

# Newsletter

July 2018

**T'IT'Q'ET JULY ISSUE:**

School District 74 News Release– Pages 3  
St'at'imc Fisheries Forum– Page 6

**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 35



# Community Events

| July  |  |
|-------|--|
| 1 Su  | Canada Day                                   |
| 2 Mo  | Canada Day (observed) Office Closed          |
| 3 Tu  | • Summer daycare starts                      |
| 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 • P'eg'p'ig'lha Council – 9 AM |
| 19 Th |  |
| 20 Fr |  |
| 21 Sa |  |
| 22 Su | • Community Meeting                          |
| 23 Mo |  |
| 24 Tu | • Splitrock Wetland design workshop -Day 1   |
| 25 We | • Splitrock Wetland design workshop -Day 2   |
| 26 Th | • Splitrock Wetland design workshop -Day 3   |
| 27 Fr | • Splitrock Wetland design workshop -Day 4   |
| 28 Sa | • Splitrock Wetland design workshop -Day 5   |
| 29 Su |  |
| 30 Mo | • Dump Day • Joint Council                   |
| 31 Tu |  |



## Recycle Days

July 4, 18

## Community Meeting

July 22, 2018

### Agenda:

1. Restricted Funds Request for Occupational Skills Training (OST)

### Motion:

The Occupational Skills and Training is a pot of money allocated for short courses such as First Aid, P.A.L (Gun License), etc; however, funding has been allocated to a different source for several years now. The Education department would like to request an annual allocation of \$20,000.00 from the Restricted Funds for this budget to allow T'it'q'et Members to continue to utilize this funding.

## Whispering Water Day Spa Marilyn Charlie

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.*

## School District No. 74 (Gold Trail)

PO Bag 250, Ashcroft, BC V0K 1A0  
Phone: 250 453 9101 FAX: 250 453 2425  
[www.sd74.bc.ca](http://www.sd74.bc.ca)



## NEWS RELEASE

### Local Education Agreement signed in the St'át'imc Nation

Co-Chairs of the Board of Education and Chief and Council representatives attended an event on June 6, 2018 at Sek'wel'wás to celebrate the signing of the Local Education Agreement (LEA) with Sek'wel'wás, T'it'q'et, Ts'kw'aylaxw, and Xáxli'p.

An LEA is an agreement between one or more Indigenous communities and a school district that defines the relationship between the parties and how each will hold the other accountable. The LEA also defines the educational services that will be provided to Indigenous learners through the targeted Aboriginal education dollars.

Leaders of the Indigenous communities and members of the LEA development team spoke of the relationships developed during the process and the many years the district and the bands have met to discuss the terms of the LEA.

The district looks forward to working with the communities to honour the goals of the LEA.



20 June 2018



# GEERING UP *DISCOVERERS*

WITH LILLOOET

**DATES:** AUGUST 7-10

**TIMES:** 9 AM - 3 PM

**LOCATION:** THOMPSON RIVER UNIVERSITY

**GRADES:** 6-8

To register, visit, call or email the following:

Location: 10-155 Main St. (Old Mill Plaza)

Phone number: 250-256-4296

Email: [mhohner@tru.ca](mailto:mhohner@tru.ca)

Our exciting and interactive computer science and engineering camps are coming to Lillooet!

Join our undergraduate instructors as we explore a variety of themes in engineering and technology through design challenges, hands-on activities, and introductory coding.

# GEERING UP *EXPLORERS*

WITH LILLOOET

**DATES:** AUGUST 7-10

**TIMES:** 9 AM - 3 PM

**LOCATION:** THOMPSON RIVER UNIVERSITY

**GRADES:** 1-5

To register, visit, call or email the following:

Location: 10-155 Main St. (Old Mill Plaza)

Phone number: 250-256-4296

Email: [mhohner@tru.ca](mailto:mhohner@tru.ca)

Our exciting, interactive STEM camps are coming to Lillooet!

Join our undergraduate instructors as we explore a wide-variety of science and engineering themes through demos, design challenges, and hands-on activities.

# SAVE THE DATE!

## St'át'imc Fisheries Forum

Thursday July 12, 2018

Place: Xwisten Gym  
Time: 8:30am- 3:00pm  
Lunch provided

Agenda to be confirmed!

DOOR PRIZES will be drawn throughout the forum – must be in attendance to win.  
Everyone Welcome!

For more information contact:  
Janice Billy, LTC Fisheries Manager  
250-256-7523



## 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

# Indigenous Harm Reduction Principles and Practices



The Indigenous Wellness Program at First Nations Health Authority is developing 'Indigenous Harm Reduction' principles and practices as a learning diagram to host conversations regarding addiction and harm reduction.

Indigenous Harm Reduction is a process of integrating cultural knowledge and values into the strategies and services associated with the work of harm reduction. Indigenous knowledge systems are strongly connected to spirituality, holism, and the natural environment. Therefore a learning model reflecting animal teachings and values was struck to support sensitive conversations around addictions and harm reduction through an Indigenous lens.

THE PRINCIPLES AND PRACTICES USE CULTURAL REPRESENTATION FROM FOUR PROMINENT ANIMALS HERE IN BC. EACH ANIMAL IS REPRESENTED BY SYMBOLISM, A HEALING PRINCIPLE, AND COMPARATIVE HARM REDUCTION STRATEGIES:



## THE WOLF

- A symbol of relationships and care.
- Healing requires working together as one heart and one mind.
- This representation is associated with harm reduction principles that emphasize the importance of building relationships with people who use substances. An example of carrying out this work might look like providing outreach services.



## THE EAGLE

- A symbol of knowledge and wisdom.
- Healing requires time, patience, and reflection.
- This means acknowledging that wellness is a journey instead of a destination. It aligns with the harm reduction principle that support may take many ongoing opportunities. It also means that in our professional work practice we take the time to reflect on our own emotions and allow room for patience in our engagements with people who are using substances.



## THE BEAR

- A symbol of strength and protection.
- Healing is embedded in culture and tradition.
- This principle celebrates a strength-based approach in working with harm reduction. This also recognizes culture and tradition as intergenerational strengths that are methods of harm reduction on their own.



## THE RAVEN

- A symbol of identity and transformation.
- Healing requires knowing who you are and accepting who you were.
- This healing principle acknowledges that the path to wellness is a journey that encompasses the exploration of identity and that mistakes will be made along the way. We do not need to carry the burdens of past, as they transform us when we learn from them.

## WORKING WITH INDIGENOUS HARM REDUCTION: LEARNING COMPONENTS

### THE WOLF: RELATIONSHIPS AND CARE

- Outreach services for people who do not access site based services: food, safer smoking/injecting kits, condoms, etc.
- Services are human-centred - inclusive, caring, and trauma-informed.
- Strategies and services are based on a foundation of cultural safety and humility.
- Acknowledging family relationships, community, Nation, and land.
- Understanding the impact of cultural oppression, intergenerational trauma, land-loss, and current social, environmental, and economic realities.

### THE EAGLE: KNOWLEDGE AND WISDOM

- Strategies and services are trauma-informed.
- Support individuals and communities wherever they are at in their wellness journey.
- Recognize that stigma and shame are factors that need to be taken into consideration and addressed.
- Supporting strategies and services that are evidence-based.

### THE BEAR: STRENGTH AND PROTECTION

- Strategies and services are wellness focused and holistic in nature.
- Incorporate Indigenous beliefs, values, and practices: medicinal plants, ceremony, Elder consultation etc.
- Incorporate Elders and cultural people to guide and participate in the initiatives.

### THE RAVEN: IDENTITY AND TRANSFORMATION

- View addiction as a health and social issue, not a moral or criminal issue that can result in complex personal health and social consequence, involvement with the law and premature death.



## Mental Health & Substance Use Resources for Youth

### Websites & Apps

**AnxietyBC Youth Website** <http://youth.anxietybc.com/>

A youth-driven website with resources for managing anxiety, tips and strategies and an explanation of various types of anxiety.

**Breathr Mobile App** <http://keltymentalhealth.ca/breathr>

The Breathr app helps introduce the concept of mindfulness and create an easy access point for those who are new to this practice.

**Dealing with Depression** [www.dwdonline.ca/](http://www.dwdonline.ca/)

A Canadian website providing useful and on-the-go strategies to help teens understand low mood and depression, and to learn and apply effective coping skills.

**Drug Cocktails** [www.drugcocktails.ca/](http://www.drugcocktails.ca/)

Created for youth to help them “get the facts” about the effects and risks of mixing medications they take with substances like cigarettes, alcohol, marijuana and other street drugs.

**Early Psychosis Intervention** [earlypsychosis.ca](http://earlypsychosis.ca)

Provides comprehensive resources about Early Psychosis Intervention (EPI) for BC residents. Includes information about psychosis and getting help, and what to do after diagnosis.

**Erase Bullying** [www.erasebullying.ca](http://www.erasebullying.ca)

Provides information on a variety of topics related to bullying, including cyber bullying, and allows parents and youth an opportunity to report bullying. Offers information and resources through videos and online posts on signs of bullying and how to get help.

**Foundrybc.ca** [www.foundrybc.ca/](http://www.foundrybc.ca/)

Foundrybc.ca provides easy access to mental health and wellness tools and strategies for young people ages 12-24 across BC. Beginning in 2018, all information from mindcheck.ca is available on foundrybc.ca. Foundrybc.ca complements the provincial network of Foundry Centres in BC.

**Jack.org** [www.jack.org/](http://www.jack.org/)

A website that contains links to help students, parents and educators learn how to open up the conversation about mental health and encourage youth to take care of themselves and their peers.

**MindShift Mobile App** <http://anxietybc.com/mobile-app>

The MindShift App will help you learn how to relax, develop more helpful ways of thinking, and identify active steps to help you take charge of your anxiety.

**Mind Your Mind** [www.mindyourmind.ca](http://www.mindyourmind.ca)

A site for youth by youth where youth can get information, resources and the tools to manage stress, crisis and mental health.

**NIDA for Teens** [teens.drugabuse.gov](http://teens.drugabuse.gov)

NIDA for Teens provides science-based facts about how drugs affect the brain and body so youth have the information to make healthy decisions.

**Teen Mental Health** [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

An evidence based site providing a wide range of educational materials and tools in various formats designed to meet the mental health care and information needs of young people.

## Mental Health & Substance Use Resources for Youth (*continued*)

### Support Services

**Alcohol and Drug Information & Referral Service** Tel: 604-660-9382 | Toll Free: 1-800-663-1441  
Worried about drug or alcohol use? Whether it's for yourself or someone you care about, you can call the Alcohol and Drug Information and Referral Service for information, options and support.

**Bullying Canada (24/7)** [www.bullyingcanada.ca](http://www.bullyingcanada.ca) | Toll Free: 1-877-352-4497

Bullying Canada is a bullying support service run by youth for youth, providing phone and online chat resources.

**Crisis Line Association of BC (24/7)** Toll-free: 310-6789 | 1-800-SUICIDE (1-800-784-2433)  
[www.crisislines.bc.ca](http://www.crisislines.bc.ca)

Available 24/7 the Crisis Line provides mental health support, information, and resources for people who are distressed as well as their friends and families.

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) | [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca) | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)  
Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

**Kids Help Phone (24/7)** [www.kidshelpphone.ca](http://www.kidshelpphone.ca) | Toll free: 1800-668-6868

Provides anonymous and confidential phone and online counselling for people under the age of 20.

**Youth Against Violence Line (24/7)** Toll Free: 1-800-680-4264 | Text: 604-836-6381  
[info@youthagainstviolenceline.com](mailto:info@youthagainstviolenceline.com)

A 24/7 live help, multi-lingual line where youth can talk one-on-one, in confidence and anonymously to a support worker.

**Youth in BC (24/7)** <http://youthinbc.com> | Toll Free: 1-866-661-3311

Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.





# Chief and Council Reports

## June 27, 2018

### Chief Courteney Adolph-Jones

#### Halaw Agreement

Agreement with Aspen has expired. Prior to renegotiating the terms of the agreement there is a need for discussion internally amongst Northern St'at'imc regarding territory and related forestry issues. Internal Meeting May 31, 2018. Only two communities attend so meeting was postponed to Jun 22. Robert was scheduled to attend.

At the June 1 LTC BoD meeting a motion was passed giving LTC staff direction to continue to negotiate agreement meeting specific benchmarks including payment, accountability, cultural awareness.

#### LTC

Still no response from LTC to our May 17<sup>th</sup> letter. No mediation date set. I emailed Andrea and Chief Susan requesting confirmation of date we can anticipate response.

#### Land Code

Met June 5. Reviewed Community Ratification Process template. Discussed plan for drafting land code. Met with Bennet Survey to review IR#1 land survey re: encroachment. This will need to be followed up by Admin Lands. LABRC are scheduled to meet with C&C on July 16<sup>th</sup>. Next meeting scheduled for July 18, 2018

#### Renewable Forestry Licence/Community Forestry Agreement

Conference call with Stuwix Investment Limited. They worked on the NRFL 5 years ago. Kevin engaged them again for the Renewable Forestry Licence. They have investigated the uncaptured/used portion of the past licences. It was determined that do cutting permits were applied to the licence. The unused volume can be applied to the new licence. Since the licence will span 15 years, a decision will need to be made if we want to front load the volume or spread it over 15 years. Stuwix has offered to come to Council to present. Now, the work they are doing is without a service agreement or expectation to invoice. Furthermore, Council needs to assign Administrative responsibility to this issue. There will also need to be conversations with PC on this issue and possible benefit sharing.

#### Council Update by Sarah Moberg

**June 1<sup>st</sup>** we cooked healthy hot lunch for the Cayoosh school then did the Round dance. Everyone had fun!

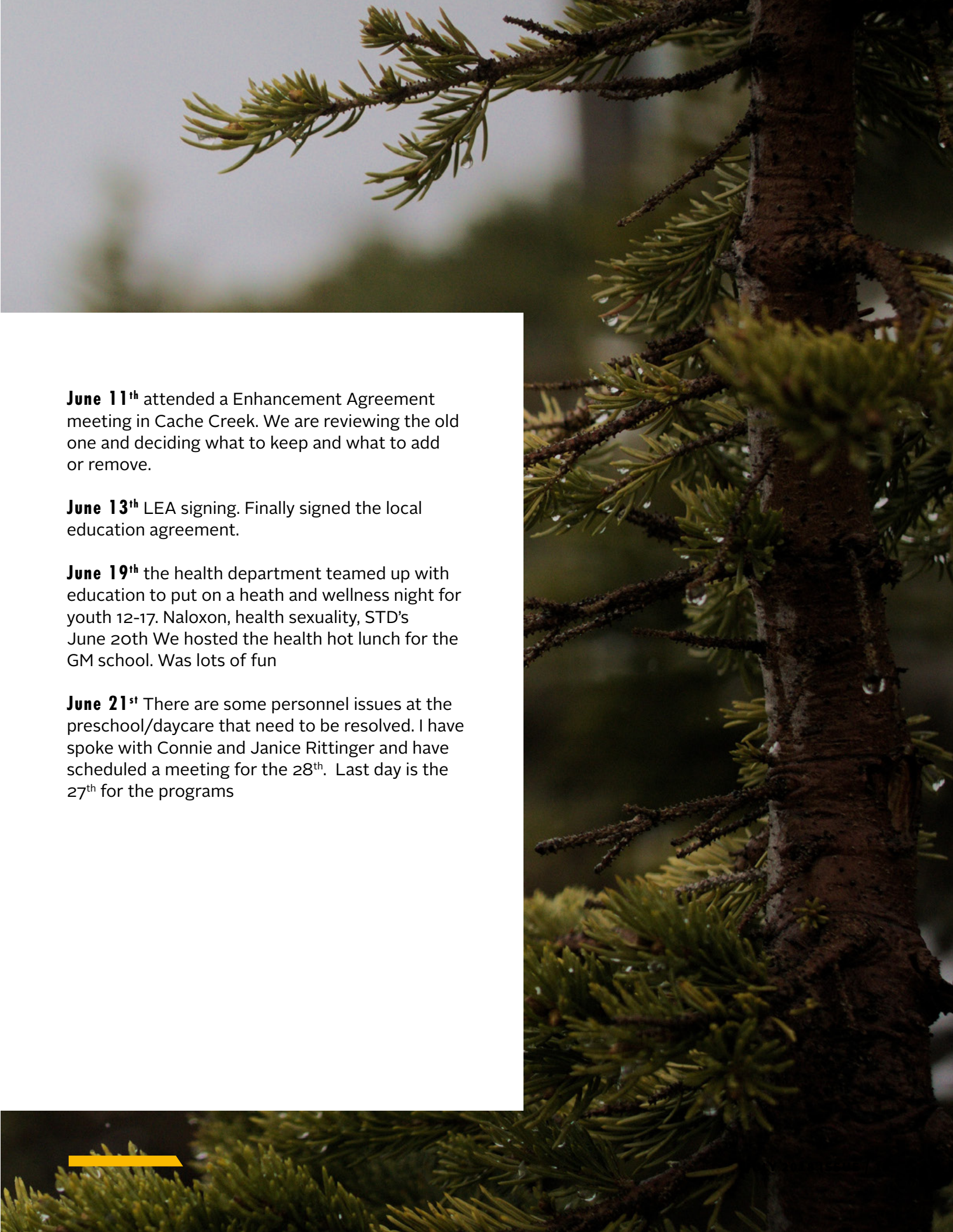
**June 4<sup>th</sup>** Attended an elder in residence meeting at Cayoosh Elementary. The program is going very well everyone is excited continue this program in the new year.

**June 11<sup>th</sup>** attended a Enhancement Agreement meeting in Cache Creek. We are reviewing the old one and deciding what to keep and what to add or remove.

**June 13<sup>th</sup>** LEA signing. Finally signed the local education agreement.

**June 19<sup>th</sup>** the health department teamed up with education to put on a health and wellness night for youth 12-17. Naloxon, health sexuality, STD's June 20<sup>th</sup> We hosted the health hot lunch for the GM school. Was lots of fun

**June 21<sup>st</sup>** There are some personnel issues at the preschool/daycare that need to be resolved. I have spoke with Connie and Janice Rittinger and have scheduled a meeting for the 28<sup>th</sup>. Last day is the 27<sup>th</sup> for the programs







# Renewal of the Community Health Plan

We have begun the process of renewing the health plan by convening community meetings last week on May 23-May 25. Facilitated by the Tarbell Facilitation Network the meetings provided all who attended an opportunity to provide input into what the revised community health plan could include.

Over the three days community members brought forward key matters related to health, well being, and capacity building. Suggestions included:

- Building a foundation of health and well-ness based on cultural identity and traditional health practices;
- Supporting individuals and families on their particular health and wellness journeys. For example, some families are dealing with cancer, while others are concerned about mental health and other situations;
- Creating a healthy community by addressing suppressive behaviours, decolonization, working on forgiveness, and moving away from dependency on government;
- Clarifying what programs and services are available to community members in the community and what the roles and responsibilities are of all the health and wellness partners in the region, province and federally;

In addition to continuously working on improving available programs and services it was also observed that improving the overall health and well-being of individuals and families also begins with relatively easy behaviour changes

like choosing healthier foods to eat (i.e. learning to cook with less sugar), being more physical active, reducing stigma by supporting mental health initiatives, supporting life-long learning and life cycle planning. Improving health and wellness requires change at an individual and family level as well as within community systems, programs, and services. Members also stressed the importance of involving youth and Elders more in community life. And there was lots of talk of finding ways to create a multipurpose, multi-community Elders/Wellness facility that implement activities for all age groups.

Part of the Community Health Plan is a Community Needs Assessment that was originally done in 2002). Community members agreed that it was time to re-do the Needs Assessment and to determine how any new results (e.g. needs by age group or types of health and wellness experiences) will be applied to the renewed plan. Community members also want the First Nations Health Authority's (FNHA) planning, funding and programs delivery processes to be clarified and demystified. Particularly, how does the FNHA decide about who gets funded for what services under the First Nations Health Benefits package? And, how can the community health plan be re-drafted to support community advocacy and the FNHA efforts to streamline planning, reporting and evaluation?

At the open house on Thursday evening (May 24) members expressed appreciation for current services but also wanted to learn more about what other services are available in the territory. The biggest concern however, was addressing any gaps or shortfalls that are affecting the health and wellness of community members like after care

| 2010 Community Health Plan Goals  | 2014 CCP Health Strategies  |
|---|---|
| 1. Promotion of self-care and independence;   | 1. Provide social and health support services that meet the needs of all of our members (on and off reserve)  |
| 2. Assure safety and comfort by providing a focal point for community healing through delivery of defined services;   | 2. Promote and provide opportunities to pursue healthy lifestyles   |
| 3. Maintain dignity and self-respect to promote community healing through the mobilization of community and cultural resources in a holistic, culturally based manner to support community members; and | 3. Provide support, guidance and opportunities for youth to ensure they possess the skills, self-esteem and capacity to live as powerful members of the community |
| 4. Maintain stability by promoting and developing work schedules to address reliability and dependency.   | 4. Support Family Unity   |
|   | 5. Build a strong, unified, safe community  |
|   | 6. To build a healthy, united community that values personal responsibility and contribution  |
|   | 7. Ensure the Elders' needs are being identified and met on an ongoing basis  |
|   | 8. Promote and support a drug and alcohol-free community  |

surgery costs that can have a big impact on the finances of Elders for example. Having more effective engagement strategies like having youth learn to develop wellness videos and/or inviting 'celebrities' to participate were some ideas brought forward. In addition, members want more information to help them navigate the FNHA, local, regional, provincial and federal health systems. This involves clarifying: what services are available; who does what; and, how do we access services and/or programs? Members also wanted to find ways to tap into the assets and strengths found in community such as utilizing their traditional knowledge and reviving practices on the land.

Day three focused on linking priorities within the Community Health Plan to the health related strategies (9) and actions (96) in the 2014 Comprehensive Community Plan (CCP) and looking at healthy ways to manage change.

For next steps, the facilitators will incorporate the input provided into a revised community health plan 2019-2023 that will be available for review this summer. Specific attention will be given to how the resulting community health plan will be implemented by the health department, in collaboration with other sectors such as economic development, education and housing and other available health partners including but not limited to: FNHA, Northern St'at'imc Health Leadership, Interior Health Authority. Specific consideration will also be given to how the community members both on reserve and away from home can have further opportunities to provide input.





## Apply for school

Check post-secondary institution websites or visit the institution admissions offices for application information. You can apply for all B.C. public post-secondary institutions and some private institutions online.

Apply for any B.C. public post-secondary institution through [applybc.ca](https://applybc.ca).



## Pay for school

Education and training is an investment in your future. To successfully complete your program, it's a good idea to plan how you'll pay for your education or training. See section 2 of this guide for tools and information on planning your budget.

### Here are some questions to consider when budgeting for school:

- How much will your tuition, books (new or used) and other required course material cost?
- How much are you willing to spend on a place to live? Can you afford to have a place on your own, or are you going to need a roommate?
- How much can you afford to spend on food?
- How much will you have to spend on childcare?
- Can you afford to have phone, Internet and cable TV?
- If you have a vehicle, is it cheaper to drive to school and pay for parking or to take the bus?
- If you are receiving support such as Band funding or a loan, when will you receive your payment?

## Find financial supports

When you know your budget, consider the financial supports you may need such as awards, bursaries, scholarships, grants or loans. Here are some tools to help you start finding financial supports:

### [Aboriginal Bursaries Search Tool](#)

Use this searchable list of more than 600 bursaries, scholarships and incentives across Canada.

### [Aboriginal Scholarship Guide](#)

Browse this list of scholarships and bursaries available to Aboriginal students (by Windspeaker and Aboriginal Multi-Media Society).

### [StudentScholarships.org](https://www.student-scholarships.org)

Check out this list of post-secondary student scholarships across North America.

### [Canada Benefits](#)

Find resources for jobs and training, employment and skills development and apprenticeships, based on your personal situation.

## Here are some examples of sources of financial support for students:

### [Indigenous and Northern Affairs Canada \(INAC\) Post-Secondary Student Support Program](#)

Status First Nations or Inuit students may be eligible for funding from INAC.

### [BC Association of Aboriginal Friendship Centres \(BCAAFC\) Post-Secondary Student Support Program](#)

Aboriginal students who do not have Band membership can contact the BCAAFC for information about financial supports.

### [First Citizens Fund for Aboriginal Students](#)

Aboriginal students can access the First Citizens Fund student bursary program which is funded by the Province of British Columbia and delivered by the BCAAFC.

### [Métis Nation British Columbia \(MNBC\) Métis Employment & Training Program](#)

MNBC provides funding for education and training, including [ASETS](#) support through Métis Employment & Training Program offices throughout B.C.

### [AgedOut.com](#)

Students who are or have been in foster care could be eligible for financial supports and tuition waivers.

### [StudentAidBC](#)

You may want to consider student loans as another source for funding your education.

### [B.C. Adult Upgrading Grant](#)

Grants are available to help adults in financial need who are enrolled in skills upgrading, education and training courses.

### [New Relationship Trust \(NRT\) Student Funding](#)

First Nations students at recognized post-secondary institutions may be eligible for scholarships and bursaries through NRT.

### [Irving K. Barber Aboriginal Scholarships](#)

Aboriginal post-secondary students may be eligible for these awards which are administered by the Victoria Foundation.

### [Indspire](#)

Aboriginal students pursuing post-secondary education, apprenticeships, skilled trades, technology programs or a variety of other programs can apply for these bursaries, scholarships and awards, scholarships and awards.

Aboriginal student services at post-secondary institutions can help with your education and career planning and link you to resources and supports you may need. If you'd like to talk to someone directly, connect with the Aboriginal post-secondary coordinators, advisors and transition planners at B.C.'s public post-secondary institutions. See Appendix 3 for a list of public post-secondary institutions' Aboriginal services web pages and Aboriginal-controlled post-secondary institutes.



Contact the financial aid office at your institution for a list of bursaries and awards. Also check with Aboriginal student services to learn about awards specifically for Aboriginal students.





## Education and training

Advancing your career is a big job, especially if you need to increase your education or skills level. There are great resources and Aboriginal student supports available to help you plan and take the next step on your education journey.

Find practical information on education planning and financial resources at:

- [Advanced Education Aboriginal Student Resources](#)
- [Aboriginal Learning Links](#)
- [Guiding Your Educational Journey: A Handbook for First Nations Parents and Students](#)  
(Source: First Nations Education Steering Committee and First Nations Schools Association, 2015)

## High school courses and credits

The courses and the credits you have earned matter, regardless of whether you are still in high school, have not finished high school or have already graduated from high school.

### Are you currently in high school?

If you are unsure of what courses and credits you have earned, speak to your school counsellor. It is very important that you understand how your choices in high school will affect your post-secondary training options. Some examples of course requirements include the following:

- Degree programs at most universities require at least the following for admissions: English 12 or English 12 First Peoples (not Communications 12), Foundations of Math or Pre-Calculus 11, and a Language 11. There are also program-specific admission requirements such as Chemistry 11 and Biology 12 for nursing.
- Certificate and diploma programs offered by colleges, universities and institutes have different admission requirements depending on the program and the institution.
- Trades training and apprenticeship programs also have admission requirements that you may want to consider if a career in trades is something you are interested in.

Check out admission requirements for various programs at [Education Planner](#)—click on the “Admissions Info” tab for your programs of interest.

### Skills and certifications in high school

As a high school student, take advantage of opportunities such as:

- work experience courses to gain valuable skills and earn up to 8 credits
- job readiness courses that provide certificates such as First Aid, Fall Protection, WHIMIS and FoodSafe. These certificates are often required by employers.

### Are you currently out of high school?

If you are an adult and did not complete high school you can complete your [Adult Dogwood Diploma](#). It is also sometimes possible to gain entrance to a post-secondary program through a [Prior Learning Assessment](#).

If you have completed high school, see the post-secondary education and training information in this section.

### Transcripts

You will need a copy of your transcript to identify what courses and credits you already have. You can obtain a copy from your high school (free) or you can order the [transcript online](#) (\$10 per copy).

July 2018

# Land Code Committee Report

The committee is reviewing a plan for community ratification of the land code. This plan will be presented to T’it’q’et Council to review and approve.

Two committee members travelled to Richmond BC to attend the Lands Advisory Board Annual General Meeting on June 26 and 27.

One June 5th, the Land Code Committee met with a representative of Bennett Surveys. They were the firm chosen to conduct an encroachment survey for part of T’it’q’et IR #1.

The draft land code should be completed by the end of December. The committee will complete it one section at a time. There should be approximately 9 sections in all. These section titles are subject to change.

1. Preliminary Matters
2. Legislation
3. Community Consultation and Approvals
4. Land Protection
5. Accountability
6. Lands Administration
7. Interests in Lands
8. Dispute Resolution
9. Miscellany

—  
**Dean Billy**  
T’it’q’et Land Code Coordinator



# Tribal Chief Report

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

June 22, 2018

## Recognition and Implementation Engagement

The engagement sessions continue at the provincial and federal levels through the Union of BC Indian Chiefs and the Assembly of First Nations. It is clear that First Nations are struggling with how to respond to all this.

### Some of the issues for First Nations are:

- There is no mention of decision making
- No opportunities are mentioned
- Jurisdiction issues
- No reference to funding
- Needs to be collaborative
- Needs references to UNDRIP

It was stated that First Nations need to work out their differences and be united in this. Jessica Clogg may be a good resource to get further information. Marilyn Napoleon and myself attended the last session and all of the information gathered is in the office.

### Treaties

No new information.

## St'át'imc Government Services

Rodney Louie was hired as the interim Relations Manager. The Administrator position has not yet been filled. The 5-year review has not been initiated although the steering committee has been tasked with carrying this out. There are communication and authoritative issues that need to be sorted out between steering committee and other entities. The biggest issue is who steering committee should be reporting to.

## St'át'imc/BC Hydro Dispute Resolution

The five affected communities had a mediation session with BC Hydro. The next session will be held on June 26, 2018.

## Water Management 101

The SCC arranged for a consultant to come in and speak to the Chiefs about how the local hydro system operates and discuss options for what might be possible for changes to the operations regime (buffers, intake, sediment in the Bridge River, seismic information). This is part of the BCH dispute resolution process.

## St'át'imc Chiefs Council

Interviews were held for policy analyst for SCC. We will know next week who the successful candidate is. The SCC is hosting an event to honor past chiefs on Saturday, June 22, 2018. Hoping members will attend to support past leaders.

## Fisheries

A meeting is planned to invite leadership from the south to talk about current fisheries harvesting and environmental concerns. Chief Colleen Jacob will be working with Darrell Bob to organize this event. It could possibly happen at the Old Bridge.

## Water Comptroller

The SCC continues to provide information to the Water Comptroller regarding BC Hydro's application to renew their water licenses.

## PGWG

The PGWG met with Jerry Canuel to discuss issues associated with the community agreement. The PGWG also reviewed their updated work plan and reviewed the sample trails data form.

## Lillooet Tribal Council

I have not seen a response to PC's letter to LTC.

## New Relations Trust

The PC application was successful. We have the funding to be able to update the PC strategic plan. The PC will be working with Harold Tarbell, who is a consultant that has done Chief and Council's strategic plan and worked with the community for health planning. This will take place the last week of Oct. The dates have not yet been finalized.

## Timber Supply Review

The community has received their official notice for consultation on June 1 2018. The PC staff is in the process of scoping out the next steps for participation in the process. This process is to determine how much fiber the licensees are able to harvest in St'át'imc Territory.

## Regional Forestry Sessions

The PC staff attended a regional forestry session that was put on by the First Nations Forestry Council. The meeting was for First Nations representatives and staff as well as the Provincial government people. There were 4 discussion areas: UNDRIP/Call to Action, BC Forest Strategy, Traditional Knowledge and Timber Supply review. Information from this meeting was presented to the PC.

## Referrals

The Referrals team had some training on the Referral Tracking system so that it can operate more efficiently. Mining Portfolio Holder Nora Greenway and Governance Advisor Shannon Squire attended a session to review some permit amendments for the Bralorne Mines operation. Chief Shelley and Shannon have met with Líl'wat and the Province to discuss implications of another referral relating to Líl'wat land use.

# Health Update

**Hello, T’it’q’et members!**

Just a few updates from the health department.

Now that the weather is getting better, Joni and Janita will no longer be delivering things like meals. If you’re in need of a meal, please let us know when you’ll be coming in.

If you’re in need of a ride to community events, please make sure to give them a call and let them know so they can adjust their schedules, and are not scrambling around last minute to make things happen.

There is a community luncheon happening on June 20th with the paramedic. Have some good food, some good conversations and maybe even learn something.

The community health nurse, Lindy, is in every Tuesday and Wednesday from 8:30 until around 2:00, and if you would like to see her, please contact (phone) Joni and/or Janita.

If you have any questions, please don’t hesitate to give us a call.

Thank you so much, and have a nice day.

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.

# Health Calendar

| Sunday | Monday                       | Tuesday  | Wednesday           | Thursday | Friday    | Saturday |
|--------|------------------------------|----------|---------------------|----------|-----------|----------|
| 1      | 2                            | 3<br>RN  | 4<br>RN             | 5        | 6<br>CHN  | 7        |
| 8      | 9                            | 10<br>RN | 11<br>• RN<br>• CHN | 12       | 13        | 14       |
| 15     | 16<br>Rose Marie<br>James-NP | 17<br>RN | 18<br>RN            | 19       | 20<br>CHN | 21       |
| 22     | 23                           | 24<br>RN | 25<br>• RN<br>• CHN | 26       | 27        | 28       |
| 29     | 30<br>• CHN<br>• PM          | 31<br>RN |                     |          |           |          |

**CHN**—Community Health Nurse  
**NP**—Nurse Practitioner  
**RN**— Registered Nurse  
(8:30–1:00 Tue | 8:30–2:00 Wed)

Health



# Health

**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.**

## ATTENTION:

### Medical Travel

Medical Travel Application Form, I would like to remind everyone, patient travel requests are to be submitted a minimum of **two weeks in advance** to ensure your travel cheque is ready in time for your appointment.

Cheques are to be picked up Wednesdays and Fridays @ 9 AM.

### A photocopy or fax of your appointment/referral

Date, time and whose office you are going to see is required for me to submit your travel request. It is your responsibility to provide this information to me.

In addition, if a driver is required and/or an overnight stay is needed, it needs to be stated on the Medical Application form.

### Confirmation of Appointment cards

Please ensure your name and date is on the card when returned to myself or placed in my inbox at the reception

### Application Form

There are **two (2)** MEDICAL APPLICATION FORMS:

1) NEW CLIENTS WHOM I HAVE NO INFORMATION ON

2) EXISTING CLIENTS WHOM I'VE ASSISTED PREVIOUSLY

—

If you have any Questions or concerns, please contact me

Nicole Napoleon  
T'it'q'et Medical Clerk  
[Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org)  
250-256-4118 ext. 241



# Community Yoga schedule

**With Rosie**

Sponsored by T'it'q'et Health

At the P'eg'p'ig'lha (frog) community centre aka the new band office up T-Bird

**(NEW) Monday nights Hatha & Restorative Yoga class 6-7:30 pm**

**Wednesday nights Hatha & Restorative Yoga class 5:30-7 pm**

Yoga mats, blocks, blankets and some bolsters provided. Feel welcome to bring your own props if you have them.

\$10 drop in All Are Welcome.

# Health



**P'egp'ig'lha Development (2015) Corporation Ltd**

PO Box 828 Lillooet BC VOK1VO #10 Scotchman Rd T'it'q'et

PH: 1-250-256-9261

Email: [pdcltd14@gmail.com](mailto:pdcltd14@gmail.com)

**Memo To: All Community Members**

**From: Mike Leach PDC CEO**

**Date: 27/06/18**

**RE: PDC 2015 Annual General Meeting (AGM) 2018**

The PDC Board of Directors will be holding an AGM for the company's activities hopefully in July. I understand there is a Band meeting on July 22<sup>nd</sup> which is a Sunday. I will request a date from you at the 22<sup>nd</sup> meeting. There will be a company annual report package tabled with the community members at the meeting which will cover such topics as:

- 1) Opening Prayer and Dinner
- 2) Message from the PDC Chair
- 3) Report from the PDC CEO
- 4) Financial Report 2016-2018
- 5) Introduction to Board Members and short Bios
- 6) Present Feasibility Study for a major investment 2018-2019
- 7) Question Period
- 8) Recommendations
- 9) Closing Prayer

I originally set a PDC 2015 AGM for April 2018. Due to delays regarding the financial statements the meeting could not move forward. The unaudited financial statements are just about complete by Debra Neufeld CPA. The board will have to approve the financial statements before tabling them with the community.

*As of today's date PDC is in good standing as a corporation registered under the Certificate of Incorporation Business Corporation Act. What this means is PDC is a business entity that is in good standing has unabated powers to conduct its activities which can include business endeavours.*

The AGM will be from 5pm to 8pm. Date for the AGM yet to be determined by the community members on the 22<sup>nd</sup> of July 2018. Hope you all can attend. This is in a response to the community instructing council to have TEDA, Amlec, Rancherie Enterprises Ltd (numbered company) and PDC to make a report to the community. This was brought to my attention by the previous council after a general meeting of the community. PDC will fulfill the community's request.

The PDC Board is looking forward to the meeting.

**With Respect**

**Mike Leach  
PDC CEO**





**Geering Up UBC Engineering & Science for Kids**  
2332 Main Mall, UBC V6T 1Z4  
604-822-2858 geeringup@apsc.ubc.ca  
www.geeringup.ca

**Participant Information Form**

**Participant Full Name:** \_\_\_\_\_

|                              |  |
|------------------------------|--|
| <b>Parent/Guardian Name:</b> |  |
| <b>Home Phone #:</b>         |  |
| <b>Cell #:</b>               |  |
| <b>Work Phone #:</b>         |  |

**Allergies and/or Medical Conditions:**

|                                  |  |
|----------------------------------|--|
| <b>Emergency Contact Name:</b>   |  |
| <b>Emergency Contact Number:</b> |  |

**Acknowledgement and Acceptance Of Risk, and Consent Form**

**First Aid**

I give permission for any Geering Up staff member to administer first aid treatment on my child if circumstances prove that first aid treatment is required. I understand that every Geering Up staff member has been trained in first aid and will only provide care as needed.

**Privacy Notification**

UBC is collecting the personal information on this form for purposes related to the delivery of the Geering Up UBC Engineering and Science for Kids program. For the same purposes, UBC may give your child a short survey about how much they enjoyed the program. UBC is collecting this personal information under the authority of section 26(c) of the Freedom of Information and Protection of Privacy Act (FIPPA). This information will not be disclosed outside the University without your consent. If you have any questions about the collection of this personal information, please contact us at geeringup@apsc.ubc.ca.

**Photo Consent**

I agree to allow Geering Up UBC Engineering and Science for Kids (hereby referred to as “Geering Up”) of the University of British Columbia and Actua, the National organization to which Geering Up is a member, to photograph, audio record, video record, podcast and/or webcast the Child (digitally or otherwise) without charge; and to allow Geering Up, Actua, and their licensees to copy, modify and distribute in print and online, those images that include the Child in whatever appropriate way either of Geering Up or Actua sees fit without having to seek further approval. I consent to these images being stored, accessed or disclosed outside of Canada. If you have any questions please contact us at geeringup@apsc.ubc.ca or give you a call at 604-822-2858.

**Acknowledgement and Acceptance of Risks**

**I have reviewed the description of the Geering Up UBC Engineering & Science for Kids program, and feel that I have sufficiently informed myself about the nature of the program and the activities involved. I acknowledge that there is some risk of injury involved in my child’s participation in the program, and I acknowledge and accept these risks.**

I hereby consent to my child’s participation in the program on the terms and conditions set out above by signing my name below.

\_\_\_\_\_  
Guardian Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## P'egp'ig'ha Council

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

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

### P'EGP'IG'LHA COUNCIL (PC) TRAILS PROJECT

The PC is excited to announce the **Trails Project** which will be commencing soon.

The PC has applied to the BC Capacity Initiative for funding to complete a community trails project. The idea is to gather a variety of information (location, length, archaeological features, invasive species etc) on trails of importance to the community. The project will build off of the information collected through the Traditional Use and Occupancy Project and the LTC Trails project.



The PC staff and the project team are hoping to engage with Elders and knowledgeable community members throughout this project to get direction on priorities for trails as well as information about important trails.

**Please let Shannon at the PC office know if you have any specific knowledgeable family members that the project team should talk to.**

If you have any questions, please feel free to contact Shannon Squire at 250-256-4118 ex 233 or via email [pegpigha.council@gmail.com](mailto:pegpigha.council@gmail.com).



## ST'ÁT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council  
PO Box: 1420 • 650 Industrial Place • Lillooet, BC V0K 1V0  
Tel: (250) 256-7530  
[www.statimchealth.net](http://www.statimchealth.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](mailto: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'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          |
| Land Code Coord.   | Dean Billy         | 251       | deaneabilly@gmail.com          |
| O&M Supervisor     | George Napoleon    | 248       | omforeman@titqet.org           |
| O&M                | Murray Barney      | 239       | murrayb@titqet.org             |
| Gov. Advisor       | Shannon Squire     | 233       | pegpigha.council@gmail.com     |
| Referrals Clerk    | Jasmine O'Donaghey | 231       | pegpigha.c.assistant@gmail.com |
| Food Security      | Matthew Davidson   | 230       |                                |
| Public Phone       |                    | 229       |                                |

# July 2018 Horoscopes



## Cancer (Jun 21–Jul 22)

Career development of Cancer zodiac is boosted by the planet Mars. Financial wealth can be improved by using your ingenuity and with the help of planetary aspects. Relationship with family members will be a priority this month. Health will be excellent.

## Aries (Mar 21–Apr 19)

Love life of Aries zodiac sign will be blissful in the month of July 2018. Parents and children will have a tough time. Health will face some difficulties and you have to take sufficient rest. Financially you will get the support of family and friends. Neptune and Uranus are pushing your career back.

## Taurus (Apr 20–May 20)

Mercury will be responsible for the financial progress of Taurus sun sign. Though family members are facing difficulties, life with your spouse will be enjoyable. Health will have no problems during the month and Uranus will make your professional life tougher.

## Gemini (May 21–June 20)

Health prospects of Gemini star sign will be superb during the month of July 2018. Life with your spouse will be quite pleasant and singles will get their love mates. Finances are highly profitable and various options of making money are available. Saturn is not helping your career much.

## Leo (Jul 23–Aug 22nd)

Leo astrology sign will have flourishing monetary situation due to the favourable aspects of Mercury. Love life with your spouse will be heavenly. Health prospects are splendid and there will be alterations to diet and exercise program. Career will be subjected to changes due to the Solar eclipse.

## Virgo (Aug 23–Sept 22)

Mercury is helping career growth of Virgo sun sign in July 2018. Financial progress is helped by spirituality and sixth sense. You are helping your partner to improve the finances. Mercury is beneficial for social life, but love life is a source of tension. Personal health will be great.

## Libra (Sept 23–Oct 22)

Family members will help the career growth of Libra sun sign. Though financial development is great, Pluto will restrict new financial ventures. Life with your spouse will be both romantic and passionate. Planetary aspects will cause problems for your health.

## Scorpio (Oct 23–Nov 21)

Career prospects of Scorpio sun sign can be improved by enhancing professional capabilities through training. Financial progress will be wonderful after the 23rd. Singles will have plenty of opportunities for getting romantic partners. Health can be maintained with sufficient rest.

## Sagittarius (Nov 22–Dec 21)

Professional growth of Sagittarius star sign will be wonderful. Though personal finances may face difficulties, your partner will make up with financial support. Love relationships will be better after the 11th. Mercury will help your social life. Health will be shining.

## Capricorn (Dec 22–Jan 19)

Career prosperity of Capricorn zodiac is focussing on the professional growth of others. Finances are sluggish and require the support of your spouse. Marital life may be in jeopardy, while singles will have fruitful romantic alliances. Psychological well-being will be essential for maintaining your physical health.

## Aquarius (Jan 20–Feb 18)

Aquarius sun sign will enjoy the demanding professional life in July 2018. Romantic relationships will be vigorous and single are able to hook love mates easily. Financial prosperity will face obstacles and you will have problem in meeting expenses. Health will be good most of the month.

## Pisces (Feb 19–Mar 20)

Professional life will be frantic for Pisces star sign in the month of July 2018. Social connections will play an important role in the monetary growth. Family will help singles in their romantic adventures to find love mates. Health will require the support of emotional techniques.

# August 2018 Newsletter Submission Deadline Friday, July 27<sup>th</sup> at Noon

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

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

(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**