

LYTTON FIRST NATION NEWSLETTER

nkapch-hhEn (January) 2020



YEE.A TEK SHEETLKT

The coming year is filled with opportunity; our hopes are that you are successful in all you do over the coming year.

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"JANUARY,

The first month of the year,

A perfect time to start all over again,

Changing energies and deserting old moods,

New beginnings, new attitudes."

- Charmaine J Forde



Kumsheen, where the rivers meet.

“New Year Greeting:

First, we wish you a Happy New Year, we are blessed to spend time with family and friends. I am so happy that everyone had a safe and happy time through the holidays.

Blessing come in various ways such as being able to talk, walk, see, hear, write, read, think, do things independently, work, love and teach our children right from wrong, respecting one another and being humble with ourselves and others.

Sometimes the simple things we take for granted, gets taken away through accidents, neglect and self destruction, etc.

I give thanks everyday for the love that I have with my family and community. It helps everyone in a positive way, to move forward.

Happy New Year to you all!

Stein Valley Nlaka’pamux School Board

I, Chief Janet Webster, have made a decision to resign from the Stein Valley Nlaka’pamux School board. I have served 21 years as a Liaison for the Lytton chief and council to ensure the school was stable financially, get the SGS land back to reserve and have the school built. I feel that I have completed my tasks as a school board member. It was a hard decision to leave, but I feel giving an opportunity for new energy and ideas for an individual to grow and learn the operations of our school would be beneficial for future generations.

Thank you to all the teachers, principals, board members, council and community for all your support. It was a long journey to get to where we are today.

JANET WEBSTER**Lytton First Nation Chief**

Phone: 250.455.2304

Ext: 214

Fax: 250.455.2291

e-mail: chief@lfn.band

I especially thank the children that attend(ed) the school, you are the ones, who kept me there to fight for you to have a building and ensure the operations of the school benefited the children.

There is a posting for a new board member, for Lytton First Nation, Deadline will be January 31, 2020.

I wish you all the very best 😊

Elders and Youth Xmas Parties

I thank all for the organizing of the Children and Elders dinner. I give thanks to Yvonne Dixon, event coordinator and volunteers for this year's parties.

Bowling: Dec 30/19

Thank you to Restorative Justice department for coordinating the annual bowling trip for the community on December 30th/19.

Youth Dance – December 27th/19

Thank you to Julie Brown for hosting the youth dance on December 27th, 2019, by Galactic Entertainment from 7 pm – 10 pm, Kids had fun. Way to go, Julie!!

Condolence message

We the Lytton First Nation send our deepest condolences to;

The Haugen Family for the loss of Beverly Haugen who passed away just before Christmas. She was a beautiful mother, wife, worked hard at the Scotia bank for years, we will all miss her dearly. Our thoughts and prayers to all.

The Sam/Bolton Families for the loss of Annette Bolton who passed away just prior to Christmas, a special angel who will watch over each of you.

She was a strong warrior who loved her family, taught the traditional teachings, preserved the traditional foods and had fun at bingo or casino with lots of memories and laughter. Our prayers and thoughts go out to all."



December 27, 2019 New Years Youth Dance

Thank you to all the Sponsors: Nlaka'pamux Nation Tribal Council, Lytton First Nation, Carrie Adam, Alice Spinks and the community who supported the 50/50 draws. We had about 55 people attend. Thank You to all the volunteers.

Here are the winners of the best dance
Best "Fortnite" dance - Caius Dhal Rogocky
Best Macarena dance – Katy Moody
Best watch me dance – Madison Aleck
Best Cha-Cha Slide dance – Emory John

GERALDINE TRIMBLE

**“Happy 2020 from TL’Kemtsin Health**

We are happy to welcome Monica Munroe as the New Elders Worker, there will be an announcement of this year’s Elders Monthly Meeting times and Location asap. Elders Tea at the complex is still every Thursday 5:30pm to 7:30 pm. Sometimes it may go a little later, please come down and visit, Harvey will be drumming. Friendly reminder Elders Bingo is Tuesdays 10 am, come support the Elders fundraising.

Westside activities will be promoted by the CHR’s Eva and Angie, on Monday the 27th, will be the first of 2020 community soup gatherings starting at noon. Health staff will be there early, so please stop into chat. Friendly discussions on health promotion will be on Diabetes, Heart Health, Harm Reduction and many Health promotion topics. Please bring your arts and crafts and have a healthy hangout on the West side.

Home and Community Care is working on intakes, call in to talk to Lisa if you need further information. Lisa is bringing Taiichi for 6 weeks for the Elders, date to be announced, this will be at the Elders Complex. Maria and Jody are providing home care visits daily in many areas of the community.

If you have patient travel questions please call Lenora at front desk, Lenora provides patient travel information in every newsletter.

TL’Kemtsin Health will be having various workshops and events, please keep on the lookout for posters and Facebook posts. All staff will be promoting their specific events. We look forward to your participation.”

Interim Director of Health

Phone: 250.455.2115

Fax: 250.455.2114

e-mail: g.trimble@lfn.band

Introduction



Monica Munroe

"Hello, my name is Monica Munroe. I am Lytton First Nations Band member. I was born in Merritt BC in the early 80s. My Parents Derrick (Roy) Munroe and Val Munroe moved back to Lytton not to long after I was born.

I am a mother of three awesome kids Preston Justice, Levana Justice and David Justice jr. I have been with my partner David Justice for over twenty years.

Over the past 20 years I have worker with all ages from newborn to the elderly. For the past 11 years I worked at Han Knakst Tsitxw Society as their Outreach Worker.

I am excited to be your new Elder Support Worker. I am still doing Lytton's Street Angel.

Have an Awesome Pawsome Day!

All my Relations."

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day – OFFICE CLOSED 1	2 No Community Visit	3 No Community Visit	4
5 LFN	6 NICOMEN	7	8 KANAKA	9 LFN	10 LFN	11
12 LFN Nizen'men Meeting	13 BOOTHROYD BOSTON BAR	14	15 SKUPPAH	16 LFN Nizen'men Prenatal	17 SPUZZUM	18
19 LFN	20	21	22 NICOMEN	23 LFN Nizen'men Prenatal	24 LFN	25
26 LFN	27	28 BOOTHROYD	29 LFN – 2020 Plan Meeting	30 LFN Nizen'men Prenatal	31 LFN	

*Hundreds
of frames to
choose from*

**EYE EXAM AND
GLASSES**

MARCH

24, 25 & 26

2020

"Have your Eyes Examined"
Healthy eyes provide you a better life



COMMUNITY OUTREACH EYE CARE PROGRAM

communityoutreacheyecare@gmail.com

Please Contact Our

Lytton First Nation

TL'KEMTSIN HEALTH CENTRE

250 - 455 - 2115

**DOCTORS OF OPTOMETRY ARE
VISITING OUR COMMUNITY
SIGN UP NOW!**

“The First Nation Health Authority (FNHA), Health Benefits’ has designed this check list to process your medical transportation travel and /or reimbursement request in a timely manner. Correct completion of the required forms and associated documentation is crucial to ensure that your travel and /or reimbursement is processed quickly and efficiently.

1. Request for Medical Transportation Form & Client Responsibility

- *This form must be filled out and submitted to our office at least five (5) days prior to your appointment to ensure enough time for our office to make your travel arrangements.*

- *The forms you can come and fill out at the New LFN Health Center, or you can pick-up at the LFN Band Office and leave it in my box at the band office.*

- *Attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and /or pay for their travel costs on subsequent medical travel.*

- *Give notification when cancelling an appointment prior to the date of the appointment: including 24 hours’ notice to cancel any hotel arrangements.*

The following documentation must also be submitted along with the Medical Transportation request form:

a. *Documentation from a doctor’s office confirming your upcoming appointment complete with date and time.*

b. *Copy of the physician’s referral including the office address, date, time, and reason for the appointment (if applicable) – FNHA, Health Benefits funds travel to the nearest appropriate health professional and/or health facility. Depending on the nature of your appointment, medical justification may need to be provided to support your travel request.*

LEONORA THOMAS

Patient Travel

Phone: 250.455.2115

Fax: 250.455.2114

Cell: 250.256.8129

e-mail: p.travel@lfnhealth.com

Note: Clients who do not provide enough notice may be required to reschedule their appointment or pay for the travel and get reimbursed. Purchase orders are for Emergency travel only and must be used up within that week.

2. Confirmation of Attendance Form

After your appointment is complete, this form must be stamped by the physician and/or signed by the physician where you attended your appointment confirming your attendance. Please ensure that the date and time of your appointment have also been included on the form. If the section regarding pending appointments is completed by the same doctor, this will eliminate the need to obtain another confirmation of appointment.

Clients are to hand in the Confirmation Attendance Form for confirming their appointments for any future travel. Please ensure your name, DOB and current date is on the Confirming Attendance form when you return it. So, that I know who it belongs to. Travel expenses will not be reimbursed without the written confirmation of attendance.

I can be reached at Lytton First Nation TL'KEMSTIN Community Health Center.

Medical Transportation Policy Framework - Non-Insured Health Benefits Program

"EXCLUSIONS" Criteria – Certain types of travel, benefits and services will NOT be provided under the NIHB Program under any circumstances and are not subject to the NIHB appeal process. These include assistance with:

- 1. Compassionate travel;*
- 2. Travel for clients residing in an off-reserve location*
- 3. Where the appropriate health services are available locally;*
- 4. Appointments for clients in the care of federal, provincial or territorial institutions (e.g., incarcerated clients)*
- 5. Court-ordered treatment/assessment, or as a condition of parole, coordinated by the justice system;*
- 6. Appointments while travelling outside of Canada*
- 7. Travel for the purposes of a third-party requested medical examination;*
- 8. The return trip home in cases of an illness while away from home other than for approved travel to access medically required health services;*
- 9. Travel only to pick-up new or repeat prescriptions or vision care products;*
- 10. Travel to access health related services that are not identified in section 1.3, unless coordinated;*
- 11. Payment of professional fee(s) for preparation of doctor's note/document preparation to support provision of benefits;*
- 12. Transportation to adult day care, respite care and/or interval/safe houses.*

1) Travel for eye exam covered by MSP/FNHA

A. When a client has an appointment with an optometrist/ophthalmologist for eye exam by MSP/FNHA, their travel is funded to the closest appropriate health professional/facility via the most economical means. If the service is available locally (i.e. visiting optometrist), then no travel is required. If client is requesting travel to a farther place, then submit a Benefit Exception management's review. Medical justification is required. Please fax the Benefit Exception and supporting documentation to FNHA at 1 604 666 0292. You will have to call the optometrist/ophthalmologist to find out if the eye exam is billed to MSP or FNHA, then ask for the prior approval number.

2) Travel is not funded if the eye exam is not covered by MSP/FNHA.

3) To make it easier please have the Optometrist mail your glasses to you.

4) Travel to pick-up glasses is an "exclusion" of the program – not a benefit and not appealable"



“Happy Year, All the Best in 2020. I hope you all had a Wonderful Holiday! The months are flying. My time working up at Main Reception desk will be finished February 10, 2020, with one week of on hands training for Kylee Dunham.

Then I will be able to focus strictly on the Membership. Finally starting to receive all my paperwork from Indian Affairs since January 2019. I will be working back in Membership in February for two days per week, days and hours will be posted.

I have registered a few new born on the new Secure Certificate of Indian Status, if you have reviewed the paperwork and are having trouble filling it out please come in to see me on the scheduled day this month which are usually Fridays, will need the original Birth Certificate of the baby.

Just a reminder to use darker color tops when coming in for photo, no florescent color, makes the background darker. When members are coming in please call to leave a message with reception, so that I can prepare the paperwork ahead of time, because when I have to do both laminate and the SCIS it takes a bit longer. I am still doing on laminate cards for children because they are still developing. Only if you plan on crossing the border a lot you may request for the SCIS.

Price: LFN members \$5.00 for SCIS and CIS laminate for LFN members, for non LFN \$20.00 for SCIS.

When you receive your new card please mark the 9-digit number on the back, keep in a safe place in case you lose your card, Aboriginal Affairs will want that number.

Have a wonderful 2020 year Everyone!”

PAULINE CHARLIE



Indian Registry Manager

Phone: 250.455.2304

Ext: 206

e-mail: p.charlie@lfn.band

AMANDA SPINKS

Economic Development Manager

Phone: 250.455.2304

Ext: 210

Fax: 250.455.2291

e-mail: a.spinks@lfn.band

“Happy New Year from Economic Development!”

During the end of November, we hired Nina Belton as Implementation Assistant for a term position in the Economic Development department. We attended an informative conference called the National Indigenous Cannabis and Hemp conference and how Hempcrete is changing the building industry. It was great to learn about different aspects of Hemp cultivation and business viability from industry leaders.

The department is currently overseeing two Fuel Management crews for the prescribed Polygon 29 area located at Stein Valley Nlaka’pamux Heritage Park. The map provided shows the area boundaries and the completed treated area progress.

Strategic Wildfire Prevention Initiative (SWPI) Fuel Management is important because it lessens the chance of forest fires. We are projecting this polygon to be completed by the end of March 2020.

Also, on Tuesday January 14th 2020 Lytton First Nation Economic Development Corporation is holding a Board of Directors meeting at the Lytton First Nation Band Office in the Boardroom. The Board’s Mandate is Lytton First Nation Economic Development Corporation focuses on growth, development, and partnership engagement to support revenue generation. The Board will be looking for Youth representation so if any Youth from the ages 19-29 are interested in learning more about local economic development initiatives then please contact Amanda Spinks or Nina Belton at the Band Office 250-455-2304.”

NINA BELTON

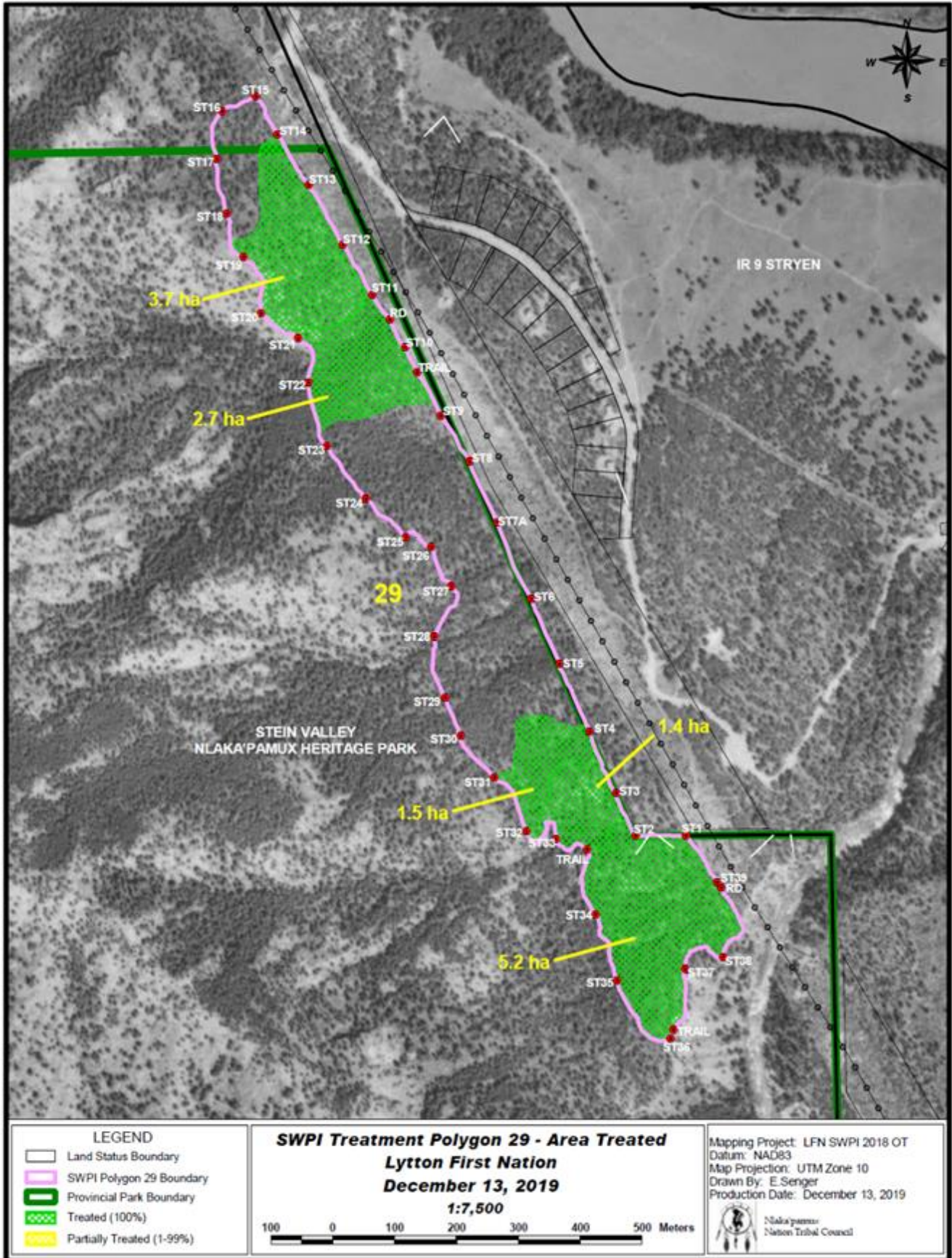
Economic Development
Implementation Assistant

Phone: 250.455.2304

Ext: 210

Fax: 250.455.2291

e-mail: n.belton@lfn.band



"I hope everyone had a great Christmas and a happy new year, wow 2020!

First, I would like to put my hands up and thank Selena Brown-Johnny and Chase Johnny for all their hard work and dedication in the housing department it has been such a pleasure working with the both of you. You both have grown so much, learned so much I am going to miss you both. In the 8 years I have been here I have never had an admin assistant and I sure enjoyed it I am going to miss all your help. I will have Selena come into the office when I am away.

I will be returning to school February 10th, 2020 to finish up my last 2 courses to be a fully certified housing manager I will be in Richmond for 2 days then the rest will be online.

Reminder to update your housing application once a year.

The social development department and the housing department work closely together so if there is a change in the household you need to let us know in case your rent changes if you are getting rent paid by the social development department, It would also be a good to check to see how much rent got paid you can either check with myself or Cheryl.

The housing department has the option for you to do Bank Withdrawals for your rent you can stop by and get the form then you would bring to the bank then your rent would come out of your bank account.

My assistant has created brochures for housing, we also have some books for hand out on mold and home maintenance, if you would like one just stop by

There also housing applications located outside my office if we are away from our desk.

Reminder is rent is due on the 1st of each month if you know you are going to be late please let me know."

CHEYANNA HANNA

Housing Manager

Phone: 250.455.2304

Ext: 209

Fax: 250.455.2291

e-mail: c.hanna@lfn.band



Don't have anyone to talk to? Please call **KUU-US** if you are in a crisis.
Website: www.kuu-uscrisisline.ca

NEXT PROBATION CHECK-IN

Probation Officer: Jon Jordan

Jon's Office Number: 250-378-9354

Check-In date: January 23, 2020

Location: 618 Main Street Lytton, BC
(Our Office)

Visit our website at:
www.lyttonrestorativejustice.com



Please Note:

We by no means are Lawyers nor can we act as one.



**Lytton Restorative
Justice Office
618 Main St.**



**Next Lillooet Court Dates
January 14th, 15th, and 16th**

*Olivia Brown will be available
in the morning January 14th
for Legal Aid.*



“In recent years, communities including our own have worked to offer sober, family-oriented events to bring in the New Year. The New Year’s Sober Bowling Party December 30, 2019 at Canyon Lanes Bowling Alley in Boston Bar, sponsored by the Lytton Restorative Justice, Education and Prevention Program is one successful example of this kind of community event. The 2019 version of the party was the third year in a row, and between 192 folks from Lytton made the trek to Boston Bar either by their own vehicle or by the bus transportation provided, to join in an afternoon/evening of fun. Two Rivers spoke with Olivia Brown, one of the three volunteer organizers from the Restorative Justice Program: Trish Munro, Olivia Brown, and Kaylem Raphael. Here’s part of our conversation:

How did the Bowling Party go?

This Bowling Event turned out amazing!

- First, we would like to thank Cheryl Webster and Dallas Charlie for cooking the chili and hotdogs and setting up the area, the food was delicious!
- We would also like to thank Manda Michelle for helping in the bowling area and David Seamus for handing out the tickets
- We would like to thank Lucille Machel for going around collecting the 50/50 tickets.
- I would like to thank Kaylem Raphael and Trish Munro for helping with everything.
- I would like to thank my mother Sharon Brown for helping me cut up the fruit, vegetables and cheese and meat.
- I would like to say thank you to the bus driver Doug Dixon for driving people to and from the Bowling Event
- we appreciate you.
- we would like to thank Geraldine Trimble for hooking us up with the NHS bus in Merritt and for supporting us with that.
- I would also like to thank Bobby Jumbo and Pauline Charlie for helping with the fundraising.

Leesa Van Peteghen you were missed (Leesa was the original organizer of the event and has recently moved to another community.)



We would really like to thank everyone who showed up and help support the fundraisings because without you we wouldn't be able to have this amazing Bowling Event.

The winner of \$170 for the 50/50 was Dan Nickson!

Happy New Year's friends and family.

The Gold Trail School district offered a bus and driver in the past, not this year?

We asked the district, but they all said no. This year we got transportation assistance from Nlaka'pamux Health Services in Merritt.

Did you get sponsors for this year's event?

The Two Rivers Community Service Society donated \$100, my mom Sharon Brown donated \$70 and Lytton First Nation and Lytton Restorative Justice donated \$900 for the Chinese Auction. Those donations went towards the Chinese auction through which we raised approximately \$1,200.

How many people took part in the event?

Somewhere between 150-200 is my guesstimate.

You had door prizes for participants?

Our budget allowed for \$500 for prizes. We had 77 door prizes there and after that there were still a lot of names left. People really liked the shovels, Kid shovels and an adult shovel. There was all unique stuff there so only one of each thing there

It must have taken a while to draw for that many prizes?!

Yea omg lol like 3 hours! Lol or 2.

A free meal was included for all.

Yes, Dinner was served at 5pm. There was enough food too, and many compliments to the cook, Cheryl Webster, and her helpers. Everyone got two tickets each so they could get something from the concession as well as the dinner provided.

So, the expenses for the event included?

Bowling, food, prizes, concession, cook's time.

How did you and your team feel about the event after it was all over?

It felt great! It was nice that no one was arguing, and everyone was taking turns with the bowling. We were happy that people went to have fun and wanted to help, it was worth it! I think they liked the 50-50 that was called there, the food and door prizes. Next time I'm bringing a microphone so people can hear me calling their names, and so I can properly thank the people who helped. There were many people who said thank you. We definitely feel appreciated." – Olivia Brown



LYTTON FIRST NATION
IS
Seeking to fill a Board of Director
position for
Stein Valley Nlaka'pamux School

The Lytton First Nation is currently seeking an energetic, highly-motivated, and self-sufficient Board Member for the vacant board position, term goes to October 2021 or date of the Annual General Meeting in 2021.

Our Vision for our students is for them to be confident, immersed in Nlaka'pamux way of life and excel academically so they will be self-reliant.

Our Mission we will provide a high academic program within a Nlaka'pamux enriched educational environment that involves the students, staff, knowledge keepers and community.

Responsibility of the board member;

- Should have general knowledge of Nlaka'pamux culture, language, practices, and history.
- Attend school board, committee meetings, and school events as required.
- Attend council meetings as required.
- Must be passionate about the school vision and mission statement and committed to the school.
- Familiar with school policies and procedures
- Familiar with Financial Statements
- Review the 5 year educational plan of the school

**BYLAWS OF STEIN VALLEY NLAKA'PAMUX
SCHOOL SOCIETY**

Qualifications: According to SVNS By-Laws 24.3 any director must be an LFN member, and:

- (a) must be 18 years of age or older;
- (b) must have a good reputation within the LFN community, as determined by Chief and Council:
 - (i) for managing his or her own financial and personal affairs;

- (ii) for paying his or her debts on time; and
 - (iii) for acting and speaking with honesty and integrity.
- (a) must believe in indigenous control of indigenous education, and in mission and vision of the Stein Valley Nlaka'pamux School, operated by the society;
 - (b) must be committed to ensuring that the students of the School have their educational, cultural and holistic needs met;
 - (c) must be committed to providing students of the School with a high level of academic education, balanced with knowledge and teachings of the Nlaka'pamux culture, traditions and language; and
 - (d) must be committed to the long term educational and professional goals of LFN.

These qualifications are established in accordance with section 45 of the *Societies Act*, and set a higher standard than those set by section 44 of that Act.

For further information please contact Chief Janet Webster, Lytton First Nation at number listed below or email: chief@lfn.band

To Apply send in cover letter, resume, copies of certification and 3 recent references, via email to: cc.executive@lfn.band or mail ATTN: Julie Brown, P.O. Box 20 Lytton B.C. V0K-1Z0

Closing Date: January 31, 2020 at 04:00 pm - Only qualified applicants will be interviewed.

Criminal Record check will be required

Thanks for Reading!

Happy New Year! We Hope everyone has a good year and look forward to all the community events that are to come.



LYTTON FIRST NATION

Contact Us

951 Main Street

Lytton BC V0K 1Z0

PO Box 20

Phone: 250.455.2304

or 1.888.755.2304

Fax: 250.455.2291

Website: lfn.band