

# ABORIGINAL HOUSING MANAGEMENT ASSOCIATION



## AHMA ENERGY CHAMPION

### ALANNA COWAN

Conayt Housing Facilities Maintenance Manager  
Conayt Friendship Centre

#### PROFILE

Alanna Cowan has been the Facilities Maintenance Manager at Conayt for two years. Prior to that she was Interim Band Manager for Nicomen Indian Band and the Prenatal Coordinator for Conayt.

Alanna is a member of the Nlaka'pamux Nation and the Cook's Ferry Band located in Spence's Bridge, BC.

Alanna served on Conayt's Board of Directors for 15 years and has over 23 years of experience working in the Indigenous housing sector.

#### CONTACT CONAYT

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#### HOUSING SOCIETY

Conayt Housing and Friendship Centre is an Indigenous non-profit housing provider and AHMA member in Merritt, affiliated with the BC Association of Friendship Centres. Friendship Centres provide support to the urban Indigenous community.

The term Conayt originated from Nlaka:pamux or nleʔkepmxcín, the Thompson language. Conayt means "helping others." Conayt's mission is to improve residents' quality of life and cultural distinctiveness and strengthen friendship and co-operation between Aboriginal and Non-Aboriginal people in the Nicola Valley.

#### ENERGY JOURNEY

Conayt Housing was contacted by Tammy Tait (Director of Community Relations) of the [Energy Conservation Assistance Program \(ECAP\)](#) in October 2019. Upon conferring with Tammy, Conayt staff were very interested in what ECAP was able to offer tenants in the way of saving costs on energy and improving our rental units by installing energy-saving products.

Forms were filled out by tenants, and appointments were set up for BC Hydro and Ecofitt to come into rental units to assess furnace systems, lighting, and perform weatherization upgrades. With the assistance of Tenant Relations Worker, Della Provost, Ecofitt was able to come in and assess 15 of Conayt's 41 units.

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## AHMA

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AHMA is an umbrella organization composed of 41 Members that are each Indigenous Housing and Service providers. Our members represent over 5000 Indigenous families living in urban, rural, and northern regions of British Columbia.

Created for Indigenous Peoples by Indigenous Peoples, we are the first Indigenous Housing Authority in Canada and only the second globally. We are direct partners with the Provincial government, and our mission is to advance the housing rights of all Indigenous Peoples living in BC.

## CONTACT AHMA

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PHONE 604-921-2462

WEBSITE <http://www.ahma-bc.org>

EMAIL [sfralin@ahma-bc.org](mailto:sfralin@ahma-bc.org)

## ENERGY RETROFITS

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Through ECAP, Conayt had three older furnaces replaced with new high-efficiency furnaces. Building retrofits included updating all light fixtures with more energy-efficient light bulbs, installing carbon monoxide detectors, and adding weather stripping to doors to reduce drafts and energy costs.

## TENANT ENGAGEMENT

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Alanna and her team always provide ideas for improving energy efficiency, and health and safety in the home when performing inspections in rental units and tenants are present.

Tenants are encouraged to keep items clear of the furnace and hot water tank for better breathability of equipment; hang items in closets to alleviate mold and mildew developing; and keep items away from baseboard heaters for better heat efficiency and to reduce fire hazards.

## ENERGY ADVICE

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One key energy conservation success factor is engaging your housing management team.

*“My position as Facilities Maintenance Manager is made considerably easier with having a forward-thinking, hard-working team to work with, whose goal is to provide safe, energy-efficient, affordable housing for our families.” - Alanna*

Conayt is fortunate to have a great team working in their housing program. Tenant Relations Worker, Della Provost, has a good working relationship and communicates consistently with tenants. The building maintenance team consists of Kris LaRochelle and Lonny MacDonald, who are always on the go with keeping rental units and grounds in good working order (it is a never-ending job).

*“We all look forward to working with ECAP again soon. Kwukwsteyp (We thank you).” – Conayt Maintenance Team*

