



# August 2017

## T'it'q'et Newsletter



# hello summer,

## Community Events

July

July 31th  
Joint Council Meeting

August



August 5th  
Community Barbeque  
11:00 am

*There will be activities at  
Seton Lake in the afternoon.  
The welcoming Home!*

August 6th  
Band Meeting – 9:00 am  
@ P'egp'ig'lha Community Centre

August 23rd  
Community Lunch – 12 Noon  
@P'egp'ig'lha Community Centre

August 24th  
P'egp'ig'lha Council Meeting –  
9:00 am

September

September 18th  
T'it'q'et Council meeting  
11:00 am

September 28th  
Elders Council Meeting  
11:00 am

September 21st  
P'egp'ig'lha Council Meeting  
11:00 am



## Community Yoga with Rose

Free for T'it'q'et members, \$6.50 for non  
members.

WEDNESDAY EVENINGS

**1 HR HATHA YOGA Class 5:30-6:30pm**

15 min break followed by

**1 hour Restorative Yoga Class 6:45-7:45pm**

Tea and snacks provided

Please come 15 min early for registration.

Yoga mats and blankets are limited if you have extra please bring them!

Cleaning supplies provide





## Notice to CMHC Tenants (Section 95)

### **Please note:**

If you have not submitted your income verification you will be charged the maximum rent. Please bring your T-4's or pay stubs to Charlene Napoleon, ASAP to have a rent calculation done. Thank you.

Please email Charlene at [housing@titqet.org](mailto:housing@titqet.org) if you would prefer having your monthly statement emailed to you instead of being mailed.

- » Social Housing (CMHC) statement
- » General Housing (Band Housing) statement
- » NORHA loan statement

## T'it'q'et Housing Policy & Housing Plan Overview

3.12.7 Complaints must be provided in writing and submitted to the Housing Department. Complaints will be kept confidential. All Tenant(s) occupying a T'it'q'et owned home and causing an ongoing disturbance where police have been involved or complaints have been made will result in

the following steps:  
First written warning;

1. Second written warning;
2. Meeting with Chief and Council;
3. Eviction

\*If there is an on-going disturbance please call Tribal Police or RCMP to report the disturbance, and then, write to the Housing Department with the complaint.



Film Still: Project X (2012)

# Important Notice

## Attention: T'it'q'et Tenants

Please be informed, you are responsible and will be held liable if any **Underage Youth** are drinking and partying in your home, especially if any youth are injured in any way.

— Administration

## Masks and St'at'imc Spirituality

### Introduction

My name is Morris Prosser, I am from Tsal'alh. My parents are Monica Shields and Mike Prosser, and my grandparents on my mom's side are Clara Shields (Bull) and Fred Shields. I am part of the Aboriginal Youth Internship Program, currently placed with the P'egp'ig'lha Council and SGS. The main focus of my work is to research and bring awareness to the effects of colonial dispossession (depriving someone of land, property, and other possessions) and oppression, and to research how the community can address these issues, through decolonization.

### Renewing what is ours.

Living among the Stó:lō for ten years, I was fascinated how much of a role their masks played in the culture. I noticed how strong their spirituality is, and was in awe at how they kept much of their spirituality alive going through colonization. I began searching for that same type of spirituality amongst our people, and remembered reading in James Teit's writings of our people that we too had masks. I wondered if we used them in the same way as the Stó:lō, and if these masks also held the same power in our own spirituality.

In searching for knowledge of the masks, I found that very few people remembered anything about them. I was not surprised by this, because growing up, I had no knowledge about the masks of our ancestors, and never encountered anyone that did have knowledge. This is an example of the dispossession and oppression of colonization; colonization seeks to stamp out our culture. It is mainly through the histories of our ancestors, carried by our elders that we Ucwalmicw have an understanding of what has been taken from us as a result of being colonized.

### The Potlatch Ban: An attack on Indigenous spirituality and identity.

Growing up I remember elders such as my grandmother, Clara Shields, and Aggie Patrick say that we had put away our regalia. This was because we heard that settlers were coming to our land, and we were afraid that they would take our regalia. One wonders if this fear, and subsequent putting away of our regalia was in response to the potlatch ban? Indeed, the potlatch ban was a devastating blow to many Indigenous cultures in Canada, and resulted in the confiscation, destruction and selling off of masks and regalia and imprisonment and fining of those that participated in the potlatch and other ceremonies banned under the Potlatch laws. These laws were used by the colonial government to advance their goal of eradicating Native peoples by assimilation, a goal expressed explicitly by Duncan Campbell Scott, Deputy Superintendent of Indian Affairs in 1920:

"Our object is to continue until there is not a single Indian in Canada that has not been absorbed into the body politic, and there is no Indian question, and no Indian department"

**Assimilation is about taking our identities as Indigenous people, it is an act of dispossession.** In some way this has been successful, institutions such as residential school, and the Indian Act have fundamentally impacted our way of life, including the use of masks by our people. Colonization is an act of dispossession and oppression. It is through the stories of our ancestors, carried by our elders that we Ucwalmicw have an understanding of what has been taken from us as a result of being colonized.

### Revitalizing the ancestral

Masks are only a small part of what we can revitalize. I focus on them in this article because of what they represent; they are a powerful symbol of our identity. The Elders and knowledge keepers that I have found, told me that masks were used in ceremonies and dances by all St'at'imc as a way of showing "who" we were. It was a display of the clan we descended from, the wealth that we had, the spiritual power that we obtained, and it tied us directly to physical places within our territory. Rebreathing life in to the masks is one way to decolonize, because it restores that connection with the ancestors, with our spirituality, with the land, and who we are as Ucwalmicw. In this revitalization we must also be respectful of the á7xa7, or spiritual power of our ancestral practices, if used improperly, that spiritual power can harm. However, we should not fear this power, because by reclaiming it, we grow stronger as Ucwalmicw.

Morris Prosser

Aboriginal Youth Intern,

P'egp'ig'lha Council

St'at'imc Government Services



## Reserve Land Versus Fee Simple Land

From: Brenda Gaertner and Sarah Ciarrocchi

Re: T'it'q'et - Former IR 5 and District Lot 1575 (collectively, the "Land")

### Land as reserve land

#### Advantages

The land will be protected from seizure under s.89 of the *Indian Act*. There is no risk that the Land will be seized by a creditor. With fee simple land if a mortgage was granted and the Band/Band company defaulted on a loan or if the Band company holding the Land went into bankruptcy or was sued, the Land could be seized.

Band bylaws will apply to the Land;

The Band will not pay property taxes on the Land and can levy property taxes on the Land;

Income generated on the Land will be tax exempt under s.87 of the *Indian Act*.

Given the Land is former reserve land, it has been important to T'it'q'et for historical reasons that the Land is returned to the Community as reserve land. Members may perceive a greater communal benefit if the Land is reserve land.

Other benefits will largely depend on T'it'q'et's intended use of the Land. For example, is the intended use Band housing/facilities or commercial developments?

#### Disadvantages

Sometimes more expensive to develop the Land because of complexities under Indigenous Act;

Without statutory regimes to better enable development– for example, Strata Property Act, Land Title Act; some start-up costs may be more;

Securing provision of municipal services can sometimes be more difficult;

Canada needs to be involved and consent to leases, etc. – less autonomy for T'it'q'et;

Reserve land is generally valued less than fee simple land (about 80-90% of fee simple land). This stems from *Musqueam Indian Band v. Glass*, [2000] 2 S.C.R. Which indicated that reserve land was worth 50% less than non-reserve land. Currently a 10-20% reduction is considered reasonable;

Sometimes more difficult to obtain bank financing for developments. Although financial institutions are becoming more willing to finance on reserve projects and more willing to accept mortgages of leasehold interests. Many other developments throughout the Province have paved the way and so is our firm's experience that solid economic development on Reserve can obtain financing; and the disadvantages will depend on the intended uses.

## Fee Simple Land

### Interim Transfer of Land to T'it'q'et in Fee Simple Pending Obtaining Reserve Status

#### Advantages

The addition to reserve process will likely take at least 2 or 3 years and during that time BC Hydro will still own the Land. The report of the Auditor General of Canada in March of 2009 reported that the processing times for additions to reserve was 5-7 years. This is despite the fact that the Minister of INAC made a commitment in 2001 to reduce times to 2 years;

The Land can be returned to T'it'q'et relatively quickly (within 30 days of T'it'q'et directing BC Hydro) if you take the Land in fee simple. This may have important community and practical benefits;

T'it'q'et could begin taking steps to use the Land and not wait several more years; and

T'it'q'et's use of the Land in the interim period would not be subject to Canada's consent. For example, T'it'q'et could lease the Land without Canada's consent. However, care would need to be taken to ensure that any use would not prejudice the addition to reserve process.



Figure 16. 1997 aerial photo I.R. 5. Approximate boundaries of former I.R. 5 in red [432]

#### Disadvantages

Property taxes would be payable. The 2011 property taxes for former IR5 under the Taxation (Rural Area Act), it may be exempt from tax. Section 15. (1) provides an exemption for property tax for *land and improvements vested in or held by Her Majesty or another person in trust for or for the use of a tribe or body of Indians, and either unoccupied, or occupied by a person in an official capacity or by the Indians*. This provision is presently being considered at the BC Court of Appeal.

With respect to property taxes for District Lot 1575, the information we've received from the District of Lillooet and BC Assessment shows that current taxes on 7 acres of the land (classified as utility uses) are about \$6,500 per year. The taxes on 20 acres of the land classes as park are about \$300 per year. Further research is required in order for us to give T'it'q'et a better idea of the taxes payable on Lot 1575 if they take the land in fee simple. Please note that this is municipal land and therefore the tax exemption under the Taxation (Rural Area) act would not apply.

There could be a fear of taking on environmental liability. However, we have obtained through the negotiations with BC Hydro environmental assessments that clarify the state of the returned land; and

If T'it'q'et does not already have a company that can be used to hold the Land, a new company would need to be incorporated.



# Why You Should Spay/Neuter Your Pet

## Curbs Unwanted Behaviours

Aggression: Studies also show that most dogs bites involve dogs who are not neutered or sprayed.

Excessive barking, mounting, & other dominance-related behaviors are altered.

Neutered cats and dogs don't have the drive to mark and protect their territories and are less likely to spray or get into fights, resulting in fewer injuries.

Roaming is less of a problem, especially when females are "in heat."

## They On Average, Live Longer

"When the stray dog problem grows too large in a community, it is not uncommon for dogs to be shot, drowned, starved or abandoned. A few communities have placed bounties on dogs" – pawsforhope.org

A *USA Today* (May 7, 2013) article cites that neutered male dogs live 18% longer than un-neutered male dogs and spayed female dogs live 23% longer than unsprayed female dogs.

## Reduce pet homelessness

At least 600,000\* dogs in Canada are euthanized every year. There are thousands of dogs waiting to enter rescues in every province and sadly, many Canadians seem blissfully unaware of our homeless dog overpopulation.

"there could be as many as a million unhoused dogs on reserves across Canada."

Dr. Samson-French believes there could be as many as a million unhoused dogs on reserves across Canada. She estimates there are at least two semi-wild-dogs for every home on a reserve.

Although Aboriginal Affairs has conducted no research on the subject, it's not uncommon for children to die of dog attacks and for remote reserves to conduct culls.

## Cut costs

When you factor in the long-term costs potentially incurred by a non-altered pet, the savings afforded by spay/neuter are clear (especially given the plethora of low-cost spay/neuter clinics).

Caring for a pet with reproductive system cancer or pyometra can easily run into the thousands of dollars—five to ten times as much as a routine spay surgery. Additionally, unaltered pets can be more destructive or high-strung around other dogs. Serious fighting is more common between unaltered pets of the same gender and can incur high veterinary costs.

## Note from T'it'q'et

Please remember to keep your dogs inside or tied up in your yard with the necessary supplies to promote a healthy and happy dog. Leaving your dog unattended for long periods of time can result in unwanted accidents.

**Bridge River Veterinary Services**  
(250) 256-7048

**Cache Creek Veterinary Hospital**  
(250) 457-6203





# Sprinkling Regulations are in Effect Stage 1 Water Conservation Measures:

At premises with Even Numbered Civic Addresses, on even numbered calendar days between 8:00 PM and 11:00 PM for hose supplied sprinklers or between 12:00 midnight and 4:00 AM for underground automated sprinkler systems.

At premises with Odd Numbered Civic Adresses, on odd numbered calendar days between 8:00 PM and 11:00 PM for hose supplied sprinklers or between 12:00 Midnight and 4:00 AM for underground automated sprinkler systems.



## Housing Policy: Dogs

Owners are required to be responsible for the conduct of their animals. Complaints caused by nuisance animals will be brought to the attention of the respective owners and a warning letter issued from council. Additional complaints will result in a \$50 animal control surcharge, then a hearing for the owner to appear before Council, who may require a pet

to be spayed or neutered, and/or removal of the animal.

**8.1.1.1** As per the housing policy it states 1st Warning is a writing to the owner from Council; 2nd Warning, the owner must pay the \$50 animal control surcharge; 3rd Warning, the pet owner must meet with Council; 4th warning is the removal of the dog. Addition to

**section 8.2** as of *March 13, 2006 General Meeting.*

**8.1.1.2** Owners of domestic pets be fully responsible for the nuisance caused to neighbors' by their animals.



# Volunteers needed to fish for elders during fishing season

As fishing season approaches we are looking for volunteers to help fish for elders in our community.

If you are able to fish for elders, please inform receptionist at **(250) 256-4118** or **reception@titqet.org**



# T'it'q'et Welcome Home Celebration

We are hosting a welcoming event for new T'it'q'et members. Please come to a special celebration arranged for you as a new member of the T'it'q'et community.



## DAY 1

Saturday August 5, 2017

### Community Barbecue

12:00 – noon

meet community members, community organizations, & councils

1:00 PM – 5:00 PM

### Cultural workshops

- Drum making
- Cedar rose making

### Tours to:

- fishing sites
- Seton Lake properties
- Uwcalmicw Centre
- other points of interest

6:00 PM – midnight

Special feast to welcome new members

- Gift Giving
- Cultural entertainment
- Performances by community members

## DAY 2

Sunday August 6, 2017

### T'it'q'et Community Meeting

9:00 AM – 2:00 PM

T'it'q'et Chief and Council extend a special invitation to new T'it'q'et members to attend to witness a community meeting in operation. New members are encouraged to participate in this meeting.

Please come to get to know your community, get reacquainted with your families and friends and get to know members of your community and the organizations that work to make T'it'q'et a good place to be.

**Please RSVP** by contacting us at (250) 256-4118 so that we know how many we can prepare for in this celebration.

## WILDFIRE PREVENTION

Lillooet is at a high-risk level 5-extreme danger warning

# Due to high wildfire risks absolutely NO off-roading

- NO dirtbiking
- NO ATViing
- NO driving any off-roading vehicles of any kind





# T'it'q'et Council Report

## ACRES Funding Approved 2017/18

The ACRES funding approved by Indigenous Northern Affairs Canada (INAC) for infrastructure funding is \$145, 448. The work includes items identified in the ACRES report. The bigger ticket item is watermain that includes replacing the PRV station for the upper bench subdivision.

## BC Rural Dividend 2nd Submission.

We submitted an additional application to the BC Rural Dividend second call for proposals. The work is to complete additional work at Seton Lake IR 5. The scope of work included: archaeological permitting, and completion of geotechnical investigation; meetings with various agencies required to advance approvals and design; completion of additional survey for the area; finishing the preliminary design and updating the infrastructure cost estimates; and updating the community on the project.

The current BC Rural Dividend project is underway for a Feasibility and Market Analysis for the Expansion of T'it'q'et Agricultural/ Food Business was approved in the amount of \$100,000.

## Safety Management Plan

Roxx Ledoux, St'at'imc Eco-Resources (SER) reviewed the safety management plan with staff on June 15, 2017. Some minor changes will need to be made to the document before it is finalized.

## First Peoples' Cultural Council Proposal

A proposal submission for a two week workshop for youth to learn camera techniques, script development, editing, DVD production in the summer 2017 was approved in the amount of \$13,000. Jeremy Williams is contracted to do the training. Five youth will start the training from August 2 to 12, 2017. The film will focus on fishing and the Fraser River.

## Lateral Violence Train the Trainer – July 6 to 9, 2017

Burrows Consulting was contracted to deliver the youth facilitation training. There was a total of 15 participants in the training, including youth. It went well and we will be holding a follow up meeting date to ensure we practice and share the information as well as identify next training.

## P&ID Funding 2017/18

The submission for P&ID Funding 2017/18 was approved by INAC

in the amount of \$ 27,194. This will cover the cost of the strategic planning facilitator's fees, Pat Alec, consultant to redesign website and temporary communications officer, Kirsten Whitney who will work along with website developer to ensure it is completed at the beginning of September 2017.

## O&M

John LaRue who works with the District of Lillooet called last week and informed us that the amount of water T'it'q'et has been using has doubled since June 20, 2017. He was able to come up with the data details.. He said the huge volume is indicative of a break in the system. Doug Grossler will be walking the line with George to see if they can find the break.

## Social Development Review

The social development review was conducted the week of July 10 to 13, 2017. Al Qamar, INAC informed us that the social development program is 100% in compliance and there will be no recoveries.

## Community Wellness Counsellor

A second round of interviews were conducted on July 17, 2017. The wellness counsellor position will be re-advertised.

## Additional Post-Secondary Funding 2017/18

Budget 2017 committed \$45 million nationally per year for year two years. BC Region received \$6,872,678 which will be allocated on a per capita basis and communities will be notified in August of the amounts.

## Policy Writer Posting

Dean Billy is hired as the contractor to complete the policy work. The remaining work includes: reviewing and updating existing policies to include in the templates. The policies include HR, finance, governance and information management. We did not have a previous information management policy therefore, that one policy is essentially complete.

## Aspen

T'it'q'et, INAC and the Department of Justice are working together in the development of the Aspen Lease. This is ongoing.

Aspen is eliminating their Savona name and incorporating both mills to Aspen. As a result, this may delay negotiations but it also could benefit T'it'q'et through the delay.

## BC Hydro

The erosion work will start on the beach site in September 2018. The wharf will also be replaced and the costs will be covered by BC Hydro.

## Community Garden

The garlic is currently being harvested and the community garden is coming along well this year.

## 15 Pack Firefighting Crew

T'it'q'et has 3 teams of 5 fire fighters. Two teams are working at the Princeton fire. A third team will be inspected and is expected to be deployed shortly thereafter. The third team is currently assisting with firesmaring around the community.

## Strategic Plan

T'it'q'et Council and department heads updated the strategic plan in Chilliwack.

## The core strategic directions include:

- Ensuring safety in the workplace and community
- Promoting wellness through healthy living
- Revitalizing relationships:
- Improving communications within and between council, staff, community
- Increasing coordination between the four (4) councils
- Ensuring collaboration with other entities (e.g. TEDA, St'at'imc, etc.) enhances self-reliance

- Engaging members and delivering programs and services in all 5 T'it'q'et communities (only 4 have residents at present)

- Identifying and accessing funding/revenues to support desired initiatives

*The final written draft will be available by mid- August 2018.*

## Other

Council is exploring geothermal energy opportunities as an energy plant as well as to power tower garden business venture.

A Men's Support group will be organized in the fall of 2017.





# Acute Care During Extreme Heat

## Recommendations and Information for Health Care Workers

### Recognize Heat Illnesses and Heat Sensitive Diseases

- **Heat exposure can result in direct illnesses including:** Heat Edema, Heat Rash, Heat Cramps, Heat Syncope (fainting) and Heat Exhaustion. These can be self-limiting, but should always be addressed with treatment.
- Exertional Heat Stroke and Classic Heat Stroke are **medical emergencies** and require immediate action from a health care worker and hospitalization.
- Exposure to heat may also present as exacerbation of Cardiovascular, Renal, Pulmonary or Psychiatric illnesses.

#### Key Actions

- Recognize and identify heat as a factor in illness or death.
- Recognize Heat Stroke, and activate emergency medical services.
- Record heat as a contributing factor to illness for improved recognition and monitoring.

### Signs and Symptoms of Heat Exhaustion and Heat Stroke

(Terms in bold are key diagnostic factors)

	Heat Exhaustion	Heat Stroke
Temperature	<b>Core temperature elevated but &lt;40°C (104°F)</b>	<b>Core temperature ≥ 40°C (104°F)</b>
Neurological	<ul style="list-style-type: none"><li>• Anxiety and confusion</li><li>• Dizziness and light-headedness</li><li>• Headache</li></ul>	<b>Mental status changes:</b> <ul style="list-style-type: none"><li>• Delirium/hallucinations</li><li>• Ataxia (lack of coordination indicating neurological dysfunction)</li><li>• Confusion, irritability, emotional instability, aggressiveness, seizures</li><li>• Loss of consciousness</li></ul>
Cardiac	<ul style="list-style-type: none"><li>• Tachycardia</li></ul>	<ul style="list-style-type: none"><li>• Cardiac arrhythmias and tachycardia</li></ul>
Skin	<ul style="list-style-type: none"><li>• Cutaneous flushing (hot, red skin)</li><li>• Sweating present</li></ul>	<ul style="list-style-type: none"><li>• <b>Classic Heat Stroke: hot, red, dry skin</b> typically affects sedentary vulnerable people</li><li>• <b>Exertional Heat Stroke: profuse sweating</b> typically associated with high physical activity</li></ul>
Other	<ul style="list-style-type: none"><li>• Nausea, vomiting</li><li>• Hypotension</li></ul>	<ul style="list-style-type: none"><li>• Shock</li><li>• Tachypnea</li></ul>
Outcome	Untreated and with ongoing heat exposure, heat exhaustion can worsen and become heat stroke.	In later stages, pulmonary edema, hepatic failure, renal failure, rhabdomyolysis (muscle fibre breakdown), death

### Key Risk Factors Associated with Heat-Related Illnesses and Death in Extreme Heat

**Older adults** (especially >75 years)

**Living circumstances** (confined to bed, social isolation, reduced income, malnutrition, reduced access to cooling options)

**Those having chronic diseases including:**

**Cardiovascular disease** (hypertension, coronary artery disease, heart conduction disorders)

**Neurological disease** (Parkinson's disease)

**Mental and behavioural disorders** (due to psychoactive substance use, alcoholism)

**Respiratory illness** (chronic obstructive pulmonary disease (COPD), asthma)

**Mental illness** (dementia, depression, schizophrenia, Alzheimer's)

**Renal disease** (renal failure)

**Metabolic conditions** (diabetes, obesity)

## Acute Care During Extreme Heat

Recommendations and Information for Health Care Workers

### Some Medications that Increase the Health Risks from Extreme Heat

#### Medication

#### Mechanism

**Antiadrenergics and  $\beta$ -Blockers** (e.g. Atenolol, Metoprolol)

Can decrease cardiac output, and therefore shunting of warm blood from body core to periphery, limiting cooling.

**Anticholinergics** (e.g. Scopolamine)

Can prevent sweat glands from functioning properly (i.e. inhibit rate of sweating and therefore rate of cooling).

**Antidepressants** (e.g. Prozac, Zoloft, other SSRIs)

Many have anticholinergic properties (see above) and some can raise the brain's thermal set-point decreasing centrally induced thermoregulation. SSRIs can increase the risk of hyponatremia.

**Antihistamines** (e.g. Brompheniramine)

Can inhibit the sweating mechanism.

**Anti-Parkinson's agents** (e.g. Benztropine, Levodopa, Trihexyphenidyl)

Can inhibit the sweating mechanism.

**Antipsychotics** (e.g. Olanzapine)

Can inhibit the sweating mechanism. Can induce a hyperthermic syndrome (neuroleptic malignant syndrome) on their own, which would be compounded by the effects of heat.

**Sympathomimetics** (e.g. Pseudoephedrine)

Can prevent dilation of the blood vessels in the skin of the periphery (hands, feet, face) reducing the ability to dissipate heat by convection.

**Diuretics** (e.g. Lasix)

Can lead to dehydration and hyponatremia is a common side effect.

**Several drug classes** (e.g. cholinesterase inhibitors, antiarrhythmics, calcium blockers)

Can provoke diarrhea and/or vomiting, leading to dehydration.

#### Key Actions to Address Risk Factors

- Educate and increase awareness of the risk factors, signs and symptoms and treatment for heat illnesses, both for patients, care givers and health care workers.
- Help patient assess their risk and discuss preventive actions they could take to reduce risks before and during extreme heat events. (Refer to the Health Canada's Heat-Health Fact Sheet Series)

### Treatment Priorities

#### Cool and Hydrate

- Heat stroke is a medical emergency and requires hospitalization.
- **Cool the body early, monitor vital signs.** This can prevent later stage damage and death.
  - **Exertional heat stroke** –cool quickly with ice-water baths.
  - **Classic heat stroke** –more often occurs in people with other chronic conditions; cool gradually, as to not exacerbate these conditions.
- Treat dehydration.
- Check for over-hydration, hyponatremia, especially in athletes; assess patient's recent physical activity.

For additional information refer to Health Canada's Extreme Heat Events Guidelines: Technical Guide for Health Care Workers

For further information email: [Climatinfo@hc-sc.gc.ca](mailto:Climatinfo@hc-sc.gc.ca)

For more information in your region:



## ALCOHOL

31 AUGUST

INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

## WHAT IS ALCOHOL?

Alcohol is a legal depressant that slows down the messages travelling between the brain and the body. In small amounts, alcohol can cause you to feel relaxed, more confident and heighten your emotions.

Alcohol depresses the nerves that control involuntary actions such as breathing and the gag reflex (to prevent choking). A fatal dose of alcohol will eventually cause these functions to shut down. Since alcohol is an irritant to the stomach, excessive vomiting is also common. If the person is unconscious, this could lead to death by asphyxiation.

## SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

## OVERDOSE RESPONSE

**Call an ambulance**, tell the operator your location, and stay on the line.

**Keep them warm.**

**If you can't get a response** or the person is unconscious, put them in the recovery position. Don't leave them on their back.

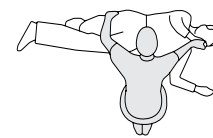
**If they are awake**, try to keep them in a sitting position and awake.

**Be prepared to give CPR** if they stop breathing before an ambulance arrives.

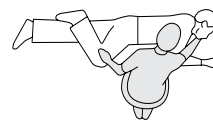
**If muscle spasms or seizures occur**, remove anything from the immediate environment that might cause injury.

## The Recovery Position

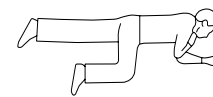
**Support face** Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



**Lift Leg** Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



**Roll over** Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



## WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- **Do NOT leave them to sleep it off:** the amount of alcohol in someone's blood continues to rise even when they stop drinking.
- **Do NOT give them coffee:** alcohol and coffee both dehydrate the body. Having both can lead to severe dehydration and permanent brain damage.
- **Do NOT make them sick:** alcohol can interfere with a person's gag reflex, causing them to choke on their own vomit.
- **Do NOT walk them around:** alcohol slows brain function and affects co-ordination and balance. Walking them around might cause accidents.
- **Do NOT put them in a cold shower:** it could dangerously reduce body temperature and lead to hypothermia.
- **Do NOT let them drink more alcohol:** the amount of alcohol in their bloodstream could become even higher – which could put them in further danger.

## RECOGNISING &amp; RESPONDING

ALCOHOL  
OVERDOSE

## SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

## HOW TO RESPOND

- Check for danger
- Call for an ambulance and stay on the line
- Stay with them
- Keep them warm
- If they are unconscious, put them in the recovery position and check that they are breathing (don't leave them on their back)
- If they are awake, try to keep them in a sitting position and awake
- Give CPR if they stop breathing before ambulance arrives

TIME TO  
REMEMBER.  
TIME TO ACT.

**International Overdose  
Awareness Day**  
prevention and remembrance

For more information visit  
[www.overdoseday.com](http://www.overdoseday.com)

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31 AUGUST

INTERNATIONAL  
OVERDOSE  
AWARENESS DAY



# Communication With Staff

For communication purposes, please contact staff through email or phone.

Staff will **not** respond to Facebook messages regarding business related questions.

For general inquiries, please contact Reception at (250) 256-4118 ext. 220.

Susan will be happy to direct you to the relevant staff member who may answer your questions or provide information.



P'EGP'IG'LHA  
COMMUNITY CENTRE

T'it'q'et Office: (250) 256-4118  
Toll Free number: 1 (888) 256-4118  
Fax: (250) 256-4544



Staff List		Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	225	tfnfinance@titqet.org
Finance	Betty Larson	227	bettyl@titqet.org
Payables Clerk	Lesley Napoleon	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Development	Shawn Scotchman	229	shawns@titqet.org
Building Maint.	Ken Taylor	247	maintenance@titqet.org
Reception		220	reception@titqet.org
Health Manager	AJ Aspinall	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Home & Com. Care	Joni & Janita	236	hccworker@titqet.org
Nurse	subject to change	258	changes with ind. nurse
Housing Coord.	Charlene Napoleon	240	housing@titqet.org
Lands	Stephanie Louie	243	stephanieb@titqet.org
O&M Supervisor	George Napoleon	248	omforeman@titqet.org
O&M	Murray Barney	239	murrayb@titqet.org
Gov. Advisor	Shannon Squire	233	pegpigha.council@gmail.com
Referrals Clerk	Jasmine O'Donaghey	231	pegpigha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
Public Phone		229	

**TRIBAL POLICE**  
**(250) 256-7767**

**RCMP**  
**(250) 256-4244**

**FIRE DEPT.**  
**(250) 256-4225**

**AMBULANCE**  
**(250) 256-7111**

**POISON CONTROL**  
**1 (800) 567-8911**

**REPORT WILDFIRE**  
**1 (800) 663-5555**

\*Please post where visible in case of emergency

**EMERGENCY CONTACTS**