

Newsletter

June 2021

T'IT'Q'ET JUNE 2021 ISSUE

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TO SUBMIT TO NEWSLETTER

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



June

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
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

National
Indigenous
People's Day

Podiatrist

RECYCLE DAYS:

June 2–Plastics



June 9–Glass



June 16–Tins



June 23–Cardboard/Paper



Rose Marie James, NP (F)

PH: 250-256-1314

For Appointments please call to make a scheduled time

Rose is in T'it'q'et Health Department the 3rd Monday of the month

The next scheduled day is June 21.2021

Unless due to unforeseen circumstances Rose will be available for our community on the third Monday of the month as scheduled

Thank you,
Housing.

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

PODIATRIST

Dr. Bolen our Podiatrist
Will be coming into the
T'it'q'et Community
Friday 25 June 2021
Please contact Medical Clerk at the band office
To book your appointment
250-256-4118 ext.241



**The Abbotsford Police
Department PATHWAYS and
The White Hatter are
offering five FREE Social Media
Safety & Digital Literacy
Webinars for Parents,
Caregivers, and Educators.**

The Internet has become intertwined with our youth's lives and these FREE webinars are designed to help you understand what you can do to keep your children protected while online. By educating yourself and increasing your online literacy, you can take appropriate steps to protect your family.

Registration and additional details for this **FREE** webinar can be found on Eventbrite: **AbbyPD**

ABBYPD

STRENGTH IN COMMUNITY



SOCIAL MEDIA SAFETY & DIGITAL LITERACY FOR PARENTS

Thursday, June 10th from 7-9pm

ONLINE PREDATION AND EXPLOITATION: WHAT IS THE THREAT AND WHAT CAN PARENTS DO TO REDUCE THE RISKS

Wednesday, June 16th from 7-8:30pm

SEXTING, NUDES, AND INTIMATE IMAGES: WHAT IS THE PROBLEM, WHAT DOES THE LAW SAY, AND WHAT DO PARENTS NEED TO KNOW

Wednesday, June 23rd from 7-8:30pm

ONLINE GAMING: FACTS, FICTION, AND MENTAL WELLNESS AND WHAT PARENTS NEED TO KNOW

Wednesday, June 30th from 7-8:30pm

THE DARK AND DANGEROUS SIDE OF THE INTERNET AND SOCIAL MEDIA: WHAT PARENTS NEED TO KNOW

Wednesday, July 7th from 7-8:30pm



Hello everyone, my name is Felicia Aleck or most of you know me as Felicia Scotchman. My Grandmother is Jenny Frank, my father is Shawn Scotchman and my Mother is Nancy Scotchman. I am proud to announce that I have graduated my Health Care Assistant Program through Thompson River University in April of this year, and now work with the T'it'q'et Administration as one of the HCC workers I started working on April 1st. I am excited to work with the Health team as well as the community.



I became very fascinated reading about dandelions; I remember mom used to cook the leaves, make salads and wine. I recall Jenny Wang, who was born in China and worked in our finance department becoming very excited when she seen an abundance of dandelions in our community's fields. Her reaction really amused me. I was intrigued to find out that dandelions are "highly nutritious plants, loaded with vitamins, minerals and fiber. Many indigenous "incorporated dandelions into their diets and medicines". When the greens are cooked or eaten raw serves as an excellent source of vitamins A, C and K. Also contain vitamin E, and small amount of other B vitamins. In traditional Chinese Medicine (TCM), "dandelion is a valuable herb "which can be used as both medicine and food it is used to treat liver and kidney diseases and spleen and stomach problems, including indigestion." The roots have digestive health benefits as well. Of course, it is always advisable to talk to your doctor if you are on medication.

Julia Common, chief beekeeper for Hives for Humanity, a group that advocates for wild bees, says dandelions are important for the local ecosystem because they are the first source of nectar for bees at this time of year. All sorts of insects such as beetles, bumblebees, butterflies enjoy the nutrients of the dandelion, and it was suggested not to cut your grass until few weeks after they appear. Dandelions are good for your lawn as the roots go deep into the soil and loosens hard packed soil. "**Dandelions** actually fertilize the grass."

I will no longer see dandelion as a weed, but a nutrient that is important to humans, our ecosystem for our bees, butterflies etc.

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.

T'IT'Q'ET LANDS AND RESOURCES

Newsletter

June 2021

The T'it'q'et Lands and Natural Resources Director position has been vacated. T'it'q'et Administration will search for a replacement.

- **Lands Committee**
The Lands Committee is in its second year of meeting online because of the Covid-19 pandemic. The committee has had a vacant position for several months. The committee is releasing another notice in hopes of filling this spot.
- **Law-Making & Enforcement**
The Lands Committee will meet with Kevin Broughton, a support person from the Lands Advisory Board Resource Centre with experience in law development under a land code.
- **Natural Resource Management**
The Lillooet Regional Invasive Species society has begun treatment of the wild parsnip invasive species on IR #1. They may need to return later this year.
- **Lands Administration**
The lease that T'it'q'et Council has signed with Aspen Planers Ltd. has been registered in the First Nations Land Registry.
3 different types of stamps and 1 seal have been ordered. These will be used in the Lands and Resources department to stamp documents as official.
There are two types of funding that T'it'q'et Lands and Resources department can apply for in the upcoming weeks: Legacy Issues funds which address matters that were in place before the land code became official and Land Use Planning funds which can help a community review its land use plan in light of having a land code.
- **Organization Study / Human Resources Management**
The committee is working on reviewing its Terms of Reference. This review needs to be done on a regular basis.
- **Communications & Public Relations**
The FNHA water video project has been completed. You can see the video here: <https://www.youtube.com/watch?v=CKsl8pRzcSU>



T'it'q'et Administration

*P.O. Box 615
Lillooet, B.C.
VoK iVo*

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

T'it'q'et Council is looking for a person interested in serving on the T'it'q'et Lands Committee. The mandate for this committee is to make land and resources related recommendations to T'it'q'et Council. The ideal Lands Committee would have a group of people with diverse skills and knowledge about:

- T'it'q'et reserve lands.
- Environmental issues.
- Law-making, business, accounting, surveying.
- T'it'q'et lands, history and culture
- Protection of heritage sites.
- Dispute resolution.
- Land leases, permits and rights-of-way.
- Impacts of climate change.

The Lands Committee is currently made up of people with several different backgrounds but they are all interested in contributing to the stewardship of our own lands.

Time Commitment Requirements

- Two meetings per month. During the pandemic, meetings are hosted online by the Lands Advisory Board Resource Centre using Telus business.connect.
- One hour of reading preparation prior to meetings.
- Participate in appropriate training opportunities.

Application Process

- Submit a cover letter that details how your knowledge and skills would contribute to the committee mandate and an up-to-date resumé to landcode@titqet.org.
- These documents will be forwarded to T'it'q'et Council for their consideration.
- T'it'q'et Council will follow policy for interview and selection.

Deadline

- June 10, 2021

For Further Information

The T'it'q'et Lands Committee Terms of Reference are available at www.titqet.org.

Contact the Land Code Coordinator at (250) 256-4118 extension #251 or at the email address above to request a copy of the Terms of Reference.

Webpage: www.titqet.org



Nukw7antwál' means to "help each other". This program is here for you to find support from others in recovery and to give you the tools to support others in their recovery.

Program Information:

What is Day Treatment?

Day Treatment provides participants with daily activities to support their addiction recovery. These activities include NA/AA/Wellbriety meetings, drumming, educational workshops, sharing circles, counselling, sweats, cooking, recreation, elders talks, crafting and many others.

Most activities (e.g. daily Wellbriety meetings) will be available online for participants who are unable to attend full-time or in-person. **Due to COVID-19 restrictions, all activities are taking place online on Zoom or outside if in-person.**

Who can attend?

Any self-identifying indigenous adult (19 and older) living in Northern St'át'imc territory can be referred to the Day Treatment program. All sessions are open to men, women, and two-spirited individuals. Participants do not have to be clean and sober to participate in Day Treatment but they must demonstrate a desire to progress in their recovery.

Day Treatment can be helpful for those who have years of sobriety or for those who are just starting their recovery journeys.

Does it cost anything to participate?

The program is free for all those that qualify to participate. However, not all costs of participating (such as travelling to and from the program) will be covered. If there are financial or other barriers that are preventing you from accessing the program, we will identify these during your intake and do our best to help you overcome these barriers.

How do I enroll in Day Treatment?

You can be referred into the program with the help of one of your community supporters, which may include a doctor, elder, addictions counsellor, traditional healer, etc. Self-referrals can be completed with the help of our staff. All referral information is contained in this package. Please complete the referral information with the help of a care provider. Once we've received your referral information, we will schedule an intake appointment to discuss your referral information and design a care plan for you.

REFERRAL & INTAKE PROCESS:

1. Complete the referral information contained within this package. Package can be completed by the applicant themselves or with the help of one of their supporters.
2. Once completed, you must contact our staff to arrange delivery/pick-up of the referral materials.
Emailing scanned copies of the documents is not a secure method of delivery. We request physical copies of the materials to ensure that privacy is protected.
3. When our staff receives the referral materials, we will request information from the parties identified in the Consent to Release of Information form. We will use this information to begin filling in the intake information.
4. Our staff will then schedule a visit with the client to complete the intake information and design a care plan for them. Client's can choose to have one or more of their supports accompany them during this intake visit. Care plans will connect clients to a variety of services and activities that look to improve a clients wellness physically, mentally, emotionally, and spiritually.
5. Care plans may include full enrollment in the Day Treatment program when spots are available. Clients that are not able to immediately enroll in Day Treatment will be able to access some of the services included in the program while they are on the waiting list.

REFERRAL SUPPORTER INFORMATION:

Referral Date:	Supporter's Name:	Title/Position:
Organization/Agency Name (if applicable):		Email:
Phone:	Current Address:	
What is your relationship to the applicant and what type of support have you provided them with?:		

If you'd like to make a self-referral, please contact our team at daytreatmentmgr@statimchealth.net and we can assist you.

APPLICANT INFORMATION:

Last Name:	First & Middle Name :	Preferred/Traditional Name:
Birthdate (DD/MM/YYYY):	Cellphone Number:	Home Number (if applicable):
Current Address:		Email:
Home Community/Nation:	Indigenous Identity: <input type="checkbox"/> Status <input type="checkbox"/> Non-Status <input type="checkbox"/> Metis <input type="checkbox"/> Inuit	Personal Health Number (PHN):
Self-Identified Gender (Select all that apply): <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/> Non-Binary <input type="checkbox"/> Two-spirit <input type="checkbox"/> Questioning <input type="checkbox"/> My Gender is _____		
Preferred Pronoun: <input type="checkbox"/> He <input type="checkbox"/> She <input type="checkbox"/> They <input type="checkbox"/> My pronoun is _____		
<i>If you identify as transgender, non-binary, or Two-spirit, please inform us which group(s) you would like to participate with during gender divided activities like men's or women's sweats:</i> <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> My preference is _____		

Release of Information

Consent for Release of Information

Release of confidential information between Day Treatment staff and other organizations or agencies.

I _____ (print applicant's name), hereby give permission for Day Treatment staff to contact the identified individuals listed below for the release of information in regard to pre-treatment information, progress during treatment, and aftercare planning, and/or emergency situations.

Applicant Signature

Date

_____ Supporter	_____ Organization	Phone: _____ Email: _____ Fax: _____	<input type="checkbox"/> Pre-Treatment Information <input type="checkbox"/> Progress during Treatment <input type="checkbox"/> Aftercare Planning
_____ Other Support	_____ Organization	Phone: _____ Email: _____ Fax: _____	<input type="checkbox"/> Pre-Treatment Information <input type="checkbox"/> Progress during Treatment <input type="checkbox"/> Aftercare Planning
_____ Emergency Contact	_____ Relationship to Applicant	Phone: _____ Email: _____ Fax: _____	<input type="checkbox"/> Pre-Treatment Information <input type="checkbox"/> Progress during Treatment <input type="checkbox"/> Aftercare Planning
_____ Emergency Contact	_____ Relationship to Applicant	Phone: _____ Email: _____ Fax: _____	<input type="checkbox"/> Pre-Treatment Information <input type="checkbox"/> Progress during Treatment <input type="checkbox"/> Aftercare Planning

Applicant Signature:

Date:

Supporter's Signature:

Date:

Health Update:

Spring is come upon us summer is on its way

Looking at the daylight and the longer days, brings a lively spirit back to our people; we went through a lot during our time of Covid-19. We are healing and strengthened by the ups and downs.

Living with or under Covid-19- I am not sure how to state that? Did we live with it- or under Covid-19? I guess we will come to some understanding when we are living life on our own terms again. I so believe that under any circumstances; we still overcame hurdles, making necessary choices, which still, alter our daily personal/work life. So acknowledge how we have lived for the duration of this pandemic, how we adapted to, and reflect back onto the unknown modifications. Becoming aware of the struggle of the daily changes; like our ancestors. We continue to learn and adapt for our own survival.

Yes, everyone heard all the warnings, what we expect or what the future looks like; Covid-19 Virus created safety and fear. One could not survive without the other, to be safe you had to be alone- when you are alone it brought fear. So this was the new normal, to learn to be alone yet fear of being forgotten or overlooked.

This sacrifice, is both internal and external; we actively participate in defense for the greater good of our survival. In this sacrifice, we identify and reclaim our belief that we will get through this, for the love and respect we have for our future lineage.

I believe this experience will ensure that change arises. To establish a ripple effect of transformation starting with our generation, encourages us to adapt and even have a hand in shaping the new world. Stand together for accepted insight, with success and health in mind. . To ensure that the relationship with self and parts of society; are the types of relationships you commit to. Opening up dialogue and honesty in the here and now.

I believe this virus Covid-19 -brought forth strength and faith. We have to gather up our strength as individuals and as family too for the strength that will carry our people into the future.

The world today, is living through history, we are a part of that, so we should not deny our place or allow others diminish our part.

I believe we are deserving of praise and honor for we come this far –

Juanita Jacob



Kanukwa7staliha Family Services

Lillooet Tribal Council

472 Main Street, Lillooet, BC V0K 1V0

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

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



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

Who Can Apply for Jordan's Principle:

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

Examples of what may be covered:

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

What is needed for the application:

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

Waiting time for a decision:

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

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

What if You are Denied:

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

Michelle Isaac Jordan's Principle Service Coordinator

jordanp@kanukwa7staliha.org

Phone: 250-256-7525 Cell 250-256-1988

The four-stage plan includes conditions that must be met, including immunization rate minimums and case rate trends, before certain activities can resume.

The first step begins Tuesday (May 25), in parallel with 'circuit breaker' restrictions preventing indoor dining and fitness classes before June 15.

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Rec wi Non b
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	B BC Fer ser
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Can
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Can

C: C-19 case counts **H:** C-19 hospitalizations **D1:** minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK

tain rules meant to prevent the spread of the virus can be relaxed.

ing lifted.

Travel	Sports & Activities	Businesses	Offices & Workplaces
recreational travel thin your zone -essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
C recreational travel Transit and BC ries – increased ices as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
ada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
ada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

CK TOGETHER

8

Image Credit: BC

Job Posting

Ucwalmicws Society

Position: Community Farm Instructor

The Farm School training program is offered in partnership with Ucwalmicwa Society of T'it'q'et Community of the St'at'imc Nation. This program teaches the basics of vegetable and fruit production. This program focuses on hands-on education in small scale farming and it draws on sustainable agriculture and Indigenous food system concepts to build community and create dialogue around sustainability and land stewardship. Students learn, hands-on, at the 4-acre farm outside the Society's building.

Covid-19 Protocol: The program will observe all health and safety protocols. All classes will be held outdoors with no indoor learning. Students and staff will be required to wear masks when physical distancing cannot be done. The program will try to supply tools for each student to prevent sharing of tools, and will also supply all sanitation supplies.

Position Overview:

- Wage: Based on experience and funding
- Hours: 35 per week, Monday to Friday
- Duration: As soon as possible to September 30, 2021
- Location of work: Ucwalmicws Society

Duties and Responsibilities

Programming

- To teach the students the foundations of vegetable production
- To follow the curriculum provided by the Director
- To prepare the farm and supplies needed to teach the lessons

Farm Operations

- To develop a crop plan for the season
- To execute the operation crop plan: seeding, planting, tending, harvesting and packing
- To plan and execute any infrastructure needs
- To purchase all necessary farm and class supplies
- To work with the coordinator and Director on the distribution of food to the community
- To oversee student and staff work
- To maintain basic record keeping of farm operations, vegetable production, harvest and distribution

Qualifications

- Holds a valid class 5 driver's license and has access to a personal vehicle for work related travel
- Ability to work with a diversity of people and members of the communities
- Excellent organizational skills, communication skills and program management skills
- Strong written and verbal communication and networking skills
- Understanding of sustainable and organic agricultural practices and techniques, and local agricultural and food security issues
- Ability to work both independently and within a team
- Computer proficiency including basic understanding of Excel
- Positive, professional and collaborative attitude

To apply, please send a resume to

Mildred MacKenzie (mildredmackenzie@hotmail.com)

and Caroline Chiu (caroline.chiu@kpu.ca).

Application open until position is filled.

Lillooet Community Adult Learning Centre (CALC)

Phone: 250 256-6007

Address: 472 Main Street, Lillooet BC

Email: ylarochelle@lillooettribalcouncil.ca

Email: calccordinator@lillooettribalcouncil.ca

ONGOING PROGRAMS:

Adult Dogwood

Offered online

South Central Interior Distance

Education School (SCIDES)

18 years of age and older

Adult Upgrading

Offered in person and online

Nicola Valley Institute of Technology

Offered in communities and at the

Lillooet Community Adult Centre.

Tutoring

Offered in person and online through the CALC

18 years of age and older

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



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



Lillooet Tribal Council / St'át'imc Education Institute

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

St'át'imc Language Fluency Program Certificate level courses

Email:

languagecoord@lillooettribalcouncil.ca

LCPTechnician@lillooettribalcouncil.ca

Phone: (250) 256-0452

Offered online (1st year)

Free tuition pilot program starting with four St'át'imc language courses.

Course Date

STLG 110 March 23 – April 24

STLG 111 May 04 – June 05

STLG 112 June 15 – July 17

STLG 120 July 27 – August 28

Environmental Resources Technology (Environmental Studies)

Email:

education@lillooettribalcouncil.ca

Phone: (250) 256-3538

Certificate level courses (1st year)

Part-time studies (3 courses each semester)

Semester One: Sept - Dec 2021

Semester Two: Jan - May 2022

Offered online and/or in person.

Aboriginal Governance and Leadership Diploma Program (Business)

Email:

education@lillooettribalcouncil.ca

Phone: (250) 256-3538

Diploma level courses (2nd year)

Offered online and/or in person

Semester One: Sept – Dec 2021

Semester Two: Jan – May 2022

Offered online and/or in person.

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

Tsow-Tun Le Lum

Healing Circle

Don Beacham

Tuesdays

June 1, 8, 15, 22, 2021

Time: 9:30-11:30A.M.

**In Box your
e-mail
for zoom code**

SEND YOUR PHONE NUMBER
hazel@tsowtunlelum.org

My Cree name is Wapun Muskwa which means White Bear. I belong to the Norway

House First Nation in northern Manitoba and have been living in BC since 1971.

On Jan 25, 2021 I celebrated my 37th year of sobriety. I started out in AA and from there I was able to go back to the cultural teachings and earned the sweat lodge ceremonial teachings.

Healing starts with you be kind to self



District of Lillooet

WATERING RESTRICTIONS

Please be advised that as of May 1 pursuant to Bylaw No. 356, **Stage 1 Water Conservation Measures are in effect:**

Stage 1 Water Conservation Measures

Section 19. During Stage 1 Water Conservation Measures, no person shall use a watering system to water a lawn, garden, or landscaped area on a property except:

Even numbered civic addresses

At premises with even numbered civic address, on even numbered calendar days between 8:00 p.m. and 11:00 p.m. for hose supplied sprinklers or between 12:00 midnight and 4:00 a.m. for underground automated sprinkler systems.

Odd numbered civic addresses

At premises with odd numbered civic address, on odd numbered calendar days between 8:00 p.m. and 11:00 p.m. for hose supplied sprinklers or between 12:00 midnight and 4:00 a.m. for underground automated sprinkler systems.

If you have questions regarding Stage 1 Water Conservation, please contact the District Office at 250-256-4289 during regular office hours.

Wellbriety Online Meetings on Zoom



MON/WED/FRI EVENING MEETINGS

5 PM PT/ 6 PM MDT/ 7 PM CT/ 8PM ET

JOIN US for our daily Wellbriety 12 Steps Meetings!

During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us

**Meeting ID: 548-538-0164
PW: 488-123**

Information Session

Family Find

Zoom Information SESSION

- Northern St'at'imc Community Members.
- Current or Past Caregivers
- Family members who are interested in becoming caregivers.
- Social Development Workers, & Health Directors.
- Chief & Council representatives

Please call to register & let us know the best time & day that works for you.

We will have application packages available for people who are interested in becoming caregivers for Indigenous children & youth.

CONTACT: Rosalinde Narcisse, FFW

Tel.: (250) 256-7525 EXT. 212

Cell: (250) 256-8633

Email: rnarcisse@kanukwa7staliha.org

FAMILY FIND

If you are interested in learning what is required to be a:

- Respite Caregiver
- Emergency Caregiver
- Kinship Caregiver.

Date to be determined:
for the Month of May.



Sponsored by:

Kanuk'wa7staliha

Family Services

#RecreateResponsibly



LRISS has been invited to partner with the Bridge River Valley Community Association to provide education to people coming to the area. The goal is to safely welcome people and provide information. Kiosks will be set up on Hwy 40 & the Hurley on weekends. LRISS & the Bear Aware coordinator will be there with BRVCA volunteers. Please stop and answer a few quick survey questions about outdoor recreation & bear safety. We'll have handouts for you about wildsafe, invasive species, & local businesses. It is so important for people to be able to visit but also be prepared and safe at the same time. For more info: email info@LRISS.ca or BRVCA.





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

Me7 knucwentwécw-kp (help one another)

**Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 pús-men
(Keep healthy and strong in body and mind)**

News from the medical clerk

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

All faxes will come straight to me

REMINDER I have a MEDICAL TRANSPORTATION APPLICATION FORM

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

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

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

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

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

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

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

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

Her email provided belinda.watkinson@interiorhealth.ca

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

BE SAFE

SENDING HEART HUGS TO ALL

Nicole Napoleon

Medical Clerk



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

statimhealth.net

HOURS OF OPERATION

Monday – Friday

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

Closed on Statutory Holidays

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

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

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

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

Crisis and Health Lines – Toll Free:

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7.....1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA.....1-877-209-1266
- Interior Crisis Line.....1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7.....1-800-784-2433
- Adult & Youth Distress Line.....1-866-661-3311
- Alcohol & Drug options for treatment.....1-800-663-1441
- Kids Help Line, for children & youth,24/7, phone.....1-800-668-6868
or by text, CONNECT 686868
- BC Nurses Line, Health questions.....811
- Indian Residential School Crisis Line, 24/7.....1-866-925-4419
- VictimLINK, 24 Hour help & Information.....1-800-563-0808
- Kamloops Sexual Assault Counselling Centre.....250-372-0179
or ksacc@ksacc.ca
- Women's Emergency Shelter.....250-455-2284
or toll free 1-800-318-4455
- BC COVID 19 Mental health Network..... bccovidtherapists@gmail.com
With name contact info and availability for free online appointment

Emergency – Call 911 in service area

or

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

RCMP – 250-256-4244

Ambulance – 250-256-7111

Cultural Wellness/ A & D/ Mental Health Supports

Lillooet Friendship Center: Working at office & by phone, online		
Victim Services	Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health	<ul style="list-style-type: none"> Carol Camille Riley Aleck 	Cell #'s <ul style="list-style-type: none"> 250-256-4146 250-256-9336
Cultural Wellness	Riley Aleck – Counselling Support	Cell: 250-256-3086
Shelter Support & Food Bank	Everett Tom	Cell: 250-256-1574 Office: 250-256-4146
PEACE (CWWA) Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence.	Karen Kauffman	250-256-4146 karen@lfcs.ca
EYSC Engaging Youth for Stronger Communities	Gail Kreiser-Leech: Job Coach	250-256-8893 eysccoach@lfcs.ca
Private Practitioners:		
Eagle Spirit Counselling	Brandi Kane MSW, RCSW	604-728-1574 brandy@eaglespiritcounselling.com
	Yolanda Hall MSW, RCSW Private Clinician/ Counsellor Lillooet (Mondays and some Tuesday afternoon)	1 (866) 414-2300 yjhall@telus.net
Askom Counselling	Joanne Warren SSW, BA, MLIS, MACP, RCC	Office: 250-256-4906 Toll Free: 1 (866) 884-5990 counsellor@askomcounselling.org
Interior Health, Lillooet Hospital and Health Centre		250-256-4233
Mental Health & Substance Use Monday–Friday 8:30am-4:30pm Clinician 1 on site/1 working remotely. Both are available M-F	AJ – 250-256-1319 Allanah – 250-256-1343 Currently offering phone and Zoom app'ts to existing clients. In-person app'ts are on case-by-case. New intakes being screened via phone on a priority basis. Crisis response to Lillooet ED in person. Mandate: Moderate to Severe Mental Illnesses, including psychiatry referrals to Kamloops. Substance Use services, including referrals to treatment centers.	OAT Clinic (Phone app'ts only) 250-256-1345

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

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



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

June 2021 Horoscopes



Gemini (May 21–Jun 20)

You're going to feel pulled towards tending to your close relationships, but try to make sure this doesn't come at your own expense. Friendship for you means continuously encouraging learning experiences, so let one of those experiences be your ability to develop boundaries. You're allowed to have limits, and it's important to turn your care inward, too..

Cancer (Jun 21–Jul 22)

Sensitivity is your friend during this Full Moon, Cancer. Allow yourself to be sensitive! In the world we live in, it's sometimes difficult to give space to our sensitivities. It can feel like we're forced to hold our tongues and halt our feelings unless we can definitely provide evidence for our beliefs. Grant yourself the freedom to trust yourself, and take daily steps that support your hunches.



Leo (Jul 23–Aug 22)

If you just let yourself have fun, you might find that fun doubles—or even triples. Take time for self-care and expand your social circle. Joining an interest group or attending events for like-minded people can help quite a few of your wishes come true. Become clear about what you want and you can attract the outcomes you desire.

Virgo (Aug 23–Sept 22)

There are some familial tensions that are surfacing around this Full Moon. Your reputation is changing and as a result, you may be concerned about social politics. Remember, people talk, and occasionally our past can give us reasons to feel concern. Ultimately, these eclipses are bringing forth positive growth—which can result in career changes or an elevation of clout.

Libra (Sept 23–Oct 20)

This eclipse is awakening your mind and giving you plenty of reasons to utilize your knowledge. Keep an open ear and a closed mouth. You are a wise person, so don't close yourself off to higher levels of knowledge. Enrolling in school, taking a Master-class, or another form of study can take you to the next level.

Scorpio (Oct 23–Nov 21)

Intimacy may not be your forte—not that you don't want to be intimate with others. This Full Moon/eclipse is granting you access to the connection you've needed. Become clear about exactly what it is that you desire. Find ways to ask for what you need. Don't get too ahead of yourself, because blunt emotions will be to your detriment. Be tasteful and inquisitive.

Sagittarius (Nov 22–Dec 21)

Darlin', it's time for you to get out of your head and into the world, so vax up or mask up, babe. You may feel the desire to stay at home and sulk, but curious energy is calling for you. Answering mercurial calls for learning will lead you towards fated relationships. Don't force love; it'll come to you naturally.

Capricorn (Dec 22–Jan 19)

Bringing your dreams to life requires understanding your subconscious. When you dedicate time to develop a stronger comprehension of your values and personal beliefs, you'd better be able to understand the weight of your influence. There is no need to crumble under pressure. Ensure that your gold is solid, and you should be fine.

Aquarius (Jan 20–Feb 18)

Creativity is an unstoppable force, even when people attempt to contain it. Celebrate your refusal to conform by creating sparks in your community, metaphorically speaking. You can be a force for change and action if you allow your ideas to be seen. This Full Moon/eclipse is providing you with the inspiration you've needed.

Pisces (Feb 19–Mar 20)

Turn your attention towards your home: How is it impacting how you perceive yourself? This lunar eclipse is giving you reason to create a healthy distance between you and the way you're perceived by others. Try not to bury yourself with external judgements; he-said-she-said situations do not have to involve you. Given these times, you have plenty of reason to stay at home.

Aries (Mar 21–April 19)

Don't let wanderlust make you forget basic common sense, babe. This Moon is giving you every desire to book a spontaneous trip and disappear, but with these eclipses, you really shouldn't rush. Try putting your enthusiasm towards saving for future trips.

Taurus (Apr 20–May 20)

This is not the time to drain your wallet trying to impress others. Make sure your ego is in check this eclipse season. You bring plenty of great ideas and vision to those you care about, but this may not be the right time to insert yourself into a conversation. Wait to speak up until the opportunity arises, offer your resources when it makes sense, and be careful what deal you accept.

July 2021 Newsletter Submission Deadline Friday, June 25th 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

