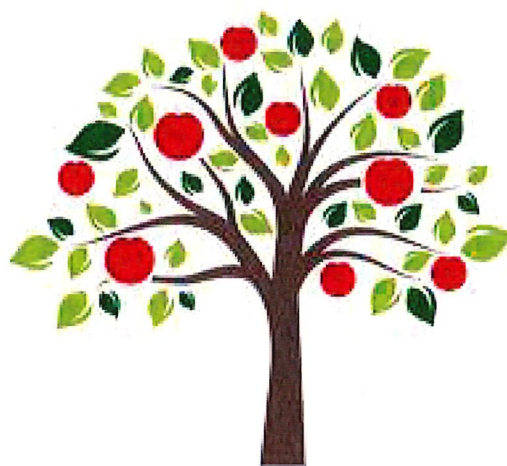


Xwisten Newsletter

September 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:

St'at'imc Gathering—Sept 10,
Sept 24 [GYM] 5pm

Youth—Sept 4, Sept 15 [GYM]
5pm

Community Dinner:

Sept 23rd [GYM] 4:30-7:30pm

Band Meeting:

Sept 13 [MPR] 10am-2pm



BRIDGE RIVER INDIAN BAND

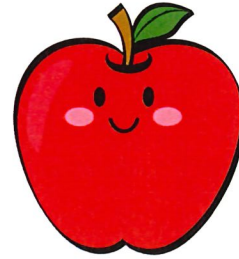
P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423

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

Sept 1, 2026

To Xwisten Members,

Re: **Xwisten September 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 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, 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

Sept 1, 2026

To Xwisten Members,

Re: Xwisten September 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

XWISTEN FOOD SYSTEMS

Community Engagement Dinner

September 24th



Date: September 24th 2026

Time: 4:30-7:30 pm

Place: Bridge River Gym

Dinner served: 5:00 pm

For more information, contact

Matthew Davidson

foodsystems.coord@xwisten.ca

250 256 7423 ext. 874

Aho,

The FireSmart crew continued working on elders' homes through the end of July. In August, two crew members transitioned into fish monitoring and fish permitting. We were able to maintain a minimum of six people per day selling permits and maintaining a presence at the fishing rocks during the first three weeks of August.

In addition, our two summer students had the opportunity to gain experience in both fisheries and heritage work. Their activities included sifting shovel test samples, angling, electrofishing, and collecting water samples. I would like to thank both students for their hard work, positive attitudes, and strong work ethic throughout the summer. The future is bright for these young people, and I hope to welcome them back next summer.

Once the fishing season concludes, we will resume FireSmart work on elders' properties. As part of this work, Grad-B gravel will be delivered and spread around selected elders' homes, extending 1.5 metres from the structure to help reduce wildfire risk. Due to budget limitations, we will not be able to complete every elder's home this season, but we will continue working to assist as many households as possible.

Thank you to everyone who has supported our programs and projects this summer.

Thanks,

Brent Narcisse

Lands Coordinator / FireSmart Coordinator

Hello Xwisten,

There is Not much to report from the Heritage office, we are still working on the BRTP project out in fountain area, one crew member. We finished off the BCTS Cadwallader blocks, started August 25th finished on the 28th, located a few Areas of Concern (AOC) in few of the blocks, along with some Culturally Significant Trees, Rock Cairns and Depressions, there is one big AOC in one of the blocks in the back end of the Kingdom Lake FSR, we had our Archaeologist out there who will start the process so it will be a Registered Archaeological Site, it is of high potential for archaeology, since that is happening BCTS has made the decision to eliminate the four blocks in the Hawthorn Creek drainage, they also removed a few blocks from the Kingdom Lake area. On the BCTS project, we collaborated with N'Quatqua as we have also on the STH-Interwest, Mount Zola project and we are currently working with them on the Noel Creek block, I think having a good working relationship with the neighboring first nation's is a good way to move forward, so from now on anything out in the Goldbridge area I will be inviting N'Quatqua and Tsal'alh to all projects that may arise out in that area to participate in the Cultural and Heritage side of aspects.

We got approved for a grant to do some Cultural and Heritage trials, we will be entering into an Information Sharing Agreement with LTC to obtain some old files from the late 1990's, early 2000's and later. So, if anyone knows of any trails that they would like to be documented so they are not lost and hopefully one day the youth will continue to use them for traditional practices, please come forward to the Lands office, we would love to hear from you, we had one meeting it turned out well, Ken Thomas was there had some wonderful input, told me he was going to drop me off out Camoo and leave me there, find my own way back, Ha7Ha7

We have yet to hear back from BC Hydro on the Moha Highway 40 Archaeological Impact Assessment (AIA) for the pole replacement/removal, once that is a green light we will be busy with that. Another project with BC Hydro in the Lajoie Accommodation out on the Hurley FSR Rd, that won't be starting up this year but they plan on building another campsite to accommodate 6the workers on the Lajoie out on the Hurley, we had done a site visit and I had notified them that in one of the areas the plan to occupy, there is two AOC's which will need to be shovel tested for AIA.

Well, I think that is all I have to report for this month, I will continue to write each month to keep the community informed on all the Cultural and Heritage side of things, well at least until the snow flies then it will start to slow down, then that's crunch time to start thinking of new projects for 2027.

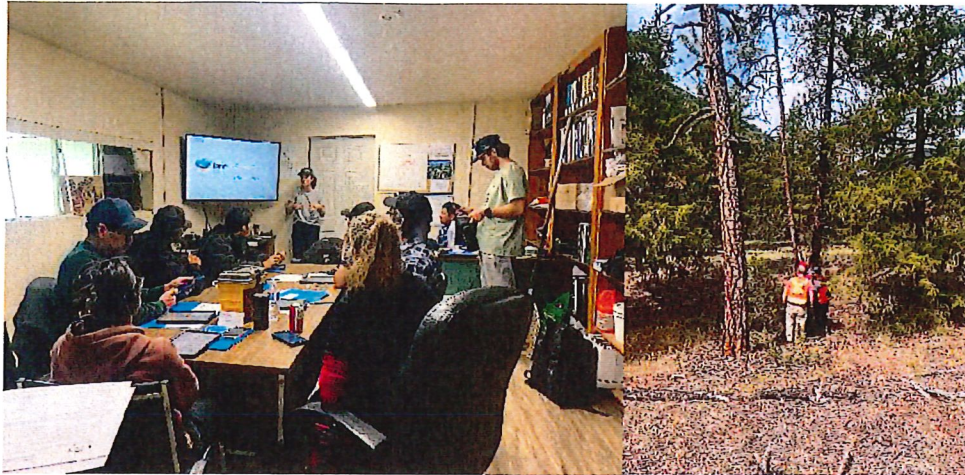
kúkwstum'ckacw,

Kelsey (Chuck) Alec

Heritage Leads

Hello everyone,

Little update from the heritage office, the heritage crew, Daniel Peter, Raymond Bob, Bruce Edwards, Joshua Jack, Mixalhcen Ned, Norrisa Levine, Darius Levine, Clifford Leslie and Darren Bob. Their first week consisted of training with our Archaeologist Gordon Moore of Bear Creek Archaeology and Nina Andrascik of Kintera formerly DWB/Chartwell



After the crew are all done training, they will be busy with a few projects such as shovel testing with STH / Interwest out in the Gun Lake area and with the BRTP Project, west Pavilion range fence cultural monitoring, Endurance out Goldbridge, the University of Montana is coming back to start their excavation in the pit houses here in Xwisten again.

Little artifact the was found at the pit house site while Josh was there dated 1300 years ago. Little write up from the Professor: *There are only three anthropomorphs from the floors of HP54 and this one was found in sediments from a cooking feature (designated A6) on the Ilh floor (ca. 1300 years ago). It's less than an inch in diameter and is snapped in two places. Thus, the other side of the face and the rest of the body are missing. I thought you would enjoy seeing it*



It started to be a busy year with BRTTP sending 4 crew members out there, eventually it slowed down to one person, hoping it picks up again. We managed to complete the STH-Interwest blocks out in Gun Lake on Mount Zola in 24 days, on this project we collaborated with N'Quatqua, that was a total of 130.9ha. We did send out one of the summer students, Landon, who said he loved and didn't want to go back to Fire Smart. We also had 8 Fuel Management Unit polygons we completed, 4 out West Pavilion/Blackhills totaling 11.2ha and 4 out Terry Creek totaling 10.4ha. Few of the heritage crew members jumped over to help with the catch monitoring project, also had a few help with the Fisheries department here at the lands office. To date we still have a few BCTS blocks out Cadwallader (Bralorne) and one more STH-Interwest block out Noel Creek (Bralorne), those will be done in the coming weeks.

Thanks,

Chuck
Heritage Lead

about ME

DEB PETERS

BRIDGE RIVER INDIAN BAND
ELDERS COORDINATOR

Heart of gold, mind of a boss,
and a soul that never
stops growing.

Strong
Kind
Loyal
Real

IN A NUTSHELL

- ♥ Mom. Leader. Volunteer.
- ♥ Planner. Culture lover.
- ♥ Adventure seeker.
- ♥ Always up for a road trip or a good laugh!

HOBBIES

- ♥ Beading
- ♥ Taking Pictures
- ♥ Playing Funball

FUN ACTIVITIES

- ♥ I love canoeing
- ♥ New adventures
- ♥ Learning more about our culture and other cultures

MY FAVORITE COLORS

PINK • PURPLE • BLACK

MY FAVORITE MYTHICAL CREATURE UNICORNS

Magic. Strength, Mystery.
Need I say more?

THINGS THAT FUEL ME

- ♥ Coffee
- ♥ Music
- ♥ Good vibes
- ♥ My kids
- ♥ Nature
- ♥ New knowledge

YOU CAN ALWAYS FIND ME

- ♥ With my camera
- ♥ Planning something
- ♥ On the sidelines
- ♥ Laughing
- ♥ Learning

A FEW OF MY FAVORITE THINGS

- ♥ Sunsets
- ♥ Road trips
- ♥ Canoe rides
- ♥ Beading
- ♥ My tribe

MINDSET

- ♥ Keep growing.
- ♥ Keep glowing.
- ♥ Keep it real.
- ♥ Stay humble.
- ♥ Always grateful.

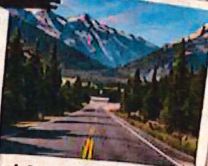
PLACES I LOVE TO TRAVEL



HAWAII



MEXICO



LONG ROAD TRIPS

ACTIVE FAMILY

My 3 kids keep life exciting!
We're always on the go—
sports, practices, games
and tournaments!
I volunteer wherever
I'm needed during
their sports.

MY FAVORITE ANIMALS

- ♥ My puppies
- ♥ My pet turtle

FEAR I WANNA FACE

I wanna face my fear
and swim with
sharks (safely!)

LIVING MY STORY. LOVING MY PEOPLE. CHASING ADVENTURES.



Elders,
YOU'RE INVITED TO
Meet & Greet
TEA

— WITH YOUR NEW —
ELDERS COORDINATOR
Deb Peters



COME SHARE A CUP OF TEA,
GOOD CONVERSATION,
AND CONNECTION.
*Your voice matters.
Your wisdom guides us.*
— EVERYONE WELCOME! —



WEDNESDAY
SEPTEMBER 9TH
2026



1:00 PM – 3:00 PM



MPR



Let's share, listen, and build stronger connections together.

WE LOOK FORWARD TO MEETING YOU!

A BUSY SUMMER IN THE FIELD



It's been another busy summer for the LRISS field team! From treating invasive plants and monitoring biocontrol sites to working alongside community partners and introducing local youth to invasive species management, our crew has covered a lot of ground this season. As the summer field season begins to wind down, we're sharing a few highlights from recent weeks and saying a big thank you to our field team for all their hard work.



Treatment & Biocontrol Monitoring

Our crew continued treatment and monitoring throughout the region, including checking large knapweed sites along Carpenter Lake, near Gold Bridge and along the Highline Road for signs of established biocontrol agents. We've also been revisiting treated sites to see how they're responding and where follow-up work may be needed. We're grateful to the Xaxli'p Community Forest, which continues to do great work treating invasive species in the region



Getting Out in the Field Together

At Marble Canyon, Roanan from the Lillooet Museum - Visitor Centre joined LRISS for a day in the field. We're always happy to give other students working locally an opportunity to get outside with our crew and experience invasive species work firsthand.

At Horseshoe Bend, staff from the Lillooet Tribal Council Emergency Management Program joined us for a weed pull targeting Diffuse Knapweed and Dalmatian Toadflax. Horseshoe Bend is an important restoration site for the Xwísten community, and we were grateful for the extra hands and opportunity to work together (see photo left)



Youth Outreach on the Lion's Trail

On July 31, LRISS joined the Friendship Centre's Youth Program along the Lion's Trail. Our crew helped youth learn to identify invasive plants and then put that knowledge into action with a hands-on weed pull. Keep an eye on LRISS social media for videos featuring our field staff and more of the work they've been doing this summer!

THANK YOU FIELD TEAM!

As our summer crew wraps up their season, we want to say a huge thank you for all of their hard work! Rihanna, Arienne, and Jacob worked through heat, wildfire smoke and long days in the field, they brought energy and dedication to treatments, monitoring, outreach and partnerships across the region.



St'at'imc Words

It is September (**Stsepqw**)

STATIMC LANGUAGE CULTURE AND EDUCATION QR CODE APPLICATION



With a cell phone or tablet device you can open up to the pictures and scanned this code, and it will bring you right to the app that can be downloaded to your device, and you can learn or study (**zewátetcal**) on the go.



Státimcets slámcal

Kúkwstum'ckacw Cá7a Kúkwpi7
Kúkwstum'ckacw i spezspápez7a
múta7 i kwekwéwk7a
Kúkwstum'ckacw ta tmícwa,
ta qú7a múta7 i suplhkálha
"Gwelgwellhkán ta tmícwa
kw nscwílem ku s7áma"
Nkultenlhkálha qanímienstumuh
Lamcallhkálh tákem i wa7 matq
Tákem i wa7 saqw
Tákem i wa7 nqáylec
Tákem i wa7 r7ip lta tmícwa
Tákem nsnekwnúkwa7



Krista Frank
Cultural Worker

Email:
culturalworker@
xwisten.ca

Contact:
250-256-7423
Ext 846

St'at'imc Prayer

The findings from Xwisten's Language Survey Monkey

59 members participated in the Language survey and the following is a summary of what members thought that they would most like to learn first.

Summary is based on the 59 responsiveness....

Q5 – What Members Would Most Like to Learn First

Fifty-nine members responded to the survey which does not represent all Xwisten members. The results should therefore be viewed as an indication of the interests of participating members rather than as representative of the entire adult membership.

Among respondents, the strongest interest was in practical language that could be used immediately. **Greetings and introductions** were selected by 36 respondents (61%), followed by **everyday conversation** by 30 (51%). There was also significant interest in **culturally connected learning**, including songs and drumming (44%), **family and kinship words** (39%), **land, animals and nature** (36%), and **cultural teachings and stories** (31%).

The findings provide a useful starting point for programming. The survey findings can be used to pilot activities that reflect these priorities and then assess participation and gather further feedback from members who did not respond.

Please select two of the priorities so that Xwisten can develop language strategies and activities to offer membership. Hand back to Krista Frank your Cultural worker

Choose 2 that interest you the most

Learning priority	Everyday conversation
Song and Drumming	Words for family and kinship
Land, animals and nature	Cultural teachings and stories
Ceremonial language	Place names
Language for children	Food and cooking
Learning priority	
Other personal choices:	Other personal choices:



TSUNAMEN (TEACH OUR WAYS)

4 Day Teachings From Our Knowledge
Keepers

Come Out And Ask The WHY Questions
Why we do it that way?

September 11, 12, 13, and 14th 2026

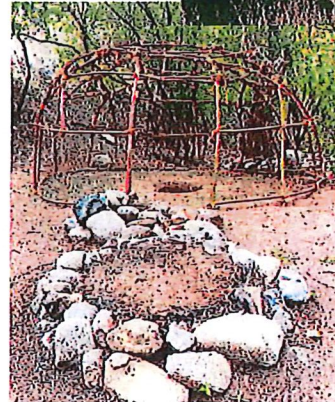
Location – Seton Lake Cabins at Seton
Lake Rd, Lillooet BC

- Pipe Ceremony
- Sweat
- Spirit Bath/Cedar Brushing
- Fasting (1 day)
- Color of the Ties (Meanings of each)
- Grandmother/Grandfather teachings.

TOGETHER, WE MOVE
FORWARD.

We do it all in a good way.

For more information, please contact:
Linda McDonald or Kristen Edwards
Land-Healing Coordinator
Office: 250-256-7523
Cell: 250-256-3632
landbasedhealing@statimcltc.ca
linda.mcdonald@statimcltc.ca



To Bring:

Ceremony dress (optional),
drum, and a giveaway item.

Meals, accommodations and
camping available. For more
inquiries via email.

Are you in the Xwísten Loop?

Here are some ways you can stay connected and learn about upcoming events.

Follow us on Facebook

Front Desk Facebook

Don't forget to turn ON notifications

Monthly Newsletter

You can pick one up at the front desk or visit our website

xwisten.ca

Contact Us

Phone:

250-256-7423

Email:

frontdesk@xwisten.ca

**Bulletin Board
outside and
calendar in
lobby at Admin
Building**

**Remember to check for updates
daily so you don't miss out!**



BRIDGE RIVER INDIAN BAND

Xwísten's Food Systems

September

2026



Good day Xwísten!!

Busy month for September!

This is the time of year for the bountiful garden at Xwísten Farm. The season's winding down and the vegetable harvest is underway. An abundance of vegetables has already been shared with the community, keep an eye for lots more coming!

Farm upgrades are always continuing and improving. The expanding of the irrigation system in preparation for the cover crop this fall will build healthy soil throughout the remaining growing area, enabling for a larger garden next year!

The team supported Social Development and took a day for fishing, what a beautiful day it was! The fish will then be canned and smoked for the 2027 St'át'imc Gathering.



Summer Camp Youth Group enjoying a day at the Farm



Sewing & Beading

FRIDAY SEPTEMBER

11th, 18th & 25th

3:00pm- 6:00pm

Multipurpose room



Machines and supplies provided.

In Preparation of Truth and Reconciliation Day (Sept 30th)

Orange Fabric available

Light meal provided

Sue Armann Soul Coaching

September 28 '26

Snacks Provided

Group session starts at 4:00 - 7:30

September 29 '26

Snacks Provided

Individual sessions start at 9:00am - 4:30pm

1 hour sessions

 Call Roxane @236-417-3000 to sign up

 107-7th Ave, Lillooet



Xwisten Chair Exercises

Open to all

For balance, flexibility
and muscle tone

September 8 , 14 , 21 ,
28 2026

*Mondays and
Thursdays (Tues.
sometimes)*

*10:30 am—12:00
pm*

In the MPR

*For more infor-
mation, contact:*



Xwisten Recreation

Youth and Recreation

Rubin Williams

**youthandrec@xwisten.ca
2363120844**

Or 2502567423 Ext 844



FAMILY MOVIE NIGHT

Join Us for an Evening of Family Fun!

 **Friday, September 11, 2026**

 **Xwísten Gym**

 **5:00 PM – 9:30 PM**

 **Movie to be Chosen by Youth Group & Kids Club!** 

Admission

\$2.00 Per Person | \$5.00 Per Family

CONCESSIONS

Drinks \$1.00

Refillable Popcorn (Bring Your Own Container) \$5.00

Other concession items available!

 **Bring Your Own Chair if You Like!**

Contact

Rubin Williams

Youth & Recreation Coordinator

youthandrec@xwisten.ca

236-312-0844

250-256-7423 Ext. 844

Everyone Welcome!

Sept 16 2026

6:00 pm—

10:00pm

Friday

Xwisten MPR

All Ages

Xwisten **GAMES** Night



To sign up, Please contact:

Rubin Williams

Youth and Recreation worker

youthandrec@xwisten.ca

2363120844 direct | 2502567423 ext 247

Or Roxanne Denego

Social Development Coordinator

xwistensa@xwisten.ca

2363120846

Board Games

Card Games

Dice Games

PC,XB,PS5



Xwisten Recreation



Xwisten

Sports

Night

Sept

2,22

2026

Xwisten Gym

7:00 pm—9:00 pm

Please bring proper
footwear

For more information,

Contact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 844

youthandrec@xwisten.ca



DRUG ALERT

Merritt



DOWN sample contains cychlorphine and medetomidine
Multiple overdoses reported

Looks Like: Light green chunks, pebbles, powder

Sold as: Down, Dope, Tranq, Fentanyl

Contains: Cychlorphine 
Fluorofentanyl
Medetomidine 
Benzodiazepines

Risk: Very high risk of overdose
Dizziness and confusion
Nausea, amnesia, sleepiness, nodding out for a long time



Cychlorphine is a potent synthetic opioid. It is thought to be approximately 10x the strength of fentanyl and longer lasting.

Medetomidine is a very strong non-opioid tranquilizer—much stronger than xylazine (200x). It can be potentially dangerous to the heart.

Cychlorphine, fluorofentanyl, medetomidine and benzodiazepines can slow or stop breathing, leading to life threatening effects. Nausea, vomiting and sweating are also possible.

Always give naloxone if opioid poisoning is suspected and call 911.



Drop off samples for drug checking between 8:30 to 4:30 at ASK Wellness - 2196 Quilchena Ave in Merritt. Office: 250-315-0098
Call or text Mick 250-318-0559 for more drug checking information.



Consider these additional tips if you are going to use drugs

- Find more drug checking locations at www.drugchecking.ca
- Be aware of risks if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site
- Start with a small amount and wait before taking more
- Space out your doses
- Carry naloxone and know how to use it
- Call 211 or visit bc211.ca to find services near you
- Get the LifeGuard App - lifeguarddh.com



Local
Substance Use
Services
310-MHSU

Alert in effect until August 27th 2026
Harm Reduction | Population Health



First Nations Health Authority
Health through wellness

1. [Home](#)
2. [News](#)
3. **Wildfire smoke: Protecting your health during smoke season**

Wildfire smoke: Protecting your health during smoke season

August 13, 2026News releases

As wildfire season continues across B. C, First Nations communities may experience smoky conditions, even when wildfires are burning far away. Smoke can travel long distances and affect air quality for days or weeks at a time.

Taking steps to reduce your exposure to wildfire smoke can help protect your health and well-being, especially for people who may be more vulnerable to smoke impacts, including Elders, babies and young children, pregnant people, and those living with heart disease, respiratory conditions (like asthma), or diabetes.

How Wildfire Smoke Affects Health

Wildfire smoke contains tiny particles that can travel deep into the lungs when breathed in. For many people, smoke exposure may cause:

- Eye, nose, and throat irritation
- Headaches
- Mild coughing
- Fatigue

These symptoms often improve once the air clears.

Some people may experience more serious symptoms, including:

- Shortness of breath
- Dizziness
- Chest pain

If you experience severe symptoms, call 911 immediately. For non-emergency health advice, contact HealthLink BC by dialing 811 or the First Nations Virtual Doctor of the Day at 1-855-344-3800.

Check Air Quality Before Heading Outside

Conditions can change quickly during wildfire season. Staying informed can help you make decisions about outdoor activities and travel.

Monitor local air quality and smoke forecasts at:

- Ultra-local air quality monitors: [AQmap](#)
- BC Air Quality Warnings: <https://aqwarnings.gov.bc.ca/>
- FireSmoke Canada forecasts: <https://firesmoke.ca/forecasts/current/>

When smoke levels are high, consider limiting outdoor activities and postponing strenuous exercise until conditions improve.

Five Ways to Reduce Your Exposure to Smoke

1. Stay Indoors When Air Quality Is Poor

When smoke levels rise, stay indoors with windows and doors closed if it is safe and comfortable to do so. Ground-floor rooms or basements may be cooler and less affected by smoke.

2. Create a Clean-Air Space

Designate one room in your home as a clean-air room. Use a portable air purifier if available and keep windows and doors closed.

Communities may also open clean-air shelters or community clean-air spaces during significant smoke events. These locations may include community halls, friendship centres, libraries, or other public facilities.

Learn more about clean-air shelters: [Wildfire Smoke – Clean Air Shelters](#)

3. Use an N95 or KN95 Mask Outdoors

If you need to spend time outside during smoky conditions, a well-fitted N95 or KN95 mask can help reduce the amount of smoke particles you breathe in.

Cloth masks do not protect against wildfire smoke particles.

4. Consider a DIY Air Cleaner

DIY air cleaners are an effective as a lower-cost option for improving air quality indoors.

[Make a home-made air cleaner](#) with a box fan and furnace filter.

Stay Hydrated and Take It Easy

Wildfire smoke puts added stress on the body. Drinking plenty of water and reducing strenuous activity can help. The harder you work outdoors, the more smoke you breathe into your lungs.

Support for Vulnerable Community Members

FNHA can support communities with access to air purifiers and filters for vulnerable community members during wildfire season.

Community members seeking support should contact their local health centre, which can work with FNHA to submit requests and explore available options.

Learn more about air purifier support: <https://fnha.ca/wp-content/uploads/FNHA-Air-Purifier-Support-During-Wildfire-Season.pdf>

Learn More

For additional information and resources about wildfire preparedness, smoke safety, evacuations, and community supports, visit FNHA's Wildfire Information page: <https://www.fnha.ca/what-we-do/environmental-health/wildfire-information>

OPIOID AGONIST THERAPY (OAT)

Provided by specially trained Registered Nurses and
Registered Psychiatric Nurses

Revised March 2025

RNs and RPNs who complete specific training and education to obtain Certified Practice for Opioid Use Disorder can assess for, diagnose, and prescribe medications for Opioid Use Disorder within scope of practice.

What is OAT?

OAT medications reduce the effects of withdrawal and cravings for opioids. OAT saves lives and reduces harms related to unregulated opioid use.

**OAT treatment includes:
Suboxone, Sublocade, Kadian
and Methadone**



"Harm reduction is essential to demonstrating love and care for our relatives. It tells our people we are creating a sacred, supportive space by honouring what wellness and recovery mean to them."

– Cree Elder, kihci tēpakohp iskotēw iskwēw (Emily Henry)

For more information contact

Community Name: Xwisten on Wednesdays 1300-15:45

Contact Number: Christina Petrunia RN 250 256 7017

FNHA nurse prescribing supports community members with Opioid Use Disorder along their healing journey.



First Nations Health Authority
Health through wellness

Opioid Agonist Therapy



First Nations Health Authority
Health through wellness

What is Opioid Agonist Therapy (OAT)?

- OAT helps manage opioid dependence and supports mental, emotional, physical, and spiritual health.
- They work by reducing withdrawal symptoms and cravings for opioids.
- Stopping opioids abruptly without supports has been associated with high rate of relapse, toxic drug poisoning, and death.
- OAT can be a safe and effective treatment option for people diagnosed with Opioid Use Disorder.

FNHA supports for OAT

- Community education and stigma reduction.
- Building relationships with local OAT prescribers and pharmacies.
- Supporting Registered Nurse and Psychiatric Nurse Certified Practice for Opioid Use Disorder.
- Support with OAT clinic fee subsidy.
- Assistance with community dispensing.
- A one-time OAT access grant (of up to \$15,000) for program development.

OAT Medications:



Buprenorphine-Naloxone (Suboxone)

This medication comes in a tablet and dissolves under the tongue, taken daily.



Methadone

This medication comes as a liquid and is taken daily.



Slow-Release Oral Morphine (Kadian)

This medication comes as capsules filled with small pellets, taken daily.



Extended-Release Buprenorphine (Sublocade)

This medication is a long-acting monthly injection of the main component of Suboxone, given by a health care provider.



Scan the QR code to learn more about OAT supports available through the FNHA.

To learn more about OAT, visit [FNHA.ca/OAT](https://fnha.ca/OAT) or contact us at SUNursing@fnha.ca.

BRIB HEALTH APPOINTMENTS SEPTEMBER 2026

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

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

Wednesday September 9th 8-4:20pm	Amy Foot Care Please book appointment with Ann
Friday September 11 th 1-4pm	Dr. Ejaz Please book appointment with Ann
Monday September 21st 9-12pm	Dr. Humber Please book appointment with Ann
Thursday September 24 th 9:30-2pm	RD Magda Please book appointment see poster for details
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.

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.

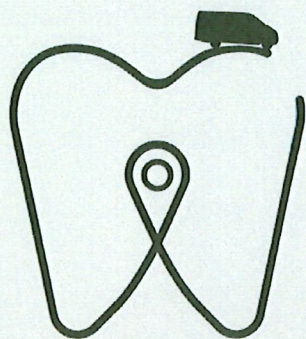
I grew up in Lillooet and have been back for over 5 years, practicing at Lillooet Dental since 2021.

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

THURSDAY SEPTEMBER 24TH 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



THE TRAVELLING HYGIENIST



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

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

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CONTACT US

 778-231-0475

 www.thetravellinghygienist.com

 info@thetravellinghygienist.com

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



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.



SEPTEMBER 28, 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

 Call 236-417-3000

 107-7th Ave, Lillooet, BC



First Nations Health Authority
Health through wellness



n.St'at'ime
Primary Care Centre



SEPTEMBER 2026

Youth and Recreation Events

SEPTEMBER 2026

CHAIR EXERCISES MPR 10:30 AM—12:00 PM
 SEPT. 3, 8, 10, 14, 17, 21, 24, 28,
 ALL YOUTH MEETING 4:30—6:30 PM
 SEPT. 1, 29 2026—MPR
 SPORTSNIGHTS 6:30 PM—8:30 PM
 SEPT. 2, 8, 22, 30 2026 XWISTEN GYM
 SEPT 4, 15 2026 YOUTH AND
 RECREATION BINGO XWISTEN
 GYM DOORS OPEN AT 5:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Sports Night	3	4 Recreation BiNgO	5
6	7	8 Chair Exercises	9	10	11 Family Movie Night	12
13	14 Chair Exercises	15 recreation BiNgO	16 Family Games night	17	18	19
20	21 Chair Exercises	22 Sports Night	23	24	25	26
27	28 Chair Exercises	29	30			

BRIDGE RIVER INDIAN BAND

12210 Joseph Road



Phone: 2502567423 ext 844
 Email: youthandrec@xwisten.ca

September 2026

Home & Community Care Daphne & Rose 250-256-7423 Ext. 868

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	
6	7	8	9	10	11	12
	Office Closed	In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	
13	14	15	16	17	18	19
	In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	
20	21	22	23	24	25	26
	In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	In Office/Clients	
27	28	29	30	1	2	3
	In Office/Clients	In Office/Clients	Office Closed			

Notes

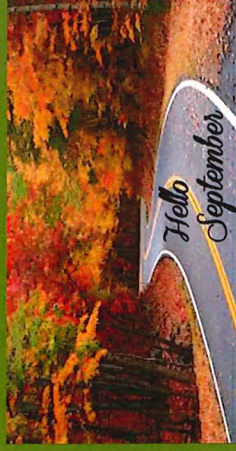
September

2026

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

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

September 2026



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

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

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



First Nations Health Authority
Health through wellness

September 2026

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Leaves: Larissa- Sept 20 th Ashley- Sept 8 th Brandi- Sept 24 th	1 Tsal'alh- Ashley LFN- Jane (Kaine) Boothroyd- Larissa Lillooet NIC- Telleighla (Fairlie) Ts'kw'aylaxw - Crystal	2 Skeesht- Larissa Sekw'el'was- Crystal (Kaine) Ashcroft- Telleighla T'it'q'et- Brandi (Fairlie)	3 Kanaka - Crystal St'uxwtews- Telleighla LFN- Larissa Xwisten- Brandi (Fairlie)	4 Sekw'el'was- Crystal (Kaine) LFN- Larissa (Fairlie)
7 STAT	8 LFN- Jane (Fairlie) Boothroyd- Larissa LFN NIC- Telleighla Ts'kw'aylaxw - Crystal	9 Skeesht- Larissa (Fairlie) Sekw'el'was- Crystal Ashcroft- Telleighla T'it'q'et- Brandi LFN- Jane	10 Kanaka - Crystal (Fairlie) Xwisten- Brandi	11 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi (Fairlie)
14 LFN- Jane Skuppah- Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar- Ashley	15 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Ts'kw'aylaxw - Crystal	16 Kanaka- Crystal Ashcroft- Telleighla T'it'q'et- Brandi	17 Sekw'el'was- Crystal St'uxwtews- Telleighla LFN- Larissa Xwisten- Brandi	18 Sekw'el'was- Crystal LFN- Larissa Tsal'alh- Ashley
21 LFN- Jane Lillooet HC- Crystal Lillooet NIC- Telleighla LFN- Larissa	22 TEAM MEETING	23 Skeesht- Larissa Sekw'el'was- Crystal Ashcroft- Telleighla T'it'q'et- Brandi Jane- LFN	24 Kanaka - Crystal St'uxwtews- Telleighla LFN- Larissa Xwisten- Brandi	25 Lillooet HC- Crystal LFN- Larissa
28 LFN- Jane Skuppah- Crystal Lillooet NIC- Telleighla (Brenna) LFN- Larissa Boston Bar- Ashley	29 Tsal'alh- Ashley LFN- Jane (Brenna) Boothroyd- Larissa LFN NIC- Telleighla Ts'kw'aylaxw - Crystal	30 TRUTH & RECONCILIATION DAY		



First Nations Health Authority
Health through wellness

FNHA Harm Reduction/Outreach OAT Prescribing Nurse Community Calendar

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Main Street Office 0800-1200 Sekw'el'was 1300-1545	2 Vacation	3 Outreach/Main Street Office 0800 - 1600	4 Outreach 0800- 1200 Ts'kw'aylaxw 1300-1530	5
6	7 STAT	8 Main Street Office 0800-1200 Sekw'el'was 1300-1545	9 Main Street Office 0800-1200 Xwisten 1300-1545	10 Outreach/Main Street Office 0800- 1600	11 Outreach 0800- 1200 Ts'kw'aylaxw 1300-1530	12
13	14 Vacation	15 Vacation	16 Vacation	17 Vacation	18 Vacation	19
20	21 Tsal'alh	22 Main Street Office 0800-1200 Sekw'el'was 1300-1545	23 Main Street Office 0800-1200 Xwisten 1300-1545	24 Outreach/Main Street Office 0800- 1600	25 Outreach 0800- 1200 Ts'kw'aylaxw 1300-1530	26
27	28 Tsal'alh	29 Main Street Office 0800-1200 Sekw'el'was 1300-1545	30 Main Street Office 0800-1200 Xwisten 1300-1545	Outreach/Main Street Office 0800- 1600		

Call FNHA Main Street Office at 250 256 7017 to book appointment at location of your choice.



SEPTEMBER

SUN MON TUE WED THU FRI SAT NOTES

		1 Balloon Play	2 Paper Airplanes	3 Bead Jerelery Making	4 Sundae Funday	5
6	7 LABOR DAY Closed Stat Holiday	8 make Playdough	9 Rock Hunting	10 Rock Painting	11 Sunflower Plates	12
13	14 Pine Cone Bird feed	15 Make Chalk Paint	16 Paint with Chalk	17 Color with Leafs	18 Movie & Popcorn	19
20	21 Dragon Making	22 Butterfly on Stick	23 Paper Cup Maracas	24 Paint with Feet	25 Sock Puppets	26
27	28 Build a Scare Crow	29 Leaf Paint Art	30 Closed Stat Holiday			

Xwisten Headstart
Daycare

Monday to Friday
8 A.M. to 4 P.M.
Daycare
250-256-7667

ECE Teachers
Willa Peters
Dee Kropp

Interim Manager
Josephine Froste
250-256-7423
ex 877

September 2026 Newsletter

HAPPY BIRTHDAY Wishes going out to Nieces Amy T on 6th & Jonica V on 16th, Grand-niece Lila N on 7th, Grand-nephews Myles W on 14th & Jerome T/S on 28th, Nephew Noel V on 30th, and Uncle Dixie on 24th, have a wonderful day!!

HAPPY BIRTHDAY Wishes to the BR Elders; hope you all have a FABULOUS day 😊

Well, Summer has come and gone, hope you all had lotsa fun ... To all you students, time to wake up the ole brain cells, never be afraid to move ahead, learn lots, become successful, no matter what you choose to do. One thing that helps you with being a success is LOVING what you do... for instance "I loved cooking" 😊 ❤️

Pizza Nites: I will not be posting for orders now, I will randomly make at least 4 pizza's at a time, when I have my supplies or if I'm up to it, these days will either be Friday or Saturday or Sunday. I will post on FB

Sending Prayers & Strength to all who need it.

~ Debbie Jack

A very Happy Birthday to Sis Linda Innes, & may you have a good year ahead.
Many more.

~ Love Sis Lena & Bro Eugene

September 2026 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Brian Ward	3 Krys Martz	4 Dezmond Allen Kevin Diamond Michael Tom	5 Dusty Moizo
6 Marie James Blaine Kane	7 Norma Peters Matisha Ward <i><u>Office Closed</u></i>	8 Charlotte Armstrong William M. James Daniel Peter Jr.	9 Nellie Boonstra Stewart Graham	10 Aaron Joseph Andrew Joseph Riley Ward	11	12 Stacey Biccum
13 Jamie Napoleon Spencer Pisarczyk	14	15 Andrew Peter Sheenalee Terry	16	17 Thomas Terry	18	19
20 Roxanne Denego Robin Fenton	21	22 Landen Brady	23 Levi Lingor Michael Sinclair	24 Layla Ledoux	25 Tayler Harding	26 Audrey James Christina Ledoux
27	28 John Diamond	29 Barbara Fester Rebecca James Sonia James	30 Linda Innes <i><u>Office Closed</u></i>			