

Newsletter

March 2021

T'IT'Q'ET MARCH 2021 ISSUE:

Housing Notice—Page 3
Mental health support and resources
Page 34–37

TO SUBMIT TO NEWSLETTER



















Please email us at: reception@titqet.org
details on page 39



March

Garbage Days
Mondays and Fridays

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

SUN	MON	TUE	WED	THU	FRI	SAT
28	 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	 31	1	 2	3
4	 5	6	 7	8	 9	10

RECYCLE DAYS:

Mar 3–Plastics



Mar 10–Glass



Mar 17–Tins



Mar 24–Cardboard/Paper



Mar 31– Old electronics i.e., radios, grills, microwaves, computers

Notice to Tenants

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

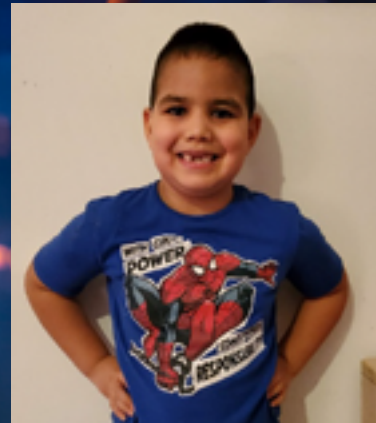
Animals are getting into garbage, if an animal gets into your garbage it is your responsibility to pick it up.

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

Thank you,
Housing.

A large background image of several lit sparklers against a dark night sky, creating a festive atmosphere.

**HAPPY
6TH
BIRTHDAY**



Thomas is turning 6 on March 30th!!!

My goodness where has the time gone!! He growing way to fast. He loves to make jokes and make people laugh. He is so smart, loves to play sports right now he is loving hockey. This year sure has been a hard one with COVID-19 but we're all doing the best we can. His birthday has always been during spring break (which is always hard – even without covid he hardly ever sees his friends) so let's all wish him an early Happy Birthday if you see him 😊

~ With all the love in the world from Mom, Dad, Kealey, Nicholas and of course Jax, Delta and Chase ~



T'IT'Q'ET's DIRECTOR OF LANDS & NATURAL RESOURCES

Due to COVID-19 restrictions it hasn't been possible to mingle in the community or to hold events which would normally give us an opportunity to become acquainted with one another. Hopefully this will change soon and I wish you all well during these challenging times! In the beginning of October, 2020, I was welcomed by T'it'q'et Administration and appointed as T'it'q'et's Director of Lands and Natural Resources. It's been an enlightening few months and, with the support of our knowledgeable Lands and Natural Resources team, I look forward to working together to achieve the goals and visions identified by membership, as supported by Chief and Council.

I'm grateful for so many years of experience dealing with First Nations organizations and the opportunity to have acquired significant skills in all areas of Lands and Resources Management. Recognizing that a primary focus and shared objective is to create the capacity needed to implement self-rule among our nations, my objective is to assert the inherent rights of First Nation communities and achieve a future no longer confined by legislation such as the *Indian Act*.

Having a *Paralegal* background, I've spent 30+ years navigating most areas of the law, primarily in the Westbank vicinity. These experiences in the legal field, combined with a business background and endeavors as a *Certified Professional Aboriginal Lands Manager*, allow me to assist membership with a majority of their business and personal inquiries. I invite you to call for an appointment should you have any land management or other concerns that you would like to discuss (i.e. Wills, Estate Planning, government documentation ...) As a *Commissioner for taking Affidavits* for the Province of British Columbia, I'm also available to help with government applications, Affidavits, legal documents and questions.

As a supportive member of the National Aboriginal Land Managers Association and a founding Director of the BC Aboriginal Lands Managers association, I continue to seek the knowledge and skills necessary to provide you with the best services possible.

PLEASE FEEL FREE TO CALL

Joan E. King, *Paralegal*

DIRECTOR OF LANDS & NATURAL RESOURCES
Certified Professional Aboriginal Lands Mgr.

250-256-4118 – Ext 249 or 250.315.3489

Email: jking@telus.net





Story of the Healing Forest

Once a long time ago, there a forest of about 100 acres. You could tell that it was once a beautiful forest of many different kinds of trees, bushes, rocks, the four-leggeds, the winged, those that crawl on the earth, and those that burrow into the earth. But now it was a sick forest. The trees no longer sang their songs when the winds come to visit. The birds no longer chirped.

One day, a few of the trees got together and talked among themselves. “WE know healing is possible,” they said. “But we can’t heal in this sick forest, we can’t heal in our home.” So these few trees left one night under the cover of darkness and went down the road to check themselves into a thirty-day program at a local nursery. While at the nursery they were given all kinds of good foods and good, pure water. They even got to work programs for healing trees like themselves. At the end of the thirty days they were feeling much better and decided to go back to their home forest.

It wasn’t long after being back in the sick forest that the trees who had had some good healing began to become sick again. There was sickness all around them. When they tried to talk to some of the other sick trees, those trees even managed to convince them that they were the sick ones after all, because they had left to go to the nursery. And so the brave trees became sick once again.

As we begin to heal ourselves one by one, we must also help create a Healing Forest in our own families, communities and neighborhoods. We can’t only work on ourselves in isolation because the principle of interconnectedness says, “We are all related.” To truly heal the individual, we also have to heal the community and the family – otherwise even the individual won’t stay healed. Firestarters who learn about the Medicine wheel and 12 Steps, or other sobriety and wellness ways, are helping to create Healing Forests where they live by facilitating Circles of Recovery right at home.

From book “The Red Road to Wellbriety” page 153

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**

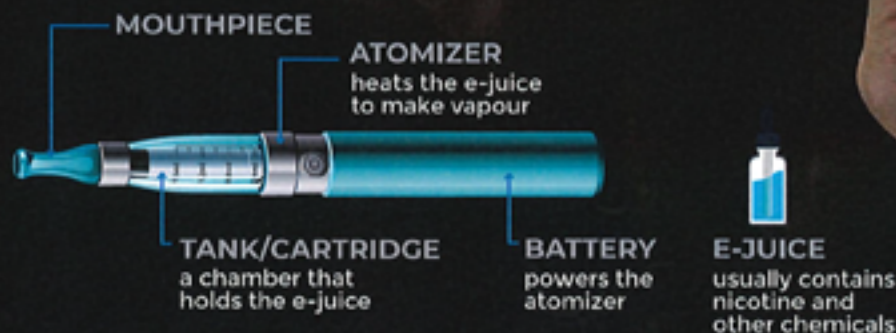
VAPING

AN OVERVIEW

VAPING PRODUCTS

E-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs

PARTS OF A VAPING DEVICE



WHAT'S IN THE VAPOUR?

Flavours

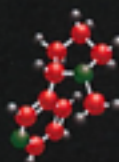


E-juice

+

Nicotine

(none to very high amounts)



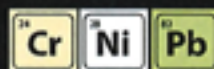
+

• Volatile Organic Compounds (VOCs)

- Carbonyls
- Tiny particles

+

Many toxic heavy metals



Chromium, Nickel, Lead

=



POTENTIAL HEALTH EFFECTS OF NICOTINE

Alters brain development



In youth, regular use of nicotine affects memory, concentration, and mood



Increases anxiety and stress



Increases heart rate and blood pressure



Highly addictive





COVID-19 VACCINES

have arrived in First Nations across Canada



This document is a high-level summary of information on the COVID-19 vaccines. For more and up-to-date information, please contact your health care provider or visit the [Indigenous Services Canada COVID-19 webpage](#).

What you need to know:

- COVID-19 is real and spreading across Canada.
- The Federal, Provincial and Territorial governments are responsible for vaccine distribution and delivery to all Canadians, including for First Nations.
- Health Canada has approved two vaccines (Pfizer and Moderna) currently being administered in Canada. Vaccines are expected to become more readily available throughout 2021.
- Both the Pfizer and Moderna vaccines require two doses, 3-4 weeks apart, to produce a 90% protection rate against COVID-19.
- The vaccines (Pfizer or Moderna) should not be interchanged for the 1st and 2nd dose. Use the same vaccine for both doses, either Pfizer or Moderna, or what is available in your community.
- Tens of thousands of volunteers participated in COVID-19 vaccine clinical trials (43,000 participants for Pfizer and 30,000 for Moderna). These trials have demonstrated the vaccines are safe and effective.



When can I get the vaccine and where?

Myth busting about vaccines:

- COVID-19 is not the flu. The seasonal flu vaccine will not protect you from COVID-19.
- You cannot be infected with COVID-19 from the vaccines.
- Pfizer and Moderna vaccines do not change your DNA.
- There are no microchips in the COVID-19 vaccines.
- The vaccines do not include antibiotics, adjuvants, thimerosal, latex or metals.
- Vaccines are not mandatory.

- Everyone who wants a vaccine will have access to one.
- Depending on where you live, you will be given the vaccine available to you at your local clinic site. You may be eligible soon, or you may have to wait a few months.
- All COVID-19 vaccines are free in Canada.
- Priority access to vaccines is being provided to those at greater risk of poor outcomes (e.g. seniors and elders; those living far away from access to health care services) or those who are more at risk of exposure (e.g. health care workers). This differs slightly between each province and territory.
- Individuals 16 years and older are approved for the Pfizer vaccine.
- Individuals 18 years and older are approved for the Moderna vaccine.
- Individuals who are immunocompromised, pregnant or breastfeeding are cautioned against receiving immunization and are encouraged to speak with their health provider.

AFTER YOU GET VACCINATED:

- There may be local pain at the injection site, fever, chills or feeling tired after immunization. These are common reactions after vaccinations, and it means your body is responding appropriately to the vaccine. Ask your health care provider about any potential adverse reactions to watch for.
- Public health practices will continue even after you are vaccinated. Continue wearing a mask, handwashing or using hand sanitizer and keeping a 2-meter distance from others when away from your home.



T'IT'Q'ET LANDS & NATURAL RESOURCES DEPARTMENT

Newsletter – MARCH 2021

The T'it'q'et Lands and Natural Resources Department is beginning a review process, one which we hope to continue on an annual basis. We are working on organizational considerations, our position descriptions, Terms of Reference for the Lands Committee and other policies.

Other tasks are as follows:

- **Lands Committee/LNR Dept.**

T'it'q'et Council is looking for a new member for the T'it'q'et Lands Committee. The committee is still meeting online using Telus Business Connect because of the pandemic. Please feel free to call the LNR Dept. if you would like to know more.

- **Law-Making & Enforcement – LNR Director/LNR Staff**

Consultant Patrick Kelly met with T'it'q'et Council on February 22nd, via teleconference, to discuss law making authority and jurisdictional challenges to be considered. The basis of the discussions involved T'it'q'et's current options and Mr. Kelly's recommendations as to how we might best approach our law making priorities. It's been recommended that we streamline the scope of the project by beginning with those areas of law defined by our Land Code – further information on this topic will be provided in the near future.

- **Natural Resource Management - LCC/Lands Committee**

- The ***First Nations Health Authority*** has agreed to give the T'it'q'et a grant for \$5,000 from its 'Our Community, Our Water' fund. We are organizing a fund and educational community-driven event to support community knowledge and education about our Community's water drinking water supplies and system and protections and conservation of the Community's water supplies. The plan is to develop a short 3 to 4 minute video with the aid of P'egpig'lha elders and knowledge keepers. There will be a lot of activity in the next 5 weeks as the deadline for completion is March 31st.
- The community has youth members (age 19-30) who have taken a video production course. T'it'q'et will utilize their skills and experience in conjunction with community elders to produce a short 3-4 minutes video that details the names of our water sources, along with what is known of their historic use. Included in this video will be a summary of where the community gets their water for drinking and agricultural purposes, the UV treatment utilized in the smaller treatment facilities and the larger treatment processes utilized by the District of Lillooet in their water treatment regimen.

It will include a listing of the reasons water protection is so important and what people can do to conserve their water supply.

- The video will be shot here at T'it'q'et at sites along the water sources for the 4 inhabited reserves. The video will be edited at the homes of the persons chosen to participate in the production of the video. Because of health restrictions, there is no foreseeable date for community gatherings right now.
- When the video is complete, it will be released on March 15th at 9 a.m. on social media and on www.titqet.org.
- For the youth chosen to undertake this project, they will gain experience in video production. For the viewers, it will be a chance to learn some of the traditional names of our water sources and the treatment methods used to make their water potable.
- One on one interviews with elders could be stalled if the province further restricts gathering. If that happens, one alternative is to conduct interviews by telephone.
- The T'it'q'et Lands and Natural Resources Officer will be responsible for finding information on water treatment by the District of Lillooet and the T'it'q'et Lands Committee Coordinator will oversee the video production brief and make sure the camera and memory equipment is available.
- The T'it'q'et Lands Committee will ensure the accuracy of the use of any St'at'imc place names that are to be used in the production of this video. The budget we're working with is:
 - Mileage - 50
 - Honoraria – 900 (9 x 100 for interviews)
 - Video production costs – 4000
 - Memory card – 50

- **Wild Parsnip – LRISS – LCC/Lands Committee**

Warning signs have been purchased from Funk Signs in Kamloops. These signs will warn people to stay away from the wetland on IR #1 and the wild parsnip growing there. They will be placed at the wetland location in the upcoming week. Wild Parsnip is an invasive species that can be harmful to people and livestock; the sap from the plant will create painful blisters if it gets on skin and reacts to sunlight. We've experienced a bit of a delay due the weather but are expecting the signs will be up very soon – so be on the lookout.

- **Lands and Natural Resources Department/Lands Officer**

Lands and Natural Resources Officer is working with First Nations Land Registry System to download maps and parcel abstracts for IR #1. The plan is to do this for all reserves.

A contractor met with Ken Taylor in person and with Joan King, the Lands and Natural Resources Director on the phone to discuss renovating the Resource Room

in the P'egp'ig'lha Community Centre and turn it into the Lands and Natural Resources Office.

- **Lands & Natural Resources Department/ Human Resources Management**

Director of Lands and Natural Resources, with the assistance of our Lands Officer and Lands Committee Coordinator, are reviewing the organizational structure of the Department, Roles and Responsibilities, Position Descriptions, Lands Committee Terms of Reference and other guiding documents to see how we can improve and to ensure consistency within the documents. All documents will be evaluated by the Lands Committee and vetted through Chief and Council for approval.

- **Fisheries – LNR Officer**

- T'it'q'et applied for and received funding from DFO (Department of Fisheries and Oceans) for these two courses and also to purchase equipment. Any interest in these courses? Please call Stephanie Louie, ext. 243 to sign up or for more information. These courses need to be completed by March 31, 2021 so our scheduled dates for the courses are:

- First Aid Course – March 15, 2021
- Swift Water Course – March 22 – 25, 2021 –? One day of theory, and two days on the water.

- Items for purchase will be handheld radios, safety gear (life vests, etc).

- **Other :**

- BCI (British Columbia Interior) Fisheries Calls, WSA Water Objective Forum, Pre-Season St'at'imc Fisheries Forum, LAB (Land Advisory Board) hosts webinars – the two most recent "Consultation and Engagement" and "Treaties and the Framework Agreement".



MY PROTECTION IS INDIGENOUS.

Our teachings guide me to understand
the impact cannabis has on me and my
baby when I'm pregnant or breastfeeding.



First Nations Health Authority
Health through wellness

[FNHA.ca/cannabis](https://fnha.ca/cannabis) #IndigenousStrengths

MARCH 2021 / 13



Developing Personal Wellness Program Outline

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

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

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

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

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

PROGRAM SCHEDULE

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



ASIAN GIANT HORNET

INVASIVE SPECIES FEATURE

In August 2019, three Asian Giant Hornets were found near Nanaimo on Vancouver Island. This is the first time it was found in BC. So far this species has not established itself in BC. As spring approaches, it will be good to keep an eye out for these hornets.

REPORT ALL SIGHTINGS: Call LRISS 250-256-4292

ID: Worker hornets are 3.5 cm & queens are up to 5cm in length. Their heads are large & orange with black eyes.

BE AWARE: If stung, do not rub the site. Seek medical attention if stung multiple times and/or any allergic symptoms appear.

INFO: Hornets will attack only if their nest is disturbed in the ground. BC Min of Ag has a Fact Sheet for more info.

LOOK-ALIKES: There are other insects in BC that are large and look like the hornet including: Bald faced hornet, Yellow jacket, Horntail wasp, & Elm Sawfly.



Photo by Karla Salp, Washington State Department of Agriculture, Bugwood.org



First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A GUIDE TO GATHERINGS AND EVENTS DURING COVID-19

The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Even so, now is not the time to hold or participate in group activities. Following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS



Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.



Even gatherings of fewer than 50 people require an assessment of risk – especially if the event will entail travel and people sharing accommodations.

ALTERNATIVES



Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).



If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.



Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with/your “bubble.” Your bubble should always be the same five or six people – those in your household for example – and they should not be in other bubbles with other people!

For more information, visit www.fnha.ca/coronavirus

HOW FAMILIES CAN TAKE CARE OF EACH OTHER'S MENTAL HEALTH DURING A SECOND LOCKDOWN

 @BELIEVEPHQ

TIME AND SPACE



Make sure you are giving each other time and space to relax

EXERCISE

Support and encourage each other to stay active and exercise.

KINDNESS



Be kind and caring towards each other. Listen to each other and be understanding

DAILY CHORES



Support and help each other with daily chores around the house

POSITIVE RELATIONSHIPS



Encourage each other to maintain positive relationships by staying in regular touch with friends and family

LEARNING EXPERIENCES



Identify key learning experiences from the previous lockdown and identify some things you did previously that were helpful

TEAMWORK



Work as a team and make decisions together so that everyone feels involved

TALKING



Encourage each other to talk about mental health. If you notice someone is struggling ask how you can help

SELF CARE



Identify some activities you can all do individually and as a family that will provide you with a sense of pleasure, achievement and relaxation

PHYSICAL HEALTH



Encourage everyone to take care of their physical health. Make sure everyone is getting enough sleep and eating a well balanced diet

CHECKING IN



Check in with each other on a regular basis - "how are you feeling today? is there anything I can do to help you?"

HELPFUL BEHAVIOURS



Encourage each other to identify helpful behaviours that you can engage in individually or as a family that will help reduce any stress, anxiety or worry



RESPITE CARE

FOR INDIGENOUS CHILDREN



How to become a Respite Caregiver:

Respite Care provides a short break for parents while the child is cared for in another home. These homes provide short-term care on an intermittent basis, taking children for a day or few days at a time (e.g. 2 days per week or 4 days per month). The child is not legally “in care” in this situation. This is family support service governed by a Support Service agreement between the child’s parents and the ministry or agency. In these cases, the child’s parents retain full custody and guardianship.

Kanukwa7stáliha Family Service and Ministry of Children and Family Development require the following:

Contact our office to start the process by:
Completing the following forms: Criminal Record Check, Prior Contact Check and Gathering information.
Once the information is reviewed and approved then a home visit will be done by a Social Worker.

Kanukwa7stáliha Family Service

Rosalinde Narcisse, Family Find Worker:

Work: (250) 256-7525 Ext.#212 or Cell: (250) 256-8633

Email: rnarcisse@kanukwa7staliha.org

2021
SPRING
BREAK

ONLINE ART & SCIENCE KIDS CAMP

March 23(Tue) to 25(Thur) 10am to 3pm

Hands on Science - 3 Session

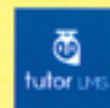
Dancing at home - 1 Session

Art & Craft - 2 Session

Registration

Online : <https://goldrushoutreach.org/>
or
contact to your band office

*This program is good for Grade 2 to 7 younger kids can join with a helper



GOLD RUSH TRAIL OUTREACH SOCIETY



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.

Notice to Tenants

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

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

Housing needs to be contacted before moving anyone into your rental unit which will also need to be approved by administration and council.

If approved a new rental agreement will be filled out and signed.

Thank you,
Housing.



St'át'imc Community Members Survey St'át'imc Eco-Resources

Introduction

St'át'imc Eco-Resources (SER) is a for profit corporation that is owned by nine St'át'imc communities. SER was established in 2012, in part, to create wealth by establishing ventures that are St'át'imc Nation in scope, improve capacity, create opportunities and benefits for úcwalmicw (people of the land).

St'át'imc Eco-Resources (SER) is an environmental service provider. SER would like to expand our services to include additional industries and projects. This would mean additional jobs and careers for St'át'imc community members and meet the goals set when SER began.

We need your help! We need feedback from community members regarding what you feel is needed. This includes career and job opportunities, training, and benefits you would like to see for yourself, your family and community. This information will be used in the review and possible expansion of services, formation of internal policies, help us make operational decisions, improve communication, and build relationships.

Your responses are critically important to this process! Unless noted, all responses will be kept confidential.

Once complete, please return survey to your local Band office, email to surveys@statimceco.com, or mail to St'át'imc Eco-Resources, Box 103, Lillooet, BC V0K 1V0.

Thank you for your help!

Question #1

What community do you live in?

- ☐ N'Quatqua
- ☐ Samahquam
- ☐ Sekw'el'was
- ☐ Skatin
- ☐ T'it'q'et
- ☐ Tsal'alh
- ☐ Ts'kw'aylaxw
- ☐ Xaxli'p
- ☐ Xa'xtsa
- ☐ Xwisten
- ☐ Other

Question #2

Prior to receiving this survey, had you heard of St'át'imc Eco-Resources?

- ☐ Yes
- ☐ No
- ☐ Not Sure

Additional Comments Click or tap here to enter text.

Question #3

Does SER regularly communicate with your community?

- ☐ Yes
- ☐ No
- ☐ Not sure

Additional Comments Click or tap here to enter text.

Question #4

How often do you receive information regarding St'át'imc Eco-Resources?

- ☐ Very Often
- ☐ Often
- ☐ Sometimes
- ☐ Occasionally
- ☐ Never

Question #5

Where do you find information regarding St'át'imc Eco-Resources?

- ☐ Social Media
- ☐ SER Website
- ☐ From my Shareholder Representative
- ☐ Email

Other Click or tap here to enter text.

Question #6

Have you ever worked with SER as an employee or contractor?

- ☐ Yes
- ☐ No

Question #8

Do you know if SER has provided training to any members of your community?

- ☐ Yes
- ☐ No
- ☐ Unsure

Additional Comments Click or tap here to enter text.

Question #9

Do you know if your community has worked on projects with SER?

- ☐ Yes
- ☐ No
- ☐ Unsure

Additional Comments Click or tap here to enter text.

Question #10

Are you interested in additional employment and/or training opportunities with St'át'imc Eco-Resources?

- ☐ Yes
- ☐ No
- ☐ Not Sure

Additional Comments Click or tap here to enter text.

Question #11

Are you interested in connecting with SER for the purposes of networking and collaboration?

- ☐ Yes
- ☐ No
- ☐ Not Sure

Additional Comments Click or tap here to enter text.

Question #12

Please check any areas of employment and/or training that may be of interest to you

- ☐ Environmental Monitoring
- ☐ Grant & Proposal Writing
- ☐ Fisheries & Wildlife Technicians
- ☐ Bookkeeping & Accounting
- ☐ Health & Safety
- ☐ Project Based Support
- ☐ Heritage & Cultural Monitors
- ☐ Human Resources
- ☐ General Labour
- ☐ Business Development
- ☐ Administrative Support

Question #13

Could SER provide any of the following services to your community?

- ☐ Training & Education
- ☐ Grant & Proposal Writing Support
- ☐ Project Based Support
- ☐ Administrative Support
- ☐ Capacity Development
- ☐ Business and Partnership Development
- ☐ Not Sure

Other Click or tap here to enter text.

Additional Comments Click or tap here to enter text.

Question #14

As a Community member, are you interested in participating in an event, such as an open forum or similar event, to learn more about potential opportunities with SER?

- ☐ Yes
- ☐ No

Additional Comments Click or tap here to enter text.

Question #15

What type of format is preferred for an open forum or similar event?

- ☐ In person meetings (post COVID 19)
- ☐ Zoom or remote meetings
- ☐ Teleconference
- ☐ Other

Additional Comments Click or tap here to enter text.

Question #16

Do you have any additional comments or feedback?

Click or tap here to enter text.

Question #17 - Optional

If you would like to be contacted regarding this survey, or regarding employment and training opportunities, please note your name and contact information below. Your information will remain confidential.

Once complete, please return to your local Band office, email to surveys@statimceco.com or mail to St'át'imc Eco-Resources, Box 103, Lillooet, BC V0K 1V0.

Thank you again!

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



Government
of Canada

Gouvernement
du Canada

Canada



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**



Words from the medical clerk

Hello good day

I have done Medical Transportations training from First Nations Health Authority over the span of three days, there has been some changes done to the policy since I last had my training done.

I am excited to say that our meal allowance rates have increased slightly, so do not be alarmed when your travel cheque amount is different from previously done.

The adjustment happened January 1st 2021

Day trip meals are now \$15.10

Overnight meal allowance is \$53.10

Weekly meal allowance is now \$ 222.20

For children under nine years old the same overnight meal allowance is the same at \$25.00 per night

Medical Travel:

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

Cheque can be picked up on Wednesdays and Fridays.

Confirmation of Appointment cards & upcoming appointment sheets - Please ensure your name and date is on the card when inputting at reception, with no names on them, I do not know whom they belong to.



Podiatrist in the Community

Dr. Ray Bolen, Doctor of Podiatry

Next visit 19 March 2021 Friday

For an appointment–Please call the office and
speak with/leave a message for Nicole Napoleon
(250) 256-4118 ext.241 to set up an appointment.

slam the scam!



THE CANADA REVENUE AGENCY:

- ❌ **NEVER** asks for **OR** provides financial information via email
- ❌ **NEVER** sends text messages to communicate with taxpayers under any circumstances
- ❌ **NEVER** asks you to click a link (unless you request a link over the phone)

For more information, go to canada.ca/taxes-fraud-prevention

slam the scam!



PROTECT YOURSELF AGAINST FRAUD BY REGISTERING FOR THE CANADA REVENUE AGENCY'S MY ACCOUNT AT [CANADA.CA/MY-CRA-ACCOUNT](https://canada.ca/my-cra-account)

With My Account you can:

- ☒ Check if you owe money
- ☒ Sign up for email notifications to know when changes are made on your account
- ☒ Keep your personal profile up to date

For more information, go to canada.ca/taxes-fraud-prevention



TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can alter teen brain development.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



1 Vaping liquid, which contains chemicals, is heated to become an aerosol



2 The aerosol is inhaled through the **mouth and lungs** where it is absorbed into the **bloodstream**



3 The remaining aerosol is exhaled



Did you know?

- > Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > Vaping devices may also be used for other substances like cannabis.
- > Vaping products can be difficult to recognize:
 - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
 - Liquids can have high levels of nicotine and come in a variety of flavours;
 - Vaping may not leave a lingering identifiable smell; and,
 - Add-ons like vinyl “skins” or wraps can also make these items harder to recognize.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.
- > The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.



Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping is not for youth
and non-smokers.



Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

The heating process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

SET A POSITIVE EXAMPLE

If you use tobacco or vaping products, be honest with your teen about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk with your teen about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk with your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.



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	<u>Office:</u> 250-256-7525 <u>Cell:</u> 604-722-1453



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



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)**



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

March 2021 Horoscopes



Pisces (Feb 19–Mar 20)

Happy birthday!!! It's your time of year, Pisces, and the world is your oyster. What are your professional aspirations? Relationship goals? Do you have any personal projects that you want to start? Whatever it is you want, go for it. The Sun is in your sign only once a year, after all. It's the best time to start something, anything new, so get to it!

Aries (Mar 21–Apr 19)

You're a very, uh, enthusiastic kind of person, Aries. You're great at starting new projects and relationships, but following through? Not so much. Well, Pisces season is bringing back alllll those projects and relationships you never completed. It's an emotional time, but before you can start any new projects, you gotta cut off those loose ends.



Taurus (Apr 20–May 20)

Ready to give your social life a glow-up? All these gushy, sappy, lovey-dovey emotions you're feeling are pretty out of character, but you just can't help but share them with your squad! You're becoming everyone's biggest cheerleader, and your crew is gassing you up and supporting you just as much. Have fun!

Gemini (May 21–June 20)

What are your dreams? What are your biggest goals? What's your reputation like, and how can you improve it? Pisces season is asking you to shoot for the stars (especially with your career). Use all of this transit's dreamy, creative, powerful energy to kick ass at work and start chasing new milestones.

Cancer (Jun 21–Jul 22)

You and Pisces are both emotional water signs, so you're vibing rn. You're the sign of the crab, so you're a little more private than ~wild and free~ Pisces, but this month is helping you to come out of your shell! For the next month, your life is becoming one big adventure (yes, even if you can't physically leave your home).

Leo (Jun 23–Aug 22)

The 8th house of your chart, which governs intimacy, is being activated right now. And since there are still about a trillion planets in Aquarius, aka your chart's relationships zone, it's safe to say that this is a very 'ship-focused time—particularly with your deepest, most important connections. Translation: Your love life is about to heat up a ton. Expect your emotional connection to your partner (whether it's the LOYL or just a fling) to become much, much more significant.

Virgo (Aug 23–Sept 22)

Pisces season = cuffing season for your sign, Virgo! Your chart's relationships zone is being activated, so you're focusing mostly on your "b" connections—aka your boo, your bestie, and your business partners. If you want to give your friendships or love life an upgrade or start something new, now's the time—just wait till Mercury Retrograde ends on February 20!

Libra (Sept 23–Oct 20)

Life on the job is your number one priority this month, Libra. Your schedule is jam-packed with work with basically no breaks. Don't stress though! You're, like, the ultimate people person, so you have no problem teaming up with your coworkers to get sh*t done. As you start to slay at work, you begin to notice that the rest of your life is running more smoothly too. Is this a fun time? Well, no. But is it an important time? Totally! Just remember that the habits and daily routines (good and bad) you set now will stick around for a long, long time.

Scorpio (Oct 23–Nov 21)

Love is in the air! Pisces season is almost always a blast for you, Scorpio, because it activates your chart's 5th house, which governs romance, sex, and fun. It may be Pisces season, but it feels like you're the star of the show. Whether you're looking for a flirtationship, a fling, or an LTR doesn't matter—now's the time to give your love life the glow-up you want and deserve!

Sagittarius (Nov 22–Dec 21)

Pisces season's watery, moody vibe is raining on your parade, Sag. You're used to being extroverted, expressive, and always on the go, but this month is all about hitting "pause" and just chilling out. You're becoming a huge introvert, and your life at home and with your family is becoming your top priority. Take it easy this month, Sagittarius. That way, when the Sun enters like-minded fire sign Aries this spring, you'll be ready to live it up!

Capricorn (Dec 22–Jan 19)

Even though you're known for being serious and stoic, you really do have a heart, Capricorn. This next month is all about helping you become less of a thinker and more of a feeler. You tend to be more pragmatic than idealistic, but not anymore! Your chart's zone of communication is being turned on, so you're connecting with tons of people in a new way. Instead of relating on an intellectual level, you're learning the importance of emotions, and all your relationships, old and new, are benefiting.

Aquarius (Jan 20–Feb 18)

Even though it's officially Pisces season, you're still living it up (after Mercury Retrograde ends, anyway) with all the cosmic action in your sign. As the weeks go by, though, life begins to slow down and you can get back into your regular daily routine. Take the projects/relationships you initiated during Aquarius season, figure out which ones matter most, and kick everything else to the curb.



April 2021 Newsletter Submission Deadline

Friday, March 26th 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