

Newsletter

April 2020

T'IT'Q'ET APRIL ISSUE:

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T'it'qet Council Report–Page 12

TO SUBMIT TO NEWSLETTER

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



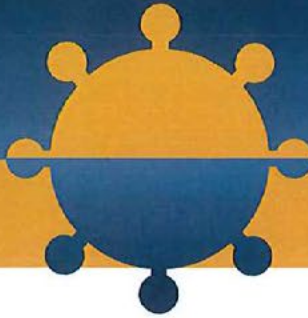
Community Events

April	
1 We	• Recycle Day
2 Th	
3 Fr	
4 Sa	
5 Su	
6 Mo	
7 Tu	
8 We	
9 Th	
10 Fr	Good Friday
11 Sa	
12 Su	
13 Mo	
14 Tu	
15 We	• Recycle Day
16 Th	
17 Fr	
18 Sa	
19 Su	
20 Mo	
21 Tu	
22 We	
23 Th	
24 Fr	
25 Sa	
26 Su	
27 Mo	
28 Tu	
29 We	
30 Th	



Recycle Days

March 1st and 15th
first and third wednesday of the month

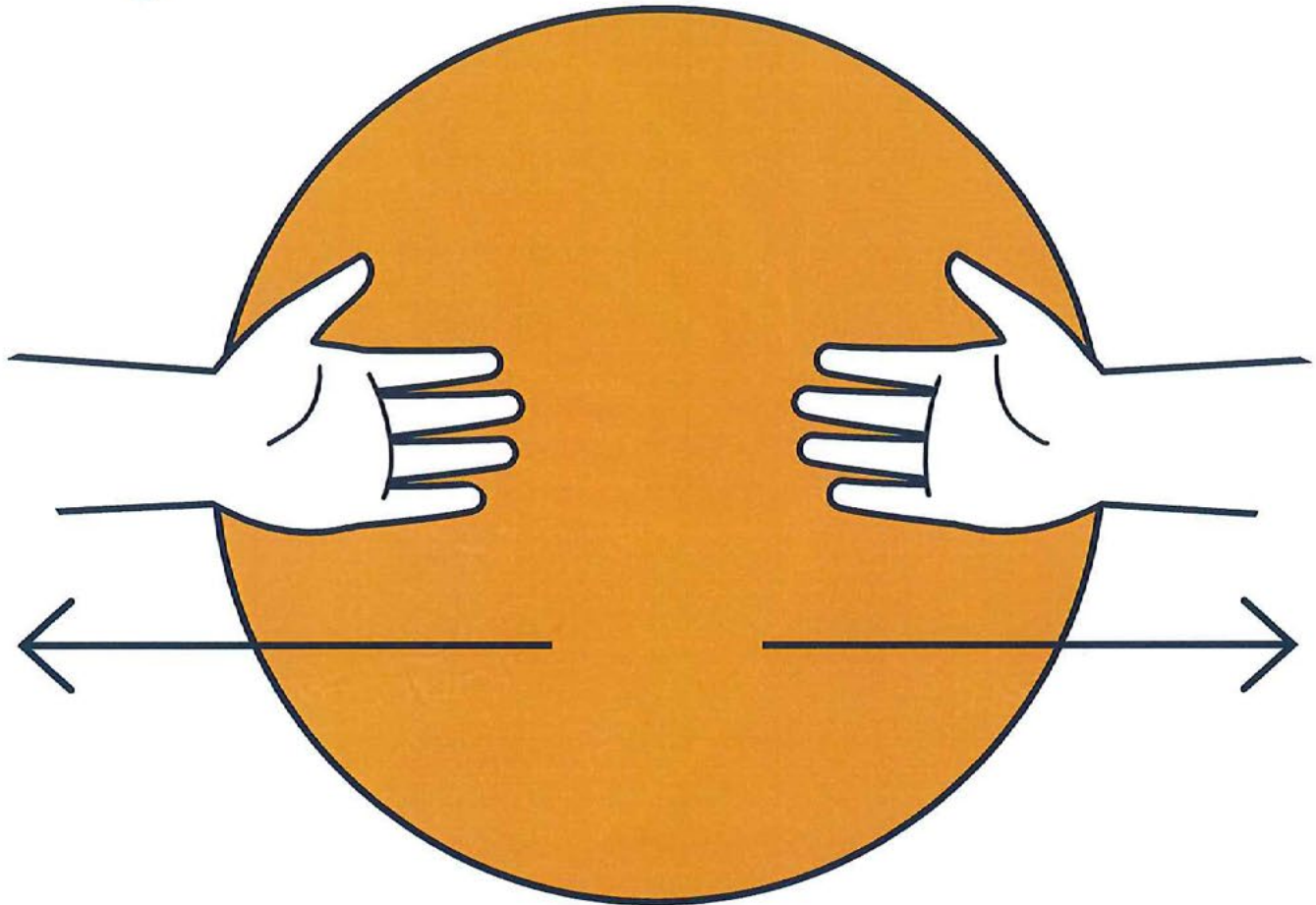


Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health


BRITISH COLUMBIA
Ministry of Health

REDUCE THE SPREAD OF COVID-19




PHYSICAL DISTANCING IN PROGRESS

Maintain a distance of at least
2 arms lengths from others.




BRITISH COLUMBIA
Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.





ST'ÁT'IMC OUTREACH HEALTH SERVICES
 Lillooet Tribal Council
 PO Box: 1420 650 Industrial Place Lillooet, BC V0K 1V0
 Tel: (250) 256-7530
 www.statimchealth.net

Open 8am – 5pm
 Monday – Friday
 Closed noon – 1pm
 & Statutory Holidays
 Fax: (250) 256-7535

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

March 25, 2020

St'at'imc Outreach Health Services supporting community, this weeks schedule

All staff are working from home and promoting safety for everyone, social distancing, self isolating

Youth Clinician, Ellie, contact via phone or text message to (778) 209-8552 or email youthclinician@statimchealth.net and she can arrange for phone or Zoom session.

Matilda, Addictions Worker, is in communication with her present clients by email and phone.

Ricardo, connecting by email at rpickering@statimchealth.net, can do teleconferencing, video conferencing, or by phone 250-842-8552. Hours 7:30 am to 7:30 pm, everyday until the crisis is over. Please call to arrange.

Cole, March 26, 27, 8:00-4:00, contact by email clevitt@statimchealth.net or phone cell (778) 220-1410. Next week, Monday 8-4, Wednesday 1-5, Thursday 8-4, Friday 8-4. Can communicate by email, telephone, Zoom, teleconference. Cole has emailed the health leads.

Rocker Brady, currently volunteering with Xwisten, and setting up video conferencing for NA meetings. Present participants are being contacted. A moderator for SOHS FB page.

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Steve, Cultural Liaison, All by phone or messenger requests for medicine, Juniper and Cedar. There is a need for other Medicines he will see if I can get that for the communities. Phone (250) 299-6994.

Janice, EMWM, contact by email, jknighton@statimchealth.net for coordination of information sharing, uploading relevant support services to SOHS Supports Facebook Page, <https://www.facebook.com/SOHS-Supports-Lillooet-104626541186819/> and collaborating with Darryl Adrian with emergency conferences. Health leads can connect by email for further information and or support.

If unable to connect with staff, the contact is either Heather or Janice.

In unity for a positive outcome,

Janice Knighton

Emergency Mental Wellness Coordinator

SOHS



HealthLinkBC helps you **learn** about health topics, **check** your symptoms and **find** the health services and resources that you need for healthy living.

Dial 8-1-1 to consult with a nurse, pharmacist or dietitian or visit HealthLinkBC.ca for easy access to help you find the health services you need, closest to where you live.

Our website has medically-approved information on almost 6000 health topics and over 5,000 services in our searchable database, along with reliable information on prescription and over-the-counter drugs through a comprehensive medication library.

8-1-1



HealthLinkBC.ca



BCHealthGuide



HealthLinkBC

ABORIGINAL LEARNING LINKS is a web portal that provides resources for Aboriginal learners wishing to pursue or continue college or university (post-secondary) studies in British Columbia.

Aboriginal Learning Links is a project of the [BC Aboriginal Post-Secondary Education and Training Partners](#) and is maintained by the [First Nations Education Steering Committee](#).

ABORIGINAL LEARNING LINKS

a BC post-secondary resource

- Planning Your Education
- Paying for School
- On-Campus Services
- Child Care
- Former Children in Care
- Housing



www.aboriginallearning.ca



Kanukwa7staliha Family Services

Lillooet Tribal Council

472 Main Street, Lillooet, BC V0K 1V0

Phone: 250-256-7525 Fax: 250-256-7582

Hours of operation: Monday to Friday 8:30am to 4:30pm



STAFF DIRECTORY

KANUKWA7STALIHA FAMILY SERVICES

NAME	POSITION	PHONE # 250.256.7525	EMAIL/CELL PHONE
N/A	Receptionist	250.256.7525	reception@kanukwa7staliha.org
Ina Williams	Team Lead / Administrator	Ext. 203 Cell	iwilliams@kanukwa7staliha.org 250-256-8887
Brenda Frank	Family Preservation Worker	Ext. 207 Cell	bfrank@kanukwa7staliha.org 250-256-5111
Sean O'Donaghey	CYMH Clinician	Ext. 202 Cell	sodonaghey@kanukwa7staliha.org 1-604-722-1453
Francesca Thevarge	Aboriginal Wellness Coordinator	Ext. 209 Cell	awellnessc@kanukwa7staliha.org 778 209 7107
Simone Gunkelmann	Family Support / CYSN Worker	Ext. 204 Cell	familysupport@kanukwa7staliha.org 250-256-3600
Rosalinde Narcisse	Family Find Worker	Ext. 212 Cell	rnarcisse@kanukwa7staliha.org 250-256-8633

ABORIGINAL SUPPORTED CHILD DEVELOPMENT

Terry Hurst	Consultant	Ext. 211 Cell	thurst@kanukwa7staliha.org 250-256-3784
Kayleen Thevarge	Support Worker	Ext. 210 Cell	kthevarge@kanukwa7staliha.org 250-256-3298

LILLOOET MEDICAL CLINIC

P.O. Box 850, Lillooet, B.C., V0K 1V0 Phone: (250) 256-7505 Fax: (250) 256-7591

Terry Miller, BSc, MD, LMCC **Ian Routley**, BSc, MD, LMCC
Nancy Humber, BSc, MD, LMCC, CCFP Cert Surg **Karl Mascher**, MD, DA (SA), FAFP, LMCC
Geraldo Ndeve, MBChB, MD **Gulav Naman**, MD, MBChB, LMCC **Victoria Weber**, MD, CCFP
Sushmita Shivkumar, MDCM, CCFP

March 27, 2020

Dear Patients,

As most of you are aware, the situation in British Columbia regarding COVID-19 has been changing rapidly. We would like to provide you with an update regarding procedures at the Lillooet Medical Clinic.

If you are experiencing COVID-19 symptoms such as dry cough, fever, sore throat please use the COVID-19 Self Assessment Tool which can be found at bc.thrive.health or call 8-1-1 for further instructions.

We are still open during this outbreak. In an effort to continue serving our community we ask that you phone the clinic (250 256 7505) to book a virtual visit or telephone consult. In this way, you will still be able to access the care of your doctor, but without the risk of potentially being exposed to a sick patient in our waiting room. After speaking with your physician, if it is felt that you need to be seen in person, we will make those arrangements. For any patients in need of a Driver's Medical Examination – these have been temporarily suspended by Road Safety B.C. Once it is safe to resume in person appointments, we would be happy to book you an appointment for completion of that exam.

PLEASE DO NOT COME IN TO THE CLINIC unless you have a booked in-person appointment.

This crisis is unlike anything we have experienced in our lifetime. We are working flat out to be there for our patients and families.

Health Care Workers cannot do this alone. What the public does now will impact the health of British Columbians in the weeks and months ahead. Lives depend on your actions now.

Our province is in a state of emergency. Here is the directive from our Provincial Health Officer, Dr. Bonnie Henry:

- Stay home unless absolutely necessary. This means no dinner parties. No shopping. No sports, even outside. Have coffee with a friend online.
- Keep 2 metres or 6 feet away from everyone if you must go out. That's about the width of a car or 2 arm lengths.
- Wash your hands frequently
- Tell your loved ones to do the same

The time is now to do your part to protect those around you. We can't wait one more hour or one more day. Let's save lives together.

Sincerely,

Drs. Routley, Miller, Mascher, Humber, Ndeve, Naman, Weber and Shivkumar

T'ít'q'et LC Report / Newsletter

By Land Code Coordinator Dean Billy

T'ÍT'Q'ET LANDS Report / Newsletter

March 27, 2020

Hello, everyone! Hope these words find you in good health!:

- **Lands Committee**
The permanent T'ít'q'et Lands Committee has been chosen by T'ít'q'et Council. The members of the T'ít'q'etmec Xékmens ta Tmícwa [People of T'ít'q'et Law of the Land] (T'ít'q'et Land Code) Lands Committee are Marilyn Napoleon; Marie Barney; Genevieve Humphreys; Myrus Doss and Kevin Whitney. Their tenure will start on April 1, 2020 and will last for 3 years. At their first meeting they will discuss a meeting schedule and work plan.
- **Law-Making & Enforcement**
T'ít'q'et hosted a law making workshop on March 4th at the PCC gymnasium. Members discussed enforcement of T'ít'q'et laws and also the basics of how law development could take place under the land code. Next step will be to decide on priorities for the community.
- **Natural Resource Management**
- **Lands Administration**
- **Financial Management**
- **Dispute Resolution**
- **Organization Study / Human Resources Management**
- **Communications & Public Relations**
- **Mapping**
- **Traditional Territory**
- **Other Issues Raised**



Bear Teaching

When a bear goes into hibernation, they do it for the health of their community and themselves. In the winter, food is scarce, hibernating allows other animals to have access to the limited resources. It slows the spread of disease and virus among other animals during the season when immune systems are lowered, and energy is limited. It is also a time of conserving health for the bear, the time for reflection. It is a time that allows you to renew, to undergo change, to honour your place in life and food cycles.

It is not a time for anxiety. When it is the time for hibernation, bear can finally relax. All of the stress of finding food, territory, and a mate disappears. The bear believes that they have done enough and trust in themselves. They know this process is necessary and they will come out the other side renewed. Be the bear. Stay home. Rest. Know you were doing this for something much bigger than yourself.



Lillooet Friendship Centre; We are continuing to provide these essential services ongoing:
All coordinators will be providing services by phone/ computer from their homes
during regular hours as of March 25th/ 2020
(This may be revised in the next week)

Violet Dunn - Stopping the Violence
Safe Home
VAP

Everett Tom- Shelter
Food Bank support

Riley Aleck - Cultural Wellness/ A&D

Wendy Parker

Gail Kreiser-Leech - Engaging Youth for Stronger Communities

Kate Aleck - Mental Health Support/ Counselling (250-256-9336)

Please Call - 250-256-4146 to leave a message for service.

Messages will be given to coordinators

or call them on the number you have been provided by the program.

T'it'q'et Council Report

McCartney's Flat Greenhouse

The architect is wrapping up the preliminary design of the building. Urban is hoping to have drawings to send to T'it'q'et for review and comment this week. Once the drawings are complete, Urban will send for the completion of the structural design. Urban is currently working through on the design report and are on track to complete the project before the end of May deadline

Towinock Water System Upgrades

Some components of the water treatment plant have been approved and BI PureWater is currently constructing the building. Lillooet Contracting Ltd. has been actively engaged, and has completed tree removal at the water treatment plant site. Urban is currently on track for construction in May, however it is unclear at this stage how the construction timeline might be affected by COVID-19. Doug from Lillooet Contracting Ltd. has just returned from the US, and is completing his 2-week self-quarantine currently.

Former IR 5 Land Transfer

BC Hydro is currently working on the acquisition of the Foreshore Lands from the Province (Crown File No. 3413173). BC Hydro completed an appraisal of the Foreshore lands and provided the appraisal report to the Province on December 24th. The Province stated that assuming there are no issues a typical turnaround for a Crown Grant approval is 4-6 months after the Appraisal is submitted. Olga Geraskina, BC Hydro followed up with the Province last week and was told that there was no update yet available on this Crown file.

Upon approval of the crown grant BC Hydro should receive a crown grant offer from the Province together with instructions to consolidate the Foreshore lands with the Former IR 5 parcel, there may be other instructions or prerequisites included with the offer that are not known at this time. Survey work

will be required to consolidate these lands into one parcel and to extend the necessary Statutory Rights of Way areas to the new high-water mark. It's anticipated that the Survey work to be completed within 3 months of receiving the survey instructions from the Province.

Once the Survey work and the consolidation of the Foreshore and Former IR 5 lands is completed then BC Hydro can proceed to finalize, execute and register the necessary Statutory Right of Way prior to transfer. Once all of the Statutory Rights of Way have been registered on the consolidated parcel, BC Hydro can then proceed to transfer the lands to T'it'q'et.

At this time, Olga is hoping that everything will be completed within a year (by Spring, 2021). However, she will have a better estimate for a timeline once she hears back from the Province with respect to the Foreshore Crown Grant file.



Post-Secondary Application Requirements

For September enrolment: May 1 (September 2020 enrolment receives priority funding and if a program begins at another time, approval of sponsorship will be based upon funding availability and eligibility of applicants).

Any applications received late or incomplete will be put onto a waiting list according to date received and eligibility.

Application is not deemed complete until the letter of acceptance is received.

Application package

Letter of Intent - describe your educational goals and definite plans for the next academic year, current level of education, intended course of studies, and how long it will take you to reach your goals. Also, include an outline of the intended courses for the first or next year of the program of studies you intend to follow.

Student Funding Contract - outlines the student's contractual responsibilities and it must be signed and returned to the Education Coordinator.

Student Authorization/Waiver - (Release of Transcripts) this document is necessary to permit education staff to access student records. It is important for funding purposes, and on occasion the Education Coordinator has a need to verify that students are attending and passing classes.

New students

The following must be submitted to the Education Coordinator.

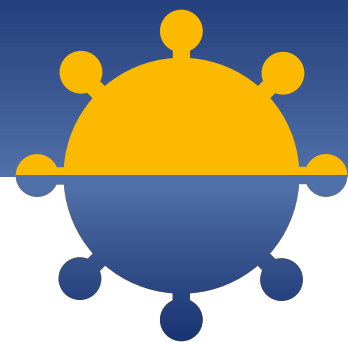
- a) Photocopy of a recent status card
- b) Completed post-secondary application package issued by the Education Department
- c) Letter of acceptance from the academic institution
- d) Proof of Residency (utility bill showing residential address)

- e) Transcripts from previous academic institutions or secondary school
- f) Letter of recommendation from instructor or employer (if available)
- g) Complete, sign and follow through with commitments made in the following forms:
 - h) Application for Educational Assistance (Appendices 15-2)
 - i) Financial Assistance Agreement (Appendices 15-4)
 - j) Student Authorization/Waiver—Release of Transcripts 6.2.3 (Appendices 15-5)
 - k) Statement of Rental Damage Deposit Receipt (Appendices 15-6)
 - l) Student Financial Record (Appendices 15-7)
 - m) Checklist (Appendice 15.14)
 - n) Proof of academic year satisfactory academic standing—June 1 (final transcripts)

PRIORITY

Academic success will be factored into the approval process on an annual basis. In the event that funding is insufficient to meet the educational needs of all applicants, T'it'q'et has established the following set of priorities:

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



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

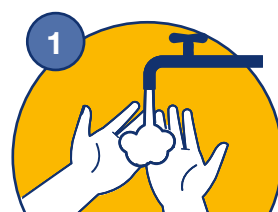


Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1
Wet hands with warm (not hot or cold) running water



2
Apply liquid or foam soap



3
Lather soap covering all surfaces of hands for 20-30 seconds



4
Rinse thoroughly under running water



5
Pat hands dry thoroughly with paper towel



6
Use paper towel to turn off the tap

HOW TO USE HAND RUB



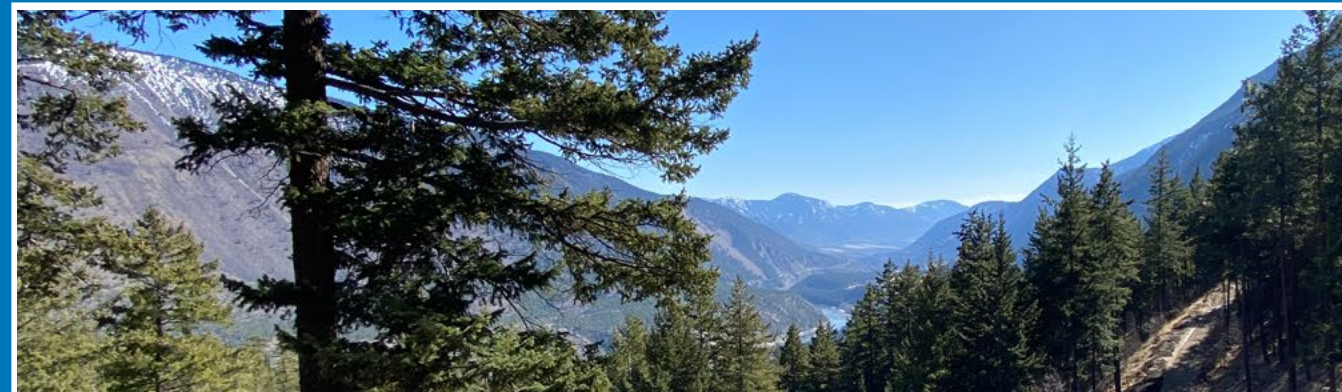
1
Ensure hands are visibly clean (if soiled, follow hand washing steps)



2
Apply about a loonie-sized amount to your hands



3
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)



At the time of writing this piece, it is beautiful outside with days ahead of amazing weather. It is a great time to get outside for many reasons. Here are some suggestions on what you could be doing now to plan for the prevention, removal and suppression of invasive plants in your outside space. Get outside and catch some rays, breathe fresh air, get some exercise and think of what positive things spring can bring. Be well.



First, do you know how to tell the difference between invasive & native plants? Check out the LRISS website and our online Plantwise Booklet.



Second, get out there and look for signs of invasive plants including tumbleweeds and old burrs. Bag these and throw them away.



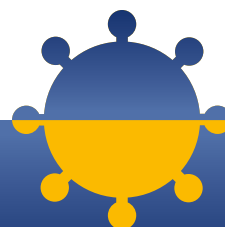
Third, do you have areas of exposed soil? These spots need to be covered with something: grass, new garden bed, or maybe rocks. These areas WILL grow invasives so think about what to do with them now.



Fourth, do you know what invasive plants are the first to show up in the spring? Look up Hoary Cress, Hoary Alyssum, Toadflax & Knapweeds. Learn what they look like when they first sprout so you can pull them.

Fifth, have a chat with your neighbours (on the phone or over the fence) to find out what weeds they are battling. Share information and tips on control. Make sure you aren't unknowingly spreading your invasives to their yard.

Last tip: Get connected to our social media for more information. LRISS posts on Facebook, Instagram, LinkedIn, Twitter and Pinterest.





Mobile Mammogram Screening Clinic

T'it'q'et Health

APRIL 21 TUESDAY

Attention T'it'q'et community members.

If you haven't gotten a mammogram in the last 12 months, are between the ages of 40 and 79 (if under 40 or over 79, a doctor's referral is required, contact Central Office for more information –

1 (800) 663-9203), we've got a mobile mammogram screening clinic coming to you.

There are some risk factors a woman can't control, such as age and genetics, that increase the risk of breast cancer. But there are factors a woman can control, such as lifestyle and behaviours. For many more women, lifestyle and behaviours are much more important factors for breast health than genetic influences. Only 5% to 10% of all breast cancers have a genetic cause; up to 42% are linked to lifestyle factors. The following steps can help reduce your risk of breast cancer:

Maintain a healthy body weight
Maintain an active lifestyle
Limit your alcohol intake
Breastfeed if possible
Weight the risks and benefits of hormone therapy for menopause symptoms.
Get screened regularly

British Columbia's leading cancer organizations have partnered to launch Five Plus, a new website that encourages women to take five steps to reduce their risk of developing breast cancer, plus two actions for early detection.

To view the Five Plus website, please visit www.fiveplus.ca

If you would like to book an appointment, or if you have any questions, contact:

Nicole Napoleon

(250) 256-4118 ext. 241

Medicalclerk@titqet.org

Please stop by to fill out a form with your information to ensure we are able to get all client information to the clinic.

Cancelled

School District No. 74 (Gold Trail)

PO Box 250, Ashcroft, BC V0K 1A0

Phone: 250 453 9101 FAX: 250 453 2425

www.sd74.bc.ca



A MESSAGE FROM THE DISTRICT

March 24, 2020

Dear families,

On March 17th the British Columbia government announced a suspension of all in-person classes for British Columbia Kindergarten to Grade 12 schools due to COVID-19. Since that announcement, the district has been working to create a plan for the continuity of learning for Gold Trail students.

- During the week of March 30th to April 3rd you will be contacted by a teacher from your school to discuss how learning can work for you and your child(ren). We recognize that each family is unique and want to create a plan and a way of delivering learning that will work best for you and your child(ren) during this challenging time.
- Starting the week of April 6th to 10th and going forward, you and your child(ren) will have the resources and contacts you need to proceed with learning from home.

While it will be impossible to replicate the learning that occurs in schools and classrooms each day, we are going to do our best to keep connected with you, keep your child learning and provide you the resources and support to make this time as easy as possible. While it is easy to be overwhelmed with the challenges and stress COVID-19 is placing on all of us, this time may also provide an opportunity to engage in learning as a family that includes play, talking, exercise and the outdoors.

We look forward to welcoming you and your child(ren) back to school when it is safe to do so. In the meantime, stay healthy.

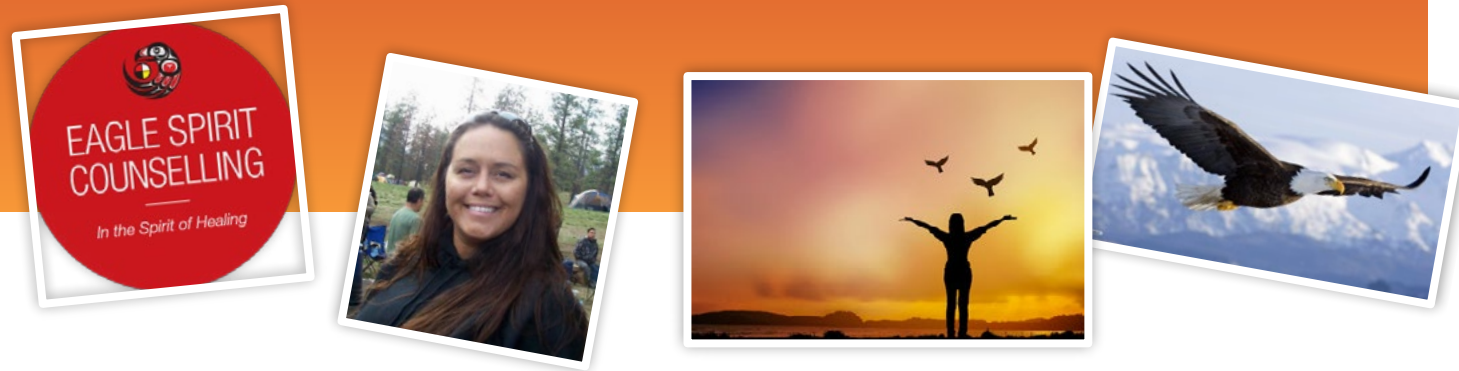
If you have concerns about your health in relation to COVID-19, please go to the BC COVID-19 Symptom Assessment Tool <https://covid19.thrive.health/>

Gold Trail respectfully acknowledges that the land on which we gather is the unceded and traditional territory of the Nlaka'pamux, St'at'imc and Secwepemc First Peoples.

Eagle Spirit Counselling

Brandy Kane MSW RCSW

www.eaglespiritcounselling.com



All T't'q'et in office appointments will be cancelled until further notice. If you already have a scheduled appointment, please contact me to set up an online account or phone session.

During this time of uncertainty, it is important to take care of your mental wellness. Self-isolation and social distancing are detrimental in decreasing the spread of covid-19, which could cause feelings of anxiety or depression. Here are some suggestions to combat these feelings:

- Be with nature, take walks or hikes, go to the water
- Pray and/or smudge daily
- Gardening and/or yard work
- Storytelling and/or games with your children and family
- Cultural activities eg. drumming, beading, harvesting medicines
- Artwork, read a book, sewing, listen to music, meditate
- Keep active, walk, exercise, yoga, stretching
- Connect with family and friends over the phone or social media
 1. Set up a Facebook group or chat.
 2. Meet up regularly online or by phone. Set up a time and day. Stay connected

Online and phone appointments are available.

Contact Brandy at:

Cell phone 604-728-1574

brandy@eaglespiritcounselling.com

	ST'AT'IMC OUTREACH HEALTH SERVICES Lillooet Tribal Council PO Box: 1420 650 Industrial Place Lillooet, BC V0K 1V0 Tel: (250) 256-7530 www.statimchealth.net	Open 8am – 5pm Monday – Friday Closed noon – 1pm & Statutory Holidays Fax: (250) 256-7535
<i>Xaxli'p / Xwisten / Tsa'alh / T't'q'et / Ts'kw'aylaxw / Sekw'e'l'was</i>		

March 25, 2020

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In unity for a positive outcome,

Janice Knighton

Emergency Mental Wellness Coordinator

SOHS




ST'AT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council
 PO Box: 1420 · 650 Industrial Place · Lillooet, BC V0K 1V0
 Tel: (250) 256-7530
 www.statimchealth.net

Open 8am – 5pm
 Monday – Friday
 Closed noon – 1pm
 & Statutory Holidays
 Fax: (250) 256-7535

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

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

Min Children and 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'at'imx Tribal Police, emergency **250-256-7767**
- RCMP **250-256-4244**, Lillooet
- Ambulance **250-256-7111**

T'IT'Q'ET COUNCIL RESOLUTION

The Council of the T'it'q'et	
Date of duly convened meeting: March 27, 2020	

DO HEREBY RESOLVE:

STATE OF EMERGENCY

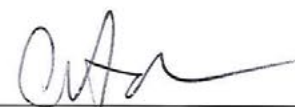

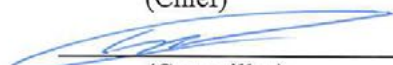
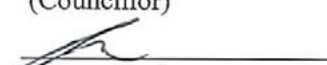


For the safety of our members, T'it'q'et has declared a State of Emergency on the T'it'q'et reserve communities of IR 1, 1B, 2, 3, 4 and 5 for precautionary reasons related to COVID-19.

EFFECTIVE IMMEDIATELY:

- Local traffic only on reserves IR 1,1B, 2,3,4,and 5
- Community members who do not currently reside on of IR 1, 1B, 2, 3, 4 and 5 reserves should not return to the community but remain in your current location and follow the local authority's COVID - 19 health and safety guidelines.
- **DELIVERIES OF GOODS & SERVICES** (screened by Chief and Council) will be allowed into the community, with minimal contact with community members.
- **NON-ESSENTIAL TRAVELLERS & NON-RESIDENTS:**
 - will be asked to TURN AROUND and not enter the community, or
 - for TRAVELLERS & NON-RESIDENTS traveling through the community to their destination, NO STOPS WILL BE PERMITTED.
- **All social gatherings of any size are banned.**

Failure to respect this Emergency Order will result in enforcement actions and penalties by T'it'q'et.

Quorum 3

	
(Chief)	(Councillor)
	
(Councillor)	(Councillor)
	
(Councillor)	(Councillor)

MEDIA RELEASE
For Immediate Release - Attention Editor

OPEN BURNING RESTRICTIONS ISSUED FOR ALL HIGH SMOKE SENSITIVITY ZONES IN BRITISH COLUMBIA

(March 26, 2020 - Williams Lake) The Ministry of Environment and Climate Change Strategy in collaboration with provincial public health partners has issued open burning restrictions for all High Smoke Sensitivity Zones across the province until Wednesday April 15th, 2020. No new fires may be initiated and no additional material may be added to existing fires. A map of affected areas is shown in yellow in Figure 1 and a high resolution image can be accessed on the provincial [Interactive Venting Index](#) webpage.

Real-time air quality observations and information regarding the health effects of air pollution can be found at <https://www2.gov.bc.ca/gov/content/environment/air-land-water/air>.

As cases of novel coronavirus (COVID-19) in BC continue to increase, the BC Centre for Disease Control recommends implementing measures that help to reduce excess air pollution in populated airsheds across the province. There is strong evidence that exposure to air pollution increases susceptibility to respiratory viral infections by decreasing immune function. This means that:

- Deterioration in air quality may lead to more COVID-19 infections overall,
- Deterioration in air quality may lead to more cases of severe COVID-19 infections, adding further demand to our healthcare system, and
- Improvements to air quality may help to protect the whole population from COVID-19 and its potentially severe effects.

Evidence suggests that air pollution from combustion sources is most strongly associated with increased risk of viral infection, particularly vehicle emissions and biomass burning. At this time the BC Centre for Disease Control strongly recommends that open burning of biomass fuels be restricted in areas with high or moderate risk of population exposure to the resulting smoke. While the focus should remain on social distancing to prevent the spread of infection and reduce the number of cases, keeping our air as clean as possible will also help to protect the population during this difficult period. For this reason The Ministry of Environment and Climate Change Strategy is restricting open burning in some parts of the province. These restrictions will be evaluated on a daily basis; the area to which they apply may grow or diminish accordingly.

Mandatory Emission Reduction Actions:

- Pursuant to Section 29(1)(a) of the Open Burning Smoke Control Regulation, the following Sections of the Open Burning Smoke Control Regulation are hereby substituted:

Section 19(b)(ii): "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts;"

Is replaced with: "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts, except for areas which are High Smoke Sensitivity Zone areas identified in yellow in Figure 1, where open burning is prohibited until 9:00 AM local time Wednesday April 15th, 2020."

Section 20(b)(ii): "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts;"

Is replaced with "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts, except for areas identified in yellow in Figure 1, where open burning is prohibited until 9:00 AM local time Wednesday April 15th, 2020."

Pursuant to Section 29(1)(b) of the Open Burning Smoke Control Regulation, these substitutions are effective until 9:00 AM local time Wednesday April 15th, 2020.

Date Issued: March 26, 2020



Daniel P. Bings
For Director, Environmental Management Act
Compliance

Contacts:

Dan Bings
Acting Director, Compliance
Ministry of Environment and
Climate Change Strategy
250-617-0324

Resources in response to COVID -19 impacts



Financial Support:

The new Canada Emergency Response Benefit (CERB)

The Government of Canada has announced a variety of supports to help people facing hardship as a result of the covid-19 outbreak, including the Canada Emergency Response Benefit (CERB). CERB will provide \$2,000 a month for up to 4 months for workers who lose their income as a result of the covid-19 pandemic, and this will be available from March 15, 2020 until October 3, 2020.

Eligibility for the CERB is broadly defined. What we have learned so far is that it applies to workers who have stopped working for reasons related to COVID-19 for at least 14 consecutive days within the four-week period during which they applied for the benefits. To qualify, workers must have had \$5,000 in employment income, self-employment income, or maternity or parental leave benefits for 2019 or in the 12-month period preceding the application. They must also not have received any income during the consecutive days in which they have stopped working, subject to future regulations.

Who is eligible for the CERB ?

- Workers who have lost their job, are sick, quarantined, or taking care of someone who is sick with COVID-19;
- Working parents who must stay home without pay to care for children who are sick, or because school and daycare closures;
- Workers who are still employed, but are not receiving income because of disruptions to their work situation due to COVID-19; and
- Wage earners, as well as contract workers and self-employed individuals who would not otherwise be eligible for Employment Insurance (EI)

How does CERB work with Employment Insurance (EI)?

- Canadians who are already receiving EI regular and sickness benefits as of March 25, 2020 would continue to receive their benefits and should not apply to the CERB.
- If EI benefits end before October 3, 2020, Canadians can apply for the CERB once their EI benefits cease, if they are unable to return to work due to COVID-19.
- Canadians who are eligible for EI regular and sickness benefits would still be able to access their normal EI benefits, if still unemployed, after the 16-week period covered by the CERB.

The CERB will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number. More details are expected to be available in the coming days. [Learn more](#)

This benefit replaces the previously announced Emergency Care Benefit and the Emergency Support Benefit.

Other Financial Assistance and Relief Measures:

Increased Canada Child Benefit

The Government of Canada is providing an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20. This will mean approximately \$550 more for the average family. This benefit will be delivered as part of the scheduled CCB payment in May.

Those who already receive the Canada Child Benefit do not need to re-apply. For more information on the Canada Child Benefit such as how to apply and eligibility requirements, go to [Canada child benefit](#) or call 1-800-387-1193.

Special Goods and Services Tax credit payment

The Government of Canada is providing a one-time special payment by early May through the [Goods and Services Tax credit](#) for low- and modest-income families. The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples.

There is no need to apply for this payment. If you are eligible, you will get it automatically.



Extra time to file income tax returns

The filing due date for the 2019 tax returns of individuals has been deferred. For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020. The Government will also allow any new income tax balances due, or instalments, to be deferred until after August 31, 2020 without incurring interest or penalties. [Learn more](#)

Note: If you expect to receive benefits under the Goods and Services Tax credit or the Canada Child Benefit, we encourage you to not delay your 2019 return filing to ensure that your entitlements are properly determined.

Tip: If you don't already have a My CRA Account, it's good idea to apply for one now as it does take some time for CRA to mail you your password by regular post.

Reduced minimum withdrawals for Registered Retirement Income Funds

We are reducing the required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020. Similar rules would apply to individuals receiving variable benefit payments under a defined contribution Registered Pension Plan. [Learn more about Registered Retirement Income Funds](#)

Introducing the BC Emergency Benefit

The B.C. Emergency Benefit for Workers will provide a one-time \$1,000 payment to people who lost income because of COVID-19. B.C. residents who receive federal Employment Insurance, or the new federal Canada Emergency Response Benefit are eligible. Applications for the one-time payment will open soon.

Increased BC Climate Action Tax Credit

A one-time enhancement to the climate action tax credit will be paid in July 2020 for moderate to low-income families: An adult will receive up to \$218.00 (increased from \$43.50). A child will receive \$64.00 (increased from \$12.75). <https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports#BCEBW>

Mortgage Support

Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19. Canadians who are impacted by COVID-19 and experiencing financial hardship as a result should contact their financial institution regarding flexibility for a mortgage deferral. This allows flexibility to be available – when needed – to those who need it the most. [Learn more](#)

Contact your financial institution for further mortgage assistance.



Housing in BC

- Immediate halt on all evictions in BC, except for extreme case involving safety concerns and court-ordered evictions.
- The province has announced a freeze on rental rates. No rent increases are allowed in BC, effective April 1.
- A new rental supplement to provide up to \$500/month towards rent, paid directly to landlords. Application instructions to come.

BC Hydro

Has announced bill deferral, payment plans, as well as [crisis funding](#) is available. Call 1-800-BC-HYDRO.

Auto Insurance

ICBC customers on a monthly payment plan may defer their payment for up to 90 days with no penalty. You can apply online: <https://onlinebusiness.icbc.com/eforms/dotcom/jsp/ACG398.jsp> or Call 604-661-2723 or

1-800-665-6442 to inquire about payment options.

Skills and Learning:

Lynda.com is now being provided for free by the Vancouver Public Library (VPL) and many other libraries in the Lower Mainland. Lynda.com hosts learning topics, from how to use a variety of software programs, to programming, to all sorts of business and workplace topics, to the fun subjects such as photography and song writing. You can access the free online resources remotely using your VPL card. When you access the site, you will have to login with your VPL barcode and PIN, and you will be asked to provide an email address. https://www.vpl.ca/extDB/login.remoteDB_Ly?LyndaDotCom

Coursera is an online learning platform that offers massive open online courses, specializations, and degrees. To see free courses, visit: <https://www.coursera.org/courses?query=free>

edX is a massive open online course provider. It hosts online university-level courses in a wide range of disciplines to a worldwide student body, including some courses at no charge. <https://www.edx.org/>



Learning can be a big help in this time of isolation and distance from many of our familiar connections of work and friends.

COVID-19 BC Support App and Self-Assessment Tool: This app offers latest updates, trusted resources, and alerts. The Self-Assessment online tool will determine whether you may need further assessment or testing for COVID-19. <https://bc.thrive.health/>

Mental Health Support

Mental health is an important part of your physical health and personal well-being. Stress, anxiety, and depression are not unusual for people of all ages especially during this very challenging time.

Employee and Family Assistance Program (EAP)

Family Services (fseap) is our confidential counselling assistance available for staff and their family members. You can access their services by calling 1.800.667.0993

[BC Government](#) has put together a number of Resources to Support Your Mental Health and Wellbeing.

Ministry of Mental Health and Addictions: Built to create a seamless, coordinated network of mental health and addictions services that works for everyone in BC, as well as lead the response to the overdose crisis. <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/mental-health-addictions>

Bounce Back: A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Call toll-free: 1 866 639-0522 or visit: www.bouncebackbc.ca.

MindHealthBC: Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you’re struggling with depression, anxiety, or other mental health or substance use challenges, please visit the website for information and recommendations for further support in Vancouver, Richmond and other coastal communities. www.mindhealthbc.ca

We hope you will find this resource a useful overview. Please be aware that as the COVID – 19 situation evolves, information in this document may become out of date. Always visit the [Government of Canada](#) website and check the links provided to make sure you have the most up-to-date information.



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

April 2020 Horoscopes



Aries (Mar 21–Apr 19)

You’ve come a long way already, and invested much effort, but you’re not sure you want to carry on here. Who says you have to? The Fool reveals you are going to break away, head off in a new direction, and change your trajectory dramatically. Others may comment, but you don’t care, this is YOUR life. The Five of Cups shows that you are driven by not wanting to repeat past mistakes, or end up in a similar situation as before. You are making these changes consciously, and for a good reason. Power to you!

Taurus (Apr 20–May 20)

Tools down, Taurus. Take a break. The Ten of Wands shows you have been overworked and spread too thinly recently, and it’s time to step back and re-energise. The Sun shows a lil’ vacay would be good, somewhere warm and sunny please. The Six of Cups shows a lil’ trip down Memory Lane would be nice too. Revisiting old places, activities and social circles which once meant a lot to you. Something is due a revival! Maybe an old friendship (or love...) or just a hobby or interest which once absorbed you.

Gemini (May 21–June 20)

You’re in a very Gemini kinda’ mood this month: full of ideas and options, but not really sticking to any one thing. The Seven of Cups shows your imagination is working full throttle right now, and spewing forth ideas and opportunities at a rate of knots.



The Three of Cups shows the enormous fun you have playing with your creativity, but the Page of Swords hints that you’re in danger of not embedding any of it in a tangible way. Flitting here and there, starting but not finishing projects, making big efforts which then fall away. Force yourself to prioritise, to focus, and to see some of this through, because it’s gold dust!

Cancer (Jun 21–Jul 22)

The Nine of Wands indicates there is a challenge ahead, but don’t worry because it’s not as bad as it seems and you’ve got the resilience and skill to overcome it easily. And, once you have, everything falls into place. The Six and Ten of Coins are wonderful cards about generosity, prosperity, security and comfort. All of your efforts are going to pay off, your sacrifices will be rewarded, your efforts recognised. So, keep going my friend, because there IS light at the end of this particular tunnel. And it’s bright!

Leo (Jun 23–Aug 22)

A decision about your finances is your priority this month, Leo, which sounds dull but it doesn’t have to be! The Two of Swords shows this is something you’ve been putting off, or avoiding altogether. Well, it’s crunch time, and you need to knuckle down and sort this out. The Six and Queen of Coins combine to reveal this is an opportunity to

step up, take charge, feel more secure and in control of your material resources than ever. Make your money work for you. Review your incomings and outgoings, and investment or savings schemes, pension and future plans. Many positive changes can be achieved here.

Virgo (Aug 23–Sept 22)

A private mission or quest is emerging in your world, Virgo, and I’m super-curious as to what it’s all about! The Seven of Swords, however, shows that you’re in no mood to share your plans and ideas, you’re keeping your powder dry until you’re totally ready to make a start. Sometimes that’s the best bet: not diluting your ideas with others’ opinions and inputs. The Knight of Wands sees you are stepping out of your comfort zone with this project, and that’s something you want to do in your own space and time, with no one watching thank you very much! The Chariot is a powerful card of progress and momentum, so whatever it is you’re up to... it’s going to be great!

Libra (Sept 23–Oct 20)

An emotional, but necessary and natural, ending unfolds in your life this month. The Ten of Swords is a clear indication of cutting your losses, severing ties, moving on. Judgment, too, is about the conscious process of turning the page, reviewing the story so far, atoning for and acknowledging

your role, and then taking that deep breath before you start anew. The Queen of Cups adds the heartfelt aspect to this, but don’t worry that you’ll feel sad. In fact, this is a rejuvenating and refreshing chapter. You are ready for this.

Scorpio (Oct 23–Nov 21)

Personal development, character growth and a broadening of your horizons in general are all in scope this April- it’s going to be epic. The Hierophant and Eight of Coins sees you putting your immense talents and strength to positive use. Joining in with something ~bigger~ than yourself- a campaign or movement that you believe in. You decide to be the change you want to see in the world, and take responsibility for making a contribution. Good on you! The Four of Wands reveals this is a project which could turn into a new career path at some point. You are finding the ~thing~ you have faith in, and that you can commit to.

Sagittarius (Nov 22–Dec 21)

Relationships are rarely static, there’s always a new dynamic or intrusion or energy to be contending with, and this month is no different. The Three of Swords and Eight of Cups show that you’re acknowledging a disappointment you’ve encountered in love, and you’re ready to process this wound finally and let yourself heal. It may be an echo from the past, or a current issue. The key thing, as shown by the Two of Cups, is that this relationship (or even friendship)

doesn’t have to be over, this is a turn in the road for the better. So, don’t suppress your feelings. Deal with them. Get past this.

Capricorn (Dec 22–Jan 19)

A frustration you’re facing, as shown by the incompatible and irritating Five of Swords, is actually the key to a major next step, as shown by The World. Sometimes, we need to experience ~growing pains~ in order to recognise where change is needed, and when we’re ready for a new challenge. The Queen of Wands sees you feeling ready and excited about pushing yourself here, taking a risk even, which isn’t your usual M.O. Good for you, Cap, because you’re acting on your instincts, making changes, moving forwards. It’s all for the best.

Aquarius (Jan 20–Feb 18)

A truthful moment, with the blunt and fearless Ace of Swords, unlocks a door to something you’ve long desired, as shown by the wishful Nine of Cups. Maybe you should have opened up earlier, and told them how you truly feel. People aren’t mind-readers, and no one knows that you truly think, or want, deep down. So, blurt it out, express yourself, say your piece. The King of Wands reveals what a risk you feel this is, but the omens are positive so please don’t hold back. The squeaky wheel gets the oil!

Pisces (Feb 19–Mar 20)

People say that life happens when we’re busy making other plans, and these cards make me think that April will feel like that for you. In a good way. Perhaps because you’ve already laid down so much groundwork and preparation that the Universe is now just kicking into action for you. The Emperor shows you making those plans, but The Wheel of Fortune is spinning anyway, of its own accord. The key advice here comes via the ~time out~ Four of Swords, which is a message to step back, let it be, withdraw your efforts and see what unfolds. You don’t need to interfere. This is a destiny phase, so see what the Universe brings you!

For your own unique and personal tarot forecast, visit Kerry’s TarotBella

May 2020 Newsletter Submission Deadline

Friday, April 24th 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