

Newsletter

Jan 2019

T'IT'Q'ET JANUARY ISSUE:

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TO SUBMIT TO NEWSLETTER

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



Community Events

January		
1	Tu	New Year's Day
2	We	Recycle Day
3	Th	
4	Fr	
5	Sa	
6	Su	
7	Mo	
8	Tu	
9	We	
10	Th	
11	Fr	
12	Sa	
13	Su	
14	Mo	
15	Tu	
16	We	Recycle Day
17	Th	
18	Fr	
19	Sa	
20	Su	
21	Mo	Chief & Council Meeting
22	Tu	
23	We	
24	Th	
25	Fr	
26	Sa	
27	Su	
28	Mo	Joint Council Meeting
29	Tu	P'egp'ig'lha Council Meeting
30	We	
31	Th	



Recycle Days

January 2nd and 16th

Recycling is the first and third Wednesday of the month.

HAPPY HOLIDAYS

Office closes 12 Noon on December 24th

Closure dates December, 25, 26, 27, 28, 31, and January 1st.

Office will re-open on January 2, 2019

Housing Information

- For maintenance calls for social housing such as plumbing, electricity, heating, flooding or a clogged pipe are noticed please call the Housing Assistant Candace Louie.
- Contact housing to update your contact information.
- Housing is requesting spare keys for each home for contractors for repairs.
- If needed housing can go with the contractor for the repair.

Candace Louie, Housing Assistant
250-256-4118 EXT:259
or email housingassistant@titqet.org

Housing Emergencies

T'it'q'et Office will be closed from December 24, 2018 at noon and will reopen January 2, 2019.

For housing emergencies during this period please call Mona @ 778-209-7330.

T'it'q'et Administration would like to thank everyone who helped make the Hamper Raffle a success. We made \$1,621.00 from the Raffle, and all proceeds went to the T'it'q'et Community Christmas Dinner.

Donations:

- T'it'q'et Health Department for the Turkey, Ham, and totes
- Retasket Lodge for the 3 Mini Fridges
- Amlec
- MNP for monetary donation
- Shawna Riley
- Ken Taylor
- Lesley Napoleon
- Sarah Moberg
- Marie Barney
- Dean Billy
- Juanita Jacob
- Van Houtte
- Janice Whitney
- Sabrina James
- Social Development
- Susan Napoleon
- Stephanie and Justin Louie
- Susie Leech
- Sidney Scotchman

Ticket Sellers:

- Tabitha Leech
- Shawna Riley
- Lesley Napoleon
- Sabrina James
- Patrice Pelegrin and Ken Taylor
- Connie Konkin
- Charlotte Halls
- Nancy Leech
- Stephanie Louie



Thank You!

T'it'q'et Health Department Holiday Notice:

Hello Community Members

**For medical emergency, you are encourage to phone Ambulance at (250) 256-7111 or
the Lillooet Hospital, 24 Hour Emergency number (250) 256-4233.**

T'it'q'et Health Department will be closed from; The Afternoon of December 24–January 1,
re-opening January 2, 2019.

During the break, Juanita Jacob, Mental Wellness Coordinator will be physically available during
the St'at'imc New Year's Pow Wow from December 28, 29, and 30. She can also be available on
her work cell phone only, from December 26 to 30, at (250) 256-9410. All other times, you are
encourage to utilize the [Urgent or Crisis Help lines](#), information sheet provided.

Health Manager, Shawn Scotchman is available for emergency contact on his work cell
(250) 256-9408 should an “emergency” health matter come up regarding Home and Community
Care or Medical Travel. T'it'q'et, Lindy Watkinson, RN Home Health Nurse has made some
Interior Health arrangements for T'it'q'et Community Elders that will require their services over
the holiday break. Should you require Emergency Medical Travel, Home & Community Care, or
Home Health services, Shawn will then contact the staff member to assist you.

Thank you for you understanding and T'it'q'et Health Staff wish you the very best in the New Year.

Merry Christmas,

Shawn Scotchman, MSc.
Health Manager

T'it'q'et Health Contact Numbers:

Shawn Scotchman,
Health Manager
(250) 256-9408

Juanita Jacob,
Mental Wellness Coordinator
(250) 256-9410

How To Make Buckskin Mittens



January 26 & 27, 2019

9am–3 pm daily

Pegpíglha Community Centre

Please sign up at Reception at

T'it'q'et

250-256-4118

Tribal Chief Report

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



Referrals - Ongoing. There is a backlog of referrals that is being processed.

PGWG - The governance working group has been working on a draft BC Timber Sales agreement, reviewing the Intergovernmental Protocol Agreement with District of Lillooet and SLRD and other policy documents.

Joint Leadership Cabinet Ministers - First Nations leaders were given 20 minutes to meet with BC Cabinet Ministers. Issues brought to the ministers for P’egp’ig’lha Council were issues on title and rights, treaty encroachments, capacity funding to deal with proponents and consultation with BC, water, lack of relationship with BC, and UNDRIP. 2 announcements were made. Gaming dollars will be shared with First Nations Communities. More information is coming. The money will not be used for individual members but for community capacity building. The second announcement was that there will be more funding for language.

BC Timber Sales - The P’egp’ig’lha Council is working on an agreement with BCTS. It is still in draft form and will soon be brought to PC with recommendation for approval.

St’át’imc Chiefs Council/St’át’imc Authority - The Coben Report (5-year Review) is complete. The chiefs met to review the Hydro Agreements and to get a brief review of the history of the negotiations. This was necessary as there is new leadership sitting at the table. The Coben Report will be discussed on January 2.

Dispute Resolution with BC Hydro - This is ongoing. The mediation committee will meet in mid January with Hydro, St’át’imc and Lawyers sitting at the table. A summary of what this dispute was about was included in previous TC reports.

Employment Opportunity

T’it’q’et is asking any interested applicants to apply to the following position: [Social Development Coordinator](#)

Main Duties to include but not limited to

- Monitor the Social Development Program and services to ensure compliance with terms and conditions of funding agreements while meeting the needs of community members.
- Assist in the development and interpretation of accounting policies to ensure the efficient operations of the Social Development Department.
- Ensure that internal control procedures are in place and being fulfilled.
- Assist in the development of community resources, capacities, services and planning to enhance the social functions of individuals, families and the community.
- Recommend and partner with the Administrator and/or Health Team on ways and means to alleviate or resolve social problems in the community.
- Apply to funding agencies for resources to address social problems within the community.
- Review and maintain client files.
- Interpret policy and regulations to IA Clients for their understanding, including their obligations to seek work and undertake available training.
- In-take applications for assistance.
- Refer Employable Clients to the Employment Center and/or ASEST Office
- Assist employable clients in seeking and securing employment.
- Provide referrals for family support services.
- Work in partnership with the Health Team on the “social determinates of health”

Qualifications

- Recommended education and training; Post-secondary certification in the Human Services Field, and completion of the Band Social Development Workers Training Manual program.

Experience

- Previous work experience in a human service environment.
- 3 to 5 years working experience with clients and team environments;
- Experience in planning, conducting and managing social

- development programs and staff in a First Nations setting.
- Knowledge of First Nations history, traditions, lifestyles, culture, including approaches to community development and programming;
- Work experience with First Nations organizations;
- Knowledge of employment training programs and initiatives;
- Knowledge of and ability to do community consultation and collaborative development of proposal writing, strategies, policies, operational and financial planning;
- Excellent communication skills;
- Ability to prioritize goals and objectives within annual and multi year timeframes;
- Must have computer working knowledge, accounting software an asset; and database operating skills.
- Must have an understanding of bookkeeping, financial management and general accounting principles with working experience.
- The Band Social Development Coordinator is knowledgeable and current regarding all social assistance policy and procedures.

Other

- Must pass an enhanced reliability check;
- Must have transportation and a valid BC driver’s license.
- Ability to work as a team member.
- Excellent public relations, interpersonal and communication skills.
- Ability to work independently according to an approved work plan.

APPLICATION DEADLINE

January 4, 2019 at 4:00pm

Please hand deliver, send or Email Resume and Cover Letter in one document file to; T’it’q’et Administration, PO Box 615, Lillooet BC, V0K 1V0

Email: reception@titqet.org

Confidential Fax: (250) 256-4544



T'it'q'et

P.O. Box 615
Lillooet, B.C.
V0K 1V0

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

Job Title: Family Preservation Worker
Reports to: Health Manager
Term: Fulltime position

T'it'q'et is seeking a full time family preservation worker to provide support to our children, youth and their families who are experiencing difficulties with parenting and who are potentially at risk of family or placement breakdown. Through a team approach, the family preservation worker will provide culturally relevant support services designed to improve and better inform family case planning, and, to further help reduce risk through more effective decision making that enhance the safety and well-being of children/youth at risk.

Roles and Responsibilities:

The family preservation worker roles and responsibilities include the following:

- Prevention and early intervention programing support to reduce the number of Children in Care
- Facilitate access to workshops (parenting), counselling, treatment options, cultural healing activities, in-home support
- Promote and coordinate the use of strength-based practices such as cultural healing activities, family conferences, and mediation
- Coordinate case management and planning for at-risk T'it'q'et children and youth.
- Know limits of practice and seek clinical supervision as necessary in child welfare related issues
- Responsible for facilitating communication between family members, interim caregivers, MCFD, specialized services, community/ cultural resource persons.
- Promote and coordinate the extended family's and community's participation in the Cultural Plan of Care
- Network and liaise to build child welfare support services
- Consulting with, advocating for, and coordinating client services with other agencies, professionals and systems
- Refer, as needed to other programs, services and resources
- Participate, as requested, in liaising and networking around issues pertaining to counseling and /or support of "at risk" families
- Responsible for records, file maintenance, and reporting.
- Support the development of local foster families
- Other duties as assigned.

Qualifications & Experience

- A diploma in child development, youth care or social services plus a minimum of two years' experience in working with youth or families as a family support worker or a
- Must have excellent oral and written communication skills
- Ability to obtain confidence of children and families
- Ability to respond to crisis situations
- Ability to work flexibly
- Knowledge of existing community services and resources
- Ability to function independently and frequently under pressure.
- Ability to work collaboratively on a team and with other professionals.
- Maintain up to date and detailed case management files, recording information including all required forms and documentation
- Must have excellent facilitation, problem-solving and conflict resolution skills
- Computer skills for Microsoft Word, Outlook and the Internet
- Knowledge and understanding of the history of Aboriginal people in Canada, residential school, colonialism, and historical child welfare practices
- Valid driver's license and reliable vehicle.

The Family Preservation Worker must successfully complete a criminal record check, including a vulnerable sector and child protection records check.

Interested applicants, please send your resume and cover letter to:

Attention: Administrator
T'it'q'et
Box 615
Lillooet, BC V0K 1V0

Email to tfnadmin@titqet.org or drop off at 59 Retasket Street by noon on **January 4, 2019**. We thank all candidates for their interest; however only those selected for an interview will be contacted.



Xaxli'p
Box 1330
Lillooet BC, V0K 1V0
Telephone: (250) 256-4800 Fax: (250) 256-4803
www.xaxlip.ca

10 Mile Slide Road Closures

Dates: January 2nd to January 16th

Time: 9pm - Closure start
7am.- Re-open for days

Please note:

- Closures will be a maximum of 2 hours with 30 min queue clearing.
- Closures are for public traffic, but in case of an emergency, constructions activities will be suspended, and Kiewit will work to provide access for emergency vehicles.

If you have any questions, please contact:

Jesi Neill the
Job Superintendent: 1-604-219-1110



310-4350 Still Creek Dr
Burnaby, BC V5C 0G5

OR **Councillor Curtis Joseph**
at Xaxli'p 250-256-4800 ext. 1110



POSITION TITLE: Program Coordinator, Heavy Equipment Operator
REPORTS TO: SET Education & Training Manager | Thompson Rivers University
LOCATION: Lillooet, BC 10 Scotchman Road
Date: March - July 2019 (18 weeks will vary with an average of 20-30 hours per week)

Specific Duties & Responsibilities

The successful candidate will:

- Perform all duties and responsibilities in accordance with the St'át'imc Government (SGS) Services, standards and procedures, and as directed by the St'át'imc Education & Training Manager
- Maintain confidentiality in all matters relating to the affairs of SGS
- Participate in the ARMS software data entry input St'át'imc resumes information into the St'át'imc Data Base
- Organize and coordinate the HEO Program
- Provide written reports
- Support instructors with all aspects of in-community programs
- Provide support to students in need
- Assist in the distribution of mail, emailing, scanning, ordering supplies when necessary for reporting or instructors
- Supports preparing classrooms
- Recruitment and retention of students of the HEO
- maintains consistent communications with all project and delivery stakeholders
- takes photos and creates an organized, pictorial of the training (we need it for the final report)
- plans and executes the completion celebration

Qualifications

Education:

1. Minimum of a certificate or diploma in Business Administration or a Bachelor of Education, Business Administration

Experience:

1. Minimum of one year of experience in a related clerical position.
2. Basic proficiency with all MS Office applications including Word, Excel.
3. Ability to contribute to team work environment as well as work independently.
4. Preferably experience of St'át'imc Culture
5. Must have some administration, and or personnel management experience.

Apply to reception@statimcgs.org by 12:00pm on January 04th, 2019.



PO BOX 1427
Lillooet, BC
V0K 1V0

AMLEC FOOD SECURITY SURVEY

e: letsgrowstuff36@gmail.com
p: 250-256-4118 ext.230

Please take a minute to help us utilize the garden in a way that best suits the community! Your input would be greatly appreciated and valued! We hope to have all your advice by the time we start our 2019 strategic planning phase in February.

When returned you will receive a complimentary bag of our dried apple/peach leather!

1. Are you aware of the gardens activities? What type of activities would you like to see going on in the garden?

2. Do you have any interest in volunteering in the garden?

3. What would you like to see grown in the garden?

4. Do you have any interest in learning how to use the dehydrator? Or would you like to use the dehydrator to make your own dried products?

5. Do you like the idea of family plots? Would you like a family plot of your own?

6. If provided, would you subscribe to a monthly subscription that supplies a box of fresh produce from the garden?

7. Would you be more inclined to participate in gardens activities if we held a bi-weekly BBQ or lunch?

Additional Comments/Suggestions:

Please bring into our office at room 113, downstairs of the SGS Building or bring into the band office and leave at the front desk. If you can't make it in, you can also find the survey in the newsletter, on our website www.amlec.org, or on FB group T'it'q'et - Peggigla.



COLORING CONTEST- 3 GROUPS: 0-3 YRS OLD, 4 - 6 YRS OLD, 7-12 YRS OLD

AGE: _____



Some vegetables grow down. Some vegetables grow up.

1 PRIZE FOR EACH AGE GROUP

DEADLINE: January 15th, 2019

Please bring into our office at room 113, downstairs of the SGS Building or bring into the band office and leave at the front desk. If you can't make it in, you can also find the survey in the newsletter, on our website www.amlec.org, or on FB group T'it'q'et - Peggigla.

! Licensed Practical Nurse

EARNINGS: \$\$\$
JOB OUTLOOK: 👍👍👍
YEARS IN SCHOOL: 2

PROFILE *Licensed Practical Nurses (LPNs) provide nursing care under the direction of medical practitioners and under the supervision of registered nurses. They take vital signs, apply sterile dressings, ensure infection control, monitor nutritional intake, conduct specimen collection, administer medication and observe and document therapeutic effects. They may provide pre-operative and post-operative care, and in long-term care homes they may work as team leaders, supervising nursing aides.*

Danielle Harkey, Musqueam First Nation, *Licensed Practical Nurse*

“I chose a health career in nursing because it came naturally to me. Taking care of others is a traditional practice in my family and community. Nursing is something I enjoyed, that I had a passion for and thought I could make it into a career. Knowing that I am contributing to the advancement of health outcomes for First Nations peoples inspires me to work harder and contribute more. Whether I am writing policy, interviewing community members or developing programming, the benefit will one day impact my family and my community — and that makes the effort inherently rewarding.”



My advice: *“Take care of yourself: don’t let your own health falter. At times we get so caught up in shifts, double shifts, split shifts, taking care of grandma, that our own health comes last — if we’re lucky. Remind yourself as a caretaker that your role is to model holistic health, so that means physical, mental, spiritual and emotional health. All these need to be balanced in order to provide adequate quality of care to our clients.”*

My goals: *“I hope to finish my degree — one step at a time — then venture into medicine. My career goal is to enable First Nations to achieve balance between holistic health and well-being from a culturally specific path.”*

Education & Training
Practical Nurses must be registered with the College of Licensed Practical Nurses of BC. Practical nursing programs are offered at a number of colleges in BC, including:
Douglas College
Okanagan College
University of the Fraser Valley
Camosun College
Thompson Rivers University

For More Info
College of Licensed Practical Nurses of BC
➔ www.clpnbc.org
Licensed Practical Nurse Association of BC
➔ www.lpnabc.ca

Because nursing care is needed 24/7, Licensed Practical Nurses must be prepared to work shifts, including nights, evenings, and weekends, as required.

Keys to Success
To succeed as an LPN, you must be able to problem-solve, use critical thinking skills, and make decisions and professional judgements. You’ll need manual dexterity, and the strength and coordination to assist people. And you’ll need the skills to listen, understand, and communicate information with other members of the health care team, and with patients and family members.

A Look Ahead
Industry sources report there is strong demand for LPNs across BC and job prospects are expected to be above average over the next several years. There is demand for LPNs in extended care and long-term care facilities, larger acute care hospitals, and in specialty areas, such as emergency and paediatric wards, and operating rooms.

What You Can Expect to Earn
Practical Nurses working full time earn an average salary of \$53,183 per year and hourly rates from \$21.00 to \$27.48 per hour.



TIT'Q'ET FIRE CREW

*TIT'Q'ET ADMINISTRATION IS ACCEPTING RESUMES TO APPLY FOR THE
TIT'Q'ET FIRE CREW, FOR THE SEASON OF 2019.*

REQUIRED CERTIFICATIONS:

- S-100 BASIC FIRE SUPPRESSION AND SAFETY
- S-100A BASIC FIRE SUPPRESSION AND SAFETY RECERTIFICATION
- S-185 FIRE ENTRAPMENT AVOIDANCE
- S-212 FIRELINE COMMUNICATIONS
- S-230 SINGLE RESOURCE LEADER
- S-232 PUMP OPERATIONS
- S-235 IGNITION OPERATIONS
- ICS 100 INCIDENT COMMAND SYSTEM LEVEL 100

ADDITIONAL CERTIFICATIONS ARE CONSIDERED ASSETS FOR THE WILDLAND FIRE FIGHTING POSITIONS ARE:

- ABLE TO PASS PACK TEST / FITNESS TEST.
- OCCUPATIONAL FIRST AID LEVEL 1 WITH TRANSPORTATION ENDORSEMENT.
- OCCUPATIONAL FIRST AID LEVEL 3.
- WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)
- TRANSPORTATION OF DANGEROUS GOODS.
- POWERSAW OPERATOR CERTIFICATE.
- VALID DRIVERS LICENSE CLASS 5.
- DANGER TREE ASSESSOR CERTIFICATE.

PACK TEST TO BE ANNOUNCED IN FUTURE.

PLEASE DROP OF YOUR RESUME ALONG WITH COVER LETTER, WHAT FIRES YOU HAVE BEEN
ON AND FIRE NUMBER. @ TIT'Q'ET ADMINISTRATION FRONT DESK OR EMAIL IT TO ME @
firecoordinator@titqet.org OR FAX 250.256.4544.

ANY QUESTIONS CALL OR LEAVE MESSAGE MYRUS DOSS, FIRE COORDINATOR @ 250.256.4118.

Land Code Committee January 2019 Update

The T'it'q'et Land Code is being reviewed by Ratcliff & Co. A lawyer named Karl Stephan spoke with the T'it'q'et Land Code Committee during their December 11, 2018 committee meeting to review draft land code #2. This version of the land code is being distributed to all members to review. In January, we would like to hold a community meeting where all members are encouraged to attend in order to discuss any questions, comments or concerns that you may have about the land code. Stay tuned for time and date. We would like to live stream the meeting so that off reserve members can participate.

In December, members of the Land Code Committee hosted meetings in Kamloops, Vancouver and Seattle. These meetings were poorly attended but we will work toward getting the information out there so that everyone will have a chance to review the code.

In January, there will be a representative from a Toronto company who will attend a meeting in T'it'q'et. This will be a chance for members to learn about the issue of Matrimonial Real Property on reserve. What would this workshop deal with?

Rights of spouses or common-law partners living on reserve during:

1. A relationship
2. Upon relationship breakdown
3. And/or on the death of a spouse or common-law partner.
with respect to two major issues:
 1. Use, possession, and occupation of the family home on reserve and
 2. Division of value of any interests that they hold in structures and lands on reserve.

Watch for further announcements on this important workshop.

The Land Code website is now active. You can go to www.titqetlc.com for more information. Also, call 855-629-0707 toll free to hear a brief message about the land code.

—

Dean Billy

T'it'q'et Land Code Coordinator

First Nations Health Authority Health Benefits Update

The First Nations Health Authority (FNHA) is on a journey to improve health benefits by moving off the federal Non-Insured Health Benefits program. FNHA is focusing on the benefit areas: Dental, Vision, Medical Supplies and Equipment (MS&E), and non-PharmaCare Drugs. This journey is being supported through a consulting agreement with Pacific Blue Cross to assist the transition and delivery of the FNHA benefits plan.

FNHA is seeking feedback from our clients through focus group discussions

FNHA will be holding in-person focus groups to seek advice and feedback from our clients and communities on ways to enhance the Dental, Vision, and MS&E health benefits. Pacific Blue Cross will also have representatives at these meetings.

How will FNHA use this feedback?

Based on what we hear, we will make initial adjustments to the current plan and improve our service delivery. Changes to the benefits plan will occur on an ongoing basis after the transition and we will continue to track and consider your feedback for future improvements.

How to get involved

- Take part in a focus group. To find out when a focus group is scheduled in your region, please contact communityrelations@fnha.ca.
- Provide feedback on the benefits plan by filling out a questionnaire contained in the Regional Engagement Guide. This guide summarizes previous feedback about the benefits plan and outlines the proposed direction for the transition of the benefits program.



Have you received health care in British Columbia in the last 6 months?

We are looking for people to participate in 90-minute, in-person focus groups across the province to help us improve how we measure and use information about people's experiences with our healthcare system.

Participants will be selected to attend focus groups on a first come, first serve basis to represent our First Nations and Indigenous populations in BC.

If selected to participate, you will receive a \$50 gift card in appreciation of your time. Authorised travel expenses will be covered.

The First Nations Health Authority Focus Group is co-hosted by the First Nations Health Authority and the BC SUPPORT Unit, and will be held from 1:00-3:30pm on the 13th of December, in Vancouver, B.C.



Interested in participating ?

Please contact **CHUNG LIU**
BC Office of Patient-Centred
Measurement

PHONE or TEXT 778 628 1249
EMAIL cliu15@providencehealth.bc.ca

NOTICE TO ALL INCOME ASSISTANCE CLIENTS

IT IS YOUR RESPONSIBILITY TO:

- ❖ TO COMPLETE AND HAND IN MONTHLY RENEWAL FORMS, IN A TIMELY MANNER
- ❖ TO COMPLETE AND HAND IN WORK SEARCH FORMS, IF APPLICABLE
- ❖ TO HAND IN UP TO DATE HOUSE BILLS
- ❖ TO TAKE MAXIMUM PERSONAL RESPONSIBILITY FOR ACHIEVING INCREASED, OR COMPLETE INDEPENDENCE
- ❖ TO INFORM ADMINISTERING AUTHORITY PROMPTLY OF ANY CHANGES IN CIRCUMSTANCE
- ❖ TO DISCLOSE ANY INFORMATION THAT IS REQUIRED UNDER THE POLICY AND PROCEDURES HANDBOOK
- ❖ TO HAND IN WAGE STUBS AND DECLARE ANY MONTHLY EARNINGS
- ❖ TO HAND IN WAGE STUBS AND DECLARE ANY MONTHLY EARNINGS

FAILURE TO DO ANY OF THE ABOVE REQUIREMENTS MAY RESULT IN A HOLD OR UNPROCESSED CHEQUE

SHAWNA RILEY
Social Development Assistant

Indigenous and Northern Affairs Canada
Affaires autochtones et du Nord Canada



Do you have a will?

Did you know?



<9%
Less than 9% of First Nation peoples on reserve pass away with a will

- the INAC website has information about planning your estate
- your will differs if you live on- or off-reserve
- the Indian Act outlines what should be included in your will
- you can't gift your land on reserve to someone who is not a member of your First Nation
- you can change your will as often as you like
- writing a will doesn't have to be complicated or costly

Why make a will?

- to provide for your loved ones, your children and grandchildren
- to decide who will get your home
- to clearly state who should receive your possessions
- to name who will take care of your children and dependents
- to leave instructions for end of life ceremonies
- to name who will take care of your estate



A will could provide peace of mind and clear direction about your wishes to your family and loved ones



Visit www.canada.ca/indigenous-northern-affairs for more information

This publication is also available in French under the title: Avez-vous un testament?

QP-005-000-00-41

T'it'q'et Health Department Update

By Shawn Scotchman, Health Manager

Hello everyone, I have been Acting Health Manager since June 26th, 2018 and most recently hired as T'it'q'et Health Manager effective December 11, 2018. I am honored to be your new Health Manager and will work diligently to accomplish the duties and tasks as such. I have been listening actively during the Community Health Planning sessions and already, we are starting to explore and plan some of the community's ideas.

We have hired Juanita Jacob as our Mental Wellness Coordinator in September and she is responsible for the First Nations Health Authority's NNADAP program and other mental wellness strategies. She has been very busy and hit the ground running. Held several traditional healing ceremonies, participates in the local school programs as Elder in Residence, and met with the other Wellness Coordinators in the other communities. She will be working on some of the ideas coming from the Community Health Planning sessions, so stay tuned.

Tabatha Leech, our Community Support Worker has been "Jill of All Trades" for us here in the Health Department, assisting all the programs and services. She has been instrumental in assuring that the drop-in health programs are running smoothly, that the Home and Community Care (HCC) program has all the help they need to service our Elders and she has been helping me with all the Human Resource tasks. We are very fortunate to have her with us.

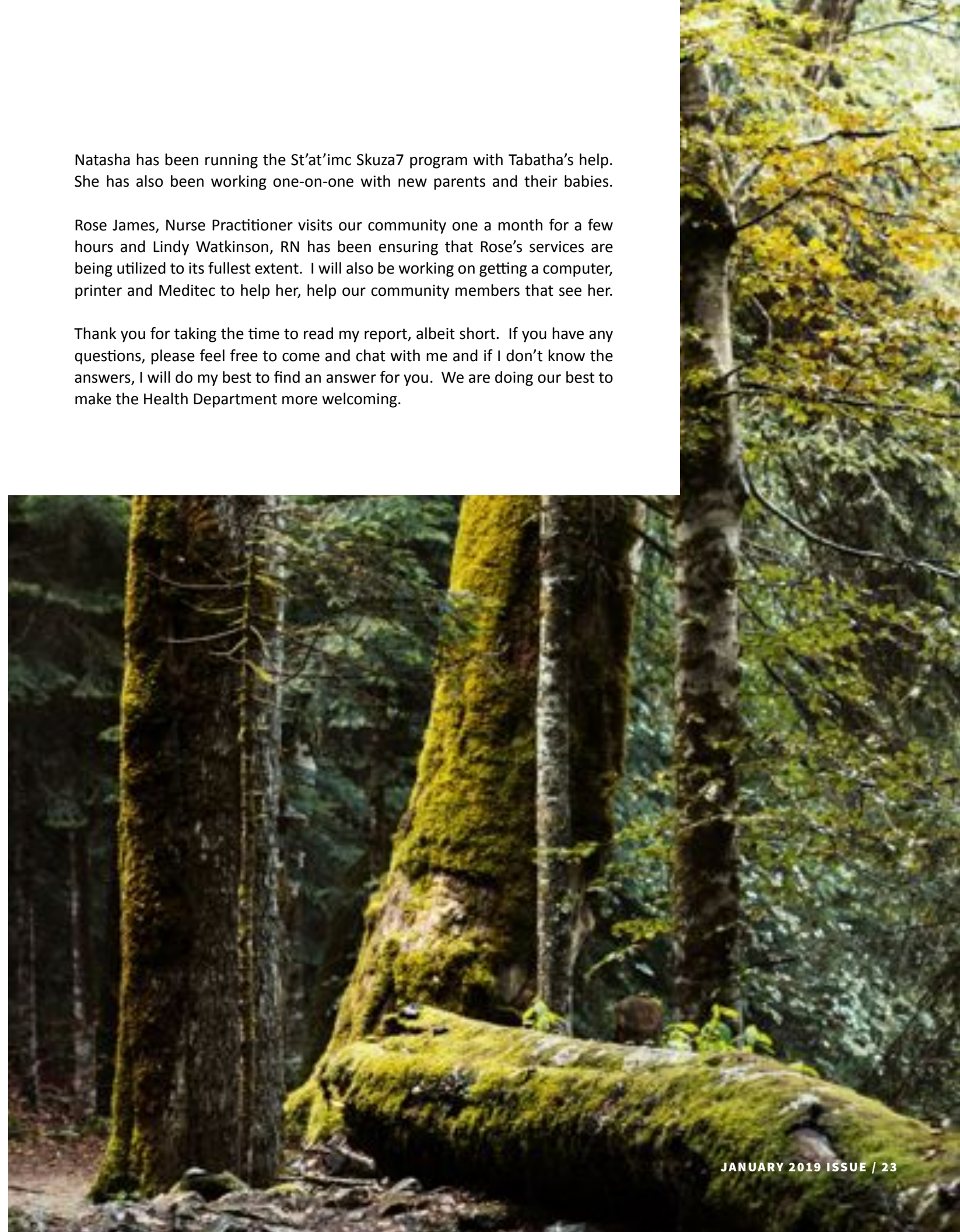
Home and Community Care (HCC) program has been through some challenges, but continues to run as smooth as possible thanks to Joni. We will be hiring a new HCC worker and will they begin in the New Year. Lindy Watkinson, RN from Interior Health has been great asset for our community and many of our clients have gained trust while working with her. Our relationship with Interior Health has improved and I have been meeting with Lindy's supervisor, Beverly Grossler on the "Circle of Care" approach to client/patient care. I will continue to work on improving IH services between T'it'q'et and Interior Health. We will be setting up Meditec program to assist our nurses in patient care, we just have to jump through a few hoops.

FNHA Community Health Nurse, Natasha RN has been busy as well with the flu clinics, the "Not Just Naloxone" program and we have partnered up with Xwisten in dealing with the Opioid Crises and Xwisten is hosting a few days training on the "Not Just Naloxone" program with Mentors (One being a T'it'q'et community member) who lived the experience and sharing their stories.

Natasha has been running the St'at'imc Skuza7 program with Tabatha's help. She has also been working one-on-one with new parents and their babies.

Rose James, Nurse Practitioner visits our community one a month for a few hours and Lindy Watkinson, RN has been ensuring that Rose's services are being utilized to its fullest extent. I will also be working on getting a computer, printer and Meditec to help her, help our community members that see her.

Thank you for taking the time to read my report, albeit short. If you have any questions, please feel free to come and chat with me and if I don't know the answers, I will do my best to find an answer for you. We are doing our best to make the Health Department more welcoming.





T'it'q'et Administration

P.O. Box 65
Lillooet, BC
V3C 7V6

phone (250) 255-4338
fax (250) 255-4344



Purification Ceremony January 12/18

Saturday 10:00—5:00 PM

Eagle Fans available to help cleanse:

Clear our Aura, Physical, Spiritual, Mental, & Emotional,

Let us know if preference is

No smudge, no smoke, just being Fanned off.

Hand drummer's welcome -

Calling for songs and drums

Opportunity to Come Cleanse The Mind, Body, Spirit and Soul

I had this vision of Eagle fans and people helping each other; the old ones were saying "you had your circles—listening justice, healing, and everyone talks, then leaves.

Every kind of circle imaginable. Time to stand everyone up.

We have set aside some time to bring about those with Eagle Fans to help us cleanse our selves.

Next step clean up, let it go, stand up and walk forward. After being fanned—wash up, wash off the tears hurt anger sad; whatever it is wash it off, stand up, walk into life again with clear renewed

intention in life.

If needed, further support people will be there, help you let go and acknowledge yourself. It's your choice of who you see—or what you do. We just give this opportunity to help yourself.

Protocol: Set up 12:30:00 Titqet Hall

P'egp'ig'lha Community Centre

#59 Retasket St. Gym

Saturday Jan. 12, 2018

10:00 AM—5:00 PM

Juanita Jacob, Mental Wellness Coordinator/NNADAP

Write up on how we do protocol in our understanding of spirituality

The "Purification Ceremony" is to help lighten the load and create space to grow and let go what is not yours to carry anymore.

So—in regards to "tobacco" or "monies" are both acceptable—however this is viewed on many different levels; to the person who you are requesting help from. There are those who will not turn down the monies—then there are those who will turn it down—only accepting the tobacco. So this is every individual's choice and a personal agreement between the parties involved.

Tobacco is more honored and shares the information of problem areas in life; and offers some process to solution-oriented thoughts.

Talking to Support Persons

Please allow sharing time to identify issues in "lifestyle" or association with someone who

Creates the trust to build solution-based results for betterment of "personal life and choice in life"

In acknowledging our past—of hurt pain, abandonment or loss of important family—due to death or long distance—it all affects our life and how we live within our pain and hurts we carry.

Put names to boundaries of what pain and hurt is "done to you" or that "was done to others—but you carry that hurt" which is if you watched someone be embarrassed—then you are embarrassed for them—angry at someone for doing that to your person—family—friend—you carry that pain; conscience or unconsciously.

For further consultation with person with fan—it is recommended you put in verbal request to meet again. Private agreement between yourself and the one you have chosen to speak with.

Please if you have any further inquiries or comments, leave us a note or speak to us directly. We need the feedback if this is to carry on forward.



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



ST'ÁT'IMC OUTREACH HEALTH SERVICES

LILLOOET TRIBAL COUNCIL

PO Box 1420 | 650 Industrial Place | Lillooet, BC V0K 1V0

Phone:(250) 256-7530 | **Fax:** (250) 256-7535

statimhealth.net

HOURS OF OPERATION

Monday – Friday

8am – 5pm (closed for lunch from Noon–1pm)

Closed on Statutory Holidays

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, 8:30–4:30pm, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Ministry of Children & 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,24/7, phone.....1-800-668-6868
or by text, CONNECT 686868
- 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

Stl'atl'imx Tribal Police – 250-256-7767

RCMP – 250-256-4244

Ambulance – 250-256-7111

New Years Pow Wow

Dec 29–31, 2018

P'egg'ig'Iha Community Centre
59 Retasket St. Lillooet, BC

Síma7wi tákemswat
ul'lusmíntumuh saq'úta

(Come Everyone, join us in
traditional dancing)

MC
Chris Wells

Arena Director
Everett White

Spiritual Helper
Bucky John

Host Drum
379

Grand Entry

Dec 29 • 7pm
Dec 30 • 1pm & 7pm
Dec 31 • 1pm & 7pm

*Brunch & Supper provided on
Dec 30 & 31*

**THIS IS A FAMILY EVENT,
NO ALCOHOL OR DRUGS PERMITTED**



Search for us on Facebook

Specials

**Showing Our Gratitude to
Ed & Mary Napoleon**

**Mary Agnes Jack Memorial Woman's
Traditional (45+)**
Adele Fletcher

Qyiyek Wells Coming out Father/Son
Daniel Wells & Jenise Bob

**In Memory of Nelson Leon 3-person
Round Dance Contest**
Ted Napoleon

Men's Fancy (All ages)
John Wolf S

Woman's Traditional (18+)
Rosalinde Narcisse and Chuck Louie

Committee contact info

Coordinator
Ted Napoleon (250) 256-2338
Thomas Terry (250) 256-9407

Vendors
Nora Billy (250) 256-3994

Raffles/Donations
Lesley Napoleon (778) 209-0335

Princess Pageant
Jenise Bob & Holly Dan

*No outside fundraising or food sales.
Pow wow Committee is not responsible
for lost or stolen articles*

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	Lloyd Napoleon Jr.	241	medicalclerk@titqet.org
Home & Com. Care	Joni & Janita	236	hccworker@titqet.org
Nurse	subject to change	258	changes with ind. nurse
Housing Coord.	Mona Bill	240	housing@titqet.org
Lands	Stephanie B.-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	Sidney Scotchman	231	pegpigha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
NNADAP	Juanita Jacob	242	NNADAPworker@titqet.org
Public Phone		229	

January 2019 Horoscopes



Capricorn (Dec 22–Jan 19)

You will focus more on family and home matters than your professional development. Your career development will advance this month.

Aries (Mar 21–Apr 19)

This is the month when you would feel the urge of doing things that not only please you but that they would also make you proud of yourself. Aries, there is no doubt that this year would kick off with a bang for you as regards finances.

Taurus (Apr 20–May 20)

The January Taurus horoscope 2019 predictions reveal that your health will be excellent this month. Ensure that you do not confront the elders instead bring them to the table.

Gemini (May 21–June 20)

As per the Gemini 2019 January forecast, the Gemini star sign’s marriage and relationships will be filled with love and harmony. You will play a significant role in ensuring that all family members get along.

Cancer (Jun 21–Jul 22)

As per the January 2019 astrology, Cancer, you need to take extreme care of your health this month. You have to be diligent and committed to achieving the success that you are so much looking for.

Leo (Jun 23–Aug 22)

The House of love is dominant in this month. Those who are married will enjoy so much love. This month the stars are aligned to bless you in your studies.

Virgo (Aug 23–Sept 22)

You will have an active love life due to the influence of the planet Saturn. Conserve your energy by not engaging in too many unhealthy activities.

Libra (Sept 23–Oct 22)

Strong bonds will be formed this month between you and your family members and partner or spouse. Career will have to wait until you stabilize your relationship with your family.

Scorpio (Oct 23–Nov 21)

The relationship between you and your family members will be remarkable this month. Those studying abroad will be so happy since they will be gladly achieving their goals and objectives.

Sagittarius (Nov 22–Dec 21)

The Sagittarius zodiac sign will be active with all events and occurrences happening in the family. This month will be full of happiness and fun for you and your family.

Aquarius (Jan 20–Feb 18)

You can look forward to celebrating an auspicious event in the family. This will be an excellent month for you to advance your financial prospects by engaging in investments.

Pisces (Feb 19–Mar 20)

This month will see your family affairs run smoothly since the stars are in a helpful mood. Those planning to pursue higher education will get great opportunities as well as success in whatever they indulge in.

Yoga Classes with Rosie

In the P’eg’p’ig’lha community centre



Monday’s and Wednesdays

Sponsored by T’it’q’et Health
FREE for all T’it’q’et Band Members

February 2019 Newsletter Submission Deadline Friday, January 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