



September 2017

T'ít'q'et Newsletter

Back to School,

Community Events

Sept

September 4th
Labour Day – Statutory holiday

September 21st
P'egp'ig'lha Council Meeting
9:00 am

September 5
Back to school – Classes begin

September 23rd
Welcoming Celebration



Recycle Day
September 6th

September 24th
Community Meeting

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

September 28th
Elders Council Meeting
10:00 am

September 20th
Carter Hearing 9 am–3:30 pm
Elders Luncheon 11:30 am–2 pm

Oct

October 16th
T'it'q'et Council Meeting
9:00 am

October 26th
Elders Council Meeting
10:00 am

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

October 30th
Joint Council Meeting
9:00 am



Community Yoga with Rose

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

WEDNESDAY EVENINGS

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

15 min break followed by

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

Tea and snacks provided

Please come 15 min early for registration.

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

Cleaning supplies provided

Starting on September 15th

Every Friday, 10-2pm

@T'it'q'et Preschool



(St'at'imc Little Ones)

Drop-in program for First Nations parents/caregivers and their children 4 and under

Schedule:

10-12: cooking a healthy meal together and socialize, kids play

12-2: Eat and clean up

At least one Community Health Nurse will be available to weigh babies, answer questions and share information throughout

Come out and enjoy:

- FREE healthy meal
- \$10 gift certificate for First Nations band members on and off reserve who are pregnant or with children 4 and under.
- Child friendly environment with toys
- Connecting with other parents

For more information please call: 250-256-7017 or 250-256-4800 ext: 1202



St'at'imc Skuza7 means **St'at'imc little one** and is a drop-in style perinatal program designed for:

- Pregnant women and their partners
- Parents and caregivers with children 4 and under

St'at'imc Skuza7 is a culturally safe and non-judgmental place for families to connect in an informal way with health care providers and other caregivers.

Where & When? At the T'it'q'et Preschool: #44 Retasket Drive, Lillooet, British Columbia

Every Friday from 10-2pm Except for holidays

Schedule

10-12 prepare a healthy meal together, socialize, kids play

12-2 Eat, socialize, kids play

At least one Community Health Nurse from Lillooet Health Centre and/or Xaxli'p Health will be on site from 10-2 to answer health related questions and do baby weights throughout.

Gift Cards

- Whoever attends with the child is eligible for gift card (mom, dad, aunty, grandparent...etc.)
- One \$10 gift card available each week, per family (household)
- Must be pregnant or have child/children 4 and under
- Must sign in, for statistics purposes
- Available to first nations band members (at least one parent and/or child)
- Available for on and off reserve members.

Why Come?

- A reason to get out of the house
- Free Lunch!
- Learn new recipes
- Share your favorite recipes
- \$10 gift card for attending
- Meet other parents with kids
- Nurse always available to answer questions
- Get your baby weighed and measured
- Access to resources, information and material related to family life
- Drop-in style means you can come and go as you please, even if you just want lunch!
- Dads, grandmas, aunties or other caregivers welcomed if attending with child.
- We are open to your ideas to make the group into what you want it to be; language, crafts, outings...etc.

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs which stick to strands of hair very close to the scalp. Once the egg hatches the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 6 to 12 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?

No, head lice do not cause illness or spread disease. However, they can be irritating because of the discomfort they cause and how easily they are spread from person to person.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes, and combs.

How do I prevent the spread of head lice?

Head lice can best be controlled through the cooperation of parents, children, daycares, schools, and health care providers. Checking the hair of all family members weekly using the wet combing method is the best way to prevent the spread. Children should be encouraged not to share hats, combs, hair accessories, or hairbrushes. If your child has long hair, tie it up or put it in a braid.

What are the symptoms of head lice?

Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:

- crawling or tickling sensation on the scalp;
- itchy scalp due to an sensitive reaction caused by the bites; and
- scratch marks or small red bumps like a rash.

How can I tell if my child has head lice?

The most accurate way to check for head lice is the wet combing method:

- Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find.
- Use a wide tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner.
- Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
- After each stroke, wipe the comb on a paper towel and check for lice.

If no lice are found, repeat the above process weekly as part of your family's hygiene routine. Having head lice once does not prevent someone from getting them again.

What are safe options for treating head lice?

Treatment should be considered only if live lice are found. Head lice will not go away without treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments are done following the same steps used to check for lice. Any young lice, that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full series of sessions. Use generous amounts of hair conditioner and a special lice comb, every 4 days for at least 2 weeks. If lice are found on the final combing, add one more combing in 4 days until no live lice are found.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit at www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities for complete instructions on the wet combing method.

Chemical treatments

Non-prescription products – Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate, and dimethicone.

These products may not be appropriate for children or adults of all ages, so speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label.

After treatment, the hair should be checked and eggs and lice should be removed. The nits may also be removed, although you don't have to remove them, as nits are empty eggshells.

Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment. Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing

method to check for lice. If lice are found, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

The medications should be kept out of the reach of young children. Some medications cannot be used for infants, young children, pregnant or nursing mothers and should only be used following advice from a health care provider.

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. The child should be encouraged to avoid head-to-head contact with other students until after their first wet combing or chemical treatment. Parents should check their child weekly for head lice using the wet combing method.

Confidentiality should be maintained in order not to embarrass a child or family who has head lice.

When should I call my health care provider?

Call your health care provider if the treatments are not successful. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Methods and products that should not be used because they are either not safe or do not work include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs, and hairbrushes that have had contact with the head of the person with head lice in the previous 3 days, could be considered for cleaning in hot soapy water. Also clean supplies that you used for wet combing in hot soapy water.



Notice to CMHC Tenants (Section 95)

Please note:

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

Please email Charlene at housing@titqet.org if you would prefer having your monthly statement emailed to you instead of being mailed.

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

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

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

the following steps:
First written warning;

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

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



Film Still: Project X (2012)

Important Notice

Attention: T'it'q'et Tenants

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

– Administration

Rancheree Volunteer Group Notice

Upcoming fundraisers:

Thur Sept 7- Bingo Elks Hall. Doors open at 6pm. Cashball. Merchandise Must Go!

Thur Sept 21- Bingo Elks Hall. Doors open at 6pm. Cashball, Merchandise MUST GO! Progressive Proper 7 increased

Check our Fb page for current numbers and merchandise!
www.facebook.com/RanchereeHomemakers/



Looking forward to seeing all the community support!

Special shout out to Lacey LaRoche for another generous donation of prizes for our fundraisers. Thank you!

Gentle reminder to the community:

The Rancheree Volunteer Group fundraises all year round to host holiday parties for the community, such as Easter, Halloween and Christmas. We also provide modest financial assistance to community member in times of medical emergencies and passing of loved ones. We enjoy providing this service to the community **BUT we can't do it alone**. We kindly ask that our fellow community members step forward to donate their time and/or resources for our fundraisers and special events, especially those who have received our financial support from us in the past. Please pay it forward! If you are interested in volunteering on a regular basis, please contact Charlotte Halls or Lisa Stager who are sharing the responsibility of coordinating our group. If you are available to volunteer on a casual basis just comment on our FB posts. All donations can be brought the advertised fundraiser or dropped off at the P'egp'ig'ha Community Centre.

Kukwstumúlhkałap



Images Left: Keely Weget- Whitney Fraser
River Swim by Ian Routley, 2017

Fraser River Swim

On Sunday, August 6th, 2017, 9:30 AM, T'it'q'et member, Keely Weget-Whitney swam the Fraser River from Cayoosh Creek Campground to Lytton, BC. The swim is a part of FraserFest 2017, a three week festival in August that celebrates our watersheds with a series of river adventures and wild salmon feasts in communities along the Fraser River. Keely's personal goal is to "inspire action, raise awareness about environmental threats and solutions, and engage communities in public education and community outreach".

According to an article on *Rivershed Society of BC* Keely mentions her inspiration came after participating in a leadership program called "Sustainable Living" in 2011 with Fin Donnelly. The program involved a 1,400-kilometre expedition by boat, raft and foot. This program was the start of her new perspective on being a leader within the community and the responsibilities that come along with being a leader. Weget-Whitney states, "I encourage indigenous communities to be aware of the neglect; witnessing the

headwaters so pure and clean turn into a muck polluted ecosystem for the salmon and dependent species".

However, her journey in the Fraser from Lillooet to Lytton is not her first swim to raise awareness. Keely Weget-Whitney is an experienced swimmer. Aside from being a lifeguard, she has also participated in a swim in 2015 for an event where FraserFEST culminated in collaboration with 4th annual Salish Sea Gathering.

"The salmon are the lifeline to 50 other eco-systems. When they're gone, everything else will suffer"

Salish Sea Gathering was created to bring awareness to how the Kinder Morgan pipeline expansion threatens the Fraser River and Salish Sea. Keely, a part of a group of four First Nation's swimmers who crossed the Burrard inlet from the shore at Kinder Morgan to Whetah-Wichenin in the strong current.

Now, in 2017 after years of preparation Keely took on the mighty Fraser River, the longest river within British Columbia. The original plan for her swim was 64-kilometre swim from Cayoosh Creek to the mouth of the Stein River north of Lytton. Subsequently, she swam even further than that towards Lytton. She told the *Lillooet News*, "I was handling the swim very well, so I just kept going".

She prepared for her swim by swimming 10km in the Fraser River a week prior to the event. According to an article in the *Lillooet News*, Keely said the Fraser River was "really warm [in contrast to her training in Seton Lake]—I didn't get cold once when I was swimming."

A sad and scary fact Keely shared with the *Lillooet News*, "The salmon are the lifeline to 50 other eco-systems. When they're gone, everything else will suffer — the bears, eagles, our own people."

—
Congratulations Keely on the success of your swim, we are all so proud of your accomplishments.

AMLEC

Food Security

We would like to thank the following volunteers for their generous time and assistance in the kitchen and Farmer's Market:

- Sarah Moberg
- Monique Kane
- Heather Mees
- Mia Perez
- Sasha Riley

Thanks for understanding that.....
“It’s all for the greater good”



Sprinkling Regulations are in Effect Stage 1 Water Conservation Measures:

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

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



Housing Policy: Dogs

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

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

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

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

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



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoK1Vo

phone (250) 256 4118
fax (250) 256 4544

Changes to Medical Travel

- 1. Same-day meal added for all Kamloops trips
- 2. Top-Up rates decrease

EFFECTIVE SEPTEMBER 1ST, 2017

Good news! Same day trips to Kamloops (regardless of the actual length of the trip) will receive \$10/patient or medically-authorized escort towards a meal.

Not-so good news...

Due to budget constraints, the Medical travel 'top-up' will be reduced to reflect the original purpose, to top-up the travel funds.

For example – In the past, when the Medical Travel provided formerly through Health Canada was \$0.20/km, the top-up was \$31.60 for a trip to Kamloops.

Whereas, three years ago the First Nations Health Authority increased the rate to \$0.23/km; therefore, the top-up will be **decreasing to \$21.34**

T'it'q'et Administration & Amawil'calhcw Health



**STOP INVASIVE
SPECIES IN
YOUR TRACKS.**
PlayCleanGo.org



IT'S EASY TO GIVE INVASIVE
SPECIES THE BRUSH OFF AFTER
ENJOYING THE GREAT OUTDOORS.

Hunting season is just around the corner.

The Lillooet area is an amazing place to enjoy the great outdoors. Outdoor enthusiasts have so many activities to choose from. There are awesome trails for hiking, mountain biking, horseback riding, and off-road vehicle riding. There are great areas to go camping and hunting and incredible fresh-water systems to canoe, kayak and motor boat. Hunting season is upon us and some hunters don't realize how easy it is to spread invasives through those activities. Invasive seeds can collect in boot and tire treads (off-road vehicles and trucks), on boats and their parts, on their horses and dogs and in their

hay and firewood. Seeds can also collect in hunting gear. When seeds collect like this, they are easily moved from one place to another, often causing a new infestation to occur in new places.

It doesn't take much for people to brush off or hose down their gear to help stop the spread of invasive seeds. Boot brushes and hoof picks are great for cleaning out boot treads and horses' feet. Hosing down bikes, and both on- and off-road vehicles helps to remove seeds from your gear. Picking seeds off of horse and dog fur, and off your pants and socks helps collect hitchhiker seeds. Don't forget to

put the seeds into a sealed bag and put into the trash. Burning local firewood in your campfire helps ensure there's no seeds lurking in your wood. Also, horse owners can haul certified weed free hay to ensure weeds aren't being moved into an area in the hay. All these preventative measures don't take much time or effort and they can really help keep invasives out of our wild places.

For more info, check us out at Iriss.ca and on facebook. Or email us at Irinvasives@gmail.com.



**AVINO SILVER &
GOLD MINES LTD.**

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March 21, 2017

Re: Arsenic Fact Sheet

At Avino Silver & Gold Mines, we take environmental stewardship very seriously and understand that clean water in lakes, streams and rivers is of vital importance to the St'at'imc way of life. When Avino took control of the Bralorne Mine in late 2014, we inherited a number of legacy environmental liabilities which became our primary focus from day one.

Since 2014, Avino has invested millions of dollars and countless hours to make the historic site safe and clean for present and future generations. We have revamped our tailings storage facility, installed a state of the art microfiltration water treatment plant capable of cleaning all mine drainage water during even the most voluminous spring freshets. We have begun reclamation studies and planning to ensure that we leave the site in pristine condition after mining activity finishes in the future.

On top of the investments we have made in environmental stewardship, Avino has also made a point of being very thorough and transparent with respect to our environmental monitoring and reporting. Every three months, representatives from Avino and Bralorne meet with members and representatives from the T'it'at, Xelsten, Tsil'ath and N'Quatqua communities and the Provincial Government to discuss our performance in this regard.

A suggestion that came out of these quarterly meetings was to assemble a fact sheet about arsenic that would present information about arsenic to community members. We understand that there are a lot of rumors and misconceptions about the nature of arsenic as well as our ability to keep it out of local waterways. The intention of the fact sheet is to shed some light on the subject and put people's minds at ease with factual information on the subject. The fact sheet was assembled as a joint effort between Avino / Bralorne, Lorax Environmental Services and the British Columbia Ministry of the Environment.

We are happy to provide the facts about arsenic to our local communities. Please distribute this fact sheet and let us know if you have questions. Questions can be addressed to Charles Daley (cdaley@avino.com).

This factsheet answers questions you might have about arsenic. It was prepared by Lorax Environmental Services Ltd. and Avino Silver & Gold Mines Ltd.

Where does arsenic come from?

Arsenic occurs naturally in rocks, water and soils. It commonly occurs at high levels in gold ores, like those found at the Bralorne Mine. Arsenic sources include natural processes (such as erosion), industrial discharges, arsenical pesticides, and smelting.

Similar to table salt dissolving in a cup of water, arsenic can dissolve in water through natural erosion of certain rock types. Once dissolved, arsenic can travel and move with the water.

How does arsenic from the Bralorne Mine enter the environment?

There are two main sources of arsenic from the mine:

- 1) Groundwater flowing out of the underground mine, which contains elevated arsenic concentrations in water. This water is treated to remove arsenic, and then released to Cadwallader Creek.
- 2) Mine tailings, which are a mixture of crushed ore and water stored in an engineered pond near the mine. This facility releases a small amount of water and arsenic to Cadwallader Creek.

Where does arsenic from the mine go?

Arsenic in water from the mine mixes with the water in Cadwallader Creek, which flows into the Hurley River. The arsenic becomes more and more dilute as it travels from the discharge point. By the time the arsenic reaches the Hurley River near Gold Bridge it is so dilute that no increase from natural levels can be measured.

How does arsenic enter and leave my body?

Arsenic in drinking water is absorbed in the gut. Because arsenic naturally occurs in soil and water, a small amount also occurs in food and is absorbed by our bodies. Skin-

contact with arsenic in water is not harmful as it is not absorbed through skin.

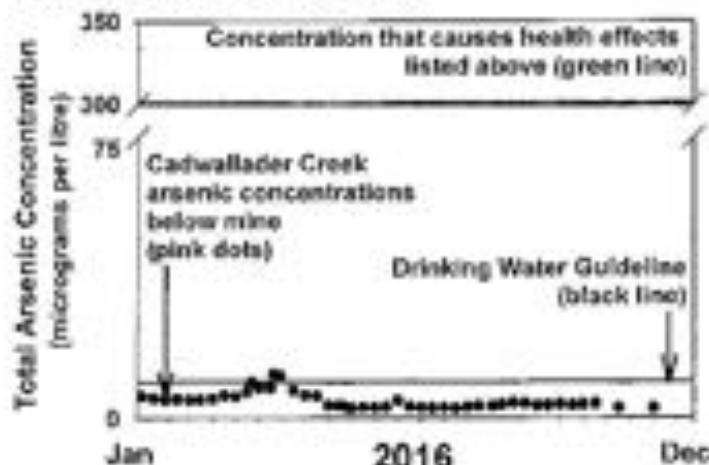
Our bodies are prepared to eliminate chemicals, like arsenic, that are not useful. Therefore, our bodies remove arsenic mostly through urine, with smaller amounts also removed through hair, skin and nails.

How much arsenic is okay?

Effects from arsenic depend on how much of this element enters our bodies. Drinking water with about 300 to 30,000 micrograms arsenic per litre may cause effects like nausea, vomiting, diarrhea, numbness or tingling in the hands or feet, skin darkening or growths¹. Consumption of these levels of arsenic may also increase the risk of liver, bladder, or lung cancer.

Health Canada set a drinking water guideline of 10 micrograms arsenic per litre. The guideline is based on lifetime exposure to arsenic from drinking water, and considers the ability to measure arsenic and to remove it from drinking water supplies.

When the mine is discharging, Cadwallader Creek typically has 4 micrograms arsenic per litre downstream of the mine—well below the guideline. Arsenic slightly exceeded the guideline for a brief period in 2016, but the exceedances were short-lived and far below levels that cause the effects described above.



The amount of arsenic a person can eat or drink daily without risk of negative (non-cancer) effects is calculated as 0.3 micrograms arsenic per kilogram body weight¹. This calculation assumes a small adult (55 kg or 120 lb) drinks 4.5 litres of water a day containing 9 micrograms arsenic per litre, and eats 2 micrograms arsenic per day in food. Arsenic levels in Cadwallader Creek are about half of the levels assumed for the calculation.

At what level does arsenic affect wildlife?

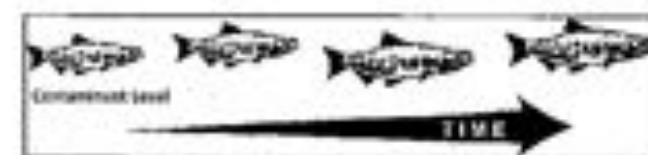
B.C. Ministry of Environment set a guideline of 25 micrograms arsenic per litre to protect wildlife, including birds and mammals.

Arsenic levels in Cadwallader Creek are typically well below the established wildlife guideline.

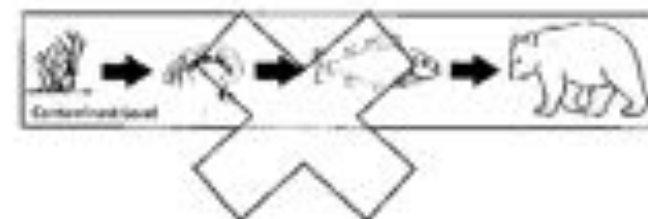
Does arsenic bioaccumulate or biomagnify?

Arsenic can bioaccumulate in animals from things they eat and drink. However, arsenic does not move up the food chain, so when one animal eats another the arsenic is not transferred from one to the other. Therefore, arsenic is not expected to biomagnify in organisms that use Cadwallader Creek.

Bioaccumulate means a contaminant increases in an organism over time from eating, drinking, and the environment.



Biomagnify means a contaminant increases as you move up the food chain. Arsenic does not biomagnify.



What if arsenic from the mine increases?

There have been rare events when mine operations discharged more arsenic than normal. One event in 2015 increased arsenic levels in Cadwallader Creek above the drinking water guideline from February to April. A human health and ecological risk assessment¹ (HHERA) conducted immediately after the event found:

- There was low risk to humans as the arsenic was very dilute (<5 micrograms per litre) by the time it got to drinking water and fishing streams (Hurley River).
- Local plants were not expected to absorb much of the arsenic because the event occurred in late winter.
- Wildlife that drank from Cadwallader Creek were potentially exposed for one day to levels above the wildlife guideline of 25 µg/L. The short duration at low level would not have effects and animals eliminate it from their systems over time.
- Arsenic in wildlife does not pass up the food chain to humans due to the conversion from inorganic arsenic.

What is the Bralorne Mine doing about arsenic?

Activities at the Bralorne Mine are regulated by the B.C. Ministry of Environment and B.C. Ministry of Energy and Mines.

Water pumped from the underground mine is treated before it is released to Cadwallader Creek. The treatment process removes most (>95%) of the arsenic from the water.

Avino regularly monitors the underground mine water, treated water, and Cadwallader Creek to identify changes in arsenic levels. Fish and invertebrates in the creek are also monitored to track potential effects from mining activities.

Risk Summary

The guideline for drinking water is 10 micrograms per litre, and the guideline for wildlife is 25 micrograms per litre.

Cadwallader Creek typically has 4 micrograms arsenic per litre downstream of the mine. There is no drinking water license on the creek and the area around the mine is not commonly accessed for hunting or harvesting plants. When arsenic from the mine reaches the Hurley River, it is so dilute that no increase from natural levels is measured. Therefore, arsenic effects to humans and wildlife from the Bralorne Mine are not expected to occur.

Where can I get more information?

HealthLinkBC-Arsenic in Drinking Water
<http://www.healthlinkbc.ca/healthfiles/hfile49c.stm>

¹ Agency for Toxic Substances and Disease Registry, 2007. Toxicological Profile for Arsenic. U.S. Department of Health and Human Services. August 2007.

¹ Lorax Environmental Services Ltd., 2016. Bralorne Gold Mine Human Health and Ecological Risk Assessment: Relating to Release of Untreated Water. Prepared for Bralorne Gold Mines. 16 February 2016.

T'it'q'et

SPECIAL EVENTS



Sat

September 23, 2017

Welcoming Celebration

Event for new T'it'q'et members

12:00 – noon

meet community members,
community organizations, &
councils

1:00 PM – 5:00 PM

Cultural workshops

- Drum making
- Cedar rose making

Tours to:

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

6:00 PM – midnight

Special feast to welcome new
members

- Gift Giving
- Cultural entertainment
- Performances by community
members

Sun

September 24, 2017

Community Meeting

T'it'q'et Community Meeting

9:00 AM – 2:00 PM

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

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

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

WILDFIRE PREVENTION

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

Due to high wildfire risks absolutely NO off-roading

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





Lillooet & District REC Centre

Community Registration Day!

When: Saturday September 9th

Where: Lillooet REC Centre

Time: 10am-2pm

**PLUS: Hockey Gear Swap in Minor
Hockey Concession**

930 Main Street

250-256-7527

rec@lillooetbc.ca

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 (bloodwork, x-rays, ultrasounds...etc.)
- 3. Prescribe medications (excluding narcotics and controlled substances)
- 4. Perform pap smears
- 5. Provide referrals



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COMMUNITY CENTRE

T'it'q'et Health Centre Schedule

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

Sept 01, 2017
Sept 11, 2017
Sept 15, 2017 (Teen Clinic 12 - 1:30PM)
Sept 22, 2017 (Teen Clinic 12 - 1:30PM)
Sept 29, 2017 (Teen Clinic 12 - 1:30PM)

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

Sept 07, 2017 during the day.
Sept 21, 2017 for afternoon/evening.

Please call Medical Clerk Nicole Napoleon
250-256-4118 Ext. 241 to book an appt.

Welcome to our new staff member

Hello T'it'q'et

My name is **Belinda Adolph**. I am the temporary **Medical Clerk**, started August 16th, 2017. My parents are Brian Edwards and Cindy Adolph.

Please be patience with me as I have a lot to learn in the process. I come into this position with confidence to help you all.

Important procedures to ensure quick service

1. Medical Travel Application Forms to be filled out for **each** appointment along with a copy of time and dates of appointments.

This helps me understand the travel expences:

- who is escorting if escorting is necessary
- how many lunches must be provided
- Are accomodations needed
- Whom the cheque is made out to
- top ups if applicable

With your Medical Travel request forms please provide your status numbers on each form. If you need a form e-mailed to you, please don't hesitate to contact me and I'd be sure to get one to you.

Email: medicalclerk@titqet.org

2. Confirmation cards must be returned to me so they can be documented and filed showing that you have attended.

3. If there are rooms booked and its reimbursement, we need a copy of the **final receipt** so we can reimburse accordingly.

Thank you all for your patience.

Sincerely,

Belinda Adolph
(250) 256-4118 Ext.241
medicalclerk@titqet.org

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.

GardenSmart

composting with care in bear country

On-site backyard composting is the most effective and environmentally-friendly way to manage the organic ‘waste’ your home produces. Your compost will not be a bear attractant if it is maintained correctly and other attractants are managed responsibly.

Did you know... Bears require up to 20,000 calories per day before hibernation. That’s equivalent to **40 hamburgers and 40 ice cream sundaes!** Once they find an easy food source they will keep returning to it. Don’t let them discover food at your home!

STEP 1
Be Unattractive
Ensure that your yard does not provide easy, unnatural food sources for bears.

- Bear attractants include:**
- odorous garbage
 - unwashed recycling
 - fruit-bearing plants
 - bird feeders
 - dirty barbeques
 - accessible pet food
 - poorly-maintained compost

It’s good to know... Only 2% of bear sightings in 2010 involved a compost bin. Over 85% of bear sightings involved garbage or fruit. **It’s up to you** to keep your property free of bear attractants and help keep black bears wild and in the forest.



Photo courtesy Michael Allen

STEP 2
Work Together
Collaborate with your neighbours to ensure that your immediate neighbourhood follows all the preventative measures to reduce human-bear conflicts.

STEP 3
Go Big on Brown
Maintain a healthy compost bin to prevent odours that can attract bears. The key to a healthy compost bin is **equal proportions** of **brown** materials and **green** materials. The bacteria that do the majority of work in your compost bin require nitrogen-rich **greens** and an equal or greater volume of carbon-rich **browns** (carbon-rich material) in order to create healthy, odourless compost.

Browns should be added with every single addition of kitchen scraps, covering the scraps completely in layers no more than 4 inches thick. You will need to collect **browns** (fallen leaves) in the autumn to have enough to last the year, or use other materials listed on the reverse.



STEP 5
Bury Fruit
Large volumes of fruits or other particularly odorous **greens** should be composted in the following manner to make their odours undetectable to bears: dig a hole in the compost and bury under at least 12” of soil.

Make it a habit...
Put your garbage out only in the morning on your collection day. Don’t encourage bears to scavenge while you sleep.



Did you know... low quality household paper products, such as **tissue paper, egg cartons, paper towels, paper bags and cardboard rolls**, are a great source of browns for your compost bin!

GardenSmart Tip:
A simple **electric fence** can be used to keep bears away from fruit trees, vegetable gardens and beehives.

What to Compost:

Greens ✓

- Fresh grass clippings
- Plant trimmings
- Fruit and vegetable scraps
- Coffee grounds
- Tea bags
- Human hair
- Animal fur
- Manure

Browns ✓

- Fallen leaves
- Sawdust
- Straw
- Newspaper (torn into 1” strips and crumpled)
- Tissue paper or kraft brown paper
- Paper towels or napkins
- Cardboard (toilet paper rolls, egg cartons, corrugated cardboard torn into small pieces)
- Coffee filters
- Dried grass clippings

Other Acceptable Materials ✓

- Rinsed and pulverized eggshells
- Small amounts of fireplace ash
- Floor sweepings
- Dryer lint

Unacceptable in Bear Country ✗

- Meat
- Fish
- Bones
- Grains, rice or pasta
- Dairy
- Grease or oil
- Charcoal briquettes
- Dog or cat feces and kitty litter (for health, not bear reasons)

DISASTER CHECKLIST

FOR PARENTS AND FAMILIES



Get Ready. Get Safe.

Do you have a plan in place to help ensure your children are safe and secure if a disaster strikes? If the worst happens, your children will look to you to know how to react and respond. Use this checklist to help prepare and keep your children safe in a disaster.

MAKE A FAMILY PLAN

Before a disaster strikes, make sure you and your family all know these details to help stay safe.

YOU AND YOUR FAMILY SHOULD DETERMINE:

- ☐ Which facilities will be used as shelters in your community in case of emergency
- ☐ A designated meet-up location if your family is separated
- ☐ A family contact outside of your area who would not be affected by a local disaster

TEACH YOUR KIDS

Your children may need to act in an emergency.

MAKE SURE THEY KNOW THE FOLLOWING:

- ☐ Basic personal information to identify themselves if separated from you
- ☐ Home phone number
- ☐ How to dial 911
- ☐ Family's meet-up locations
- ☐ How to reach the family's out-of-town contact

HAVE A COMMUNICATION STRATEGY

Communication systems are often unreliable during emergencies. Be sure to have a back-up plan.

- ☐ All family cell phones should have "ICE" (In Case of Emergency) programmed into their phone's contact list with all family phone numbers plus out-of-area contacts.
- ☐ Remind family members that text messages often get through in an emergency, even when a phone can't.

CREATE A GO KIT

Prepare a backpack or portable bag for each family member with essential hygiene items and contact information in case you need to leave home.

BE SURE TO INCLUDE:

- ☐ Each child's contact and medical information
- ☐ Recent photos of each child
- ☐ Comfort food and treats
- ☐ Activity items like books, puzzles and games
- ☐ Comfort items like a stuffed animal or blanket

STOCK UP AT HOME

In addition to basic survival items like water, flashlights, a battery-powered radio and extra batteries, have these kid-friendly supplies on hand.

NON-PERISHABLE FOOD

- ☐ Nursing supplies
- ☐ Formula
- ☐ Pre-packaged baby food
- ☐ Ready-to-eat canned foods and opener
- ☐ Juice pouches
- ☐ Non-perishable pasteurized milk
- ☐ Dry cereals, protein bars, fruit snacks
- ☐ Nuts and nut butters
- ☐ Vitamins

MEDICAL SUPPLIES

- ☐ Fever reducer
- ☐ Antibacterial ointment
- ☐ Rash ointment
- ☐ Each child's medications

PERSONAL HYGIENE ITEMS

- ☐ Baby wipes
- ☐ Diapers
- ☐ Nursing pads
- ☐ Feminine products

CHECK WITH YOUR CHILD CARE FACILITY

Since your children may be at a child care facility when disaster hits, make sure all caregivers have each child's most recent contact info.

Remember to ask the staff about their emergency plans. If they do not have a plan, you may want to ask them to create one.

*For more information and support, visit:
www.savethechildren.org/getready*

Emergency Definitions



Evacuation Stages

Evacuation Order: You are at risk. Leave the area immediately. Local police or RCMP enforce evacuation orders.

Evacuation Alert: Be ready to leave on short notice. If you leave before or during this alert, it's called a voluntary evacuation.

Evacuation Rescind: All is currently safe and you can return home. Stay tuned for other possible evacuation alerts or orders.

Tsunami Alert Levels

Warning: This is the highest level of tsunami alert. Warnings are issued due to the imminent threat of a tsunami from a large undersea earthquake, or following confirmation that a potentially destructive tsunami is underway. They may initially be based only on seismic information as a means of providing the earliest possible alert. Warnings advise that appropriate actions be taken in response to the tsunami threat. Such actions could include the evacuation of low-lying coastal areas.

Advisory: This is the second highest level of tsunami alert. Advisories are issued due to the threat

of a tsunami that has the potential to produce strong currents dangerous to those in or near the water. Significant inundation is not expected for areas under an Advisory but coastal zones may be at risk due to strong currents. Appropriate actions by local emergency management personnel may include closing beaches and evacuating harbours and marinas.

Watch: This is the third highest level of tsunami alert. Watches are based on seismic information, without confirmation that a destructive tsunami is underway. There is a potential threat to a zone under a tsunami Watch but communities have time to prepare. Emergency management personnel and coastal residents should prepare to take action in case the Watch is upgraded.

Cancellation: A "cancellation" cancels any previously issued tsunami messages. It is issued when there is no longer observed evidence of tsunami waves at tide gauge stations. Local conditions may differ from those at tide gauge stations and local authorities should determine the safety of coastlines. Once a cancellation has been issued for a tsunami event, EMBC will no longer issue tsunami messages.

Flooding Terms

Flood Warning: River levels have exceeded bankfull or will exceed bankfull imminently, and that flooding of areas adjacent to affected rivers will result.

Flood Watch: River levels are rising and will approach or may exceed bankfull. Flooding of areas adjacent to affected rivers may occur.

High Streamflow Advisory: River levels are rising or expected to rise rapidly, but no major flooding is expected. Minor flooding in low-lying areas is possible.

Source: <http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/definitions>

<http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-the-risks/earthquakes>

When an Earthquake Happens – Remember to Drop, Cover *and* Hold On

During

It's 7:00 p.m. and an earthquake strikes. Each family member is in a different room – do you know how to protect yourselves?

By planning ahead, all members of a family will know what to do during an earthquake. Knowing what to expect can reduce panic and ensure you think clearly and act quickly. It's a good idea when forming an earthquake preparedness plan for families to walk from room to room choosing the best places to be during a quake. It's also a good idea to discuss what to do if you are away from home.



A tsunami is a series of waves – the first wave may not be the largest. Dangerous waves and currents can last for many hours.

Communication With Staff

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

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

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

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



P'EGP'IG'LHA
COMMUNITY CENTRE

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



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

September 2017 Horoscopes

Virgo (Aug 23–Sept 22)

You will be interested in family issues in September 2017. Review your career growth and make necessary course corrections for the future. Virgo! Get ready for financial windfalls this month. Romance will take time to mature. There are no complaints about your health.

Aries (Mar 21–Apr 19)

Your priorities will be shifting from domestic issues to career concerns. Career will grow enormously due to good planetary aspects. Venus, Jupiter and Mars are conspiring to make your monetary growth excellent. Singles! Do not expect perfection in your love mates. Health will be superb.

Taurus (Apr 20–May 20)

You should focus on family affairs in September 2017. Career will be low key and use this period to formulate new plans for growth. Mercury will be supportive of your financial prosperity. Family atmosphere will be peaceful. Health can be improved by detoxification and proper diet.

Gemini (May 21–Jun 20)

Gemini's should focus on enhancing their emotional strength in September 2017. Money can be made through speculation. You have to decide whether you want to have fun or commitment in love alliances. Take sufficient rest to improve your health.

Cancer (Jun 21–Jul 22)

You should sit back and allow things to happen naturally in September 2017. Friends and social network will help you in career growth. Saturn will help you in making wise decisions on the monetary front. Family environment will be quite disturbing. Health will be wonderful.

Leo (Jul 23–Aug 22nd)

In September 2017, Leo people will be independent to do whatever they want. Mars will make you forceful in your professional activities. Moon will clarify your financial strategies. Singles can look forward for marriage and married couples might welcome a baby.

Libra (Sept 23–Oct 22)

Sun will make Libra people more spiritual in September 2017. Venus will make you highly sensual. Moon will help you on the career front. Your spouse or partner will support your financial prosperity. Many planets will help you to connect with your love mates spiritually. Spirituality will help you to maintain good health.

Scorpio (Oct 23–Nov 21)

Concentrate on career and enterprise in September 2017. Spirituality will be a major factor in your life this month. It will help you to overcome difficulties in your profession. Financial opportunities will occur in spiritual gatherings. Even love is to be found there!

Sagittarius (Nov 22–Dec 21)

Sagittarius sun sign can concentrate on their career in September 2017. Career growth will be phenomenal. Friends and social contacts contribute for your financial success. The planets in signs will enhance your love life. Health will be superb.

Capricorn (Dec 22–Jan 19)

Capricorn star sign will see that their career growth will impress the family in September 2017. Finances require the help of friends and contacts to improve. Moon will make marital sexual life more romantic. Health is delicate this month.

Aquarius (Jan 20–Feb 18)

Aquarius! Fasten your seat belt and get ready to face challenges in September 2017. Pluto and Mars will fuel your career engine. Financial well being depends on spirituality. Love is more passionate and health will be good.

Pisces (Feb 19–Mar 20)

In September 2017 Pisces zodiac sign will have to adapt to situations. Seniors and friends will help your career ambitions. Financial prospects are to be found overseas. Sun, Venus and Moon will help your romantic life. Health requires more care.

October 2017 Newsletter Submission Deadline Monday, Sept 25th 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