

Newsletter

February 2023

T'IT'Q'ET FEBRUARY 2023 ISSUE

T'it'q'et Lands–Page 4
Family Day–Page 5
Elders Luncheon–Page 7

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 31



February

Black History Month

Garbage Days
Mondays and Fridays

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Family Day Statutory Holiday	21	22 Pink Shirt Day	23	24	25
26	27	28	1	2	3	4

RECYCLE DAYS:

Feb 1–Plastics
Feb 8–Glass
Feb 15–Tins
Feb 22–Cardboard/Paper



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



NURSE PRACTITIONER

**IS IN T'IT'Q'ET HEALTH
DEPARTMENT**

**Third
MONDAY of
the month
1PM -4PM**



Notice to members who send payments by E-Transfer

Please remove accountspayable@titget.org from your e-transfer list and send all payments to Lesley Napoleon at bookkeeper@titget.org. We prefer that you continue to use the same password that you currently use when sending a payment. Any updated or new passwords can be emailed to Lesley.

Payments include: rent, NORHA loans, loans, house insurance, etc...

Thank you,

Finance Department

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

February 2023

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Genevieve Humphreys, the Vice-Chairperson is Terence MacLellan, the members are Marie Barney; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Committee Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom.

- **Lands Committee**
The Centre for World Indigenous Studies provided a letter with a list of recommendations to the Lands Committee after their training sessions on the P'egp'ig'lha Constitution. The committee is reviewing this letter with advisors from the Lands Advisory Board Resource Centre.
- **Law-Making & Enforcement**
The committee is going to review draft #7 of the Enforcement and Ticketing Law. The committee has also met with Mandell Pinder to discuss a draft Trespass Law.
- **Natural Resource Management**
Dillon Consulting held the first of 4 community sessions on the Environmental Management Plan.
- **Lands Administration**
Staff attended a webinar on solid waste disposal and GIS mapping systems.
- **Dispute Resolution**
The development of a Dispute Resolution Process continues and is expected to be complete by May 2023.
- **Organization Study / Human Resources Management**
The Lands Committee is discussing the addition of economic development duties to the Lands and Natural Resources Director position.

**Come join us
for a day of fun**

**Family
Day** **FEB 20
2023** 

P'egp'ig'lha Community Centre
10am–3pm

Activities, bouncy castles,
snacks including hot dogs and fries

Come check out different health careers

T'it'q'et Health Career Fair

Feb 10, 2023

P'egp'ig'lha Community Centre
9am–3pm
Everyone Welcome



Valentines Elders Luncheon

ROAST BEEF

ROAST POTATOES

PUNCH

CHOCOLATE COVERED STRAWBERRIES

6 FEB 12-1 P.M.

T'it'q'et Hall

Please RSVP with Alexis or Tina @ 250-256-4118 ext.236



T'it'q'et Administration

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

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

SEEKING PART-TIME TRANSCRIBER (CONTRACT)

The Job Overview

We are seeking a transcriptionist to join our growing company. You will listen to audio files and type the contents into Microsoft Word. The ideal candidate should have excellent listening and typing skills as well as be a self-starter.

Responsibilities

Below are some of the responsibilities a transcriptionist is expected to assume:

Listen to recordings and transcribe those recordings to text files in Microsoft Word

Ensure accuracy of the transcribed text

Understand details of client requirements regarding formatting and notation

Complete transcriptions in a timely manner, reviewing grammar, punctuation and spelling prior to submission

Remain familiar with the latest transcription software (Otter AI) and recommend upgrades or enhancements if necessary

Correct any errors or inaccuracies in a timely manner

Job Qualifications and Skill Sets

Below are the qualifications expected of a transcriptionist:

Ability to type quickly and accurately while proofreading

Excellent grammar, spelling, and punctuation skills

Excellent verbal communication, listening, and computer skills

Ability to work independently and meet deadlines

Ability to work with a variety of people and personalities

Familiarity with Microsoft Windows operating system

High school diploma or equivalent

Fluency in English and Statimc terms

Confidential Information

- The Employee will abide by the T'it'q'et Confidentiality Policy and Code of Conduct.

Please submit resume to Charlene Napoleon: Email: charlenen@titqet.org or drop off to P'egp'ig'lha Community Centre at 59 Retasket Street by Thursday, February 2, 2023 at Noon.

Expected Start Date: February 6, 2023 End Date: March 17, 2023

Coming to T'it'q'et on March 6, 2023 will be setup in P'egp'ig'lha Community Centre

Everyone Welcome Starting at 9:30 am



are suited for all ages

The Mobile Museum Tour consists of an extensive collection of authentic First Nations, Pioneer, Fur Trade, and Gold Rush artifacts.

The Mobile Museum Tour consists of an extensive collection of authentic BC Pioneer, First Nations, Gold Rush and Fur Trade Artifacts that the students can view, touch and discuss during and after a very informative Power Point presentation.

The individual presentations are generally 45-55min in length. (This time can be extended if there are less groups). The tours

Highlights of the BC Artifacts Mobile Museum History Presentations include:

- Large extensive visually engaging displays
- Power Point Presentation, Hands-on area and Question Period
- BC Indigenous Timeline with First Nations Mapping and Traditional Territories
- Tool Technology used by Indigenous peoples in the Pacific Northwest
- Discussion of early Fur Trade exchanges with explorers and First Peoples exploring Trade, Bartering, Monetary Systems
- Authentic early Pioneer, Gold Rush and Railway worker artifacts
- Authentic First Nation Indigenous artifacts

Tony Hardie/BC History Presenter

BC ARTIFACTS
PO BOX 71088
7921 120th Street
Delta, BC V4C 8E7
Canada



Tours@MobileMuseum.ca
12 000 YEARS OF BC HISTORY
IN YOUR CLASSROOM!
778-386-3110





First Aid Level 1 & Transportation Endorsement

Hosted by T'it'q'et Administration

February 21 & 22, 2023

Training Days are as follows:



February 21 - First Aid Level 1

February 22 - Transportation Endorsement

To be eligible for this training you must be registered status. There are only 12 seats available for these trainings. Training will take place at the P'egp'íg'lha Community Centre, 59 Retasket Street in the Resource room. If you are interested in taking this training please specify which training you are interested in when calling, please contact:

Lowanda Knox

T'it'q'et Training Coordinator

Phone (250) 256-4118 ext 257



Wildfire Training

Hosted by T'it'q'et Administration

Date: February 6 to 15th 2023

Training Days are as follows:

- February 6, 7 & 8 - Power Saw Operator (PSO)
- February 9 & 10 - Industrial First Aid Orientation
- February 11 & 12 - S100 Basic Fire Suppression & Safety
 - S185 Fire Entrapment Avoidance & Safety
 - S232 Portable Pumps and Water Delivery System
- February 13 & 14 - S212 Fire Communications
 - S230 Introduction to Supervision
 - S235 Ignition Operations
- February 15 - Transportation of Dangerous Goods
 - WHIMIS 2015
 - Incident Command Systems 100

To be eligible for this training you must be registered status. There are only 10 seats available for this training. Training will take place at the P'egp'íg'lha Community Centre, 59 Retasket Street in the Gymnasium. If you are interested in taking this training please contact:

Lowanda Knox

T'it'q'et Training Coordinator

Phone (250) 256-4118 ext 257

T'it'q'et MEMBERS – Mailing Addresses

If you move to a new location, please provide the Finance Department and the Receptionist with your new mailing address as soon as possible, thus preventing cheques and the newsletter from being returned to the office.

If your cheque is mailed before you updated your new address, then you will have to wait until we receive your cheque back in the mail before we mail to your new address or we can reissue the cheque, but you will be charged \$12.50 to cover the **Stop Payment** through the bank, which will be deducted from your cheque.

Thank you,

Receptionist email: reception@titget.org

Finance: Lesley Napoleon at bookkeeper@titget.org or Sabrina James at tfnfinance@titget.org

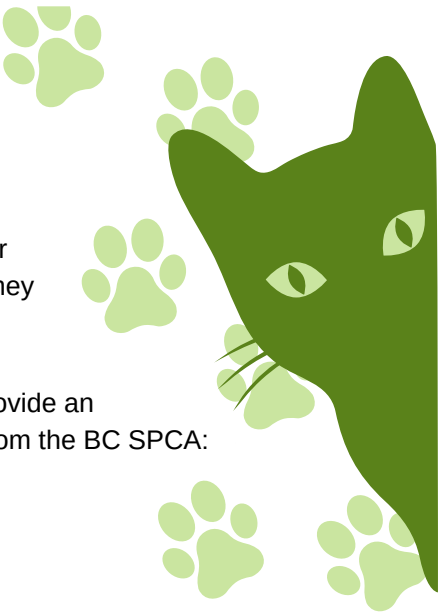
Issued Cheques

Members and Community Members, the bank reconciliation is done daily by the Finance Manager. Any cheques that are double cashed will be reversed by the bank immediately. Any suspicious fraudulent activity will be reported to the Stl'atl'imc Tribal Police. Thank you for your understanding.

Thank you, the Finance Department,

Don't Let It Loose

How to avoid a cat-astrophe



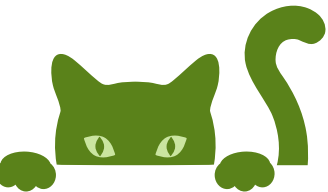
As beloved as they are, cats can pose a significant risk to birds and other wildlife. Both domestic and feral cats are not only skilled predators, but they also face various dangers when roaming outdoors unsupervised, from vehicles, poisons, pet theft, and more.

Of course this doesn't mean that cats don't make great pets. You can provide an enriching, comfortable life for your furry friends, by following these tips from the BC SPCA:

How to be a responsible pet owner

- ✓ Do not let your cat outside or train them to be on a leash/harness.
- ✓ Spay or neuter your cat/kitten before they are 4 months old.
- ✓ Do not abandon your pet.
- ✓ Build an enclosure outside (a 'catio') for your cat.
- ✓ Make sure your cat has a collar and identification.
- ✓ Register your cat in the BC Pet Registry.

*"Feral cats are responsible for the majority of the estimated 100 to 350 million birds killed each year in Canada."
- Stewardship Centre for BC*



Feral cats are cats that do not belong to a specific household, and thus have not been socialized. These cats are typically not friendly towards humans and avoid interaction when possible. Feral cats pose a significant threat to wildlife, human health, and the well-being of free-roaming owned cats.

Need advice? Reach out to LAAS for confidential, compassionate support.

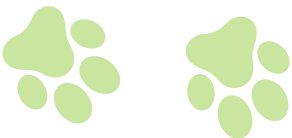
Feral cats in Lillooet

Lillooet has several feral cat populations. The Lillooet Animal Advocates Society (LAAS) is trying to prevent more cats from being born in these populations by capturing cats and spay/neutering them. Bridge River Vet Services has partnered with this group of volunteers to spay/neuter cats.



The Lillooet Animal Advocates Society (LAAS)

LAAS promotes and supports animal welfare and the prevention of animal cruelty through education and support for abandoned and feral animals in the community and surrounding areas. They also assist with spaying/neutering programs, transporting animals to other centers for adoption, fostering, making appointments, coordinating transport and pick up of animals for veterinary services.



Local resources

Lillooet Animal Advocates Society

Email: lillooetanimaladvocatessociety@gmail.com

Facebook group: 'Lillooet Animal Advocates Society'

Bridge River Vet Services

Email: brvspets@gmail.com

Phone: 250 256 7048

BC SPCA

To report an animal (farm animals, domestic animals and wildlife) in distress, call the

BC SPCA Animal Hotline: 1 855 622 7722

Message from T'it'q'et Housing:

Yard maintenance:

Housing Policy- 9.1.1.1 Owners and residents be encouraged to maintain and keep up their yards, properties and housing in a way that would make the community proud.

Visitors:

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.

Garbage:

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,
Kassandra Doss
Housing Coordinator.



Nukw7antwál' Day Treatment

St'á t'imc Outréach Heálth Services

Referral Package
Version 1.1 2023

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

Program Information:

What is Day Treatment?

Day Treatment provides participants with daily activities to support their addiction recovery. These activities include: Medicine Wheel Assessment, True Colors, Identity/Family Tree, Intergenerational trauma, Seven Sacred Laws, Job readiness/educational workshops, sharing circles, ceremony, recreation, elders talk, crafting and other topics.

Program sessions are 8 weeks long, beginning February 6th, 2023. Full time participants in the program will be expected to attend activities in-person on a daily basis (9 a.m-4 p.m. four days per week). Some activities will be available online for participants who are unable to attend full-time or in-person. **Notice: All in-person activities may be suspended if required by provincial COVID-19 guidelines.**

Who can attend?

Any self-identifying indigenous adult (18 and older) living in Northern St'át'imc territory can be referred to the Day Treatment program. All sessions are open to men, women, and two-spirited individuals. Participants do not have to be sober to participate in Day Treatment but they must demonstrate a desire to progress in their recovery.

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

Does it cost anything to participate?

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

How do I enroll in Day Treatment?

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

Contact Information: Matilda Brown (Day Treatment Manager) - daytreatmentmgr@statimchealth.net

JANUARY 2023

P'EGP'IG'HA COUNCIL

P'egp'ig'lha Council & Guardians Update

BY LACEY LAROCHELLE

The P'egp'ig'lha Guardians continued monitoring hunting & recreation activity in the Territory in December. With the cold weather settling in they worked on retrieving the game cameras that were put out earlier in the year. Winter driving conditions in the back-country make areas a little more challenging to get to in the field. The Guardians will be working on updating various training in January to prepare for the 2023 field season.

The P'egp'ig'lha Council would like to congratulate the two successful applicants of the P'egp'ig'lha Council Natural Resource Bursary, Zoe Leech & Lesley Riley. The P'egp'ig'lha Council thanks you for applying and wishes you all the luck with your Natural Resource Education.

P'egp'ig'lha Council staff appreciate and thank the P'egp'ig'lha Council for opportunity to work with the Council and commends the Council for all their hard work in 2022, we look forward to starting a new year with you in a good way.

Takem nsne'wnúk'w7a (All my relatons)

One line Highlights:

Next P'egp'ig'lha Council Meeting:

FEBRUARY 28, 2023 AT 9AM

Have any questions?
HERES HOW TO REACH US!

CALL US AT 250-256-4118

PC DIRECTOR:
CHRISTIAN AHRENKIEL EXT.233
DIRECTOR@PEGPIGLHA.ORG

PC NATURAL RESOURCE
SPECIALIST:
DENISE ANTOINE EXT.238
NATURALRESOURCES@PEGPIGLHA.ORG

PC ADMINISTRATIVE SUPPORT:
LACEY LAROCHELLE EXT.231
ADMINASSISTANT@PEGPIGLHA.ORG



CASE LAW SERIES WITH THE P'EGP'IG'LHA COUNCIL: AN INTRODUCTION TO ABORIGINAL CASE LAW IN CANADA FROM 1973-2015

PRESENTED BY SATSAN (HERB GEORGE), SENIOR ASSOCIATE, CENTRE
FOR FIRST NATIONS GOVERNANCE

CASE LAW OVERVIEW:

- DELGAMUUKW-GISDAYWAY

DELGAMUUKW-GISDAYWAY 1997: GITKSAN AND WET'SUWET'EN
HEREDITARY CHIEFS CLAIMED ABORIGINAL TITLE AND SELF-
GOVERNMENT TO OVER 58,000 KM2

THIS WAS THE FIRST MAJOR ABORIGINAL TITLE DECISION SINCE CALDER IN 1973:

- DEFINED THE NATURE AND CONTENT OF ABORIGINAL TITLE
- ESTABLISHED A TEST FOR DETERMINING WHETHER ABORIGINAL TITLE HAD BEEN EXTINGUISHED
- OUTLINED A PROCESS TO DETERMINE WHETHER OR NOT INFRINGEMENT IS JUSTIFIED
- MARKED THE FIRST INSTANCE THAT ABORIGINAL ORAL HISTORIES WERE ADMISSIBLE AS EVIDENCE

ENFORCEABLE LEGAL PRINCIPLES ARISING FROM THE DELGAMUUKW-GISDAYWAY DECISION:

- ABORIGINAL TITLE IS AN EXCLUSIVE INTEREST IN THE LAND ITSELF, INCLUDING THE RESOURCES OF THAT LAND.
- ABORIGINAL TITLE INCLUDES THE RIGHT OF A FIRST NATION TO CHOOSE HOW LAND CAN BE USED (IMPLIES A RIGHT TO SELF-GOVERNMENT).
- ABORIGINAL TITLE HAS AN INESCAPABLE ECONOMIC COMPONENT, SUCH THAT FAIR COMPENSATION WILL ORDINARILY BE REQUIRED WHEN ABORIGINAL TITLE IS INFRINGED

"IN 3 DECADES, WE
CHANGED
HUNDREDS OF
YEARS OF
LAW.....WE
CHANGED THE
CONSTITUTION."

SATSAN (HERB GEROGE)





P'EGP'IG'LHA COUNCIL MANDATE

- 1) CONDUCT GOVERNMENT TO GOVERNMENT AND NATION TO NATION NEGOTIATIONS RELATED TO ST'ÁT'IMC TITLE AND RIGHTS:
- 2) FINALIZE P'EGP'IG'LHA GOVERNING DOCUMENTS INCLUDING THE CONSTITUTION, LAWS, POLICIES AND PROCEDURES.
- 3) WORK WITH ELDERS COUNCIL TO CREATE A SYSTEM OF LAWS TO PROTECT THE TRADITIONAL TERRITORY; MAKE RULES REGARDING AND ADVOCATE FOR TRIBAL/TRADITIONAL TERRITORIES AND REPRESENT COMMUNITY ON THESE ISSUES.
- 4) WORK WITH THE T'ÍT'Q'ET COUNCIL TO ADDRESS COMMUNITY ISSUES AS REQUIRED.
- 5) WORK WITH THE YOUTH.
- 6) GATHER INPUT FROM STUDIES, NEEDS ASSESSMENT, AND THE LEGAL STATUS OF ISSUES RELATED TO THE TRADITIONAL TERRITORY, AND GENERALLY KEEP INFORMED ABOUT ISSUES.
- 7) NEGOTIATE ON BEHALF OF THE P'EGP'IG'LHA WITH ALL PARTIES WHOSE ACTIVITIES MAY IMPACT UPON THE P'EGP'IG'LHA
- 8) COMMUNICATE, INFORM, CONSULT WITH THE PEOPLE, AND MONITOR BROAD INPUT ENSURING ALL HAVE A VOICE.
- 9) SEEK ADVICE OF ELDERS COUNCIL TO ENSURE ST'ÁT'IMC PRINCIPLES ARE MAINTAINED.
- 10) SEEK RATIFICATION FOR DECISIONS FROM THE P'EGP'IG'LHA.
- 11) MAINTAIN INTRA AND INTER-TRIBAL RELATIONS ON BEHALF OF THE P'EGP'IG'LHA.
- 12) KEEP ABREAST OF AND ADDRESS INTERNATIONAL ISSUES EFFECTING INDIGENOUS PEOPLES.

THE TRIBAL CHIEF WILL REPORT TO AND CHAIR ALL P'EGP'IG'LHA COUNCIL MEETINGS. THE P'EGP'IG'LHA COUNCIL WILL MEET MONTHLY, AND WILL MEET WITH THE ELDERS COUNCIL AND T'ÍT'Q'ET COUNCIL QUARTERLY.



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
YaK1Vo

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

Notice from Housing regarding pets:

-There have been dogs roaming around on the road.
Please tie your dog's up or supervise them when you bring them out.
When they run on the road in front of vehicles it is a safety hazard for the driver and dog.

-All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbors.
Please keep dogs fenced in or tired on a run.

-Dogs that bark constantly should be brought into the home especially during the evening.

-Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbors' lawns etc.

8.2.1.8 As per the housing policy it states:

1st Warning is a writing to the owner from Council;
2nd Warning, the owner must pay the \$50 animal control surcharge;
3rd Warning, the pet owner must meet with Council;
4th warning is the removal of the dog.

Thank you,
Kassandra Doss
Housing Coordinator

HIGH BLOOD PRESSURE AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



High blood pressure can lead to, and increases your chance of, heart disease and stroke.



If you have high blood pressure, you will only rarely have symptoms.



High blood pressure is often underestimated and undiagnosed among women.

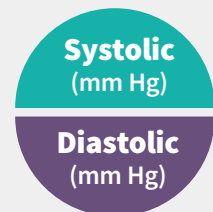
KNOW YOUR NUMBERS

TOP NUMBER

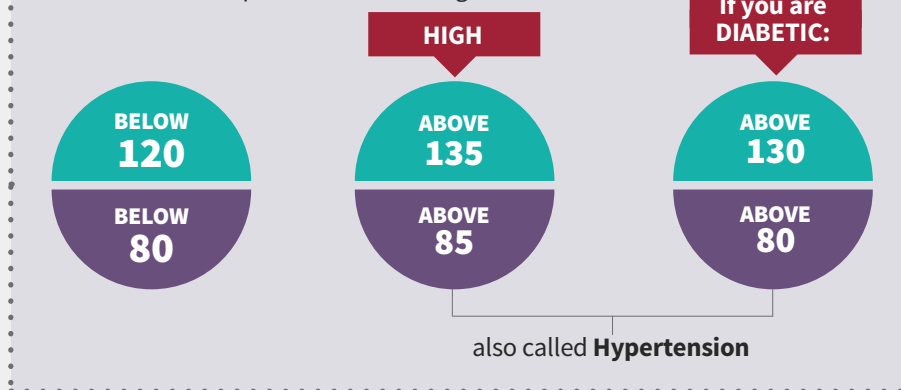
The pressure or force measured in the arteries **when the heart beats**

BOTTOM NUMBER

The pressure or force measured in the arteries **between heartbeats**



KNOW WHAT YOUR BLOOD PRESSURE NUMBERS MEAN. Using the automated cuff or home blood pressure monitoring:



WHAT CAN I DO?

10 TIPS FOR PREVENTION AND SELF-MANAGEMENT



Reduce salt intake. Aim for less than one teaspoon (<2400 mg) of salt a day.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Achieve and maintain a healthy weight. Aim for a waist circumference below 88 cm



Increase fruits and vegetables. Aim for 7 servings of fruits and/or vegetables a day.



Reduce alcohol intake. Aim for fewer than 2 drinks per day and less than 9 drinks per week.



Manage stress. Stay connected with those who care.



Take your medications as prescribed.



Monitor your blood pressure and keep a log.



If you smoke, find support to quit.



High Blood Pressure
↓
Excess Damage to the Arteries
↓
Fatty Deposits
↓
Narrowed Blood Vessel Walls
↓
Reduced Blood Flow

HEART DISEASE

DIABETES AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

WHAT IS DIABETES?

Pre-Diabetes: Blood sugar is higher than normal.

Type 1 Diabetes: Body does not make enough insulin.

Type 2 Diabetes: Body cannot use insulin properly.

Gestational Diabetes: During pregnancy, not enough insulin is being produced.

RISK FACTORS



Age 45+



Family History



History of Gestational Diabetes



High Cholesterol



High Blood Pressure

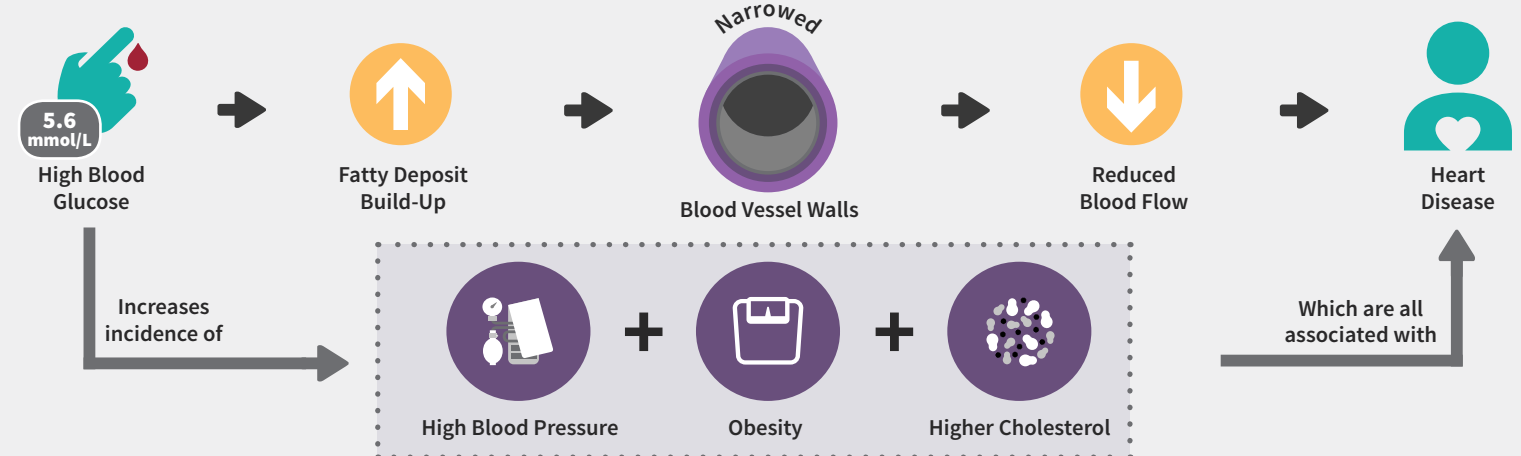


Being Overweight

KNOW YOUR NUMBERS

	Fasting Blood Glucose Level (short-term blood sugar control)	HbA1c Results (long-term blood sugar control)
Non-Diabetics/ Pre-Diabetics	Less than 5.6mmol/L	Less than 6.0%
Pre-Diabetics	6.1-6.9mmol/L	6.0-6.4%
Diabetics	4.0-7.0mmol/L	Less than 7.0%

HOW DOES DIABETES AFFECT MY HEART?



WHAT CAN I DO?

PREVENT



Eat heart healthy. Eat more fruits, vegetables and whole grains. Aim for 7 servings a day.



Achieve and maintain a healthy weight. Aim for a waist circumference below 88 cm.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Manage your **cholesterol**.



Aim for a **blood pressure** of 130/80 or below.



Have your healthcare provider regularly test your **blood sugar**.



If you smoke, find support to **quit**.

MANAGE

Take your medication as prescribed.

MONITOR

A **glucose monitor** will help you test your glucose levels. Ask your healthcare provider how to use it.



HEART DISEASE ACROSS HER LIFESPAN

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](https://yourheart.ca)



Heart disease is the #1 killer of women worldwide and affects women of all ages.



1 in 3 women are affected by heart disease.



Following the reproductive system, the cardiovascular (heart) system has the most sex-based differences.



Your risk for heart disease changes across the lifespan. Know your risk and be proactive.

RISK FACTORS



ADOLESCENT

If you have heart disease, your children are at increased risk. Ensure they begin to have their cholesterol levels checked at an earlier age.

Lifelong habits are created in childhood. Make sure you teach your children healthy eating habits and the importance of movement.



YOUNG ADULT

Early age of menstruation (under 12 years) is linked to a higher risk for heart disease.

Polycystic ovarian syndrome and primary ovarian insufficiency may increase a woman's risk for heart disease.

Know your family history.

Know your numbers (ABC) and what they mean. **A**1C test (blood sugar test), **B**lood pressure, and **C**holesterol.



PREGNANCY

Pregnancy is like a 9-month-long heart stress test. If you delivered preterm, had high blood pressure or diabetes during your pregnancy, it could mean you are at higher risk for heart disease.

It is a **myth** that all pregnancy-related complications go away after the baby is born.

Use your baby's 6-week postpartum checkup as a chance to also ask about **your** overall health, including your heart health.

Ask your healthcare provider if your complications during pregnancy will increase



POST-MENOPAUSE

Menopause before the age of 45 is linked to a 50% higher risk of heart disease.

After menopause, cholesterol levels usually worsen.

Know the risk factors from your life and how they affect your risk for heart disease.

WHAT CAN I DO?

LIFESTYLE CHANGES MATTER AT ANY AGE! **TRY THESE TOP 5 TIPS TO IMPROVE YOUR HEART HEALTH:**



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. (walking, swimming, etc.).



Eat heart healthy. Aim for 7 servings of fruits and/or vegetables a day.



If you smoke, find support to **quit**.



Take your medication as prescribed.



Know your numbers (ABCs) and what they mean. Ask your healthcare provider to test your:

A1C and fasting blood glucose (tests for blood sugars)

Blood pressure

Cholesterol

Copyright © University of Ottawa Heart Institute

PHYSICAL ACTIVITY AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](https://yourheart.ca)



Taking 30 minutes a day to move is great for your health, including your heart health. It improves your **mood**, promotes **better sleep**, and gives you **more energy**.



The **risk** to your health from **not exercising** is the same as having **high cholesterol** or **high blood pressure**, as well as **smoking regularly**.

BENEFITS OF PHYSICAL ACTIVITY



PHYSICAL ACTIVITY HELPS:

- Boost self-esteem and confidence
- Improve fitness
- Maintain a healthy body weight
- Learn new skills

PHYSICAL ACTIVITY CAN LOWER THE RISK OF:

- Heart disease
- Some cancers
- Osteoporosis
- Diabetes
- Obesity
- High blood pressure
- Stress and anxiety



BEING PHYSICALLY ACTIVE:

- Lowers LDL ("lousy") cholesterol and triglycerides
- Increases HDL ("healthy") cholesterol
- Helps control blood sugar
- Lowers body fat
- Lowers blood pressure

WHAT CAN I DO?



Cardio (aerobic exercise) has the most benefit for your heart by lowering your blood pressure and blood cholesterol.



Weight training (resistance exercise) works with cardio to help strengthen your muscles, including your heart.



Stretching (flexibility exercise) reduces muscle tension and improves the circulation of your blood.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



If you are not sure where to start, talk to your **healthcare provider** about options that would be right for you.

GET MOVING!



Walk with friends



Take a class



Play with your pets



Make exercise family time



Take the stairs



Count your steps



Get outdoors



Do you need assistance with:

- Short term course tuition
- Training allowance
- Work gear and/or travel

Available to T'it'q'et Members

Please contact the **Community Adult Learning Centre:**

Ph: **250-256-6007**

Stephanie Joseph, Program Coordinator, Ext. 303

E: calccoordinator@lillooettribalcouncil.ca

Shalyn LaRochelle, Program Assistant, Ext. 305

E: CALC.Assistant@lillooettribalcouncil.ca



*The Government of BC provides funding for the Indigenous Skills Fund and Development Fund Program, administered by the Ministry of Advanced Education and Skills Training (AEST).



First Nations Health Authority

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 TRIBAL COUNCIL

650 Industrial Place, PO Box 1420, Lillooet BC, V0K - 1V0
T: 250-256-7523 F: 250-256-7119 info@lillooettribalcouncil.ca

January 23, 2023

To: St'át'imc communities, staff, partners and organizations

RE: ACTING INTERIM DAY TREATMENT PROGRAM MANAGER- ST'AT'IMC OUTREACH HEALTH SERVICES, LILLOOET TRIBAL COUNCIL

We would like to inform our St'át'imc communities, staff, partners, and other organizations that Matilda Brown has been appointed as Acting Interim Manager of Day Treatment Program effective January 23, 2023. Matilda has some great ideas for the Day Treatment program activities that will commence February 6, 2023, please see attached poster & schedule. If you have any questions regarding the Day Treatment Program, please contact Matilda Brown.

Matilda Brown Contact information:

Telephone: (250)256-7523 ext. 255, Email: daytreatmentmanager@statimchealth.net

If you need any further information, please contact me at 250-256-7523 or email:

healthadmin@statimchealth.net

Respectfully,

Heather Bob

SOHS Health Administrator

Encl. Day Treatment Poster & Schedule

Cc: LTC Chiefs

LTC Administrator

Matilda Brown, Day Treatment Manager



CANADIAN WOMEN'S
HEART HEALTH CENTRE

HEART DISEASE AND WOMEN: WHAT'S AT STAKE?

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

HEART DISEASE IS YOUR
BIGGEST HEALTH THREAT.



It is the **#1 killer of women** worldwide
and it affects women of all ages.

HEART DISEASE **CANNOT BE 'CURED'.**
IT IS A CHRONIC CONDITION.



Lifestyle changes matter at any age.
It's never too late to start improving your heart health.

HEART DISEASE IS
**UNDER-STUDIED,
UNDER-DIAGNOSED,
AND UNDER-TREATED
IN WOMEN.**



Heart disease is different in women than in men.
We need to improve knowledge and awareness.

WHEN IN DOUBT, CHECK IT OUT!
NEVER DELAY GETTING HELP FOR YOUR SYMPTOMS.



Signs and symptoms most experienced by
women are chest pain or discomfort:

- Pressure
- Tightness
- Squeezing
- Burning, aching, or soreness
- Unusual fatigue
- Shortness of breath

WHAT CAN I DO? EMPOWER YOURSELF BY KNOWING YOUR RISKS.

80%
OF RISK FACTORS
ARE WITHIN YOUR
CONTROL TO
CHANGE!

Risks include:



Diabetes
Smoking
Obesity

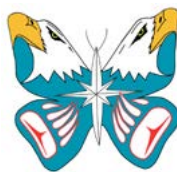


Physical inactivity
Unhealthy diet
Autoimmune diseases
Pregnancy-related disorders



Depression
High blood pressure
High cholesterol





NUKW7ANTWÁL' DAY TREATMENT

HELP EACH OTHER



Our Philosophy: Nukw7antwál' – help each other. Recovery is a process of reconnection. Reconnection to one's culture, to one's family, to one's land, to one's language, to one's community, and most importantly to one's self. Those that know the most about recovery – are those who are going through it. This program is a place for those with lived experience of substance and trauma to share the lessons they've learned through their journey.

Wellness: Medicine Wheel Assessment, Identity/Family Tree, True Colors, Spiritual Coding, Ceremonies, Recreation, Seven Sacred Laws, Grief Loss, Anger Management, Job Readiness, and other topics

Referral: Support or self-referral, All stages of recovery welcome, Do not have to be drug/alcohol-free to be services, All referrals will be invited to participate in recovery planning.

Day Treatment Schedule- Week One: February 6th – 9th, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Staff meeting and client transportation	Staff meeting and client transportation	Staff meeting and client transportation	Staff meeting and client transportation	Staff meeting/Debriefing
9:am	Smudge and song/prayer Introductions Ground Rules/Boundaries Recovery planning – goal setting/ Vision	Smudge & Check In Continue with Medicine Wheel assessment	Smudge & Prayer/song Addictive Behavior/Coping	Smudge & Check In Identity/Family Tree	Paperwork, charting and planning
12:00 noon	Lunch	Lunch	Group lunch	Lunch	Lunch
1 pm	Medicine Wheel Assessment	Journaling	Continue Addictive Behavior	Walk/Yoga Continue to work on Family tree	
4 pm	Closing Prayer/Song	Closing	Closing	closing	
6 pm			Group		

More Information Please Contact Matilda Brown: (250) 256-7523 or email:daytreatmentmgr@statimchealth.net

First Nations Health Authority

Interior Region Mental Health and Wellness

Quick Reference Mental Health and Substance Misuse

Support Resources

Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US:** toll free 1-800-588-8717
- **Indian Residential School Survivors Society** toll-free: 1-800-721-0066
Cultural Supports accessible through the office 1-604-985-4465 Monday to Friday 8:30 am to 4:30 pm
- **Tsow-Tun Le Lum Society:** 1-888-403-3123
- **Hope for Wellness Helpline:**1-855-242-3310
- **Interior Health Crisis Line** 1-888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**
Toll Free 1-800-588-8717
Youth Line 1-250-723-2040
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text 686868
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) foundrybc.ca/get-support/virtual
- **Youth in BC online Chat:** 1-604-872-3311

PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week inquiries@pflagcanada.cawww.pflagcanada.ca

February 2022 Horoscopes



Aquarius (Jan 20-Feb 18)
Happy birthday, Aquarius! Venus enters your Pisces-ruled safety zone, giving you birthday cash and a reframing of your values that inspire you to practice what you teach. There's no security like walking your talk. Sunday's Sun-Mars trine wants you to share a thought, feeling, hope, desire and/or fear to someone who needs to hear it!

Pisces (Feb 19-Mar 20)
Destiny will intercede, Pisces! Venus enters your sign on Thursday, giving you right time, right place moments that help you romantically connect with people out of the blue, and it wants your faith, hope, and optimism that the universe is invested in your relationships. Sunday's Sun-Mars trine wants you to normalize what you're feeling and bring critical awareness and skepticism to emotions that give you undue stress.

Aries (Mar 21-April 19)
Time to let go, Aries. Venus enters your Pisces-ruled completion zone on Thursday, inspiring you to liberate yourself from limiting beliefs, patterns, and people that keep you stuck from receiving the love you deserve. Sunday's Sun-Mars trine wants you to gather with your friends and use the power of open-ended questions to provide understanding and empathy.

Taurus (Apr 20-May 20)
Friend, lover, or both, Taurus? On Thursday, romantic Venus enters your Pisces-ruled friendship sector, inspiring you to intentionally blur the lines between romance and friendship. That way you can bring the best of both worlds to each other and see what happens! Sunday's Sun-Mars trine gives you the groundedness you need to feel proactively productive..

Gemini (May 21-Jun 20)
Connection AND competence, Gemini! Venus enters your Pisces-ruled career zone on Thursday, reminding you that the quality of your professional relationships and competence both determine the nature of your results and success on the job. Sunday's Sun-Mars trine wants you to follow your curiosities to exciting new ideas and strategies that need to be applied quickly!

Cancer (Jun 21-Jul 22)
Long distance love, Cancer? Venus enters your Pisces-ruled travel sector on Thursday, attracting you to partners who are a bit "far away"; whether that's because they're different from your type (which is good!) or they literally live far away. Let that distance teach you some things. Sunday's Sun-Mars trine is an emo one, so get curious, gracious, and compassionate with yourself and others.

Leo (Jul 23-Aug 22)
What does "intimacy" mean to you, Leo? Venus enters your Pisces-ruled intimacy zone on Thursday, giving you experiences, desires, and relationships that allow you to share substantial truths about yourself and get healing, pleasure, and connection from that self-disclosure. Sunday's Sun-Mars trine wants you to apply levity in romance and go deeper with your friendships.

Virgo (Aug 23-Sept 22)
Opposites attract, Virgo? Venus enters your Pisces-ruled romance zone on Thursday and reminds you that chemistry and compatibility only exist in contrast, opposites, and when there's enough of a difference to make a spark. It'll help you reinforce your strengths and inspire you to grow! Sunday's Sun-Mars trine wants you to notice more professional details to discover a solution.

Libra (Sept 23-Oct 20)
It's the little things, Libra! Venus enters your Pisces-ruled attention-to-detail zone on Thursday, helping you notice who notices you noticing them. That's right! So much of relationship success comes down to doing small things often, and recognizing who sees you do the small things. Sunday's Sun-Mars trine gives a boost of confidence by helping you interpret a situation with more optimism.

Scorpio (Oct 23-Nov 21)
Ready to be "seen," Scorpio? Venus enters your Pisces-ruled worthiness zone on Thursday, attracting people and experiences that help reflect you back to yourself. You'll feel a little exposed but grateful that you're understood, valued, and cherished for who you are. Sunday's Sun-Mars trine gives you clear communication that bolsters your emotional intelligence.



Sagittarius (Nov 22-Dec 21)
Can people be "home," Sag? Venus enters your Pisces-ruled belonging zone, magnetizing people and experiences that help you feel emotionally safe, connected, and at home with them. With emotional safety at the foundation, your relationships flourish. Sunday's Sun-Mars trine gives you an understanding of someone's point of view, which could lead to a change of heart!

Capricorn (Dec 22-Jan 19)
Communication is such a turn-on, Capricorn! Venus enters your Pisces-ruled language sector, putting hearts in your eyes for those who can text, chat, and speak with you in creative, empathetic ways, and challenge you to be just as affectionate. Sunday's Sun-Mars trine wants you to focus on embodiment and aligning what you do with how you feel.

March 2023 Newsletter Submission Deadline Wednesday, February 22nd 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

