

Newsletter

November 2020

T'IT'Q'ET NOVEMBER 2020 ISSUE:

Remembrance Day Notice–Page 5
Nurse Practitioner–Page 10
Chief and Council Report –Page 24

TO SUBMIT TO NEWSLETTER

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









November

Garbage Days

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

Recycle Days

First and third Wednesday
of the month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 	5	6 	7
8	9 	10	11  Remembrance Day	12	13 	14
15 Nov. 16 Nurse Practitioner ; Rose Marie James T'it'q'et Health Centre 1pm – 4pm	16 	17	18 	19	20 	21
22 	23	24	25	26	27 	28
29 	30	1	2	3	4	5
6	7	8	9	10	11	12

Lest we Forget

– NOVEMBER 11 –

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

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

Alfred Copeland

Canadian Inf. 2nd Depot Bn. WWI

Grand Chief James “Jimmy” Scotchman

Canadian Highlanders WWII, 1943–1948

Joseph “Joe” Scotchman Paul

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

Harold “Dean” Pelegrin

US 82nd Airborne Div. 2nd Inf. Vietnam

Joseph Riley

Unknown

Wilbur Whitney

Unknown

Joseph Copeland

Canadian Inf. 102nd Bn. WWI

Harold Ostrander Sr.

WWII Dates Unknown

Michael Pelegrin

Canadian Armed Forces, WWII, 1941–1945

Paul Scotchman

US Army, 25th Inf. Vietnam, 1966–1967

Dustin Steeves

US Marines

The Ancestral Warriors



Notice from T'it'q'et Chief and Council and Administration,

Oct 26, 2020
Re: Halloween Festivities and Trick or Treating

T'it'q'et Council and Administration would like to wish everyone a safe and happy Halloween. We know how much fun this holiday can be for everyone. We ask that everyone keep it safe and enjoyable by protecting yourself and others to help prevent the spread of COVID-19 and other illnesses.

Team T'it'q'et is planning for a safe trick or treating experience at the community centre on Halloween night. Low contact trick or treating and an opportunity to show off your costumes. It's going to be so much fun. We ask though, if members of your household do not feel well, please stay home. We will try to make sure all the kids get some treats even if someone has to deliver.

If you are planning for trick or treaters, or taking your kids trick or treating here are some tips:

- Please ensure your doorway is properly lit. (If you do not want to participate, we suggest turning your front light off)
- Place a stool, table or chair in front of your door to place candy on for trick or treaters to grab to help with physical distancing. Sanitize surfaces between visits including door and doorbell. Wear a mask when answering the door.
- Parents, encourage children to wear masks and use hand sanitizer if touching surface. Remind children to step back from doorway after ringing bell or knocking.
- Only go to households that are properly lit. Please do not knock on doors where the lights are not on. This may be a signal that the household is isolating and does not want visitors.

Please remember the following:

- Our community is still under a State of Emergency and currently at level three of the Community Re-start plan. With the coming Holidays, T'it'q'et Council would like to remind everyone that we must remain cautious about the risk of COVID-19 and keep gatherings small. Please continue to practice physical distancing, frequent handwashing and disinfecting of commonly touched surfaces, avoid large gatherings and stay at home if you do not feel well.
- Under level three of the Community Re-open plan, social gathering at households in community are limited to 6 guests or less depending on the ability to properly physical distance from each other. It is strongly encouraged to limit the number of different households gathering in one place to help prevent the spread of illness amongst multiple households. If possible, hold gatherings outdoors where people can spread-out and more ventilation is available.
- Please note that the number of people allowed at a household gathering has been reduced from 10 to 6 guests plus immediate family residing at house. This follows the announcement from Dr. Bonnie Henry on Oct 26, 2020 that BC will be instituting a new Provincial Health Order restricting gathering in private home to no more than immediate household members and a "safe six" additional guests.

Please stay safe, protect yourselves and others by staying home if you do not feel well. We all have a responsibility to avoid the spread of COVID-19.

Stay Safe and Take care



T'IT'Q'ET REMEMBRANCE DAY

NOVEMBER 11, 2020

Respecting T'it'q'et State of Emergency in response to the COVID epidemic, T'it'q'et will not be holding a public ceremony for 2020 Remembrance Day.

While there will not be a formal ceremony as we held in years past, Council is requesting that families remember and honour veterans within their own homes at 11 a.m. on November 11th.

Families may visit the Kwékwa7 Centre and lay wreaths throughout the day in small groups. Please do not gather in large groups to keep yourselves and others safe from the virus.

Council and Administration are exploring options for a small ceremony which may be video recorded and shared with the community on our website and Facebook page.

Take care everyone.

We trust that we will once again be able to gather in ceremony in the future if we all work now to prevent the spread of this virus.

Kukwstum'úlhkal'ap

-

T'IT'Q'ET COUNCIL



COVID-19: Keep Gatherings Small During the Fall

North St'at'imc COVID-19 Testing

Have you been experiencing the following symptoms?

Mild Symptoms:

- ✓ Low-grade fever
- ✓ Cough
- ✓ Malaise (overall discomfort)
- ✓ Muscle aches
- ✓ Runny Nose
- ✓ Nasal congestion
- ✓ Loss of sense of smell
- ✓ Painful swallowing
- ✓ Loss of appetite
- ✓ Fatigue
- ✓ Sore throat
- ✓ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ✓ *Fever
- ✓ *Shortness of breath
- ✓ *Difficulty breathing
- ✓ *Chest pain

**If you are having any of these severe symptoms please go to your nearest emergency department*

If you are experiencing any of these symptoms you are eligible for COVID-19 screening and/or testing

Contact: 250-256-1381 OR 250-256-7017 to book an appointment

The FNHA is encouraging First Nations individuals and communities to continue observing physical distancing, maintain small social bubbles, and avoid gatherings as the daily count of new COVID-19 cases remains high.

Acting Chief Medical Officer Dr. Shannon McDonald said that a recent spike in COVID-19 positive tests in BC First Nations communities shows that the threat remains real. The virus does not respect closed roads and checkpoints, and it spreads during ceremonies and large gatherings that then become known as “super spreader” events.

RECENT DATA (AS OF OCT. 6, 2020) SHOWS THAT STATISTICALLY THE COVID-19 POSITIVITY RATE AMONG BC FIRST NATIONS PEOPLE IS RISING:

- 325 per 100,000 people among BC First Nations
- 175 per 100,000 people among other British Columbians
- 74% of cases occur in community clusters/gatherings
- 4.5% of tests for First Nations individuals are positive
- <2% of tests for British Columbians as a whole
- 451 total cases among First Nations since March 1, 2020
- 185 active cases

As COVID-19 cases rise in First Nations communities, Dr. McDonald is recommending that people limit their bubbles to their immediate families, communities and Nations.

LARGE GATHERINGS AND FUNERALS HAVE BEEN CITED AS CAUSES THAT LED TO SEVERAL COVID-19 CLUSTERS. ALTHOUGH FUNERAL RITES FOR LOVES ONES IN INDIGENOUS CULTURES ARE OFTEN HELD IN ACCORDANCE WITH TRADITIONAL CEREMONIES IN LARGE GATHERINGS, IT'S IDEAL TO TAKE PRECAUTIONS:

- Small: Fewer than 10 people
- Outdoors only, such as a graveside ceremony
- Make larger group plans at a later date when it's safer

COVID-19 is particularly dangerous for Elders, those with compromised immune systems, or people with pre-existing health conditions.

The FNHA is urging people to treat one another with [kindness](#), love and respect as the best way to come through this crisis. Stigma creates fear, and fear stops people getting tested and this makes it hard to prevent the spread in the community.

To keep yourself, your family and your community safe, please observe the [COVID-19 safety guidelines](#).



#urbaniskwew - Artwork by Hawlii Pichette

Podiatrist in the Community

Dr. Ray Bolen, Doctor of Podiatry

Next visit—Friday, November 6, 2020.

For an appointment - Please call the office and speak with /leave a message for Nicole Napoleon (250-256-4118 ext.236) to set up an appointment.

Nov. 16
Nurse Practitioner ;
Rose Marie James
T'it'q'et Health Centre
1pm – 4pm

Nursing is a very diverse profession. Most nurses are specialized in a specific area and have different roles and tasks they can perform.

There are three main kinds of nurses in the community setting:

1. Home care nurse

Is a nurse who provides supportive care to individual client's in their homes. Home care nurses and home support workers enable individuals to maintain independence to remain in their homes for as long as possible.

2. Community Health Nurse

Also known as a Public Health Nurse. These nurses generally work with specific population groups. They are mainly involved in health promotion and disease prevention, with the intent of keeping people healthy for as long as possible.

3. Nurse Practitioner

These are nurses with advanced training to provide primary care treatment services. Their role is to treat and follow up with patients requiring acute and chronic care services.

Home Care Nurse

Client Group includes:

1. Elderly
2. Chronically ill
3. People with disabilities
4. Acutely ill requiring treatment

Skills:

1. Acute care nursing skills
2. Health assessment skills
3. Specific skills such as:
 - a. Ostomy management
 - b. Pain management
 - c. Palliative care
 - d. Diabetic nurse educator
 - e. Foot care
 - f. IV drug therapy
 - g. Wound management

Tasks:

1. Home Visits
2. Wound care management (Dressing changes)
3. Medication: monitoring, administration and teaching
4. Provide care for dying clients
5. Supervision of personal care aids and family support workers
6. Diabetes management and follow-up
7. Management and care of ostomy devices

Your Community Nurses

The different kinds of Nurses in the community and what each does

Community Health Nurse

Client Group Includes:

1. All age groups across the lifespan
2. Prenatal and postnatal / infants
3. Preschool and school aged
4. Well woman / well man
5. Elders / Chronic disease

Skills:

1. Health promotion and illness prevention skills
2. Immunizations
3. Health assessment
4. Health education and support
5. Pre and postnatal education
6. Community Development

Tasks:

1. Preventative health
2. School visits
3. Child health clinics
4. Immunizations
5. Provide referrals
6. Community education workshops
7. Communicable disease control
8. Environmental health prevention and education

Nurse Practitioner

Client Group Includes:

1. All age groups across the lifespan
2. Individuals and Families

Skills:

1. Health Assessment and treatment for acute and chronic illness
2. Management of disease and illness
3. Education for various health related topics
4. Referrals to physicians and specialists

Tasks:

1. See people in clinic visits for management of disease and illnesses as well as preventative health
2. Order diagnostic tests (bloodwork, x-rays, Ultrasounds ... etc.)
3. Prescribe medications (excluding narcotics and controlled substances)
4. Well woman and men testing

T'IT'Q'ET LANDS Newsletter

November 2020

The T'it'q'et Lands and Natural Resources Department welcomes Joan King as it's new, first ever Lands and Natural Resources Director. She is working remotely from Merritt right now as she tries to find suitable living space in Lillooet. Joan will supervise the Lands and Natural Resources Officer Stephanie Louie and the T'it'q'et Lands Committee Coordinator Dean Billy.

- Lands Committee
The Committee met with Patrick Kelly, the law development facilitator/consultant by Telus businessconnect on October 6th. They discussed the approach to the Natural Resource Management Research project would take with T'it'q'et. They discussed how it is important to have a law foundation based in language.
- Law-Making & Enforcement
- Natural Resource Management
- Lands Administration
- Financial Management
- Dispute Resolution
- Organization Study / Human Resources Management
- Communications & Public Relations
- Mapping
- Traditional Territory
- Other Issues Raised

Important Reminders for Community Partners: Overdose Prevention

Since May this year, drug toxicity deaths continue to track upwards. We are seeing the highest numbers of monthly illicit drug toxicity deaths ever recorded in BC – 174 deaths in May, 177 in June and 175 in July. There were 24, 28 and 27 deaths in the same three months in Interior Health (IH). This represents nearly one person per day within Interior Health. IH has also seen an increase in concentrations of fentanyl and other contaminants, resulting in various community specific alerts across the region and an increase in overdoses related to inhalation.

Distribute naloxone. Promote safer use. Share the resources below.

Overdose Prevention and Intervention Resources

Tips for People Who Use Substances

Print, post and share information about safer drug use whenever possible.

[COVID19 and Safer Drug Use](#)

[Toward the Heart Safer Drug Use Tips](#)

Access to Opioid Agonist Treatment (OAT)

Encourage clients who use opioids to consider trying an Opioid Agonist Treatment (OAT) if appropriate. Share and discuss the [Opioids: A Survivor's Guide](#) document with these clients. Make a referral and support clients to attend a [local OAT Clinic](#) if they are interested in discussing their options with a physician.

Lifeguard App

Ask clients to consider using the [Lifeguard App](#) if they are using substances alone. It is free and available across the province anywhere 911 calls respond to. It can be downloaded via the App Store or Google Play. The app utilizes a 50 second timer that is activated by the user before they take their dose. If the user does not stop the timer alarm, a text-to-voice call will go straight to 911 alerting medical dispatchers of a potential overdose. Instructional Video can be found [here](#).

Drug Checking Sites

Talk to clients about checking their drugs before using. Information about drug checking sites and services in Interior Health is available [here](#). Take Home Drug Checking (THDC) services are available at some sites. THDC services provide people who wish to test their substances with fentanyl test strips and training on how to do the test and interpret the results. If your organization is interested in becoming a THDC site please contact harmreduction.coordinator@interiorhealth.ca.



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Medical Transportation

First Nations Health Benefits (Health Benefits) provides medical transportation (MT) benefits to support clients accessing medically necessary health services not available in their community of residence. Eligible clients may be provided with funding for meals, accommodation, and transportation as required.

What is covered?

Transportation to access medically necessary health services, which may include:

- ✓ Medical services insured through the BC Medical Services Plan (MSP)
- ✓ Publicly-funded diagnostic tests and preventive screening programs
- ✓ Services covered by First Nations Health Benefits (e.g., dental, vision, etc.)
- ✓ Traditional healers
- ✓ Treatment at the nearest appropriate facility in BC funded by or referred to by the National Native Alcohol and Drug Abuse Program (NNADAP)

Health Benefits may provide funding for accommodation, meals, and travel based on the following rates:

- Mileage rate for personal vehicles: 23¢/km
- Accommodation in private homes: \$30 per night, up to a max of \$100 per week
- Meals:
 - \$10 for same-day trips
 - \$25 per night for trips up to six nights for clients under nine years old
 - \$48 per night for trips up to six night for clients nine years and older
 - \$163 per week for trips seven nights or more, inclusive of escorts

Coverage may be available for clients to travel with an escort in cases where the client:

- Is a minor
- Requires assistance with activities of daily living such as dressing, eating, or bathing
- Is undergoing a medical procedure (e.g., day surgery) or has a medical condition that will result in the client requiring assistance
- Will receive instructions on specific and essential home medical or nursing procedures that cannot be given to the client only
- Faces a language barrier
- Is travelling to give birth, including travel to be near medical care while awaiting childbirth (prenatal confinement)

Health Benefits covers the most economical and efficient means of transportation, taking into account the urgency of the situation and the medical condition being addressed. Some types of travel not listed as a benefit may be covered on an exceptional basis. Please note that not all medical travel is covered. For a full description of the MT benefit, including benefit exclusions, please visit www.fnha.ca/benefits/medical-transportation.

Clients living on-reserve should contact their health centre about booking MT travel.

Documentation

Clients requesting MT coverage must provide the following documentation before travel can be arranged:

- A referral from a general practitioner or family doctor
- Confirmation of an upcoming appointment from the health provider or facility

For eligible, pre-approved MT trips, clients must provide confirmation of attendance (COA) from the health provider or facility after their appointment. Travel expenses will not be reimbursed without a written COA.



P'egp'ig'ha Council

Sid Scotchman – Admin Assistant

Phone: (250)-256-4118 ext. 231

Fax: (250)-256-4544

E-mail: Pegpiglha.c.assistant@gmail.com



Total Immersion Plus 2 St'at'imc Language Project Update and Call for Participants

Plans are well underway for the Total Immersion Plus Language program scheduled for start in October.

This project is made up of 2 programs – the Mentor Apprentice program which will be made up of teams of 2 speakers and 2 learners (for encouraging conversation). A 2 week St'at'imcets immersion program where participants leave English at the door and learn St'at'imcets by being immersed in the language for seven and a half hours a day, 5 days a week for two weeks.

Nora has been in frequent contact with the two facilitators who are looking forward to engaging with our community. Things may change along the line because of the COVID situation but we will deal with this as the project progresses.

Those language learners from the Total Immersion Plus project of 2018/19 were keen on have a TIP 2 event to advance their St'at'imcets skills and the P'egp'ig'ha Council (PC) is pleased that a follow up TIP is ready for start up. Members of the first group and 3 new members are encouraged to participate in TIP 2 and 3 new language learners are encouraged to enrol in this project. Honoraria will be paid to fully participating members and speakers.

If you or someone you know is interested in participating in the program, please encourage them to contact Nora Greenway at 250-546-5102 or norlawca@aol.com or contact Sid Scotchman at the P'egp'ig'ha Council office (250-256-4118).

Finlay MacLeod, TIP instructor believes that language is learned in the home and this project will be home based. Therefore, the PC is looking for a fully functioning home for this total immersion plus project. The home needs two bedrooms with bedding and furniture; a kitchen with dishes, pots, pans, etc. and a Living room with all regular furniture. Preference would be for a home in the community. The program will pay rental for two weeks so anyone who might be agreeable to renting their home from 8:00 am until 5:00 pm should let Sid Scotchman know if you are able to offer your home for the immersion classes.

We look forward to providing our community with a language program that is exciting, fun, and different.

Please help the community in making this a success so that our language may survive.



TAKE CONTROL OF YOUR MONEY BY UNDERSTANDING YOUR SPENDING WITH A BUDGET

*Write down every occasion you spend money, whether it be coffee, snacks or gas....

*Reach out to family and friends for advice in making good money decisions

*Start thinking about retirement. If you start saving early, you will have more when you retire.

*Avoid Money Traps such as Short term or "pay day loans". These often come with very high interest rates, service fees and lending fees.

*Always be sure to pay back money you borrow as quickly as possible

*Track your spending and plan within your current income

*Beware of "fine print", often if it sounds too good to be true the "fine print" will show the "hidden" annual fees, high interest rates, extra fees, fees for exceeding limit, application fees, cash advance fees, or service fees.

*Always file your taxes so that you are eligible for tax credits and benefits – GST, CHILD TAX, PENSIONS....

IF YOU ARE IN FINANCIAL TROUBLE...

*Accept responsibility, recognize the actions and choices that got you into debt, change your spending habits.

You could possibly...

*Contact a free credit counselling agency, talk to your bank or credit union

*Start by paying down the debt that has the largest interest rate and work your way down

*Consolidate all your debt

*File for bankruptcy

Our wealth was not measured in "bling" like fat wallets, fancy houses, fast cars, nice jewellery, or credit cards. Our wealth was measured in our ability to manage and sustain our resources. We demonstrated our wealth through caring and sharing with others.

(First Nations Financial Fitness) – <http://iflc.info/>

MONTHLY BUDGET

INCOME - (PLUS)

PAY CHEQUE #1 - _____

PAY CHEQUE #2 - _____

FAMILY ALLOWANCE - _____

PENSION - _____

E.I. - _____

OTHER - _____

TOTAL + _____

EXPENSES - (MINUS)

House Payment -	DUE DATE -	DATE PAID -
-----------------	------------	-------------

Hydro Bill -	DUE DATE -	DATE PAID -
--------------	------------	-------------

Wood/Pellets -	DUE DATE -	DATE PAID -
----------------	------------	-------------

Phone -	DUE DATE -	DATE PAID -
---------	------------	-------------

Internet -	DUE DATE -	DATE PAID -
------------	------------	-------------

Cable -	DUE DATE -	DATE PAID -
---------	------------	-------------

Netflix/streaming -	DUE DATE -	DATE PAID -
---------------------	------------	-------------

Other -	DUE DATE -	DATE PAID -
---------	------------	-------------

House Insurance -	DUE DATE -	DATE PAID -
-------------------	------------	-------------

Car Insurance -	DUE DATE -	DATE PAID -
-----------------	------------	-------------

Car Loan -	DUE DATE -	DATE PAID -
------------	------------	-------------

Personal Loan -	DUE DATE -	DATE PAID -
-----------------	------------	-------------

Overdraft -	DUE DATE -	DATE PAID -
-------------	------------	-------------

Credit Card -	DUE DATE -	DATE PAID -
---------------	------------	-------------

Other -	DUE DATE -	DATE PAID -
---------	------------	-------------

Grocery -	DUE DATE -	DATE PAID -
-----------	------------	-------------

Dining Out -	DUE DATE -	DATE PAID -
--------------	------------	-------------

Personal Care -	DUE DATE -	DATE PAID -
-----------------	------------	-------------

Child Care -	DUE DATE -	DATE PAID -
--------------	------------	-------------

Other -	DUE DATE -	DATE PAID -
---------	------------	-------------

TOTAL - _____

REMAINING BALANCE = _____



The BC Ministry of Health administers the Medical Services Plan (MSP) through Health Insurance BC (HIBC), which ensures that all eligible BC residents have access to medically essential care. All BC residents must have a BC Services Card to receive health services.

Health Benefits manages the MSP program for status First Nations who reside in BC; status First Nations in BC who need to register for MSP should do so through Health Benefits rather than the Ministry of Health.

MSP registration forms are available online or by calling Health Benefits at 1-855-550-5454.

MSP Coverage

MSP covers medically necessary services provided by doctors, nurses, and midwives. It also covers items and services delivered in hospitals. These include medications clients receive while in hospital, and surgery of various types including emergency oral surgery and cataract surgery. MSP will also cover necessary diagnostic services such as x-rays and blood tests.

In addition, MSP provides some coverage for medically required eye examinations for clients 18 years of age and under, and 65 years of age and over. MSP coverage may not be enough to cover the full cost of the eye exam, however Health Benefits vision care benefits may cover some of the remaining cost. For more information, visit the vision care benefits webpage.

MSP also covers some supplementary benefits for certain groups, including First Nations Health Authority clients. These supplementary benefits include acupuncture, chiropractic, massage therapy, naturopathy, physical therapy, and non-surgical podiatry. However, MSP coverage for these services is fairly limited. Visit the MSP website for supplementary coverage details.

Note that MSP defines which items and services are medically necessary and not all services clients need may be covered. Visit the MSP website for details on which items and services are not covered by MSP.

From time to time, the BC Ministry of Health may change the items or services that MSP covers. Health Benefits will not automatically take over covering these items or services. Health Benefits will determine on a case-by-case basis whether the item or services will be covered as a benefit.

Clients with questions about MSP coverage can call Health Benefits at **1-855-550-5454**.

Who Should Register for MSP?

- Clients and dependents who are new to BC;
- Clients and dependents returning to BC (after three or more months away);
- Clients who have turned 19 years of age; or
- Clients who previously had their premiums paid by an employer or other source (e.g., individuals on Income Assistance).
- Clients who previously had their premiums paid by an employer or other source, and would like Health Benefits to pay their MSP premiums, should call 1-855-550-5454 to be added to the Health Benefits MSP group.

The Ministry of Health is eliminating MSP premiums in January, 2020. The MSP program will continue to provide eligible B.C. residents with provincially insured health-care benefits. Clients should still register for MSP through Health Benefits.

Most children are dependents on their parent or guardian's MSP coverage. When a Health Benefits client turns 19 years old, they should confirm with Health Benefits that they have their own MSP account to make sure coverage remains active and they do not receive a bill.

Clients Who Need a Personal Health Number (PHN)

Clients who do not have an active PHN should submit an MSP Registration Form with supporting documentation to Health Benefits via mail or fax.

Clients will also need to visit an Insurance Corporation of BC (ICBC) driver licensing office and request a Photo BC Services Card.

The following information and documentation must be submitted with the MSP Registration form.

Provide the following mandatory information:

- Band name and number;
- Full status number;
- Legal first and last name, as shown on government-issued ID;
- Date of birth; and
- Residential address (cannot be a P.O. Box number).

Provide a previous PHN if applicable.
Ensure all boxes are marked off and all information is complete.
Include a copy of government issued picture ID such as a:

- Canadian birth certificate,
- Canadian citizenship card/certificate, or
- Canadian passport.

Make sure application is clearly printed, signed, and dated by applicant (and spouse if needed).

Provide legal documentation that grants Power of Attorney if an individual is signing on behalf of someone else, or clearly indicate that they are a witness for someone who is incapable of signing personally.

Making Changes to MSP Information

Clients who would like to update their MSP information (e.g., add, remove, or change information) should complete an MSP Change Request Form and mail or fax it to Health Benefits. This includes adding a dependent onto an MSP account. All Change Request Forms should be submitted with the necessary supporting documentation (e.g., a copy of the marriage certificate, birth certificate, etc.). Parents who would like to add their newborn to their MSP account will need to register their child's PHN with HIBC within three months of the child's date of birth. For more information on adding a newborn, or for any other questions related to MSP changes, call **1-855-550-5454**.

Backdating MSP Coverage

Clients who did not register with MSP through Health Benefits, and have been billed for MSP premiums as a result, may be eligible for backdated MSP coverage up to a maximum of five years. Eligibility for backdated coverage depends on several factors such as the date the client moved to BC or the date the client obtained "Indian Status." For more information about backdating MSP coverage call Health Benefits at **1-855-550-5454**.

Obtaining a BC Services Card

The BC Services Card can be obtained from an ICBC driver licensing office, or by contacting Service BC toll-free at: **1-800-663-7867**. BC residents are required to update their picture ID in order to maintain an active PHN. For more information visit the BC Services Card website.

Extra Billing

"Extra billing" is when a health care professional (e.g., doctor) bills a client more than what MSP pays for the service, meaning that the client has to pay for the difference in cost. Health Benefits will not pay extra billing charges nor reimburse clients who have paid extra billing charges. If clients receive bills from a doctor or hospital which they think is an "extra billing" charge, they should follow up with the Ministry of Health Medical Beneficiary Branch. For detailed information about MSP and extra billing visit the MSP website.

MSP and Leaving British Columbia

Health Benefits eligibility is based on residency in BC. If clients leave BC for extended periods of time it might impact their eligibility.

Travelling Outside of BC or Canada

MSP provides limited coverage to BC residents travelling outside of the province or country. Health Benefits clients are strongly advised to purchase additional health insurance before leaving BC, whether travelling to another province or outside of Canada. For more information about MSP coverage outside BC visit the MSP website.

Health Benefits will cover items and services purchased or received in another province as long as they would be eligible for Health Benefits coverage if bought in BC, and were delivered by an eligible health professional. Detailed information about covered items and services under the dental, vision care, MS&E, and pharmacy benefits can be found in the online PBC Member Profile and the PharmaCare Plan W formulary. Please note that clients will likely have to pay for the item or service out-of-pocket and request reimbursement from Health Benefits.

Clients can contact Health Benefits at **1-855-550-5454** if they have any questions.

Temporary Absence

Clients who are planning to be in another province for up to 24 months (e.g., students or individuals working on a short-term contract) should contact Health Benefits at **1-855-550-5454** to make sure their coverage continues while they are away. Interruption to MSP coverage may require the client to re-apply.

Permanent Moves

Clients who are moving to another province in Canada should contact Health Benefits at **1-855-550-5454** to cancel their MSP and enroll in the federally-run Non-Insured Health Benefits (NIHB) program. Health Benefits will provide coverage for the month the client leaves and two additional consecutive months. Clients moving outside of Canada will have coverage for the month they leave.

For more information go to
<https://www.fnha.ca/benefits/msp>

Attention

Re: Medical Travel

Medical Travel, I would like to remind everyone, requests are to be submitted a week in advance to ensure your travel cheque is ready in time for your appointment.

Cheques can be picked up **Wednesdays** and **Fridays** after 9am.
A photocopy or fax of your appointment/referral:

HEALTH FAX # 778-784-4070

Date, time and whose office you are going to see is required for me to submit your travel request. **It is your responsibility to provide this information to me.**

In addition, if a driver is required and/or an overnight stay is needed, *it needs to be stated on the Medical Application form.*

Please note that it is the client's responsibility to return the confirmation card to the medical clerk in order for upcoming medical to be funded

If a gas voucher is provided for an appointment, please remember to bring back the receipt so I can calculate if all funds were used in order to determine the proper reimbursement, this is your responsibility to submit the gas receipt to the medical clerk in order to receive the full reimbursement otherwise it may be considered fully paid out.

For T'it'q'et members the Top-Up rate has been adjusted and only one will be provided for coordinated family's appointments out of town, for Kamloops appointments the Top-Up is set at \$21.34, for Vancouver appointments the rate of Top-Up is \$26.88. As the medical travel, mileage adjusted from .20 cents to .23 cents back in October 2014.

May I please remind that the First Nations Health Authority does not cover client fees for exams only medical travel, accommodations, and meal allowances for the client and the medical escort if required. There is a \$10.00 meal allowance provided to all same day trips out of town

Questions or concerns, please contact me

Nicole Napoleon
T'it'q'et Medical Clerk
Medicalclerk@titqet.org
250-256-4118 ext. 241



JORDAN'S PRINCIPLE

ENSURING FIRST NATIONS CHILDREN HAVE
ACCESS TO THE SERVICES THEY NEED

Is a First Nations child you know getting the services they need?

JORDAN'S PRINCIPLE supports substantive equality for First Nations children when accessing government services, such as:

- Education
- Medical equipment
- Mental health
- Speech therapy

...and more

First Nations children living on and off reserve are eligible.

Service coordinators are available to ensure children have access to the services they need without delay.

Families are encouraged to contact us if they have questions or new information about any submitted or denied request under Jordan's Principle since 2007.

Phone **1-855-JP CHILD (1-855-572-4453)**

TTY **1-866-553-0554**

Visit **www.canada.ca/jordans-principle**



Talisker’s Reclamation Initiatives in the Bralorne Area

Talisker Resources Ltd., is involved in the exploration of gold projects in the Spences Bridge area including the Bralorne Gold Mine. “As responsible corporate citizens involved in exploration for extractive industries, our aim is to work hard to reduce the footprint of this impact through a concerted effort at all levels of our organisation, the contractors we use, the products we buy, the way we interact with our communities,” stated Terry Harbort, President.

At Bralorne, Kaitlin James, Bralorne Environmental Coordinator is undertaking several revegetation test plots on different surfaces around the Bralorne property to investigate, test and develop effective reclamation prescriptions to be used as needed through the life of the project.

Talisker’s proactive approach to reclamation includes reclaiming portions of land no longer being used for mining instead of waiting for the end of mine life. In order to do this, the most effective revegetation strategies are developed for each site. Three sites at Bralorne were selected as test plot sites and include the tailings beach, a deactivated road, and the waste rock storage area. Seed mixes for the plots were sourced from Splitrock Environmental owned by the St’at’imc community of Sekw’el’was in Lillooet and include local species.

Each test plot is divided into three sections, with one having an added layer of top soil, one with mushroom manure, and one with a layer of top soil and granular fertilizer. The plots were seeded, and are watered twice a week to ensure germination.



Figure 1: Test plot on the Bralorne Mines Tailings Beach



Figure 2: Test Plot on a Deactivated Road at the Bralorne Gold Mines Site



Figure 3: Test Plot on Waste Rock Stored at the Bralorne Mine Site

Part of this revegetation strategy includes ensuring that the species utilized as seed are not impacted by invasive species, and that the most effective preparations for soil and groundcover are devised. Staff at Bralorne actively pull and dispose of invasive plant species when they come across them as part of the company’s ongoing effort to support the beauty and resilience of the region. Strategies to reclaim and revegetate the site are adaptable and will be altered in response to what is most effective in the areas in which is being targeted.

T'it'q'et Chief and Council Report October 2020

St'at'imc Tribal Police Services Detachment

- Council has been working towards signing a tripartite funding agreement with the Province and Canada to secure funding to start construction on a new detachment for the STPS. The new detachment will be located on the corner on Scotchman Rd and Retasket St. beside the old outdoor hockey arena. Construction is planned for 2021/22 Fiscal year.

T'it'q'et Lands Committee

- Councillor Robert Leech is the appointed Chief and Council rep on the T'it'q'et Lands Committee
- Members of the Lands Committee will be attending the virtual Lands Advisory Board Annual General Meeting Oct 27-28, 2020
- See T'it'q'et Lands Committee for full report

T'it'q'et Preschool and Daycare Society

- Councillor Sarah Moberg is the appointed Chief and Council rep on the T'it'q'et Preschool and Daycare Society Board. She is also the Chair.
- Currently the board has been working on updating the Policies and Procedures for the programs.

Aspen Lease Negotiations

- Council is still working on securing a beneficial lease agreement with Aspen. We met with representatives from Aspen Planer on October 7, 2020. Council is still waiting for written response from Aspen regarding Environmental Security Costs. We hope to meet again in the beginning of October to conclude discussions.

T'it'q'et Council, P'egp'ig'lha Council and Elders Council Chairs

- Chief Courteney met with the other council Chairs on Oct 26, 2020
- Meetings are set to help with communication amongst Councils especially where projects and initiatives may overlap and require collaboration and/or dialogue. Typically held in-between Joint Council meetings
- Joint Council meeting on Oct 26, 2020 needed to be postponed due to limitations on gathering size and lack of remote connectivity to hold virtual meeting. Councils Chairs will report back to each Council a proposed option for a small-scale meeting at a future date.

Fishing Laws working group

- Councillor Marilyn Napoleon is appointed by Council to participate at the Fishing Laws Working Group table
- The committee has been reading historical and contemporary documents related to our Fishery in preparation for the Fishery Laws development process. The P'egp'ig'lha Fishery is an overlapping issue that falls within the mandates of the three councils. This will be discussed and hopefully conclusions reached in advance of the development of the Fishery Law or laws that the NTP has been assigned. The discussions will be facilitated by Patrick Kelly and will assist the

Committees and Councils to come to agreement about whether one law or a suite of laws will be required in order to meet the Fishery law making needs of each of the councils.

Language Revitalization

- Councillor Marilyn reporting on her work with the P'egp'ig'lha Language Revitalization Group. The P'egp'ig'lha Language Revitalization Group met in October and reviewed its Terms of Reference; an immediate task is the drafting of PLR Strategic Plan for the community. The PLRG will draft a PLR strategic plan and recommend the plan adoption at a Joint Council meeting. This plan will be designed to guide the community in its language revitalization efforts. The committee is also working on a language teaching resource for the immersion program that will start in late October or early November.
- Council has also planned to incorporate language lessons into our virtual Council meetings. Language lessons were temporarily put on hold when Council switched to virtual meetings.

Community engagement

- Councillor Sidney Scotchman represented T'it'q'et at the Grand Opening of Tim Horton's. Council is please to see many of our T'it'q'et members and residents working at the new establishment.

Upcoming meetings:

- Oct 30, 2020- St'at'imc Government Services AGM
- Nov 3-5, 2020- Interior Region Health Caucus
- Nov 9, 2020- St'at'imc Chiefs Council (Candidate for BCAFN Regional Chief will be presenting)
- Nov 12, 2020- St'at'imc Authority
- Nov 16, 2020- Regular Chief and Council meeting
- Nov 17-18, 2020- BC Assembly of First Nations AGM (Election for Regional Chief)
- Dec 7, 2020- St'at'imc Chiefs Council
- Dec 8-9, 2020- Assembly of First Nations

Questions?

Council@titqet.org (For all Chief and Council)

Community Chief Courteney Adolph-Jones Communitychief@titqet.org, cell:250-256-3635

Councillor Robert Leech RLeech@titqet.org

Councillor Sarah Moberg SMoberg@titqet.org

Councillor Marilyn Napoleon MNapoleon@titqet.org

Councillor Sid Scotchman SScotchman@titqet.org

Appeals

When coverage for a benefit has been denied, the client, their parent or guardian, or their representative has the right to appeal the decision. This requires writing a letter of appeal that describes the situation in detail. Appeals must be submitted within 12 months from the date the benefit was denied.

Clients must include the following information in their letter of appeal:

- The condition for which the benefit is being registered;
- The diagnosis and prognosis, including what alternatives have been tried;
- Relevant diagnostic test results (e.g., dental x-rays); and
- Justification for the proposed treatment and any additional supporting information.

There are two levels of appeal available to Health Benefits clients. If an appeal is denied and there is new information that could support it, clients may escalate the appeal and ask for another review within 30 days of the appeal being denied. All appeal materials should be clearly marked “APPEALS – CONFIDENTIAL.”

Please call Health Benefits at **1-855-550-5454** if you have any inquiries regarding appeals.

Mail all Appeals to:

FNHA Health Benefits Program
540 - 757 West Hastings Street
Vancouver, BC V6C 1A1

Orthodontics Appeals

In addition to the letter of appeal and supporting documentation, orthodontic appeals should include the following information provided by the orthodontist or dentist:

- Orthodontic Summary Form, with HLD Index results;
- Diagnostic test results, including:
 - o Cephalometric radiographs with associated scale for calibration;
 - o Frontal and profile photographs;
 - o Intra-oral photographs depicting the right, left, and anterior occlusal relationships;
 - o Panoramic radiographs; and
 - o Diagnostic orthodontic models.
- Treatment plan, estimated duration of active and retention phases of treatment, and an outline of billable costs; and
- Signature of parent or guardian, including their Band name and status number.w

COVID-19 Guide to Medical Transportation Benefits for Self-Isolation

Apr 30, 2020

The Health Benefits Isolation Support team is available to support your self-isolation travel needs seven days a week from 8:30 a.m. to 4:30 p.m. Call 1-888-305-1505.

At any time, if you have severe symptoms such as difficulty breathing, chest pain, or are losing consciousness, call 9-1-1.

If you find yourself with self-isolation needs or concerns due to COVID-19, the First Nations Health Authority (FNHA) can support you. The FNHA is following the provincial criteria for self-isolation set by the [BC Centre for Disease Control](#).

Individuals may be eligible for isolation support if they are unable to obtain their own accommodations and:

- are returning to Canada from international travel including the United States;
- are confirmed as having COVID-19 or have been in contact with a confirmed case of COVID-19;
- are returning to community from a high-risk location or environment including work camps/care facilities/communities experiencing an outbreak;
- belong to vulnerable population groups identified below that would have difficulties self-isolating due to issues around transportation, food delivery, medical requirements, or where COVID-19 is present in the community;
- have symptoms of COVID-19 but no confirmed testing; or
- have a positive COVID-19 test and live more than 2 hours from a hospital.

Vulnerable population groups include:

- Elders (60+);
- those with pre-existing chronic conditions (such as cancer, HIV/AIDS, diabetes, asthma, renal disease, heart disease);
- individuals with compromised immune systems due to disease and/or due to treatment (treatment of cancer or organ transplantation, with their associated increasing range of chronic illnesses and inflammatory conditions);
- young children (under 5 years of age) and infants; and
- pregnant women

The FNHA Health Benefits Isolation Support team can help you with accommodation, travel and meals if you need to self-isolate. If you think you are eligible, or have any self-isolation transportation questions, please call 1-888-305-1505.

For general information about COVID-19, please visit www.fnha.ca.

Services Not Covered by the Medical Services Plan (MSP)

MSP does not provide coverage for the following:

- services that are deemed to be not medically required, such as cosmetic surgery;
- dental services, except as outlined under benefits;
- routine eye examinations for persons 19 to 64 years of age;
- eyeglasses, hearing aids, and other equipment or appliances;
- prescription drugs (see PharmaCare);
- acupuncture, chiropractic, massage therapy, naturopathy, physical therapy and non-surgical podiatry services (except for MSP beneficiaries receiving supplementary benefits);
- preventive services and screening tests not supported by evidence of medical effectiveness (for example, routine annual "complete" physical examinations, whole body CT scans, prostate specific antigen (PSA) tests);
- services of counsellors or psychologists;
- medical examinations, certificates or tests required for:
 - driving a motor vehicle
 - employment
 - life insurance
 - school or university
 - recreational and sporting activities
 - immigration purposes

Note: The Ministry of Health provides funding through regional Health Authorities for hospital programs, mental health and addictions services, and residential/assisted living. For information about ambulance services, see B.C. Ambulance Service. For information about assistance with prescription drug costs, go to PharmaCare.

Extra Billing

Extra billing involves charging an MSP beneficiary or their representative for a benefit covered by MSP, or for any matter related to the rendering of a medical necessary benefit, unless otherwise permitted by the *Medicare Protection Act* or by the Medical Services Commission. Benefits covered by MSP are charged directly to MSP. More information can be found on "Additional Fees and Charges" page:

- [Additional Fees and Charges](#)

Steps to become a Family Foster Care Provider



**Rosalinde Narcisse,
Family Find Worker**
Kanukwa7staliha Family
Services (KFS)

Tel. (250) 256-7525
Cell: (250) 256-8633
Email:
rnarcisse@kanukwa7staliha.org

Here are some things to consider for yourself and your family before you take the next steps to become a caregiver for a child who may need a place for temporary care or permanent place.

- In good physical and emotional health to cope with the added stress of taking care of a child placed in your care.
- Financially stable without the foster care payment as there will be times when there are no children placed in your home or children will be moved unexpectedly and payments will end.
- Be willing to attend mandatory training as there is a 'pre-service training' to help prepare prospective childcare provider for the challenges of taking care of a child placed in your care.
- A child may live with you for an unknown period of time, help that child grow and be able to let that child go on short notice.
- Work with the social workers and other professionals and work cooperatively with them even if there may not always agree on what is best for the child.
- Be a family that uses positive parenting techniques and no physical discipline with the child placed in your care.

The steps after filling out an Intake form, Criminal record check, Consent to Collect Information and Prior Contact check:

- Answer some questions, as a Social Worker will visit the home.
- Be willing to work with Kanukwa7staliha Family Services (KFS), the child's family & community representative, and MCFD Social Worker
- If the references, criminal record check, medical report & assessment interview are satisfactory, the home is approved then a Family Care Home contract will be signed.
- Based on discussions and assessment regarding your abilities, the Social Worker will talk with you about specific children who may be appropriate for you and take into account your preferences.



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



ST'ÁT'IMC OUTREACH HEALTH SERVICES

LILLOOET TRIBAL COUNCIL

PO Box 1420 | 650 Industrial Place | Lillooet, BC V0K 1V0

Phone:(250) 256-7530 | **Fax:** (250) 256-7535

statimchealth.net

HOURS OF OPERATION

Monday – Friday

8am – 5pm (closed for lunch from Noon–1pm)

Closed on Statutory Holidays

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30–4:30pm, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Ministry of Children & Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free:

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7.....1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA.....1-877-209-1266
- Interior Crisis Line.....1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7.....1-800-784-2433
- Adult & Youth Distress Line.....1-866-661-3311
- Alcohol & Drug options for treatment.....1-800-663-1441
- Kids Help Line, for children & youth,24/7, phone.....1-800-668-6868
or by text, CONNECT 686868
- BC Nurses Line, Health questions.....811
- Indian Residential School Crisis Line, 24/7.....1-866-925-4419
- VictimLINK, 24 Hour help & Information.....1-800-563-0808
- Kamloops Sexual Assault Counselling Centre.....250-372-0179
or ksacc@ksacc.ca
- Women's Emergency Shelter.....250-455-2284
or toll free 1-800-318-4455

Emergency – Call 911 in service area

or

Stl'atl'imx Tribal Police – 250-256-7767

RCMP – 250-256-4244

Ambulance – 250-256-7111

Mental Wellness Councillors

Lorrinda Casper

Youth Mental Health Clinician,
St'át'imc Health Outreach Services

Office: (250) 256-7530 ext.206

Cell: (778) 209-7055

lcasper@statimchealth.net

Joanne Warren SSW, BA, MLIS, MACP, RCC

Askom Counselling

Office: (250) 256-4906

Toll free: 1 (866) 884-5990

counsellor@askomcounselling.org

Ricardo Pickering

St'át'imc Health Outreach Services

Cell: (250) 842-8552

rpickering@statimchealth.net

Matilda Brown

Addictions Worker

Office: (250) 256-7530 ext.209

mbrown@statimchealth.net

Yolanda Hall MSW, RCSW

Private Clinician/ Counsellor

Lillooet (Mondays and some Tuesday afternoon)

Office: 1 (866) 414-2300

yjhall@telus.net

Victim Services

Gloria Joseph

Victim Services

Lillooet Friendship Centre

Office: 250-256-4146

stv@lfcs.ca

Violet Dunn

Victim Services/Stop the Violence/

SAFE Home Program

Lillooet Friendship Centre

Office: 250-256-4146

stv@lfcs.ca

November 2020 Horoscopes



Scorpio (Oct 23–Nov 21)

HBD, Scorpio!!! Although the first week or so of Scorpio season will be low-key gutted by Mercury Retrograde (DW, Mercury leaves Scorpio and enters Libra on October 27th, so all of those retrograde-y problems will be dumped on Libras soon), but overall, this is your time of year, Scorpio. This month, live your life the way you want to! What's most important to you? Your relationships? Your family? Your job? You can use this next month to pinpoint a goal or achievement you really want to make, work hard, and get what you want, your way, Scorpio. It's your time to shine!

Aries (Mar 21–Apr 19)

Scorpio season's emotional, intense vibes are centralizing around your deepest, most intimate connections. Sex is a big theme right now—you're having a ~sensual~ time in the bedroom, but it's less about physical pleasure, and more about making a special connection with your partner. That means if you're dating casually, expect to catch feelings for your fling. If you've been waiting to DTR, Scorpio season is a wonderful time to do so—just wait until Mercury Retrograde is over, though!

Taurus (Apr 20–May 20)

When it comes to your relationships, you're all in, Taurus. This Scorpio season finds you focusing on your one-on-one relationships and making sure they'll last. This applies to your love life (and it's a great time to upgrade your relationship status), but it also applies to your platonic and professional relationships. Important changes are coming to your relationships, Taurus. You're making new friends/and maybe meeting a new S.O., but you're also deciding who you need to cut out of your life. Trust your judgement, Taurus—you know what to do.

Gemini (May 21–June 20)

You're starting to take your day-to-day routine much more seriously. In fact, you're realizing that it impacts your mental, physical, and emotional health, likely because you're experiencing symptoms from the parts of your routine that aren't working out so well. If you're overworked, the stress is kicking your ass. If you're not taking care of your physical health/wellness, you're feeling real crummy. If you're not staying tidy and on top of chores, you're starting to feel uncomfy. This next month wants you to reorganize your life, Gemini. The healthy habits you start now will stick around for a long, long time.

Cancer (Jun 21–Jul 22)

Your love life is heating way up this Scorpio season! Your fifth house, which governs romance, sex, and fun, is being activated, so you can expect a pretty good time, TBH. 2020's been especially rough on you, Cancer, so consider this Scorpio season a much-needed break from the madness. Right now, it's easier to experience romance with others, sex is even more fun, and you're finding it easier to share and receive love from others. If you're single,

don't rush into any relationships until after Mercury Retrograde is over, but other than that, this is the best time of year to spice up your love life!

Leo (Jun 23–Aug 22)

You're really taking on Scorpio season's angsty, moody vibes, Leo. This is a deeply private, introverted, and emotional month for you, and you're being urged to focus on life at home and with your family. Your usual outgoing, upbeat, Leo attitude is really being stifled right, because this really isn't a time for expressing yourself—it's a time to focus on your innermost self, your roots, and your past. You're learning way more about what makes you you, and you're realizing which parts of your past helped mold you into the person you are today. Scorpio season is a time where you can recreate yourself by looking to the past, taking as many positive lessons from it as you can, and letting go of the baggage.

Virgo (Aug 23–Sept 22)

Despite Scorpio season's quiet, secretive vibes, you're finding that life is beginning to pick up the pace. For the next several weeks, you're connecting with others more than usual. This can just be calling/texting/FaceTiming, or it can mean you're matching with a few new cute faces—or maybe all of the above! This isn't about getting to know people just to get to know them, though. This is a time where you're able to encounter a variety of people, learn tons from and about them, and determine who should stay in your life longterm. It's also a great time to get even closer with your bestie/boo. You're known for being logical and practical, but right now, you're learning that emotions are just as important.

Libra (Sept 23–Oct 20)

Your birthday season is officially over now (boooo!), and now that it's not ~all about you~ life seems to be slowing down. The Sun in Scorpio is activating your chart's second house, which governs values and valuables. You're using Scorpio season's observant, deeply perceptive energy in order to really get to know yourself and your ideals, and you should also keep an eye on your finances—especially since Mercury Retrograde has been stirring up trouble in your bank account lately. Just make sure you're budgeting appropriately and you can avoid any disasters. Scorpio season tends to be a rather productive time for you, Libra, so expect work to be a bigger focus. And hard work put in now = great results at the end of the month, so keep pushing yourself to succeed. You've got this.

Sagittarius (Nov 22–Dec 21)

The next month has a very meh vibe for you, Sagittarius. Scorpio season's influence is taking over your chart's twelfth house, which governs isolation and the completion of cycles. Life becomes lonely, introverted, and private for your sign this time of year. This is a time where old relationships, jobs, and projects come back around.

This, plus the influence of Mercury Retrograde (which is also notorious about exes coming back around) can make for a pretty stressful-sounding month—but don't panic. Even you have to take time every now and then to stop, rest, and deal with unfinished business. Even if you're being bugged by your ex, this is simply a time to reassess and reevaluate the past year or so of your life. What failed relationships/projects/jobs are you still interested in pursuing? What things/people simply don't belong anymore? Rest, recharge your batteries, and clear out past baggage from your life this month. When your season comes around in November, you'll be ready to celebrate!

Capricorn (Dec 22–Jan 19)

Scorpio season finds you focusing on your social life. This is a good time to add a few new faces to your crew, but the real big idea here is that you're strengthening your bonds with your besties and making sure that your squad is as solid as possible. Virtual hangout sessions, socially distanced outings, or any other kind of group activities with your pals are the best ways to spend this Scorpio season. Hit up your group chat and arrange something fun! This transit is giving your social life a major glow up, but it's also great for networking if you're looking to build up your professional circle.

Aquarius (Jan 20–Feb 18)

The next month is very career focused for you, Aquarius. All of the work you've been putting in over the past year is reaching a culmination point, and you're being rewarded for all your efforts—or facing consequences for not staying on top of your job. It's all eyes on you, so keep up the good work and push yourself to over-achieve. That way, your boss will notice how great you are, and a raise, bonus, or promotion can easily follow. If you're not putting in the work, however, then it's a safe bet that you and your boss will have a reee-aaaally difficult talk with each other by the end of Scorpio season.

Pisces (Feb 19–Mar 20)

The theme of Scorpio season for your sign is "adventure." If you're safely able to physically travel someplace new, this is the absolute best time to take a road trip. If that just isn't a possibility for you, then you're able to spend more time mentally exploring. This can come from connecting with people from far-away places, learning more about a subject/topic you're extremely passionate for, or just binge-watching all of the Netflix docs you can handle. You're beginning to understand that you really do learn something new every day.

December 2020 Newsletter Submission Deadline Friday, Nov 27th 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