

Newsletter

April 2019

T'IT'Q'ET APRIL ISSUE:

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T'it'q'et Council Report – Page 21

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 33



Community Events

April	
1	Mo
2	Tu • Tuberculosis (TB) Screening
3	We • Recycle Day
4	Th
5	Fr
6	Sa • Drum Making Workshop
7	Su
8	Mo • Emergency Preparedness Meeting
9	Tu
10	We
11	Th
12	Fr
13	Sa
14	Su
15	Mo
16	Tu
17	We • Recycle Day
18	Th
19	Fr Good Friday -Stat. Holiday
20	Sa
21	Su • Easter Sunday
22	Mo • Easter Monday
23	Tu
24	We
25	Th
26	Fr
27	Sa
28	Su
29	Mo
30	Tu



Recycle Days

April 3rd and 17th

Recycling is the first and third Wednesday of the month.

Notice to Members

Please send your updated mailing addresses and email addresses to reception@titqet.org



Narcotics Anonymous Meeting

7pm on Wednesday nights at the Better Living Centre (Seven Day Adventists Church) 603 Main Street, Lillooet. "Open meeting" for anyone who would like to come and listen in or to share.

Please call Rocker for more information at cell# (250) 256-3662 or (250) 256-7302 or Tim (250)256-6509

Culture Nights

Every Thursday night at 5:00 pm
at P'egp'ig'lha Community Centre

T'it'q'et Community Meeting
Sunday, May 26, 2019 at 9:30am
P'egp'ig'lha Community Centre

Draft Agenda

1. Opening Prayer & Welcome
2. Membership Transfer Requests Vote
 - a. Val Copeland
 - b. Tyrone Charles
3. T'it'q'et Council Update
4. P'egp'ig'lha Council
5. Other

WHERE CAN YOU FIND INFORMATION ON INVASIVE SPECIES?



LRISS Website: LRISS.ca has been recently updated with more resource links and plant species. It now includes plants that we'd like to prevent from establishing in our region. Learn what plants we want to avoid and how to identify them.



Social Media: LRISS is active on Facebook, Twitter, Pinterest, Instagram and LinkedIn. Choose your favourite platform and follow us for news, research and information on invasives.



Articles & Features: Monthly articles are posted to our website and community newsletters. Features are published in tourism guides and the Bridge River Lillooet News Paper.



Apps: Free apps can be downloaded. Invasive Alien Species, Plantwise, Report a Weed and Weeds Best Management Practices. Available for Apple and Android devices.



For Ages 0-5

St'at'imc Skuza7 Presents:

Early Years FAIR

Bouncy Castles!

**Vision Screening
Hearing Screening
Drop-in appointments with NP
Developmental Screening
Health Information**

@ T'it'q'et P'egg'ig'lah
Community Gym
Drop-in 9-3

MAY 30 Thursday

PRIZES • CRAFTS • FREE BBQ LUNCH

For More Information Call/Text/Email
Natasha Hatendi @ 250-256-1584
natasha.hatendi@fnha.ca

Teddy Bear Clinic: Bring your teddy bear for a check up!

PosterMyWall.com

Importance of Preschool Screening

Last year the North St’at’imc Communities joined forces to bring Lillooet and surrounding areas the Early Years Fair. The 2018 fair was a huge success! This year again the P’egp’ig’lha Gym will be filled with booths, crafts, bouncy castles, and gleeful preschoolers. The community of T’it’q’et will be hosting the 2nd Annual Early Years Fair on May 30th, 2019.

Between April and May there are several health promotion days endorsing preschool health and screening. April is National Oral Health Month and April 2nd is World Autism Day. May is speech, vision and hearing month and May 7th is National Child and Youth Mental Health Day. All of these topics will be featured at our Fair this year!

In addition to these topics there will be several health professionals in attendance and some will be offering screening for your little ones. This year’s fair we will be having:

- ✓ **Hearing Screening**
- ✓ **Vision Screening**
- ✓ **Developmental Screening**
- ✓ **Health Check-up with a Nurse Practitioner**

The goal of the Early Years Fair is to create a fun and convenient environment where families and children under five can access relevant information and health services to support a successful move into kindergarten.

There is a lot of evidence that early screening and preschool screening, in

particular, is important to a smooth transition into school. Screening provides an opportunity for problems to be picked up at an earlier stage so it can be addressed and this will enhance positive outcomes for your child. Deficits in children under five can go unnoticed due to developmental stage, degree of deficit and varying verbal skills of this age group.

The screenings offered at the Early Year Fair have been linked to:

- ✓ **Decreasing future health issues**
- ✓ **Improving academic performance**
- ✓ **Enhancing personal-social adjustment**
- ✓ **Decreasing emotional difficulties**

In addition to this screening is a great way to know your child is doing well and then if they develop a deficit you can better pin point when it started.

Hoping to see you all there!



Natasha Hatendi works with The First Nations Health Authority and is a community health nurse in the Lillooet area.

Harlor AD, Jr, Bower C. Hearing assessment in infants and children: Recommendations beyond neonatal screening. Pediatrics. 2009;124:1252–63.

Feldman, WM & A Milner, R & Sackett, Barbara & Gilbert, Sue. (1980). Effects of preschool screening for vision and hearing on prevalence of vision and hearing problems 6-12 months later. Lancet. 2. 1014-6. 10.1016/S0140-6736(80)92167-4.

Wang, C., Bovaird, S., Ford-Jones, E. L., Bender, R., Parsonage, C., Yau, M., & Ferguson, B. (2011). Vision and hearing screening in school settings: Reducing barriers to children's achievement. Paediatrics & child health, 16(5), 271-2.

<https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/hfile71b.pdf>

Workshop on Anxiety and Grief & Depression

Facilitated by Brandy Kane

Where: P’egp’ig’lha Community Center Gym

When: Wednesday, April 24th, 2019.

4:00pm – 9:00pm (Dinner)

OR

Thursday, April 25th, 2019.

10:00am – 3:00pm (Lunch)

Introduction & Prayer

Group Guidelines

Icebreaker (30 mins)

Anxiety:

- » What is anxiety?
- » What are the causes of anxiety?
- » Exploring fears and anxiety (1 hr.)

Break 20 mins

Anxiety Cont.: (1.5 hrs.)

- » Life line chart & Significant events
- » Talk about it
- » Using distractions
- » Checking anxious thoughts
- » Problem solving

Meal break 1 hour

Grief and Depression: (2 hrs.)

- » The Grief Process
- » Where you hold grief and depression in your body
- » The Grief Wheel

Break 20 mins

Grief and Depression Cont.: (2 hrs.)

- » Discussion on Grief Wheel
- » Wiping away the tear’s ceremony

Closing circle

About Brandy,

My spirit name is Thunder Eagle Woman and my colonial name is Brandy Kane. I am a member of the Xaxl’ip Nation from St’at’imc territory near Lillooet, BC. As a St’at’imc woman I am well aware of the challenges faced by Indigenous people in today’s society, included are loss of culture and traditional ways of life. I am closely connected to spirit and ceremony, which I have witnessed benefit the Indigenous community when healing from addiction, trauma, and other afflictions related to colonization, assimilation, and the intergenerational effects of residential schools. I have been on my own spiritual path and walking the Red Road for many years now. I believe in Indigenous ways of healing through culture, ceremony, decolonizing and reclaiming practices.

My past work experience includes private practice at Eagle Spirit Counselling, Manager of the Indigenous Women’s Program at Battered Women’s Support Services, Substance Misuse Counsellor at Urban Native Youth Association, and support worker at Westminster House. I found the work to be very fulfilling and gratifying and it has been a stepping-stone to where I find myself today.

Today I am a PhD student at Trent University in Peterborough Ontario. I chose to do my PhD in Indigenous Studies because of my strong desire to make a difference in Indigenous communities. My current research is working with ceremonialists, medicine people, and those that have been helped and/or been healed through Indigenous ceremonial practices. Included in my research will be those that have found these practices beneficial to substance misuse and addiction issues. Additionally, I hold a Masters of Social Work degree from Wilfrid Laurier University in the Aboriginal Field of Study. I initially chose the field of social work because my personal journey has brought me to a place of growth and change. I have been on my healing journey for 14 years and working in the helping field has contributed to my wellness. Being a recovering addict and having lived the experience, I am fully aware of the struggles associated with a lifestyle change. Today my life is full with many gifts and living in the pain of addiction has long since left me. I plan to continue working in Indigenous communities and to encourage healing through wholistic healing practices and ceremonies.

Understanding the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)

In the upcoming months, the P’egp’ig’lha Council will be providing a review of the UNDRIP. This will be divided into sections as the document is quite long. This is a critical document to support all First Nations in moving forward in exercising Title and rights.

Background

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) is a document that outlines the individual and collective rights of Indigenous people around the world and addresses topics such as culture, identity, religion, language, health, education and community. It recognizes Indigenous Peoples’ rights to their lands, and rights to self-determination, to maintain and strengthen their political, legal, economic, social and cultural institutions, to participate in decisions that could affect their rights, to maintain and strengthen their distinct spiritual relationships with their territories, to revitalize, use, develop and transmit to future generations their histories and language, and to designate and retain their own names for communities, places and persons, and uphold their responsibilities to future generations and to conservation and protection of their territories.¹

This is an important declaration as indigenous peoples from throughout the world were involved in drafting it. This means that the people who hold the rights directly participated in the development of the instrument to protect those rights. Declarations are statements adopted by the world’s governments. In most cases they are not legally binding, however they are principles that governments agree to work towards.

It was adopted by the United Nations General Assembly on September 13, 2007. In November of 2010, Canada issued a Statement of Support, endorsing the UNDRIP. In November of 2015, the Prime Minister asked the Minister of Indigenous and Northern Affairs and other ministers to implement the declaration and in May of 2016, the Minister of Indigenous and Northern Affairs announced Canada is now a full supporter, without qualification, of the UNDRIP. The Province of British Columbia then endorsed UNDRIP in September of 2017.

¹ The United Nations (2008). Retrieved from <https://www.un.org/development/desa/indigenouspeoples/declaration-on-the-rights-of-indigenous-peoples.html>

This is a summary of the rights outlined in the UNDRIP. This is a summary only not a comprehensive overview.

Article 2 – Equality and Freedom from Discrimination

- right to be free
- as individuals, are equal to all other individuals
- indigenous peoples, in our groups, are equal to all other groups of people
- any discrimination is wrong

Article 3 - Rights to self determination

“Self determination means we have the freedom to live well and to live according to our values and beliefs”

Self determination means 3 key things:

1. we have a choice in determining how our lives are governed and our development paths
2. we participate in decisions that affect our lives
3. we have control over our lived and future including our economic, social and cultural development (Community Guide to UN Declaration on the Rights of Indigenous Peoples. Australian Human Rights Commission, page 20)

Self government and our own institutions – Articles 4 and 5

- right to self government
- right to our own institutions for our political, cultural and social life

Free, Prior and Informed Consent – Articles 10, 11, 19, 28, 29 and 32

When making policies, laws or undertaking activities that affect our people, governments and others should negotiate with us with the aim of obtaining our consent. This is much stronger than an obligation to provide information or “consult”.

Free - no force or pressure

Prior- means that we have been consulted before the activity begins

Informed means we are given all the available information and informed when information changes

Consent means that we must be consulted and participate in honest and open process of negotiations that ensures:

- all parties are equal, neither having more power or strength
- our group decision making processes are allowed to operate
- our right to choose how to live is respected

The greater the impact that a decision will have, the greater the need to reach an outcome that we can agree to.

Security, freedom from genocide, assimilation and the destruction of our culture - Articles 7 and 8

We have the right to life, including the right to live as a distinct group.

These rights are to be enjoyed freely and securely

We are to be free from assimilation, genocide, violence and the destruction of our cultures.

If these rights are violated, governments should provide some form of compensation.

Communities and Nations – Article 9

We have the right to live as a community, language group, clan or nation in accordance with cultural traditions.

We have the right to make these choices freely without discrimination

Removal and relocation – Article 10

We should not be forcibly removed from our lands and territory.

No relocation can take place without our free, prior and informed consent.

If relocation takes place it has to include fair compensation and an option to return home to the land.

Culture – Article 11

We have the right to culture. This means we have the right to practice our culture and to make sure our culture survives and grows.

Cultural property – Articles 11 and 12

We have the right to maintain, protect and develop our past, present and future forms of our culture (including sites, ceremonies, designs, performing arts)

The government should work with our people to return our people and remains to our possession through fair and transparent processes

Spirituality – Article 12

We have the right to practice, develop and teach our spirituality, customs and ceremonies.

We have the right to maintain and access in privacy our religious and cultural sites.

We have the right to the repatriation of our ancestors.

Our Way of Knowing and Being – Article 13

We have the right to revitalize, use, develop and transmit our history, culture and language to our future generations. We have the right to designate and retain our own names for communities, places and persons.

Governments need to ensure these rights are protected.

Education – Article 14

We have the right to establish and control our education systems.

We have the right to teach and learn in our own languages and in a way that is culturally appropriate.

Governments should support indigenous people, particularly children, including those living away from home, to have access to an education in their own culture and language.

Interpretation of UNDRIP taken from:

Community Guide to UN Declaration on the Rights of Indigenous Peoples. Australian Human Rights Commission



T'it'q'et

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

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

Occupational Skills and Training
Submit application forms THREE months to course start date
APPLICATION REQUIREMENTS

- Letter Requesting Sponsorship include your education plan and career goals
- Interview with Education Coordinator

Letter Requesting Sponsorship:

Must include:

Who is attending training

What is the course/program

WHEN is the course

Where is the institute, City/Town

Why: do you want to take this course.

How does it benefit?

- you
- your family
- community

Cost: Total costs

- Tuition
- Books
- Service fees
- Application fees

Financial Standing: why you need financial assistance or funding.

Your intentions regarding: how does taking this training help your:

- Your future
- Education goals
- Career goals

Applications can be picked up or dropped off at:

T'it'q'et

#59 Retasket Street

Or emailed to Education@titqet.org



T'it'q'et

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

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

Post Secondary
APPLICATION REQUIREMENTS

- Letter Requesting Sponsorship include your education plan and career goals
- Interview with Education Coordinator

Letter Requesting Sponsorship:

Must include:

Who is attending training

What is the course/program

WHEN is the course

Where is the institute, City/Town

Why: do you want to take this course.

How does it benefit?

- you
- your family
- community

Cost: Total costs

- Tuition
- Books
- Service fees
- Application fees

Financial Standing: why you need financial assistance or funding.

Your intentions regarding: how does taking this training help your:

- Your future
- Education goals
- Career goals

Applications can be picked up or dropped off at:

T'it'q'et

#59 Retasket Street

Or emailed to Education@titqet.org

Priority:

Academic success will factor into the approval process on an annual basis. In the event that funding is insufficient to meet the education needs of all applicants, INAC has established the following set of priorities:

1. Returning students
2. Students who were eligible for sponsorship in previous years but were placed on a wait list;
3. High School Graduates;
4. Mature Entry Students;;
5. UCEP Applicants;
6. All other applicants

Deadline for Applications:

For September Enrollment:	May 1
For January Enrollment	October 1
Summer Session Deadline	February 1
(if funding available)	



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoK1Vo

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

CARING FOR YOUR INFORMATION

T'it'q'et Health understands the sensitivity of your personal health information.

We are committed to protecting your privacy.

When you receive care and services from us, we will collect, use and share your personal health information for these reasons;

- To identify and keep in contact with you about your health care
- To provide ongoing care
- To support the provision of care by health care partners (Circle of Care)
- To help us plan, monitor and improve our care and services to you
- To understand your eligibility for benefits and services
- Where relevant to support billing to medical services
- To analyze, manage and control disease outbreaks and monitor the overall health of our community
- As required by law (e.g. court order, reportable conditions)

We do this under, and in accordance with, the *Personal Information Protection Act* (PIPA) and other applicable legislation.

Understanding Implied Consent

T'it'q'et Health operates under an “**implied client consent model**”. This means by receiving our care services, we have your implied consent for information to be shared as required with those within your “circle of care” for the purpose of your ongoing care and/or treatment (e.g. other care providers, specialists, lab technologists, etc.).

Understanding Expressed Consent

Expressed consent (verbal or written) will be obtained if/when we are collecting, using, and disclosing personal information outside of the “circle of care”, or for secondary purposes outside of those listed at the top (for example, Where relevant to support billing to medical services). You can withdraw the written or verbal consent at any time.

You are entitled to enquire about privacy and to request access to your personal information; to do so please ask to contact our Health Department, Privacy Officer, Shawn Scotchman.

Thank you

ELDERS

PLEASE JOIN

Kimberley Ayers

of

BC Emergency Health Services

for

Strength & Mobility

Building

EVERY

TUESDAY - 10AM

AT THE

UCWALMICW CENTRE

Light snacks will be provided.

MARK YOUR CALENDARS

Yearly tuberculosis (TB) testing will happen in April. You need yearly TB testing if you live on reserve AND fit into one of the following groups:

- Health center staff
- Daycare and preschool staff
- Individuals from high risk groups:
 - Diabetes
 - HIV/AIDS
 - Cancer
 - Lymphoma
 - Leukemia
 - Kidney dialysis
 - Organ transplants
 - Low body weight
- **Others that do not fit into the list above are welcome as well if you want to know your TB status.**

Please come out to the **Titqet Health Centre** on **April 2, 2019** from **10am-3:00pm** for your **FREE** test. Tests results will be read April 4, 2019 same place and time.

If you have any questions or concerns please call your community health nurse Natasha Hatendi at 250-256-1584

Tribal Chief Report

Title Forum –Reminder The proposed St’át’imc Title Forum is scheduled for March 31. Everyone is welcome to this forum. It will be held in ULLUS Centre in Lil’wat. It is an opportunity for open discussion regarding our inherent St’át’imc Title and Jurisdiction.

5 Year Review—A committee has been set up by the St’át’imc Authority to deal with the issues arising from the review.

Treaties—Ongoing work for the St’át’imc Chiefs Council.

St’át’imc/BC Hydro Dispute Resolution—Ongoing.

St’át’imc Chiefs Council—The group of former chiefs had their last meeting to discuss title and rights issues that will be used to provide direction to current chiefs. SCC staff are putting all info together.

Steelhead LNG—This project is paused for now.

Fisheries—Portfolio holder, Yvonne attended a meeting of the St’át’imc and Nlakapamux to discuss harvesting.

Lillooet Tribal Council—Ongoing

Recognition and Implementation of Rights Framework—Ongoing.

Environmental Assessment Revitalization—Ongoing.

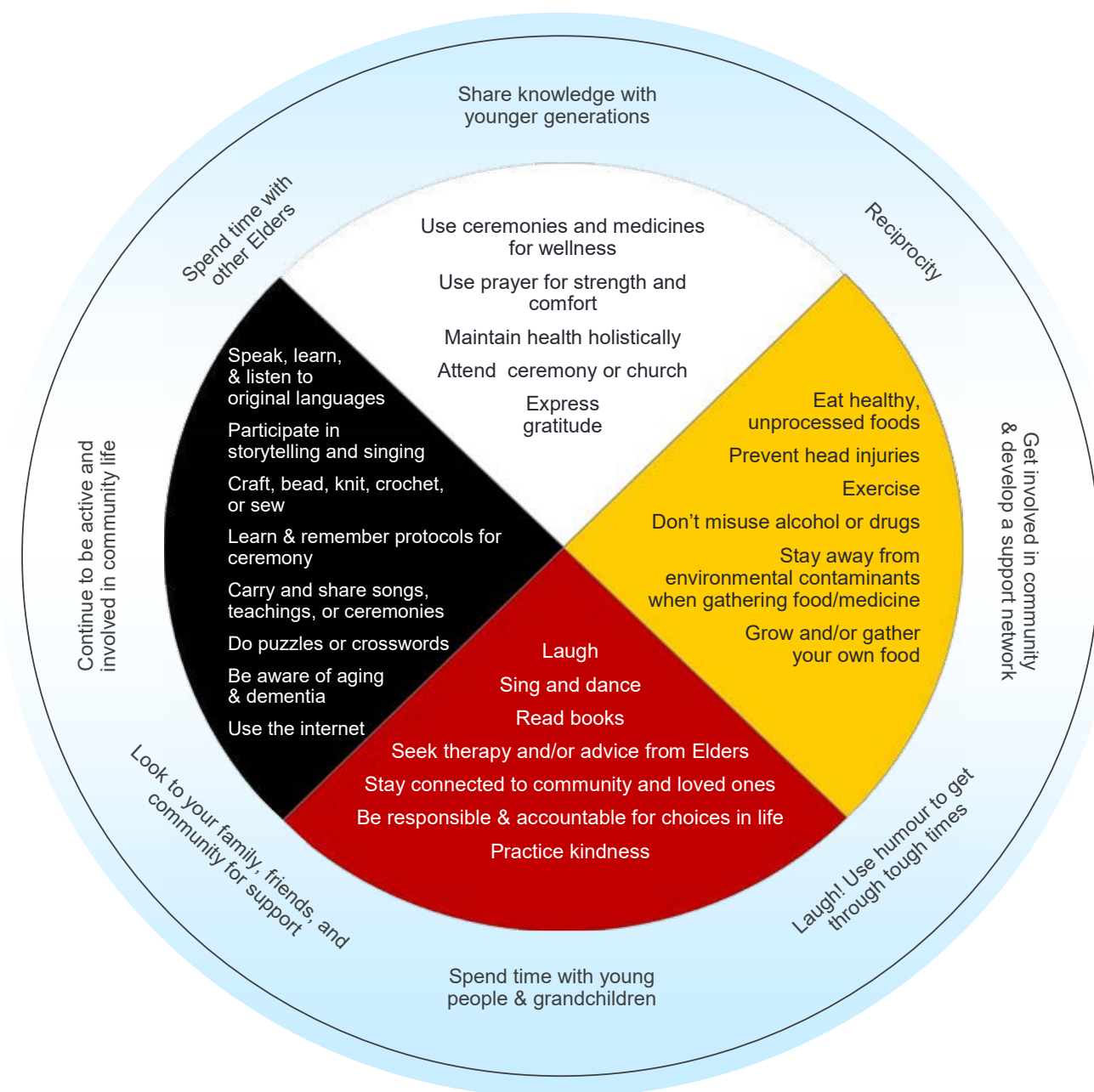
Referrals—The Referral Committee continues to meet and go through referrals.

PCGAC—The governance working group continues to meet to work on issues from their mandate. The PC Strategic Plan is being reviewed. Please remember the name change from PGWG to PCGAC.

Finalizing the Strategic Funding Initiative project — The PC has been funded for a long range strategic management plan. The project planning will be starting in May. Through collaboration with the PC and the membership, the Management Plan will identify the community’s cultural values, determine priorities for protection and recommended forest management strategies. The purpose of the Management Plan is to inform land managers and decision makers of cultural values and recommended forest management strategies for the protection of those values. A field assessment protocol will also be developed.

PREVENTING DEMENTIA IN INDIGENOUS PEOPLES BY AGAING WELL

ADVICE FROM OLDER INDIGENOUS PEOPLES



This version was created by the Canadian Consortium on Neurodegeneration in Aging Team 20 Advisory Group for the Manitoulin Region of Ontario, Canada. Other versions and further resources are available at www.i-caare.ca.
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P'egp'ig'lha Council Strategic Plan 2019 – 2023

“Exercise and protect Title and rights on behalf of the past, present and future P'egp'ig'lha”

On Nov. 14 and 15th, the P'egp'ig'lha Council met along with staff and facilitator Harold Tarbell to create a strategic plans: for the P'egp'ig'lha Council for 2019-2023.

Two historic actions by Canada have occurred since the issuance of the 2014 Strategic Planning Report that are being incorporated into this Strategic Plan. The first is that, in December 2015, the Truth and Reconciliation Commission (TRC) of Canada published the report: *“Honouring the Truth, Reconciling the Future, Summary of the Final Report of the Truth and Reconciliation Commission of Canada”*. In the report the TRC defined “reconciliation” as being about establishing and maintaining a mutually respectful relationship between Aboriginal and non-Aboriginal Canada. Central to the TRC’s work were 94 Calls to Action to achieve that reconciliation.

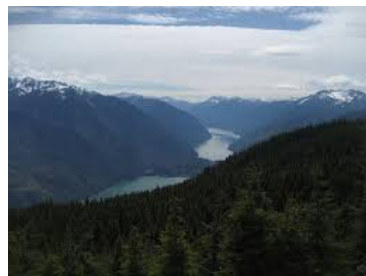
The second is that, in May 2016, Canada officially adopted *the United Nations Declaration on the Rights of Indigenous Peoples* (UNDRIP) and committed to its implementation. That commitment is to a renewed nation-to-nation relationship with Indigenous Peoples based on recognition of rights, respect, co-operation, and rooted in the principles of the United Nations Declaration on Rights of Indigenous Peoples (Indigenous and Northern Affairs Canada website).

The Draft Strategic Plan is arranged by three major themes:

- 1) **Traditional Families** – “Our words come from our hearts. We will look after ourselves and each other. We will make our own laws. We will follow our own ways of life as did our ancestors and as well our future generations”.
- 2) **Traditional Territories** - “We are the P'egp'ig'lha of the St'át'imc Nation. The Creator placed us here and that connection to our land can never be broken. We have a responsibility to protect, use and maintain our lands in a good way. We will take care of our lands for all future generations. We are willing to share our land with others who live by and respect our way of life and Constitution.
- 3) **P'egp'ig'lha Council Governance** - The P'egp'ig'lha Council is part of the P'egp'ig'lha government, and represents the interests of the P'egp'ig'lha families. We, the P'egp'ig'lha of the St'át'imc Nation, hereby adopt a Constitutional form of government more closely related to our traditional ways. We are responsible for our lands, resources, citizens and community well-being. We have a



responsibility to maintain, protect and govern St'át'imc traditional lands, resources, language, cultures and traditions for present and future generations.



For each theme, the Council has picked several objectives and activities. The objectives will likely stay the same for the 5 year period with the activities being updated to ensure the PC is taking steps yearly towards achieving their goals.

Objectives for **Traditional Families** include: promote and strengthen our language, support and promote the preservation of St'át'imc culture and improved communications.

Objectives for **Traditional Territories** include: protect our lands and resources, improve decision making processes related to Title and rights, proactively respond to climate change, and raise awareness of responsibilities for the land.

Objectives for **P'egp'íg'lha Council Governance** include: make free, prior and informed consent the standard for engagement, improve government to government relationships with St'át'imc relatives and others, building capacity to meet our responsibilities as a Council and strengthen and raise awareness of collective and community rights.

This strategic plan is intended to build off past work that has been completed and assist the P'egp'íg'lha Council in achieving its vision for the future. The Strategic plan will be implemented in a manner consistent with our duties and responsibilities.

As always, if you have any questions about the operations of the P'egp'íg'lha Council, please feel free to contact Chief Shelley Leech at 250-256-9318 or PC staff at 250-256-4118.

T'it'q'et Council Report

Councillor Marilyn Napoleon Report

1. Council work:

- Participated in policy development sessions in preparation of becoming certified by the First Nations Finance Authority under the First Nations Fiscal Management Act.
- Participated in Finance and Audit Committee meetings pertaining to long term budget planning and selection of the auditor.
- Participated in a Personnel Committee meeting.

2. Indian Act Amendment 2017 – Bill S-3:

I attended the 'Collaborative Process on Indian Registration, Band Membership and First Nations Citizenship' hosted by Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC).

- In response to the Descheneaux Decision whereby the Superior Court of Quebec declared that "key provisions of the Indian Act unjustifiably violated equality rights under the Canadian Charter by perpetuating sex-based inequities in eligibility for Indian registration between descendants of the male and female lines and order Canada to amend the Indian Act.
- It also brought to light the long-standing and unaddressed broader issues relating to Indian registration, band membership and First Nations citizenship."

Canada's Two-stage response:

1. Legislative Changes: amendments to the Indian Act to address sex-based inequities in registration in direct response to Descheneaux (Bill S-3) to fix the cousins and siblings issues.
2. Collaborative Process on Indian registration, band membership and First Nation citizenship: comprehensive consultations on broader issues with a view to future reform.

An Act to amend the Indian Act (Bill S-3) received Royal Assent on December 12, 2017.

The bulk of the amendments came into force on December 22, 2017 including changes to ensure that eligible grandchildren and great-grandchildren of women who lost status as a result of marrying a non-Indian man become entitled to registration in accordance with the Indian Act. It also ensures children born female and out of wedlock would be entitled to registration as well as their descendants going to 1951.

While descendants of women, who lost status while being Lillooet Indian Band members, will be entitled to registration, they will not automatically be enrolled as T'it'q'et members. Since

T’it’q’et adopted a Section 10 membership law, newly registered will need to apply for T’it’q’et membership under our membership law. Section 11 First Nations, however, would be treated differently. Newly enrolled under Section 11 would automatically be registered with the band that the women had belonged to at the time they lost their status.

Removing the 1951 cut-off from the Indian Act:

Removal of the 1951 cut-off from the registration provisions in the Indian Act, therefore all descendants born prior to April 17, 1985 of women who were removed from band lists or not considered Indians because of their marriage to a non-Indian man prior to 1951 will be entitled to status, allowing the ability to further transmit entitlement to their children. This will remedy inequities back to 1869.

Bill S-3 impact on Indian Registration:

It is estimated that between 750,000 to 1.3 million individuals could be entitled to Indian registration. Individuals who may be entitled will need to apply for registration.

Consultations:

CIRNAC was to have consulted with First Nations across Canada prior to the end of March, 2019. The process will end with a report to Parliament due by June 12, 2019. Many people at the meeting were not aware that this consultation process had been underway over the past year. Since the information did not reach many of the people with whom CIRNAC was to consult, the recommendation from those who attended the meeting was to postpone the finalization of other amendments to the Indian Act related to Indian registration. More time is needed to provide members with the opportunity to have input into future Indian Act amendments related to the Indian register and First Nations control and responsibility in determining who is or is not an “Indian”.

Some First Nations, tribal councils and Native organizations across Canada were provided with funds to consult with individuals who have ‘Indian’ ancestry about the implementation of Bill S-3 and other potential amendments upcoming. If new funding does come available, I think that we should apply so that we can inform and consult our membership.

Councillor Sarah Moberg Report

SEA- FEB 15th Transportation-

- “Transportation has been identified as a barrier to First Nations students success in the public system. Under the new *BC Tripartite Education Agreement: Supporting First Nation Student Success* (BCTEA), Canada, FNEC and BC (the Parties) have committed to ensure that First Nation Students living on-reserve get to and from BC Public Schools. This commitment includes the development and implementation of effective measures to address existing and future First Nation student transportation issues to BC public schools. The first step to the transportation strategy is the development of joint First Nations Students Transportation Plans, by First Nations and school districts, for the transportation of students who live on-reserve and attend public schools.

The Joint Plans will be reviewed by the tripartite Joint First Nation Student Transportation Committee (Joint Committee) comprised of representatives of BC, Canada and FNEC. We have included information for the development of your Joint First Nation Student Transportation Plan (see attached).”

- Helen has resigned from her position her last day is March 1st.
- LEA-minor corrections were identified and changes will be made this was discussed at SEA.

LEA second quarterly meeting at LSS Feb 21st

- attached reports- discussion around attendance for each schools, concerns were addressed and solutions discussed.

TEDA Feb 21st

- Mathew Davidson is stepping back from Amlec- discussions were had as to where the project will go. He provided recommendations for further consideration.

STPP St’at’imc Tribal Police Protocol

- at the Joint Council meeting an ad hoc committee was formed to review the protocol. Dean did one for council in 2018 but it wasn’t adopted so I sent it out to those appointed for review but have not received a response yet.

FPEC Working Group 13th T’it’q’et

- These meetings are held in Ashcroft at the school board office, I participated via conference call. The agenda was set for the FPEC regular meeting on Feb 20th.

FPEC 20th

- Presentations were given from the local principals on the integration of Language and culture in each school. These presentations (will soon be available) and more information on each school can be found at: <https://www.sd74.bc.ca/Pages/default.aspx>.
- Helen Copeland did a presentation on the Elders in Resident program which is still running successful. We had one elder and helper come in and share their experience of the program so far. The elder described how much the environment changed and continues to change with their presence. “When we first started the students had no respect for their teachers, this is learnt from home! Its nice to connect with the students”.
- Financial statements approved as presented
- District Principal of Aboriginal Education Tammy Mountain provided an update as well as school trustee Larry Casper

The Path of Dementia

DIAGNOSIS: Getting an accurate diagnosis as early as possible can rule out causes of memory loss not due to dementia and can help you access care that you need. Having a family member or friend with you for diagnosis is helpful.

CONNECT WITH A DOCTOR OR NURSE YOU TRUST: It will be important for you to be under the care of a doctor or nurse regularly. If you live on-reserve you should be referred to the Home and Community Care Program; off-reserve you should be referred to provincial Home Care services. If you speak an Indigenous language it is extra important to let your doctor or nurse know and to have someone with you who can translate.

TREATMENT: It is important to stay well by being active, getting enough sleep, and eating well. All of these can slow the dementia. Your doctor might also suggest medications to use. There is no cure for dementia but there are medications that have been shown to slow the progression in some people. If you try these medications, it is important to be in regular contact with your doctor about side effects. Some people also use plant-based medicines, ceremony, or spiritual practices to help with the symptoms.

PLAN FOR THE FUTURE: This is the time to talk to family, trusted friends or health care providers about how you can be supported. What changes need to be made to your house to help you stay independent? Where do you want to live when you can no longer live on your own? Is there someone you trust as your caregiver? Someone you trust to make financial and medical decisions for you?

EARLY STAGES: You are noticing some memory problems but are still very healthy. It is important to stay physically and socially active. You can still be independent. Many people use humour to talk about changes they are experiencing.

GETTING EXTRA SUPPORT: At this time, you might want to get extra support for everyday routines and needs. Explore community services such as Friendship Centres, Aboriginal Health Centres, Elder's Centres, and Home Care Programs.

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TRANSITIONS: Now you, your caregivers and loved ones will be focussed on your comfort and preparing for your transition out of this life. As you come full circle, it is important that your loved ones understand and are able to carry out your final wishes to help make your transition as gentle as possible.

MIDDLE STAGES: By now you may notice that the changes to your memory and the difficulties with everyday tasks are making life more challenging. Many people say that there can be days with moments of frustration and anger and other days that are peaceful and joyful. You may need help remembering household routines and names. You may find yourself repeating stories or getting lost in time. Whether you are living on or off-reserve you should now have home care services in place. It is important to have someone with you at appointments to help remember what is said.

TAKING EXTRA CARE: At this time, some people start to forget more important tasks, like turning off the stove, or putting on mittens when it is cold outside. Sometimes you may leave the house and forget to tell someone where you are going. You and your caregivers should talk about making sure that you, your loved ones, and your home are safe and that you have a system in place to keep track of you when you go out. This might include making changes to your home.

LATE STAGES: Some people describe this as going back to childhood or coming full circle. You will need much more help with meals, getting dressed, and getting washed. You will also need to be cared for more closely. Many people experience visions and see and hear things that others around you cannot. Depending on your spiritual beliefs, you may feel closer to the spirit world. You will need more support in everyday routines. You may wish to spend more time with loved ones. You will still have many stories to share and wisdom to pass on. It is important to continue to communicate however you can. Your caregivers and health care providers will help you prepare for your transition to the next stage.

Emergency Preparedness Meeting

April 8, 2019

Dinner 5pm

P'egp'ig'lha Community
Centre

Come on out and learn about
being prepared for emergency

Door Prizes

Drum making With Norman Retasket



P'egp'ig'lha
Community
Centre

Snacks &
lunch

Time 10—4Pm

April 6, 2019—
Drums

Max: 25

Participants

Per session

Please signup at
Reception Desk
Name & Phone Number





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

statimchealth.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

Mental Wellness Councillors

Lorrinda Casper

Youth Mental Health Clinician,
St'át'imc Health Outreach Services

Office: (250) 256-7530 ext.206

Cell: (778) 209-7055

lcasper@statimchealth.net

Joanne Warren SSW, BA, MLIS, MACP, RCC

Askom Counselling

Office: (250) 256-4906

Toll free: 1 (866) 884-5990

counsellor@askomcounselling.org

Ricardo Pickering

St'át'imc Health Outreach Services

Cell: (250) 842-8552

rpickering@statimchealth.net

Matilda Brown

Addictions Worker

Office: (250) 256-7530 ext.209

mbrown@statimchealth.net

Yolanda Hall MSW, RCSW

Private Clinician/ Counsellor

Lillooet (Mondays and some Tuesday afternoon)

Office: 1 (866) 414-2300

yjhall@telus.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

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	subject to change	229	socialdev@titqet.org
Building Maint.	Ken Taylor	247	maintenance@titqet.org
Reception		220	reception@titqet.org
Health Manager	Shawn Scotchman	234	healthmanager@titqet.org
Medical Clerk	Lloyd Jr. Napoleon	241	medicalclerk@titqet.org
Home & Com. Care	Joni Doss/Laureen W	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
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	Sidney Scotchman	231	pegpiglha.c.assistant@gmail.com
Food Security		230	
Wellness Coor	Juanita Jacob	242	wellnesscoordinator@titqet.org
Public Phone		229	

April 2019 Horoscopes



Aries (Mar 21–Apr 19)

You will have total financial success, and the investments that you will risk binding yourself to will bring you significant returns. You will be successful in your travel plans hence no need for the postponement of the same.

Taurus (Apr 20–May 20)

You will get a way to make everything better and strengthen the emotional attachment that you share with your partner or spouse. This month will be a month of career success and massive improvement. The Taurus star sign will receive massive support from family, friends.

Gemini (May 21–June 20)

Gemini zodiac sign will have stronger self-esteem that will enable them to achieve their dreams. Your spirituality aspect will increase and will have a decisive part to play in the attainment of your goals.

Cancer (Jun 21–Jul 22)

Cancer star sign will have a perfect relationship with friends and family. To add up to the excellent wellbeing, you will have to indulge in creative work and fine arts to keep your mind and body relaxed.

Leo (Jun 23–Aug 22)

Leo personality will be favored by the stars hence having more significant improvements in life at this time of the year. You will have a great time this month when it comes to professionalism for you will be successful in all the career goals that you have set.

Virgo (Aug 23–Sept 22)

Immense good luck will come your way this month and things will seem to work for you without any hurdles. Your conduct this month will please the elders, and they will bless you wholeheartedly.

Libra (Sept 23–Oct 22)

You will have to relax and gain spiritual healing as well as take care of your entire being. You will be required to put more effort to achieve greater success. Libra zodiac sign will gain financial support from their spouse.

Scorpio (Oct 23–Nov 21)

Based on the Scorpio horoscope 2019, you will have an extra blooming love life. Laughter and joy will be the only things that will be emanating from your home. Scorpio sun sign will make considerable developments in their professional fields.

Sagittarius (Nov 22–Dec 21)

According to the 2019 April horoscope, stars will favor you abundantly and your health with being positively encouraging. Sagittarius star sign will have great opportunities in job hunting this month.

Capricorn (Dec 22–Jan 19)

Based on the Capricorn April 2019 Horoscope Predictions, your financial state will be decided by your investment methodology. Your travel plans will all turn into satisfactory success.

Aquarius (Jan 20–Feb 18)

Aquarius personality will be engaged in most educational events thus opening up their minds for future preparation. Sticking to a single workplace will not be possible since you will be changing workplaces due to the change in your career direction.

Pisces (Feb 19–Mar 20)

Pisces star sign will financially and emotionally support their family. Pisces children will portray immense respect for their elders as well as discipline. You will, in turn, have career opportunities coming your way which will spiral you even higher in your career development.

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

May 2019 Newsletter Submission Deadline

Friday, April 26th 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