

Newsletter

Nov 2019

T'IT'Q'ET NOVEMBER ISSUE:

St'at'imc Veterans–Page 2
Community Dance–Page 5
T'it'q'et Council Report–Page 10

TO SUBMIT TO NEWSLETTER

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



Community Events

| November | |
|----------|---|
| 1 | Fr |
| 2 | Sa |
| 3 | Su |
| 4 | Mo |
| 5 | Tu |
| 6 | We • Recycle Day |
| 7 | Th |
| 8 | Fr |
| 9 | Sa |
| 10 | Su |
| 11 | Mo Remembrance Day [Office Closed] |
| 12 | Tu |
| 13 | We |
| 14 | Th |
| 15 | Fr |
| 16 | Sa |
| 17 | Su |
| 18 | Mo |
| 19 | Tu |
| 20 | We • Recycle Day |
| 21 | Th |
| 22 | Fr |
| 23 | Sa |
| 24 | Su • T'it'q'et Community Meeting-9:30am |
| 25 | Mo |
| 26 | Tu • P'egp'ig'lha Council Meeting |
| 27 | We |
| 28 | Th |
| 29 | Fr |
| 30 | Sa |



Recycle Days

November 6th and 20th
first and third wednesday of the month



Wreath Making

Friday, November 8
4:00pm at PCC

Sign up sheet at the front desk
(to know how much supplies are needed)
Wreaths will be displayed at
Remembrance Day Ceremony

T'it'q'et Community Meeting

Sunday, November 24
9:30am at PCC

Draft Agenda

1. Opening Prayer & Welcome
2. Audit Review
3. TEDA Restricted Funds Request
4. Other
5. Closing prayer
6. Lunch will be served at Noon

Lest we Forget

– NOVEMBER 11 –

Cw7áoz kws lhápenem l tsícwa qvltwacwcitumúlitás
We will not forget those that went to fight the wars for us.

We, the P'egp'ig'lha, of the St'át'imc recognize and honour:

Alfred Copeland

Canadian Inf. 2nd Depot Bn. WWI

Grand Chief James “Jimmy” Scotchman

Canadian Highlanders WWII, 1943–1948

Joseph “Joe” Scotchman Paul

US 3rd Army, 11 Inf. Reg., WWII,
1943–1945

Harold “Dean” Pelegrin

US 82nd Airborne Div. 2nd Inf. Vietnam

Joseph Riley

Unknown

Wilbur Whitney

Unknown

Joseph Copeland

Canadian Inf. 102nd Bn. WWI

Harold Ostrander Sr.

WWII Dates Unknown

Michael Pelegrin

Canadian Armed Forces, WWII, 1941–1945

Paul Scotchman

US Army, 25th Inf. Vietnam, 1966–1967

Dustin Steeves

US Marines

The Ancestral Warriors

Please join us in honoring our St'át'imc Veterans

November 11th, 2018 | 12:00 PM

(After the downtown ceremony)

at the P'egp'ig'lha Community Center

*Lunch will be provided



T'it'q'et

P.O. Box 615
Dilbot, B.C.
V0C 1V0

phone (250) 295-4118
fax (250) 295-4544

Coordinator

12 month Job Opportunity Part time (15 + hours/week)

T'it'q'et received funding from Red Cross for traditional foods project (possibly emergency preparedness tasks – waiting on funding approval); therefore, is seeking a Coordinator to manage and oversee the project. The Coordinator will create programs that will promote individual and family wellness through cultural connections for a healthy living. The successful candidate will be creative, positive and community minded. The Coordinator will have knowledge and experience of the traditional territory, St'at'imc culture, traditions and customs.

Roles and Responsibilities:

The coordinator will:

- Incorporate traditional and contemporary St'at'imc practices into activities
- Strengthen social support structures and networks
- Prepare the community and individuals for future fire events by hosting workshops and activities, in keeping with the criteria and guidelines set out by Red Cross
- Coordinate and organize cultural projects with other team members
- Submit monthly updates and information to the T'it'q'et Newsletter that include a calendar for planned events.
- Write and submit funding reports as required

Qualification Skills and Abilities:

The successful candidate will:

- Be self-Motivated and able to work independently as well as in a team oriented setting
- Possess strong organizational and communication skills
- Have working knowledge of MS Word, MS Outlook
- Have the ability to engage people to build trust and rapport with members
- Maintain confidentiality
- Submit to a vulnerable criminal record check with a vulnerable sector search

Requirements:

- Valid B.C Driver's License
- Must be able to work flexible hours as needed
- Must be able to travel for work
- OFA level 1 or willing to obtain

We would like to thank all interested applicants who apply; however only those short listed for an interview will be contacted.

Apply to: T'it'q'et Attention: Susan Napoleon
Closing Date: November 8, 2019 at 12 Noon.
In Person: 59 Retasket Street
Email: reception@titqet

COMMUNITY DANCE

Special performance by

THE REBEL ROUSERS BAND



**NOV.9TH
2019**

Location: P'egp'ig'lha Community Centre

Free all ages community event

No drugs or alcohol.
No acceptions permitted.

doors
6pm



From Deborah Ann Miller, Civilian Instructor, 3067 Lillooet Army Cadets

The 3067 Lillooet Army Cadets will be placing Canadian Flags and Candles at each of the Veteran's graves in the Rancheree Grave yard. Family members of veterans are more than welcome to participate. Please share with your family if you have a family veteran at the Rancheree gravesite

Dates

Flags:

Sunday, November 3rd @ 1:00pm Placing Flags

Candles:

Monday, November 10th @ 1:00pm Placing Candles

Restricted Fund Request

The T'it'q'et Economic Development Authority is requesting \$90,000 from the Restricted Fund for the Food Security Initiative. TEDA borrowed \$125,000 from Community Futures Development Corporation: Central Interior First Nations in 2016 to start up the Amlec food security project. The initial terms of the loan were that it be paid back in 5 year increments of 31,000. The produce sales operations have not been enough to cover the loan payments to CFDC: CIFN even after we requested the amount be lowered to 16,575/year. The food security initiative may continue but it will be in a different form because garlic sales were not as high as we expected and farming is very labour intensive. This project should become a community initiative instead of a corporate one in order to move forward.

August 21, 2019

We have had a meeting with Luther & Fred Brigman, and they said it was a good idea to transfer from Lytton to T'it'q'et

Brigman Family accept Sylvia Adams as a part of the family

Ricky Brigman

Ricky Brigman

Sylvia Adams

Sylvia Adams

To: T'it'q'et
First Nations
Chief: Kevin Whitney
and Councillors

I have been in a
relationship since 2007
and have three
children with
Rick Brigman a
T'it'q'et member
himself. Therefore,
I Sylvia Adams is
requesting permission
to be adopted into

T'it'q'et First Nation
Band as a member
and be included
with the rest of
my family

Name:

Sylvia Adams
Sylvia Adams
SJA



Brandy Kane, MSW RCSW

Clinical Therapist

(604) 814-9151

brandy@eaglespiritcounselling.com

www.eaglespiritcounselling.com

T'it'q'et Schedule

October 29th & 30th (Tuesday & Wednesday)

November 5th & 6th (Tuesday & Wednesday)

November 20th & 21st (Wednesday & Thursday)

November 26th & 27th (Tuesday & Wednesday)

December 3rd & 4th (Tuesday & Wednesday)

December 10th & 11th (Tuesday & Wednesday)

December 17th & 18th (Tuesday & Wednesday)

January 7th & 8th (Tuesday & Wednesday)

January 14th & 15th (Tuesday & Wednesday)





T'it'q'et Council Report

October 28, 2019

Aspen

Aspen negotiations are ongoing. Forestry industry challenges have caused further delays for Aspen providing comments to the lease. Council is waiting for Aspen to provide dates to meet again. ISC provided T'it'q'et with \$25,000 to help with legal fees for the negotiations.

Housing Policy Funding

ISC approved funding to update our policy in the amount of \$31,100.

Housing Renovation Funding

Additional funding of \$265,775 for housing renovations was approved for another 7 houses. There were 10 homes approved earlier this year for \$191,580.

McCartney's Flat Greenhouse

Preliminary design of the building is currently underway, with funding from the BC Rural Dividend Fund. A preferred building layout concept has been selected, and the preliminary designs of the architectural, electrical, and mechanical components is ongoing. In addition to the design of the building, we will revisit and update the servicing infrastructure designs to accommodate the new site layout, update cost estimates, and update the business case to ensure that the project is still financially viable moving forward.

McCartney's Flat-Water System Upgrades

We are currently awaiting funding announcements on this project. Funding applications have been submitted to the Investing in Canada Infrastructure Program as well as ISC to fund the detailed design and construction of this water system upgrade. ISC has indicated that this project is a priority for funding.

Towinock Water System Upgrades

A Request for Quotes (RFQ) for supplying and delivering a prefabricated water treatment facility for Towinock has been issued. The RFQ process closes on October 29th.

A driller has also been retained to drill the new well, and drilling is expected to take place in November. The remaining construction is expected to take place in the Spring of 2020.

Seton Lake Development

The current phase of this project is complete. We are awaiting a response from BC Hydro to the letter sent by Chief Courteney requesting BC Hydro provide detailed background information on the design of the existing road and onsite drainage, including design drawings or reports, to provide assurances that the infrastructure being transferred to us is adequately designed. If records of this information cannot be obtained, we requested BC Hydro provide a contribution towards funding a drainage assessment, stormwater management plan, and as-required upgrades to the onsite drainage infrastructure if the assessment determines that the current condition is inadequate.

McCartney's Flat Subdivision Feasibility

We are currently awaiting confirmation from ISC on whether the McCartney Flat Subdivision Feasibility project will be funded in 2019.

First Nation Gaming Revenue

T'it'q'et has received the First Nation Gaming revenue for 2019/2020 distribution in the amount of \$339,015.81 and the August / September interest was \$1,190.27.

**SATURDAY
NOVEMBER 9TH
3:00PM**

**P'EGP'IG'LHA
COMMUNITY CENTRE**

RESPECTFUL COMMUNICATIONS WITHIN FAMILIES

**BRANDY KANE OF EAGLE SPIRIT COUNSELLING WILL
BE HERE TO TEACH US RESPECTFUL WAYS TO
COMMUNICATE WITHIN A FAMILY UNIT.**

-DINNER WILL BE PROVIDED-

COMMUNITY DANCE WITH LIVE BAND TO FOLLOW

ENTERTAINMENT BY-THE REBEL ROUSERS BAND

**FAMILY COMMUNICATION CREATES
FAMILY CONNECTION**



P'EGP'ÍG7LHA COUNCIL

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

October 22, 2019

St'at'imc/Hydro Dispute Mediation

The team is being put together to work on the projects coming from the agreement. Al Boldt, former Hydro Employee, has been contracted by SGS as the Capital Planning Manager. Al will be training one of our own St'at'imc members to take over in the future.

5 Year Review

The 5 year review is ongoing.

Treaties

Ongoing work for the St'at'imc Chiefs Council. Many of the issues focus around encroachment by neighboring nations into St'at'imc Territory.

SCC Strategic Planning

The Strategic planning was completed on August 31 and October 1. Elaine Alec facilitated the sessions. SCC staff were to review the notes from the sessions and provide a report on the priority items. The four priorities are Language, Formalize relationships with communities, Develop a unified nation identity, and Nation Guidelines for Community Objectives.

The recommendation is staff should:

- Use the structure of the 2016/17 plan, update the objectives based on the 2019 notes/comments and add a fifth priority goal if the notes/comments warrant a fifth goal.
- Present that draft updated plan to the SCC for review at the December 2019 meeting.
- Report on the list of issues or comments that did not get carried into the updated plan to ensure we didn't miss a priority item.

St'at'imc Chiefs Council

The SCC Secretariat has resigned as of October 31. There has not been a decision on who will be replacing Cathy. A posting has gone out for a St'at'imc Territorial Integrity Manager. This person will be responsible for The St'at'imc Land Use Plan and St'at'imc Land Code revitalization and implementation. This person will be working with communities. After months of consideration and review, the St'at'imc Lands and Heritage Advisory Committee Terms of Reference has been approved. A copy will be distributed once it is out of draft. Art Adolph, Policy Analyst, has arranged a meeting with FLRNORD, Jennifer Reid and the ministry of forests this week (the reason I am unable to chair this PC meeting today) This is to discuss the Interior Forest Sector Renewal Policy Engagement.

BC Cabinet Ministers Meeting

November 5 and 6 has been set for the meeting. I have registered. Shannon will be providing me with a briefing note based on experience with what is happening in our territory. A number of meeting will be scheduled with each minister. The proposed UNDRIP Bill will be presented at this session, a document I haven't been able to get a copy of.

Recognition and Implementation of Rights Framework

Ongoing. This is being referred to as Reconciliation and Engagement.

Environmental Assessment Revitalization

Ongoing.

Referrals

The Referral Committee continues to meet and go

through referrals. Opportunities will be passed on to Chief and Council when they arise and Heritage issues will be brought to Elders Council. Hunting and Trapping regulations are one of the more pressing issues that we are looking at. Sue Sengar is brought in on an as-needed basis to assist with the technical aspects.

PCGAC

The governance working group continues to meet to work on issues from their mandate. At the last meeting, the working group reviewed and revised the June 2019 draft PCGAC Work Plan. There was a discussion with recommendations regarding the exit from LTC. The group also reviewed the governance advisor work description and made recommendations for change to the personnel committee.

Fraser River Rock Slide

Some workers are still working at the site. A big dinner is being planned in December in Lillooet by several nations in appreciation for all the workers.

St'at'imc Eco Resources

The review of SER continues. An SER Shareholders meeting is scheduled for November 13.

Strategic Forest Initiative

This project is ongoing with Sue Sengar leading the project.

Guardian Project

The Guardian project is going very well. Sam and Brandon have been actively monitoring out in the territory and reporting back to the office.



P’egp’íg’lha Guardian Program

Ƙalhwa7acw T’it’q’et!

P’egp’íg’lha Guardian Program so far...
The Guardians continue to be the eyes and ears on the ground for the P’egp’íg’lha of T’it’q’et within the St’at’imc Nation

Highlights:

- Non-St’at’imc members are met at the end of almost every trail and road within the Territory. Regardless of how remote or technical these areas are, they are being accessed by means of land, air and water. Which includes but not limited to Helicopter, Floatplane, ATV, Dirt bike, Mountain Bike, Horseback, Ski, High Performance Off-road Vehicles etc...
- During an outing in the field the Guardians found an unattended campfire along the Texas Creek Forest Service Road (FSR). The fire was actioned and reported to the BC Wildfire Service and the fire was 100 percent extinguished. Conservation concerns are also arising. The Guardians came across 2 black bear paws and 2 pieces of small hide at the Gwyneth Lake Recreation site, 30 minutes up the Hurley FSR past Goldbridge. Conservation Officers have been notified and are investigating into the matter further.
- The Guardians are keeping track of hunters and recreation visitors within the territory, and identifying what activities they are doing, as well as monitoring where they are from.
- The team is doing their best to access every road and trail within the Northern St’at’imc Territory, to explore all areas to assess and gather information relevant to community needs and concerns.
- A rundown RV was abandoned and left as garbage near a trail head on the Duffy, P’egp’íg’lha Council worked together with FLNRO and Police to get the RV removed and the problem resolved.
- A lack of proper road enforcement was noted on the Duffy. This was brought to light and now more patrols are going to be done on the Pemberton side of the mountain.
- We have had Elders and Youth join us during our outings in the field such as, Hubie (Sutikalh), Doug Dan (Lil’wat), Vince Barney and Rex Copeland (T’it’q’et), Howard Bob (Xaxl’ip).
- The Guardians also work closely with the Lillooet Regional Invasive Species Society to help build capacity and better understand the plants and the various impacts invasive species can do to the eco-system around us. We are also learning about the various strategies available to help us combat invasive infestations. A good example being the wild parsnip that was found in the wetland. Strategies are being developed to help address issues like these.

- Places visited include: Duffy Lake Corridor and FSR’s, Hurley FSR, Highline FSR, Della Creek, Texas Creek FSR, Yalakom, Lake LaMare, Marshall Lake, Liza Lake, Mud Lakes, Sunshine, Noel Creek, Kingdom Lake, Seton Ridge, Sandy Point, Slim Creek, 5 Mile Ridge, Carol Lake, Bralorne, Gunn Lake, Goldbridge, Grey-rock, Marriot, Cherise Creek, Larochelle FSR, and more.
- Part of the program is doing outreach work by spreading awareness through-out the Territory about who the P’egp’íg’lha of the St’at’imc are. We do this through our brochures which give a little detail about who we are as St’at’imc and our way of life.
- While out in the field the team also does their best to collect information on botanical and cultural resources. This information can include berry and medicine picking sites, invasive species sites, and archaeology/heritage sites. The Guardians also gather information relating to referrals to help the referral committee make better and more informed decisions.
- The Guardians also work together in house with referral clerk Sidney Scotchman, strategic forestry initiative technician Les Riley, governance advisor Shannon Squire, and Chief Shelley Leech. As well as the Strategic Forestry Initiative committee and Referral committee. P’egp’íg’lha Council and Elders Council.

The P’egp’íg’lha Guardians program, although only in the beginning stages, has been nothing short of successful. The reason for this is the community’s continued involvement and support of what the P’egp’íg’lha Council is doing. The good vibes and synergies continue to be felt here in the P’egp’íg’lha Council offices. We believe team work makes the dream work!

TEAM T’IT’Q’ET!

Kúkwsturnćkacw
All my relations.

Law Making Workshop

T'it'q'et Land Code

T'it'q'et is hosting a Law Making Workshop for Tuesday November 19th. The Interim Lands Committee along with Lands Advisory Board Resource Centre Technicians Shawn Speirs, Gale Starr and Michelle Delorme will facilitate this workshop scheduled to take place in the Kwekwa Centre Council chambers starting at 10 a.m.

Lunch will be provided. The morning session will be open to all Councils, committee members and community members. The afternoon session is intended for the Lands Committee but everyone is welcome to attend that one too!

Morning

- Law making overview
- Land Code procedures for developing laws
- Samples of laws
- Round table discussion
- Review of relevant STP survey data

Afternoon

- Law making exercise Gale Starr/Michelle Delorme
- Enforcement options

—

T'it'q'et Land Code Coordinator

Dean Billy

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 <http://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 certain amount of your treatment. For example, you visit an eye doctor in Kamloops for 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 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

www.titqet.org/administration/health

BLOCK / SPEED WATCH **UPDATE**

**WE HAVE PURCHASED AND MOUNTED
A SPEED BOARD . IT IS ABLE TO
COLLECT DATA AND TAKE PICTURES .
IT CAN BE MOVED FROM POST TO
POST .**

**WE WILL BE MOUNTING BLOCK WATCH
METAL SIGNS IN VARIOUS PLACES
FROM IR#1-5.**

**INTERESTED VOLUNTEERS PLEASE GET CRIMINAL
RECORD CHECK FROM STP AND HAND A COPY TO
SOCIAL DEVELOPMENT OFFICE.**

THANK YOU

BLOCK/SPEED WATCH CONTACT-

Shawna Riley

250-256-4118 Ext 229

socialdev@titqet.org



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:



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"

Kukwstumúlhkacw!

I just wanted to take the opportunity to say thank you to the community. I have taken a job in Kamloops as I would like my daughters in a larger centre for high school. My last day at P'egp'ig'lha Council will be October 25th.

I have spent the last 23 years in the St'át'imc territory. I worked for Creekside in Lil'wat for two years prior to moving to Lillooet in 1998. I worked for Stl'atl'imx Nation Hydro for 11 years, then Tsalalh Development Corporation and finally P'egp'ig'lha Council since 2013. I have learned so much from each of these experiences and met so many incredible people.

Thank you to the P'egp'ig'lha Council for your support and guidance. You have a solid foundation built for your future. I hope that you continue to grow and expand your commitment to protecting St'át'imc Title and rights.

Thanks to all the staff that have worked with the P'egp'ig'lha Council. We have shared many fun times. The work that we have done is incredibly important for you and your future generations. I am so proud of all of you.

I also want to acknowledge the great team under T'it'q'et Administration that have been so incredible to work with. A special acknowledgement to Janice who has always been so supportive.

Thanks especially to Chief Shelley Leech who is such an amazing, smart leader and person. It has been an honour to work and learn from you. Your kindness, compassion and creativity is

something I admire so much. It has been a real gift to be able to spend this time with you. I will really miss you.

I also want to acknowledge Kukwpi7 Mike Leach who I have known since I have moved to Lillooet and who has been one of my greatest teachers. We have shared a lot of laughter and life together. I really appreciate your guidance and lessons. You are truly a great leader.

While we are moving on, a big piece of my heart will always remain in the St'át'imc Territory. I thank you all.

With respect,



Shannon Squire



Information regarding vaping and cannabis use and support for persons who wish to seek treatment can be found at:

BC Gov – [Health Link BC – Vaping Information](#)

BC Gov – [Health Link BC – Cannabis Information](#)

- “dabbing” is heating concentrates of cannabis on a hot surface then inhaling through a “dab” rig

Influenza Vaccine Campaign 2019-2020 Update #1

Eligibility: There are no changes in the eligibility this year. Influenza vaccine is recommended for everyone and provided free to individuals at high risk of complications and their caregivers/close contacts. This includes:

- Children 6-59 months
- Seniors
- Pregnant women
- People 5-64 years with chronic health conditions
- Visitors to health care facilities
- Essential community service providers

| Publicly funded Influenza vaccines available this season: | | |
|---|--|---|
| Age | Children 6 months to 17 years | Adults 18 years + |
| Trade name | Quadrivalent Inactivated Influenza Vaccine (QIIV) FluLaval® Tetra Fluzone® Quadrivalent | Trivalent Inactivated Influenza Vaccine (TIIV) Fluviral® Agriflu® |
| | Please do not miss an immunization opportunity. When intended product is not available, all four products can be used for ages ≥ 6 months. | |
| Strains | A/Brisbane/02/2018 (H1N1) pdm09-like virus* A/Kansas/14/2017 (H3N2)-like virus* B/Colorado/06/2017-like virus (Victoria lineage) B/Phuket/3073/2013-like virus (Yamagata lineage) in quadrivalent vaccines only *The A/H1N1 and A/H3N2 components of the vaccine have been updated for this fall | |
| Egg Allergy | People with severe egg allergy (including anaphylaxis) can be offered any influenza vaccine | |

Please Note: Flumist® is not available this season, publicly or privately, due to undisclosed decisions by AstraZeneca.

Influenza vaccine for seniors: Publicly funded vaccines for seniors include Fluviral® or Agriflu®; both are recommended by the National Advisory Committee on Immunization (NACI) for immunization of all ages. Another option for seniors is Fluzone® HD, a high dose trivalent inactivated influenza vaccine.

Fluzone® HD is license for those 65 years and older and provides better protection for this age group against influenza and its complications. Additional details can be found in the [NACI statement on Influenza vaccines](#) or in the [BCCDC FAQ on Fluzone® HD](#). Despite the lack of public funding, we recommend Fluzone® HD be offered to those 65 years and older. Availability and cost may vary, but Fluzone® HD is available for purchase without prescription at select pharmacies and Travel Medicine and Vaccination Centres.

Influenza vaccine ordering and distribution process: Immunizers who provided flu shots during the 2018-2019 season do not need to place an initial order for influenza vaccine. They will receive a vaccine allocation based on reported usage during the previous year.

MEDICAL HEALTH OFFICERS UPDATE

October 1, 2019

In this Issue:

- Vaping or Dabbing New Reporting Requirements
- Influenza Vaccine Campaign Update #1
- Immediately Notifiable Communicable Diseases

To view previous MHO UPDATES, go to:

<https://www.interiorhealth.ca/AboutUs/Leadership/MHO/Pages/MHOUpdates.aspx>

Medical Health Officers:

Dr. Trevor Corneil

Dr. Kamran Golmohammadi

Dr. Silvina Mema

Dr. Sue Pollock

Dr. Karin Goodison

CONTACT INFO:

Duty MHO line (24/7)
1-866-457-5648

New Reporting Requirements for Severe Pulmonary Disease Associated with Vaping or Dabbing*

The US Centers for Disease Control and Prevention (US CDC) has received reports of over 530 possible cases of severe pulmonary disease and 7 deaths associated with vaping¹ or dabbing², which are dispersed in 38 states.

The time between exposure (vaping or dabbing) and symptoms ranges from a few days to a few weeks. No single substance or e-cigarette product has been consistently associated with illness.

Presenting symptoms have included cough, shortness of breath, chest pain, gastrointestinal symptoms (nausea, vomiting, and diarrhea) and non-specific constitutional symptoms (fever, fatigue, weight loss). Signs have included hypoxemia, fever, and tachycardia.

Chest imaging may show bilateral pulmonary infiltrates or ground glass opacities. Cases have been severe such that supplemental oxygen, assisted ventilation, and intubation have been required. Gastrointestinal symptoms sometimes preceded respiratory symptoms.

Please contact the MHO if you have a patient who meets the following criteria with symptoms onset on or after June 1, 2019:

1. Reports vaping or dabbing using e-cigarette devices, related products or other means of Inhaling a variety of products in the 90 days before symptom onset, AND
2. Who has pulmonary infiltrates on X-ray imaging, AND
3. Whose illness is not attributed to other causes.

The MHO can be reached during business hours via the IH Communicable Disease Unit at 1-866-778-7736 and after hours via the IH MHO On-call number: 1-866-457-5648.

A more detailed description and up to date case definitions for both probable and confirmed cases can be found at:

US CDC – [“Outbreak of Lung Disease Associated with E-Cigarette Use, or Vaping”](#)

US CDC – [“Severe Pulmonary Disease Associated with Electronic-Cigarette-Product Use — Interim Guidance”](#)

What does the act mean?

The Act respecting First Nations, Inuit and Métis children, youth and families (formerly Bill C-92) was co-developed with Indigenous partners and became law on June 21, 2019.



As an Indigenous child...

- The act can help you stay with your family and community.
- If you are currently in care, the act can help you return to your family.
- The act recognizes and prioritizes the importance of you staying connected with your language, culture and community.
- Financial, health or housing challenges should not be the only reason you are separated from your family.



As a parent or care provider of an Indigenous child...

- The act can help the children you care for stay with you.
- If a child was already removed from your care, the act can help that child return to you or any adult family member.
- The act will guide service providers to prioritize that Indigenous children stay connected to their language, culture and community.
- A child will not be removed from your care or from the care of his or her family only because of financial, health, or housing challenges.



As an Indigenous governing body, community or people...

- The act affirms your jurisdiction over child and family services for section 35 rights holders, which includes First Nations, Inuit and Métis.
- The act provides a framework for you to enact your own laws in relation to child and family services which could extend to all of your members no matter where they are located in Canada.
- Your laws will need to be consistent with the minimum standards established by the act in sections 10 to 35.
- To facilitate the exercise of your legislative authority over child and family services, the act allows for tripartite coordination agreements to be concluded which could include fiscal arrangements.
- An Indigenous governing body acting on your behalf will be notified of any significant measures taken in relation to a child from your community, and will be able to make representations in court regarding that child's care.

As a provincial or territorial government...

- The act establishes principles to be applied nationally, including by the provinces and territories.
- These principles are to be interpreted as minimum standards, and provincial and territorial laws could go beyond what is provided in the act.
- The act will have to be applied by courts and by all child and family services providers.
- Provinces and territories will be able to work with Indigenous governing bodies and the Government of Canada toward coordination agreements related to the exercise of jurisdiction by Indigenous groups over child and family services.

This text is based on the Act respecting First Nations, Inuit and Métis children, youth and families. Access the official text at www.parl.ca/DocumentViewer/en/42-1/bill/C-92/royal-assent

AN ACT RESPECTING FIRST NATIONS, INUIT AND METIS CHILDREN, YOUTH AND FAMILIES

WHAT YOU NEED TO KNOW ON DAY ONE

WHEN DOES IT COME INTO EFFECT?

JANUARY 1, 2020

INHERENT RIGHTS



First Nations laws come into effect when passed and inherent rights mean that First Nations must drive the process and act according to the self-determined choices of the rights and title holders who are members of the First Nation. This Act did not establish those rights, merely affirmed these inherent rights to make law, policy and decisions for First Nations children and families according to First Nations laws, traditions, practices, customs and values.

WHAT MORE NEEDS TO BE DONE?

With all laws, there are changes that will be required as the law applies and issues arise. However, the major issue is funding. The funding principles in the preamble, and section 20 are weaker than what were proposed by the Chiefs of Canada and many others. Ongoing effort to push for strong fiscal support, policy and law changes will continue and should be coordinated and strategic.



IF YOU HAVE CASES IN THE SYSTEM, WHAT DO YOU DO?



1. Continue to take every opportunity to advocate for your children and families directly with your authority as Chiefs.
2. Take C-92 to social workers, lawyers and courts and point to it as basis for a major shift and indicate that you expect families to remain together with support.
3. Point out the provisions of C-92 that give you either **STANDING** as a party in the case or the right to make **REPRESENTATIONS** in Court on cases involving your children and families. Encourage your grandparents, parents and relations to attend and stand up for their children and families.

AN ACT RESPECTING FIRST NATIONS, INUIT AND METIS CHILDREN, YOUTH AND FAMILIES

WHAT YOU NEED TO KNOW ON DAY ONE

ASKING FOR REASSESSMENT OF CASES DECIDED BEFORE C-92 (SECTION 16(3))



The Bill allows for ongoing reconsideration if the placement of the child is appropriate. A child or children may have been placed under the provincial system in foster care. This might need to be reconsidered under this new Act. The Act provides for placement reassessments on an ongoing where it is in the best interests of the child.

To ask for reassessment of a case where a child was brought into care before C-92, talk to the Delegated Aboriginal Agency, the social worker, a community advocate, a lawyer or the Courts.

STANDING AS A PARTY AND MAKING REPRESENTATIONS IN COURT (SECTIONS 13 & 32)

C-92 expands who can be a full party in a child welfare matter. It is not only the Chief (as is currently the case under provincial law) but includes parent and care provider (grandparent, aunt, etc). Standing means the RIGHT to be a full part of the entire process to be heard throughout and speak directly to the Court.

C-92 allows Indigenous governing bodies—which can be Council or organizations identified and designated by the First Nation Government (agency, etc) to make “representations” in cases. This means speaking about the child and circumstances and advocating for the rights of children and families to stay together, transmission of language and culture, and to address the treatment they may have received from child welfare officials if it is not considered consistent with the rights of First Nations peoples.



NOTICE AND YOUR RIGHT TO BE KEPT INFORMED (SECTION 12(1))



Bill C-92 strengthens the obligation to keep Nations and families informed about decisions related to their children and families. Subsection 12(1) states that services providers MUST provide notice to the child's parent and their First Nation BEFORE any significant measures are taken.

For more information contact Mary Ellen Turpel-Lafond: METL@woodwardandcompany.com



Greetings:

Christmas time is near!! T'it'q'et Administration is putting together a Christmas hamper raffle fundraiser. We would like to gather as much non-perishable food items, fruits and vegetables, and gift hamper items as we can from staff and community members. The purpose is to have a Christmas hamper raffle, which all proceeds will go to help cover the cost of the T'it'q'et community Christmas party.

Our goal is to gather as much items to raffle off 9cu.ft chest freezer, 1 turkey hamper and 1 Ham hamper prizes, which will include a turkey and a ham donated by T'it'q'et Health department . We are encouraging members to contribute towards the hamper and help sell raffle tickets.

If you would like to help by donating items, we have donation boxes located at the front desk at the P'egp'ig'lha community centre building. No donation is too big or too small. The raffle will be drawn at the Christmas party.

For more information, please do not hesitate to call me at the office Monday to Friday from 8am to 4pm, (240)256-4118 ext. 225.

Raffle books will be ready for selling Mid-November, which will be \$2.00 a ticket or 3 for \$5.00

Thank you

Susan Napoleon

TURKEY HAMPER

AND

HAM HAMPER



DONATIONS
GREATLY
APPRECIATED





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

November 2019 Horoscopes



Scorpio (Oct 23–Nov 21)

It's all about collaboration for you this November, Scorpio. Relying on, and investing in, your close-knit circle of friends, family, community and favoured colleagues. Look to see how you can serve others and help them on their journey. Seek guidance and advice for yourself from those you trust and admire. See your network as a reciprocal circle of good intentions and support - because that IS what it is. Lean on others, and let them lean on you.

Aries (Mar 21–Apr 19)

You're going to reach an important cross roads this month, Aries, and I want you to know and BELIEVE that anything is possible from here. You can (and maybe should) change direction and strike out on a new and inspiring pathway, even if it seems difficult or unrealistic. Pursue your most heart-felt passion, and you will never look back with regrets.

Taurus (Apr 20–May 20)

There is competition and rivalry for the role/relationship/responsibility you've got your eye on RN. That's no bad thing, actually, as it shows you're probably focussing on the right priority. Your rivals, however, don't realise who they're tangling with and may live to regret this. The Taurean will NOT be moved off a pasture they have decided to stay in. They'll soon discover you won't be beaten. Stand firm and fight for what you want..

Gemini (May 21–June 20)

I feel like the men in your life are going to be causing all sorts of shenanigans this month, Gemmy. Brace yourself for an *interesting* time! Whether it's discovering you've got admirers you had literally NO IDEA about, or untangling thorny issues between male siblings/colleagues/

friends, or even facing a challenge with your partner (if they're a guy) give them the benefit of the doubt, be supportive and kind, but if they're being shady - and you know it for a fact - then move on fast.

Cancer (Jun 21–Jul 22)

Take a break from any stressful or draining situations or relationships you've become overly embroiled in. Take a brutally honest look at where your energies are most depleted, and where you feel there's negativity or falseness. Identify the people/situations, and consciously withdraw as much as you can. Redeploy where you put your valuable time and efforts, spend time with those you love and like, with those who have a positive outlook. You'll feel 100% better fast, trust me.

Leo (Jun 23–Aug 22)

Rekindling and reconnection are your theme tunes this November, Leo. Someone (an ex partner or a really close ex friend) is going to re-enter your life - maybe at your bidding, maybe off their own bat - and you'll wonder why you ever let this bond fade. Take a stroll down Memory Lane, whose faces are you seeking? Is it a good time to perhaps extend an invitation, or an olive branch, to someone who once meant so much? You won't regret this. Things have changed, so have you both.

Virgo (Aug 23–Sept 22)

You're not one for doing things in haste or rushing your decisions, but recently you have done just this... and you feel it was a mistake (drat, you KNEW it at the time, didn't you?!) Don't worry, nothing is irretrievable, and the damage is all lightweight. The key here is to seek the life lesson from your actions, the wisdom about what you did and what then happened which will help you NOT make this error of judgement again. Once bitten, twice shy, in future...

Libra (Sept 23–Oct 20)

Something is going to be revealed this month which will help you to make significant headway in your career, so keep your radar for news, information (even gossip...) sharp. Don't act until you feel you've learned something new, because you may be stepping in the wrong direction without this guidance to help you focus. There are rewards and monetary prizes down this pathway, so be bold and brave- it's worth it!

Sagittarius (Nov 22–Dec 21)

As we come into your season, your super-powers are blossoming! With a tiny bit of effort and focus, you can blast through any limitations, obstacles, blockages or doubts you've been feeling recently. Zoom in on something you want to overcome, and make a move. You'll find the challenge was not half as difficult as you imagined, and you're well on your way once more. Any feelings of frustration, boredom, lethargy or confusion will be blown away this month.

Capricorn (Dec 22–Jan 19)

A trio of Swords character cards indicates relationship conflicts and tensions are going to bubble up to a head this November, which actually is no bad thing (it will clear the air). It's likely that this concerns a group of people - like a family, or workplace team - vs a 1:1 bond, and it's likely that the conflict is about differing opinions and approaches to how stuff gets done. We all think differently, and the greatest feat ever is to get people to listen, understand and compromise their views into something everyone can live with. Try to help make this possible (you're strong and respected enough) - lead by example.

Aquarius (Jan 20–Feb 18)

What others don't know about your relationships is what makes them YOURS - they are (and should remain) a blank space on others' maps. It's private. It's intimate. It's between the two of you. Remember this sentiment this month if you're tempted to try and get others' opinions, or even involvement, in an issue you're having with a partner/friend/family member. Try to sort this out yourself, try to protect that 'wall' between your relationship and the outside world because once it's breached, it cannot be rebuilt. Sort this out privately.

Pisces (Feb 19–Mar 20)

You are worried history is repeating itself in some way in your life, and you're sleepwalking into a repeat performance of a play you didn't enjoy the first time around. Instead of worrying about this, reliving the old drama, or dwelling on the echoes from it... make a change and dig yourself out of this rut. Don't risk a re-run of something which you vowed never to let happen again. Whatever this is, small or large, nip it in the bud now. You'll feel so much more powerful and in control - because... you are!



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 #

December 2019 Newsletter Submission Deadline

Friday, November 22nd 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