

Newsletter

Aug 2018

T'IT'Q'ET JULY ISSUE:

Heritage Field Crew Intro– Pages 18
Job Postings– Page 26

TO SUBMIT TO NEWSLETTER

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



Community Events

August	
1	We • Recycle Day
2	Th
3	Fr
4	Sa
5	Su
6	Mo Civic Holiday
7	Tu • Dump Day
8	We
9	Th
10	Fr
11	Sa
12	Su
13	Mo
14	Tu • Dump Day
15	We • Recycle Day
16	Th
17	Fr
18	Sa • Community BBQ
19	Su
20	Mo
21	Tu • Dump Day
22	We
23	Th
24	Fr
25	Sa
26	Su • T'it'q'et Community Meeting- 9am
27	Mo
28	Tu • Dump Day
29	We
30	Th
31	Fr



Recycle Days
August 1st and 15th

Community Meeting
P'egp'ig'lha Community Centre
August 26, 2018 | 9:00 AM

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.

Economic Development Meeting


People have spoken at band meetings and said that they are unclear about the relationships between our economic entities.

There will be a meeting tentatively scheduled for August 17th Friday at the Council Chambers. We will have members of the T'it'q'et Economic Development Authority, Rancherie Enterprises, P'egp'ig'lha Development Corporation 2015, Amlec Organic Ltd, Retasket Lodge and RV Park, Chief and Council and the Poverty Action Research Project in attendance.

Any interested T'it'q'et members are welcome to attend.

Community Barbecue

August 18, 2018
Location: Seton Lake



The LeveLuk SD 501 Water Filter will be unavailable every THURSDAY from 11:00 AM until 3:00 PM

In the health department, we're committed to keeping you as safe as possible. We tried waiting for an appropriate time every week, but since that's never guaranteed, we decided to just set a solid cleaning time every week.
Thank you for understanding. :)



The Mobile Eye Clinic Team will be at P'egp'ig'lha Community Center.

SEPTEMBER 25 & 25 2018

COMMUNITY OUTREACH EYE CARE PROGRAM

Who: People having vision difficulties, children, adults, seniors, people with diabetic conditions. (Please feel free to bring a friend or family member to the exam room.)

Where: Request an appointment with either Melissa Barney (health assistant), or enquire at the front desk.

What: Your appointment include complete Eye Health check, including screening for diabetics and glaucoma (buildup pressure inside your eye), and retinal issues. Prescription for glasses (distance, reading and bifocals.) Optical Frames to choose from a large collection.

* Your request will be submitted to FNHA for approval, please contact your Health center to schedule your appointment.

Request Your Appointment Now!

more information on page 22

Insert Date

Dear Client:

The First Nations Health Authority (FNHA), Health Benefits has designed this check list in order to process your medical transportation travel and/or reimbursement request in a timely manner. Correct completion of the required forms and associated documentation is crucial to ensure that your travel request and/or reimbursement is processed quickly and efficiently.

Request for Medical Transportation Form

This form must be filled out and submitted to our office at least **five (5) days prior to your appointment** to ensure sufficient time for our office to make your travel arrangements.

The following documentation must also be submitted along with the Medical Transportation request form:

- a. Documentation from a doctor's office confirming your upcoming appointment complete with the date and time
- b. Copy of the physician's referral including the office address, date, time, and reason for the appointment (if applicable) – FNHA, Health Benefits funds travel to the nearest appropriate health professional and/or health facility. Depending on the nature of your appointment, medical justification may need to be provided to support your travel request.

Physician Escort Request Form

If you require an escort, this form must be completed **by the physician** indicating the medical/legal reason for an escort. The physician should also include a brief description of why and/or how an escort would be assisting you.

Confirmation of Attendance Form

After your appointment is complete, this form must be **stamped by the physician** and/or **signed by the physician** where you attended your appointment confirming your attendance. Please ensure that the date and time of your appointment have also been included on the form. If the section regarding pending appointments is completed by the same doctor, this will eliminate the need to obtain another confirmation of appointment.

Reimbursements

In order to process your reimbursement the following required documentation must be sent to our office:

1. Request for Medical Transportation Form (please clearly indicate what you are requesting for reimbursement)
2. Confirmation of Attendance including date and time (signed/stamped by medical professional)
3. Copy of Physician's Referral (if applicable)
4. Physician Escort Request Form (if applicable)
5. Original receipts complete with all travel information (if applicable)

Notes about receipts:

- We do not accept faxed copies or photocopies of receipts
- We do not accept receipts that have been altered without confirmation from the provider
- We do not require gas and/or meal receipts as those totals are calculated in office based on regional mileage and meal allowance rates

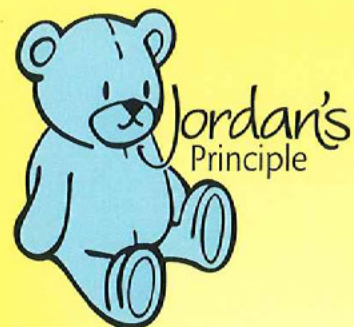
FNHA policy states that all invoices submitted for payment for the reimbursement of expenses for medical transportation benefits must be submitted within one (1) year of the service being provided. Requests for reimbursements submitted more than one (1) year after the service is rendered will be rejected.

It is recommended that you make photocopies of all documentation submitted to our office for your reference.

We hope that you find this information helpful. If you have any questions please feel free to contact our office at 1-800-317-7878, press#1 and then #1 again for Patient Travel.

Yours Truly,

Health Benefits
Patient Travel
First Nations Health Authority



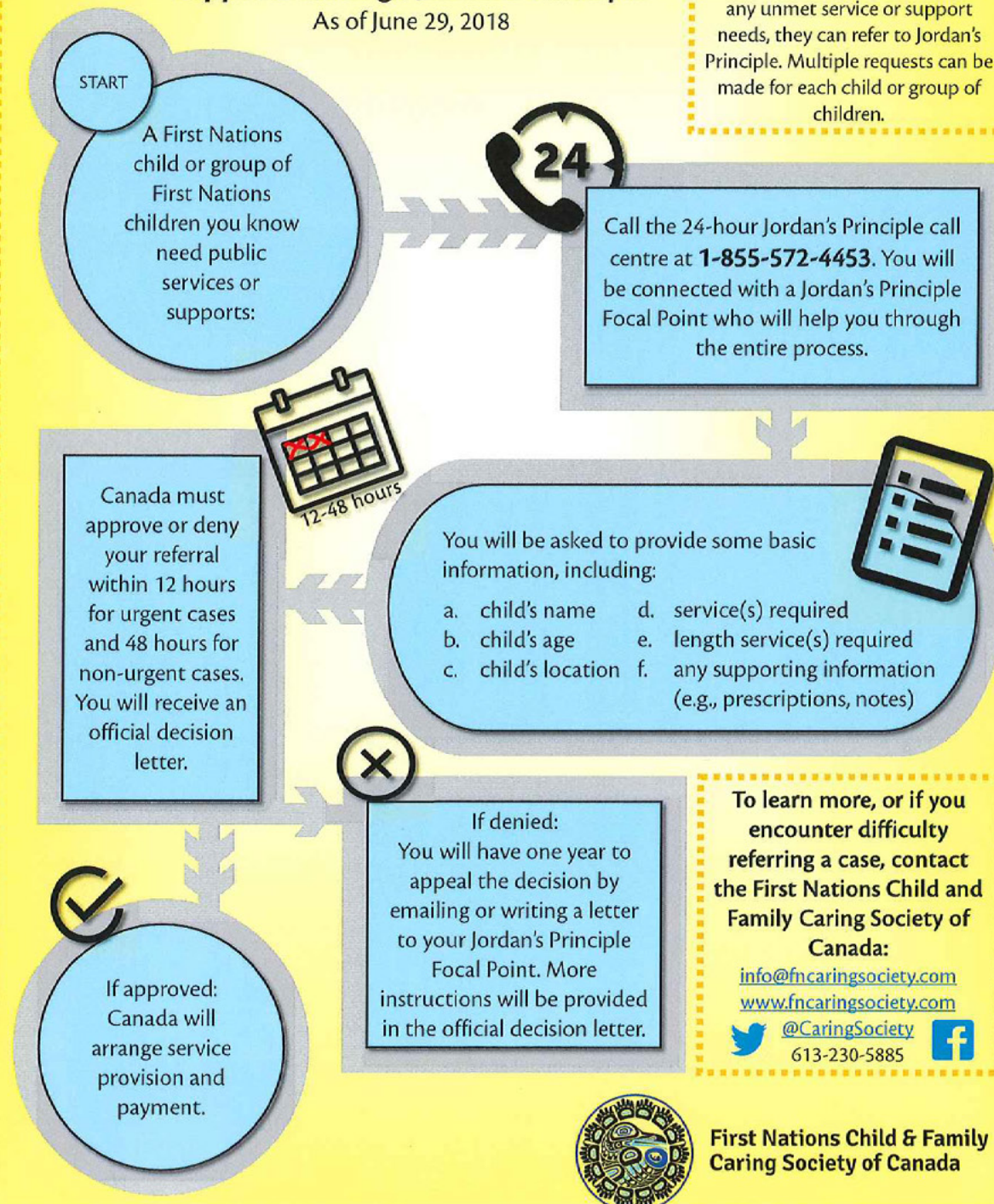
What is Jordan's Principle?
Jordan's Principle is a child first principle named in memory of Jordan River Anderson. It ensures First Nations children receive the public services they need when they need them. Canada is legally responsible for Jordan's Principle.

Who is eligible?
All First Nations children (0-19 years old) who live on or off reserve. A referral to Jordan's Principle can be made for a single child or a group of children. Requests for reimbursement can be made dating back to April 2009.

What is covered?
All public services and supports. If a First Nations child you know has any unmet service or support needs, they can refer to Jordan's Principle. Multiple requests can be made for each child or group of children.

How to access public services and supports through Jordan's Principle

As of June 29, 2018



First Nations Child & Family Caring Society of Canada



KANUKWA7STÁLIHA FAMILY SERVICES

LILLOOET TRIBAL COUNCIL



PÁÑTLHKALH LTA TMÍCWSA I SKELKEKLA7LHKÁLHA

RETURNING TO THE LAND OF OUR RELATIVES



FAMILY GATHERING: AUGUST 17-19, 2018

Storytelling Net making Drum Making Drumming

Xwisten Fishing Tour Around the Campfire

@ Xwisten Band Office, Joseph Road, Lillooet BC V0K 1V0

For more information, please contact:

Simone Family Support @ 250-256-7525 or Ina Team Lead e-mail iwilliams@kanukwa7staliha.org



Schedule of Events

Friday (August 17, 2018)

Early attendees:

Greet and be provided with registration packages and logistics

Friday (August 17, 2018)

3:00 – 4:00 **Registration**

4:00 – 6:00 **Opening the Circle**

- Welcome to Territory: Chief Susan James
- Prayers
- Hand Drummers: Welcome Song
- Keynote Speaker:
- Dinner

6:00 – 9:00 **Around the Campfire**

- Hand Drummers
- Storytelling – Elders/community representatives
- Traditional Dancers – bring your regalia

Saturday (August 18, 2018)

9:00 – 10:00

- Prayer
- Breakfast

10:00 – 12:00 **drum making/drum stick making**

- Youth (invited youth/guests)

12:00 – 1:00

- Prayers
- Lunch

1:00 – 5:00

Xwisten fishing Tour

5:00 – 6:30

- Prayers
 - Traditional Dinner at tour site
- Around the Campfire**
- Hand Drummers
 - Storytelling – Elders/community representatives
 - Traditional Dancers – bring your regalia

Sunday (August 19, 2018)

9:00 – 10:00

- Prayers
- Breakfast

10:00 – 12:00

Closing the Circle

- To go/bagged lunches
- Elders/Designates Speak
 - Xwisten representative
 - Xaxli'p representative
 - Ts'kw'aylaxw representative
 - Sekw'el'was representative
 - T'it'q'et representative
 - Tsalalh representative

Hand Drummers

Chief and Council Reports

August 2018

BC Rural Dividend Project

The BC Rural Dividend for Seton Lake IR 5 Development Phase 2 Preliminary Design project is ongoing and expected to be completed by the end of December 2018. The first project for the greenhouse design has been completed. There is additional work to do to complete a building design. T'it'q'et is submitting another proposal to BC Rural Dividend to complete the building design.

Aspen

The lease has been with Max Collette, Aspen's lawyer since December 5, 2017. Aspen agreed to T'it'q'et's request for an emergency route through their private lands at the front entrance of the mill. As it exists, T'it'q'et must cross private land to access the reserve lands at the mill. An emergency route through lots 125, 127, 128 (mill site) and the private land held by Aspen will need to be surveyed. Administration applied to Indigenous Services Canada (ISC) to request funds for this survey.

BC Hydro – Beach Erosion Protection/ 60L20 Line

The design to prevent erosion has been completed. The project is anticipated to start mid-October 2018. BC Hydro will be sending a detailed list of jobs and contract opportunities for the project.

BC Hydro - Transfer of Former IR 5 Lands

The lands have not been transferred yet due to the filled foreshore issues that the Province claims ownership. The erosion works must be completed first then BC Hydro must obtain a crown grant of the foreshore. BC Hydro will then arrange for consolidation of the foreshore lot with upland Former IR 5. After creation of the larger parcel, BC Hydro will register charges again the property (Distribution Statutory Right of Way; Flowage Statutory Right of Way) and amend survey plans. It is expected to be at least another 17 months away.

BC Hydro – Land Tenures

Under the Community Settlement Agreement, BC Hydro was grant a transmission right of way, distribution permit, road permit and flowage easement on its reserve lands. There is a holdback of \$140,150 until the ISC tenures are signed. BC Hydro is expected to provide the final draft forms of the agreements soon. The flowage easement, however, is still under negotiation. Once the agreements are available then Mandell Pinder will review the agreements.

BC Hydro 60L21 Line

BC Hydro agreed to relocate certain 60L21 transmission line poles on T'it'q'et IR #1 to allow T'it'q'et to better use the land. This includes moving the pole out of a pithouse located on Cayoose Indian Reserve. T'it'q'et passed a BCR on September 9, 2016 to approve of the relocation and the granting

of interim permits, and approved the survey plans for the permits. T'it'q'et and BC Hydro also worked with Aspen/Savona to ensure the relocation is compatible with its operations. The work is expected to start in fall 2018.

FNHA Contribution for Geothermal Costs

First Nations Health Authority (FNHA) agreed to reimburse T'it'q'et for the geothermal costs for the PCC building in the amount of \$365,000. Kevin Whitney was negotiating with FNHA for several years to recover these costs. The funds were released in July's cash flow.

Red Cross Proposal

Nora Greenway is working on a proposal with Susan Napoleon to submit to Red Cross due to loss of traditional foods due to wildfires in 2017.

ISC Ten year Grant Funding

T'it'q'et made application to ISC for the ten year grant funding. This funding agreement will allow flexibility in allocating, managing and using funding to better accommodate local needs and changing circumstances and priorities. It also allows the organization to retain unexpended fund and will reduce administrative and reporting burden.

P&ID Funding

An application was submitted to INAC to complete a risk analysis for T'it'q'et under the P&ID funding. The funding was approved in the amount of \$14,425. The scope of work includes: survey of current and recent litigation, policies, business entities, properties and guarantees; legal analysis and consideration; draft briefing material for Council; and provide 1 day working in person training with Council. The date for training is set for September 26, 2018.



T'it'q'et Administration

P.O. Box 615
59 Retasket Drive Lillooet, B.C.
VoK1Vo

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

January 30, 2017

Memo To: Band/Community Members/Staff

From: Finance Department

RE: CHEQUE DAYS

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

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

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


Finance Department

Awareness

Keep Your Cool


Safety tips for working outdoors in the sun and extreme heat

When you work outdoors in summer, you must take steps to protect yourself from heat-related illness and the sun's harmful ultraviolet radiation (UV).




DRINK UP

Thirsty or not, drink plenty of water – a cup every 15 to 20 minutes. Avoid caffeine or alcohol which can dehydrate you.




ACCLIMATIZE

It takes time to adjust to working in heat. Work with your supervisor to gradually increase your work load and heat exposure.




COVER UP AND PROTECT

Wear light, loose-fitting clothing, UV rated sunglasses, and a wide-brim hat. Apply sunscreen with a Sun Protection Factor (SPF) of at least 30 and UVA / UVB protection. Re-apply every 2 hours and after sweating.




COOL OFF

Take breaks to rest and cool off in the shade or in air-conditioned buildings or vehicles. Don't over-exert yourself.



TIME IT RIGHT

Avoid the sun and strenuous tasks between 11:00 a.m. and 4:00 p.m. when the sun's rays are strongest.



SHIELD FROM SUN

Set up shade structures or use umbrellas, buildings, or trees to shield you from the rays of the sun. You can get sunburn on a cloudy day.



T'it'q'et
P.O. Box 615
Lillooet, B.C.
V0K 1V0

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

T'it'q'et RESTRICTED FUND – Policy

1. Definitions

- "Member" here refers to registered T'it'q'et members;
- "Membership" here refers to registered T'it'q'et members;
- "General meeting" here refers to a meeting of the membership;
- "Restricted Funds" are those band revenues designated as "restricted" at a general meeting;
- "Clerk" – the person who is an employee of Administration and oversees restricted fund issues, including accessing and updating the Restricted Funds;
- "Voting Age" - In order to be entitled to vote, a person must, as of the date of the vote, have attained the age of eighteen (18) years;
- "T.E.D.A." – T'it'q'et Economic Development Authority;
- "R.F.A.C." – Restricted Funds Advisory Committee;
- "Super Majority" means 75%

2. The Restricted Funds:

- Belong to the registered T'it'q'et membership as a whole.
- 60 Days' notice must be given to membership before restricted funds can be brought to membership.
- Require the approval of 75% of a minimum of 30 eligible voters,
- Maximum of \$15,000.00 of Revenues would be set aside for audit and legal fees annually; if monies are not utilized, they would be carried over to next fiscal year.
- No less than \$750,000.00 shall be held in investment accounts.
- Restricted Funds Policy to be reviewed every two years.

3. Official documents shall be kept from the date of the formation of the Restricted Fund. Clerk will ensure official records are taken care of, documents shall include:

- Voting records – all relevant minutes of general meetings.
- Proposals; decisions; amount approved; approval conditions.
- Audited year-end financial statements.

****OFFICIAL COPY****

Page 1



T'it'q'et
P.O. Box 615
Lillooet, B.C.
V0K 1V0

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

- A report on expenditures.
 - Official notification to Community in newsletter
- ### 4. Restricted Funds may be used for:
- Grants – non-repayable:
 - Government or community services
 - Community Economic Development
- ### 5. There shall be a limitation to the amount that can be accessed from the fund.
- The amount in the Restricted Fund will never be less than \$750,000.00
- ### 6. These terms may not be altered without approval from the membership at a general meeting.

Signed October 25, 2015 by T'it'q'et Chief and Council

Chief Kevin Whitney

Councillor Robert Leech

Councillor Marilyn Napoleon

Councillor Sarah Moberg

Councillor Sid Scotchman

Motion at Community Meeting – October 25, 2015

Moved by Diana Adolph/Nancy Susie Leech the community accept the new revised T'it'q'et Restricted Funds Policy with the changes:

1i. – Super Majority means 75%

2c. – Require the approval of a super majority of a minimum of 30 eligible voters to withdraw any amount from the Restricted Funds.

In Favor – 40

Against – 0

Abstention – 1

****OFFICIAL COPY****

Page 2



Heritage Field Crew: Ivan Adolph, Brandon Barney

Data Steward: Lesley Riley

We are the P'egp'íg'lha Trails Project team members. We all have unique work experience, together we develop a dynamic skilled group. Our project goal end results will be gathered data of local cultural and heritage sites that include areas we lived, travelled, and harvested food. The information we collect will reflect the communities interest and be resourceful information for future needs.

Please don't be shy, drop by, so we can make sure your precious and vital knowledge, and stories of the land are protected and archived for T'it'q'et's present and future generations.

August 2018

Land Code Committee Report

The Chairperson of the Lands Advisory Board, Robert Louie of Westbank First Nation is scheduled to make a presentation on the land code process at July 30th Joint Council meeting.

The next Land Code Committee meeting is scheduled for July 31. They will start drafting the land code for T'it'q'et.

Part 1

Preliminary Matters: This introduces the Land Code to the reader and defines how the document should be read.

1. Description of the terms used in the document.
2. Where the authority to govern comes from.
3. The purpose of the Land Code.
4. What lands the Land Code applies to (the reserve land description).

If they have time, they will also be going through a courselet on the LABRC website on community participation in environmental governance. You can find that here at this link:

https://labrc.com/public/courselet/Land_Code_Community_Participation_for_Environmental_Governance/player.html

—
Dean Billy

T'it'q'et Land Code Coordinator



Report for Joint Council

July 30, 2018

Recognition and Implementation Engagement

A draft summary of proceedings from the June 26 meeting in Richmond was sent out. Nora Greenway attended the June 26 meeting. The engagement process is moving quite rapidly and it would be helpful if PC could forward any input that we would then send on to ensure our concerns are heard. There are many questions still. In the back of the document are some of the questions asked at the last meeting. Marilyn, Nora and I have attended some of the meetings to remain informed of the whole process.

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.

St’át’imc Government Services

Rodney Louie was hired as the interim Relations Manager. The Administrator position has not yet been filled. SGS is planning to hire their own bookkeeper. The 5-year review has not been initiated although the steering com-

mittee 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 on June 26. Confidential.

St’át’imc Chiefs Council

Art Adolph has been hired as SCC’s Policy Analyst. Lorelei Lester has been hired as the new research person for the Land Use and Occupancy Study. The SCC talked about needing a position statement for Shaw Communications wanting to go through part of the St’át’imc Territory. There is land for sale in the Duffy Lake Corridor. It is in the area of Downton Creek. This is a concern because the St’át’imc don’t want development in the Corridor. There was a presentation on the state of the grizzly bear population and the need to find ways to recover.

Water Comptroller

The SCC/SA is working on a strategy to meet with the water comptroller regarding the flow variances and renewal of water licenses.

PGWG

The P’egp’íg’lha Governance Working Group met and reviewed the SGS lands and Heritage department Lightship Datashare Agreement, the terms of reference for the St’át’imc Lands and Heritage Committee and discussed how to proceed with the PC Governance Policy.

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



Lillooet Tribal Council

I have not seen a response to PC’s letter to LTC. Chief Courteney has been checking with LTC and has informed that the LTC administrator is working with Chief Susan in drafting a response.

Aboriginal Law

Marilyn and I attended a Law Workshop in Kamloops. A copy of Bruce McIvor’s book was handed out to all participants and a copy is in the PC library for anyone to read. There were some new insights such as that modern treaty trumps rights over non-treaty for consultation. The book is a good read.

P’egp’íg’lha Trails project update

The crew of Brandon, Ivan (field crew) and Lesley (data manager) has started. Dr. Sue Senger has provided them training on plants, and data management. She has also developed all the data forms for the project. Jacquie Rasmussen has trained them on invasive species. Nadine Gray has trained them on heritage, field notes and health and safety plan. Sid and the crew have worked to finalize their tailboard safety form as the health and safety plan for the project. Sid also participated in the training and has worked with the crew to familiarize them the information on the P’egp’íg’lha KnowledgeKeeper (PKK or TUS information). The crew has done some practice runs to ensure that the data forms are working properly. Sue worked with Lesley to show her the types of information that needs to be loaded onto the IPADs so that the crews have all the information that they need in the field. They have started going out on local trails and are working on questions to talk to the Elders.

Fisheries Forum

LTC organized a Fisheries Forum on July 12 2018. Dale Michie, from DFO presented an update on the fisheries outlook this year. The majority of sockeye returning in 2018 will be recruits from adult spawners in 2013 and 2014 with the latter being the Adams River dominant cycle line. DFO has advised that Fraser River sockeye salmon forecasts for 2018 continue to be highly uncertain due to variability in annual survival rates and uncertainty about changes in their productivity as a result of the warm blob from 2013 to 2016 and the subsequent El Nino at the end of 2016 into early 2017.

Environmental Health

At the Fisheries Forum, Health Canada provided an update on a study in 2008-2018 on First Nations food, nutrition and environmental study. One hundred communities participated including Douglas, Samahquam and Lil’wat. The goal of the study was to determine what traditional foods people are eating and how much? Is traditional food safe to eat? Is the water safe? The conclusion – chemical contamination of traditional foods is not worrisome, but it is important to have the data from this study for future monitoring or trends.



PLEASE PRINT

COMMUNITY OUTREACH EYE CARE CLINIC Phone: 1-778-355 8222

WHAT IS COVERED ON THIS VISIT TO CHECK YOUR EYES

THERE IS NO COST TO YOU FOR AN EYE EXAM:

-If you have Status as a First Nation Person (You must provide your Status Number).

-If you are 18 or under (Minor) or 65 (senior), you are allowed for a Yearly Eye Exam

covered by MSP regardless if you have FN Status or not. (You must provide BC Care Card Number)

-If you have a medical condition like diabetes.

THERE IS NO COST TO YOU GETTING SINGLE VISION GLASSES: (*)

-If you have Status as a First Nation Person (You must provide your Status Number).

-If you are 18 or under you can get a yearly pair of glasses (You must provide your Status Number).

-If your prescription is for distance or reading only and you are an adult you get glasses every two years.

-All lenses have scratch resistance coating

THERE IS NO COST TO YOU GETTING LINED BIFOCALS:(*)

-If you have Status as a First Nation Person (You must provide your Status Number).

-If you require glasses to correct vision at distance and close up, your choice would be Bifocals.

-You may have a new pair of Bifocals every two years.

- All lenses have scratch resistance coating.

***All glasses have One year warranty; if your glasses get damage please send them back including \$20 for*

Shipping.

You have as well 90 days to upgrade your lenses, please call us at 778 355 82222 to be assisted with pricing

and questions you may have.

* MULTIFOCAL PROGRESSIVES LENSES ARE NOT COVERED BY FNHA PLEASE REFER TO OUR PRICE LIST FOR UPGRADES

*note: Non Status patients eye exam cost is \$50.00. Glasses may be purchased at the special rate provided to FN members.

COMMUNITY OUTREACH EYE CARE PROGRAM

New Westminster Optometry Clinic --- Suterbrook Optometry Clinic

PRICE LIST OF UPGRADES (ADD ONS) YOU MAY REQUEST ON YOUR ORDER

- REGULAR ANTIREFLECTION COATING \$ 50.00
- PREMIUM ANTIREFLECTION COATING (SHMC).....\$90.00
- POLARIZED (GREY – BROWN- GREEN) \$90.00
- TINT (SOLID OR GRADIENT)\$45.00
- PHOTOCROMIC (does not get really dark)\$90.00
- TRANSITIONS (Gets really Dark) GREY OR BROWN \$150.00
- UV++ BLUE COAT FOR COMPUTER LENSES\$90.00
- POLICARBONATE\$60.00
- POLICARBONATE FOR PATIENTS UNDER 12 YEARS OLD\$ FREE.

PROGRESIVE LENSES (No line multifocal for Distance and near vision)

- Acrux Elite MX 1.5 Index\$ 200.00
- Acrux Elite MX 1.6 Hi Index\$300.00
- Acrux Elite MX 1.67 Hi Index\$400.00
- Acrux Elite MX 1.74 Hi Index.....\$500.00

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
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

T’IT’Q’ET JOB POSTING

Job Title: NNADAP Worker

Classification: Certificate, diploma, or degree in human services field

Department:Health**Reports to:** Health Manager

Term: Full-time permanent, some evenings and/or weekends

Posted: Friday, July 13, 2018**Closes:** When position is filled

Salary: \$31,000 to \$40,500 plus benefits; depending on education and work experience

Job Summary

T’it’q’et has an opportunity for an experienced National Native Alcohol & Drug Awareness Program (NNADAP) Worker on a full-time bases. The NNADAP Worker provides counselling and activities that support individuals and families dealing with alcohol and/or drug dependency and its related topics. This will include but not limited to community outreach, presentations and workshops, creating activities and programs, and referrals.

This position is responsible for the development, maintenance and coordination of a Drug and/or Alcohol activities and awareness program. As a NNADAP Worker, the incumbent assesses and refers individuals for drug and alcohol treatment, makes home and medical facilities visits, and coordinates, prepares and presents workshops to the Community members-hip. In addition, refers clients to other agency mental health clinicians

The NNADAP Worker provides T’it’q’et with a preventive health program to deal with alcohol and drug issues and dependency. The incumbent meets with clients (and when appropriate their families), assesses their needs, and makes referrals to outside agencies and/or treatment centres. The NNADAP Worker makes home and occasional institutional visits to provide support for the client Community members. The actions and decisions made by the incumbent have a broad, and in some cases life-long effect on their clients, the families, and the community.

The NNADAP Worker works with the clients and their families to educate and assist them in coping with the dependency problem. The NNADAP Worker may encounter high emotional resistance or adverse reactions to their intervention requiring the use of tact and diplomacy and a high level of professionalism to defuse highly charged situations. The incumbent of this position is also required to prepare and present educational, informational workshops on drug and alcohol issues, dependencies and treatment to community groups.

The NNADAP Worker must develop multiple strategies to deal with the continually changing circumstances of the clients. In order to do so, the incumbent must keep up-to-date on the latest developments in methods of treatment, the changing drug scene, and changes to treatment availabilities. The position requires sensitivity and understanding of the social and cultural history of the Band. In particular, the incumbent must deal with the issues in the context of the long-term effects of the segregationist systems of Residential Schools and Reserves. T’it’q’et believes in the term “Circle of Care” or “Wrap Around” approach to client care and the incumbent will need to work with other T’it’q’et Health and Social Services Teams.

Duties and Responsibilities

- Develops and maintains a drug and alcohol counselling program
- Maintains a statistical base on program delivery
- Ensure the required reports on program status and community trends is completed in a timely manner
- Maintains accurate and confidential records relating to individual clients
- Plans and coordinates workshops and presentations for the community on drug and alcohol education, awareness and abuse utilizing the Circle of Care or Wrap Around approach
- Supports and assists Community members dealing with drug and alcohol and chemical dependency issues
- Assesses clients and makes necessary referrals to treatment centres and/or outside agencies
- Communicates with clients and their family members on treatment plans or programs, and with community groups on treatment programs
- Work with local primary health care team, social service team and traditional helpers to strengthen integrated “Circle of Care” (Wrap Around) services in the Northern St’at’imc Territory and to build capacity in case management, evaluation and quality improvement and coordination of services
- Attend and participate in various community functions
- Develops and maintains effective working relationships with Community members, colleagues, and outside agencies
- Provide orientation and guidance to volunteers and coworkers on a routine basis
- The NNADAP Worker is responsible for being aware of band and community members and their well-being at treatment, as well as being self-aware of hazardous situations
- Performs other duties as required

Knowledge, Skills and abilities

The work requires the following knowledge, skill and/or abilities:

- Skill and knowledge usually attained by successful completion of a Post-Secondary degree, diploma, or certificate in Social Work, Counselling, Human Services, Psychology, or Nursing; strong knowledge of the problems of drug and alcohol dependencies and their treatment gained through the appropriate level of education and at least two years’ experience in the field; or an equivalent combination of skill, knowledge, and experience
- Ability to use tact and good judgment in dealing with sensitive and complex issues
- The NNADAP Worker must have strong written and verbal communication skills
- Working knowledge of traditional healing methods used by First Nations people; awareness of methods of dealing with post-traumatic stress; and community resources available to clients
- Knowledge and experience of similar program delivery in the context of St’at’imc or First Nations culture and history
- Knowledge of community resources available to clients and their families
- In order to deal with the highly emotional issues involved the incumbent is required to have some counselling skills and strong conflict resolution skills (Proof may be required)
- The sensitive nature of the work requires the NNADAP Worker to have the ability to maintain the confidentiality of client information
- The position requires the ability to research and develop local programs to deal with drug and alcohol education, awareness and dependency; identify local trends; and write reports and recommendations on assessments, program status, and client progress

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- The incumbent requires skill in the preparation and presentation of workshops and information seminars in order to garner client and community support
- A good knowledge of the social services systems, the educational system, the courts and penal system is essential for the NNADAP Worker to be successful in the delivery of service to the Band. Likewise, a good knowledge of the social and cultural outcomes of the Residential School and Reserve system is required
- Ability to drive and provide a licensed vehicle for work purposes
- Must be addiction free and a demonstrated positive role model

How to Apply

Please submit your:

- Cover Letter
- Resume
- Three (3) direct supervisor references, and
- A copy of your most recent Vulnerable Sector Criminal Records Check to:

Email: reception@titqet.org (PLEASE write “NNADAP” on subject line.)

CONFIDENTIAL Fax: (250) 256-4544 (PLEASE write “NNADAP” on subject line)

Mail/Delivery: Sealed envelope; #59 Retasket Street, P.O. Box 615, Lillooet, BC V0K1V0

We thank all applicants for expressing interest in this position, however, only those short-listed will be contacted.

T’IT’Q’ET JOB POSTING

Job Title: Home Support Worker

Classification: Certificate, diploma, or degree in Home Care Aide

Department:Health

Reports to: Health Manager

Term: Full-time permanent, some evenings and/or weekends

Posted: Friday, July 13, 2018

Closes: Friday, August 10, 2018

Salary: \$28,000 to \$30,000 plus benefits; depending on education and work experience

Job Summary

We are currently seeking Home Support Workers to join our Health team in the Lillooet area which serves the First Nations communities of T’it’q’et. Are you dedicated to delivering patient-centered care? Are you looking for a flexible work schedule? If the answer is ‘yes’ then we want to hear from you!

T’it’q’et believes in the concept of “Circle of Care” or “Wrap-around” approach to client care. As a Home Support Worker, you will work as part of a dynamic team of Nurses and LPNs who support Community Clients’ independence and ability to stay at home. Home Support Workers provide home support services to clients, by assisting with personal care and daily living, while promoting maximum independence. Home Support Workers are key players in the home health care plan for each client.

Typical duties include:

- Activities of daily personal care, such as bathing, dressing, grooming and oral hygiene
- Household duties related to maintaining a safe and healthy environment in the home
- Meal preparation in accordance with designated plans
- Assistance with mobility and transfers
- Observing and reporting changes in client behaviour and condition
- Performing delegated tasks according with training and procedures

Work requirements may vary to a maximum of 35 hours per week. Services are provided in the community between the hours of 08:00 and 16:00, five (5) days per week.

For people with certain health issues, age-related limitations or other disabilities, managing everyday tasks can be challenging. The support that we provide through the Home Support program enables clients to recover or simply remain at home rather than in a hospital or care facility – in many cases our visits can be the highlight of their day!

If you are looking for an opportunity to do meaningful work while joining a great team, the T’it’q’et Health team is the place for you.

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Qualifications

The work requires the following knowledge, skill and/or abilities:

- Grade 12
- Graduation from a recognized Resident Care Aide/Home Support Worker Program, or an equivalent combination of education, training and relevant experience
- BC Care Aide and Community Health Worker registry (please include your number)
- Current valid BC Drivers' License and use of a reliable vehicle

How to Apply

Please submit your

- Cover Letter
- Resume
- Three (3) direct references, and
- A copy of your most recent Vulnerable Sector Criminal Records Check to:

Email: reception@titqet.org (PLEASE write "Home Support" on subject line.)

CONFIDENTIAL Fax: (250) 256-4544 (PLEASE write "Home Support" on subject line)

Mail/Delivery: Sealed envelope; #59 Retasket Street, P.O. Box 615, Lillooet, BC V0K1V0

We thank all applicants for expressing interest in this position, however, only those short-listed will be contacted.



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

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'atl'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	Landcode@titqet.org
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	

August 2018 Horoscopes



Leo (Jun 23–Aug 22)

Venus will help the professional growth of Leo astrology sign in August 2018. Monetary development is augmented by the forward movement of Mercury. Though you will have many opportunities for forming love relationships, permanent ones have to wait. Health is marvellous.

Aries (Mar 21–Apr 19)

Aries zodiac sign is dependent on social network for career growth in the month of August 2018. Innovative methods are seen in your quest for financial growth. More passion is required to keep love life intact. Singles are looking for more enjoyment in their love partnerships. Health will be splendid.

Taurus (Apr 20–May 20)

Family issues and emotional factors dominate the life of Taurus sun sign. Financial growth depends on making innovative changes to your plans. You are seeking more passion in your love life with your spouse. Career prospects are improved by helping others. Health will be problematic.

Gemini (May 21–June 20)

Health of Gemini star sign will be fabulous for the first few weeks of the month. Career interests are limited to planning future growth. Financial growth is tardy and nothing much can be expected. Love relationships of both the married and singles will be volatile.

Cancer (Jun 21–Jul 22)

Monetary growth of Cancer astrology sign will be zooming due to positive planetary aspects. Health and vitality will be superb. Career prospects are scuttled by Mars. Love relationships of both the married and singles will be boring without any triggers.

Virgo (Aug 23–Sept 22)

Virgo zodiac sign will be more interested in the career growth of family members and others. Earnings are fabulous and helped by divine forces. Problems in present relationships will slowly disappear. Health prospects are very good.

Libra (Sept 23–Oct 22)

Love relationships of Libra star sign are both romantic and passionate. Health and vitality are splendid. Career growth is accomplished by helping the career of others. Monetary growth will resume and all pending ventures will see the light.

Scorpio (Oct 23–Nov 21)

Professional growth of Scorpio sun sign are helped by the good aspects of planets. Forward movement of Jupiter will help your earnings. Singles will be able to get love partners while pursuing their careers. Health can be improved by spiritual techniques.

Sagittarius (Nov 22–Dec 21)

Sagittarius star sign can expect good professional development with improved earnings and status. Singles will find love overseas, in spiritual environment and in educational arena. Health is splendid, but financial growth is sluggish.

Capricorn (Dec 22–Jan 19)

Career prospects of Capricorn star sign are governed by your family and other families. Health will be without any blemish. Relationships with your spouse will not be great and is further complicated by the hindrance of family members. Financial growth will be very much restricted due to the Mercury retrograde.

Aquarius (Jan 20–Feb 18)

Pluto will push forward the career growth of Aquarius zodiac sign in August 2018. Relationship with your partner will be wonderful and is enhanced by participation in social functions. Health will not be that good. Financial growth is hitting a road block, but will be assisted by the finances of your partner.

Pisces (Feb 19–Mar 20)

Professional development of Pisces astrology sign is helped by Jupiter and family members. Mercury will positively influence your love life with your partner and pregnancy. Health prospects are splendid. Financial growth will be stunted and can be improved by helping others to make money.

September 2018 Newsletter Submission Deadline Friday, August 24th 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

