

Newsletter

May 2018

T'IT'Q'ET MAY ISSUE:

Summer Job Postings – Pages 10-15
Congratulations Tristan Montjoy – Page 16
St'at'imc Gathering Agenda – Page 20

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 35



Community Events

May	
1	Tu
2	We • Recycle Day
3	Th
4	Fr
5	Sa
6	Su
7	Mo
8	Tu
9	We
10	Th • St'at'imc Gathering @ Samahquam Day 1
11	Fr • St'at'imc Gathering Day 2
12	Sa • St'at'imc Gathering Day 3
13	Su • P'eg'p'ig'lha Council – 9 AM
14	Mo • T'it'q'et Council – 5 PM
15	Tu • Whispering Water Day Spa
16	We • Recycle Day
17	Th
18	Fr
19	Sa
20	Su
21	Mo Victoria Day–Office Closed
22	Tu • Thank You Dinner • Recycle Day
23	We
24	Th
25	Fr
26	Sa
27	Su
28	Mo
29	Tu
30	We
31	Th

Thank You Dinner

May 22, 2018

Thank you Dinner for former Chief Kevin Whitney & Community Volunteers

Community Health Planning Sessions

Location: P'egp'ig'lha Community Centre

May 23 (10:30 a.m.–5:00 p.m) *Lunch & Snacks provided*
May 24 (5:00 p.m.–9:00 p.m.) *Dinner provided*
May 25 (8:30 a.m.–5:00 p.m.) *Lunch & Snacks provided*

Whispering Water Day Spa Marilyn Charlie

May 15th (9:30–3:30) & 24th (2:00–7:30)

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.



Recycle Days

May 2, 16, and 22

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

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

DROP IN \$6.50

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

1250.256.4118

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

T'it'q'et Fire Crew



The T'IT'Q'ET Fire Crew, five pack crew members are Brandon Barney, Pierre Moizio Jr, Justin Louie, Chet Bob and Lawrence Link who are all repeat seasonal workers. The crew has been working around the community doing control burning on IR #1 & Six Mile area. The crew has also been busy at the Old Bridge area cleaning and making a 30 feet perimeter by removing ladder fuels and debris around the structures and the Old Bridge. The fish camps and trails are more accessible now too. Good Job Crew!!



Your journey, *our time.*

More BC First Nations are quitting commercial tobacco than ever before. Start your own journey to be smoke-free with the Tobacco Timeout Challenge. Quit smoking for 24hrs for a chance to win a \$250 prize. Contest takes place the first Tuesday of every month.

Sign up today at TobaccoTimeout.ca.

T'it'q'et Community Clean Up Week!

Tuesday, MAY 22nd
Wednesday, May 23rd
Friday, May 25TH



Household Garbage—May 22nd

Electronics & Glass—May 23rd

Treated Wood & Branches—May 25th

NO TIRES, DEMO, DRYWALL



ONLY T'it'q'et Licensed Vehicles will be going through our local refuse site with these items. No other vehicles or persons are authorized to proceed through, if you decide to do so, it will be at your own cost.

CONTACT

Melissa Barney, Health Admin. Assistant (HAA)
250-256-4118 Ext. 260
HAAAssistant@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.

Tree Planting Ceremony



On Sunday, April 29, 2018, a Tree planting ceremony was held to honour Doreen Whitney and Paul Scotchman.

The Medicine wheel was completed by Ian James, Adam Lingor, Paul Napoleon and Stevie Ray Harry. Coordinated by Matthew Davidson can't wait for the plants to blossom.

Starting on September 15th

Every Friday, 10-2pm

@T'it'q'et Preschool

St'at'imc Skuz'a7

(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



T'IT'Q'ET STUDENT JOB POSTING

1 Supervisor for concession stand/kayak rentals

T'it'q'et is funded for "Canada Summer Jobs" agreement through Employment and social development Canada. T'it'q'et and Service Canada are looking for a youth between 15 & 29 years of age who is a student returning in Fall 2018, outdoor enthusiast, experience working in the customer service industry, and great team leadership skills and interpersonal communication skills who will work from July 9, 2018 to August 31, 2018.

General Responsibilities

- The Youth supervisor/coordinator will learn and implement the operations of the concession and kayak rentals.
- The youth will learn how to operate, maintain, and manage the raft with a valid boating licence.
- Coordinate a work schedule rotating employees, ensuring everyone gets an equal workload
- Coordinate food delivery preferably with local businesses
- Advertise and promote concession and kayak rentals
- Revise/implement safety procedures, policies
- Manage daily staff check ins and organize daily safety meetings
- Provide daily/weekly reports of operations
- Manage site supplies, doing daily/weekly/monthly inventory
- Reconcile cash
- Report all incidents to upper management
- Coordinate training before opening to ensure all staff are prepared
- Provide safety and general information to the public in a courteous manner

Participant Eligibility

- Age 15 to 30 years of age and prefer Grade 12 and/or first year post-secondary courses.
- Work well independently, possess excellent communication, organizational and creative thinking skills and be a positive role model and demonstrate general interest and knowledge of the tourism industry.
- Prefer level 1 first aid or be willing to obtain
- Prefer level 1 Food Safe or be willing to obtain
- Valid BC Driver's license and vehicle
- Boat Licence or be willing to obtain (online course)
- Interest in business and tourism and bridging the two together to create opportunities
- Demonstrates excellent team leader skills
- Knowledgeable with Microsoft Office
- Enthusiastic and energetic
- Be creative implementing team building skills

CLOSING DATE: We invite applicants to submit their cover letter and resume to reception@titqet.org or drop off to the Receptionist by **May 18, 2018 by 12 p.m. Noon**. A detailed job description is available upon request.

T'IT'Q'ET STUDENT JOB POSTING

for 4 Students Concession Stand & Kayak Rentals

T'it'q'et is funded for "Canada Summer Jobs" through Employment and Social Development Canada. The summer students will be working at the concession stand & kayak rentals at Seton Lake from July 9, 2018 to August 31, 2018.

General Responsibilities

- Youth Intern- tourism will learn and implement the operations of the concession and kayak rentals.
- The youth will learn how to operate, maintain, and manage the raft with a valid boating licence.
- Advertise and promote concession and kayak rentals
- Provide safety and general information to the public in a friendly and courteous manner
- Maintain and clean boats, kayaks, pedal boats, and canoes
- Maintain cleanliness surrounding the concession and inside the building
- Manage site supplies, complete daily/weekly/monthly inventory
- Full participation in training seminar before opening

Participant Eligibility

- Age 15 to 30 years of age and prefer Grade 8-12 and/or first year post-secondary courses.
- Work well independently, and as a team, possess excellent communication, organizational and creative thinking skills and be a positive role model and demonstrate general interest and knowledge of the tourism industry.
- Prefer level 1 first aid or willing to obtain
- Prefer level 1 Food Safe or willing to obtain
- Willing to obtain a Boat Licence (online course)
- Interest in business and tourism and bridging the two together to create opportunities an asset
- Knowledgeable of St'at'imc history and language
- Knowledgeable of St'at'imc culture

CLOSING DATE: We invite applicants to submit their cover letter and resume to reception@titqet.org or drop off with Receptionist at 59 Retasket Street. Deadline is **May 18, 2018 at noon**.





T'IT'Q'ET SUMMER STUDENT JOB POSTING Youth Worker Assistant

T'it'q'et is seeking a student to train as a Youth Worker Assistant from July 3 to August 31, 2018.

The Youth Worker Assistant responsibilities include the following:

General Responsibilities

- As required, coordinate fundraising events; distribute advertising, calling people to ensure a good turnout of event. Contact local businesses for a donation or contribution to fundraising event;
- Perform all duties and responsibilities in accordance with the T'it'q'et policies, standards and procedures, and as directed by education coordinator, and Youth coordinator
- Set goals and objectives with youth and plan a weekly schedule of activities
- Prepare for and plan youth trips and identify youth workshops and network
- Assist with development of programs such as arts, crafts, games, gardening, culture activities, recreation and sporting events
- Assist youth coordinator in identifying youth workshops and network that relate to the Community Comprehensive Plan
- Assist youth coordinator in planning a monthly schedule of activities that relate to the Community Comprehensive Plan
- Other duties as required

Education/Training/Certification

- Age 15 to 30 years of age and prefer Grade 12 and/or first year post-secondary courses, but grade 10 would be acceptable with a combination of experience.
- Current level 1 of First Aid or willing to obtain.
- Prefer experience working with children.
- Work well independently, possess excellent communication, organizational and creative thinking skills and be a positive role model.
- Pass a criminal record check.

CLOSING DATE: MAY 18, 2018 @ Noon. We invite applicants to submit their resume and cover letter including 2 references to T'it'q'et reception reception@titqet.org fax 250-256-4544 or drop off at the front desk @ 59 Retasket Street.



T'IT'Q'ET SUMMER STUDENT JOB POSTING O&M Trainee

T'it'q'et is seeking a student to train as an Operations & Maintenance (O&M) Worker from July 3 to August 31, 2018.

The O & M trainee responsibilities include the following:

General Responsibilities

- Assist with building maintenance
- Assist in garbage removal
- Assist in the repair and maintenance of mechanical equipment, machinery and vehicles.
- Assist in the preventative maintenance programs for all T'it'q'et community buildings.
- Assists in the maintenance of community roads.
- Assist in the maintenance of irrigation, water systems and maintenance of five community water distribution systems.
- Landscaping and weed removal of all community roadsides, buildings and other public facilities.
- Maintain a daily log of duties and submits promptly on a regular basis.
- Other duties as required

Qualifications

- All applicants must be youth between the ages of 15 to 30; and a student returning in fall 2018
- Ability to work outdoors in diverse weather conditions.
- Ability to perform physical labour including mowing lawns, week-whacking, garbage pick-up.
- Valid BC Driver's license is an asset.

CLOSING DATE: MAY 18, 2018 @ Noon. We invite applicants to submit their resume and cover letter including 2 references to T'it'q'et reception reception@titqet.org fax 250-256-4544 or drop off at the front desk @ 59 Retasket Street.



T'IT'Q'ET
SUMMER STUDENT JOB POSTING
Recycling & Landscaping Worker

T'it'q'et is seeking a student to train as a recycling and landscaping worker from July 3 to August 31, 2018.

The recycling and landscaping worker responsibilities include the following:

General Responsibilities

- Assist in recycling and composting program
- Assist O & M senior staff and learn the operations of waste management such as, garbage and sewer systems and disposals.
- The Recycling & landscaping Worker will learn minor road repairs and/or management and environmental hazard reduction techniques such as, weed removal, stock piling of timber and building maintenance activities
- Assist in the maintenance and repair of T'it'q'et buildings
- Other general duties as required
- Ensure all work performed is completed in a safe and efficient manner.

Qualifications & Experience

- Returning student in fall 2018
- Valid BC drivers licence is preferred
- Ability to work independently
- Good communications and organizational skills
- Ability to be analytical/ to assess problems related to areas of responsibility
- Ability to operate, repair and maintain equipment, infrastructure systems, machinery and vehicles

CLOSING DATE: MAY 18, 2018 @ Noon. We invite applicants to submit their resume and cover letter including 2 references to T'it'q'et reception reception@titqet.org fax 250-256-4544 or drop off at the front desk @ 59 Retasket Street.



T'IT'Q'ET
Summer Student JOB POSTING
Administrative Assistant Trainee

T'it'q'et is seeking a student to train as an administrative assistant from July 3 to August 31, 2018.

The administrative assistant responsibilities include the following:

General Responsibilities

- Perform all duties and responsibilities in accordance with T'it'q'et policies, standards and procedures, and as directed by the T'it'q'et Administrator
- Maintains confidentiality on all matters relating to the affairs of the T'it'q'et
- Provides the reception for the T'it'q'et administration office to include:
 - Receiving, screening, and directing incoming telephone calls
 - Welcoming and directing visiting T'it'q'et members, clientele, and guests
 - Responding to inquiries and providing T'it'q'et information as appropriate
 - Maintaining/organizing the reception area to include the replenishing of brochures and other material
- Maintains a daily schedule of staff attendance in the office (in/out records)
- Picks up, logs, and distributes and processes outgoing mail
- Receives, records and directs incoming mail and processes outgoing mail
- Maintains an inventory of office supplies & replenishes upon arrival
- Assists in arranging for the servicing and repair of office equipment
- Assist in setting up or preparing for meetings
- Other general duties as required

Qualifications & Experience

- Age 15 to 30 years of age and returning student in the fall 2018
- Enthusiastic and Interested in working in a fast paced business environment
- Working knowledge of Microsoft Office software, computers and other business machines
- Work well independently, possess excellent communication, organizational and creative thinking skills and a positive role model

CLOSING DATE: MAY 18, 2018 @ Noon. We invite applicants to submit their resume and cover letter including 2 references to T'it'q'et reception- reception@titqet.org fax 250-256-4544 or drop off at the front desk at 59 Retasket Street.

New conservation officers were sworn in at a ceremony at the BC Legislature in Victoria



Tristan Montjoy being sworn in as one of the twenty new conservation officers in British Columbia. (Image source: Province of British Columbia Flickr)

On Thursday, April 26, 2018, twenty new conservation officers were sworn in during a ceremony at the BC Legislature in Victoria, and will begin their postings this fall throughout British Columbia. Among the group who was recently sworn in was Tristan Montjoy.

“More conservation officers on the ground mean more eyes and ears to respond to complaints, and to educate the public, prevent human-wildlife conflicts and protect

our natural resources,” said Doug Forsdick, chief conservation officer with the B.C. Conservation Officer Service (COS).”

Conservation officers work on a zone-coverage basis, where officers respond to complaints and concerns anywhere in the zone. The COS considers several factors when determining where any new conservation officers were posted, including officer safety, call volume, zone coverage and geographic location.

These new faces will fill existing vacancies, new positions and areas where retirements are imminent. Recruits will start training at the Western Conservation Law Enforcement Academy in May 2018.

Congratulations, Tristan Montjoy on all of your achievements.

Original Article: <https://news.gov.bc.ca/releases/2018ENV0017-000741>



2018-2019

New Relationship Trust Foundation

Scholarship Awards

Guidelines & Application, April 17, 2018

The New Relationship Trust Foundation (NRTF) and BC First Nation communities realize the importance of education. Interested and eligible BC First Nations students should apply to the NRTF Post-Secondary Scholarship Awards. Successful applicants will be eligible for a maximum of four consecutive years of undergraduate post-secondary funding, a maximum of two years at the Masters level and a maximum of two years for the Doctorate level. Scholarships are awarded annually and students must re-apply for any subsequent years.

Scholarships – a limited number is available:

- Undergraduate scholarships @ \$5,000 each per year
- Masters degree scholarships @ \$10,000 each per year
- Doctorate degree scholarships @ \$20,000 each per year

Application Deadline:

- Received at the NRTF office by **Thursday, June 12, 2018 12:00pm (noon) PDT**
- Application **must** have all supporting documents attached, we will NOT accept piece by piece applications, NO EXCEPTIONS
- No Faxes. Faxed applications will not be accepted. You can scan and email
- Late or incomplete applications will not be eligible

Eligibility:

Post-Secondary scholarships are available to all BC First Nation students planning on attending an approved post-secondary institution on a full-time basis¹.

Examples of Ineligible Fields of Study:

1. Conferences / symposiums / workshops
2. Professional Fees / schools
3. Education at non-recognized post-secondary institutions
4. Executive / Management programs (short term)

¹ Full-time means the student is taking a minimum of four courses per semester (Fall & Winter), e.g. during a twelve week semester the student must be enrolled in a minimum of 12 credits (equals 60% full course load). Doctorate and Master students must provide a letter from their instructor and institution to support full-time status.

TO: T’it’q’et Community Members

Please contact the Housing Department to update your:

- Phone number
- Box #
- Meter #

Housing does not have a complete list of names and phone numbers which are needed for renovation applications and free programs available for all tenants and homeowners. Your contact information can be left at Reception or emailed to housing@titqet.org

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.

From: Housing 1-3 Bedroom FOR RENT

April 26, 2018

- 1 - 3 bedroom home available May 1, 2018. Appliances include F/S, W/D, furnace and woodstove. Utilities are not included. References and one month’s damage deposit required.
- 1 Bedroom Basement Suite, available May 1, 2018. Appliances includes F/S, W/D, baseboard heat and woodstove. Utilities are not included. References and one month’s damage deposit required.

Phone 250-256-4118 ext. 240, Monday to Friday 8:00 am to 4:00 pm. Applications can be picked up and returned to Reception or emailed to housing@titqet.org

T’it’q’et Members will be given preference

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

Celebrating Families

Thursday, May 10th, 2018

- 12 pm Ucwalmicw Bingo @ Main Stage
Basketry Workshop @ Learning Centre
- 1 pm Refreshments @ Dining Hall
- 2 pm Opening @ Main Stage
 - William Schneider, Chief
 - Brenda Lester, Committee Chair
 - Welcome Song – Hand Drummers
- 2:45 pm Declaration Ceremony @ Main Stage
- 3:30 pm Hand Drumming
 - Unity Ride/Run Grand Entry
- 4 pm Chiefs' Speeches @ Main Stage
 - Xa'xtsa, Don Harris
 - Skatin, Patrick Williams
 - Lil'wat, Leonard Andrew / Dean Nelson
- 5 pm Dinner @ Dining Hall
- 6 pm Kakila Name Giving @ Dining Hall
- 7 pm Talent Showcase @ Dining Hall
- 9 pm Close Day 1 @ Dining Hall
 - Housekeeping
 - Review Day 3 itinerary



May 10, 11 and 12, 2018

Friday, May 11th, 2018

- 11 am Brunch @ Dining Hall
- 12 pm Ucwalmicw Bingo @ Main Stage
Basketry Workshop @ Learning Centre
Canoeing @ Paqulh TBC
- 1 pm Saquta – wear your regalia
- 2:30 pm Chiefs' Speeches @ Main Stage
 - N'Quat'qua, Micah Thevarge
 - Tsal'alh, Ida Peter
 - Xwisten, Susan James
 - T'it'q'et, Shelley Leach / Courtney Adolph-Jones
- 4 pm Saquta – wear your regalia @ Main Stage
 - Suliyalulsta7 Contest
- 5 pm Dinner @ Dining Hall
- 6 pm Spánu Name Giving @ Dining Hall
- 7 pm Talent Showcase @ Dining Hall
- 9 pm Close Day 2 @ Main Stage
 - Housekeeping
 - Review Day 3 itinerary

Saturday, May 12th, 2018

- 11 am Brunch @ Dining Hall
- 12 pm Chiefs Speeches @ Main Stage
 - Sekw'el'was, Michelle Edwards
 - Xaxli'p, Colleen Jacob
 - Ts'kw'aylaxw, Francis Aleck
- 1 pm Drumming @ Main Stage
- 1:30 pm Closing @ Main Stage
 - W. Schneider/B. Lester
 - Samahquam Pass Gathering to Sekw'el'was
- 2 pm Grab and Go Lunch for the trip home



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Review of Sodastream from Wellness Days

April 2018

Dear Diabetes Workshop organizers,

I was the lucky winner of the Sodastream sparkling water maker. I am a pop drinker, but drink more pop during the summer than during the winter. A 2litre bottle would usually last a week: which means I am consuming a little over 250 ml a day. Several years ago I switched from sugar filled pop to sugar-free. With a single 355 ml can of regular pop containing as much as 46 grams of sugar (e.g., sparkling grapefruit), this was way more sugar than what I was told I should limit my mealtime intake to (6 grams). Now the sugar free pop has its problems as well: the type of artificial sweetener used.

The Sodastream is an excellent alternative to store bought pop. Ultimately, you could train your taste buds to be satisfied with plain carbonated water without any additives used. There are a variety of flavourings that can be purchased using the sweeteners sucralose or stevia or aspartame. Once the flavourings have been opened, they have to be refrigerated and have a six-week storage life. They are also a little bit on the expensive side. An alternate solution is using the Internet to google home-made recipes for the Sodastream.

The Sodastream unit does not require electricity and only takes up a small space on the counter or table. It is actually a quite nice looking machine. As long as the CO2 cylinder isn't empty, you can make pop. No paying deposit or recycling fees! At the present time, the CO2 cylinders aren't available locally. The stores that sell them usually offer a discount when you trade in a used cylinder.

Being a diabetic, I'm hoping to reduce the amount of sugar and additives I'm ingesting by making good use of the Sodastream, especially during the summer.

Thanks for sponsoring the diabetes workshop and giving away great prizes.

Yours in diabetes education,
Lynn



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

Tribal Chief Report

April 19, 2018

Recognition and Implementation Engagement

The Provincial and Federal Governments continue the process of engaging with First Nations to implement the UNDRIP or United Nations Declaration on the Rights of Indigenous Peoples. I have outlined the basic principles in my last report. I, along with Marilyn Napoleon and Nora Greenway attended a three-day session in Vancouver to participate and learn more. The P'egp'ig'lha Council will be presenting this to the community in the very near future.

The Leadership Council

continues to lead this process by ensuring that consultation takes place.

The Interior Alliance

is providing some guidance and information on some of the cautions around impact to title and rights.

Treaties

No new information.

St'at'imc Government Services

The move to a nation approach is ongoing.

St'at'imc Chiefs Council/ St'at'imc Authority

The dispute with BC Hydro is ongoing. The St'at'imc are currently preparing to go to mediation with BC Hydro. The five directly affected community are working with the mediator. Dates are set for June 2018.

Water Comptroller

The Chiefs and tech people also met with the Water Comptroller to talk BC Hydro's application for flow variance and the new water licenses and how the St'at'imc will be impacted and are being impacted by the changes. These discussions are ongoing.

PGWG

The Governance working group continues the work from the work plan. The group has not met this month, but there is much work to be done and dates have been set to begin the work again.

Lillooet Tribal Council – T'it'q'et Chief and Council and P'egp'ig'lha Council are preparing for mediation with the Lillooet Tribal Council to talk about some issues our community has with LTC. T'it'q'et is hoping we will find and agree on solutions.

OFFICE OF THE TRIBAL CHIEF

Shelley Leech

Phone (250) 256-4118

Fax (250) 256-4544

Sid Scotchman Intro

Hello everyone,

I will be working with the P'egp'ig'lha Council, as the Administrative Assistant/Referral Clerk. I will be assisting Shannon, helping with the referrals, doing minutes for P'egp'ig'lha Council meetings, and I will also be doing some work in the library as new information comes in for the Library/Archives. I look forward to working with the P'egp'ig'lha Council as the Administrative Assistant/Referral Clerk.

Phone: 250-256-4118 ext.231

E-mail: pegpiglha.c.assistant@gmail.com

E-mail: titqet.referrals@gmail.com

–

Sid Scotchman

Car Recycling and Appliance Removal This is a FREE program to all tenants and homeowners

Contact Housing or O/M for removal of:

- Cars
- Appliances
- Metal Materials

Your contact information can be left at Reception, O/M or Housing at housing@titqet.org.

NOTICE

BC Hydro has increased the amount of water spilling through the Bridge Seton system. P'egp'ig'lha Council and T'it'q'et Council want to ensure that the members have the opportunity to raise their concerns and document the impacts that they have seen and felt as a result of the change in BC Hydro's operations.

Examples of impacts include loss of cultural and spiritual sites along Seton River and Bridge River, erosion of Seton Lake, increased turbidity and the impacts to fish, wildlife. We want to hear your thoughts and if BC Hydro's change in operations since 2017 have impacted you.

Please contact Sid Scotchman at PC office 256-4118 to provide your input.

Health Update

Good Day, Nicole Napoleon here I have been back in office for a month now and I am please to have been welcomed back with kind words and patience from our Community.

Please remember that each appointment application form is to be submitted two weeks in advance for proper paperwork necessity. I have adjusted the medical application form for ease of information, however if you are a new client I will require an in depth medical application form to be done so I have all details I may need for your appointment. Confirmation cards are to be returned so you can be further assisted with upcoming appointments

Cheques are to be picked up on Wednesday & Friday morning at 9 am.

If a gas voucher is provided for an appointment, please remember to bring back the receipt so I can calculate if all funds were used in order to determine the proper reimbursement, this is your responsibility to submit the gas receipt to the medical clerk in order to receive the full reimbursement otherwise it may be considered fully paid out.

I am sure you recall that there was to be a mobile optometry clinic in our community in March; however, it has been postponed to September. For those who are needing their eye exam done before September due to your two year time frame please contact **Suter Brook Optometry Clinic at 778-355-8222** to have your name removed from their list, so there will be no delays in

your upcoming optometry appointment. The First Nations Health Authority medical clerk does not cover fees associated with exam costs that is up to the client to pay the establishment of their appointment. The medical clerk assists with transportation, meals and accommodations if necessary for medical appointments for status community members for trips out of town.

Exam fees are up to each individual business establishment to charge and the First Nations Health Authority only covers a portion of the exam cost. It is the responsibility of the client to cover the remainder for the exam fee. Persons under the age of 19 have their fees covered by their Medical Service Plan or the fee may be less than the cost of the adult charge. Certain business require advance approval from First Nations Health Authority so it's best to ask when making your appointment so your not surprised by the bill when completed your appointment which will be able to be partly reimbursed when you submit for a reimbursement after you've paid.

As of October 2017 the First Nations Health Authority has converted to what is known as BC PharmaCare plan W which included adjustments for some clients medical prescription

How do I access my pharmacy benefits? And how does payment work?

1. As an eligible FNHA client, you visit a physician/nurse practitioner
2. Your physician/nurse practitioner writes a prescription for you.
3. You take your prescription to the pharmacy.

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.

4. Your pharmacist will enter your benefit information into their point-of-sale-system, PharmaNet.
5. Prescriptions will adjudicate first through PharmaCare Plan W. Any items not covered by PharmaCare can also be adjudicated through a third party provider and then NIHB, which will continue to cover a small number of items for First Nations in BC.
6. If you are prescribed a specific medication not on the Plan W formulary, your prescriber (physician or nurse practitioner) can apply for Special Authority for that medication.
7. PharmaCare reviews the request and determines eligibility based on program guidelines.
8. Once a Special Authority is approved, the information is entered into PharmaNet and your prescription can be filled. If you have any questions please contact 1.855.550.5454

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 RN	2 • RN • Yoga	3	4 Skuza7 -T'it'q'et Pres-school	5
6	7	8 RN	9 • CHN • RN • Yoga	10	11 Skuza7 -T'it'q'et Pres-school	12
13	14 • Rose Marie James NP	15 • RN • Marilyn Charlie Day Session	16 • RN • Yoga	17 • Sexual Health Day!	18 Skuza7 -T'it'q'et Pres-school	19
20	21 Victoria Day Office Closed	22 RN	23 • CHN • RN • Yoga	24 Marilyn Charlie Evening Session	25 Skuza7 -T'it'q'et Pres-school	26
27	28	29 RN	30 • Kindergarten Health Fair • Yoga	31		

CHN—Community Health Nurse
NP—Nurse Practitioner
RN— Registered Nurse
(8:30–1:00 Tue | 8:30–2:00 Wed)
Yoga—Blooming Rose Yoga with Rosie
(5:30–6:30 Hatha | 6:45–7:45 Restorative)



Council Portfolios

Education	Sarah Moberg	Marilyn Napoleon (alternative)
Fisheries	Robert Leech	Sid Scotchman (alternate)
Child/Family	Courteney Adolph-Jones	
Health	Courteney Adolph-Jones	
Language	Marilyn Napoleon	
Infrastructure	Courteney Adolph-Jones	
Economic Development	Courteney Adolph-Jones	
Personnel & Finance	Sarah Moberg & Marilyn Napoleon	
Taxation	Sarah Moberg	
Youth & Sports	Sid Scotchman	
Housing	Sid Scotchman	
Employment & Training	Marilyn Napoleon	

Contacts	Email	Phone
Chief Courteney Adolph-Jones	communitychief@titqet.org	(250) 256-3635
Councillor Marilyn Napoleon	Councillor_MNapoleon@titqet.org	
Councillor Robert Leech	Councillor_RLeech@titqet.org	
Councillor Sarah Moberg	Councillor_SMoberg@titqet.org	
Councillor Sidney Scotchman	Councillor_SScotchman@titqet.org	

For ease of communication an alias council@titqet.org has also been provisioned: any email sent to that address will relay a copy to each council member.



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 !!





Leave them in
your locker!

4°C

DON'T DELAY, RECERTIFY TODAY!

All FOODSAFE Level 1 certificates
issued in British Columbia before
July 29, 2013 will expire on
July 29, 2018.

For more information visit
www.foodsafe.ca/recertify



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council
PO Box: 1420 • 650 Industrial Place • Lillooet, BC V0K 1V0
Tel: (250) 256-7530
www.statimhealth.net

Open 8am – 5pm
Monday – Friday
Closed noon – 1pm
& Statutory Holidays
Fax: (250) 256-7535

Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'el'was

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30-4:30, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Min Children and Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7, 1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA, 1-877-209-1266
- Interior Crisis Line 1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7, 1-800-784-2433
- Adult & Youth Distress Line, 1-866-661-3311
- Alcohol & Drug options for treatment, 1-800-663-1441
- Kids Help Line, for children & youth, 1-800-668-6868
- BC Nurses Line, Health questions, 811
- Indian Residential School Crisis Line, 24/7, 1-866-925-4419
- VictimLINK, 24 Hour help & Information, 1-800-563-0808
- Kamloops Sexual Assault Counselling Centre, 250-372-0179 or ksacc@ksacc.ca
- Women's Emergency Shelter, 250-455-2284 or toll free 1-800-318-4455

Emergency – Call 911 in service area,
or

- St'l'at'l'imx Tribal Police,
emergency **250-256-7767**
- RCMP **250-256-4244**, Lillooet
- Ambulance **250-256-7111**

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	

May 2018 Horoscopes



Taurus (Apr 20–May 20)

Taurus star sign will shine in their careers due to the influence of Venus. Health will show improvement. Financial situation will be better with the assistance from your partner. Love life will face some problems during the latter part of May 2018.

Aries (Mar 21–Apr 19)

Financial prosperity for Aries zodiac sign for the month of May 2018 will be awesome due to Venus. Professionally you will be working hard and will be pleased with the result. Married life will be pleasant with news of pregnancy and singles are looking for monetary support from their partners.

Gemini (May 21–Jun 20)

Career progress of Gemini sun sign will be gradual and progressive. Mercury will help your communication skills. The Moon will influence your earnings and expenses. Love life will be exciting during the end of the month. Mercury will help you to maintain your health. .

Cancer (Jun 21–Jul 22)

Mars and the Moon will be instrumental in the upward progress of the career graph of Cancer zodiac. The Moon will help you to keep up your health. Financial situation will be fabulous due to the various opportunities available. Love life will face some turbulence.

Leo (Jul 23–Aug 22nd)

Leo sun sign will flourish in professional life due to social connections. Health is showing some progress. Other people and Mercury will keep your financial express moving forward. Love life will be heavenly and passionate.

Virgo (Aug 23–Sept 22)

Virgo star sign will have a satisfactory career development in May 2018. Your partner will contribute towards your monetary success. Social and love life will be highly enjoyable due to planetary influences. Health will be better during the end of the month.

Libra (Sept 23–Oct 22)

Libra zodiac has to give equal importance to family and career in May 2018. Career growth depends on family assistance. There will be both romance and passion in love relationships. Health will be fantastic, but finances require the help of your partner.

Scorpio (oct 23–Nov 21)

Jupiter will boost the financial income of Scorpio sun sign. You will also help others to make money. Love life will be excellent with plenty of socialising. Career development will be remarkable. Health will cause some anxiety and can be improved by rest and detoxification.

Sagittarius (Nov 22–Dec 21)

Health prospects of Sagittarius star sign will be superb in May 2018. Monetary situation will be very good during the first few weeks of the month. There will be problems on the career front. Life with your partner will be stormy and no solution is visible immediately.

Capricorn (Dec 22–Jan 19)

Though the financial prosperity of Capricorn zodiac sign will be good, speculations should be avoided. The Moon will keep the romance of couples alive for short intervals. Family will be behind the progress of your career growth. Health and vitality show significant improvement.

Aquarius (Jan 20–Feb 18)

Family and psychological issues will dominate the life of Aquarius star sign. Financial progress depends on your efforts. Life with your spouse will be enjoyable. Health will improve after the 21st. Career is in the background this month.

Pisces (Feb 19–Mar 20)

Pisces sun sign will progress well in their careers in May 2018. Mars, Venus and Jupiter will help your financial growth. Retrograde of Mercury will bring turmoil in love relationships. Health will be good and can be further improved by spiritual healing.

June 2018 Newsletter Submission Deadline Friday, May 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

(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

