

# Xaxli'p Newsletter

## March 2009



### International Indigenous Leadership Gathering 2009:

Thursday, April 30, to Thursday, May 7  
The St'át'imc Chiefs Council is overseeing the gathering; but it is going to be T'it'q'et hosting this week long event. The purpose of this gathering is *Protecting the Sacred*. Elders, ceremony keepers and mandated leaders from the four directions: Asia, Africa, Americas, Australia and the South Pacific will gather at the foot of the Scwene7am Mountain at McCartney flats to discuss the following critical issues: Sacred knowledge – embracing the guidance of the Ancestors, to live in balance Sacred lands – respecting the rhythms of Mother Earth, to choose wisely Sacred children – nurturing the young ones, both near and far Sacred

generations – providing for the grandchildren, for all humanity  
Speakers confirmed to date include: *Chief Arvol Looking Horse, Lakota, Dr. Lee Brown, Cherokee, Calixta Gabriel Xiquin, Kachiquel-Maya Nation (Guatemala), Miguel Ortiz Doming, Mam-Maya Nation (Guatemala), Bucky Preston, Hopi Nation, Chief Art Manuel, Secwepemc Nation, Isaac Bishara, Maori and David Suzuki. Other speakers still to be confirmed.*  
The event is free and meals will be served. Please bring your own dishes, cups, utensils and seating for outdoors. This is a drug and alcohol free event. Children must be supervised by parent/guardian at all times. We still need volunteers in all

areas such as; billeting, building the temporary arbor, site preparation, first aid attendants, security, cooks, food preparation, cleanup, and assisting elders.  
Giveaways are also needed to give to speakers. If you have any arts and crafts to donate that would be appreciated. Please contact Janice Whitney at (250) 256-4118 or Gina Taylor at (250) 256-7523 if you are able to assist with any of these activities.  
We are also still looking for wild game contributions, especially fish; canned, smoked, baked but any contribution will be greatly appreciated. *continued on page six (6).*



**Our web site is up and running again so check us out @ [www.xaxlip.ca](http://www.xaxlip.ca) for what's going on in Xaxli'p**

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### Front Page Notices and Announcements

#### Social Assistance Renewal.

All SA clients must come in to renew. This will be done between March 16 to 19 between the hours of 9:00 am and 3:00 pm. Please bring in the following:

- I.D.
- Hydro Bill
- Phone Bill
- Rental Agreements

For more information you can contact Lucy Saul, S.D.P.M at 256-4800

#### Be an Olympic Torchbearer

You could be one of the 12,000 proud Canadians to carry the Olympic Torch for its trip through out all of Canada before the Olympic Games in less than a year from now. All you have to do is visit this web site [www.carrythetorch.com](http://www.carrythetorch.com) and fill out the entry form to enter your name in the draw to carry the torch. The first draw will be on or near April 17th



#### Spa night:

Hey everyone if you want to have an evening of pampering, a "spa night" give me a call it costs absolutely nothing. Just kick back relax and enjoy. You even get a free gift if you decide to hold a spa party at your own home. Contact Beati control agent Stephanie Draney-Bob, phone at (250)-256-7286 or email at: [missdraney\\_bob@hotmail.com](mailto:missdraney_bob@hotmail.com)

**UV (Ultra Violet) light, good or bad? Here we will look at the pros and cons of UV light.**

#### Pros:

- Allows you to maintain that healthy glow in the summer time
- Aids the body in producing Vitamin D, which helps keep strong bones, and has been shown to aid in keeping a healthy mind.

#### Cons:

- Too much UV light will give you a sun burn
- Too much will produce free radicals in the body and can lead to skin cancer



**Congratulations! to Kandice Alec & Cory Charlie on having a healthy 7 Lb 8 Oz Baby Boy on Feb. 14. His name is Cory Kevin Sylvester Alec-Charlie**

**“Successful people did not attain their success without first overcoming challenges”  
-Catherine Pulisfer**



**Aaron Michel & Sarah had a Baby Boy. His name is Jaron Moses Lee Michel he was 9 Lb 8 Oz. born at 8:33 am on February 9, 2009**

## Life Skills Program Facilitators

Rohan Watson: Hello, I am from Toronto Ontario, I have just recently moved to the area (Nov. 27, 2008) and am currently living in near Lytton with my family. My Background is of Jamaican descent. I am a Health and Lifestyle Consultant by occupation, but have been hired by Xaxli'p as a Life Skills Facilitator (Feb. 09). Working here thus far has been great. While I'm here I hope to assist in motivating, encouraging, and energizing this extraordinary generation of youth to fully utilize their potential and capabilities. In

doing this I hope to see them recognizing the legacy they have and identify who they are in an ever changing society.

Juanita Jacob: Hello Hello Hello out there!! I have started work here in the office on Feb 09-09 as a Life Skills Coordinator Facilitator. The goal of this program is to assist the participants with what they are in pursuit of. I believe in a person's capability to succeed in their dreams, wishes and desires for

their own livelihood. For the individuals, creating a road map of where you are, how you got to this point in life and where you want to go. If anyone has any ideas— which we can add to our agenda, come see us at the office; It is good to be working back home again, so I hope to see success in our participants and our community encouraging them to succeed.

Kuk'stam (?) Thank you (spelling? But you know what I am saying...lol right!)

Just a reminder that the program start date is February 23, 2009

### Wildland Forestry Fires Training, submitted by, Life Skills Facilitators Juanita Jacob and Rohan Watson

In April there will be two classes available here at Xaxli'p. The first one will be on April 4 and it will be the Wildland FF S100 course. This class will be a one day class and you will be issued with a certificate that will be good for one year. The goals of this class are to allow you to Access, report, and take action on any forest fire in an effective and safe manner. It will also give you knowledge to reduce loss to forests, life, and

property during a forest fire. With this certificate you will meet all government regulations, and better understand the dynamics of fire behaviour as an important role in the ecosystem.

The second class coming to Xaxli'p will be on April 25/26. It will be the Wildland FF S215 class. To sign up for this class you must first have the Wildland FF S100 certificate. This two day class will allow

you to size-up a wildland/ Urban interface fire incident, evaluate the potential situation, order and deploy the necessary resources, and apply safe and effective strategy and tactics to minimize the threat to life and property. There will be no charge for these classes, lunch and coffee will be provided. Contact Juanita or Rohan (256-4800) for more information and how to sign up .

## Soccer Camp Coming Soon, are You Ready?

The time has come to start thinking of the spring time activities you have been dreaming about since the snow first covered the ground. Starting on Saturday day may 2, 2009 there will be a soccer camp, for those who would like to join the age groups is as follows;

- 6 years to 8 years
- 9 years to 12 years

• 13 years to 16 years  
The actual League it self starts on Monday May 11, 2009 . Info: Partnership "JUST DO IT" & REC CENTRE, the registration fee is \$40 with that you get two (2) half day soccer camp lessons, and eight (8) hour and a half lessons. The schedule and days are to be announced. Registration will start in early April. If you would like

more information on the camp or the league you can contact

- Rick Aleck by phone at (250) 256-4204
  - Ted Archer by phone at (250) 256- 4479
  - REC Centre by phone at (250) 256- 7527
- Everyone is welcome and encouraged to come out and have some fun in the sun.

## Do Compact Fluorescent Light Bulbs emit UV?

The short answer to this question is yes, BUT, notice it is in capital letters, regular fluorescent light bulbs which are used in offices and your home which include the CFLs do not produce a harmful amount of UV light. UV light is the part of the Electromagnetic spectrum, which is a fancy way of saying light spectrum. The most common types you will be familiar with would be the visible light spectrum, which is all the beautiful colours you see every day. The next two are not within the visible spectrum, the first is X-rays, these are best utilized by dentists and Doctors, where they are capable of getting a picture of your bones. The last one is the one in question right

now UV light. It may or may not be well known that your body requires UV light to maintain a healthy body. We all see those commercials on TV about drinking milk to get our daily in take of Calcium and Vitamin D, but did you know that your body can not uptake the calcium in milk with out vitamin D? It may also be little known that vitamin D is added to milk so your body can uptake the Calcium. well I have a little secret for you, your body actually produces vitamin D when your skin is exposed to sunlight (UV), pretty cool eh? Vitamin D is also responsible for those happy times in the sun, it maintains certain hormone levels that when not

present, my lead to depression, most commonly known as seasonal depression, which is a lack of sunlight (UV). So in the spring when you start getting that sun on your skin you feel better and more energetic, well that's just due to UV light stimulating your body to produce vitamin D. Now for you skeptics, as proof, studies have been done to show the levels of UV light produced by CFLs is in the range of 50-140 microwatts/lumen, not to bad right? Now here comes the kicker, your incandescent light bulb may be producing levels exceeding 100 microwatts/lumen on a regular basis. So in short, CFLs DO NOT produce dangerous levels of UV, not even enough to make vitamin D.



**Happy Birthday to  
Amiee Saul on March 15  
And to Warren Saul on  
March 8th  
Love,  
Aunty Susie &  
Uncle Regus**

## Your Attention Please

These items were borrowed from the Xaxli'p Kitchen and not returned.

- large stainless steel strainer
- large white bowl
- 4 large square white plastic containers
- Brown coffee URN,
- Medium size stainless steel bowls
- Large roaster, this roaster was given as a gift from Marilyn Adolph and family

Whenever there is an event at the Hall, and cooking has to be done, the items missing will come in handy / used if we had them back.

Laughing Your Way to a Healthy Relationship, Submitted by Mike Gunn, Health and Wellness Counsellor

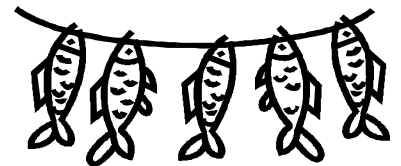
What are the differences between men and women? You thought you all knew! But there are differences in the brain that we need to understand or we'll be forever hitting the brick wall. Don't miss out on this humorous teaching series helpful for anyone interested in understanding relationships.



Men are Men, and Women are Women- that's nothing new, but we really don't talk the same language. And emotionally we don't match either...Special

speaker Mark Gungor's (DVD) examples are hilarious and make us understand a lot more about the opposite sex. These Sessions are intended for couples, and the first module will start on March 18 and will continue on march 25, April 1( no joke) and April 8th. Any couple wishing to work on their relationship is welcome.

**"We can't solve problems by using the same kind of thinking we used when we created them." - Albert Einstein**



**Xaxli'p Fisheries Meeting on April 25,2009 at 10:00am. This will be at the Nuk'way'lh Hall and is open to Xaxli'p Members only. We will talk about the Fishing Bylaws. Lunch will be provided . For more info call Nora at 256-4800 Note: Regular fishing Meeting will take place in May.**



**Happy Birthday  
To My Howard on  
March 13  
Love Nita**

**THE BOOK BUS  
IS GOING TO BE  
AROUND MARCH  
4 AT THE XAXLI'P  
BAND OFFICE  
PARKING LOT  
FROM 10:30 TO  
12:30 SO COME  
CHECK IT OUT**



**Elders Lunch on March  
18th Also Elders  
Fundraising - Bingo  
Monday, March 16 & 23rd  
Elks Hall  
Upstairs only**

**Submitted by Geraldine John**

My name is Geraldine John Xaxlipemcan. I have lived in this community all my life. I have had and raised seven children. I struggled through all my life. I learned to survive through my grandparents Suzanne and Seymour. I have a garden in my back yard every summer, last year my son did it for me because of my health. I have been struggling with my health for two-three years. Still going through a rough time back and forth to Vancouver.

Right now my heart was ripped out because the Aboriginal Child and Family Worker from Vancouver came right on this Reserve (Xaxli'p) and apprehended my Grandson. When she phoned me before she came up, to my understanding she said she was going to meet with the parents to see how things were going. In the middle of our meeting she drops the bomb and said she was here to take the baby back to Vancouver. It was so heart breaking, I felt so helpless all I could do was cry my eyes out. Its was a very long process that they put everyone through. The parents did everything asked of them. We got the family home here in Xaxli'p. Things started going wrong with everything. The worker never even gave us (family) a chance to keep the boys here with family. Right now he is in a non-native home. There was no meeting arranged with her or us. She just talked to the mother who isn't a Band Member. We were willing to keep the baby because he is Band Member on this Reserve.

When our leaders talk about not being able to take our children away and placing them in non-native homes. Where are they because it is still happening before our eyes. This is getting worse than the Residential School system because they are taking our children right from the womb my daughter-in-law is

going through all that her baby boy wasn't even born and the same worker is making arrangements to take the baby. Right now as I write this letter. She feels because the mother is F.A.S.. She has the right to make that decision with no compassion. The way I feel no matter what you do they snatch the children away even if some ones phone call. They don't even give another a chance to talk. Where are the people who work around our children when we need them. I feel for the grand mother in the Stl'atl'imx Runner story as I am a Grandmother too. When were we not good enough to care for our children now.

The family is in a situation were they aren't allowed to live together as a couple. The mother doesn't get enough on welfare for herself to get a place of her own in Vancouver. My son is living homeless in the city to be with his family. They are in a need of help to be in a relationship. I feel so helpless against all these Sha'mahs who think they know how we should live and raise our blood children.

Right now I am too weak to fight against them all. I struggle daily with a heavy heart. I got to see my new grandson instead of tears of happiness I cried tears of sadness because I know he is going to be taken from our family again. He has my sons family name and status from here. When we lose out elders it is gone because out new-borns don't even make it home because of the struggle we go through with the welfare system. Every thing goes up Rent and food but not the social assistance. A single doesn't even get enough to rent a out-house. So sad that we have to live in such poverty no jobs on Reserve and if there is only selected people get the job and pay. We get information on a piece of paper and have to

respond on paper some times it gets lost and so do we.

We have staff working for us on Reserve yet on the other hand they are telling us what to do and what we can't get from our own Band Office with no explanation how it came about. Do we accept the changes as we do with the system of the Sha'mahs. Maybe its time to demand a chance and questions. All my life I lived in poverty and listened to what the Sha'mahs say what they think is best for us. Everything I have gone through as a strong healthy person and all my challenges of being a mother to my kids is weakening me now us elders need help. My health is going down because of my struggles and hard work, my eyes aren't good because I've seen all the hurts our children are going through, my hearing is dimming because I am tired of hearing what's right for us, for our sake. My legs are stiff from the miles I have put on to be where I am now. I feel so weak and helpless because I went through so much in my sixty years of struggle. Now I feel so angry and hurt. If I wasn't struggling with my health I'd be out there fighting to bring my family home today.

I thank our Social Worker for being there every way she could to help us. I can't thank you enough for understanding and doing what you can.

I believe as a Band Member we need to know what is here for us and what is not. I am putting this in the newsletter if I offend anyone I am sorry you feel this way.

Submitted by Barb Marchand, Addictions Counsellor

Barb Marchand  
Addictions Counsellor  
Reminder that there are events and activities happening in Xaxli'p to help with anyone wanting to attend treatment, for after treatment or anyone wanting to live without alcohol or drugs.

\*AA meeting, Mondays from 6PM to 7PM at Xaxli'p Health.

\*Anger Work, 2 more Wednesdays, 4PM light supper 4:30PM to 6:30PM session.

\*After the Anger Work is completed then Mike will be offering 4 sessions on

Relationships.  
\*Hand drumming on Tuesdays.



\*All the Health sessions on Sundays, Tuesdays and Thursdays.  
Codependency Series,

Anger Work and the Relationship Sessions are all available to be delivered in your home. If you are interested please call myself or Mike to arrange this.

For anyone who attended any treatment program, find your aftercare plans and follow them, for your own sobriety.

I want to send out my condolences to all who have lost a loved one in the last few months.



**Happy 7th birthday Ericka on March 16.  
Love you and Have a Great Day!  
Love: Mom, Darren, Cherisse, Brandi and Anthony**

Kathy Hutchison Presents: Walking After Midnight

Come and listen to a Real Life Story of a remarkable woman who has experienced the meaning of Restorative Justice and Forgiveness. In her very personalized one hour presentation called "Walking after Midnight: The story of Bob" she clearly describes how alcohol and other drug use, bullying, peer pressure, and misguided choices in an un-chaperoned setting caused devastation to her family. Through a powerful and poignant multi-media



"Walking After Midnight" has been the keynote address at conferences focusing on restorative justice, social responsibility, victim services,

presentation, Kathy shares how this traumatic event impacted her as a wife and as a mother of young children.

corrections, parole and law enforcement, and education; also to empower youth to make healthier choices so similar tragedies can be prevented. This presentation will be on March 4th at the Lillooet Secondary School at 7:00pm in the Gym. There will be snacks and drinks available. Also check out her web site at [www.kathyhutchisonpresents.com](http://www.kathyhutchisonpresents.com) Everyone is welcome to attend

**Wedding Bells !!!**

**Date: May**

**23,2009 for**

**Jenise Marelle**

**Bob & BJ**

**Place of marriage**

**the Xaxli'p Hall @**

**1:00pm.**

**Reception at the**

**Julianne Hall at**

**5pm**

Two Announcements to Remember

Hello everyone

In regards to the Penticton Diabetes's Conference in March We will not be sending anyone this year. We will join in with the Ti'tqet & Bridge River Administration in March 23-25. They will be having 3 days testing, & sessions covering all Areas of Diabetes, (foot care, Blood glucose, nutrition,

etc.....) We will transport for anyone that requests a ride within the 3 days. For more information / arrange a ride call Velma @ Health office

**Tax Time**

The days are getting longer and the nights are getting shorter, everything seems to be looking up for everyone. So leave it to the government to find a way to bring us down again. I'm

etc.....) We will transport for anyone that requests a ride within the 3 days. For more information / arrange a ride call Velma @ Health office

taxing about TAXES, but there is help right here at the Band Office. Ruth is willing to help you out with the mess of paper work and numbers that drive us all crazy. She is willing to do all that work for free, all you have to do is come by the Band Office and fill out a Community Volunteer Income Tax Program Client Information Sheet from the front desk & she can help.



**Happy Birthday Sister Joni & Bro Tuffy, Niece "D" (Deanna), Cuzzies Des & Cora, Friends Gail G & Barb Enjoy your special day everyone. From Val & Kera Also Eugene & Family**

## Daily Agenda for the International Indigenous Leadership Gathering 2009

- 5:30 – 7:30 a.m. Sunrise Ceremony/Sweat lodge ceremonies
- 7:30–9:00 a.m. Breakfast - Julianne Hall
- 9:00 – 12 Noon Presentations and Teachings
- Noon Lunch - Julianne Hall
- 1:30 p.m. – 5 p.m. Presentations and Teachings
- 5 p.m. Dinner – Julianne Hall After dinner Possibly healing ceremonies. Drumming, dancing and socializing.

\*Note if you request the services of anyone, it's up to you to pay for it or bring gifts to that individual. Please respect protocol with spiritual leaders and teachers. These protocols will be available for those in attendance.  
Saturday, May 2, 2009 Afternoon Talent Show 10:00 p.m.  
George Leach Band

## Kukwstumuhkal'ap

We would like to take this opportunity to give a big thank you and hugs to all those that helped out with the Loonie Auction Fundraiser for Darrel, Theresa and Peg Sk'awam Bob. We will keep you in our prayers and hearts always.  
Signed

Chief Darrel , Theresa and Peg Sk'awam

Also Happy Birthday to my Husband Chief Darrel Bob on February 26, 2009

Love You  
Theresa

And one more birthday wish to "Adda"

Love You  
Peg Sk'awam

### **For Persons with Long Term Health Concerns:**

That include Diabetes, Heart problems, Arthritis, lung problems or any that I haven't mentioned. Would you be interested in a monthly Potluck supper and support group? If you are call 250-256-4800 and leave your name and number.

### **St'at'imc Language Course**

This is a credit course with NVIT, and is of no charge (paid for by USLCES) STLG 111 Intro to St'at'imcets 2. Please sign up now as the next semester starts in May and goes till August. Call Leanne Narcisse for info at (250)256-7523

### **Family Place Centre**

New parenting program will be offered at the Family Place beginning March 2nd for more info you can phone them at (250) 256- 7877 or fax at (250) 256- 7876

## Announcements, the short and sweet kind



**Here are some things to keep an eye out for and remember to tie a string around your finger so you don't forget.**

### **For Grandchildren to Honor Grandparents:**

This is in the planning stages for Xaxli'p. To start with, the families can begin to plan, what or how their grandparents or Grandparents will be honored, acknowledged and gifted. There will be a planning meeting on March 3rd at 5:00pm. Potluck Supper to start, then at 6pm the meeting starts. The agenda is as follows:

- When to have this
- Where to have this
- One or two day event
- What to have in that time
- How to record this
- Who are all the Grandparents

### **HIST 237** History of

St'at'imc (Lillooet People) 3.00 credits. This course is designed to provide an introduction to St'at'imc history and culture. Students will study the way of life of the St'at'imc prior to contact with European cultures, the early contact period, current events that have impacted St'at'imc economy, and current social Structures and culture. This class will be on Wednesday and Thursday nights starting on May 6 and going till June 18. These will be night classes going from 6:00–9:15pm. Seats are limited contact Leanne Narcisse or Marline John at 256-7523



### **Story Time**

At the Lillooet Library every Tuesday Starts March 10th and goes till April 28th. The times will be from 2pm to 3pm for ages 4 years old and under

There will be Story telling , Singing and Crafts

Come and play with US!