

T'ít'q'et Newsletter

December 2017





Tis the Season December

Community Events

Dec.

2

Christmas Bazaar PCC
9am to 4pm



Recycle Days
December 6th & 20th

16

Community Christmas Party PCC
4pm

18

T'it'q'et Council Meeting
Council Chambers 9 am

21

P'egp'ig'lha Council Meeting
9:00 am

22

Office Closes at 12 Noon

Jan.

2

Office reopens

18

P'egp'ig'lha Council Meeting
Council Chambers 9am

25

Elders Council Meeting
Council Chambers 10 am

29

Joint Council
Council Chambers
9am





Film Still: Project X (2012)

Important Notice

Attention: T'it'q'et Tenants

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

– Administration

Rancheree Volunteer Group



Christmas Bazaar & Flea Market



Saturday December 2, 2017

9am to 4pm

P'eg'p'ig'ha Community Centre

59 Retasket Dr

Fundraiser for T'it'q'et Community Christmas Party

Crafts, homemade goods, and home businesses welcome

\$7 per table

**Please contact Charlotte Halls 250-256-4660
to reserve table**



T'it'q'et Community Christmas Dinner



Sat, December 16, 2017
4-7 PM
P'eg'p'ig'lha Community Centre

Potluck Dinner –
Rancheree Volunteer Group will provide turkey and ham

Please submit children's Santa Wishlist by
Fri Dec 8 @ 3pm
to the T'it'q'et Admin or email courteney.adolph@gmail.com

Wishlist must include:
Child's name, age, and parent's name and what you are bringing
to potluck. Children must be in attendance to receive gift from
Santa. Thank you for your understanding and cooperation.

*Santa will need some helpers to setup and decorate for the
party and wrap gifts on Fri Dec 15, 2017. Thank you in advance
for your help.*

T'it'q'et Community Christmas Party 2017 Registration Form

Please be advised that this registration form must be returned to the
P'eg'p'ig'lha Community Centre reception desk or emailed to courteney.adolph@gmail.com
by 3pm on Fri Dec 8, 2017 in order for your child to be registered to receive a gift.

- * Registration is open to T'it'q'et Band members and children or grandchildren of T'it'q'et
Band members, 0-12 years old. Children MUST be in attendance to receive a gift from Santa.
If funding available we may extend registration to 13-17 yr olds
- * Each household is requested to bring one side dish or dessert for the potluck table
- * Parents/guardians are strongly encouraged to volunteer for fundraising events and/or
party setup including decorating and giftwrapping

Parent/Guardian	
Contact info (phone or email)	
Potluck item	

Child(ren) Name	Age	Band member	Gender	Gift ideas
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	F <input type="checkbox"/> M <input type="checkbox"/>	

*Children are still welcome to send Santa Letters but it's not required.
See you **Saturday Dec 16, 2017 4-7pm**. Santa is looking forward to seeing you ☺



Dedication

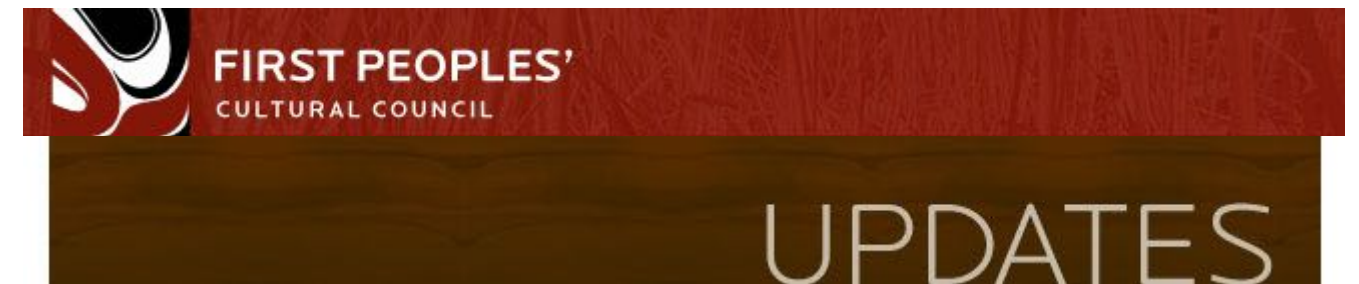
The Upper St'át'imc Language, Culture and Education Society is dedicated to the ancestors, and, with deep respect, to the Elders, who, by sharing their wisdom and leadership, provide the knowledge, skills and values that have assured and will continue to assure the vibrancy of the St'át'imc culture.

"Our children need to learn to speak our language and to learn our ways. I am so afraid that, in the future, our children and their children will not be able to reply when someone asks them 'Who are you? Who are your ancestors?' And people will wonder who they are..."

Josephine Thom (Cácl'ep) 1889-1987
Recorded in an interview by LDIC, in 1987.

Interviewed by Madeline Shintah
Translated by Rose Agnes Whitley.

Source: <http://www.uslces.org/centre.html>



FPCC is excited to announce that its ground-breaking FirstVoices Dictionary Apps are now available for free download on all Android devices!

The apps, which were initially launched in 2011, were previously available only on Apple iOS, due to the limited availability of First Nations language character sets in the Android operating system.

The 13 FirstVoices Dictionary Apps are available in the following B.C. First Nations languages: Ehattesaht, Halq'eméylem, Hlgaagilda Xaayda Kil (Skidegate Haida), Ktunaxa, Kwakwaka, Nazko-Dakelh, Nisga'a, Northern St'át'imcets, Secwepemc, SENĆOŦEN, Sliammon, Lílwat-Ucwalmícwts and Xeni Gwet'in.

The apps were developed as a mobile version of the language archives available at FirstVoices.com, where First Nations communities can upload words and phrases in their languages. They were built using open-source software and are not only the largest collection of open-source Indigenous language apps in the world, but the first to be available for both iOS and Android.

Each dictionary app uses **customized, language-specific, “approximate-search” algorithms**, which improve accessibility for learners and experts alike. For example, in the Nisga'a language, the word for 'story/legend/history' is written *adaawak̓*. The Nisga'a search algorithm has been built to anticipate a search for a word that does not include the special character, so it will still return the result for '*adaawak̓*' even if a user searches for '*adawak̓*'.

For all iOS and Android dictionary apps, users can now also **sort words and phrases by categories, bookmark items for later viewing and use the app to make flashcards** to support language learning.

The FirstVoices Dictionary Apps were funded by the New Relationship Trust.

To download the new apps visit: <http://www.firstvoices.com/en/apps>

Click to [read the full Press Release](#).

For more information about the apps, contact Alex:
250-652-5952 ext. 205 or alex@fpcc.ca

For media inquiries, contact Megan:
250-652-5952 ext. 214 or megan@fpcc.ca

Warm Regards,

Megan Lappi



Sabrina James

T'it'q'et First Nations

Sabrina James, T'it'q'et finance manager, talked about how her success tied directly to the mentors she had around her. Sabrina overcame inter-generational trauma to become a finance manager. With funding provided by ASETS, Sabrina graduated from Sprott Shaw College. Sabrina is also currently working on her designation with Aboriginal Financial Officers Association. Sabrina shared that with guidance from her aunt, Chief Susan James, she has achieved her goals. Sabrina recited two poems. Here is part of Take Your Best Shot.

“Take your best shot to make your dreams come true
Follow what you believe in and aim for the stars
Do not be afraid to follow your dreams
Take your best shot to become successful in life
If you do the unthinkable but fail to succeed,
You must not quit”.

You've touched my heart

*Believe in me, and my heart will blossom with love,
courage, and confidence.
Love for the unpredictable changes to grow, courage to
improve my future, and confidence to succeed.
You've touched my heart because you believe that I can
become successful.*

*Guide me, and my heart will strengthen with happiness,
respect, and inspiration. Happiness to be who I am,
respect for all my superiors, and inspiration to stay fo-
cused. You've touched my heart because you've helped
guide me in the right direction.*

*Encourage me, and my heart will absorb enthusiasm,
affection, and faith.
Enthusiasm to concentrate on my goals, affection to be-
come a leader, and faith to accomplish. You've touched
my heart because you encouraged me to keep growing.*

*Value me, and my heart will be open to loyalty, support
and kindness. Loyalty to continue to be a great mentor,
support for all generations, kindness to all who have
made a difference in my life. You've touched my heart
because you valued what I can do.*

Sabrina James (2012-2013)

TO ALL TENANTS AND HOMEOWNERS: PLEASE READ.

Time to winterize your outdoor faucets in 3 simple steps.

With outdoor faucets, it's exceptionally important to remember to detach your garden hoses at the end of the season, close the inside shut-off valve(s) and drain the faucet fixture before it freezes.

FYI - Water expands when it freezes, and nothing changes that. How much does frozen water expand? Ice takes up nearly 10% more space than the same amount of liquid water does. Unfortunately, in the case of a water pipe, the pipe is already full when water is in a liquid state, so there's no room for expansion if the temperature drops low enough for the water to freeze. Once the water in the pipe freezes, something's got to give, and it's usually the pipe itself, the valves, the joints or maybe even all three.

An outdoor water faucet is especially vulnerable to the cold, so **it's extremely important to prep your water faucets for the winter.** The heat from your home that is transmitted through the pipes most likely won't be enough to protect your outdoor faucet. Here's what you can do to help prevent a watery disaster from striking in the middle of winter!

1-Close the shut-off valve for the faucet

From the inside of your home or building, close the shut-off valve that controls the flow of water to the outdoor faucet(s). If the valve isn't set back from the outer wall of your home, an accidental freeze can damage your shut-off valve, making it impossible to stop the flow of water. If your shut-offs are very close to the outer wall of your home, consider moving them back farther into your home to better protect them from freezing.

2-Disconnect your hoses!

Leaving a frozen, water-filled hose attached to the outdoor faucet is asking for trouble! Disconnect your garden hoses, drain them and hang them up for the winter. Your hoses will last longer, be better protected from the elements, and will be less likely to leak at the connectors. They'll also be less likely to develop splits that will leak when the hose is pressurized.

3-Drain the faucet

Finally, open the faucet and let any residual water drain out of the pipe. Draining the outside faucet is critical, because standing water between the inside shut-off valve and the outdoor faucet can freeze and break both the fixture and shut-off valve. Creating an air space within the short segment of pipe gives any residual water room to expand if it freezes.

ONE STEP FURTHER, YOU CAN:

As an added measure of safety, insulate your pipes. Pipe insulation is inexpensive and can help protect your plumbing and valves from extreme temperature variations. Seal any open spaces, gaps or foundation cracks that can allow cold air to circulate around your pipes. Close all basement windows and foundation vents in the winter to prevent cold outside air from reducing the ambient temperature in unheated crawl spaces and basements.

Finally, be aware that sometimes pipes and fixtures that have frozen and thawed don't start to leak until full water pressure is re-applied. In the spring, check your outdoor fixtures for leaks, even if you have taken steps to protect them from winter ice damage. Thank you.

BC Hydro tips and information

Many people have experienced significant increases in their BC Hydro bills due to the Rate Increase, Monthly Installment payments, and Annual Adjustments that have negatively impact them. Please review your Hydro Bills regularly, if you do not know what to look for, feel free to come and see Shawn Scotchman, Social Development Coordinator and he can go over your Hydro Bill with you. When looking at your BC Hydro bill, look for the “Equal Payment” section and under “Status to date:” section you will see, “Cost of energy \$\$” and “Monthly installments \$\$”, if your Cost of Energy \$\$ is higher than your Monthly Installment \$\$, you may want to call BC Hydro and discuss your concerns about your Annual Adjustment before your “Anniversary date.” (1-800-224-9376) or you can create a MyHydro Profile at bchydro.com/myhydro and manage your account online.

Installment \$220.00

Example on bill:

Status to date:	
Cost of energy	\$3,300.00
Monthly Installments	\$2,900.00
(Difference of \$400.00)	

Annual Adjustment
Anniversary date December 2017

As you can see in the example bill, that is a difference of \$400.00 that will be on your “Anniversary date” in December 2017 on top of your usual Installment payment). If your Installment Payment is \$220.00; that would be \$620.00 you would owe in December. You may need to increase your installment payments to avoid a high Annual Adjustment fee? Additionally, those who are on BC Hydro Equal Payment Plans (Monthly Installments) please be advised that BC Hydro “MAY” review your hydro every 105 days to see if adjustments are needed; you can also call BC Hydro to have your Plan adjusted, if BC Hydro fails to, thereby reducing the amount of Annual Adjustment you may have to pay at the end of your Anniversary Date.

It is VERY important to keep track of your “energy usage” throughout the year because; the Annual Adjustments can be very expensive if you or BC Hydro does not adjust your monthly payments. Moreover, BC Hydro no longer accepts fax information; they only do business over the phone or via internet only.

If you are not on Monthly Installment payments and pay bi-monthly, I would suggest that you make every effort to pay monthly; example, if you average \$320.00 every other month, then you could pay \$80.00 every two weeks or \$160 per month towards your BC Hydro account. This would help minimize your bi-monthly payments of \$320.00. However, the issue with bi-monthly bills is they are never the same amount so the payments can fluctuate dependent on energy usage.

Improve your home's efficiency, save on your electricity bill

If you live in an income-qualifying household, you can get free energy-saving products and professional advice that will help make your home more energy efficient and comfortable, and help you save on your utility bills.

Income qualification

To qualify, you must meet the income requirements below. Total household income includes the combined income of all members in the household over the age of 18.

NUMBER OF PEOPLE IN HOUSEHOLD	TOTAL HOUSEHOLD INCOME
1 person	\$32,400
2 persons	\$40,400
3 persons	\$49,600
4 persons	\$60,300
5 persons	\$68,400
6 persons	\$77,100
7 or more persons	\$85,800

Free energy saving kit

Our free energy saving kit contains easy-to-install, energy-saving products such as LED bulbs, high-efficiency showerheads, and weatherstripping that you can install yourself.

Free home energy assessment and energy saving product installation

You may qualify for a free home energy assessment and the installation of energy-saving products throughout your home at no cost to you through the Energy Conservation Assistance program. You'll also receive personalized advice and recommendations for what you can do to further improve your home's energy efficiency.

Upgrades for non-profit housing providers and Aboriginal communities

Non-profit housing providers and Aboriginal communities can get help with improving the energy efficiency of their housing units to help their tenants and community members save on their utility bills and be more comfortable.

* APPLICATION IS ATTACHED + TO BE
RETURNED TO HOUSING, CHARLENE NAPLEON

Energy Conservation Assistance Program application

For aboriginal communities and residents of non-profit housing

BC Hydro

Power smart

FORTIS BC

Energy at work

Bulk reference number

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

☐ Complete the application in full (or we will not be able to process your application).

☐ Attach the Landlord Consent form (if you rent from a private landlord).

☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor Carillon Canada at 1-877-886-3242.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)

Last name (on BC Hydro bill)

Account address

City

Province

Postal code

Home phone number

Other phone number

BC Hydro account number

FortisBC account

First name (on FortisBC bill)

Last name (on FortisBC bill)

FortisBC account number

2. Property information

How many people live in your home?

Last name

Name of company (if you are a property manager)

What type of home do you live in?

☐ Detached house

☐ Duplex

☐ Town house

☐ Apartment/condominium*

☐ Mobile home

☐ Other:

*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

☐ Own

☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is band owned)

Contact phone number

3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant in the Energy Conservation Assistance Program, BC Hydro requires proof that my income is less than the income limits under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including income qualification status, name, contact information, and other items listed on this application form) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro account holder signature (BC Hydro account holder)

Date (month/day)

FortisBC account holder signature
(if there is a FortisBC natural gas account associated with the residence.)

Date (month/day)

To be eligible for this program, an applicant's combined household income must be less than the most recent income limits under the Terms and Conditions. For those applicants that meet these criteria, BC Hydro and, if applicable, FortisBC will also evaluate the applicant's annual electricity, and if applicable, gas consumption. Meeting all these criteria, however, does not necessarily guarantee acceptance into the program.

Mail completed application to:
BC Hydro and FortisBC ECAP Operations
PO Box 8910 5th Terminal
Vancouver, BC V6B 6Z9

OFFICE USE ONLY

Meets LICD threshold

☐ Yes

☐ No

Authorized signature

What is Lateral Violence?

“If you succumb to the temptation of using violence in the struggle, unborn generations will be the recipients of a long and desolate night of bitterness, and your chief legacy to the future will be an endless reign of meaningless chaos.” – Martin Luther King Jr

Lateral Violence:

- Behaviour includes gossip/ shaming/ blaming, putting down others, family feuds
- When violence is directed at one's own people
- When oppressed groups turn on each other
- outward jealousy and envy of others

We can see lateral violence at the First Nation community levels. It is a 'cloud' that has loomed over us for years. Lateral violence has become a destructive way of life for families and communities.

Oppression:

- The unjust or cruel exercise of power or authority from one group of people over another group.
- a dominant group of people keeping another group of people contained or controlled

We have learned many negative ways to live with one another. We have learned that

whoever drives the best car or lives in the best house, is more better off than we are. This is not true.

We have learned to want and desire material objects and forget to be thankful for what we have, even if it is very little. We forget to be thankful for another day, for all of creation, for our lives, for our 'gifts' (our children), the real important things in our lives.

This way of thinking has brought on feelings of jealousy and envy. We have learned to think individual-based rather than our traditional, community-based ways of thinking.

Move from → greed, power, control, money, authority, jealousy, envy

Move towards → harmony, equality, sharing, balance, respect, happiness.

We must not get 'stuck' in a place that is constantly 'blaming' one another, including the non-Native society. We are all responsible for the choices we make and the actions we carry out. We do not 'need' to get caught up in lateral violence. We can choose to walk away,

let go of past 'grudges', and move on with our lives. We want to discourage our children from using lateral violence and model healthy living for them

"Lateral violence among Native people is about our anti-colonial rage working itself out in an expression of hate for one another."
– Lee Maracle, *I am Woman*

The best way to deal with lateral violence is with kindness. We should try not to react to those people that spend their time and energy in a negative way. Have patience for ourselves and for others.

Why do People use Lateral Violence?

- Low self-esteem and self-worth
- Confused and unhappy with themselves
- 'stuck' in the cycle of oppression
- Lack of knowledge and awareness
- Unresolved anger, pain, shame

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General Update from the P'egp'íg'Iha Council

November 23, 2017

OFFICE OF THE TRIBAL CHIEF

Tribal Chief Report
Shelley Leech

Interior Alliance –A meeting is planned in December. No date or agenda received yet.

St'át'imc Chiefs Council (SCC) –The St'át'imc elders gathering was held in Xwisten. Feedback on St'át'imc laws and a name for the elders group was provided by attendees through stickies on the walls. Helen McLeod did a presentation on St'át'imc laws. Next steps will be for SCC to work with communities and interested participants toward establishing a process for recognition of St'át'imc laws as part of the Indigenous legal systems strategy.

Treaties – Samahquam has recently had another community vote and they are back in the treaty process.

St'át'imc Government Services – The SGS board vacancy was filled by Arnold Adolph.

St'at'imc Authority (SA) – The Steering Committee work of undertaking the 5-year review is ongoing. Communities will be contacted. Jim McArthur has been directed to contract someone to look through and categorize SNH files. The Steering Committee was asked to provide a work plan in order to access more funding to operate. There was also discussion to bring the Steering Committee under the SGS Board. Currently, the Steering Committee reports to the SA.



Sub Committee – The Steering Sub-committee has not met for a while.

Signage for Grizzly Bear Protection
This work is ongoing. SCC is taking the lead on this with the PC providing input on the signage.

Lands and Heritage- Shannon and myself have been communicating with Harriet from Lil'wat to talk about Lil'wat's conservancy and parks plans for Nlháxten/Cerise Creek as there are some overlaps. A meeting is planned in Lil'wat on December 7 to further discuss plans.

Lillooet Tribal Council – A meeting between LTC and Leadership from the T'it'qet Community is scheduled for November 30. This is to discuss the unresolved issues that T'it'q'et has with the LTC. The meeting will be facilitated by William Trusdale from ECO Plan.

PGWG – The working group met with Jason Stafford from BC Timber Sales. The purpose was to talk about the development of an agreement between BCTS and the PC. Topics of discussion were Community, Communication, disposition agreements, revenue sharing, capacity building and the sustainability of forest activities.

Water Use Plan meetings – The 2-day session was held at the Ucwalmicw Centre. This was basically an

update on findings from the monitoring work that is happening on the Bridge/Seton waters. The presentations were very technical, but interesting.

Intergovernmental Working Group and meeting with the Leadership – There was a Leadership Forum on Nov 15th which brought together representatives from the northern St'át'imc communities, the District of Lillooet and the Squamish Lillooet Regional District. The purpose of the day was to review the draft communication and engagement protocol and to discuss priorities for action. Thank you to the PC representatives that attended the workshop. The conversations were productive and some hard discussions were had.

Watershed 101 – Sue Senger and Alyson McHugh came into the PC on Nov 17th to present a Watershed 101 workshop. Alyson reviewed the basics of watersheds; what they are, why they are important and what ecosystem services they provide. Sue then provided the group more information about the watersheds in the northern St'át'imc Territory and key issues in a couple of the areas. Overall the workshop was very informative. Thanks to all that attended.



FOODSAFE Level 1 Training

A food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

🌟 *Certificate valid for 5 years*

Date: January 23, 2018
Time: 8:30 AM – 4:00 PM
Location: Resource room at the
PCC building. 57 Retasket St.

Food Safe Certifications without an
expiry date will no longer be valid after
July 29, 2018. These include certificate issues
prior to July 29, 2013.

LIMITED SEATING

Interested participants, please reserve your
spot at reception@titqet.org



Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

FACTS

- ① Two of every five home decoration fires are started by candles.
- ① Nearly half of decoration fires happen because decorations are placed too close to a heat source.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02269

Name of Organization Here
Contact Information Here

Medical Travel Information

Questions or concerns,
please contact Belinda at 250-256-4118 ext. 241
or email medicalclerk@titqet.org

Medical Travel (MT) – there have been a number of misunderstandings lately with Medical Travel. Here are a few points to hopefully clear things up:

1. The MT program is a supplementary program. It is meant to assist you in getting to medical appointments; it is not meant to pay for the entire trip.
2. **MT Application** – this form assists whomever is completing your MT forms.
 - a. We NEED nearly all the information requested on the form for record keeping, as required by the agreement with FNHA. If you are unsure what to put down, please call the Clerk to assist you.
 - b. There have been instances of nicknames/ aliases being put on cheques – if this happens, you will be unable to cash your cheque.
 - c. If you require accommodation – we need enough time to book a room. This is particularly important for appointments in the Lower Mainland, where booking a room on short-notice is quite challenging.
 - d. Coordinated appointments – If you have more than one appointment on the same day, please let us know for reporting purposes! This is required by FNHA.
3. **Two weeks notice** – This is to ensure there is sufficient time to get confirmation from the medical personnel of your appointment, process paper work, for finance to process the

- cheque, to locate the signers, book hotel rooms, etc in a timely manner.
- a. Therefore, when we do have actual emergencies – we have sufficient time to deal with it.
4. **Escorts** – according to the Medical Travel Guidelines from FNHA:
 - a. Must have the “Medical Escort” form signed by a doctor or nurse practitioner and must be medically required;
 - b. A minor child is automatically approved for an escort;vadfs
 - c. Escort is only entitled to a \$10 same day trip meal allowance (see below for meal allowances);
 - d. Escorts are expected to share living space with the client if overnight accommodation is required.
5. **Hotels** – when at all possible, clients will be booked at a Sandman Hotel. We have a contract with them, and they provide us a much reduced rate.
 - a. IF you request to stay at an alternate location that charges more, the request must be in writing - the extra cost will be billed back to you.
 - b. Same for reimbursements – if a room was available at a Sandman nearby, you will only receive a reimbursement for that amount.
 - c. If you decide not to attend the hotel the Admin-

istration has booked for you, you are required to contact the hotel to cancel the room – according to the hotel’s policy. Any charges for no-shows will be billed back to the client who no-showed;

- d. Any exorbitant cost or damages (room service, pay-per-view, smoking in room, missing items, etc) – will be billed back to the client.
6. **Meal allowance** – is for the patient and a medically required and approved escort. The following are the meal rates for those 10 yrs and older:
 - a. \$10 - any same day trip of more than 6 hrs
 - b. \$48 - any overnight trip – regardless of what time you choose to leave or return.
 - i. (in other words, if you choose to leave Lillooet at 7pm to go to Kamloops for an overnight stay, attend an appointment at 7am the following day, then return to Lillooet by 9 am. You will receive the same \$48 as the person who chooses to leave at 4pm the night before a 7am appointment, and/or chooses to stay until- 7pm that night – for non-medical reasons)
 - c. \$163 – weekly rate – if you are required to stay out of town for medical reasons for a week or more.
 - i. Your hotel accommodation will be with a kitchenette, the \$163 is for you to purchase food to prepare in your room. It is advisable to bring some foodstuffs from home.
7. **Mileage Top-Up** – this is NOT a Health Dept program. The FNHA MT mileage rate went up 3 yrs ago; at which time the Top-up rate should have gone down – but didn’t.
8. Finally – T’it’q’et has been over budget the last two years by a hefty sum; and there has been

some talk from FNHA that they may start auditing various communities that receive this program – to ensure the program is being utilized correctly. I can’t say what might happen if we were to be audited, but I am doing what I can to ensure the T’it’q’et community has this MT program for many years to come!

Health Benefits – Please watch for an upcoming workshop.

1. Health Benefits include some medications, equipment, medical supplies, medical services, etc.
2. Balance billing – the extra cost from a dentist, optometrist, etc are NOT covered under health benefits. These costs are the responsibility of the client.

Patient travel requests need to be submitted a **minimum of two weeks in advance** to ensure your travel cheque is ready in time for your appointment. Cheque pick up days are Wednesday’s and Friday’s.

A photocopy or fax of your appointment card/ referral letter with the date, time and who you are going to see is required for me to submit your travel request and for reporting purposes. It is your responsibility to provide me this information: Forms available at the office, or by email and fax.

If these forms are not filled out accordingly, can result a delay in receiving your travel. If there is, accommodations are required. I need time to book rooms, and if I wait to last minute to book room, there may not be rooms available. If an escort is required, I need a form filled by the physician stating escort is required. I would like to have everyone’s travel ready in time for appointments.

Mental Wellness Councillors

Jim Edgar
Mental Health & Addictions
Lillooet Friendship Centre

Office: 250-256-4146
and@lfcs.ca

Joanne Warren
Askom Counselling

Office: 250-256-4906
Toll Free: 1-866-884-5990
askomcounselling@gmail.com

Laura Rhodes
Mental Wellness Outreach Clinician
St'at'imc Outreach Health Services

Office: 250-256-7530 ext. 202
Cell: 250-256-3662
lrhodes@statimchealth.net

Steve Basil
Cultural Liaison

Cell: 1-250-299-6994
sbasil@statimchealth.net

Victim Services

Gloria Joseph
Victim Services
Lillooet Friendship Centre

Office: 250-256-4146
stv@lfcs.ca

Violet Dunn
Victim Services/Stop the Violence/
SAFE Home Program
Lillooet Friendship Centre

Office: 250-256-4146
stv@lfcs.ca

Crisis Intervention

Crisis Intervention & Suicide Prevention Centre
1-800-784-2433

Kuu-us Crisis Line
Provincial Aboriginal crisis line,
24/7 adults, elders, youth
1-800-588-8717

BC Nurses Line 24/7 Support
811

Kids Help Phone Line
1-800-688-6868

Nurse Practitioner

Rose Marie James, NP (F)

Call AJ Aspinall at (250) 256-4118 Ext.234 for more information on appointments

What Services can a Nurse Practitioner provide?

Nurse Practitioners are nurses with advanced training and work much like a family doctor with some limits

Client Group Includes:

1. All age groups across the lifespan
2. Families

Skills:

1. Health assessment skills
2. Diagnostic skills
3. Management of disease and illness
4. Educational skills for various disease processes and health related topics.
5. Specific clinical skills such as:
 - a. Suturing
 - b. Incision and drainage
 - c. Women's health

Tasks:

1. See people in clinic visits for management of disease and illnesses as well as preventative health.
2. Order diagnostic tests (blood-work, x-rays, ultrasounds...Etc.)
3. Prescribe medications (excluding narcotics and controlled substances)
4. Perform pap smears
5. Provide referrals

Health Dept. December Update

First, I would like to send out a friendly reminder. Medical Travel Application Forms must be fully completed; all information included and handed in. This is for reporting purposes for First Nations Health.

To make it easier? And is important to do?

1. Medical Travel Application Forms to be filled out, to EACH appointment, EACH person included in on appointments. Along with a copy of time and dates of appointments. This helps me figure out who is escorting, especially when there's an escort needed. How many lunches to provide? Is there accommodations needed? Whom the cheque is being made out to? Top ups if applicable? Which means provide band number on each form. If you need a form e-mailed to you, please don't hesitate to call and I'd be sure to get one to you. Or e-mail medicalclerk@titqet.org
2. Confirmation cards to be returned to me so they can be filed showing that you have attended.
3. If there are rooms booked and it is eligible for reimbursement, we will need a copy of the FINAL receipt so we can reimburse accordingly.

I need notice prior to the appointment, preferably a weeks notice. Cheques can not be made up last minute on the same day or day before. Please respect the procedures.

Thank you all for your patience.

For the Christmas holidays, office will be closed as of December 22nd, at noon, and reopening January 2nd, 2018. If you know you have an appointment during this time or beginning of January, please submit to me by December 15th at the very latest. Just so I have time to have everyone's travel done accordingly.

Merry Christmas to all & please stay safe.

Thank You

Belinda Adolph

Land Code Coordinator Report

Hello everyone! I have been working as the Land Code Coordinator since the middle of October 2017. I am a part-time employee and I share an office in the P'egp'ig'lha Centre with Taxation and the Sk'emqin project.

T'it'q'et signed on to develop its own Land Code back in June of this year. The process can take anywhere up to two years. The purpose of this is so that T'it'q'et can regain control over its own lands and resources on reserve from Indigenous and Northern Affairs Canada. My job is to help the community along the land code development process. I organize meetings between the Land Code Committee, the Lands Advisory Board and its representatives as well as other participants in the process. T'it'q'et Chief and Council will adopt a Terms of Reference for the Land Code Committee. The Joint Council decided on 5 members for the committee, but when I posted a call for members on Facebook there were several members who came forward who wanted to be involved. The composition of the committee will be worked out soon.

There has been an initial community meeting with a consultant who is doing an Environmental Assessment Phase 1 survey of reserve lands. This is a survey to find out if there are environmental spills or hazards on reserve. INAC is responsible for identifying and fixing any problems before control of reserve lands is turned over to T'it'q'et.

Staff from the Land Advisory Board Resource Centre also made a presentation at the community meeting back on November 19th. Also, a Director from the Land Advisory Board BC region did an introductory presentation on the land code development process. This presentation outlined what it means to have our own land code and also how other First Nations in BC have fared after they developed their own code.

I look forward to working with Lands Officer Stephanie Louie and Administrator Janice Whitney. There's a lot of work to be completed and I think it will be great for the community to be in control of its own lands again.

—

Dean Billy
Land Code Coordinator

Council/ Administration Report

Dec. 2017

Violence in Workplace Policies & Procedures

Roxx Ledoux, SER Safety Consultant draft violence in workplace policies and procedures. Roxx met with staff on November 15, 2017 to review. A practice drill will be scheduled in December. T'it'q'et is working in collaboration with SER and SGS on this to ensure a coordinated effort and response.

P&ID Funding Application

A funding submission sent in to INAC through P&ID funding to request staff training for dealing with violence prevention has been approved. Staff will be training on January 12, 2018.

Interior Savings Community Fund & NRT

Funding applications submitted to NRT and Interior Savings community fund to purchase video equipment was approved for \$5000 and \$2000.

ACRES Funding Approved 2017/18

The ACRES project funding approved by Indigenous Northern Affairs Canada (INAC) for infrastructure funding is \$145,448. O&M will be able to complete some small work. Ongoing.

BC Rural Divident Project

The current BC Rural Divident project is underway for a Feasibility and Market Analysis for the

Expansion of T'it'q'et Agricultural/ Food Business that was approved in the amount of \$100,000 and contractors are in place. First project is near completion.

Administration submitted a second proposal for the BC Rural Divident for Seton Lake IR 5 Development Phase 2 Preliminary Design is approved. Additional planning work needs to be completed prior to applying for construction funding for infrastructure through INAC. The work for this second project will include:

- Consult with various agencies regarding work
- Apply for archeological permit and complete the geotechnical investigation
- Complete additional survey for the area
- Finish the preliminary design and update the infrastructure cost estimates
- Update the community on the project

CHRISTMAS OFFICE HOUR CLOSURE

The administration office will be closed December 22, 2017 at 12-Noon and will reopen on January 2, 2018

Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference.

Attend the award winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- help them stay safe with a life-affirming intervention.

The two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

Why take ASIST?

LIFE-SAVING: Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

TRUSTED: ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

ENGAGING: ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

PROVEN: ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.¹

COST-EFFECTIVE: A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.²

WHEN: December - SAT 9th and SUN 10th
8:30am-4:30pm
WHERE: T'it'q'et - Resource Room
Please RSVP by 1PM on December 7, 2017 at T'it'q'et
Reception @ 250-256-4118
or to make inquiries contact:
ST'AT'INC OUTREACH HEALTH SERVICES
@ 250-256-7580
Laura Rhodes, Mental Wellness Outreach Clinician
COST: \$0 Please bring a lunch - both days

Presented by: Laura Rhodes, Clinician



Communication With Staff

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

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

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

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

Staff List		Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Finance	Betty Larson	227	bettyl@titqet.org
Payables Clerk	Lesley Napoleon	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Development	Shawn Scotchman	229	shawns@titqet.org
Building Maint.	Ken Taylor	247	maintenance@titqet.org
Reception		220	reception@titqet.org
Health Manager	AJ Aspinall	234	healthmanager@titqet.org
Medical Clerk	Belinda Adolph	241	medicalclerk@titqet.org
Home & Com. Care	Joni & Janita	236	hccworker@titqet.org
Nurse	subject to change	258	changes with ind. nurse
Housing Coord.	Charlene Napoleon	240	housing@titqet.org
Lands	Stephanie Louie	243	stephanieb@titqet.org
O&M Supervisor	George Napoleon	248	omforeman@titqet.org
O&M	Murray Barney	239	murrayb@titqet.org
Gov. Advisor	Shannon Squire	233	pegpiglha.council@gmail.com
Referrals Clerk	Jasmine O'Donaghey	231	pegpiglha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
Public Phone		229	

December 2017 Horoscopes

Sagittarius (Nov 22–Dec 21)

The Sagittarius zodiac will be interested in new love relationships in December 2017. Your job will be stable and provide you with a regular income. This is a month to be enjoyed with your loved ones. You might even be ready to get pregnant.

Aries (Mar 21–Apr 19)

The Aries person will be spiritual and intellectual in the coming month. You will be aggressive when it comes to your investments. Love life will be interesting with great Aries compatibility. Career growth for the Ram will be fantastic.

Taurus (Apr 20–May 20)

The Taurus sun sign will be rewarded for their hard work in December 2017. Salary hikes, promotions, new jobs, new business can all be expected by the bulls this month. Marital conflicts will be resolved with no taste of bitterness.

Gemini (May 21–Jun 20)

The Gemini native will have a prosperous December 2017. You will be blessed with abundance, prosperity and wealth. Your health can be used with the help of these natural herbal remedies. Overall, this will be a busy month for the Twins.

Cancer (Jun 21–Jul 22)

The Cancer sun sign people need to be very cautious this month. This is because of the Mercury retrograde of December 2017. There will be some confusion regarding important decisions that you need to make. Keep a cool mind and you will soon find the answers.

Leo (Jul 23–Aug 22nd)

The Leo zodiac sign will be more interested in their own psychological well being in December 2017. You will be innovative and creative in all your ventures. The lions will need to cut down on their need to be independent this month and rely on support of family and friends.

Virgo (Aug 23–Sept 22)

The monthly horoscopes for December 2017 forecast that the Virgo person will do better to work in a team. This month is better spent with your family rather than trying some new business venture. You will be sexually active and make an excellent partner.

Libra (Sept 23–Oct 22)

The 2017 December monthly horoscopes predict that the Libra star sign will struggle to avoid chaos in their lives. You will want to do multiple things at the same time which might leave you angry and short tempered. Plan your days in advance and proceed with a positive mind.

Scorpio (Oct 23–Nov 21)

The Scorpio person will be in demand in December 2017. Be it your job or your love life, you need not go behind what you desire. You will get it right in your hands. Your intuition will work overtime and help you make some extra money. But you need to definitely take care of your health.

Capricorn (Dec 22–Jan 19)

The Capricorn person will have progressive time in December 2017. You will be your boss and do not need others support to fulfill your dreams. You can also divert your aggression towards exercise and fitness. Financial prosperity too is on the cards.

Aquarius (Jan 20–Feb 18)

The Aquarius native in December 2017 can have an excellent month provided they are able to have balance. Romance and marriage might face some conflicts. But professionally, you will have a favorable period. This is a good time to start a new business.

Pisces (Feb 19–Mar 20)

The 2017 December forecasts predict that though there will be challenges in your life, you will come out a winner. Money flow will be good for the Pisces sun sign and career prospects will improve. You are mature enough to take your own decisions without any outside help.

January 2018 Newsletter Submission Deadline Monday, December 25th at Noon

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

Want to submit to the newsletter? Please email us at reception@titqet.org
(PDF or Word documents are preferred)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-4225

AMBULANCE
(250) 256-7111

POISON CONTROL
1 (800) 567-8911

REPORT WILDFIRE
1 (800) 663-5555

*Please post where visible in case of emergency

EMERGENCY CONTACTS