

Newsletter

May 2020

T'IT'Q'ET MAY ISSUE:

This issue is focused primarily on COVID-19 resources and information.

TO SUBMIT TO NEWSLETTER

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



Community Events

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

Garbage Days

Mondays and Fridays
O&M will also
pick up garbage
on recycling days



Recycle Days

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

COVID-19

HOW TO PRACTICE PHYSICAL DISTANCING

STAY HOME AS MUCH AS POSSIBLE.

Stay home when you are sick.



KEEP TWO METRES
BETWEEN YOURSELF
AND OTHERS.

LIMIT CONTACT WITH OTHERS WHEN OUTSIDE YOUR HOME.



USE VIRTUAL OPTIONS TO
CONNECT WITH OTHERS.

AVOID GREETINGS
LIKE HANDSHAKES
AND HUGS.



Learn more about COVID-19 at fraserhealth.ca/COVID19

Sources:
- BCCDC
- Government of Canada (March 27, 2020)

March 27, 2020
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fraserhealth



What is Jordan's Principle?

Jordan's Principle is a child first principle named in memory of Jordan River Anderson. It ensures First Nations children receive the public services they need when they need them. Canada is legally responsible for Jordan's Principle.

Who is eligible?

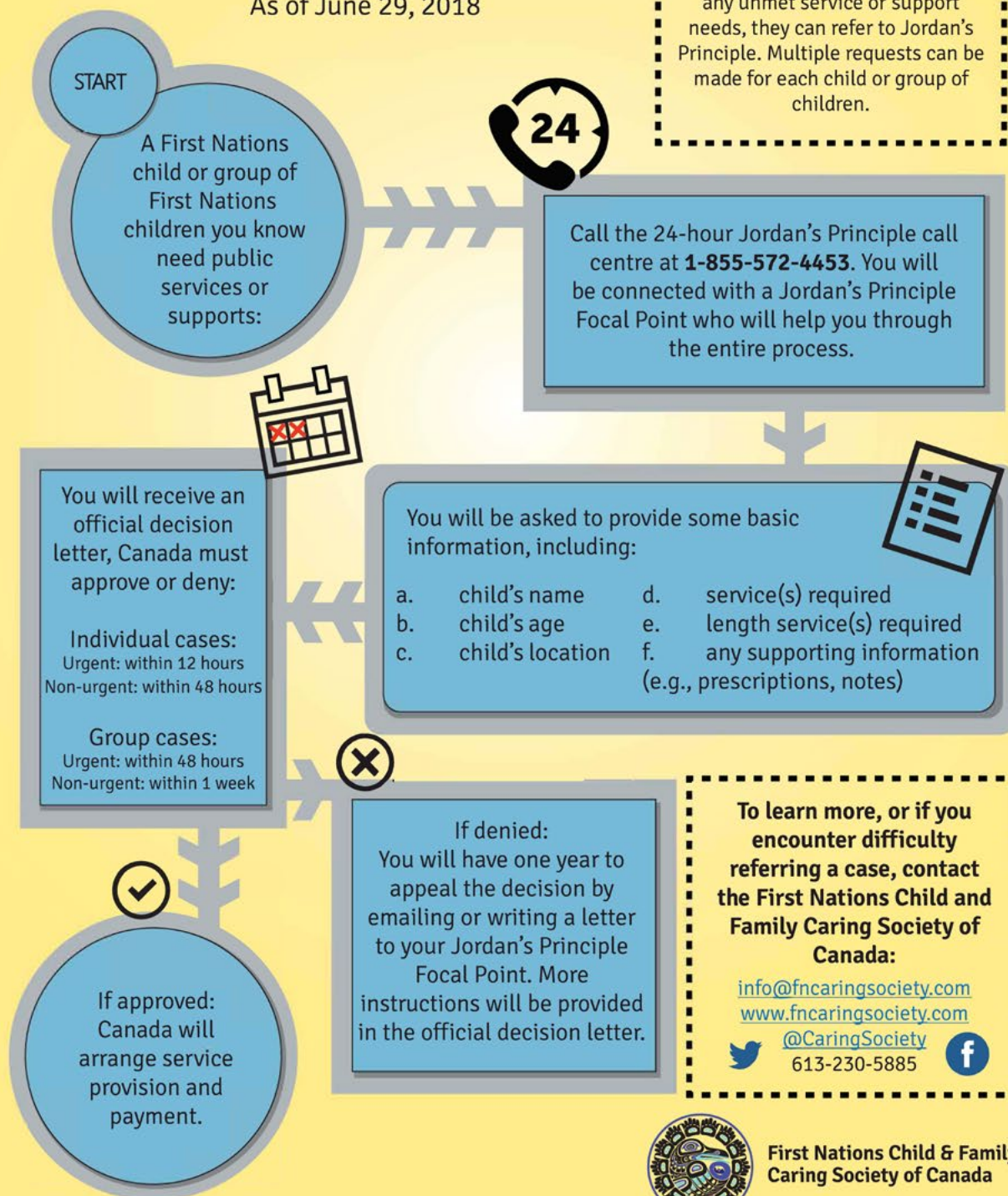
All First Nations children (under local age of majority) who live on or off reserve. A referral to Jordan's Principle can be made for a single child or a group of children. Requests for reimbursement can be made dating back to April 2009.

What is covered?

All public services and supports. If a First Nations child you know has any unmet service or support needs, they can refer to Jordan's Principle. Multiple requests can be made for each child or group of children.

How to access public services and supports through Jordan's Principle

As of June 29, 2018



First Nations Child & Family Caring Society of Canada



BC COVID-19 MENTAL HEALTH NETWORK

We are an emerging network of BC-based mental health professionals volunteering to support our community. We are offering free, short term, one-on-one counselling to those struggling with Covid related impacts to feel more connected, grounded and supported.

To inquire about an appointment, please email: bccovidtherapists@gmail.com with your name, best contact info, and general availability.

A counsellor will get back to you as soon as possible to book your free online/telephone session.

You don't have to be alone. Talk to us.





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	marcisse@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

B.C. Emergency Benefit for Workers

The B.C. Emergency Benefit for Workers will provide a tax-free, one time \$1,000 payment for B.C. residents whose ability to work has been affected due to COVID-19.

Find Out If You're Eligible

To be eligible for the emergency benefit, you must:

- Have been a resident of British Columbia on March 15, 2020
- Meet the eligibility requirements for the Canada Emergency Response Benefit (CERB)
- Have been approved for the Canada Emergency Response Benefit, even if you haven't received a federal benefit payment yet
- Be at least 15 years old on the date you apply
- Have filed, or agree to file, a 2019 B.C. income tax return
- Not be receiving provincial income assistance or disability assistance

If you receive a payment and we later determine that you are not eligible for it, you may be required to repay it with penalties and interest.

What You Need To Apply

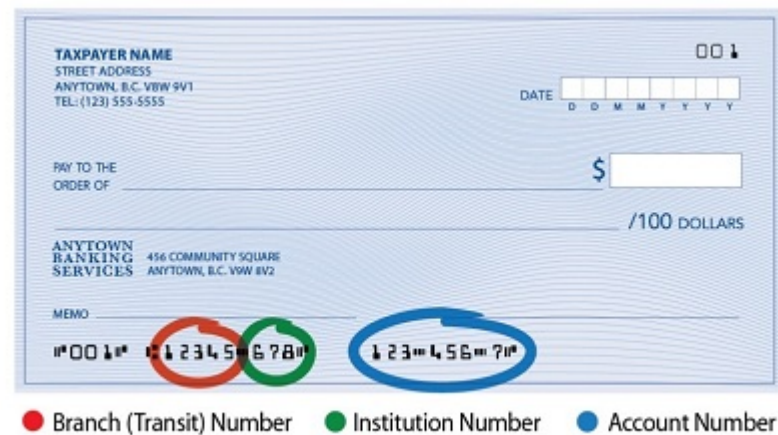
Your Social Insurance Number

When you apply, we'll need your Social Insurance Number (SIN), Individual Tax Number (ITN), or Temporary Tax Number (TTN) to verify your eligibility.

Your direct deposit information

The B.C. Emergency Benefit for Workers will only be issued by direct deposit, ensuring you receive the benefit as soon as possible.

Obtain your direct deposit information before the application period begins. The image below shows how to find the relevant numbers on a cheque.



If you don't use cheques, contact your financial institution to get the numbers. It's important to enter your bank account information correctly.

The \$1,000 payment will be made by direct deposit to your personal bank account within 10 business days.

An approved Canada Emergency Response Benefit (CERB)

If you haven't applied for the [Canada Emergency Response Benefit](#) yet, you must apply for it now as this is one of the eligibility requirements for the B.C. Emergency Benefit for Workers.

How to Apply

Online applications

You can apply online starting May 1, 2020. Applying online is safe, secure and only takes minutes.

- You can apply anytime, from anywhere, using any device, including your smart phone
- Applying online is the fastest way to get your benefit
- Your personal information is protected and secure when you apply

Documentation isn't required when you apply. However, all applications will be verified and we may ask you for proof of your eligibility at a later date.

Telephone applications

You can apply by telephone with the help of our agents starting May 4, 2020. This option is for people who don't have internet access.

We anticipate high call volumes and strongly recommend applying online if you can.

If you don't have Internet access, or if you have other accessibility needs, you can call us to ask questions starting May 1, 2020 but **you won't be able to apply over the phone until May 4, 2020.**



LRISS Connects with Zoom

Maybe you've heard of Zoom or perhaps this is all new lingo for you in this new world in which we are living. LRISS has been using Zoom for a number of years now to host and participate in meetings.

What is Zoom? It is a video conferencing tool that you can use on your cell, tablet or home computer. You can have small or large meetings. Webinars are possible as well. Hosts can share their screen and give a slide show.

Connect with LRISS on Zoom: Reach out to us. We can offer presentations and training from the comfort of your home. Our AGM is on Zoom on May 6: 10-Noon. RSVP today. LRinvasives@gmail.com



T'it'q'et Administration

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

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

April 29, 2020

INCOME ASSISTANCE/PWD/PPMB CLIENTS:

It has come to my attention that some clients may have applied for and received the Canada Emergency Response Benefit (CERB).

This is the information I received from ISC regarding the CERB:

- CERB is taxable even on reserve.
- People are only supposed to apply for CERB if they lost jobs/income because of Covid 19. Otherwise, they risk having to pay it all back and Canada Revenue Agency (CRA) will take money from their other sources such as GST and Child Tax if money is owing.
- Unfortunately, people are applying and getting the money. If they are found to be ineligible "later" they will have to repay the money.
- If they don't repay, CRA will make deductions off the Child Tax, GST and other ways.
- It clearly states when applying that if found ineligible repayment is required.
- It is the client's responsibility to report to their Band Social Development Worker (BSDW) any earned OR unearned income.

Shawna Riley
BSDW
250-256-4118 (Ext. 229)
778-209-7178 (cell #)
socialdev@titqet.org



COVID-19 Clinic in Lillooet and Surrounding Communities

The Lillooet physicians, Interior Health Authority, First Nations Health Authority and Northern St'at'imc Health Leads have collaborated during these challenging times to develop a blended COVID-19 screening and assessment clinic for all community members of our region. This clinic can do swabs and involve both a nurse and the local physicians for an assessment.

This clinic is for patients experiencing the following symptoms:

Mild Symptoms may include some or all of the following:

- Low-grade fever, chills
- Cough
- Malaise (overall feeling of discomfort), muscle aches
- Rhinorrhea (runny nose), nasal congestion, loss of sense of smell
- Odynophagia (painful swallowing), sore throat
- Loss of appetite
- Fatigue (extreme feeling of tiredness)
- Gastrointestinal symptoms such as nausea, vomiting, and/or diarrhea

Severe Symptoms may include any of the mild symptoms, as well as:

- Fever
- Shortness of breath, difficulty breathing, and/or chest pain

These clinics ARE NOT for patients who:

Do not have any of the symptoms listed above

Are sick enough to require hospitalization or Emergency level care

Lillooet Hospital Clinic:

Booking an appointment in the clinic can be done by calling 250-256-1381.

When: Monday to Friday beginning May 4, 2020 until the end of June 2020 from noon to 2:30 p.m.. Further clinics will be based on other population health needs/demands.

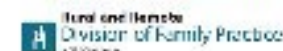
Where: Lillooet Hospital – Parking lot entrance for Mental Health and Substance Use (MHSU) and Home and Community Care.

Community Clinics:

The first clinics are listed below; other dates to follow and will be announced in community newsletters:

- Tsal'Alh – Tuesday April 28: Phone for appointment: 250-256-8232
- Ts'kw'aylaxw – Wednesday: April 29 Phone for appointment: 250-256-1359
- T'it'q'et – Thursday April 30: Phone for appointment: 250-256-4118
- Xwisten – Friday May 1: Phone for appointment: 250-256-7423
- Xaxlip – Friday May 1: Phone for appointment: 250-256-4800
- Sekw'el'was – Tuesday May 5: Phone for appointment: 250-256-4136 Ext.215

These clinics are **not** to replace urgent or emergency care needs. Please visit the local hospital if you have other health needs. The Lillooet Medical Clinic provides both in person visits, when necessary, telephone, and virtual visits with your local physician. Community nurses, nurse practitioner, public health nurses, and community paramedics are also available to support your wellness.



T'it'q'et Council Report

Towinock Water System Upgrades

Construction has been initiated by Lillooet Contracting Ltd. and is currently ongoing. The water treatment plant is being constructed by BI Pure Water, and delivery is expected in June.

McCartney's Flat Greenhouse

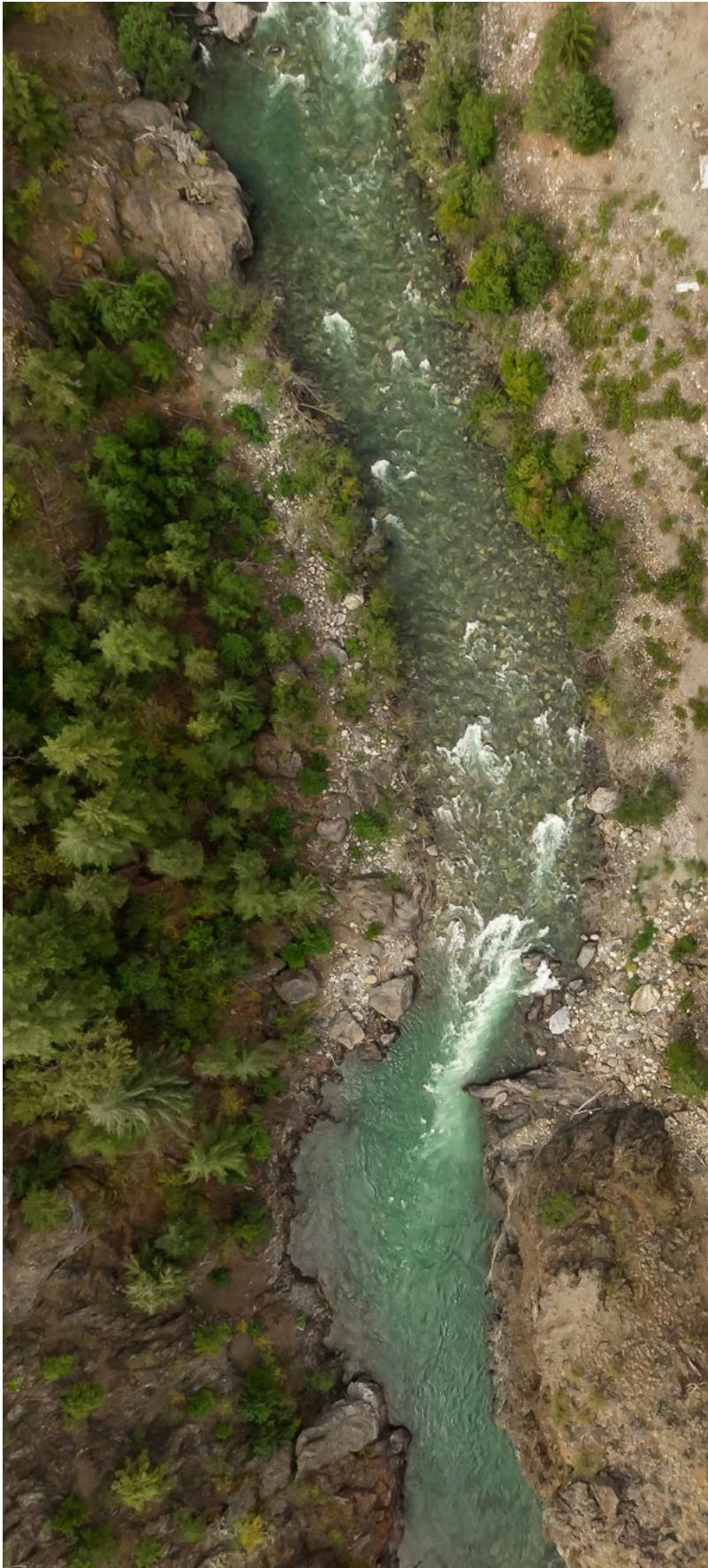
Preliminary design of the buildings is nearly complete. Urban Systems is currently awaiting final submittals from the architect, and which point Urban Systems can complete the business case update. The project is on track to complete this phase of the project by the end of May, and are aiming to present to Council in early to mid May.

Mac Flats Water & Cemetery Feasibility Study

We are following up with ISC on securing funding for these two projects. Andrew Templeman and Janice Whitney have been communicating with Indigenous Services Canada (ISC) about this and will be having another teleconference shortly to see if funding may be accessed to complete the design. We are hoping to access funds to complete the design so that we will be shovel ready when the economic stimulus funding is announced.

Fuel Management

First Nations' Emergency Services Society (FNESS) has reviewed our submission and the application requirements have been met. FNESS approved a grant of \$11,480.00 for the cost of your On-Reserve Prescription Development for Polygon 3C McCartney Flats area.



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

Aboriginal Emergency Financial Assistance Fund

Type: Education	Location: Post secondary facilities, Province-wide
Funding Amount: Up to \$1000	Target Audience: Exclusively targets Aboriginal people.
Description/History of Program/Initiative The Ministry provides \$4.3M for an Aboriginal Emergency Financial Assistance Fund to support Aboriginal students experiencing a short-term financial crisis (available at all 25 B.C. public post-secondary institutions). The goal of the Fund is to support Aboriginal student retention and program completion. It was established partly as a result of the LE NONE1 pilot program evaluation (UVic), which identified that program's emergency assistance funding as a key contributor to student retention and success. In FY2015/16, \$678,741 was disbursed to 1,343 students through the Fund.	
Eligibility Requirements (Program Delivery Agents) Public post-secondary institutions.	
Eligibility Requirements (Program Participants) Aboriginal students experiencing unforeseen or unexpected financial need, such as (but not limited to) family emergencies, car repairs, medical expenses. Students can receive up to a maximum of \$700 per year, and can apply for assistance more than once. Institutional staff determine eligibility in keeping with purpose of the fund.	

T'IT'Q'ET LANDS

Newsletter

April 27, 2020

The Permanent Lands Committee has had their first meeting on April 21, 2020. The members are Marie Barney; Myrus Doss; Genevieve Humphreys; Marilyn Napoleon; Kevin Whitney. Interim Lands Committee member will continue attending meetings until the end of the transition period on the last day of May 2020.

- Lands Committee
Have been using telus businessconnect to conduct their meetings on the internet. These meetings are hosted by LABRC and Shawn Speirs. Meetings will continue in this format while T'it'q'et offices are closed to the public.
The Lands Committee has started working on a draft work plan.
- Law-Making & Enforcement
The Lands Committee will draft a statement on lawmaking mandate and purpose and share with all councils and committees.
- Natural Resource Management
T'it'qet Received a grant of \$7,500 from the Lands Advisory Board Resource Centre for Natural Resources Management Research funding. The Lands Committee recommended to T'it'q'et Council that grand funding be used for law development protocol so all committees and councils will have common goal and method for developing laws. This will be a facilitated process.
- Lands Administration
The Lands Committee recommended changes to the land code to T'it'q'et Council. The Interim Lands Committee had consulted with Ratcliff and Co. lawyer Karl Stephan who had completed the legal review of the land code while it was being developed. This is in response to land tenure issues associated with BC Hydro and a power transmission line going through T'it'q'et IR #1.
- Financial Management
The Lands Committee is working on draft budgets for the operational funding, and for the transition funding. The transition funding is for 2 years. The operations funding is permanent.
- Dispute Resolution
- Organization Study / Human Resources Management

- Communications & Public Relations
Lands Committee Member Marie Barney on why she decided to put her name forward for consideration for the T'it'q'etmec Xékmens ta Tmícwa T'it'q'et Lands

April 24, 2020

BC Hydro warns customers of an increase in scams since announcing bill help

VANCOUVER: BC Hydro is warning customers after it has seen a 350 per cent increase in reported scams in the month of April compared to March.

Since announcing its COVID-19 Relief Fund on April 1, BC Hydro has had over 500 reported incidents of attempted scams targeting its customers. Of particular concern is the increasing sophistication of these scam operations.

BC Hydro is aware of two types of scams, one of which involves a fraudster threatening service disconnection for an overdue account. As a result of the COVID-19 pandemic, BC Hydro has suspended all disconnections for non-payment and is asking customers to remain vigilant and aware of the nature of these ongoing scams, which include:

- **Phone and email scam** – Customers receive automated calls or fake bill notification emails from fraudsters posing as BC Hydro employees, threatening disconnection for an overdue bill. Customers are asked to call a 1-877 number to make a payment, and the number connects to a replica of BC Hydro's phone system. Fraudsters then ask the customer to purchase pre-paid credit cards or deposit money into a bitcoin ATM wallet to avoid disconnection.
- **Phishing scam** – Customers receive a text message that appears to be from BC Hydro, indicating that they are eligible for a refund. Customers are directed to click a link to submit their banking information for deposit.

To avoid falling victim to these scams, BC Hydro wants its customers to know:

- It has suspended all disconnections for non-payment during the COVID-19 pandemic.
- It does not collect credit card or bank account information over the phone, by email or text.
- It does not accept payment from pre-paid cash or credit cards, or bitcoin ATM.
- It does not offer refunds or credits through Interac e-transfer.

If a customer doubts the authenticity of an email, text, or phone call, they should call BC Hydro at 1 800 BCHYDRO (1 800 224 9376) or check their MyHydro account. Customers are also encouraged to report suspected fraud to their local police department.

-30-

April 27, 2020 Monday

Good day to all, prayers you are safe and taking care of yourselves during these changing times. As time goes on with the changing rules and regulations; we do our best to keep up, in our workstations, being of assistance to the public.

We are all learning this about the virus; COVID-19. We have no choice but to experience this new way of thinking, our physical behavior, to keep everyone safe. Yes, this illness came from outside the country, we all have to follow the same guidelines. With the unknown it is understandability, with some fear, no clear answers or direction. We all do not have any real answers, we're all learning from the experience of the countries that are dealing with before Canada. It is only through sharing their knowledge that we have something to learn from.

All or most offices have closed their doors to the public; yet ensure adequate public support through advertising phone numbers; staff names and positions; Our hope is should you or someone need help or assistance, to call upon the workers who are available and have the means to assist.

I have compiled a list of available counsellors, websites from various offices in Lillooet. Kate Aleck and I worked on this; Because everyone was closed, it took time to get proper names and phone numbers. We shared the task and emailed everyone on list to get the most up to date information.

Please be mindful that we are dealing with this; in our work life; in the walls of our homes. We are all a family member; doing our best to fill the position of gathering and distributing information the best we can.

Please contact me should you need someone to talk with. I make myself available to you, for all of us to feel safe, we need to affirm that we are here to assist each other when called upon.

Juanita Jacob

Wellness Coordinator

Cell) 250-256-9410

Office: voicemail 250-256-4118

Email: wellnesscoordinator@titqet.org

*St’at’imc Territory: **Services available through; Cell phone/text/messages/online***

Cultural Wellness/ A & D/ Mental Health Supports

Lillooet Friendship Center: Working at office & by phone, online

Victim Services –	Gloria Joseph Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health -	Carol Camille Kate Aleck	250-256-4146 Cell 250-256-9336
Cultural Wellness -	Riley Aleck Counselling Support	250-256-3086
Shelter Support & Food Bank	Everett Tom	Cell 250-256-1574 office 250-256-4146
PEACE (CWWA)	Karen Kauffman karen@lfcs.ca	250-256-4146
Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence		
EYSC	Wendy Parker: Coordinator – Imagine U eysccoord@lfcs.ca	250-256-4146 250-256-4144
	Gail Kreiser-Leech: Job Coach eysccoach@lfcs.ca	250-256-8893
Engaging Youth for Stronger Communities		

Private Practitioners:	Eagle Spirit Counselling Brandi Kane MSW, RCSW brandy@eaglespiritcounselling.com	604-728-1574
	Yolanda Hall MSW, RCSW	1(866) 414-2300

Private Clinician/ Counsellor
Lillooet (Mondays and some Tuesday afternoon) yjhall@telus.net

Askom Counselling
Joanne Warren SSW, BA, MLIS, MACP, RCC
counsellor@askomcounselling.org 250-256-4906
1(866) 884-5990

Interior Health, Lillooet Hospital and Health Center Main: 250-256-4233
Mental Health & Substance Use
Monday to Friday 0830h-1630h –Clinician 1 on site/1 working remotely. Both are available M-F

AJ – 250-256-1319
Allanah – 250-256-1343 OAT Clinic (Phone app’ts only) 250-256-1345

Currently offering phone and Zoom app’ts to existing clients. In-person app’ts are on case-by-case. New intakes being screened via phone on a priority basis. Crisis response to Lillooet ED in person.

Mandate: Moderate to Severe Mental Illnesses, including psychiatry referrals to Kamloops.
Substance Use services, including referrals to treatment centers.

St’at’imc Health Outreach: Working in Shifts & from Home, phone & online 250-256-7530

Darrell Bob (C)778-209-0497
Cultural Support darrellbob12@gmail.com

Ricardo Pickering rpickering@statimhealth.net
Adult Mental Health Clinician

Matilda Brown Ext. 209
Addictions Supports mbrown@statimhealth.net

Cole Levitt (C)778-220-1410 clevitt@statimhealth.net

Ellie Madeley 778-209-8552
Youth Clinician youthclinician@statimhealth.net

Rocker Brady Peer Supports

T’i’tq’et Health:	Working from Home, phone & online	250-256- 4118
	Juanita Jacob - Community Wellness Counselling & Addictions Supports wellnesscoordinator@titqet.org	250-256-9410

Sekw’el’was Health & Wellness: Working from Home, phone & online 250-256-4136

Andrea Lebourdais ext: 216
Mental Health & Addictions Support health@cayoossecreek.ca

Mike Levitt 250-256-4136
Counselling Supports for Community members (C) 250-267-3389
mp.levitt@outlook.com

Xaxlip Health & Wellness: Working In Office 250-256-4800

Francis Alec, Health Admin:
Linda McDonald mentalhealth@xaxlip.ca
Cultural Wellness, Addictions & Mental Health

Xwisten Health & Wellness: Phasing Out of Office to Work at Home 250-256-7423

Gary Dunn communitywellness@xwisten.ca
Mental Health & Addictions Counselling Support

Ts’kw’aylaxw Health & Wellness: Working from Office 250-256-4204

Andrew Tom Cultural Wellness
Shannon McDonald Health Admin.
Stella Aleck culturalwellness@ts’kw’aylaxw.ca

Shalalth Rose Casper Health: Working from Home 250-259-8232

Matilda Brown – Contracted Support from SOHS Addictions counselling support

Kanukwa7staliha Family Services: Working from Home, phone and online 250-256-7525

Sean O’Donaghey (C) 604-722-1453
CYMH Clinician

Crisis and Health Lines:

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
Victim LINK, 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	

BC COVID 19 Mental health Network
Email bccovidtherapists@gmail.com
With name contact info and availability for free online appointment



BC Hydro Payment Deferral Option

Did you know BC Hydro has a COVID relief fund as well as a customer crisis fund? The COVID-19 Relief Fund provides bill credits which do not have to be paid back for:

- Residential customers that have lost their income as a result of COVID-19. Eligible customers will be able to apply for a bill credit of three times their average monthly bill.
- Small business customers that are currently closed as a result of COVID-19 measures. Eligible customers can apply to have their electricity use charges waived for up to three months.

Residential customers and small business customers can apply until June 30, 2020. To apply, visit bchydro.com/covid19relief for application forms and further program details including eligibility requirements.

Last month, BC Hydro also announced its COVID-19 Customer Assistance Program. Residential and commercial customers that do not meet the eligibility requirements for COVID-19 Relief Fund may be eligible for this program, which allows you to defer bill payments or arrange for flexible payment plans with no penalty. They also offer grants through our Customer Crisis Fund for residential customers facing temporary financial hardship and are unable to pay their bills due to job loss, illness, or loss of a family member. More information on the Customer Crisis Fund is available at bchydro.com/ccf or call their customer service team at 1 800 BCHYDRO (1.800.224.9376) to discuss which options are available to you.



P'EGP'IG7LHA COUNCIL

PO Box 615

Lillooet, BC V0K 1V0

Phone (250) 256-4118

Fax (250) 256-4544

April 27, 2020

Tribal Chief Report

Shelley Leech

High Flow Agreement – The implementation of the agreement is ongoing. Implementation will be responsibility of St'at'imc Government Services and the team that has been created specifically to work on this. Will provide updates as they come in from SGS. There are some communication gaps that need to be addressed. Regular reporting is needed. There is question of how does St'at'imc Eco Resources fit into this.

Some Chinook fry were released into Portage Creek in Mid February. More will be released later this spring. It is expected that 50,000 fry are to be released. The eggs were collected, sent immediately to Squamish, where they were hatched.

There was a decision by the Joint Planning Forum to focus on having a hatchery in Nquatqua.

Treaties –Ongoing work for the St'at'imc Chiefs Council. Samaquam remains in Stage 5 of the treaty process. The Provincial and Federal Governments are committed to working towards implementation of UNDRIP and towards agreements with First Nations in a way that does not violate the UNDRIP articles. The governments are saying this but treaty process are continuing without discussion between First Nations in the treaty processes and First Nations who are impacted. Canada has stated that all loans to those in treaty will be forgiven.

Overlapping/Shared Areas – The Overlapping/Shared territory meeting began and was postponed part way through the second day due to concerns over the Covid 19 Virus. Many left before the first day was over. The main question: *“What is a principled approach to addressing shared territories and overlaps and what are the components of a framework (eg mechanisms, structures, tools, institutions, principles, goals, and approaches) that would be helpful in addressing shared territories and overlaps?”* *“How can we see such a framework?”*

On the first day, there were presentations by First Nations who have some experience in dealing with shared territories. There were presentations by Legal who stressed the need for a conflict process. There was a handout on what an Indigenous Institution could look like that would assist in the resolution of shared territory and overlap issues. Principles were discussed at plenary and breakout sessions as well as identifying issues and needs. On the morning of the second day, there were breakouts to discuss the role of indigenous laws and common law and how those could work toward resolution of shared/overlapping territory. The dated to continue these discussions has not been set due to the Covid 19 Virus situation.

SCC Strategic Planning – The SCC Strategic plan is still being revised into a more useable document. Still in progress.

St’at’imc Chiefs Council – The SCC has not met since February. Currently, Art Adolph has been organizing and hosting a St’at’imc Collective dialogue on Covid 19. The monthly Nation Chairs meetings is continuing through Zoom.

Reconciliation and Engagement – This work is ongoing. The Provincial and Federal Governments have indicated a willingness to work towards a better relationship with First Nations.

Forestry – The province is planning to send tree-planters into the Tsalalh and Nquatqua areas very soon. Tsalalh and Nquatqua both are concerned about this due to the Covid. Information from the province is included in your package that details how they will work to ensure everyone is safe.

For further information, attached in your package, is a request from SER for access to the boat launch for work operations. I believe Janice Whitney is responding to this.

Fisheries –The Fraser Management Council Newsletter is included in your package.

Referrals– The Referral Committee continues to meet and go through referrals. Sid is currently organizing a committee meeting before the end of the month.

Fraser River Rock Slide – This work continues. Crews are working on a fish ladder and a whoosh system will be put in to transport the fish through the passage. Crews plan to continue working through the high water times, as long as safety is not compromised. As well, an access road is being considered to French Bar Creek for a possible holding tank area for Chinook enhancement operations.

Strategic Forest Initiative - This project is ongoing with Sue Sengar leading the project. The next step is for the PC to review and make comments as well as to get language speakers to confirm that the ucwalmicw words selected are correct. Leslie Riley is being hired for a short term to assist with the SFI.

Guardian Project – The Guardian project is complete. PC has a proposal in for the next guardian project and awaiting to hear if it has been approved.

Governance Advisor Position – Needs to be a PC discussion.

Timber Supply Area (TSA Meetings) – Discussions were mostly about Covid and how industry and First Nations are dealing with this. Most government employees are working from home and their offices are closed to the public. Industry continues to work harvesting and planning for silviculture and future cutblock areas. All First Nations are closed to the public.

FLNRORD has cancelled any planned field trips for now with First Nations. Interwest in Bridge-Main still.

BCTS had no bid takers for the French Bar area and will repost. BCTS planning in the Murray Creek area and cruising in Taylor this spring. Taylor is being handled through Stewix Resources. BCTS has put out a planting contract for 80,000 trees.

Aspen is working in the Liza, Bonanza and Noax areas, hauling and decking.

BCTS – The agreement is still in draft, we are awaiting a response from them.

FCRSA – Jonah Timms, aboriginal relations for FLNRORD, was asked to provide PC with an update on the FCRSA as this is the main funding for PC. There is some delay due to Covid issues.

FPCC (Language Program) - \$ 99,000 has been approved. PC is awaiting a funding agreement. T

PCGAC – PCGAC has been meeting on a regular basis and will provide a report for today’s meeting. Basically, PCGAC members had concerns about Shannon’s transition paper not being dealt with, the LTC exit issues, and other action items needing attention. This demonstrates the need to have a replacement for Shannon as soon as possible.

PCGAC has requested a meeting with DFO to work out a short-term funding agreement.

Administration has signed a short term AAROM funding agreement for this year. Next year, we need to have an agreement that is combined (Admin and PC).

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

May 2020 Horoscopes



Taurus (Apr 20–May 20)

There is something you’ve been working on or investing in for some time which, deep down, you have started to wonder about. It’s likely to do with your career, money or home. The Seven of Coins is a ‘pause button’ and gifts you the opportunity to re-assess whether this IS really, still, what you want. Just because you’ve come a long way with it doesn’t mean you have to stay on this course. You can change. Think deeply and be brave.

Aries (Mar 21–Apr 19)

While you’re physically ~grounded~, you have a chance to let other aspects of yourself, apart from just the physical, develop and grow. The Chariot is a ‘power card’ about journeys and progress, about taking the wheel and taking charge of the direction your life is going in. Use this time out to refocus your longer-term ambitions, to really question what’s important to you, and where you want to invest when we all return to the world again.

Gemini (May 21–June 20)

Mercury rules your sign, as well as this wonderful card. The Magician represents entrepreneurs, self-employment, using your talents and strengths to make a living, earning a side line revenue from a skill, training and education to hone your abilities. This window of opportunity grants you the option of learning something new, set-



ting something up, starting something from scratch. What would you do if you knew you couldn’t fail? DO IT.

Cancer (Jun 21–Jul 22)

Keep in touch with your network, both personally and professionally. The Three of Wands shows there is opportunity to be had, even now. You are a welcome presence wherever you go: funny, empathetic, charming, creative. So, share the love. Shake the tree. Reconnect with old colleagues. Stay close to current ones. Spruce up your professional online presence. Be a beacon, and who knows what might come your way. Good things, that’s for sure!

Leo (Jun 23–Aug 22)

You’re typically a very ~surface~ person, in that you take things at face value and your own emotions and opinions are on display for all to see. Slow down, Leo, and look for what lies beneath. The Moon is a mystical card representing intuition and the ~hidden~. What people DON’T say is often more important than what they do. Look closer. Listen harder. Don’t assume what is there on the surface is ALL that’s there. This slow-down in life gives you more time to practice relying on your intuition, and you’ll be amazed what you learn about others, and yourself.

Virgo (Aug 23–Sept 22)

Judgment isn’t about being ~judge-y~ (though you do rather like that), it’s about getting the necessary distance from a chapter in our life to really be able to review it, process it, atone for whatever we did wrong in it (without wincing), and finally move on from it. Use this time to wander down Memory Lane and address your ~unfinished business~, whatever it is. Maybe you need to accept defeat on something at last, maybe you need to apologise, maybe you need to forgive yourself or someone else. Whatever still lingers, clear it up while you have the chance.

Libra (Sept 23–Oct 20)

The Page of Cups is a wholesome, creative, imaginative character who sees the world with wonder and hope. That, Libra, could be you right now. Reconnecting with people, skills, activities and even places (via web cam...lol) that make your heart a little warmer. Gravitate to things that make you smile. Revisit happy childhood pursuits and games. Get nostalgic. Get creative. Ask your ~inner child~ what they want to do today, because they have some great ideas!

Scorpio (Oct 23–Nov 21)

You’re a passionate, fiery person and your love life IS life. Even right now. Whether you are single or not, the Knight of Cups shows you can still fall head over heels for

someone and it’s important that you don’t neglect this part of your life. Love matters, right?

So, if you are looking for love then don’t give up. Keep on. And if you’re attached, then let your partner know how much you care for and need them right now. Act a BIT vulnerable (even if you’re faking...).

Sagittarius (Nov 22–Dec 21)

Overwhelming isn’t it? All this stuff right now. The Ten of Wands shows that, despite your outwardly sunny personality, you can feel a great weight pressing down on you, and there’s just too much ~stuff~ to process. Sagittarius, you need to lighten the load. Ditch, delegate and delay anything that’s not important or urgent. Go back to basics. Rein it in. Come off social media. Less is more. You need space and air to breathe. Take things in bite-size pieces.

Capricorn (Dec 22–Jan 19)

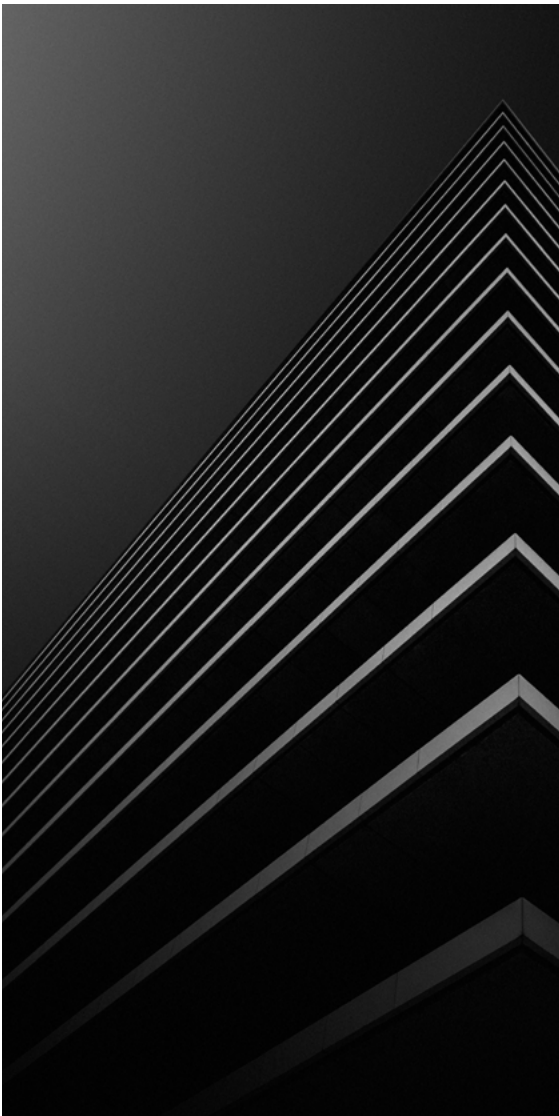
Ever the planner, eh, Cap? You are ALWAYS one to be found with some kind of strategy or tactical approach to any given situation, and this is no different. I applaud you. So, you may as well go all in here, and use the time you have to make a big old life plan. JUICY! Unleash the spreadsheet! The King of Swords is a future-proofer, a strategist who plays the ~long game~ always. Channel his energy and foretell your life story. Visualise your goals. Soon you can get back to making them happen.

Aquarius (Jan 20–Feb 18)

Being separated from things can help you to get your thoughts and feelings about them into perspective again, and to assess what you truly miss and yearn to return to... and what you don’t! The Ten of Swords shows that this ~acid test~ of separation is going to prove very enlightening and useful for you. Showing the people, situations, roles or things which, actually, you find you don’t need or want. Pay attention to the things you DO miss though, as they need re-prioritising. Figure out what’s important by identifying what you miss, and what you don’t.

Pisces (Feb 19–Mar 20)

You are a mutable sign which means you are adaptable, flexible and changeable. You need variety to thrive, and the Four of Coins urges you to make sure you do as much as you can to make each day different. Whatever it is, however small a tweak, create a loose schedule that puts you in different moods, experiencing different types of activities, doing different check-ins with different people. Stir it up and you won’t go stir crazy!



June 2020 Newsletter Submission Deadline

Friday, May 29th 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