

# LYTTON FIRST NATION NEWSLETTER

TSelhnwalhn (February) 2020



## DATES AND EVENTS

### February 12<sup>th</sup> Elders Fundraiser

Memorial Hall, 10:00AM to 2:00PM

### February 17<sup>th</sup> Office Closed

Family Day

### February 18<sup>th</sup> Health Challenge

Weigh-In, LFN Office 9:00AM to 3:30PM

Details Inside

## 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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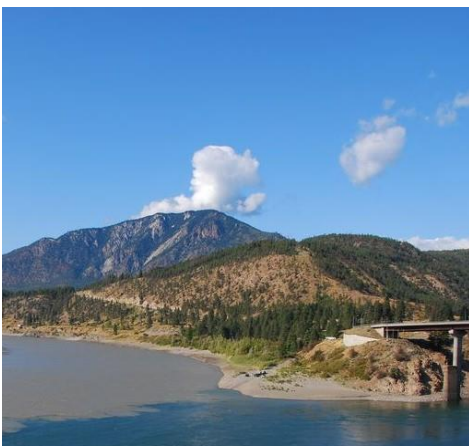
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Kumsheen, where the rivers meet.

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*“February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer.”*

**- Shirley Jackson**

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STEVE WILSON

*“Administrator Report to Community*

*Hello from the administration. It has been a while since I wrote a report to the membership. It has been a busy 6 months and a lot has happened.*

*Most importantly, Lytton First Nation was recognized by the Aboriginal Financial Officers Association (AFOA) for “Best Practices.” What that means is a third party has looked at our financial management systems and practices and acknowledged that systems are very sound and transparent. That is a good thing.*

*It took a lot of work by a team of people to put in place a financial management system that reflects Generally Accepted Accounting Principles (GAAP). The standards are very structured, consistent, and can be measured.*

*That journey has been on-going for quite a number of years and is a testament to the finance department, finance committee, and managers. The fundamental work for best practices were formalized in 2017/18 when a series of policies were developed and approved by council to create the Financial Administrative Law (FAL).*

*The FAL is part of the First Nation Financial Management Board (FNFMB) that was mandated to create a structured approach to improving financial management for First Nations across Canada.*

*The FNFMB conducts rigorous assessments of a Band’s audits and verifies the policies, procedures, and practices of the council and administration. Our team went through a vigorous series of audits to demonstrate the practices are more than talk. We walk the walk with respect to financial management.*

**Lytton First Nation Chief**

Phone: 250.455.2304

Ext: 219

Fax: 250.455.2291

e-mail: [s.wilson@lfn.band](mailto:s.wilson@lfn.band)

*Despite the hard work, we have not stopped working to improve ourselves. As part of our commitment to continuously improving we have begun to investigate how to invest in accredited training in management for our staff and managers.*

*To make that goal achievable we have reached out to academic institutions to help us. The work is on-going, and we have held meetings to discuss access to education and how to fund the improvement.*

*In housing we have been working on a renovation program for well over a year. First, we completed some initial surveys to find out what we need to do in a general sense. Then we put the information we collected into a proposal to Indigenous Services Canada (ISC) and Canada Mortgage and Housing (CMHC). In March 2019 ISC committed a 5-Year multi-year housing program with \$500,000 for the first two years towards the renovations. The 3, 4, and 5 years are dependent on the successful completion of year one and two.*

*We have been working on developing strategic partnerships with Okanagan College for trades training that is aligned with our programs. We have invited Luma Native/Terra Housing out of Vancouver to assist with the red seal journeyman in carpentry, electrical, and plumbing to ensure that the trades training will be supervised and accredited.*

*The Industry Trades Association (ITA) and Construction Foundation (CF) have committed to assist LFN with funding and other resources to get the renovations complete.*

*To support the renovations and trades training we must develop policy in education to make the cost of training efficient by pooling post-secondary education with outside funds like Aboriginal Skills Employment and Training Strategy (ASETS), Employment Readiness, and Work BC Funds.*

*We have a lot of moving parts to manage and it has taken a lot more time to get to a point where we are ready to start. We keep adjusting the scheduling as our constraints change. We expect to start the renovations by April 1, 2020.*

*In Health we have been busy getting the \$844,000 surplus managed through our carry-over agreement. The health staffing has gone from 12 employees to 27 in the past year and we have the surplus down to a manageable \$78,000 as we head into negotiations on the Health Transfer Agreement. LFN has been on a Flexible Agreement where the funds are delivered to LFN Health on a monthly basis. The agreement expires in May 2020 and we are on target to get a Block Funding Agreement where we get our funds on an annual basis instead of monthly.*

*In economic Development I have been working on getting the letter of intent to purchase Jade Springs grocery store, restaurant, and campground while lining up the financial resources for the acquisition. The important element that is being developed is a break-even analysis and inventory turnover ratio.*

*The break-even analysis is an important assessment of what cost of goods sold and pricing the business will require, and what margins it will take to cover the fixed costs. The hardest part of the work has been acquiring inventory invoices so that they can be assessed to determine what daily, weekly, monthly, and annual inventory must be sold to cover all the costs.*

*The business model must include a unique brand that attracts attention. One of the principles will be using the grocery store to market traditional foods under the new brand. We will need help in the development of a brand that is culturally relevant to LFN.*

*We are developing a comprehensive training program so that the retail grocery store will be run by hard working, competent staff.*

*For the restaurant we will develop a long-term strategy to take advantage of the lease payments that the restaurant provides as a revenue stream to cover debt.*

*For the campground we are looking at the development of a marketing strategy to attract campers travelling through the canyon while making the area a destination.*

*We have retained Mindful Architecture to help with the design and fund raising for the venture.*

*In administration we have been developing a succession plan for health, human resources, finance, and the band administrator position.*

*In the past year we have been on a buildup stream. We have set the table for future growth. Now we are turning our attention to building capacity for economic development. The trades and management training are a good foundation to bid on procurements with CP, CN, BC Hydro, HVC, MOTI who collectively spend hundreds of millions of dollars purchasing goods and service.*

*In the coming year I would like to see quarterly membership meetings to report progress and seek direction.*

*Steve Wilson, Band Administrator”*

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	LFN	3	4	5	6	7
		NICOMEN	SKUPPAH	LFN	SPUZZUM	8
9	10	11	12	13	14	15
	LFN NIZEN'MEN FAMILY DROP IN	BOOTHROYD BOSTON BAR	KANAKA BAR	LFN	LFN	
16	17	18	19	20	21	22
	FAMILY DAY OFFICE CLOSED	LFN	NICOMEN	LFN	SPUZZUM LFN	
23	24	25	26	27	28	29
	LFN NIZEN'MEN FAMILY DROP IN	BOOTHROYD	KANAKA BAR	LFN – WESTSIDE HALL W/ NIZEN'MEN	LFN - PM	

## EVENTS

FEB. 3-6 SHARI MCNIVEN  
 FEB. 10-25 LYNN LEITH  
 FEB. 26-27 LAURA MOORE  
 FEB. 6, 7, 18-21, 24, 28 (PM) JANE  
 ROBES

## AN EVENING WITH KIM BARTHEL

World-renowned therapist and teacher on topics of developing self-awareness, compassion and healthy relationships.



All children experience trauma and stress differently. Kim will lead us in developing a deeper understanding of trauma and the impact it has on children and their behaviour. We will also gain a greater understanding of resiliency and how to support each other in developing the skills needed to be resilient in times of stress and trauma.

Kim integrates the science of occupational therapy and neurobiology with cutting-edge practice to support the conscious evolution of the human spirit. With 30 years of experience in the field of occupational therapy, Kim's approach to serving clients is visionary and eccentric yet grounded and easy to integrate into your daily life.

For more information visit  
[www.kimbarthel.ca](http://www.kimbarthel.ca)

Books will be available for purchase @ \$30 each

**TRAUMA & RESILIENCY**  
**Thursday, April 2nd, 2020**  
**6:30 PM – 8:30 PM**  
**Kumsheen Secondary School**  
**FREE ADMISSION**  
**PARENTS, COMMUNITY MEMBERS, EDUCATORS**



*Sponsored by*  
*School District No. 74*  
*(Gold Trail)*

*RSVP by March 1, 2020*  
*to: [district@sd74.bc.ca](mailto:district@sd74.bc.ca)*  
*250-453-9151 ext 234*

## Information on novel coronavirus

Adapted from BC CDC website

Confirmed 2019-nCoV cases

Updated January 28, 2020 at 7 am PST

- Globally confirmed cases: 4688 with 106 deaths
- Regions of China Total\* confirmed cases: 4630 with 106 deaths
- Hubei Province (including Wuhan City) confirmed cases: 2714 with 100 deaths
- Wuhan City confirmed cases: 1590 with 85 deaths
- Elsewhere confirmed cases: 58 with 0 deaths
- **British Columbia confirmed cases: 1**

## Respiratory Infection Caused by Novel Coronavirus

Illnesses associated with the new coronavirus, named 2019-nCoV, are similar to several respiratory illnesses and include fever, dry cough, sore throat and headache. Most cases are considered mild to moderate with a subset experiencing more severe illness with shortness of breath and difficulty breathing. Deaths have been reported among about two to four per cent of detected cases in China although it is likely that the actual risk of such severe outcomes is lower given milder cases are less likely to be detected.

Cases were initially linked to exposure to live animals at a seafood market in Wuhan City but the substantial increase in cases thereafter is due to human-to-human transmission of the virus. Other respiratory viruses can be spread from a cough or sneeze or from touching something an infected person has touched and then touching your eyes, mouth or nose. The main ways and efficiency of 2019-nCoV spread still require better understanding.

Health authorities in China have taken prevention and control measures to prevent the spread of infection and are continuing to investigate the source of 2019-nCoV. **The risk to Canadians is considered low at this time, however, the threat is being taken seriously.**

**At the current time, the risk to British Columbians and Canadians is considered low. BC Centre for Disease Control (BCCDC) and provincial and federal authorities are monitoring the situation closely.**

## Signs and Symptoms

**If you have been travelling and you become ill or become ill after you return home, tell your health care provider about recent travel and your symptoms.** You should also tell your provider if you had close contact with a sick person or had another high-risk exposure such as direct contact with animals.

**Reported signs and symptoms include:**

- **Fever**
- **Coughing**
- **Difficulty breathing**
- **Pneumonia in both lungs.**

## Information for Travellers

**The Public Health Agency of Canada has issued a Travel Health Notice for individuals travelling to China to avoid all travel to the province of Hubei, including the cities of Wuhan, Huanggang and Ezhou, due to the imposition of heavy travel restrictions in order to limit the spread of a novel coronavirus. The alert also recommends travellers take usual precautionary measures:**

- **Wash hands regularly**
- **Avoid frequent touching of face with unwashed hands**
- **Avoid contact with live animals such as at farms and markets.**
- **Avoid eating raw animals.**
- **Avoid surfaces with animal secretions such as blood and droppings.**



*“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:*

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

- 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](mailto: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 New Decade everyone!*

*It been a while since I made a submission to the newsletter. We are all back to our regular schedule after the break. We are working on some new positions here at Lytton First Nation. I will post as soon as possible. We are looking at wage subsidy for the positions and I would like to encourage everyone to go and visit the ASETS office or Work BC. We are in both their catchment areas and we need to utilize their services when they are in town. ASETS has a Targeted Wage Subsidy and you can have a referral letter that you can take to any potential employer. ASETS will cover the minimum wage. Work BC has a wage subsidy as well. They have an Employment Insurance Benefits requirement, but they also have a single parent option and they will help people who are Income Assistance Clients to get back to work.*

*We need to address the dog issue on our reserves, and I have been tasked with getting the dog bylaw passed and there is another opportunity. Animal Control Officer. There is a lot of work to get there. We would have to build an animal shelter or pound. Dog licences and tags. I have done some research in the BC SPCA, TNRD, BC Min. of the Attorney General. I also found out that we do have a draft bylaw to work with. We will need a By-Law Officer as we will be moving towards the Land Code and we will be able to implement the good work done in the Draft Bylaw Binder back in 2002.*

*I have been tasked with lots of policy development and revamping our annual personnel evaluation process and contract reviews. My days fly by and I keep busy. Please find attached a copy of the client requirements for both ASETS and Work BC.*

*Thank you all for taking the time to read my submission. All my relations.*

*Kwukwstemx!  
Roy Spinks”*

## ROY SPINKS



Human Resources Manager

Phone: 250.455.2304

Ext: 211

Fax: 250.455.2291

e-mail: [r.spinks@lfn.band](mailto:r.spinks@lfn.band)



Hello,

Thank you for your interest in our Targeted Wage Subsidy, Summer Student or Direct Purchase Programs. Please note there are some requirements for eligibility and reporting, they are as follows:

ASETS contract requirements:

1. The person signing the contract **MUST** have legal signing authority
2. Clients hired must be: over the of 15, not a full time student, unemployed or underemployed, be of First Nations Ancestry. Reside within our catchment
3. Your WCB must be in good standing according to :  
<https://online.worksafebc.com/Anonymous/EmployerClearanceLetter/search.aspx>
4. JOB DESCRIPTIONS must be attached to this application.
5. All clients must meet **with an ASETS EMPLOYMENT COUNSELLOR OR OUTREACH WORKER**. Each client requires a Social Insurance # & resume. They will receive a Referral letter indicating they are eligible for ASETS programs. Please note, these must be submitted to ASETS staff **prior to training/start date**. If a client leaves the position or is terminated, a new client may be hired to the end of the contract.
6. The ASETS claim form must be submitted upon completion of the project to facilitate the final payment and closure of the contract. All claims must include pertinent financial documentation for payroll and/or other expenses. This must include details of regular hours worked. (ie earnings report)
7. The final claim checklist is to be completed for each participant once the contract is complete.
8. A monitor will happen before the contract end date.
9. ASETS Targeted Wage Subsidies **DO NOT** cover the cost of required clothing, travel and/or administrations fee's.
10. Asets Applications will be reviewe and approved by the PROPOSAL COMMITTEE, once a decision has been made a letter will be emailed confirming a decision.

Payment will be processed upon receipt of signed contract and approved client registration and referral forms. If you have any questions, please feel free to contact me at 778 471 8207

Respectfully,

**Alkina Aleck**  
ASETS WEST

## Job Creation Partnership

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### JCP Client Eligibility & Information

#### Who is eligible to participate in a JCP project?

Eligible Clients are **unemployed** individuals:

- Who have established a claim for Employment Insurance (EI) benefits, or
- Who have had an EI benefit period that ended within the previous 60 months; or
- Who have earned more than \$2,000 in insurable earnings and paid employee EI premiums on those earnings in at least 5 of the last 10 years (Note: the 5 years do not have to be consecutive years), and;
- Who have an Action Plan (AP) that identifies JCP as a reasonable goal to support their occupational goal.

#### What is an Action Plan (AP)?

This is a plan developed by the Client with the EPBC Service Provider that identifies steps to help the Client become re-employed. For JCP Clients the AP would indicate that the Client's barrier to employment that can be assisted through participation on the project such as: a lack of (current) work experience, new to community and requires networking opportunities or required skills enhancement through practice of a skill. JCP work experience placements must relate to and address the barrier(s) in the Client's AP.

#### How are Clients recruited?

To find unemployed and eligible Clients with the skills needed by the project, you would contact the EPBC Service Provider for referrals of Clients.

If you are aware of eligible potential Clients who would benefit from your JCP project but who may not yet have developed an AP, you should encourage them to contact the local EPBC Service Provider for assistance in the creation of an AP.

Clients must have their eligibility confirmed through the local EPBC Service Provider. Individual contracts for Client living support are provided by the EPBC Service Provider.

Other supports such as work gear, tools, work experience specific training (e.g. first aid) are negotiated between ELMSD and the Applicant.

**Important:** Each potential Client must have a current action plan and a completed, signed contract in place with the EPBC Service Provider **before** starting on the JCP project.

#### What is the Client's living supports rate?

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*“Soon 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. We are running into some problems with such as parents not registering the newborn right away, it is not the bands responsibility.*

*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! Happy Birthday everyone the month of February!”*



## PAULINE CHARLIE



### Indian Registry Manager

Phone: 250.455.2304

Ext: 206

e-mail: [p.charlie@lfn.band](mailto:p.charlie@lfn.band)

*“Yee.A.dek sheed TLKT from Economic Development,  
On January 27, 2020 we went out to see the two crews at Polygon 29.  
This Strategic Wildfire Prevention  
Initiative (SWPI) Fuel Management is located at Stein Valley Nlaka’pamux  
Heritage Park above IR 9.  
See attached updated map of the area. Both crews are doing an  
impressive job on the tough terrain. The fuel management treatment  
burning is helping protect IR 9 Stryen subdivision and the Heritage Park  
from potential wildfire. We are projecting this polygon to be finished by  
the end of March.*

*If anyone 18+ is interested in taking Fuel Management training, please  
contact Amanda or leave a message with Nina with your expression of  
interest.*

*On January 14, 2020 our Lytton First Nation Economic Development  
Corporation Board of Directors meeting went well. We voted in our Board  
Roles for a 1-year term and went over our work plan and other  
supporting documents. The Corporation focuses on growth, development,  
and partnership engagement to support revenue generation.*

*We are seeking an LFN Youth Representative age 19-29 to sit on the  
Board of Directors. If you are interested, please contact Amanda or leave  
a message with Nina with your expression of interest.*

QuequshchAmwuh,  
Amanda Spinks and Nina Belton”

## AMANDA SPINKS

### Economic Development Manager

Phone: 250.455.2304

Ext: 210

Fax: 250.455.2291

e-mail: a.spinks@lfn.band

## NINA BELTON

### Economic Development Implementation Assistant

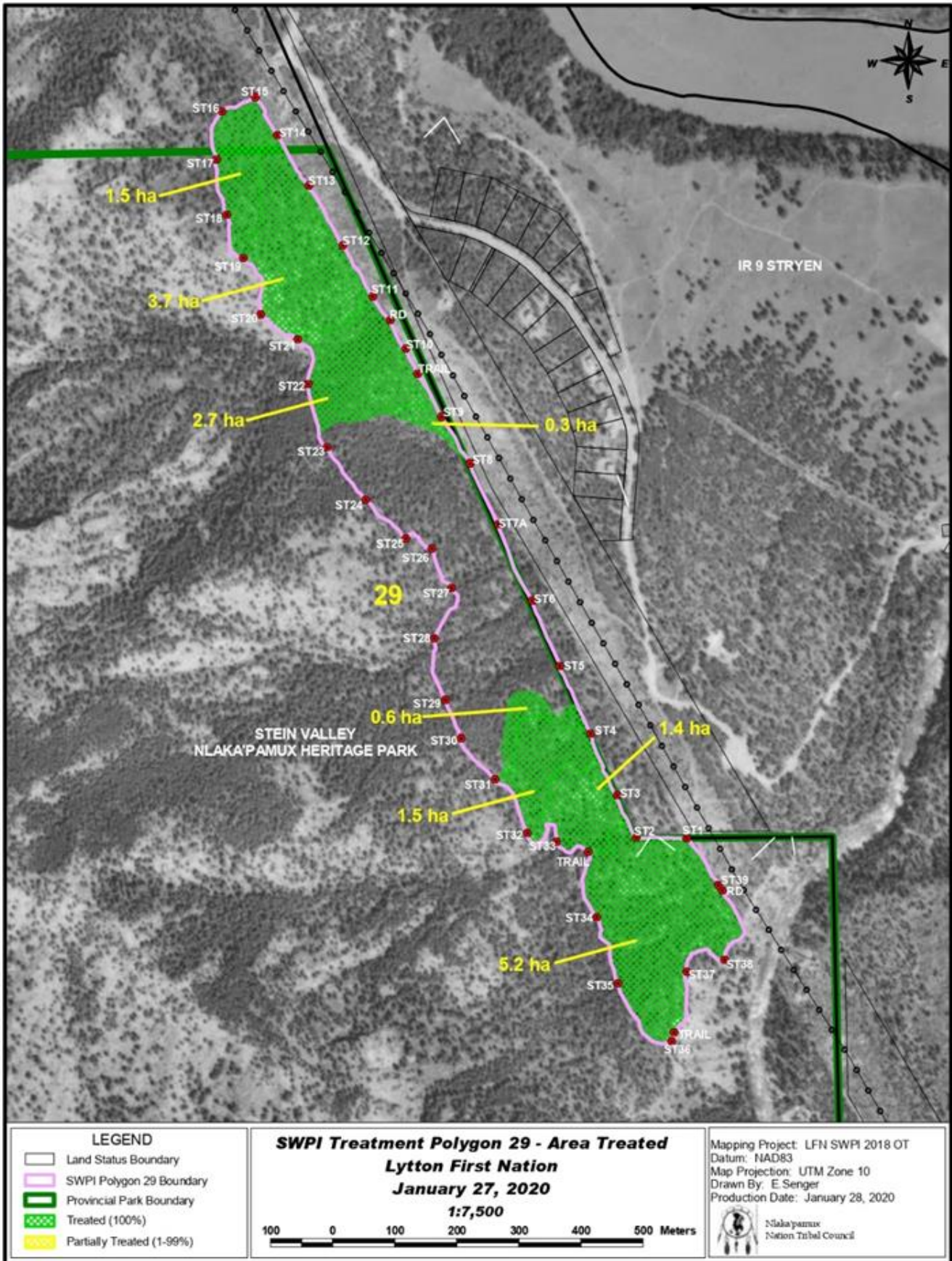
Phone: 250.455.2304

Ext: 210

Fax: 250.455.2291

e-mail: n.belton@lfn.band





Hello creators of *Little Hawk*!

I submitted your film to Future Forward film fest (part of the Portland International Film Fest), and just got this email:

Congratulations! Your entry, *Little Hawk* was chosen by our jury to appear in this year's public screening of selected works. The event takes place at the Northwest Film Center's Whitsell Auditorium in Portland, Oregon, on Saturday, March 14th from noon-1pm. The event is free and open to the public. Please let us know if you can attend as we would like to acknowledge you during the program.

This year's panel included Andre Middleton, a community activist on issues of inclusion and equity and a community connector within the arts; Spencer Garland of Brenda Arts, an after-school film production and theory program geared towards BIPOC youth; and Rebeca Alamo Gonzales, a screenwriter, script editor, indie producer and youth mentor.

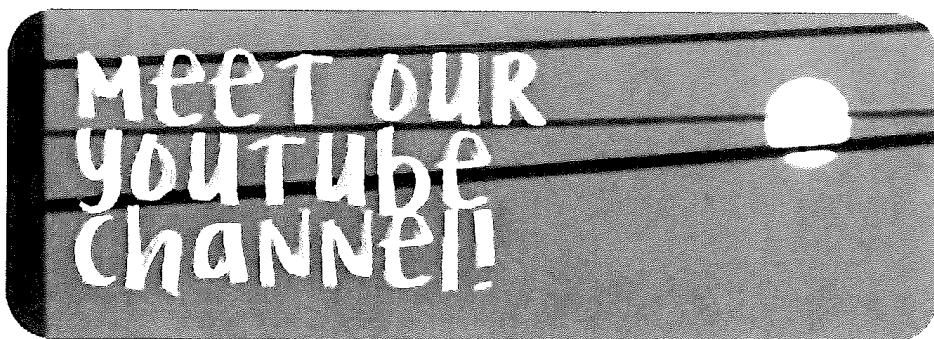
For the first time, Future Forward is being presented as part of the Portland International Film Festival, which takes place from March 6-15. We will send you a link to the festival's other screenings and events so that you may attend any of these as our guest.

We'll follow up soon with details for the Future Forward screening. In the meantime, congratulations once again. We hope that this recognition of your achievement is an incentive to keep making your own fresh original work.

Let me know if you want to attend, and otherwise I will send you more info when I get it.

Warmest congrats from everyone here. :-)

Zoe



# Lytton Restorative Justice, Prevention & Education Program



## Monthly Newsletter

**FEBRUARY 2020**

By: Patricia Munro, Olivia Brown & Kaylem Raphael.

Lytton Restorative Justice Prevention & Education Program does many things including but not limited to;

- Impartial support for victim and/or offender
- Court support
- Probation check ins
- Alternative Measures program
- Diversion program
- Criminal Cases
- Family Cases
- Commissioner of Taking Affidavits
- Legal Aid Applications
- Referrals
- Liaison

Phone: 250-455-0477  
Fax: 250-455-0297

Hours of Operation  
Mon-Fri: 8:30am-4:30pm  
Sat-Sun: Closed

Address:  
618 Main Street  
Lytton, BC  
P.O. Box: 93  
V0K1Z0



### Patricia Munro

Program Manager  
Probation/Court/  
Alternative Measures

Email:  
p.munro@lfn.band



### Olivia Brown

Executive Assistant  
Legal Aid Representative/  
Commissioner for Taking Affidavits

Email:  
o.brown@lfn.band



### Kaylem Raphael

Receptionist  
Admin Support - Legal Aid

Email:  
k.raaphael@lfn.band





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

## NEXT PROBATION CHECK-IN

Probation Officer: Jon Jordan

Jon's Office Number: 250-378-9354

Check-In date: February 27, 2020

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

Visit our website at:  
[www.lyttonrestorativejustice.com](http://www.lyttonrestorativejustice.com)



**Please Note:**

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



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

**Office Closure**  
 February 17, 2020



**Next Lillooet Court Dates**

**February 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>**

*Olivia Brown will be available  
 in the morning February 11<sup>th</sup>  
 for Legal Aid.*

**February 4<sup>th</sup> (Tuesday) – Cultural Knowledge Gathering: Coyote Stories**

Parish Hall – 11:00AM – Lunch Provided – Questions, Information, or inquiry for a ride  
John/NNTC 250.455.2711

**February 4<sup>th</sup> (Tuesday) – Nlaka’pamux Funeral Protocols**

Ashcroft Band Hall – 5:00PM to 7:00PM – Door Prizes, Light Snacks, Group Discussion

**February 12<sup>th</sup> (Wednesday) – LFN Elders Valentine Fundraiser & Flea Market**

Memorial Hall – 10:00AM to 2:00PM – Lunch Concession, 50/50 raffle  
To Reserve a table, call 250.4552115 or 250.256.8157

**February 14<sup>th</sup> (Friday) – Valentines Day**

**February 17<sup>th</sup> (Monday) – Lytton First Nations Band Office Closed (Family Day)**

**February 18<sup>th</sup> (Tuesday) – Health Challenge Weigh-In**

Lytton First Nations Band Office – 9:00AM to 3:30PM

**February 25<sup>th</sup> (Tuesday) – 2020 Honoring Our Elders Luncheon**

Grand Hall, Campus Activity Center Thompson Rivers University, Kamloops Campus –  
11:00AM to 2:00PM  
RSVP by Friday February 21 to Misty Antoine 250.4828.5227 (mantoine@tru.ca)

**FINAL PRICE FOR THE HEADSTONE ORDER CONFIRMED**

Stewart Monumental Works Ltd., Victoria, B.C.

\$385.00 includes Lettering, Design, Delivery

10 x 16, black granite

Orders will be complete by March & April 2020

Cash or Money Orders upon arrival.

Please do up what you would like on your

Loved One's order with a design.

I am accepting cash or Money orders will be put

In a safe place if needed.

Contact: Pauline Charlie, LFN

(250) 455-2304



SAMPLE



# nkshAytkn



(Our relations)

## Cultural Knowledge Gatherings

**February 4th, 2020, at  
11am, Parish Hall**  
Topic: Coyote Stories

Lunch will be provided



We will be holding our **93<sup>nd</sup>** nkshAytkn gatherings. Please come out and join us for the afternoon of sharing our cultural knowledge and nlahakapmhhcheen! So, come out share stories and enjoy good company!

- Our Connection, Transformers, Laws and Teachings
- Bring Photo's or recordings of stories

**ATTENTION: Call in** to NNTC and have your name added to the list please and bring your **water**, snacks, plates, bowls and cutlery etc....  
(People who provide their own Plates, bowls and cutlery will be put in for a draw)

If you have any questions or comments or need a ride, or more information on the other dates please feel free to contact us! **John/ NNTC (250)-455-2711**

## Scheduled nkshAytkn..... Dates available to book nkshAytkn for more information contact: John NNTC (250) 455-2711.

March 4, 2020 – traditional burns, Burning for regrowth, (location TBA)

April 4, 2020

May 4, 2020 – bitter root

June 4, 2020 –

July 4, 2020 – honorary celebration Merritt Civic centre

August 4, 2020 – 55<sup>th</sup> Annual International conference on Salish and Neighbouring Languages NVIT

September 4, 2020 –

October 4, 2020 – Hunting camp at Lighting Lake (Manning park)

November 4, 2020 -

December 4, 2020 -





**THOMPSON-NICOLA**  
REGIONAL DISTRICT  
The Region of BC's Best

300-465 Victoria Street  
Kamloops, BC V2C 2A9  
Tel: 250-377-8673  
Toll Free in BC: 1-877-377-8673  
Email: admin@tnrd.ca

Department: Environmental Services

January 20, 2020

Subject: New Disposal Rules for Demolition/Renovation/Construction (DRC) Waste

Dear Account Customer,

In response to Worksafe BC requirements, the TNRD and City of Kamloops are implementing new disposal rules for Demolition/Renovation/Construction (DRC) waste. These new rules help protect workers and the public from the risk of asbestos exposure at solid waste disposal facilities.

The TNRD recommends homeowners and/or contractors to have a qualified professional conduct a hazard assessment (including testing for asbestos) on any home or building being renovated/demolished if it was constructed prior to 1990. We know that this often does not occur, therefore we have implemented new disposal rules that apply to any load with Potential Asbestos Containing Materials (PACM) onboard.

The following list of materials are considered PACM at TNRD Facilities:

- Gypsum wall board, and mud compound
- Plaster and plaster board
- Vinyl flooring and leveling compound
- Ceiling tiles
- Cement pipe
- Stucco and cement siding
- Spray applied insulation and attic insulation

Please be advised that there are new restrictions and handling requirements when disposing of any quantity of these materials. Enclosed is a TNRD information card summarizing the new disposal requirements as well as a copy of the *Asbestos Declaration and Acknowledgement Form* which is part of the requirements for disposing of any amount of PACM.

We recognize these new disposal requirements will result in extra work and in some cases extra costs to customers. However, I trust we can all agree that the safety of both workers and the general public is a top priority. We feel with this new procedure, we can continue to provide disposal options to residents and businesses while keeping everyone safe.

Feel free to contact me should you have any further questions.

Sincerely,

Jamie Vieira,  
TNRD Manager of Environmental Services

MUNICIPALITIES: Ashcroft | Barriere | Cache Creek | Chase | Clearwater | Clinton  
Kamloops | Logan Lake | Lytton | Merritt | Sun Peaks

ELECTORAL AREAS: "A" "B" "E" "I" "J" "L" "M" "N" "O" "P"



www.tnrd.ca

**PLEASE READ CAREFULLY**

By completing and signing this form, you:

1. Understand and agree that asbestos is a hazardous material found in many construction material installed pre-1990 (examples include Gypsum wall board (drywall), wall tape, and drywall mud compound, plaster and plaster board, vinyl floor tile and leveling compound, ceiling tiles, cement pipe, stucco and cement siding, spray applied insulation and attic insulation) that if handled or processed improperly poses a serious health risk to workers and the public exposed to asbestos-contaminated air;
2. Affirm that you have made a truthful declaration about the origin, age and content of the material you are delivering and dumping at this facility;
3. Agree to accept liability for, and indemnify the TNRD against, all costs, claims, damages, liability, fees, penalties, offences, fines, expenses incurred by the TNRD that may result from an incorrect or untruthful declaration regarding the origin, age and content of the material you are delivering and dumping at this facility.
4. Agree to adhere to all disposal instructions (both written and verbal), and you may be subject to an offence and penalties outlined in the TNRD's Notice Enforcement Bylaw No. 2500 if you do not follow disposal instruction.
5. Understand that the TNRD may conduct samples of waste materials to ensure you have made a truthful declaration. If it is found you have made an incorrect or untruthful declaration you will be liable for all costs associated with the clean-up, remediate, and proper disposal of the waste materials. This may include but not limited to the costs of emergency hazardous waste clean-up that could results from a positive asbestos sample in a load that is not double bagged and sealed in 6 mil bags.

Customer Signature \_\_\_\_\_ Date \_\_\_\_\_

**ATTENDANT APPROVAL**

THIS SECTION TO BE COMPLETED BY ATTENDANT ON DUTY AT TIME OF DISPOSAL, FOR ALL LOADS OF PACM (CATEGORY #1 - #5)

Ticket # \_\_\_\_\_ TNRD Attendant (Print Name): \_\_\_\_\_

TNRD Attendant (Signature): \_\_\_\_\_ Date: \_\_\_\_\_

Attendant comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**TNRD APPROVAL**

THIS SECTION MUST BE COMPLETED PRIOR TO DISPOSING OF CATEGORY #4, OR #5.

Was a hazard assessment completed (including testing for asbestos)? Yes  No  If yes, was asbestos found? Yes  No

Confirmation of disposal category (circle one)    1       2       3       4       5

Receiving facility (disposal location): \_\_\_\_\_

Additional disposal instructions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

TNRD representative: \_\_\_\_\_ (Print Name)      TNRD authorization: \_\_\_\_\_ (Signature)



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1 (250) 377-8673  
Toll Free in BC: 1 (877) 377-8673  
Email: recycleright@tnrd.ca

# ASBESTOS DECLARATION AND ACKNOWLEDGEMENT FORM

*\*\*This form is required to protect workers from the risk of asbestos exposure as per the BC Workers Compensation Act\*\**

Customer/Company Name: \_\_\_\_\_

Customer/Company Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address of Waste Material (if different than above): \_\_\_\_\_

Vehicle Licence #: \_\_\_\_\_ Disposal Facility: \_\_\_\_\_

## DIRECTIONS

**This form must be completed and signed prior to disposing of any of the following Potential Asbestos Containing Materials (PACM).** PACM are those materials that may contain asbestos which are commonly found in commercial and residential buildings.

- Gypsum wall board (drywall), wall tape, and drywall mud compound
- Plaster and plaster board
- Vinyl flooring and leveling compound
- Ceiling tiles
- Cement pipe
- Stucco and cement siding
- Spray applied insulation and attic insulation



Please check the box that describes your load(s) and follow all disposal instructions. Please note pre-approval from the TNRD main office may be required prior to disposal.

## 1. NEW CONSTRUCTION

**New construction materials consisting of unfinished cuts of gypsum (also called "cut offs") or other construction related debris from new construction**

### DISPOSAL INSTRUCTIONS

- Signed declaration form required
- No pre-approval required
- New construction waste is assumed to not contain asbestos due to the waste materials being leftover/cut-off of new construction materials
- Materials may be disposed of normally in accordance to TNRD site regulations
- DRC disposal fees apply - \$160/tonne

## 2. POST 1990 CONSTRUCTION

**This category applies to PACM where the origin, age, and content of the material is known to have been installed after December 31, 1989. It is widely accepted that construction materials manufactured after this date do not contain asbestos.**

### DISPOSAL INSTRUCTIONS

- Signed declaration form required
- No pre-approval required
- Materials may be disposed of normally in accordance to TNRD site regulations
- DRC disposal fees apply - \$160/tonne

### 3. PRE 1990 CONSTRUCTION, NOT TESTED FOR ASBESTOS (RESIDENTS/HOMEOWNERS WITH SMALL QUANTITIES ONLY)

This category applies to PACM from residents/homeowners only where a hazard assessment has not been completed (not tested for asbestos) and the origin, age, and content of the PACM is known to have been installed before January 1st, 1990, OR where the origin, age and content of the materials are unknown.

#### DISPOSAL INSTRUCTIONS

- Signed declaration form required
- No pre-approval required
- Materials must be double-bagged and sealed in plastic bags that are at least 6 mils thick (0.006 inches) before arriving at a disposal facility
- Loads are restricted to maximum of fifteen (15) bags per customer per week
- Accepted at TNRD Eco-Depots only (not at small transfer stations)
- Loads only accepted from residents/homeowners
- **Pre 1990 PACM from commercial/businesses will not be accepted under this category, if a commercial load originates from a building where a hazard assessment has not been completed by a qualified professional (lab results required) it will be treated as ACM (Category 5)**
- Material must be deposited in the appropriate location as directed by site attendants and in accordance with all other TNRD site regulations
- DRC disposal fees apply - \$160/tonne

### 4. PRE 1990 TESTED & CONFIRMED TO NOT CONTAIN ASBESTOS

This category applies to disposal of PACM originating from buildings where a hazard assessment has been completed and lab results have confirmed the waste materials do **NOT** contain asbestos.

#### DISPOSAL INSTRUCTIONS

- Signed declaration form required
- Pre-approval required
- Hazard assessment (including lab results) and approval letter must be attached to declaration form
- Materials may be disposed of normally in accordance to TNRD site regulations
- DRC disposal fees apply - \$160/tonne

### 5. ASBESTOS CONTAINING MATERIAL (ACM) OR PRE 1990 NOT TESTED FOR ASBESTOS

This category applies to disposal of ACM originating from buildings where hazard assessments have been completed by a qualified professional and the material has been tested and confirmed to be asbestos containing **OR** when PACM has not been tested and originates from buildings with a construction date prior to January 1st, 1990

*(exception for small residential quantities, see Category 3)*

#### DISPOSAL INSTRUCTIONS

- Signed declaration form required
- Pre-approval required - approval from landfill owner/operator (see below)
- 72 hours advance notice prior to disposal
- Hazard assessment (including lab results) and approval letter must be attached to declaration form (if applicable)
- Accepted at the following landfill locations only
  - Mission Flats (operated by City of Kamloops - contact City of Kamloops for pre-approval)
  - Lower Nicola (operated by TNRD)
  - Heffley Creek (operated by TNRD) - for large projects only
- Not accepted at any Eco-Depots or transfer stations
- Materials must be double-bagged and sealed in plastic bags that are at least 6 mils thick (0.006 inches) before arriving at a disposal facility
- For large/bulk loads, other requirements may be added in accordance with the landfill owner/operator's asbestos disposal procedures
- ACM disposal fees apply - \$230/tonne

*(note: disposal fees for Mission Flats Landfill may be different, fees set by landfill owner/operator)*



**IF YOU ARE PLANNING TO DISPOSE OF ANY POTENTIAL ASBESTOS CONTAINING MATERIALS (LISTED ON THE REVERSE) HERE IS WHAT YOU NEED TO KNOW:**

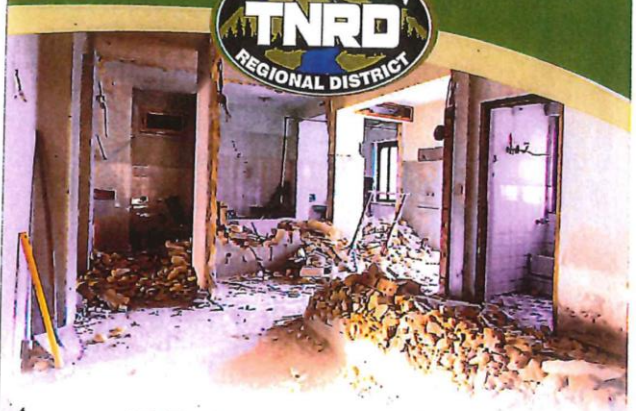
- If it was installed, or from a building constructed, before 1990, it will be treated as asbestos containing material - unless a hazard assessment with lab results is provided ahead of time.
- Asbestos containing material must be double bagged in 6 mil thick bags and sealed shut (with tape) prior to arriving at a disposal site.
- Small residential loads are accepted at Eco-Depots and Landfills (not Transfer Stations).
- Commercial loads are accepted at landfill only (not Eco-Depots or Transfer Stations).
- You will be required to sign an Asbestos Declaration and Acknowledgment Form - regardless of the installation/construction date.

For complete detailed information, including disposal instructions and restrictions, pick up an *Asbestos Declaration and Acknowledgment Form* from your local Eco-Depot or online at [tnrd.ca/asbestos](http://tnrd.ca/asbestos)

1-877-377-8673 | [recycleright@tnrd.ca](mailto:recycleright@tnrd.ca)

[tnrd.ca/asbestos](http://tnrd.ca/asbestos)

**DEMOLITION, RENOVATION, AND CONSTRUCTION (DRC) WASTE**



**PLANNING A DEMOLITION OR RENOVATION?**

**READ THIS FIRST**

*\*\*The TNRD recommends anyone planning renovations to a home or building constructed prior to 1990 hire a qualified professional to conduct a hazard assessment and test for asbestos\*\**

**NEW DISPOSAL RULES**

New rules have been implemented to protect workers and the public from the risk of asbestos exposure at solid waste disposal facilities.

This applies to the following Potential Asbestos Containing Materials (PACM):

- Gypsum wall board and mud compound
- Vinyl flooring and leveling compound
- Stucco and cement siding
- Plaster and plaster board
- Ceiling tiles
- Spray applied insulation and attic insulation
- Cement pipe

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**Thanks for Reading!**

*Have a Happy February Everyone!*



LYTTON FIRST NATION

**Contact Us**

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PO Box 20

Phone: 250.455.2304

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