



Qweíqwaíéít Talk

News and information for Lilwat Nation citizens | April /May 2018

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quick news

Lilwat Nation is still seeking feedback on the **Pemberton Valley Recreation Trail Master Use Plan**. For more info see page 6.

The **Lilwat Empowerment Group for Women** will be having its second meeting on April 19 at Úílus. Open to all women. Please drop by for some great discussion and support.

kúkwstumckálap

The Recreation Department would like to thank parents and coaches who helped get our youth to the **BC Junior All Native 2018 Basketball Tournament** in North Vancouver. More than 83 teams, including four from Lilwat, participated in the March 18 top 23 tournament.

Big “thank yous” go out to Debbie Alendal and the Community Services department for their sponsorship for the accommodations, and to the Squamish Lilwat Cultural Centre for their support of the U13 uniforms. See Page 3 for pictures of our amazing young athletes.

Community Plan process begins

THE CCP WILL TAKE COMMUNITY VISION FORWARD

Lilwat Nation is beginning the process to create a Comprehensive Community Plan. Comprehensive community planning (CCP) is a holistic process that enables a community to build a roadmap to sustainability, self-sufficiency and improved governance capacity. A CCP enables a community to establish a vision for its future and implement projects to achieve this vision and ensures that community projects and programs are thought through, make sense, and are the best use of resources. The CCP integrates and links all other plans the community has produced.

This is a community-led approach to planning, where the process is driven and owned by all community members, not just a small group or committee. The CCP focuses on eight interrelated and interdependent areas: Governance, Lands and Resources, Health, Infrastructure Development, Culture Social, Economy and Education.

Planning for the future of Lilwat Nation has many benefits. The CCP, and its process, will promote healing and reconciliation, and empower the community. Performance will be improved,



Petsklh Vaughan Gabriel is the new CCP Coordinator.

and teamwork and expertise will be built. The CCP will coordinate future development, protect resources, celebrate traditions and cultures, create economic opportunities, and support self-determination for the Nation.

Petsklh Vaughan Gabriel has been hired as the Comprehensive Community Plan Coordinator to focus on the fulfilling the strategic efforts of the plan, working closely with the community to ensure maximum input to, and knowledge of, the project.

Message from The Politcal Chief



Political Chief Dean Nelson
Kúkwpi7 Skalúlmecw

We have been having a very enthusiastic monthly Lilwat celebration, with several focused on seasonal occurrences. Nutsqa7 coming out of our winter dwelling, the s7istken) is an example of what we celebrate, where we honour our people and have naming ceremonies. If you have any questions about naming or honouring, please call the Lilwat7úl Culture Centre at Úílus at 604-894-6115.

We recently held a much needed, fully involved, emergency preparedness exercise that included all agencies that would respond to an actual evacuation occurrence. (Continued page 3)

Operating a business from home safely

DEVELOPING SAFETY PLANS ARE ESSENTIAL NO MATTER WHAT YOUR BUSINESS

The day is here that the spirit of the entrepreneur is strong. We have been nurturing this feeling for some time and now we see some of the fruits of this mindset. People of Lilwat are employing themselves as caterers, mechanics, construction contractors, and retail operators. We hope to see it all get better and bigger.

Planning and safe operating procedures are an essential part of succeeding to the “better part” and sustainability for you, your neighbors and the entire community.

An example of safe operating procedures would be when catering from home:

Kitchen Safety

- Keep cooking surfaces clean and clutter free

- Operate microwave ovens safely
- Take care of electrical cords
- Maintain working smoke alarms
- Maintain commercial level fire extinguisher

Cooking Safety

- Stay in the kitchen when cooking
- Turn off elements and appliances when finished using
- Keep children a safe distance from cooking area
- Cooking requires you to be alert. Do not cook when under the influence of medications or alcohol.
- Wear short tight fitting sleeves
- Turn pot handles in

If You Have A Kitchen Fire

- Get everyone out
- Call 911
- Consider using a fire extinguisher ONLY if the following conditions exist:
 - > Everyone has left the building
 - > The fire department has been called
 - > The fire is confined to a small area
 - > A clear escape route exists between you and the fire
 - > The appropriate working fire extinguisher is available
 - > You have read instructions and trained in the safe use and operation
 - > **If the fire does not go out, leave your home.**

Three Types of Kitchen Fires

1. Grease fires

Use a pot holder of oven mitt and slide a lid or a cookie sheet over the flames. Then turn the heat off. **Never put water on a grease fire.**

2. Oven fires

Close the oven door and turn the heat off.

3. Microwave fires

Keep the door closed and turn the microwave off.

This is an only an example of Safe Operating Procedures for kitchen operations. Every part of the business needs at least one person has Food Safe and ensures that procedures are followed.

If you or someone in your business needs this certification, please consider enrolling in the next Food Safe course provided for community.

Contractors, caterers, mechanics, retail outlets, etc.: all need to protect customers, neighbours, and themselves.

For more information contact Community and Workplace Health and Safety Officer Troy Bikadi at troy.bikadi@lilwat.ca or 604-966-4339.

Congratulations

Third-year Emily Carr Visual Arts major wins prestigious award

Levi Nelson wins IDEA Award

“BIOLOGY” BECOMES PART OF UBC HOSPITAL COLLECTION

Lilwat Nation’s Levi Nelson has won the 9th annual IDEA Art Award and a \$5,000 cash prize. He won for his four-panel (quadriptych) painting titled *Biology*, a fusion of contemporary style and traditional First Nations art.

The award recognizes that art has the power to transform and transport and can be healing. The IDEA Art Award is open to current Emily Carr students and alumni who have graduated within the last three calendar years and places the winning pieces in different areas of Vancouver General Hospital or UBC Hospital as part of that facility’s permanent collection.

Biology will grace the Surgical Day Care Waiting Room in the Koerner Pavilion at UBC Hospital. Nelson’s aim was to “create a painting that a person could really lose themselves in. A work of art



A detail from the first panel of *Biology*, Levi Nelson’s winning IDEA award painting.

that doesn’t reveal itself completely, but at each glance offers something new to be discovered...built on awe, contemplation, meditation, and getting lost in one’s thoughts until the Doctor calls your name.”

Junior All Native 2018 Basketball Tournament

LÍLWAT SENT FOUR TEAMS TO BC-WIDE EVENT IN NORTH VANCOUVER

More than 40 young athletes from Lílwat Nation participated in the BC Junior All Native Basketball Tournament. We celebrate the achievements of these committed players. Thank you for representing our community at this exciting province-wide event. And thank you to all of you who supported the players on their journey.

Know players pictured on this page? Let them know that you support them and Lílwat youth sports programs.

Boys Under 13 Team



Girls Under 13 Team



Boys Under 17 Team



Girls Under 17 Team



Message from The Political Chief

Inherent Rights information will be featured at the upcoming assembly

(Continued from page 1)

We have had ongoing Inherent Right discussions and a working group has been established. That group will provide information and answers at the upcoming Lílwat Assembly. We are looking forward to sharing community information, goals, and addressing your concerns and questions at the assembly that has been postponed due to a loss in our community.

When the new dates are confirmed we will get that information out to you.

We will be beginning an agriculture project in late April at the XCS fields down Lillooet Lake Rd. Other things to look forward to are the construction of the Lílwat gas station in Function Junction in Whistler, and a leadership

and strengthening camps for boys and girls this summer. It's exciting to see the continuing community support for all the positive projects that are enhancing the Lílwat community.

Word of the day: tsiliati7 (responsibility).



Events & Programs

April/May 2018 | Proudly supported by the Lílwat Nation

On Going Programs

Lílwat Health & Healing Community Services

Lílwat Health and Healing
8:30 am - 4:30 pm
Monday thru Friday

Home Support

Home Support Services enhance the ability 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 (Patty) Bobb at 894-6656 ext. 231
or patricia.bobb@lilwat.ca

Maternal Child Health Clinics and Classes

Prenatal classes and Baby Clinics happen weekly on an ongoing basis.

Families that have at least one child under 6 years old are welcome to attend Baby Clinics. Call **604-894-6656** for dates.

The maternal Child Program has services to offer you throughout your pregnancy and after your birth, such as: food vouchers, Prenatal Classes, Baby Clinics, home visits, and Doula services.

Call the Maternal Child Health nurse at **604-894-6656** to make an appointment.

Please note that the General Assemblies, in Lílwat and Vancouver, and the Women's Empowerment Group meeting, have been postponed until a later date. As soon as new dates have been set we will let you know through the lilwat.ca website and our Facebook page.

Kúkwstuw̓ckacw,

The Lílwat Communications Team

Lílwat Infant Development Program

Home Visits

Monday thru Thursday
9:30 am - 3:30 pm

If parents or caregivers have concerns about a child's development, Health & Healing can arrange for home visits at your convenience

for children from newborn to six years of age. For more information, or to arrange a home visit, contact Eunice Sam at 604-894-6656 or email eunice.sam@lilwat.ca.

Parent/Tot Play Group

Lílwat Health and Healing
Thursdays
11:30 am to 2 pm

WANT YOUR EVENT OR PROGRAM LISTED HERE?

Contact The Lílwat Communications Team at newsletter@lilwat.ca

Wednesday, April 25

SA Cheques for May

Úlús Mezz Room
8:30 am - 4:30 pm

Tuesday, May 1

Post-Secondary Sponsorship Applications for 2018-2019

Tszil Learning Centre

Sponsorship Applications for post secondary education for May 2018 to April 2019 are due May 1st.

Please contact Casey Dick-Wyatt at Tszil Learning Centre with any question you may have. You can find a copy of the application on lilwat.ca's Tszil page. You can also receive one via email by contacting Casey at casey.dick-wyatt@lilwat.ca. Also, please feel free to come by the office to pick up an application.

Wednesday, May 2

Language and Culture Community Meeting with Dr. Lorna Williams

Xetólacw Community School Gym
5 pm - 9 pm

Dr. Lorna Williams will be hosting a meeting regarding our Ucwalmícwts comprehensive community-wide, long-range plan. Bring your drums. Dinner will be provided. We hope to see you there.

Tuesday, May 8

Wellness Lunch

Lilwat Health & Healing
12 Noon

Join us for a "Lunch & Learn" session with guest speaker Pharmacist Jason Min. Discover more about what's in your medicine cabinet.

For details, please call Lilwat Health & Healing at 604-894-6656.

Do You Have Questions About Your Medications, Natural Products or Vitamin Supplements?

PHARMACIST SERVICES

FREE 45-minute appointments with Pharmacists in Lílwat

May 7 -11, 2018



Schedule an appointment by calling
Lílwat Health & Healing
(604) 894-6656



Join us for a Lunch and Learn Session
Special Guest Speaker: Pharmacist, Jason Min



WELLNESS LUNCH

Tuesday, May 8 at 12 Noon

Lílwat Nation Contacts

RECEPTION

604-894-6115

OFFICE ADDRESS

Úlúus Community Complex
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V0N 2K0

FAX

604-894-6841

MAILING ADDRESS

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Mount Currie, BC
V0N 2K0

WEBSITE

www.lilwat.ca

EMAIL

info@lilwat.ca

Questions? Need specific information?

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

FRONT OFFICE

Hazel Joseph
604-894-6115 ext. 0

CHIEFS AND COUNCIL

Lhexýa7 Josephine Peters
604-894-6115 ext. 2236

LÍLWAT BUSINESS GROUP

Michelle Thevarg
604-894-6115 ext. 2243

HEALTH AND HEALING

Fiona Milton
604-894-6656

SOCIAL DEVELOPMENT

Debbie Alendal
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WELLNESS DEPARTMENT

Florence Ward
604-894-6115 ext. 2268

XEṬÓLACW COMMUNITY SCHOOL

Glenda Gabriel
604-894-6131

TŚZIL LEARNING CENTRE

Victoria Joe
604-894-2300

LANDS AND RESOURCES

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

RECREATION

Háma7 Alphonse Wallace
604-894-6115 ext. 2254

LÍLWAT7ÚL CULTURE CENTRE

Mámaya7 Lois Joseph
604-894-6115 ext. 2259

FIRE DEPARTMENT

9-1-1

POST OFFICE

Graham Turner
604-894-6115 ext. 2447

Discover The Nation's News Online

Visit the Lílwat Nation website at 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 Lílwat 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 (We ask that photo submissions be no larger than 2MB.)

Next Deadline for Submissions:
Wednesday, May 9, 2018

Suggestions Please

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

Community Engagement

Valley Recreation Trails Master Plan update

The Squamish-Lillooet Regional District (SLRD) is gathering community feedback as part of the Pemberton Valley Recreational Trails Master Plan Update.

Updating the Recreational Trails Master Plan is an opportunity to develop a long-term vision and strategy for recreational trail use and development in the Pemberton Valley.

If you were unable to attend the storyboards and presentation materials will be available on the SLRD website www.slrd.bc.ca/PVRTMPupdate or the Lílwat Nation's website <https://lilwat.ca> until **May 25, 2018**.

On Lilwat.ca blog relating to this item you can also fill out a feedback e-form. We appreciate your input.

Language and Culture Community Meeting with Dr. Lorna Williams

**Thursday, May 2
5 pm - 9 pm
XCS Gym**

Come discuss longterm plans for reclaiming and retaining our Ucwalmícwts.

Bring your drums.
Dinner will be provided.