

OCTOBER NEWSLETTER

Pipi7iyekw – Joffre Lakes Park Harvesting

*"I try take my immersion students once a year
to Joffrey lakes.*

*This time we gathered swamp tea -
secwsqeqxaten*

Showed devils clubs - k'at'aoz'

*And we saw a coral tooth fungus- I haven't
tried it but I heard that it's edible.*

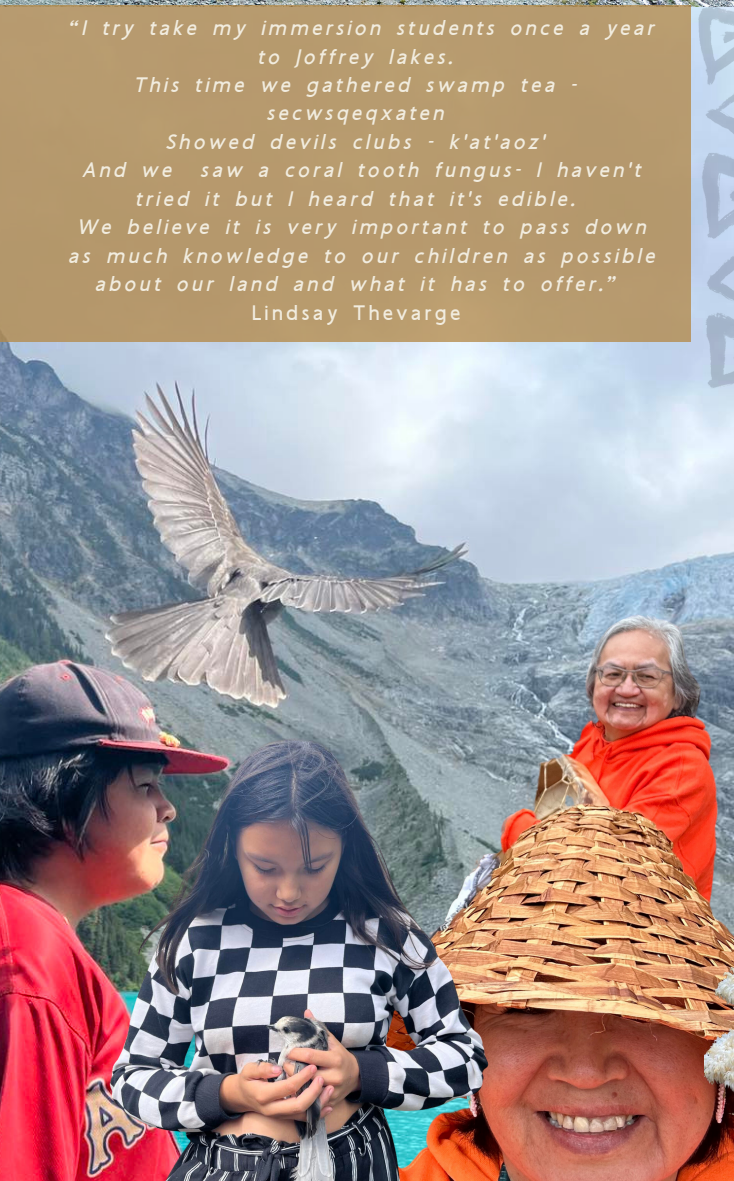
*We believe it is very important to pass down
as much knowledge to our children as possible
about our land and what it has to offer."*

Lindsay Thevarge

*"My nephew Rick Joe, his wife Peggy Janicki, and son
Anthony Joe brought me to Joffre to hike. I have been
wanting to go for a long time and was so happy my nephew
offered to bring me. I didn't get to hike all the lakes due to
the amount of time we had but it was an absolute great
day. So beautiful, and I am so grateful to have had this
opportunity to see such beauty.*

*They wanted to go so they can pick swamp tea, as you can
see in the pictures, it's swamp tea they are picking."*

Gladys Joe



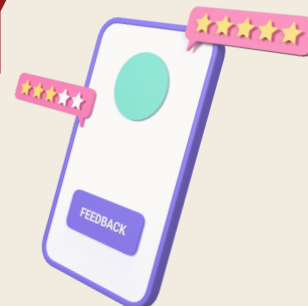
Lílwat Nation Strategic Plan ONLINE SURVEY



Share your feedback
with us:



Deadline: October 20, 2023



1st prize: \$350 visa card
2nd prize: \$200 visa card
3rd prize: \$150 visa card



HALLOWEEN PUMPKIN PARTY



Tuesday, October 24, 2023

Xetolacw Community School

Cafeteria

5pm-7pm

Please sign up by contacting

604-894-6115

Florence.Ward@lilwat.ca ext

#2268

Kristine.Reierson@lilwat.ca ext

#2473

***Children must be accompanied by an
adult***

**Presented by: Lílwat Child & Family
Services**

**(Formerly known as Lílwat Wellness
Centre)**

**Activities include; Halloween Safety, Pumpkin carving, Halloween treat bags,
Halloween cupcake decorating, Pumpkin seed roasting, Halloween music.**



**FIRE PROTECTION FOR HOUSES AND
COMMUNITY BUILDINGS.**

TRAINING AND EDUCATION WILL BE PROVIDED.

**MUST BE WILLING TO COMMIT A FEW HOURS
PER WEEK FOR TRAINING AND BE AVAILABLE
TO RESPOND TO CALLS.**

**EVERYONE
IS
WELCOME!**

**YOUR INVOLVEMENT WILL KEEP LIVES AND
HOMES SAFE WITHIN OUR COMMUNITY**

\$20 PER CALL OUT

**CONTACT: MARSHALL.RITCHIE@LILWAT.CA OR
604-894-1590 TO GET INVOLVED**

VOLUNTEER FIRE FIGHTERS NEEDED!

**As fall quickly approaches, Marshall
Ritchie and the brave volunteers
that make up the fire department
are looking for more volunteers!
Help keep your community safe!**

LÍLWAT FLU & COVID IMMUNIZATION CLINIC

**Getting Immunized is the most effective way
to stay safe during respiratory illness season.**

**Lílwat community members six months and older can get an updated
influenza (flu) and COVID-19 vaccine at the same time. Make sure to wear
a mask, stay home when you're sick, and wash your hands frequently!**

THURSDAY, OCTOBER 12TH

THURSDAY, OCTOBER 19TH

**To book an appointment, call Lisa Peters,
604-894-6656**



*Staff Members
are also eligible!*

Regional Health Survey (RHS4)

Lil'wat First Nation

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living on reserve and in Northern communities. It asks about access to health care, health conditions/behaviours, housing, food security, water quality, etc.

The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it



Receive a \$25 gift card for participating

Lil'wat Gas Station and Grocery Store.

If selected, you may take the RHS4...



ONLINE




OVER THE PHONE

More information :

 www.fnha.ca/health-surveys

 RHS4@fnha.ca

 (833) 633- 3642

Lílwat Government Outreach

We are pleased to announce a one-day event available to all community members. Service Canada and the CRA will be on-site at Pquasnalcw to assist with government services and benefits. Do you need to apply for CPP or OAS, get your SIN number, apply for EI, or any other government related service? This is your chance to work with government employees in person, instead of waiting on hold for hours on the phone. Please see below for a more complete list of available services.

Tuesday, October 24, 2023
from 10:00am to 3:00pm
LOCATION: T'szil

Service Canada & Canada Revenue Agency

Get information & assistance with:

- Information on T4 slips and personal tax account overview
- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers
- Address changes
- Information and help with benefits and credits such as the Canada:
 - Child Benefit (CCB), GST/HST credit, Canada Workers Benefit, and Disability Tax credit
- The Community Volunteer Income Tax Program (CVITP)
- Other federal programs and services

Please Note

Make sure to bring 1 photo ID and your Social Insurance Number to receive assistance.
Lesley Becker at: 604-894-6115



MOBILE MAMMOGRAM CLINIC'S IN PEMBERTON

OCTOBER 24TH – 26TH

DECEMBER 5TH – 7TH

PLEASE CALL 1-800-663-9203 TO MAKE AN
APPOINTMENT



RESPIRATORY VIRUS SEASON: MAKING HEALTHY DECISIONS

Protecting yourself and others is important when respiratory viruses are circulating.

Keep yourself and others safe



get vaccinated



wash hands



stay home when sick



use masks

How to recover at home



rest



water



healthy diet



fever medication

Some may get sicker than others



babies



pregnant women



elders



medical conditions

Contact a health care provider if:



difficulty breathing



chest pain



signs of dehydration



worsening symptoms



Are you interested in helping to exercise the rights and title related to Lilwat Nation Traditional Territory Lands?

Lilwat Nation Chiefs and Council is seeking Expressions of Interest from Lilwat Nation Citizens interested in serving as a Citizen at Large Member/Alternate for the Lilwat Nation Land Use Referral Committee

What is the Land Use Referral Committee?

The Land Use Referral Committee is a standing Board of Lilwat Nation Chiefs and Council. The Referral Committee is responsible for:

- reviewing, assessing, and providing direction to Land and Resources Department on how to respond to land use referrals in accordance with the *Lilwat Nation Land Use Referral Consultation Policy*;
- familiarizing themselves with policies related to the title and rights of the Lilwat Nation, including, but not limited to, the *Lilwat Land Use Plan* and the *Lilwat Nation Strategic Plan*;
- representing the interests of the Lilwat Nation regarding territorial land use decisions.

How to apply:

If you are interested in joining the Land Use Referral Committee as either a Citizen at Large Member or Alternate, please submit a letter of interest outlining why you are interested and your experience.

Please submit your letter of interest by September 18th, 2023, to:

Lilwat Nation Chiefs and Council

Attn: Roxanne Joe, Lands and Resources Co-Ordinator

Mail: PO Box 602, Mount Currie, BC V0N 2K0

Email: roxanne.joe@lilwat.ca

Drop Off: Reception, Lilwat Nation Offices, Úilus



Lilwat Nation Strategic Planning Session

Lilwat Nation has hired Nation First Consulting to help create a new Strategic Plan. Please join us and share your vision for Lilwat Nation. There will be plenty of Sessions over the coming months for Community members to share their thoughts.

There are many community engagement sessions planned for the community from September to November 2023, and they include the following types of sessions:

- Elders (3x)
- Youth (3x)
- Community at Úilus (8x)
- Community in Xetólacw at XCS (8x)
 - Vancouver (3x)
 - Virtual (2x)
- AGM at Úilus (1x)



NATION FIRST
CONSULTING



Catch up Clinics!

Lil'wat Health & Healing is offering immunization catch-ups for children ages 4-6.

Vaccines are offered to children starting kindergarten to help protect their health, their classmates' health, and the health of the community.

If your child hasn't received their kindergarten vaccines, it's not too late to get caught up!

Please contact RN Gillian for more information about vaccines and which ones your child may need.

**gillian.hawkes@lilwat.ca
604-894-6656 ext. 3231**

Contact LHH to book an appointment for your child



The HR team hosted the summer staff party on Wednesday, October 4th. The weather was truly summer like! It was a wonderful event, and attended by many employees and their families, with a fun assortment of delicious food, fun games and activities. Thank you to all who came out and for the many people who helped behind the scenes to make this event such a success.



Lilwat Elders Halloween Tea Social

October 31, 2023

Úilus Banquet Hall


11am-2pm

Age: 55 & over

Hot meal provided

Prizes for those
with costumes

If you need a ride or have any
questions or concerns contact
Lilwat Elders Activities
Coordinator, Maya Joe via email
maya.joe@lilwat.ca or
(w)604-894-6115 or
(c) 778-793-6127



"Slides on the Mountain" follows brothers Talon (17) and Riki (15) from the Lil'wat Nation, as they decide to ski Ts'zil, the mountain they were raised beneath.

Pushing both themselves and their culture through sport, they learn the skills they need to ride the mountain safely under the guidance of their mentors, Sandy and Morgan.

SLIDES ON THE MOUNTAIN

COMMUNITY SCREENINGS

OCT 13-16

MOUNT CURRIE, PEMBERTON, WHISTLER, SQUAMISH

Thank you for tuning in to the Lílwat Nation
October Newsletter. Keep your eyes peeled for
our next issue releasing in November!

Kúkwstum'ckaláp



Keep up to date
with everything
happening in Lílwat
Nation by following
our social media
accounts.



@lilwatnation



@Lilwatnation



@lilwatnation

