

Newsletter

June 2018

T'IT'Q'ET JUNE ISSUE:

Thank You Dinner– Pages 4
Chief and Council Report – Page 16
Community Health Plan– Page 18

TO SUBMIT TO NEWSLETTER

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



Community Events

June
1 Fr
2 Sa
3 Su
4 Mo
5 Tu
6 We • Recycle Day
7 Th
8 Fr
9 Sa
10 Su
11 Mo
12 Tu
13 We
14 Th
15 Fr
16 Sa
17 Su
18 Mo • Chief and Council Meeting
19 Tu
20 We • Recycle Day
21 Th • National Aboriginal Day– Office Closed
22 Fr • P'eg'p'ig'lha Council – 9 AM
23 Sa
24 Su
25 Mo
26 Tu
27 We
28 Th • last day of school for elementary
29 Fr
30 Sa



Recycle Days
June 6, 20

Language Lessons

Learning our language and socializing with elders at the Kwekwa7 Centre in the council chambers.

Every Wednesday at 9:30 AM.

Everyone welcome.
Lunch is provided after the class

Rides are available before and after classes

Please call Meloni Peters at the Ucwalmicw Centre @ (250) 256-0101 if you need a ride to the class or would like to attend

Whispering Water Day Spa Marilyn Charlie

Contact Melissa, Health Admin. Assistant
Phone: 250-256-4118 ext. 260
E-mail: HAAssistant@titqet.org

Please note: the schedule is provided for time management for all clients, as well as the therapist—please be respectful of that. If you are going to be late, please call ahead as we may be able to carry on with the next person and move you to the next time slot. No shows will either; not be permitted to schedule the following month, or be charged for the time missed. Please, no smoking for up to an hour before the session. For any further questions, please don't hesitate to call.

"Honoring Our Past St'at'imc Chiefs"

St'at'imc Chiefs Council Gathering

Ceremonial Pipe/Fire

June 23rd 2018

N'Quatqua– Anderson Lake (D'Arcy)

Agenda

10:30 am Cultural Events and Snacks

12:00 Pm Lunch

1:00pm Opening Prayer/ Identifying Past Leaders

3:30 Snack Break

Open microphone for previous Leaders that would like to speak

5:00pm Dinner

Closing

For more info. please contact SCC dept. , (250) 256-7523 sccadminassist@statimc.net



Kukwstum'ckál'ap T'it'q'et!



Thank you to everyone who attended the volunteer's appreciation dinner! Without our volunteers T'it'q'et wouldn't be the same!

A list of volunteers was compiled by Janice Whitney, Shawn Scotchman, Susan Napoleon, and Keely Weget-Whitney. If you have volunteered but we accidentally missed your name, please give me a call at 250-256-4118 ext 253 and you will be added!

Everyone stay posted for the next honoring our volunteers/potluck community event in July.

List of Volunteers

- | | | | |
|-----|-----------------------|-----|-------------------|
| 1. | Susan Napoleon | 33. | Shawn Scotchman |
| 2. | Courteney Adolph | 34. | Christina Barney |
| 3. | Felicia Scotchman | 35. | Vandeanna Stager |
| 4. | Charlotte Halls | 36. | Evelyn James |
| 5. | Micheal Alexander | 37. | Mark Copeland |
| 6. | Marie Barney | 38. | Sidney Scotchman |
| 7. | Stephanie barney | 39. | Becky Riley |
| 8. | Shawna Riley | 40. | Bethany Scotchman |
| 9. | Heather Mees | 41. | Dakota James |
| 10. | Sarah Moberg | 42. | Val Copeland |
| 11. | Megan Thorne | 43. | Lesley Napoleon |
| 12. | Ceda Scotchman | 44. | Nicole Napoleon |
| 13. | Carl Machell | 45. | Chad Alexander |
| 14. | Lakota James | 46. | Rob Barney |
| 15. | Marlayna Pelegrin | 47. | Matthew Davidson |
| 16. | Vernetta Pelegrin | 48. | Blair Riley |
| 17. | Doreen Copeland | 49. | Lance Riley |
| 18. | Nancy Leech | 50. | Kevin Whitney |
| 19. | Stella Ostrander | 51. | George Leach |
| 20. | Laureen Weget | 52. | Juanita Johnnie |
| 21. | Ayee Weget-Whitney | 53. | Shannon Squire |
| 22. | Daxgyet Weget-Whitney | 54. | Sasha Riley |
| 23. | Tsaxw Weget-Whitney | 55. | Adam Lingor |
| 24. | Tyrone Charles | 56. | Sabrina James |
| 25. | Reece Copeland | 57. | Monique Kane |
| 26. | Rex Copeland | | |
| 27. | Xavier Copeland | | |
| 28. | Rayden Adrian | | |
| 29. | Charlene Machell | | |
| 30. | Donny James | | |
| 31. | Milliee Mackenzie | | |
| 32. | Nora Greenway | | |

Recipes

Old and New ways to prepare traditional foods highlighted in the traditional foods fact sheets.

SALMON SOUP

4 cups (1 L) water
¼ lb. (125 g) salmon roe
1 lb. (500 g) fresh salmon, cubed
½ lb. (250 g) potato, diced
1 stalk celery, diced
1 medium onion, diced
Salt and pepper to taste
Pinch curry powder
1 bay leaf
1 tbsp vegetable oil
Dry seaweed for garnish

In a large soup pot, sauté onion, celery and potato in oil. Add water and bring to a simmer. Heat salmon roe in a small saucepan and add to soup stock. Add salmon, salt, pepper, curry powder and bay leaf. Bring to a boil. Simmer over low heat until potatoes are just tender. Discard bay leaf. Ladle into soup bowls and sprinkle with dry seaweed.

ROAST DEER*

The hind quarter of a young deer is often oven roasted. The method is as follows:

1. Season the meat with salt.
2. Rub the top of the roast with shortening or oil and place in a tightly covered roaster. Cook the meat twenty to twenty-five minutes per pound, in a 350°F oven.
3. Potatoes, onions and carrots may be added one hour before the end of the cooking time.
4. Pour the juices over the meat (no thickening added) and serve with the cooked vegetables.

BAKED FISH HEADS*

The heads of spring, sockeye and coho salmon are used. Chum salmon are considered too tough for baking. The eyes or scales need not be removed, but some people like to remove the gills and lower parts of the head before baking. Split the heads lengthwise, and open them like a book with the inner surface facing up. Season with salt and pepper and cover the pan. Bake in a 350° oven for half an hour or until brown. The cheeks and nose are the parts eaten.

SMOKED EULACHONS*

Preparation for Smoking:

1. Wash the eulachons well under running water.
2. Place the fish in a barrel of fresh water to which has been added enough coarse salt to float a potato (about 2 cups [500 ml] coarse salt in 3 gallons [12 Litres])
3. Soak for about ½ hour to 1 hour or until their eyes turn white.
4. Hang the eulachons for smoking by threading on cedar sticks. Push the strip of red cedar in through the gills and out through the mouth. Usually 12-25 eulachon are put on each stick.
5. Hang the eulachon heavy sticks from the rafters in the in the smokehouse, making sure the fish are not touching each other. There needs to be enough space between each rack and the fish so that the smoke is even.
6. Start the fire after the eulachon finish dripping. Use alder wood for smoking.
7. Smoke the eulachon for 2-6 days. Smoke longer for drier fish.

Half smoked eulachons (i.e., left one to two days in the smokehouse) may be canned.

STEAMED TSAKIS CRABS RECIPE

1 dozen crabs
1 large crab pot with a good lid
Pinch of salt
Water

Add 1 inch of water to the crab pot. (Note: The crabs will add more liquid, and the crabs will cook in its own juice). Add crabs, and a pinch of salt. Bring to the water to a boil, and steam crabs for 15 to 20 minutes.

Harry Humchitt (Fort Rupert)

TOASTED DRIED SEAWEED*

Spread dried seaweed in a shallow pan and toast in a 400°F oven for ten to fifteen minutes or until very crisp. Be careful it doesn't burn. Crush the seaweed into small pieces before storing in an airtight container.

USING DRIED MEAT

Dried meat was used later in the winter and was prepared for eating by roasting or boiling. A travelling food could also be prepared from dried meat by pounding it to a fine powder and mixing with rendered fat and marrow to produce a cake (pemmican).

OSSO BUCO (MOOSE MEAT RECIPE)

4 1 ½ inch thick Moose shanks
Flour to cover moose shanks
1 Onion, chopped fine
1 Celery stick, chopped fine
1 Carrot, chopped fine
90 ml Olive Oil
1 cup red wine
30 ml Italian seasoning or combination of Italian herbs as desired
750 ml Tomatoes, crushed or Italian seasoned tomato sauce

1. Cover meat in flour.
2. Heat frying pan on medium heat. Add olive oil. Brown meat and put aside.
3. Fry garlic and onion in 15 ml (1 Tbsp) olive oil for 5 minutes until translucent.
4. Add celery, carrot and red wine.
5. Add meat back in and cover with crushed tomatoes or Italian seasoned tomato sauce.
6. Add Italian seasoning as desired.
7. Cook 2 hours at 325 C, test and enjoy.

Source: Watts, M. 2007. George Watts...Creating Greatness George Watts recipe.

Note: After 2 hours of cooking, the alcohol reduction is estimated to be about 10%.

HERRING ROE ON KELP WITH GARLIC

Ingredients

½ lb herring roe on kelp, thawed (previously frozen)
2 tbsp margarine
1 tbsp garlic powder

In a frying pan, on high heat, melt margarine and mix in garlic powder. Add Roe on Kelp, and cook for about 15 to 30 seconds on each side.

Winnie Anderson (Winner of the Pot of Gold—Herring Roe & Kelp Chef Challenge, Fort Rupert)

* Source: Medical Services Branch Health and Welfare Canada. Indian Food. A Cookbook of Native Foods from British Columbia



DADS IN GEAR

Facilitator Training Workshop

June 5 - 6, 2018 | 8:30am - 4:30pm | Vancouver, BC

Are you committed to
supporting men in your community to be
INVOLVED, HEALTHY AND SMOKE-FREE dads?



Dads in Gear is a program for men to gain strength, motivation and tools to build healthy lifestyles for themselves and their families.

Facilitators will gain all the necessary skills and resources to deliver the program in their community.

Travel, accommodation, honorarium, and food will be covered for eligible participants.

Eligible to attend training if:

- » Non-smoking or an ex-smoker.
- » Have connections to an Indigenous community in British Columbia.

**Experience working with community or men's groups is an asset.*

***Applicants must complete an application and register to participate in training**



First Nations Health Authority
Health through wellness

Registration form to attend DIG facilitator training

**Indicates Mandatory Field*

*First Name	*Last Name	
*Date of Birth YYYY/MM/DD	*Phone Number	
*Email		
*Community Name		
*First Nation Health Authority Region		
*Nation		
*Community Organization Contact Person		
*First Name	*Last Name	
*Email	*Phone Number	
*Organization Address		
*City	*Province	*Postal Code
*Current Job/Volunteer Position		

For reimbursement purposes, FNHA will reimburse this individual as the designated "Dads In Gear" lead of your community.

Q1. Please tell us about your leadership experience:

Q2. Please tell us about your experience leading community or men's groups

Q3. Have you ever smoked? (please check one answer)

- ☐ No
- ☐ Yes ► proceed to Q4

Q4. If Yes: Are you currently smoking?

- ☐ No ► how long have you been smoke free _____ years _____ months _____ days
- ☐ Yes



Embargoed until May 24, 2018 (3:00 p.m.)

District of Lillooet, P'egp'ig'lha Council (T'it'q'et) and Squamish-Lillooet Regional District sign Protocol Agreement for Communication and Cooperation

Lillooet BC / Northern St'át'imc Territory – Officials from the District of Lillooet, P'egp'ig'lha Council (T'it'q'et) and the Squamish-Lillooet Regional District (SLRD) signed a *Protocol Agreement for Communication and Cooperation* on Thursday, May 24, 2018. The Protocol Agreement provides a framework to establish stronger relationships between the parties through improved communication and enhanced collaboration.

The Protocol Agreement was drafted collaboratively over the past year by an Intergovernmental Relations Working Group composed of elected officials and staff from the District of Lillooet, Lillooet Tribal Council, P'egp'ig'lha Council (T'it'q'et), Sekw'el'wás, SLRD, and Tsal'álh. The region of focus for the Protocol Agreement is the northern St'át'imc Territory / northern SLRD; all six northern St'át'imc communities have been invited to sign on to the Protocol Agreement and may choose to do so at any time. The Protocol Agreement is intended to be a “living document” that can be amended upon mutual consent.

The Protocol Agreement does not create a legal obligation between the Parties. Rather, it establishes guiding principles for respectful communication and sets out several specific actions that the Parties will do their best to achieve with a focus on increasing awareness and understanding, improving communication and engagement, and enhancing collaboration. The Protocol Agreement also includes several definitions to help establish a shared understanding, and it sets out a process for resolving potential disputes.

Now that the Protocol Agreement has been signed, the focus will shift to implementation. Several objectives have been established for 2018, including: continuing outreach to the northern St'át'imc communities not currently engaged in the process, and developing and implementing a plan to inform organizational staff, community stakeholders and the public about the meaning and purpose of the Protocol Agreement and to engage them in the process.

Funding to support the efforts of the Intergovernmental Relations Working Group through 2018 has been provided by the BC Rural Dividend Program (Project Development Stream), Northern Development Initiative Trust (Economic Development Capacity Building Program), and the SLRD.

Quotations:

"Improving relationships with our neighbouring St'át'imc communities is an important goal for Council. This Protocol Agreement is an important step in forging stronger relationships with our neighbors in both the northern St'át'imc and the northern Squamish-Lillooet Regional District

regions. The District of Lillooet looks forward to working with the P'egp'ig'lha Council and the Squamish-Lillooet Regional District to bring this agreement to life."

– **Marg Lampman**, Mayor, District of Lillooet

"P'egp'ig'lha Council, the Traditional Council of T'it'q'et, is mandated to exercise and protect Title and Rights on behalf of the past, present and future P'egp'ig'lha. As ucwalmicw (people of this land) we have the right to occupy the land, make a living on and from the land, to have decision-making authority, and to practice *ta nqwal'uttenlhkálha múta7 nt'akmenlhkálha* (our language and our way of life). A P'egp'ig'lha Council responsibility is to build positive working relationships with our neighbours and various levels of governments. Our Council is encouraged by the signing of the Communication and Co-operation Protocol with the District of Lillooet and the SLRD. We look forward to continuing to work together to further develop and to maintain our relationships."

– **Shelley Leech**, Tribal Chief, P'egp'ig'lha Council, T'it'q'et

"Signing this Protocol Agreement is an important step on the path to stronger relationships and it's a great example of collaboration in action. The SLRD looks forward to working with the P'egp'ig'lha Council and District of Lillooet to breathe life into the agreement, by continuing to listen to and learn from one another, and by taking concrete actions to improve the way we communicate, share information and work together for the benefit of all our communities."

– **Jack Crompton**, Board Chair, Squamish-Lillooet Regional District

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Media Contacts:

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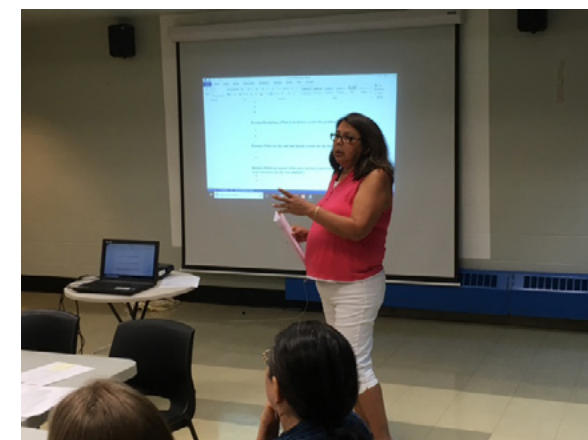
Shannon Squire
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P'egp'ig'lha Council, T'it'q'et
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Jeannette Nadon
Communications & Engagement Manager
Squamish-Lillooet Regional District
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Pictures:

1) Mayor Lampman (District of Lillooet), Chief Shelley Leech and Tony Rainbow (Squamish Lillooet Regional District) sign off on a Communications and Engagement Protocol.

2) Helen Copeland provides the District of Lillooet and the Squamish Lillooet Regional District an overview of the "Origin of Salmon story" and the RELAW project.



Free Energy-Saving Upgrades for T'it'q'et First Nation



Want to save money on your utility bills and increase the comfort of your home for FREE?

The Energy Conservation Assistance Program (ECAP) can help by providing the following free upgrades:

- LED light bulbs & vanity LED light bulbs
- Energy-saving showerheads and tap aerators
- Thermometers for fridge and freezer
- Hot water pipe wrap
- Weather-stripping
- LED night lights
- Tips on saving energy in your home

Some homes may also qualify for an ENERGY STAR® fridge and insulation in walls, attics and/or crawlspaces.

Interested? Sign up is easy!

See Charlene at the band office to complete your application. Remember to include your BC Hydro account number unless the utilities are paid by the band.

"Since having the ECAP products installed, my power bills to have remained stable, even throughout this colder than normal winter when my neighbours have complained of higher bills."

– Charlene
Napolean, T'it'q'et
Housing Coordinator



P'egp'ig'lha Council

P.O. Box 615
Lillooet, B.C.
YoK i Yo

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

P'EGP'IG'LHA COUNCIL (PC) TRAILS PROJECT

The PC is excited to announce the **Trails Project** which will be commencing soon.

The PC has applied to the BC Capacity Initiative for funding to complete a community trails project. The idea is to gather a variety of information (location, length, archaeological features, invasive species etc) on trails of importance to the community. The project will build off of the information collected through the Traditional Use and Occupancy Project and the LTC Trails project.



The PC staff and the project team are hoping to engage with Elders and knowledgeable community members throughout this project to get direction on priorities for trails as well as information about important trails.

Please let Shannon at the PC office know if you have any specific knowledgeable family members that the project team should talk to.

There will be two heritage workers and one data manager hired for a 15 week project. Job postings to come!

Thanks to Nora Greenway for drafting the proposal and the P'egp'ig'lha Governance Working Group (PGWG) for their support.

If you have any questions, please feel free to contact Shannon Squire at 250-256-4118 ex 233 or via email pegpiglha.council@gmail.com.

JOB POSTING

P’egp’íg’lha Council Trails Project – Data Steward

The Data Steward will be responsible for overseeing the input, use and retrieval of all data, analysis and mapping for the P’egp’íg’lha Council Trails project.

As the data steward, you will discover efficient ways to organize, store and analyze data with attention to security and confidentiality. The ideal candidate will have a strong understanding of databases and data analysis procedures. You will also be very comfortable with technology and possess excellent troubleshooting skills. The goal is to ensure that the information collected in the field flows in a timely and securely fashion from the field notes into the database.

The position is for a 15 week period.

Data Manager Responsibilities

- Organize meetings with Elders and Trails Project Team and be responsible for the storage and distribution of meeting notes, action items and maps of work locations. Follow through with honoraria form completion and submission to the Finance department.
- Manage the Trails data including field notes, photographs, notes, transcripts and any videos that are taken
- Ensure original data is properly categorized, stored, protected, backed up
- Support others in the use of data systems
- Assist with reports and data extraction when needed
- Troubleshoot data-related problems and authorize maintenance or modifications
- Follow research principles taking into account consent, confidentiality and information sharing guidelines
- Related tasks as requested by your supervisor

Qualifications

- Experience as data manager is an asset
- Excellent understanding of data administration and management functions (collection, analysis, distribution etc.)
- Familiarity with modern database and information system technologies
- Proficient in MS Office (Excel, Access, Word etc.)
- An analytical mindset with problem-solving skills
- Excellent communication and collaboration skills
- Familiar with the St’át’imc Territory, language and way of life
- Works independently

Interested applicants can submit their cover letter and resume to:
Shannon Squire, Governance Advisor, P’egp’íg’lha Council via email at pegpiglha.council@gmail.com

For any questions relating to the position, please contact Shannon Squire at 250-256-4118 ex 233.

Deadline is: June 8th 2018 at noon

JOB POSTING

P’egp’íg’lha Council Trails Project– Cultural Heritage Field Technician–2 Positions

The Cultural Heritage Field Technician will be responsible for being out in the field to document trails, landscape observations, plant, animal and invasive species identification as well as documenting any archaeological survey and assessment work.

There may also be some office-based tasks such as background research, map and report review, data entry of field notes and report writing.

These positions are for a 15 week period.

The successful candidate will have the following qualifications and skills:

- Experience or interest in heritage field work;
- Be enrolled or have taken a course toward an undergraduate degree in Archaeology, Anthropology or First Nations or possess RIC qualifications and field training; [PLEASE NOTE: The RIC training is available]
- Excellent physical ability and willingness to perform field work in a variety of locations and environmental conditions, including extended travel and walking steep and uneven terrain;
- Ability to conduct artifact identification, recording of artifacts;
- Knowledge of, and comfort with, electronic devices such as two way radios, digital cameras, hand held GPS, ipads and survey equipment;
- Ability to take detailed field notes, complete sketch maps of heritage sites and complete heritage site data forms;
- Knowledge and familiarity with MS Office;
- Valid BC Driver’s license (Class 5);
- Ability to contribute to a team work environment as well as to work independently;
- Knowledge of BC archaeology site types and the St’át’imc territory is considered an asset;
- Data entry and computing skills are an asset;

RIC certification and First Aid Training will be provided

Interested applicants can submit their cover letter and resume to:
Shannon Squire, Governance Advisor, P’egp’íg’lha Council via email at pegpiglha.council@gmail.com

For any questions relating to the position, please contact Shannon Squire at 250-256-4118 ex 233.

Deadline is: June 8th 2018 at noon



Chief and Councillor Reports

May 2018

Chief Courteney Adolph-Jones

Seton Foreshore Project- BC Hydro Agreement: Project is focused on dealing with the erosion issue at the Seton Lake Beach. Construction is scheduled to commence Fall 2018.

Attended the Gathering Wisdom for Shared Journey hosted by *First Nations Health Authority* along with Councillor Marilyn Napoleon and Shawn Scotchman. The three-day conference provided a broad overview and updates of the work of the *First Nations Health Authority*. Copies of the presentations can be found at www.gathering-wisdom.ca

Met with Red Cross to discuss available funding opportunities regarding the impacts of the 2017 Wildfires. T'it'q'et does not have Community Agreement with *Red Cross* but discussions are ongoing to explore opportunities for T'it'q'et members.

Attended the T'it'q'et Community Health Planning facilitated by Harold Tarbell. A briefing has been provided.

Councillor Sarah Moberg

There is continued discussions in relation to the Enhancement Agreement and how this will continue to be in effect, as it is no longer a requirement with the Ministry.

I participated in the interviews for the District Aboriginal Scholarship. There were 2 submissions for the and Keifer Alec was the successful candidate.

June 13, 2018 official signing of the Local Education Agreement (LEA) will take place at Sekelwas.

Councillor Sid Scotchman

For the month of May, I have met with the Water Master Plan Advisory Committee with the District of Lillooet. Meetings have been held on a weekly basis on Wednesday Evening. The purpose of the committee is to go over the current water master plan of the current district water source which is coming from the water treatment plant down Cayoosh Camp grounds and bring forward recommendations for an updated master plan.

I have met with Mona on a few occasions this month to go over the housing arrears and scheduled meetings for her to meet with those tenants who have high arrears. There have also been some complaints regarding aggressive dogs. Council is looking at updating the current T'it'q'et Animal Control bylaw.

I will be meeting with the instructor from *Zumba* to discuss the possibility of having *Zumba* brought into our community. I bumped into her just by chance as she was talking to reception about renting the hall. She will be e-mailing me the

information soon then set up a meeting with her, Janice, and any staff that would to discuss this.

Councilor Marilyn Napoleon

I attended a P'egp'ig'lha Language Revitalization Group meeting, the Gathering of Wisdom 9 conference, and the Community Health strategic planning sessions in May. All other C & C meetings were attended by Council as a whole. The GW9 conference will have the power point presentations of the resource people posted online in the near future but there was an announcement that there will be \$30 million in new funding available for communities to apply for over the next two years. The health planning sessions facilitated by Harold Tarbell will result in the drafting of a revised T'it'q'et Health Plan. The PLRG reviewed the results of the language survey and submitted a list of respondents to Admin to select the prize winners. The survey results will be used to develop the P'egp'ig'lha Language Revitalization Plan.

Chief and Council send their regards to Councillor Robert Leech who is recovering from an operation. We wish you a successful recovery.

Next Chief and Council meeting June 18, 2018

Renewal of the Community Health Plan

We have begun the process of renewing the health plan by convening community meetings last week on May 23-May 25. Facilitated by the Tarbell Facilitation Network the meetings provided all who attended an opportunity to provide input into what the revised community health plan could include.

Over the three days community members brought forward key matters related to health, well being, and capacity building. Suggestions included:

- Building a foundation of health and well-ness based on cultural identity and traditional health practices;
- Supporting individuals and families on their particular health and wellness journeys. For example, some families are dealing with cancer, while others are concerned about mental health and other situations;
- Creating a healthy community by addressing suppressive behaviours, decolonization, working on forgiveness, and moving away from dependency on government;
- Clarifying what programs and services are available to community members in the community and what the roles and responsibilities are of all the health and wellness partners in the region, province and federally;

In addition to continuously working on improving available programs and services it was also observed that improving the overall health and well-being of individuals and families also begins with relatively easy behaviour changes

like choosing healthier foods to eat (i.e. learning to cook with less sugar), being more physical active, reducing stigma by supporting mental health initiatives, supporting life-long learning and life cycle planning. Improving health and wellness requires change at an individual and family level as well as within community systems, programs, and services. Members also stressed the importance of involving youth and Elders more in community life. And there was lots of talk of finding ways to create a multipurpose, multi-community Elders/Wellness facility that implement activities for all age groups.

Part of the Community Health Plan is a Community Needs Assessment that was originally done in 2002). Community members agreed that it was time to re-do the Needs Assessment and to determine how any new results (e.g. needs by age group or types of health and wellness experiences) will be applied to the renewed plan. Community members also want the First Nations Health Authority's (FNHA) planning, funding and programs delivery processes to be clarified and demystified. Particularly, how does the FNHA decide about who gets funded for what services under the First Nations Health Benefits package? And, how can the community health plan be re-drafted to support community advocacy and the FNHA efforts to streamline planning, reporting and evaluation?

At the open house on Thursday evening (May 24) members expressed appreciation for current services but also wanted to learn more about what other services are available in the territory. The biggest concern however, was addressing any gaps or shortfalls that are affecting the health and wellness of community members like after care

2010 Community Health Plan Goals	2014 CCP Health Strategies
1. Promotion of self-care and independence;	1. Provide social and health support services that meet the needs of all of our members (on and off reserve)
2. Assure safety and comfort by providing a focal point for community healing through delivery of defined services;	2. Promote and provide opportunities to pursue healthy lifestyles
3. Maintain dignity and self-respect to promote community healing through the mobilization of community and cultural resources in a holistic, culturally based manner to support community members; and	3. Provide support, guidance and opportunities for youth to ensure they possess the skills, self-esteem and capacity to live as powerful members of the community
4. Maintain stability by promoting and developing work schedules to address reliability and dependency.	4. Support Family Unity
	5. Build a strong, unified, safe community
	6. To build a healthy, united community that values personal responsibility and contribution
	7. Ensure the Elders' needs are being identified and met on an ongoing basis
	8. Promote and support a drug and alcohol-free community

surgery costs that can have a big impact on the finances of Elders for example. Having more effective engagement strategies like having youth learn to develop wellness videos and/or inviting 'celebrities' to participate were some ideas brought forward. In addition, members want more information to help them navigate the FNHA, local, regional, provincial and federal health systems. This involves clarifying: what services are available; who does what; and, how do we access services and/or programs? Members also wanted to find ways to tap into the assets and strengths found in community such as utilizing their traditional knowledge and reviving practices on the land.

Day three focused on linking priorities within the Community Health Plan to the health related strategies (9) and actions (96) in the 2014 Comprehensive Community Plan (CCP) and looking at healthy ways to manage change.

For next steps, the facilitators will incorporate the input provided into a revised community health plan 2019-2023 that will be available for review this summer. Specific attention will be given to how the resulting community health plan will be implemented by the health department, in collaboration with other sectors such as economic development, education and housing and other available health partners including but not limited to: FNHA, Northern St'at'imc Health Leadership, Interior Health Authority. Specific consideration will also be given to how the community members both on reserve and away from home can have further opportunities to provide input.

FOR REGISTERED ST'AT'IMC MEMBERS ONLY



St'at'imc (PC) 2011 Trust

Notice of
Annual General Meeting

Attention all Community Members of:

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

N'Quatqua Hall

Tuesday, June 5, 2018
5:00pm – 8:00pm
Dinner provided

T'it'q'et Gym

Wednesday, June 6, 2018
5:00pm – 8:00pm
Dinner provided

The Trustees of the St'at'imc (PC) 2011 Trust are pleased to present an information update to all Community Members on 2017 activities of the Trust. Time will be available for questions and answers.

Topics covered will include:

2017 Trust Annual Report
2017 Audited Financial Statements
Update on the Trust Investments

Door prizes will be available to everyone that hands in an evaluation form at the end of the Annual General Meeting



EVERY TUESDAY ELDER'S EXERCISE PROGRAM

Activities for Those 50+

Regular physical activity is the best tool to improve health and well-being. That's why we want to provide you with an exercise program that would best fit your needs! Kim Ayers will be here every Tuesday to instruct you on some great moves to help improve your health, and as a result, your mind!

SAIL Exercises

SNACKS!

Instructed by Kim
Ayers!

STRETCHES

In the gym!

T'IT'Q'ET

Community Centre Gym

250-256-4118

Email:
HAAssistant@gmail.com

EVERY TUESDAY

Tribal Chief Report

May 24, 2018

Recognition and Implementation Engagement

The Provincial and Federal Governments continue the process of engaging with First Nations to implement the UNDRIP or United Nations Declaration on the Rights of Indigenous Peoples. PC will be kept up to date as events happen. The St'át'imc Chiefs Council is taking this very cautiously. The BCAFN and UBCIC, through the Leadership Council continues to take the lead on this.

St'át'imc Government Services

The move to a nation approach is ongoing. The SGS Board was to be interviewing very shortly for an Interim Relations Manager. An administration position will be posted to oversee operations. The return of the Education Coordinator is anticipated in the next couple of months.

St'át'imc/BC Hydro Dispute

Resolution – The preparation for mediation is ongoing. Reuben and Darrell are going to communities to gather info from members on impacts from the varying flows. Dates are set for June 11 to 13 and June 27. An internal protocol was drafted and passed. Callison and Hanna are the legal team assisting the St'át'imc.

St'át'imc Chiefs Council/St'át'imc Authority

– The SCC are looking for a principal for the Hydro Implementation. Chief Michelle stepped down as Interim Principal. This will be on the next agenda for SA. The issue of the parking at Joffre Lake Park was discussed. Lil'wat and T'it'q'et will continue to be involved in dealing with issues along the Duffy Lake Corridor.

Water Comptroller

The Water Comptroller will be meeting with the Chiefs to tour the areas of concern from the water variances. A date has not been confirmed.

PGWG

The Governance working group continues the work from the work plan.

Lillooet Tribal Council

T'it'q'et Chief and Council and P'egp'ig7lha Council are preparing for mediation with the Lillooet Tribal Council to talk about some issues our community has with LTC. A letter was sent to the LTC Chair, outlining the issues that our community has and asking if any of the issues have been addressed.

Bell/Shaw

Bell/Shaw came in to talk about their plans to expand their network. They do not plan to go through the Duffy corridor at this time, but they plan to come through Tsalalh and through Seton Lake. They plan to piggy back on Telus lines when they can. There are opportunities for our community should we decide to sign on to this. Timeline is 2 years to 4 years.

Timber Supply Area

Highlights from this meeting are FREP training. A date has not been set. The L'ilwat Land Use Agreement was presented by the ministry. There is an issue of overlap in this plan and PC was not adequately consulted.

OFFICE OF THE TRIBAL CHIEF

Shelley Leech

Phone (250) 256-4118

Fax (250) 256-4544



Health Update

Hello, T’it’q’et members!

Just a few updates from the health department.

Now that the weather is getting better, Joni and Janita will no longer be delivering things like meals. If you’re in need of a meal, please let us know when you’ll be coming in.

If you’re in need of a ride to community events, please make sure to give them a call and let them know so they can adjust their schedules, and are not scrambling around last minute to make things happen.

There is a community luncheon happening on June 20th with the paramedic. Have some good food, some good conversations and maybe even learn something.

ALL patient travel needs to be submitted two weeks in advance. In order to be sure your patient travel cheque is ready for pick up.

Health Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Skuza7	2
3	4	5 RN	6 RN	7 • CHN (HIV & Hep C Session)	8 Skuza7	9
10	11 CHN	12 RN	13 RN	14	15 Skuza7	16
17	18 Rose Maries James NP	19 RN	20 • CHN • RN • Luncheon	21	22 • Dr Bolen • Skuza7	23
24	25 CHN	26 RN	27 RN	28	29 Skuza7	30

CHN—Community Health Nurse
NP—Nurse Practitioner
RN— Registered Nurse
(8:30–1:00 Tue | 8:30–2:00 Wed)

Health

Health

ALL patient travel needs to be submitted two weeks in advance. In order to be sure your patient travel cheque is ready for pick up.

ATTENTION:

Medical Travel

Medical Travel Application Form, I would like to remind everyone, patient travel requests are to be submitted a minimum of **two weeks in advance** to ensure your travel cheque is ready in time for your appointment.

Cheques are to be picked up Wednesdays and Fridays @ 9 AM.

A photocopy or fax of your appointment/referral

Date, time and whose office you are going to see is required for me to submit your travel request. It is your responsibility to provide this information to me.

In addition, if a driver is required and/or an overnight stay is needed, it needs to be stated on the Medical Application form.

Confirmation of Appointment cards

Please ensure your name and date is on the card when returned to myself or placed in my inbox at the reception

Application Form

There are **two (2)** MEDICAL APPLICATION FORMS:

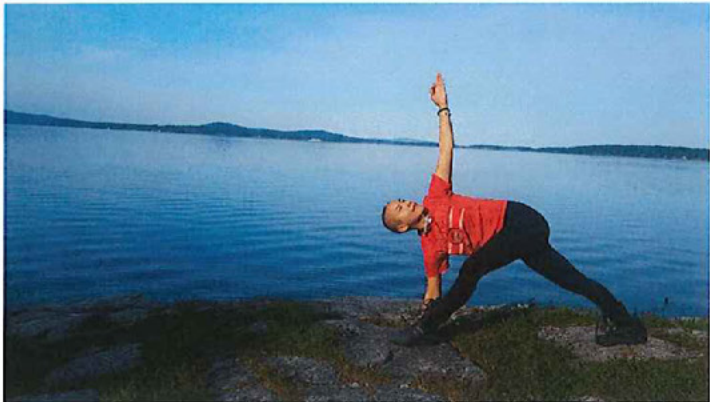
1) NEW CLIENTS WHOM I HAVE NO INFORMATION ON

2) EXISTING CLIENTS WHOM I'VE ASSISTED PREVIOUSLY

—

If you have any Questions or concerns, please contact me

Nicole Napoleon
T'it'q'et Medical Clerk
Medicalclerk@titqet.org
250-256-4118 ext. 241



Community Yoga schedule

With Rosie

Sponsored by T'it'q'et Health

At the P'eg'p'ig'lha (frog) community centre aka the new band office up T-Bird

(NEW) Monday Hatha & Restorative Yoga class 6-7:30 pm

Wednesday Hatha & Restorative Yoga class 5:30-7 pm

Yoga mats, blocks, blankets and some bolsters provided. Feel welcome to bring your own props if you have them.

\$10 drop in All Are Welcome.

Health

Application Form for *existing clients*

UPCOMING APPOINTMENTS & REIMBURSEMENTS

For T’it’q’et & Community Members

Provide your request AT LEAST TWO WEEKS IN ADVANCE.

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

PATIENT INFORMATION

Legal Name: _____
Last Name First Name Middle Initial

Contact phone number: _____ E-Mail: _____

APPOINTMENT INFORMATION

Business Name: _____

Business Address: _____

Business #: _____ Fax#: _____

Doctor’s Name/ Speciality Type _____

Purpose for Appointment: _____

Appointment Date: ____/____/____ Time: ____ AM / PM
DD/MM/YYYY

Received by: _____

Submitted to: _____

Date: _____

Please Stamp Received

TRAVEL INFORMATION

Do you require a “MEDICAL ESCORT” to your appointment? Yes / No

Has the PHYSICIAN ESCORT FORM stating the criteria been provided to medical clerk Yes / No
(This is necessary for record keeping)

Name of Driver: _____ Phone #: _____

Cheque Payable To: _____

Do you require Accommodation for your appointment? Yes / No

Special needs required. (i.e. Ground floor, handicap unit, etc.?)

MEDICAL PROCEDURE AGREEMENT

Initial

T’it’q’et Health will cover the cost of medical transportation, meals, and accommodations. We are **NOT** responsible to cover any costs of damages you or your guest(s) may have caused to your Hotel/Motel room during your medical stay. If there are any charges to T’it’q’et including “NO show” or damages you or your guest(s) may have caused, you will be invoiced by T’it’q’et for the full amount to cover the charges. It will be the client’s responsibility to cancel the room reservation twenty-four hours or as Cancellation policy states per hotel, prior to the check-in date.

By signing this document you are giving consent to release medical information to the medical clerk of T’it’q’et Administration.

Print Name: _____

Signature: _____ Date: _____

Received stamp/ INITIALED

Medical Travel Form
For Upcoming Appointments / Reimbursements
For **NEW CLIENTS** T’it’q’et/Community Members

Provide AT LEAST TWO WEEKS IN ADVANCE.

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

PATIENT INFORMATION

Legal Name: _____
Last Name First Name Middle Initial

Residential Address: _____

Mailing Address: _____

Band Name: _____ Status #: _____

Phone #: _____ Message#: _____

Date of Birth: ____/____/____ Medical Card #: _____
DD/MM/YYYY

MEDICAL APPOINTMENT INFORMATION

Business Name: _____

Business Address: _____

Business #: _____ Fax#: _____

Doctor’s Name/ Speciality Type _____

Purpose for Appointment: _____

Appointment Date: ____/____/____ Time: _____ AM / PM
DD/MM/YYYY

(PLEASE CUT HERE)

Received by: _____

Submitted to: _____

Date: _____

Please Stamp Received

TRAVEL INFORMATION

Do you have your own transportation? Yes / No

Do you require a “medical escort” to your appointment? Yes / No

Has the physician escort form stating the criteria been provided to medical clerk Yes / No
(This is necessary for record keeping)

Name of Driver: _____ Phone #: _____

Cheque Payable To: _____

Do you require Accommodation for your appointment? Yes / No
Special needs required? (i.e. Ground floor, handicap unit, etc.?)

MEDICAL PROCEDURE AGREEMENT

Initial

T’it’q’et Health will cover the cost of medical transportation, meals, and accommodations.
We are **NOT** responsible to cover any costs of damages you or your guest(s) may have caused to your Hotel/Motel room during your medical stay. If there are any charges to T’it’q’et including “NO show” or damages you or your guest(s) may have caused, you will be invoiced by T’it’q’et for the full amount to cover the charges. It will be the client’s responsibility to cancel the room reservation twenty-four hours or as Cancellation policy states per hotel, prior to the check-in date.

By signing this document you are giving consent to release medical information to the medical clerk of T’it’q’et Administration.

Print Name: _____

Signature: _____ Date: _____

Received stamp/ INITIALED



Leave them in
your locker!

4°C

DON'T DELAY, RECERTIFY TODAY!

All FOODSAFE Level 1 certificates
issued in British Columbia before
July 29, 2013 will expire on
July 29, 2018.

For more information visit
www.foodsafe.ca/recertify



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council
PO Box: 1420 • 650 Industrial Place • Lillooet, BC V0K 1V0
Tel: (250) 256-7530
www.statimhealth.net

Open 8am – 5pm
Monday – Friday
Closed noon – 1pm
& Statutory Holidays
Fax: (250) 256-7535

Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'e'l'was

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30-4:30, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Min Children and Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7, 1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA, 1-877-209-1266
- Interior Crisis Line 1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7, 1-800-784-2433
- Adult & Youth Distress Line, 1-866-661-3311
- Alcohol & Drug options for treatment, 1-800-663-1441
- Kids Help Line, for children & youth, 1-800-668-6868
- BC Nurses Line, Health questions, 811
- Indian Residential School Crisis Line, 24/7, 1-866-925-4419
- VictimLINK, 24 Hour help & Information, 1-800-563-0808
- Kamloops Sexual Assault Counselling Centre, 250-372-0179 or ksacc@ksacc.ca
- Women's Emergency Shelter, 250-455-2284 or toll free 1-800-318-4455

Emergency – Call 911 in service area,
or

- St'atli'imx Tribal Police,
emergency **250-256-7767**
- RCMP **250-256-4244**, Lillooet
- Ambulance **250-256-7111**



United Nations Declaration on the Rights of Indigenous Peoples

What is the UN Declaration on the Rights of Indigenous Peoples?

- 1 The *UN Declaration on the Rights of Indigenous Peoples* is an international human rights instrument adopted by the UN General Assembly on 13 September 2007 after more than two decades of negotiations.
- 2 The *Declaration* affirms the inherent or pre-existing collective human rights of Indigenous peoples, as well as the individual human rights of Indigenous women, men and children. It provides a framework for justice and reconciliation, applying existing human rights standards to the specific historical, cultural and social circumstances of Indigenous peoples.
- 3 In its preamble, the *UN Declaration* is described as “a standard of achievement to be pursued in a spirit of partnership and respect.” Indeed, it reinforces the Treaty relationships that exist between Indigenous peoples and the Crown and which form “the basis for a strengthened partnership...”
- 4 The *Declaration* also states that the rights it contains “constitute the minimum standards for the survival, dignity and well-being of the indigenous peoples of the world.” (article 43)
- 5 In his role as UN Special Rapporteur on the rights of indigenous peoples, James Anaya concluded in 2008:
“The standards affirmed in the Declaration share an essentially remedial character, seeking to redress the systemic obstacles and discrimination that indigenous peoples have faced in their enjoyment of basic human rights.”

- 6 Like other international human rights declarations, the *UN Declaration on the Rights of Indigenous Peoples* provides an authoritative source of guidance for all institutions of society, including legislators and government departments, courts, human rights bodies, and public institutions such as universities.
- 7 The *Declaration* is more than aspirational. Although it is not the same as a treaty or convention, it does have diverse legal effects. The *Declaration* reflects rights already found in human rights treaties. It also reflects what is known as customary international law – legal standards that have become obligatory on states through their widespread use.
- 8 Courts are free to rely on declarations in interpreting human rights – as are Indigenous and non-Indigenous governments and human rights bodies.
- 9 Unlike conventions, declarations do not need to be signed or ratified. Declarations adopted by the General Assembly are considered universally applicable from the time of their adoption.
- 10 International human rights standards are vital in promoting rights that states have failed to uphold. Domestic laws and policies should be reformed so as to uphold such global standards.

Is the Declaration consistent with the Canadian Constitution and Charter of Rights and Freedoms?

- 11 In a May 2008 open letter, over 100 Canadian legal scholars and other experts on matters of law and Indigenous rights, stated that not only is the *UN Declaration* “consistent with the Canadian



Constitution and Charter,” it is also “profoundly important for fulfilling their promise.”

What is the Government of Canada’s position on the Declaration?

- 12 The federal government announced in May 2016 that it “is now a full supporter of the *Declaration*, without qualification.” This comes after the former government had opposed and campaigned against the *Declaration* for more than four years, and then issued an official statement of endorsement in November 2010.
 - 13 There is an inherent contradiction in the notion of supporting an international human rights instrument only to the extent that it is consistent with a state’s constitution and laws. Yet this was the position taken by the former Canadian government on the *UN Declaration*. International bodies have indicated repeatedly to states that they should reform their laws and policies, so as to conform to international human rights standards.
 - 14 Unilateral statements made by the Government of Canada, either in association with its endorsement or made elsewhere, do not affect the legal status of the *Declaration* in Canada.
 - 15 In a 2008 motion, Canada’s House of Commons called on Parliament to “fully implement” the standards in the *Declaration*.
- ## How should the Declaration be implemented in Canada?
- 16 The Truth and Reconciliation Commission of Canada has stated “the *Declaration*... is the framework for reconciliation.” The central significance of the Declaration in the process of national reconciliation was also echoed in a statement by former UN Secretary-General Ban Ki-moon.
 - 17 Courts and human rights tribunals can use the *Declaration* as a relevant and persuasive source in interpreting Indigenous human rights and related state obligations.
 - 18 Indigenous peoples and their institutions are using the *Declaration* as a principled framework for advancing their rights, in their own policy- and decision-making and in their negotiations with governments and other third parties.
 - 19 Civil society organizations are working cooperatively with Indigenous peoples, in

promoting and implementing their human rights and maintaining the *Declaration* as a living instrument.

- 20 Educational institutions are encouraged to include the *Declaration* in their curriculum, including in teacher training.
- 21 Corporations and investors should ensure their human rights policies and business practices fully incorporate the standards in the *Declaration*, especially that of free, prior and informed consent.
- 22 A key responsibility of government is to ensure that laws, regulations and policies are amended as necessary to bring them in line with the obligations set out in the Declaration. Such a legislative framework is preferable to waiting until conflicting interpretations come before the courts.

What is happening internationally?

- 23 The global consensus that now exists in support of the *Declaration* reinforces its weight as a universal human rights instrument. The ongoing and widespread human rights violations against Indigenous peoples worldwide underline the urgency of realizing full and effective implementation of the *Declaration*.
- 24 The Office of the UN High Commissioner for Human Rights emphasized in 2010 that the “*Declaration* is now among the most widely accepted UN human rights instruments. It is the most comprehensive statement addressing the human rights of indigenous peoples to date, establishing collective rights and minimum standards on survival, dignity, and wellbeing to a greater extent than any other international text.”
- 25 The *Declaration* is being used by UN treaty bodies to interpret Indigenous peoples’ rights and related State obligations under international treaties.
- 26 Similar use of the *Declaration* is being made by UN specialized agencies and the Human Rights Council’s special procedures and mechanisms, which include special rapporteurs and independent experts. The *Declaration* is also being relied upon by domestic and regional courts, as well as other bodies within regional human rights systems in Africa and the Americas, including the Caribbean.
- 27 In September 2014, the Outcome Document of the World Conference on Indigenous Peoples further affirmed States commitments to implementing the UN Declaration.

This factsheet was prepared by the Coalition for the Human Rights of Indigenous Peoples, December 2016.

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
Land Code Coord.	Dean Billy	251	deaneabilly@gmail.com
O&M Supervisor	George Napoleon	248	omforeman@titqet.org
O&M	Murray Barney	239	murrayb@titqet.org
Gov. Advisor	Shannon Squire	233	pegpigha.council@gmail.com
Referrals Clerk	Jasmine O'Donaghey	231	pegpigha.c.assistant@gmail.com
Food Security	Matthew Davidson	230	
Public Phone		229	

June 2018 Horoscopes



Gemini (May 21–June 20)

Emphasis this month will be on family and emotional matters. Planetary power is moving from the northern sector to the southern sector of the horoscope. Use this period to review your career growth and make necessary improvements to your career path. You can employ these strategies when career becomes important in the future.

Aries (Mar 21–Apr 19)

Career development of Aries astrology sign will be satisfactory. Mercury will help in maintaining harmonious love life in spite of the various problems. Finances can be enhanced with the help of social network. Health will remain satisfactory with proper diet.

Taurus (Apr 20–May 20)

Hard work will help monetary progress of Taurus sun sign in June 2018. Career change is possible, but requires more evaluation. Plenty of effort will be required to maintain harmony in marital relationships. Health will not pose any difficulties.

Cancer (Jun 21–Jul 22)

Health prospects of Cancer zodiac sign will be superb during the month. Making money will be difficult and requires more effort. Career environment is under major overhaul. Relationship with your partner will be highly chaotic and you have to be highly patient.

Leo (Jul 23–Aug 22nd)

Career growth will be superb for Leo sun sign due to the influence of Jupiter. Relationship with your spouse will be tentative. Social life will expand and you will become a member of prominent associations. Retrograde of planets will affect your earning capacity. Health will be satisfactory.

Virgo (Aug 23–Sept 22)

Retrograde of planets and adverse planetary influences will be forcing Virgo sun sign to be highly circumspect. Career will show good progress. Financial prosperity will be static. Love life can be made pleasant if you give enough time to your partner. Health requires more rest.

Libra (Sept 23–Oct 22)

Libra zodiac sign will reach career zenith during the month. Retrograde of planets will force you to go slow on all fronts. Financial investments have to be properly evaluated. Relationship with your spouse will be highly unpredictable. Spiritual healing techniques will help your emotional quotient.

Scorpio (Oct 23–Nov 21)

Health prospects of Scorpio star sign will be fabulous in June 2018. The Sun will bring about major changes in your professional environment. Jupiter will slow down your financial growth. Venus will be responsible for all the disturbances in your relationship with your partner in matters like pregnancy.

Sagittarius (Nov 22–Dec 21)

Social life of Sagittarius zodiac sign will be active, but love life will be full of chaos. Mercury is also responsible for the volatile atmosphere at the workplace. Finances will be satisfactory. Health will be delicate and requires the help of yoga and meditation.

Capricorn (Dec 22–Jan 19)

Health will occupy the centre stage for Capricorn sun sign. Exercise and detoxification will help. Career will be successful if you can handle all the confusion at the workplace. Financial situation will be quite alarming. Relationship with your spouse requires lot of patience and understanding.

Aquarius (Jan 20–Feb 18)

Jupiter will bring happiness to love relationships of Aquarius star sign. Health situation will be splendid. The Lunar eclipse will induce transformations at your workplace. Retrograde of Neptune will slow down your monetary progress.

Pisces (Feb 19–Mar 20)

Pisces zodiac sign will have to face many contradictions and it requires plenty of fortitude to overcome them. Career environment will face many alterations. Financial situation will be under stress due to social contacts. Family atmosphere will be full of tension. Health will require more breaks to remain stable.

July 2018 Newsletter Submission Deadline Friday, June 22nd 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

