

Newsletter

March 2022

T'IT'Q'ET MARCH 2022 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 41





















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
27	 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

FEBRUARY 2022

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	1	2	3	4	5

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	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

RECYCLE DAYS:

Mar 2—Plastics

Mar 9—Glass

Mar 16—Tins

Mar 23—Cardboard/Paper



O&M picks garbage up on Mondays and Fridays. Wednesdays they pick up recycling. On recycling days, the garbage will be picked up as well for now.

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, throw it in the garbage. This will help from animals going into your yard, and mice trying to find a way into your home.

Thank you,
Housing.



T'it'q'et Administration

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

phone (250) 256 4118
fax (250) 256 4544
www.titqet.org

T'it'q'et Community/Members:

There have been many vehicles parked on the side of the road on Scotchman Road. This is a safety hazard.

Please park your vehicles in your driveway so other vehicles can use the road safely.

Thank you in advance for your cooperation,

Kassandra Doss
Housing Coordinator
250-256-4118 ext. 240



T'it'q'et

Election Notice

This notice is to inform all electors of T'it'q'et that the general elections will be held:

Sunday, March 27, 2022

10:00 a.m.

P'egp'ig'lha Community Centre 59 Retasket Street, T'it'q'et IR 1

Elections for the following positions:

One (1) Tribal Chief

One (1) Community Chief

Four (4) Councillors

Election Code

Copies of the Election Code may be obtained at the T'it'q'et reception desk; or on request via email from reception@titqet.org

Electors may confirm that their names are on the Voters List by viewing the Voters List posted at the P'egp'ig'lha Community Centre.

Proxy

Proxy or notice of proxies held must be filed with T'it'q'et no later than 4:00 p.m. local time Friday, March 25, 2022. Proxy may be faxed to (250) 256 – 4544, emailed to reception@titqet.org or dropped off at the reception desk at 59 Retasket Street. To receive a Proxy form, please contact reception@titqet.org or call 250.256.4118, or pick one up at the T'it'q'et reception desk. An eligible voter may carry only one proxy.

It is the responsibility of the member to follow up with the receptionist (reception@titqet.org or call 250.256.4118) to ensure the emailed or faxed proxy form is received.

Eligibility of Voters:

In order to be entitled to vote in an election, a person must, as of the date of the election:

- a) have attained the age of eighteen (18) years;
- b) be listed on the Membership Roll; and
- c) be included on the Voters' List.

Eligibility of Candidates

To be eligible as a candidate for the office of Tribal Chief or Community Chief or Counsellor, the candidate must:

- a) Be eligible as Voter, as defined in the T'it'q'et Election Code
- b) Be nominated for that office, in accordance with procedures set out in the T'it'q'et Election Code;
- c) Be “in good standing” with T'it'q'et Administration. For added clarity “Administration” in this section does not include other T'it'q'et entities, such as registered companies or societies that are wholly or partially owned by T'it'q'et;
- d) Be ordinarily resident within one hundred (100) kilometres from the T'it'q'et Main Administration Building near Lillooet; and
- e) Not have been convicted of an indictable offence in Canada or a felony in the United States within four (4) years prior to his or her nomination, except, in some circumstances, where the conviction is for an offence relating to the assertion, exercise or protection of Aboriginal rights or title.

Definition of “In Good standing”

“In Good standing” means that a person is not in arrears or has any overdue debts or has any outstanding or pending litigation with T'it'q'et.

To confirm ahead of the election if you are “in good standing”, contact the Administrator at 250.256.4118 ext. 223 or email tfnadmin@titqet.org.



ELECTIONS 2022:

March 27, 2022

P'eg'p'ig'lha Community Centre | 10 a.m.

PODIATRIST

Friday, March 25th, 2022

Dr. Bolen our Podiatrist

Will be coming into the
T'it'q'et Community

Please contact Medical Clerk
to book your appointment:

Medicalclerk@titqet.org
250-256-4118 ext.241



GROW YOUR OWN!

@ Ucwalmicw Community Garden

ATTN: T'it'q'et & St'at'imc community members!

Sign up for a Personal Garden Plot at the Ucwalmicw Community Garden (T'it'q'et) this 2022 season!

- **Choose what size plot you are interested in planting and maintaining: (small) 15 x 20, (med) 30 x 40, (large) 50 x 60 plot sizes available.**
- **Sign Up by Email: gardenforewoman@ucwalmicw.org**
- **Attend Garden Meetings (Feb. 11th 5:30 @ Ucwalmicw Centre) to meet the Farm Manager, get familiar w/ your plot location & see what support is available.**

Why sign up for a Personal Garden Plot this year?

~ Learning how to meet our own needs & eat well while becoming less dependent on the grocery store is essential to our Food Security, especially now in these times of unpredictable climate change events and supply chain disruptions. We can grow food to support ourselves, our families, vulnerable community members and the land itself.

~ Plots are free of cost to those who will use them however they are yours to plant, care for and harvest.

~ Practice your Food Security & Growing skills alongside others and receive support and advice from staff.

~ There will be opportunities to volunteer in other areas of the garden, share in the communal harvest and bring your new ideas to the project.

~ Make connections, spend time in a peaceful place and enjoy the amazing quality of your own homegrown food.



To **SIGN UP** please email : gardenforewoman@ucwalmicw.org
or
message the 'Ucwalmicw Organic' Facebook page



On Pink Shirt Day, we can all do something about bullying



Bullying is a widespread issue that we can all take some responsibility for. We have ideas to get you involved on Pink Shirt Day to boost awareness and raise funds to curb bullying. Cultivate more kindness and empathy along the way.

Insurmountable: The battle to bring a salmon run home

"We just knew no fish would get by. Not without our help." Behind the scenes of the epic campaign to save a Fraser River salmon run.



Workers seen on top of the cliff at the Big Bar landslide on the Fraser River in July 2019. Fisheries and Oceans Canada officials said that 99 per cent of early Stuart sockeye and 89 per cent of early chinook salmon were lost that year. The fish couldn't make it past the landslide. (Photo: Canadian Press/Darryl Dyck)

By **Kate Helmore**

January 14, 2022

In a tapestry of rivers and streams high above the Fraser River, lost beneath a layer of pebbles, and shaded by the shadow of trees, hides a horde of salmon eggs, brilliantly orange and each barely the size of a grain of rice.

It took every last sinew, tissue and fibre of the parent salmon to fertilize and hide these eggs. These adults survived the jaws of orcas and the ingenious traps of humankind — and battled for weeks against water more powerful than Niagara Falls to reach this particular pebbled safehouse. They had not paused to eat since leaving the ocean weeks before, drawing energy from every last muscle save for their reproductive organs. After this arduous journey, the mother salmon used her last reserves to cover her eggs, flipping pebbles with her tail until it was literally stripped to the bone. When she did finally die, her rotting body decomposed into the water, becoming food for the children she would never meet.

But these eggs are also the fruits of intense human perseverance — the culmination of an enormous three-year battle against seemingly insurmountable odds.



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News releases provided by Cision

LUCARA'S 2021 ANNUAL REVENUE OF \$230.1 MILLION INCREASES 84% FROM PREVIOUS YEAR EXCEEDING GUIDANCE AMIDST STRONG AND BALANCED DIAMOND MARKET FUNDAMENTALS
VANCOUVER, BC, 4 hours ago



Rebecca Riley en route to the fish wheel in 2020. (Photo: Fisheries and Oceans Canada)



Radio tagging sockeye as part of a federal monitoring program. (Photo: Gina Anderson/Flickr)

Full article can
be found here:

<https://www.canadiangeographic.ca/article/insurmountable-battle-bring-salmon-run-home>



Faculty of Applied Community Studies
Continuing Education

Participant Information/Registration Form

Career Development Practitioner Program
Lil'wat Employment and Training

PLEASE PRINT: *This information will become part of your permanent student record and transcript at Douglas College. Use legal names (no nicknames or abbreviations).*

Full Name: _____

Home Address: _____

City _____ Prov _____ P/Code _____

Birth Date: _____
dd /mm/ yy

☐ Female Gender ☐ Male Gender ☐ Non-binary Gender ☐ Prefer not to answer

I have previously been a Douglas College Student ☐ yes ☐ no

If yes, student ID: _____

E-mail: _____

Telephone: _____

Dates: February 17 2022 – February 17 2023
Hours: 8:30am – 4:30pm Thursdays and Fridays
Location: In-person at Ts'zil Learning Centre

The College collects personal information under the authority of the College and Institute Act. Information on this form is confidential and only used to generate a permanent Douglas College record of learning/professional development. Official transcripts can be requested. Continuing Education Units (CEUs) are automatically assigned.

DOUGLAS COLLEGE | PO Box 2503 | New Westminster BC V3L 5B2 | douglascollege.ca/facs-ce

Are you wanting to obtain your Learners Driver's License?
Indigenous Skills and Employment Training Program
Is offering

‘What the L!’ DRIVERS TRAINING Workshop

March 7th & 8th

- 10 Spot available
- In class setting
- Two pieces ID required
- Social Insurance Number
- Committed for both days
- Lunch Provided

A requirement is to have an appointment booked with ICBC for a Knowledge Test for after training has taking place

For further information or to sign up please contact
Belinda Terry
250-256-6007 ext. 301
ISETPAdmin@lillooettribalcouncil.ca



T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter

March 2022

The T'it'q'et Lands Committee is still meeting twice per month online. Because of elections next month, the T'it'q'et Council representative on the Lands Committee may change. The T'it'q'et Lands Committee is: Chairperson Marilyn Napoleon; Genevieve Humphreys (alternate chair); Myrus Doss; Marie Barney; T'it'q'et Council representative Robert Leech.

- **Lands Committee**

A T'it'q'et member has submitted a letter and résumé, to T'it'q'et Council requesting to join the Lands Committee.

Three members of the committee have volunteered for a free online course on lands research offered by the Union of BC Indian Chiefs. The course starts on Feb 28th and runs through to April.

The Lands Advisory Board Resource Centre has an online workshop on commercial and residential leasing scheduled for March 9th. Visit their website for details.

The committee is reviewing the process for Additions To Reserve lands. This will be added to their committee Work Plan.

- **Law-Making & Enforcement**

The Committee has sent invitations to the RCMP and STP to meet with the Lands Committee to discuss the enforcement of T'it'q'et laws under a land code.

- **Natural Resource Management**

There is a survey online created by Dillon Consulting. They are working on an Environmental Management Plan. You can find the survey here:

<https://www.surveymonkey.com/r/TEMPSM>

- **Lands Administration**

The Lands and Natural Resources Officer is almost completed arrangements for the Lands and Natural Resources Department office in the P'egp'ig'lha Community Centre.

- **Dispute Resolution**

The Lands Committee is searching for consultants to begin developing a dispute resolution process with the Lands Committee.

Do you need to relax?

Do you suffer from headaches or backaches?



Come on down for a massage with Marilyn Charlie

MARCH 16 2022 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

Amawil'calalhew (T'it'q'et Health Centre)

Maytálhew (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

MEDICALCLERK@TITQET.ORG

Please note

Your appointment is 20 minutes long

The schedule provided for the time management for both the client as well as the Therapist.

If you know you are going to be late please call ahead to the medical clerk

There will be seating available until your appointed time in the wellness room in the health wing

Hand drum & Big drum Protocols to learn – teach

Bring hand drums/ songs/ vocals / bring a friend

Open to learn protocols around the big drum/hand drums

Open to learn protocols of taking care of drums

Open to learn from each other of

Share experience in being
singer/dancer/supporter



Juanita Jacob



T'it'q'et Hall P'egp'ig'lha

Thursdays February – March –April 2022

Time: 5:00 – 7:00 PM

Ted Napoleon

Meal provided

Covid rules active

Please call 250)256-4118 Juanita Jacob Wellness Coordinator

Lil'Wat Employment and Training and Douglas College Career Development Practice (CDP)

Lil'Wat is offering the Career Development Practice (CDP) certificate program will help you develop the competencies, knowledge, skills, and attitudes necessary to work effectively with a diverse client population. You will learn techniques to work with individuals and groups, and how to use assessment tools. Labour market trends, career transitions, resource materials and the Canadian Standards and Guidelines are all included in the program content, assist all age groups in overcoming barriers that hinder their success in employment and training. This certificate is recognized in any Employment office and schools.

The new start date is March 17th 2022 and a info session will be hosted on March 3rd 2022 4pm here at Tszil dinner will be provided if you are unable to attend the info session you can zoom in <https://douglascollege-ca.zoom.us/j/68464309358>

Attached is the registration form and schedule, we would also like a copy of each student's resume and a short letter about why they would like to take the program.

Lil'wat Employment and Training and Douglas College
Career Development Program
2022 – 2023

Information Session: March 3rd @ 4 p.m. on Zoom
<https://douglascollege-ca.zoom.us/j/68464309358>

Course	Instructor	Dates
CDPP 267 Ethics for Career Development Practitioners	Jennifer Olson	March 17 & 18, 2022
CDPP 262 Career Development Practice	Judi Huta	April 21, 22, 28 & 29, 2022
CDPP 757 Career Transition Management	Karen Begemann	May 12, 13, 19 & 20, 2022
CDPP 750 Theories, Models & Strategies	Jenn Fancy	June 9, 10, 16, 17, 2022
ACDP 500 Indigenous Topics in Employment	Tina-Marie Christian	July 7, 8, 14, & 15, 2022
CDPP 753 Facilitated Learning	Jenn Fancy	September 8, 9, 15 & 16, 2022
CDPP 752 Career Decision Making	Karen Begemann	October 6, 7, 13, & 14, 2022
CDPP 756 Labour Market Information	Annika Laale	November 17, 18, 24 & 25 , 2022
CDPP 758 Interview Skills	Jenn Fancy	December 8 & 9. 2022
CDPP 275 Resumes & Cover Letters	Annika Laale	December 15 & 16, 2022
ACDP 100 Case Management	Judi Huta	January 12, 13, 19 & 20, 2023
CFCC 1070 Trauma Informed Career Development Practice	Catherine Hajnal	February 16 & 17, 2023
CDPP 754 Introduction to Vocational Rehab	Ann Norris	March 9, 10, 17, 18, 2023

Classes run from 8:30 – 4:30 p.m.

Students can expect to complete approximately 8 hours of homework per class.

Classes take place, in-person, at Ts'zil Learning Centre.

Schedule may change due to instructor availability.

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.



P'EGP'IG'LHA COUNCIL WELCOMES

**NATUROPATHIC PHYSICIAN AND
TRADITIONAL MEDICINE EXPERT**

DR. JEANNE PAUL

Introduction to traditional medicine making. Open
to all P'egp'ig'lha.

FREE ONLINE CLASS

1:00-3:00 PM

MARCH • 22 • 2022

Zoom

CONTACT NATURALRESOURCES@PEGPIGLHA.ORG TO
REGISTER



T'it'q'et Health Department

P.O. Box 615
Lillooet, B.C.
V0K 1V0

Phone (250) 256 4118
Fax (778) 784 4070

February 16, 2022

Íalhwa7al'ap (Hello) T'it'q'et community members

Although some restrictions are changing, I strongly encourage that we do not forget: wearing our masks properly, keeping physical distant by 6 ft, wash/hand sanitize our hands often, disinfect highly touched surfaces often, and staying home if you are sick. We need to be mindful of our elders and most vulnerable members that we have in our community.

Easing restrictions

Restrictions and safety measures that aren't changing

Restrictions and safety measures that remain in place will be reviewed in March and April 2022.

- Masks required in all indoor public settings
- [Showing proof of vaccination](#) to access many businesses, events and services
- Businesses must have a COVID-19 safety plan
- Restrictions on visitors to long-term care and assisted living facilities
- Restrictions on worship services
- Restrictions on child and youth overnight camps
- K to 12 and child care safety guidelines

Restrictions that are changing

Starting February 16 at 11:59 pm, many restrictions will be eased. With proof of vaccination and masks, these activities can return to normal.

- No restrictions on indoor and outdoor personal gatherings
- Full capacity allowed for:
 - Indoor and outdoor organized events
 - Indoor events at venues
 - Exercise and fitness, adult sports activities, tournaments and swimming pools
- Full capacity and fewer restrictions in restaurants, bars, pubs and nightclubs:
 - No limits on table size
 - Normal liquor service hours
 - Customers don't have to remain seated
- Dancing is allowed when wearing a mask indoors

www2.gov.bc.ca/gov/content/covid-19/info/restrictions#changes

If you have any questions, please call me at 250-256-4118 ext. 234

Respectfully, Vanessa Thevarge/ Health & Social Services Manager

Health Care in Lillooet & Community

Lillooet Medical Clinic

Monday – Friday 9:00-4:00
250-256-7505

In-person, video and phone appointments are available with either a Physician or Nurse Practitioner

Mental Health & Substance Use

Lillooet Mental Health
Call 310 – MHSU (6478)
Opioid Agonist Treatment
250-256-1345 / 250-256-1585

Provincial Resources

YOUTH [Foundry.ca](https://foundry.ca)

[Kelty Mental Health](https://keltymentalhealth.ca)

KIDS CRISIS LINE

1-800-668-6868

ADULT [Bounceback.ca](https://bounceback.ca)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310

Domestic Violence 1-800-563-0808



Local Pharmacies & Services

PHARMASAVE	256-4262
IDA	256-7538
St'at'imc Outreach	256-7530
Friendship Centre	256-4800

Lillooet Hospital & Health Centre

250-256-4233

You will be screened for symptoms of COVID
Visitor restrictions may apply

Emergency Care

Call 911 or go to the ER
Open 24 hours, 7 days per week
You will be triaged by the nurse
You may see a doctor in person or receive virtual care

Provincial

Resources

811 – Nurse

Medical Imaging

Monday – Friday
X-Ray 9:00 – 4:00

Lab Services

Monday – Friday
9:00-11:00 / 1:00-2:00

Book appointments

1-877-740-7747 or

www.labonlinebooking.ca



Home & Community Care

Central Intake 1-800-707-8550

Lillooet Home Health

250-256-1326 / 250-256-1328

Public Health

Monday – Friday
250-256-1314
Public Health Nurse
250-256-1318

Interior Health

[MyHealthPortal](https://myhealthportal.ca)



Out Patient Services

Physiotherapy 250-256-1329
Diabetic Educator 250-256-1304

COVID Testing Clinics & Vaccination Information

Interior Health
Testing Clinics

250-256-1381

[COVID testing](https://www.health.gov.bc.ca/covid-testing)



Interior Health
COVID Vaccine

1-800-833-2323

[COVID Vaccine link](https://www.health.gov.bc.ca/covid-vaccine)



FNHA Testing

250-256-7017

[COVID-19 Testing](https://www.fnha.ca/covid-19-testing)

[fnha.ca](https://www.fnha.ca)



BC Center for Disease
Control

604-707-2400

[ContactUs\(bccdc.ca\)](https://www.bccdc.ca/contact-us)





To fill out your T'it'q'et Child and Family Services Program Survey.

Purpose; To collect information for the development of T'it'q'et Child and Family services. It will also, identify community issues, and what's needed to address them.

Your package was either mailed by Canada Post, emailed, or can be accessed by Survey Monkey.

Closing of the survey is March 18th 1pm.

You will be entered into a draw for prizes, one entry per person.

You must be 18yr and older.

Please note; all information collected will be kept confidential, and safely secured.

For more information please contact Gena projectresearcher@titqet.org or Franny projectmgr@titqet.org

Medical Transportation Policy Framework Non-Insured Health Benefits Program

2. COORDINATED TRAVEL

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



Firesmart Workshop

March 28, 2022

5pm–8pm

Location:

P'egp'ig'lha Community Centre

- Dinner Included
- Door Prizes



SPA

Day

T'it'qet
Community



Need to relax? Rejuvenate?....

March 21 2022

12 to 6 pm

Ucwalmicw Centre Society



Relaxing SERVICES

- * Table/ Chair Massage-Marilyn
Charlie
- * Hair cuts - Jamie
- * Snack and beverages will be
available

**PLEASE BOOK IN ADVANCE WITH
JUANITA JACOB - WELLNESS
COORDINATOR
250-256-4118**

COVID-19

What to do after testing positive



BC Centre for Disease Control
British Columbia Health Services Authority

You need to:

- 1 Report your test result
- 2 Self-isolate
- 3 Manage your symptoms
- 4 Notify your close contacts

Report your test result

It is important for public health to know your health history, where you may have been during your infectious period, such as where you work or live. The information you provide will help public health prioritize people who may benefit from public health follow up, and/or treatment for COVID-19.

Report your results at: reportcovidresults.bccdc.ca

Self-isolate

Self-isolation means keeping away from others to help stop the spread of COVID-19.
To learn more, visit: bccdc.ca/covid19selfisolation

People younger than 18 years and fully vaccinated people 18 years and older



- ✓ You have isolated for at least 5 days
- ✓ Your fever is gone without medication
- ✓ Your symptoms have improved

People 18 years and older who are not fully vaccinated



- ✓ You have isolated for at least 10 days
- ✓ Your fever is gone without medication
- ✓ Your symptoms have improved

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Continue to isolate for longer if you have a fever or are not feeling better. When you end isolation, you are unlikely to pass on COVID-19. However, it can take longer to recover from the illness. Most people feel better within two weeks. Some people with more severe symptoms can take 12 weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

If you have returned from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. For more information, visit travel.gc.ca/travel-covid.

Jan. 20, 2022

COVID-19

What to do after testing positive



BC Centre for Disease Control
Prevent. Protect. Promote.

Manage your symptoms

Most people can safely manage their symptoms at home by drinking plenty of fluids, resting, and using a humidifier (if you have access to one) or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8-1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 9-1-1 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused



Notify your close contacts

If you test positive for COVID-19, you may let your close contacts know so they can monitor for symptoms. Generally, you should notify:

You should notify:

- 1 People you live with
- 2 People you had intimate contact with

Everyone in the household should monitor symptoms consistent with COVID-19 and stay home if they develop symptoms. You can provide your close contacts with the handout, [Instructions for close contacts](#).



Vaccination after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation.

Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

Learn more about vaccination:
bccdc.ca/covid19vaccine



Jan. 20, 2022




For more info on self-isolation, visit bccdc.ca/covid19self-isolation

Page 2 of 2

TRANSPORTATION OPTIONS

FOR Tiit'q'et FIRST NATIONS MEMBERS
WHO ARE COVID-19 PRESUMPTIVE OR POSITIVE

IF YOU ARE EXPERIENCING THESE SYMPTOMS, follow the arrows:

MILD & STABLE SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
<p>You may have a fever, cough, sore throat and/or diarrhea. Your breathing is fine. You are alert and oriented; you know who you are and who others are.</p> <p>Call 811 to get advice on symptoms and testing. Call your local health centre: ph <u>250-256-7017</u></p> <p>to ask about the following options and decide which one would be best for you:</p> <p></p> <p>OPTION 1: Self-isolate at home for 14 days. OPTION 2: Self-isolate at a community self-isolation facility for 14 days: such as a nearby motel, hotel, resort, cabin or trailer. OPTION 3: Self-isolate at a hotel or a motel in the city. OPTION 4: Self-isolate at an IH Community Cohort Centre (CCC) for 14 days (see next section).</p>	<p>You are starting to feel worse, your symptoms are not going away and your breathing may be uncomfortable. Do not wait until symptoms get severe.</p> <p>Call 811 to get advice on symptoms and testing. Call your local health centre: ph <u>250-256-7017</u></p> <p></p> <p>The nurse or Interior Health will assist you and a companion to access the IH Community Cohort Centre (CCC) in:</p> <ul style="list-style-type: none"> • Williams Lake • Kamloops • Vernon • Penticton • Trail • Cranbrook <p>IH will arrange for you and your companion to return home.</p>	<p>If you are feeling like you can't get enough air into your lungs: If you are struggling hard to breathe or if you become unconscious someone should:</p> <p>CALL 911</p> <p>If you are at a rural health centre, nurses station or hospital THEY will arrange for one of the following transports based on your symptoms:</p> <p></p> <p>BC Ambulance Ground or Air Basic Life Support Crew with local medical escort (Registered Nurse, Nurse Practitioner, Doctor)</p> <p>Contracted helicopters with local BC Ambulance crew with local medical escort (RN, NP or Doctor) (Thompson Cariboo)</p> <p>BC Ground Ambulance with Advanced Care Paramedic (not in Thompson Cariboo)</p> <p>BC Ground Ambulance with High Acuity Response Team (HART) (hospital to hospital)</p> <p>You will be transported to an Intensive Care Hospital:</p>



Revised Dec. 17, 2020

Please contact:

Sue Wilson Cheechoo: 250.819.1688 or sue.wilson@fnha.ca



ICU HOSPITAL

Aboriginal Patient Navigator Contact
Williams Lake 250-302-3266 or 250-267-1677
Cariboo Memorial days and hours vary
Kamloops Royal Inland..... 250-319-5420 or 250-318-0697 7 days per week
Vernon Jubilee..... 250-558-1200 Ext 4130 or 250-309-9436 M-F (not stats)
Kelowna General 250-862-4021 or 250-801-0466 7 days per week
Penticton Regional 250-488-1230 M-F (not stats)
Kootenay Boundary 250-304-5621 T W TH
Regional, Trail
East Kootenay Regional..... 250-464-1053 W TH F
Cranbrook
Prince George UHNBC..... 250-565-2364 (Northern Health Authority)

**IH will make arrangements for your return home.
Please inform the APN.**



First Nations Health Authority
Health through wellness

CLIENT RESPONSIBILITY

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

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

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

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

Lillooet, BC

New location is now open!

We are located on Main Street, across from the Rec Centre and very near the public library and the Lillooet Hospital. Lillooet is a 35-minute drive from Pavilion, along Highway 99. In addition to Pavilion, we proudly serve the surrounding communities of Gold Bridge, Bralorne, Ashcroft and Cache Creek.

Phone: 604-203-7541

Fax: 604-243-6061

Email: Lillooet@seatoskyoptometry.com

917 Main St.

Lillooet BC V0k 1V0



LILLOOET

Sea to Sky Optometry

- We offer direct billing to FNHA and Blue Cross.
- Retinal images to detect diabetic retinopathy.
- OCT Retinal imaging to look for early signs of macular degeneration and glaucoma.
- Cataract assessment and Dry eye treatment.
- We have specialized low vision equipment and exams to determine and re-gain functional vision with any vision loss or eye disease.

917 Main St. Lillooet

(604) 203-7541

We offer a large selection of frames; as well as free frame packages, which is only the cost of the lenses.

Come see us from: Tue 10-7 Wed & Thur 9-6 Fri 8-5

www.lillooetseatoskyoptometry.com

Meet the Associates

Dr. Bortolussi grew up in Port Coquitlam. She attended UBC and graduated with a B.Sc. in Biology with Honours, and continued on at UBC to graduate from dental school as the top student in her class.

Dr. Harris grew up in Victoria. He attended UVic and obtained a B.Sc. in Psychology with Honours. He then attended UBC for dental school and competed on the UBC Cycling Team.

Dr. Harris and Dr. Bortolussi attended Dental School at the University of British Columbia. They met during their studies and bonded over their passion for dentistry and helping others. They love learning about different cultures, and travelled together to Jamaica and Vietnam to explore and to volunteer their dental services to the local communities and orphanages. They are very excited to learn more about Lillooet's local cultures and traditions.

Upon graduating, Dr. Bortolussi worked at a family practice in Coquitlam and Dr. Harris worked at a family practice in Langley. Since meeting, their goal has been to find a nice community where they could work together under the same roof. When the opportunity came to work at Lillooet Dental Clinic, they were excited to practice alongside Dr. Warner and to explore the lakes and hiking trails in the area.

When not in the office, you can find Dr. Harris cycling or golfing. Dr. Bortolussi admits to having a sweet tooth, and is currently baking her way through an Italian pastry and torte cookbook.

Dr. Bortolussi and Dr. Harris are looking forward to meeting everyone. Suggestions of fun activities to do in the area are welcome!



Services Covered by MSP

MSP is the provincial insurance program that pays for required medical services. These include medically necessary services provided by physicians and midwives, dental and oral surgery performed in a hospital, eye examinations if medically required and some orthodontic services. In addition, MSP pay for diagnostic services including x-rays. For information on laboratory service benefits under the [Laboratory Services Act](#), visit the [Laboratory Services website](#).

Other services that may be covered by MSP include supplementary benefits provided by other health care practitioners. These include acupuncture, chiropractic, massage therapy, naturopathy, physical therapy and non-surgical podiatry.

Medical Benefits

Medically required services you receive from physicians and midwives are medical benefits of MSP, as are diagnostic services including x-rays. Learn about medical benefits covered under MSP.

- [Medical Benefits](#)

Supplementary Health Care Benefits

Supplementary benefits are different from medical benefits. These services are provided by health care practitioners other than physicians or midwives. Learn about the range of supplementary health care benefits covered under MSP for eligible individuals. Read more to find out if you are eligible for assistance with the cost of these benefits.

- [Supplementary Health Care Benefits](#)

Extra Billing

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

- [Additional Fees and Charges](#)

Medical Services Plan (MSP) supplementary benefits provide partial payment for certain medical services obtained in British Columbia and may provide access to other income-based programs. MSP supplementary benefits support the following services from approved providers:

- acupuncture
- chiropractic
- massage therapy
- naturopathy
- physical therapy; and
- non-surgical podiatry

Those who may be eligible for MSP coverage of these supplementary benefit services include:

- Those who have applied and been deemed eligible based on their annual net income
- Income Assistance recipients
- Convention refugees
- Inmates of B.C. Correctional Facilities
- Individuals enrolled with MSP through the At Home Program
- Residents of long term care facilities receiving the Guaranteed Income Supplement (GIS)
- Individuals enrolled with MSP as Mental Health Clients; and
- First Nations individuals with valid B.C. Medical Plan coverage through the [First Nations Health Authority](#)

For these MSP beneficiaries, MSP contributes \$23 per visit for a combined annual limit of 10 visits each calendar year for the following services from approved providers: acupuncture, chiropractic, massage therapy, naturopathy, physical therapy and non-surgical podiatry. MSP does not provide any coverage for supplementary benefits received outside of the province.

Note: Many supplementary benefits practitioners are opted-out of the MSP. This means they are allowed to charge patients more for a service than is set out in the Payment Schedule.

Opted-out practitioners (for all supplementary benefits service providers) must advise their patients, prior to the treatment being performed, that they have opted out; how much is reimbursed by MSP; and how much the patient will be paying in addition to the MSP fee.

BREASTFEEDING & COVID-19

**Breastfeeding protects babies
when they are sick and when
others around them are sick**

Wash hands before and after
holding or feeding your baby



Breastfeed often



If expressing milk, wash
your breast pump, parts,
and feeding equipment
carefully each time



Wear a mask if you are sick



Give your baby a healthy
start; hold your baby
skin-to-skin



Breastfeed as much as possible
and get the support you need



More information:
www.bccdc.ca
www.healthlinkbc.ca

Original images and design credit:
Pneedia/PixPress.com

 **Perinatal
Services BC**
Providing Health Services Authority



The First Nations Health Authority and Interior Health are working with leadership to support the response to confirmed cases of COVID-19 in your community.

We all know how to keep safe and protect others even when there are cases nearby:

- Keep your social bubble small and limited to your immediate and work family.
- Self-isolate and get tested if you have any symptoms that might be COVID-19.
- Maintain a distance of two meters from anyone not in your bubble, or wear a mask if that's not possible.
- Avoid large gatherings, especially indoors.

Testing is only recommended for anyone with symptoms. If you do have symptoms, contact the Interior Health testing site closest to you.

Any time a case is identified, our health response teams will work to keep your family and your community safe by tracing the contacts of anyone who has tested positive and supporting anyone who is sick to self-isolate. Close contacts are those who share a home, or are face-to-face for 15 minutes or more, particularly indoors and when social distancing is not possible.

If you have not been contacted directly and you have no symptoms, no further action is required.

If there is a broader risk to other individuals or the community, Interior Health will issue a public notification. For the privacy of individuals involved, Interior Health will not provide specific details about individual cases unless there are broader exposure risks. Privacy and trust are important for people to be comfortable coming forward to get tested. Identifying these initial cases is at the heart of our contact tracing process that reduces further exposures in our communities - we can't do that if people are scared to come forward.

Our values, our culture and our teachings give us the strength and the wisdom to face this challenge. We look after our sick; we don't judge them and remember:

- Kindness and compassion are the best way to counter the virus.
- Support those who are getting tested. In doing so, they are protecting us.



Let's do this for our families, our communities, as well as for our Elders and Knowledge Keepers.

COVID symptoms include: Fever; chills; coughing; shortness of breath; sore throat; runny nose; loss of sense of smell or taste; headache; fatigue; diarrhea; loss of appetite; nausea and vomiting and muscle aches.

For more information go to:

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

Sincerely,

A handwritten signature in blue ink that reads "Shannon McDonald".

Dr. Shannon McDonald
Acting Chief Medical Officer
First Nations Health Authority

A handwritten signature in black ink that reads "Rob Parker".

Dr. Rob Parker
Medical Health Officer
Interior Health

Medical Travel Form
For Upcoming Appointments / Reimbursements
For **NEW CLIENTS** T'it'q'et/Community Members

Provide AT LEAST TWO WEEKS IN ADVANCE.

*Cheques will ONLY be available for pick-up on **Wednesday or Friday.***

PATIENT INFORMATION

Legal Name: _____
Last Name First Name Middle Initial

Residential Address: _____

Mailing Address: _____

Band Name: _____ Status #: _____

Phone #: _____ Message#: _____

Date of Birth: ____/____/____ Medical Card #: _____
DD/MM/YYYY

MEDICAL APPOINTMENT INFORMATION

Business Name: _____

Business Address: _____

Business #: _____ Fax#: _____

Doctor's Name/ Speciality Type _____

Purpose for Appointment: _____

Appointment Date: ____/____/____ Time: _____ AM / PM
DD/MM/YYYY

(PLEASE CUT HERE)

Received by: _____

Submitted to: _____

Date: _____

Please STAMP received

TRAVEL INFORMATION

Do you have your own transportation? Yes / No

Do you require a "medical escort" to your appointment? Yes / No

Has the physician escort form stating the criteria been provided to medical clerk Yes / No
(This is necessary for record keeping)

Name of Driver: _____ Phone #: _____

Cheque Payable To: _____

Do you require Accommodation for your appointment? Yes / No
Special needs required? (i.e. Ground floor, handicap unit, etc.?)

MEDICAL PROCEDURE AGREEMENT

Initial

T'it'q'et Health will cover the cost of medical transportation, meals, and accommodations. We are **NOT** responsible to cover any costs of damages you or your guest(s) may have caused to your Hotel/Motel room during your medical stay. If there are any charges to T'it'q'et including "NO show" or damages you or your guest(s) may have caused, you will be invoiced by T'it'q'et for the full amount to cover the charges. It will be the client's responsibility to cancel the room reservation twenty-four hours or as Cancellation policy states per hotel, prior to the check-in date.

By signing this document you are giving consent to release medical information to the medical clerk of T'it'q'et Administration.

Print Name: _____

Signature: _____ Date: _____

Received stamp/ INITIALED



Thomas is going to be 7!!

Happy Birthday sonshine. Let's hope we can travel and do some amazing things this year

Love you forever and always:
Mom & Dad





CARTER Hearing

\$1500 OFF
A PAIR OF
HEARING AIDS

HEALTH & SAFETY FIRST!



Laura Carter, RHIP
CEO/OWNER



Linda Reavie
RHIP

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

CARTER HEARING LOCATIONS

CHILLIWACK: #101- 9193 MAIN ST.
HOPE: 591-F WALLACE ST.
AGASSIZ: 7069 CHEAM AVE.
PRINCETON: 131 VERMILLION AVE.
LILLOOET: UNIT #3, 682 MAIN ST.



Call Today To Book an Appointment

TF: 844-234-6665 | PH: 604-392-9211 | www.carterhearing.ca

CARTER HEARING in
Lillooet

Located at Unit 3,
682 MAIN STREET

MARCH 2022

THURSDAY 10TH
10:00 – 3:00 PM

FRIDAY 11TH
8:30 AM- 2:00 PM

PLEASE CONTACT TOLL
FREE NUMBER TO BOOK
1-844-234-6665

Providing you with the best hearing professionals for the best care



Linda Reavie, RHIP,
Registered Hearing Instrument
Practitioner

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



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

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



Olivia Campbell
Hearing Instrument Practitioner
Student

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

Nurse Practitioner

Will be in the T'it'q'et community

*3rd Monday of the
month*

Health Department exam room

1pm – 4pm



**NURSE
PRACTITIONER**

T'it'q'et Environmental Management Plan

Newsletter & Survey



February 2022



Planning Process

T'it'q'et has started a planning process to develop an Environmental Management Plan for our reserve lands!

What is an Environmental Management Plan?

The Environmental Management Plan will help us to identify **existing environmental issues and concerns** in the community, and actions and strategies to address them.

It will also include **strategies to prevent future issues**, including community information sharing and outreach, and policy and law development.

The plan will help us to **honour our role as stewards** of our lands and resources for the benefit of our future generations.



We have partnered with Dillon Consulting Limited to help us develop the plan.

Background
Research &
Review

1

Community
Engagement

2

We Are Here

Plan
Framework

3

Strategy
Development

4

Draft &
Final EMP

5

Community
Approval
Meeting

6

For more information, please contact:

Dean Billy at (250) 256-4118 Extension #251 or landcode@titqet.org

Caroline Wrobel (Dillon Consulting) at 604-787-1331 or cwrobel@dillon.ca

March 2022 Horoscopes



Pisces (Feb 19–Mar 20)

Happy birthday!!! You're the main character right now, Pisces, and everyone's vibing wonderfully with you. What are your goals—professional, social, personal, and romantic—and how can you achieve them? The world is yours, Pisces, so go out and start working for who/what you want! Whatever you start now will have lasting significance, so what are you waiting for?

Aries (Mar 21–April 19)

Try to find the silver lining. You're feeling introverted right now, and during the rare moments you are interacting with others, you're not feeling seen or heard. Pause—you're a trailblazer, but now's the time to reflect on your past. Every experience, bad or good, has a lesson for you to learn. After you work through all of these feelings, you'll feel truly free.

Taurus (Apr 20–May 20)

Hey social butterfly! Your life is thriving, and you're spending loads of time hanging out with your crew. Even better, you're making a ton of new friends, too! You're discovering who you really "fit in" with. Old, crappy friends must go, but they'll be replaced with new, much nicer friends. By the end of the season, your squad will be better than ever.

Gemini (May 21–Jun 20)

All eyes are on you, especially at work! This is a critical point in your career development, Gemini. Perform well, and a big bonus or even a promotion could come your way, but know that your shortcomings will be noticed just as much as your successes. Dream big, make bold goals, and do the work!

Cancer (Jun 21–Jul 22)

The more you put yourself out there, the more you'll enjoy yourself! Pisces season is all about expansion—and you're expanding your social circle, your professional network, and most importantly, your mind. All this growth is making you a much more well-rounded person. Everything can be a learning experience this month, whether it's a conversation, a good book, or a fun trip somewhere far away. Enjoy!

Leo (Jul 23–Aug 22)

Turn up the MCR because your sign, more than any other, is feeling EMO this Pisces season. You're diving deep into your feelings and other people's feelings, which means you're able to open up and truly connect with your loved ones. Intimacy is intense and erotic right now, which is great for your sex life. But warning: If you're single, catching feels for a fling is almost guaranteed.

Virgo (Aug 23–Sept 22)

It's cuffing season! Your chart's zone of relationships is being lit up right now. You're upgrading your most important one-on-one relationships—your buddy is becoming your bestie, your boo is becoming your significant other, and you could even turn your bae into a fiancé! Cooperation is key right now, and as long as you're working with someone else, nothing can stand in your way.

Libra (Sept 23–Oct 20)

First of all, listen to your body. If you're not feeling well, it's super important that you get it checked out. Pisces season is urging you to check in with yourself and work on your health. This can be simple! Getting active, starting therapy, fixing your crazy sleep schedule—anything to better your wellbeing is a must. The healthy habits you set this month will stick around for a long time, so it's time to pull yourself together!

Scorpio (Oct 23–Nov 21)

It's love! Your chart's zone of romance, sex, and fun is being activated by Pisces season's like-minded water sign vibes. No, you're not becoming ~magically~ more lucky in love, you're just feeling more open, more confident, and more motivated to get what (or who!) you want. All this newfound charisma and lust for life is making you irresistible.

Sagittarius (Nov 22–Dec 21)

You're never in one place for long, but this Pisces season, you're being asked to stop and reflect. Go back to your roots. Focus on the people you have history with and nurture those relationships. Spend time with your family, whether it's your biological family or your chosen family. You're learning that commitment and consistency are very important. By the end of the month, you'll find that it's much easier to feel "at home" when you're with the people you care about.

Capricorn (Dec 22–Jan 19)

Your sign is notorious for being stoic, stone-faced, and, dare I say, cold. But if there's any one sign that can help you to open up, it's emotional Pisces! This Pisces season isn't a tough time, though—you're finding it much easier to speak on your feelings, and you're also more receptive to listening to others, too.

Aquarius (Jan 20–Feb 18)

Who or what is most important to you? This month, you're appraising the value of the people and things in your life. Are your shitty friends or your crappy job really worth your time? Or could you invest your time and resources in positive influences and projects you love? This month is helping you to hone in on whatever is most valuable to you, so you can focus fully on cultivating it.



April 2022 Newsletter Submission Deadline

Thurs, March 24th at 4pm

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) 256-7222

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

