

# Newsletter

Sept 2021

## **T'IT'Q'ET SEPT 2021 ISSUE**

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## **TO SUBMIT TO NEWSLETTER**



















Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 31



# September

**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
29	30 	31	1 	2	3 	4
5	6 Labour Day	7	8  	9	10 	11
12	13 	14	15 	16	17 	18
19	20 	21	22 	23	24 	25
26	27 	28	29 	30 National Day for Truth and Reconciliation (STAT)	1 	2
3	4 	5	6 	7	8 	9

## RECYCLE DAYS:

Sept 1–Plastics

Sept 8–Glass

Sept 15–Tins

Sept 22–Cardboard/Paper



## T'it'q'et Community Meeting

Sunday, September 19, 2021

10 a.m.

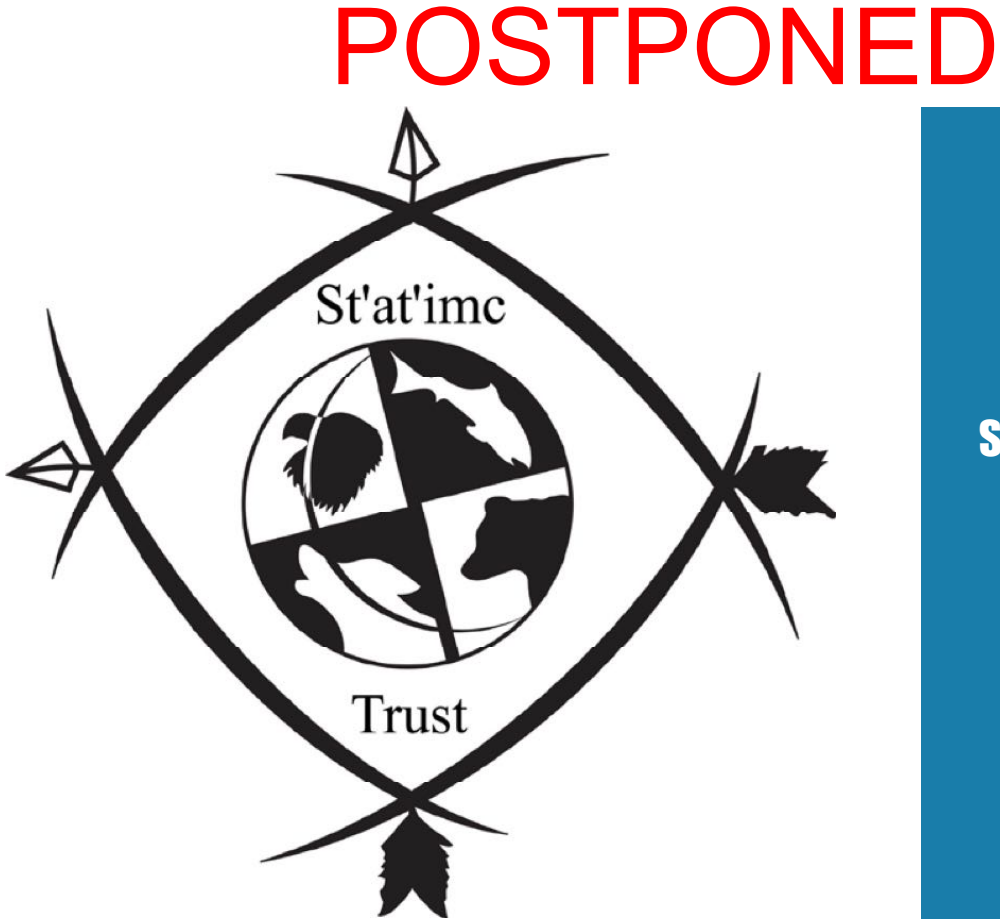
P'egp'ig'lha Community Centre

1. Opening Prayer
2. Aspen Lease Update
3. STP Building Update
4. Other

# PODIATRIST

Dr. Bolen our Podiatrist  
Will be coming into the  
T’it’q’et Community  
**Friday, October 8<sup>th</sup>, 2021**

Please contact Medical Clerk at the band office  
To book your appointment  
250-256-4118 ext.241  
medicalclerk@titqet.org



## SAVE THE DATE THE ST’AT’IMC (PC) 2011 TRUST

**2021 Annual General Meeting**  
The Trustees of The St’at’imc (PC) 2011 Trust will be presenting an update to all Community Members on the 2020 activities of the Trust. Please hold September 8<sup>th</sup> and 9<sup>th</sup>, 2021 in your calendars to attend the meeting(s). Everyone that hands in an evaluation form at the end of the meeting will be entered for the door prize(s) draw.

N’Quatqua	Tsal’alh
Samahquam	Ts’kw’aylaxw
Sekw’elw’as	Xaxli’p
Skatin	Xa’xtsa
T’it’q’et	Xwisten

**Wednesday,  
September 8, 2021**

T’it’q’et

AGM  
5:00 pm – 8:00 pm

**Dinner will be  
provided**

**Thursday,  
September 9, 2021**

TBD – FRASER  
VALLEY

AGM  
5:00 pm – 8:00 pm

**Dinner will be  
provided**



## T'IT'Q'ET LANDS AND NATURAL RESOURCES

### Newsletter Report

September 2021

- **Lands Committee**

Has been meeting regularly twice a month using Telus business.connect. An online meeting platform hosted by the Lands Advisory Board Resource Centre. The Committee is working on the latest draft of their Terms of Reference revisions. T'it'q'et Council has directed that staggered terms for committee members will be acceptable.

- **Law-Making & Enforcement**

Consultant Patrick Kelly has sent a draft report to the Lands Committee on his law development work. It will be reviewed at their next meeting on Sep 7<sup>th</sup>. T'it'q'et Council has directed the Land Committee to begin work on a Enforcement and Ticketing Law. (The name could change, of course.)

- **Natural Resource Management**

A consulting firm has been selected to produce a draft Environmental Management Plan. Work will begin once T'it'q'et and the firm sign a contract. Future meetings are planned between the consultant and the Lands Committee, Council and the community.

- **Lands Administration**

A webinar is scheduled on September 15<sup>th</sup> to update land code communities on proposed changes to the First Nation Lands Registry. The Legacy Issues funding application has been approved. Consultants will begin work on a cemetery expansion feasibility study and a dispute resolution system.

# DOG ATTACKS

Administration has received complaints concerning vicious dog attacks and nuisance pets. Once a written complaint is received concerning dogs or other pets it goes on file.

All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbours. Please keep dogs fenced in or tired on a run.

Dogs that bark constantly should be brought into the home especially during the evening.

Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbours' lawns etc.

8.2.1.8 As per the housing policy it states:

1st Warning is a writing to the owner from Council:

2nd Warning, the owner must pay the \$50 animal control surcharge;

3rd Warning, the pet owner must meet with Council;

4th warning is the removal of the dog.

Thank you,  
Kassandra Doss  
Housing Coordinator



T'it'q'et  
PO Box 65  
Lillooet, BC  
V5C 1V6

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



First Nations Health Authority  
Health through wellness

August 24, 2021

Dear T'it'q'et Members and Residents:

Re: T'it'q'et Administration Office

T'it'q'et continues to follow the BC COVID-19 restrictions. T'it'q'et Administration office will remain open to the public with COVID-19 Safety precautions in effect. People visiting the office are required to use masks, hand sanitize upon entering the building, and check temperatures upon entrance to the building. Once entering the building, the following questions will continue to be asked: are you experiencing a cough, fever, sore throat, shortage of breath, have you been in contact with anyone who tested positive or has been tested and waiting for the COVID-19 results. If your response to any of the above questions is yes, then we ask that you please do not enter the building and contact the office by phone or email. The contact sheet will be maintained at the front desk.

The weight room will be closed at this time.

Cultural nights will continue on Thursday evenings at 5 p.m. Participants are restricted to community members to keep the numbers within the maximum limit of 50 participants for indoor gatherings with safety protocols in place. The gym rental will be open; however, renters must ensure safety protocols are in place. Kitchen rentals will have a limit of 4 people using the space at one time.

Our community has remained vigilant over this past year, and we ask everyone to continue to work together to ensure COVID-19 Safety Protocols are followed.

If you have any questions, please call Janice or Susan at (250) 256-4118.

Sincerely,

Janice Whitney  
Administrator

### **CLIENT RESPONSIBILITY**

Clients who access medical transportation through the FNHA Health Benefits program, either at the community level or Health Benefits Operations are responsible to:

- Give at least 5 days notice. Upon receipt of notice, transportation arrangements can be made.  
**Note:** Clients who do not provide sufficient notice may be required to reschedule their appointment or pay for the travel and get reimbursed
- Attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and/or pay for their travel costs on subsequent medical travel
- Get a signed confirmation of attendance from the health professional and return it to the Transportation Coordinator after the medical appointment.
- Give notification when cancelling an appointment prior to the date of the appointment; including 24 hours notice to cancel any hotel arrangements
- Retain and submit all necessary receipts required
- Not damage property or abuse accommodation arrangements, such as excessive noise
- Not become verbally abusive or threatening to the patient transportation clerk or coordinator

Clients may be required to pay for their own travel arrangements and submit a client reimbursement form with the appropriate documentation or may have charges deducted off their next travel arrangements, in such cases as:

- a) Client is verbally or physically abusive;
- b) Client fails to provide the required medical documentation (referral or confirmation of attendance) or receipts
- c) Client is no longer accepted in commercial establishments or on commercial transportation because of inappropriate behavior
- d) Client does not make it to their scheduled appointment
- e) When FNHA or a First Nation organization is charged for damages; billed for keys; or no shows.



August 27, 2021

Kalhwa7acw Nsnekw'nukw'a7

Hello Friends and relatives,

**RE: Lifelong Learning Scholarship Awards Golf FUNdraiser**

This message is to inform you that the St'at'imc Lifelong Learning Scholarship Golf FUNdraising Event scheduled on September 16, 2021, has been canceled in keeping with local regulations regarding the COVID-19 pandemic and large social gatherings. The safety of attendees, staff and community, and crew always comes first.

We sincerely apologize for any inconvenience this may cause and look forward to greeting you, your friends, our partners, working relations and our community members next year as we continue to hope to secure the Golf FUNdraising event, we will continue to put our efforts towards the opening of Golf in the new season.

If you have issued a cheque to participate in the Golf Scholarship FUNdraising event, we can issue a full refund and you'll receive an email within the next week to confirm your refund has been issued. At that point, it'll take 5-7 banking days for your funds to be available for use.

For questions, regarding refunds please contact our finance department Raquel Kane  
[rkane@statimcs.org](mailto:rkane@statimcs.org)

Or if you would like to donate to the Scholarship Awards Program please continue to do so, as we will continue to reach out to our partners, community and working relationships to support our Lifelong Learners.

Sincerely,

Laura Grizzlypaws  
SET Manager  
Scholarship Awards Program  
Ph: 250.256.8515  
Email: [set@statimcs.org](mailto:set@statimcs.org)



August 18, 2021

Kalhwa7acw nsnekw'nukw'a7

Hello friends and Associates

**RE: St'at'imc Lifelong Learning Scholarship Awards Program**

St'at'imc Government Services | Education and Training Scholarship Awards Program is a non-profit organization devoted to making a difference in the community. We provide scholarship awards to lifelong learners attending Post-Secondary, Skills & Trades and or Personal Professional Development.

At this time, we are seeking sponsorships or donation to be contributed to the Scholarship Awards Program and ask that you consider supporting our cause. This year our campaign's goal is \$ 30,000. 100% of funds from the campaign will be used to provide awards of academic standards and to meet the financial needs of students enrolled in education and or a skills and training program.

Your donation will be acknowledged in several ways. We will list you in our annual program as well as on any promotional materials we produce. St'at'imc Government Services | Education & Training Scholarship Program relies on the support of generous donors such as you. Your donation will help ensure the success of our future.

Would you help support our learners by donating? We have had a challenging year because of Covid and hope to secure our lifelong learners with financial support as they return back to their studies in their programs.

We thank you for your consideration of our request, and look forward to hearing from you in the near future.

If you have any questions and or concerns please contact me at (w) 250-256-0425 (c) 250-256-8515 or via email at [set@statimcs.org](mailto:set@statimcs.org)

Sincerely,

Laura Grizzlypaws  
Education & Training Manager  
Scholarship Awards Program







*Engaging Youth for Stronger Communities*

# DRIVE - THRU B-B-Q

**\*SATURDAY September 18th\***

**MNTN.JENNY-11:00AM**

**SCOTCHMAN RD. - 11:45 AM**

**MAIN- INCLUDING- FELIX, NAPOLEON, AND PAUL STREET 12:30PM**

**TEXAS CREEK AND 6 MILE 1:15 PM**

**JUST DRIVE THROUGH PCC PARKING LOT STARTING ON THE RIGHT AND YOU WILL BE GIVEN FOOD TO TAKE HOME AND ENJOY.**

**AND**

**A PRIZE WILL BE GIVEN TO EACH FAMILY HOUSEHOLD AS USUAL.**



**PLEASE BE RESPECTFUL OF TIMES PER AREA**

**PLEASE HELP ELDERS AND NEIGHBORS WHO DO NOT HAVE A VEHICLE TO JOIN IN ANNUAL BAND B-B-Q**

**SHAWNA RILEY 250-256-4118 EXT 229**



- Volunteer work experience
- Work Prep and work wear
- HR Downloads online work prep and in person courses
- Resume with Cover letter and Work experience Portfolio.

Daily pro rated allowance per month according to attendance. Childcare dollars provided.

Open to youth in Lillooet, St'at'imc, Goldbridge, Bralorne and surrounding Communities  
Ages 15-30

## Workshop list

- Self Awareness
- Work Ethics
- Life Skills
- Leadership
- Communication
- Mentorship
- Networking
- Understanding Culture

## Phase #2, 2021



### Contact

Gail Kreiser Leech-Coordinator

250-256-4146 ext 207 [eysccoach@lfcs.ca](mailto:eysccoach@lfcs.ca)

or

Belinda Adolph-Activity Support Coach

250-256-4146 ext 201 [eysc@lfcs.ca](mailto:eysc@lfcs.ca)

Lillooet Friendship Center Society Location  
357nMain Street

Lillooet BC V0K 1V0



## JOB POSTING

### SCC Associate Director

**Position Summary:** The St'át'imc Chiefs Council (SCC) is seeking a highly collaborative, innovative, and effective Associate Director to work closely with the SCC Director of Operation to assist in strengthening St'át'imc government. The Associate Director will provide administrative operational assistance to ensure effective and efficient operations of St'át'imc government.

The SCC Associate Director will report to the SCC Director of Operations and will be responsible for the management and day-to-day administrative operations of SCC. The primary responsibility is to strengthening SCC's administration operations with a focus on advancing St'át'imc title, rights, responsibilities, and recognition of St'át'imc inherent jurisdictions.

#### Duties & Responsibilities

- The Associate Director will provide professional administrative support for the SCC to ensure effective and efficient administrative operations of St'át'imc government, which includes managing, providing direction, and overseeing day-to-day operations of SCC Staff.
- Conduct research in areas of legislation, policy, program and service delivery and other key areas as per the SCC Strategic Plan, SCC Work Plan, St'át'imc Land Use Plan, and St'át'imc Land and Resource Code, towards the advancement of St'át'imc inherent jurisdiction; or as directed by the Director of Operations and the SCC Chair.
- Support SCC, including SGS, and St'át'imc communities with reviewing and revitalizing St'át'imc land and resource governing documents in upholding St'át'imc title and jurisdiction in St'át'imc Territory.
- Prepare reports, briefing notes, presentations, policy documents and other relevant materials in advance of regular meetings or special meetings.
- Work collaboratively with the SCC Director of Operations, SCC and SGS in providing strategic advice and support on a wide range of government relations issues.

#### Education

- Minimum a Bachelor's Degree in Public Administration (BBA) or related discipline such as a Bachelor's Degree in Indigenous Studies, Political or Social Science, are strongly preferred.
- Minimum ten (10) years recent working experience in Indigenous government organizations, Indigenous title and rights, political science, or social science.

#### Qualifications

- In-depth knowledge and understanding of St'át'imc, St'át'imc culture, political structure, opportunities and challenges at a local, regional level, and nation level.
- Ability to work collaboratively as a team and independently with minimal supervision.
- Detail-oriented and results-focused, with strong problem-solving and analytical skills, as well as superior organization skills and time/priority management.

- Must have excellent leadership, interpersonal, as well as written and oral communication skills, including public speaking.
- Proficient computer skills that includes: Word Processing and document formatting; Spreadsheets; and PowerPoint.
- Minimum of five (5) year's experience as a senior manager in supervising staff and working with upper-level senior management.
- Ability to translate complex matters into clear and understandable language, as well as create and execute strategic research and implementation plans.
- Ability to work extended hours or on weekends as required, as well, attend meetings and events which may require work and travel outside of normal business hours.
- Ability to maintain a high level of proficiency, accuracy and confidentiality concerning SCC business.
- The ability to speak and write St'át'imcets would be an asset.

#### How to Apply

Interested applicants to submit their Cover Letter including their Resume to the ATTN of:

Art Adolph, SCC Director of Operations

Email: aadolph@statimc.net

Fax : (250)256-0445

Mail: P.O. Box 1600, Lillooet, BC, V0K-1V0

**Closing date: September 10<sup>th</sup>, 2021 at 4:00 p.m.**

**Please Note: Only those applicants selected for an interview will be contacted.**





## 265 DEATHS

From overdose in the Kamloops area since the start of the crisis in 2016.

# International Overdose Awareness Day

*Coming Together*

**Tuesday, August 31      5-7pm      MacDonald Park**

Join us to remember, without stigma, those we have lost to overdose and acknowledge the profound grief of family and friends left behind. We will connect through art, education, Naloxone training, music, poetry, bannock and more.



**ADDITIONMATTERS.CA**  
**FACEBOOK.COM /**  
**ADDITIONMATTERSKAMLOOPS**

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### Medical Transportation Policy Framework Non-Insured Health Benefits Program

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#### 2. COORDINATED TRAVEL

- 2.1 When more than one client is travelling to the same location, where practical and economical, appointments and travel arrangements will be coordinated to ensure optimum cost-effectiveness.
- 2.2 When more than one medically required service is required in a week and/or more than one family member needs to access a medically required service in the same week, where practical and economical, appointments and travel arrangements will be scheduled for the same day to ensure optimum cost-effectiveness.
- 2.3 When more than one client is travelling in the same vehicle, the rate reimbursed will be for one trip only. Where applicable, an appropriate schedule of fixed rates will be established.



## Virtual Wellbriety Support Group

Open Daily Zoom Meetings

**EVERYONE IS WELCOME TO ATTEND**

**Every Day, Monday to Friday**

**1:00 pm to 3:00 pm Pacific Daylight Time**

Join by clicking this link or copy and paste the link into  
a web browser <https://us02web.zoom.us/j/84428458473>

**Dial in option:** 1-778-907-2071

Meeting ID: 844 2845 8473

*For more information contact:*

Dave Manuel, TteS Wellness Counsellor  
250-372-5030 [dave.manuel@kib.ca](mailto:dave.manuel@kib.ca)

**Me7 knucwentwécw-kp (help one another)**

**Me7 yegwyúgw-t-k ell me7 yegwyúgw-t ke7 púsmen  
(Keep healthy and strong in body and mind)**

**\$1500 OFF**  
A PAIR OF  
HEARING AIDS

HEALTH & SAFETY FIRST!

All Clinics are set up with  
Plexiglass and following ALL of the  
COVID WCB Protocols

**CARTER HEARING LOCATIONS**

CHILLIWACK: #100- 8193 MAIN ST.  
HOPE: 501-F WALLACE ST.  
AGASSIZ: 7069 CHEAM AVE.  
PRINCETON: 131 VERMILION AVE.  
LILLOOET: UNIT #3, 682 MAIN ST.

**Call Today To Book an Appointment**  
TF: 844-234-6665 | PH: 604-382-9211 | [www.carterhearing.ca](http://www.carterhearing.ca)

CARTER HEARING in  
Lillooet is located at  
Unit 3, 682 MAIN STREET

THE OFFICE IS OPEN  
TWO DAYS A WEEK  
EVERY TWO WEEKS

Tues Aug 31<sup>th</sup> 10-5pm

Wed Sept 01<sup>st</sup>

8am - 2/3pm

Please contact the toll free  
number to book your  
appointment

**1-844-234-6665**

Providing you with the best hearing professionals for the best care

Linda Reavie, RHIP,  
Registered Hearing Instrument  
Practitioner

Linda is a Registered Hearing  
Instrument Practitioner who has lived  
in Chilliwack and worked in the hearing  
industry for over 10 years. Focused on  
customer needs and driven to excel in  
customer service.

Laura Carter, RHIP, CEO, Owner  
Of Carter Hearing Ltd., Registered  
Hearing Instrument Practitioner

Laura Carter is a Registered Hearing  
Instrument Practitioner and Owner of  
Carter Hearing. With client care as her  
primary focus, Laura is proud to be a  
100% Canadian business owner with  
seven clinics - Chilliwack, Hope,  
Agassiz, Lillooet, Princeton, Merritt and  
Chase, and as well as two full mobile  
clinics servicing remote communities  
and First Nation Health Centres.

Olivia Campbell  
Hearing Instrument Practitioner  
Student

Her main goal is to provide the best  
Customer  
Service to our patients in our five  
locations and Mobile Clinics.





## SEPTEMBER NALOXONE TRAINING

MONDAYS AT T'IT'Q'ET

P'EGP'IG'LHA GYMNASIUM

AFTERNOON

SESSION 2-4PM

**6<sup>TH</sup> AND 13<sup>TH</sup>**

EVENING SESSION 5-7PM

**20<sup>TH</sup>**



**Signs of overdose**



**CALL 911**



**S.A.V.E.M.E.**  
Steps to save a life

Naloxone is a medication that reverses opioid overdose.

To learn more about Naloxone or this project, please visit [towardtheheart.com](http://towardtheheart.com)





# 5 MYTHS ABOUT ADDICTION

## MYTH 1: "DO A DRUG ONCE AND YOU'RE ADDICTED."

Many, many people who try a drug once do not become addicted. Patients are given opioids in hospital during surgery or childbirth and do not become addicted. Some people use substances recreationally and don't become addicted. It is true, however, that the more often a substance is used, the higher the risk of addiction – but even then it may not result in addiction.

## FACT: PEOPLE WHO STRUGGLE WITH ADDICTION USE SUBSTANCES TO CURB PAIN.

People who struggle with addiction may be trying to ease physical, emotional, spiritual and mental pain – to numb difficult feelings. To create meaningful change we need to address the underlying and ongoing trauma, grief and loss that contribute to this pain.

## MYTH 2: "WE JUST NEED TO GET ALL THE DRUGS AND DRUG DEALERS OUT OF THE COMMUNITY TO END THE DRUG PROBLEM."

This approach has failed time and again. America's 'War on Drugs', which began in the 1970's, is a well-documented example of how this approach has failed to stop substance use.

## FACT: OSTRACIZING PEOPLE WHO SELL AND USE DRUGS SIMPLY PUSHES SUBSTANCE USE UNDERGROUND.

Attempting to push substance use out of the community leads to additional problems:

- Increased use of substances alone and indoors, which is riskier. Eighty-nine percent of overdose deaths caused by illicit drugs occur indoors in BC.
- Increased potency of illicit substances to evade law enforcement.
- Decreased opportunity for connection and support for people who use substances.
- People who use substances may feel they have no alternative but to travel away from loving, supportive families and communities in order to access the substances they need.



First Nations Health Authority  
Health through wellness

## Please report any concerning activities

Please call STP directly to report any concerning activities.

STP emergency number is 250.256.7767.

STP non-emergency number is 250.256.7784.

Directly reporting the activity will help the police respond faster in an emergency.

Friendly reminder that in the rental units as per agreement signed:

8. Except for casual guests, no other persons shall occupy the premises without written consent of the Landlord.

Housing needs to be contacted when you move someone into your rental unit. Then it needs to get approved by administration, and council that this ok. If approved a new rental agreement will need to get filled out and signed.

Thank you,  
Housing.





This fully-funded Indigenous Trades Sampler Program gives students the hands-on experience to gain a basic understanding of three common construction trades: carpentry, plumbing, and electrical.

This program is fully funded for those who qualify, including personal protective equipment, books, and some tools. Living expenses will not be provided.

- Program Dates: Sept. 27 - Dec. 22, 2021  
- Application Deadline: Aug. 20, 2021

For more information and registration contact:

TRU Lillooet Karime Jolly  
Tel: 250-256-4296 Cell: 778-209-9788  
Email: [kjolly@tru.ca](mailto:kjolly@tru.ca)

Willi Fortier  
Tel: 250-828-5433 Cell: 250-851-1132  
Email: [wfortier@tru.ca](mailto:wfortier@tru.ca)



## Lillooet Community Adult Learning Centre (CALC)

Phone: 250 256-6007  
Address: 472 Main Street, Lillooet BC  
Email: [ylarochelle@lillooettribalcouncil.ca](mailto:ylarochelle@lillooettribalcouncil.ca)  
Email: [calccordinator@lillooettribalcouncil.ca](mailto: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](mailto:languagecoord@lillooettribalcouncil.ca)  
[LCPTechnician@lillooettribalcouncil.ca](mailto: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](mailto: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](mailto: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.

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



Lillooet Dental is a dental practice that provides oral health services to patients in Lillooet and area.

Dr. Warner has created a team of cheerful professionals that aim to have their patients feel informed and taken care of. “We care for their health and well-being and listen to their concerns,” said Dr. Warner, “we give patients all the information that they require to make informed decisions.”

Lillooet Dental strives for a team of professionals whose number one goal is to maximize your oral health, well having a positive experience. “We want everyone to have the most stress free experience possible,” said Dr. Warner, “we truly care for our patients.”

Dr. Warner has assembled a dental team that is committed to staying educated for you. “In fact, I’m addicted to learning,” said Dr. Warner. She takes continued education very seriously and takes her team to dental conferences and has in-office training frequently. “We want to stay in the know for you, so we can provide the best services and products for our patients.”

Lillooet Dental provides preventive dentistry, dental restorations (both composite and amalgam), root canal treatment, crowns, bridges, digital X-rays, teeth bleaching, and implant restorations. Lillooet Dental can conduct sedation in their office and in a hospital setting and offers orthodontic treatment as well.

**Lillooet Dental is a member of the Lillooet & District Chamber of Commerce, Canadian Dental Association, BC Dental Association, and the College of Dental Surgeons of BC.**



# Meet Dr. Courtney Warner

Dr. Courtney Warner was pleased to purchased Lillooet Dental in 2015 as it was a long time business in the community that had been in operation since 1983. "I saw the need in the community and the opportunity to make a difference," explained Courtney. She really enjoys owning a dental practice in Lillooet because she is able to get to know so many of her patients on a personal level and finds that the small town connection helps her to better understand her patients' wants and needs. Owning her own dental practice allows Courtney the freedom to decide what the office needs and the flexibility to lead a dynamic team. She is very proud of her staff and says they are a wonderful team of caring ladies whose professional service allows for a positive dental experience every time.

Courtney loves to spend time with her family. "I have two beautiful daughters that mean the world to me and a husband that supports me and puts up with my to-do lists," said Courtney. She enjoys that her new hometown has no traffic congestion and loves the hot weather in Lillooet. The scenery is great too - even the view out her office window is incredible.







The Lillooet Dental Clinic offers services including general family dentistry, crown and bridge services (including Lumineers), complete and partial dentures, invisalign orthodontics; root canal therapy; preventive care; treatment of gum disease; and tooth whitening.

**Hours of operation:**

- Monday - 8 am to 5 pm
- Tuesday - 8 am to 7 pm
- Wednesday - 8 am to 6 pm
- Thursday - 7:30 am to 5 pm
- Friday - 8 am to 4 pm

Times may differ, please call our office for current weekly hours.

**Contact us:**

Dr. Courtney Warner Inc. & Associates  
Phone: 250-256-4616 (24 hour answering service)  
Fax: 250-256-4757  
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### The receptionist asks,

“Would you like to see the Nurse Practitioner?”

- What is a Nurse Practitioner (NP)?
- What can an NP do?
- Could an NP help me?

### Who are Nurse Practitioners?

Nurse Practitioners (NPs) have a Master’s degree in nursing, along with other speciality education and training which gives them advanced knowledge, skills and expertise in health care. NPs practice with unique perspectives to combine prevention, care, and cure.

NPs work closely with patients, families, other health care professionals to take care of acute and complex illnesses. They support communities in developing, evaluating and putting health programs in action for the public.

### Where do NPs work?

NPs provide health care to patients and families in a variety of settings including family practice, urgent care, health centres, hospitals, and specialty clinics.

### What can an NP do?

- ✓ Health promotion and give advice
- ✓ Diagnose and manage illness, disease, injury, and mental health conditions
- ✓ Order and interpret diagnostic tests
- ✓ Prescribe medication & treatments
- ✓ Refer to specialists
- ✓ Care for pregnant patients
- ✓ Monitor and manage chronic illness
- ✓ Perform minor procedures such as wart treatment, stitches, mole removal, PAP tests

### Could a Nurse Practitioner help me?

An NP is skilled and educated to provide care for many illnesses and conditions. If you need more care than your NP can offer, you will be referred to an appropriate specialist. NPs work as a team with other health care providers to ensure you are getting the best care needed.

### Health Promotion and Illness Prevention

NPs have important roles in their communities. They are leaders, educators, and advocates for health promotion and illness/injury prevention.

### Nurse Practitioners:

- ✓ Support patients of all ages while maintaining and respecting culture
- ✓ Offer friendly and non-judgemental environments
- ✓ Help patients make informed decisions for their health care
- ✓ Provide access for patients to have health care needs met
- ✓ Apply a patient and family-centred approach
- ✓ Contribute to operational planning
- ✓ Work with or connect with other health care professionals including (but not limited to): specialist physicians, surgeons, family physicians, nurses, midwives, pharmacists, physiotherapists, occupational therapists, dietitians, speech language pathologists, respiratory therapists, massage therapists, social workers, natural health & naturopathic practitioners, traditional healers, counsellors, navigators, medical office assistants, optometrists, dentists, audiologists, and first responders.

### How are NPs funded?

Most NP positions are funded by the BC Ministry of Health. NP roles are salary-based and are not fee-for-service positions.



**Virgo (Aug 23–Sept 22)**

HBD! It's all about you now, Virgo! Whether it's at home, at work, with your partner, or just a personal project, this is the best time to initiate something new. You'll have long-term involvement with anything you start now, so (carefully) pick a goal, make a plan, and go for it! You're the star of the show!

**Libra (Sept 23–Oct 20)**

Get comfortable, because this is one slow month. Your chart's zone of isolation and the completion of cycles is being activated, so don't expect much excitement for a while. This is a time to stop, gather your thoughts, and reflect on all that's happened in the past year—you're likely to run into an ex-flame or ex-friend, too. Draw positive lessons from the past and get rid of any baggage, so you can enter Libra season as the best version of yourself!

**Scorpio (Oct 23–Nov 21)**

You're just as picky as Virgos are when it comes to your squad—you keep a super tight inner circle, and you're not all that eager to introduce new faces to your crew. This month, however, is one of the most social times of year for you. On top of reinforcing your already existing friendships, this Virgo season is perfect for finding new friends that perfectly fit the bill. In fact, they can replace any shitty or toxic friends you've been stuck with.

**Sagittarius (Nov 22–Dec 21)**

This is a make-or-break month for you, Sagittarius. All eyes are on you at work, so make sure you're performing your best! Many long-term projects are reaching their conclusion, so it's important that you finish strong. If you do deliver amazing results, you're totally going to wow your boss—which could lead to potential raise or promotion!

**Capricorn (Dec 22–Jan 19)**

Make life an adventure this Virgo season! Your chart's ninth house, which governs newness, exploration, and expansion, is being activated. Whether it's trying a new hobby, going to a different spot than your usual hangout, or even going on an impromptu weekend vacay, do something to add a little variety to your life. Things have gotten stale, and you deserve to have a good time!

**Aquarius (Jan 20–Feb 18)**

If you're coupled up, you and your partner are feeling absolutely entangled with each other right now. Virgo season activates your chart's zone of intimacy, and no matter your relationship status, this is one of the most erotic times of the year. If you've got a relationship/situationship/crush, this astro-weather is stellar for taking your love life to the next level. If you're just dating around or hooking up, you can expect some truly kick-ass sex—but know that you're almost definitely catching feelings!

**Pisces (Feb 19–Mar 20)**

Virgo season = cuffing season for your sign, so if you're single and ready to mingle, your love drought could be coming to an end soon! If you're already partnered up, you're still able to benefit from this month's good vibes by taking on your most Virgo-like qualities and working hard to make your relationship the best that it can possibly be. Aww!

**Aries (Mar 21–April 19)**

You're not used to planning or focusing on details—you'd rather blast into everything head first, but that's not the move rn. Sit still, be present, and focus. This is the best time of year to tidy up your place, develop a more structured daily routine, and set healthier habits. It's a little boring, I know, but you'll be back to your fiery self once you put in the work.

**Taurus (Apr 20–May 20)**

You're feeling frisky, fired up, and ready for fun! Virgo season is one of the most hype times of year for you, and it's a full month where your chart's zone of romance, sex, and fun is getting lit TF up. Love comes more naturally now—from new people and old connections—and you're feeling much more capable of expressing affection, too. Enjoy!

**Gemini (May 21–Jun 20)**

All of the Virgoan astro-weather floating about the stars right now is pulling your attention down to earth, specifically towards life at home and with your family. First of all, it's a great time to clean all of the mess accumulating at your place—Virgo loves tidying up—but it's also a great time to reconnect with your parents, get back in touch with your roots, and just rest at home and recharge your batteries. Chill.

**Cancer (Jun 21–Jul 22)**

If it feels like your phone is dinging every two seconds non-stop, that's just Virgo season's vibes lighting up your chart's communication zone. This is a time for connecting with others and getting to know them more thoroughly, and it's an even better time for making new connections! Virgo vibes are super picky, so some of these new people just might not do it for you, but the people you do decide to keep around will be some of the best connections you make.



**Leo (Jul 23–Aug 22)**

Keep hustling, Leo! This Virgo season wants you to take everything you started during Leo season—especially in regards to work—and keep going until it's perfect. You're feeling more focused, more productive, and just better about yourself. Continue to slay the game and deliver amazing results! Good work now = amazing rewards later (a fat bonus on your paycheck, at the least), so keep going!

October 2021  
**Newsletter Submission Deadline**  
Fri, Sept 24<sup>th</sup> 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](mailto:reception@titqet.org)

(PDF or Word documents are preferred.)



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