

Newsletter

April 2018

T'IT'Q'ET APRIL ISSUE:

Band election results – Page 10

Earth day – Page 9

Seeking Trustee for St'at'imc Trust – Page 13

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 31



Community Events

April	
1 Su	Easter Sunday
2 Mo	• Easter Monday Office Closed
3 Tu	
4 We	• Recycle Day
5 Th	
6 Fr	
7 Sa	
8 Su	
9 Mo	
10 Tu	
11 We	
12 Th	
13 Fr	
14 Sa	
15 Su	
16 Mo	
17 Tu	
18 We	• Recycle Day
19 Th	• P'eg'p'ig'lha Council – 9 AM
20 Fr	
21 Sa	
22 Su	• Earth Day Celebration – See page 9
23 Mo	
24 Tu	
25 We	
26 Th	• Elders Council Meeting – 10 AM
27 Fr	
28 Sa	
29 Su	
30 Mo	• Joint Council Meeting - PC – 9 AM



Recycle Days

April 4 and 18, 2018

Language Lessons

Learning our language and socializing with elders at the Kwekwa7 Centre in the council chambers.

Every Wednesday at 9:30 AM.

Everyone welcome.
Lunch is provided after the class

Rides are available before and after classes

Please call Meloni Peters at the Ucwalmicw Centre @ (250) 256-0101 if you need a ride to the class or would like to attend

Whispering Water Day Spa Marilyn Charlie

April 10th & 19th

Contact Melissa, Health Admin. Assistant
Phone: 250-256-4118 ext. 260
E-mail: HAAssistant@titqet.org

*Please note: the schedule is provided for time management for all clients, as well as the therapist—please be respectful of that. If you are going to be late, please call ahead as we may be able to carry on with the next person and move you to the next time slot.
No shows will either; not be permitted to schedule the following month, or be charged for the time missed. Please, no smoking for up to an hour before the session. For any further questions, please don't hesitate to call.*

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

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

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

T'it'q'et Wetlands



Photo Above: PC Reps on Wetland Tour



Photo Left:
Sarah and Monique

Thanks to Splitrock Environmental and all the participants that came out to look at one of T'it'q'et's wetlands and learn about the importance of wetlands. This workshop is part of a joint 3 year wetland project that the P'egp'ig'lha Council is doing with Splitrock. The project entails surveying wetlands, mapping them and doing some restoration work. There have been 48 wetlands identified in the Seton Corridor, Texas Creek and Duffey Lake areas. Wetlands are particularly important to protect in the dry, Lillooet area.



Provide your input to shape provincial policing standards to promote unbiased policing.

B.C. is encouraging the public and stakeholders to share their ideas on ways to promote equality in the delivery of policing services in the province.

In response to the *Missing Women Commission of Inquiry* (MWCi) recommendations, Government will develop provincial policing standards to promote unbiased policing in BC.

You can participate contribute feedback in this public engagement and participate in the following ways until April 16, 2018:

1. Complete the online questionnaire. found here:
<http://engage.gov.bc.ca/unbiasedpolicing>
2. Submit your thoughts and opinions by mail or email
Email: PSB@gov.bc.ca
Mail:
Policing and Security Branch, Ministry of Public Safety and Solicitor General
Attn: Public Engagement on the Promotion of Unbiased Policing
PO Box 9285 Stn Prov. Govt.
Victoria, BC V8W 9J7
3. Organizations and experts are invited to make email submissions in Word or PDF to PSB@gov.bc.ca. Visit the website for guidelines for submissions. Submissions from organizations will be made public on the engagement website.

Social Development

IMPORTANT NOTICE: To all Income Assistance (IA) clients and landlords:

Hello everyone, as many of you are aware, BC Hydro statement format has changed their appearance and format. It will take me a while to review the new layout of the Hydro invoices, but they say it is easier to read and understand? However, as usual, you should still consider keeping an eye on your “Cost of electricity to date” and/or “Meter reading information”. From what I understand, BC Hydro is asking for another rate increase for all British Columbians according to the news? So, please monitor your BC Hydro closely.

POLICY CHANGES: There have been significant changes to the Social Development Policy regarding Income Assistance.

Chapter 3.1: Application Process, regarding New and Returning applicants must now complete a “*Work Search*” prior to being accepted for Income Assistance. New applicants must have a minimum of “five-weeks” worth of work search before you can be approved for Income Assistance. Returning applicants must have a minimum of “three-weeks” worth of work search before you can get back onto Income Assistance. Unless you have “*Immediate Needs – Work Search Required*” Chapter 7.5 Hardship; Applicants in this category must demonstrate “Immediate Needs” for Hardship and will still have to complete the require Work Search criteria.

Chapter 4.9: Earned Income and Exemptions: Earned income is, any money or value received in exchange for work or the provision or service, exemption apply to month in which the income received, compensation payments converted to non-exempt assets. (Come and see me if you have questions)
Earning Exemptions for IA clients are;

- | | |
|---|-----------------------------------|
| • All family units, including employable singles | \$400.00/month |
| • Family Unit with Dependents | \$600.00/month |
| • Family Unit with one person PPMB | \$700.00/month |
| • Family Unit where dependent child with severe PWD | \$700.00/month |
| • Family Unit with one adult PWD recipient | \$1000/month or \$12,000.00/year |
| • Family unit with 2 adults, one (1) PWD | \$1,200/month or \$14,400.00/year |
| • Family unit both adults PWD | \$2,000/month or \$24,000.00/year |

REMINDER FOR IA CLIENTS: **Job Search forms** have to be completed and handed in over and above your **Renewal slips**; as the Job Search and Renewal forms are *legal documents that verifies you are still in need of I.A.* and actively seeking work. Also, you need to **bring in your Hydro and Phone bills and/or rental receipts** in order for your shelter to continue and to determine if there are any changes. Failure to do this could mean “Repayment” of some shelter costs if there are changes.

Failure to do any of these requests WILL result in your I.A./COPH payment being withheld so, please get them in. Thank you very much for your support.

CONTACT

Melissa Barney, Health Admin. Assistant (HAA)

250-256-4118 Ext. 260

HAAssistant@titqet.org

Mobile Mammogram Screening Clinic Tuesday, May 1, 2018

T’it’qet community members If you haven’t gotten a mammogram in the last 12 months, are between the ages of 40 and 79. If you are under 40 or over 79, a doctor’s referral is required, contact Central Office for more information at 1 (800) 663-9203

5% to 10% of all breast cancers have a genetic cause; up to 42% are linked to lifestyle factors. The following steps can help reduce your risk of breast cancer:

- Maintain a healthy body weight.
- Maintain an active lifestyle.
- Limit your alcohol intake.
- Breastfeed if possible.
- Weigh the risks and benefits of hormone therapy for menopause symptoms.
- Get screened regularly.

Please stop by to fill out a form with your information in by April 22nd to ensure we are able to get all client information to the clinic with plenty of notice.Tuesday, May 1st.

April 2018

Land Code Committee Report

The Committee has met so far this year on January 5 and 19th, February 6 and 20th and March 16th. The next meeting is on March 27th. The first meeting in April is set for the 10th at 9 a.m.

T’it’q’et Council has adopted the Terms of Reference for the Land Code Committee. It will posted on titqet.org website.

The Land Code Committee has:

- Reviewed the voting numbers required for adopting a land code.
- Decided that we should develop a website with the help of LABRC to share information on land code development.
- Discussed using Survey Monkey website to share information.
- Suggested that the title of the code should have St’at’imc language words in it.
- Reviewed the land designation process that T’it’q’et used for the lease on the veneer plant: information meetings

were held for that purpose in Seattle, Kamloops and Vancouver several years ago.

- Did an introductory review of the Phase 1 Environmental Site Assessment Report for T’it’q’et from Columbia Consulting and discussed potential areas that may have been contaminated by oil tanks, dump sites, shooting range, etc.
- Made preliminary plans for attending Land Advisory Board Annual General Meeting in Musqueam in June.
- Reviewed 2 courselets from the Land Advisory Board Resource Centre website.

Dean Billy
Land Code Coordinator

Earth Day Celebration

Earth Day celebration
@ Amlec food security/ Ucwalmicw Community garden
April 22, 2018 | 10am – 2pm

Agenda:

- 10 am** open house in the garden
- bee city booth
 - sign up to be a member
 - building wild bee nests boxes
 - planting in a bee habitat plot
- 12pm**
Tree planting honouring ceremony for 2 important elders
- Lunch 12:30**
- Barbeque
 - Finish planting the Medicinal Medicine wheel garden

We still have some compost kitchen catchers; recycle bins, cloth grocery bags available at the event
Please come and take part in the elder honouring!!!

Event organizers





Band Elections

Band elections were held on March 25, 2018 at the P'egp'íg'lha Community Centre.

The new T'ít'q'et Council is as follows:

Community Chief: Courteney Adolph Jones

Councillors: Marilyn Napoleon, Robert Leech, Sid Scotchman and Sarah Moberg.

Tribal Chief: Shelley Leech is Tribal Chief for another four year term.

Congratulations to the new Council who will serve a four year term.

Many thanks to outgoing Chief Kevin Whitney for his years of dedication and commitment to the community. Kevin served the past 8 years as Chief and 4 on Council.

Elections



T'IT'Q'ET

EMPLOYMENT OPPORTUNITY – CASUAL

POSITION TITLE: HOME SUPPORT WORKER

Education / Training / Certification

- Home Care Attendant Certificate or Home Support Certification from a licensed institution or equivalent.

Experience

- Previous experience in providing personal care; assisting frail, cognitively impaired and physically disabled individuals with activities of daily living;
- Experience working in First Nations communities, working with First Nations clients, knowledge of St'atimc language an asset.

Other Qualifications, Skills and Knowledge

- Demonstrated application of safe body mechanics; Ability to assist with lifts;
- Demonstrated ability in providing all aspects of personal care;
- Demonstrated knowledge of infection control practices;
- Proven ability to maintain privacy and confidentiality;
- Ability to work with behaviorally difficult clients;
- Ability to communicate effectively both orally and in writing;
- Ability to work independently with limited supervision, and as a member of a multidisciplinary team;
- Ability to prioritize and organize assignments in an efficient manner;
- Understands importance of punctuality and good work ethic; Grooming and appearance convey a professional image;
- Clear a Vulnerable Sector Criminal Record Check;
- Ability to maintain records and files;
- Drivers License with own vehicle; and a willingness to travel;
- **Must be available in short notice. No guaranteed hours**

Apply with a cover letter & resume to RECEPTION@TITQET.ORG Full Job Description available at T'it'q'et reception. Only those short listed will be contacted.



EVERY TUESDAY ELDER'S EXERCISE PROGRAM

Activities for Those 50+

Regular physical activity is the best tool to improve health and well-being. That's why we want to provide you with an exercise program that would best fit your needs! Kim Ayers will be here every Tuesday to instruct you on some great moves to help improve your health, and as a result, your mind!

SAIL Exercises

SNACKS!

**Instructed by Kim
Ayers!**

STRETCHES

In the gym!

T'IT'Q'ET

Community Centre Gym

250-256-4118

Email:
HAAssistant@gmail.com

EVERY TUESDAY

T'it'q'et Finance Re: Cheque Days

Memo To: Band/Community Members/Staff

From: Finance Department

RE: CHEQUE DAYS

Please note: The Accounts Payable Clerk will **ONLY** be processing Cheques on **Tuesdays and Thursdays**. All Cheques will be ready for pick-up on **Wednesdays and Fridays** during regular office hours. Regular office hours are from 8 am to 12 pm, the office is closed from 12 pm to 1 pm, and open again from 1 pm – 4 pm.

To ensure that cheques are done on time, please make sure that your Cheque Requisitions are in the Accounts Payable mail box by the end of the day on **Mondays and Wednesdays**. ***This includes patient travel.***

Thank you for your cooperation, so we can ensure you receive your cheque on time.

Finance Department

Seeking Trustee for St'at'imc Trust

T'it'q'et is seeking an interested member to sit as a Trustee for the St'at'imc Trust. The ideal candidate may be expected to:

- Consent to a criminal record check;
- Have a financial or business background
- Have experience or education in finance or business;
- Be able to commit to attend all Trust meetings;
- Be able to provide oral and written reports/updates of the Trust meetings; and
- Sign Code of Ethics and Conflict of Interest guideline

Please send resume and cover letter to tfnadmin@titqet.org by **April 20, 2018 at noon**.

TO: T’it’q’et Community Members

Please contact the Housing Department to update your:

- Phone number
- Box #
- Meter #

The information will be very useful for:

- Renovation Applications
- BC Hydro, RE: Energy Conservation Assistance Program (ECAP)
- House Inspections
- Rental Applications and follow-up
- Training Opportunities through the Canada Mortgage and Housing Corporation(CMHC), Thompson Rivers University (TRU), Open Door

Group and First Nation’s. Many groups , colleges and universities are offering training for electrical, plumbing, construction and carpentry.

Want to save energy and money on your utility bills?

The FREE Energy Conservation Assistance Program (ECAP) can help by providing the following 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
- ED night lights
- Tips on saving energy in your home

Some houses might also qualify for new fridges and top-up insulation in walls, attics and crawl spaces.

Interested? Sign-up is easy! Just bring your BC Hydro account number (if applicable) to the band office and speak to Charlene, T’it’q’et Housing Coordinator, to complete your short application form.

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

Construction Trades Sampler

This 12 week Construction Trades Sampler is designed to offer students a hands-on opportunity in gaining basic understanding of three common construction trades:

- Carpentry
- Plumbing
- Electrical

The approach supports safe workplace practices, student skill development and encourages design, planning, production and evaluation of various construction techniques while completing a construction project in the community. Learning outcomes will provide students with theoretical knowledge and tangible skills to assist their understanding of the trade. All trades covered within the Construction Sampler will build skill sets toward a common project. Students will gain an understanding and appreciation for trades that are in their everyday lives.

Information and Registration

Twila Sterling
250-256-4800
YouthWorker1@xaxlip.ca

PROGRAM DATES:
March 29 to June 29, 2018

tru.ca/trades/programs

ita
YOUR TICKET.

TRADES & TECHNOLOGY DEPARTMENT

900 McGill Road, Kamloops, BC V2C 0C8

Tel: 250.828.5039 Fax: 250.371.5960

Email: continuingstudies@tru.ca tru.ca/programs/trades

Continuing Studies – TRADES Registration Form

- ☐ New TRU Student
☐ Returning Student

TRU Student # _____

Personal Information	Surname _____		Birth Name _____	
	First Name _____		Middle Name _____	
	Permanent Mailing Address _____			
	City _____	Province _____	Postal Code _____	
	Phone Number _____	Date of Birth _____	<input type="checkbox"/> Male <input type="checkbox"/> Female	
	Email _____	Citizenship Status: <input type="checkbox"/> Canadian <input type="checkbox"/> Permanent Resident <input type="checkbox"/> Other		Status: <input type="checkbox"/> Indian/first nation (over 18 years, non-status, treaty and non-treaty) <input type="checkbox"/> Métis <input type="checkbox"/> Inuit
	NOTES _____			
Emergency Contact Name _____		Emergency Phone No. _____		
Signature _____		Date _____		

Course Code	Course Name	\$ Per Hour	Hours	Fee
CRN _____	Day/Time _____	Start _____	End _____	
Course Code	Course Name	\$ Per Hour	Hours	Fee
CRN _____	Day/Time _____	Start _____	End _____	

Third Party Authorization	Third Party Authorization Pursuant to Thompson Rivers University's Protection of Personal Information policy, I hereby authorize Thompson Rivers University to release information concerning my address, registration status, my student account registration data form and payment receipt to the sponsoring agency indicated below.	
	Sponsoring Agency _____	Email _____
	Address _____	Phone _____
	Student Authorization Signature _____ Date _____	

Financial Information	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque (payable to TRU) <input type="checkbox"/> MASTERCARD	TOTAL FEES \$ _____ GST 3 RT 18838531
	<input type="checkbox"/> VISA <input type="checkbox"/> Debit <input type="checkbox"/> AMEX	
	Card # _____	<input type="checkbox"/> ESA _____
	Expiry Date _____	<input type="checkbox"/> Sponsored _____
Name of Cardholder _____		

Ten important facts about HEARING HEALTH

Hearing health is important!

1. DEPRESSION

Research shows that hearing loss is associated with depression amongst adults, especially women.



Cardiovascular Health



2. Inadequate blood flow and trauma to the blood vessels in the inner ear can contribute to hearing loss.

DIABETES



3. Those with diabetes are twice as likely to experience hearing loss.

Research shows that lower fitness levels result in a higher risk of hearing loss.



4.

5. Cancer TREATMENTS

Certain chemotherapy treatments for cancer can result in hearing loss.



INCREASED FALL RISK

Studies show that even a mild hearing loss makes people 3 TIMES MORE LIKELY to have a history of falling.

6.

Long-term COGNITIVE FUNCTION

Ongoing research indicates that hearing instruments could delay or protect against dementia.



7.

Pain Relievers

IBUPROFEN & ACETAMINOPHEN

8. are associated with an increased risk of hearing loss.



9. IMPROVED QUALITY of LIFE

8 out of 10 hearing aid wearers say their instruments positively impact their relationships, social interactions and work lives!

10. IMPROVED SOLUTIONS

Today's state-of-the-art hearing aids are better than ever and are virtually invisible.



Information source: Better Hearing Institute report April 2014

unitron.

CARTER Hearing

PH: 604-392-9211 | TF: 844-234-6665 | carterhearing.ca
131 Vermillion Ave., Princeton, BC

Auditory deprivation

- In individuals suffering from hearing loss, the brain may lose the ability to interpret words due to a lack of stimulation over an extended period of time.
- This condition can affect patients who do not wear hearing aids, wear old hearing aids or only wear one hearing aid when two may be necessary.
- The lack of stimulation in this area of the brain causes a loss of the ability to interpret and understand speech.
- The longer the delay of treatment for a hearing loss, the lesser chance it would be of benefit.

HEARING AIDS MATTER

- Hearing aids are the only treatment in 95% of hearing loss cases
- 80 percent of Tinnitus patients perceive benefit from hearing aids alone, with no need for additional treatment
- Binaural fitting can help restore the natural cues needed for localization and listening in noise
- Ongoing research indicates that hearing aids could help maintaining cognitive function.



CARTER Hearing

Come in for your **Free** Hearing Screening!
for your peace of mind **Quality Assured**

PH: 604-392-9211 | TF: 844-234-6665 | carterhearing.ca
131 Vermillion Ave., Princeton, BC

Laura Carter, RHIP,
Registered Hearing Instrument Practitioner
Owner - Locally Owned

Official Provider for:
Veterans Affairs, NHIB,
Blue Cross, Social Assistance, PDSI



FNHA Mental Health and Wellness Summit 2018

Honoring Tobacco

During my time in Kamloops attending the Honoring Tobacco: Creating Our Path to Wellness Gathering, I learned many things both about my culture and myself. There are many ways to honor tobacco, not only in our daily life, but as a ritual that we should come to find in many parts of ourselves and our community. As a way of keeping the traditions alive, but also as a way of keeping ourselves spiritually whole. It is no question that there are those of us who have fallen off the path to wellness through no fault of our own, and we have been misguided by media and peers who insist that there is no honor in tobacco.

As I had learned repeatedly throughout the gathering, that is simply not the case. In fact, there is nothing but honor in tobacco, and misusing it has become a major issue throughout our communities. In order to bring it back, we must learn and cherish the teachings of those who know the ways, the traditions, and the healing purposes. It was enlightening to feel, and be a part of a traditional pipe ceremony. It is not something to be attended lightly, as I had learned through a wave of emotions and thoughts during the ceremony itself. It is a beautiful ceremony, full to the brim with introspection and spiritual connectedness.

It was said especially well in the copy of the protocol we were to read before we could attend: *“This Pipe Ceremony offers us the chance to connect to ourselves, each other and our creator as we understand the creator to be.”* I do not think there is a more eloquent way to put it. I also learned about the many tobacco cessation programs offered throughout the province of British Columbia, and how easy it could be to bring our community together to remember what the plant itself means to us, as well as our ancestors. Thank you for giving me the opportunity to express myself.

All my relations,

Melissa Barney



BEING
ACTIVE



EATING
HEALTHY



NURTURING
SPIRIT



RESPECTING
TOBACCO

Anyone who knows me, understands my deep and undying feelings about the current state of mental health and wellness in both our community, and across the globe. There is an astonishing amount of people who either do not understand or refuse to understand the implications and weight that our mental wellness has on our overall wellbeing. During this summit, I learned about the many ways we can reach out, the tools available, and the relentless work of those in the field who are fighting to get all of our necks above water.

On the first day, I was tired. I will admit that I was sort of reluctant to be there after my travel got rerouted and rescheduled. I was tired, unwell, and just wanted to go home. However, once everything started, it was a completely different story. Hearing not only about how passionate everyone is in the field, but how closely connected they are to the subject matter opened my eyes to the way I see the mental wellness system in 2018. Growing up, it isn't something that's normally talked about. This common perception of asking for help being weak is one that was brought to us by our colonizers that we continue to hold because we're afraid to ask about another way.

Being an outsider (someone who doesn't have direct ties or education in the field), learning about these things was both eye-opening and jarring. Which is why I was grateful that they had a wellness centre in the building with smudges, cedar brushings, and guided grounding exercises, as well as therapy dogs available at all times. It helped me feel comfortable opening up my mind and heart to the information that was being delivered to me by these talented speakers. Stories of people just like me, who had lost their way and connection to their land and themselves. It was easy to look up at the stage and recognize myself, my family, my friends and my community members in each of them.

Which is why they are all so tirelessly working to find solutions. Not just solutions, but culturally appropriate and sensitive solutions to reconnecting us with each other. It is a constant and unceasing fight to help people with their journeys home, whether that be to their land, or simply to themselves. Being able to watch as people networked and reminded each other why they were there: to learn. To find new and innovative ways to bring us back to the tradition and ultimately, to find ways of educating people on the inherent connection between, especially Native American peoples, and the earth. Informing each other of new programs, old programs, and collaborating to develop new relationships with each other to make it easier for us to access that information and the programs available.

The only word that comes to mind is inspiring. It was inspiring to be a part of this endless fountain of information. It was inspiring to watch traditional dancers and drummers keep the spirit of our ancestors alive, and it was inspiring to be educated on the way people are fighting for us. Now, we must fight for ourselves to make ourselves well again.

Thank you for listening.

All my relations,
Melissa Barney

#itstartswithme
**Creating a Climate
for Change**





Tribal Chief Report

March 22, 2018

This has been an exceptionally busy month. There are many changes coming at us, as First Nations, and those opportunities for change are right at our door. I have found it necessary to go and seek out the different perspectives from various levels of governments and First Nations organizations and to bring back that information to the P’egp’íg’lha Council so that we can make informed decisions on what is best for our community/Nation. I will attempt to briefly summarize the issues for this report, while informing council that this new information will be presented at a later time.

Environmental Assessment Review

The government of British Columbia has made a commitment to revitalize environmental assessment (EA), and to do so through legislative reform that is consistent with section 35 of the Constitution Act 1982, and upholds the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), the Truth and Reconciliation Commission Calls to Action and the Supreme Court of Canada’s decision in Tsilhqot’in v British Columbia. To achieve this overarching goal, key issues proposed for discussion and legal implementation include:

1. Joint decision-making
2. First Nations-led assessments
3. Higher level planning and assessments
 - a. Legally enforceable land use and stewardship plans that are fully funded and developed by First Nations
 - b. Legislatively mandated, co-governed regional and strategic assessments to inform land use planning and guide project assessments

4. Protecting rights and values through substantive sustainability test
5. Mandate, composition and reporting of the body overseeing EA’s in BC
6. Legislated fee schedule to ensure sufficient funding
7. Monitoring, compliance and enforcement
8. Tripartite engagement with First Nations, Canada, and British Columbia
9. Legislative change for EA revitalization. The process of consultation has already begun and is inadequate and the tight time frame does not give First Nations time or resources to properly assess what this really means and to determine what the impacts are to title and rights.

Engagement Towards a Recognition and Implementation of Indigenous Rights Framework – The Government of Canada is undertaking major reforms to its laws and policies to ensure the constitutional commitments made to indigenous peoples are respected. As part of the ongoing journey of reconcili-

ation, the Government of Canada has launched a national engagement to help develop a Recognition and Implementation of Indigenous Rights Framework. Legislative and Policy elements of the Framework may include:

1. Legislation to formalize the standard of recognition of indigenous rights as the basis for all government relations with Indigenous Peoples
2. A new policy that reflects the unique needs of First Nations, Inuit and Metis peoples to replace the current Comprehensive Land Claims Policy and the Inherent Right to Self-Government Policy
3. Reforming Government policies and practices to support the implementation of treaties and self-government agreements
4. Mechanisms to support the rebuilding of indigenous nations and governments, and advance Indigenous self-determination and the inherent right of self-government
5. Creating new dispute resolution approaches to address rights related

OFFICE OF THE TRIBAL CHIEF
Shelley Leech
Phone (250) 256-4118
Fax (250) 256-4544

issues, including overlapping territories and treaty implementation, that move us from conflict to collaboration

6. Tools to strengthen a culture of federal government accountability and build greater trust between Indigenous peoples and the federal government and
7. Legislation establishing the two new departments that will replace Indigenous and Northern Affairs Canada with a mandate that better serves the distinct needs of First Nations, Inuit and Metis Peoples

The Leadership Council is tasked with leading this process that requires consultation and engagement with First Nations. Consultation has already begun.

The Union of BC Indian Chiefs have provided supporting documents for First Nations to assist in the review of the engagement processes. **The Assembly of First nations and the BCAFN** are also providing assistance to First Nations through info, letters and resolutions.

The Interior Alliance held a meeting at TRU and provided other perspectives and cautions about the engagement processes. The focus was on how the process could impact title and rights. A communiqué was developed during the 2-day meeting that would assist each nation in presenting some of the issues to membership. T’it’qet will host the northern information session. It is hoped the communiqué will be available very quickly to allow PC to review and make recommendation that would assist members to understand what is being presented. Hopefully this workshop will take place during the month of April.

Treaties –No new information.

St’át’imc Government Services –The move to a nation approach is ongoing.

St’át’imc Chiefs Council/St’át’imc Authority – The dispute with BC Hydro is ongoing.

Referrals – Ongoing. The PC Referral Committee has submitted their review of Interwest’s FSP and Lil’wat’s Cerise Creek Management Plan.

PGWG – The Governance working group continues the work from the work plan. The PGWG has been working on position papers for climate change, water and fish.

Lillooet Tribal Council – A letter was drafted for Aspen Planers to terminate the Halaw’ Agreement.

Personnel – Sid Scotchman is our new Referral Clerk/Administrative Assistant. Welcome Sid. Thank you to Sarah for stepping in to help when we much needed it.

Stl’atl’imx Tribal Police – Most of these issues are responsibility of Chief and Council.



Health Update

Good day T’it’q’et **Nicole Napoleon** here, I have returned as your Medical Clerk as of March 19th 2018. As I have been away from my desk please be patient with me, as I need to relearn the ropes of my office duties.

May I please remind that ALL patient travel needs to be submitted two weeks in advance. In order to be sure your patient travel cheque is ready for pick up.

CHEQUES CAN BE PICKED UP WEDNESDAY AND FRIDAY AT 9AM.

Please have your doctor’s office provide a MEDICAL ESCORT form as it is required.

I have redone the APPLICATION FORM FOR MEDICAL TRAVEL; please pick up one at the reception desk or in the Foyer of the Administration.

Details of your scheduled appointment such as date, time, where the doctor’s office is, need to be faxed 250-256-4544 or emailed to medicalclerk@titqet.org directed to medical clerk.

If a reimbursement is required, I need the confirmation of appointment from the doctors office provided, before I can begin the paperwork process, along with the application form so I fully understand the needs of the client’s medical trip. Submit all receipts for hotel accommodation with the confirma-

tion slip to receive your reimbursement that which is provided by First Nations Health Authority guidelines.

Please return the confirmation cards to my office or into my inbox at the reception desk including your name the doctor’s appointment information.

A new development has been that off reserve T’it’q’et members are eligible to receive medial transportation travel if living in the community of Lillooet, please provide all pertinent information regarding your medical appointment two weeks in advance along with a medical application form.

For T’it’q’et members the Top-Up rate has been adjusted and only one will be provided for coordinated family’s appointments out of town, for Kamloops appointments the Top-Up is set at \$21.34, for Vancouver appointments the rate of Top-Up is \$26.88. As the medical travel, mileage adjusted from .20 cents to .23 cents back in October 2014.

May I please remind that the First Nations Health Authority does not cover client fees for exams only medical travel, accommodations, and meal allowances for the client and the medical escort if required. There is a \$10.00 meal allowance provided to all same day trips out of town

ALL patient travel needs to be submitted two weeks in advance. In order to be sure your patient travel cheque is ready for pick up.

If you are 19 or going to be turning 19 years of age, you need to come and see me to get a Medical Services Plan Application form, in order to be covered for medical; doctor visits, prescriptions, ambulance bills etc.

A photocopy of your birth certificate and a valid status card is required.

If you have Medical Service Plan coverage and you receive an ambulance bill (from on-reserve residence to hospital), you can call the toll free number on the bill and give them your status number.

Health Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Sunday	2 Easter Monday Office Closed	3 Elder’s Exercise	4 • Natasha-CHN (done @3) • Hatha Yoga 5:30 Restorative Yoga at 6:45	5	6 Skuzat7 –T’it’q’et Preschool	7
8	9 • Elder’s Exercise • Marilyn Charlie Day Session	10 Elder’s Exercise	11 • Hatha Yoga 5:30 • Restorative Yoga at 6:45	12	13 Skuzat7 –T’it’q’et Preschool	14
15	16 • Natasha –CHN • Rose NP: 1-4	17 Elder’s Exercise	18 • Natasha-CHN • Community Luncheon • Hatha Yoga 5:30 Restorative Yoga at 6:45	19 • Marilyn Charlie evening session	20 Skuzat7 –T’it’q’et Preschool	21
22	23	24 Elder’s Exercise	25 Hatha Yoga 5:30 Restorative Yoga at 6:45	26	27 Skuzat7 –T’it’q’et Preschool	28
29	30 Natasha-CHN					

Health

Health Manager Update

Without going into detail; for the quite a few months I have been away from the office quite a bit dealing with a number of very serious personal matters. These seem to be settling down somewhat, but there may still be times when I need to attend to these issues without much notice, mostly requiring my presence back home in Merritt.

Also, since I am unable to take care of the community if I am unhealthy - I will be reaffirming my boundaries for my health. What this means:

- I will be leaving the office at 4pm,
- I will not be available after hours or on weekends.

Except in cases of emergency; which of course would respond as long as I'm able (in town or by phone). The Merriam-Webster **Medical Definition of emergency** (plural emergencies) (definition) an unforeseen combination of circumstances or the resulting state that calls for immediate action: as

- a :** a sudden bodily alteration (as a ruptured appendix or surgical shock) such as is likely to require immediate medical attention
- b :** a usually distressing event or condition that can often be anticipated or prepared for but seldom exactly foreseen.

Looking back over the last couple months:

I would like to thank Belinda Adolph for stepping into the Medical Clerk role temporarily. I wish her all the best in her future endeavours.

We happily welcome Nicole Napoleon back to the Health Team & into her role as **Medical Clerk**. As she was away for some time, I wish to remind the community & staff that she needs time to re-orient to her position. Please be patient with her. As always, the Clerk does not have final decision-making authority - that role rests with myself or the Administrator. Therefore, if your request might be for something out of the ordinary, expect that she will have to check with myself for decisions; further, that she may need to wait for clarity from myself as she reacquaints herself with her position.

Also, we are happy to welcome Melissa Barney into her role as **Health Admin Assistant (HAA)**. As this is a new role for T'it'q'et Administration a job description is being developed; however, primarily the HAA will be the Managers right hand. If I am not available, please speak with Melissa regarding your concerns, she will then compile the information for me. Melissa has also been trained in Medical Transportation; therefore, if Nicole is away Melissa is able to step in.

While the staff have sometimes in the past taken clients to doctor appointments, their time is very limited at the moment. If you need financial assistance - please do not hesitate to ask.

Home care staff - Joni & Janita - currently have a minimum of 17 high complex clients, there is no ideal ratio of clients per Home Care Aide as it is dependant on the needs of each client. At this time, each client is allocated at least 30 mins/visit, with some clients seen multiple times per day. These ladies are extremely busy. While the staff have sometimes in the past taken clients to doctor appointments, their time is very limited at the moment. Therefore we ask that if you have a family member in need of a ride to an appointment that family please step up to provide rides. If you need financial assistance - please do not hesitate to ask.

Deliberate in decision making - please know that when a request is made, I have always been deliberate in my decisions.

Car-seats: last year I announced that Health would provide one forward facing carseat/child. This has changed to one carseat/child -parent's choice, forward or rear facing. Please provide us with sufficient time.

SAIL/Elder Exercise - Kim Ayers, Community Paramedic will be here every Tuesday morning 10am-noon. With snacks to follow. This program is to improve strength and balance. Open to anyone who would like to build strength and balance.

Yoga - Still every Wednesday evening. FREE for all community members.

Early Years Health Fair

May 30th , 2018
10am-3pm

Host:
P'egg'ig'lha Hall

59 Retasket Drive, T'it'q'et

**Ages 3-5
Preschool - Kinders
& caregivers
welcome!**

- Join us for a day of fun activities, games & prizes
- Health providers
- Dental
- Vision
- Hearing
- Developmental assessments
- Safety Information
- Lunch and refreshments provided
- Everyone welcome !!



First Nations Health Authority
Health through wellness

Canning Foods Safely: How to Avoid Botulism

"When I was the age of 12 years old, we had two boxes of peaches to do—from watching my mom canning peaches, I remembered. I would look at her canning book where she keeps track of the time... on each canning fruits, veggies and fish. As I was getting older, I would watch my mom or I would give her a hand canning. She always reminds me what to do and not to do, it was always in my head. I love canning season, keeps me busy. My mom also taught me how to make homemade jam and jellies."

– Karen Hance, Kanaka Bar



The First Nations Health Authority (FNHA) recognizes there is already a wealth of knowledge on canning and other food preservation methods within BC First Nations. We would like to build on existing community strengths and enhance community confidence in sharing and serving canned traditional and seasonal foods safely in community.

WHAT IS BOTULISM AND HOW IS IT CAUSED?

Botulism is a serious form of food poisoning that can cause death. Botulism is caused by eating a toxin produced by *Clostridium botulinum*, a bacterium that is commonly found in soil, on raw fruits and vegetables, on meat and fish, and on many other foods and surfaces. Botulism spores are tough, and cannot be killed with boiling water or heat and can only be killed using a pressure canner. Botulism bacteria (the bacteria that grow out of botulism spores) can multiply and produce toxin quickly in: a low-acid environment (meats and vegetables), the absence of air (i.e., a sealed mason jar) and a moist environment. This environment is identical to a jar of canned low-acid food. One teaspoonful of the toxin is enough to kill 100,000 people. Improperly canned food contaminated by botulism bacteria may look and smell normal.

WHAT STEPS CAN I TAKE TO AVOID BOTULISM?

To avoid botulism, you need to take extreme care in any canning activities. There are different methods of canning for high-acid and low-acid foods.

HIGH-ACID FOODS

High-acid foods such as jams, jellies, fruits, pickles, relishes, salsas, and tomatoes with added acid (i.e., one teaspoon of vinegar), only need the "boiling water bath" method of canning because the acid prevents botulism bacteria from growing. The "boiling water bath" is a food preservation method commonly used in making jams. It involves a large pot of rapidly boiling water. Boiling water temperatures will kill most yeasts, moulds and bacteria.

LOW-ACID FOODS

Low-acid foods such as most vegetables, meats and seafood **must be canned at a higher temperature using a pressure canner.**

WHAT DO I NEED TO KNOW ABOUT PRESSURE CANNING?

A pressure canner is a large, cast-aluminum pot with a locking lid and a pressure gauge. By cooking under pressure, you can increase the temperature of boiling water from 100°C (212°F) up to 116°C (240° F). This is the minimum temperature necessary to destroy botulism spores, and the only way to guarantee safe canning for food items such as vegetables, meats and seafood.

Your pressure canner should come with complete instructions. Always follow them carefully. Keep these points in mind:

- » Check seals. Ensure the rubber seal on the canner lid is not broken or cracked. Replace if necessary.
- » To ensure a tight seal, wipe the jar opening with clean wet cloth prior to placing lid on the filled jar.
- » Foods can be processed at five, 10 and 15 pounds pressure. Consult a chart provided in the instructions to determine what pressure is safe for the food you are canning.
- » Processing time will vary depending on the type of food being preserved and the size of the jar. Never shorten the cooking time or change the pressure recommended in the instructions, otherwise botulism bacteria could remain in the final canned food.
- » If you live more than 300 metres (1,000 feet) above sea level, the pressure and cooking time will have to be adjusted because water boils at a lower temperature as altitude increases. Consult a chart: www.healthycanning.com/altitude-adjustments-forpressure-canning/
- » Once the right pressure level is reached during cooking, it must be kept constant throughout the cooking step.
- » Both weighted gauges and dial gauges should be checked for accuracy. Read the manufacturer's directions carefully for recommended testing and frequency procedures, to make sure your canner is being operated safely and correctly.
- » Never open a canner when it is under pressure—this can cause injury.
- » Do not cool jars in water; instead allow jars to cool slowly at room temperature.
- » Do not retighten lids.

WHAT JARS ARE BEST FOR CANNING?

It is important that you use heavy-duty jars made specifically for home canning.

"Mason"-type jars—which screw shut with a threaded neck—are the most common choice. Do not re-use the lids (they are designed to be used only once). A perfect fit can no longer be guaranteed after a lid has been pried off once. The jars can be used many times, as long as the rims are perfectly smooth and there are no scratches or cracks that would prevent a perfect seal.

It is very important to sterilize the jars and seals before use. To sterilize jars, boil them for 10 minutes. To sterilize tops, follow the manufacturer's instructions.

Do not use commercial jars, such as empty peanut butter jars for home canning. Commercial jars are not strong enough to be safely used.

WHAT SHOULD YOU DO IF THE HOME-CANNED FOOD DOES NOT SEEM RIGHT?

Never eat, or even taste any home-canned food that:

- » appears to be spoiled;
- » foams;
- » develops a bad smell during cooking;
- » has a bulging container lid or is leaking; or
- » you are not sure if the food was properly canned.

Place any questionable containers and food in a water-proof container and throw it in the garbage. Do not feed the questionable food to your pets or any other animals. After throwing it away, wash your hands well with warm soapy water. Also wash any utensils or surfaces the food, container, or your hands may have touched.

IMPORTANT STEPS TO TAKE WHEN CANNING?

Never substitute the jar size or the amounts of ingredients that are recommended in the recipe. Fill the jar leaving the recommended space at the top. Use tested recipes when canning, for safety.

Wash hands with soapy water for at least 20 seconds during all stages of canning. Use only good quality produce (fruits, vegetables) that do not have any cuts, bruises or moulds. The food being preserved must be rinsed clean using cold drinking water before canning. Use separate cutting boards for produce, and raw meat, poultry, fish and seafood. Sanitize all work surfaces before and after preparing food.

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	

April 2018 Horoscopes



Aries (Mar 21–Apr 19)

Aries star sign can earn money through risky ventures in the month of April 2018 and you have the help of the Sun. Nothing much is expected on career front. Aries should restrain their aggression in matters of love. Health will be superb.

Taurus (Apr 20–May 20)

Many changes can be expected by Taurus zodiac sign in career due to the influence of Uranus. Mercury will help you to grow financially. Turmoil in relationship with your spouse requires diplomatic handling. Spiritual healing techniques will be of great help in maintaining health.

Gemini (May 21–Jun 20)

Career prospects for Cancer star sign promises to be good due to positive planetary aspects. Income from career will be the main source of financial stability. Lunar eclipse and planet Mercury will impact your love relationships greatly. Health can be maintained by conserving energy.

Cancer (Jun 21–Jul 22)

Independence and social skills are equally important for Cancer born in April 2018. The Solar eclipse will impact your career and the organization where you are employed. More effort is required for financial progress during the Mercury retrograde. Love relationships will be turbulent and health will be challenging.

Leo (Jul 23–Aug 22nd)

Career prospects for Leo zodiac sign for the month of April 2018 are superb. Uranus will create some disturbances in your love relationships. Financial prosperity will be highly encouraging. Health will be marvellous and can be improved by delegating unimportant jobs to others.

Virgo (Aug 23–Sept 22)

Planet Uranus will have a deep impact on the professional life of Virgo star sign. Finances will have the assistance of your spouse. Love relationships will be highly passionate. Health can be enhanced by good diet and detoxification.

Libra (Sept 23–Oct 22)

Financial health of Libra zodiac will be excellent till the 20th of April 2018. You will have the backing of your partner for your finances. Family environment will be subject to some disturbances. Career growth will be affected by the Lunar eclipse. Health requires the support of spirituality to remain stable.

Scorpio (Oct 23–Nov 21)

Professional atmosphere will be hectic and challenging for Scorpio astrology sign. Influence of the Sun and Mercury will make love life highly stimulating. Finances will be excellent due to the multiple opportunities available. Health can be maintained with sufficient rest.

Sagittarius (Nov 22–Dec 21)

Planet Mercury will make Sagittarius sun sign highly attractive and social life will be wonderful. Do not risk your money on speculations. Career environment will be very much demanding and successful. No problems are likely in your physical well-being.

Capricorn (Dec 22–Jan 19)

Capricorn zodiac sign should maintain their poise while dealing with professional problems in April 2018. Family environment will be full of life. Money making has to be combined with pleasure. Health prospects are not very bright and require enough attention.

Aquarius (Jan 20–Feb 18)

Neptune will be impacting finances of Aquarius star sign and spirituality plays a significant role in your earnings. Family will be instrumental in getting singles their love partners. Career will be subject to major changes. Health can be maintained with enough rest and relaxation.

Pisces (Feb 19–Mar 20)

Pisces sun sign will be surprised to see that both their finances and career development progressing at phenomenal speed. Both physical and emotional health will be superb. Life with your love mate will be highly enjoyable and there is scope for pregnancy.

May 2018 Newsletter Submission Deadline Friday, April 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

(PDF or Word documents are preferred)



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

