



# NEWSLETTER



DECEMBER | 2011

## A Message from the Chief



Hello Lil'wat7ul,

Wow time flies! I have now been your Chief for nine months. I have learned a lot from our elders, spiritual leaders and community members about what I should and should not be doing and

it's been a great experience. So far it I am really enjoying being your Chief and I thank you again for giving me this opportunity.

The last nine months have definitely been a real growing experience for me. Even going into December I'm still learning to appreciate a lot of things. As Director of Lands I was focused on Land Use Planning and Referrals but the role of Chief has really opened my eyes. Now I feel and hear the needs of my community members; I hear your frustrations and I see the struggles we all go through at times. Let's make the

month of December a time for giving, sharing and helping one another. Let's work together and communicate. As Council, we need to start showing you Lil'wat members that we are here for you and are listening.

As Chief I have had the opportunity to see and understand what our Band Administration Office offers and what our staff are working on. So far, I have been able to attend a lot of conferences and workshops and hear what other First Nations needs and wants are. The Lil'wat Nation definitely offers a lot more service to our members than many other communities. Whether it's for babies, elders, handicap, families, single parents, counselling, on-reserve lands, referrals, training, health services, water services, adult education, or K-12 - we are working hard. I know at times our community members get frustrated with the band administration and say "Hire our own people", but sometimes we are our own worst enemies and Lil'wat7ul who do work for

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**Contact Us!**  
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the band are often unappreciated by our members. I would just like to acknowledge all staff and just remind you that you are doing the best you can for ALL of Lil'wat – you are ALL doing a great job and I thank you.

### First Nations Child & Family Wellness Council

I attended a conference in October for the “First Nations Child & Family Wellness Council. The event was more of a caucus meeting with technical staff and some political leaders. It was great to participate and I learned that unfortunately, Lil'wat - for some reason - was not politically represented when it comes to our children so I have volunteered myself to sit on the “Wellness Council” which is all about advocating for our children. I very much look forward to this task and will share more information as it comes forward in the future.

### Recognition

I would like to congratulate our Early Childhood Educators –you have done us all proud. The ECE workers up at Paqusnalh have won a group recognition award presented by the BC Aboriginal Child Care Services for outstanding service and contribution to Aboriginal children in BC. The award was handed out on November 11th during a special luncheon.

The Lil'wat Nation Chief & Council would also like to send out a huge “Congratulations” to Elder Antolaya7 Vera Edmonds! She is one of the successful recipients of the BC Achievement Arts Award. I had the opportunity to attend the awards event and it was a honour to

participate. Thank you so much for sharing your great gift with us Vera.

December will see us say Goodbye to two long standing Lil'wat employees - Frank Andrew and Charlie Frank are both retiring as of the end of this year and both will be missed. Both of these men have worked hard to keep us safe and warm in our homes and our community. The Lil'wat Nation would like to thank you both for your many years of service and we all hope that you will enjoy your new found freedom!

One last recognition. Most of you know Tracy Howlett; she has been with Land & Resources for over 6 years now and has decided to leave us. I would like to thank Tracy for all her years of service and for sticking it out with us. Tracy has been a big part of helping us with Flood Mitigation and she did excellent work with regards to the Newsletter, and keeping our Lil'wat website and facebook pages up to date, and of course - we love her maps! Tracy, you are surely going to be missed by all. Thank you so much for all that you have done with us .

Thank you all Lil'wat. Enjoy the month of December, and enjoy your family time and festivities. Please remember that our offices will be closed over the Christmas Holidays.

I wish you all a very Merry Christmas.

Kukwastum'ckal'ap,

Chief Lucinda Phillips



## Community Mailbox



Dear Community,

I would like to inform you that Home Care can only do snow removal for our Home Care and Special

Needs clients. Due to the shortage of dollars in our budget we cannot shovel every drive way. My apologies to all, for this is all I can do.

If any elder needs snow removal and is not a Home Care or Special Needs client they can phone Teresa

Zurowski to possibly add their name to the elders snow removal list.

Again, our budget is limited and winter has ONLY just begun. We hope that FAMILY MEMBERS WILL PULL TOGETHER AND HELP THEIR ELDERS OR WHO EVER NEEDS HELP. FOR WE ARE MT CURRIE AND WE TAKE CARE OF OUR PEOPLE.

Renee Jim, Home Care Co-ordinator

*Note: Please see page 6 for a note about snow removal*

To the community of Mount Currie,

The first ucwalmícwts word that I learned when I arrived here over six years ago was 'áma' and that's the perfect word to describe how I will look upon my time working in Lil'wat. Actually, the perfect word would be 'incredible' but I didn't learn the translation for that!

I have been putting the Lil'wat Newsletter together since June of 2009 and I've really enjoyed working on it for you. Since this will be my last one I just wanted to take a little space to say goodbye. I have accepted a new job and unfortunately, I won't be returning to my desk after the Christmas Holiday.

I started working with the Land and Resources Department in August of 2005 and was hired to make maps for the Lil'wat Nation Land Use Plan. Since that time I have worked on many great projects but the highlights have been the LRMP Negotiations, St'at'imc Days, the Naming & Recognition signage program, 2010 Coordination, Birkenhead flood works, communications (including the website updates and the newsletter) and mapping out the Nation's archaeological and sacred sites.

The best part of my job has undoubtedly been learning about Lil'wat and spending time in the field with Johnny, Lex and Ernie. I am forever awed by the love you have for your land and the incredible amount of information that you have generously shared with me. You, along with the many Lil'wat7ul that I have been fortunate enough to work with, have changed the way I look at the world around me and it's definitely for the better.

To my family in the Lands Department. I have been honoured to be part of the team and I look forward to keeping up to date with the good work you will continue to do.

To the rest of the staff and everyone that I have met and worked with. Thank you, from the bottom of my heart, for letting me become a part of your community.

So, with my 'áma sq'it' phrasebook in hand I'd like to say:

Kúkwstum'ckacw  
Hú7wimalh  
Ats'xentúmelhkan kelh múta7  
...and I'll miss you.

Tracy Howlett, the Map Girl

# Community Health Update

By Rebecca Abraham, Acting Director of Health

## Payroll Travel Process

1. **Obtain** Confirmation of Referral Form from referring Doctor. This also could be an appointment card, but it needs to have this Information: Date/time of Appointment, Reason for Appointment (Consultation, Diagnostic Testing, Treatment/surgery, Follow up) and Reason for Escort (if needed)
2. **Hand in** Confirmation of Referral form to Patient Travel Clerk as soon as possible, preferably 5 days before the appointment. She will need the following information: How will you get to the appointment (bus, personal car, taxi)? If accommodations is needed, what kind (hotel, motel, or private accommodations)?
3. **Pick up** cheque and Confirmation of Appointment form at Ullus/ Mount Currie Band Office the day before your appointment.
4. During appointment, **obtain stamp and signature** from your Doctor on your Confirmation of Appointment form. The receptionist will have a stamp. If this step was missed, please contact the

receptionist at the place of appointment for a letter ( on letterhead) or fax stating that you showed up for the appointment. This can be faxed to the Patient Travel clerk at 604-894-6013.

5. If Confirmation of Appointment form was filled, please **bring** that to the Patient Travel clerk as soon as possible.

For more information please contact Tracy Gabriel, Patient Travel Clerk at 604-894-6656

## Pqusnalhcw Health Centre Christmas Closure

- *December 23, 2011 closed at 1pm*
- *December 26, 2011- January 2, 2012*

Home Care services will still be provided during those closed days.

Please bring in all patient travel requests for holiday period before December 22, 2011. If there is any emergency travel needed during the Holiday, please fax referrals to the Patient Travel Fax line 604-894-6013. The patient travel clerk will be coming in daily to check for urgent requests.

## Xit'olacw School

# Craft Fair

Saturday, December 10, 2011

11:00am - 4:00pm

\$10.00 per table

The gym will open at 10:00 a.m. for vendors to set-up

Phone the school to book your table 604-894-6131  
or email [Gladys.Joe@lilwat.ca](mailto:Gladys.Joe@lilwat.ca) with your questions

# Pemberton Valley Transit

## RIDER'S BULLETIN

Effective November 24, 2011



99 Commuter					100 Pemberton Local						99 Commuter				
To Pemberton											To Whistler				
Trip operated by: Lv. Gondola Transit Exchange Lv. Whistler Greyhound Intensity Bus Loop Lv. Meadow Park Sports Centre At Pemberton Hotel (Transfer to local service some trips)					Trip operated by: Lv. Pemberton Hotel / Greyhound Depot Lv. Mt. Currie Community Centre #10 Rd. at Main Lv. New Site Community Store Lv. New Site School #11 at Crookside Rd. Lv. Mt. Currie Community Centre #10 Rd. at Main At Pemberton Hotel						Trip operated by: Lv. Pemberton Hotel (Transfer from Local Service some trips) Lv. Meadow Park Sports Centre Lv. Whistler Greyhound Intensity Bus Loop At Gondola Transit Exchange				
V	Z	Y	PH		PH	OS	NS	CS	OS	PH	PH	Y	Z	V	
W	6:20	—	—	6:57	T	5:57	6:09	6:24	6:30	6:45	6:57	6:57	7:00	7:31	7:37
W	7:40	—	—	8:17	T	7:17	7:29	7:44	7:50	8:05	8:17	8:17	8:20	8:51	8:57
G	—	8:45	—	9:25	—	—	—	—	—	—	—	—	9:45	—	10:20
G	—	10:45	—	11:25	T	11:25	11:37	11:52	11:58	12:13	12:25	12:30	—	1:05	—
G	—	1:00	—	1:40	T	2:00	2:12	2:27	2:33	2:48	3:00	3:30	—	4:05	—
G	—	3:15	—	3:55	T	3:55	4:07	4:22	4:28	4:43	4:55	—	—	—	—
W	4:45	—	4:51	5:22	T	5:25	5:37	5:52	5:58	6:13	6:25	5:00	—	5:35	—
G	—	5:45	—	6:25	—	—	—	—	—	—	—	5:25	5:56	—	6:02
W	6:05	—	6:11	6:42	T	6:45	6:57	7:12	7:18	7:33	7:45	6:45	7:16	—	7:22
—	—	9:40	—	10:15	—	—	—	—	—	—	—	—	—	—	—
W Service provided by BC Transit; trips arrive/depart Gondola Transit Exchange.					T Service provided by Pemberton Taxi. Transfer to/from regional commuter service at Pemberton Hotel for local trips.						W Service provided by BC Transit; trips arrive/depart Pemberton Greyhound Depot.				
G Service provided by Greyhound. For up-to-date information on Greyhound schedules and fares, visit <a href="http://www.greyhound.ca">www.greyhound.ca</a> or call 1-800-661-TRIP (8747).															
E Trip extends to Mt. Currie on request.															
H Stops upon request at Emerald, Rainbow, Alpine, Nicklaus North, Nestlers and Village Gate.															

### Fares (subject to change)

#### Local Transit Service

##### Cash Fares

Adult	\$2.50
Senior/Student*	\$2.00
Child, 4 and under	Free

##### Tickets (10)

Adult	\$20
Senior/Student*	\$18

##### Passes

	Month	6-Month	Annual
Adult	\$65	\$330	\$624
Senior/Student*	\$50	\$255	\$480

#### Commuter Transit Service

##### Cash Fares

Adult	\$4.50
Senior/Student*	\$4.00
Local Pemberton pass	+\$2.00
Whistler transit pass	+\$2.00
Child, 4 and under	Free

##### Tickets (10)

Adult	\$36
Senior/Student*	\$30

##### Passes

	Month	Seasonal 4-Month	Annual
Adult	\$95	\$340	\$910
Senior/Student*	\$65	\$235	\$620

\* Reduced fare with valid I.D. for persons 65 years or over and students in full-time attendance to grade 12.

Transit Info 604-932-4020 • [www.bctransit.com](http://www.bctransit.com)



Squamish-Lillooet  
Regional District



# Snow Removal Plan & Winter Driving

## Public Notice for Winter Driving:



Wintertime driving requires a greater degree of caution and good practice because there are more potential hazards to consider. It is important to remember these key facts in the winter:

- Start your day earlier. Before you leave you will need to clean your vehicle and warm it up. The windows must be clean and equipment such as wipers and windshield washer, working effectively
- Get a feel for the road and how slippery it is
- Drive slowly and keep your speed consistent
- Start off and stop your vehicle more gradually while avoiding to lock your breaks as this may contribute to a loss of steering control
- Keep a greater distance between yourself and other vehicles on the road
- Ensure your vehicle is maintained according to a maintenance schedule and do a start of day walk around to check such things check lights, signals and wipers
- Ensure your vehicle has winter tires with good tread and air pressure that is compliant with manufacturer specifications
- Make sure that you have a cold weather emergency kit in your vehicle at all times

In heavy snow or icy conditions please avoid driving on the roads. Use public transit as an alternative or if you drive, make sure that your vehicle is equipped with good snow tires (**all-season tires are not effective on snow and ice**).

In case of an emergency, call 604-894-5757 immediately. Please note that the Tribal Police monitor roads for dangerous conditions and in emergencies can activate road-clearing procedures. To report any dangerous road conditions call 604-894-6124.

## WHAT YOU CAN DO:

- There are always ways in which our community members can help with snow removal in the community. Some suggestions are listed below:
- Clear snow and ice from you driveways
- Clear snow from any fire hydrants from in front of your homes so that, if needed the fire department can locate them in case of emergency
- Do not park on the road after it snows as this can impede the ability of snowploughs to do their job. The public Works Department may prohibit parking temporarily to facilitate clearing of the snow
- Garbage collection: During snowy and icy conditions, the Lil'wat contractor may find it necessary to cancel collection of garbage, recycling and yard waste. If this happens and your regular collection is missed, the collection will occur at a later date when weather conditions permit. In some circumstances collection may be deferred to your regular day the following week. Call our Public Works Department at 604-894-6115 if you have questions or concerns.

*This is an excerpt from the Lil'wat Nation Snow Removal Plan. Please ask for a copy at the Ullus Front Desk or visit our website at [www.lilwat.ca/multimedia/document-library.cfm](http://www.lilwat.ca/multimedia/document-library.cfm) to view the complete Plan which includes information on the **order that streets are ploughed** in our community.*

# Lil'wat7ul Culture Centre Update

By Lois Joseph, Coordinator



## Drum Making Workshop

Come make a drum and learn how to use it!

\$100.00 per person includes materials and instruction.

Sign up at Lilwat7ul Culture Centre. Class time will be announced when 10 participants have signed up.

6 seats have been filled. Everyone welcome!

## Mukluk Making Class for Youth

To be held on Friday's starting in January.

Objectives are as follows:

- Protocols
- Wellness Opportunities
- Make a pair of Sheep skin mukluks

No cost to participants. Participation in protocols and wellness opportunity activities is encouraged.

## Other Programs

Ucwalmicwts Classes will be delivered starting in January once a week. Sign up at Lilwat7ul Culture Centre. When classes are filled a time and date will be determined. \*Note: preparation for DSTC program included.

- First Voices Training
- Beginners Ucwalmicwts
- Lil'wat Men's Pal7alimtsem
- Genealogy Sessions

## Lil'wat APP Program

The Lil'wat APP Program has been approved. It will be available by Christmas to be downloaded from the APP store or you can check on FirstVoices.ca –click on English and on the right hands side of first page under “News”, you'll click on Lil'wat

## Gathering of the Artists

December 3, 2011,

10:00 to 4:00 PM (set up time 9:00 AM) at the Ullus Gymnasium. 28 tables have been filled. The event has been advertised on the Lil'wat Radio, Pique and Whistler Question newspaper, School Newsletter and Lil'wat Newsletter.

Concession will be available including:

- Pop, Chips, Bannock, Tea and Coffee
- Hot dogs, Chili Dogs
- Indian Tacos
- Hamburgers (Plain & Loaded)
- Chili & Rice

## Lilwat7ul Culture Centre Merchandise

- LEATHER - BROWN, TAN, BLACK AND WHITE
- ARTS and CRAFT Supplies
  - BEADS: all sorts and colours
  - NEEDLES: BEADING – GLOVER NEEDLES
  - EARRING HOOKS—NECKLACE CLAPS
  - PLASTIC PIPE HAIR – All sorts
  - BEADING THREAD: All sorts
  - IMITATION SINEW: All sorts
- LIL'WAT JACKETS: BLACK — MENS AND WOMENS SIZES
- QAWAM JACKETS
- CD'S AND DVD'S of all sorts
- LANGUAGE BOOKS – BLUE, RED, GREY AND ORANGE

## Phrase of the Month

Áma Sklísmes means "Good Christmas!"

**Kit'olacw  
Gym Committee**

# **Craft Fair**

**Saturday, December 10, 2011**

**11:00 a.m.—4:00 p.m.**

**Kit'olacw Community School gym**

**Doors Open at 10:00 a.m. for Vendor Set-Up**

**Grade Seven Students will be running the Concession**

**Please Note:**

Tables are all booked for the Craft Fair.  
Phone Gladys at 604 894-6131 or 604 894-1215  
if you wish to be put on a waiting list.

**Loonie Auction Item:**

**Vancouver Canucks vs. Detroit Redwings  
(Game: Dec. 21/11)**

# Update from Lil'wat Lands Officer

By Graham Haywood, Lands Officer

Environmental assessments are research studies that are produced in order to see how viable a future project is from an environmental perspective. They can also be conducted on older projects and activities that left environmental contamination and waste on a particular piece of land.

There are various stages to the environmental assessment process. The first phase is a screening phase to see if the assessment is needed. The second step is a scoping phase to see how intensive the assessment will need to be. The third phase is the actual environmental monitoring activities that need to be carried out. These include things such as soil, air and water sampling and monitoring, mitigation techniques, and cumulative effects assessment. The fourth stage is the environmental assessment report which is a written summary of the findings with recommendations for a more sustainable project or for clean-up activities. The fifth stage is the environmental assessment decision. The decision is usually made by the government agency responsible for the environment. This agency will review the report and decide on the measures needed for the project to go ahead, or the steps needed for an adequate clean-up to occur. Finally, the sixth stage is a follow-up. The follow-up occurs after the project has started or after the clean-up has occurred. It is conducted in order to verify the results of the assessment's findings and conclusions.

Mount Currie is currently undertaking several environmental assessments. We are assessing and monitoring the car-dump area across from the gas station, the



land-fill at Xit'olacw and some of the church lands, which are currently in the addition to reserve process. The reason we are doing these assessments is so that we can understand the impacts these environmental hazards are having on our rivers, ground water and soil. So far we have discovered that there is some chemical leaching into the groundwater, and that these areas could use some remediation. However, we are fortunate that the problem is not severe, and that it can be easily resolved.

The environmental scientists that test the water and soil will be back for continued monitoring and sampling this December. Please look out for them near the site across from the gas station and also at the landfill. Feel free to say hello, but please do not disturb the sampling equipment that they have setup. It is for the best interest of the community and will help keep Mount Currie clean for years to come!

Have a great December!

## Looking for Housing Forms or Land Transfer / Registration Documents?

Check **ONLINE** in our **Document Library** for links to these forms and many other useful documents including policies, bylaws, land use plans, election documents and bus schedules.

<http://lilwat.ca/multimedia/document-library.cfm>

## Lil'wat Stories

By Lex Joseph, Cultural Researcher

### Lil'wat Boundaries

Tsekalenal-----Gates lake

Sqw'axt-----foot

Sometime after the great flood, a group of mystery men accompanied by their sister and Mink, who they invited to join in on their journey, reached a place called - in the Lil'wat language - Tsekalenal (lake).

This lake is a natural divide. One creek flows to the Birkenhead River and the other flows to the Fraser River. The group of mystery beings rested here.

One brother went away and returned from the south, dressed in cedar bark painted red, and carrying cedar bark and other things in a bundle on his back.

Another brother went away and returned from the east, dressed only in a breech-clout, and carrying on his back a bundle of spatsan bark and other things. When they came into view, the other mystery people, who shall be called from here on "the transformers" hailed the one from the south as Lil'wat, and the one from the east as St'at'imc, saying henceforth, the

Lil'wat shall go to visit the Fraser in the St'at'imc country to buy salmon, and Spatsan bark, and the St'at'imc shall visit the Lil'wat to trade with them.

Then one of the transformers stamped her foot on the rock and left an imprint of her sole, saying her foot print would mark the spot which shall be recognized as the boundary between the Lil'wat and the St'at'imc (Also called the upper and the lower Lillooet). This foot print can still be seen at a place called - in the English language - Gates Lake.



Due to development this feature may soon be lost for all time. It's important that this site not be destroyed as it is an important and special sacred site.

*Lil'wat7ul Culture Centre Presents*

# GATHERING OF THE ARTISTS

**Saturday December 3rd, 2011**

**10am - 4pm**

**Ullus Community Complex**

A Great Place to Get your Unique Christmas Gifts and Support our Local Artists at the Same Time!

For more information or to book a table please call Mary at (604) 894-6115 ext. 2260

# Housing Update

By Gayle M. Andrews, Housing Coordinator

As the temperature drops, now is the time to winterize and make your homes nice and cozy, safe and healthy.

This is also the time to be careful with your seasonal decorations and your seasonal heating; keep Christmas



Trees away from heaters, do not leave candles unattended and don't overload your outlets with too many plugs.

## REMINDER

Housing Board meetings are on the first Thursday of every month. The first meeting of 2012 will be on Thursday, January 5th.

## WORK ORDERS

If you are tenant and renting, please submit ALL work orders to front desk reception. This includes all Financial Assistance Clients that are on BHR (Band Housing Rental) or BHRA (Band Housing Rental Agreements).

## Online Banking – RECONNECT

You may have to reconnect or resubmit for online banking . At the request of Scotia Bank, we are updating our contract/agreement for online banking so you may need to reset your account.

Here is how to connect, or reconnect:

ONLINE SCOTIA- [www.scotiabank.com](http://www.scotiabank.com)

Bill Payments: ADD A PAYEE/BILL

Enter One Word: MOUNT

Category: BILL PAYMENT

Province: BRITISH COLUMBIA

Bill Company/Payee: ACCOUNT # (top right corner of your invoice)

YOUR ACCOUNT # IS ON THE MOUNT CURRIE BAND STATEMENT on the top right hand corner - AS CUSTOMER #

e.g. first three letters of your last name and first three letters of first name e.g. ANDGAY

## TIPS ON KEEPING YOUR HOME WARM & COZY

The following tips are available on the BC Hydro website at [http://www.bchydro.com/guides\\_tips/green-your-home/heating\\_guide/draft\\_proof\\_your\\_home.html](http://www.bchydro.com/guides_tips/green-your-home/heating_guide/draft_proof_your_home.html)

### *Draft Proof Your Home:*

Drafts are costly, can cause discomfort and energy is wasted. Sealing gaps and cracks with caulking and weather stripping is one of the most cost-effective steps you can take to keep the heat inside your home, reducing heat loss by 5 per cent to 10 per cent.

### *Lower Your Thermostat:*

One simple way to minimize wasted energy and reduce heating costs is to heat your home strategically, turning down the thermostat while you are out or overnight. Another option is to pull on a sweater and some cozy slippers and keep the thermostat setting a little lower all the time.

### *Shade Your Windows:*

Heat loss from windows can account for 10 per cent to 25 per cent of your heating bill in winter. Window coverings can be a quick and cost-effective way to cut heat loss, block cold drafts and save 5 per cent to 15 per cent of your energy expenses.

### *Maintain Your Heating System:*

Tuning up the equipment you have and giving it regular

maintenance can go a long way to increasing the comfort, cost effectiveness and energy efficiency of your home heating.

Try cleaning your wood stove and chimney and burning seasoned dry wood – less paper.

**SNOW REMOVAL**

Frank Andrew, our Public Works Manager has a snow removal plan. A copy of the plan is available online on the Lil'wat Website ([www.lilwat.ca/media/document-library.cfm](http://www.lilwat.ca/media/document-library.cfm)) or at your request from the front desk at the Ullus Community Complex.

In the snow removal plan is a list of the elderly and special needs community members that require snow removal from driveways. This is a reminder that doorways and walkways are not included in the snow removal plan.

Remember winter driving conditions apply 24 hours a day – 7 days a week. Please drive carefully.

And lastly, always remember to:

**RECYCLE - RECYCLE - RECYCLE**

# Fall RECREATION SCHEDULE Fall

Nov 1<sup>st</sup> - Dec 14<sup>th</sup>, 2011



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-8:00am		<b>LADIES YOGA</b> 7am-8am Ullus \$2 		<b>LADIES YOGA</b> 7:00am-8:00am Ullus \$2 	
9:00am-10:00am					
10:00am-11:00am					
11:00am-12:00pm					
12:00pm-1:00pm					
1:00pm-2:00pm					
2:00pm-3:00pm					
3:00pm-4:00pm					
4:00pm-5:00pm	<b>YOUTH HOCKEY</b> 4:30pm-6:30pm Ullus Gym Ages: 6-10 years 				
5:00pm-6:00pm		<b>YOUTH SOCCER</b> 5pm-7pm Ullus Gym Ages: 6-10 Years 	<b>OPEN GYM</b> 5:00pm-6:30pm Ullus Gym Ages: 6-10 Years 	<b>KARATE</b> 5pm-6pm 13 & Under 6pm-7pm 14 & up Ullus Gym	
6:00pm-7:00pm	<b>YOUTH B-BALL</b> 6:30pm-9:00pm Ullus Gym Ages: 9-15 years 	<b>YOUTH HOCKEY</b> 7pm-9pm Ullus Gym Ages: 11-15 Years 	6:30pm-8:30pm Ullus Gym Ages: 11-15 Years	<b>VOLLEYBALL</b> 7pm-8pm Ullus Gym Ages: 16 & up 	<b>YOUTH SOCCER</b> 6pm-8pm Ullus Gym Ages: 11-15 years 
7:00pm-8:00pm			<b>LADIES HOCKEY</b> 8:30pm-10:30pm Ullus Gym Ages: 13-15 years 		<b>ACTIVITY NIGHT</b>
8:00pm-9:00pm				<b>MENS BBALL</b> 9pm-11pm Ullus Gym Ages: 16 & up 	8pm-11pm Location TBD
9:00pm-10:00pm	<b>MENS HOCKEY</b> 9pm-11pm Ullus Gym Ages: 16 & up 	<b>LADIES BBALL/SOCCER</b> 9pm-11pm Ullus Gym Ages: 16 & up			
10:00pm-11:00pm					
11:00pm-12:00pm					
<b>For more information contact:</b> Daniel Cindric 604.894.6115 or <a href="mailto:daniel.cindric@lilwat.ca">daniel.cindric@lilwat.ca</a> Alphonse Wallace 604.698.9999 or <a href="mailto:alphonse.wallace@lilwat.ca">alphonse.wallace@lilwat.ca</a> Kyle Peters 604.698.7999 or <a href="mailto:kyle.peters@lilwat.ca">kyle.peters@lilwat.ca</a>			<b>\$2 DROP IN FEE FOR ALL ADULT PROGRAMS</b>		

# Pqusnalhcw & Ullus Child Care Centres

By Jessica Frank, Early Childhood Coordinator

Merry Christmas and a Happy New Year from the staff at Pqusnalhcw & Ullus Child Care Centres.

## Children's Santa Night!!!!

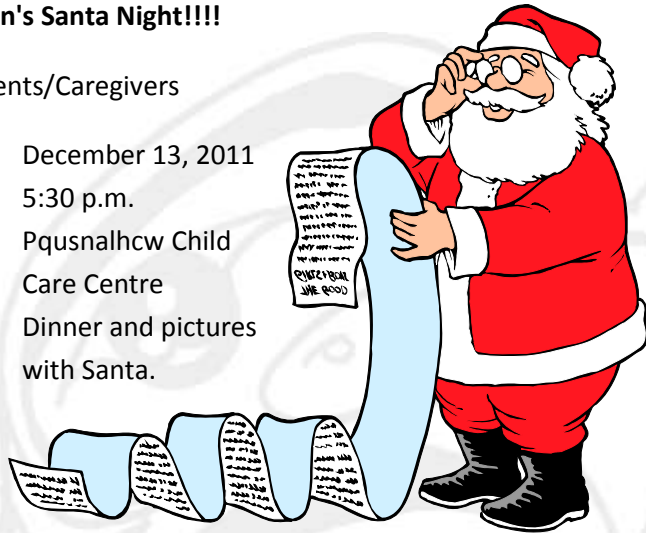
For Parents/Caregivers

When: December 13, 2011

Time: 5:30 p.m.

Where: Pqusnalhcw Child Care Centre

Why: Dinner and pictures with Santa.



If you have any questions please contact Jessica Frank, Director of Child Care Services.

## Centre Closure!!!

Pqusnalhcw & Ullus Child Care Centre will be closing for the holidays at 12:00 pm on Friday, December 23rd, 2011. We will reopen on January 3rd, 2012.

## 2011 Aboriginal Child Care Recognition Awards

This year our very own Pqusnalhcw & Ullus Child Care teachers were nominated for, and won, an award at the BC Aboriginal Child Care Society (BCACCS) Conference. The team was nominated by Julia Black, the Coordinator of the Putting Children First Initiative, and were selected as award recipients in the group category for "outstanding service and contribution to Aboriginal children in British Columbia".

The team was presented with the award on November 11th at a banquet lunch. During the conference staff randomly presented rattles to participants as a gift from

our centre. This was a first and is a gesture sure to be remembered as many of those rattles have now travelled all over BC to other daycares and organizations.

Here are some of the great things Julia had to say about our team in her nomination:

*Tell us about the nominee (job experience, education, special skills, or contributions).*

The Pqusnalhcw Child Care Centre and Ullus Child Care Centre teachers are qualified in Early Childhood Education, Infant Toddler, and Special Needs. They completed their training through the University of Victoria, the Nicola Valley Institute Technology, and the Native Education Centre. They are also trained in First Aid. The teachers have participated in and completed workshops in the delivery of the High/Scope Preschool Curriculum model, and worked with the local speech and language therapist to complete the Partnerships in Communication program. In addition, courses for Food Safe, Challenging Behaviours, FNES Emergency Services, ASQ 3, Moe the Mouse have also been taken by many of the teachers, increasing their ability to offer a variety of supports and services to the children and families with whom they work. The classrooms are rich with local culture, traditions, foods, music and the u language. In addition to enriching the lives of the children with whom they work through curriculum and daily experiences, they also maintain the important licensing requirements that ensure the health and safety of children while in their care. They are kept up to date on Licensing Regulations, food allergies, emergency preparedness, policies and procedures and engage in daily communications with the parents/caregivers. They attend monthly staff meeting, are involved in birthday buddies, volunteer in their annual Celebrating

*Continued on next page*

children's event, monthly planning, parent teacher meetings, and complete assessment tools as required. For all of these reasons, I would like to nominate the dedicated and committed teachers at both the Pqusnalhcw and Ullus Child Care Centres.



**Back Row (l-r):** Lorna Bruyere, Eunice Sam, Leanne Pascal, Renee Wallace, Sandy Henry, Susan Nelson, Reinal Wallace, Elizabeth Bikadi, Karen Wallace, Adelaide Leo, Nadine Pascal  
**Middle Row (l-r):** Yelarah Peters, Lois Andrews, Jessica Frank, Crystal Gabriel, Anita Willier, Sherry Johnny, Linda Dan, Marion Green  
**Front Row (l-r):**  
**Missing from Picture:** Jaime Pascal, Valarie Joe, Beverly Dan, Lori Jim-SCDP, Deshanna Gonzoles-SCDP, Eric Wallace-Elder, Dixie Joe-Elder, Eagle Leo-Hot Lunch Cook

*Outline the nominee's important contribution to child care or children and state why this individual deserves the Aboriginal Child Care Recognition Award.*

As explained above, the teachers at these two centres are integral to the promotion of health and well being of children and their families in their community. They work hard to nurture and support a healthy environment for children to play, learn and grow. The Pqusnalhcw Child Care Centre opened in 1999 & the Ullus Child Care Centre opened in June 2010. The teachers work effectively as a team; they are flexible and reliable and have demonstrated their commitment through their participation in community and cultural events; flake rodeos, Pow wows, etc.

The teachers are diverse in their familial roles in the community, offering a unique sense of family within the child care programs; they have aunties, nieces, mothers, daughters, cousins, and friends within their team and they are all local community members. The teachers have earned the recognition, respect and support of their community and parents; recognizing the importance of child care in supporting children and families in transitions, problem solving & communication skills, socialization with their peers and learning through play.

In addition to their immediate work with children and families, the teachers at both centres have also played an important role in guiding and mentoring others, increasing capacity in the community by supporting the education of new educators. Working as practicum supervisors for many new Early Childhood Educators and Infant & Toddler Educators. All of these wonderful skills, experience, knowledge and education have resulted in many of these women being mentored into new roles; becoming local leaders in early childhood. As a result, many teachers have moved into other very important roles within the early childhood community, such as becoming members of the Supported Child Development Program (SCDP) or working in the Infant Development program (IDP). For all of these reasons, these phenomenal teams of teachers deserve to be recognized for their commitment and dedication to early childhood care and development in their community. They are very important threads that have woven a foundation of love, support and nurturing and promoting the health and well-being of local children and their families.

*Congratulations!*



## Mt. Currie Sacred Circles

### A Journey Within

Sacred Circles for the Community of Mt. Currie

Where: Ullus Elders Center

Dates: Wednesdays, October 5, 19, 2011

November 2, 16, 30, 2011

December 14, 2011

Times: 10am - 2pm

What is a Sacred Circle? Sacred Circles are for anyone who has just completed a treatment program and/or who just wants to do an emotional and mental check in. Sacred Circles are very much like smudging where you can reflect upon your life and clear yourself from life's many challenges. In the Sacred Circle you will be lead by two qualified Therapists in an environment where you will feel safe to share. You are not alone! Come out and Join us!

Please call Helen at 1-877-455-0077 or text 250-319-8097 to Register and for more information

**Sacred Circles will be facilitated by Registered Clinical Counselor, Helen Shirley RCC, MA/ABS, and Mike Gunn MC**



# Ts'zil Learning Centre Update

Submitted by Lisa Fisher, Learning Specialist

## Math Digital Stories

The math students made digital stories on adding, subtracting and multiplying fractions. They worked very hard on them and they will be used as teaching tools up at Xit'olacw. The students should be very proud of themselves as they are incredible – good work everyone!!

## Below the Lakes Communities



The Ts'zil Digital Story Program at Samahquam is getting ready to complete the incredible story of Laura Purcell, an Elder with an amazing life and an incredible talent for sharing her story.

Laura's story has been quite

the collaboration with family and community members working with her to collect, discuss and order an assortment of photographs ranging from her youth at the farm until the present as a respected Elder. With so many pictures, we had to decide to tell only a portion of her story at this time. Look out for "Laura Purcell: The Childhood Years" - coming soon!

## Culture Program

It has been a very busy month for our Ts'zil social science course and cultural studies program. In early November, we hired a bus and went to the Driftwood Bay village site and the old dugout canoe. Edwin



Bikadi, Martin Sam, and Wayne Smith told us about the site as we walked along.

After that, we went to the hot springs by Skatin for a soak in the tubs and a hot dog roast for lunch.



Then, most of the students returned home, but eight of us stayed overnight with Sylvia and Verne Shanoss. The students helped cook supper, and then helped Sylvia fill jars with soup mix to hand out at Christmas. In the morning, we toured the grounds, and then Wayne Smith picked us up in the bus for a tour of Skatin and Head of the Lake School before heading home. Thanks to Sylvia and Verne for inviting us, and to Wayne for driving us.



On November 14, we had a busy day with Johnny Jones. He brought maps, pictures, artefacts and information about Lil'wat history. The students had lots of questions for him. After lunch, we all went for a walk along the

*Continued on next page*

river to see some of the istkens. We all learned a great deal. Thanks so much Johnny.



Veronica Bikadi writing information about her family tree



Mel Bruce & her Auntie Marie Abraham

**Family Tree Project**

November 21 was the first day of our family tree project. The students invited Elders who they felt could help them with their family tree. Priscilla Ritchie, Martina Pierre, Les and Donna Andrew, Marie Abraham, Rick Nelson, Charlie and Velma Peters, and Veronica Bikadi all contributed as we worked in large and small groups to create family trees and heard lots of great stories about the people and the past of Lil'wat. It was a great day.

In the morning on Friday, November 25, we had the first seed saving workshop with April Reeves and Wayne Smith. The participants learned gardening tips of all kinds, including how to build up your soil, what to plant together, how to save the best seeds, and so much more. We also received some very precious seeds, with some heirloom varieties. One of the tomato varieties only produces three or four tomatoes per plant, but each one weights 2 to 3 pounds. We will be having a follow up meeting in January, and possibly form a seed saving society with all the surrounding First Nation communities and Pemberton. In the afternoon, Lucille Joseph came in and talked about the different traditional plants and what they are used for. She showed us how to make devil's club salve, and everyone took home a small jar. This was a very informative and fun day sponsored by the Interact Health Literacy Project, the Ts'zil Gardening Project and the Ts'zil Cultural Program.



Rochelle Peters & her grandfather Charlie Peters

*Continued on next page*

The following is the Spring 2012 semester at the Ts'zil Learning Centre. There's still time to sign up for classes so come on in!!

Ts'zil Learning Centre Spring Semester 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-10:30	BENG-R ABE room		BENG-L ABE room	BENG-L ABE room study block R room 109	
10:30 -12:30	BECF ABE room	BMTH-R computer lab	BECF ABE room	BENG-R ABE room study block L room 109	BMTH-R computer lab 9:30 - 11:30
12:30-1:30	L	U	N	C	H
1:30-3:30	BCMP-R computer lab	BMTH-L computer lab study block R room 109	BCMP-L computer lab	Cultural Program	BMTH-L computer lab 11:30 - 1:30
3:30-5:30	VISION 010 brain gym	VISION 010 brain gym	BCMP-R computer lab		Recreation ULLUS 1:30 - 2:30
5:30-7:30	BCMP-L computer lab	Computer Study Block			



# CHRISTMAS 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8 <b>No Programs</b> Mount Currie Band Staff Christmas Party 6:00pm-10:30pm	9	10 <b>Hockey Tournament</b> Ullus
← Regular Programs →						
11 <b>Hockey Tournament</b> Ullus	12 	13 Signal Hill Christmas Concert	14 <b>Last Day of Regular Programs</b> XCS Christmas Concert	15 Signal Hill Christmas Concert	16 	17 
← Regular Programs →						
18 <b>Swimming &amp; Skating</b> Whistler Noon – 5pm	19 	20 Movie in Whistler 4pm-8pm	21 <i>Winter</i>	22 <b>Movie Night</b> Ullus 5pm-7:30pm <b>Open Gym</b> Ullus 7:30pm-11pm	23 	24 Christmas Eve 
25 Christmas Day 	26 Boxing Day <b>Swimming &amp; Skating</b> Whistler Noon – 5pm	27 Movie in Whistler 4pm-8pm <b>Men's Hockey</b> Whistler 10pm- 11:30pm	28 <b>Open Gym</b> Ullus 4pm-7pm <b>Coed Hockey</b> Ullus 8pm-10pm	29 <b>Open Gym</b> XCS 4pm-7pm <b>Volleyball</b> XCS 7pm-9pm <b>Men's basketball</b> XCS 9pm-11pm	30 	31 New Year's Eve <b>New Year's Party</b> Ullus 6pm-12:30am

Information Contact: Alphonse Wallace- 604 698 9999 Kyle Peters- 604 698 7999 Dan Cindric- 604 894 6115

# Lil'wat Nation Calendar of Events - December 2011

All dates are subject to change. **Council Meetings are Tentative and are based on a full agenda.** Check notice boards and announcements throughout the community for more events and updated info. View our online calendar at [www.lilwat.ca](http://www.lilwat.ca)

## Sat Dec 3

10:00am – 4:00pm [Gathering of the Artists](#) - Ullus

## Mon Dec 5

1:00pm - 10:00pm [Aboriginal BEST \(Business & Entrepreneurial Skills Training\)](#) - Ts'zil Room 110

## Tue Dec 6

1:00pm – 3:30pm [Elder's Exercise](#) - Ullus - Elder's Room

2:30pm – 5:00pm [Baby Clinic](#) - Ullus

7:00pm – 11:00pm [Council Meeting](#) - C&C Chambers - Ullus

## Wed Dec 7

1:00pm - 10:00pm [Aboriginal BEST](#) - Ts'zil Room 110

2:00pm – 4:30pm [Baby Clinic](#) - MCHC

8:00pm – 9:00pm [Alcoholics Anonymous](#) - Ullus

## Thu Dec 8

10:30am-3:00pm [Literacy Now](#) - Ts'zil Room 107

6:00pm – 10:00pm [Lil'wat Nation Staff Christmas Party](#) - Ullus

## Sat Dec 10

9:00am – 6:00pm [Hockey Tournament](#) - Ullus Gym

11:00am – 5:00pm [Christmas Craft Fair](#) - Xit'olacw School Gym

## Sun Dec 11

9:00am – 6:00pm [Hockey Tournament](#) - Ullus Gym

## Mon Dec 12

1:00pm - 10:00pm [Aboriginal BEST](#) - Ts'zil Room 110

## Tue Dec 13

All day [Santa Day / PJ Day/Santa Hat Day / Slippers Day / High School Christmas Dinner](#) - Xit'olacw Community School

12:00pm – 1:00pm [Community Christmas Lunch](#) - Ullus

1:00pm – 3:30pm [Elder's Exercise](#) - Ullus - Elder's Room

2:30pm – 5:00pm [Baby Clinic](#) - Ullus

5:00pm – 8:00pm [Signal Hill Christmas Concert](#)

5:30pm – 7:00pm [Children's Santa Night](#) - Pqusalhcw

7:00pm – 11:00pm [Council Meeting](#) - C&C Chambers - Ullus

## Wed Dec 14, 2011

1:00pm - 10:00pm [Aboriginal BEST](#) - Ts'zil Room 110

10:00am – 2:00pm [Mount Currie Sacred Circle](#) - Elders Centre

2:00pm – 4:30pm [Baby Clinic](#) - MCHC

5:00pm – 8:00pm [Christmas Concert](#) - Xit'olacw School

8:00pm – 9:00pm [Alcoholics Anonymous](#) - Ullus

## Thu Dec 15, 2011

5:00pm – 8:00pm [Signal Hill Christmas Concert](#)

## Fri Dec 16, 2011

All day [Last Day Fall Semester](#) - Ts'zil

## Sun Dec 18, 2011

12:00pm – 5:00pm [Skating & Swimming](#) - Whistler

## Mon Dec 19, 2011

All day [Schools Closed](#)

## Tue Dec 20, 2011

All day [Schools Closed](#)

1:00pm – 3:30pm [Elder's Exercise](#) - Ullus - Elder's Room

2:30pm – 5:00pm [Baby Clinic](#) - Ullus

4:00pm – 8:00pm [Movie in Whistler](#)

7:00pm – 11:00pm [Council Meeting](#) - C&C Chambers - Ullus

## Wed Dec 21, 2011

All day [Schools Closed](#)

2:00pm – 4:30pm [Baby Clinic](#) - MCHC

5:30pm – 7:00pm [Diabetes Support Group at MCHC](#) - MCHC

8:00pm – 9:00pm [Alcoholics Anonymous](#) - Ullus

## Thu Dec 22, 2011

All day [Schools Closed](#)

5:00pm – 7:30pm [Movie Night](#) - Ullus

## Fri Dec 23, 2011

All day [Schools Closed](#)

## Sun Dec 25, 2011

All day [Christmas Day](#)

## Mon Dec 26, 2011

All day [Boxing Day](#)

12:00pm – 5:00pm [Skating & Swimming](#) - Whistler

## Tue Dec 27, 2011

All day [Schools & Band Offices Closed](#)

4:00pm – 8:00pm [Movie in Whistler](#)

## Wed Dec 28, 2011

All day Schools & Band Offices Closed  
 8:30am – 4:30pm SA Cheque Pickup - Ullus  
 8:00pm – 9:00pm Alcoholics Anonymous - Ullus  
**Thu Dec 29, 2011**  
 All day Schools & Band Offices Closed  
**Fri Dec 30, 2011**  
 All day Schools & Band Offices Closed  
**Sat Dec 31, 2011**  
 6:00pm – 12:30am New Year's Eve Party - Ullus Gym  
**Sun Jan 1, 2012**

All day New Year's Day  
**Mon Jan 2, 2012**  
 All day Schools & Band Offices Closed  
**Tue Jan 3, 2012**  
 1:00pm – 3:30pm Elder's Exercise - Ullus - Elder's Room  
 2:30pm – 5:00pm Baby Clinic - Ullus  
 7:00pm – 11:00pm Council Meeting - C&C Chambers - Ullus  
**Wed Jan 4, 2012**  
 2:00pm – 4:30pm Baby Clinic - MCHC  
 8:00pm – 9:00pm Alcoholics Anonymous - Ullus

## Christmas Band Office Hours

The Lil'wat Nation Band Offices will be closed for the Christmas Holidays beginning at Noon on Friday, December 23rd. Offices will re-open on Tuesday, January 3rd 2012.




# December Schedule: Exercise Room



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 10am- 3pm 5pm- 10pm	6 7am-9am 11am-3:30pm 5pm-10pm	7 1pm-3pm 5pm-10pm	8 7am-9am 11am-3pm	9	10
11	12 10am- 3pm 5pm- 10pm	13 7am-9am 11am-3:30pm 5pm-10pm	14 11am-3pm 5pm-10pm	15 7am-9am 11am-3:30pm 5pm-10pm	16	17
18	19 11am-3pm	20 7am-9am	21 11am-3pm	22 7am-9am 11am-3pm 5pm-10pm	23	24 Christmas Eve
25 Christmas Day	26 Boxing Day	27	28 4pm-10pm	29	30	31 New Year's Eve
1 New Year's Day	2 Ullus Closed	3 7am-9am 11am-3:30pm	4 11am-3pm	5 7am-9am 11am-3pm	6	7

Information Contact: Alphonse Wallace- 604 698 9999 Kyle Peters- 604 698 7999 Dan Cindric- 604 894 6115



*The  
Chief, Council & Staff  
of the  
Lil'wat Nation  
would like to wish you all a very  
Merry Christmas  
and a safe and  
Happy New Year*

## Contact & Deadline Information

Below is a list of Band Contacts. Please feel free to contact us if you have any questions!

Department	Contact	Number
Mount Currie Band Office	Hazel Joseph	604-894-6115
Lil'wat Business	Michelle Thevarge	604-894-6115 ext 2243
Health Care Centre	Vickie Louis	604-894-6656
Social Development	Kelly Andrews	604-894-6115 ext 2240
Xit'olacw Community School	Glenda Gabriel	604-894-6131
Ts'zil Learning Centre	Rachel Dan	604-894-2300
Land & Resources	Carolyn Ward	604-894-2333
Recreation	Dan Cindric	604-894-6115 ext 2233
Training Advisor	Bernie Phillips	604-698-7864 (cell)
Lil'wat7ul Culture Centre	Lois Joseph	604-894-6115 ext 2259
Fire Department	Charles Frank - Fire Chief Duke Andrew - Assistant Fire Chief Marshall Ritchie - Safety Officer	604-894-6151
Post Office	Andrew Cochran	604-894-6241

### Get your news online!

Visit our website at [www.lilwat.ca](http://www.lilwat.ca) for information on programs, departments, and Chief & Council as well as photos, videos and loads of policy documents.

All news items and announcements are posted to our Lil'wat News & Events page which automatically updates Facebook and Twitter to make sure all members of our community are connected.



### Contact the Lil'wat Nation

PO Box 602  
Mount Currie, BC V0N 2K0  
[www.lilwat.ca](http://www.lilwat.ca)  
P: 604.894.6115  
F: 604.894.6841

## Deadline for January 2012 Newsletter Submissions

The submission deadline for next month's newsletter will be January 5th, 2012. Deadlines for each month's newsletter will be the last Monday of the month so that the newsletter will be published on the first Friday of every month. All submissions should be emailed, in word format, to [newsletter@lilwat.ca](mailto:newsletter@lilwat.ca).

If there is anything in particular that you'd like to see included in the newsletter please let us know. The purpose of this newsletter is to inform the community on what the Band Administration and Chief and Council are working on. Please send your ideas and requests in and we'll do what we can to include more information.