



## A Message from the Chief



Hello Lil'wat7ul,

October has come and gone and I hope you all enjoyed your Halloween.

During the first week of October I took a trip to New York City to attend the World Indigenous Forum. There were

presentations from 16 different speakers during one day so there was a lot of information squeezed into a very short period. The forum was hosted by Former National Chief Phil Fontaine, with guest speaker, Val Kilmer. The presentations focused on what Indigenous people are doing to create employment and business opportunities. To my surprise most business opportunities throughout the world were about Sports.

As you will all have noticed, paving is complete on the Lake Road. Thank you to everyone who has been patient throughout the project, I know and understand that at

times it was a bit of a nuisance, but it needed to get done. Also with Ull'us, we are almost finished. Thank you again everyone for understanding. We still need to finalize the basketball court, the parking stalls, bicycle areas and the fire circle but overall it's coming along quite well.

Now that the Lake Road is newly paved, we still need to caution everyone to watch for horses & cows. Please drive safely everywhere, it can be very difficult at times to see the animals in the dark. I have been working with some of the horse & cow owners and will be meeting with the Stockman's Association in the month of November to start putting by-laws into place and working with SPCA. I'd like to find some solutions that would work for everyone.

I had the honour of participating in the Winds of Change Annual Celebration in October. What a great day that was! Having the kids from PSS and XCS participate and listen to a great speaker Kevin Brooks. (WOW – what a

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#### Contact the Lil'wat Nation

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great story. If any of you have a chance, check out his website at: [www.kevinbrooks.ca](http://www.kevinbrooks.ca). It's worth a look). I would like to congratulate all the candidates that were nominated and of course the winners. We need to have a lot more celebrations like this one. Great job to the Winds of Change Committee and especially to Sheldon Tetreault who chairs the meetings and organizes events like this. Thank you everyone involved.

## A Note from Councillor Tara Smith

I would like to acknowledge and recognize all the Volunteers that took part in the Halloween Masquerades.

Chief Lucinda Phillips and helpers did a fabulous job at the Adult Masquerade on Saturday. There were a lot of great costumes that night. It was a fun Drug and Alcohol free event. Special thanks to the Elders that attended.

The Recreation Department and other Volunteers did an amazing job with the Youth Halloween Masquerade. There were lights and decorations everywhere that added to the excitement of the wonderful evening. Having the staff from each of the departments being there and doing the very tough job of judging made it that much more special. It allowed the community to sit

On that same note, I would like to take the time to thank Sheldon Tetreault, who assisted us over the last six months with the day-to-day work as Acting Senior Administrator. It was great having him back in Lil'wat for a little while. Thank you so much Sheldon.

Kukwastum'ckal'ap,

Chief Lucinda Phillips

back and enjoy the show. Thank you very much for your involvement. Dan Cindric, Recreation Director made a special thanks to the Wellness Department that came up with the funds for this event. Thank you all for making it happen.

It is so nice to see our community come together in celebration. It was a full house!! Halloween has always been a favourite day to our people. We were fortunate that the weather was great. The fireworks ended it off perfectly.

Kukwastum'ckal'ap,

Tara Smith - Councillor

*\*Thanks to Kyle and Tracy for the photos!*



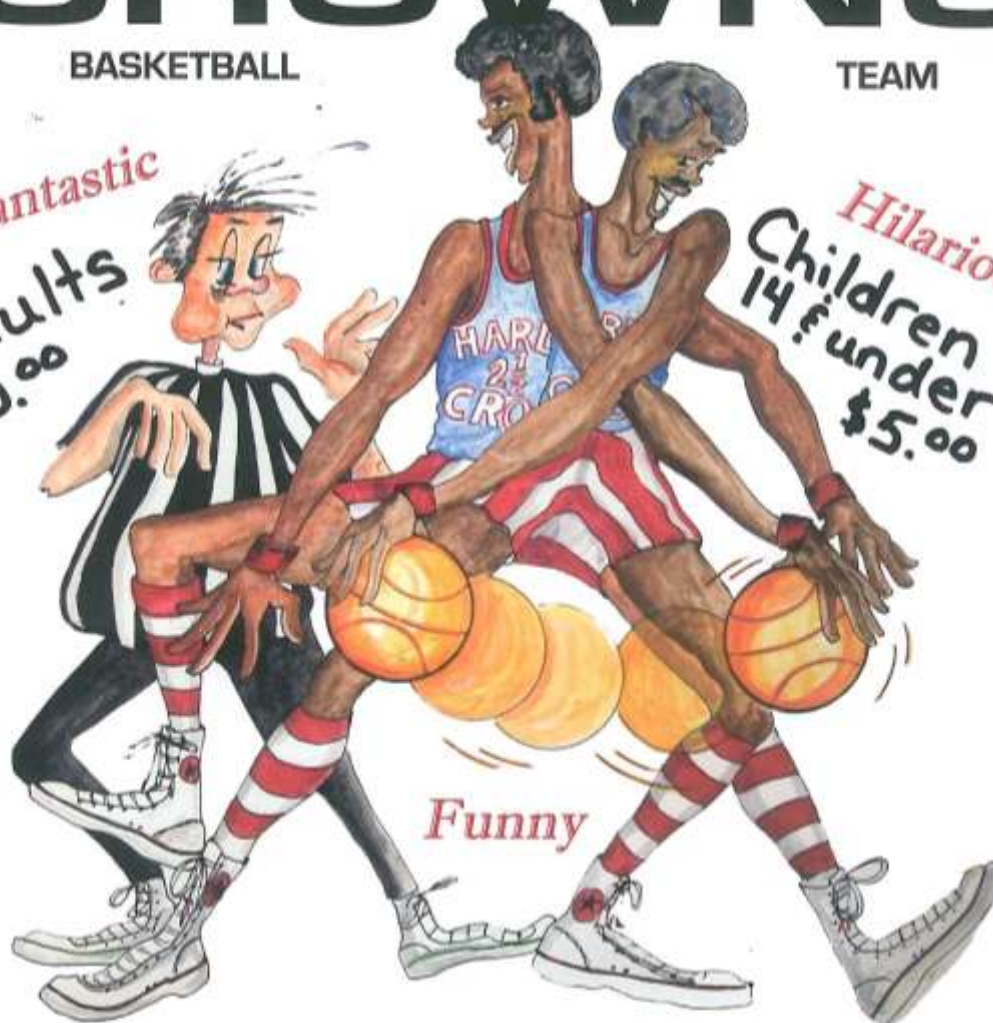
# THE FABULOUS HARLEM CROWNS

BASKETBALL

TEAM

*Fantastic*  
Adults  
\$10.00

*Hilarious*  
Children  
14 & under  
\$5.00



DATE: Monday, Nov. 7<sup>th</sup> TIME 7:00pm  
 PLACE Ullus Gym  
 OPPONENTS Mount Currie

Dates Still Available  
(510) 569-1309

GENERAL ADMISSION  
 ADVANCE SALE TICKET      AT THE DOOR

[www.harlemcrownsbasketball.com](http://www.harlemcrownsbasketball.com) - Email: [harlemcrowns@aol.com](mailto:harlemcrowns@aol.com)

**— COMEDY IN MOTION! —**

# Community Health Update

By Annabelle Pierre, CHR

## Water

Once again our weekly water testing results showed that our water is clean.

I would like to thank Sharon Edmonds for doing the water testing on Oct. 26, 2011 during our unfortunate water pump failure. Also a big thanks to Stan Lester and his helpers for the awesome work and long hours he put into restoring our water. Having no water was a lesson for me. I learned that I take for granted how fortunate we are to have an abundance of clear drinking water.

## Annual Health & Wellness Fair

I sure enjoyed being a part of our annual health fair. It was a joy to see our young people and some elders enjoy the water drinking promotions provided to us by Health Canada.

## Mammograms

It was with great pleasure that I was able to fill in all the appointment times for the Nov. 1<sup>st</sup> Screening Mammography Program of BC. With regret I even had to turn some ladies away.

## Women's Support Group

The Women's Support group that was to start in

October will be starting on Wednesday, November 16, 2011 at 11:00 am. to 1:30 pm. Friday, November 4<sup>th</sup> will be the final registration day.

## Foot Doctor

Dr. Dixon will be returning to the health centre only to fit the orthotics for the people who are expecting a pair from him. He will contact me soon with the date he will be coming. As soon as I hear from him I will be call everyone who needs to come in.

## Diabetes Support Group

On October 19, 2011 we held our Evening/Monthly Diabetes Support Group. Myself, Lynne Currie, and seven Lil'wat members attended. The topic was medication, prescribed and over the counter. Lynne Currie, RN, answered many questions regarding this topic, which was very informative for the group participants. A light meal was served.

Next meeting is Wednesday Nov. 16<sup>th</sup> 5:30 pm to 7:00 pm at CHR in the MCHC.

Topic: Making Christmas cooking diabetic friendly. Marnie Melsted, VCH nutritionist, will be there sharing her healthy Christmas recipes.

A hot meal will be served. Anyone is welcome to attend.

## 6<sup>th</sup> Annual Lil'wat Addictions Awareness Week

November 14-18, 2011

Theme: Cuystwi\_malh t'akstum ti nt'akmenlhkalha

**Let us now honour the ways of our people**

## Maternal Health

A brief message from Sharon Edmonds your Maternal Child Health-Community Home Visitor.

To the Community of Lil'wat:

**I am very happy to inform you that I am back working at the Health Centre!**

I am the Community Home Visitor working with the Maternal Child Health Team, Sheila Bikadi and Laura Ogden. I work with families prenatally and those with Children aged 0-6 years, supporting and advocating for them in their health, growth and development while assisting to form strong family foundations. My duties are to carry out home and office visits assisting families in filing income taxes, Birth Registrations, and ensuring

family documents and identification are up to date and assisting in client transportation when required for appointments etc.

I also assist and attend at the weekly baby clinics at Ullus and the health centre and sign out Prenatal and Breastfeeding coupons.

I look forward to seeing each and every one of you at the health centre or out in the Community!

Sincerely,  
Sharon Edmonds  
Community Home Visitor  
604 894-6656 ext 249

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

# Community Members Honoured



## Winds Of Change 2nd Annual Wellness Gathering

The Second Annual Wellness Gathering on Thursday, October 20, 2011, centred on youth health and wellbeing, drew a record crowd last Thursday in Pemberton for the key note speaker. Approximately 185 youth from Pemberton and Mount Currie schools listened intently as motivational speaker, Kevin Brooks, gave a moving presentation on his life story, in hopes of motivating them to make smart decisions and overcome obstacles when it comes to drinking and driving.

Following Kevin's keynote speech, the Winds of Change Committee honoured outstanding community members who promote healthy living, and demonstrate leadership and responsibility in their respective communities. Seven individuals and organizations were recognized in the following categories:

### North Wind: Promoting Healthy Lifestyle Choices

Recognizing an INDIVIDUAL from EACH community in the Pemberton, Mount Currie/N'Quatqua, or SLRD Area C area, that has made contributions to the greater community by promoting or exemplifying healthy lifestyle choices.

Pemberton: *Dr. Hugh Fisher*

Mount Currie/N'Quatqua: *Clara John & Barry Dan*

SLRD Area C: *Delores Los*

### South Wind: Increasing Awareness

Recognizing ORGANIZATIONS in the Pemberton, Mount Currie/N'Quatqua or SLRD Area C area that have made contributions towards the education of or increased awareness of the risk factors associated with alcohol and drug use to creating a healthier environment in the community(ies).

Organization : *Pemberton Public Library – Shannon Ellis*

### East Wind: Improving Services

Recognizing VOLUNTEER GROUP or ORGANIZATION in the Pemberton, Mount Currie/N'Quatqua or SLRD Area C area that has taken proactive measures and helped improve services, assistance and/or support for the people who are on the path to a healthy recovery.

Organization/Volunteer Group: *Southern Stl'atl'Imx Health Society*

### West Wind: Community Leadership and Responsibility

Recognizing COMMUNITY GROUP\* and INDIVIDUAL that has demonstrated outstanding community leadership and responsibility by promoting or exemplifying healthy lifestyle choices and continuing to promote and address the issue of drug and alcohol use in our communities.

Community Group: *Pemberton Young Life – Dave & Tessa Treadway*

Individual: *James Linklater*



Sheldon Tetreault, Winds of Change Chair, and emcee for the Wellness Gathering, commented, "the stories that were submitted as part of the nomination forms were truly inspiring and need to be shared with the public; these people have all contributed greatly to our communities".

# 6th Annual Lil'wat Addictions Awareness Week

## November 14-18, 2011

*Theme: Cuystwi\_malh t'akstum ti nt'akmenlhkalha*

Let us now honour the ways of our people

### Cedar Circle Services (NNADAP)

November 14, 2011	Sobriety Marches in both Mount Currie (10:00 am) and in Xit'olacw community (2:00 pm) Bring your drums and banners.
	Movie Night at Xit'olacw Community School at 7:00 pm (tbc)
November 15, 2011	Sweat Lodge Ceremony
	Al-Anon meeting as usual at 7:30 pm at Ullus
November 16, 2011	Contest deadline at 4:00 pm Theme for contest is "healthy alternatives to addiction lifestyles". There will be categories for Essays, Art and Song
	AA meeting as usual at Ullus, 8:00 pm
November 17, 2011	Feast and celebration
	Announce contest winners, prize categories for elders, adults and high school, intermediate and primary grades; 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> place each category
November 18, 2011	Sights & Sounds Dance, Xit'olacw Community School at 7:00 pm (tbc)

Contact Henry McDermott, Norma Pierre or Ursula Carus at (604) 894-6656 OR  
Cedric Jones – (604) 894-5573 for more information.



## 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**



## Status Card Update

By Janice Pierre, Membership Coordinator

People are still asking about the new status cards so here is an update from Aboriginal Affairs. I am still issuing the paper laminate cards and Appointments can be booked through the Front Desk at the Band Office.

For more information go to:

<http://www.ainc-inac.gc.ca/br/is/scs/index-eng.asp>

### Secure Certificate of Indian Status (SCIS)

#### Information Update:

The following offices are currently accepting applications for the Secure Certificate of Indian Status:

- **Manitoba: INAC Regional Office in Winnipeg**
- **Saskatchewan: INAC Regional Office in Regina**
- **Alberta: INAC Regional Office in Calgary as well as Edmonton and Treaty 7 First Nations offices**
- **National Capital Region: INAC Headquarters (Gatineau, QC)**

Appointments are recommended when visiting an INAC Office. For appointments at INAC Headquarters please call 1-877-710-2908.

The remaining First Nations will continue to issue the current version of the status card (Certificate of Indian Status (CIS)).

#### Border Crossing:

INAC has been advised that for a reasonable transition period the United States Department of Homeland Security will continue to accept the current Indian Status Card as a valid document when visiting the US via land and water ports of entry. **The Government of Canada cautions individuals that the period and extent of this flexibility is entirely at the discretion of U.S. officials**, and reminds travelers that when entering the U.S. via air, a valid passport or NEXUS card is required.

More information is available at Secure Certificate of [Secure Certificate of Indian Status FAQ's](#).

If you urgently require documentation for visiting the United States, please contact [Passport Canada](#).

For information on documentation requirements for visiting the United States, please visit the [Border Crossing](#) information section.

Service Providers are now able to obtain information on the SCIS through our [Information for Service Providers Section](#).

31 May, 2011

## Update from Lil'wat Lands Officer

By *Graham Haywood, Lands Officer*

We have recently submitted an application to get funding for a study on the benefits of upgrading wood stoves. Now to be honest, there are tons of studies on the air quality benefits of upgrading old, dirty, inefficient woodstoves with newer, cleaner burning stoves. So, you might ask, why are we applying for this? Well, there are a few reasons. One is that we want evidence from our community which shows that there may (or may not) be benefits from replacing old stoves. It would be great to get some Lil'wat perspective on the use of older wood-burning stoves and what differences there are with newer models. Another motive is that we can look at higher level impacts on the local economy. Are there



community members relying on the sale of firewood for their own self-employment? Can we kick-start a wood-pellet, bio-energy business in Mount Currie?

And there are other local economic effects which come into play too; for example, is replacing stoves affordable? Is the payoff worth it? A final aspect we are including is the monitoring component. We need the community to get involved and assist with some of the air-quality monitoring exercises. We will be integrating this with some new and existing programs to help

build capacity and awareness for Mount Currie's air quality. Good air quality is something we take for granted around here, and we can't let that change.

## Lil'wat Stories

By *Lex Joseph, Cultural Researcher*

With the coming of Nu`lxten (going in time), the Lil'wat people look to the full moon to begin the New Year. This time is known as Lhwaltsten (fall/ autumn) and it is traditionally when men begin to think of the upcoming trapping season, and women look forward to a season of basket weaving.

The festivals of the Lil'wat usually consisted of mask dances. Each clan member would wear the customary regalia of their clan. An elderly man would be asked to wear the clan mask and other clan members would paint their faces with red and white paint. Clans would often try to outdo the other clans in feasts. Visiting people of different clans was thought to be necessary to be able to put up their own feast at a future date. At their own feast they would have the opportunity to give back to the other clans, gifts of equal worth as those they had received. Today clans may be thought of as

cousins. Generally Lil'wat villages had sections where family groups were concentrated. Family groups have eventually taken the place of clan.

Today we follow the calendar of the day and our calendar begins on January first but we continue to look forward to the winter solstice. During winter gatherings a marriage dance was sometimes performed so that people had the opportunity to marry their chosen one. During the marriage dance, when the master of ceremonies indicated, couples wishing to marry were given the opportunity to get up. A boy would grab hold of a certain girl and if she allowed the boy to hold her sash, or her waist - they were considered to be engaged. An engagement may be called Xlitalc.

Most families of worth only considered their own selection of marriage partners for their children. For these well to do families this is the only form of proposal worthy of consideration.

# Housing Update

By Gayle M. Andrews, Housing Coordinator

## Housing – Bad/Good news

The BAD news is that the MCB Housing didn't qualify for new housing this year – NO allocation for 2011-12. The Mount Currie Band audit didn't go well and the bad debt ratio means high non-payment of rent and high rental arrears.

The GOOD news is that the year is almost over and housing and accounting did exceptionally well with the rent and rental arrears collections (bad debt and rent & rental arrears). Hopefully MCB Housing will have a better audit next year for the 2012-13 housing allocation.

## WORK ORDERS

If you are a Tenant or SA recipient and require repairs or maintenance, please submit ALL work orders to the Ullus Front Desk. We utilize the Front Desk staff for good record keeping and documentation. The Front Desk has work orders and staff ready to take information on needed repairs. We need to know Who, What, Where, Why and When. If your work order is not eligible it will be sent back to you the same day with an explanation. Note: Homeowners/non-renters are not eligible for repairs and maintenance, as homeowner you are responsible for repairs and maintenance on your own home.

## CHIMNEY CLEANING

It's that time of the year again, it's cold and time to light up the woodstoves. Tenants/Renters, please call in a work order if you need your chimney cleaned as soon as possible to clear up the creosote build-up and prevent chimney fires.

If you are a homeowner or non-renter and require chimney cleaning you can pay \$90.00 at the Front Desk and we can schedule you with a phase at a group rate, otherwise you pay the \$120.00 rate.

## Home insurance – Renewal October 1, 2011

MC Band renewed home insurance plans for October 1, 2011 to October 31, 2012.

If you have not been paying into your home insurance you may be disqualified from the group insurance plan. The Band will not pay for your insurance and be reimbursed. This does not affect tenants or renters.

If you are on an insurance plan make sure you keep your information up to date. Names and ages of residents must be accurate for all group plans.

## Electrical wires and fire

There have been reports of small electrical fires caused by mice eating away at electrical wiring - a situation which is preventable in so many ways. This time of the year mice will be trying to go into houses to get warm and comfortable for the cold winter season. A good start would be close doors and windows immediately and check for any holes. Plug holes and put screens over any low venting. The local hardware stores sell many options for trapping or deterring mice or, if you love cats – some cats love mice. REMINDER: It is your responsibility, as a homeowner or tenant, to prevent mice from residing in your home and endangering lives.

PREVENTION PREVENTION PREVENTION PREVENTION

## Rental Agreements

Please ensure your rental agreements are updated if any changes occur in household occupancy, they are not

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valid if someone has moved in or out, especially with home insurance and financial assistance SA.

### Housing applications

Apply and renew annually. Update if there are any changes in employment, family size or address.

Applications will not be accepted if you have a financial debt with the Mount Currie Band, you must be in good financial standing with no money owing to the Mount Currie Band.

*You must submit housing application changes onto a new housing application. Application forms cannot be adjusted and we cannot make changes over the phone. Please also submit or attach any legal documentation or letters with the housing application.*

### Septic and septic systems

- **Be careful what goes down the drain – avoid chemicals** such as oils, disinfectants, paints, thinners. Even in small amounts, these chemicals can kill the bacteria that break down the organic matter in wastewater.
- **Pump your system regularly.** Pump out your tank every 2-5 years depending on the tank size and the number of people in your household.
- **Odours may be noticeable through drains.** This indicates that sewage may be surfacing.

- **Grass over the system appears greener and soggy or spongy to walk on.** It is important to ensure downspouts divert excess water away from the septic system.
- **The water level in the septic tank is higher than the outlet pipe.** This is an indication that wastewater is collecting in the distribution lines.

If any warning signs are present (#3-5 above), an inspection should be conducted by a Plumber.

- **Know where your septic and septic system is.** Do not drive over the system – weight & heavy pressure can damage the septic & system.
- **Plants, trees and shrubs above septic and systems.** Plants, trees and shrubs have long roots that may cause the septic and systems to default.
- **Your septic tank cover should be sealed tightly.** Covers that are knocked and left opened allow debris to be thrown down into the holding the tanks.

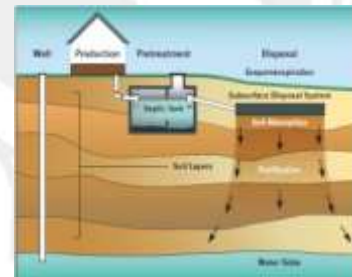


Diagram of a functional septic system from aero-stream.com

## GRIEF AND LOSS WORKSHOP

### A Journey Within - A Two Part Workshop for the Community of Mount Currie

Where: Ts'zil Learning Centre

Dates: Part 1 - November 3, 2011 10am - 3pm

Part II - November 10, 2011 10am - 3pm

*Please call Helen at 1-877-455-0077 or text to 250-319-8097  
to register or find out more information*

Workshop will be facilitated by Registered Clinical Counsellors, Helen Shirley MA/ABS, and Mike Gunn MC

# Lil'wat Business Corporations Update

By Kerry Mehaffey, Director of Economic Development

The Lil'wat Business Corporations are currently undergoing a legal and management re-structure to better allow them to take advantage of current and future opportunities. As well, it will allow the corporations to meet their three overarching goals: 1) maximizing profits, 2) limiting liability to the band, and 3) separating politics and day-to-day business operations.

The Lil'wat Business Corporations were originally created in order to capture economic opportunities for the Lil'wat Nation. There are currently four active companies:

**Creekside Resources Inc.**

CRI was designed to operate off-reserve businesses. Most of our operations and assets are a part of CRI. Construction, civil construction, the majority of forestry operations, brushing and slashing crews, and

partnerships have all been operations under CRI.

**Mount Currie Management Inc.**

MCMI was designed to operate on-reserve businesses. The gas station, grocery store, post office and radio station are all operations within MCMI.

**Resource Business Ventures Ltd.**

Resource Business Ventures was a partnership between Creekside Resources and a local forestry company that is now 100% owned by Creekside Resources Inc. RBV owns a Forest License and a small parcel of land in the industrial park.

**Lil'wat Properties Inc.**

Lil'wat Properties Inc. holding properties in fee simple for the Nation. LPI holds and leases properties for the Nation.

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Membership	<ul style="list-style-type: none"> <li>Review strategic and annual plans.</li> <li>Review quarterly and annual reports.</li> <li>Make feedback known to Chiefs &amp; Council</li> </ul>
Chief & Council	<ul style="list-style-type: none"> <li>Provide high level accountability to membership.</li> <li>Guidance and oversight of the Boards and Corporations.</li> <li>Safeguard return on investments and assets and ensure steady cash flow.</li> </ul>
Bare Trustee	<ul style="list-style-type: none"> <li>Legal requirement only. No active management.</li> </ul>
Holdings Board	<ul style="list-style-type: none"> <li>Provide strategic oversight of corporations.</li> <li>Conduct Strategic Planning every 3-5 years.</li> <li>Accountability and transparency to Nation and Chief &amp; Council</li> </ul>
Operating Board	<ul style="list-style-type: none"> <li>Provide operational oversight of corporations.</li> <li>Conduct annual plan each year.</li> <li>Provide advice and recommendations to Director of Operations.</li> </ul>
Director of Operations	<ul style="list-style-type: none"> <li>Develop and oversee the management of the corporation's businesses.</li> </ul>
Managers	<ul style="list-style-type: none"> <li>Manage day-to-day operation of specific businesses in their designated portfolio.</li> </ul>

*What's Next?*

Each of these companies was created for a specific purpose, and in accordance with the legal and tax advice received. As the businesses have become increasingly complex, and as best practices have changed to, it was determined that a re-structure of the corporations would have to occur to ensure that we continue to meet the challenges and opportunities of tomorrow. A list of substantive changes is provided:

1. You will see the corporations be renamed into a common naming format.
  - Creekside Resources Inc. will become Lil'wat Construction Enterprises Ltd.
  - Mount Currie Management Inc. will become Lil'wat Retail Operations Ltd.
  - Resource Business Ventures Ltd. will become Lil'wat Forestry Ventures Ltd.
  - Lil'wat Properties Inc. will become Lil'wat Capital Assets Inc.

2. You will see two new corporations be created:
  - Lil'wat Holdings Limited Inc. to hold the limited partnership units in the other limited partnerships;
  - Lil'wat Management Services Inc. to provide management and administrative services to the other business operations;

*What other changes will there be?*

- A renewed commitment to transparency, and accountability to membership.
- Quarterly newsletter updates, and a yearly presentation of the corporation's accomplishments to the community.
- Yearly presentations of the corporations operating plans for the coming year.
- Defining how the Corporation's profits will be used to benefit the community.

## Aboriginal Business & Entrepreneurial Skills Training

### Aboriginal Best FAQ

#### *What Is Aboriginal BEST and who should take it?*

BEST stands for Business and Entrepreneurial Skills Training. The program will be run over 12 days and cover topics ranging from "what are the characteristics of an entrepreneur?" to financials, taxes and operations. We think that anyone who is operating their own business, wants to operate their business, or who is currently employed and looking to build their skills should take it.

#### *When is it going to run?*

The program will be running this fall/winter. We are hoping that those who are in attendance at the

information session will help determine when the most number of people are available. Last year we ran it on Mondays, Wednesdays and Thursday for four weeks. This year, we were discussing trying to run it evenings and weekends to give those that work full-time an opportunity to

#### *Who teaches the program?*

New Earth Business Solutions was the successful proponent to deliver the training. Skilled across various specialties, they bring their own experiences to the program. As well, we are required to bring at least 12 guest speakers to discuss specific topics.

What do I get when I'm done?

At the moment, a certificate is awarded upon completion. The Provincial organizers of the program have been lobbying to have it be a three-credit business course at Thompson Rivers University, but have thus far been unsuccessful.

In addition to the certificate, you get the opportunity to compete for a spot in the Best of the BEST competition, including travel to and accommodations in Vancouver.

What are the topics that are covered?

The following topics are covered:

- **Session 1 - Entrepreneurship**
- **Session 2 - Market Research**

- **Session 3 - Competitors, Competition and Competitive Advantage**
- **Session 4 - Marketing**
- **Session 5 - Operations: Laws and Insurance**
- **Session 6 - Operations: Tax, Suppliers, the Hired Help, Production Process and Capability, Professional Advisors, Financial Institutions**
- **Session 7 - Funding: Where will you get the Money?**
- **Session 8 - Financials: Personal Budget and Net Worth**
- **Session 9 - Costs and Pricing**
- **Session 10 - Financials: Start Up and Cash Flow**
- **Session 11 - Technology**
- **Session 12 - Business Plan Executive Summary and Polishing Your Presentation**

NOVEMBER 2011					
M	T	W	T	F	SAT
	1	2 INFO SESSION 6-8 PM	3	4	5
7	8	9	10	11	12
14 SESSION 1 1-5PM or 6-10PM	15	16 SESSION 2 1-5PM or 6-10PM	17	18	19 SESSION 3 10-4
21 SESSION 4 1-5PM or 6-10PM	22	23 SESSION 5 1-5PM or 6-10PM	24	25	26 SESSION 6 10-4
28 SESSION 7 1-5PM or 6-10PM	29	30 SESSION 8 1-5PM or 6-10PM			

DECEMBER 2011					
M	T	W	T	F	SAT
			1	2	3 SESSION 9 10-4
5 SESSION 10 1-5PM or 6-10PM	6	7 SESSION 11 1-5PM or 6-10PM	8	9	10
12 SESSION 12 1-5PM or 6-10PM	13	14 PROGRAM END AND WRAP UP	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

# Aboriginal BEST

Business & Entrepreneurial  
Skills Training

## Training Sessions

in Mount Currie

November 14th, - December  
14<sup>th</sup> 2011

Ts'zil Learning Centre

For more information contact  
Kerry Mehaffey, Director of Economic Development and Lil'wat Business  
at 604-894-6115 x2239

Full Program is Scheduled for  
November 14th - December 14th

Learn more about the program online at  
<http://www.smallbusinessconsultant.ca/best/>  
or on Facebook at  
<https://www.facebook.com/aboriginal.best>



# Pqusnalhcw & Ullus Child Care Centres

By Jessica Frank, Early Childhood Coordinator

## Ullus Child Care Centre

Tsuqum Ages: 18 months to 3 yrs – 2 spaces available

Tsvkatsvka ages: 3 to 5 yrs – 9 spaces available

## Pqusnalhcw Child Care Centre

Memxath ages: 0 to 19 months – 2 spaces available

Tsepalin ages 20 to 36 months – 2 spaces available

Skwalx ages 3 to 5 years – 2 spaces available

Ama Snukum ages 6 to 12 years – 1 space available

Nursery Program – *your child has to be born before December 31, 2010 and potty trained.*

Please contact Jessica Frank, Director of Child Care Services at 604-894-6656 ext. 247, email at [jessica.frank@lilwat.ca](mailto:jessica.frank@lilwat.ca), cell 604-966-7064.

## Thanks for all the Pumpkin Donations!!!!!!

All the children and staff were so thankful for the donations of Pumpkins for our Children. We would like to thank the following:

Vicki Louis (10), Smoki Rae & Renee (5), Tsipun (25), Chief Lucinda Phillips (10), Whistler Arts Council and Nesters Market (25), Alphonse and Fiona (11), Anita Samuels (4) Rick Nelson (2), Annabelle Pierre (3), we apologize if we missed your name or don't have accurate numbers of pumpkins that you have donated, thanks a bunch for making our children happy in your donation of pumpkins to our October programs.

## Bake Sale

Please join us on Friday, November 4th at the Pqusnalhcw Child Care Centre. All proceeds going to Children's Christmas gifts on Santa Day☺ Donations accepted: cookies, cakes, bread, pies ...Yum!

## Ministry of Children and Family Development- Child Care Subsidy Program.

The Province of British Columbia is committed to helping families obtain affordable, accessible, safe, quality child care. Child Care Subsidy is a monthly payment to assist eligible British Columbia families with the cost of child care.

Monthly subsidy payments vary depending on your family's circumstances. Your eligibility will be determined when your application and all supporting documents are received by the Child Care Subsidy Service Centre. You may be eligible to receive full or partial subsidy based on your family's circumstances.

At this website [www.mcf.gov.bc.ca/childcare/subsidy](http://www.mcf.gov.bc.ca/childcare/subsidy), you will find information on [eligibility](#) and [how to apply](#), as well as information on [rates and payments](#) and the [renewal process](#). There is also additional information available for [Child Care Providers](#) as well as a detailed [FAQ for parents](#).

To access further information on child care programs contact the Child Care Help Line in Greater Victoria at 250 356-6501 or elsewhere in BC toll-free at 1 888 338-6622.

## Notice to Parents/Caregivers:

Pqusnalhcw & Ullus Child Care Centre will be CLOSED Thursday, November 10, 2011 Staff will be attending the 11th Annual BCACCS Conference in Richmond, BC.

Only the Nursery & Ama Snukum Program will be OPEN on Thursday, November 10, 2011.

All Day Care Centres will be closed on November 11th.

# ULLUS GARAGE SALE

**Saturday November 5th, 2011**

**10:00am— 4:00pm**

**Ullus Community Complex**

This sale is to raise money for the Lil'wat Recreation Department. This sale is open to everyone, tables can be reserved for a minimum donation of:

Bring your own table: \$5 (per table)

Small Table: \$10 (72" Grey table)

Large Table: \$15 (96" Brown Table)

**For information and reservations contact:**

Daniel Cindric 604-894-6115 or email [daniel.cindric@lilwat.ca](mailto:daniel.cindric@lilwat.ca)



# Ts'zil Learning Centre Update

Submitted by Lisa Fisher, Learning Specialist

## Perfect Attendance

Congratulations to the following students for PERFECT ATTENDANCE beginning September 21:

- Kaylon Andrew-Nelson
- Leah Gabriel
- Jeremy Henry
- Steven Paul
- Stacy Wallace

## Field Trip

Led by Edwin Bikadi, Ts'zil students took a field trip to Owl Creek to look at istkens & culturally modified trees. While out there, they also kept an eye out for mushrooms. They hit the jackpot and found a bunch of chanterelles - yum!



## Math Digital Stories

Ts'zil's math students are working on digital stories that will explain fractions. Through their digital stories, they will be explaining the concepts of adding, subtracting, multiplying and dividing fractions. These videos are geared towards younger students in hopes of making fractions much easier to understand.

## Cultural Program

Funding has finally come through so that we can implement our cultural program, which is an essential piece of our students' learning here at Ts'zil. The students and staff alike look forward to it and planning will begin next week.

## BladeRunners

BladeRunners completed another program with a strengthening partnership with Whistler Blackcomb. 5 clients completed and are going to be interviewing with Whistler Blackcomb in order to work there for the Winter 2011 season. Good Luck!!

# Fall RECREATION SCHEDULE Fall



Nov 1<sup>st</sup> - Dec 9<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 SOCCER</b> 6pm-8pm Ullus Gym Ages: 11-15 years
7:00pm-8:00pm	<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-9pm Ullus Gym Ages: 16 & up	
8:00pm-9:00pm			<b>LADIES HOCKEY</b> 8:30pm-10:30pm Ullus Gym Ages: 11-15 years		<b>ACTIVITY NIGHT</b>
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		<b>MENS BBALL</b> 9pm-11pm Ullus Gym Ages: 16 & up	8pm-11pm
10:00pm-11:00pm					Location TBD
11:00pm-12:00pm					
<b>For more information contact:</b> Daniel Cindric 604.894.6115 or daniel.cindric@lilwat.ca Alphonse Wallace 604.698.9999 or alphonse.wallace@lilwat.ca Kyle Peters 604.698.7999 or kyle.peters@lilwat.ca			<b>\$2 DROP IN FEE FOR ALL ADULT PROGRAMS</b>		

## Foot Care Day

The Health Center will provide foot care for elders and those who are unable to perform their own

### Friday November 18th



Please call Joanne at the Health Center to book an appointment 604-894-6656

We will require full name/date of birth/care card number/status number and whether you are diabetic or not!

# Lil'wat Nation Calendar of Events - November 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)

## Fri Nov 4

9:00am – 10:00am [Pqusnalhcw Bake Sale](#)

## Sat Nov 5

10:00am – 4:00pm [Ullus Garage Sale](#) - Ullus

## Sun Nov 6

All day [Daylight Saving Time Ends](#)

2:00pm – 6:00pm [Palkumten Grad Swap Meet & Loonie](#) - Xit'olacw Gym

## Mon Nov 7

7:00pm – 9:00pm [Harlem Crowns Basketball](#) - Ullus Gym

## Tue Nov 8

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 Nov 9

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

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

## Thu Nov 10

10:00am – 11:00am [Grief and Loss Workshop](#) - Ts'zil Learning Centre

1:30pm – 5:00pm [Flu Clinic](#) - Pqusnalhcw Health Centre

## Fri Nov 11

All day [Band Offices Closed](#)

All day [Remembrance Day](#)

## Mon Nov 14

All day [Lil'wat Addictions Awareness Week](#)

All day [Pro D Day - No School for Grade](#)

10:00am – 11:00am [Sobriety March](#) - Mount Currie village

2:00pm – 3:00pm [Sobriety March](#) - Xit'olacw village

7:00pm – 11:00pm [Movie Night at Xit'olacw Community School](#) - Xit'olacw Community School

## Mon Nov 14

All day [Lil'wat Addictions Awareness Week](#)

All day [Pro D Day - No School for Grades 7 - 12](#)

10:00am – 11:00am [Sobriety March](#) - Mount Currie village

2:00pm – 3:00pm [Sobriety March](#) - Xit'olacw village

7:00pm – 11:00pm

[Movie Night at Xit'olacw Community School](#) - Xit'olacw Community School

## Tue Nov 15

All day

[Lil'wat Addictions Awareness Week](#)

All day

[Sweat Lodge Ceremony](#)

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

7:30pm – 8:30pm

[AA Meeting at Ullus](#) - Ullus

## Wed Nov 16

All day

[Lil'wat Addictions Awareness Week](#)

8:00am – 8:00pm

[Mount Currie Board of Education & Ts'zil Board Polling](#) - Ts'zil - Room 107

10:00am – 2:00pm

[Mount Currie Sacred Circle](#) - Ullus Elders Centre

11:00am – 1:30pm

[Women's Support Group](#) - Pqusnalhcw Health Centre

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 Nov 19

All day

[Lil'wat Addictions Awareness Week](#)

6:00pm – 7:00pm

[Feast and Celebration at Ullus](#) - Ullus

## Fri Nov 20

All day

[Lil'wat Addictions Awareness Week](#)

9:00am – 3:00pm

[Xit'olacw School Picture Day](#) - Xit'olacw Community School

9:00am – 6:00pm

[Foot Care Day](#) - Pqusnalhcw Health Centre

7:00pm – 9:00pm

[Sights and Sounds Dance at Xit'olacw Community School](#) - Xit'olacw Community School

## Sat Nov 19, 2013

10:00am – 4:00pm

[Gathering of the Artists Sale](#) - Ullus

## Tue Nov 22, 2011

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 Nov 23, 2011

2:00pm – 4:30pm **Baby Clinic** - MCHC  
 8:00pm – 9:00pm **Alcoholics Anonymous** - Ullus  
**Tue Nov 29, 2013**  
 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 Nov 30, 2011**  
 8:30am – 4:30pm **SA Cheque Pickup** - Ullus Community Complex  
 10:00am – 2:00pm **Mount Currie Sacred Circle** - Ullus Elders Centre  
 8:00pm – 9:00pm **Alcoholics Anonymous** - Ullus

### Pemberton Legion Remembrance Day Open House

The Pemberton Legion is hosting an all day open house to commemorate Remembrance Day on November 11th, 2011.



10:15-10:30am Parade assemblies at the Fire hall  
 10:50-11:30am Service of Remembrance and Laying of Wreaths  
 11:30am Members and guests attending the ceremony are invited into the branch for refreshments



## Ullus Exercise Room Schedule

\$2 Drop in fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:30am							
6:30am-7:00am							
7:00am-7:30am		Community Drop-in		Community Drop-in			
7:30am-8:00am		\$2 Drop-in Fee		\$2 Drop-in Fee			
8:00am-8:30am		7am-9am		7am-9am			
8:30am-9:00am							
9:00am-9:30am							
9:30am-10:00am							
10:00am-10:30am	Healthy Lifestyles for Community						
10:30am-11:00am	Shawn Wallace	Community Drop-in	Community Drop-in	Community Drop-in			
11:00am-11:30am	10am-12:00	\$2 Drop-in Fee	\$2 Drop-in Fee	\$2 Drop-in Fee			
11:30am-12:00pm		11am-12pm	11am-12pm	11am-12pm			
12:00pm-12:30pm		Elders Exercise	Physio & Exercise for Community	Physio & Exercise for Community			
12:30pm-1:00pm		1pm-3:00pm	Colleen Warner	Arva Samuels			
1:00pm-1:30pm	Physio & Exercise for Community						
1:30pm-2:00pm	Arva Samuels						
2:00pm-2:30pm	1:00pm-3:00pm						
2:30pm-3:00pm							
3:00pm-3:30pm							
3:30pm-4:00pm							
4:00pm-4:30pm							
4:30pm-5:00pm							
5:00pm-5:30pm	Community Drop-in	Community Drop-in	Community Drop-in	Community Drop-in			
5:30pm-6:00pm	\$2 Drop-in Fee	\$2 Drop-in Fee	\$2 Drop-in Fee	\$2 Drop-in Fee			
6:00pm-6:30pm							
6:30pm-7:00pm	5pm-10pm	5pm-10pm	5pm-10pm	5pm-10pm			
7:00pm-7:30pm							
7:30pm-8:00pm							
8:00pm-8:30pm							
8:30pm-9:00pm							
9:00pm-9:30pm							
9:30pm-10:00pm							
10:00pm-10:30pm							
10:30pm-11:00pm							

■ Exercise room open to everyone- \$2

■ Exercise room open to MCB Community only-Free

**Title:** Project Manager – Capital Projects  
**Location:** Mount Currie  
**Status:** Fulltime, temporary 2 year term  
**Reporting to:** Director of Lands, Resources and Public Infrastructure

### Summary

Lil'wat Nation is seeking an experienced project manager to provide direction and leadership as it completes a series of capital projects over the next 2 years.

### Duties

The successful candidate will provide project management services for capital projects of Lil'wat Nation including:

- overseeing the planning, design and tender of projects and monitoring construction activities;
- developing terms of reference and implementation plans, preparing tender documents and drawings, and reviewing bids;
- identifying and supervising consultants and contractors, conducting inspections, evaluating work in progress and identifying/resolving deficiencies;
- working cooperatively within a multi-disciplinary team to achieve time, cost and quality objectives; and
- liaising with community members.

### Qualifications

This position requires an individual that has:

- successfully completed a University degree or diploma in Architecture or Engineering or has an equivalent combination of education and experience;
- a minimum 5 years experience in the design and construction of a variety of building types involving the development of plans and specifications, tendering procedures, contract and project management, financial monitoring and leading project teams;
- a demonstrated ability to bring large scale projects to completion on budget and in a timely manner;
- knowledge of the theory, principles and practices related to project planning, building design, construction, quality and cost control, architecture and engineering;
- excellent verbal and written communication skills combined with the ability to build and maintain strong relationships with contractors, consultants, trades and community members;
- demonstrated supervisory or leadership experience;
- an ability to manage and coordinate multiple projects with limited resources and competing timelines;
- a proven history of capacity building; and
- knowledge and understanding of Lil'wat Nation culture and history is an asset.

Please submit a cover letter and your resume no later than 4:30 p.m. on Thursday, November 25th 2011 to:

**Carolyn Ward, Executive Assistant** – carolyn.ward@lilwat.ca

Land and Resources Department, P.O. Box 602, Mount Currie, B.C. V0N 2K0 Fax: 604-894-1518

**Position Title:** Health Director  
**Location:** Mount Currie Health Centre, Mount Currie, BC  
**Status:** Full Time/Permanent  
**Salary:** Dependant on Experience and Education

### Summary

Reporting to the Mount Currie Band Senior Administrator, the Health Director ensures the ongoing development and implementation of a full range of health services to Mount Currie community members. The Health Director is responsible for the day-to-day operation of the Mount Currie Health Centre (MCHC) which offers a variety of medical services, in-home care services and wellness programs to community members of all ages.

### Responsibilities

- The co-development and execution of new policies and processes pertaining to health facilities, outreach programs and wellness initiatives
- The development and management of the MCHC budget
- The management of MCHC human resources
- The preparation of performance evaluations for departmental initiatives, managers and contract service providers
- Community engagement and consultation
- The provision of verbal and written reports or initiatives to staff, the Senior Management Team, Mount Currie Council and to the Community
- The development of grants and proposals
- The co-development and realization of strategic initiatives
- The management of Health Canada and Vancouver Coastal Health contracts
- Other duties as required

### Qualifications

- A Bachelor Degree in Health Administration or relevant field
- 5 years management experience in a health related capacity
- Demonstrated financial management ability
- Ability to work effectively with health professionals
- Experience in First Nations health practices
- Experience with health related reporting and proposal writing
- An ability to develop and analyze operational plans
- A demonstrated capacity to implement procedures and policies
- An ability to work with diverse teams and environments
- Willingness to work with a flexible work schedule (Note: Some evening work and overnight travel at the discretion of the Senior Administrator is required)
- Knowledge of Mount Currie Band activities and current initiatives an asset
- Knowledge of Health related legislation an asset.

To apply please submit a cover letter and current resume no later than 4:30pm on November 25th 2011 to:

**Curt Walker, Senior Administrator** - [curt.walker@lilwat.ca](mailto:curt.walker@lilwat.ca)  
Mount Currie Band Office, PO Box 602, Mt. Currie, BC V0N 2K0, Fax: (604) 894-6841

## 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 December 2011 Newsletter Submissions

The submission deadline for November's newsletter will be NOVEMBER 28th, 2011. 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 Tracy Howlett at [tracy.howlett@lilwat.ca](mailto:tracy.howlett@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 to Tracy and we'll do what we can to include more information.