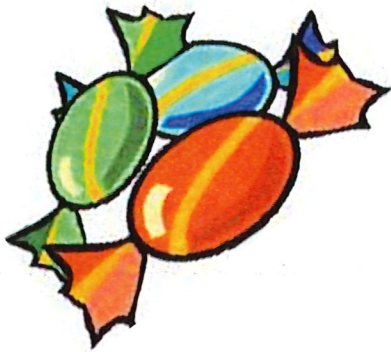


# Xwisten Newsletter

## October 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—Oct 2, Oct 3, [GYM] 5pm

St'at'imc Gathering—Oct 15, Oct 29 [GYM] 5pm

Elder's—Oct 4, Oct 26, [GYM] 5pm

### Community Dinner:

Oct 6 [GYM] 3pm

Oct 22 [GYM] Flu Clinic 1-6pm, Dinner 4-6pm

### Band Meeting:

Oct 18 [MPR] 10am-2pm  
(Tentative)



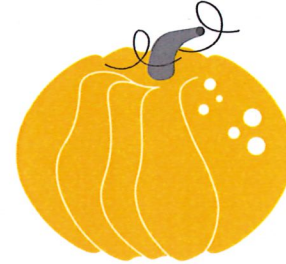
# BRIDGE RIVER INDIAN BAND

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

Oct 1, 2026

To Xwisten Members,

Re: **Xwisten October 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, Lands Front Desk Assistant, Biologist Project Supervisor, Social Development Support Clerk, 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

Oct 1, 2026

To Xwisten Members,



### Re: Xwisten October 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
- 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.
- Do not flush no approved substances such as cooking grease, all types of wipes, sanitary napkins, coffee grounds, and nut shells.

**Blaine Kane**

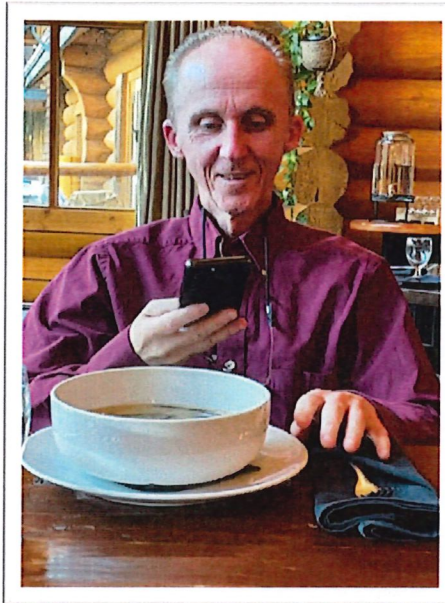
Operations & Maintenance,

Infrastructure & Housing Manager



## Notice to Community

October 5, 2026



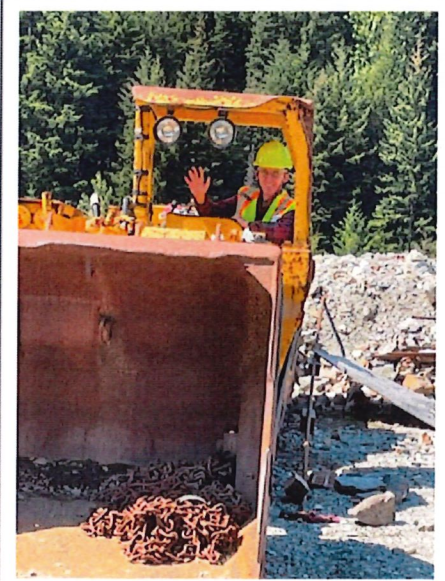
It is with great sadness that we inform the community of the **passing of a very special person, Michael McGee, on September 29, 2026.** Michael lived in Gold River with his wife. He travelled every month for the past eight years to Bridge River, where he worked very hard for a community he loved. When he interviewed initially for the job, he said *"there is something special about this community and I want to work here."*

Michael was our Economic Development Coordinator. He was dedicated and committed, he worked hard identifying and pursuing opportunities on our behalf and he was very successful. We could

make a long list but some of these projects were the housing units completed in the past six years, the solar panels on the Administration building, the Community garden project, the senior's complex proposal, the Interpretive Centre, the establishment of Bridge River Management, the structures on fishing trail, and a number of agreements with industry proponents in the area. He worked closely with administration and Council on overseeing special funding for water, economic development, housing, fuel management, and language and culture, lands office capacity and the Election code. It is a very long list.

Michael loved music and could play many instruments, he was also an avid photographer. He had a boat and loved harvesting food with his wife on land and water. He had a great sense of humor and a mischievous side.

We were fortunate to have Michael as part of our Xwisten Community.





# XWISTEN HALLOWEEN PARTY 2026

SATURDAY | OCT. 24, 2026 | AT 4:00 PM

SPOOKY FUN . GAMES . MUSIC . FIREWORKS  
TREATS & MORE!

Party  
4PM @ BRIB Gym

Fireworks  
7PM @ Bearfoot Grill

COME IF YOU  
**DARE!**



# Avoid the Flu

**Get The Flu Shot Here**

**357 Main Street  
Through the door with  
the ramp**

**October 21, 2026  
9:00AM - 1:00PM**

**It's Free**



**For more info  
call : 250-256-4146**

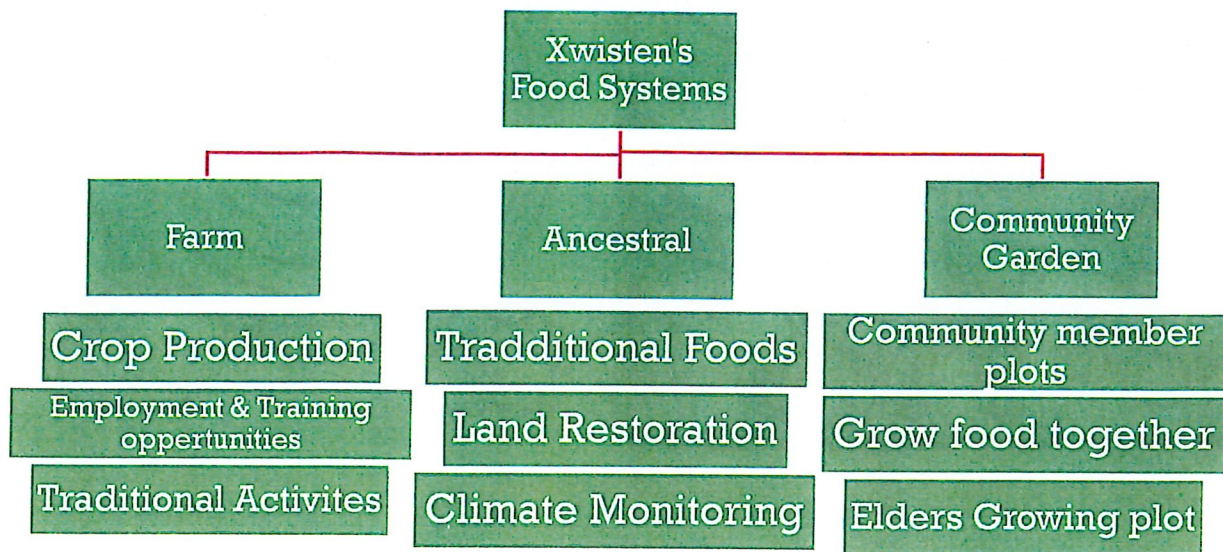


# BRIDGE RIVER INDIAN BAND

## Xwisten's Food Systems

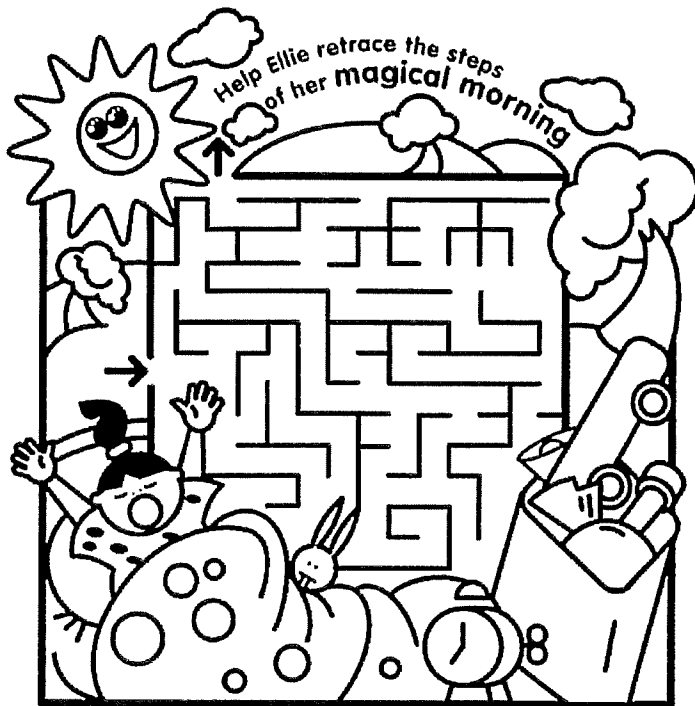
### Community Feed Back:

September 23<sup>rd</sup> 2026



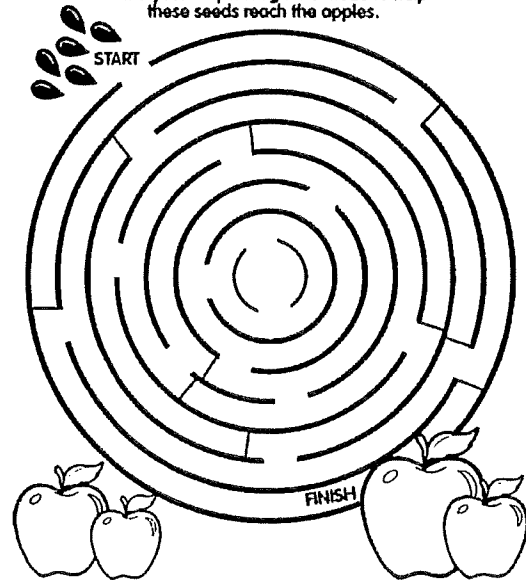
- 1) How do you feel about the Food Systems program so far?  
\_\_\_\_\_
- 2) Do you have any suggestions on how we can make the program better?  
\_\_\_\_\_  
\_\_\_\_\_
- 3) What was the best part of the program? \_\_\_\_\_  
\_\_\_\_\_
- 4) What vegetables would you like to see the farm grow? Or more of currently available?  
\_\_\_\_\_
- 5) Any concerns? \_\_\_\_\_
- 6) Would a traditional cultural space at the farm, such as a camp with weekly activities, be helpful for community members?  
\_\_\_\_\_

**Complete the feed back and hand back to be entered into a draw**



## Johnny Appleseed Maze

Find your way through the maze to help these seeds reach the apples.



## School Scramble

Unscramble these letters to make school words.  
Use a Crayola marker and draw a line connecting each picture to its matching word.

CHARTEE

SBOKO

LIPSECN

LOOCSH

LPAEP



©Crayola



# BRIDGE RIVER INDIAN BAND

## Xwísten's Food Systems

**September 30<sup>th</sup>, 2026**

**Good day, Xwísten!**



The Food Systems Team of 2026 They did amazing work!

It has been a year of learning and growth for the Xwísten Food Systems Program. In 2026, we incorporated the Farm Project into the Food Systems program to better reflect the interconnected parts of a complete food system. The Farm will support crop production for the community, while the Ancestral Foods Project will focus on harvesting traditional foods and developing practical resources for community members. Community Garden Will focus on creating a place where community members will be able to grow food together and a space for Elders & Youth programs have a space to grow food and to enjoy the outdoors.

### **Farm**

This year, we focused on expanding the farm and improving its irrigation system. We added a water line and intake from Apple Springs and relocated the water tank to higher ground. This change will allow the system to use gravity-fed water distribution instead of relying on an electric pump. Within the growing area, we installed irrigation zones and manifold lines to supply the drip-irrigation system. These improvements will balance water distribution and help ensure that all crops are watered effectively.

We also completed the farm expansion, creating more space for crop production and allowing the remaining fenced area to be planted with cover crops. Overhead sprinklers were installed to support these areas. In addition, with funding from the Regreening Communities Initiative, we planted 30 fruit trees and traditional shrubs on the farm.

The Harvest is pretty much completed and will have lots veggies for the community at the social development vegetable distribution event on September 8<sup>th</sup>.

The Team will plant a row of garlic in the next couple of days, and we will have some for next summer@

## Ancestral

Completed the first run of Xwísten's traditional harvesting field guides and Elders copies were distributed, if you are a community member or Elder that didn't receive one, please contact us and we will make sure you will receive a copy. More trees, shrubs and plants were planted at the restoration site at Camoo. The Team also spent some time helping social development with processing fruit, canning fish and fished for their department. Next year will be a big year for the Ancestral program!

## Community garden

The Elder's plot was planted, and some traditional perennial plants were planted in the garden, Unfortunately the community member plots were unused this year, hopefully they will be used next year, there is plenty of water and support for community members! Again, hopefully community members will use the community garden next year!

The Xwísten food systems program is going well so far! and slowly developing into a sustainable food system that will be capable of supply the community with nutritious food. Thank you to all the Funders that provided a lot of funds to develop the Farm and funding for the Food systems program

## The Agriculture Funders:



**NEW RELATIONSHIP TRUST**  
Empowering First Nations in British Columbia



**BRITISH COLUMBIA**



**United Way**  
British Columbia



**Agriculture and  
Agri-Food Canada**

**Agriculture et  
Agroalimentaire Canada**



**FIRST NATIONS  
PUBLIC SERVICE SECRETARIAT**



**I-SPARC**  
Move | Play | Compete

Ancestral & Community Garden funders:



**I-SPARC**  
Move | Play | Compete



The collective Funding Total was just over Million dollars.

Majority of the funding came from Michael McGee, he worked on the Agriculture funding in the beginning and did a lot of groundwork to access the land and funding for the project, Mr. McGee Did a tremendous amount of work and then mentored along the way the past couple of years.

A Great Man and will be greatly missed

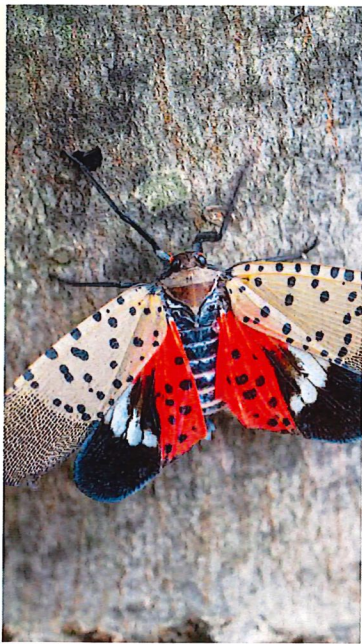


Matthew Davidson

Food Systems Coordinator

250 256 7423 ext. 874

Email: [foodsystems.coord@xwisten.ca](mailto:foodsystems.coord@xwisten.ca)



## SPOTTED LANTERNFLY AND TREE-OF-HEAVEN: WHY EVERYONE SHOULD TAKE NOTICE

For the first time, Spotted Lanternfly has been officially detected in Canada. The Canadian Food Inspection Agency (CFIA) confirmed the invasive insect in Windsor, Ontario, in September. While Spotted lanternfly has not been detected in Lillooet or established in Canada, early detection is vital because this insect can attack over 70 types of trees and plants including grapes and fruit trees. One reason LRISS is paying attention? Tree-of-Heaven, the Spotted Lanternfly's preferred host, is already present in the Lillooet area.



### WHY TREE-OF-HEAVEN IS AN INVASIVE THREAT

Tree-of-Heaven (*Ailanthus altissima*) is an invasive tree that can form dense thickets and spread aggressively through both seeds and an extensive root system. It is also closely associated with spotted lanternfly and is an important plant to watch when surveying for the insect. One of its close look-a-likes is Sumac, native to our area.

You can identify Tree-of-Heaven by:

- Large compound leaves with 10–25 leaflets
- Leaflets have mostly smooth edges (sumac has serrated edges)
- 1–3 rounded teeth near the base of each leaflet
- Crushed leaves produce a distinctive unpleasant odour
- Small, yellow-green flowers grow in loose, cone-shaped clusters



LRISS recently supported the removal of Tree-of-Heaven at the Chenault Gravel Pit north of Lillooet, working with the Ministries of Transportation & Transit and Forests, with support for treatment from the T'it'q'et-P'egp'ig'lha Council, Xaxlí'p Community Forest and Sekw'el'was Council.

Because cutting alone can trigger new growth from its extensive root system, follow-up treatment with targeted herbicides is planned to prevent regrowth and support long-term management of the site.

### HAVE YOU SEEN TREE-OF-HEAVEN?

If you think you have Tree-of-Heaven on your property or spot one elsewhere in the region, take a photo and report it to LRISS so we can confirm the identification and add it to our inventory.



Iriss.ca



@Irinvasives



info@lriiss.ca



**LILLOOET REGIONAL**  
INVASIVE SPECIES SOCIETY

# NQELZATEN

Sweat in a sacred place

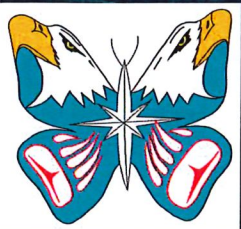
**Split Rock**

**Sunday and Monday,  
October 25, and 26<sup>th</sup> 2026**

9:00am October 25<sup>th</sup>

9:00am October 26<sup>th</sup>

Bring sweat gear, Towel, and a snack to share



**please contact:**

**Linda McDonald**

**LAND BASED HEALING COORDINATOR**

**SOHS 250-256-7523**

**CELL: 250-256-3632**

**[linda.mcdonald@statimcltc.ca](mailto:linda.mcdonald@statimcltc.ca)**



# Sue Armann

# Soul Coaching

October 26 '26

Snacks Provided

Group session starts at 4:00 - 7:30

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October 27 '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

# 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.



**OCTOBER 26, 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.Stát'imc  
Primary Care Centre



# 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.

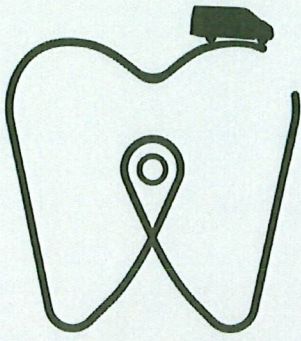
I grew up in Lillooet and have been back for over 5 years, practicing at Lillooet dental since 2021.

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



# 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!**

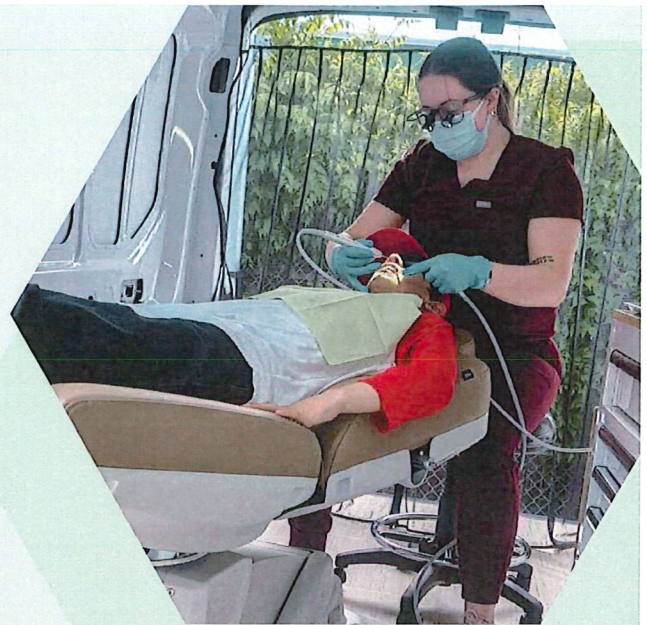
## CONTACT US

 778-231-0475

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

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

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



# BRIB HEALTH APPOINTMENTS

## OCTOBER 2026

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

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

|                                          |                                                                            |
|------------------------------------------|----------------------------------------------------------------------------|
| Wednesday October 7th<br>8-4:20pm        | <b>Amy Foot Care</b> Please book appointment with Ann                      |
| Friday October 9 <sup>th</sup><br>12-4pm | <b>Dr. Ejaz</b> Please book appointment with Ann                           |
| Monday October 26 <sup>th</sup><br>1-4pm | <b>Dr. Humber</b> Please book appointment with Ann                         |
| Date to be determined                    | <b>NP Micha</b> Please book appointment with Ann                           |
| Date to be determined                    | <b>RD Magda</b> Please book appointment see poster for details             |
| 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.



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

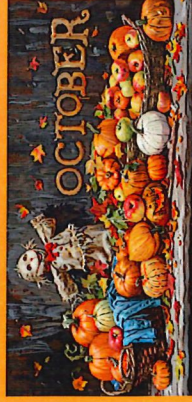
### INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

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

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



# October 2026



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

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

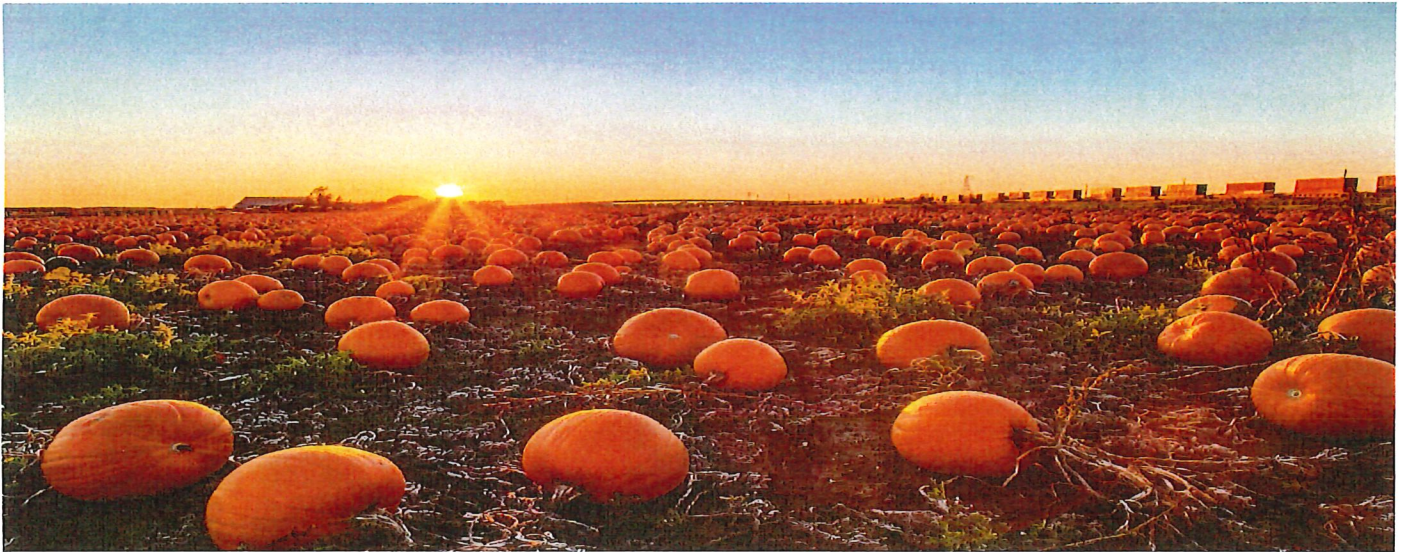
Paraffin Wax Therapy Tuesdays and Prenatal visits Thursdays are Walk-In

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

# October

# 2026

## Rose & Daphne Home & Community Care



| Sunday | Monday                                 | Tuesday                     | Wednesday                   | Thursday                                | Friday                   | Saturday                 |
|--------|----------------------------------------|-----------------------------|-----------------------------|-----------------------------------------|--------------------------|--------------------------|
|        |                                        |                             |                             | 1<br>Clients/ In<br>Office              | 2<br>Clients/ In Office  | 3                        |
| 4      | 5<br>Clients/ In<br>Office             | 6<br>Clients/ In<br>Office  | 7<br>Clients/ In<br>Office  | 8<br>Clients/ In<br>Office              | 9<br>Clients/ In Office  | 10                       |
| 11     | 12<br>Thanksgiving<br>Office<br>Closed | 13<br>Clients/ In<br>Office | 14<br>Clients/ In<br>Office | 15<br>Clients/ In<br>Office             | 16<br>Clients/ In Office | 17                       |
| 18     | 19<br>Clients/ In<br>Office            | 20<br>Clients/ In<br>Office | 21<br>Clients/ In<br>Office | 22<br>Community<br>Dinner<br>Flu Clinic | 23<br>Clients/ In Office | 24                       |
| 25     | 26<br>Clients/ In<br>Office            | 27<br>Clients/ In<br>Office | 28<br>Clients/ In<br>Office | 29<br>Clients/ In<br>Office             | 30<br>Clients/ In Office | 31<br>Happy<br>Halloween |

(250) 256-7423 Ext. 868 Or 778-209-8933

# October

## 2026



Garry Dunn

Community Wellness Coordinator

Office 250-256-7423 ext. 870

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

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



Xwisten Headstart  
Daycare

Monday to Friday  
8A.M. TO 4P.M.

Daycare  
250-256-7667  
Cell

778-209-9890

ECE Teachers  
Dee Kropp  
Willia Peters

Interim Manager  
Josephine Froste  
250-256-7423  
Ext 877

| SUNDAY                                                                                                                          | MONDAY                                                                                                                         | TUESDAY                                        | WEDNESDAY                                      | THURSDAY                                | FRIDAY                                    | SATURDAY                  |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------|-----------------------------------------|-------------------------------------------|---------------------------|
| SEPTEMBER 2026<br>S M T W T F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30 | NOVEMBER 2026<br>S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 |                                                |                                                | 1<br>Fall Apple<br>Popsicle<br>Stick    | 2<br>Scrap paper<br>fall leaf             | 3<br>276/69               |
| 4<br>277/65                                                                                                                     | 5<br>278/67<br>Paper plate<br>turkey w/<br>name                                                                                | 6<br>279/66<br>Paper bag<br>scarecrow          | 7<br>280/65<br>Leaf<br>Collection              | 8<br>281/64<br>Leaf<br>Tracing          | 9<br>282/63<br>Centerpiece<br>making      | 10<br>283/62              |
| 11<br>284/61                                                                                                                    | 12<br>285/60<br>THANKS<br>GIVING                                                                                               | 13<br>286/79<br>Hot<br>chocolate<br>day        | 14<br>287/78<br>Paper plate<br>pumpkin         | 15<br>288/77<br>Scarecrow<br>Mason Jar  | 16<br>289/76<br>Craft stick<br>fall truck | 17<br>290/75              |
| 18<br>291/74                                                                                                                    | 19<br>292/73<br>Coffee<br>Filter<br>Turkey                                                                                     | 20<br>293/72<br>Life sized<br>Scarecrow        | 21<br>294/71<br>Popsicle<br>Stick<br>Scarecrow | 22<br>295/70<br>Handprint<br>Apple tree | 23<br>296/69<br>Fall Leaves<br>Wreath     | 24<br>297/68              |
| 25<br>298/67                                                                                                                    | 26<br>299/66<br>Ghost<br>Making<br>Craft                                                                                       | 27<br>300/65<br>Marshmallo<br>Mummy<br>pumpkin | 28<br>301/64<br>Handprint<br>Spiders           | 29<br>302/63<br>Q-Tip<br>Skeleton       | 30<br>303/62<br>Paper Plate<br>Spiders    | 31<br>304/61<br>Halloween |



northern St'at'imc  
Primary Care Centre

# October 2026

📍 **107-7<sup>th</sup> Avenue | Tel 236-417-3000:** Shannon McDonald Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Roni Shintah Wellness Navigator

📍 **296 Main Street | 250-256-7017 | Fax 250-256-4930:** Renee Angus MOA, Kate Aleck Mental Health Clinician, Micha Kingston Nurse Practitioner, Dr. Nancy Humber Medical Lead

| Sunday | Monday                                        | Tuesday | Wednesday | Thursday                                            | Friday                          | Saturday |
|--------|-----------------------------------------------|---------|-----------|-----------------------------------------------------|---------------------------------|----------|
|        |                                               |         |           | 1                                                   | 2                               | 3        |
| 4      | 5                                             | 6       | 7         | 8<br>NP Sekw'el'was<br>Mental Health<br>Sekw'el'was | 9                               | 10       |
| 11     | 12<br>Office Closed<br>Thanksgiving Day       | 13      | 14        | 15                                                  | 16<br>Mental Health<br>T'salalh | 17       |
| 18     | 19                                            | 20      | 21        | 22<br>Mental Health<br>Sekw'el'was                  | 23                              | 24       |
| 25     | 26<br>NP Xaxli'p<br>Footcare<br>Soul Coaching | 27      | 28        | 29                                                  | 30<br>Mental Health<br>T'salalh | 31       |



Po Box 131

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INTERIOR REGION

First Nations Health Authority

## OCTOBER 2026 NEWSLETTER

HAPPY BIRTHDAY WISHES going out to: Grand-nieces & Nieces Lucas & Badger on 6<sup>th</sup>, Florence on 11<sup>th</sup>, Kiara May on 21<sup>st</sup>, Grand-nephews Antoine M on 21<sup>st</sup>, Declin on 23<sup>rd</sup>, Brother Everett on 22<sup>nd</sup>, Cuzzie Kimmy on 14<sup>th</sup>, Dot Sue Cook on 17<sup>th</sup>.

Have a WONDERFUL DAY <3 😊

Also HAPPY BIRTHDAY WISHES to: Friends Claude, Deb T, Brucie, Nelson T, Art P, have a FABULOUS DAY!! 😊

HAPPY THANKSGIVING to everyone, hugzzz, prayers, strength n love to you all... Hope this month brings us all closer together during our Family times and giving thanks for what we have and about to receive.

Sorry, NO PIZZA NITES for a while, while I'm recovering. Am doing ok, slow healing but on the mend, kinda bored n going stir crazy. If you want to visit, you will have to use the back door for now, can't exactly run down the stairs lol...

Time to switch gears again, summer is over, now to dig out all our winter stuff... brrrr, order that much needed wood, time to bundle up.

Sending Prayers, Strength, Endurance to all that needs it, and there are many of us.

From Sister, Aunty, Friend, Cuzzy Debbie Jack... Love you all

---

Welcome Home to Shirley Innes & Aleric Innes

Happy Birthday to Arthur Peters Oct 26

-From Lena, Matthew, Aggie & Stacy

# October 2026 Birthdays

| Sun                                                                              | Mon                                                                                                                                                   | Tue                                                                                                                                            | Wed                                                                                                                                                  | Thu                                | Fri                                                                                                                                         | Sat                                                  |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
|  |                                                                                                                                                       |                                                               |                                                                     | 1                                  |  2<br>Sebastian Davidson<br>Aaron Dawson<br>Claude Terry | 3<br>Esmond James<br>Ozinna Sheena<br>Shonoah Thomas |
| 4                                                                                |  5                                                                   |  6<br>Badger Jack<br>Latoya Jack<br>Dynasty James             |  7<br>Lindsay Russell                                               | 8                                  |  9<br>Colleen Ledoux                                     | 10                                                   |
| 11<br>Florence Jack<br>Tyrone Napoleon-Joseph                                    | 12                                                                                                                                                    |  13<br>Julianna Alexander<br>Alison Fenton<br>Makaya Thomas |  14<br>Rosey Allen<br>Kim Diamond-Schartz<br>Jaylene Napoleon-Tom | 15<br>Dorothy Middleton            |  16<br>Kaylee James                                    | 17<br>Ponch Jones                                    |
| 18<br>Devon O'Brien                                                              |  19<br>Gordon Gurney-James<br>Eugene Terry<br>Sylas Terry-Aubichon | 20<br>Wallace Peter                                                                                                                            |  21<br>Antoine Michel<br>Debbie Tom<br>Kiara Tom                  | 22<br>Maurice Terry<br>Everett Tom |  23<br>Declin Dan                                      | 24<br>Allison James<br>Lorne James                   |
| 25<br>Cecilina Aleck<br>Brooklynn Maylor                                         |  26<br>Arthur Peters                                               | 27                                                                                                                                             |  28<br>Drayden James-Saul<br>Joscelyn Richard                     | 29<br>Bruce Vaughan                |  30<br>Nelson Terry                                    | 31<br>Zachery Golden                                 |