

Newsletter

March 2023

T'IT'Q'ET MARCH 2023 ISSUE

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TO SUBMIT TO NEWSLETTER















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



March

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	 15	16	 17 St. Patrick's Day	18
19	 20	21	 22	23	 24	25 Beginning of Spring Break SD 74
26	 27	28	 29	30	 31	

RECYCLE DAYS:

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



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



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'ít'q'et Session times:**

- **March 1, 2023**
11am–1pm
- **March 16, 2023**
4pm–6pm

On behalf of LTC, CALC is developing a three year training plan. We want to hear from community members and organizations about training needs.

Meal will be provided and door prizes available.



CALC
3-Year
Training Plan

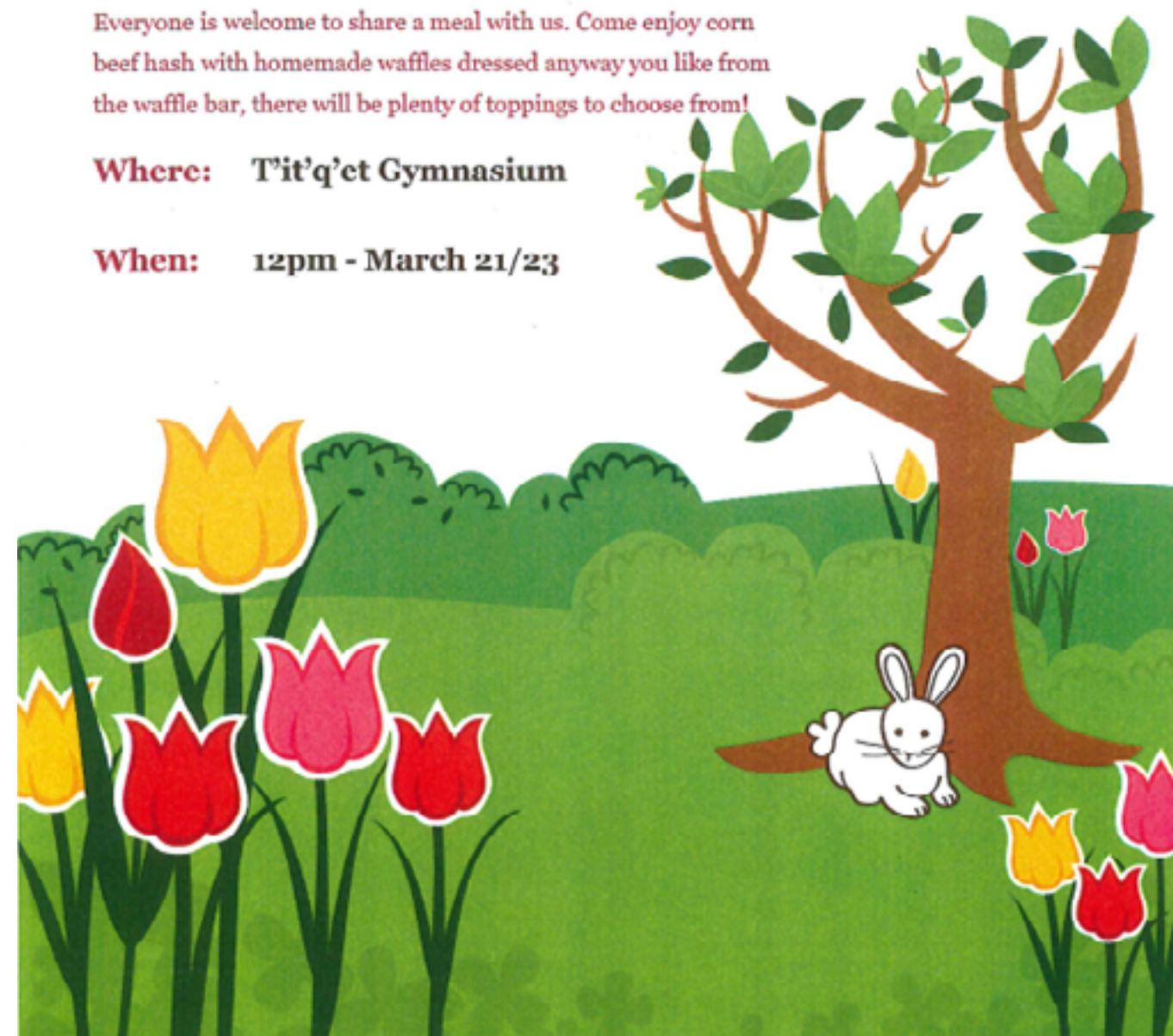
Spring Time Elders Bruncheon



Everyone is welcome to share a meal with us. Come enjoy corn beef hash with homemade waffles dressed anyway you like from the waffle bar, there will be plenty of toppings to choose from!

Where: T'it'q'et Gymnasium

When: 12pm - March 21/23





Doreen Copeland and Jenny Frank wearing their pink sweaters for Anti-Bullying Day at the Adult Day Services Program. Photo credit by Kansas Field, Activity worker at the ADS program. Every Wednesday and Thursday the T'it'q'et Home Support Workers bring these two ladies to the ADS program for socializing, lunch, and games where everyone enjoys their company and we are happy that we can bring smiles and happiness into their lives.

—
Home Support workers Tina Francis and Alexis Leech

**Dr. Bolen our Podiatrist
Will be coming into the
T'it'q'et Community**



FRIDAY
MARCH 03, 2023



**Please contact Medical Clerk
To book your appointment**

Medicalclerk@titqet.org

250-256-4118 ext.241





Purple Beginnings

Cassidy Megan created the idea of Purple Day in 2008, motivated by her own struggles with epilepsy. Cassidy's goal is to get people talking about epilepsy in an effort to dispel myths and inform those with

seizures that they are not alone. The Epilepsy Association of The Maritimes came on board in 2008 to help develop Cassidy's idea which is now known as Purple Day.

In 2009, Cassidy Megan and the [Epilepsy Association of The Maritimes](#) joined forces with [The Anita Kaufmann Foundation](#) to launch Purple Day internationally. As the global sponsors of Purple Day, Cassidy Megan, The Epilepsy Association of The Maritimes and The Anita Kaufmann Foundation are committed to partnering with individuals and organizations around the world to promote epilepsy awareness. The combined efforts of Cassidy Megan, EAM and The Anita Kaufmann Foundation have led to the involvement of numerous organizations, schools, businesses, politicians and celebrities around the world.

Purple Day - March 26

On behalf of the Purple Day Team (Cassidy Megan, EAM, & AKF) we want to thank all the Purple Day Ambassadors and participants world-wide for their efforts in educating people about epilepsy. For more information on how you can get involved, click [Join the Campaign](#). Please wear purple on March 26 to promote epilepsy awareness world-wide.



<https://www.purleday.org/about/>

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



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

are suited for all ages

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!
778-586-3110



Sponsored by Education
Department



Ronnie Gerald Ned Jr.

January 19, 1982 – January 4, 2023

Sorrow in our hearts Sonshine, as “your wings were ready but our hearts were not.” You are now one of our ancestors in the spirit world now. While hiding my tears because my heart is aching, missing your presents. You are a man with a tender loving heart. Truly ready to give a helping hand, you assisted others, the drop of a hat, not saying “I will help you give me 5 minutes, or maybe tomorrow.” Your amazing talents; performance of your skate board, photography, hiking, and many trips to Vancouver. Family or friends requested you to repair their electronics; cell phone, computer screens, computer towers and televisions. The repairs you did for family and friends, if they were not able to pay by cash, you had it in your heart to barter or wave it off with a smile.

Ronnie graduated from Sahali Secondary school in Kamloops and attended career prep training at Tk’emlups. He worked at Kamloops veneer plant and Tk’emlu’ps te Secwepemc Petro Canada for 12 years.

Gratitude to family and friends that assisted; fire keepers, those who delivered wood for the fire, flower makers, cooks, spiritual leaders, clergy, funding’s of bingo & raffles, hand drummers, food & monetary donations, Raquel Kane creating the beautiful pamphlet, and Luther Brigman’s amazing talent of making the land marking, burial & top box makers and Ashcroft funeral home. Michael and Linda main organizers.

Sincere thank you from the Machell and Ned family.



Service BC Lillooet and our outreach team are scheduling initial outreach service, including a 30-minute presentation on March 29, 2023

in the Resource Room at the P’egg’ig’lha Community Centre at 59 Retasket Drive

Schedule:

- 9:30 am–10 am.: outreach information session; everyone is invited and open to feedback and questions.
- 10 am to 3:30 pm: Service BC Lillooet employees will provide services such as identifying Service BC cards, processing Vital Statistics applications, including Legal Change of Name, Reclamation of Ancestral Indigenous name based on Truth and Reconciliation, Commissioner for Taking Affidavits, and so on.

Service BC Lillooet.

Service BC is a division of the BC government that provides front line support for many of the hundreds of programs on behalf of different BC ministries.

The most popular services that Service BC provides are:

- Income and Disability Assistance
- Set up BC service Card
- Set up BCeID
- Birth Certificate
- Marriage Licence and Death certificate
- Name change
- commissioning
- Landlord and Tenant Relations
- Mining certification
- Rural Property Tax
- Hunting and Fishing Licence
- MSP

Service BC Lillooet have been identified that some rural and Indigenous communities require additional support/ education on the services available through Service BC, and assistance in accessing these services.

Our goal with this program is threefold:

1. Provide outreach services to citizen in remote communities that may have difficulty in accessing Service BC program.
2. Provide information on the services available through Service BC as well as job opportunities within the BC government and how to apply.
3. Establish a communication channel/liaison relationship with communities’ administration or leadership to assist community members in between visits.

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 Outreách 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

**DON'T
FLUSH US!**



The only things that are okay to flush down the toilet are pee, poo and toilet paper. Anything else wreaks havoc on our sewer system. Find out why:



UNFLUSHABLES.CA

**WIPES • PAPER TOWELS • MEDICATIONS • HAIR
TAMPONS + APPLICATORS • FLOSS • CONDOMS**



T'it'q'et Health Department

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

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

February 14, 2023

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

Re: Septic system

This is a friendly reminder; your septic system is not a trash can. Do not put dental floss, feminine hygiene products, flushable wet wipes, baby wipes, condoms, diapers, cotton swabs, cigarette butts, coffee grounds, cat litter, paper towels, clothes, cloth, toys, house hold items, latex paint, pesticides, or other hazardous chemicals into your septic system.

Never put feminine hygiene products/sanitary napkins down the toilet even if the label indicates that you can do so. Those are not meant to be disposed of in that manner; besides backing up the pipes, you could damage your own plumbing system. When feminine hygiene products/sanitary napkins get flushed down the toilet, it clogs up the pumps and lift station. This makes the contaminated water (from the feminine hygiene product) go back into your homes through the pipes.

O&M will have to spend hours at a time to clean out the pumps and lift station, it is a significant health risk as a result of exposure to blood and other potentially infectious materials, they are in a confined space entry, at risk of falling 10' feet, can be exposed to hazardous/explosive gas such as mustard gas (mixture of ammonia and bleach), and have depleted oxygen levels when they are in the lift station.

Clogged toilets and septic tanks contribute to pipe blockages, which lead to unscheduled maintenance calls, and time-consuming cleanup. The District of Lillooet is also affected when it comes to clogged toilets.

Please keep in mind, no one should have to view, smell, or handle your discarded products.

Do not use any harsh chemicals for a clogged drain. Instead, use boiling water or a drain snake to open clogs.

If you have any questions or concerns, please let me know.

Respectfully,

Vanessa Thevarg
Health & Social Services Manager
healthmanager@titqet.org
250-256-4118 ext. 234

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.

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



Ucwalmicw Centre Society & Community Farm

T'it'q'et // 10 Paul Street // P.O. Box 152
Lillooet, B.C. VOK-IVO
Phone (250) 256-0101
Fax (250) 256-0454

Email: gardenforewoman@ucwalmicw.org

NEW PROGRAM at UCWALMICW COMMUNITY FARM STARTING SPRING 2023!!

Introducing the Ucwalmicw Community Farmer Incubator Program

ATTENTION Farmers, new growers, those looking to access land—

The Ucwalmicw Community Farm is seeking two farmers to apply to our Incubator Farmer Program for the 2023 Season. This is a paid program for two participants who have some experience growing vegetables and are ready to start growing and selling their food to community, but who may be struggling to access adequate land, income opportunities and other resources needed to farm.

The Incubator Program includes access to:

- a 50-85 ft x 110 ft plot (approximately 15 3ft rows)
- BCS Tiller w/ various attachments & tools
- Quality organic compost & fertilizer
- Irrigation and irrigation supplies
- Seeds & Greenhouse space for Seedlings
- Tools
- Cold & Dry Storage
- Fuel Budget (for tools and vehicle)
- Weekly Mentorship, or as needed
- Market access to Lillooet Farmer's Market under the collective "Ucwalmicw Community Farmers" as well as option to distribute through other channels (ex. The Hub)
- \$500 to cover personal work equipment & care services throughout the season (physio therapy, gym, massages etc)
- 1 hour per week of Mentorship from experienced local organic farmer
- Max. 25 hours paid weekly labour @ 22\$ / hour + income made @ market

Details:

This will be the first pilot run of this program here at the Ucwalmicw Farm and will require clear, open communication between the farmers and the Ucwalmicw Centre staff in order to address the challenges and adaptations that may arise as we grow together for the first time. Participant requirements are below. Prioritization will be given to BIPOC farmers and applicants from and residing in St'at'imc territory, however all are encouraged to apply this year. All applicants will be notified whether selected or not.

COMMUNITY INCUBATOR FARMER REQUIREMENTS:

- At least 1 season of experience either working for an organic (certified or uncertified) market garden, managing your own large garden plot or running your own farm business; experience is an asset but desire to practice growing food crops on a moderate scale is more important
- Commitment to the full season & desire to sell your own food
- Access to vehicle + license for market days
- Good organizational skills & strategies
- Strong communication & problem solving skills, willingness to work through conflict
- Reliable & able to manage their own time according to the guidelines set out by the Ucwalmicw Centre & Farm Manager
- Ability to represent Ucwalmicw Centre & Farm well at Farmer's Market
- Ability to handle cash transactions at market as well as willingness to learn some basic book & record keeping for financial tracking
- Ideally someone who is considering farming as a career, for income or is eventually wanting to start their own farm. Willingness to learn & adapt is a must.

TIMELINE & GUIDELINES

The structure of this program is intended to be starting in March 2023. Community Incubator farmers can work up to 25 paid hours a week on their plot in order to be ready to begin selling at the market in May/June. They may grow in a plot up to 85 x 100 ft of space or less, however, financial projections will be created at the beginning of the season in order to help establish what each farmer will grow to offer to market which will determine the amount of space needed (ex. Crop Planning). They may keep whatever income is made from the sale of vegetables and will be responsible for tracking that weekly so that we may have solid financial and marketing information for each farmer by the end of the season. The purpose of this program is to provide access to land and opportunities for new community farmers without land, however it has also been created because Lillooet is quickly losing access to organic vegetables and produce through the Farmers Market, thus this program will provide an important and unique opportunity for new growers to establish a presence at the market and begin the process of collectively growing and selling crops while sharing in the abundant agricultural resources of the T'it'q'et community. We are seeking farmers who will be respectful and honorable participants in this new program and will work with mindfulness for the community whose land they are farming on and those they work alongside. References & interview will be required.

Please send an email to the Farm Manager, Chelsea Tims in order to apply.

In your email, please attach a resume, list your preferred name & whether you live in St'at'imc territory or not. how you heard about the program and briefly why you are

Preschool, 3 yr. Old Program & Daycare

#44 Retasket Drive Lillooet BC V0K 1V0
Phone: 250 256 0033 / Fax # 250 256 0556

3 Yr Program & Daycare

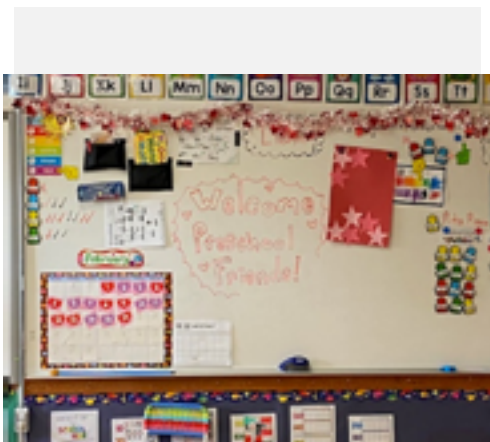
It has been a great half of the year this year with our 3 yr. old Program & daycare friends. We have had an exciting month of February 2023, we learnt about friendship, we learnt how to make friendship necklace and bracelets. We handed out valentine cards to our teachers and friends here at T'it'q'et 3 yr. old Program & Daycare.

On Valentines Day we all went on a fieldtrip to the L.S.S High School to participate in their special event valentines pow wow, we seen lots of activities around and hand drummers, pow wow dancers.

We are happy to see our we are happy to participating on Coho fry again this year to raise the coho eggs into fry little fishes. Kevin Duncan and his helpers came into our classroom and set up the fish tank and gave our classroom posters and information on coho cycling guide. Our class participated in Anti Bullying Prink shirt day. We learnt how it can hurt our feelings when or if someone gets bullied.

Preschool

It's been a busy couple months, we have gone on a couple field trips this month to Cayoosh Elementary and George M Murray Elementary to visit the kindergarten classrooms to meet the teachers and kindergarten friends.



On Valentines Day we went on a field trip to the high school to the Powwow the children had such a great time.

We got to celebrate Chinese New Year and had a hot lunch ordered totem.

Important Announcement

We are expecting 3 yr. old Program registration forms for September 2023 / 2024 year. Your child will need to be turned 3 yrs. old on or before end of December 2023. Registration is also open for Preschool, your child will need to have turned 4 by the end of December 2023.

Please fill free to stop by or call 250 256 0033 T'it'q'et Daycare Building for a registration form or online @ [Pre-School/Day Care – T'it'q'et \(titqet.org\)](#).

Upcoming Events

All programs will be CLOSED From March 27th - March 31st for SPRING BREAK. We will reopen Monday April 3, 2023.

get TESTED FOR GLAUCOMA

Glaucoma is a group of related eye disorders, resulting in progressive damage to the optic nerve of the eye. The major risk factor is intraocular pressure (IOP) that, when sufficiently elevated, will damage the optic nerve.

the FACTS

there is no CURE

Every one in 200 people aged 40 have glaucoma, which rises to one in eight by aged 80.

The most vulnerable include:



Family members of those with glaucoma have a ten-fold risk of getting glaucoma themselves

Glaucoma is the most common cause of irreversible blindness

In many cases, glaucoma may be asymptomatic, meaning it shows no symptoms; half of those living with glaucoma are unaware that they are affected

AI can revolutionise early detection on a larger scale; giving more accurate diagnosis

The high-rate of glaucoma is largely attributed to subjective factors including:

- NON-COMPLIANCE
- LATE PRESENTATION
- LACK OF KNOWLEDGE
- HIGH SEVERITY AT TIME OF DIAGNOSIS

78million have glaucoma

111.8million are predicted to have glaucoma by 2040

90% of glaucoma is undetected in developing countries

1billion have no access to eye-care, due to unfair distribution

KNOW WHEN TO GET CHECKED

Because, the **EARLIER** the diagnosis, the less damage will be done and the more vision will be saved!

BEFORE AGE 40 every 2 - 4 years

FROM 40 - 60 every 2 - 3 years

AFTER 60 every 1 - 2 years

World Glaucoma Week March 12 - 18, 2023

World Glaucoma Week is a global initiative of the World Glaucoma Association (WGA) to raise awareness on glaucoma. It includes a series of global activities alerting people to have regular eye and optic nerve checks to detect glaucoma earlier, thus preserving sight

What is the World Glaucoma Week trying to do?

Globally alert people to have regular eye checks & detect glaucoma earlier

Increase glaucoma awareness

Increase global accessibility to knowledge and eye-care

Ultimate goal:
PRESERVE SIGHT GLOBALLY

The world is bright, save your sight

#gettested #glaucomaweek



World Glaucoma Week

March 12-18, 2023

What is glaucoma?

Glaucoma is a chronic, progressive, degenerative disorder of the optic nerve that produces characteristic visual field damage. Glaucoma is the second cause of blindness, and importantly: it is irreversible.

It is estimated that around 80 million people have glaucoma worldwide. Approximately 50% of the individuals with glaucoma are unaware that they have the disease, and this number may be even higher in underdeveloped countries. This is because in its early stages, glaucoma is asymptomatic. If untreated, glaucoma may progress to blindness.

Periodic testing allows early diagnosis to prevent visual disability.

Learn more about glaucoma on www.glaucomapatient.org
Glaucoma information for the general public, patients and their relatives
brought to you by the [World Glaucoma Association](http://www.worldglaucomaassociation.org)

First Nations Health Authority

Interior Region Mental Health and Wellness

Quick Reference Mental Health and Substance Misuse

Support Resources



First Nations Health Authority
Health through wellness

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 Line** 1-800-563-0808 (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.ca www.pflagcanada.ca

March 2023 Horoscopes



Pisces (Feb 19–Mar 20)

Connect with your bod, Pisces! Venus enters your Aries-ruled embodiment zone on Monday and helps you connect your body to your beliefs, values, and desires. The goal here is mind-body-spirit integration. This weekend's Moon-Uranus conjunction wants you to try a different communication technique in an effort to foster understanding and clarity.

Aries (Mar 21–April 19)

Relationship reset, Aries! Venus enters your sign on Monday and you'll be the belle of the ball, attracting new relationships, deepening the ones you're in, and/or perhaps even completing dynamics that served their purpose. This weekend's Moon-Uranus conjunction inspires you to balance and manage your competing but necessary needs for stability and growth.

Taurus (Apr 20–May 20)

The past travels with you, Taurus. Venus enters your Aries-ruled closure zone on Monday and inspires you to release yourself from patterns, behaviors, and people from the past that don't help you in the present. This weekend's Moon-Uranus conjunction in your sign gives you the perfect catalyst to make those necessary changes and keep doing what works, too.

Gemini (May 21–Jun 20)

Friend, lover, or both Gemini? On Monday, Venus enters your Aries-ruled friendship zone, which wants you to blend the best of romance and friendship in all your relationships. Go deeper with friends and have more levity with lovers. This weekend's Moon-Uranus conjunction is a tender one, so give yourself space and compassion to be with whatever feelings come up for you!

Cancer (Jun 21–Jul 22)

Competence AND connections, Cancer! Venus enters your Aries-ruled career zone on Monday, which helps you find the connections that support your professional competence—especially in leadership roles and/or self-employment opportunities. This weekend's Moon-Uranus helps you connect with your friends in ways that want you to mutually support each other!

Leo (Jul 23–Aug 22)

Long-distance love, Leo? Venus enters your Aries-ruled travel sector on Monday, which inspires you to travel either literally, or "travel" mentally/emotionally towards understanding other people. Whichever it is, a little curiosity will go a long way! This weekend's Moon-Uranus conjunction is a productive, professional one, so leverage efficiency, ambition, and urgency to wherever you want it!

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)

Opposites really do attract, Libra! On Monday, Venus enters your Aries-ruled romance zone, attracting you to partners outside of your type in an effort to reinforce your strengths and help you grow outside of your comfort zone, too. This weekend's Moon-Uranus conjunction is a passionate and sexy one, so own your desires and speak on them as unapologetically as possible!

Scorpio (Oct 23–Nov 21)

It's the small things, Scorpio! Venus enters your Aries-ruled attention to detail sector on Monday, helping you notice the small things in relationships that really matter. Plus, this helps you notice who notices you notice them! This weekend's Moon-Uranus conjunction inspires you to negotiate and seek more understanding as passionately as you seek wanting to be understood.

Sagittarius (Nov 22–Dec 21)

Express yourself, Sag! On Monday, Venus enters your Aries-ruled courage zone, helping you tell your big stories, wants, and longings to people who genuinely need to hear it. You'll be rewarded for your brave vulnerability. This weekend's Moon-Uranus conjunction motivates you to be proactive with a routine and set your week up for success.



Capricorn (Dec 22–Jan 19)

What does "desire" mean to you, Capricorn? Venus enters your Aries-ruled "wanting" sector on Monday and helps you own your wanting by liberating you from past wounds that made you feel like you can't ask for what you want. This weekend's Moon-Uranus conjunction helps you share more about this delicate but life-affirming process.

Aquarius (Jan 20–Feb 18)

Intelligence is a big turn-on, Aquarius! On Monday, Venus enters your Aries-ruled intellect zone, inviting your best communication practices and attracting you to people who know how to use their words passionately. This weekend's Moon-Uranus conjunction encourages you to cultivate more emotional safety, so be deliberate about finding places and people that feel like home!

April 2023 Newsletter Submission Deadline Thursday, March 23rd 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

