



A Message from the Chief



Hello Lil'wat7ul,

I look forward and welcome the New Year of 2012. I hope you all enjoyed some quality family time during the Christmas break.

I had the honour of volunteering with the

Health Centre in delivering food hampers this year. It was great to be able to see where everyone lives, to have a catch-up discussion with people and to be able to just assist families in our community. Thank you to the Health Centre for leading this special initiative every year. I'd also like to extend a huge thank you to all those who donated time, money, and gifts – every little bit helps.

I will be doing a bit of travelling over the next couple of months and will be away from the office attending meetings and conferences. At the end of January I will be attending a conference in Ottawa, with all of BC's

Chief's plus Prime Minister Stephen Harper. The goal will be to re-set the relationship between First Nations and Federal Government (we will see how that goes!). I will also be attending other events with AFOA (Aboriginal Financial Officer Association) and BC AFN (BC Assembly of First Nations). So, if by chance you come by and I am not in, it's not that I am ignoring you but it's that I am out there doing the best I can to represent Lil'wat's interests.

One other thing I'd like to tell you about is that Councillor Tara Smith has requested that Chief & Council host a wellness night once a month. The idea was that an elder would come and share with us stories, about our culture and language. We have decided that we want to expand the event and include the entire community so please keep an eye out for posters for these monthly events.

Kukwastum'ckal'ap,

Chief Lucinda Phillips

What's Inside...

Community Health Update.....	4
Pqusalhcxw Child Care Centre Update...	8
Elder's Update	11
Housing Update	13



Contact Us!
Lil'wat Nation
PO Box 602
Mount Currie, BC
V0N 2K0
www.lilwat.ca
P: 604.894.6115

Community Mailbox

To the Community of Mount Currie

I had my Community Christmas Lunch in December!! It was a great success and we received many donations including:

- Lemonade, many children's gifts, Pencils, Books, Goodie bags, baking items, Bread, all from Rosanne George from Squamish Nation
- \$300.00 donated by Tanis Grandbois and her food bank initiative!!
- \$1000.00 donated by Debbie Allendale and the Wellness crew!!
- \$20.00 stuffing and gloves donated by Tara and Carl smith
- Geordie and Michelle at Ullus donated 50 pairs of wool socks!

Our volunteers were:

Luke Johnny, Sherry Johnny, Rosemary Stager, Brett Wallace, Gloria Wallace, Matilda Pascal, Bes Wallace, Tammy Wallace & Casey Gabriel

It was great to see so many of our people come out and enjoy a good meal, and to sit and socialize with one another. We had the pleasure to have Archie Peters sing us a few songs!! We all enjoyed every minute of the day and look forward to next year. Thank you all very much for making it a great success!!!! I'm sorry if I forgot anyone but thanks again and have a great month every one.

Luke Johnny

ELDERS GATHERING ANNOUNCEMENT

The

36th Annual BC Elders Gathering

will be hosted by

Sto:lo Nation and Tsawwassen First Nation

in Abbotsford at the

TRADEX Centre

July 10 to 12, 2102

Roger Andrew and Audrey Kelly from Shx'wohamel First Nation are the reigning King and Queen for 2012

More information will be revealed in the next few weeks.

SPRING BREAK CHILDREN'S DAY CAMP

Camp Run's Monday to Friday:
MARCH 12th, 2012- March 23rd, 2012

Activities:

Arts	Fun Games	Meeting New People
Sports	Cultural Activities	Singing & Dancing
Prizes	Crafts	And More...

Location: Ullus Community Complex (New Gym), Mount Currie

Time: 9:00am-4:00pm

Cost: \$50 for 2 weeks

Open to children between the ages of 7 and 14 years!

For more information contact:

Daniel Cindric
PO Box 84
Mount Currie, BC
V0N 2K0

Phone: 604 894 2539 or
Email: daniel.cindric@lilwat.ca

Fax: 604 894 6841



Community Health Update

By Rebecca Abraham, Acting Director of Health

News from the Lil'wat Wellness Centre:

The Lil'wat Wellness Centre has been overseeing the Child Out of Parental Home Program (COPH) formerly known as Guardian Financial Assistance (GFA). This is an INAC program that is administered by the Mt. Currie Band through the Lil'wat Wellness Centre and Social Development for the convenience of the community. INAC has decided to discontinue this program. Therefore, no new applications will be processed after March 31, 2012. However, families currently receiving COPH funding will continue to be funded through this program until the child(ren) reach 19 years of age. If you have any questions or concerns about this change, please contact Kristin Nelson Hargitt at 604-894-6115. Kristin is in the office on Tuesdays, Wednesdays and Thursdays, extension 2265.

Foot Care Day

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

The event will be held in FEBRUARY, the specific date is still to be decided.

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.

A Note from Infant Development Programs

I'm very happy to say I'm going on my fourth year as the Lil'wat Infant Development Consultant. It makes me very happy to know I make a difference in children's development in areas of Speech, fine motor and motor development, communication skills, problem solving

and personal-social delays and be of support in any way I can for parents.

I will be happy to meet with you and your child if you have any concerns about your child's development. A meeting at your convenience is always beneficial to an effective assessment, so please let me know what day and time is appropriate and I will make the necessary arrangements to meet with you.

I currently have a desirable amount of age appropriate books, toys, and children's furniture for you to borrow, so your child can benefit to Learn, Play and grow.

To borrow from the program I will need you to fill-out forms and agree for me to do regular home visits. I can arrange visits once a week, every 2 weeks, or once a month.

We are currently planning a Parent-Tot group which I will be facilitating along with a parent and Deanne Zeidler, the Speech and Language Pathologist.

Posters will be out soon so please watch for them. They will have all the information you'll need to know about the program.

Parents, Grandparents, Aunties and Uncle are welcome to come with children ages 0 to 6 years, it will be on Tuesdays 11:30 to 1:00

If you have any Questions please contact me at 604-894-6656 or email eunice.sam@lilwat.ca

Eunice Sam

Lil'wat Infant Development Program Consultant

Important Health Update

IMPORTANT HEALTH INFORMATION FROM YOUR
COMMUNITY HEALTH NURSES

PERTUSSIS (Whooping Cough) outbreaks in Hope

There have been several dozen cases of Whooping Cough (PERTUSSIS, a vaccine-preventable illness) in the Hope area. If you or anyone you know has been in the Hope area or around people who have been to the Hope area, please be aware of potential your exposure.

Remember to cover your cough (coughing into your sleeve is best), wash your hands, and STAY HOME if you do not feel well! Let us all keep everyone healthy during the winter by taking care of ourselves!

CHANGES MADE TO THE INFANT & CHILD IMMUNIZATION SCHEDULES

There has been the addition of three vaccines to the infant & child immunization schedule, all available at the Pqusnalhcw Health Center with Laura and/or Michelle, the community health nurses.

Firstly, the introduction of a Rotavirus vaccine given at 2 months and 6 months. The vaccine comes as a syrup that the infant swallows. Rotavirus is a virus that causes diarrhea and vomiting, commonly referred to as the "stomach flu." Almost all children will have at least one rotavirus infection before they are 5 years of age. Laura offers this vaccine during the 2 and 6 month visits for shots.

Secondly, there is the addition of a booster shot for chicken pox, given with the kindergarten shot at 4-6 years. This changes the number of shots from one shot to two shots for the chicken pox.

Lastly, a vaccine for Hepatitis A is being given to all aboriginal children living both on and off-reserve, aged 6

months to 18 years. The vaccine comes in two doses, given 6 months apart. For infants, the first dose will be at 6 months and the second dose will be given at 18 months.

Please note that we will be holding an evening clinic(s) for all people 18 and under to get their Hepatitis A vaccine. Information will be sent out shortly with date and location information. It is very important that parents accompany their children, and get the shots done AS SOON AS POSSIBLE.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT LAURA OR MICHELLE AT THE HEALTH CENTER. YOU CAN ALSO ACCESS WWW.IMMUNIZEBC.CA FOR INFORMATION, OR CALL THE NURSELINE AT 8-1-1.

Take a look at the press release below, and the new schedule. Thanks!

B.C. expands immunizations for children

November 14, 2011

VICTORIA – Immunization is one of the most effective ways to prevent serious disease. Starting Jan. 1, 2012, three new vaccines will be added to the British Columbia childhood immunization schedule, to ensure that children in B.C. get the most effective protection possible from preventable diseases.

The Province is expanding its current childhood immunization program to include rotavirus vaccine, a varicella (chickenpox) booster, and hepatitis A vaccine for Aboriginal children, both on- and off-reserve. Total purchase costs for these vaccines will be approximately \$3.1 million per year.

The rotavirus vaccine is administered orally, and protects infants from diarrhoea and vomiting caused by

the rotavirus. All infants born on or after Nov. 1, 2011 will be eligible. The first dose is administered at two months of age, followed by a second dose at four months.

To help provide lifetime immunity against chickenpox, a varicella booster dose has also been added to the immunization schedule. This booster has been recommended by the Canadian Paediatric Society and the National Advisory Committee on Immunization as offering improved and longer lasting protection. Children get their first dose at 12 months. The second dose will now be offered to children at school entry (four to six years of age). Chickenpox is a viral infection that causes an itchy blistering rash, but can also cause infections in any part of the body, including the brain.

In addition, B.C. will now be offering hepatitis A vaccine to all Aboriginal infants and children. Although B.C.'s overall hepatitis A rates have declined over the past 15 years, outbreaks have continued to occur in Aboriginal communities. A targeted vaccination program for Aboriginal children will help prevent illness in this group. Hepatitis A affects the liver and can cause fever, fatigue, loss of appetite, nausea, vomiting and yellow skin and eyes. It is easily spread through activities such as sharing of food and changing of diapers.

The new additions to B.C.'s immunization schedule have been reviewed and recommended by the BC Communicable Disease Policy Advisory Committee and the BC Immunization Committee. With these additions, B.C. will continue to have one of the most comprehensive immunization programs in Canada.

To find out more about childhood immunizations, contact HealthLink BC at 8-1-1, or visit: www.ImmunizeBC.ca

Quotes:

Dr. Perry Kendall, provincial health officer –

“Each of these vaccines has been clinically proven to offer significant protection against potentially harmful diseases. By investing in their prevention now, we can prevent pain, suffering and costs down the road.”

Dr. Monika Naus, medical director, BC Centre for Disease Control –

“We recommended these three new vaccines because they will give children extra immunity and protection from infectious diseases. Parents can be assured that these vaccines are safe and effective and will prevent serious health problems in the future. Additionally, rotavirus vaccine is given by mouth and does not require an injection. That should be a welcome change to many.”

Quick Facts:

- The rotavirus vaccine prevents about three out of four cases of rotavirus disease, including almost all severe cases requiring hospitalizations.
- Rotavirus is the most common cause of diarrhoea and hospitalization for diarrhoea in children under five years of age.
- The first symptoms of rotavirus infection are usually fever and vomiting, followed by diarrhoea and stomach pain. These symptoms appear one to three days after infection. Diarrhoea can last from four to eight days.
- Chickenpox is most common in children, but most people will get chickenpox at some point in their lives if they have not had the chickenpox vaccine. Even healthy children can have serious disease.
- Chickenpox can be especially serious in pregnant women, newborns, teens and adults, and people who have immune system problems that make it hard for the body to fight infection.
- The publicly funded varicella immunization program began in B.C. in 2004. Since then, the number of related hospitalizations has dropped by up to 84 per

- cent in hospitals that participate in active surveillance.
- Some people infected with hepatitis A do not get sick, but can unknowingly spread the disease.

- While overall hepatitis A rates in British Columbia stabilized at a low rate following the introduction of a targeted immunization program in the mid-1990s, outbreaks in Aboriginal groups have remained a more common occurrence.

BC ROUTINE IMMUNIZATION SCHEDULE INFANTS & CHILDREN

A G E	2 months	4 months	6 months	12 months	18 months	4-6 years
VACCINE						
DTaP-HB-IPV-Hib <small>(diphtheria, tetanus, pertussis, hepatitis B, polio, <i>Haemophilus influenzae</i> type b)</small> 1. Vaccine HealthFile	✓	✓	✓			
DTaP-IPV-Hib <small>(diphtheria, tetanus, pertussis, polio, <i>Haemophilus influenzae</i> type b)</small> 1. Vaccine HealthFile					✓	
DTaP-IPV (diphtheria, tetanus, pertussis, polio) 1. Vaccine HealthFile						✓
Pneumococcal conjugate ‡ 1. Vaccine HealthFile	✓	✓		✓		
Meningococcal conjugate C 1. Vaccine HealthFile	✓			✓		
MMR <small>(measles, mumps, rubella)</small> 1. Vaccine HealthFile				✓		✓
Varicella <small>(chickenpox)</small> 1. Vaccine HealthFile				✓		✓
Rotavirus 1. Vaccine HealthFile	✓	✓				
Influenza 1. Vaccine HealthFile			✓*			
			(6-23 months)			
Hepatitis A † 1. Vaccine HealthFile			✓		✓	✓ □

‡ Children with specific medical conditions that place them at high risk of disease should receive an additional dose at 6 months of age. See the web link for more information or speak to your doctor or public health nurse.

* Second dose needed 4 weeks after the first if receiving vaccine for first time.

† Hepatitis A vaccine will be offered to aboriginal children living both on-reserve and off-reserve.

□ Hepatitis A vaccine will be offered to aboriginal children starting at 6 months. Alternatively, 1 or 2 doses at 4-6 years will be offered depending on previous immunization history.

Pqusnalhcw & Ullus Child Care Centre

By Jessica Frank, Child Care Manager

- Licensed facility to ensure health and safety
- Planned Activities in all programs
- Healthy snacks offered in the a.m. and p.m.
- Healthy lunch program at Pqusnalhcw
- Fenced outdoor play space
- Qualified teachers: Infant/Toddler, Early Childhood/Special Needs Educators
- Affordable and reliable
- Tours are free☺

If you are interested in learning about our programs please contact Jessica Frank, Director of Child Care Centre at jessica.frank@lilwat.ca or 604-894-6656 ext. 247 or call/text 604-966-7064.

The Ministry of Children & Family Development has an assistant program to assist families with their child care fees, if you would like more information you can go to www.mcf.gov.bc.ca click on child care, click on subsidy, or you can also call 1-888-338-6622.

We also appreciate donations; meat, pasta, rice, veggies, fruit, toys etc. Please call Jessica or drop them at the Pqusnalhcw Child Care Centre.

Pqusnalhcw Health & Daycare and Ullus Child Care centre is looking for an EXPRESSION OF INTEREST to make us signs for our programs which will have the logo, name and address. Please bring to Jessica or Rebecca and we will choose from interested community members. Attach an estimate of cost. Deadline will be Friday, January 27, 2012.

Responsible Adult Training for Community members wanting to work in a Licensed Child Care Facility

Child Care Resource and Referral will be offering the Responsible Adult course in Pemberton beginning in January.

Each session will take place from 7 – 9:30 p.m. at the Aster Street office of Sea to Sky Community Services beginning on Monday, January 23 and ending on Monday, March 12 (8 consecutive Mondays).

In order for participants to receive a Certificate of Completion, they must attend every session, hand in all the Session Wrap Up quizzes and score at least 70 per cent on each quiz. These are open book quizzes that may be completed at the end of each session or assigned for homework. If just one session is missed, a make-up session may be booked for \$15. Once a student has completed all of the classes, a Certificate of Completion will be provided. Each participant will receive a work book when we start the course.

The cost of the course is \$100.00. Payment may be made by cheque or cash. Cheques should be made out to Child Care Resource and Referral.

You can register beginning on Tuesday, January 2 by dropping in to the Sea to Sky office at 1357 Aster Street in Pemberton, from Monday to Friday, 11:30 a.m. to 4 p.m. You can see Tia at the front desk, who will give you a receipt. The deadline for registration is Thursday, January 19 at 4 p.m.

I will need a minimum of 4 participants to run this course, so feel free to let everyone know about it. If the course is cancelled, payments will be returned.

As an alternative to taking this course, you can qualify as an RA by taking online workshops through these websites: <http://www.workshopsonearlylearning.com/> or <http://www.circleofideas.net/>



Hobiyeet 2012 Celebration!

Hobiyeet comes from the study of the Moon of February.
 The Nisga'a say, "Hobiyeet" means the spoon is full".
 In the spirit of "Sayt K'il'im Goot"-One Path, One Heart, One Nation!

Over time the spiritual leaders observed that whenever the first crescent moon is in the shape of a "Hoobix"-the bowl of a Nisga'a wooden spoon, thin shaped and the ends pointing upward-that in following seasons the resources of the lands would be plentiful, the oolichan, salmon, berries and various other resources, bountiful. Hobiyeet is about the point in time when the Cedar Bent Boxes of the Nisga'a are near empty of their winter provisions and they have begun to ration the last of their provisions. The Nisga'a are praying for a bountiful season of oolichans and a fruitful year.

Lil'wat Elders, Drummers, Singers and Dancers have been invited to participate in the Nisga'a Ts'amiks Edition of the Hobiyeet Celebration!

February 3rd & 4th at the Agradome at the PNE grounds

All Lil'wat Drummers, Singers and Dancers are welcome.
 If you have regalia, or will hand drum or dance you must register by calling:
 Mary James at the Culture Centre 604-894-6115 Ext. 2260
 or Teresa Zurowski at the Pqusalchw Health Centre, 604-894-6656

REGISTRATION DEADLINE: January 25, 2011

Admission cost to Hobiyeet if you are **going as a spectator only:**

Elders and Youth \$5.00 per day
Adults \$15.00 per day or \$20.00 for two days
Children under 12 years FREE

Accommodations are being arranged for people who want to stay for both days, contributions towards accommodation will be \$25.00 per person in a shared room for 4 people. Bring your own snacks and water.

A school bus will be available, sign-up with Mary at LCC. Teresa Zurowski is making arrangements for the Elder's Bus. *Note: There will be no cost for Elders to travel on the Elder's Bus, limited seating to 10 participants.

A swap meet, loonie auction, concession and bingo fundraiser to help towards costs for this event is set-up for January 21, 2011 (10:00AM-4:00 PM) at the Ullus Banquet Hall. Cost for table is \$5.00. Donations for concession and loonie auction are welcome, contact Lilwat7ul Culture Centre.

From Lois Joseph, Mary James and Teresa Zurowski

Calling All

Lil'wat Hand Drummers

Donations of Snacks Are Appreciated

**Thursday
January 12, 2012
6:00 to 9:00 p.m.
Ullus Community
Complex**

**Saturday
January 21, 2012
6:00 to 9:00 p.m.
Xi'olaew Community
School**

**Saturday
January 14, 2012
6:00 to 9:00 p.m.
Xi'olaew Community
School**

**Monday
January 30 2012
6:00 to 9:00 p.m.
Ullus Community
Complex**

**Thursday
January 19, 2012
6:00 to 9:00 p.m.
Ullus Community
Complex**



**Contact for School Drum Practice:
Eva Maria Joe
604-894-1723
Contact for Ullus Drum Practice:
Maxine Bruce**



**Elders if you need a ride call :
Teresa Zurowski
Elders Coordinator
604-894-6656**

Elder's Update

By Teresa Zurowski, Elder's Coordinator

Elders Bus



I would like to welcome Percy Wallace as a member of our team at the Pqusalchw Health Centre in his role as the Elders Bus Driver. Percy will be driving the wheelchair equipped Bus and the Dodge Van for regular, local trips to Pemberton. On a trial basis we are scheduling the

Dodge Van to be used on Monday and Wednesday while the Bus will be used on Tuesday, Thursday and Friday.

All qualified riders are Elders 55 years and older, Homecare Clients, or special needs referrals. We also will accommodate parents with infants less than 6 months of age as long as they have an appropriate infant car seat for medical appointments to Pemberton.

It is highly recommended that you give 24 Hour Notice when calling in to reserve your spot on the bus. This will show consideration to passengers who booked ahead to arrive at their scheduled appointment on time.

Please note that the last return trip from Pemberton is at 3:45 p.m. For your convenience, Pemberton transit leaves from Pemberton at 4:00 p.m.

When calling in for an Elderly person or special needs

client one escort is encouraged and acceptable to assist with getting on and off the bus and with parcels that may be difficult to carry.

Inquiries regarding use of the Elders Bus will be directed by the Receptionist to Teresa Zurowski, Elders Bus Supervisor at 604-894-6656 (230).

ELDERS PROGRAMS AND ACTIVITIES

Swimming at Meadowpark in Whistler--Wednesdays -- 10:00 to 1:00—Rides, passes and lunch included. Teresa expects you to confirm with her the day before or by 8:30 a.m. on Wednesdays if you will be swimming. We leave at 9:30 a.m.

Healthy Lifestyles program is for everyone and Shawn Wallace invites the Elders to come enjoy a day of exercise, education on nutrition and wellness from 10:00 to 1:00 Mondays.

Elders Exercise weekly on Tuesdays from 1:00 to 3:00 in the Exercise Room/Elders Room.

Xit'olacw Community School invites all Elders to join the annual "Traditional Pow-wow" from 9:00 to 3:00 January 20, 2012 with a delicious lunch served in the Home Ec Room, prepared by Barb Peters. Transportation is available. Call Teresa.

Walking in Balance program is facilitated by Shawn Wallace in the Elders on Tuesdays for six sessions

Native Education College

Elders Day

March 20, 2012

9:00 to 3:00

Please register with Teresa Zurowski if you are interested by March 1, 2012

starting on January 24, from 10:00 to 1:00. Call Shawn to register for this program.

Nutritionist Workshop--Marnie Melsted, Nutritionist, will be presenting her monthly workshop for on "Sodium Reduction" in the Elders Room on January 24 from 10:00 to 1:00. Everyone is welcome. Please call Teresa if interested in attending so that lunch can be arranged to accommodate the number of participants.

HOBIEE 2012--February 3 to 4, 2012--The Lil'wat Culture Centre has made arrangements to bring Elders, Lil'wat Drummers and Dancers to participate in the two-

day celebration. ELDERS: to register for the celebration please call Mary James and to reserve your seat on the Elders Bus please call Teresa Zurowski. There will be no cost to ride on the Elders Bus, but if you are interested in a shared room of 4 the cost will be \$25.00 per person.

Transportation will be available for Elders if they are interested in attending the Drumming Sessions for January 12, 14, 19 and 24. Call Teresa.

Elders are invited to a Valentine's Tea Social with the Baby Clinic Tuesday, February 14, 2012, 2:30 to 4:30 in the Elders Room.



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							
8:30am-9:00am		7am-9am		7am-9am			
9:00am-9:30am							
9:30am-10:00am							
10:00am-10:30am	Healthy Lifestyles for Community						
10:30am-11:00am							
11:00am-11:30am	Shawn Wallace	Community Drop-in	Community Drop-in	Community Drop-in			
11:30am-12:00pm		\$2 Drop-in Fee	\$2 Drop-in Fee	\$2 Drop-in Fee			
12:00pm-12:30pm	10am-12:30						
12:30pm-1:00pm		11am-1pm	11am-1pm	11am-1pm			
1:00pm-1:30pm	Physio & Exercise for Community	Elders Exercise	Physio & Exercise for Community	Physio & Exercise for Community			
1:30pm-2:00pm	Arita Samuels		Colleen Warner	Arita Samuels			
2:00pm-2:30pm		1pm-3:30pm					
2:30pm-3:00pm	1:00pm-3:00pm		1:00pm-3:00pm	1:00pm-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

Housing Update

By Gayle M. Andrews, Housing Coordinator

Did you know that right NOW on the Lil'wat website (www.lilwat.ca) you can find:

- Housing applications, rental agreements and the Process for new housing construction-lands, public works & housing???

BANK INFORMATION

Rent direct deposits to the BANKS – ScotiaBank etc.

Please submit the confirmation number (e.g.#H12345678) to Accounts Receivable – Denise Leo - the credit process to your accounts takes longer to process if there are not matching numbers to the month end bank statement.

NOTICE!

Those of you with Phase 13-6 homes - Your 2011 T4s are required for Rent geared to income /cmhc-pre 97 program and 6 tenants with 6 homes

Please bring in to photocopy for housing your 2011 t4s to the Ullus community complex – front desk reception.

WORK ORDERS

Tenants and renters, please submit ALL work orders to front desk with enough information about what needs to be repaired. For example - if it's your washer what is the specific problem – what is the machine doing or not doing? The receptionist or front desk person needs to ask you as many questions as possible to try and give the repair person enough information to identify what the problem is before they go to inspect. On your work order give the five W's - Who, What, When, Where and Why. We need as much information as possible to create a work order for supplies or material is needed

for the repair, we need ALL of this information to ensure a quick efficient repair.

HOUSING APPLICATIONS

Pickup and submit all housing applications at front desk reception at Ullus Community Centre front desk reception.

Any changes in the housing application must be resubmitted onto a new housing application – NO changes can be done over the phone; attach any or all references, letters and any other relevant information with housing application.

REMINDER - no housing applications can be processed if you have a debt owing to the Mount Currie Band

REMINDER - housing applications expire every year, so you must update every year

RENOVATIONS – RRAP/Residential Rehabilitation Assistance Program

The Mount Currie Band MCB Housing has back log of applications and these applications are under CMHC Canada Mortgage & Housing Corporation review (again) processing for April 2012/13 fiscal year.

The Programs include; Homeowner RRAP or Disability RRAP

Do you require renovations and is your household income \$37,000 or less? If so you may be eligible for renovations of up to \$16,000 for regular renovations and/or \$16,000 for disability renovation under the CMHC RRAP program. Information and applications are available at the New Community Complex – front desk or the MCB Housing Department.

REMINDER - under this program you need to submit your T4s for 2011.

MOULD Renovations – Indian Northern Affairs Canada INAC funded program

The MCB Housing has a backlog of applications as housing keeps resubmitting these updated applications every year and it seems MOULD renovations is not as urgent as it used to be because it all comes down to early clean up and prevention.

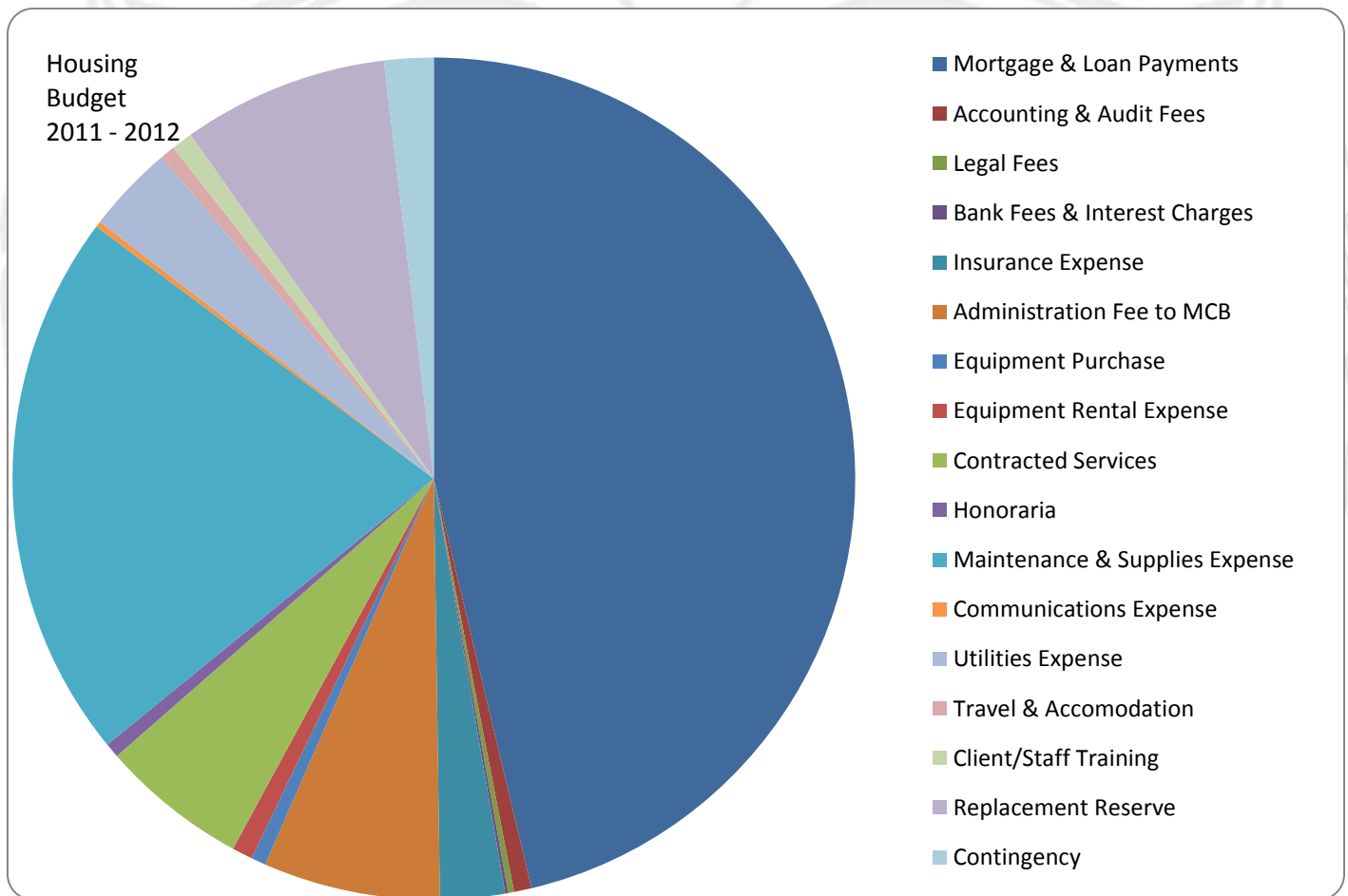
COMING SOON

- BC HYDRO Smart Meters – WORKSHOPS AND INFORMATIONS SESSIONS

- Mount Currie Band HOUSING BOARD NOMINATIONS AND ELECTIONS
- MCB Housing – Maintenance & Repairs Workshops and Information “How to guides” etc. HOWEVER there is a lot of how to on websites and a lot of pamphlets in housing office that can be provided at your request e.g. “How to: caulking and filling cracks” or “plumbing repairs.”

Did you know that highest housing expense is mortgage & loan, insurance and maintenance expense?

Check out the chart below to view your Housing Budget breakdown.



Lil'wat Nation Calendar of Events – January 2012

We're sorry but a print out of this months community calendar is not available. Please check our online calendar at www.lilwat.ca and check the notice boards and announcements throughout the community for more events and updated info.

Winter RECREATION SCHEDULE Winter



Jan 9th – Jan 27th, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-8:00am		LADIES YOGA 7:00am-8:00am Ullus \$4 		LADIES YOGA 7:00am-8:00am Ullus \$4 	
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					
5:00pm-6:00pm	YOUTH HOCKEY 5:00pm-7:00pm Ullus Gym Ages: 6-15 years 	YOUTH CALIFORNIA KICK-BALL 5pm-7pm Ullus Gym Ages: 6-15 Years 	OPEN GYM 5:00pm-7:00pm Ullus Gym Ages: 6-10 Years 	KARATE 5pm-6pm 13 & under 6pm-7pm 14 & up Ullus Gym :\$2.50	Open Gym 5pm-7pm Ullus Gym Ages: 11-15 years
6:00pm-7:00pm					
7:00pm-8:00pm	MENS HOCKEY 7pm-10pm Ullus Gym Ages: 16 & up 	Youth Basketball 7pm-9pm Ullus Gym Ages: 10-15 Years	LADIES HOCKEY 7:00pm-10:00pm Ullus Gym Ages: 11-15 years 	VOLLEYBALL 7pm-9pm Ullus Gym Ages: 16 & up 	ACTIVITY NIGHT
8:00pm-9:00pm					
9:00pm-10:00pm				MENS BBALL 5pm-11pm Ullus Gym Ages: 16 & up 	8pm- 11pm
10:00pm-11:00pm					Location TBD
11:00pm-12:00pm					
For more information contact: 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			\$2 DROP IN FEE FOR ALL ADULT PROGRAMS		

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 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
P: 604.894.6115
F: 604.894.6841

Deadline for February 2012 Newsletter Submissions

The submission deadline for next month's newsletter will be January 31st, 2012. Deadlines for each month's newsletter will generally 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.

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.