

Newsletter

October 2019

T'IT'Q'ET OCTOBER ISSUE:

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 29



Community Events

October	
1	Tu
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 Thanksgiving Office Closed
15	Tu
16	We • Recycle Day
17	Th
18	Fr
19	Sa • T'it'q'et Council Meeting
20	Su
21	Mo
22	Tu
23	We
24	Th
25	Fr
26	Sa
27	Su
28	Mo • Joint Council Meeting
29	Tu • P'egp'íg'lha Council Meeting
30	We • PC GAC
31	Th • Elders Council Meeting



Recycle Days

October 2nd and 16th

Recycling is the first and third Wednesday of the month.



Community Halloween Party

October 30th

TEAM T'IT'Q'ET

THANKSGIVING FEAST

FRIDAY
OCTOBER
11TH

4:00PM

JOIN US FOR A
COMMUNITY THANKSGIVING
DINNER

ANY VOLUNTEERS WOULD BE APPRECIATED
CONTACT – SUSAN NAPOLEON OR SHAWNA RILEY
250-256-4118

Every Friday, Drop-in 10-2pm

@T'it'q'et Preschool

St'at'imc Skuza7 (St'at'imc Little Ones)

Drop-in program for First Nations parents/caregivers and their children 4 and under

Come out and enjoy:

- ☐ FREE healthy hot meal
- ☐ Crafts and activities
- ☐ Health information, access to Community Health Nurse and infant development
- ☐ \$10 gift certificate for First Nations band members on and off reserve who are pregnant or with children 4 and under
- ☐ Child friendly environment with toys
- ☐ Connecting with other parents

For more information please call: 250-256-7017 or 250-256-1584



First Nations Health Authority
Health through wellness

YOUR NEW HEALTH BENEFITS PLAN IS HERE

Dental, Vision Care, and Medical Supplies & Equipment



The First Nations Health Authority has partnered with Pacific Blue Cross to administer your Dental, Vision and Medical Supplies & Equipment (MS&E) benefits right here in BC.

The new system is faster, easier to use, and you don't need as many pre-approvals to access services. Based on Community feedback, the FNHA has also expanded coverage for many preventive health services and special needs.



DENTAL

- More coverage for preventive services
- 2 exams and 2 cleanings per year
- Night guards eligible
- White fillings eligible
- New set of dentures every 5 years
- Higher coverage for crowns
- Bridges, veneers, inlays, and onlays eligible
- Separate coverage for dental accidents



VISION CARE

- No pre-approvals needed for eye exams and standard eyewear
- For clients 19 and older:*
- \$100 every two calendar years for eye exams
- \$275 every two calendar years for standard eyewear
- \$415 for high-index lenses
- Children and youth under 19 receive annual coverage
- There is also a process to support clients with complex needs



MEDICAL SUPPLIES & EQUIPMENT

- Fewer pre-approvals required
- Streamlined process for pre-approvals
- Faster claims processing
- Faster reimbursement if you pay out of pocket

LEARN MORE AT: WWW.FNHA.CA/BENEFITS OR CALL 1.855.550.5454



Download the app at pac.bluecross.ca/mobile



Claim online at pac.bluecross.ca/member

The FNHA also provides other benefits including medical transportation and mental health support. Most drug benefits continue to be covered through BC PharmaCare Plan W. Contact Health Benefits at 1.855.550.5454 if you are not yet enrolled in Plan W.

Community Halloween Party

JOIN US FOR HALLOWSEVE
PARTY

FOOD-FUN-FIREWORKS

Wednesday October 30th

 **PCC @ 5:00PM** 

WEAR HALLOWEEN COSTUME









Contact – Shawna Riley- 250-256-4118 Ext 229 or socialdev@titqet.org

Halloween Safety Tips

Tips for Parents, Children and Drivers

Halloween can be an exciting time for children and with the distraction of candy and costumes, safety rules can easily be forgotten. In fact, research shows that distractions can increase a child's chances of being struck by a car. Halloween means there will be more children out on the streets, which is why drivers need to take extra care.

Parachute offers parents, children and drivers these tips for a safe Halloween:

-  **Children under the age of nine should be accompanied by an adult or responsible older child** since they may lack the developmental skills to cross the street on their own.
-  **Teach your child to stop at the curb**, look left, right and left again, and to listen for oncoming traffic.
-  **Select costumes with bright colours** to increase your child's visibility and choose face paint instead of masks.
-  **Always cross at crosswalks, street corners or intersections** – it's unsafe to cross between parked cars or other obstacles.
-  **Stay on the sidewalk** when walking from house to house, and if there is no sidewalk, walk beside the road, facing traffic so drivers can see you.
-  **Drive slowly** in residential areas where children are more likely to be trick-or-treating.
-  **Watch out for kids**, many of who will be wearing costumes that limit their vision.
-  **Reduce distractions**, such as cellphones or loud music, and stay alert.

For more on Halloween Safety visit
parachutecanada.org



Natural Resources
Canada

Ressources naturelles
Canada

Consumer Fireworks Safety

Consumer Fireworks are not toys. Consumer Fireworks are, in fact, powerful pyrotechnic articles and, for this reason, both their sale and purchase are regulated. The Explosives Safety and Security Branch of Natural Resources Canada routinely tests fireworks and approves those that are safe to transport, store, handle, and use.

To ensure a fun but safe family fireworks display, it is important that the simple safety procedures outlined below are followed.



PEOPLE UNDER 18 YEARS OLD who use fireworks must be supervised by an adult.



NEVER try to light a firework or hold a lit firework in your hand unless the manufacturer's instructions indicate that they are designed to be hand-held.



CHOOSE a wide, clear site away from all obstacles. Refer to the safety instructions on the fireworks label for minimum distances from spectators.



LIGHT CAREFULLY: Always light the fuse at its tip.



DO NOT FIRE IN WINDY CONDITIONS.



KEEP WATER NEARBY: Dispose of used fireworks (including debris) in a pail of water.



READ all instructions on the fireworks. **PLAN** the order of firing before you begin.



WAIT at least 30 minutes before approaching a firework that did not go off. **NEVER** try to **RELIGHT** a firework that did not go off. **NEVER** try to fix a firework that is defective.



USE A GOOD FIRING BASE such as a pail filled with earth or sand.



KEEP fireworks in a cool, dry, ventilated place, out of the reach of children.



BURY fireworks that do not have a base **HALFWAY** in a container of earth or sand (such as a pail, box or wheelbarrow) unless the label on the firework indicates otherwise. Set them at a 10-degree angle, pointing away from people.



IT IS RECOMMENDED that safety glasses be worn.

Visit nrcan.gc.ca/explosives for more information

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at copyright.droitdauteur@nrcan-rncan.gc.ca.

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Canada

Women's Get Together

Tuesday, October 29th, 2019

Tuesday, December 3rd, 2019

Time: 9:00am –12:00pm (Noon)

4:00pm – 7:00pm

Place: Ucwalmicw Centre

Inside and up stairs

parking is available

Luncheon–

- Drinks; Refreshments; snacks available

Brandy Kane is respectfully allowing, her Pelts/ hides/ eagle heads to assist us to heal or speak of what we know and understand of the animal's spiritual impact of the humans on a spiritual level.

Brandy Kane | MSW RCSW Clinical Therapist

Juanita Jacob | Wellness Coordinator

(250) 256-4118 for more info.

Juanita Jacob

Offering a chance for women; girls to come speak about the lessons of the animals in the way of circle and personal experience. We have all some type of experience with ceremonies that assist us in healing growth and lessons; so know let us share what we know and inquire about our history and self with intuition and assistance of the pelts/ hides/ and eagle heads available to us. If you have any hides or pelts to share; bring them; we can all learn from each other.

So today, Brandy Kane who is a Certified Counsellor and spiritual person; is hired with Titqet 4 days a month; She is willing to share her Pelts, skins and eagle heads –for inner personal healing and health awareness to experience –view and feel the fur of her pelts- skins- and eagle heads.

So together we have agreed – to bring some awareness of healing of self through sharing to awaken the souls; become aware of our own inner hurts, demons, and strengthen our self-identity.

We hear that one of our needs is to “go back to our old ways” then we need to create space to establish parts of the old ways; to replant a seed, given roots to grow into, to remember and try ways to bring back health to our people.

We have a space of time for women to come join us being aware and around the animal pelts/ skins / furs/ eagle heads Space for people to remember teachings and experiences of sorts to share their part our story.

We can discuss topics of what to do this once a month - as part of a women's group circle we will be able to start making more space for spiritual health and personal awareness

Call for more information (250) 256-7784



P'egp'íg'lha Forestry Plan

Hello T'it'q'et,

- This month for the Strategic Forestry Initiative technical meeting we talked with our working group about hunting concerns and how we are going to add this into the forestry plan. I organized a hunting meeting for all local community member hunters to attend on September 20, 2019 to come express their concerns and share their stories. We are also developing a similar questionnaire on plant use (meeting date to be announced).
- I am currently researching traditional use stories and values to add into our forestry plan. I am working on the elements for our management plan. I am looking into ecosystem health such as the grizzly bear, mule deer and medicinal plants.
- I also went out in field for two days and checked out proposed cut blocks with BC Timber sales and Stúwix. I learned how to do a block layout assessment. They showed me how to review the blocks and to check over all the safety concerns. I learned about terrain stability and the procedures of amending the block if it was unsafe.
- I learned about forest ecology and what type of timber they are looking for and to check the quality of the wood. I learned how to complete a vegetation resource inventory and how to read a planners map to determine if the timber is worth value or if they will turn some sections of the block into a wild life tree patch. They showed me their checklist. They checked for root rott and checking for soil erosion to determine if it would be safe to harvest in this block. We walked the entire block and checked the tree species, streams, and the wild life habitat.
- We hiked all through the block, checking for forest health, there is a lot of downfall in this block. Downfall wood is from natural occurrence like wind storms and trees dying on the ground. Some of the wood can be salvaged for firewood. Course woody debris is a good shelter for many small animals and plants. It will decompose back into the ground and provides nutrients for the forest floor.
- The BC Timber Sales and Stúwix showed me some dead pine beetle and how to recognize if the wood is worth value. The pine beetle burrows into the tree and only eats the inner bark of the tree. The pine beetle carries a fungus which causes blue stain fungus around the tree bark. Pine beetle produce more larvae and can survive the winters due to climate change and not long enough winters. The beetle can accumulate faster in the spring and is spreading all around BC forests. There is more dead trees visible out in the forest from the spread of mountain pine beetle.
- I also learned that pine trees can become their own defense against pine beetle attack. The tree will produce pitch and give off pheromones that prevent the pine beetle from attacking the tree all at once. I am very interested in studying more about forest ecology and forest health and enjoy working with our consultant Sue Senger.

Please feel free to contact me at the P'egp'íg'lha Council office if you have any questions or would like more information. Our phone number is 250-256 4118.

Respectfully,

Lesley Riley
Forestry Plan Support Worker
P'egp'íg'lha Council

PACIFIC BLUE CROSS Login

You don't need to have a Pacific Blue Cross (PBC) card, just your Status Card for Vision, Dental, or Medical equipment or supplies. However, you could print off a Pacific Blue Cross card if you wish, all you need to do is;

Visit: <https://www.pac.bluecross.ca/>

- Click on: **SIGN-IN**
- Click on link: **First Nations Health Authority Clients -> (NOTE: FNHA Policy No. 40000)**
- On right side: **“I want to register for Access to my Member Profile”
(A separate window will pop up.)**
1. Complete all the “fields” starting with your Status Card Number, name, email address and must have three (3) security questions and answers and “I accept the User Agreement and Privacy Policy”
 2. Once complete, click on “REGISTER FOR CARESNET”
 3. A temporary password will be emailed to you and you must use it the first time you sign in to CARESnet
 4. Open the Email and click on the temporary password, the PBC website will open, enter your Status Card number and then you will be prompted to enter a new password of your choosing.
 5. Once complete you will have access to your PBC information and claims etc.
 6. To print your PBC Card, go to “Account” (Top right corner) a drop down menu will show, find “Print Your ID Card”. Remember, you do not have to have a PBC Card, just your Status Card.
 7. To Log Out; same, “Account” on drop down menu, “LOG OUT”



Show your Card to Insta-Claim

Save time and keep money in your pocket

- Pharmacy
- Dentist
- Health provider

Your claim will be processed on the spot.



Insta-Claim

- Search for an Insta-Claim health provider
- Insta-Claim health provider submits your claim
- You only pay the difference

[Find an Insta-Claim Health Provider →](#)

Insta-Claim Health Providers

Choose a Pacific Blue Cross Insta-Claim Health Provider:

1. Select a Health Provider and location below
2. The Health Provider submits your claim to Pacific Blue Cross
3. You only pay for the difference not covered by your plan

Looking for a pharmacy? Check out: [Pacific Blue Cross Pharmacy Compass](#)

Find Insta-Claim Providers:
<https://pac.bluecross.ca/instaclaim>

Health Provider

Acupuncturist

Province

British Columbia

City

SEARCH

PACIFIC BLUE CROSS Information

From the Health Department

Hello everyone, there has been a few changes and some things to report on.

Now that it is starting to get cooler over night, we suggest you think about your furnaces filters; when was the last time they were changed? How do they look? Have you thought about vacuuming out your ducts? There will be a lot of dust floating in the air once you turn your furnace on, which means a lot of allergens. We suggest you ask a family member or talk to your Housing Coordinator or if you have a Social Development Homemaker to check your filters and see about cleaning your ducts.

On September 16, 2019; **Pacific Blue Cross (PBC)** is now looking after our vision, dental, and medical & equipment supplies. Your membership number is your Status Number, meaning all you have to do is show your current Status Card to your service provider of your choice. However, if you are uncomfortable showing your Status Card, you could go online and print your PBC card, all you have to do is visit www.pac.bluecross.ca and register to access your health data. I have provided a "How to" sheet to assist you with accessing your PBC information online. Or visit our Health website at www.titqet.org/administration/health it will be added there later.

NOTE: It is good to call or talk to your service provider ahead of time to see how much they charge. PBC will only cover up to a certain amount of your treatment. For example, you visit an eye doctor in Kamloops for an eye exam, PBC will pay up to \$100.00 for eye exams, and your eye doctor charges \$120.00 for the exam. This means you will have to pay the \$20.00 to cover the remainder of the eye exam. The same could be said for the dental services or even the medical & equipment supplies. So please, talk to your service providers prior to your visits/treatments on fees, exams, or treatment costs to ensure you know what PBC will pay and what you will be responsible to pay for. T'it'q'et Health is not responsible for the extra cost.

We would like to introduce and welcome our new Home & Community Care (HCC) worker, Tabitha Leech who officially started September 16th, 2019. This means we now have three (3) HCC workers for our community. With more workers, it is the Health department's hope that there will be more home and community care coverage for our clients. T'it'q'et currently has the most clientele and workers out of the Northern St'at'imc territory, some communities only have one (1) HCC worker.

We would also like to welcome back Nicole Napoleon to her position as Medical Travel Clerk, she was off for a year on maternity leave and is happy to be back. I would like to thank Lloyd Napoleon who covered for Nicole, he did an admirable job for us. Nicole has already hit the ground running and will be back assisting St'at'imc Skuza7 program at the T'it'q'et Preschool on Fridays.

Finally, we worked with our T'it'q'et Website administrator to clean up our Health webpage to make it more simplified for users to navigate the site. Please go and have a look, we attempted to have all the forms and documentation available for our members to access

<http://www.titqet.org/administration/health/>

Download the Pacific Blue Cross App onto your phone

<https://www.pac.bluecross.ca/mobile> | Policy Number: 40000 and ID Number= Your status card #

Find Insta-Claim Providers:
<https://pac.bluecross.ca/instaclaim>

First Nations Health Benefits (Health Benefits) provides coverage for medications and certain pharmacy items and services. The pharmacy benefit is administered through a partnership between Health Benefits, BC PharmaCare, and Pacific Blue Cross (PBC). Prescription medications are one part of a client's wellness journey.

What is covered?

Health Benefits covers items from the following categories:

- ✓ Prescription drugs
- ✓ Over-the-counter (OTC) drugs
- ✓ Non-drug OTC items (e.g., lancets for diabetic use)

BC PharmaCare is the primary provider of eligible pharmacy items and services through Plan W. PBC provides supplementary pharmacy coverage. Clients are encouraged to contact Health Benefits at **1.855.550.5454** to confirm their enrollment in Plan W.

If clients require a drug not normally covered or only partially covered, in some cases, a prescriber can apply for Special Authority through PharmaCare to request coverage for these items. Special Authority must be approved before the prescription can be filled. For a full description of the pharmacy benefit, please visit www.fnha.ca/benefits/pharmacy.

Over-the Counter Drugs

OTC drugs and non-drug items can treat or support some conditions or illnesses. Consult with your primary care provider on how to best manage your condition or illness. OTC drugs and items include, but are not limited to:

- Help for minor pain and inflammation
- Relief of cold and flu symptoms
- Treatment for nausea or constipation
- Allergy treatment
- Eye drops for dry eyes and irritations
- Supplies such as ketone strips (for diabetes) or inhaler spacers
- Disinfectants and treatment for skin conditions including fungus and head lice
- Vitamins/supplements including multivitamins for children and pregnant women only

Ask your provider for information to help you understand your options and coverage.

Exclusions

Examples of pharmacy items or medications that will not be covered include:

- Alternative therapies (e.g., glucosamine and evening primrose oil)
- Fees for writing prescriptions or forms
- Vaccinations for travel

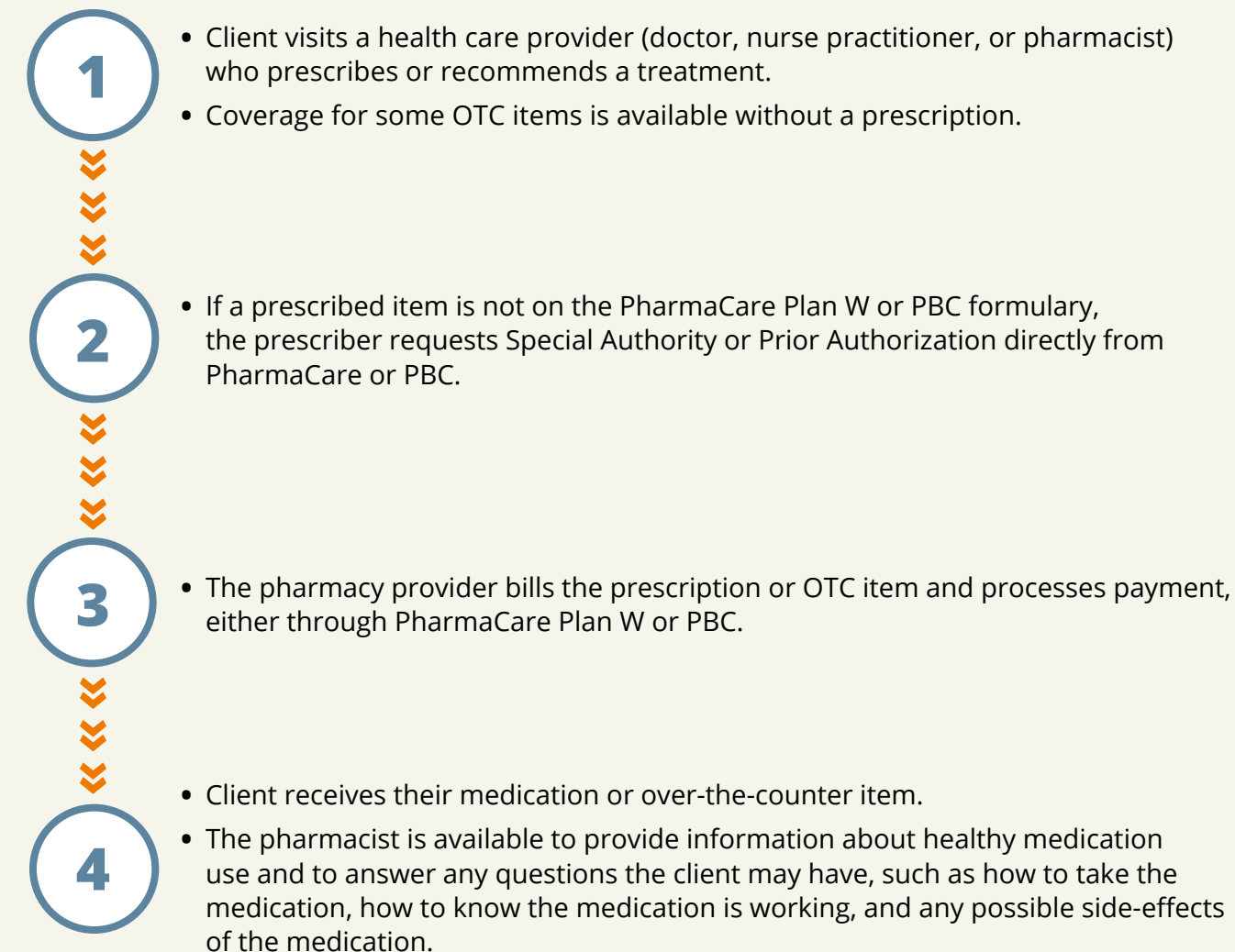
Working with providers

Clients will only be covered if they obtain pharmacy items and services from pharmacies registered with PBC and PharmaCare. Items and services purchased from other pharmacies are not eligible for reimbursement. Pharmacies registered with PBC and PharmaCare can direct bill for all eligible pharmacy items and services.

Most pharmacy items are fully covered under the pharmacy benefit. If clients are asked to pay for their medication at the pharmacy counter, it's likely that the item is not covered. Clients should ask their pharmacy provider for a recommendation that is covered by the Health Benefits pharmacy benefit.

Accessing Pharmacy Benefits

SEPTEMBER 2019



T’it’q’et Land Code Report

The Interim Lands Committee has met 4 times since the land code was adopted back in June. T’it’q’et Council appointed the Land Code Committee as the Interim Lands Committee. They are doing transitional tasks to prepare T’it’q’et for when the new Lands Department goes operational. To accomplish this, they are working on a Lands Committee terms of reference, job descriptions for a Lands Department, and job postings for the two positions in the Lands Department. There will be a Lands Director, which will be a full time employee and a Lands Committee Coordinator which will be full time at first and then will likely become a part time position after the transition phase is completed. They are also working on office requirements (computer, supplies, etc.).

There is a celebration luncheon being planned for October 27th from 11 a.m. – 2 p.m. at the P’egp’ig’lha Community Centre. All T’it’q’et members are invited to come and celebrate this new stage in our work towards being self-sufficient. Thank you!!

- Dean Billy Land Code Coordinator

—

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

Medical Clerk

Nicole Napoleon here, well I am back at the office as your medical clerk as of Sept 18th please bare with me as I am relearning the policies and procedures of the medical clerk role. There have been changes to the FNHA as they have combined with Pacific Blue Cross; I am still learning about the transition however, I will do my best to assist any questions you have. We can learn together.

With the new Pharmacare in place, I will need time to have a better understanding on the procedures the company has to follow regarding receipt reimbursements for prescriptions.

=====

I am assisting with the St’at’imc Skuza program at the T’it’q’et Preschool which is held every Friday 10-2pm. Therefore, I will not be in office during that scheduled time.

Medical appointment confirmation of attendance slips are mandatory for reimbursements. I require TWO WEEKS AHEAD of appointment date to do the paperwork process. Medical travel cheques are ready for pick up Wednesday and Friday after 9am.

—

Nicole Napoleon
Medical Clerk



First Nations Election 2019

Election Outreach Information

Below you will find information regarding the upcoming federal election. If you have any questions about the materials in this document, please do not hesitate to reach out to:



AFN Electoral Outreach Team at: electoraloutreach@afn.ca

Elections Canada Contact Information:

Elections Canada
30 Victoria Street
Gatineau, Quebec
K1A 0M6
T: 613-993-2975
Toll Free: 1-800-463-6868
Fax: 613-954-8584
Email: info@elections.ca
inspiredemocracy@elections.ca
www.elections.ca



Employment opportunities

During an election, poll workers are the front line and make it possible for electors to vote in an orderly fashion. There are five different roles and each job is about helping people vote or registering people to vote. These jobs will take place on Election Day or the four advance polling days, or both.

- ✓ For job description and salary of the Deputy Returning Officer position, [click here](#).
- ✓ For job description and salary of the Central Poll Supervisor position, [click here](#).
- ✓ For job description and salary of the Registration Officer position, [click here](#).
- ✓ For job description and salary of the Information Officer position, [click here](#).
- ✓ For job description and salary of the Poll Clerk position, [click here](#).

For a full list of employment opportunities with Elections Canada, [click here](#).

Voter registration:

To access Frequently Asked Questions (FAQ) about registration, [click here](#).

To register and vote in the federal election, a person must be a Canadian citizen, be at least 18 years old on Election Day, and able to prove their identity and address.



The importance of early voter registration:

Registering to vote early is an important activity. Individuals who register **before** the election may receive a Voter-Information Card (VIC) from Elections Canada in the mail after the election is called. The VIC tells you where and when you can vote. **The VIC can also be used as a proof of address** for individuals *when paired with another piece of accepted ID* (E.g. VIC and status card).



Ways to register

1. The Online Registration Portal.
2. By mail. Deadline for registration by mail will apply once the writ is dropped. *The Online Registration Portal service can be used to check if you're registered to vote, update the address on your voter registration, or register to vote.*

First Nations who wish to participate by mail can call Elections Canada at 1-800-463-6868 to request a registration form. Elections Canada will send the form by mail, email or fax. First Nations will need to fill in their information and return it by mail, with proof of identity and address.



Ways to Vote:

1. On Election Day

- Polling stations will be open for 12 hours (hours of operation vary by province and territory).
- Check ahead of time to make sure you are heading to the right polling station: you can find this information on your voter information card or online with the Voter Information Service.

2. At your advance poll

- You vote at your assigned advanced polling station in your community based on where you live. It might be the same polling station you would vote at on Election Day, or it might be a different one.
- Check ahead of time to make sure you are heading to the right polling station: you can find this information on your voter information card or online with the Voter Information Service.

3. At any Elections Canada office or any Elections Canada Vote on Campus offices

- You can vote in person at any of the over 500 Elections Canada offices across the country. **Every riding in Canada has an Elections Canada office.**
- Vote on Campus offices will be open on select campuses across the country for five days about two weeks before Election Day. They are primarily for students, but any elector can register and vote at these locations using the special ballot voting services.

4. By mail

- You will need to apply so that Elections Canada can send you a special ballot voting kit in the mail.
- The deadline to apply to vote by mail is the Tuesday before Election Day at 6:00 p.m.
- Apply as soon as possible to allow enough time for your special ballot voting kit to reach you and for you to return your marked ballot to Elections Canada by Election Day.
- Here is how to apply to vote by mail:
 - Online at **elections.ca**
 - At any Elections Canada office across Canada, or by calling Elections Canada at **1-800-463-6868** to request an application form.

The [Voter Information Service](#) provides information about your electoral district, including the list of candidates, locations of advance and Election Day polling places, the address of your local Elections Canada office and a map of your electoral district.

For more information on the four ways to vote [click here](#).

This web page will also include more information for young voters, Canadians living abroad, travelers and students away from home, Canadian Forces members, people without a permanent residence, people living in long-term care facilities and hospitals, and for incarcerated peoples.

Additional information: For voter preparedness

For information for Indigenous voters, [click here](#).

To access a PDF format of the My Voters Guide in English, [click here](#).

To access a PDF of a list for the-most-up-to-date acceptable ID in English, [click here](#).

To access a PDF of Inspire Democracy Elector's Guidebook to Registering and Voting, [click here](#).

Materials are available in the following First Nation languages:

Moose-Cree, Denesuline, Innu (Montagnais), Mi'kmaq, Mohawk, Nisga'a, Ojibway, Oji-Cree, and Plains Cree, Gwich'in, Stoney, Saulteaux, Blackfoot, Atikamekw.

General FAQ for Electors:

Visit [this page](#) for questions and answers about identification, registration, voting, elections, Elections Canada, members of parliament, political entities including third parties, future electors, or general questions.

X
It's Our Vote



P’egp’íg’lha Information Centre Book of the month

Title: **Western Birds**
Roger Tory Peterson.

Staff Summary: Look up in the sky! It’s a bird! No it’s a plane! No wait, it’s a crow? Perhaps an eagle flying high? Well we do have more turkey vultures flying around Lillooet these days... This month’s book is one that contains many of the different species of birds found along the western coast of North America, and possibly the answer you were looking for on what species of bird you just seen. With it being that time of year where many species are flying south for the winter, you may get lucky and spot a species that is rarely seen in Lillooet as it makes its journey to its winter home. Whether you’re a bird watcher, want to get out to start bird watching, or just curious what bird that was you seen flying around the hop farm with a curved beak. This book contains information and 165 full color paintings that shows off over 1,000 birds from 700 different species! Now that is a lot of birds. So come on down, sign this book out, grab your camera and go out and try capture one of these species of birds on your camera! Or just have bragging rights that you realized that eagle you thought you seen flying above IR1 was actually a turkey vulture flying in circles looking for food.

Are you interested in reading this book? Stop by the PC Offices at 10 Scotchman road in the basement.

We have a good selection of books that deal with the Lillooet/St’át’imc area, books about other First Nation cultures, and many more! Call to let us know you want to stop by! (250).256.4118, ext. 231 for Sid! You are able to sign books out as well!

WHAT SHOULD I DO IF I THINK SOMEONE IS HAVING AN OPIOID OVERDOSE?

Call 9-1-1 immediately. They will send first responders who can help keep the person alive. While you wait, provide rescue breaths and administer naloxone.

Follow the **SAVE ME** steps below to save a life.



If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



AIRWAY



VENTILATE
1 breath every
5 seconds



EVALUATE



MUSCULAR INJECTION
1mL of Naloxone



EVALUATE
2nd dose?

Artwork created by: towardtheheart.com

WHAT IS HARM REDUCTION?

Harm reduction is a public health approach that saves lives and provides safe choices to people struggling with addiction. This approach minimizes harm and potential danger for people using substances. A harm reduction approach meets people where they are at with acceptance and compassion – not judgment or shame. A harm reduction approach recognizes that every life is valuable and that substance use and addiction are complex and challenging.

People who struggle with addiction need to be supported not judged. Stigma around drug use can actually cause more deaths, as shamed people can become more reluctant to discuss their challenges with addiction or seek medical help.

WHAT SHOULD I DO IF I NEED SUPPORT?

For culturally safe crisis support available 24/7 contact:
KUU-US Crisis Support Service toll-free: **1-800-588-8717**

For anonymous and non-emergency assistance contact:
BC Drug and Poison Info Centre: **1-800-567-8911** or Healthlink BC: **8-1-1**

WHERE CAN I LEARN MORE?

Visit the FNHA’s Overdose Prevention portal: www.fnha.ca/overdose
For questions about harm reduction e-mail us at stbbi@fnha.ca



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	Lesley Napoleon	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Development	Shawna Riley	229	shawns@titqet.org
Building Maint.	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health Manager	Shawn Scotchman	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Home/Com. Care	Joni/Lauren	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
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.com
Home/Com.Care	Tabitha Leech	236	hccworker@titqet.org
NNADAP	Juanita Jacob	242	wellnesscoordinator@titqet.org
Public Phone		229	

"We need to stop shaming addiction. We need to have open conversations about it in our homes and our offices, in our communities."

SHANE BAKER
GITXSAN NATION

Start the conversation about drug use.
Talk to your family and friends.

The First Nations Health Authority encourages destigmatizing conversations among family members and friends around drug use.

- Be there for each other - reach out to your family and Nation members who may need to hear a familiar voice
- Learn about harm reduction and how it can save lives
- Get a naloxone kit, add it to your first aid kit – it's free
- If you see someone having an overdose: Call 9-1-1 or your local emergency number.
- To speak with a nurse about non-emergency overdose prevention: Call 8-1-1 or visit your local health centre.

Public Service Announcement

For Immediate Release | September 10, 2019

Public Service Announcement for those receiving Needle-Free Filler Treatments

BC Health Authorities and the BC Ministry of Health are issuing a public service announcement for persons considering undergoing needle-free filler treatments. These procedures use a pressurized pen to insert hyaluronic acid fillers into the skin without the use of needles or injections.

At the time of this announcement, no needle-free pressurized pen has been approved for use by Health Canada. Therefore no one, even regulated health professionals, should be providing fillers with this type of device.

The administration of fillers by any means is a restricted activity and should only be performed by regulated health professionals such as a physician or surgeon. Anyone undergoing a filler treatment should ensure the fillers are administered by a health professional and that both the filler and the device used to administer the fillers have been approved by Health Canada.



If you are aware of a filler procedure being performed by someone other than a health professional, you can report this unlawful practice to the [College of Physicians and Surgeons of BC](https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities).

If you have questions or concerns about Personal Service Establishments you can contact your local health authority: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>



October 2019 Horoscopes



Libra (Sept 23–Oct 20)
You’re coming up for air after an intense phase of hard work and obligation, and the emerging sense of space and freedom make you feel inspired to make big, positive changes in your world. You realise that you CAN do ANYTHING, if you focus on it with intent. The world is smaller than you think, and you can go further than you currently believe. Broaden your horizons and make some magical plans to travel, explore and expand this Hallowe’en.

Aries (Mar 21–Apr 19)
You’re facing down a demon this Hallowe’en, one which you’ve avoided and felt conflicted about (hence the delay). You know that no one is going to take care of this for you, it’s your job, and, actually, this sense of accountability and control feels GOOD. You’ve got this, Aries! Tackle what bothers you most, and leave it behind in the dust as you move on to better things.

Taurus (Apr 20–May 20)
Better to take a risk or play it safe? Only YOU can answer that question, Taurus, but answer it you must! The only enemy here is procrastination. So, what are you in the mood for: risk or security? I can tell you (*SPOILER*) there is no wrong option, both lead you onwards and upwards and away from this cross roads. Get to it and make a decision, and then get on with it..

Gemini (May 21–June 20)
You’re the master of cancelling friendships and flirtations (due to boredom/ irritation/a whim) so why have you held on to this one for so long, when it’s not

working? You usually hate toxicity and run for the hills when someone gets clingy (UGH), negative (YUK) or, horror, critical of you (HOW DARE THEY). Examine your motives for staying. Are they valid? If so, carry on. If not, get the heck outta there.

Cancer (Jun 21–Jul 22)
You’re the most psychic sign of the zodiac (apart from Pisces) so it’s no surprise that, this Hallowe’en, you’re feeling your magic powers blossom. Take some time to focus on your spiritual side, on drawing forth your intuition, on practising whatever esoteric rituals appeal to you. There’s insight, value and wisdom to be had from accessing what lies beneath. This is your gift... use it.

Leo (Jun 23–Aug 22)
What goes up must come down, and vice versa. So whatever topsy turvy activity unfolds this October, know that nothing stays as is, and everything will soon change once more. Go with the flow, stay loose. Use the transformative energy to make a new start on something practical, rewarding and potentially lucrative. Maybe a course or some new skill which could make you some money.

Virgo (Aug 23–Sept 22)
Consider your sense of place in this world this Hallowe’en, Virgo. Where do you live? Where do you call home? Where do you feel drawn to, at ease or inspired by? Let your imagination travel to the locations and venues it feels a pull of desire towards, and make some plans to see them, or even go live there. You can redesign your lifestyle this autumn/winter, and the starting point is all about where...

Scorpio (Oct 23–Nov 21)
We’re moving into your season, Scorpio, so expect to feel super-confident and full of ideas you want to manifest in your life. Truth is important, doing what authentically feels like ‘you’, vs what looks sensible or expected ‘on paper’. A new beginning can emerge, one which represents a steep, but highly rewarding, learning curve. Study and education is likely. What do you want to learn how to do? NOW is the season.

Sagittarius (Nov 22–Dec 21)
Your mind is racing this October with plans and ideas for the future. Some of them are pretty high-octane, some are unrealistic,

some are incredibly important. Take responsibility for sifting through your thoughts and categorising the ideas with ‘WINNER’ written on them. Take ownership for manifesting them in your life- no one else is going to make this stuff happen for you. Travel and adventure is the name of the game here. What quest do you most wish to focus on next? Name it, and set off this month!

Capricorn (Dec 22–Jan 19)
There’s a relationship, or crush situation, in your life which is going to run its course this month. The hopes you hold have not unfolded into real life, which sucks. But, fear not, because the space you clear by letting this all go will be swiftly filled by something (or someone) way better. All this wasted energy on a person who doesn’t reciprocate your admiration could be going towards a MUCH more fulfilling connection. Shift your gaze. There’s better and more compatible people out there who wish you were spending time with them...

Aquarius (Jan 20–Feb 18)
Be playing fair, by being gracious, you can get much further ahead than by other means. You’re going to be vindicated and validated over something you’ve felt wronged over. Assertiveness comes easily to you, but remember that what other people think and do is THEIR business. All you can do is look after your side of the street, take the life lessons from the bad stuff, and move on with good intentions. Karma will take care of the rest and, this Hallowe’en, she’s going to show you she was watching ALL along.

Pisces (Feb 19–Mar 20)
When things go awry, know that there’s often an underlying reason and that a short, sharp pain now can be better than a lingering ache as something which isn’t good for us staggers on. Whatever leaves your life this October is making way for better things. Recognise false, fading and negative energies in your life, and release them, even if it hurts (a bit). It’s kinda like ripping off a plaster. In order to heal properly, you need to do it. And to do it now.



Pacific Blue Cross at Your Fingertips

Download the app today



Download the Pacific Blue Cross App onto your phone
<https://www.pac.bluecross.ca/mobile>
Policy Number: 40000 and ID Number= Your status card #

November 2019 Newsletter Submission Deadline
Friday, October 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