

XWISTEN NEWSLETTER

APRIL 2024

Earth Day April 22



Bridge River Indian Band

PO Box 190 Lillooet BC, V0K 1V0

12210 Joseph Road

Phone 250-256-7423

Toll Free 1-888-256-7423

Admin Fax 250-256-7999

Health Fax 250-256-2443

Lands Office 250-256-7997

Management 250-256-4061



Office will be CLOSED

Friday March 29 - Monday April 1

Reopening - Tuesday April 2



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



March 28, 2024

To Xwisten Members,

Re: **Xwisten April Newsletter Update**

The following are updates for this month:

- **Watch for other meeting dates to continue working on data for drafting Xwisten Membership Code, requires your input and recommendations**
- Thank you to Aspen for delivering wood and the wood station is still open on weekends and Kenny Thomas onsite 8am-2pm
- Gates closed for transfer station, due to people dumping items on the ground and will be open week days during 8am to 2pm and will can be opened by Kenny Thomas onsite on the weekends 8am to 2pm, see Kenny at the wood station to unlock the gate
- [Xwisten Fire Volunteers still looking for new members](#) ongoing
- Will be putting up house sprinklers soon
- To check your yard house for FireSmart fire prevention
- David McKay, FireSmart Coordinator will be contacting you to review your FireSmart house assessment
- **Current Band job postings:** ECE Worker, Finance Office Clerk, Lands Manager, Biologist Supervisor, Lands Front Desk Assistant, Casual Workers, Casual Bus Driver, Homemaker, Health Front Desk, check our website and Facebook for more information
- Housing Department following up on repairs, maintenance and applying for renovation funding and working on rental & home maintenance renewals
- Telus Internet Fibre now installing fibre on reserve
- **Reminder to those with outstanding House Arrears to make a re-payment plan and thank you to Members who are following through with their commitments**
- **Reminder Band Meeting April 14, 2024**
- **Xwisten Earth Day 21, 2024, see poster for more details**
- **Band Office CLOSED Friday March 28, 2024 and closed Monday April 1, 2024**
- 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

Gary Forsyth
Administrator



BRIDGE RIVER INDIAN BAND (Xwisten)

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March 28, 2024

To Xwisten Members,

Re: Xwisten April Newsletter Housing Update

- **Bridge River Indian Band was approved for 2 triplex build in 2024** and build starting soon
- **Reminder for housing agreements and home maintenance renewals**
- Researching Bylaws for whole reserve
- Currently applying for funding for larger house renovations
- Working future infrastructure projects, leading to new builds ongoing
- Encourages Xwisten Members to apply for Home Maintenance Services Plan to assist with minor home repairs
- **We encourage all dogs to be on a leash or fenced yard** and clean up pet feces for health and safety reasons
- Plan for spring yard cleaning and fire prevention maintenance
- Reminder Xwisten Earth Day Sunday April 21, 2024

Blaine Kane

Operations & Maintenance,
Infrastructure & Housing Manager





2024

Xwísten
EARTH DAY

Date: Sunday April 21st

Time: 9 am – 5 pm

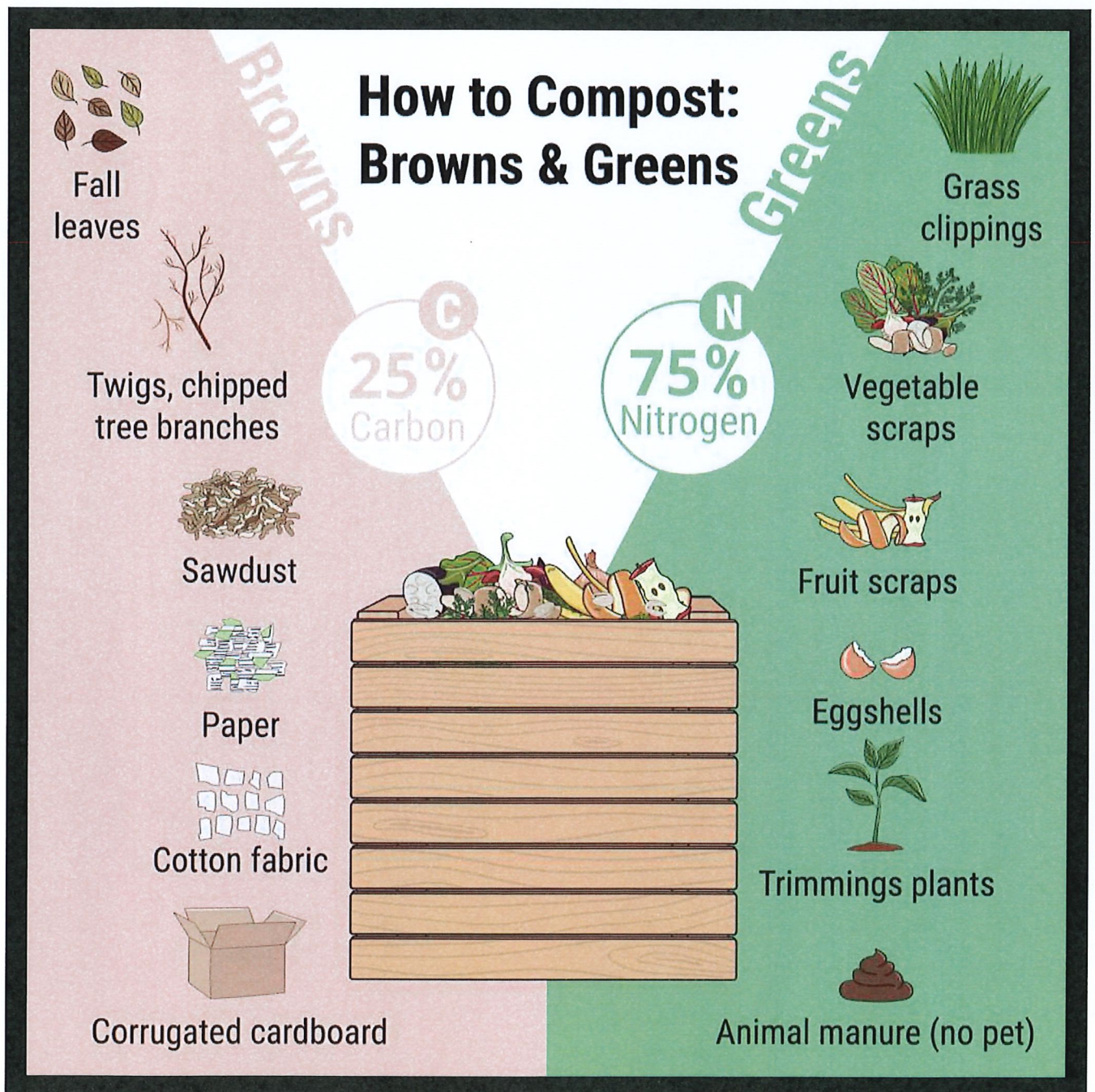
Bags and gloves will be
provided

Bins will be labeled in front of Admin building
Crews will be available for items pick up
Please don't forget to sign in when you arrive

ON EARTH DAY! April 21st 9-5

We will be accepting compostable materials at the
Community Garden 😊

If you are unsure about an item please ask Christina
Ledoux when signing in at the Band office.



What is considered compostable materials suitable for your garden?

IBERDROLA

Which types of waste can go in the compost and which should not?

WHAT TO COMPOST (with green checkmark icon)

- Vegetable scraps
- Household or garden plants
- Garden and vegetable patch waste
- Fruit scraps
- Egg shells
- Nut shells
- Coffee grounds, tea leaves and herbal teas
- Paper napkins and kitchen roll
- Cardboard

WHAT NOT TO COMPOST (with red X icon)

- Meat or fish scraps
- Diseased or insect-ridden plants
- Plastic or glass waste
- Batteries
- Greases and oils
- Pet waste
- Cigarettes
- Medications

COMPOST #COMPOSTING **NO**

YES! All foods (raw, cooked, scraps) and plant trimmings

Leave produce bags/stickers **OUT** of your collection.

YES! Compostable paper products (paper only — no plastic)

MATERIALS CAN BE COLLECTED LOOSE AND FREE!
If you choose to bag your food scraps, use only paper bags or certified BPI compostable "bio bags."
NO OTHER TYPE OF BAGS WILL BE ACCEPTED.

NO!

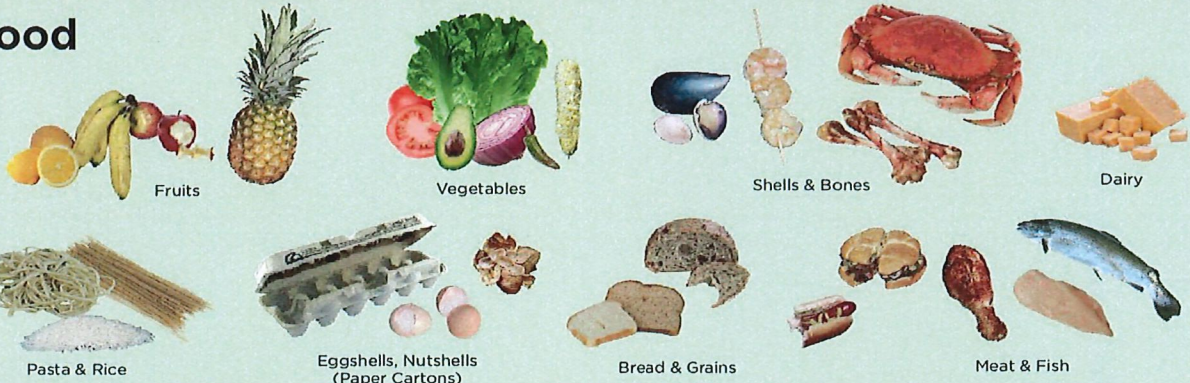
- Plastic bags and wrappers
- Plastic-coated (shiny) take-out boxes and plates
- To-go hot and cold drink cups



Food + Compostables

! NO Plastic. NO Metal. NO Glass. NO Liquids. !

Food



Food Soiled Paper

*No plastic or metal lined paper



Approved Compostable Packaging*

*Only Brown Cutlery Accepted



*Approved compostable packaging: cedar-grove.com/commercial/accepted-items/

Plant, Flower & Yard Waste



Garbage

Put these items in your garbage



Recycling

Put these CLEAN, EMPTY & DRY items in your recycling



For more information, call 877-994-4466



BRIDGE RIVER INDIAN BAND

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Job Posting

Xwisten Health Reception

Full-time (35 hours per week)

The health reception will report to the Health Manager, the successful candidate will provide support to all the Xwisten-Bridge River Indian Band Health Departments.

Primary Duties and Responsibilities:

- Provide assistance to Xwisten Health Departments as needed.
- Customer service.
- Filing, Faxing, Photocopying, Scanning.
- Creating and Distribution. Assist with developing health related posters of events as needed.
- Daily Monitoring temperatures of the Xwisten Medication Fridge and Keep a log of the readings.
- Maintain and monitor the health offices frost desk area.
- Adhere to workplace health and safety policies.
- Participate in Monthly Health Team Meetings.
- Perform other health related duties as required.

Qualifications:

- 2-3 years of relevant experience.
- Valid Driver's License and Reliable Vehicle.
- First Aid Certification. Level C CPR Certification (or willing to obtain within a set time frame).
- WHIMIS Certification (or willing to obtain within a set time frame).
- Vulnerable Sector, Criminal record Check.

HOW TO APPLY:

Wage: \$18.00 to \$20.00 per hour minimum and depending upon experience

Deadline: April 12, 2024

Please submit your Cover Letter and Resume to:

**Gary Forsyth, Administrator
Bridge River Indian Band
P.O. Box 190, Lillooet BC, V0K 1V0
Fax: 250-256-7999**

While we welcome all candidates, only those selected for an interview will be contacted



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Job Posting

EARLY CHILDHOOD EDUCATOR

Full Time Permanent Position

Bridge River Head Start / Daycare Program is seeking an individual to commit to providing high quality care to children aged 0-6 years with interest in working in a unique program and ensuring that there is use of best practice provided during the program delivery.

Duties & Responsibilities:

- Ability to work with parents, children, and elders
- Must Participate in all aspects of the program including outdoor activities, luncheons, community functions and workshop / training opportunities
- Strong communication skills (Oral and Written)
- Strong computer skills an asset (Email, Word, Excel, PDF, PPT, Outlook, Fax, Photocopier, Scanner)
- Assist with administrative duties (or willing to learn) report writing, filing, proposal writing, daily attendance, invoice writing as per parent/guardian and government agencies, etc.
- Apply St'at'imc cultural values and benefits to all aspects of daily programming
- Work flexible hours and willing to attend conferences & professional development programs, sometimes outside of office hours
- Chaperone all trips, Driving Bridge River Head Start / Daycare vehicle as needed
- Maintain the cleanliness and service Bridge River Head Start / Daycare vehicle routinely
- Other duties as assigned by Headstart/Daycare Supervisor, Health Manager, Administrator and Chief and Council

Qualifications:

- Early Childhood Education License to Practice
- CPR Infant First Aid
- Clear Criminal Record Check
- Current on all immunization shots
- Food Safe Certificate
- Class 4 Drivers License preferred
- Speak the basic St'at'imc words and commands an asset (or willing to learn)
- Knowledge of St'at'imc Traditions and Culture an asset

Wage: \$23.00 to \$25.00 per hour minimum and depending upon experience

Deadline: April 12, 2024

Please submit your Cover Letter and Resume to:

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Job Posting

HOMEMAKER

Fulltime Position assisting Elders Coordinator

Xwisten Social Development requires one homemaker to provide housekeeping services to Elders and adults requiring in home care on reserve, while the person is home. This person must be reliable, have good communication skills, and have their own transportation. The hours are flexible but a regular schedule must be maintained with the elders to be respectful of their time.

Duties – General Housekeeping including:

- Floors: Sweep / Vacuum / mop floors
- Clean & Sanitize bathroom (tub, toilet, vanity, floors)
- Change bedding
- Dusting
- Dishes (Wash, Dry, & Put Away)
- Collect garbage & recycling and take to bins
- Annual cleaning including cleaning cupboards, washing walls & appliances, shampooing the rugs.

Qualifications:

- Previous experience working with Elders
- Previous Cleaning experience
- Excellent Communication Skills
- Physically Fit to complete the tasks listed above
- Ability to clean efficiently in the limited hours allotted
- Reliable Transportation to the homes
- Pass a criminal record check and have a Class 5 Drivers License and own transportation
- Preference will be given to Bridge River Band Members & Community members

Wage: \$23.00 to \$25.00 per hour minimum ~ Depending on experience

Deadline: April 12, 2024

While we welcome all candidates, only those selected for an interview will be contacted

To apply submit resumes and cover letter to:

Gary Forsyth, Administrator

Bridge River Indian Band

PO Box 190

Lillooet, BC V0K 1V0

Fax: 250-256-7999



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JOB POSTING

BIOLOGIST – PROJECT SUPERVISOR

Full-time

The Biologist is responsible to work on all programs within the department which represents a wide variety of initiatives and projects that include planning and the operational management of natural resources such as water, fish, and wildlife with the goal of ensuring long-term sustainability throughout the Xwísten territory.

Biologist position will develop new projects/research initiatives through grant writing and the development of collaborations/partnerships with federal and provincial agencies, First Nations, and academia.

Responsibilities and Experience:

- Design and implement fisheries-related projects, and other biological programs, as required.
- Oversee the collection of biological samples and monitoring data.
- Oversee data entry, QA/QC, database management.
- Provide technical direction and mentorship to junior staff.
- Analyze data, prepare technical reports and peer-reviewed publications.
- Develop proposals and project budgets, oversee and manage project.
- Represent Bridge River at technical meetings, conferences, and workshops, as required.
- Engage with federal and provincial natural resources management agencies on permitting, project coordination and implementation, as required.
- Provide technical support to First Nations partners.
- Complete timesheets, expense reports, tracks billable hours by project.

Required Qualifications and Certificates:

- RP BIO Certification
- M.Sc. in biology (ecology) or fisheries/wildlife science.
- 10 years of experience in an ecology- or natural resources management-related field, with at least 5 years of fisheries-related project management experience
- Field experience with Sonar, Telemetry and Resistivity monitoring and data management.
- Proficiency in MS Office, statistical analysis, and with other specialized software, e.g., R, JMP, Sigmaplot, GIS.
- Electrofishing certification.
- Swift Water rescue certification.
- WorkSafeBC – Level 1 First Aid and Transportation Endorsement.
- Valid driver's license.

Required Knowledge, Skills and Abilities:

- Knowledge of Xwísten values and culture.
- Demonstrates exceptional interpersonal skills and demonstrates ability to deal tactfully with elected officials, co-workers, community representatives and Xwísten members on various matters, including those of a sensitive nature.
- Demonstrates written and oral communications skills including exceptional presentation and public speaking
- Ability to use information technologies (computers, mobile devices, etc.) including familiarity with presentation development tools, education programs and social media applications.
- Physically able to perform the duties of the position, punctual, organized, and dependable.
- Able to work independently and as part of a team.
- Flexible and adaptable to changing priorities.
- Good physical condition to do field work.
- Ability to work in adverse weather conditions.

Salary: \$75,000 to 80,000

Closing Deadline: April 12, 2024

Fax Cover Letter with references and Resume to:

Gary Forsyth, Band Administrator

Fax: 250-256-7999

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JOB POSTING LANDS MANAGER

Situated along the scenic shores of the majestic Fraser River and Bridge River, this is an amazing opportunity for the right candidate to live and work in one of British Columbia's greatest natural landscapes. The town of Lillooet provides all the amenities needed for healthy living, shopping, recreation, medical, schooling, and outdoor adventures. The area is well-known for its vineyards and vibrant agricultural prominence nestled within the Fraser River valley with real-estate properties and hobby farm opportunities possible.

You will be supported by a multidisciplinary team of season skilled technicians and specialists in forestry, fisheries management, mapping, monitoring, cultural heritage protection and enhancement to name a few. Additional responsibilities range from overseeing the lands operations, receiving and managing referrals, directing staff, attending meetings and working closely with administration and leadership in the effective stewardship and protection of Xwísten's Territory (the "Territory"). This is a fulltime salaried position with generous group health benefits and pension provided. Relocation assistance will be considered. Training and professional development provided. Some travel may be necessary.

Duties and Responsibilities

- Manage and oversee the Xwísten lands office department, staffing and operations.
- Oversee all activities related to resource development in the Territory.
- Supervise, mentor, support and direct the lands and fisheries staff
- Provide lands and resources information and updates to the Chief & Council on a regular basis
- Evaluate land use and developing protection policies, guidelines and provided leadership recommendations
- Maintain files on land and land use within the Territory.
- Oversee the lands referrals system tracking system and responding to referrals.
- Keep records of all lands related matters
- Utilize appropriate project management techniques to meet deadlines
- Participate in meetings and negotiations, and develop agreements with government and proponents.
- Manage program and project budgets and expenditures
- Complete reporting as may be needed.
- Manage all files and documents effectively.
- Stay informed and up to date with trends, techniques and issues in land management
- Participate in policy reviews, symposiums, activities and/or meetings
- Prepare for and make public and private presentations to large and small audiences.
- Other related duties as may be assigned by Chief & Council and or Administrator.

Preferred Qualifications

- Post-secondary degree in natural resource management, finance, governance or other related field or an equivalent combination of training and experience.
- Training or experience in developing and managing budgets and project management.
- Knowledge and experience of working within an Indigenous environment.
- Knowledge of Indigenous Title and Rights
- Knowledge of natural resource disciplines, activities and permitting.
- Solid understanding and knowledge of relevant environmental legislation and regulatory requirements
- Well organized with excellent time management and multitasking abilities.
- Excellent verbal, written, and interpersonal skills
- Ability to write proposals and/or apply for grants
- Proficient in Microsoft Office and other database platforms.
- Level 1 First Aid and Transportation Endorsement an asset.
- Physically able to work in all-weather conditions and walk on uneven terrain at times and lift objects.
- Possess a valid BC Class 5 driver's license with clean drivers abstract

Salary Range: \$72,500 - \$90,000 minimum and depending upon experience

Deadline: April 12, 2024

Please submit your Cover Letter and Resume to:

Gary Forsyth, Administrator
Bridge River Indian Band
PO Box 190, Lillooet BC, V0K 1V0
Fax: 250-256-7999

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Xwísten Elders Bingo!!

Will be supporting St'at'imc Graduates of 2024!!

When: Friday April 5th, 2024

Doors open @ 5:30pm!!

Where: Bridge River Gymnasium

Bingo Cards Will Only Be Sold at Place and Time of Event

6pm Walkins

6:30pm Early Birds (\$2.00 Each)

7pm Regular Games

Books - \$20.00 for 6up Book + \$1.00 for additional 3ups

Specials \$2 each

Concession Items Will Be Available.

Door Prize Donations Are Welcome.

Thank You in Advance to All Volunteers





Xwísten Elder's Tea / Coffee

Let's get together and share some laughs and stories over a warm beverage. Some light snacks will be provided and a few door prizes.

Who: Xwísten Community Elders

Where: Bridge River Multipurpose Room

When: Wednesday April 10th at 1pm - 3pm



If you need a ride, give me a call at **256-7423** ext **239** and we can work something out.

Hope To See You There!!

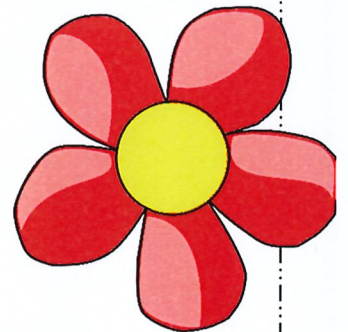


Xwísten Elder's Luncheon

Who: Xwísten Community Elders

Where: Bridge River Multipurpose Room

When: Wednesday April 24th at 12pm - 3pm



Here we will discuss upcoming events – where and who wants to go, fundraising ideas, volunteers, activities you would like to do and be a part of.

If you need a ride, give me a call at **256-7423** ext **239** and we can work something out. Please also update allergy lists!!

Jess – Xwísten Elders Coordinator

APRIL 25, 2024

5 p.m. – 7 p.m. in Gym



Community Dinner

Come meet the Xwisten
Education team 🙌

Xwisten members of **all ages**
welcome to attend.

Education Information Booths.

**Bus will be available for
commuting.**



**Hosted by: Education &
Community Development**

Bridge River Elders

Rolling Bingo

Where: In the Gym at the Band Office

When: April 26, 2024

Time: Doors Open @ 5pm Early Birds start @ 6pm

Toonie Ball \$728

Rolling Jackpot \$675 In 56#s or Less



For a 6up Book \$22, 9up Book \$23 and so on....

XWISTEN ELDERS

BINGO

**WHEN: APRIL 27TH, 2024
DOORS OPEN 11AM**

WHERE: BRIDGE RIVER GYMNASIUM

**Bingo Cards Will Only Be Sold
at Place and Time of Event**

11:30am Walkins

12pm Early Birds (\$2.00 Each)

12:30pm Regular Games

Books - \$20.00 for 6up Book + \$1.00 for additional 3ups

Specials \$2 each

**Concession Items Will Be Available.
Door Prize Donations Are Welcome.**

**Thank You in Advance to All
Volunteers!!**

Before signing up please contact

Social Development

S-100 & S-185

Basic Fire Suppression and Safety

&

Wildfire Entrapment Avoidance

Date: April 20 & 21

Time: 9:00 to 4:00

Where: Lillooet Tribal Council Board Room

Cost: \$ 150.00

16 Seats Available

Contact 1: Denice Wennerstrom @ 250-256-3359

Contact 2: Darryl Adrian @ 250-256 7523



Xwisten Elders Raffle

Fundraising For
Elders Annual
Gathering

2024



1st Prize – White Leather Gloves with fringe and beautiful beadwork.

2nd Prize – Handmade Moccasins with beautiful beadwork – would fit a women's size 6 shoe.



3rd Prize – 14" Handmade drum with drumstick.

>>>



4th Prize – Beaded wristlet & Beaded lanyard cardholder.

<<<



Tickets are \$5 each, being sold by Jess, Elders Coordinator & Some Xwisten Elders.

There are 2 different size books being sold - \$25 & \$50

Learning the Songs and Dance

With Sonia & Everett

6 p.m. to 7:30 p.m.

Multi-Purpose Room

April

2nd and 4th

9th and 11th

May

14th and 16th

21st and 23rd

28th and 30th

June

4th and 6th

11th and 13th

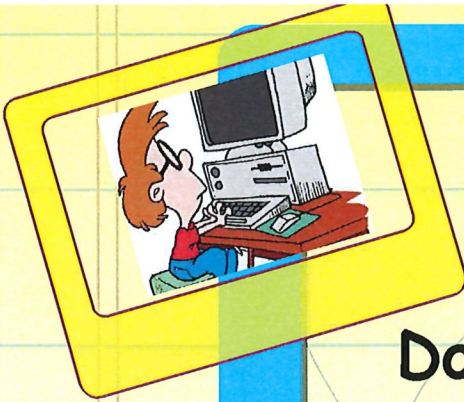
18th and 20th

25th and 27th

July

2nd and 4th

(please note that under 7 year-old learners must be accompanied by an adult)



Aja Moore

Do you need a Tutor?
How can a Tutor help?



Tutoring for ALL ages

Are you struggling with your studies or filling out applications?

Are you looking for new ways of learning and comprehending?

The benefits of having a Tutor include but are not limited to:

- Offers a unique and individualized learning experience.
- Increases good study habits.
- Improves academic performance, retention, and personal growth.
- Encourages higher level of thinking.
- Improves self-esteem.
- Helps you become an independent learner.
- Puts you in charge of your own learning process.

Contact Aja Moore: tutoring@xwisten.ca



Language Matters

SPEAKING ABOUT SUBSTANCE USE

The words we use to describe people who use drugs can be a barrier to them seeking help.

Use person-first language. Labels such as “addict” dehumanize people and takes away from our individual identity. We are not defined by our health conditions.

Avoid slang and idioms. They are usually negative and stigmatizing.

Use language that is inclusive, positive and empowering.

Reinforce the medical nature of the issue. Avoid language that suggests a personal or moral failing.



Drug overdose	Toxic drug poisoning
Overdose crisis	Drug poisoning crisis
Addict	Person who uses drugs
Druggie	Person with a substance use disorder
Dirty needle	Used needle
Reformed addict	Person in recovery
Clean and sober	Substance free, or in recovery
They, them, those people	We, us, people, individuals
Victim, suffering from addiction	Person experiencing, or being treated for addiction





DJ's Take-n-Bake

“Homemade Pizza” By Deb Jack,
to order

Ph #: 250-256-4135 or on Facebook

Date: April 19th & 20th, 2024

I will be making '16 PIZZA'S, 8 each day.

PRE-ORDERS---First come - First served!!!

Sizes: 12” & 15”

If you have your own pizza pans, please drop them off, if not bring something to put under pizza pan for stability.

Flavors & Prices: *NEW \$*

12” Hawaiian or Pepperoni → \$18.00ea.

12” Loaded is → \$20.00

15” Loaded -- \$25.00ea / Hawaiian & Pepperoni -- \$20.00ea

**15” pizza's will be made on my own pans, BR customers only,
(unless you bring your own 15” pans)**

e-transfer: gotemcovered@msn.com or
debbie.jack55@outlook.com Auto-deposit

U-COOK at home, at 400° for 30 min.

First orders go out at about 5 PM (unless specified otherwise)

Please leave a PH #, I will call if ready earlier) Thank you ☺ and enjoy!

APRIL 2024 NEWSLETTER

HAPPY BIRTHDAY WISHES to Nephew Elijah on 7th, have a wonderful day 😊

Happy Birthday wishes to Levi, George, Livy, Clifford, Ness, hope you all have a fantastic day...

Happy Birthday to all the BR Elders for the month of April...

Oh my!! Spring is Sprung, so lotsa Cleaning, planting, organizing & PURGING etc, etc... get'er done 😊

HAPPY EASTER to you all, stay safe, and have some happy & fun family time...

April's PIZZA NITES April 19th & 20th, get your orders in a.s.a.p. FB or phone me 250-256-4135

Starting April 15, 2024, I will do a once-a-month CHICKEN & RIBS DINNER Sales, watch for my poster coming soon. 😊

Happy Birthday Wishes! TO
daughter Bonnie - April 10,
GRANDSON Kameron - April 16,
GRANDSON Aiden - April 21.
LOVE GRAM, PAPA, BOYS & TONEA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Easter Everyone!!!	Easter Monday – Office Closed 1	Home / Phone Visits 2	Home / Phone Visits 3	Chair Exercises 10:30am-12 MPR 4	Bingo 5:30 – 10pm Helping St’at’imc Grads 5	6
7	Chair Exercises 10:30am-12 MPR 8	Home / Phone Visits 9	Elder’s Tea 1-3pm MPR 10	Chair Exercises 10:30am-12 MPR 11	Home / Phone Visits 12	13
14	Chair Exercises 10:30am-12 MPR 15	Home / Phone Visits 16	Home / Phone Visits 17	Chair Exercises 10:30am-12 MPR 18	Home / Phone Visits 19	20
21	Chair Exercises 10:30am-12 MPR 22	Home / Phone Visits 23	Elder’s Luncheon 12-3pm MPR 24	Chair Exercises 10:30am-12 MPR 25	Home / Phone Visits 26	Bingo 12-6pm Fundraising Elder’s Trips 27
28	Chair Exercises 10:30am-12 MPR 29	Home / Phone Visits 30				

Xwisten Elders Coordinator

Jess Oleman 250-256-7423 ext 239

elders@xwisten.ca

APRIL

2024

1	2	3	4	5	6	7	8	9	10	11									
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

MARCH 2024

MAY 2024

NOTES:

My office has moved, I am now in the Health

Department of our building.

My phone extension is now 239.

Aiming to have 2 local gatherings a month – Tea

with light snacks and Luncheon.

Weekly Group Walks to start as well 😊



April 2024

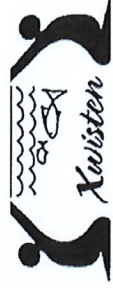


Xwisten Youth and Recreation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Kids Club	9	10 Youth Group	11	12	13
14	15	16	17	18	19	20
21	22 Kids Club	23	24 Youth Group	25	26	27
28	29	30				

Kids Club Ages 6 yrs—12 yrs April 8th and April 22 3:30 pm—5:00 pm
 Youth Group ages 13 yrs—18 yrs April 10 and April 24 3:30 pm—5:00 pm

Rubin Williams
 2502567423 ext 247
 youthandrec@xwisten.ca





April 2024



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

Xwisten Youth and Recreation

**Elders Chair
exercises Schedule
10:30am—12:00pm**

2502567423 ext 247
youthandrec@xwisten.ca



April 2024 Birthdays

Happy
Birthday



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 <u>Office Closed</u> <u>Easter Monday</u>	2 Levi Adrian Sunny Allen	3 William J. James Jessica James	4 Charlene Barney Seth Goss Susan Peters Aurora Terry	5 Iris Biccum Amelia Peters	6 Michael K. Allen Anita Lanoue Angela Maylor	
7 Gerald E. Michel	8 Michael E. Allen Aaron James	9	10 Rachael Alec Levi Ledoux Bonnie McEwen	11 Sheena James George Terry Colleen Thompson	12 Adeline Peters-Humble	13 Fabian Terry	
14	15 Franklin Ledoux	16 Walter Joseph Kameron McEwen	17 Sadie B. Thompson	18 Olivia Bob Calvin Frank Jennifer Gurney James Clifford Terry	19 Lena Sangret	20 Mayson Peters-Humble Roman Terry	
21 Annessa Terry Aiden Thomas	22	23	24	25 Jada Tom	26	27	
28	29 Richard Louie Kathy Oppenheim	30 Lucius Adolph Jason Crocker Vanessa Terry					<p>Earth Day Clean Up Sunday April 21st</p>