

T'ít'q'et Newsletter

2018
Mar

Cover Photo: Doug Grossler

Doug Grossler

March 2018

Community Events



Recycle Days March 7 and 21, 2018

March

19

T'it'q'et Council Meeting
Council Chambers 9:00 AM

23

Open house -
McCartney's Flat IR#4

19 – 20

T'it'q'et Health - Eye Exam
Please book ahead of time

27

Paul Stamets - Mushroom
Researcher 6:30 – 8:30 PM

22

P'egp'ig'Iha Council Meeting
Council Chambers 9am

T'it'q'et Elections

March 25, 2018

9:00 am @ PCC

**YOUR
VOTE
MATTERS**

Composting & Recycling

Workshops scheduled for March at the P'egp'ig'Iha centre Date and time will be posted shortly. A local community member will instruct the workshops and some of the topics will be on:

- What is acceptable / unacceptable to compost or recycle
- Where to store compost and/or recycling to not attract wildlife
- Where to store perishable recycling for pickup
- How to prepare and manage community members' backyard composter
- How to prepare recycled products for pickup
- What, Where and How to utilize community compost and recycling services offered by T'it'q'et

For more information

Contact **Matthew Davidson**

Email: letsgrowstuff36@gmail.com

Phone: **250 256 4118, ext 230**

#10 Scotchman Road, Room 113

Well known mushroom researcher and lecturer

Paul Stamets

is coming to **Lillooet**

*** February 27, 2018 ***

this is a free event, sponsored by
Lillooet Food Matters and Amlec Food Security Project

at T'it'q'et's P'egp'ig'Iha Community Center
59 Retasket Street, Lillooet

Doors open at 6:00 PM - Lecture 6:30 to 8:30
Refreshments to follow

If you care about the land, forests, soil health or habitat restoration . . . or love mushrooms, you will want to attend! Paul will be providing a two-hour introductory talk covering fungi, the ecosystem and how they all work together.

***“... using mushrooms to improve the health of the planet and its people.”
(www.fungi.com)***



AMLEC



For more information contact Angela at 250-256-0470



Film Still: Project X (2012)

Important Notice

Attention: T'it'q'et Tenants

Please be informed, you are responsible and will be held liable if any **Underage Youth** are drinking and partying in your home, especially if any youth are injured in any way.

– Administration

Policy Changes

Department of Indigenous Services Canada (DISC) Income Assistance Policy Changes
Some legal and official changes with AANDC/INAC/DIAND name have now been changed to DISC (Department of Indigenous Services Canada). The provincial counterpart of Income Assistance has also changed to Ministry of Social Development and Poverty Reduction (MSDPR). Additionally there have been some policy changes to the Income Assistance Program as well; all Chapter 10 (Non-Status health benefits) references to the Health Branch or Canada have been switched to the “First Nations Health Authority” (FNHA). All medical costs (on or off-reserve) for “Status” individuals are covered through the First Nations Health Authority (FNHA). This means that the income assistance program does not cover any “Status” medical costs, since FNHA does. For more information, please visit www.fnha.ca or call them at 1-855-550-5454. **Only “non-status” Income Assistance clients living on-reserve are covered by policies outlined under Chapter 10.**

Chapter 3.1 Application process has been updated whereas; to include “work search time periods”, in accordance with provincial MSDPR standards. Meaning, the application process now has several “Stages” whereas, Stage 1 **“new applicants”** must complete “satisfactory work search or are required to complete a work search lasting five (5) weeks” prior to receiving Income Assistance. Past recipients of income assistance or disability assistance **“reapplying”** for assistance are required to complete a three (3) week work search.

Work Search forms can be downloaded from:

<http://www.titqet.org/administration/social-development/> at the bottom of the webpage titled “Work Search”

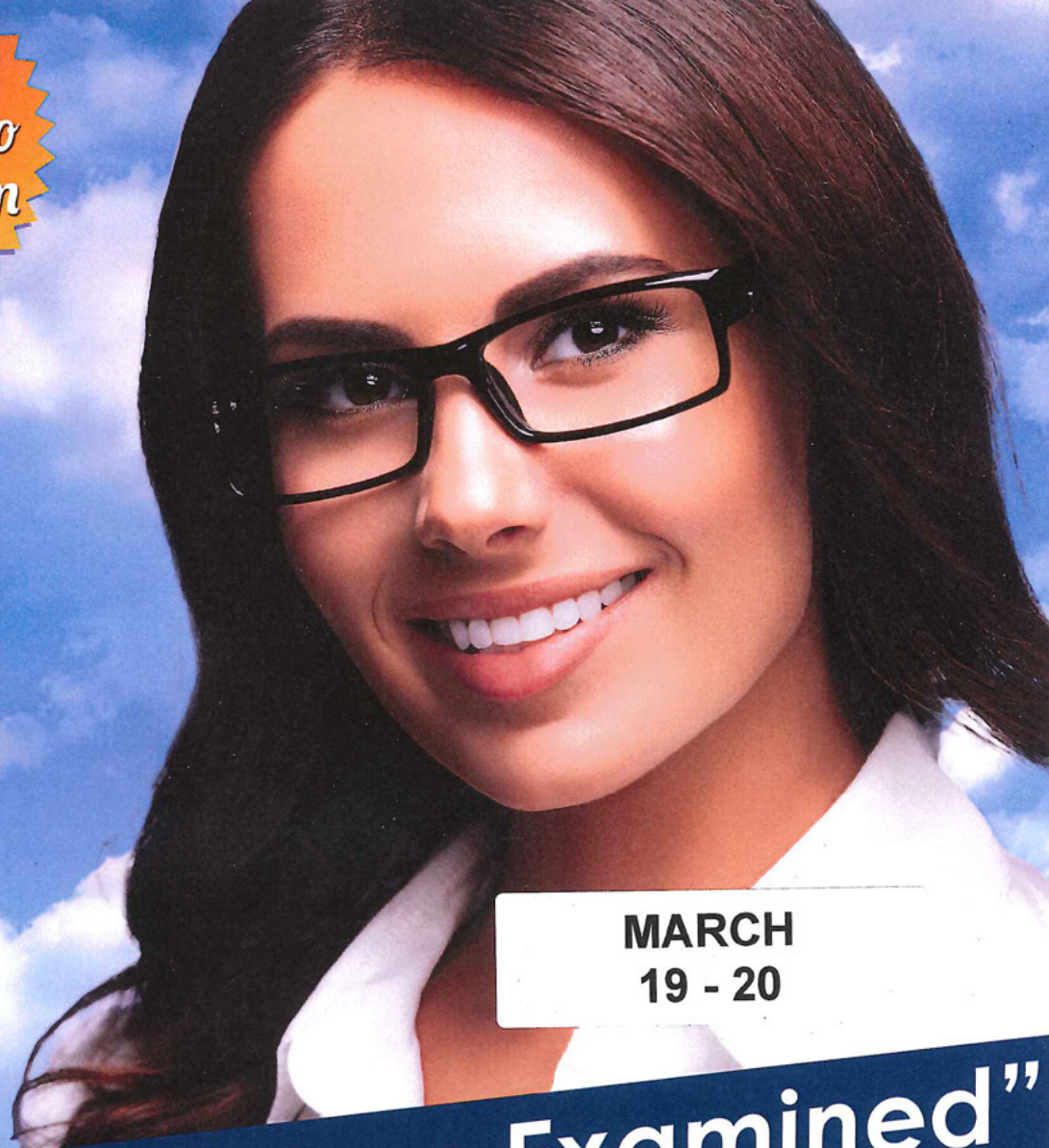
or you can pick up the forms from **T’it’q’et Administration office located at #59 Retasket Street.**

Reminder that T’it’q’et website is now up and running <http://www.titqet.org/> I encourage you to visit the site and explore because posts are updated regularly and we are working hard to improve communication to our members and the public at large.

If you have any questions about this please feel free to come and chat with **Shawn Scotchman**,
Social Development Coordinator
or call (250) 256-4118.

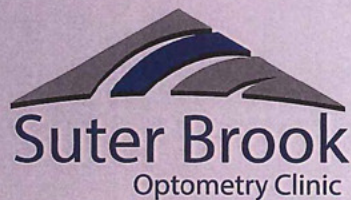
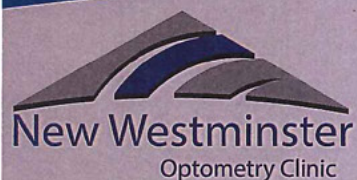
Thank you for your time.

Hundreds
of frames to
choose from



MARCH
19 - 20

"Have your Eyes Examined"
Healthy eyes provide you a better life



COMMUNITY OUTREACH EYE CARE PROGRAM

communityoutreacheyecare@gmail.com

PLEASE
CONTACT

T'it'get Health

250-256-4118

DOCTORS OF OPTOMETRY ARE
VISITING OUR COMMUNITY
SIGN UP NOW!



KEEPING YOUR TAPS CLEAN

It's alright to have some kinds of bacteria around, but there are some nasty bacteria about that you wouldn't want to find on the taps you get your drinking water from.



WHY WORRY?

Your drinking water arrives at your tap clean and safe to drink. It has been carefully treated and disinfected at the water treatment works.

We test your drinking water every step of the way to make sure it doesn't contain anything that would be harmful.

Sometimes, it can be contaminated at the last hurdle - the kitchen tap!



Things like washing raw meat, or even washing hands, can cause the harmful bacteria you are trying to remove to contaminate your tap and the water that comes out of it.

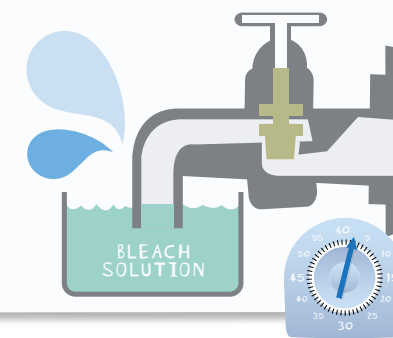
love
every
drop.
anglianwater



WHAT CAN I DO ABOUT IT?

It only takes two minutes.

- Taps should be disinfected regularly using a mild bleach solution.
- You can do this by filling a bottle cap with a mild bleach solution and holding it under the spout of the tap, immersing the spout in the solution for two minutes.
- To give the tap a better clean you could also take it apart and clean the individual parts.



CONTACT US



You can get further information on water quality from our website www.anglianwater.co.uk/dwq or call our Contact Centre on 03457 145 145 24 hours a day, 7 days a week.



Article 1: Why Water is such an Important Resource to our Community

Importance

From our childhood years, our elders have thought us to respect and honour water, emphasizing that it is a sacred gift from our Creator. Because of this, our people always had a special relationship with this resource. Water provides many services for our community. These services include drinking, cleaning, bathing and cooking. In addition to this, the plants and animals that we rely heavily on for food and medicines, also depend on water for their survival. We believe that water is the foundation of our traditional activities and shapes our relationships with our surroundings. For these reasons, we recognize water as the lifeblood, that not only connects all life forms, but sustains life in generalⁱ.



West Coast Environmental Law Association, 2018

Challenges

In recent years, however, we have been observing threats to and misuse of this sacred resource, such as pollution or degradation of our waterways; the transformation of excessive amounts of water for energy/electricity, and the treatment of water as a commodity. In addition to this, our community would regularly practice subsistence gardening of fruits and vegetables. However, because of climate change, we now are faced with concerns relating to water restrictions, especially during the hot, dry summer seasons. We therefore need to consider and plan for these changes in the future, since they will significantly affect our traditional use of water. These threats, either by themselves or in combination, can affect or alter the quality and quantity of our water, which in turn may negatively impact the lives of our community members.

So what can we do in our community to conserve and protect water?

1.) Conserve the use of water in the homeⁱⁱ

- Check for leaks: Check your faucets, pipes and toilet etc. for leaks. Hidden leaks can result in waste of hundreds of gallons of water.
- Install water-saving devices: Water saving-shower heads and low-flow faucet aerators are inexpensive and helps to significantly reduce waste of water in the home.
- Monitor the use of water: A great way to save water is to turn off the shower after soaping, then turn it back on to rinse. It has been recorded that “a four-minute shower uses approximately 20 to 40 gallons of water.” Do the same when brushing your teeth, washing hands, dishes or cleaning vegetables.
- Only use the dishwasher and clothes washer to do full loads: In this way we use less water and energy per load.

2.) Conserve the use of water in your environmentⁱⁱⁱ

- Check for leaks: Leaks outside your home may not be visible but they can waste significant amounts of waters similar to indoor leaks. Check hose, faucets, pipes etc.
- Add mulch to tree and plants: Mulch tends to reduce or slow down the evaporation of moisture. You can add a layer of mulch around trees and plants in your community. Adding mulch can increase the ability of the soil to hold moisture.
- Avoid using harmful chemicals in the environment: The subsistence gardening of fruits and vegetables is one of the key traditional practices of our community. During our gardening activities, however, we should avoid harmful use of pesticides and/or chemical fertilizers. These chemicals pollute waterways (ground and surface water) and pose serious threats to our health.
- Be an advocate and spread the word: Talk with your families, friends and neighbours about how, as a community, we can all conserve and protect our water ways and resources. Community leaders should invite local water providers/environmental experts to community meetings, trainings and information sessions where community members can learn more about water conservation and pollution control. During this time, community members can also learn how to better address and adapt to water restrictions and drought-related issues within the territory.
- Stay informed: Request drinking water quality reports from your water provider on a yearly basis. This ensures that the quality of water has met health standards suitable for consumption.
- Be Observant: Be vigilant, record and report any observations to P’egp’ig’lha Council. This includes dumping of solid and illegal chemicals into waterways. Photos, videos and written notes are most welcome.

Water conservation and protection comes naturally when we are knowledgeable and aware of its importance. We all depend on this sacred resource, and therefore it is everyone’s responsibility to ensure that we have sufficient, good quality water that meets the needs of our community members for generations to come.

Article 2: Key Barriers to Protecting our Water Resource

T’it’q’et like other First Nations in British Columbia and across Canada has the inherent right and title to protect, conserve and manage our water resources. These rights have been recognized by the Crown and are deeply rooted in Canadian law. Having these rights therefore provides us with a platform to challenge the actions or decisions of individuals and/or organizations who decide to pollute or destroy our waters^{iv}.

As stewards of our land, we have the right to be as involved as we can in making decisions that affect our land and water. As indigenous people, our traditional way of life is strongly tied to the water. Water is a powerful resource to us, and many of our St’at’imc stories confirms how necessary is it to gain and use this powerful spiritual resource.

Although aboriginal rights and title seem to be accepted in our province, the sad reality is that when it comes to the consultation processes we are seen as just another stakeholder. This outcome has occurred numerous times and has even been recorded in various reports and studies^{vi}. So why is this such a recurrent factor? One key reason could be the difference in views when referring to the term 'law'. When settlers came, there was an issue recognizing indigenous law because it appeared different to what they had known. Indigenous law focuses on culture and spirituality. It addresses elders' knowledge, stories, songs, art, dances etc., whereas Canadian law focuses on legal orders, courts, jail etc. Despite these differences, it is important that all forms of law be viewed equally and are well respected.



BCWF Bog Blog (2017)

Furthermore, indigenous knowledge and cultural has not been fully considered, nor integrated as part of the current governance/legal system. As such, cultural and spiritual practices that are generally upheld by diverse First Nation communities may not be a part of the Canadian governance system^{vii}.

Thirdly, many First Nations, like us, have funding and capacity challenges^{viii}. This limits our ability to fully exercise our right to protect and conserve our water resources. These challenges include insufficient staffing, training, funding and time. Given these constraints, we are unable to fully participate in water protection, conservation, and management programs that has a direct impact on our territory.

Now, how can we address these challenges?

- 1.) Communities need to work together as one common voice: Since we are a small community, we may not have all the resources we need to sufficiently manage our water resources. Therefore, we need to collaborate with other St'at'imc, and if possible with other First Nations across the province to reduce these barriers. While the scope, focus and resource needs between communities may differ, the goal of a shared plan to sufficiently protect, manage and conserve water resources remains the same. This combined approach may provide the means for communities to benefit from one another in relation to resource and capacity needs. We can do this by networking and by learning best management approaches from each other. Contact the P'egp'ig'lha Council on how you can better get involved!
- 2.) Support the P'egp'ig'lha Council and the Chief and Council on matters concerning water management and protection: Participate in community information sessions and meetings led by the P'egp'ig'lha Council to learn more about your your right to protect, manage and conserve water, and about existing water policies and plans. These sessions ensure that your voice is heard and you will be able to lobby for changes to existing agreements or policies. The Council at this point can share your views with organizations that address water management and governance issues at the government level.

- 3.) Being observant: Be vigilant, record and report any observations to P'egp'ig'lha Council. This includes pollution, such as illegal dumping. Photos, videos and written notes are most welcome.

Thanks for reading!!

Endnotes

Article 1

- ⁱ Assembly of First Nations. (n.d). *Honouring Water*. Retrieved from <http://www.afn.ca/honoring-water/>
- ⁱⁱ Eartheasy. (2014). *25 ways to Conserve Water in the Home and Yard*. Retrieved from http://eartheasy.com/live_water_saving.htm
- ⁱⁱⁱ Eartheasy. (2014). *25 ways to Conserve Water in the Home and Yard*.

Article 2

- ^{iv} Fraser Basin Council. (n.d). *Who does what in Water? Aboriginal Title, Rights and Treaties*. Retrieved from https://www.rethinkingwater.ca/first_nations.html
- ^v University of British Columbia. (2016). *All of the Water that is in Our Reserves and that is in our Territories is Ours*. Retrieved from http://watergovernance.ca/files/2013/01/CWN-EN-Harris_WEPGN-2016-6Pager-Web.pdf
- ^{vi} Sam, M & Armstrong, J. (2013) Indigenous water governance and resistance. A Syilx Perspective.
- ^{vii} University of British Columbia. (2016). *All of the Water that is in Our Reserves and that is in our Territories is Ours*
- ^{viii} University of British Columbia. (2016). *All of the Water that is in Our Reserves and that is in our Territories is Ours* <https://bcwfbogblog.com>

Program Application Outline

Are you a First Nations member from Skwxwú7mesh, Lilwat or Stl'atl'imc with an awesome business idea? Will your idea benefit your community? Do you need some help developing your business concept?

If so, read on!

The Whistler Centre for Sustainability and the Squamish Lilwat Cultural Centre are teaming up to provide a new and unique program, the Skwxwú7mesh Lilwat Stl'atl'imc Business Start-up Program. The program aims to support local First Nations members in developing and launching a new business initiative.

Through the program, entrepreneurs will develop their business concept over four learning sessions, and receive mentorship and capacity-building support. At the end of the program, a community celebration event will provide a fun and engaging opportunity for all the entrepreneurs to pitch their new business ideas and products/services.



CREATING COMMUNITY 'BENEFIT'

By community benefit, we mean outcomes that are good for the environment and/or people. Community benefits could include businesses that:

- Create a stronger culture of Indigenous-based entrepreneurship that can generate greater social, economic, or environmental impact in the region (e.g. Amlec Organic Limited, www.amlec.org)
- Build community confidence and business capacity through meaningful local employment that helps neighbours and communities along the way (604 Movers <https://www.604movers.com>)
- A business that fosters local employment and economic development in your community (e.g. Skwachàys Lodge www.skwachays.com)
- A business that fosters cultural practices (e.g. Creative Journey Studio, www.xwalacktun.ca)

Centre for Sustainability – Whistler

www.whistlercentre.ca | info@whistlercentre.ca

Submit by 5:00pm on March 9th, 2018 to be considered for the program.

For the full application please visit

<http://www.whistlercentre.ca/squamish-lilwat-statimc-business-program/>

T'it'q'et Finance Re: Cheque Days

January 30, 2018

Memo To: Band/Community Members/Staff

From: Finance Department

RE: CHEQUE DAYS

Please note: The Accounts Payable Clerk will **ONLY** be processing Cheques on **Tuesdays and Thursdays**.

All Cheques will be ready for pick-up on Wednesdays and Fridays during regular office hours. Regular office hours are from 8 am to 12 pm, the office is closed from 12 pm to 1 pm, and open again from 1 pm to 4 pm.

To ensure that cheques are done on time, please make sure that your Cheque Requisitions are in the Accounts Payable mail box by the end of the day on **Mondays and Wednesdays**. *This includes patient travel.*

Thank you for your cooperation, so we can ensure you receive your cheque on time.

Finance Department

Open-house - McCartney Flat IR#4

T'it'q'et Administration would like to invite you to an open-house on March 23rd to talk about a number of exciting opportunities relating to McCartney's Flat IR#4. For several years, Chief & Council and Staff have been working to advance a number of community priorities. Design work is currently underway to:

- improve the existing water system safety and reliability;
- connect existing homes to the water system that are located on the upper flats; and
- develop a greenhouse and related businesses.

Our consultant for this work will provide an update on the potential projects design work that is being completed. Your input is needed on the proposed concept and site planning because rezoning and an update of the Land Use Plan will be needed for the greenhouse property. Also, in order to access as much funding as possible and advance to construction, T'it'q'et needs to propose additional housing to decrease the cost per lot of the water system. We would like your input on the proposed location of additional housing that would also require Rezoning and Land Use Plan changes.

A newsletter with more information will be circulated in advance of the meeting.



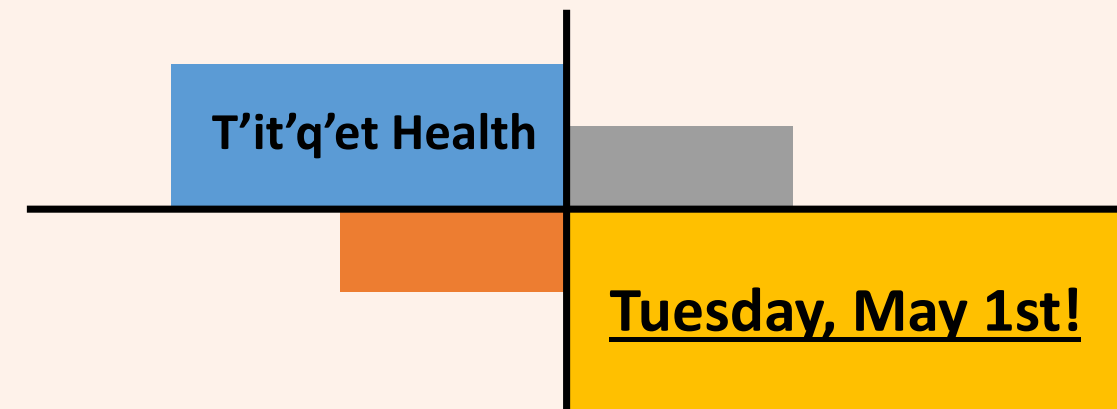
Mobile Mammogram Screening Clinic

Attention, T'it'qet community members. If you haven't gotten a mammogram in the last 12 months, are between the ages of 40 and 79 (if under 40 or over 79, a doctor's referral is required, contact Central Office for more information – 1-800-663-9203), we've got a mobile mammogram screening clinic coming in on **Tuesday, May 1st!**

There are some **risk factors** for breast cancer that a woman can't control, such as a family history of breast cancer. But there are factors that you can influence. For most women, lifestyle and behaviours are much more important factors for breast health than genetic influences. Only 5% to 10% of all breast cancers have a genetic cause; up to 42% are linked to lifestyle factors. The following steps can help reduce your risk of breast cancer:

- Maintain a healthy body weight.
- Maintain an active lifestyle.
- Limit your alcohol intake.
- Breastfeed if possible.
- Weigh the risks and benefits of hormone therapy for menopause symptoms.
- Get screened regularly.

British Columbia's leading cancer organizations have partnered to launch **Five Plus**, a new website that encourages women to take five steps to reduce their risk of developing breast cancer, plus two actions for early detection. To view the Five Plus website, please visit www.fiveplus.ca



If you would like to book an appointment to get a free mammogram, or if you've got any questions, contact Melissa Barney, Health Admin. Assistant at [250-256-4118 Ext. 260.](tel:250-256-4118) or by email at HAAssistant@titqet.org

The clinic will be coming on MAY 1st. Please stop by to fill out a form with your information in by **April 22nd** to ensure we are able to get all client information to the clinic with plenty of notice.

General Update from the P'egp'íg'Iha Council



OFFICE OF THE TRIBAL CHIEF

Tribal Chief Report
Shelley Leech

Due to the Holiday Season, the January 2018 report is brief.

Interior Alliance –No new discussion

St'át'imc Government Services (SGS) –

The process of implementing the new Nation Approach is underway. It is still unclear where communities fit into this plan for SGS. This will need to be clarified at an SCC or SA meeting.

St'át'imc Government Services (SCC)/ St'át'imc Authority –

Callison and Hanna has been retained by the SCC/SA for the Hydro negotiations. Darwin Hanna provided an overview of the issues from the negotiations. These discussions are confidential.

Referrals – Ongoing. The referrals pile up quickly when we don't have a referral clerk. It is hoped that we find a replacement who will be able to process and send responses to proponents. Proponents are often invited to meet to provide an overview on their projects and plans.

Although PC has not received formal correspondence from Shaw Communications, this is one the PC will need to discuss once more information on their plans is received. The LTC received a letter from Shaw will be discussing this at a meeting on January 31 with Shaw.

I also met with Nature Vancouver to review their proposal for a two week camp in McGillvary.

PGWG – The governance group met on January 15 and reviewed the draft Trails protocol. This input will be taken to a meeting on January 31 with LTC, where the protocol will be discussed. The latest draft of the MOU between the northern St'át'imc, the District of Lillooet and the SLRD was also reviewed and comments provided back to the intergovernmental working group.

Lillooet Tribal Council – The notice to leave LTC was extended to 2019. No further update from Chief Kevin.

Personnel – PC has posted for the Administrative Assistant/Referral Clerk position

Please welcome our new Housing Coordinator

Hello T'it'q'et Community Members:

My name is Mona Bill. I have been hired as the Housing Coordinator for T'it'q'et. My parents are Yvonne and Lloyd Thevarge. I am a Tseycum First Nation band member, recently transferred from Cayoose Creek Band. I have worked for 20 years with various First Nations, employed as Reception/Assistant, Band Social Development Worker and Housing Coordinator.

Charlene and I will be working together daily until March 31, 2018. We are excited to work together as a team. Charlene has done a great job in gathering and organizing Housing information and files. We have discussed Housing needs, issues, plans, operations and sharing information, which will be extremely useful in the tasks we wish to accomplish before her departure.

Housing Coordinator's work constantly with CMHC for past and current issues for housing and know it is a huge battle to be successful in securing funds from Canada Mortgage and Housing Corporation (CMHC) and Aboriginal Affairs and Northern Development Canada (AANDC) for renovations. The forms and paperwork are staggering but I enjoy the challenge and renovation aspect. I have been successful in attaining funds in the past and hope to do so for T'it'q'et.

I am eager to work as a team with Chief and Council, Administration and Staff and Charlene and I will do my best in the future for T'it'q'et members.

I look forward to working with you.

All my relations.

–

Mona Bill
T'it'q'et Housing Coordinator

Please welcome our new CCP Community Coordinator

Keely Weget-Whitney
CCP Community Coordinator

Hello my name is Keely Weget-Whitney and I have recently been hired as the community coordinator for T’it’q’et administration. As a community coordinator I have been tasked with working/communicating with Urban Systems, and Administrator. The work in process right now is implementing the “T’it’q’et Council Strategic Plan 2018-2023” There is 5 core strategic directions are as follows:

1. Ensuring safety in the workplace and in the community
2. Promoting wellness through healthy living
3. Identifying and accessing new revenue sources to support desired initiatives
4. Engaging members and delivering programs and services in all four communities
5. Revitalizing relationships

The tasks are a broad description of what direction we all want to see the community of T’it’q’et go in. The funding for my position is from a proposal submitted to INAC called, “BC capacity initiative proposal application”. Please keep an eye out for future events to update, celebrate, and be a part of the bigger picture.

–

Keely Weget-Whitney



Annual Health & Wellness Days

Three day workshop

March 6, 7, 8, 2018

10am – 3pm (all three days)

Xaxli’p Hall

Bring your own jar i.e. a empty spaghetti sauce jar

 Bring your own apron

 Please notify one of the contacts of any food allergies.

Special Guests
Rose Marie James/Nurse Practitioner

Sarah Rommel/Diabetic Dietician
Community Paramedic
Valley Orthotics



➤ Screening
 ➤ Sea Bird Mobile Team
 ➤ Chair yoga
 ➤ Veggie in a jar
 ➤ Dry mixes; Shake-N-Bake, no-salt blend
 ➤ Foot care assessments
 ➤ Crafts
 ➤ Bus Tour
 ➤ And more...

Contact	
Fay Michell	Xwisten
Gail Gaudrey	256-7423
Laura Moore	Xaxli’p
Velma Saul	256-4800
Shonna Jacob	
Alice Saul	
Charmaine John	Ts’kw’aylaxw
Lindzy Aleck	256-4204
AJ Aspinall	T’it’q’et
	256-4118
Vanessa Thevarge	Sekw’el’was
	256-4136
Ang Alexander	Tsal’alh
	259-8232



Everyone Welcome





T'it'q'et Administration

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

phone (250) 256 4118
fax (250) 256 4544

Job Title: Wellness and Addictions Worker

Classification: Bachelor's Degree

Department: Health

Reports to: Health Manager

Term: Full-time permanent, some evenings and weekends

Posted: February 2017

Closes: when position filled

Salary: \$30,940 to \$40,040 plus benefits, depending on education and experience

Job Summary

The Wellness & Addictions Worker (WAW) will develop and deliver, occasionally under the direction of the Clinical Supervisor, culturally safe mental wellness and addictions support to T'it'q'et community members – children, youth, women, & men of all ages. In accordance with the vision and values of the P'igp'eglha and with accountability to T'it'q'et members and leadership. The Wellness & Addictions Worker will strive to offer traditional healing practices alongside mainstream approaches – assisting community members with issues including those that affect their mental health. These may include, but are not limited to: Intergenerational Trauma, Lateral Violence, Parenting Support, Suicide Intervention, Addictions Support, including Naloxone (over-dose) kit training & distribution. Through collaborative teamwork with community partners, our program will work towards providing a safe, wrap-around service for those connected with the WAW, in order to provide a supportive and empowering environment to work through their healing and wellness process.

DUTIES ANDE RESPONSIBILITIES:

Support the community members of T'it'q'et by:

40% of duties:

- Learning about the T'it'q'et wellness and health priorities;
- Ensuring required and requested reporting is completed in a timely manner;
- Provide appropriate monthly newsletter submissions;
- Work with service providers in the St'at'imc territory, and elsewhere as necessary, to help strengthen peer support networks;
- Work with local primary health care team, social service sector and traditional helpers to strengthen integrated (wrap-around) care services in the Northern St'at'imc Territory and to build capacity in case management, evaluation and quality improvement and coordination of services;
- Keep up to date on knowledge of resources within community and outside of community;
- Participate in regular team meetings and team planning activities;

- Participate in on-going professional development and training;

60% of duties:

The WAW will follow two main streams of program delivery – which has as a core value, Aboriginal culture and tradition. While applying mainstream client-centered, strength-based approaches to healing and recovery. The Worker will do this by developing, coordinating, and implementing programs, workshops, group work, activities, and presentations increasing the awareness and understanding regarding:

- Lateral kindness vs Lateral Violence
- Respectful Relationships/Domestic Violence
 - And the effects on children
- Addictions – substance or process
 - Pre & Post treatment support;
 - Naloxone Kit teaching and distribution; and
 - Support for family.
- Lifeskills workshops, treatment programs, and other community/social service programs.

QUALIFICATIONS

Education, Training, and Experience:

- Minimum Bachelor degree from an accredited university in an Allied Health, Behavioural, or Social Science field relevant to the position;
- Minimum two years' recent related experience in a mental health and substance use environment or an equivalent combination of education, training and experience;
- Experience working within a First Nations context;
- Group facilitation experience in both traditional First Nations approaches and mainstream approaches, general competency in concurrent disorders – with all age groups, and genders;
- Practice in a holistic, trauma-Informed, client-centred and culturally safe paradigm.

Competencies:

- Compassionate and caring
- Strong ethical performance standards
- Emotional intelligence, positive, solutions-focused
- Cultural competency and cultural safety
- Healthy personal lifestyle, energetic

Skills and Abilities:

- Excellent communication skills and cross cultural communication experience;
- Ability to develop and maintain budgets, and complete financial and administrative reporting;
- Excellent computer knowledge, filing and record keeping;
- Current valid B.C. driver's license, reliable vehicle, clear drivers abstract;
- Ability to complete successful Vulnerable Sector Criminal Record Check;

Mental Wellness Councillors

Jim Edgar
Mental Health & Addictions
Lillooet Friendship Centre

Office: 250-256-4146
and@lfcs.ca

Joanne Warren
Askom Counselling

Office: 250-256-4906
Toll Free: 1-866-884-5990
askomcounselling@gmail.com

Laura Rhodes
Mental Wellness Outreach Clinician
St'at'imc Outreach Health Services

Office: 250-256-7530 ext. 202
Cell: 250-256-3662
lrhodes@statimchealth.net

Steve Basil
Cultural Liaison

Cell: 1-250-299-6994
sbasil@statimchealth.net

Victim Services

Gloria Joseph
Victim Services
Lillooet Friendship Centre

Office: 250-256-4146
stv@lfcs.ca

Violet Dunn
Victim Services/Stop the Violence/
SAFE Home Program
Lillooet Friendship Centre

Office: 250-256-4146
stv@lfcs.ca

Crisis Intervention

Crisis Intervention & Suicide Prevention Centre
1-800-784-2433

Kuu-us Crisis Line
Provincial Aboriginal crisis line,
24/7 adults, elders, youth
1-800-588-8717

BC Nurses Line 24/7 Support
811

Kids Help Phone Line
1-800-688-6868

Nurse Practitioner

Rose Marie James, NP (F)

Call AJ Aspinall at (250) 256-4118 Ext.234 for more information on appointments

What Services can a Nurse Practitioner provide?

Nurse Practitioners are nurses with advanced training and work much like a family doctor with some limits

Client Group Includes:

1. All age groups across the lifespan
2. Families

Skills:

1. Health assessment skills
2. Diagnostic skills
3. Management of disease and illness
4. Educational skills for various disease processes and health related topics.
5. Specific clinical skills such as:
 - a. Suturing
 - b. Incision and drainage
 - c. Women's health

Tasks:

1. See people in clinic visits for management of disease and illnesses as well as preventative health.
2. Order diagnostic tests (blood-work, x-rays, ultrasounds...Etc.)
3. Prescribe medications (excluding narcotics and controlled substances)
4. Perform pap smears
5. Provide referrals

MARK YOUR CALENDARS

It is time for our yearly tuberculosis (TB) testing. You need yearly TB testing if you live on reserve AND fit into one of the following groups:

- o Health centre staff
- o Daycare and preschool staff
- o Individuals from high risk groups:
- o Diabetes
- o HIV/AIDS
- o Cancer
- o Lymphoma
- o Leukemia
- o Kidney dialysis
- o Organ transplants
- o Low body weight
- o Others that do not fit into the list above are welcome as well.

Titqet Health Centre

April 16, 2015 | 10am-3:00pm

Get your FREE test!

If you have any questions or concerns please call your community health nurse Natasha Hatendi at (250) 256-1584



Mobile Museum

Above Image and Above Right page Image: One of Tony Hardie's Mobile Museum displays

On February 21 & 22, 2018, T'it'q'et Administration brought in Tony Hardie of Mobile Museum <http://mobilemuseum.ca/> to present his collection of British Columbia artifacts that he has collected for decades to educate our Lillooet area children and community. Tony's Mobile Museum started off by touring the lower mainland schools; so Tony was please to come to Lillooet and present to the following schools Cayoosh, George M. Murray, T'it'q'et Daycare & Preschool, and a few Lillooet Secondary School students got to see a 30 minute Power Point presentation regarding pre-contact indigenous culture; to the fur trade and gold rush era; then they received hands-on experience with some of the collection and Tony answered their wonderful questions. Tony and his wife were amazed how smart our young children are and was enormously please on how they sat and listen to his stories and adventures.



Images Left

Image Left: Tony Harding displaying a basket



Image Above

Hand Drums made in Drummaking Class



Drum Workshop Success

Feb 10 – 11th

Susan Napoleon sponsored a drummaking class by **Norman Retasket** @ PCC

T'it'q'et Council Report

March 2018

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

Sunday, March 25, 2018 | 9:00 am
P'egp'ig'lha Community Centre

59 Retasket Street, T'it'q'et IR 1



Violence in Workplace Policies & Procedures

T'it'q'et will be working with First Nation Health Authority (FNHA) for some free training around violence in the workplace. The staff can do brief online module training and at the end of April Dailaan Shaffer will come to do a training session in person. Staff will also be doing training with Justice Institute on March 12, 2018.

ACRES Funding Approved 2017/18

The ACRES project funding approved by Indigenous Northern Affairs Canada (INAC) for infrastructure funding is \$145, 448. It was discovered that the PRV for upper Scotchman Road subdivision was added in the ACRES budget; however, this is a capital cost and not an ACRES item. We will be repairing the storm water issue on Scotchman Road, getting quotes to replace the floor at Kwekwa7, and paving the Retasket Street road if we can get a good cost. Chief Kevin will be meeting with Ministry of Transportation soon and will discuss the cost with them.

BC Rural Dividend Project

The first BC Rural Dividend project is near completion for Feasibility and Market Analysis for the Expansion of T'it'q'et Agricultural/Food Business. We need to set a date for Urban Systems to review with Council.

The second proposal for the BC Rural Dividend for Seton Lake IR 5 Development Phase 2 Preliminary Design was approved. This project will start shortly.

INAC CORP Application

The BC Rural Dividend first project included developing a draft Preliminary Design of Site Servicing Infrastructure report including Feasibility Study and Market Analysis for the Expansion of T'it'q'et Agricultural/Food Business:

- T'it'q'et Greenhouse
- Business Development Plan
- Preliminary infrastructure design

The detailed design must be completed for the infrastructure required to support the creation of the new businesses. Construction-ready drawings can be produced, along with accurate cost estimates based on supplier quotes. The CORP application

submission to INAC to complete a detailed infrastructure design for greenhouse and other businesses was approved for \$201,686 to be completed by March 31, 2018.

ANTCO – Firefighting Business Plan

A firefighting business plan funding application was submitted to ANTCO. ANTCO supports 75% of a business plan. The funding will be accessible April 1. Fire fighting training funds were approved by ASETS. The training will be from March 5 to 12, 2018. The Danger Tree Assessment training has not been set. It will likely be in April.

P&ID Application

An application was submitted for P&ID funds to cover a risk analysis, ongoing communication support with website, newsletter and annual report.

Elections for the following positions:

- One (1)** Tribal Chief
- One (1)** Community Chief
- Four (4)** Councillors

Election Code

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

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

Proxy

Proxy or notice of proxies held must be filed with T'it'q'et no later than 4:00 p.m. local time Friday, March 23, 2018. Proxy may be faxed to (250) 256 – 4544, emailed to reception@titqet.org or dropped off at the reception desk at 59 Retasket Street. To receive a Proxy form, please contact reception at titqet.org or call (250) 256-4118, or pick one up at the T'it'q'et reception desk. An eligible voter may carry only one proxy.

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

Eligibility of Voters:

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

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

Eligibility of Candidates

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

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

Definition of “In Good standing”

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

To confirm ahead of the election if you are “in good standing”, contact the Administrator at **(250) 256-4118 ext. 223** or email tfnadmin@titqet.org

Communication With Staff

For communication purposes, please contact staff through email or phone.

Staff will **not** respond to Facebook messages regarding business related questions.

For general inquiries, please contact Reception at (250) 256-4118 ext. 220.

Susan will be happy to direct you to the relevant staff member who may answer your questions or provide information.

Staff List		Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Finance	Betty Larson	227	bettyl@titqet.org
Payables Clerk	Lesley Napoleon	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Development	Shawn Scotchman	229	shawns@titqet.org
Building Maint.	Ken Taylor	247	maintenance@titqet.org
Reception		220	reception@titqet.org
Health Manager	AJ Aspinall	234	healthmanager@titqet.org
Medical Clerk	Belinda Adolph	241	medicalclerk@titqet.org
Home & Com. Care	Joni & Janita	236	hccworker@titqet.org
Nurse	subject to change	258	changes with ind. nurse
Housing Coord.	Charlene Napoleon	240	housing@titqet.org
Lands	Stephanie Louie	243	stephanieb@titqet.org
O&M Supervisor	George Napoleon	248	omforeman@titqet.org
O&M	Murray Barney	239	murrayb@titqet.org
Gov. Advisor	Shannon Squire	233	pegpiglha.council@gmail.com
Referrals Clerk	Jasmine O'Donaghey	231	pegpiglha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
Public Phone		229	

March 2018 Horoscopes

Pisces (Feb 19–Mar 20)

Spirituality will be in focus for Pisces sun sign during the month of March 2018. Mars and Jupiter will be responsible for the astronomical career growth. Mars will help your monetary prospects and expect money from unknown sources. Love will be spiritual and captivating. Health can be improved by diet and exercise.

Aries (Mar 21–Apr 19)

Behaviour of Aries sun sign will fluctuate from spiritual to sensual during March 2018. You will be highly ambitious in following your career development. Health and financial aspects will be wonderful. Love life will be problematic.

Taurus (Apr 20–May 20)

Venus is helping professional ambitions of Taurus zodiac during March 2018. Health and finances will be better compared to the previous month. Your partner will help your monetary prospects. Marital relationships will be enjoyable till 20th.

Gemini (May 21–Jun 20)

Mercury will boost the career growth of Gemini star sign during the month. Your financial earnings and spending pattern are dictated by the Moon. Relationship with your spouse will be lively after the 21st. Health condition is brighter with the influence of Mercury.

Cancer (Jun 21–Jul 22)

The Moon and Mars will propel career growth of Cancer star sign. Professional income will be the main source of financial prosperity. Love relationships will face some turmoil. Health will not pose any problem during March 2018.

Leo (Jul 23–Aug 22nd)

Leo zodiac sign will have the support of social connections in the furtherance of career prospects. Mercury and other people are helping financial situation. Love relationships are heavenly and the Sun will enhance your health and vitality.

Virgo (Aug 23–Sept 22)

Career development in March 2018 will be great for Virgo zodiac sign. Various planets such as the Sun, Mercury and Saturn are making your social and love life memorable. You have to worry about your health during the first part of the month.

Libra (Sept 23–Oct 22)

Family and emotional life will dominate for Libra sun sign in March 2018. Professional life will be highly demanding. Mars and the Sun will influence your love life to a great extent. Financial prospects are much better during the latter part of the month. Health will be normal before the Mercury retrograde.

Scorpio (Oct 23–Nov 21)

Career growth of Scorpio astrology sign is based on the support of Uranus and family members. Speculations and professional earnings will help your finances. Love life will be highly social and full of fun. Singles will get into new love partnerships. Health will be encouraging.

Sagittarius (Nov 22–Dec 21)

Professional life will be highly exciting for Sagittarius star sign due to the influence of various planets. Family plays an important role in the financial growth. Jupiter and Mercury will make love relationships very energetic. There is also scope for getting pregnant. Health prospects are wonderful.

Capricorn (Dec 22–Jan 19)

Career growth will be happening at a brisk space for Capricorn sun sign. Finances can be enhanced by creativity and career will provide major earnings. Health will be fabulous and sufficient relaxation will improve fitness levels. Venus and the Moon will make you glamorous and a possibility of overseas holiday with your spouse exists.

Aquarius (Jan 20–Feb 18)

Emotional strength and planetary influences will improve career prospects of Aquarius zodiac sign this month. Your income can be boosted by proper financial management. Relationship with your spouse will be tepid during the beginning of the month. Health will be better after the 21st.

April 2018 Newsletter Submission Deadline Friday, March 23rd 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
(PDF or Word documents are preferred)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-4225

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