

Newsletter

April 2021

T'IT'Q'ET APRIL 2021 ISSUE

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TO SUBMIT TO NEWSLETTER

















Please email us at: reception@titqet.org
details on page 35



April

Garbage Days
Mondays and Fridays

Recycle Days
Recycling will be once a week
and will have to be separated

SUN	MON	TUE	WED	THU	FRI	SAT
28	 29	30	 31	1	2 Office Closed	3
4	5 Office Closed	6	 7	8	 9	10
11	 12	13	 14	15	 16	17
18	 19	20	 21	22	 23	24
25	 26	27	 28	29	 30	1
2	 3	4	 5	6	 7	8

RECYCLE DAYS:

Apr 7–Plastics

Apr 14–Glass

Apr 21–Tins

Apr 28–Cardboard/Paper



Notice to Tenants

O&M picks garbage up on Mondays and Fridays.
Wednesdays they pick up recycling

Animals are getting into garbage, if an animal gets into your garbage it is your responsibility to pick it up.

Please do not throw food waste outside your home. This may attract rodents. Throw it in the garbage. This will prevent animals going into your yard, and mice finding a way into your home.

Thank you,
Housing.

Community Clean-up Schedule

Mt. Jenny Crescent	
April 11	Metals, Appliances
April 12–16	Furniture, Beds
Scotchman Road	
April 18	Metals, Appliances
April 19–23	Furniture, Beds
6 Mile, and Texas Creek	
April 25	Metals, Appliances
April 26–30	Furniture, Beds

Dump closes at 4pm
Don't put garbage out after 2pm



THE EASTER BUNNY IS COMING

**THE EASTER BUNNY WILL BE
PASSING OUT EASTER TREATS ON
FRIDAY APRIL/2/21 STARTING AT
12 NOON ON MNTN.JENNY ROAD,
AND CONTINUING THROUGHOUT
THE COMMUNITY.**

**PLEASE BE AT THE END OF YOUR
DRIVEWAY TO ACCEPT TREATS**



WED. APRIL 7, 2021 TRADITIONAL HEALING PRINCIPLES

Guest Facilitator Dr. Lee Brown

Lee is a member of the Cherokee Nation and the Wolf Clan. He is a well-loved ceremonial leader, traditional singer, and respected Elder who has helped many people on their healing journey. Lee developed a theory of holistic emotional education and health predicted from six principles of emotional competency arising out of his research.

This is exceptional event is a collaboration of the SOHS Addictions Worker & Land Based Healing Programs. Participants must register by email to receive the sign-in ZOOM link. See you there.



This event will be by
ZOOM video
conferencing

6:30-9:00 PM

Open invitation

Registration is
required before
April 1, 2021

Registration is by
email only to Matilda
Brown,
mbrown@statimhealth.net

ST'AT'IMC OUTREACH HEALTH SERVICES

650 Industrial Place
Lillooet, BC
(250) 256-7530

Web:
<https://statimhealth.net>

ARE YOU INTERESTED??

CAMP COOK TRAINING

**Limited Seats **Open to everyone

**Course date will be scheduled for Spring of 2021.

For more information or to add your name to the list please call the
[Community Adult Learning Centre](#) at 250-256-6007 or
email Stephanie: calcordinator@lillooettribalcouncil.ca or
Shalyn: CALC.Assistant@lillooettribalcouncil.ca

T'IT'Q'ET LANDS

The Lands and Natural Resources Department is continuing their work on several projects.

- **Lands Committee**

Marilyn Napoleon has agreed to serve as Lands Committee Chairperson, Genevieve Humphreys will be the Vice-Chair and will fill in for Marilyn if she is unable to attend meetings.

The Lands Committee will be meeting in the future with the Lillooet Regional Invasive Species Society to discuss treatment options for the Wild Parsnip that are growing in the wetlands on IR #1. It may be possible for the LRISS to bring in a treatment crew from the Squamish-Pemberton area with experience in treating invasive species.

- **Law-Making & Enforcement**

The Lands Committee and Lands and Natural Resources Department will speak with Kenneth Broughton. He is a former member of the RCMP and has worked with the Lands Advisory Board Resource Centre on law development and enforcement.

- **Natural Resource Management**

Teranis Consulting's Kenneth Thompson has arrived in T'it'q'et and has been working with Brandon Barney and LGS Contracting to take soil test samples from sites identified in the Environmental Site Assessment Phase I report of 2018. These site samples will be tested for harmful chemicals or elements. Sites tested were old dumping sites on various reserves, oil fuel tanks, and the mill site on lower IR #1.

The Lands and Natural Resources Department received funding from DFO and organized two courses for the month of March: First Aid and Swift Water Rescue.

- **Lands Administration**

Lands and Natural Resources Director Joan King and Lands and Natural Resources Officer Stephanie Louie and Lands Committee Coordinator Dean Billy met online with consultant Debra Campbell to discuss the terms of reference for the Lands Committee.

- **Communications & Public Relations**

Brandon Barney; Sid Scotchman, Marie Scotchman and Sarah Napoleon have begun interviews with T'it'q'et members to record their knowledge of T'it'q'et water sources. They are working on filming and taking pictures of T'it'q'et water sources, how the water is treated and its uses, and also some of the spiritual significance of water to the people. The resulting video should be available by the time you read this.



30 Day Creative Writing Contest Rules:

1. Must be St'at'imc to participate
2. Your entry must be original. A person that submits a plagiarized entry will be disqualified.
3. Entries must use the theme of transitioning into Spring and the St'at'imc phrase "Ámaskan Lhwas Qapts." - "In Spring the Flowers Bloom."
4. You can only submit one Entry into the contest
5. All entries must be unpublished work.
6. Your entry must be submitted double spaced, typed and in 12pt font via email @ aurora.jean.terry@gmail.com

HOW ENTRIES ARE JUDGED :

1. A panel of judges will judge entries
2. Only the author has the right to submit an entry

PRIZES: 1. One prize of an iPad to first winner
2. A consolation prize of \$100 dollars to a chosen youth participant of 19 years old and under
However a youth under 19 years old & under can win an iPad as long as they are chosen as first place

30 Day Creative Writing Contest

**Enter your story for a chance to win
an iPad!**

**Consolation prize of \$100 to a
chosen youth participant under 19**

**Given theme of Transitioning into Spring
Any Forms of original literature are accepted
See Contest Rules for more information**

submit entries to aurora.jean.terry@gmail.com

Must be St'at'imc to participate!

Deadline April 15th, 2021



Good Day

Juanita Jacob of Xaxlip, Youngest daughter of The Late Ernest and Nancy Jacob (nee DAN)

As Wellness Coordinator I believe I am capable of assisting those who ask for help; in various ways regarding cultural practices and traditions, along with any up to date information on what is available with in house treatment centres or detox.

I am in steady contact with FNHA and the treatment centres, especially with the COVID-19 regulations and closing of centres for safety of all.

I have a Diploma of Applied Psychology and Counselling, as well a 2 Certificates from NECHI those being Advanced Counselor Training, and the Community Addictions Training.

I hold other tickets in Grief counselling, Motivating Change and Trauma

With my cultural belief's I bring these certificates together with our life style and culture.

I have smudge, with the smudge I only use Sage; I have a Eagle fan, I offer House Cleansing, or personal body fan down' to cleanse your aura and lift any heaviness. I can also just use my fan to cleanse the house, if you feel the smoke is too much. There is always a way to help, if we are open to different ways.

I understand that there is already other persons who, offer these. I am only offering myself in my belief of what gifts I have to share. I do what I do, as I have all my life; I only carry out requests which come before me.

I believe the most important idea of assisting is to communicate. Learn to talk, hear your own voice and how you feel when you hear your own belief in what you speak of. As human beings we are all here for purpose; we have no current knowledge of this; so, we are all learning.

I look forward to being of service when I am needed and make myself available during T'itq'et working office hours. Please do not hesitate to call for information, a question or concerns that you may have.

I will do my best to find ways to assist with clarity, to share a belief of finding avenues for help, for guidance an assistance.

Juanita Jacob

Wellness Coordinator

T'it'q'et Admin

250) 256-4118 Office

250-256-9410 Work cell

30-DAY FITNESS CHALLENGE!

Challenge available to all the St'át'imc Nation!

4 FITNESS CHALLENGES & NUTRITION!

JOIN OUR FACEBOOK GROUP TO PARTICIPATE AND RECIEVE UPDATES! ST'ÁT'IMC IMATS - 30 DAY FITNESS CHALLENGE

PRIZES!!

MARCH 15, 2021 - APRIL 15, 2021

ST'ÁT'IMC IMATS

FOR MORE INFORMATION ON THE EVENT, CONTACT:
Cheyenne Watkinson or Valerie Peters
 email: cheyannewatkinson@gmail.com
 valeriepeters15@gmail.com
 phone: 250-682-6693
 250-256-3431

Food Safe ticket going to expire soon?
 Need a food safe ticket?
 Work in the service industry?
 Do volunteer work that requires preparing meals?



Wednesday, April 14, 2021

P'egp'iglh Community Centre

8:30 am—4

COVID RULES AND SOCIAL DISTANCING WILL BE IN EFFECT

HAND SANITIZER WILL BE AVAILABLE.

MASKS MUST BE WORN DURING CLASS

For more
 Information, please contact:
 Stephanie Louie
 (250)256-4118 x 243
lands@titqet.org

Brought to you by:



First Nations Health Authority



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



Hello my name is Michelle Isaac and I am new to the position as the Jordan's Principle Service Coordinator. This is a new program with Kanukwa7staliha Family Services. This program is here to assist children and cover the costs in certain areas including health, social and educational. It is a principle that was put in place so that funding is there to support Aboriginal Children when they need it and then the governments can fight over who will cover the cost after the child has been taken care of.

Who Can Apply for Jordan's Principle:

- First Nations children aged 0-19 Non-Status children living on-reserve
- Parents or guardians care for a First Nations child
- A First Nations child 16 years and older can apply for themselves
- A group request from multiple families, or parents can be applied for as well
- Your Jordan's Principle Service Coordinator can help assist with this process for both individuals and groups

Examples of what may be covered:

- Health- mobility aids, ramps, assessments, medical supplies, mental health
- Social- social workers, land-based activities, respite care, Personal support worker, cultural programs
- Education- school supplies, tutoring, teaching assists, assessments, technology

What is needed for the application:

- Child's name, date of birth, address, Status Card number
- Parent/Guardian name and contact info
- Reason for request
- Description of the request
- History of the request, has it been previously submitted to another program or service?
- Any other supporting documents

Waiting time for a decision:

After your application is complete a decision should be made within 48 hours. In urgent cases you can hear within 12 hours.

- Urgent cases are described as there is a concern for the child's safety or health
- For group applications these may take a week unless considered urgent

What if You are Denied:

- You may appeal a decision within 1 year of the date of denial by:
 - Sending a written request
 - Your appeal will be reviewed and decision should be made within 30 days

Michelle Isaac Jordan's Principle Service Coordinator
jordanp@kanukwa7staliha.org
 Phone: 250-256-7525 Cell 250-256-1988



T'ít'q'et

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

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

March 19, 2021

Dear T'ít'q'et Residents

Re: State of Emergency Update

T'ít'q'et remains in a local state of emergency. In January 2021, T'ít'q'et reverted back to Phase One of the Restart Plan. At the March 15, 2021 T'ít'q'et Council meeting, Council made the decision to proceed with care to Phase Two of the Restart Plan. Phase Two of the Restart Plan is outlined below.

Phase Two:

- ☐ Draft and approve COVID-19 *Pandemic COVID-19 virus Exposure Control Plan* and *Pandemic COVID-19 virus Exposure Controls – Protocols & Procedures* for all T'ít'q'et Administrative buildings i.e. “Infection-prevention control strategy”,
 - Signage for door entrance “Stop!...do you feel....do you have...etc.”
 - Complete a staff/employee COVID-19 Daily Fit for Work Screening test
 - Marked spots on floor
 - plexiglass requirements
 - cleaning and disinfection building requirements and frequency etc.
 - Ensure enough hand sanitizers, (PPE), cough etiquette, washing hands, physical distancing etc. signages for all T'ít'q'et buildings.
- ☐ Council/Administrator – formal request for all staff to return back to work and ensure that they know the staff's safety plans and supports they may need (I.e. childcare) etc. and that they understand the Health & Safety Plan and/or complete the assessment test - WorkSafeBC
- ☐ Closing down T'ít'q'et EOC OR Some working from their offices when needed
- ☐ **Open T'ít'q'et Administration buildings by appointment only to community members.**
- ☐ **Hold staff, council, trainings or committee meetings with physical distancing practices in place. Maximum 10 people.**
- ☐ **No contact pick up or drop off is permitted**
- ☐ **Allow a household outdoor gathering with no more than ten (10) visitors who are a part of the same small core bubble. These visitors must be the same 10 visitors from the community or northern St'át'imc communities. Residents and guests must maintain physical distancing (6 feet or 2 Metres apart), wear masks, wash hands regularly, hand sanitize when unable to hand wash, sneeze into your sleeve.**
- ☐ **People from out of the region are not encouraged to travel into our community and region.**

- ☐ **No social gatherings of any size inside your residence with anyone other than your household or, if you live alone, your core bubble.**

There are new COVID 19 variants that spread much faster so it is essential that preventive measures are maintained.

The front entrance security check point will no longer be in operation. However, speed check monitors will continue to be set up. Security will also continue to patrol the community.

Please remember to slow down as the weather improves children and pedestrians are on the roads more often.

We must all work together. This is not going to last forever, but for right now, we must all be vigilant.

**Amhálhts'a7, T'úl'lec, Ats'xstútwi7
Be kind, Be calm, Take good care of yourselves.**

T'ít'q'et Chief and Council and T'ít'q'et Administration

Lillooet Community Adult Learning Centre (CALC)

Phone: 250 256-6007
Address: 472 Main Street, Lillooet BC
Email: ylarochelle@lillooettribalcouncil.ca
Email: calccordinator@lillooettribalcouncil.ca

ONGOING PROGRAMS:

Adult Dogwood

Offered online
South Central Interior Distance Education School (SCIDES)
18 years of age and older

Adult Upgrading

Offered in person and online
Nicola Valley Institute of Technology
Offered in communities and at the Lillooet Community Adult Centre.

Tutoring

Offered in person and online through the CALC
18 years of age and older

Lillooet Tribal Council St'át'imc Education Institute in Partnership with the Nicola Valley Institute of Technology 2021-2022



"To Provide educational services and support in a culturally sensitive environment, that enriches the individual and the community at large." - St'át'imc Education Institute



Lillooet Tribal Council / St'át'imc Education Institute

Post-Secondary Education Programs offered in Partnership with Nicola Valley Institute of Technology

St'át'imc Language Fluency Program Certificate level courses

Email: languagecoord@lillooettribalcouncil.ca
LCPTechnician@lillooettribalcouncil.ca
Phone: (250) 256-0452

Offered online (1st year)
Free tuition pilot program starting with four St'át'imc language courses.

Course	Date
STLG 110	March 23 – April 24
STLG 111	May 04 – June 05
STLG 112	June 15 – July 17
STLG 120	July 27 – August 28

Environmental Resources Technology (Environmental Studies)

Email: education@lillooettribalcouncil.ca
Phone: (250) 256-3538

Certificate level courses (1st year)
Part-time studies (3 courses each semester)

Semester One: Sept - Dec 2021
Semester Two: Jan - May 2022

Offered online and/or in person.

Aboriginal Governance and Leadership Diploma Program (Business)

Email: education@lillooettribalcouncil.ca
Phone: (250) 256-3538

Diploma level courses (2nd year)

Offered online and/or in person
Semester One: Sept – Dec 2021
Semester Two: Jan – May 2022

Offered online and/or in person.



TSOW-TUN LE LUM SOCIETY HELPING HOUSE

Developing Personal Wellness Program Outline

Developing Personal Wellness is a 3 week online closed group program offered by Tsoow-Tun Le Lum to support our people and communities during the current COVID-19 restrictions. The group meets 4 days a week from 1:00 p.m. to 3:00 p.m. for a total of 24 hours in program. For this to be a successful experience, you are required to make a commitment to attend all sessions. Depending on the group facilitator, the days will be either from Monday to Thursday; or from Tuesday to Friday every week.

1. Consent and commitment are required to participate
2. A signed Confidentiality Agreement is required to participate

This group is not intended to facilitate deep processing. Individual counselling is available upon request.

This program introduces healthy coping skills to support individuals in their recovery. Some of the areas we will explore are:

- Self-Care
- Grounding
- Mindfulness Practices
- Setting Healthy Boundaries
- Identifying Personal Triggers
- Elders' Teachings

PROGRAM SCHEDULE

Week 1	Zoom time is from 1:00 – 3:00 p.m.	<ul style="list-style-type: none"> • Self-care • Group introductions • Grounding • Review program content • Personal awareness / Mindfulness
Week 2	Zoom time is from 1:00 – 3:00 p.m.	<ul style="list-style-type: none"> • Share personal awareness • Identify personal triggers • Explore communication skills • Setting boundaries
Week 3	Zoom time is from 1:00 – 3:00 p.m.	<ul style="list-style-type: none"> • Check in • Review of week • Building Self-Esteem • Share personal gains & closure • On-line Evaluation

These programs were made possible by the support of the First Nations Education Steering Committee and the Indigenous Adult Higher Learning Association.



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
YaK1Vo

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

Are you interested in going to Post Secondary this year?

Applications available, please email Susan Napoleon, Education Coordinator at education@titqet.org.

May 1, 2021 is the deadline to have your applications in.

Post-Secondary Application Requirements:

For September enrolment: May 1 (September 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 (Appendix 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

CAMPING

FOR CONNECTION AND COMMUNICATION

MAY.29, 2021

AT PCC

9AM- SET UP CAMP

10-12 – NATURE/MEDICINE WALK

12-1 – LUNCH (PROVIDED)

1-3 – SINGING AND DRUMMING

3-5 – FAMILY COMMUNICATION ACTIVITIES

PACK UP AND HOME TIME

5 FAMILIES WILL TAKE HOME CAMPING EQUIPMENT

INTERESTED FAMILIES CONTACT:

Shawna Riley 250-256-4118 Ext 229 or

Email- socialdev@titqet.org



Kukpi7 Perry Redan Rest in Sweet heavenly Peace.
Fighting the good fight side by side with his cousin,
former kukpi7 Kevin Whitney at the international Indigenous
Leadership Gathering held in T'it'q'et, St'at'imc Nation
photo taken June 22, 2012.





PO Box 103 | 10 Scotchman Road
Lillooet, BC
V0K 1V0
t (250) 256-2456
www.statimceco.ca



PO Box 103 | 10 Scotchman Road
Lillooet, BC
V0K 1V0
t (250) 256-0425

Field Technician and Laborer Opportunities

Organization	St'át'imc Eco-Resources Ltd.
Location	Lillooet, BC
Term	Seasonal
Closing	Ongoing



St'át'imc Eco-Resources is seeking resumes for employment opportunities during the 2021 season. Employees will report to the Operations Manager and/or Field Supervisor. This will be an on-call, hourly, seasonal position with the potential for year-round/camp work.

As we have projects starting in Spring 2021 across the St'át'imc Nation, there is opportunity for Northern and Southern St'át'imc community members.

St'át'imc Eco-Resources has adopted a policy of hiring based on merit and where candidates are equally qualified, consistent with Section 42 (1) of giving preference in employment to Indigenous people.

Education & Experience

This is an open call for interest. All resumes will be accepted. There will be a range of positions; any experience or qualifications will be considered during this recruitment process.

This is an excellent opportunity for new and young workers to gain work experience in the field of environmental services. Training opportunities may be available.

Positions require the following:

- Ability to work long days in extreme working conditions
- Working in remote locations
- May be required to perform repetitive heavy lifting up to 50 pounds
- Willingness to travel
- Effective communication & critical thinking skills
- Team Player
- Reliable; willing to work on short notice

Apply to:

Interested applicants should submit a Resume and cover letter stating why they would like to work with St'át'imc Eco-Resources Ltd. Please include copies of any certifications.

Wages will be commensurate with experience and qualifications.

Attention: Recruitment at hr@statimceco.com – Subject: 'Employment – 2021 Season' or mail a copy to Box 103, #10 Scotchman Road, Lillooet, BC. V0K 1V0 C/O Recruitment

Any questions please email hr@statimceco.com or call 250.256.2456.

Due to COVID 19 restrictions we ask that interested applicants do not visit our office at this time. If you are interested in submitting a paper resume and cover letter, please call 250.256.2456 to make drop-off arrangements.

Notes to Applicant:

We would like to thank all applicants for their interest. Only successful candidates will be contacted and invited in for an interview.

T'ít'q'et Chief and Council

St'át'imc Tribal Police Services Detachment

We have received funding approval for the project and will be signing tripartite funding agreement with the Province and Canada on April 1, 2021. We are now targeting May 1st for construction to start at the site located on the corner of Scotchman Rd and Retasket St (beside old hockey rink). The building will be similar to the police detachment being build in Lilwat.



Aspen Lease Negotiations

Council is pleased to announce that we have concluded our lease negotiations with Aspen and have signed a fair lease agreement to take effect April 1, 2021. If you have any questions about the lease agreement please contact Chief Courteney. Council will be providing more information at the next scheduled community meeting. We still have some more work with Aspen to conclude but Council views the completion of the lease negotiations as a huge step forward.

Food Security Building

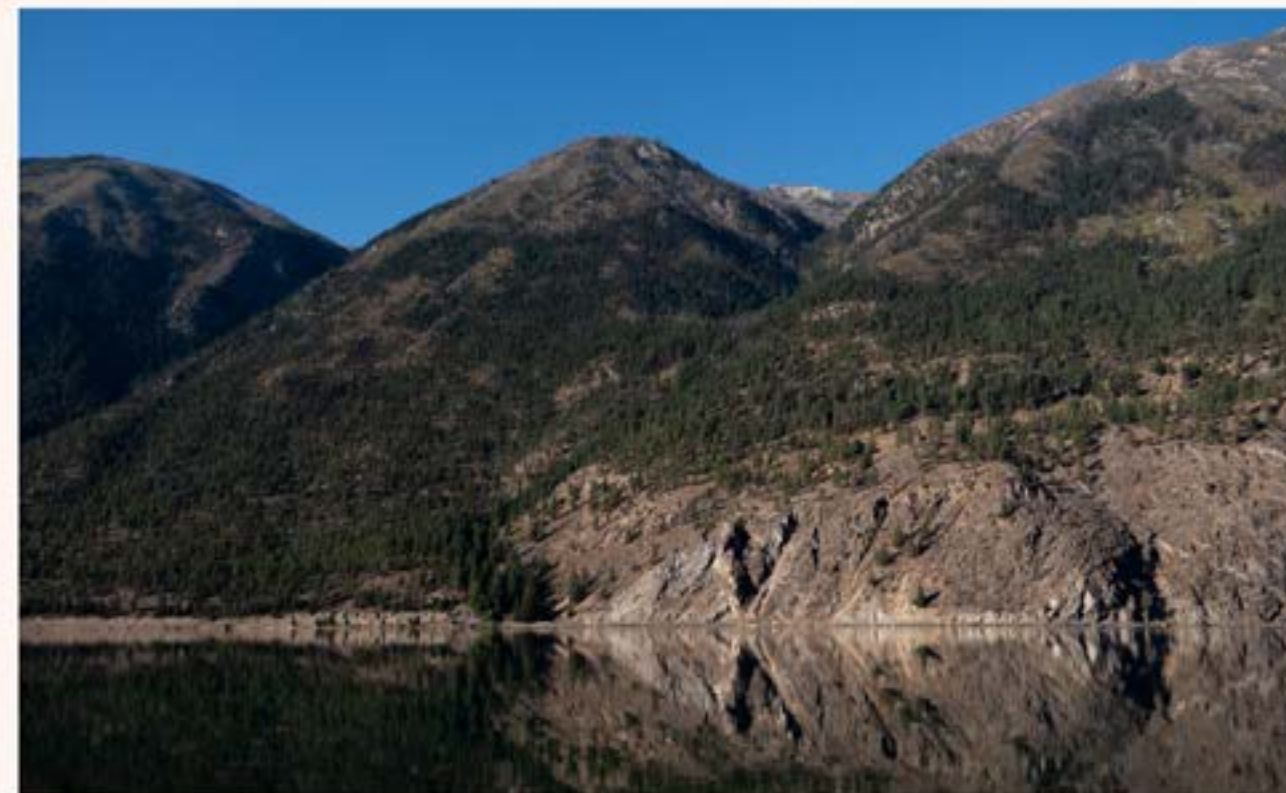
Thompson Rivers University held a Level 1 Construction Course that gave several local indigenous students hands on experience in construction. One of the criteria for the program was to work on a small-scale construction project in one of the Northern St'át'imc communities. TRU offered to pay for the material required for the construction of the project. In support of our community's initiative to actively address food insecurity in our community, we asked TRU if they could build us a building that can be used as a future hub for our agriculture programs, and food storage and distribution. The building was fully designed and constructed by the students with a qualified journeyman carpenter as their onsite instructor. The building was completed up to lock-up in the Jan 2021 and the next stage will be installing plumbing and electrical which we hope to also accomplish through a TRU Trades program. In total, six St'át'imc people completed their level 1 construction and we wish them well on their career path. Soon we will plan for an open house of the site and invite community to put forward names for the building.

Upcoming meetings:

- April 19- Regular Chief and Council meeting
- TBD- May- Community Meeting via Zoom

Questions?

- Council@titqet.org (For all Chief and Council)
- Community Chief Courteney Adolph-Jones
Communitychief@titqet.org, cell:250-256-3635
- Councillor Robert Leech Councillor_RLeech@titqet.org
- Councillor Sarah Moberg Councillor_SMoberg@titqet.org
- Councillor Marilyn Napoleon Councillor_MNapoleon@titqet.org
- Councillor Sid Scotchman Councillor_SScotchman@titqet.org



SOHS NUKW7ANTWÁL' DAY
TREATMENT PRESENTS:



CUZLHKAN SQWEQWEL

'I'M GOING TO TELL A STORY'
FEATURING: THOMAS TERRY

MARCH 24, 2021 10:00 AM
ZOOM

Each week someone will share their story of recovery and healing with us. Go to the Nukw7antwál' Day Treatment Facebook event page or email daytreatmentmgr@statimhealth.net to access the Zoom link.

News from the medical clerk

NEW CONFIDENTIAL FAX NUMBER FOR THE HEALTH DEPARTMENT **778-784-4070**

All faxes will come straight to me

REMINDER I have a MEDICAL TRANSPORTATION APPLICATION FORM

All information regarding the preferences towards your medical appointment will need to be put onto the form and handed in one week in advance.

(E.g. legal names, whose name the cheque should be in, if you require accommodations)

SAVE THE DATE; DR. BOLEN ON **MAY 07TH 2021** AT THE T'IT'Q'ET HEALTH DEPARTMENT

Our Podiatrist Dr. Ray Bolen comes into the community once a month, please let me know if you would like see the doctor for his next visit. To be added to the list I will need your personal health number as well as your birthdate if you are a new client

If a medical emergency were to happen while away from the T'it'q'et territory I regret to inform you that the Medical Transportation program is UNABLE to assist.

Please understand that I am to follow First Nations Health Authority policy regarding the medical transportation program for my community.

Physician Escort Form is required, in order to allow escort approval for patient travel appointments

Our Nurse Lindy Watkinson is also able to provide escort form, contact her and discuss the need for escort for medical appointments.

Her email provided belinda.watkinson@interiorhealth.ca

Client responsibility to RETURN confirmation cards stamped or signed by your medical appointment office and returned to medical clerk for upcoming medical appointments to be processed

BE SAFE

SENDING HEART HUGS TO ALL

Nicole Napoleon

Medical Clerk



P'egp'ig'lha Council

P.O. Box 615
Lillooet, B.C.
VoKíVo

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

PC Climate Action Project Manager, P'egp'ig'lha Council

The P'egp'ig'lha Traditional Ecological Indicators for Climate Change Adaptation Project will provide an assessment of climate change and its impacts on the seasonal availability of P'egp'ig'lha traditional foods and medicines. The project will strengthen the P'egp'ig'lha Council climate health resilience based on traditional knowledge and western science and allow the Council to develop a climate change adaption strategy based on culturally relevant approaches for responding to climate change. Building resilience in the face of climate change will help the P'egp'ig'lha protect the health and wellbeing of the community while honoring traditions and utilizing traditional approaches to health and wellbeing.

Qualifications:

- Highly motivated, self-directing and have the ability to work independently.
- Research skills and ability to use the computer to conduct research, including accessing archives.
- Ability to work together as a team and independently.
- Experience working with elders and organizing meetings.
- Knowledge of the St'át'imc Territory.
- Knowledge of P'egp'ig'lha values and traditional practices.
- Understanding of the unique political organization and values of T'it'q'et.
- Project management skills and/or the willingness to learn project management tasks.
- Ability to communicate effectively, orally and in writing.
- Experience in problem solving and troubleshooting on computers/tablets/phones
- Knowledge of Microsoft Office (Excel, Word, Power Point).
- Knowledge and able to use mapping programs (Lightship, Google Earth, ESRI).
- Knowledge and skills related to electronic devices such as digital cameras, laptops, and iPads.
- Must have valid class 5 driver's license and a reliable vehicle.
- First aid Certificate
- Must pass criminal record check.
- Be discrete and uphold T'it'q'et oath of confidentiality.

Preference will be given to qualified applicants of Indigenous descent per Canada's Human Rights Act and Legislation surrounding employment equity.

Deadline for applications: **April 2, 2021 @Noon**

Please submit your signed cover letter and resume with three references to:

P'egp'ig'lha Council Attn. Sid Scotchman
PO Box 615
59 Retasket Drive
Lillooet BC, V0K 1V0

Or by E-Mail: Pegpiglha.c.assistant@gmail.com



Xaxli'p / Xwisten / Ts'al'ah / 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

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

Emergency – Call 911 in service area
or
Stl'atl'imx Tribal Police – 250-256-7767
RCMP – 250-256-4244
Ambulance – 250-256-7111

Cultural Wellness/ A & D/ Mental Health Supports

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

Victim Services	Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health	<ul style="list-style-type: none">▪ Carol Camille▪ Riley Aleck	<u>Cell #'s</u> <ul style="list-style-type: none">▪ 250-256-4146▪ 250-256-9336
Cultural Wellness	Riley Aleck – Counselling Support	<u>Cell:</u> 250-256-3086
Shelter Support & Food Bank	Everett Tom	<u>Cell:</u> 250-256-1574 <u>Office:</u> 250-256-4146
PEACE (CWWA) Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence.	Karen Kauffman	250-256-4146 karen@lfcs.ca
EYSC Engaging Youth for Stronger Communities	Gail Kreiser-Leech: Job Coach	250-256-8893 eysccoach@lfcs.ca
Private Practitioners:		
Eagle Spirit Counselling	Brandi Kane MSW, RCSW	604-728-1574 brandy@eaglespiritcounselling.com
	Yolanda Hall MSW, RCSW Private Clinician/ Counsellor Lillooet (Mondays and some Tuesday afternoon)	1 (866) 414-2300 yjhall@telus.net
Askom Counselling	Joanne Warren SSW, BA, MLIS, MACP, RCC	Office: 250-256-4906 Toll Free: 1 (866) 884-5990 counsellor@askomcounselling.org
Interior Health, Lillooet Hospital and Health Centre		250-256-4233
Mental Health & Substance Use	AJ – 250-256-1319 Allanah – 250-256-1343 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.	OAT Clinic (Phone app'ts only) 250-256-1345

St'at'imc Health Outreach: Working in Shifts & from Home, phone & online 250-256-7530		
Cultural Support	Darrell Bob	Cell: 250-256-3086
Day Treatment Manager	Christian Ahrenkiel	Office: 250-256-7530 Cell: 250-256-3625 daytreatmentmgr@statimchealth.net
Adult Mental Health Clinician	Ricardo Pickering	rpickering@statimchealth.net
Addictions Supports	Matilda Brown	Office: 250-256-7530 Ext. 209 mbrown@statimchealth.net
Mental Outreach Health Clinician	Cole Levitt	Cell: 778-220-1410 clevitt@statimchealth.net
Youth Clinician	Ellie Madeley	778-209-8552 youthclinician@statimchealth.net
Peer Supports	Rocker Brady	rbrady@statimchealth.net
T'i'tq'et Health: Working from Home, phone & online		
Community Wellness Counselling & Addictions Supports	Juanita Jacob	Office: 250-256-4118 250-256-9410 wellnesscoordinator@titqet.org
Sekw'el'was Health & Wellness: Working from Home, phone & online		
Mental Health & Addictions Support	Andrea Lebourdais	Office: 250-256-4136 Ext: 216
Counselling Supports for Community members		Office: 250-256-4136 Cell: 250-267-3389 mp.levitt@outlook.com
Xaxlip Health & Wellness: Working In Office		
Cultural Wellness, Addictions & Mental Health	Linda McDonald	250-256-4800 mentalhealth@xaxlip.ca

Xwisten Health & Wellness: Phasing Out of Office to Work at Home		
Mental Health & Addictions Counselling Support	Gary Dunn	250-256-7423 communitywellness@xwisten.ca
Cultural Wellness	Andrew Tom	250-256-7423
Ts'kw'aylaxw Health & Wellness: Working from Office 250-256-4204		
Health Admin.	Shannon McDonald	250-256-1459
	Stella Aleck	250-256-4204 culturalwellness@ts'kw'aylaxw.ca
Shalalth Rose Casper Health: Working from Home		
Contracted Support from SOHS Addictions counselling support	Matilda Brown	250-259-8232 mbrown@statimchealth.net
Kanukwa7staliha Family Services: Working from Home, phone and online		
CYMH Clinician	Sean O'Donaghey	Office: 250-256-7525 Cell: 604-722-1453



https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx



Aries (Mar 21–April 19)

HBD! You are thriving right now, Aries. You're in the spotlight (which is exactly where you love to be), so pick a goal, work toward it, perform well, and dazzle the crowd! Enjoy your birthday season, Aries. There's a ton that you want to do—all you gotta do is go out and do it!

Taurus (Apr 20–May 20)

You're getting a bit of a different Aries season experience than the other signs. Your chart's 12th house, which governs endings and the completion of cycles, is getting lit up, so this is a time to cut off everything/everyone that's not working. It's an important chance to shed past baggage, but it's also a time to revisit jobs, projects, and relationships from the past that you do want to keep around and figure out how to reintroduce them back to your life.

Gemini (May 21–Jun 20)

Aries season is the most social time of year for you, Gemini! You're spending time with your besties, your group chat is your favorite place to be, and you're even making new friends. Out of all 12 signs, yours is one of the best communicators and you love connecting with people. This Aries season, you're thriving!



Cancer (Jun 21–Jul 22)

Your number one focus this season is getting sh*t done at work, Cancer. You're clocking in the hours working on big projects and presentations—but it'll be worth it. Once you receive recognition for the great work you've done, let yourself bask in the spotlight and enjoy your success. But it's not over yet! Expect bigger, more exciting projects to start up soon, which, BTW, could lead to a raise or promotion!

Leo (Jul 23–Aug 22)

It's time to (safely!!!!) get out and explore! Aries season is all about expanding your mind, opening yourself up to the world around you, and finding meaningful experiences and connections that can help you become a more well-rounded person. Even if you're shackled up at home, you can have tons of fun learning a new hobby, watching hella Netflix docs, and expanding your mind. This is a busy time when you're learning a lot, but dw—it's in a fun way!

Virgo (Aug 23–Sept 22)

The fiery energy of Aries season is heating up your chart's zone of intimacy, so expect your sex life to get way steamier! If you're boo'd up, you and bae can get much closer *wink wink* and the super-emotional vibe is perfect for romance. If you're single, you can still have a good time flirting TF up, but catching feelings for your fling is baaaasically a guarantee rn!

Libra (Sept 23–Oct 20)

Simply put, Aries season = cuffing season for your sign, and this is especially true since lovey Venus is in Aries right now too! This is a time of breakups, makeups, and finding new love. Basically, you're focusing on your 'ships, new and old—and this goes for romantic and platonic connections, JSYK!

Scorpio (Oct 23–Nov 21)

If your 9-to-5 is getting to be too much, Aries season is here to help you figure out how to work and live more productively. You're always busy, but think about it: Are you really trying to maintain a balanced, healthy schedule? Create a new daily routine and figure out how to reorganize your life now, otherwise this Aries season might light a real fire under your ass and force you to re-balance your sched!

Sagittarius (Nov 22–Dec 21)

Love is in the air! Honestly, your Aries season experience might just be better than any of the other signs, Sagittarius. Your chart's romance/sex/fun zone is getting turned on right now, and whether you're looking for love or you just want to have fun, you're finding tons of success!

Capricorn (Dec 22–Jan 19)

Despite Aries season's upbeat, action-packed vibe, you're turning into a real couch potato. Your biggest focus is on life at home and with your family. Reorganize your place! Redecorate! Reconnect with your loved ones! This is a good time to brainstorm new goals or projects, but before you act, you gotta make sure that your support system is totally secure.

Aquarius (Jan 20–Feb 18)

Your phone's ringing off the hook, everyone and their mother is texting you, and you are staying busy right now! Not busy as in "My job is kicking my ass and I want to die" but busy as in "Why do I have fifty unread texts? I didn't know I was this popular!" You're reconnecting with pretty much everyone you've ever met and making lots of new connections this Aries season. Enjoy!

Pisces (Feb 19–Mar 20)

There's a lot on your plate right now, Pisces, and now's the time to push through it all and work your ass off! It might seem like tedious, busy work at first, but it will lead to some pretty big rewards. I'm not saying you'll be promoted to CEO this month, but what I am saying is that a fat bonus is in your future if you play your cards right. Just watch out: When you get that extra cash, it'll be very easy to accidentally spend it all away!

May 2021
Newsletter Submission Deadline
Friday, April 23rd 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

