

T'ít'q'et Newsletter

# November 2017





# Hello, November

## Community Events

**Nov.**

6 Referral committee	19 Community General Meeting 9 am PCC/gym
7 PGWG meeting w/Jason Stafford Language working group meeting	20 T'it'q'et Council Meeting 9 am Council Chambers
9 Possible meeting with Invasives Species Council of BC - staff level and Shelley	21– 22nd WUP update meeting
10 Amlec Fundraiser 5 pm PCC/gym	22 Carter Hearing & Community Lunch and Learn 9:00 am– 3:30 pm
14 Language working group meeting	23 P'egp'ig'lha Council Meeting 9:00 am
15 Intergovernmental Workshop – PC and Chief and Council	25 Language Working Group 9:00 am
17 PC Watershed workshop	30 Elders Council 10:00 am



SPONSORED BY T'IT'Q'ET HEALTH

*Wednesday Yoga Classes*

**HATHA YOGA 5:30-6:30**

**RESTORATIVE YOGA 6:45-7:45**

**FREE FOR T'IT'Q'ET COMMUNITY MEMBERS**

**DROP IN \$6.50**

**INQUIRE ABOUT YOUR PERSONAL RESTORATIVE SESSION AT THE P'EG'P'IG'LHA CENTER 1250.256.4118**

**ALL PROCEEDS GO TOWARDS P'EG'P'IG'LHA CENTER YOGA PROPS**

**AT THE P'EG'P'IG'LHA CENTER**



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

*Rancheree Volunteer Group*



# *Christmas Bazaar & Flea Market*



*Saturday December 2, 2017*

*9am to 4pm*

*P'eg'p'ig'ha Community Centre*

*59 Retasket Dr*

*Fundraiser for T'it'q'et Community Christmas Party*

**Crafts, homemade goods, and home businesses welcome**

**\$7 per table**

**Please contact Charlotte Halls 250-256-4660  
to reserve table**



# T'it'q'et Community Christmas Dinner



Sat, December 16, 2017  
4-7 PM  
P'eg'p'ig'lha Community Centre

Potluck Dinner –  
Rancheree Volunteer Group will provide turkey and ham

Please submit children's Santa Wishlist by  
Fri Dec 8 @ 3pm  
to the T'it'q'et Admin or email [courteney.adolph@gmail.com](mailto:courteney.adolph@gmail.com)

Wishlist must include:  
Child's name, age, and parent's name and what you are bringing  
to potluck. Children must be in attendance to receive gift from  
Santa. Thank you for your understanding and cooperation.

*Santa will need some helpers to setup and decorate for the  
party and wrap gifts on Fri Dec 15, 2017. Thank you in advance  
for your help.*



## T'it'q'et Community Christmas Party 2017 Registration Form

Please be advised that this registration form must be returned to the  
P'eg'p'ig'lha Community Centre reception desk or emailed to [courteney.adolph@gmail.com](mailto:courteney.adolph@gmail.com)  
by 3pm on Fri Dec 8, 2017 in order for your child to be registered to receive a gift.

- \* Registration is open to T'it'q'et Band members and children or grandchildren of T'it'q'et  
Band members, 0-12 years old. Children MUST be in attendance to receive a gift from Santa.  
If funding available we may extend registration to 13-17 yr olds
- \* Each household is requested to bring one side dish or dessert for the potluck table
- \* Parents/guardians are strongly encouraged to volunteer for fundraising events and/or  
party setup including decorating and giftwrapping

Parent/Guardian	
Contact info (phone or email)	
Potluck item	

Child(ren) Name	Age	Band member	Gender	Gift ideas
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	

\*Children are still welcome to send Santa Letters but it's not required.  
See you **Saturday Dec 16, 2017 4-7pm**. Santa is looking forward to seeing you ☺

# Breast Cancer Facts & Myths

There's a lot of misinformation about screening mammography, so we're breaking down some of the most persistent myths and giving you the real facts instead.

**Myth:** Your chance of getting breast cancer decreases with age.

**Fact:** The biggest **risk factor** for breast cancer is being a woman over 50 years of age. Over 80% of new breast cancers diagnosed each year in BC are in women age 50 or older.

**Myth:** You can't get screened if you have breast implants.

**Fact:** Women with breast implants should have regular **mammograms**. Please note that you won't be able to make an appointment directly with the Screening Mammography Program of BC (SMP) as you may require special positioning and possibly some additional images. Contact your primary care provider for a referral for a screening mammogram at a diagnostic imaging office.

**Myth:** All breast cancers can be detected on a mammogram.

**Fact:** No screening test is perfect, and mammography is no exception. Factors like age or **breast density** can influence the look of breast tissue on a mammogram, making cancers more or less difficult to recognize. In general, screening mammograms are less effective in younger women because they tend to have denser breasts. About 25% of cancers in women ages 40-49 are not picked up by a screening mammogram, compared with about 10% in women older than 50.

**Myth:** Mammograms are unsafe and ineffective.

**Fact:** Screening mammograms are the international gold standard for detecting breast cancer early. Mammograms can usually find lumps 2 or 3 years before a woman or her health care provider can feel them.



**Myth:** Radiation exposure during a mammogram can cause cancer.

**Fact:** Mammograms require very small doses of radiation— the equivalent to 6 months of background radiation exposure from daily living. The risk of harm from this amount of radiation exposure is low, and the benefits outweigh the risk. Furthermore, there

has never been a case of breast cancer proven to be caused from radiation exposure during a mammogram. If you would like to know more about radiation safety, please visit the **Radiation Safety Institute of Canada** website.

**Myth:** You don't need to get screened for breast cancer before age 40.

**Fact:** **Routine screening** is not recommended for women under age 40 because the risk of breast cancer is low. Also, screening mammograms are not as effective in detecting breast cancer in younger women because they generally have dense breast tissue, which can make it more difficult to detect breast cancer on a mammogram. However, SMP does accept women at high risk of developing breast cancer who are under age 40 with a doctor's referral. Please consult your primary care provider for more information.

**Myth:** All breast cancers are life-threatening.

**Fact:** Not all breast cancers are life-threatening, but most cancers will grow if left untreated. Some breast cancers detected by screening may never cause any harm, but it is not possible to tell which cancers will (or will not) turn into a life-threatening cancer in the future.

**Myth:** Compression of the breasts causes cancer.

**Fact:** There is no scientific evidence that compression of the breast causes cancer. Also, breast compression while getting a mammogram cannot cause cancer to spread. Compression of the breast during a mammogram assists in separating the breast tissue to reveal any abnormalities. It also helps to hold

the breast in place which eliminates blur on the image.

**Myth:** Mammograms conducted at a **clinic** are better than ones conducted by a **mobile mammography service**.

**Fact:** Whether you visit a permanent clinic or a temporary one set up by a



mobile mammography service, all are equally accredited by the **Canadian Association of Radiologists Mammography Accreditation Program** and will provide you with high quality care. At all mobile locations, you will find professional, friendly staff who are happy to answer all your questions and make your appointment comfortable and pleasant.<sup>1</sup>

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## Book Your Appointment

To book a mammogram call 1-800-663-9203. Appointments can be made at locations across the province.

OR call your Doctor or Nurse Practitioner and discuss.

Lillooet Medical Clinic: 250-256-7505

Rose Marie James (NP): 250-256-1380

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<sup>1</sup><http://www.bccancer.bc.ca/screening/breast/breast-health/facts-mythsF>

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# P'egp'íg'lha Language Revitalization Group

## October 17th 2017

The PRLG has obtained resources to hire a St'at'imc Language Coordinator who will be assisting the working group by conducting research related to language revitalization best practices and strategic planning. The community research will involve conducting a needs assessment to determine the level of fluency and interest in learning St'at'imcets amongst T'it'q'et members. The coordinator will be assisting the Elders with their language classes and researching examples of community surveys. The PRLG is considering applying for major grants to allow the community members to learn St'at'imcets using the effective learning strategies.

Respectfully,

P'egp'ig'lha Language Revitalization  
Working Group

# Thank you to the following:

## October 19th, 2017

Thank you Nora, Millie, Shelly, and other volunteers for a fun day on September 23, 2017. The 3 Elders were so busy organizing and planning the event. The event was successful, because of all of the wonderful volunteers.

Also, thank you to AMLEC for volunteering so much time and for the donations on September 23, 2017.

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From the Whitney's

# Welcome Committee Acknowledgements:

## Welcome Committee Acknowledgements: Volunteers:

- |   |  |
|---|--|
| 1. Pegpiglha Elders Council, Pegpiglha Council, Chief and Council for setting up information booths | - Heather Smith  |
| 2. T'it'q'et Administration for the use of the youth van for new member tours                       | - Donna Cook   |
| 3. T'it'q'et Daycare for 8 tee shirts and use of the preschool van for new member tours             | - Merle Dreyer   |
| 4. Ceda Scothman Elder cultural leader  | 7. Honouring speaker – Charlene Machell  |
| 5. Volunteers/donations   | 8. Welcome Committee organizers – Mildred MacKenzie Elders Chair, Shelley Leech, P'egp'ig7lha Chair, Nora Greenway |
| - Stacy and Maranda Leech – fish  | Presenters/facilitators/Witnesses  |
| - Jefffrey Edwards – fish   | 1. Drummers and Witnesses – Matthew Davidson, Ted Napoleon & Ginger Alec   |
| - Deer meat – Dugan Montjoy   | 2. Drummer, Singer – Neawanna Michel   |
| - Martin MacKenzie – Beads  | 3. MC - Kevin Whitney  |
| - Robert and Scotty Leech – cedar boughs  | 4. Workshop facilitators:  |
| - Shelley and Robert Leech – Xusum  | - Edna Taylor – Beading  |
| - Amlec – Matthew Davidson, Shawna Riley, Councillor Sarah Moberg, youth Monique Kane               | - Susan Napoleon – Beading   |
| - Taylor Casper, assistant  | - Ted Napoleon and assistant Jordan – Drum Making  |
| - Sarah Moberg and Monique Moberg – assistance with workshop sign ups                               | - Luther Brigman – Drum Art  |
| - Drummer/singer Entertainers – Savannah Leech and Monique Kane                                     | - Audrey McHone – ts'wan cutting   |
| 6. Potluck quilters – ten baby quilts   | - Evelyn Abraham – Xusum ice cream making  |
| - Diana Adolph  | - Shawn Scotchman and Gaylord Bob – tour guides  |
| - Lorraine Machell  | 5. Function recorders – Sidney Scotchman - photographer; Lakota James- videographer                                |
| - Susan Napoleon  | 6. Assistants– Ken Taylor, Candace Jack, Kassandra Doss  |
| - Carol Machell   | 7. Kerry Butterfield, catering   |
| - Barbara Tuemp   | 8. Entertainer – George Leech  |
| - Kathy Arthur Stathers   |  |
| - Candice Jack  |  |
| - Jeannette deStrake  |  |

# BC Hydro tips and information

Many people have experienced significant increases in their BC Hydro bills due to the Rate Increase, Monthly Installment payments, and Annual Adjustments that have negatively impact them. Please review your Hydro Bills regularly, if you do not know what to look for, feel free to come and see Shawn Scotchman, Social Development Coordinator and he can go over your Hydro Bill with you. When looking at your BC Hydro bill, look for the “Equal Payment” section and under “Status to date:” section you will see, “Cost of energy \$\$” and “Monthly installments \$\$”, if your Cost of Energy \$\$ is higher than your Monthly Installment \$\$, you may want to call BC Hydro and discuss your concerns about your Annual Adjustment before your “Anniversary date.” (1-800-224-9376) or you can create a MyHydro Profile at bchydro.com/myhydro and manage your account online.

## Installment \$220.00

Example on bill:

Status to date:	
Cost of energy	\$3,300.00
Monthly Installments	\$2,900.00
(Difference of \$400.00)	

Annual Adjustment  
Anniversary date December 2017

As you can see in the example bill, that is a difference of \$400.00 that will be on your “Anniversary date” in December 2017 on top of your usual Installment payment). If your Installment Payment is \$220.00; that would be \$620.00 you would owe in December. You may need to increase your installment payments to avoid a high Annual Adjustment fee? Additionally, those who are on BC Hydro Equal Payment Plans (Monthly Installments) please be advised that BC Hydro “MAY” review your hydro every 105 days to see if adjustments are needed; you can also call BC Hydro to have your Plan adjusted, if BC Hydro fails to, thereby reducing the amount of Annual Adjustment you may have to pay at the end of your Anniversary Date.

It is VERY important to keep track of your “energy usage” throughout the year because; the Annual Adjustments can be very expensive if you or BC Hydro does not adjust your monthly payments. Moreover, BC Hydro no longer accepts fax information; they only do business over the phone or via internet only.

If you are not on Monthly Installment payments and pay bi-monthly, I would suggest that you make every effort to pay monthly; example, if you average \$320.00 every other month, then you could pay \$80.00 every two weeks or \$160 per month towards your BC Hydro account. This would help minimize your bi-monthly payments of \$320.00. However, the issue with bi-monthly bills is they are never the same amount so the payments can fluctuate dependent on energy usage.

## Improve your home's efficiency, save on your electricity bill

If you live in an income-qualifying household, you can get free energy-saving products and professional advice that will help make your home more energy efficient and comfortable, and help you save on your utility bills.

### Income qualification

To qualify, you must meet the income requirements below. Total household income includes the combined income of all members in the household over the age of 18.

NUMBER OF PEOPLE IN HOUSEHOLD	TOTAL HOUSEHOLD INCOME
1 person	\$32,400
2 persons	\$40,400
3 persons	\$49,600
4 persons	\$60,300
5 persons	\$68,400
6 persons	\$77,100
7 or more persons	\$85,800

### Free energy saving kit

Our free energy saving kit contains easy-to-install, energy-saving products such as LED bulbs, high-efficiency showerheads, and weatherstripping that you can install yourself.

### Free home energy assessment and energy saving product installation

You may qualify for a free home energy assessment and the installation of energy-saving products throughout your home at no cost to you through the Energy Conservation Assistance program. You’ll also receive personalized advice and recommendations for what you can do to further improve your home's energy efficiency.

### Upgrades for non-profit housing providers and Aboriginal communities

Non-profit housing providers and Aboriginal communities can get help with improving the energy efficiency of their housing units to help their tenants and community members save on their utility bills and be more comfortable.

\* APPLICATION IS ATTACHED + TO BE  
RETURNED TO HOUSING, CHARLENE NAPOLÉON

Bulk reference number

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

☐ Complete the application in full (or we will not be able to process your application).

☐ Attach the Landlord Consent form (if you rent from a private landlord).

☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor Carillion Canada at 1-877-806-3242.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)

Last name (on BC Hydro bill)

Account address

City

Province

Postal code

Home phone number

Other phone number

BC Hydro account number

FortisBC account

First name (on FortisBC bill)

Last name (on FortisBC bill)

FortisBC account number

2. Property information

How many people live in your home?

Last name

Name of company (if you are a property manager)

What type of home do you live in?

☐ Detached house

☐ Duplex

☐ Town house

☐ Apartment/condominium\*

☐ Mobile home

☐ Other:

\*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

☐ Own

☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

\*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is band owned)

Contact phone number

3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant in the Energy Conservation Assistance Program, BC Hydro requires proof that my income is less than the income limits under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including income qualification status, name, contact information, and other items listed on this application form) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro account holder signature (BC Hydro account holder)

Date (Yr/Mth/Day)

FortisBC account holder signature  
(If there is a FortisBC natural gas account associated with the residence.)  
To be eligible for this program, an applicant's combined household income must be less than the most recent income limits under the Terms and Conditions. For those applicants that meet these criteria, BC Hydro and, if applicable, FortisBC will also evaluate the applicant's annual electricity, and if applicable, gas consumption. Meeting all these criteria, however, does not necessarily guarantee acceptance into the program.  
Mail completed application to:  
BC Hydro and FortisBC ECAP Operations  
PO Box 8910 Stn Terminal  
Vancouver, BC V6B 9Z9

Date (Yr/Mth/Day)

OFFICE USE ONLY

Meets LICO threshold

☐ Yes

☐ No

Authorized signature

# What is Lateral Violence?

"If you succumb to the temptation of using violence in the struggle, unborn generations will be the recipients of a long and desolate night of bitterness, and your chief legacy to the future will be an endless reign of meaningless chaos." – Martin Luther King Jr

## Lateral Violence:

- Behaviour includes gossip/ shaming/ blaming, putting down others, family feuds
- When violence is directed at one's own people
- When oppressed groups turn on each other
- outward jealousy and envy of others

We can see lateral violence at the First Nation community levels. It is a 'cloud' that has loomed over us for years. Lateral violence has become a destructive way of life for families and communities.

## Oppression:

- The unjust or cruel exercise of power or authority from one group of people over another group.
- a dominant group of people keeping another group of people contained or controlled

We have learned many negative ways to live with one another. We have learned that

whoever drives the best car or lives in the best house, is more better off than we are. This is not true.

We have learned to want and desire material objects and forget to be thankful for what we have, even if it is very little. We forget to be thankful for another day, for all of creation, for our lives, for our 'gifts' (our children), the real important things in our lives.

This way of thinking has brought on feelings of jealousy and envy. We have learned to think individual-based rather than our traditional, community-based ways of thinking.

**Move from** → greed, power, control, money, authority, jealousy, envy

**Move towards** → harmony, equality, sharing, balance, respect, happiness.

We must not get 'stuck' in a place that is constantly 'blaming' one another, including the non-Native society. We are all responsible for the choices we make and the actions we carry out. We do not 'need' to get caught up in lateral violence. We can choose to walk away,

let go of past 'grudges', and move on with our lives. We want to discourage our children from using lateral violence and model healthy living for them

"Lateral violence among Native people is about our anti-colonial rage working itself out in an expression of hate for one another."  
– Lee Maracle, *I am Woman*

The best way to deal with lateral violence is with kindness. We should try not to react to those people that spend their time and energy in a negative way. Have patience for ourselves and for others.

Why do People use Lateral Violence?

- Low self-esteem and self-worth
- Confused and unhappy with themselves
- 'stuck' in the cycle of oppression
- Lack of knowledge and awareness
- Unresolved anger, pain, shame

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# General Update from the P'egp'ig'lha Council

October 19, 2017



## OFFICE OF THE TRIBAL CHIEF

Report to the Community  
Tribal Chief Report  
Shelley Leech

**Interior Alliance** –Some of the St'at'imc Chiefs met with Tsilhqotin and Sewepemc chiefs in Vancouver to further discuss treaty boundaries. A report has not yet been received by the St'at'imc Chiefs Council.

**St'át'imc Chiefs Council (SCC)** –Meeting was held on October 4 at the Xwisten office in Bridge River. -There was a brief discussion on INAC Services. It was reported that INAC Services will be divided in two. One half will be for political treaty and the other for general services. No information has been received yet, but there is concern that this will further decrease funds to communities.

**Treaties** – No new update.

**St'át'imc Government Services** – The SGS Board still has a vacancy and the board is still working on filling the vacancy.

The process of changing the structure of the SGS/ SCC has begun. The two consultants were given notice and their technical services to the P'egp'ig'lha Council will be missed.

**St'at'imc Authority (SA)** – The SA met on October 4 in Xwisten. There was a lot of discussion about the Steering Sub Committee. The next steps recommended are: -

- Conduct a legal review
- Develop a communications protocol
- Develop a negotiations mandate
- Hire a negotiator
- Meet with all parties tied to the SA
  - o Appointed reps
  - o Tech people
  - o WOG members (Water Operations Group)
  - o Chiefs and Councils
  - o St'at'imc Government Services
  - o Others
- No Conditions on funds

**Sub Committee** – The Steering Sub-committee has not met for a while.

### Signage for Grizzly Bear Protection

– Signage will include the logos of communities for each area.

**Lands and Heritage**- For the Joffre Lakes Expansion, this will be on the November SCC agenda. A list of all BC Parks was requested and will be shared. A letter will be drafted articulating St'at'imc values and ideals to the new government and to indicate there is no consultation within St'at'imc territory to individual communities without first contacting the Nation. Next steps will be for Lil'wat Chief Dean Nelson and BC Parks to meet with the SCC at the November SCC meeting. Chief Dean wants to uphold community

autonomy, but wants to have nation support towards having their own people employed in Parks as conservation officers, park manager, law enforcement, etc.

**5 year Review**- The Draft Terms of Reference that was developed in January 2017 was presented for comments. This is for the 5 year review of the St'at'imc BC Hydro Settlement Agreement.

**BC Assembly of First Nations** - Chief Maureen Chapman and Chief Terry Teegee met with the SCC to present their positions as candidates for Regional Chief. Chief Terry Teegee was the successful candidate.

Chief Harvey McLeod and Chief Darrell Bob ran for BCAFN Board membership. Chief Harvey McLeod was the successful candidate.



## Amlec Appreciation

Amlec is such a great ambassador for our T'it'q'et community.

Not only does Amlec lead the way in sustainable food, organic gardening, provision of fresh and dried foods for market and community members, but it provides jobs to build peoples' confidence in themselves. Amlec has established a fine reputation with local businesses as well.

Beyond those accomplishments, Amlec supports our community.

This was evident at the September 23, 2017 Welcome Gathering at the P'egp'ig7lha Community Centre where Amlec set up a tent information centre displaying many of the products developed and produced by the Amalec team. Not only did the St'át'imc staff, Shawna Riley and Matthew Davidson set up and manage the information site, they provided soup made and gave out soup from Amlec products, distributed Amlec bags that included Amlec products to each person that attended the Welcome Celebration. This was done with the volunteering assistance of

Councillor Sarah Moberg and her daughter Monique Kane.

Attendees of the Welcome Gathering appreciated the information that was provided by Shawna and Matthew and took some pride in knowing that what started as a small community garden project is working into a business that will benefit our community.

The Welcoming attendees, and especially the Welcome Committee is grateful to Amlec for its contribution to the Welcome Celebration.

THANK YOU AMLEC!!! We are proud of your accomplishments and your generosity and sense of community. We are very fortunate to have you serve us!

# November 2018

P'egp'ig7lha Community Centre



# FOOD SECURITY FUNDRAISER

## AGENDA

- **Update on Project**
- **Thank you to those who contributed**
- **Leadership Speech**
- **Dinner – Local Food**
- **Casino Royal Auction**
- **Entertainment**



# Medical Travel Information

Questions or concerns,  
please contact Belinda at 250-256-4118 ext. 241  
or email [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org)

**Medical Travel (MT)** – there have been a number of misunderstandings lately with Medical Travel. Here are a few points to hopefully clear things up:

1. The MT program is a supplementary program. It is meant to assist you in getting to medical appointments; it is not meant to pay for the entire trip.
2. **MT Application** – this form assists whomever is completing your MT forms.
  - a. We NEED nearly all the information requested on the form for record keeping, as required by the agreement with FNHA. If you are unsure what to put down, please call the Clerk to assist you.
  - b. There have been instances of nicknames/ aliases being put on cheques – if this happens, you will be unable to cash your cheque.
  - c. If you require accommodation – we need enough time to book a room. This is particularly important for appointments in the Lower Mainland, where booking a room on short-notice is quite challenging.
  - d. Coordinated appointments – If you have more than one appointment on the same day, please let us know for reporting purposes! This is required by FNHA.
3. **Two weeks notice** – This is to ensure there is sufficient time to get confirmation from the medical personnel of your appointment, process paper work, for finance to process the

- cheque, to locate the signers, book hotel rooms, etc in a timely manner.
- a. Therefore, when we do have actual emergencies – we have sufficient time to deal with it.
4. **Escorts** – according to the Medical Travel Guidelines from FNHA:
  - a. Must have the “Medical Escort” form signed by a doctor or nurse practitioner and must be medically required;
  - b. A minor child is automatically approved for an escort;vadfs
  - c. Escort is only entitled to a \$10 same day trip meal allowance (see below for meal allowances);
  - d. Escorts are expected to share living space with the client if overnight accommodation is required.
5. **Hotels** – when at all possible, clients will be booked at a Sandman Hotel. We have a contract with them, and they provide us a much reduced rate.
  - a. IF you request to stay at an alternate location that charges more, the request must be in writing - the extra cost will be billed back to you.
  - b. Same for reimbursements – if a room was available at a Sandman nearby, you will only receive a reimbursement for that amount.
  - c. If you decide not to attend the hotel the Admin-

istration has booked for you, you are required to contact the hotel to cancel the room – according to the hotel’s policy. Any charges for no-shows will be billed back to the client who no-showed;

- d. Any exorbitant cost or damages (room service, pay-per-view, smoking in room, missing items, etc) – will be billed back to the client.
6. **Meal allowance** – is for the patient and a medically required and approved escort. The following are the meal rates for those 10 yrs and older:
  - a. \$10 - any same day trip of more than 6 hrs
  - b. \$48 - any overnight trip – regardless of what time you choose to leave or return.
    - i. (in other words, if you choose to leave Lillooet at 7pm to go to Kamloops for an overnight stay, attend an appointment at 7am the following day, then return to Lillooet by 9 am. You will receive the same \$48 as the person who chooses to leave at 4pm the night before a 7am appointment, and/or chooses to stay until- 7pm that night – for non-medical reasons)
  - c. \$163 – weekly rate – if you are required to stay out of town for medical reasons for a week or more.
    - i. Your hotel accommodation will be with a kitchenette, the \$163 is for you to purchase food to prepare in your room. It is advisable to bring some foodstuffs from home.
7. **Mileage Top-Up** – this is NOT a Health Dept program. The FNHA MT mileage rate went up 3 yrs ago; at which time the Top-up rate should have gone down – but didn’t.
8. Finally – T’it’q’et has been over budget the last two years by a hefty sum; and there has been

some talk from FNHA that they may start auditing various communities that receive this program – to ensure the program is being utilized correctly. I can’t say what might happen if we were to be audited, but I am doing what I can to ensure the T’it’q’et community has this MT program for many years to come!

- Health Benefits** – Please watch for an upcoming workshop.
1. Health Benefits include some medications, equipment, medical supplies, medical services, etc.
  2. Balance billing – the extra cost from a dentist, optometrist, etc are NOT covered under health benefits. These costs are the responsibility of the client.

Patient travel requests need to be submitted a **minimum of two weeks in advance** to ensure your travel cheque is ready in time for your appointment. Cheque pick up days are Wednesday’s and Friday’s.

A photocopy or fax of your appointment card/ referral letter with the date, time and who you are going to see is required for me to submit your travel request and for reporting purposes. It is your responsibility to provide me this information: Forms available at the office, or by email and fax.

If these forms are not filled out accordingly, can result a delay in receiving your travel. If there is, accommodations are required. I need time to book rooms, and if I wait to last minute to book room, there may not be rooms available. If an escort is required, I need a form filled by the physician stating escort is required. I would like to have everyone’s travel ready in time for appointments.

## Mental Wellness Councillors

**Jim Edgar**  
Mental Health & Addictions  
Lillooet Friendship Centre

Office: 250-256-4146  
and@lfcs.ca

**Joanne Warren**  
Askom Counselling

Office: 250-256-4906  
askomcounselling@gmail.com

**Laura Rhodes**  
Mental Wellness Outreach Clinician  
St'at'imc Outreach Health Services

Office: 250-256-7530 ext. 202  
Cell: 250-256-3662  
lrhodes@statimchealth.net

**Thaddeus Allen**  
FNHA—Askom Counselling

Office: 250-256-4906  
askomcounselling@gmail.com

## Victim Services

**Gloria Joseph**  
Victim Services  
Lillooet Friendship Centre

Office: 250-256-4146  
stv@lfcs.ca

**Violet Dunn**  
Victim Services/Stop the Violence/  
SAFE Home Program  
Lillooet Friendship Centre

Office: 250-256-4146  
stv@lfcs.ca

## Nurse Practitioner

### Rose Marie James, NP (F)

Call AJ Aspinall at (250) 256-4118 Ext.234 for more information on appointments

### What Services can a Nurse Practitioner provide?

Nurse Practitioners are nurses with advanced training and work much like a family doctor with some limits

#### Client Group Includes:

- 1. All age groups across the lifespan
- 2. Families

#### Skills:

- 1. Health assessment skills
- 2. Diagnostic skills
- 3. Management of disease and illness
- 4. Educational skills for various disease processes and health related topics.
- 5. Specific clinical skills such as:
  - a. Suturing
  - b. Incision and drainage
  - c. Women's health

#### Tasks:

- 1. See people in clinic visits for management of disease and illnesses as well as preventative health.
- 2. Order diagnostic tests (blood-work, x-rays, ultrasounds...Etc.)
- 3. Prescribe medications (excluding narcotics and controlled substances)
- 4. Perform pap smears
- 5. Provide referrals

## Upcoming Events

- **FLU SHOTS**
    - o THURSDAY November 2nd 9am-11:30am
    - o WEDNESDAY November 8th 10am-3pm
  - **Community lunch**
    - o WEDNESDAY November 22 11:30-1:30
  - **Carter Hearing on site**
    - o WEDNESDAY November 22nd 9am - 4pm (time is tentative)
  - **Women's Health Day**
    - o FRIDAY November 24th
    - o Staff will be calling to book appointments
    - o More information to follow!
  - **Massage – Whispering Waters Spa**  
Day Massage. Please call the medical clerk to book an appointment. If you are unable to attend your season, ensure you inform us as early as possible. No-shows will be charged \$25 to book the following month.
- November dates:**
- o November 7th daytime sessions 9am-2:30pm
  - o November 23rd evening 2:30pm-7:30pm

# ANNOUNCING

## THE WELLNESS ROOM!

We are happy to announce the opening of the Wellness Room. Please come in to have a tour and learn about all the equipment that will be available for use during regular business hours (closed noon to 1pm for lunch) - Except days that the room is in use for massage or individual restorative yoga. Please call ahead if you are unsure when those days are. We highly recommend checking with your physician or the nurse practitioner prior to use.

### The equipment we have are:

- Back to life – gentle traction for lower back pain;
- OxyCizer – gentle shaking of the ankles. Provides a different type of full-body massage & increases circulation, which in turn increases oxygen throughout the body (hence the name);
- Three Radiant Dome Heaters – gentle heat. Which I'm told is quite pleasant for those with joint pain – such as either Arthritis', body reaction to weather changes, etc;
- HappyLite – Simulated sunlight – helpful for coping with Seasonal Affective Disorder (winter blues). According to the directions – 5-15 daily is recommended.
- A touch-screen computer which we are still loading various videos with. These will be for things like meditation, conscious breathing, light stretching, gentle chair exercises, etc.
- An electronic stimulator for the feet – also for increasing circulation.
- And a private space with Stretching posters.

Last month we held the Elders Wellness Day which was well attended. We had some hand & foot care, hair cuts, paraffin wax dips, etc. Unfortunately, LifeLine had cancelled due to an emergency for presenter. We will keep you posted when Lifeline will be able to come next.



## Building Communities WITH CMHC FIRST NATION HOUSING

Introduction to Indoor Air Quality  
Tuesday, November 6<sup>th</sup>, 2017  
9:30 am - 11:30 am

*Is there mould in your home? Don't know where it's coming from or how to get rid of it?*  
This two-hour session will give you the basic information on how to make the air in your home healthier by getting rid of mould and other sources of pollutants.

### What will I learn? In this workshop, you will learn:

- Basic information about mould;
- What you can do to prevent mould; and
- How to safely clean up small amounts of mould.

### What are the benefits?

After this workshop, you will have a better understanding of how mould and other sources of pollutants affect indoor air quality. You will also know what to do to improve indoor air quality in your home.

### Location:

P'egp'ig'Ilha Community Centre  
#59 Retasket Street

### To Register:

Please sign up with Charlene Napoleon.

### Questions:

Please contact Charlene Napoleon at  
250-256-4118 or [housing@titqet.org](mailto:housing@titqet.org)

### Sign up now!

Name: \_\_\_\_\_

First Nation: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

[Reset](#) [Print](#) [Submit](#)

# Chief & Council Report - Nov. 2017

## ACRES Funding Approved 2017/18

The ACRES project funding approved by Indigenous Northern Affairs Canada (INAC) for infrastructure funding is \$145, 448. O&M will be able to complete some small work. Urban Systems is working on a PRV design for upper Scotchman Road subdivision.

## BC Rural Dividend 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 that was approved in the amount of \$100,000 is underway and contractors are in place.

Administration submitted a second proposal for the BC Rural Dividend for Seton Lake IR 5 Development Phase 2 Preliminary Design is approved. Additional planning work needs to be completed prior to applying for construction funding for infrastructure through INAC. The work for this second project will include:

- Consult with various agencies regarding work
- Apply for archeological permit and complete the geotechnical investigation
- Complete additional survey for the area

- Finish the preliminary design and update the infrastructure cost estimates
- Update the community on the project

## Community Wellness Counsellor & CHR

Interview for Wellness Counsellor and Rena Joseph is the successful applicant. She will be starting work shortly. The CHR position will be reposted.

## New Website

The new website is up is set up [www.titqet.org](http://www.titqet.org). Some minor changes are still being made. Pat Alec, the web designer will provide training on November 2, 2017.

## Specific Claims

On September 25, 2017, Chief Kevin met with national specific claims committee to discuss Seton Lake IR 5 claim. This national specific claims committee is comprised of two Conservatives, two Liberals and one NDP representative. The meeting was a productive meeting.

## BC Hydro, IR 5 Beach Erosion, District Lot 1575, Wharf Upgrade

Seton Lake IR 5 beach erosion mitigation has been delayed this fall and the work to address the erosion is expected to start in 2018. Ministry of Forests, Land and Natural Resources Organization (FLNRO) has concerns

around the protection of water and fish therefore will be providing recommended erosion prevention designs. The transfer of District lot 1575 is also in the finalization process. BC Hydro has agreed to cover the costs associated with upgrading the lake wharf in 2018.

## UBC Res’eau WaterNET Research Program

T’it’q’et signed an Memorandum of Understanding (MOU) with UBC Res’eau to participate in the WaterNET Research program for First Nation drinking water. The work will identify viable and sustainable solutions to improve the quality of drinking water. On October 20, 2017, the UBC team met with some members for Texas Creek to look at improving that particular water system. In the near future, the UBC team will also be meeting with Six mile residents. Once consultation stage is completed, T’it’q’et will submit funding applications for \$600,000 to improve the water infrastructure. Project costs to bring water to the upper bench at McCartney Flats will also be included. The work is expected to commence in 2018/19 fiscal year.

## Poverty Action Research Project

The poverty action research project ended; however, a final committee meeting will be held on November 18, 2017 and a final report will be presented by Warren Weir at the community meet-

ing on November 29, 2017. On November 18, 2017 the group will review and strategize at ways of streamlining the existing economic development entities.

## First Nation Finance Management Board – Updating Policies

Council is in the process of updating all of its policies including HR, Information Management, Finance and Governance policies in collaboration with the First Nation Finance Management Board. Dean Billy is contracted to assist with the process.

## Nation Health Assembly – Xwisten

The Nation Health Assembly was held in Xwisten on October 25, 2017. It was well attended by many of our members. First Nation Health Authority representatives received good feedback around the concerns of transferring over to Pharmacare.

## Food Security Initiative

Currently, the garlic is being planted in the ground for next year. Amlec is also working on a business plan. Fundraiser will be held on November 10, 2015 at 5 p.m.

## St’at’imc Government Services (SGS)

In follow up to an earlier request, the three chairs sent a letter to the SGS Board and St’at’imc Authority on October 24, 2017 requesting

SGS pay for a legal opinion on the legitimacy and decision to downsize the board to 7 since the resolutions to approve the downsizing did not pass at the January 5, 2017 St’at’imc Authority meeting. Our request will be reviewed by the SGS Board at their next meeting.

## St’at’imc Leadership and Elders Forum - Xwisten

The St’at’imc Leadership and Elders Forum was hosted by SCC and held in Xwisten on October 21, 2017. The discussion was around land use that SCC is seeking approval and adoption. A community forum will be held in the future for further discussion and input.

## Men’s Wellness Group

A local men’s wellness group has started. Administration is seeking funds through job creation partnership to collaborate with the group to build cabins up Mount Mclean and Moon Lake. Chief Kevin and some staff met with some representatives from the southern territory who were successful in accessing funds for this purpose.

## Fire Fighting

The firefighting season was extremely busy this year. T’it’q’et had 3 teams who worked throughout the summer. Dean Iverson has been instrumental in assisting with the development and staff training to manage this project.

## Geothermal Initiative

The geothermal initiative is continuing to move forward to explore the operation of a local power plant. The lawyers are currently drafting a letter of intent with a potential partner for this project.

## Annual Report

The first annual report is completed and available on the upgraded website which is located at [www.titqet.org](http://www.titqet.org) The report may be located under resources/documents & reports. Hardcopies will be available for the Nov. 19, 2017 community meeting.

## 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.

Staff List		Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	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	Belinda Adolph	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	pegpiglha.council@gmail.com
Referrals Clerk	Jasmine O'Donaghey	231	pegpiglha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
Public Phone		229	

# November 2017 Horoscopes

## Scorpio (Oct 23–Nov 21)

The November 2017 monthly astrology predicts that this will be a month of transformations for the Scorpio zodiac. Remember to give equal importance to all aspects of your life. Your health will be excellent and your personal charm will get you new lovers.

## Aries (Mar 21–Apr 19)

The Aries zodiac sign will be more interested in family and love life rather than career in November 2017. Be sure to cut down on your spending and save for the rainy day. Everything will work out in your favor provided you learn to work as a team with others.

## Taurus (Apr 20–May 20)

Travel is on the cards for the Taurus star sign in November 2017. You will have an active social life and spend your time in socializing for work or pleasure. Do not indulge in excess of food or alcohol as this can spoil your health.

## Gemini (May 21–Jun 20)

The Gemini star sign in November 2017 will be socially active with a busy professional life. Gemini love compatibility in relationships will be excellent which can even lead to the birth of a child. Finances will be favorable and you will even indulge in some expensive shopping.

## Cancer (Jun 21–Jul 22)

In November 2017 the Cancer zodiac people will be pulled in different directions. You don't know which path to take, what is right or wrong and are totally confused. Go slow on your decisions and you will see light at the end of the tunnel.

## Leo (Jul 23–Aug 22nd)

The Leo person in November 2017 will be caught between commitments in personal and professional life. This might make you more anxious. You need to divert your mind to family and make your sexual life a little more stimulating. This is also a good month to apply Feng Shui tips for your home.

## Virgo (Aug 23–Sept 22)

The Virgo astrology sign will be flexible and adaptable in November 2017. Your good judgment will be important when it comes to making important financial decisions. This is also a favorable month for Virgo romance and relationships.

## Libra (Sept 23–Oct 22)

The Libra sun sign will be dominating in November 2017, even though it is against their nature. Financial investments will prove to be profitable. Libra love relationships will be a little rough with misunderstanding between spouses.

## Sagittarius (Nov 22–Dec 21)

November 2017 will be a powerful month for the Sagittarius sun sign. You will be spiritually inclined and interested in mystic ways of life. Career and finance will need to be studied thoroughly before you make any major decision.

## Capricorn (Dec 22–Jan 19)

This will be a month of emotional healing for the Capricorn zodiac. It is a good idea to complete old projects and plan for the future instead of beginning new business deals.

## Aquarius (Jan 20–Feb 18)

November 2017 for the Aquarius star sign will be a career-oriented month. Finances will improve as the month progresses. Health will be delicate and needs to be taken care of. The ambitious Aquarius personality will help you take on more challenges.

## Pisces (Feb 19–Mar 20)

November 2017 will be a period of transition for the Pisces sun sign. Professional growth can be expected though finances might be a little strained. Friendships will flourish though the same cant be said about romantic alliances.

# December 2017 Newsletter Submission Deadline Monday, November 27th at Noon

*anything submitted outside of this date will not be included in the newsletter*

Want to submit to the newsletter? Please email us at [reception@titqet.org](mailto:reception@titqet.org)



**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**