

Newsletter

April 2022

T'IT'Q'ET APRIL 2022 ISSUE

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TO SUBMIT TO NEWSLETTER

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



April

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	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
1	 2	3	 4	5	 6	7

MARCH 2022

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

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	13	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

RECYCLE DAYS:

April 6—Plastics

April 13—Glass

April 20—Tins

April 27—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 Community Garden Meeting!

Friday, APRIL 1st 5:30pm

5:30–6:30pm @ upstairs of Ucwalmicw Spiritual Centre
(10 Paul Street, across from the garden)

ATTENTION T'it'q'et Community!

The Ucwalmicw Community Garden is seeking input on infrastructure decisions as well as new members to participate in managing, growing and caring for the garden project this season. There has been a lull in management the past two years and we are seeking new people to get involved with the project to make sure it stays alive and is able to provide the community some food security in these unpredictable times. If you are interested in working, volunteering or sitting on a T'it'q'et Food Security Committee this season, **PLEASE COME TO THIS MEETING BEFORE THE BUSY SEASON GETS UNDERWAY!**

Information, decisions and discussions plus a way to stay in touch about community garden updates and events will be shared at this meeting. People of all ages & levels of gardening experience are welcome, bring your family! Personal Plot Sign Up still available! ☺

Food and drink will be provided so please bring an appetite!

For more information and/or to RSVP, please email the Farm Manager
gardenforewoman@ucwalmicw.org
or message the Ucwalmicw Organic Facebook page
Zoom Link can be provided for those more comfortable attending virtually!



***JOB OPPORTUNITY* Ucwalmicw Organic is hiring Farm Crew!**

Business: Ucwalmicw Community Garden

Email: gardenforewoman@ucwalmicw.org

Phone: [250-256-0101](tel:250-256-0101)

Address: 10 Paul Street

Duration- March 2022- November 2022

Wage \$21.00 hour for 28 hours per week (4 seven-hour days, Mon- Thurs)

Description:

The position on the Farm Crew at Ucwalmicw Community Garden is ideal for someone who wants to commit to a full season of work growing food for the community and themselves. The work will be a mix of on the field, greenhouse, orchard work, and learning specific farming and food security skills. With support from the Farm Manager, the crew will work on planning the layout of the garden, plant perennials such as berries, medicine plants, and fruit trees, raise plants in the greenhouse from seed to seedlings, learn to use the irrigation system, the tiller, and tools to help with the health of the soil (ex. cover crops, compost), prepare the fields, transplant seedlings into the fields, then maintain the gardens and harvest food and medicine for the community throughout the duration of the farm season. This position is for someone who is committed to working towards food security as well as to their own positive personal growth. It is a community project that requires a commitment beyond showing up for work. We hope whoever fills this position will consider taking on more responsibility or specific roles in the project later in the season.

Qualities/Qualifications:

- Experience or willingness to work outside in varying weather conditions from spring to fall
- Some experience with gardening, farming, or landscaping is preferred but being able to listen, learn and take initiative to work is more important than experience
- Ability to work independently on the farm and as part of a team
- Strong interest in food security, growing food and medicine as well as community projects
- Interest in Indigenous Food Sovereignty
- Reliable and committed to working; 4 days a week (start time will vary with season, 8:00 a.m being the latest time we will start)
- Great communication skills

Please email your resume and a short explanation of why you want to work on this project to Chelsea @: gardenforewoman@ucwalmicw.org and we will contact you for a meeting

LTC ST'AT'IMC OUTREACH HEALTH SERVICES (SOHS)

650 Highway 99, Lillooet BC
Phone #: 250-256-7523 – Fax: 250-256-7535
TOLL FREE # 1-866-256-7530

	Name	Title	Ext	Email
1.	Andrea Leech	Acting Health Administrator	103	ALeech@lillooettribalcouncil.ca
2.	Nora Billy	Community Engagement Coordinator	220	cec@statimchealth.net
3.	Jen Narcisse-Joseph	Cultural Liaison	254	cultural liaison@statimchealth.net
4.	Ricardo Pickering	Mental Wellness Clinician	256	rpickering@statimchealth.net
5.	Matilda Brown	Addictions Worker	255	mbrown@statimchealth.net
6.	Cole Levitt	Mental Outreach Health Clinician	258	clevitt@statimchealth.net
7.	Billy Good	Nukw7antwal Wellness Coordinator	264	bgood@statimchealth.net
8.	Rocker Brady	Peer Support Worker	252	rbrady@statimchealth.net
9.	Eleanor Madeley	Child/Youth Mental Clinician	256	youthclinician@statimchealth.net
10.	Ted Napoleon	Wellness Coordinator	259	culturalwellnesswkr@statimchealth.net
11.	Char Alec	Health Coordinator	251	healthcoordinator@statimchealth.net
12.	Belinda Adolph	Administrative Assistant	250	adminassistant@statimchealth.net
13.	Linda McDonald	Land Based Healing Coordinator	219	landbasedhealing@statimchealth.net
14.	Fidele Henry	Land Based Healing Assistant	216	landbasedassist@statimchealth.net
15.	Heather Payne	Community Liaison		communityliaison1@statimchealth.net

FNHA

250-256-7017

	Roxane Petel	Health Clerk		roxane.petel@fnha.ca
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LTC COMMUNITY ADULT LEARNING CENTRE (CALC) & ISETP

472 Main Street, Lillooet BC
Phone #:250-256-6007

	Name	Title	Ext	Email
1.	Yvonne LaRochelle	CALC Manager	303	ylarochelle@lillooettribalcouncil.ca
2.	Stephanie Joseph	CALC Coordinator	304	calc coordinator@lillooettribalcouncil.ca
3.	Shalyn LaRochelle	Program Assistant	305	CALC.Assistant@lillooettribalcouncil.ca
<u>ISETP</u>				
4.	Ernest Armann	Program Manager	307	ISETPManager@lillooettribalcouncil.ca
5.	Jolene Alec	Employment Councillor	302	ISETPEmployment@lillooettribalcouncil.ca
6.	Belinda Terry	Administrative Assistant	301	ISETPadmin@lillooettribalcouncil.ca
7.	Gillian Paul	IT Support Manager	309	Iset-it@lillooettribalcouncil.ca
8.	Valerie Peters	Project Coordinator	308	isetpc@lillooettribalcouncil.ca

LILLOOET TRIBAL COUNCIL (LTC)

650 Highway 99, Lillooet BC

Phone #: 250-256-7523 – Fax: 250-256-7119

	Name	Title	Ext	Email
1.	Andrea Leech	Administrator	103	aleech@lillooettribalcouncil.ca
2.	Audrey Casper	Bookkeeper	105	acasper@lillooettribalcouncil.ca
3.	Cathy Narcisse	Education Coordinator	WFH / 106	education@lillooettribalcouncil.ca
4.	Darryl Adrian	Emergency Management Coordinator	107	emergency@lillooettribalcouncil.ca
5.	Janice Billy	Fisheries Manager	WFH / 114	jbilly@lillooettribalcouncil.ca
6.	Jim MacArthur	Intergovernmental Advisor	109	jmacarthur@lillooettribalcouncil.ca
7.	Lacey LaRochelle	Office Manger	112	llarochelle@lillooettribalcouncil.ca
8.	Matt Manuel	Natural Resources Coordinator	WFH	mmanuel@lillooettribalcouncil.ca
9.	Patricia Arnouse	Education Assistant	116	educationassist@lillooettribalcouncil.ca
10.	Cheyenne Watkinson	Communications Coordinator	217	communications@statimchealth.net
11.	General LTC Email			info@lillooettribalcouncil.ca

LTC KANUKWA7STALIHA FAMILY SERVICES (KFS)

650 Highway 99, Lillooet BC

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

TOLL FREE # 1-866-256-7525

	Name	Title	Ext	Email
1.	Ina Williams	Team Lead Administrator	203	iwilliams@kanukwa7staliha.org
2.	Kathy James	Administrative Assistant	201	reception@kanukwa7staliha.org
3.	unfilled	Child Youth Mental Health Clinician	202	
4.	Simone Gunkleman	Family Support Worker	204	familysupport@kanukwa7staliha.org
5.	Ayesha Malhi	Family Preservation Worker	205	amalhi@kanukwa7staliha.org
6.	Vacant	Family Preservation Worker	207	
7.	Francesca Thevarge	CYMH Wellness Coordinator	209	awellnessc@kanukwa7staliha.org
8.	Moon(Monique) Moore	ASCD Consultant	210	mmoore@kanukwa7staliha.org
9.	Sheila Frank	ASCD Support Worker	211	sfrank@kanukwa7staliha.org
10.	Rosalinde Narcisse	Family Find Worker	212	rnarcisse@kanukwa7staliha.org
11.	Michelle Isaac	Jordon Principle	213	jordonp@kanukwa7staliha.org

- ASCD = Aboriginal Supported Child Development
- CYMH = Child Youth Mental Health



Aspen Lease

Aspen Lease was signed April 1, 2021 for a five-year period. The lease amount first year is \$178,742.04 then increases by percentage change in BC Consumer Price Index-Shelter over preceding period. The closure plan was agreed to be worked on after signing the lease.

Chief Courteney and Councillor Robert are working with Bruce Rose from Aspen on a draft closure plan. T'it'q'et contracted PG Group an environmental consulting group to provide feedback on the draft closure plan that will be considered for revisions.

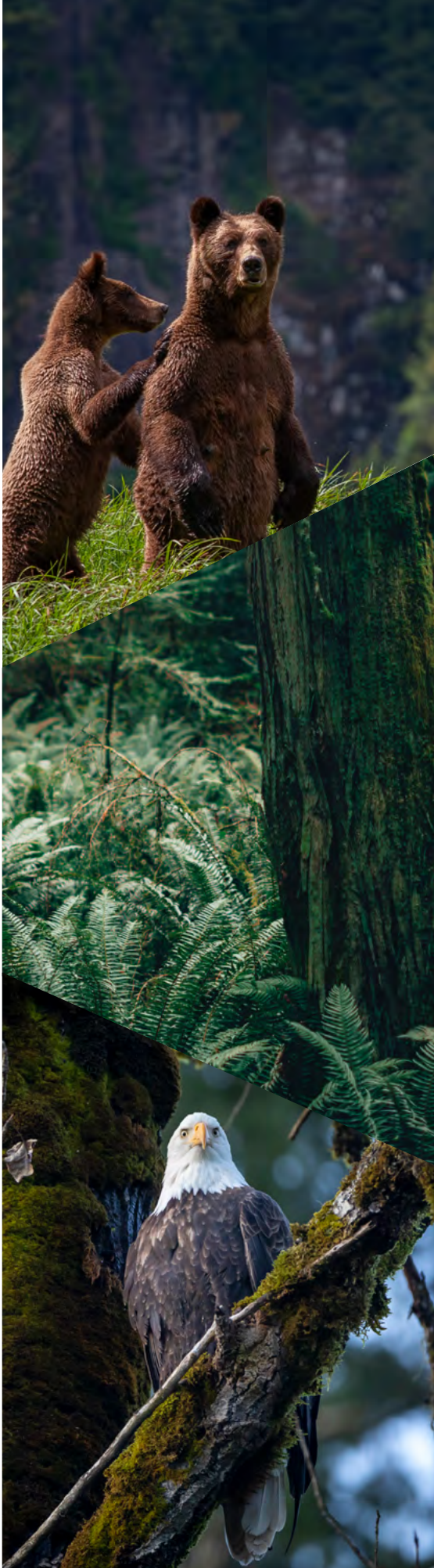
Interwest Forestry Management Agreement

T'it'q'et Council has agreed to enter a forestry management agreement with Interwest to provide management, harvesting and marketing services in relation to the Forest License. The draft agreement is currently being reviewed with the lawyers and Interwest.

Cemetery Revitalization Project

T'it'q'et has received two grants for project related to our cemetery: existing cemetery revitalization project to help us make improvements to our cemetery and a new cemetery site selection project to identify a new cemetery site to use when our cemetery is full. A community meeting will be scheduled to review some designs and receive further direction on the project in April 2022.





McCartney Flats Water Design

T'it'q'et was approved \$99,645 to complete the detailed design of the treatment system for the McCartney's Flat IR#4 community water system, and conduct a review of the previously-completed distribution system design to ensure that it is compliant with current standards. This project will improve the level of service to current members and also provide opportunity for additional housing on IR#4 to alleviate the current limitations on housing within the community. Once this is completed, T'it'q'et will apply for construction funds in the new fiscal year.

BC Hydro Replacement Tenures

T'it'q'et Community Settlement Agreement with BC Hydro land tenures are near completion. Under the Agreement, BC Hydro was granted a transmission right of way, distribution permit, road permit and flowage easement on its reserve lands.

Mandell Pinder is moving the tenures forward to finalization. As outlined in the Agreement, once the tenures are signed a holdback of \$140,150 will be paid to T'it'q'et.

Former IR 5 transfer

BC Hydro has received the crown grant of the foreshore lands in December and they are now working with a survey group on consolidating the foreshore lands together with the Former IR 5 lands into one parcel. BC Hydro expects this consolidation will be completed by end of March.

Once the consolidation is completed, BC Hydro will have discussions with T'it'q'et's legal counsel on updating and finalizing the tenures to be registered over these lands prior to transfer.

Seton Lake Drainage Assessment

To ensure the lands will be returned in a condition and state capable of supporting reasonable land use and development, T'it'q'et requested a drainage assessment of the property and road condition assessment of the access road. The current condition of the drainage infrastructure and road on the Seton Lake property is unclear, and the assessments will provide the basis of any improvements that may be required to ensure T'it'q'et can support reasonable land use in the future. BC Hydro is funding this project.

Superior Propane Agreement

T'it'q'et is entering into a licence agreement for Superior Propane's use of T'it'q'et's reserve lands for storage of propane and propane tanks.

On November 1, 2021, Superior asked for more changes to the licence. Mandell Pinder was instructed to seek further legal fees. On March 23, 2022, Burt Lefebvre from Superior Propane confirmed he had approval for the requested legal fees. Mandell Pinder will continue the work with Council to finalize the agreement.

911 Mapping Project

ISC funding was approved to update addresses and create digital mapping for 911 services that will guide First Responder dispatchers to the correct residential addresses for emergency calls. Since community safety is a priority and to reduce emergency response time, Council agreed to accept the recommendation from consultant to change the house numbering system only. The street names will not be changed. This project is ongoing.

Blue Food Security Building

The blue food security building was built by Thompson Rivers University (TRU) students. The building has been plumbed and wired. The septic needs to be installed and a plan developed for power. Some T'it'q'et staff members will be meeting with Chelsea from the Ucwalmicw Centre Society to discuss working together to support food security this year and into the future.

Heat Response Plan

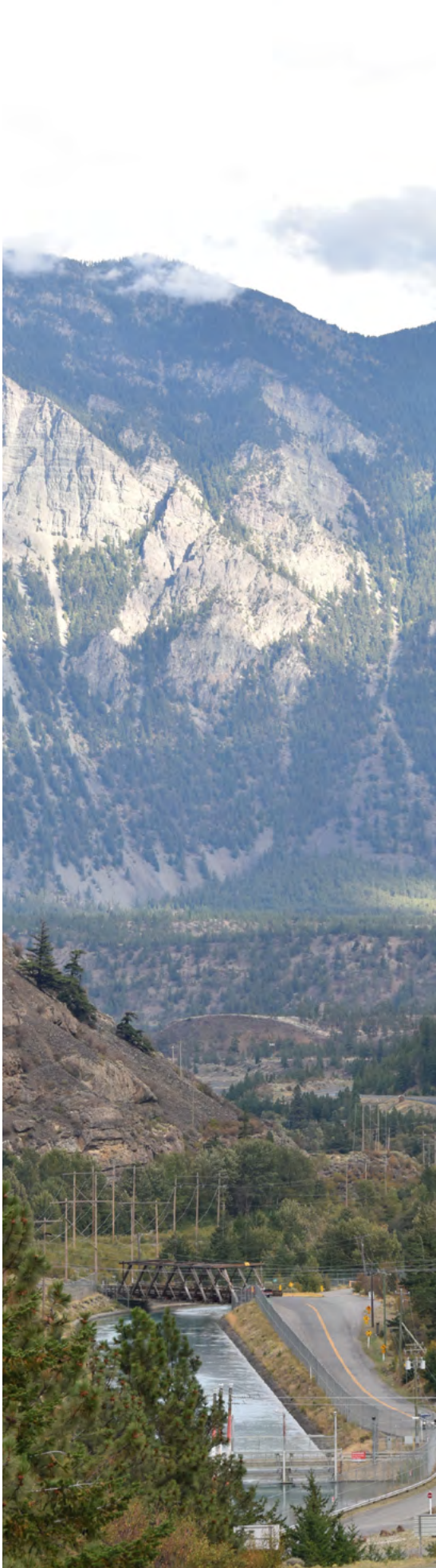
Interior Health approved funding for T'it'q'et to complete a heat response plan. The 2021 heat dome included other concerns that impacted day-to-day life regarding traditional and cultural aspects such as food harvesting and ensuring annual food security measures, and the equally related impacts affecting wild-life food sources. In addition, higher air temperatures increase water temperatures in fish bearing water systems that are also creating concerns for the community. BC has also seen an increase in wildfire activity as the result of the heat risk, that severally impacted communities in the Fraser Canyon, the southern interior region and the Squamish-Lillooet Regional District.

With all this in consideration, this plan is intended to be primarily focused on human safety and the acute needs/response necessary to protect human life during extreme heat waves, and to develop tools so that community members can have advance notice to understand the risks and protective measures.

Fuel Management Projects

Fuel Management project funded by ISC/FNESS for the treatment area of Polygon 3C located on IR 4 McCartney Flats off Airport road was approved in the amount of \$74,920. This project is near completion.





Also, UBCM recently approved \$148,760 to develop a Community Wildfire Resiliency Plan to build upon and replace the existing Community Wildfire Protection Plan that was completed in 2012. This project also includes completing the layout and fuel management prescription development on 29.5 hectares on polygon 3G adjacent to Airport Road, highway 12- and 6-Mile residences on IR 4. Once the prescription is done then operational treatment on 10 hectares of the treatment area will be completed.

Firefighting Partnership with Iverson Forest Management

T'it'q'et has continued its partnership with Iverson Forest Management for the fire fighting contract work with Ministry of Forests for 2021 and 2022.

T'it'q'et Lands Committee

It's been just over 2 ½ years since the T'it'q'etmec Xékmens ta Tmícwa [*People of T'it'q'et Law of the Land*] T'it'q'et Land Code became operational. In that time, what started out as the T'it'q'et Land Code Committee became the Interim Lands Committee and finally, the T'it'q'et Lands Committee. The current Lands Committee, Chairperson Marilyn Napoleon, Genevieve Humphreys, Marie Barney, Myrus Doss and T'it'q'et Council representative Robert Leech welcomes their newest member: Terry MacLellan.

The T'it'q'et Lands Committee collaborates with the T'it'q'et Lands and Natural Resources Department staff on lands and natural resources issues for T'it'q'et reserve lands. Current projects in the Lands and Natural Resources Department include an Environmental Site Assessment Phase II, developing an Environmental Management Plan, a dispute resolution process, and a draft Ticketing and Enforcement law.

Economic Development Plan

ISC approved funding in the amount of \$40,000 to complete a Comprehensive Economic Strategic Plan. Urban Systems is contracted to do the work. Community meeting will be set up in April 2022 to engage the community.

Capacity Building ISC - Fulfilling the Dream of the P'egp'ig'lha – Looking After Our Children Funding

ISC approved \$233,150 to undertake the work in community to prepare for jurisdiction over child and family services. The key deliverables for year one includes:

- Community needs assessment and final report
- Community engagement processes and summary
- Consultation with the 3 Councils
- Cultural and Jurisdictional Research and Summary
- Multiyear work plan



Franny Alec is hired as the Project Manager and Gena Edwards is the Project Researcher. Second year funding has been approved for \$250,000.

Residential School Class Action for Loss Language and Culture

Gottfriedson v. Her Majesty the Queen is brought on behalf of Aboriginal Bands. The lawsuit claims damages for collective harm suffered by communities as a result of the loss of language and culture caused by Indian Residential Schools. T'it'q'et Council made a motion to opt in (join) the class action.

Water Class Action

T'it'q'et Council signed a BCR in 2021 to "opt in" the National Drinking Water Class Action that Tataskweyak Cree Nation commenced proceedings to seek immediate help for First Nations across Canada to address their drinking water advisories and compensation for the harms they suffered. The class action includes both individual members of communities who have been affected by long term drinking water advisories and the communities themselves. The class action includes:

- Base payments to eligible individual band members per year while the First Nation was under a long-term drinking water advisory. To be eligible for these payments, the individual would need to have resided on reserve during the long-term advisory where:
 - (1) the advisory was in effect from November 20, 2013 to present; or
 - (2) the advisory occurred between November 20, 1995 and November 20, 2013 and the individual was under 18 years of age.
- Payments to First Nations in the amount of \$500,000 plus half of the base payment given to all eligible individuals in the community.
- Specific injury payments for eligible individuals who followed the directions on water use under an advisory and still got sick.
- Legal commitments from Canada to make all reasonable efforts to provide regular access to clean drinking water in First Nations impacted by long-term drinking water advisories.

Individuals are able to submit a claims form to receive compensation. For more information, including the process for submitting these forms, can be found here: [Home - First Nations Drinking Water](#). Individuals have until **March 7, 2023** to complete their forms. **McCarthy Tétrault LLP** have supports in place to assist individuals with completing their forms. They also have lawyers available to support individuals with discussing



any additional compensation they may be entitled to if they experienced a specified injury from complying with a long-term drinking water advisory or not having access to safe water.

T'it'q'et Council will need to decide whether to accept the offer. T'it'q'et Council was informed on March 22, 2022 that the information they have includes for Six Mile and Seton Lake cabins water advisories only. Staff will be looking into this further as there were advisories in the past for IR 1. Once that information is located then it will be forwarded to the lawyers involved with the class action.

Stl'atl'imx Tribal Police Service Detachment

In November 2018, the Government of Canada created a new program, *Funding for First Nation and Inuit Policing Facilities*, to provide better policing infrastructure for the people who live and work in Indigenous communities. Through the program, the Government of Canada committed to investing \$88.6 million over seven years, starting in 2019, to improve policing facilities in First Nation and Inuit communities. The Stl'atl'imx Tribal Police Service (STPS) detachments in Mount Currie and Lillooet were identified as top priority for this funding. T'it'q'et Council agreed to pursue the project for the Northern STPS detachment and build the detachment on IR#1. T'it'q'et signed funding agreement with the Province and Canada, with Canada paying 52% and the Province paying 48% of the approx. \$2.5 million budget. T'it'q'et hired Murphy Construction to build the facility and a groundbreaking ceremony was held June 7, 2021. The original finish date was March 2022; however, the project experienced a few delays due to environment emergencies and road closures. The new move-in date is June 30, 2022.

**T'IT'Q'ET ADMINISTRATION
BUDGET
#N/A
FOR 2022/2023
NOT APPROVED BY COUNCIL**

	Budget YEAR 1	Budget YEAR 2	Budget YEAR 3	Budget YEAR 4	Budget YEAR 5
		<i>Increase %</i>	<i>2</i>		
Revenue					
Contributions - ISC	2,267,291.88	2,312,637.72	2,358,890.47	2,406,068.28	2,454,189.65
Contributions - FNHA	660,259.00	673,464.18	686,933.46	700,672.13	714,685.58
Contributions - Interior Health	95,917.00	97,835.34	99,792.05	101,787.89	103,823.65
Contributions - Prov of BC	26,538.93	27,069.71	27,611.10	28,163.32	28,726.59
Contributions - Tribal Councils	31,625.50	32,258.01	32,903.17	33,561.23	34,232.46
Contributions - Misc/Other	607,001.82	619,141.86	631,524.69	644,155.19	657,038.29
Investment/Interest income	18,100.00	18,462.00	18,831.24	19,207.86	19,592.02
Revenue - BC Hydro/St'at'imc Hydro	111,374.00	113,601.48	115,873.51	118,190.98	120,554.80
Revenue - Taxation/Other	66,000.00	67,320.00	68,666.40	70,039.73	71,440.52
Rental Revenue - Band Housing	64,600.00	65,892.00	67,209.84	68,554.04	69,925.12
Rental Revenue - Community Facilities	15,000.00	15,300.00	15,606.00	15,918.12	16,236.48
Rental Revenue - Other	348,463.90	355,433.18	362,541.84	369,792.68	377,188.53
Rental Revenue - Equipment	9,800.00	9,996.00	10,195.92	10,399.84	10,607.84
Revenue - Garbage/Waste fees	15,000.00	15,300.00	15,606.00	15,918.12	16,236.48
Revenue - User Fees	15,000.00	15,300.00	15,606.00	15,918.12	16,236.48
Revenue - Hats/tshirts coffee/pop sale	5,600.00	5,712.00	5,826.24	5,942.76	6,061.62
Revenue - Fundraising	2,000.00	2,040.00	2,080.80	2,122.42	2,164.86
GST Recoveries	10,000.00	10,200.00	10,404.00	10,612.08	10,824.32
Other Recoveries	63,880.00	65,157.60	66,460.75	67,789.97	69,145.77
Admin Recoveries	210,381.60	214,589.23	218,881.02	223,258.64	227,723.81
	4,643,833.63	4,736,710.30	4,831,444.51	4,928,073.40	5,026,634.87
Expenses		<i>Increase %</i>	<i>1</i>		
Salaries & Wages expense	1,473,309.37	1,488,042.46	1,502,922.89	1,517,952.12	1,533,131.64
Casual labour expense	10,000.00	10,100.00	10,201.00	10,303.01	10,406.04
Employee benefits expense	280,987.37	283,797.24	286,635.22	289,501.57	292,396.58
Honoraria	47,100.00	47,571.00	48,046.71	48,527.18	49,012.45
Honoraria - C&C	62,700.00	63,327.00	63,960.27	64,599.87	65,245.87
Audit fees	20,000.00	20,200.00	20,402.00	20,606.02	20,812.08
Bank charges & interest	130,500.00	131,805.00	133,123.05	134,454.28	135,798.82
Community meetings/events/activities	57,845.63	58,424.09	59,008.33	59,598.41	60,194.39
Contracted Services	177,043.17	178,813.60	180,601.74	182,407.76	184,231.83
Communication/Distribution/Newsletter	11,000.00	11,110.00	11,221.10	11,333.31	11,446.64
Consultant fees	200,659.00	202,665.59	204,692.25	206,739.17	208,806.56
Contingency	7,277.00	7,349.77	7,423.27	7,497.50	7,572.48
Courier/Postage/Freight expense	8,700.00	8,787.00	8,874.87	8,963.62	9,053.25
Discretionary	3,000.00	3,030.00	3,060.30	3,090.90	3,121.81
Donations	2,400.00	2,424.00	2,448.24	2,472.72	2,497.45
Equipment lease	28,040.58	28,320.99	28,604.20	28,890.24	29,179.14
Facility rental	4,000.00	4,040.00	4,080.40	4,121.20	4,162.42
Fire/Security/Alarm system	19,300.00	19,493.00	19,687.93	19,884.81	20,083.66
Fuel - heating	56,100.00	56,661.00	57,227.61	57,799.89	58,377.88
Fuel - vehicles	21,500.00	21,715.00	21,932.15	22,151.47	22,372.99
GST expense	6,000.00	6,060.00	6,120.60	6,181.81	6,243.62
Insurance expense	81,105.72	81,916.78	82,735.94	83,563.30	84,398.94
Interest & bank charges expense	12,300.00	12,423.00	12,547.23	12,672.70	12,799.43
Irrigation/Landscaping expense	1,000.00	1,010.00	1,020.10	1,030.30	1,040.60
IT/Computer expense	15,500.00	15,655.00	15,811.55	15,969.67	16,129.36
Janitorial	70,968.00	71,677.68	72,394.46	73,118.40	73,849.59

Language/Culture expense	38,961.80	39,351.42	39,744.93	40,142.38	40,543.81
Legal fees	68,000.00	68,680.00	69,366.80	70,060.47	70,761.07
License, dues & subscriptions	4,576.82	4,622.59	4,668.81	4,715.50	4,762.66
Management/Administration fees expe	195,965.60	197,925.26	199,904.51	201,903.55	203,922.59
Materials & supplies	199,091.53	201,082.45	203,093.27	205,124.20	207,175.44
Meals/Lunches/Snacks/Catering exper	79,357.40	80,150.97	80,952.48	81,762.01	82,579.63
Miscellaneous expenses	18,909.58	19,098.68	19,289.66	19,482.56	19,677.38
Meeting expenses	58,157.38	58,738.95	59,326.34	59,919.61	60,518.80
Meeting expenses - C&C	31,360.00	31,673.60	31,990.34	32,310.24	32,633.34
Office supplies	9,042.51	9,132.94	9,224.26	9,316.51	9,409.67
Photocopying	22,075.20	22,295.95	22,518.91	22,744.10	22,971.54
Program activities	30,961.80	31,271.42	31,584.13	31,899.97	32,218.97
R&M - Community Buildings	56,477.35	57,042.12	57,612.54	58,188.67	58,770.56
R&M - Equipment	76,200.00	76,962.00	77,731.62	78,508.94	79,294.03
R&M - Vehicles	1,500.00	1,515.00	1,530.15	1,545.45	1,560.91
Rental expense - Office/Room	186,411.00	188,275.11	190,157.86	192,059.44	193,980.03
Project expense	10,000.00	10,100.00	10,201.00	10,303.01	10,406.04
Telephone, cell, internet	56,976.00	57,545.76	58,121.22	58,702.43	59,289.45
Training/Workshops expense	47,207.65	47,679.73	48,156.52	48,638.09	49,124.47
Travel	136,341.28	137,704.69	139,081.74	140,472.56	141,877.28
Utilities	75,100.00	75,851.00	76,609.51	77,375.61	78,149.36
Vehicle expense	17,000.00	17,170.00	17,341.70	17,515.12	17,690.27
Municipal expense	138,400.00	139,784.00	141,181.84	142,593.66	144,019.59
Wellness	35,961.80	36,321.42	36,684.63	37,051.48	37,421.99
Education program expenses	163,998.20	165,638.18	167,294.56	168,967.51	170,657.18
Health program expenses	68,204.80	68,886.85	69,575.72	70,271.47	70,974.19
Housing expenses	132,915.00	134,244.15	135,586.59	136,942.46	138,311.88
O&M expenses	33,000.00	33,330.00	33,663.30	33,999.93	34,339.93
Social Assistance program expenses	635,712.15	642,069.27	648,489.96	654,974.86	661,524.61
EOC/Fire expenses	9,700.06	9,797.06	9,895.03	9,993.98	10,093.92
Lands expense	8,000.00	8,080.00	8,160.80	8,242.41	8,324.83
Tools/Equipment/Furniture purchases	36,450.00	36,814.50	37,182.65	37,554.47	37,930.02
Capital acquisitions - Other	2,000.00	2,020.00	2,040.20	2,060.60	2,081.21
Loan Payments	160,564.00	162,169.64	163,791.34	165,429.25	167,083.54
Allocation to Replacement Reserve	25,020.00	25,270.20	25,522.90	25,778.13	26,035.91
	<u>5,677,934.75</u>	<u>5,734,714.10</u>	<u>5,792,061.24</u>	<u>5,849,981.85</u>	<u>5,908,481.67</u>
Surplus (deficit) for year	(1,034,101.12)	(998,003.79)	(960,616.73)	(921,908.45)	(881,846.80)
Surplus (deficit) beginning of year	5,040,542.23	4,153,928.81	3,306,362.47	2,499,191.94	1,733,798.62
Transfers in/out	<u>147,487.70</u>	<u>150,437.45</u>	<u>153,446.20</u>	<u>156,515.13</u>	<u>159,645.43</u>
Ending surplus (deficit) end of year	<u><u>4,153,928.81</u></u>	<u><u>3,306,362.47</u></u>	<u><u>2,499,191.94</u></u>	<u><u>1,733,798.62</u></u>	<u><u>1,011,597.24</u></u>

Safety Warning: COVID-19 Rapid Antigen Test Kits

This memo is intended to warn community members who have received rapid antigen test kits about the risks associated with accidental ingestion and skin exposure of the rapid antigen test kit liquid solutions.

- Many test kits include liquid solutions with chemical preservatives, such as sodium azide and proclin that may be poisonous if swallowed or absorbed through the skin, particularly in children and pets.
- Small doses of sodium azide can lower blood pressure, and larger doses may cause more serious health effects.
- Proclin is also found in many kits. It contains chemicals that can cause skin and eye irritation, as well as allergic reactions.
- Accidental ingestion or skin exposure to very small quantities of liquid solutions would not be expected to cause the serious effects associated with larger doses. However, even small amounts may cause effects in small children and pets.
- Health Canada is aware of approximately 50 calls made to poison centres in Canada related to accidental exposure, which have resulted in minor health outcomes.

What you should do

- Keep rapid antigen test kits and solutions out of the reach of children and pets.
- Do not swallow the solutions, and avoid eye and skin contact.
- Wash hands thoroughly after use.
- If spillage occurs, rinse well with water.
- Follow all instructions for proper disposal.
- Report any health product-related [side effects](#) or [complaints](#) to Health Canada.
- Contact your local Poison Information Centre or a health care provider in cases of accidental ingestion of chemicals or direct skin exposure.
- For more information, please visit: https://recalls-rappels.canada.ca/en/alert-recall/rapid-antigen-test-kits-and-potential-exposure-hazardous-substances?fbclid=IwAR17bNb6x7qYPvIUlCF2EqweLe8WTNg9KBPxNISiGi48D_7-TSMAqTWiXlg

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.

**Indian Residential School
Survivor Society
Day School**

May 16 – 19th Day school

June 28, 29, 30 Day School

**They will be at the Lillooet Friendship Centre
Society to help fill applications.**

Please contact Gloria Joseph at 250-256-4146

Barbie Whiskeyjack

Contact: 778-694-8989



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

Out Patient Services

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

Interior Health

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



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)



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.



T'it'q'et Health Department

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

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

March 14, 2022

K'ahwá7al'ap (Hello) T'it'q'et community members

Re: Province-wide restrictions

Restrictions are starting to lift. Please keep in mind; this does not mean COVID-19, Omicron, or other variants are going away.

We need to respect everyone's decision to wear a mask or not wear one. Our elder's and most vulnerable members are still at a greater risk of infection. Please remember to continually wash/hand sanitize your hands often, cover your sneeze and cough with your elbow, disinfect touched surfaces, and STAY HOME if you are sick.

There are Rapid test kits available at the office on an as needed basis. You will need to have symptoms for 2-5 days in order to get a correct reading from the Rapid test or you will get a false reading, if you do the test before the 2-5 days.

Thank you, Health& Social Services Manager Vanessa Thevarge

Upcoming changes to restrictions

When K to 12 schools return from [spring break](#), masks will no longer be required for students, staff and visitors.

By March 18, there will be no visitor limits at long-term care and seniors' assisted living facilities.

On April 8, 2022 at 12:01 am, further restrictions will be lifted:

- [Proof of vaccination](#) will no longer be required under public health order to access businesses, events and services
 - Individual businesses and event organizers can choose to continue requiring proof of vaccination for entry
 - Federal proof of vaccination is still required for [federally regulated travel, like air travel](#)
- Businesses will no longer need a COVID-19 safety plan. They must follow communicable disease guidance from WorkSafeBC
- Proof of vaccination will no longer be required for post-secondary student housing



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Masks

Wearing masks in public indoor settings is not required by public health. Wearing a mask is a personal choice. Masks are encouraged on public transit and BC Ferries, but not required.

Individual businesses and event organizers can choose to continue requiring masks on their premises. It's important that we respect the choices of people, businesses and one another.

Masks and federally regulated travel

You must wear a mask when [travelling by air and other federally regulated travel](#)

Personal gatherings

There are no restrictions on indoor or outdoor personal gatherings.

Organized gatherings and events

There are no capacity restrictions on indoor or outdoor gatherings and events.

- Dancing is allowed
- [Proof of vaccination](#) is required for entry (12+) until April 8

Worship services

There are no capacity restrictions on worship services.

Exercise and fitness

There are no capacity restrictions on any exercise and fitness activities.

- [Proof of vaccination](#) is required for entry (12+) until April 8

Swimming pools

Swimming pools can operate at full capacity.

Sport activities

All sport activities are allowed. Safety requirements for sport activities include:



T'it'q'et Health Department

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

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

- [Proof of vaccination required](#) for spectators (12+) and adult participants at indoor sporting events until April 8
 - Non-employee supervisors, coaches and assistants of indoor sports and group activities for people 21 years or younger must be fully vaccinated
-

Restaurants, pubs, bars and nightclubs

Restaurants, bars, pubs and nightclubs can operate at full capacity:

- Normal liquor service hours
 - No limits on table size
 - Customers don't have to remain seated
 - Dancing is allowed
 - [Proof of vaccination](#) required for entry (12+) until April 8
-

Visiting long-term care or seniors' assisted living facilities

By March 18, all visitors will be allowed at long-term care and seniors' assisted living facilities. You should check with your local facility before your visit. Visitors must follow the guidance for [Visitors in Long-Term Care and Seniors' Assisted Living \(PDF, 675KB\)](#).

During your visit

All visitors must show proof of vaccination before visiting a long-term care or seniors' assisted-living facility. Proof of vaccination is not required for:

- Children under the age of 12
- People with an approved medical exemption
- Compassionate visits related to end-of-life

All visitors (12+) must also take a rapid point-of-care test at the entrance. People attending compassionate visits related to end-of-life do not have to take a test.

All visitors to long-term care facilities must wear a medical mask. Masks are required both indoors and outdoors.

Visitors to seniors' assisted-living facilities must wear a medical mask in hallways, common areas and shared units. Masks are not required when visiting residents in single-occupancy units.

All visitors are also required to follow additional safety precautions, including screening for symptoms of illness and practicing hand hygiene.

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



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CARTER Hearing

HEALTH & SAFETY FIRST!



Laura Carter, RHP
CEO/OWNER



Linda Reavie
RHP

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
APRIL 2022

MON **04TH**

10:00 – 3:00 PM

TUES **05TH**

9:00 AM- 2:00 PM

Tues **19th**

10:00 – 4:00pm

Wed **20th**




9:00- 2:00pm

PLEASE CONTACT TOLL
FREE NUMBER TO BOOK

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.</p> <p>OPTION 2: Self-isolate at a community self-isolation facility for 14 days: such as a nearby motel, hotel, resort, cabin or trailer.</p> <p>OPTION 3: Self-isolate at a hotel or a motel in the city.</p> <p>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:</p> <p>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

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.
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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



First Nations Health Authority
Health through wellness

Keep Your Guard Up Against Omicron

The World Health Organization has warned against describing the symptoms of the COVID-19 pandemic's highly infectious Omicron variant as being "mild," saying the variant is killing people around the world.

Simply put, COVID-19, regardless of the variant, is not a mild illness like the common cold.

Omicron is still dangerous to human health and passes more easily to others than previous variants, even among people who have had both doses of a COVID-19 vaccine.

The problem is one of numbers. Even if patients with Omicron report milder symptoms than other variants of COVID-19, the variant causes so many more cases that it greatly increases the likelihood some people will require medical care.

Some of these cases can develop into severe illness requiring hospitalization, with potential for health complications that can lead to death.

Omicron is still a massive disruption to everybody's lives, even those indirectly impacted by it. These disruptions put lives at risk and have an impact on everyone, even those who have never had COVID-19.

With more people calling in sick there are increased work absences—including essential workers and health care staff—extended school closures; cancelled surgeries, backlogs of medical procedures, and other waitlists.



People who have completed their primary series of COVID-19 vaccines (two doses of the mRNA vaccines) are better protected from severe illness and hospitalization than those who are unvaccinated. Booster doses further improve protection.

Continued vigilance against COVID-19 by following all recommended public health measures is crucial for slowing the spread of Omicron and containing and ending the pandemic:

- **Get vaccinated** with your primary series and your booster dose when it is offered to you.
- **Vaccinate your kids** (all children aged five years and older are eligible).
- Stay home if you're feeling sick (even if feeling mildly ill).
- Reduce your number of contacts
- **Follow testing guidelines** (not everyone needs to be tested right now).
- Wash your hands.
- Wear a mask in public spaces.
- Maintain a physical distance with other people.

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.

Temporary Increase to the Medical Transportation Mileage Rates

First Nations Health Authority is committed to delivering a responsive set of programs and services to support First Nations in their health and wellness journeys.

Gas prices across British Columbia have increased significantly in recent weeks. These increases may impact some client's ability to access medically necessary appointments when using their private vehicle.

FNHA's Health Benefits program is implementing a temporary mileage rate increase of **\$0.05** per kilometer for the Medical Transportation (MT) benefit to support clients during these exceptional times.

Effective March 1st 2022, the standard mileage rate will increase from \$0.23 to \$0.28 per kilometer. These changes will be in effective until May 30th 2022. The \$0.05 increase will also apply to the special mileage rate applicable to certain remote communities.

We will continue to monitor regional and provincial gas prices and may make further adjustments in response to this rapidly changing situation.

Information for communities with Funding Agreements for Medical Transportation

FNHA will ensure that all communities delivering MT locally through a Funding Agreement receive additional funding necessary to support the increased mileage rate. We will follow up separately with agreement holders regarding the increases.

About Medical Transportation

The Medical Transportation (MT) benefit provides supplemental coverage of transportation, accommodation, and meals to assist clients who need to access medically-necessary health services that are not available in their community of residence. We invite you to learn more about MT at our [website](#).

For additional information or support, please contact Health Benefits at 1.855.550.5454 or benefits@fnha.ca.

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EARTH DAY CELEBRATION

Friday, April 22, 2022
REC Centre Lawn - noon to 3:00

SEED SWAP!
BEDDING PLANT EXCHANGE
Community Seed Library
Splitrock Environmental
NATIVE PLANT sale

Information:
 lillooetfoodmatters@gmail.com
 Phone 778-770-1649

Invasive plant-free event

Sponsored by
Lillooet Food
Matters

Earth Day is celebrated every year on April 22. It is globally recognized as a day to take action for a cleaner planet and make changes in policy to protect our environment. The first Earth Day event was in 1970. It was proposed by US peace activist John McConnell as a day to honour the earth as well as peace. Senator Gaylord Nelson proposed that an environmental teach-in be held on April 22, 1970. He hired Denis Hayes to coordinate this as a national event. Mr. Hayes and his staff grew the event over the years to what is now the largest secular observance in the world. In 1990, Earth Day went global because of Mr. Hayes's hard work. More than one billion people take part in Earth Day in 193 countries. A full history can be found on EARTHDAY.ORG website. Taking action can be easy and simple with the toolkits on their website. Here are a few events and actions anyone can do locally:

1. Attend Lillooet Food Matters Earth Day Seed Swap & Bedding Plant Exchange: Noon to 3pm at the Lillooet Rec Centre.
2. Remove invasive plants from your garden or volunteer to pull weeds in your community.
3. Pick up garbage along your street. Check out Pitch-in Week Canada (<https://pitch-in.ca/pitch-in-week/>).
4. Engage in Citizen Science. Sign up on the iNaturalist app and make observations about all forms of nature including invasive species. These observations are used by scientists across the globe.
5. Try a simple act of green like using reusable bags when shopping and selecting green cleaning products. See more acts of green: <https://www.earthday.org/actions/try-a-simple-act-of-green/>.

The collective action of a billion people to make changes and protect the earth is inspiring. Share what you're doing on the LRISS social media channels. Happy Earth Day everyone! **LRISS.ca**



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

Nurse Practitioner

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

*3rd Monday of the
month*

Health Department exam room

1pm – 4pm



**NURSE
PRACTITIONER**



P'EGP'IG'LHA COUNCIL WELCOMES

**NATUROPATHIC PHYSICIAN AND
TRADITIONAL MEDICINE EXPERT**

DR. JEANNE PAUL

Dr. Paul will take us on a medicine gathering field trip
and then teach a medicine making classroom session.
Open to all P'egp'ig'lha.

FREE IN-PERSON CLASS

Supplies and lunch provided.

APRIL • 23 • 2022

9:00 AM-3:00 PM

CONTACT NATURALRESOURCES@PEGPIGLHA.ORG TO
REGISTER AND RECEIVE DETAILS; LIMITED SPOTS
AVAILABLE. REGISTRATION CLOSING ON APRIL 20, 2022.

April 2022 Horoscopes



Aries (Mar 21–April 19)

HBD! The world is all yours right now, Aries! Even better, everyone is vibing on the same level as you, and they're appreciating your extroverted nature. Whatever you want, you can have this Aries season—you're the star of the show!

Taurus (Apr 20–May 20)

Your life feels like it's taking place behind the scenes right now. Even though it's easy to feel invisible, think of this as chance for some much-needed alone time so you can work on what you want to work on, without interruptions. Once Taurus season rolls around, you'll be ready for a fabulous birthday month!

Gemini (May 21–Jun 20)

As one of the most social signs in the zodiac, you'll be delighted to hear that Aries season is the best month of the year for hanging out with your squad and making new friends. You're feeling especially charismatic and popular, to the point that you might even be a tad overwhelmed with

how booked and busy your social life is. No worries—this is going to be a fun month!

Cancer (Jun 21–Jul 22)

Stay on your best behavior, Cancer, especially on the job. This is an amazing time of year for getting a promotion, a raise, or even a new job, but only if you work your butt off! All eyes are on you at the office, so when you do well, you'll be rewarded greatly...but if you slack off, your shortcomings will definitely have some consequences. Good luck!

Leo (Jul 23–Aug 22)

Life is an adventure this Aries season! Whether you're physically traveling somewhere new or just broadening your mental horizons, this month is all about becoming a more well-rounded person. Whether you're taking a vacation, signing up for a class, or just cooking a new recipe, everything is a learning experience this Aries season. Plus, your good mood and optimistic outlook makes these fun experiences.

Virgo (Aug 23–Sept 22)

Boundaries: You need to set them. Pisces season's vibe helped you focus on your relationships, but now you need to learn how to concentrate on yourself as an individual. Remember, you're not responsible for "fixing" other people, and you can't do a great job of taking care of yourself when you're so busy bothering with others. Focus on you for a change.

Libra (Sept 23–Oct 20)

Aries season = cuffing season for your sign! You're the sign of relationships, so whether it's with your boo, your bestie, or even your fave coworker, you thrive when you're spending time with others. If you're single and ready to mingle, you could meet your next special someone now, and if you're already boo'd up, this month is all about strengthening your relationship.

Scorpio (Oct 23–Nov 21)

You're constantly busy right now, your to-do list is a million miles long, and finding time to take a break is nearly impossible. Think of this as a month to work it out, clean up your act, tidy up your life, and take care of business. That way, once Taurus season (which is your sign's version of cuffing season) rolls around, you'll be 100% ready for action.

Sagittarius (Nov 22–Dec 21)

Your chart's fifth house, which governs romance, sex, and fun, is being lit up this Aries season. Translation: You have an exciting month ahead! Whether you're hooking up, speed dating, or just spending tons of time with your boo, your love life (in and out of bed) is getting a major glow up. This is also one of the best months for flexing your artistic side, so grab those paints/pen/needle and thread/ring light/whatever and get to it!

Capricorn (Dec 22-Jan 19)

Life at home is your biggest focus right now, Capricorn. If you live with roomies or family, your relationship with them will be highlighted a ton, and even if you live alone, you're finding that there's lots to be done around the house. Clean up, redecorate, and host a little get-together! You're starting to feel bored, and Aries season is here to help you to breathe new life into your home.

Aquarius (Jan 20-Feb 18)

You've got a busy month ahead! Not busy like, work-is-kicking-your-ass busy, but you're spending tons of time running around town and hanging out with people. Your phone is off the hook, your DMs are full, and it feels like everybody wants to get with you. Have fun!

Pisces (Feb 19-Mar 20)

If you work hard now, you can play even harder later! This month, a little extra work goes a long way. You can get a raise or bonus if you're doing your best on the job, and you're also more likely to find some extra cash now anywhere—whether it's an unexpected side gig or \$5 on the sidewalk. Try to avoid impulsive spending!



May 2022

Newsletter Submission Deadline

Thurs, April 21st 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

