



# Qweíqwaíéít Talk

News and information for Lilwat Nation citizens | DECEMBER 2017

- 2 Events & Programs
- 3 Holiday Support
- 4 Lilwat Nation Contact
- 4 Health & Safety

## reminders

Lilwat Nation departments will close the end of day Friday, December 22 and re-open Tuesday, January 2, 2018. This will effect some services.

The Cedar Circle Counseling Team will not have regular counseling services during the closure. Please see page 3 for holiday emotional and mental health support tips and resources provided by Cedar Circle.

The Finance Department has sent some emails asking people to submit their requests before critical dates. Please read these emails to ensure the payments are issued in a timely fashion. **Please note:** The department is also closed Wednesday, December 20 for a team-building exercise.

Patient Travel will be closed from December 22 to January 2. There will be an on-call worker available December 27, 28, and 29 to take emergency calls.

Tszil Learning Centre will be closed from December 25 to January 2.

Xetólacw Community School will be closed from December 22 until January 8.

Community Social Services advises that all child protection matters during the closure need to be called into Centralized Screening at the Ministry of Child and Family Development. Toll free number: 1-800-663-9122

## A Holiday Wish from Kúkwpi7\* Skalúlmecw

Wishing everyone all the very best for the holidays, may you get the rest you need to carry on doing the great things you are doing for your families, friends and community.

Wishing prosperity for all and better health and greater opportunities in 2018, Merry Christmas and a very Happy New Year.



Political Chief Dean Nelson  
Kúkwpi7 Skalúlmecw



Cultural Chief Leonard Andrew  
Kúkwpi7 Táya

## A Holiday Wish from Kúkwpi7 Táya

I wish everyone a Merry Christmas and a very happy upcoming New Year.

Am so glad our newsletter is back on.

Have a happy, loving and safe Christmas and New Year.

\*Kúkwpi7

# Lilwat Nation newsletter returns

## NOW IT NEEDS A NAME SUGGESTED BY YOU

Welcome to the new newsletter, it's good to be back. One of the changes that readers will notice is the Events & Program Calendar. Whether the

**Have an idea for a name for the newsletter? Let us know at [newsletter@lilwat.ca](mailto:newsletter@lilwat.ca)**

newsletter is 4 or 16 pages long, the event calendar will always be the middle spread — perfect for putting up on the fridge.

Along with comment from Chiefs and Council about the issues facing the

Nation, the newsletter will feature updates from departments, and community advancements. We'll also be featuring the events that bring us together and the people whose accomplishments elevate us all.

The newsletter's temporary name is the Ucwalmícwts word that means "talk." Suggestions for a new name are welcome until January 31, 2018.

## NEXT NEWSLETTER

Deadline to submit items for the January newsletter is Friday, January 12, 2018.



# Events & Programs

December 2017/January 2018 | Proudly supported by the Lilwat Nation

## On Going Program

### Lilwat Health & Healing - Home Support Services

Lilwat Health and Healing  
Monday to Friday  
8:30 am - 4:30 pm

Home Support Services enhance the capabilities of clients and their families to care for themselves and each other.  
Call us about:

- A planned hospitalization for surgery/ treatment
- An unexpected serious injury or illness
- If you or a loved one requires supportive health services due to a chronic condition

We help you link with other services such as medical supplies and equipment, nutrition, occupational/physiotherapy and mental health services.

For more information contact:  
Patricia (Patti) Bobb  
Phone: (604) 894-6656 ext. 231  
Cell #: (604) 316-6107



## Wednesday, December 20

### Xetólacw Community School Christmas Concert

Xetólacw Community School  
7 pm

Come join our students in celebrating the season. Boost your Christmas Spirit and support our children and youth!



#### For parents and caregivers of XCS students:

1. Please ensure your child arrives at the school between 6 pm and 6:30 pm. Students will then go to their classroom and wait until it's time to perform.
2. Once children have performed they will return to their classrooms where they can be picked up by their parents and go home.
3. If you are attending the concert with preschool children, you MUST keep them at your seats. *Kúkwsturmckacw* (Thank you).

## Tuesday, December 19

### Santa Day

Xetólacw Community School  
All day fun!

K-7 students at XCS are encouraged to wear their pajamas and slippers, and bring a favourite stuffy to what is always a great event at the school.

Everyone is welcome to drop by and join in the festivities. You may even get a visit from a very special guest who is always nice to see this time of year.

## Wednesday, December 20

### SA Cheques for January

Úlús Mezz Room  
8:30 am - 4:30 pm

## Wednesday, January 3

### Tszil Spring Term Orientation

Tszil Room 107  
10 am - Noon

This is an information session for all returning, new or prospective students.

For more information contact:  
Onya Elliot  
604-894-2300  
onya.elliott@lilwat.ca

## Monday, January 8

### Xetólacw Community School Reopens

School starts up again after the holidays.

**WANT YOUR EVENT OR PROGRAM LISTED HERE?**

Contact The Lilwat Communications Team at [newsletter@lilwat.ca](mailto:newsletter@lilwat.ca)

# When the Holiday Season isn't so jolly...

## CEDAR CIRCLE COUNSELING'S ADVICE FOR MENTAL HEALTH CARE THIS SEASON

As the holiday season approaches people tend to get busy with preparing for family dinners, Christmas baking, gift making or shopping, and all the other festive activities. At this time of celebration sometimes we may not see the warning signs of a person struggling with coping during this season.

This festive season is often known for bringing family and friends closer together and spending quality time with loved ones. However, this idea of togetherness may not be possible for everyone.

Sometimes all this bustling activity reminds people of what they have lost instead. Sharing this time *together* may not be possible for everyone because of recently lost loved ones, or other troubling events in their lives. For those who are in various stages of grief and loss this may be a time of the year that triggers even bigger upsets for them.

The Christmas season may actually be a time where some people need more support, because for them they

are reminded everywhere of painful memories, which is even harder when there is a general sense that people are supposed to be happy and jolly during the weeks leading up to Christmas.

When people are struggling, their problems can be a private pain that they don't want to burden other people with. They can mask their distress by isolating themselves more than usual,

by not calling or visiting friends and family. They might be increasingly involved in high risk behaviors, such as increased use of alcohol and/ or drugs.

The struggling person may be having problems with appetite and or sleeping. Other signs of struggling to cope can involve noticeable or drastic changes in mood. For a person who is struggling it can really be difficult to share or reach out to another people.

The important thing to remember this season is that we can all make an extra effort be aware of people who are in need more support, and that we can all make a special effort to reach out to

struggling to cope can involve noticeable or drastic changes in mood. For a person who is struggling it can really be difficult to share or reach out to another people.

The important thing to remember this season is that we can all make an extra effort be aware of people who are in need more support, and that we can all make a special effort to reach out to support each other. If someone appears to be in serious distress and that they may require more serious help please see the available resources listed in the box below.

**Please note:** Liíwat Health and Healing will be closed from December 22 until January 2, 2018.

### Christmas Wish

**May we all receive the support and the care we need this year. Have a safe season.**



## Alternative health resources available during Health and Healing's holiday closure

### Emergency Services

**Tribal Police**  
Phone: 604-894-5757

**RCMP, Fire & Ambulance**  
Phone: 9-1-1

### Crisis Services

**Crisis Line**  
Phone: 1-866-661-3311

**Suicide Crisis Line**  
Phone: 1-800-784-2433 (24 Hour)

**National Indian Residential School Crisis Line**  
Phone: 1-866-925-4419 (24 Hour)

### Youth Resources

**Child/Youth Mental Health**  
Phone: 604-894-2091

**Kids Help Phone**  
Phone: 1-800-668-6868

### BC Health Link

BC Health Link is a 24-Hour service that provides access to a variety of practitioners including:

Nurse  
Dietitian  
Pharmacist  
Health Services Representative  
Phone: 8-1-1

### General Health

**Pemberton Health Centre**  
Phone: 604-894-6633

**Mental Health & Addictions/ Urgent Response\***  
Phone: 604-894-6939  
or 604-698-5861

**Sea to Sky Community Services**  
Phone: 604-894-6101

\* Closed December 25 and 26, and January 1.

## Lilwat Nation Contacts

### RECEPTION

604-894-6115

### OFFICE ADDRESS

Úlús Community Complex  
82 IR 10 Road, Mount Currie, BC  
V0N 2K0

### FAX

604-894-6841

### MAILING ADDRESS

P.O. Box 602  
Mount Currie, BC  
V0N 2K0

### WEBSITE

[www.lilwat.ca](http://www.lilwat.ca)

### EMAIL

## Questions? Need specific information?

Please feel free to get in touch directly with any of the Lilwat Nation department representatives listed below.

### FRONT OFFICE

Hazel Joseph  
604-894-6115 ext. 0

### CHIEFS AND COUNCIL

Lhexya7 Josephine Peters  
604-894-6115 ext. 2236

### LILWAT BUSINESS GROUP

Michelle Thevarge  
604-894-6115 ext. 2243

### HEALTH AND HEALING

Fiona Milton  
604-894-6656

### SOCIAL DEVELOPMENT

Debbie Alendal  
604-894-6115 ext. 2267

### WELLNESS DEPARTMENT

Florence Ward  
604-894-6115 ext. 2268

### XEŦÓLACW COMMUNITY SCHOOL

Glenda Gabriel  
604-894-6131

### TŚZIL LEARNING CENTRE

Onya Elliot  
604-894-2300

### LANDS AND RESOURCES

Bobbi-Jo Leo  
604-894-6115 ext. 2467

### RECREATION

Alphonse Wallace  
604-894-6115 ext. 2254

### LILWATŦUL CULTURE CENTRE

Mámaya7 Lois Joseph  
604-894-6115 ext. 2259

### FIRE DEPARTMENT

Marshal Ritchie  
Fire Chief Duke Andrew  
Assistant Fire Chief James Oliver  
604-894-6151

### POST OFFICE

Graham Turner  
604-894-6241 ext. 2447

## Discover The Nation's News Online

Visit the Lilwat Nation website at [www.lilwat.ca](http://www.lilwat.ca) for your first source of current information and news on programs and events, departments, and Chiefs & Council.

All news items and announcements posted on the website also appear on all Lilwat Nation social media including Twitter and Facebook to ensure greater community engagement and awareness.

## Get Your News in Print

With more than 200 printed issues per issue and on-line distribution, the newsletter is a great tool for reaching people without computer or Internet access. All submissions should be emailed, in MS Word format, to: [newsletter@lilwat.ca](mailto:newsletter@lilwat.ca) (We ask that photo submissions be no larger than 2MB.)

**Next Deadline for Submissions:**  
January 12, 2018.

## Suggestions Please

Tell us what you would like to see in these pages!

## Health & Safety

### Keeping your home safe and sound this season

Holiday busyness and extra guests can put a burden on home systems and appliances. Here's some tips to reduce the strain.

#### Preventing Septic/Sewer Back-Up

Do not flush Pampers, plastic bags, baby wipes or make up removal wipes, as well as the "flushable wipes" down the toilet or drains. Although biodegradable, they clog up the filters

to the septic tanks. Also, large amounts of household grease can cause build-ups, causing drainage and oils to not flow properly into a sewer or septic tank system. If you have a septic tank please consider when was the last time you drained your septic system.

#### Eliminating Septic/Sewer Smell

All floor drains located by hot water tank pans have p-traps that can dry out

and allow sewer smell to enter house. Pouring two cups of water OR one cup of water and one cup of unused cooking oil down the drain will usually eliminate the septic-sewage smell from coming back into house.

#### Preventing Dryer Over-Heating

Remember to clean out dryer filters after every load of laundry. As well, overloading a dryer reduces both its efficiency and life span.