

Xwisten Newsletter

April 2026



Good Friday: Office Closed

April 3

Easter Monday: Office Closed

April 6

Elder's Tea:

April 8 (1pm) [MPR]

Elder's Lunch:

April 15 (12pm) [Town]

Bingos: [Gym]

Youth—April 3, & April 15
(5pm)

Elders—April 12, & April 27 (5-
10pm)

St'át'imc Gathering—April 9, &
April 23

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



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

Apr 1, 2026

To Xwisten Members,

Re: Xwisten April Newsletter Update

The following are updates for this month:

- **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, Ama7 Swa7 Nurse – Interim, Food Systems Horticulture trainee, Climate Intern, Agricultural Farm Intern, Culture & Language coordinator, Headstart Daycare Manager, Heritage Program Lead, Lands O&M Worker, and check our website and Facebook for more information
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- Housing Department following up on repairs, maintenance and applying for renovation funding
- **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**
- 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



Gary Forsyth





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

Apr 1, 2025

To Xwisten Members,



Re: Xwisten April 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...)
- Currently applying for funding for house renovations/needs assessment/new infrastructure/water upgrades
- Housing Energy Assessments are done, outcome to apply for funding for repairs
- 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. Earth Day is soon April 26 2026
- Encourage households to change over light bulbs to LED bulbs to conserve energy and will look at Energy Workshop at a later date
- 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, snacks, have your home/travel emergency kits updated and ready
- Renters come in to sign new lease, and also Homeowners drop off new signed HMP contract.

Blaine Kane

Operations & Maintenance,

Infrastructure & Housing Manager



Tuesday April 07, 2026

@10 AM – 2PM in MPR

Marketing Skills / Social Media

Sign up with Social Development before March 27

Lunch and snacks are provided 

Please let us know if you need a ride 

Bring your notebook from the previous workshop 

New participants will receive a notebook

Contact: Krista Frank

xwistensa@xwisten.ca

250-256-7423



Social Development Workshops for Year 2026

Facilitated by:

Career Development Practitioner - Christina Ledoux

Tuesday March 10

@10 AM – 2PM in MPR

Communicating Effectively

Tuesday April 07

@10 AM – 2PM in MPR

Marketing Skills / Social Media

Tuesday May 05

@10 AM – 2PM in MPR

Career Exploration and Job Search

Tuesday June 09

@10 AM – 2PM in MPR

Interview Skills

Tuesday July 07

@10 AM – 2PM in MPR

Leadership

Tuesday August 04

@10 AM – 2PM in MPR

Personality Assessment

Tuesday September 08

@10 AM – 2PM in MPR

Resumes / Computer Basics

Tuesday October 06

@10 AM – 2PM in MPR

Cover Letters / Emailing

Tuesday November 10

@10 AM – 2PM in MPR

Job Readiness

Tuesday December 08

@10 AM – 2PM in MPR

Managing Work / Training and Life





Xwísten Annual Earth Day

Sunday April 26, 2026

9:00 am to 3:00 pm

Xwísten Community Members

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

DO YOU NEED ITEMS PICKED UP?

**Please call the Band Office and put your name on
the list with your address**

**Bridge River Administration and
Community Development 250-256-7423**



Painting with Donna na na

April 11th & April 12th



2:00_{pm}-4:00_{pm} **Multipurpose room**



20 seats available for each day
Sign up required at front desk

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Home / Phone Visits	2 Drumming in the Park 10am – 12pm	3 <i>Good Friday</i>	4
5	6 <i>Happy Easter</i>	7 Home / Phone Visits	8 Elders Tea MPR 1pm	9 Drumming in the Park 10am – 12pm	10 Home / Phone Visits	11
12 BR Elders Rolling Jackpot Bingo 5pm Gym	13 Home / Phone Visits	14 Home / Phone Visits	15 Elders Lunch Totem 12pm	16 Drumming in the Park 10am – 12pm	17 Home / Phone Visits	18
19	20 Home / Phone Visits	21 Home / Phone Visits	22  EARTH DAY	23 Drumming in the Park 10am – 12pm	24 Home / Phone Visits	25
26	27 Elder & Youth Craft Day 9-4pm MPR	28 Home / Phone Visits	29 Home / Phone Visits	30 Drumming in the Park 10am – 12pm		
	Xwisten Elders Bingo 5pm Gym		<div data-bbox="792 1459 1328 1690" data-label="Text"> <p>Jess Oleman Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca</p> </div>			

Notes:

Last month was super busy!! But mostly fun!! We'll be taking it a bit easier this month. Few events happening, keep watch for posters as events may happen on short notice.

I want to mention, for our events, please volunteer for our Elders if you are able to. All fundraising goes towards activities for Elders – Luncheons, Teas, Trips, Veggie Days, Events in town.

Thank you to everyone for all your support in all the ways!

Xwisten Elders

Tea

DATE: APRIL 8TH, 2026

TIME: 1PM

LOCATION: MPR

Join us for Tea, Coffee, Xúsum, Laughter and Máwam

Luncheon

DATE: APRIL 15TH, 2026

TIME: 12PM

LOCATION: TOTEM RESTAURANT

Jess Oleman – Xwisten Elders Coordinator
250-256-7423 ext 839
elders@xwisten.ca

XWISTEN ELDERS

BINGO

WHEN: MONDAY APRIL 27TH 2026

Doors Open 5pm!!

WHERE: BRIDGE RIVER GYM

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

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

Specials \$2 each

Concession Items & Hot Meal Will Be Available.

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



CRAFTS MUSIC GAMES BAKING

Xwisten Elder & Youth Days

During the School Professional Development Days, there isn't too much to do, so we're starting "Elder & Youth Days" to take place during these times. We will have a variety of activities to do to give our Elders and Youth time to learn from each other and about each other.



Feb 13th, SD74 Pro
April 27th, D Days
May 15th

9:00 am –
3:00 pm

Bridge River
Band Office –
MPR
250-256-7423

Contact us for more information

Jess Oleman, Xwisten Elders Coordinator ext 839
Rubin Williams, Youth & Recreation Coordinator ext 844



Bridge River Elders ROLLING JACKPOT BINGO



WHEN: APRIL 12, 2026

TIME: DOORS OPEN @ 5:00PM

WALK-INS START @ 6:00PM

WHERE: BRIDGE RIVER BAND OFFICE GYM



**ROLLING JACKPOT \$600 IN
52 #'S OR LESS**

CARDS WILL ONLY BE SOLD DAY AND TIME OF EVENT

BRIB Health Appointments

April



April 8

Micha - Nurse Practitioner

- Diagnose and treat acute illnesses like infections.
- Provide patient education on managing health conditions.

April 9

Amy Bordas - Footcare

- Advice on proper footwear and orthotic options.
- Geriatric-focused care for age-related foot and nail changes.

April 17

Dr. Humber - Family Doctor

- Preventive care and personalized health education.
- Immunizations and vaccination consultations.

"April 1... This is the day upon which we are reminded of what we are on the other three hundred and sixty-four." - Mark Twain



Interested? Book an appointment today!

Call 250-256-7423 Ext. 838


Or email Health@Xwisten.ca



April 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Good Friday 	4
5	6 Easter Monday 	7 Paraffin Wax Therapy Walk-In 10-2pm	8 NP Micha 1-4pm	9 Amy-Footcare 9-4pm Prenatal Walk-in	10	11
12	13	14 Paraffin Wax Therapy Walk-In 10-2pm	15	16 Prenatal Walk-in	17 Dr. Humber 9-12pm	18
19	20	21 Paraffin Wax Therapy Walk 10-2pm	22	23 Prenatal Walk-in	24	25
26	27	28 Paraffin Wax Therapy 10-2pm	29	30 Prenatal Walk-in		

Paraffin Wax Therapy and Prenatal visits are Walk-In

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

Hello I would like to introduce myself to those of you who do not know me. My name is Elizabeth (Ann) Leech and I've been hired by Bridge River Indian Band-Xwisten as your Community Health Representative. I belong to the Tl'etinqox Band born and raised in Lillooet. My late mother was Alberta Davidson (Gammon) and late father was William Davidson. I am the fourth out of seven children. My husband Michael Leech Jr and four boys Dustin, Dorian, Cedric and Michael the 3rd all belong to T'it'q'et Band. Trey my six year old grandson and Montana my two year old granddaughter belong to Douglas Lake Band.

I have worked at the Lillooet Medical Clinic MOA Runner for twelve years. During that time I have also worked as MAA which is the assistant to Chief of Staff Dr. Naman for two years and Project Manager for the Lillooet MSA for five years.

My roles and responsibilities as the Community Health Representative are as follows; Provide health care services through planned home visits, clinics, and educational workshops. Provide clients with information and access to First Nations Health Benefits, Medical Travel and Pharmacare coverage. Accessing community members health needs with the Xwisten Community Health Nurse Administration as well as work with Ama7 Swa7, Social Development, Youth\Recreation and Elders. Non-Insured Health Benefit (NIHB) Program, Canada Prenatal Nutrition Program, Diabetes and other short-term funding programs as they arise all fall under my scope of work. I look forward to meeting and getting to know all the members of Xwisten please stop in and say hi. I am now available for foot and hand paraffin waxing therapy every Tuesday 10-2pm walk ins welcome 😊 . All my relations Elizabeth (Ann) Leech



Pre & Post Natal Drop-ins.

With Brandi DeKolver - Community Health Nurse



Where and When?

You can find us in the **Bridge River Health Boardroom**.

Every Thursday, anytime between **9:00AM to 2:00PM**.

Simply ask and we will help!

Who?

If you are an **expecting parent**, a new **mother** and **father**, or you are a new **caregiver** looking for help caring for your newborn.

Whether you're preparing for birth, recovering post-partum, or just need a listening ear, this space is for you.

Why?

Pregnancy and early parenthood can feel overwhelming—but you don't have to do it alone. Drop in to:

- Get **personalized support** from an experienced facilitator.
- Learn about **local resources**, from breastfeeding tips to mental health tools.
- Celebrate small wins (yes, even surviving a sleepless night counts!).
- Grow your **confidence** with practical tips tailored to *your* needs.
- Ask questions in a **judgment-free zone**.
- Leave feeling **lighter, heard, and ready** for whatever comes next.



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre

107-7th Ave, Po Box 131
Lillooet, BC, V0K 1V0
Tel: 236.417.3000
Email: n.statimc@fnha.ca

April 2026

107-7th Avenue: Shannon McDonald Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Roni Shintah Wellness Navigator

296 Main Street: Renee Angus MOA, Kate Aleck Mental Health Clinician, Michal Kingston Nurse Practitioner, Dr. Nancy Humber Medical Lead

Nurse Practitioner will soon have her own calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Office Closed	4
5	6 Office Closed	7 Womens Group 5pm - 7pm	8	9	10 Drop-in Sewing 1pm - 4pm	11
12	13	14	15	16	17 Drop-in Sewing 1pm - 4pm	18
19	20 Footcare w/ Amy Bordas	21 Womens Group 5pm - 7pm	22	23	24	25
26	27	28	29	30		

MEET OUR TEAM

n. St'át'imc Primary Care Centre



Shannon McDonald - Operations Director

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

Shannon brings a wealth of experience and a deep commitment to community healthcare. *"My úcwalmicw name is Ti7na Lósi. My úcwalmicw name comes from my two maternal grandmothers, Celestine Edwards and Rose McDonald. I am from Ts'kw'aylaxw within the St'át'imc territory and Simpcw within the Secwepemc Territory."*



Kate Aleck- Mental Health Clinician

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

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



Renee Angus - Medical Office Assistant

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

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

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

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



Micha Kingston - Nurse Practitioner

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

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



Juanita Jacob - Wellness Coordinator

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

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

Roxane Petel - Medical Office Assistant

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

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



Roni Shintah - Wellness Navigator


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


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

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

Women's Group

 Tuesday April 7 & 21, 2026

 5pm - 7pm

 107-7th Ave

All Women Welcome

Dinner &
Refreshments
provided

Discussions involving:

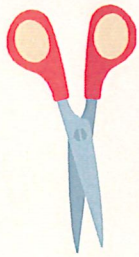
-  Spirituality
-  Sweathouse
-  Beliefs
-  Culture
-  Traditions



For more information call
Juanita Jacob or Roni Shintah
236-417-3000





Friday Sewing at n.SPCC




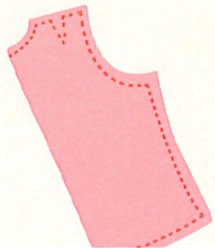
Medicine bag making or
bring your own projects




 April 10 & 17, 2026

 107-7th Ave, Lillooet, BC.

 1:00pm - 4:00pm



 236-417-3000

Refreshments provided



n.St'at'imc
Primary Care Centre



First Nations Health Authority
Health through wellness



First Nations Health Authority
Health through wellness

April 2026

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Leaves: Telleighla - April 2nd Brandi- April 29th Christina- April 13th -17th , 2nd Larissa- April 27th - 30th Crystal- April 27th - 30th</p>		<p>Skeesht- Larissa Fleet maintenance day</p>	<p>St'uxwtews- Crystal LFN- Larissa Xwisten- Brandi</p>	<p>STAT</p>
<p>6 STAT</p>	<p>7 TEAM MEETING Tsa't'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC- Crystal Ts'kw'aylaxw - Christina</p>	<p>8 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla LFN- Jane T'it'q'et- Brandi Lillooet HC- Crystal</p>	<p>9 Kanaka - Christina St'uxwtews- Telleighla LFN- Larissa Lillooet HC- Crystal Xwisten- Brandi</p>	<p>10 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi</p>
<p>13 Tsa't'alh- LFN- Jane Skuppah - Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar - Ashley</p>	<p>14 Tsa't'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC- Crystal Ts'kw'aylaxw -</p>	<p>15 Skeesht- Larissa Souzzum - Crystal Ashcroft- Telleighla T'it'q'et- Brandi</p>	<p>16 Kanaka - Crystal St'uxwtews- Telleighla LFN- Larissa Xwisten- Brandi</p>	<p>17 Lillooet HC- Crystal LFN- Larissa</p>
<p>20 Tsa't'alh- Christina LFN- Jane Skuppah - Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar - Ashley</p>	<p>21 Tsa't'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC - Crystal Ts'kw'aylaxw - Christina</p>	<p>22 STEIN VALLEY HIKE Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla LFN- Jane T'it'q'et- Brandi Lillooet HC- Crystal</p>	<p>23 Kanaka - Christina St'uxwtews- Telleighla LFN- Larissa Lillooet HC- Crystal Xwisten- Brandi</p>	<p>24 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi</p>
<p>27 Tsa't'alh- Christina LFN- Jane Skuppah - Lillooet NIC- Telleighla LFN- Boston Bar - Ashley</p>	<p>28 Tsa't'alh- Ashley LFN- Jane Boothroyd- LFN NIC- Telleighla Ts'kw'aylaxw - Christina</p>	<p>29 Skeesht- Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Lillooet HC-</p>	<p>30 Kanaka - Christina St'uxwtews- LFN- NIC- Telleighla Xwisten- Brandi</p>	

APRIL 2026

Youth and Recreation Events

Schedule of Events

- Chair Exercises MPR 10:30 am—12:00 pm April 2, 6, 9, 13, 16, 20, 23, 27, 30
- Sports Nights Gym 6:30 -pm—8:30 pm April 1, 8, 14, 22, 28
- Xwisten Kids Club MPR 4:30 pm—6:30 pm April 7, 22
- Movie Night Gym April 10 5:30 -pm—10:00 pm
- Recreation Bingo April 3, 15 Door open @5 in the gym

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7 <small>X Chair Exercises Xwisten Kids Club</small>	1 Sports Night	2 Chair Exercises	3 Bingo	4
12	13 Chair Exercises	14	8 Sports Night	9 Chair Exercises	10 Movie	11
19	20 Chair Exercises	21 Sportsnight	15 bingo	16 Chair Exercises	17	18
26	27 <small>Chair exercises All youth pre d day activities</small>	28 Sports Night	22 <small>Xwisten Kids Club Sports Night</small>	23 Chair Exercises	24	25
			29	30 Chair Exercises		

BRIDGE RIVER INDIAN BAND

12210 Joseph Road



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

Xwisten Family Movie Night Guidelines

1. Attendance & Supervision Rules

- **Family Requirement:** All children under 13 must be accompanied by a parent or guardian (16+) for the entire duration of the movie.
- **Supervision Responsibility:** Parents/guardians are responsible for their own children while on-site.
- **Drop-off Policy:** No drop-offs permitted for children under 13; children will not be allowed to stay alone.

Registration/Check-in: A sign-in sheet to account for all attendees, which helps with crowd management and emergency situations.

2. Behavioral Expectations

- **Respectful Viewing:** No talking, shouting, or running in the MPR/ Gym
- **Device Usage:** Cell phones must be silenced or turned off. No filming or taking pictures of other attendees or staff.
- **Safety First:** No roughhousing, climbing on chairs and tables, or obstructing walkways.

Respect for Property: No damage to the venue; trash must be disposed of properly.

3. Safety & Health Protocols

- **Health Screening:** You should stay home if they are feeling sick or exhibiting symptoms of illness.

Venue Security: Keep emergency exits clear at all times.

4. Prohibited Items

Weapons: Zero-tolerance policy for weapons of any kind



Family Movie Night



April 10 2026

Xwisten Gym

5:00 pm—9:30 pm

Movie to be decided by youth and kids club
groups

Youth and Recreation Coordinator :

Rubin Williams

youthandrec@xwisten.ca

2363120844 or

2502567423 ext 844

\$2.00 adm

\$5.00 per family

Concession :

Bring you own container

Refillable popcorn \$5.00

Drinks \$1.00

Other concession items

Bring your own
chair if you like



Xwisten Recreation



Xwisten

Sports

Night

April

1,8,14,

22,28

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 247

youthandrec@xwisten.ca



Xwisten youth and Recreation

Bingo Xwisten Gym

April 3 and 15 2026

Doors Open at 5:00 pm

Regular books: toonie pot

**\$22.00 for a 5 pg 6 up book +
\$1.00 additional 3ups**

Qíłqéłt Lhú7u7s progressive

And a toonie pot

Proceeds go towards Youth and
Recreation **Trips and Events**



Specials sold
separately \$5 and \$2.00

*For information about
card sales, please con-
tact:*

*Rubin Williams Youth and
Recreation Coordinator
2363120844 youthan-
drec@xwisten.ca*

*Bridge-River Recreation
on facebook*



Xwisten Chair Exercises

Open to all

**For balance, flexibility and
muscle tone**

April

2,6,9,13,16,20,23,27,30

In the MPR

*For more information,
contact:*



Xwisten Recreation

Youth and Recreation

Rubin Williams

youthandrec@xwisten.ca

2363120844

Or 2502567423 Ext 844

*Mondays and
Thursdays (Tues.
sometimes)*




*10:30 am–12:00
pm*

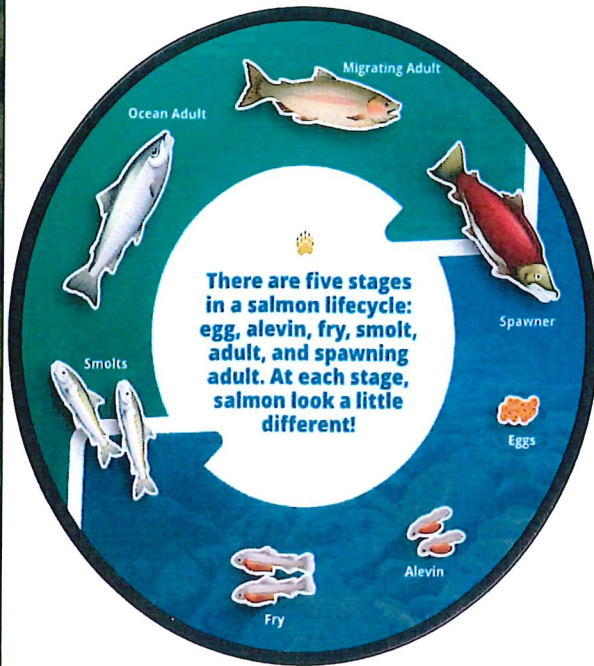
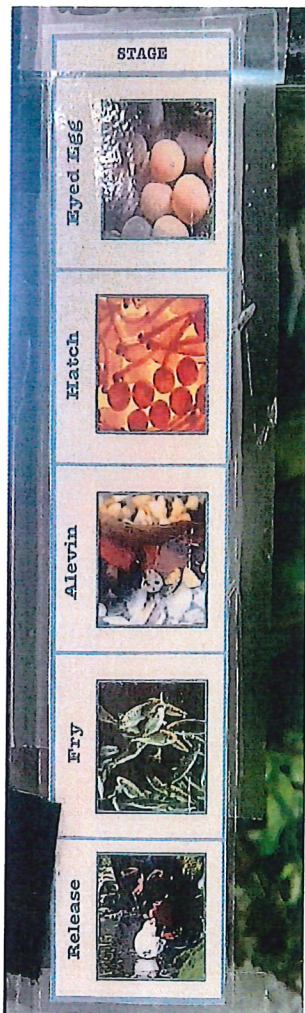


April 2026

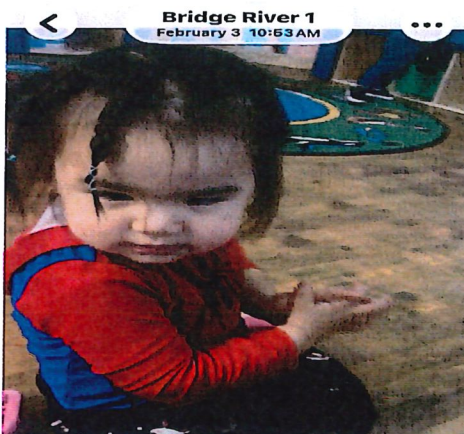


Xwisten Headstart Daycare
 Willa Peters
 250-256-7667

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Easter Eggs	2 Bunnies	3 Closed Good Friday	4
5	6 Closed Easter Monday	7 Twinkle Twinkle Little Star	8 Planets 	9 Moon 	10 Sun 	11
12	13 Rainbows & Colors	14 Create a Rainbow Craft	15 Learn the colors of Rainbow	16 Sing a rainbow song	17 Rainbow sensory bottle	18
19	20 Happy Earth Vs. Sad Earth	21 Reduce, Reuse Recycle	22 Home Sweet Home	23 Celebrate Earth Day	24 Land & Water	25
26	27 What is a Tree	28 Wonderful Wood	29 Paper Produces	30 What's the Difference in Trees		



On February 3rd 2026 Rebecca (Becky) Riley Fisheries Manager from Lillooet Tribal council came to Xwisten Headstart Daycare to put Hatched eggs on our fish tank so we can watch them grow, the children really enjoyed seen them in the bucket, we sang “Sts'úqwaž, Sts'úqwaž, sima7 wi7” forgive me if I spelt them wrong when they arrived, and watched me pour them into the fish tank,



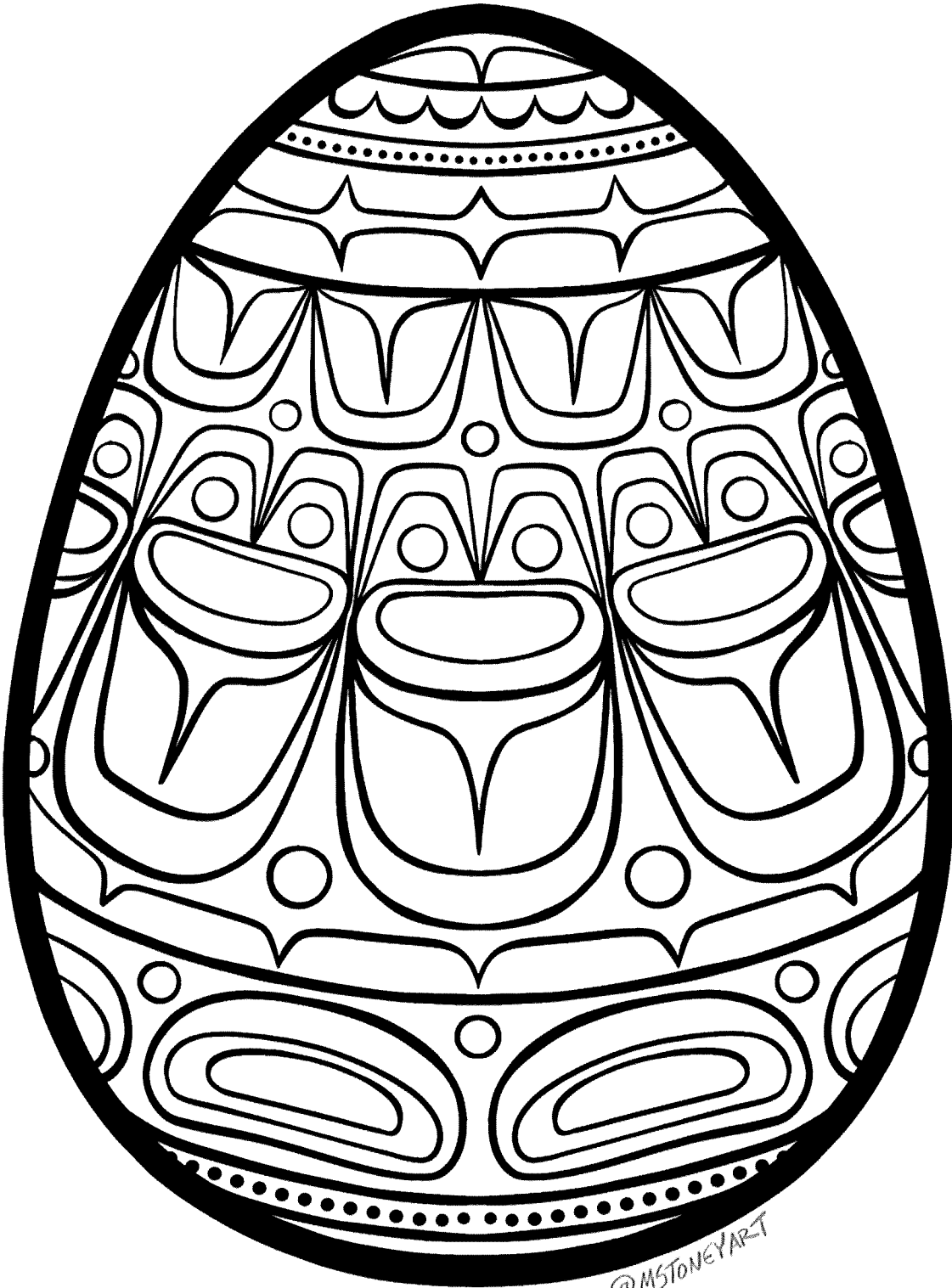


Every morning, I open the cover so the children can say good morning to the fish and admire them, they have grown so much since we got them, Rebecca will be coming sometime in April to the Daycare to Demonstrate on how to cut the fish open. I'm not sure when she will be picking them up to release into the open waters. It is a learning experience for us all in the Daycare to help raise them.

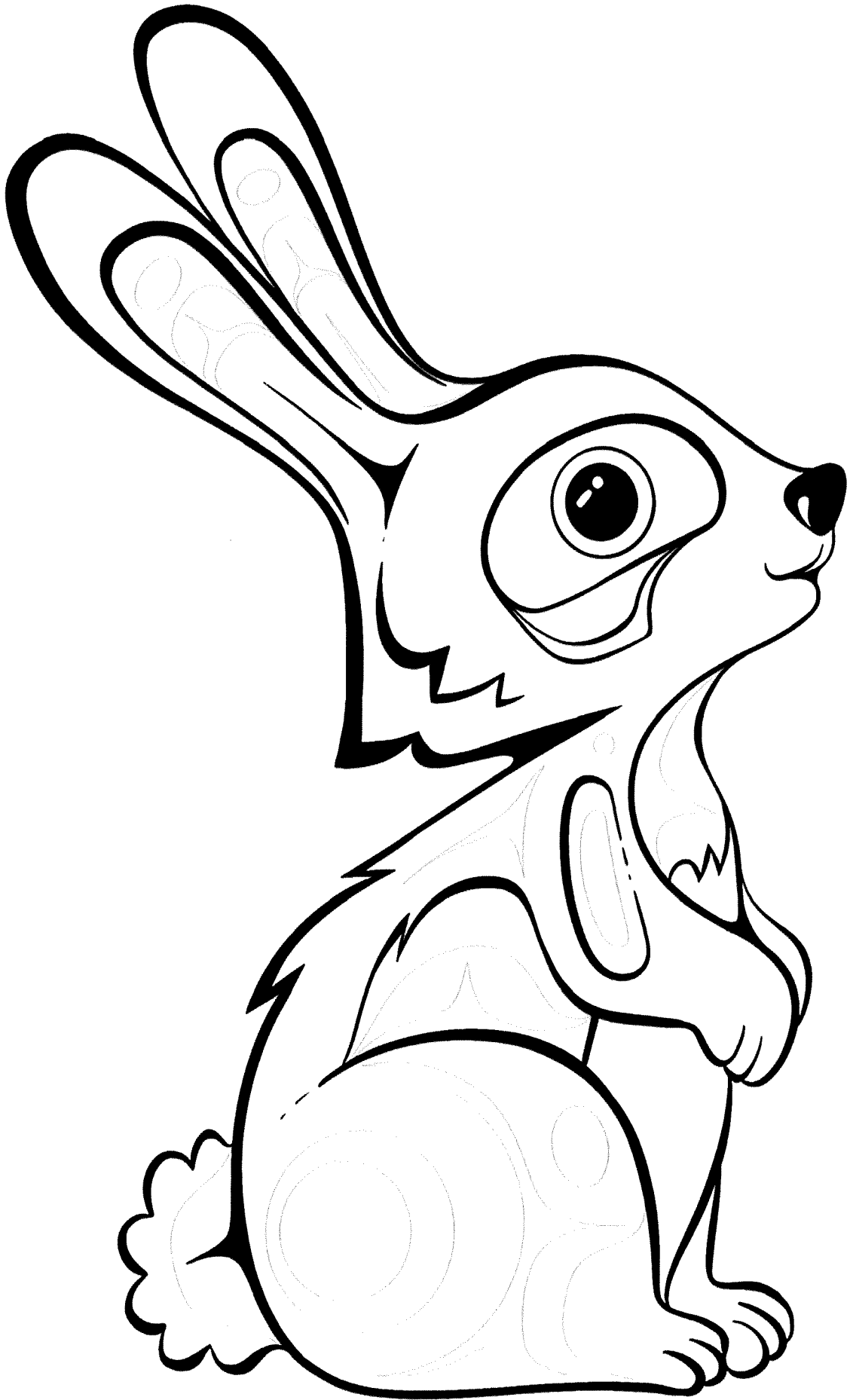
Thank You Becky and her Team for involving us

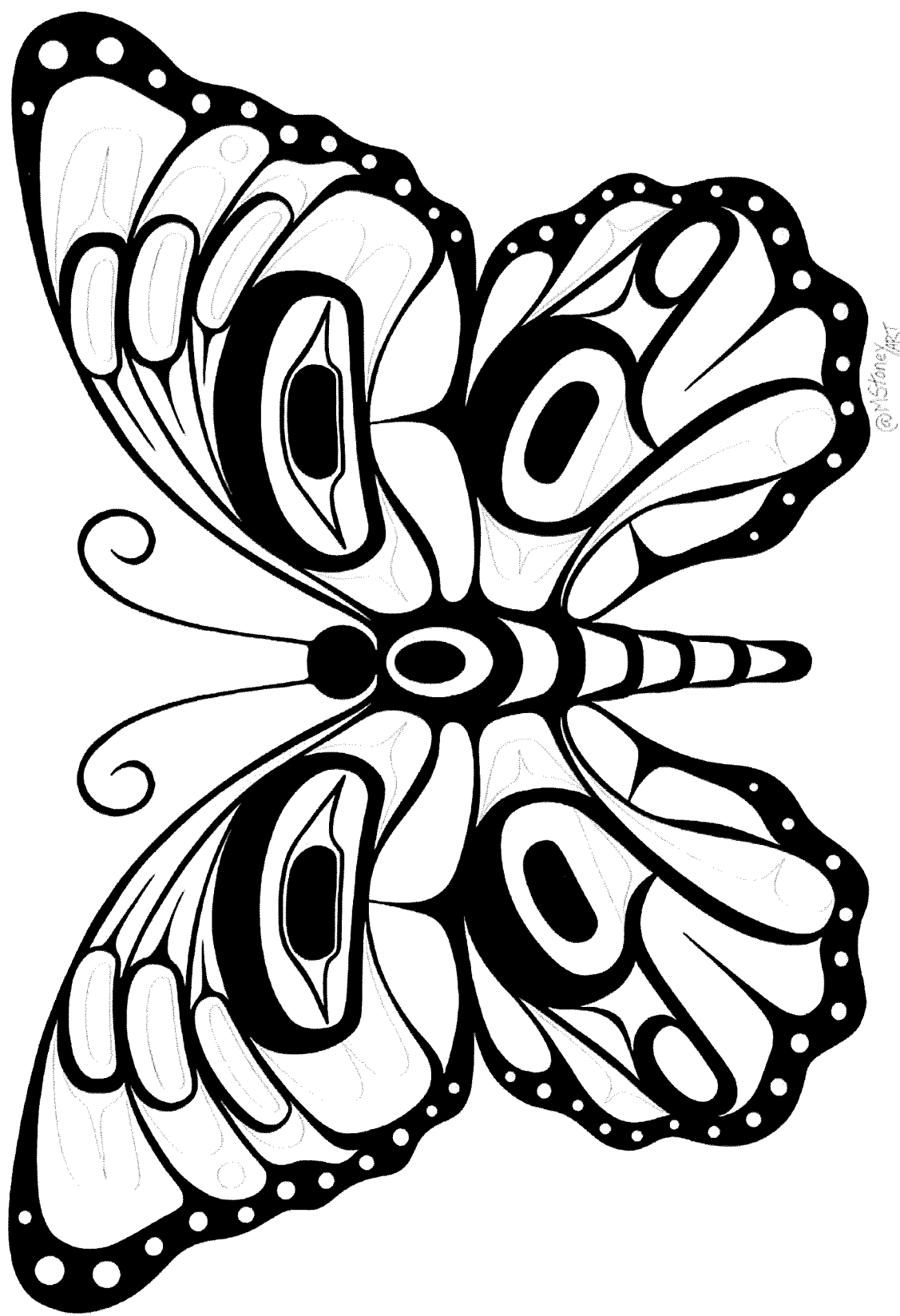
Willa Peters and Xwisten Daycare Children



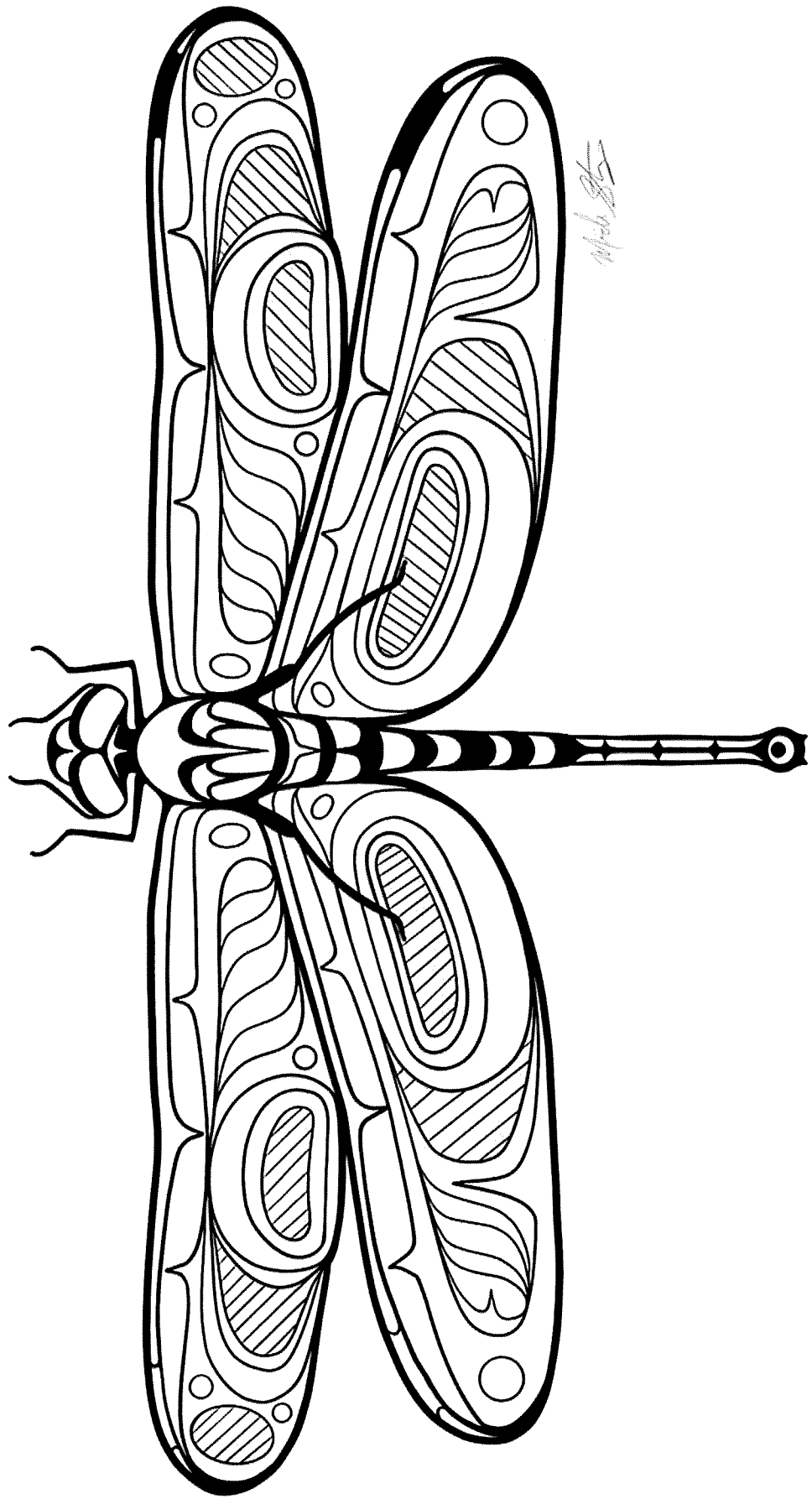


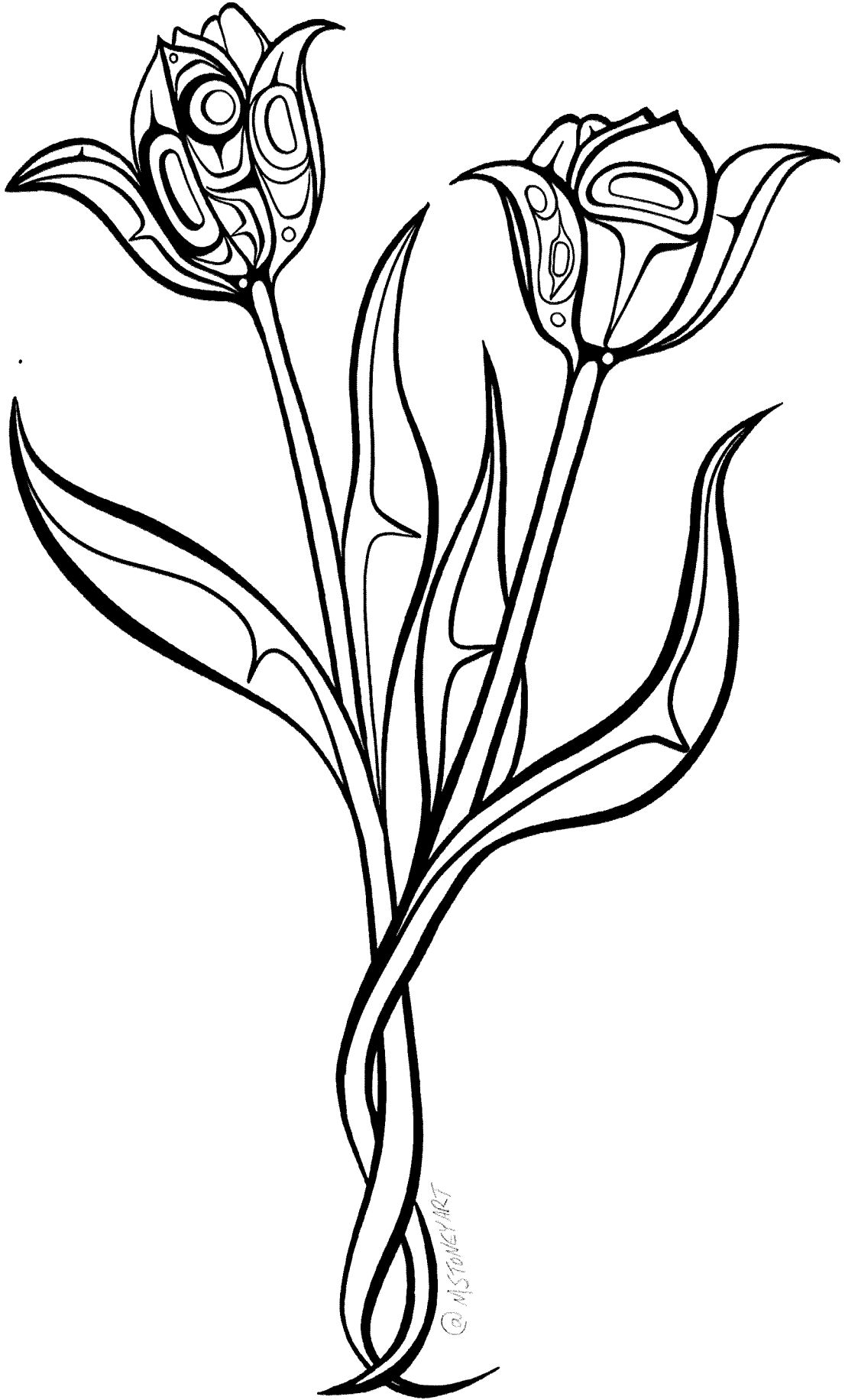
@MSTONEYART





@MStoneART





APRIL 2026 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 fabulous day...

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

Oh boy!! Spring is Sprung, so lotsa Cleaning, planting, organizing & PURGING etc, etc... get'er done, AND watch out for them TICKS! 😊

HAPPY EASTER to you all, stay safe, and have some Happy & FUN Family time...

April's PIZZA NITE April 24th, get your orders in a.s.a.p. FB or phone me 250-256-4135.

Ever since I switched over to TELUS OPTIC in 2024, my answering service has been messed up. They say the box number is my phone number, I've tried that, it didn't work for me. So now I don't get ANY MESSAGES, sorry.

Happy Birthday to niece Rachel Alec on April 10th.

And Happy Birthday to any others in April.

Happy Easter to everyone. Have great day!

Love from Lena S.



DJ's Take-n-Bake

“Homemade Pizza’s”

By Deb Jack, to order
Ph #: 250-256-4135 or on Facebook

Date: April 24th, 2026

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

**(Sorry to say, it is getting harder to do them, getting Arthritis in my wrists,
so enjoy them while still available 😊)**

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

Sizes: 12” & 15”

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

Flavors & Prices:

12” Hawaiian or Pepperoni → \$18.00ea.

12” Cheese only → \$15.00 ea.

12” Loaded → \$20.00ea.

15” Loaded → \$25.00ea.

15” Hawaiian & Pepperoni → \$20.00ea.

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

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

Auto-deposit

U-COOK at home, at 400° for 30 min.

First orders go out at ABOUT 5 PM (unless told otherwise)

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

April 2026 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2  Levi Adrian Sunny Allen	3  William J. James Jessica James <u>Office Closed</u> <u>Good Friday</u>	4 Charlene Barney Seth Goss Susan Peters Aurora Terry
5 Iris Biccum Amelia Peters	6  Michael K. Allen Anita Lanoue Angela Maylor <u>Office Closed</u> <u>Easter Monday</u>	7 Gerald E. Michel	8  Michael E. Allen Elizabeth Davidson Aaron James Su't'atqwa McEwen	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 Lola Terry-Aubichon	20  Mayson Peters-Humble Roman Terry	21 Annessa Terry Aiden Thomas	22 	23	24 	25 Brooklynn Dan Jada Tom
26 <u>Earth Day Clean Up</u> 	27  Savannah Davidson-Jack	28	29  Richard Louie Kathy Oppenheim	30 Lucius Adolph Jason Crocker		