



October 2017

T'it'q'et Newsletter





Falling into October

Community Events

Oct



Recycle Day
October 4th & 18th

October 9th
Statutory holiday

October 12th
Family Law Act Workshop
11:00 am – 12:30 pm

October 18th
Chief & Council meeting

October 19th
P'egp'ig'lha Council Meeting
9:00 am

October 21st
Elders Gathering re: Nation Building @ Xwisten
8:00 am – 5:00 pm

October 26th
Elders Council Meeting
10:00 am

October 29th
Halloween Event Hosted by T'it'q'et
5:00 pm

October 30th
Joint Council
9:00 am

October 31st
Halloween

Nov

November 20th
Chief & Council Meeting

November 22nd
Carter Hearing & Community Lunch
and Learn
9:00 am– 3:30 pm

November 23rd
P'egp'ig'lha Council Meeting
9:00 am

November 30th
Elders Council
10:00 am

Notice: T'it'q'et Elders Request Volunteers

Wood cutting and delivery.

October 13/17 @ 9 a.m.

Gravesite plaques will be laid on

October 28/17 @ 9 a.m.

Lunch will be provided.

SPONSORED BY T'IT'Q'ET HEALTH

Wednesday Yoga Classes

FREE FOR
T'IT'Q'ET COMMUNITY
MEMBERS

HATHA YOGA 5:30-6:30
RESTORATIVE YOGA 6:45-7:45

DROP IN \$6.50

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

ALL PROCEEDS GO TOWARD
P'EG-P'IG'LHA CENTER
YOGA PROPS

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



Building Communities

WITH CMHC FIRST NATION HOUSING

Introduction to Indoor Air Quality

Tuesday, November 6th, 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:

Pegp'ig'ha Community Centre
859 Retasket Street

To Register:

Please sign up with Charlene Napoleon.

Questions:

Please contact Charlene Napoleon at
250-256-4118 or housing@titqet.org

Sign up now!

Name: _____

First Nation: _____

Email: _____ Phone: _____

Reset

Print

Submit

Zawatetáihcw
P'egg'ig'íha Information Centre
"We Gather Knowledge so you can learn"

We are accepting donations for use in the Community Library/Archives.

Library Donations

Looking for books that are about St'at'imc Culture, Language, flora and fauna of the Lillooet Area.

Sorry we won't be accepting your favorite Stephen King Novel for the Library.

Archive Donations

We will accept:

Pictures—local events, cultural activities, fishing, hunting, berry picking, etc... We are trying to gather the communities history through pictures. If you have any community or family pictures but don't want to lose the original, we can scan it and save it digitally that way we can help future generations know their ancestors and their lineage. We would appreciate your support.

Documents— Meeting minutes, local events, language papers.

Audio Recordings— For a fee, we can copy your audio recordings from Cassette tapes to CD. We can also have them backed up to the Archival external hard drive. Main audio recordings we will be accepting are Language, meetings, events, local talent.

Donations will be accepted by P'egg'ig'íha Council Staff, and a form will be signed to give the library/archives permission to share your donations through the library, or through the library website when it's open to the community. For more info, please e-mail pegpiglha.library@gmail.com

Free Energy-Saving Upgrades for T'it'q'et First Nation



Want to save money on your utility bills and increase the comfort of your home for FREE?

The Energy Conservation Assistance Program (ECAP) can help by providing the following free upgrades:

- LED light bulbs & vanity LED light bulbs
- Energy-saving showerheads and tap aerators
- Thermometers for fridge and freezer
- Hot water pipe wrap
- Weather-stripping
- LED night lights
- Tips on saving energy in your home

Some homes may also qualify for an ENERGY STAR® fridge and insulation in walls, attics and/or crawlspaces.

Interested? Sign up is easy!

See Charlene at the band office to complete your application. Remember to include your BC Hydro account number unless the utilities are paid by the band.

"Since having the ECAP products installed, my power bills to have remained stable, even throughout this colder than normal winter when my neighbours have complained of higher bills."

— Charlene
Napolean, T'it'q'et
Housing Coordinator

5 easy steps to flush your water heater

- Required Tools for this Project:**
- 4-in-1 screwdriver
 - Adjustable wrench
 - Bucket
 - Hacksaw
 - Hammer
 - Knee pads
 - Plumbers tape
 - Rags
 - Shop vacuum
 - Slip joint pliers
 - 1-1/4-in. x 1-1/2-in. female PVC trap adapter
 - 2" brass nipple
 - 24-in. piece of 1/2-in. I.D. vinyl tubing
 - 3/4-in. MIP x 1/2-in. barb fitting
 - 3/4-in. x 3-in. nipple
 - Brass ball valve
 - Brass elbow
 - Dielectric nipple
 - Garden hose adapter
 - Shop vacuum hose adapter

Step 1: Learning all about sediments



One sign of excessive sediment buildup is a popping or rumbling sound coming from your water heater. That's the sound of steam bubbles percolating up through the muck. On a gas water heater, the sediment creates hot spots that can damage the tank and cause premature failure. On an electric water heater, sediment buildup can cause the lower heating element to fail. So flushing offers a payback in lower energy bills and extended heater life.

However, if you've never flushed your water heater, or haven't done it in years, you could be in for a nasty surprise. As soon as you open the drain valve, the sediment will likely clog it and prevent you from closing the valve all the way after it's drained. Then you'll have sediment buildup and a leaking water heater. We'll show you the best way to drain the sediment out of even the most neglected heater and save a \$200 service call. You'll need about \$40 in plumbing parts from a home center, a garden hose, a wet vacuum, pliers and a pipe wrench.

Step 2: buy the parts



Shop vacuum adapter: Glue a 1-1/2-in. PVC x 3/4-in. FIP adapter (A) onto a female PVC trap adapter (B). This allows you to attach your vacuum to 3/4-in.

pipe. The barbed fitting (C) connects to 1/2-in. I.D. vinyl tubing.

Not only will an old drain clog up, but you won't be able to suck debris through its small opening. The key is to build a new drain valve with a 3/4-in. full-port brass ball valve with threaded ends, a 3-in. x 3/4-in. galvanized nipple, and a 3/4-in. MIP x G.H. garden hose adapter (one choice is the BrassCraft/Plumbshop No. HU22-12-12TP). Then build a shop vacuum adapter. If your shop vacuum has a 2-1/2-in. hose, buy a converter to reduce it to 1-1/4-in. (the Shop Vac No. 9068500 is one option). Then assemble a vacuum hose-to-plumbing adapter with a 1-1/4-in. x 1-1/2-in.

female PVC trap adapter, a 3/4-in. MIP x 1/2-in. barb fitting, a second 3/4-in. x 3-in. nipple and a 24-in. piece of 1/2-in. I.D. vinyl tubing.

Step 3: Start the draining process



Remove the temperature pressure release valve and screw in the vacuum adapter. Attach the shop vacuum hose and fire up the vacuum.

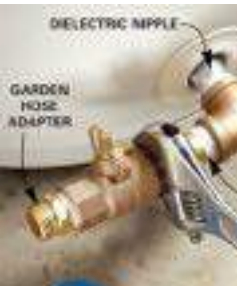
Shut off the gas or electricity to the water heater and open a hot water faucet and let it run full blast for about 10 minutes to reduce the water temperature in the tank. Then shut off the cold water valve at the top of the tank and attach a garden hose to the existing drain valve and route it to a floor drain. (Use a kitchen colander to catch the sediment so it doesn't clog the floor drain.) Then open a hot water faucet on an upper floor and the water heater drain valve. Let the tank drain until sediment clogs the valve and reduces the flow. Then close the upstairs hot water faucet and water heater drain valve.

Next, you'll remove the clogged drain valve and swap in the new full-port valve. But first, remove the blow-off tube and the temperature pressure release (TPR) valve and apply suction to the tank so you won't get soaked when you yank the old drain valve.



Step 4: Replace the old drain valve with a full-port brass ball valve

Remove the old valve. If it breaks off, saw the broken portion with a hacksaw blade until you hit metal threads. Then use a hammer and



screwdriver to chip out the pieces.

Remove the handle from the ball valve so you can assemble all the 3/4-in. fittings.



Unscrew the old drain valve and install the full-port valve (closed position). Attach one end of the garden hose to the valve and run the other end into a colander and on to the floor drain.

CAUTION! Remove the ball valve handle after you flush the water heater, especially if the water heater is located where people could walk by it and accidentally bump the handle. The valve could open and release scalding water, causing serious burns. (Twist-tie the handle to the valve so you don't lose it.)

While applying suction through the TPR port with a shop vacuum, unscrew and remove the valve by turning the plastic nut behind the knob. If the valve breaks, don't panic. Saw the broken portion with a hacksaw blade until you hit metal threads. Then use a hammer and screwdriver to chip out the pieces.

Step 5: Finish by removing the remaining sediments



Open the new ball valve and flush the sediment into a bucket. Let the water flow until it runs clear.

Remove the full-port valve and suck out the remaining sediment with your shop vacuum adapter and 1/2-inch vinyl tubing.



Remove the vacuum hose from the TPR port and flush the tank. Most of the sediment will flush out through the full-port valve. To remove the rest, open the cold water valve at the top of the tank in short bursts to blast it toward the drain. If you still can't get the last bit out, try vacuuming it using the 1/2-inch vinyl tubing and barbed fitting.

When you're done, close the ball valve and leave it in place. But remove the lever handle to prevent accidental opening. Then reinstall the TPR valve and blow-off tube. Refill the water heater and turn on the gas or electricity, and you'll be back in hot water without all the noise.

Good Luck!!

– T'it'q'et Housing

1

Temperature

Keep your hot water heater's temperature around 120 degrees to avoid scalding, especially if you have young children.

2

Space

Proper venting is essential with a new water heater. Maintain at least two feet of clearance around the water heater for proper ventilation.

3

Maintenance

Test the safety valve once a year. Let it drain completely to flush the sediment from the unit.

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, CHARLNE NAPOLEON

Energy Conservation Assistance Program application For aboriginal communities and residents of non-profit housing



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 Carillon Canada at 1-877-898-8242.

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 land-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is land 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) directly from my landlord/non-profit administrative office. Furthermore, I permit my landlord/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 (month/year)

FORTISBC account holder signature

Date (month/year)

(If there is a FORTISBC natural gas account associated with this 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 6Z9

OFFICE USE ONLY

Authorized signature

Meets LICO threshold

☐ Yes ☐ No

Thank you to White Buffalo Aboriginal & Métis Health Society

for their support in connecting T'it'q'et with our lawyer

Brenda Muliner is a family lawyer, who was born and raised in Kamloops, specializing in child apprehension matters and assisting aboriginal and low-income women with family court matters as counsel or duty counsel. Brenda has been practicing law since 1992 working previously as a poverty law staff lawyer with Legal Services Society and in general practice which included family, civil, administrative, immigration, and criminal law. Brenda has previously served on the board of MOSAIC and Inland Refugee Society in Vancouver and currently sits on the Elizabeth Fry Board as Vice President and has been on that board since 2005.

White Buffalo Aboriginal & Metis Health Society has been inoperation since June 2003

How it started: It was identified by Aboriginal women that the community did not demonstrate services that met the needs to support and heal Aboriginal Women, thus White Buffalo Aboriginal Women's Society and Resource Center was developed from those conversations and further visioning between Urban Aboriginal and Metis

leaders who took the next step in developing the society name and searching funding sources to support and meet the needs of Aboriginal Women in Kamloops. White Buffalo's conception arrived out of a 2002 vision to enhance and improve services for Aboriginal women and began as a gender specific service provider. The agency began its journey of service provision by focusing on gender specific issues and healing strategies for Aboriginal Women. Through the successful visioning to conception of the society; Aboriginal Women were empowered to speak and trust their words would be heard, they asked for improved services; such as what they themselves were receiving through White Buffalo and to ask the society to expand its services to further positively impact children, youth, men, parents and extended families. White Buffalo Women's Society and Resource Center listened and expanded their service delivery scope and title to progress to White Buffalo Aboriginal Health and Resource Society to encompass holistic traditional and western practices in servicing individuals and whole family compositions.

In 2012, the political titles and terms of Aboriginal required a defining of the agency title to ensure that all Aboriginal peoples were identified through inclusion within the title thus bringing our agency name to today's White Buffalo Aboriginal and Metis Health Society where we continue to empower, strengthen, lead and advocate for all individuals, children, adults and families in Kamloops and surrounding area.

FAMILY LAW ACT WORKSHOP IN T'IT'Q'ET

October 12, 2017
11:00 am – 12:30 pm

snacks will be available
prior to start.

Zawatetálhew

P'egp'ig'lha Information Centre Update

Hope everyone had a great summer, I hope all the students going back to school will have a great year of learning. I have been busy at Zawatetálhew, as we set up the community Library and Archives. We have a great selection of books about our local St'atimc area and books from local writers. We have set up the archives filled with important documents, meeting minutes from over the years. We also have a good collection of Maps of the St'at'imc area. All the maps are backed up to an External Hard Drive.

The last couple months I have been digitizing cassette tapes recorded from various Meetings dating back to the 90's. I have also backed up countless amounts of CD's that contain the St'at'imc Language and culture recorded from our elders throughout the years. The PIC will be accepting any cassette tapes that community members may want digitized to CD soon. A posting will be made when this is open to the community to come in and have precious Cassette tapes digitized.

Over the next few months, I will continue working hard in the P'egp'ig'lha Information Centre/Zawatetálhew through LTC Data Management Project, and will be uploading some information to the Library website that we will be launching.

I have set up an e-mail for the library, pegpiglha.library@gmail.com if you have any questions about the library/archives.

Hope to see you soon in the Library,



Welcome home Celebration

T'it'q'et has planned for years to have a Welcome Home celebration was held on September 23, 2018. The welcome home ceremony and celebration is intended as a healing and restorative process in welcoming our members home because many members still feel a sense of alienation. This is one step we envision that will assist in creating unity within the community. Different activities were organized throughout the day. Some of the activities included drum making, beading and tours of the community. It was a great time to visit, share meals and connect with family and friends.

The event was organized by volunteers:

Shelley Leech, Nora Greenway and Mildred MacKenzie.

Thank you to all the workshop leaders:

Audrey Fletcher, Luther Brigman, Ted Napoleon, Susan Napoleon, Shawn Scotchman, Matthew Davidson, Hatha Yoga (Rose) and Locka Abraham.

Thank you to the volunteer lunch cooks:

Laureen Weget, Ayee and Daxgyet Weget Whitney.

Thank you all for attending and being a part of the event.



photo credit: Sidney Scotchman 2017



T'it'q'et elder honoured at community gathering

Doreen Whitney started working as T'it'q'et Administrator, in 1985. When she started work Administration held a deficit and because there were no funds she volunteered to take a lay off then made the decisions to run for a council position. When she was councillor a motion was passed that funds received from the mill at that time called Ainsworth be put in a special savings account. BA Terms of Reference was developed which made it very difficult to access these funds as such the community began to accumulate savings.

It took a while to clear the deficit but when there were sufficient funds Doreen returned to work as Administrator. When she first started working the LDIC overseen the housing, education and social development programs and services for the Upper St'át'imc communities. Commencing with Social Development these programs were slowly devolved to the communities.

Doreen was faced with the challenge of constructing much needed housing for membership. At

that time the Department of Indian Affairs provided one subsidy a year which was used to construct one house. Doreen received approval from council to split the housing subsidy to build more houses. She developed close working relationship with a consultant of David Nair who advised her to include in application to the Department one housing subsidy for each house being constructed and to include fridges, stoves, washers and dryers which the Department approved.

Eventually more staff members were hired for bookkeeping, education, social development making it very crowded in the small office that used to be by the Ucwalmicw Centre. Doreen developed good working relationship with the Accountant who advised her to apply to the Department for staff benefits which she did and got approved. Staff members now have a Pension plan and health benefits.

In later years there were sufficient funds in the Restricted Funds for the community to obtain a bank loan to construct the Kwekwa Centre. At a community meeting member-

ship agreed to take out a loan from these funds to construct the cabins at Seton Lake. The Kwekwa Centre and cabins are now paid in full. The funds were also accessed as a loan to purchase the Retasket Springs.

Doreen worked with Education Coordinator, Charlene Machell in securing a journeyman carpenter to work with some community members in the construction of the Ucwalmicw centre. The journeyman later on worked with a few community members in the construction of the Kwekwa Centre, and Seton Lake Cabins.

On her last year as Administrator 10 houses were constructed on the new upper subdivision, roads paved with street lights, winter road maintenance in place, many houses renovated, the Ucwalmicw Centre construction completed, and staff were preparing to move into new Kwekwa Centre.

Doreen was the catalyst for the 2013 Ucwalmicw Centre and Thompson Rivers University Community Based Partnership Pro-



Doreen Whitney being honoured at Welcoming Celebration/ community band BBQ on September 23, 2017. Photo Credit: Sidney Scotchman

gram. The Centre's proposal of 1.4 million dollars was successful and three programs were delivered in two St'át'imc communities (T'it'q'et and Tsekwelwas) and at the local TRU campus in Lillooet.

St'át'imc members from all 6 Northern St'át'imc communities participated in Horticulture, Aboriginal Tourism and Adult Dogwood Programs. A total of approximately 45 students had the opportunity to not leave home to take university courses. This was such a help to the communities and to the individuals who participated in the three programs.

The Ucwalmicw Centre administered the programs. This gigantic effort was carried through primarily through the efforts of Doreen who did this largely without pay. Her commitment to education and training of youth is such that she volunteered her time to make sure that the St'át'imc had the opportunity to advance their skills and their quality of life.

When one looks back on the Horticulture program for which she had a passion, our community sees the benefit this has brought to T'it'q'et and its members. Community members Matthew Davidson and Felicia Scotchman

both transitioned from the school of agriculture into agriculture related jobs along with Adam Lingor in the Territory. Seeing such role models and the kinds of future work in horticulture, others may follow this field of study, mainly due to the efforts of Doreen.

Doreen's accomplishments were the result of her determination to not give up when times were tough. She wanted the best for her community, and she worked hard to pave the road for our future generations and leaders who may have similar goals and aspirations of a healthy and thriving community.

General Update from the P’egp’íg’lha Council

August 2017



OFFICE OF THE TRIBAL CHIEF

Report to the Community
September 24 2017
Tribal Chief Report
Shelley Leech

Interior Alliance –Chiefs Don Harris and Chief Darrell Bob, along with members of the Interior Alliance, travelled to the United Nations to address the issues of Treaty and lack of consultation with communities on political changes affecting them. The St’át’imc Chiefs who attended Geneva presented a report to the St’át’imc Chiefs Council outlining outcomes of the trip and recommendations for next time.

St’át’imc Chiefs Council (SCC) – The SCC meeting was held on September 13 at the Xax’tsa office in Mount Currie. The SCC did not meet in August.

- Some SCC communities signed on to take legal action against the Mine that caused the Mount Polley disaster. The SCC made a motion to enter into abeyance which preserves the right to litigate while determining the impacts from the disaster.
- I will now be participating in SCC finance committee.
- Jolene Patrick from N’Quatqua is working with the Province to have some signs put up in various locations to warn people of grizzly bear presence and to protect the grizzly bears. There is an opportunity for communities to put their logo on the signs. PC is working with Jolene to ensure T’it’q’et’s logo is included.

- SCC has new staff. Kathleen Smith is the new Administrative Assistant and Lenora Starr is the new Lands and Heritage worker.

Treaties –The discussions with the Secwepemc and the Tsilhqot’in on the overlaps continues. A meeting is scheduled at the end of the month in Vancouver during the UBCIC meetings. The Katzie are in treaty as well and have identified a large tract of Treaty lands including a large portion of the southern St’at’imc Territory. A letter from the SCC will be sent to Katzie and Canada. Samahquam was asked about the status of their treaty process and Chief William Schneider informed the SCC that the In-shuck-ch Society has been dissolved, and the 2 communities are using what they have in place to protect their lands.

St’át’imc Government Services – The Board has a new vacancy. It was suggested that the St’át’imc Authority may refer to the previous applicants for the position for a new appointment.

The 5-year review was discussed. There is a need to develop a process for evaluation and to secure the costs for the review.

Steering Sub-Committee – The Steering Sub-committee has not met for a while. There are internal issues that need to be addressed relating to budget and internal relationships.

Joffrey Lake – Lil’wat is working with BC Parks on the recreation issue. Chief Dean Nelson was informed that PC needs to be involved in some of the discussions as there is a safety issue as well as a need to protect the alpine areas and wildlife.

Forestry –

- Aspen Planers has stated that a huge loss of trees planted after harvesting has been lost. They have planted approximately one million trees and 85% was lost due to fire. Much of the resources for replanting will be going to the most affected areas. Replanting in the burnt area happens 3-5 years after a fire. The problem right now is there are not enough nurseries to grow the trees.

- If communities are not able to access fuel management funds from SWIPE or FNEESC, they may access funds from the Forest Enhancement Society.

- Forestry is fertilizing land areas. As well, the trees are being genetically altered to grow more resilient and faster growing trees.

- There will be a clean energy presentation for the next TSA meeting and the Forest Climate Action Plan will be shared as well.

P’egp’íg’lha Council

- The PC will be working with **POLIS** to bring a water workshop to the community. The POLIS Project on Ecological Governance is a centre for transdisciplinary research that investigates and promotes

sustainability. POLIS was established in 2000 by the Eco-Research Chair of Environmental Law and Policy at the University of Victoria and became part of the **Centre for Global Studies**

- Sid is continuing to work on the P’egp’íg’lha Information Centre through the Lillooet Tribal Council data management project. If members have resources that they would like to share or community pictures that we can copy, please contact Sid at 256-4118 ex 222.

P'egp'íg'lha Council

Natural Resources Bursary

Within the T'ít'q'et community, the P'egp'íg'lha Council (PC) is mandated to govern the community's Title and rights within the T'ít'q'et area of responsibility. The protection and stewardship of St'át'imc Title and rights includes caring for the land and natural resources that the Territory provides: **fish, wildlife, air and water.**

Vision from the P'egp'íg'lha Constitution, July 14 2007:

"The creator placed us here and that connection to the land can never be broken. The traditional ways, values and laws of our ancestors are held in the St'át'imc language and are written on the lands. Our Elders have passed them down in the stories to the children and grandchildren since the beginning. We are committed to working together to build our community in a good way that is based on the teachings of our ancestors"

A bursary is a non-repayable grant for all lifelong learning students. All students who lack resources to cover living and other education-related costs during their study period should apply for bursary assistance.

The goal of the **P'egp'íg'lha Natural Resources Bursary** is to fund students and alleviate some of the financial stress in completing an educational program which prepare them to gain employment in the natural resources sector (forestry, fisheries, hydrology, biology, wildlife, archaeology).

The purpose of the bursary is to support the development of self-sufficient, self-reliant members, who wish to pursue new life opportunities through education and training. Applicants must be enrolled in a Natural Resources related course at a college or university level.

All T'ít'q'et Band members who are enrolled full time in a post-secondary institution are eligible to apply. The bursary amount will depend on the number of applicants.
Application

Applicants are required to submit a letter of introduction (your opportunity to tell us all about you!) and a short one page letter to the P'egp'íg'lha Council explaining what course they are registered in and why they want to work in the natural resources sector.

The bursary will not be awarded until the candidate has complete the first semester of their course and have to pass all the courses they are enrolled in. The student will have to provide an official transcript from the school prior to the bursary being awarded.

Applications should be submitted to the:

P'egp'íg'lha Council,
Box 615,
Lillooet, BC, B0K 1V0,

Attention: Shannon Squire, Governance Advisor or via email at pegpiglha.council@gmail.com.

If anyone requires any additional information Shannon can be reached at 250-256-4118 ex 233

Application deadline is OCTOBER 18, 2017 @ 4pm

Accountability

Your application should include:

- Proof of First Nation (status, non-status)
- Proof of enrollment
- Official transcripts
- Letter of introduction
- Once reference letter
- Current resume
- Short one page letter explaining the course you are registered in and why you would like to work in natural resources.

Selection

The bursary award recipients will be selected by the P'egp'íg'lha Council or it's designate.

Medical Travel Information

Questions or concerns,
please contact Belinda at 250-256-4118 ext. 241
or email 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

T'it'q'et Health Centre Schedule

Rose Marie James, NP (F)
at Amawil’calalhcw (T’it’q’et Health Centre)

Oct 16, 2017.....1 PM – 4PM
Note: subject to change to Oct 18 for Elders Wellness Day

Whispering Day Spa– Marilyn Charlie
at Amawil’calalhcw (T’it’q’et Health Centre)
9am–3pm | 20 min. sessions

Oct 03, 2017.....9 AM – 2:30PM
Oct 19, 2017.....2:30 PM – 7:30 PM

It is necessary that clients arrive at least 5 mins before your appointment. The appointments are 20 minutes long with 5 mins on either side to change.

No shows or calling to late to fill the slot:

- Will not be permitted to schedule the following month, or
- Be charged for the time missed (\$25/each session missed)

Please call interim Medical Clerk Belinda Adolph 250-256-4118 Ext. 241 to book an appt.

Elders Wellness Day

Wednesday, October 18th, 2017

The start time not confirmed yet, until 3pm
(instead of the Elders/community lunch)

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LifeLine Representative – Randine will be here to share information on their services. (the bracelet if you fall)
Physiotherapist – Matt will be sharing information on Fall Prevention & what you can do to help yourself and the elders in your life.

Nurses – Natasha & Lindy – Blood Pressure readings, Blood sugar readings, etc.

Other possible guests Nurse Practitioner Rose Marie James, Pharmasave Pharmacist Carmen, a Reiki practitioner – these are unconfirmed at time of printing.

- Haircuts
- Nail painting
- Massage – just for the elders
- Basic footcare
- Special announcements
- And of course, LUNCH & DOOR PRIZES

Food Security Fundraiser

November 2018 @ P'egp'ig'lha Community Centre

Agenda

- ⇒ Update on Project
- ⇒ Thank you to Large contributions to first fundraiser
- ⇒ Leadership Speech
- ⇒ Dinner—Local Food
- ⇒ Casino Royal Auction
- ⇒ Entertainment



P'egp'íg'lha Council Supports the Planting of Whitebark Pine Trees on Mount MacLean



On September 15 and 16, **Bobby Vinnie** and **Felicia Scotchman**, joined consultant Randy Moody and volunteers **Chief Shelley Leech**, **Alicia Krupek**, **Federico Beaudoin**, **Ken Wright**, and **Ian Routley** in planting trees on Mount MacLean.

Whitebark Pine is in danger. It provides food to many species including grizzly bear, Clark's nutcracker and the red squirrel. It is also a traditional food for the St'át'imc. LTC has done a lot of work on Whitebark Pine and the P'egp'íg'lha Council (PC) wanted to ensure that we were doing our part. Randy Moody applied on the PC's behalf for funding to try to get more Whitebark Pine trees planted on Mount MacLean. There was only minimal funding awarded but the project went ahead with a short time line.

Whitebark Pine is classed as an Endangered Species on Schedule 1 of the Species at Risk Act (SARA) due to the combined effects of white pine blister rust, mountain pine beetle, fire and fire suppression and global climate change.

Thanks to the volunteers, Randy Moody, Chief Shelley Leech, Bobby Vinnie and Felicia Scotchman for their participation in this project.



Chief and Council & Administration Report

ACRES Funding Approved 2017/18

The ACRES funding approved by Indigenous Northern Affairs Canada (INAC) for infrastructure funding is \$145, 448. ACRES report identifies work to be done and priorities. The larger component is the replacement of the PRV station for the upper bench 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.

Safety Management Plan

Roxx Ledoux, St'at'imc Eco-Resources (SER) has reviewed the safety management plan with staff on June 15, 2017. Roxx will still be providing a process in the threat of staff such as the Xwisten event.

First Peoples' Cultural Council Proposal

The youth involved with the film making training is completed. The youth included Sarah Napoleon, Lisa Stager, Tabitha Leech and Marie Scotchman. Lakota James, new language coordinator joined the team as well. The youth will show the film at the next band

meeting set for September 24, 2017. Then the video will be posted to Facebook, YouTube and the new website.

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 term communications officer to work along with website developer to ensure it is completed by beginning of September 2017.

Community Wellness Counsellor

The wellness counsellor position has been re-advertised since March 2017. A second round of interviews was conducted on July 17, 2017. It was decided that the position will be reposted.

Policy Writer Posting

Dean Billy is hired as the contrac-Dean Billy is contracted to assist with completing the policies after the work Council did with Price Waterhouse. We need to review our current policies and determine which components need to be incorporated into the templates . A date needs to be set to start the work with Dean.

New Website

The new website is expected to go live at the beginning of September 2017. We are currently working with Kirsten on an annual report. It will be posted on new website. It will depend on quotes to determine if there will be hard copies made available.

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 | |

October 2017 Horoscopes

Libra (Sept 23–Oct 22)

Venus will impact the Libra career and health in October 2017. Professional growth depends on persistence. Jupiter will enhance your wealth. Divorces and marriages are possible due to the Lunar eclipse. Health can be improved with more relaxation.

Aries (Mar 21–Apr 19)

Independence and enterprise will not work for you in October 2017. Instead go for compromise and cooperation. Professional growth is superb. Financial prospects are wonderful. Jupiter will help you to get married if you are a single. Be careful about your health.

Taurus (Apr 20–May 20)

Taurus, your spiritual beliefs and guides will change in October 2017. Jupiter and Neptune are favorable for your career. Finances are wonderful while love Relationships are complicated and pregnancy will need to be planned.

Gemini (May 21–Jun 20)

Mercury will make Gemini people more spiritual in October 2017. If you are unemployed, you will get a good job. The Solar eclipse will affect your love life adversely. Moon will make your financial journey erratic. Health will be good.

Cancer (Jun 21–Jul 22)

October 2017 will be a tough month for Cancer individuals. The Cancer personality will undergo a major transformation due to the Lunar eclipse. You may change over to a new job. Finances and relationships are stressful. Health is below par.

Leo (Jul 23–Aug 22nd)

Mars will make professional life hectic for Leos in October 2017. Your spiritual beliefs will undergo a major shift. Money will be spent on charities. Singles will form many love relationships for fun. Health will be stressful.

Virgo (Aug 23–Sept 22)

Jupiter will help Virgo people to expand their intellectual base through studies and travel in October 2017. Career targets are completed successfully. The eclipses will force you to change your financial plans. Love is not serious but will be more enjoyable. There will be no complaints about your health.

Scorpio (Oct 23–Nov 21)

Scorpio will look for new spiritual beliefs in October 2017. You are free to do whatever you want in life. Jupiter will help you to change your job with better prospects. You will spend on buying luxurious items. Planets will make you highly charming and lovable. Health management is in for a radical change.

Sagittarius (Nov 22–Dec 21)

Friendships will be on the radar this month for the Sagittarius and strong ones will survive. Finances are tough and highly erratic. Love relationships are highly confusing. Only positive thing is health which will be wonderful.

Capricorn (Dec 22–Jan 19)

Capricorn people should avoid risks in October 2017. Jupiter will help your career ambitions. While Jupiter is helping your finances, Uranus is trying to slow down your prosperity. Love relationships are more for entertainment.

Aquarius (Jan 20–Feb 18)

Career goals will dominate over domestic issues for Aquarius people in October 2017. Uranus will alter your spiritual faculties. Jupiter will make your professional growth exceptional. Financial management will be challenging. Family environment will undergo significant changes. Sex life will be fabulous.

Pisces (Feb 19–Mar 20)

You will be overwhelmed by the strange events in October 2017. Be happy they will be positive for you in the end. Career is subject to important changes. Finances are wonderful, but more effort has to be put in. Diplomacy is necessary to maintain good social relations. Health can be improved by natural food health benefits.

November 2017 Newsletter Submission Deadline Monday, October 23rd 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



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