

# Newsletter

July 2023

## T'IT'Q'ET JULY 2023 ISSUE

Lands–Page 5

Updated staff list–Page 6

St'at'imc Grads – Page 15

## TO SUBMIT TO NEWSLETTER

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 37


















# July

## 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 Canada Day
2	3 Office Closed	4	5  	6	7 	8 Loonie Auction pg 11
9 Grave Yard Clean-up	10 	11	12 	13	14 	15
16	17 	18	19 	20	21 	22
23	24 	25	26  Elders Luncheon	27	28 	29 Drum making
30 Drum making	31					

### RECYCLE DAYS:

July 5–Plastics

July 12–Glass

July 19–Tins

July 26–Cardboard/Paper



**GRAVE YARD  
ANNUAL CLEAN-UP**

July 9, 2023

The Elders Council are inviting community members to come and pay respect to our Ancestors, scheduled clean-up date July 9, 2023. Come as early as you want to visit family members and clean their grave sites and other Ancestors.

Lunch will be served after clean-up, we look forward to the families coming together to pay our respect to our Ancestors

# **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@titqet.org](mailto:accountspayable@titqet.org) from your e-transfer list and send all payments to Lesley Napoleon at [bookkeeper@titqet.org](mailto:bookkeeper@titqet.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



## SAVE THE DATE THE ST'AT'IMC (PC) 2011 TRUST

### 2022 Annual General Meeting

The Trustees of The St'at'imc (PC) 2011 Trust will be presenting an update to all Community Members on the Trust's fiscal year ending December 31, 2022 which includes activities of the Trust and an Investing 101 presentation. Please hold September 6<sup>th</sup> and/or 7<sup>th</sup>, 2023 in your calendars to attend the meeting(s). Everyone that hands in an evaluation form at the end of the meeting will be entered for the door prize(s) draw.

N'Quatqua	Tsal'alh
Samahquam	Ts'kw'aylaxw
Sekw'elw'as	Xaxli'p
Skatin	Xa'xtsa
T'it'q'et	Xwisten

**Wednesday  
September 6, 2023**

Xaxli'p Hall

AGM  
5:00 pm – 8:00 pm

**Dinner will be  
provided**

**Thursday,  
September 7, 2023**

SKWAH – OLD HALL  
619 Wellington Avenue,  
Chilliwack

AGM  
5:00 pm – 8:00 pm

**Dinner will be  
provided**

**Wellness Matters!** Please do not attend if you are experiencing flu like symptoms. Masks are welcome and will be made available.



## **T'IT'Q'ET LANDS AND NATURAL RESOURCES**

### **July Newsletter Report**

**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 Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom.

- **Lands Committee**  
Has revised its Work Plan. All completed goals have been moved to the end of the plan. Saves time when reviewing the plan at each committee meeting.
- **Law-Making & Enforcement**  
The Lands Committee met with St'atl'imx Tribal Police Chief Constable Doss-Cody to discuss enforcement of future T'it'q'et land laws.  
The draft Enforcement and Ticketing Law is being reviewed by Mandell Pinder and the next draft will be reviewed at the July 4<sup>th</sup> meeting.
- **Natural Resource Management**  
The final draft of the Environment Management Plan is being prepared for review. There was a community session held with T'it'q'et members and consultants from Dillon Consulting.
- **Lands Administration**  
There is a draft permit agreement with BC Hydro that the committee is reviewing with help from Mandell Pinder.
- **Financial Management**  
There is a potential 5 year funding agreement being negotiated between the Lands Advisory Board and Ottawa. This funding agreement will be voted on by the directors of the Land Advisory Board.
- **Dispute Resolution**  
The Lands Committee met with Ernest Armann of EHA452 & Associates to discuss the Dispute Resolution Process. The committee has a draft that is being reviewed. The committee is hoping to find a case study of a land dispute from another land code First Nation.

T' it' q'et: (250) 256-4118 fax:250 256-4544

<u>Staff List</u>		<u>Extension</u>	<u>Email</u>
Administrator	Janice Whitney	223	<a href="mailto:tfnadmin@titqet.org">tfnadmin@titqet.org</a>
Finance Manager	Sabrina James	226	<a href="mailto:tfnfinance@titqet.org">tfnfinance@titqet.org</a>
Bookkeeper	Lesley Napoleon	227	<a href="mailto:bookkeeper@titqet.org">bookkeeper@titqet.org</a>
Accounts Payable	Vivian Adolph	232	<a href="mailto:accountspayable@titqet.org">accountspayable@titqet.org</a>
Education	Susan Napoleon	225	<a href="mailto:education@titqet.org">education@titqet.org</a>
Social Dev.	Megan Bob (Casual)	229	<a href="mailto:socialdev@titqet.org">socialdev@titqet.org</a>
Building Maint	Ken Taylor	247	<a href="mailto:maintenance@titqet.org">maintenance@titqet.org</a>
Reception	Susie Leech	220	<a href="mailto:reception@titqet.org">reception@titqet.org</a>
Health Manager	Vanessa Thervarge	234	<a href="mailto:healthmanager@titqet.org">healthmanager@titqet.org</a>
Medical Clerk	Nicole Napoleon	241	<a href="mailto:medicalclerk@titqet.org">medicalclerk@titqet.org</a>
Nurse	Subject to change	258	Changes with Ind.Nurse
Housing Coor.	Kassandra Doss	240	<a href="mailto:housing@titqet.org">housing@titqet.org</a>
Housing Assistant	Kirsten Alexander	259	<a href="mailto:housingassistant@titqet.org">housingassistant@titqet.org</a>
L.N.R.O	Stephanie B.-Louie	243	<a href="mailto:lands@titqet.org">lands@titqet.org</a>
O & M Supervisor	Kevin Whitney	248	<a href="mailto:omforeman@titqet.org">omforeman@titqet.org</a>
O & M	Murray Barney	239	<a href="mailto:murrayb@titqet.org">murrayb@titqet.org</a>
Director of Oper.	Christian A.	233	<a href="mailto:Director@peppiglha.org">Director@peppiglha.org</a>
Referrals Clerk	Lacey LaRochelle	231	<a href="mailto:AdminAssistant@peppiglha.org">AdminAssistant@peppiglha.org</a>
Fire Coordinator	Myrus Doss	252	<a href="mailto:firecoordinator@titqet.org">firecoordinator@titqet.org</a>
Home/Com.Care	Shirley T	236	<a href="mailto:hccworker@titqet.org">hccworker@titqet.org</a>
Wellness Coor	Juanita Jacob	242	<a href="mailto:wellnesscoordinator@titqet.org">wellnesscoordinator@titqet.org</a>
Red Cross Coordinator	Michael Alexander	260	<a href="mailto:michaela@titqet.org">michaela@titqet.org</a>
Land Coordinator	Dean Billy	251	<a href="mailto:landcode@titqet.org">landcode@titqet.org</a>
Executive Assistant	Charlene Napoleon	264	<a href="mailto:charlenen@titqet.org">charlenen@titqet.org</a>
Project Manager	Fran Alec	253	<a href="mailto:projectmgr@titqet.org">projectmgr@titqet.org</a>
Project Researcher		253	<a href="mailto:projectresearcher@titqet.org">projectresearcher@titqet.org</a>
Natural Res.Spec.	Denise Antione	238	<a href="mailto:NaturalResources@peppiglha.org">NaturalResources@peppiglha.org</a>



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



**FRIDAY AUGUST 04, 2023**



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

**[Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org)**

**250-256-4118 ext.241**





# Hand Drum and Rattle Making Workshop with Norm Retasket

P'egp'ig'lha Community Centre

Drum Making

Saturday July 29/23 10AM

Rattle Making

Sunday July 30/23 10am

Lunch Provided on both days



# Healing Sessions

...with Barbara M. Moreau

**Dates: July 10-11-12**

**Location: P'egp'ig'lha Community Centre**

**Place: Lillooet, BC**

**DO YOU NEED HELP WITH...**

**Body Aches & Pains**

**Depression & Foggy Brain**

**Attachment Removal**

**Heaviness on the Body**

**Aide in Addiction Recovery**

**Clarity in Life & Solution Seeking**

**Lots of Good Information is Provided**

**\*\*All Sessions are Confidential\*\***

**\*\*Each session is one hour\*\***

**\*\*All Sessions are Prebooked\*\***

**Open to All Members**

**Book with Megan @ (250) 256-4118**

KACKAAMIN FAMILY DEVELOPMENT CENTRE

7830 BEAVER CREEK ROAD

PORT ALBERNI, BC V9Y 8N3

**RECONSTRUCTING THE CIRCLE:  
HEALING THE INTERGENERATIONAL EFFECTS OF RESIDENTIAL SCHOOL LEGACY  
JULY 17 – 21 2023 – RECONSTRUCTING THE CIRCLE  
JANE MIDDLETON-MOZ: PRESENTER**

APPLICATIONS ON THE WEBSITE [WWW.kackaamin.org/other-programs](http://WWW.kackaamin.org/other-programs)

ACCOMMODATIONS PROVIDED 2 / 3 / 4 / 5 bedroom townhouse units available

BREAKFAST AND LUNCH PROVIDED

\*Clients must arrange transportation to and from the centre.

Arrival time on in-take date is 12:00 – 4:00pm

Contact your local patient travel to access mileage and ferry costs

CONTACT JUANITA JACOB WELLNESS COORDINATOR

250-256-4118 EXT. 242

[Wellnesscoordinator@titqet.org](mailto:Wellnesscoordinator@titqet.org)

## FUNDRAISER FOR PAUL NAPOLEON'S 4<sup>TH</sup> YEAR MEMORIAL

# LOONIE/TOONIE AUCTION

**JULY 8<sup>TH</sup> 2023**

**P'EG'P'IGLHA7 COMMUNITY  
CENTRE**

**10AM – 4 PM**



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**TICKETS WILL BE \$2 EACH**

**E-TRANSFERS WILL BE ACCEPTED BY NICOLE NAPOLEON AT:**

[aprilalvina85@gmail.com](mailto:aprilalvina85@gmail.com)

### ITEMS INCLUDE:

- TRADITIONAL MEDICINES
- TRADITIONAL CLOTHING
- CANOPY TENT

- LADIES KNICK KNACKS
- KIDS PRIZES

**AND MORE TO COME**

**ANY DONATIONS WILL BE GREATLY APPRECIATED**

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**THANK YOU FOR YOUR SUPPORT THIS FUNDRAISER IS TO HELP WITH MEALS,  
FACILITY RENTAL AND OTHER COSTS ASSOCIATED WITH THE MEMORIAL FOR  
PAUL NAPOLEON THAT IS SCHEDULED FOR THE END OF AUGUST 2023**



OMBUDSPERSON  
BRITISH COLUMBIA

# HAVE YOU BEEN TREATED UNFAIRLY WHEN RECEIVING PROVINCIAL OR LOCAL PUBLIC SERVICES?

**Come and learn more about  
the Ombudsperson's Office  
with Pathfinder Crystal Bird.**

## **WHEN:**

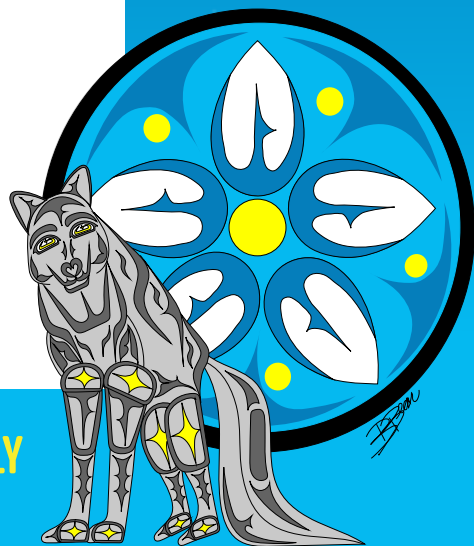
Thursday, July 6, 2023  
11:00 AM - 4:00 PM

## **WHERE:**

**P'egp'ig'lha Community Centre**  
59 Retasket Drive, Lillooet BC

**IT'S YOUR RIGHT TO BE TREATED FAIRLY**

[BCOMBUDSPERSON.CA](http://BCOMBUDSPERSON.CA)





# Notices of sign changes T'it'q'et IR #1 .

Napoleon st. / Retasket dr.



Stop sign at #50 Napoleon st. has been moved to #42 Retasket dr. This will change the flow of traffic.

# T'IT'Q'ET GENEALOGY / FAMILY TREE WORKSHOP

The workshop is to gather historical material and stories of who we are, and how we arrived at being a twig on these branches. Many will find out about their parents, grandparents, and great grandparents back to possibly the ancestors; we each hold a unique history. This exercise will assist the project with the history that is important as a people, community and nation, with

strong values that are connected to our culture and traditions of the P'egp'íg'lha and St'át'imc.



# *Congratulations 2023 Graduates:*



*Kiah Alexander*

*Sasha Riley*

*Xavier Copeland*

*Davin Higginbottom*

*Ava Ostrander*

*Michael W. Leech*

*Ashley Martin*

“There’s nothing and  
no one that can stop  
you from changing  
the world. I see you.  
You’re unstoppable.”

**ALICIA KEYS**

# 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.





## *T'it'q'et Health Department*

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

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

June 22, 2023

T'it'q'et Health Department is excited to announce that we now have two work vehicles for the Home Support Workers to use while they attend to their Home and Community Care Clients, daily. We are waiting on the T'it'q'et Health decals to come in so we can put them on the doors.

These great little cars are 4-wheel drive which we need in the territory that we live in, they are high enough for clients to get in and out of when they have Dr.'s appointments, need to go shopping, pick-up prescription etc., there is room in the back to haul groceries and the seats fold down if they need to haul medical equipment such as a wheelchair.

This will save the wear and tear on the Home Support Workers own personal vehicle as we all know vehicles are very expensive to maintain i.e: regular maintenance, tires, brakes/rotors, Kilometers, and more....

T'it'q'et Health has two full-time permanent Home Support Workers, one full-time part-time, and one casual weekends/holidays who work in the Home and Community Care Program.



S7at'sxstsút (Take care),

Vanessa Thevarge  
She/Her  
Health & Social Services Manager  
T'it'q'et

[www.titqet.org](http://www.titqet.org)

RECONSTRUCTING THE CIRCLE:  
**HEALING THE  
INTERGENERATIONAL  
EFFECTS OF  
RESIDENTIAL SCHOOL  
LEGACY**



**Kackaamin**  
FAMILY DEVELOPMENT CENTRE  
7830 Beaver Creek Road  
Port Alberni, BC V9Y 8N3



**"Reconstructing the Circle: Healing the Intergenerational Effects of Residential School Legacy".**

July 17 – 21, 2023

Reconstructing the Circle

Contact:

Juanita Jacob

Wellness Coordinator

Titqet Admin

250) 256-4118

cell 250) 256-9410

wellnesscoordinator@titqet.org

JULY 16 - 21, 2023

WITH KACKAAMIN &

**JANE MIDDLETON-MOZ**

accommodation, breakfast & lunch will be provided.

applications on our website @  
[www.kackaamin.org/other-programs](http://www.kackaamin.org/other-programs)



**Kackaamin**  
FAMILY DEVELOPMENT CENTRE



## *T'it'q'et Administration*

P.O. Box 615  
Lillooet, B.C.  
VoK iVo

phone (250) 256-4118  
fax (250) 256-4544  
[www.titqet.org](http://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 Administration*

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

phone (250) 256 4118  
fax (250) 256 4544  
[www.titqet.org](http://www.titqet.org)

## **JOB POSTING**

Position Title: Part-time Audio and visual recording technician

Term: August 2023 – March 2024

Organization: T'it'q'et Administration

Supervisor: P'egp'ig'ha Language Revitalization Group

### **JOB SUMMARY**

We are looking for a knowledgeable, detail-oriented audiovisual recording technician to join our team. The responsibilities of the audiovisual technician include transporting equipment, setting up cameras, lighting, and video equipment, recording, editing and copying videos, and ordering inventory. The project will produce video recordings of St'at'imc culture and traditions: songs, dances, food and medicine gathering, legends, stories, fishing, and food preservation. Materials produced will be circulated to learners using DVDs, CDs, the T'it'q'et website, and YouTube. To be successful as an audiovisual technician, you should have experience transporting, assembling, operating, and repairing equipment used for multimedia production. A great audiovisual technician is creative, flexible, and detail-oriented, with good communication and teamwork skills.

### **DUTIES:**

Transporting, setting up, and installing media equipment and audiovisual support tools, including speakers, monitors, and cameras  
Running tests on videos, audio, and signals and troubleshooting any problems that arise  
Disassembling equipment, wiring, and support tools in a safe manner  
Performing inventory management on equipment, wiring, and accessories  
Carrying out any cleaning, maintenance, or minor repairs on audiovisual equipment  
Operate mixing, dubbing, editing machinery and equipment  
Operate audio consoles or computers, tape machines, microphones and sound processing equipment at concerts and live events  
Operate audiovisual equipment  
Prepare and operate video recording and playback equipment and edit videos after filming.  
Produce videos per the 6 lesson plans and scripts provided  
Produce copies for circulation

### **QUALIFICATIONS:**

- Education: College or other certificate or diploma from a program of 1 year to 2 years
- Video editor
- Technician
- Proficient with audio and video recording equipment and editing software
- Strong problem-solving abilities, excellent interpersonal skills and communication skills



- Strong time management skills with the ability to set priorities and pay attention to detail
- Able to work both independently with little supervision as well as able to work well as part of a team

**REQUIREMENTS:**

- Have an interest in St'át'imc language revitalization.
- Reliable worker, punctual, positive attitude, strong work ethic and team-worker.
- Abide by T'it'q'et employment policies and procedures.
- Must have extensive AV equipment operational and computer knowledge.
- A valid driver licence and access to a reliable vehicle.
- Able to pass a criminal records check.

**CONFIDENTIAL INFORMATION:**

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

Please forward your cover letter and resume to [languagecoordinator@titqet.org](mailto:languagecoordinator@titqet.org) or drop off to T'it'q'et receptionist at #59 Retasket Street.

**Will remain open until position is filled.**



## *Tłı̨t'q'et Administration*

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

phone (250) 256 4118  
fax (250) 256 4544  
[www.titqet.org](http://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

**POSTING NO. LSS-22/23-05**  
**LILLOOET SECONDARY SCHOOL**  
**1.0 FTE Continuing Teacher – Middle School Generalist**  
**5 September 2023**



[Lillooet Secondary School](#) enrolls approximately 202 students in Grades 8 through 12, of which 71% are of Indigenous ancestry. Lillooet Secondary is located in the [District of Lillooet](#) which lies on the unceded and traditional territory of the St'at'imc First Peoples. The school's [Action Plan for Learning](#) guides the work of the school.

**REQUIREMENTS AND QUALIFICATIONS:**

The successful applicant must have or be eligible for membership in the Ministry of Education Teacher Regulation Branch, and possess:

- Knowledge of Ministry of Education's redesigned curriculum and core competencies.
- Evidence of appropriate qualifications and experience in teaching at the middle school level.
- A proven ability with assessment as and for learning strategies.
- Successful experience integrating local Indigenous culture and traditions into curriculum, or
- Familiarity with and understanding of local Indigenous culture and commitment to integrate it into the curriculum.
- The ability to use a variety of teaching and learning strategies that can accommodate the learning needs of all learners.
- Successful experience integrating experiential and/or inquiry learning opportunities into the curriculum.
- Training and successful experience in teaching and supporting social and emotional learning.
- A proven ability to develop a positive learning environment in the classroom and evidence of strong organization and classroom management skills.
- A commitment to and successful experience working collaboratively in a team setting.
- A commitment to and demonstrated experience using and integrating technology into the curriculum.
- The ability to establish and maintain positive relationships with students, staff, parents, and the greater community.
- A current, valid driver's license and ability and willingness to travel as required.

**FOR information regarding further specifics of the position:**

Please contact the Principal, Mike Seitzinger, at [mseitzinger@sd74.bc.ca](mailto:mseitzinger@sd74.bc.ca)

**APPLICATIONS:**

Please complete the Application for Employment – Teaching Staff, form available on the school district website, [www.sd74.bc.ca](http://www.sd74.bc.ca). Evidence must be given of your ability to fulfill the requirements and qualifications of the position by providing a cover letter, an up-to-date resume giving references, employment and education history, transcripts and current TRB membership. Clearly indicate the posting number and title of the position to which you are applying. Incomplete applications will not be considered.

Applications will be accepted by the undersigned until **4:00 p.m., 4 July 2023:**

**SHARI FEATHERSTONE**  
**Director of Human Resources**

School District No. 74 (Gold Trail), PO Box 250, Ashcroft, BC V0K 1A0

Email: [hr@sd74.bc.ca](mailto:hr@sd74.bc.ca)

*The Gold Trail School District has received approval from the Human Rights Tribunal allowing preferential hiring to persons of Indigenous ancestry. The District may give preference in hiring to persons of Indigenous ancestry who possess the necessary qualifications over other applicants until such time as the percentage of staff of Indigenous ancestry in the School District is equal to the percentage of students of Indigenous ancestry in the School District.*

Do you need to relax?

Do you suffer from headaches or backaches?



## **July 12, 2023 EVENING SESSION**

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhcw (A place to Heal)

**To book an appointment contact medical clerk**

250-256-4118 Ext. 241

[MEDICALCLERK@TITQET.ORG](mailto:MEDICALCLERK@TITQET.ORG)

### Please note

Your appointment is 20 minutes long

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

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

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



# ELDERS LUNCHEON



**JULY 26 2023**

**12:00 – 1:00 PM**

*RESOURCE ROOM*

**EVERYONE WELCOME!!!**

Fulfilling the Dream of P'egg'ig'lha - Looking after Our Children  
Child and Family Services Project

Newsletter report; June 2023

Franny Alec Project Manager  
Charlene Napoleon Executive Assistant

Planning and community engagement;

1. April 26<sup>th</sup>/2023; Met with administration staff to provide updates of the project to date and ask for input towards planning and scheduling of workshops, meetings and events relating to the CFS Project.
2. April 27<sup>th</sup>/2023; Virtual meeting with ISC, T'it'q'et administration and CFS project; topic; Child and Family Services Jurisdiction reform, engagement, and what to expect with from ISC for changes to Child and family services; resources and funding? How is ISC going to advocate for T'it'q'et through this process, and work with us when the community is ready to meet with MSFD to discuss reforming and collaborating with these 2 governments.
  - a. Our next meeting is with both ISC and MCFD June 30<sup>th</sup> 2023, to start the planning stages of working together towards Jurisdiction and Ownership of T'it'q'et Child and Family Service. This process is vital and an important step to lay the foundation of the work that needs to be done by all parties, and to develop a working relationship and understanding of each of our roles in this process.
3. May 16-18 2023; Our Gathering conference; hosted by ISC offered to BC First Nations Leaders, band/community technical supports. The conference purpose is for ISC to provide Leadership and communities; reporting on the ISC financial situation and Programs and Services budgets expected for current and future periods. Which provided each ISC department opportunity to share what's happening, currently being developed and what's new or being planned for with in the department and what is available for each community or First Nations organization. This is the total budget that BC Region ISC received from the Federal Government 2022-2023; \$1.79 Billion. This included a 2.5% increase from prior year due to Covid; in dollars that's \$45.1 million for Covid 19 supports.
  - a. ISC BC; Child and Family Services 2022-2023; budget allocation \$438million
    - i. For Jurisdiction and Engagement; for instance, Splat'sin was the first group in the province and fifth in Canada to sign a Coordination Agreement with Canada and BC for \$136.2 Million over the next 10yrs;  
*(If T'it'q'et feels they are ready for ownership of Jurisdiction of CFS; the goal will be similar to Splat'sin, which will take a few more years to consider this option)*
4. May 26<sup>th</sup>; Jordan's Principle Team; came to the community to share information of Jordan's Principle, what changes are happening for easier access to the needed resources for children and families in need. The presentation was well received by the members in attendance, the facilitators did an excellent job, sharing information; who to contact and what to expect of the application process. We hope to invite this team back to the community possibly in the fall or later in the year.



5. May 27<sup>th</sup> & 28<sup>th</sup> 2023; Char and I participated in the P'egg'ig'lha Council workshop facilitated by Center For First Nations Governance; Satsan and guests; topic; Five pillars of Inherent Right to Self-Government, Laws and Jurisdiction. For the project its important to understand where Child and Family services, development of policies

and procedures along with traditional laws and modern laws how will the laws be implemented and who holds the authority to enforce these laws?

6. April-May-June; Char, Franny and Gena; worked on the CFS project annual report. We were fortunate to use Kirsten Whitney as our graphic designer/publisher, Kirsten did an excellent job on the report. We hope you enjoyed reading it, will be available on the website and each of the Three Council (TC, PC and EC) members will receive a copy of the report also.
7. June 14<sup>th</sup> & 15<sup>th</sup> 2023; Family Tree-Genealogy Workshop with Aboriginal Genealogy Association; Shirley Leon & Sharon Syrette facilitating; with Lloyd and Susan Napoleon, Jack and Barb Narcisse, and Barb Marchand as helpers. The session was great, a lot of work researching the internet, books, and family trees that people brought in to share. The participants enjoyed the sessions; stories were shared, family trees, mementos were displayed with stories, plans are made for social media connection with this group.

#### Ideas for family tree events

1. Picture board
2. Collage with family pictures
3. Shadow box; pictures, jewelry
4. Quilt, embroidery, fabric art
5. Cook book, pictures, recipes

#### Books, literature;

1. Our elders are watching; booklet; Mission BC Library
2. Courage to speak, honor ancestors' stories; By Shirley and Sharon
3. DeeDee indigenous Dream; Yale, Vera Isabell Creighton

#### Names, history, name giving

1. Protocol of family names
2. Significance of name to child/baby



8. Plans are underway with administration staff and CFS project team to bring in more workshops; plans to bring Indian Residential School Survivors Society to community to talk about Colonialism, History & Impacts of IRS, and possibly other topics around mental health and trauma impacts.
9. In September we are planning on bringing Satsan back to community to do a refresher on Governance and Jurisdiction relating to Bill c-92.

CFS; Child and Family Services  
ISC; Indigenous Services Canada  
MCFD; Ministry of Child and Families

## A Manifesto for Self-Care

 [isfglobal.org/a-manifesto-for-self-care/](https://isfglobal.org/a-manifesto-for-self-care/)

This 'Manifesto for Self-Care' presents the key features, aims and principles of self-care.

1. Self-care is a practical, person-centred set of activities that we should all be undertaking to maintain our health, wellness and wellbeing. Self-care can only be undertaken by individuals themselves, although the broader environment can provide vital assistance or present significant barriers.
2. Self-care is a normal part of everyday life in which everyone engages, consciously or unconsciously, irrespective of their circumstances. There is however great potential for making self-care more explicit and increasing its role in personal, family, community and national health.
3. Self-care is both a set of activities and a repetitive cycle of behaviour (Act → Monitor → Recognise → Evaluate → Act). Self-care behaviours involve individual capability, opportunity and motivation.
4. Through self-care people can be healthier and remain so into old age, managing minor ailments themselves. They can also better manage, delay or even prevent the appearance of so-called 'lifestyle' diseases such as heart attacks, strokes, diabetes and many cancers.
5. Self-care does not mean no care, nor does it imply that people are simply left to look after themselves without external support. Rather, an overarching aim of self-care is to move people away from an unnecessary dependence on health professionals and health systems, enabling them—with the appropriate support, tools and knowledge—to take better care of themselves.
6. Self-care is equally relevant for disease prevention and for people with medical conditions, when all the basic elements of self-care still need to be undertaken, along with self-management actions specific to the disease(s).
7. The primary beneficiary of self-care is the self-carer, but other beneficiaries include family members and overstretched healthcare systems. There is an important societal balance to be struck between rights to health and healthcare, and responsibilities towards one's own health and for the consequences of poor lifestyle choices.
8. Self-care presents huge opportunities for all stakeholders, including healthy individuals and patients, governments, policymakers, the healthcare professions, community organisations, NGOs, charities, consumer organisations and intergovernmental organisations. All businesses have an interest in the health, wellness and wellbeing of their employees and some have direct commercial interest in self-care products and services.
9. Self-care is equally important in developed countries and in resource-poor settings, although the nature of the health challenges and the priorities for self-care may vary considerably. Many countries have incorporated aspects of self-care into policies, and promoted some innovation and notable practices. However, all countries are a long way from implementing robust and meaningful policy prescriptions designed to promote individual and population self-care capabilities, shift professional practices, or reorient healthcare systems towards a preventative ethos. While the importance of achieving a salutogenic health model has been acknowledged in theory and in some helpful global rhetoric from the UN and the WHO, there is a long way to go before real transformation.
10. Developing self-care requires systematic development of the evidence, theory and practice. Until now, being substantially outside the remit of current health and social systems, self-care has not received sufficient research and development attention from academia. We are still lacking a definitive canon of evidence that makes the absolute case for self-care and the best ways to implement self-care in real-world settings. There are also many 'silos' of activity important to self-care, with much potential for connection.
11. There is a great opportunity and need for self-care promotion – to articulate and promote the practice of self-care to healthy individuals, patients and all stakeholders around the world. All stakeholders would benefit from the unified strategic global development of a commonly-understood and accepted self-care, where currently they use alternative terms such as healthy lifestyles, self-management or disease prevention. Ultimately, the objective is to promote a consistent, evidence-based narrative which frames the subject of self-care in a way that all stakeholders accept, and which becomes embedded in society.



## ***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.

# T'IT'Q'ET YOUTH MEETING

**WHEN: JULY 9, 2023**

**WHERE: P'EGP'ÍG'LHA CENTRE**

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**Youth 13 – 18: Time 1 – 3pm**

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**Youth 19 – 30: Time 3 – 5pm**

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- Door Prizes
- Snacks, food, drinks

**Youth that stay for**  
**full meeting will be**  
**paid \$50.00 Cash**

**Play, Clean, Go** is vital for preventing the spread of invasive species during outdoor recreation. Whether hiking, camping, birdwatching, or having any other type of outdoor adventure, it is crucial to follow this practice to protect Lillooet's local ecosystems and biodiversity.

By practicing Play, Clean, Go, locals and visitors to Lillooet can ensure they're recreating responsibly, preserving the natural beauty of Lillooet, and safeguarding its diverse ecosystems for future generations.



STOP INVASIVE SPECIES  
IN YOUR TRACKS.  
[PlayCleanGo.ca](http://PlayCleanGo.ca)

Invasive seeds, like burs, can get stuck in our pets fur unknowingly. Take these steps to make sure your furry friend doesn't transport invasives by accident:



**STAY ON TRAILS AND ON LEASH** to minimize the chance of invasives getting stuck (and for safety!)



**BRUSH YOUR PET** thoroughly after every adventure to get seeds and other debris out of their fur

Seeds of invasive species, or plant debris and even insects, can get stuck to your boots, bike tires, and other recreational equipment. To stop the spread, make sure to:



**USE A BOOT BRUSH**, after every hike before moving to a new location.



**CLEAN EQUIPMENT**, like bike tires or the bottom of your tent.



**STAY ON TRAILS** to minimize the chance of invasives getting on your equipment.



**LILLOOET REGIONAL  
INVASIVE SPECIES SOCIETY**

Application Form for existing clients

UPCOMING APPOINTMENTS & REIMBURSEMENTS

For T'it'q'et & Community Members

Provide your request AT LEAST TWO WEEKS IN ADVANCE.

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

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**PATIENT INFORMATION**

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**Legal Name:** \_\_\_\_\_  
Last Name First Name Middle Initial

Contact phone number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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**APPOINTMENT INFORMATION**

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**Business Name:** \_\_\_\_\_

Business Address: \_\_\_\_\_

**Business Ph. #** \_\_\_\_\_ **Fax#** \_\_\_\_\_

**Doctor's Name/** Speciality Type \_\_\_\_\_

**Purpose for Appointment:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Time:** \_\_\_\_ AM / \_\_\_\_ PM  
DD/MM/YYYY

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(PLEASE CUT HERE)

Received by: \_\_\_\_\_

Submitted to: \_\_\_\_\_

Date: \_\_\_\_\_

Please STAMP received



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## TRAVEL INFORMATION

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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.?)

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## MEDICAL PROCEDURE AGREEMENT

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\_\_\_\_\_  
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

MENTAL HEALTH BAGS  
 FROM TEAM T'IT'Q'ET  
 ITEMS SIMILAR TO PICTURES SHOWN  
**DRIVE THROUGH PICK UP**  
 DATE: JULY 05, 2023  
 TIME 2:00 – 5:00PM  
**ONE PER HOUSEHOLD**

# Be prepared for hot weather

As our climate changes, heat waves are becoming more common and more severe. High temperatures can be dangerous to our health. Here are some ways to keep you and your loved ones safe.



## Know who is most at risk and set up a support system for them

Those most sensitive to heat may include Elders, people with health conditions, pregnant people, and young children.

**Did you know?** Extreme heat can be more dangerous than wildfire smoke. If you are too hot inside, go outside to cool down even if there is wildfire smoke.

## See the PreparedBC Extreme Heat Guide for more tips:



## Know the symptoms of heat-related illness

### Heat Exhaustion:

- heavy sweating
- headache
- muscle cramps
- extreme thirst
- dark yellow pee

### Heat Stroke:

- high body temperature
- confusion
- dizziness/fainting
- flushed skin

**Heat stroke is a medical emergency; call 911.**

## Decide if you and your loved ones can stay home

If your home stays very hot and you don't have A/C, try to find other, cooler locations such as shaded areas, basements, bodies of water, or air-conditioned buildings like cooling centres, shops, community centres, and libraries.

To find a cooling centre near you, contact your local:

- Friendship Centre
- Band Office
- Métis Chartered Community
- Circle of Indigenous Nations Society (COINS)



# July 2023 Horoscopes

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## Aries (Mar 21–April 19)

Sweetheart, give into your childhood dreams. The greatest rewards come from allowing yourself to try and try again. Each attempt is a new lesson, another reason to be more grateful. Appreciate how you tumble and fall, even if you're left with boo-boos and teardrops every once in a while. Imagine what it feels like to actualize what you've imagined.

## Taurus (Apr 20–May 20)

You of all people deserve to think bigger, to dream louder, and to speak with intention. Dear Taurus, why wouldn't you be able to actualize your goals and desires? By being born, you have entered into a universe of limitless possibilities. Your willingness to speak up will make the difference between manifesting or suppressing the results of your potential.

## Gemini (May 21–Jun 20)

Babes, maybe you need a finsta or a private blog. Your ability to express yourself is integral to your persona-

lity. If you feel as though you have to put a lock on your mouth or hide from yourself, it's time to ask yourself why? Tapping into your Gemini energy means allowing yourself to be an active communicator. What's got your tongue?

## Cancer (Jun 21–Jul 22)

Finding the words and the courage to share your valuable insights can be a challenge in itself. The world is filled with diverse perspectives, contrarians, and devil's advocates. Sometimes, people may cut you off or try to silence you on the sole basis of their envy. Even so, a part of your calling for the next two years is to learn how to step into the role of teacher.

## Leo (Jul 23–Aug 22)

How do you hold onto what's already been long gone? Living in the past can lead to sadness and grief if you're so focused on past hurts that you forget to look to the future. This New Moon is time for you and your community to identify what's needed to charge forward.

## Virgo (Aug 23–Sept 22)

Feeling aligned with your intimate partners and pals may feel especially challenging right now. Be careful about keeping your head in the clouds or being so down your earth that you bury your potential. We love a hottie who knows how to pick themselves up and chill out when necessary. Being too hot or too cold is working in extremes; learn to be reasonably neutral.

## Libra (Sept 23–Oct 20)

When you meet your needs, you indirectly develop the ability to help

others. Practice patience and grace when met with social rejection. The ability to flow through interesting interactions can make the difference between being a ghost or being notorious. Remember that sometimes it's best to walk away with a neutral face.

## Scorpio (Oct 23–Nov 21)

Have you considered that you're still getting over someone? Of course, a previous love affair doesn't take you off the market, even if you're still waiting for the scars to fade. Practice awareness of your feelings. Who taught you what happiness feels like? Taking stock of your former lovers may feel cringe—and a cringe is an emotional reaction.

## Sagittarius (Nov 22–Dec 21)

Baby, maybe you're projecting familiarity and calling it feelings. Whether the feelings be good or bad, it's important to separate the past from the person in front of you. It's one thing to take note of your emotions, it's another thing to believe a person will behave as you expect them to. Try to hold no expectations, or at least allow your expectations to change and develop.

## Capricorn (Dec 22–Jan 19)

Those positive changes won't work if you are committed to self-sabotage. Love, I know your energy is all about work hard and play hard(er). It's what makes you such a crowd pleaser when you want to be. Mind your bad habits, vices, and questionable patterns. Don't tell yourself that that cocktail is healthy because it has fresh ingredients in it—if you will drink, drink and acknowledge it. Refrain from mixing poison with health.

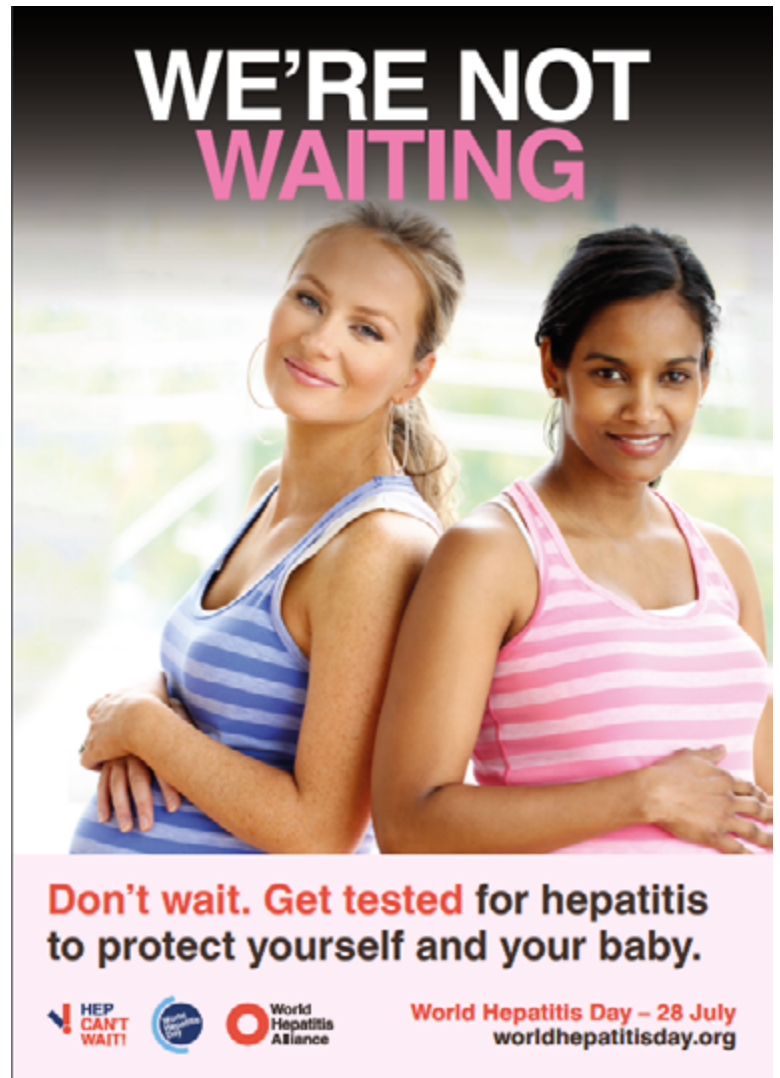


### Aquarius (Jan 20–Feb 18)

Sweetheart, let yourself have fun. How are you miscalculating your value? Whether it be through humility or bravado, it's important to sit down with yourself and assess yourself. Consider yourself from a third person's perspective. Perhaps you are what they call a catch, an asset. You owe it to yourself to see yourself clearly. The world loves confidence.

### Pisces (Feb 19–Mar 20)

Your inability to see yourself clearly is a surefire way to halt your creative process. How will you truly know what it is that you actualize if you have yet to actualize? An invisible sense of self might lead to purposeless creations. Take time to be at home and put your space in order. Rediscover yourself through posters, books, and memorabilia.



**WE'RE NOT WAITING**

**Don't wait. Get tested for hepatitis to protect yourself and your baby.**

**World Hepatitis Day – 28 July**  
[worldhepatitisday.org](http://worldhepatitisday.org)

## August 2023 Newsletter Submission Deadline Thursday, July 20<sup>th</sup> at Noon

anything submitted outside of this date will not be included in the newsletter.

Want to submit to the newsletter? Please email us at [reception@titqet.org](mailto: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**

