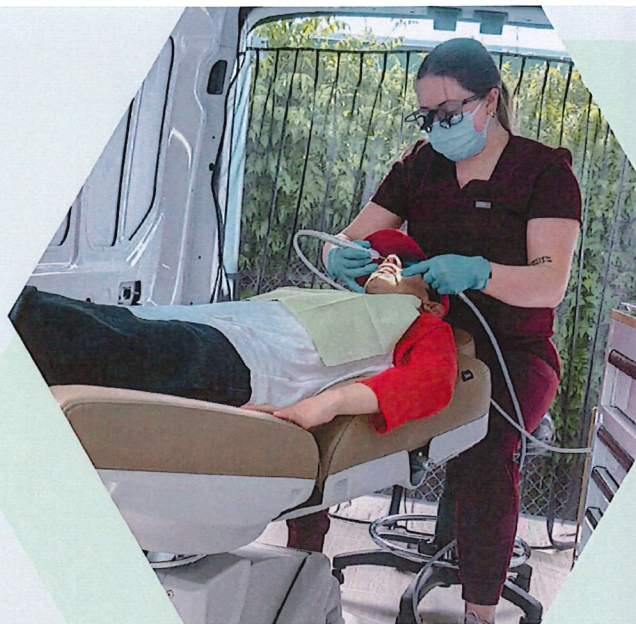
Support people will be available

A LUNCH WILL BE SERVED





THE TRAVELLING HYGIENIST



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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!

THURSDAY AUGUST 6TH 9:30-2PM

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

BRIB HEALTH APPOINTMENTS

AUGUST 2026

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

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

Wednesday August 5th 8-4:20pm	Amy Foot Care Please book appointment with Ann
Thursday August 6 th 9:30-2pm	RD Magda Please book appointment see poster for details
Thursday August 6 th 9-12pm	Dr. Humber Please book appointment with Ann
Friday August 14 th 12-4pm	Dr. Ejaz Please book appointment with Ann
Date to be determined	NP Micha Please book appointment with Ann
Date to be determined	Travelling Hygienist Please book appointment see poster for details

Please call Ann Leech CHR 250-256-7423 ext 838 or email health@xwisten.ca to be put on Dr. Humber, Dr. Ejaz, NP Micha and Amy Foot Care's appointment lists.
Ann will be on Vacation week of August 17-21

August

2026

Home & Community Care (250) 256-7423 Ext. 868



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 BC Day Office Closed	4 Clients In Office	5 Clients In Office	6 Clients In Office	7 Clients In Office	8
9	10 Clients In Office	11 Clients In Office	12 Clients In Office	13 Clients In Office	14 Clients In Office	15
16	17 Clients In Office	18 Clients In Office	19 Clients In Office	20 Clients In Office	21 Clients In Office	22
23	24 Clients In Office	25 Clients In Office	26 Clients In Office	27 Clients In Office	28 Clients In Office	29
30	31 Clients In Office					

August 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OFFICE CLOSED STAT HOLIDAY	4 Medical Travel Paraffin Wax Therapy 10-2pm	5 Medical Travel Cut Off Amy-Foot Care 8-4:20pm	6 Prenatal Walk In Dr. Humber 9-12pm Magda RD 9:30-2pm	7 Paperwork and Filing Day	8
9	10 Medical Travel	11 Medical Travel Paraffin Wax Therapy 10-2pm	12 Medical Travel Cut Off	13 Prenatal Walk In	14 Dr. Ejaz 12pm-4pm Paperwork and Filing Day	15
16 Ann Vacation All Week August 17-21. Contact Josephine Froste	17 Ann Vacation Contact Josephine Froste for Medical Travel	18 Medical Travel Paraffin Wax Therapy 10-2pm	19 Ann Vacation Contact Josephine Froste for Medical Travel Cut Off	20 Prenatal Walk In	21 Paperwork and Filing Day	22
23	24 Medical Travel	25 Medical Travel Paraffin Wax Therapy 10-2pm	26 Medical Travel Cut Off	27 Prenatal Walk In	28 Ann Vacation Contact Josephine Froste	29
30	31 Medical Travel					

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

August

2026

Community Wellness Worker Garry Dunn
communitywellnes@xwisten.ca
250-256-7423 ext. 870

August 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	BC Stat Holiday	3 Office one to one counselling 8-4pm	4 Office one to one counselling 8-4pm	5 Office one to one counselling 8-4pm	6 Office one to one counselling 8-4pm	7 Office one to one counselling 8-4pm
8						
9	10 Office one to one counselling 8-4pm	11 Office one to one counselling 8-4pm	12 Office one to one counselling 8-4pm	13 Office one to one counselling 8-4pm	14 Office one to one counselling 8-4pm	15
16	17 Office one to one counselling 8-4pm	18 Office one to one counselling 8-4pm	19 Office one to one counselling 8-4pm	20 Office one to one counselling 8-4pm	21 Office one to one counselling 8-4pm	22
23	24 Office one to one counselling 8-4pm	25 Office one to one counselling 8-4pm	26 Office one to one counselling 8-4pm	27 Office one to one counselling 8-4pm	28 Office one to one counselling 8-4pm	29
30	31 Office one to one counselling 8-4pm					

AUGUST 2026

Xwisten Headstart Daycare
Monday to Friday 8A.M. to 4 P.M.
Daycare 250-256-7667
ECE Teachers
Willia Peters and Dee Kropp
Manager Josephine Froste
250-256-7423 ex 877

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3 Closed Stat Holiday	4 Play outside with Liquid Chalk Paint	5 Bead/Jewelry Making	6 Paper Plate Sunflowers	7 Hot Dog Day	8
9	10 Paint with Feet	11 Rock Hunting	12 Rock Painting	13 Town/Pool Day	14 Sundae Funday	15
16	17 Rice Table Sensory	18 Dragon Making	19 Beegs Birthday Party	20 Summer Collage Highlights	21 Town/Pool Day	22
23	24 Paper Airplanes	25 Balloon Catch	26 Paper Bag Puppets	27 Popcorn & Movie	28 Sponge Toss	29
30	31 Phillip's Birthday Party					



August 2026

northern St'át'imc Primary Care Centre Nurse Practitioner Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4 Ts'kw'aylaxw	5 Main St	6	7
	10	11 Tsal'alh	12 Main St	13 sekw'el'was	14
	17	18 Ts'kw'aylaxw	19	20	21
	24 Tsal'alh	25 Tsal'alh	26 Main St	27	28
	31 Xaxli'p				

Micha Kingston, NP

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

250-256-7017

n.statimc@fnha.ca



INTERIOR REGION
First Nations Health Authority



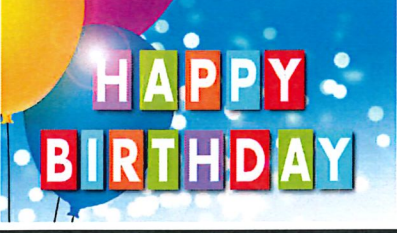
First Nations Health Authority
Health through wellness

August 2026

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 STAT	4 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla	5 Skeesht- Larissa Ashcroft- Telleighla T'it'q'et- Brandi	6 St'uxwtews- Telleighla LFN- Larissa Xwisten- Brandi	7 LFN- Larissa
10 Tsal'alh- Ashley LFN- Jane Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Francesca	11 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa (Kaine) LFN NIC- Telleighla Ts'kw'aylaxw – Francesca	12 Skeesht- Larissa Sekw'et'was- Francesca Ashcroft- Telleighla T'it'q'et- Brandi (Kaine) LFN- Jane	13 Kanaka – Francesca St'uxwtews- Telleighla (Kaine) LFN- Larissa Xwisten- Brandi	14 LFN- Larissa Lillooet HC- Brandi (Kaine) Lillooet HC- Francesca
17 Tsal'alh- Ashley LFN- Jane Skuppah – Crystal Lillooet NIC- Telleighla LFN- Larissa	18 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Ts'kw'aylaxw – Crystal	19 Skeesht- Larissa Sekw'et'was- Crystal Ashcroft- Telleighla	20 Kanaka – Crystal St'uxwtews- Telleighla LFN- Larissa	21 Lillooet HC- Crystal LFN- Larissa
24 LFN- Jane Skuppah – Crystal LFN- Larissa Boston Bar – Ashley	25 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Ts'kw'aylaxw – Crystal	26 Skeesht- Larissa Sekw'et'was- Crystal Ashcroft- Telleighla T'it'q'et- Brandi LFN- Jane	27 Kanaka – Crystal LFN- Larissa Xwisten- Brandi	28 Lillooet HC- Crystal LFN- Larissa
31 TEAM MEETING	Leaves: Crystal- Aug 4 th , 5 th , 6 th , 7 th Brandi- Aug 19 th , 20 th Telleighla- August 27 th			

August 2026 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Joshua Adams-Frank
2 Karla Joseph Salena Joseph Monique Moore Janetta Napoleon	3 Shyllan James <u>Office Closed</u> <u>BC Day</u>	4 Eva Michell-Peters 	5 	6	7 Alissa Adams-Frank Stephan Andrews 	8
9	10 	11 Cayden Ledoux Gertrude Terry	12 Sherron James 	13 Elizabeth Terry	14 Rita Terry 	15
16 Brenda Frank Robert Terry	17 	18 Edward Thomas III	19 Bradley Jack III 	20 Julis Dawson Jayden Gallagher Abigail Jack Soloman James	21 Jessica Oleman Margaret Samson 	22 Karen Jacobs Carla Thomas
23 Brett Greenman Lester Sampson	24 Brian James Grant Louie Marcus Michel 	25	26 	27 Alex Link Cayla Paris	28 Phillip Adams-Frank Marie Joseph Jasleen Napoleon-James 	29
30	31 Phillis Gilbert Hunter Redan 					