

Newsletter

July 2024

T'IT'Q'ET JULY 2024 ISSUE

PC Update – Page 11
Job Postings– Page 16-21
Tribal Chief Update – Page 30

TO SUBMIT TO NEWSLETTER

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



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
30	1 STAT Holiday Office closed	2	3 Culture Night	4	5 🗑️	6
7 🗑️♻️	8	9	10 Community Massage Day Culture Night	11 🗑️	12 Dr. Bolen-Podiatrist	13
14 🗑️♻️	15	16	17 Culture Night	18	19 🗑️	20
21 🗑️♻️	22	23	24 Culture Night	25 🗑️	26 Elders Luncheon	27
28 🗑️♻️	29 C&C Meeting	30 Dr. Samad in office PC Meeting	31 Culture Night	1	2 🗑️	

Notice

Please put garbage out on garbage days only. The birds and bears are getting into the garbage Thank you.



DR. SAMAD

JULY 30, 2024

T'it'q'et Health Dept
Start 2pm – 4 PM

***Each appointment is 15 min**

To book your appointment time
Please contact medicalclerk@titqet.org
Call 250-256-4118 ext.241

COMMUNITY MASSAGE DAY

Do you need to relax?



JULY 10 2024 EVENING SESSION

12:00 – 6:00 pm

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

Maytálhew (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

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

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

July 2024

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Terence MacLellan, the Vice-Chairperson is Marie Barney, the members are Genevieve Humphreys; 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**

The committee has met with consultant Andrew Leach to work on 3 things: a Lands Committee Strategic Plan, a Lands and Natural Resources Department Strategic Plan and a communications protocol between the committee and department staff. This process is expected to be completed by late summer/early fall.

- **Law-Making & Enforcement**

The committee met with Mandell Pinder and the Lands Advisory Board Resource Centre to discuss a draft Allotment law for T'it'q'et land and a draft Trespass law. Mandell Pinder has taken the information from this meeting and should have another draft of these two laws for discussion in early July.

- **Lands Administration**

A new Lands and Natural Resources Director has been hired and is scheduled to begin employment on June 24th. Glen Guthrie has 20 years+ experience representing First Nations interests as liaison with provincial, territorial and federal governments, and fisheries, forestry, gas, oil and mining industries. Mr. Guthrie has a strong scientific background and is experienced in the fields of natural resources, administration and project management.

- **Dispute Resolution**

EHA 452 & Associates has prepared two reports that have been reviewed by the Lands Committee. These reports will be submitted to T'it'q'et Council.

- **Communications & Public Relations**

The Lands Coordinator has prepared an information pamphlet that introduces the dispute resolution process and how it will function.



First Nations Health Authority
Health through wellness

Weekly AA/NA Meetings

Monday

AA Meeting (Log Cabin)
1414 Pit House Road Xwisten
7:00PM-8:00PM
250 256 7725

Tuesday

AA Meeting (Shop Talk)
667 Industrial Place Lillooet
7:00PM-8:00PM
778 209 7589 or 778 939 9765

Wednesday

NA Meeting (Community Cares)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Thursday

AA Meeting (12 & 12)
577 Main Street Lillooet
7:00PM-8:00PM
604 708 5961

Friday

AA Meeting (Friendly Friday)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Saturday

AA Meeting (Big Book Study)
930 Main St Lillooet
11:30AM-12:30PM

CHN SERVICES IN COMMUNITY

- Pregnancy testing + offering Plan B
- Prenatal/Postnatal visits and education + offering prenatals
- Well Baby Checks + offering childrens vitamins and Vitamin D
- Developmental Screening and Information
 - Childhood immunizations
 - Adult Immunizations
 - Flu shots
- Tuberculosis (TB) skin testing
- Lice Treatment and education
- Oral health supplies for adults and children (tooth brush, floss and toothpaste)
- Naloxone training & Naloxone kits
- Harm Reduction supplies (safe drug use kits, condoms/lube)
- Health Checks (weight, blood pressure, blood sugar)
- Chronic illness education, medication education, healthy living education
 - Help you connect with supports and services
 - Information booths at community wellness days

*please note that some nurses are OAT and STBBI certified. Please inquire at health center for more information

Lillooet Health Center Phone number: 250 256 7017

Lytton Health Center Phone number: 250 455 2715

Kidney donor needed

Contact

Kidney donor program

Joseph's BC Transplant file

number is 24224



Kidney Donor Request From the Parents of Joey Leach

Hello family and relatives. Our son, Joseph (Joey) Ken'knap Leach, 30 years young, has been sick for a while now; his kidneys are no longer functioning, and he needs a new kidney.

We've learned a lot about kidneys since Joey got kidney disease. You have two kidneys, which clean your blood and remove fluids from your body. As long as they're operating at a certain level, you're fine. But when your kidneys start to deteriorate, they don't return to health. Deteriorating kidneys stop functioning over time. And without functioning kidneys, you will die.

So, Joey needs a new kidney to survive. If you're healthy, you need only one kidney to function. So healthy people can donate a kidney to those who need it.

When Joey was first diagnosed with kidney failure last year, his mom, Carolyn, immediately stepped up to be a donor. There's a kidney transplant team in BC that tests your blood etc. to see if you can qualify as a donor.

The optimal donor is called a direct match. That is your blood type, etc. matches well enough for you to give your kidney directly to Joey.

We quickly found out that Carolyn was a direct match with Joey. We were so relieved because that meant that Carolyn could just give her kidney directly to Joey.

However, while we were waiting for a transplant date, Joey got sick and needed a blood transfusion. And when the hospital gave Joey an additional unit of blood last year, it changed his blood so that he was no longer a match with his mom.

So now we're in need of a direct match donor for Joey. If you would like to consider donating a kidney as a direct match for Joey. please contact the following:

Living Kidney Donor Program

St. Paul's Hospital
6A Providence Building
1081 Burrard Street
Vancouver, BC V6Z 1Y6
Tel: 604-806-9027
Toll free: 1-877-922-9822
Fax: 604-806-9873

Email: donornurse@providencehealth.bc.ca

Also let them know that you want to donate directly to Joseph Leach.

Thank you for reading this and please share with any of our family or relatives who may find this of interest.

Andrew Leach for Son, Joey.



**Dr. Bolen,
Podiatrist
is coming to
T'it'q'et**

12 July, 2024

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

Medicalclerk@titqet.org

250-256-4118 ext.241



P'EGP'IG'HA COUNCIL UPDATE

PC Meeting May 17th, 2024 Summarized Minutes

PC = P'egp'ig'lha Council

1. Family Meeting Terms of Reference (ToR):

-The PC reviewed a potential Family Meeting ToR. PC Director will make suggested changes and bring back to PC for review.

2. Talisker Permit Amendment Letter:

-Talisker wants to amend a previously approved permit to increase amount of ore that will be trucked out of the mine. A draft letter to Talisker from PC is in the meeting package for PC review. Sue Senger will review permit amendment and let PC know of any concerns.

3. P'egp'ig'lha Council Governance Advisory Committee (PCGAC) ToR:

-PCGAC ToR was reviewed by PC.

4. Boating Restriction Law:

-The boating law restriction was developed by P'egp'ig'lha Council Governance Committee to present for PC for discussion. The purpose of the law is to restrict boaters during traditional fishing season. The idea will be presented to the St'at'imc Chiefs Council.

5. UNDRIP Funding Terms of Reference:

-UNDRIP ToR was reviewed PC.

6. BCAFN Climate Change Meeting Report:

-A PC representative attended a BCAFN Climate Change meeting, a report was provided to PC to review.

7. First Nations Resource Charge (FNRC) Update:

-FNRC is looking for pilot projects with communities to collaborate on. They are planning to present to SCC.

8. Lil'wat Elders meeting request:

-PC will plan a lunch meeting with Lil'wat Elders to discuss Governance topics.

9. Four Pillars Committee Representative Request from T'it'q'et Administration:

-The funding comes from a lawsuit about the collective harm suffered by Indigenous communities as a group as a result of Indian Residential Schools put in place by the Government of Canada. The purpose of the committee is to develop a 5-10-year plan on the four pillars identified in the ToR, deadline to complete 5-10 year plan is uncertain. PC selected a representative to sit on the committee.

GUARDIANS OUT ON THE LAND



PC GUARDIANS DOING BLACK SWIFT BIRD SURVEYS
(PHOTO TAKEN BY LUTHER BRIGMAN)



LOOKING DOWN BELOW TO ENTERPRISE CREEK BRIDGE
(PHOTO TAKEN BY LUTHER BRIGMAN)

One line Highlights:

Next Regular P'egp'ig'lha Council Meeting:

JULY 30, 2024 AT
9:00A.M.

COUNCIL CHAMBERS

Have any questions?
HERES HOW TO REACH US!

CALL US AT 250-256-4118

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

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

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



P'EGP'IG'LHA COUNCIL MANDATE

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

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



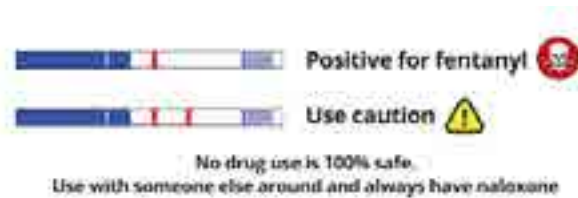
HARM REDUCTION SUPPLIES NOW AVAILABLE

LIGHTERS ARE NOT INCLUDED



CAN BE PICKED UP AT WELLNESS COORDINATOR'S OFFICE OR **ANONYMOUS HOME DELIVERY**.

FOR HOME DELIVERY CALL OR TEXT **250 – 256 - 9410**
 OPERATING HOURS
 Mon – Fri 8AM - 4PM



SIN Online Application

1. Take pictures of your valid documents
 Primary Document (Permit/Birth Certificate) , Secondary document (Passport/ID)
 Supporting Document (if name has been legally changed)
 Have digital copies saved as pdf, jpeg, gif or png. (No special characters and less than 5MB in size)
2. Go to <https://sin-nas.canada.ca/en/Sin/> or scan QR code
3. Agree to the Terms and Conditions and the Privacy Statement
4. Choose who the SIN application is for
5. Enter the Name Information
6. Enter your Birth Information
7. Provide your Contact Information
8. Confirm the address is correct (you will not receive your SIN in the mail if there is a mistake in the address)
9. Enter the Primary Document information and upload the photo
10. Enter the Secondary Document Information and upload the photo
11. Enter the Supporting Document Information and upload photo if name on the Primary document is not your legal name
12. Enter your parents names when they were born (before marriage or name change)
13. Review the information for accuracy
14. Enter language preference and E-mail
15. Certify and **Submit** your application then make note of the confirmation number



* Once the SIN is processed it will be mailed and also available in your

My Service Canada Account

www.canada.ca/en/employment-social-development/services/my-account.html



T'it'q'et Health Department

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

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

T'it'q'et Health Department

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

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

JOB POSTING

Job Title: Social Development Worker

Department: Health & Social Services

Term: Training opportunity

Posted: May 27, 2024 **Closes:** Until successful candidate is found

GENERAL DESCRIPTION

The T'it'q'et Social Development Worker (TSDW) is acting on behalf of the T'it'q'et as the Administering Authority responsible for administering the *Social Development Policy & Procedures* for the Income Assistance programs as prescribed by Indigenous Services Canada (ISC). The TSDW plays an important role in assisting clients to become financially independent through continued employment and provide participants with information on services that may be available to them such as childcare, training, employment opportunities and services for people with disabilities.

RANGES OF ACCOUNTABILITIES

Income Assistance

- Administers the Income Assistance program as prescribed by ISC; Takes applications and completes assessments by interviewing Applicants; completes Budget and Decision forms to determine eligibility; Issues assistance as prescribed by the program;
- Keep clients informed of all Program requirements and obligations and all beneficial resources that may help Clients become self-sufficient;
- Facilitates the instruction on budgeting, Facilitates the enrollment of recipients in training or educational programs that will enhance employability;
- Assists and/or refer employable recipients to the local employment service to update, create, and produce a resume, and cover letter(s) for jobs, practice interview questions, job search tips and resources;
- Ensures recipients maintain a progression training/employment plan to facilitate the return to work, work in collaboration with the Education Coordinator, other employment coaches, and facilitates access to job fairs;
- Maintains secure and organized filing systems; Ensures all Policies and Procedures set out by ISC, T'it'q'et and other relevant Ministries are being followed;
- Maintains close relationship with ISC's BSDW Support representatives;
- Completes quarterly income assistance reports, annual statistical reports and provide reports as requested by Council and/or Administrator.

- Assists in the development of community resources, capacities, and services designed to enhance the social functioning of individuals and the T'it'q'et community as a whole by:
- Participating in committees, teams and working groups functioning towards the alleviation or resolution of social problems;
- Assisting with preparation of documentation for the Work Opportunity Programs and employment training initiatives, and assisting in the administration of approved projects as requested;
- Participating in seminars, workshops, and training programs to upgrade skills and knowledge relevant to the position and stay knowledgeable and current regarding all income assistance policy and procedures;
- Maintains ISC's Assisted Living program
- Participating and assisting during community events and activities as requested.

Services are provided in the community between the hours of 08:00am and 4:00pm, Monday-Friday, up to 35hrs. per week; however, some after hours or weekend hours may occur dependent on the client's needs. Flexibility and understanding is key for this position.

Job qualifications:

- Prefer Grade 12 or equivalent OR willing to obtain while employed.
- Ability to establish and maintain effective working relationships with IA Clients and their families as well as Client support programs and/or other agencies.
- Ability to maintain strict confidentiality. Ability to use tact and good judgment in dealing with sensitive and complex issues. Ability to communicate effectively both orally and in writing.
- Previous experience in financial management and ISC OR First Nations Social Development Society (FNSDS) BSDW training.
- First Nations and cross-cultural experience an asset.
- Ability to work independently or with limited supervision and also to work in a team setting.
- Must be computer literate with MS word, Excel, Internet, Emails.
- Valid BC Driver's License and access to a reliable vehicle
- Will undergo a Criminal Record Check upon hiring
- Post-secondary diploma/certificate would be an asset.

We invite applicants to submit their Resume and Cover Letter to T'it'q'et Administration, attention: Vanessa Thevarge, **open until successful candidate found.**

Via Email: reception@titqet.org

Fax (250) 256-4544

OR

PO Box 615

Lillooet, BC V0K 1V0

Did you attach your Resume?

Optional, attach this Job Posting



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoK1V0

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



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoK1V0

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

Qualifications and Requirements

The work requires the following knowledge, skills, and/or abilities:

- Grade 12
- Graduation from a recognized Resident Care Aide/Home Support Worker Program, or an equivalent combination of education, training and relevant work experience in the field.
- Food Safe, First Aid and WHMIS certificates, training, or willing to obtain.
- Must have a valid Class 5 BC Drivers' License.
- Must have a reliable vehicle and comprehensive vehicle insurance

How to Apply

Please submit your

- Cover Letter
- Resume
- Three (3) direct supervisor references
- Copies of your certificates, and
- A copy of your most recent Vulnerable Sector Criminal Records Check to:

Email: reception@titqet.org

(Please write; "**Home & Community Care Program**" on the subject line)

Mail/Deliver: Sealed Envelope

Attention: Vanessa Thevarge, Health & Social Services Manager
P.O. Box 615
59 Retasket Street
Lillooet, BC V0K 1V0

We thank all applicants for expressing interest in this position, however, only those short-listed will be contacted.

Job Title: Home Support Worker (Home and Community Care Program)

Department: Health & Social Services

Term: Permanent Full-Time

Posted: May 27, 2024

Closes: Until successful candidate is found

Position Summary

We are currently seeking a Home Support Worker (Home and Community Care Program) to join our T'it'q'et Health team which serves the communities of T'it'q'et. Are you dedicated to delivering patient-centered care? If the answer is 'yes' then we want to hear from you!

T'it'q'et believes in the concept of "Circle of Care" or Wrap-around" approach to client care. As a Home Support Worker, you will work as part of a dynamic team of Nurse Practitioner, Registered Nurses and Licensed Practical Nurse who support community client's independence and ability to stay at home. Home Support Workers provide home support services to Home and Community Care clients, by assisting with personal care and daily living, while promoting maximum independence. Home Support Workers are key players in the home health care plan for each T'it'q'et Client.

Typical duties include, but not limited to:

- Activities of daily personal care, such as bathing, dressing, grooming and oral hygiene
- Household duties related to maintaining a safe and health environment in the home
- Meal preparation in accordance with designated plans and running the "Meals on Wheels" program
- Assistance with mobility and transfers when required
- Observing and reporting changes in client behaviour and conditions
- Performing delegated tasks according with training and procedures
- Participate in monthly Elder's luncheons and other activities as required

Services are provided in the community between the hours of 08:00 and 16:00, five days a week; however, some after hours or weekend hours may occur dependent on the client's health needs. The Home Support Workers may have to travel outside the community with a client, such as medical appointments etc. Flexibility and understanding is key for this position.



T'it'q'et Administration

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

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

Employment Opportunity

T'it'q'et is asking any interested applicants to apply to the following position;

Emergency Program Coordinator **6 Month position – continuation depends on funding**

Main Duties to include but not limited to;

- Liaise with 6 upper St'a'timc bands, District of Lillooet, Lillooet Tribal Council
- Prepare an annual budget, based on input from the Emergency Management Committee;
- Manage contracts on behalf of the Emergency Management Program, such as specialists to provide training, exercises or planning;
- Coordinate annual assessment of local risks, evaluation of mitigation projects, preparing evacuation plans, and other responsibilities (see below);
- Coordinate implementation of strategies selected by the Emergency Management Committee, ex., hold public awareness sessions, organize training, and establishing EOC facilities;
- Provide a single point of contact for the overall Emergency Management Program. This position is also responsible for giving presentations on the program to community members and other groups who may request such a presentation:
- Update Emergency Plan and associated documents;
- Coordinate the purchase and tracking of all equipment, materials and supplies on behalf of the program;
- Coordinate training programs and exercises;
- Liaise with regional and provincial government authorities, businesses, and industry in the area on concerns of mutual interest;
- Produce appropriate agenda, arrange and chair meetings of the Emergency Management Committee;
- Implement, monitor and evaluate a training and exercise program;
- Initiate, maintain and support volunteer programs;
- Report on the effectiveness of the emergency management program to Chief and Council; and,
- Research, apply for and acquire alternative funding (ISC, public/private partnerships, etc.);
- Job Description of the Community Recovery Assistant
- Need to do invoicing for group lodging

Skill Requirements:

- Good verbal and written communication skills
- Team oriented with excellent interpersonal skills
- Good time management skills, multitasking skills, and the ability to prioritize tasks with minimal supervision
- Hands-on experience with productivity applications, including word processing, spreadsheets, e-mail clients, and presentation software (Word, Excel, Outlook and Access)
- Knowledge of emergency management,
- Knowledge of and practical experience in Emergency Social Services;
- Experience in building, developing and maintaining successful relationships with public/private organizations and partnerships;
- Knowledge of local government operations, geography and community services;
- Experience in building relationships with multi-faceted, multi-stakeholder groups.
- Information seeking
- Decisive insight
- Listening, understanding, responding
- Cultural awareness
- Intimate with the culture and traditions of the St'a'timc

Working Environment:

High volume periods requiring occasional overtime, mixed with low volume periods requiring initiative. Monthly and bi-weekly deadlines are strict. Close team environment. Frequent dialogue by phone, email, and in person with staff and managers. Occasional distractions from office noise. Working long periods at a computer, with occasional periods on the phone, and paperwork. Some travel required.

APPLICATION DEADLINE: June 28, 2024 - Noon

Please hand deliver, send or Email Resume and Cover Letter
T'it'q'et Administration, PO Box 615, Lillooet BC, V0K 1V0
Email: reception@titqet.org or Confidential Fax: (250) 256-4544.

Webpage: www.titqet.org



**First Nations
Drinking Water
SETTLEMENT**

FIRST NATIONS DRINKING WATER SETTLEMENT

phone number is:

1-833-252-4220

**CALL TO UPDATE YOUR INFORMATION OR TO ASK
ANY QUESTIONS.**



T'it'q'et Administration

P.O. Box 615
59 Retasket Drive Lillooet, B.C.
VoK iVo

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

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**.

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

Finance Department

Let's do Lunch!

ELDERS LUNCHON

JULY 26, 2024

Resource Room

FRIDAY 12:00 – 1:00PM

EVERYONE WELCOME

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident
- ✓ have an adjusted family net income under \$90,000
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have filed your tax return in the previous year



How to Apply

CDCP Application Phases

Group	Applications start date
Invitation to apply by mail	
Seniors aged 87 and above	December 2023
Seniors aged 77 to 86 years	January 2024
Seniors aged 72 to 76 years	February 2024
Seniors aged 70 to 71 years	March 2024
Application online	
Seniors aged 65 to 69 years	May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	June 2024
Children under 18 years old	June 2024
All remaining eligible Canadian residents	2025



Letters will be sent in phases by age group between December 2023 and March 2024 until all potential eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

The CDCP will ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional can reduce the risk of health problems.

In 2022, almost one in four Canadians reported avoiding visiting an oral health professional due to cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Canada.ca/dental



Government of Canada / Gouvernement du Canada

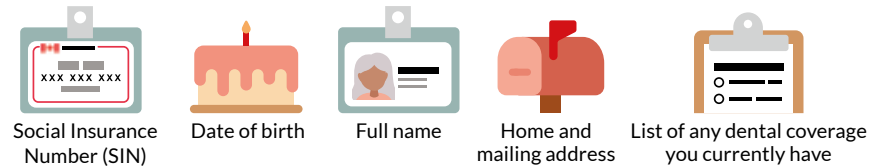


Canadian Dental Care Plan: How to Apply Online

- You can apply for yourself or for someone else. If you're applying for someone else, you'll need to call in and speak to an agent.
- Before applying, make sure you and your spouse or common-law partner (if applicable) have filed your 2023 tax return and received your Notice of Assessment.

1 Gather your information

To complete the application, you will need to provide:



2 Visit Canada.ca/dental and follow the steps

2.1

First name
Jane

Last name
Smith

Social Insurance Number (SIN)
000 000 000

Marital status
 Single

Phone number (optional)

Alternate phone number (optional)

Mailing address
Address

English
 French

Email
Email address

Mail

Yes, I have access to dental insurance or coverage
 No, I do not have access to dental insurance or coverage

You will be asked for your **personal information**. If you have a spouse or common-law partner, you will need to provide their information as well.

Provide your phone number, alternate phone number, mailing and home address(es).

Tell us your preferred language and how you'd like to communicate with Sun Life.

Tell us if you're already covered by any other dental insurance plans.

2.5 Federal benefits

No, I do not have federal benefits
 Yes, I have federal benefits

Provincial or territorial benefits

No, I do not have provincial or territorial benefits
 Yes, I have provincial or territorial benefits

2.6 Review your information

Applicant information

Full name

Date of birth

Submit application

2.7 Application successfully submitted

Your application code is:
XXX XXX XXX XXXX

Tell us if you have any other government dental benefits. This will **not** affect your eligibility.

Review your information, then click the **"Submit application"** button.

Keep a copy of your application. You will **not** receive a confirmation email.

3 Sit back and relax

3.1

Welcome to the CDCP contact centre

Status Checker

3.2

You will get a letter by mail with details about your **eligibility** and **what to do next**. In the future you will be able to receive notifications through My Service Canada Account (MSCA). [Sign up for an account now.](#)

3.3

If eligible, Sun Life will mail you a **welcome package**. It will include your coverage start date, a member card and other details.

For more information, visit Canada.ca/dental.

<https://isfglobal.org/useful-resources/14244.8>

Each of these measurement areas can be mapped across the 7 pillars to give a consistent overall framework of measures. The 7 pillars include different types of situation and activity – cognitive, behavioural and physical.



Measuring change in myself. The objective of self-care is for individuals to adjust their daily practices. In this it will be helpful to record self-care activities, and outcomes.

Measuring Self-Care Practices

Self-care consists of a wide range of activities that are universal in their importance to health, but that have to be tailored to an individual's circumstances. Important steps in the development of self-care will be its measurement in individuals, and (in the future) in populations. However, the use of self-care metrics by individuals is not widespread, with the notable exception of people who are trying to lose weight or improve their fitness.

A holistic measure of an individual's self-care status and the identification of priority areas for behavioral modification can provide useful base data and incentives for personal change. Data derived from measurements of self-care practices would be valuable in addressing these challenges, at an individual and population level.

Fundamentally, self-care is a relatively new concept, and there is a strong opportunity and need to 'systematize' it. Measuring how the different elements of self-care operate independently and interdependently is an important step in a 'systems approach'.

As the Director-General of the World Health Organization Dr Margaret Chan said in her accession speech: 'I believe it is also our job to constantly assess the impact of our activities. One thing I learned from my previous life is this: what gets measured gets done.'

Reminder

MONDAY:

Recycling and Garbage pick up. Please sort the recycling.

FRIDAY

Garbage pickup only

If you put your garbage out too late or too soon you are responsible for cleaning it up if birds or bears get into it.



Access all Service Canada programs, services and benefits through online services and call centres.

Access Service Canada online services at: Canada.ca/service-canada-home
Apply for a Social Insurance Number online at:
<https://sin-nas.canada.ca/en/Sin/>
Contact one of the call centres at:
Service Canada 1-800-O-CANADA (1-800-622-6232)
Employment Insurance 1-800-206-7218
Canada Pension and Old Age Security 1-800-277-9914
Social Insurance Number 1-866-274-6627

If access to a computer or the internet is not available, or if there are other barriers to accessing services, contact the Service Canada's Outreach Support Centre toll free service.

The Outreach Support Centre has limited capacity and is designed to support the needs of clients with no other means of getting service.

Outreach Support Centre
Monday to Friday 8:30 a.m. to 4:00 p.m.
1-877-631-2657
TTY: 1-833-719-2657
Interpretation services may be provided

Services available:

- Employment Insurance
- Canada Pension Plan / Old Age Security
- Social Insurance Number information
- Veterans Affairs Canada programs and services information
- Information and referral for other federal programs and services



P'egg'ig'ha Council

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

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



Tribal Chief Update
May 2024

SCC/SA

- LaJoie Dam update
 - Work to address dam safety issues including Seismic deficiencies
 - Currently in feasibility phase. Key decision is identifying preferred alternatives. Conceptual phase leading alternatives would be rebuilding the damn to the full height.
 - Planned timeline:
 - Feb-mar 2025 end of feasibility
 - 2026 Submit BCUC application
 - 2027/2028 early construction roads, camp
 - 2029-2034 construction
 - Joint Planning forum continues to be engaged in discussions/meetings
- Unification Ceremony rescheduling
 - Two dates have been proposed; June 8th and June 17th. Not date set yet. Awaiting confirmation from Andrew Frank.
 - Location still set for Lil'wat, but request from couple of chiefs to keep it in the south, but have it moved to N'quatqua where the gathering was held this year. Other chiefs still request to have it moved to the Northern Territory.

Shared area

- Attempted to set up follow up session with Chief Bonnie to discuss how our shared area agreement could look. But at the time, she was busy with work with her community following her sending in her resignation letter. She has since rescinded her letter, but now her community will be meeting in the coming weeks to vote on whether they accept her rescind request for her resignation, or if they vote to do a bi-election.

Quiet month, probably due to timing of the St'at'imc Gathering. SCC and SA were mostly reviewing work plans and reports from staff. Did attend some calls with Christian for UNDRIP, those will be followed up on as regular action items at next UNDRIP session

Survey: Home Energy

This survey is designed by T'it'q'et and Ecotrust Canada for the purpose of gathering your perspective about the quality and affordability of your home energy. There are 20 questions.

Your Home Address: _____

Section 1 – About Your Home Energy

1. How many people regularly live in your home?

- 1
- 2
- 3
- 4
- 5 or more

2. When was your home built? _____

3. What do you use as your home's **primary** heating source?

- Baseboard heaters
- Plug-in electric heaters (space heaters)
- Electric furnace
- Wood Stove
- Pellet Stove
- Oil Furnace
- Propane Furnace
- Heat pump



4. What do you use as your home’s **secondary** heating source?

- Baseboard heaters
- Plug-in electric heaters (space heaters)
- Electric furnace
- Wood Stove
- Pellet Stove
- Oil Furnace
- Propane Furnace
- Heat pump

5. How would you describe your **primary heating system’s** ability to heat your whole home?

- Excellent
- Very good
- Good
- Not good
- Very bad

6. How would you describe your home’s ability to retain heat during the winter?

- Excellent
- Very good
- Good
- Not good
- Very bad

7. During the summer, are you able to stay cool and comfortable in your home?

- Yes
- No
- Not sure / Don’t know



8. Have you noticed any mould in your home?

- Yes, a lot
- Yes, a little
- No
- Not sure

9. Rank the importance of the following upgrades for your home from 1 to 6 (1 being the most important and 6 being the least important).

- ____ Better Insulation
- ____ New Windows
- ____ New Doors
- ____ Electric Heat Pump (heating and air conditioning)
- ____ Weatherproofing (covering air leaks)
- ____ Improving Ventilation (ex. bathroom or kitchen fans)

10. Please share any other comments or concerns you have about your home and home energy.

Section 2 – Cost of Energy

11. In the last year, how much was your **highest** monthly energy bill? _____

12. How would you describe the total cost of your home energy?

- Very affordable
- Affordable
- Neutral
- Unaffordable
- Very unaffordable



13. How concerned are you about your household energy expenses?

- Very concerned
- Concerned
- Neutral
- Not concerned
- Not concerned at all

14. In the last two years, have you had to choose between heating your home and other essential expenses (such as food or car insurance)?

- Yes, often
- Yes, sometimes
- No

15. Has electricity to your home ever been cut-off because of late payments or no payments?

- Yes
- No

16. Please share any more comments or concerns you have about your home energy costs.

Section 3 – Opportunities for Improving Your Home

17. Is it important to you that your home's energy comes from clean, renewable sources?

- Yes
- No
- Not sure



18. Would you be interested in installing a more energy efficient heating system like a heat pump in your home at no cost to you?

- Yes
- No
- Not sure

19. Would you be interested in making upgrades to parts of your home (new windows/doors, insulation etc.) at no cost to you?

- Yes
- No
- Not sure

20. Please share any comments or concerns you have about energy upgrades for your home.

Survey complete! Thank you for participating.

If you have any questions about this survey, you can contact Caroline at Ecotrust Canada:

caroline@ecotrust.ca

**Hand completed survey into reception
for Char Napoleon at the band office**



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoKíVo

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

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

Title	Name	Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Bookkeeper	Lesley Napoleon	227	bookkeeper@titqet.org
Accounts Payable	Jeanette John	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Dev.	(Contact Vanessa)	229	socialdev@titqet.org
Building Maintenance	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health Manager	Vanessa Thevarge	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Home Care Nurse	Christine Friesen	258	homecarenurse@titqet.org
Child & Family Support Worker	Sarah Bothwell	253	childandfamily@titqet.org
Housing Coor.	Kassandra Doss	240	housing@titqet.org
L.N.R.O	Stephanie B.-Louie	243	lands@titqet.org
O & M Supervisor	Kevin Whitney	248	omforeman@titqet.org
O & M	Murray Barney	239	murrayb@titqet.org
Director of Oper.	Christian A.	233	Director@pegpigha.org
Administrative Assistant	Lacey LaRochelle	231	AdminAssistant@pegpigha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.org
Home/Com.Care	Shirley T	236	hccworker@titqet.org
Wellness Coor	Melanie Luu	242	wellnesscoordinator@titqet.org
Red Cross Coordinator	Michael Alexander	260	michaela@titqet.org
Lands Coordinator	Dean Billy	251	landcode@titqet.org
Executive Assistant	Charlene Napoleon	264	charlenen@titqet.org
Project Manager	Franny Alec		projectmgr@titqet.org
Natural Res.Spec.	Denise Antoine	238	NaturalResources@pegpigha.org

Notice to T'it'q'et Members

September 23, 2023

T'it'q'et Council would like membership to know the individuals listed below have been banned from the T'it'q'et community. The following bans remain in effect.

1. Travis Harry (effective December 12, 2013)
2. Maxine Brady (effective date: May 23, 2019)
3. Fred Henry (effective date: March 18, 2004)
4. Mike Kane Jr. (effective date: December 21, 2017)
5. Billy Delorme (effective date: February 3, 2021)
6. Leonard Mitchell Jr (effective date: August 28, 2023)
7. Colby Adolph (effective date: August 28, 2023)

If you see any of these individuals, please contact the St'at'imc Tribal Police (STP) at (250) 256-7767. If you have any questions, please contact: Chief Sidney Scotchman email: communitychief@titqet.org or phone (250) 256-3635.

July 2024 Horoscopes



Aries (Mar 21–April 19)

Out of all the signs, yours is taking on the introverted vibes of Cancer the most. You hate staying in one place for too long, but that's your job right now. Take a break, reflect on all you have and everyone you know, and recharge your batteries. That way, you'll be prepared for the thrilling party that is Leo season next month. You're getting very in touch with your inner self right now, and your emotions are strong. Try to be patient, because your famously short fuse can be especially problematic right now.

Taurus (Apr 20–May 20)

This Cancer season, you're turning into a big softie. As an earth sign, you're not exactly used to dealing with your feelings, but it's happening more easily now. This is a seamless process of opening up and expressing your emotions. If you're feeling strongly about something, you're able to start a conversation about it without hesitation. You're more re-

ceptive to others' thoughts, ideas, and feelings, and this can be a time of immense learning—learning more about your own inner self, while also experiencing a stronger sense of understanding how other people feel.

Gemini (May 21–Jun 20)

Your birthday party is over and now it's time to get serious. You spent the past month meeting new people, going to new places, and trying new things, and now you're being urged to sit and think about which of these things actually have a chance at staying in your life. Which people or experiences truly matter to you, and how can you invite them to be a further part of your life? Commitment is scary, but think of all the great things you can experience by keeping these wonderful new things around for a while. PS: Your job is also becoming a bigger focus of your life right now, so expect a higher workload to come in soon.

Cancer (Jun 21–Jul 22)

Happy birthday! The world is your oyster right now, and you're fully in control. Think of what you're passionate about. If it's a relationship, now's the time to focus on making it stronger and more secure. If it's a job, this is the perfect time to give it your best shot and start working towards a promotion. If it's a personal interest, this is when you can throw yourself into it and begin to truly master your craft. What do you want out of life, Cancer? Figure it out, then go out and get it!

Leo (Jul 23–Aug 22)

You're in full retreat mode right now, and the next month finds you expe-

riencing a ton of alone time. New connections aren't coming your way, and you shouldn't expect many professional opportunities, either. This is a time to stop, take a breather, and look at your journey so far. There are people and things that don't really have a place in your life anymore, and that's becoming blatantly clear. Cut out the crappy people and dead-end projects. It can be tough, but you'll want to be baggage-free once Leo season comes around, right?

Virgo (Aug 23–Sept 22)

You are fully embracing your role as the "mom friend" this Cancer season. You're spending tons of time with your crew and having a splendid time with them. If you're making any new connections, you should treat them just as kindly because you're more able to make friends in high places right now. It's who you know, not what you know, amirite? Your calendar is full and you're staying busy, but you're almost always doing something with a friend, so you're enjoying it!

Libra (Sept 23–Oct 20)

All eyes are on you! Cancer season tends to give people a quieter, more passive vibe, but you need to take this month as a chance to break out of your shell and show off a little. There are projects or jobs that you're very invested in, and now's the time to bring it to completion. Put your best foot forward, perform well, and do your best to deliver flawless results. The better you do now, the better your rewards will be. This could easily be the month you get a pro-

motion, a bonus, or some major positive recognition.

Scorpio (Oct 23–Nov 21)

With the Sun in a like-minded water sign, you're having a pretty good time this Cancer season! This is a month of adventure and newness, and it's the perfect time for your sign to take a trip somewhere. By encountering new people and having new experiences, you're able to gain a ton of perspective, enhance your view of the world, and expand your mind. You're becoming a more well-rounded, wise version of yourself.

Sagittarius (Nov 22–Dec 21)

Cancer season is thrusting you deep into your feelings. You value your independence more than anything, but you're facing the reality that you do, in fact, have deep connections that influence your life. Money, relationships, and other forces outside of your control—time, death, etc.—are becoming a bigger focus now. You're realizing that you're not quite as independent as you think. This

month, assess those things. How can you make it so they have a positive influence on your life? With money, now's the time to think about saving,

Capricorn (Dec 22–Jan 19)

Cancer is your opposite sign. It occupies your chart's 7th House, which governs relationships. That means that Cancer season = cuffing season for your sign. The next month finds you focusing on all your "B" relationships—your bestie, your boo, business partners, and people you have beef with. How do these relationships make you feel? How can you maximize on the positives and find solutions to the negatives? This is a time to establish new partnerships and stabilize your already-existing relationships. Take on the world with a "partner in crime," whether that's a friend or a lover.

Aquarius (Jan 20–Feb 18)

Cancer season is all about self-care for your sign. Symptoms of unhealthy habits or poor choices are becoming much stronger now, and you're

realizing that you could be living a way more productive life. Quit smoking, start tidying up, drop your bad habits, and set a daily routine. Gone are the days of lazing around the house, keeping dishes in the sink for weeks at a time, and being late to everything! Set healthy habits now, and they promise to stick around for a long time

Pisces (Feb 19–Mar 20)

This next month finds you, like every other sign, feeling more emotional. However, your sign is pretty lucky. Cancer season activates your chart's zone of romance, sex, and fun, so this is a time of finding love, having a blast in bed, and experiencing all kinds of excitement! You're also experiencing a stronger sense of creativity, and getting in touch with and healing your inner child. This is a great opportunity to find love—for yourself and others—and figure out how to keep it in your life for a long time.

August 2024 Newsletter Submission Deadline Thursday, July 25th 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) 256-7222

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

