

LYTTON FIRST NATION NEWSLETTER

n.oohwuh (November) 2019



DATES TO REMEMBER

Details Inside

November 8th, 9th, and 10th

Remembrance Day Pow Wow

November 11th

Lytton First Nation Band Office
Closed

November 14th

Health – Community Engagement
Presentation

November 22nd

Elders Fundraiser

YEE.A TEK SHEETLKT

Happy November! We hope everyone is ready for the Remembrance Day Pow-wow.

There will be an opportunity to warm up your dancing or just come out and display your works at the Cultural Knowledge gathering on November 4th. Details inside.

Friendly reminder that all newsletter submissions are due by the last FULL week of the month on the Friday. (Example: the week of November 29th) please submit to:

k.dunham@lfn.band

Thank you!

In this Issue

-Chief and Council- Page 2

-Health- Page 6

-Patient Travel Information- Page 12

-Social Development- Page 15

-Membership- Page 19

-Dates and Event Details- Page 21

-Community Notices- Page 22



Kumsheen, where the rivers meet.

“October extinguished itself in a rush of howling winds and driving rain and November arrived, cold as frozen iron, with hard frosts every morning and icy drafts that bit at exposed hands and faces.”

– J.K. Rowling

Council Support

Unexpected circumstances had happened with Aimee's Michel (Peters) dad getting news of cancer. She is caring for her dad, this means she will take a leave of absence, from her position. Our thoughts and prayers go out

Replacing her is Julie Brown, who was one of the candidates interviewed for the executive secretary to council. She is now the replacement for Aimee and the program she is on will run until March 2020. We welcome Julie to the team 😊

Fishing Emergency – Big Bar Slide

This year was a state of emergency for our sockeye salmon. The Big Bar slide had major impact on our fishing for everyone this year.

I know it was stressful for everyone on the notice to protect the sockeye salmon.

There was fishing for the Chinook, (Spring Salmon), but I know we all wanted our Stewen and canning for the winter foods. It is my hopes that everyone can get deer, moose for supplementing your meat for the winter.

I am thankful for the people who helped catch, fly, use fish the wheel to assist and get the fish over the slide.

I was fortunate to have a helicopter flight, thanks to Donnie Sam, NNTC and DFO, to see the devastation, I got emotional for the fish, the people who depend on the winter supply, it brought tears and broke my heart. As chief, I did not go fishing at all. I felt the fish (Spring) that was there was for the people in need. I pray that there was enough effort to save our salmon for our future generations.

JANET WEBSTER

Lytton First Nation Chief

Phone: 250.455.2304

Ext: 214

Fax: 250.455.2291

e-mail: chief@lfn.band

Comprehensive Community Planning Session:

First of all, I thank all the Program Managers for their displays and reports to the community updating the community on the 5-year plan in each department, on October 5th, 2019.

Thank you to Dr. Rosalin Miles for facilitating the full day event.

We know we were competing with hunting, mushroom hunting and people out of town, but I thank those who came out to spend the day with us.

We enjoyed everyone's company. Thank you to the KSS Grads for Lunch and Tony and Lisa for supper, delicious food 😊

Union BC Chiefs Meeting

Deb Abbott and I attended the Union BC Chief meeting on Oct 1st -3rd/19. Grand Chief Stewart Phillip was re-elected by acclamation. He had an honouring ceremony which was very touching to see baby to elder do the honouring song and dance.

Nlha'kapmx Child & Family 25th Anniversary

On September 19th, 2019 the Nlha'kapmx Child & Family Services held their 25th year of service to the Nlaka'pamux Nation bands. Caring for Our ShchEma.meetkt (Children).

It seems like yesterday that we talked about having our own child welfare owned by the communities to say what will happen to our children.

The Yaya's and aunties to lead the way to healing in our families and community.

Thank you to Nita Walkem, who held and led the fort for many years. The creator has taken a beautiful woman warrior way to early. Her love and passion for the ShchEma.meetkt has shown through her great work. Thank you!!

To Chrissy may the creator guide you to fill the shoes of Nita and others that started this journey of caring for Our ShchEma.meetkt, it is a big responsibility. We know if you listen to the leadership and elders you will do just fine.

Congratulations, on the agencies 25 years of service to our Nation.

Stein Valley Nlaka’pamux School 10 year Celebration

Stein Valley Nlaka’pamux School, also known as Mestanta’ Technological Institute (MTI), has been serving the community since July 1993. (26 years).

On October 3rd, 2019 the school had their 10th year anniversary in the new building, was followed with a Barbeque, carnival food, bouncy castle and few gifts for give away, ending with a cake to share with all. Everyone enjoyed themselves.

Thank you to Councillors, Sheila Adams, John Haugen, Kevin Duncan and Allan F. Charlie for the speech and gift presentation, on behalf of the band, as I was travelling back from Vancouver, B.C.

Congratulations, to Stein Valley Nlaka’pamux School board on their 10th anniversary in the new school building. What a great accomplishment 🎉

First Nation Administrative Law

We are in the process to be accredited for the First Nation Administrative Law, by the Fiscal Management Board.

What does this mean?

We, the Lytton First Nation had to have the Financial Administrative Law, which included updating several policies, Finance, Human Resource, and Operation Manual, Threshold and Whistle Blower policy. This led into the band to apply for the 10-year grant funding from Indigenous Service Canada.

The 10-year grant gives the band security to plan for program and projects, be eligible to work with banks or finance institutions for more funds/loans to enhance our financial planning to implement goals and objectives.

This is where the management and policies are in place and create transparency and accountability to the chief and council and community.

Lytton Community Dance October 18th, 2019

Thank you to all the Sponsors: Nlaka'pamux Nation Tribal Council, Lytton First Nation, Nlha7kapmx Child and Family Services, Stein Valley Nlakapmux School, Steve Wilson, Christine Phillip's for bringing baked goods, Tina Aleck for 3 cases of water, Maria Charlie for providing large cake, and the community who supported the squares and 50/50 draw. We had about 95 people attend. Thank You all for making this event a huge success.

Winner of 50/50 – Tabatha Kishka \$155.00

\$5/Squares Winner Hazel Billy \$250.00

Dance off 65 yrs + Cheryl Williams \$50.00.

49-64 yrs. - Jaqueline Raphael \$50.00

0-49 years – Rachel “Bubz” Dan \$50.00



"Tl'Kemtsin Health Department has had an exciting last month. We attended and reported at the Community Comprehensive Plan Meeting on October 5th, 2019. The report was well received. If any community members wish to have a copy of the report, please contact the health office and we will get a copy to you.

The LFN AGM was held on Saturday October 25th, copies of the report will also be available, health will photocopy their report and have it, at front desk at health center, please call if you want one sent to you.

A Knowledge Keepers meeting was held at the Memorial hall, October 3rd, by Nlaka'pamux Health services on the Nlaka'Pamux Nation Traditional Framework, a framework on traditional wellness on cultural teachings. This document was shared with Lytton membership. On October 22 the document was shared with Elders at the elders meeting. If any members who want a copy of the document, please contact health services and we will get a copy to you.

National Addictions Awareness Week (NAAW) is November 25th to 29th at the memorial hall all week. Please look for the final agenda to be provided. Here is the draft and what has been planned so far; Monday starts with an early morning pancake breakfast made by Health staff for community then there will be a presentation at Kumsheen school, from the RCMP, then a march from Kumsheen school with students and community to memorial hall. There will be various speakers that day and lunch provided.

Tuesday is filled with presenters, and door prizes and lunch will be provided. Poster contests and Addictions prevention workshops. Wednesday is traditional art and culture making with entire community invited and schools, IE beading classes, carving, drum making, and painting. The evening and dinner are hosted by LFN Education Department, with honouring our hero's in the Community. Please contact Education to nominate a hero 🙏.

GERALDINE TRIMBLE



Interim Director of Health

Phone: 250.455.2115

Fax: 250.455.2114

e-mail: g.trimble@lfn.band

Thursday will be a presentation with ROB KASP on Harm Reduction and many other topics. With door prizes and contests. FNHA will be providing dinner this day with a presentation on Community Engagement. Friday is workshops on Addiction with Rob KASP, there will be door prizes and lunch provided and possibly music presentations by youth.

A final agenda of NAAW, will be available the first week of November once the finalization of presenters is established.

The CHR's will be offering food skills for family workshops on the westside on Wednesdays and Thursdays. On Monday's lunches will be at westside hall provided with healthy menus and diabetes information sharing.

Please keep on the look out for the various health presentation and services. Posters will be posted in the community online and public areas."



November 2019



First Nations Health Authority
Health through wellness

LYTTON HEALTH CENTRE
PHONE: 250-455-2715 FAX: 250-455-2138

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jane away Nov. 4 -8 th Immunization 101	4 Nzen'man Family Drop-in 10am LFN	5 Boothroyd am Boston Bar pm	6 LFN am Skuppah pm	7 Community Flu Clinics – Please see flu schedule	8 Lyfton Health Centre LFN	9
10	11 Remembrance Day Office Closed	12 Nicomen Flu Clinic & Outreach Nurse LFN pm	13 Kanaka Bar Men's Wellness Flu Clinic 10-2:00pm	14 Nzen'man Prenatal Drop in 10am-12pm LFN pm	15 Spuzzum 10:00-2:00 LFN	16
17	18 Nzen'man Family Drop-in 10am	19 LFN Westside Hall Flu Clinic Boothroyd Health Screening	20 SVNS	21 LFN	22 LFN	23
24 NEF Week #2 Laura attending	25 LFN NAAW	26 Nicomen 12-2 LFN NAAW	27	28 Nzen'man Prenatal Drop in 10am-12pm LFN pm	29 Spuzzum 10-2:00pm	30

Laura Moore
FNHA NIC. 7782541139

Jane Robes FNHA CHN
Away Nov. 4-8 & 18-22

Lynn Leith – Nov 29

Shari McNiven – Nov 29

National Addictions Awareness
Week Nov 25-29th

*Please note this calendar is
subject to change



FNHA Lytton Health Centre/Tl'k'emstin Health Centre – 1535 St. Georges Rd

October 2019 Schedule

First Nations Health Authority - Lytton Health Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 21 Tl'K'emstin Health Center 1:00-3:00pm	Oct. 22 Boothroyd 11:00am-2:00pm LFN Elder's Complex 10:00am – 12:00pm	Oct. 23 No Clinic <i>Flu shots available at Pharmacy by appointment.</i>	Oct. 24 LFN Westside Hall 10:30-1:30pm <i>Lunch Provided</i>	Oct. 25 Spuzzum 10:00am-2:00pm
Oct. 28 Tl'K'emstin Health Center 1:00-3:00pm	Oct. 29 Nicomen 12:00-2:00pm	Oct. 30 Kanaka Bar 10:00am – 2:00pm	Oct. 31 No Clinic <i>Happy Halloween</i>	

Week #1

Week # 2



November 2019 Schedule

First Nations Health Authority - Lytton Health Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
Week #3	Nov 4 Nzen'man Family Drop in 10am-12pm TI'Kemstin Health Center 1:30-3:30pm	Nov 5 Boothroyd 9-11:30am Boston Bar 1-2:30pm	Nov 6 TI'Kemstin Health Center 9:30-11:30am Skuppah 1pm-3pm	Nov 7 Reaching out Drop-in Centre 11am-1pm	Nov 8 TI'Kemstin Health Center 8:30am- 3:30pm
	Nov 11 Remembrance Day	Nov 12 TI'Kemstin Health Center 9-11am Nicomen 12-2pm	Nov 13 Kanaka Bar 10:00am-2:00pm SVNS Staff 3:00-4:00pm	Nov 14 Nzen'man Prenatal Drop-in 10am-12pm TI'Kemstin Health Center 1:30-3:30pm	Nov 15 Spuzzum 10:00am- 2:00pm TI'Kemstin Health Center 10:00am- 2:00pm
Week #4					



West side visits / drop-ins

Lytton First Nation Westside Hall

Date: Thursday: Oct 24 & Tuesday: Nov 19, 2019

Time: 10:30 am – 1:30 pm

Lunch provided

FNHA Health Screening:

- Flu Clinic ages 6mo +
- Blood pressure, blood sugar, weigh-ins, weight counselling, etc.
- Health questions
- Please inquire ahead for any immunization (other than flu) needs so the nurse can be prepared.

Nzenman:

- Circle time
- Crafts
- Free play

“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"



“The Social Development department receives financial assistance from the Indigenous Service Canada for Income Assistance and Assisted living on the fiscal year basis and now our funding is changed the 10-year grant system. The Social Development department follows the Income Assistance Regional social development policies and procedures handbook.

Social Development has been working with other departments within Lytton First Nation on updating the Comprehensive Community Plan 2017-2022 which is updated annually.

October 2,3,4, 2019 Cheryl Jumbo and Bernadine Paul attended 3 day training workshops with Indigenous Service Canada for the Income Assistance Regional Social Development policy and procedures Handbook Training . The session included an overview of the BC Region Social Development policy and procedures handbook chapters 1-12 including best practices, compliance and reporting for Social Development Managers.

The training was very informative for there have been a few changes that benefit clients on Income Assistance and Assisted Living program.

October 17, 2019 Bobby L. Jumbo, Finance Manager, Bernadine Paul, Financial Assistant, Steve Wilson, Band Administrator, Niakia Hanna, Councillor Finance Committee member attended Forum in Richmond for BC New Fiscal Relationship 10-Year Grant Recipients.

The forum was attended by other First Nation Bands, Indigenous Service Canada Funding Service officers, Lands, Capital, Economic Development Program officers, and Financial Management Board staff. This was an informative workshop and I am happy to say that the Lytton First Nation is doing very well with the operations of the Lytton First Nation Administration office and Chief and Council work well as a Team, especially on the Comprehensive Community Plan 2017-2022.

Through the Comprehensive Community Plan the Social Development department formed a committee that meet on a monthly basis. Listed below are the committee members. We would like to invite Lytton First Nation community members to join the Social Development committee for more information please come to the office to review the terms of reference for the committee.

Social Development Committee members 2019-2022

- Chair Councillor Merika Sam, Portfolio Chief Janet Webster
- Co-Chair- Cheryl Jumbo,
- Committee members- Alfreda Nelson, Bernadine Paul

The Social Development committee had the first committee meeting July 16, 2019 and had reviewed the draft terms of reference and recommended changes and appointed the Chair and Co-Chair discussed the Social Development Community Comprehensive plan updated scheduled next meeting for Sept 12, 2019. The committee will meet on a monthly basis or have at least 9 months annually.

The Committee met again and will make recommendations for Chief and Council's final approval for the Terms of reference and apply for funding for a receptionist with the Social Development Department will be advertised upon approval of funding.

Employees 2019-2020

- Social Development Manager: Cheryl Jumbo
- Child Advocate: Alfreda Nelson
- Financial Assistant: Bernadine Paul

Level 1 Home support workers 2019-2020

Homemakers: Christine Phillips, Ada Webster, Lucy Henry, Marilyn Wing, Nicole Spinks, Seniors Complex Security, Randy James

To date there are 30 community members that receive Level 1 Home Support from the home support workers listed above.

The social development staff met with Lisa Colwell who is the Home Care Nurse from TI'Kemstin Community Health Centre to work together on updating the client files we created a list for the Home Support clients and filled the forms out for Lisa, she will schedule appointments with the clients to prepare assessments and return to the Social Development department for the client files. Lisa Colwell and Stacey Thom have recommended that we should have another nurse in Lytton.

A friendly reminder that the monthly renewal forms must be signed on the 15th of every month. Incentive hours have been reduced to 20 hours.

Good food bags for clients that are parents, families and elders that start in October and ends in July each season. The bags are delivered on the 3rd week every month.

The Social Development department is recruiting income assistance clients that will help bag and deliver the good food bags we require 3 drivers and 3 people for bagging the food. If you are interested, please call the social development department during regular business hour Monday to Friday from 8:30 to 4:30 at 250-455-2301.



Elders from Lytton First Nation band members that have received firewood please come in the social development department and fill out forms and sign budget and decision forms this required for the reporting of finance of income assistance.



Death Benefits as of January 2017 LFN Social Development department is requested from Indigenous Service Canada to start filing for the Canada pension death benefits, this benefit is used to assist with the Burial costs, Funeral arrangements for the lost loved ones.

The Social development department had coordinated a Chinese auction to help pay for the annual Christmas parties for the youth and elders. We would like to thank the other program departments that donated items for the auction as well the Community members that donated and volunteers that supported this fundraiser, we thank you for your support and contributions.

Social development hired a Community Event planner that is responsible for planning all the Christmas activities which include the annual Christmas parade, Elders' dinner, children's dinner and staff dinner.

Should any community members would like to volunteer please contact Yvonne Dixon during regular business hour at 250-455-2304.

Bernadine Paul signed up for the Community Volunteer Income tax program which is available to unemployed people or on income assistance or on pension. I finally have the ufile programs working properly now and still learning the programs I thank you in advance for your patience while waiting for your income tax, some community members have not done their income taxes for 5 years or more.

I also provide support to community members with old age pension, Canada pension plan, Guaranteed income supplement applications. Again, thank you for your patience greatly appreciated.



“LFN Community Comprehensive Planning was very informative, update for our Band members.

I have extra copies of the new Bill S-3, that is where Great Grandmother’s and Grandmothers that were removed from the band(s) due to marriage or had children with non-registered man.

Applications to register Newborn, adults & children is also available online under <https://lfn.band> and the Guarantor form you will also need. I have done approximately 250 Secure Certificate of Indian Status (SCIS), approximately 30 returns due to the photo, I recommend if you are travelling in from out of town to bring in 2 passport photos from either Walmart, Cosco.

Please use darker colored tops when coming in, no florescent colours, makes the background dark, which is unacceptable back East. Reminder to call in when coming so that I can prepare your paperwork, especially if I have to do both cards for you!

If you would like a 5-year card done for your child for travelling across the border I would recommend you bring in 2 passport photos. Adult SCIS is good for 10 years, children(s) is good for 5 years, for adults even if your recent card is not expired for a few years you can apply for 10-year card.

LFN members \$5.00 for SCIS and CIS, Non LFN members \$20.00 (SCIS), \$50.00 CIS

If you have received your new SCIS there is a 9 digit number on the back, please put that in a safe keeping place, because if you lose it you will have to contact INAC, at 1-800-567-9604 before another card can be re-issued.

PAULINE CHARLIE



I Indian Registry Manager

Phone: 250.455.2304

Ext. 206

Fax: 250.455.2291

e-mail: p.charlie@lfn.band

*Scheduled Membership day Fridays, 9:30 a.m. – 3:45 p.m. please call in for preparing paperwork!
If you are from out of town and will be in town on the weekend I am available to do your SCIS or CIS if you give me notice.*

Our LFN Population to date is 2041.

There are still members that have passed away, that need to be removed from our band list, I will be contacting families and requesting these members last residence of living, so that I can order a Death Certificate. Thank you to John Haugen for retrieving the Death Certificates from USA.

**Friendly reminder to call:
(250) 455-2304.**



November 4th (Monday) – Cultural Knowledge Gatherings

Lytton Elementary School Gym – 10:30AM to 2:00PM

November 6th (Wednesday) – Food Skills for Families

West Side Hall – Call Health Center for details and sign-up! 250.455.2115

November 8th, 9th, and 10th (Friday, Saturday and Sunday) – Remembrance Day

Pow Wow

Kumsheen Secondary School

**November 11th (Monday) – Lytton First Nation Band Office Closed
(Remembrance Day)**

November 13th (Wednesday) – Food Skills for Families

West Side Hall – Call Health Center for details and sign-up! 250.455.2115

November 14th (Thursday) – Health – Community Engagement Presentation

Memorial Hall – 9:00AM to 4:00PM

November 19th (Tuesday) – Nzenman / FNHA Drop-in

West Side Hall – 10:30AM to 1:30PM

November 20th (Wednesday) – Food Skills for Families

West Side Hall - Call Health Center for details and sign-up! 250.455.2115

November 22nd (Friday) – Elders Fundraiser

Memorial Hall – 9:00AM to 3:00PM

Birth Announcements

Doris Peters would like to Welcome to the Community her two new Great-Granddaughters:

Octavia Winter Wolf Clappis, born September 28, 2019 at R.I.H., Kamloops, B.C., 6lbs 14 oz. Proud parents: Shiralee (Shorty) Drynock, and Chester Clappis.

Natalia Shirley, Born September 3, 2019, born at R.I.H., Kamloops, B.C., 6lbs 4 oz Proud parents:

Wayne Webster and Amber Michel

CONGRATULATIONS!!!!



ELDERS CORNER

Pam Abbott and Maureena Williamson (Abbott) are down visiting and reliving old haunts and reliving our old stories and meeting and seeing familiar faces.

Very enjoyable!

Pam & Maureen

Thanks for reading!

We hope everyone has an enjoyable November!



Note: Kylee Dunham will be taking a temporary leave as receptionist for LFN. Pauline Charlie and Cheryl Webster will be acting relief. Kylee will still be creating and distributing the newsletters as scheduled during this time.

Thank you!



LYTTON FIRST NATION

Contact Us

951 Main Street

Lytton BC V0K 1Z0

PO Box 20

Phone: 250.455.2304

1.888.755.2304

Fax: 250.455.2291

Website: lfn.band

Want to get the newsletter ASAP in a digital PDF format straight to your e-mail? Get added to the list! E-mail k.dunham@lfn.band and ask to be added to our e-mail list!