

# Newsletter

**Dec 2022**

**T'IT'Q'ET DEC 2022 ISSUE**

Booster Flu Clinic–Page 10  
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**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 33



# December

## Holiday office closures



















The office will be closed from December 22, 2022 at 4:00 p.m. to January 2, 2023. The office will re-open on January 3, 2023.

## Garbage Days

Mondays and Fridays

## Recycle Days

Recycling will be once a week and will have to be separated

SUN	MON	TUE	WED	THU	FRI	SAT
27	 28	29	 30	1	 2	3
4	 5	6	 7	8	 9	10
11	 12	13	 14	15	 16	17
18	 19 Nurse Practitioner	20	 21	22 Office closed at 4pm	 23	24
25 Christmas	26 Boxing Day	27	  28	29	 30	31 New Years Eve
1 New Years Day	 2	3 Office reopens	 4	5	 6	7

### NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

### RECYCLE DAYS:

Dec 7-Plastics  
Dec 14-Glass  
Dec 21-Tins  
Dec 28-Cardboard/Paper



### JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## FIRE WOOD AVAILABLE

Place orders at:

250-256-4118 ext. 248

Wood pile open to T'it'q'et Members Only.

## NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH DEPARTMENT

Third  
MONDAY of  
the month  
1PM -4PM



## Notice to members who send payments by E-Transfer

Please remove [accountspayable@titget.org](mailto:accountspayable@titget.org) from your e-transfer list and send all payments to Lesley Napoleon at [bookkeeper@titget.org](mailto:bookkeeper@titget.org). We prefer that you continue to use the same password that you currently use when sending a payment. Any updated or new passwords can be emailed to Lesley.

**Payments include:** rent, NORHA loans, loans, house insurance, etc...

Thank you,

Finance Department





## Kanukwa7stáliha Family Services

Lillooet Tribal Council

472 Main Street, Lillooet, BC V0K 1V0

Phone: 250-256-7525 Fax: 250-256-7582

Hours of operation: Monday to Friday 8:30am to 4:30pm



This program is here to assist children and cover the costs in certain areas including health, social and educational. It is a principle that was put in place so that funding is there to support Aboriginal Children when they need it and then the governments can fight over who will cover the cost after the child has been taken care of.

### Who Can Apply for Jordan's Principle:

- First Nations children aged 0-19 Non-Status children living on-reserve
- Parents or guardians care for a First Nations child
- A First Nations child 16 years and older can apply for themselves
- A group request from multiple families, or parents can be applied for as well
- Your Jordan's Principle Service Coordinator can help assist with this process for both individuals and groups

### Examples of what may be covered:

- Health- mobility aids, ramps, assessments, medical supplies, mental health
- Social/Cultural- social workers, land-based activities, respite care, Personal support worker, cultural programs
- Education- school supplies, tutoring, teaching assists, assessments, technology

### What is needed for the application:

- Child's name, date of birth, address, Status Card number
- Parent/Guardian name and contact info
- Reason for request
- Description of the request
- History of the request, has it been previously submitted to another program or service?
- Any other supporting documents

### What if You are Denied:

- You may appeal a decision within 1 year of the date of denial by:
  - Sending a written request
  - Your appeal will be reviewed and decision should be made within 30 days

Michelle Isaac Jordan's Principle Service Coordinator

[jordanp@kanukwa7staliha.org](mailto:jordanp@kanukwa7staliha.org)

Phone: 250-256-7525 Cell 250-256-1988

## Notice to T'IT'Q'ET BAND MEMBERS

### CANADIAN RESIDENTS ONLY

We would like to collect Band Members banking information so we can start sending payments by direct deposit, this includes the annual Christmas Hamper cheques, post-secondary, and other batch payments made to band members.

**PLEASE NOTE: this does NOT include single payments made to Band Members, for example patient travel or any other individual cheques. It also does not include Social Assistance.**

### WHAT WE NEED FROM YOU:

1. **ACCOUNT INFORMATION FORM**, (two examples shown below) you should be able to receive this directly from your financial institution (CIBC, Credit Union, TD Bank, RBC, Scotia Bank, etc....), this insuring that we receive the correct information to do a direct deposit directly to your bank.
2. We will also need a **CURRENT EMAIL ADDRESS**, so we can email you a cheque stub informing you of the payment.

### Two Examples of Account Information Forms

You can email this information to Lesley Napoleon at [accountspayable@titqet.org](mailto:accountspayable@titqet.org) or Sabrina James at [tfnfinance@titqet.org](mailto:tfnfinance@titqet.org) or drop off a copy to P'egp'ig'Iha Community Centre 59 Retasket Street or if you wish to mail us a copy:

T'it'q'et Administration  
Attention: Lesley Napoleon  
PO Box 615  
Lillooet, BC V0K 1V0

**NOTE:** This is an option, if you choose not to receive direct deposit, we are still able to process a cheque.

Thank you from

The Finance Department

USA Residents we apologize as we are not able to do across border EFTS at this time.



# CARTER Hearing

At Carter Hearing, we are dedicated to the highest level of care for our clients.

From the first visit to ongoing support, you'll find our professional clinic team is with you every step of the way. Because we believe that hearing well is part of leading a healthy happy life.

## DECEMBER DATES

12th

13th

14th

Please call to book your appointment

1-604-392-9211

Or email

[info@carterhearing.ca](mailto:info@carterhearing.ca)



**CARTER Hearing**

Book your appointment now at any of our clinics or mobile clinic

LOCAL: 604 - 392 - 9211  
TOLL FREE: 1 - 844 - 234 - 6665

Come in for your **Free** Hearing Screening!

[info@carterhearing.ca](mailto:info@carterhearing.ca)  
[VISIT: CARTERHEARING.CA](http://carterhearing.ca)

CHILLIWACK • AGASSIZ • HOPE • PRINCETON • LILLOOET • MERRITT • CHASE • 2 MOBILE CLINICS

UNIT #101-9193 MAIN ST 7069 CHEAM AVE 5914 WALLACE ST 131 VERMILLION AVE UNIT #3, 682 MAIN ST #101-2102 NICOLA AVE #10, 8348 THOMPSON AVE SERVING THE COMMUNITY

# COLD WEATHER SAFETY

When winterizing camping gear, ensure pets and wild animals are not hiding inside.

Keep all animals indoors during cold weather. If you must keep an animal outside, ensure shelter is off the ground and provides protection from wind, cold and dampness. Keep drinking water ice-free.

Clean the pads of your pet's paws after walking on sidewalks or roads to remove irritating salt.

Use pet-safe propylene glycol antifreeze instead of ethylene glycol, which can kill a pet with only 1 tablespoon.

Choose a pet-friendly, non-corrosive de-icing compound for your sidewalks.

**BCSPCA**  
SPEAKING FOR ANIMALS



# Message from T’it’q’et Housing:

## Yard maintenance:

Housing Policy- 9.1.1.1 Owners and residents be encouraged to maintain and keep up their yards, properties and housing in a way that would make the community proud.

## Visitors:

Friendly reminder that in the rental units as per agreement signed:

8. Except for casual guests, no other persons shall occupy the premises without written consent of the Landlord.

Housing needs to be contacted when you move someone into your rental unit.

Then it needs to get approved by administration, and council that this ok.

If approved a new rental agreement will need to get filled out and signed.

## Garbage:

O&M picks garbage up on Mondays and Fridays. Wednesdays they pick up recycling. On recycling days, the garbage will be picked up as well for now.

Animals are getting into garbage, if an animal gets into your garbage it is your responsibility to pick it up.

Please do not throw food waste outside your home, throw it in the garbage. This will help from animals going into your yard, and mice trying to find a way into your home.

Thank you,

Kassandra Doss

Housing Coordinator.



Set up an altar space for your lost loved ones.



Remember that crying is okay.




Volunteer or donate to a charity that was important to your loved one.



Light a candle in your home in memory of the person you've lost.



If needed, see a counsellor, ask for help or seek out a grief support group.



Play your loved one's favourite holiday music.



Honour old traditions to keep your loved one's memory present.



Make a memorial ornament, wreath, or other decoration in honour of your loved one.

# COPING WITH GRIEF & LOSS DURING THE HOLIDAYS

@thatinclusivewitch



# BOOSTER/FLU CLINIC

DECEMBER MONDAY 12<sup>TH</sup> 2022

START: 10:30–2:45PM

T'IT'Q'ET HEALTH DEPTMENT

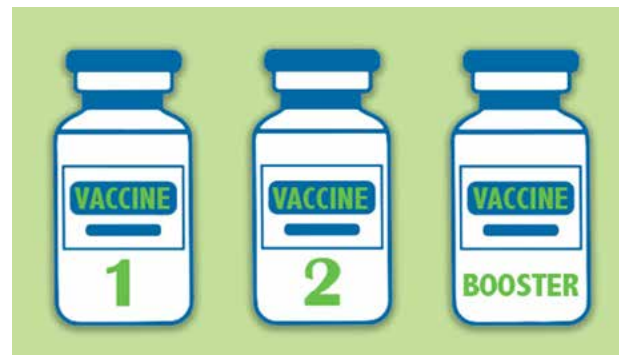
BY APPOINTMENT ONLY

In order to qualify for COVID booster you

-should not have had confirmed COVID virus in last 3 months

-been at least 6 months since your last booster

- 18+ years of age



COME JOIN US FOR A MEAL AND  
BRING A FRIEND

BRING QUESTIONS ABOUT FNHA  
HEALTH BENEFITS

Health Benefits 101 presentation.

- BRANDY HAZEN the Interior Community Relations Representative

January 16th at 5pm

Location T'it'q'et Gymnasium

Dinner at 5pm

Presentation starts at 6:00 – 8:00



Regarding Health Benefits

**-Vision –Dental -Medical Supplies -Medical Transportation**

**-Mental Health -Pharmacy Benefits**



INTERIOR REGION  
First Nations Health Authority

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

Newsletter Report

December 2022

The T'it'q'et Lands Committee and Lands and Natural Resources Department have been meeting regularly. The next scheduled meetings for December are the 6<sup>th</sup> and 20<sup>th</sup>.

- **Lands Committee**  
The Centre for World Indigenous Studies has been meeting with the Lands Committee and Lands and Natural Resources Department staff to work on how the values and principles of the P'egp'ig'lha Constitution can be incorporated in their work in lands. St'át'imc elder, Linda Redan, has been attending this meeting to provide knowledge of St'át'imc language.  
The Lands committee recently met with Urban Systems and provided their input on the draft Economic Development Plan update.
- **Law-Making & Enforcement**  
The Lands Committee will continue to meet with LABRC staff. Enforcement Advisory Kevin Broughton will be joined by Wade Davidson in discussing law development with the T'it'q'et Lands Committee.  
An invitation has been extended to the St'atl'imx Tribal Police to meet with the Lands Committee to discuss enforcement of future T'it'q'et land laws.
- **Natural Resource Management**  
The Environmental Management Plan is ready for the next phase in its development. Dillon Consulting will begin a series of community consultations. The next step will be to undertake the Strategic Planning Sessions. The intent of the Strategic Planning Sessions is to review, validate, and/or build on, if needed, the T'it'q'et EMP Framework (i.e., the 'where we are we now') and to identify and develop the environmental management goals, actions, and/or strategies (i.e., the 'where we want to go').
- **Lands Administration**  
Lands and Natural Resources Department staff attended a regional event in Richmond for communities under a land code. The event was funded by the LABRC and gave the communities a chance to network and bring each other up to date on activities and progress in their communities.
- **Dispute Resolution**  
The Lands Committee met with EHA452 & Associates and discussed the next steps in the development of a Dispute Resolution Process for T'it'q'et reserve lands.

Do you need to relax?

Do you suffer from headaches or backaches?



December 15, 2022 EVENING SESSION.

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhcw (A place to Heal)

**To book an appointment contact medical clerk**

250-256-4118 Ext. 241

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

### Please note

Your appointment is 20 minutes long

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

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

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





## T'it'q'et Administration

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

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

### Notice from Housing regarding pets:

-There have been dogs roaming around on the road.  
Please tie your dog's up or supervise them when you bring them out.  
When they run on the road in front of vehicles it is a safety hazard for the driver and dog.

-All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbors.  
Please keep dogs fenced in or tied on a run.

-Dogs that bark constantly should be brought into the home especially during the evening.

-Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbors' lawns etc.

#### 8.2.1.8 As per the housing policy it states:

1st Warning is a writing to the owner from Council;  
2nd Warning, the owner must pay the \$50 animal control surcharge;  
3rd Warning, the pet owner must meet with Council;  
4th warning is the removal of the dog.

Thank you,  
Kassandra Doss  
Housing Coordinator



# Engaging Youth for Stronger Communities

## STEP UP



**Phase #3 starts December 1-March 31, 2022-2023**

**Volunteer work experience while learning employable skills.**

**Youth Lead, Mentor and Advocate for change while building a tool kit with resources to be equipped for a clearer vision of goals.**

**Plan a career and education portfolio to be prepared for short and long term goals.**

Ages 15-30

- Work Ethics-Leadership, Mentorship, Leadership, Self Awareness, Networking, Life Skills
- Occupational Health and Safety-HR Downloads online courses, work wear.
- Career Planning--Individual Action Plans, Resumes and Cover letter.
- Cultural workshops

**Open to youth in Lillooet, St'at'imc, Goldbridge, Bralorne and surrounding communities.**

**Support for living expenses available up to \$500.00 twice a month according to attendance and childcare dollars available.**

Contact: Coordinator-Gail Kreiser Leech [eysccoach@lfcs.ca](mailto:eysccoach@lfcs.ca) 256-4146 ext 207  
Activity Support Coach-Mariko Kage [eysc@lfcs.ca](mailto:eysc@lfcs.ca) 256-4146 ext 209  
Location: Lillooet Friendship Center Society 357-Main Street







## LILLOOET TRIBAL COUNCIL REQUEST FOR PROPOSALS



### PROJECT SUMMARY

Community Adult Learning Centre (CALC) is seeking Expressions of Interest (EOI) from qualified individuals to conduct a three-year training plan. CALC provides a range of education and training services to the Indigenous residents of the Lillooet area and the northern St'át'imc Territory.

We envision the project will consist of three distinct phases:

1. Gather and review current community education and training plans and needs.
2. Consultation with four Northern St'át'imc communities to determine the communities' priorities for education and training.
3. Submit a written training plan for each community including: a summary of information collected; identified education and training needs, community priorities and future plans.

### PROPOSAL REQUIREMENTS

Expressions of Interest should clearly convey:

- Your experience and formal qualifications in completing similar community-based planning
- Biographies of your project team
- Projected timelines for each phase.
- A Plain language summary (maximum 300 words) of the proposed activities, community & stakeholder engagement strategies, and a description of the proposed deliverables.

**Apply:** please submit Expressions of Interest by **4:00 pm December 1, 2022** to Yvonne LaRochelle @ [ylarochelle@lillooettribalcouncil.ca](mailto:ylarochelle@lillooettribalcouncil.ca).

**Any questions please contact:** Yvonne LaRochelle at (250) 256-6007.

Pursuant to section 41 of the BC Human Rights Code, preference will be given to applicants of St'át'imc or Aboriginal ancestry.

# MONDAY NIGHT SPORTS

**ALL AGES  
WELCOME**  
DIFFERENT SPORT EACH  
WEEK  
**NO FEE**

**BASKETBALL,  
VOLLEYBALL,  
BADMINTON,  
WEIGHTROOM.**

7 pm – 9 pm Monday Night Starting Dec 5 2022  
P'eqp'iq'lha Community Center

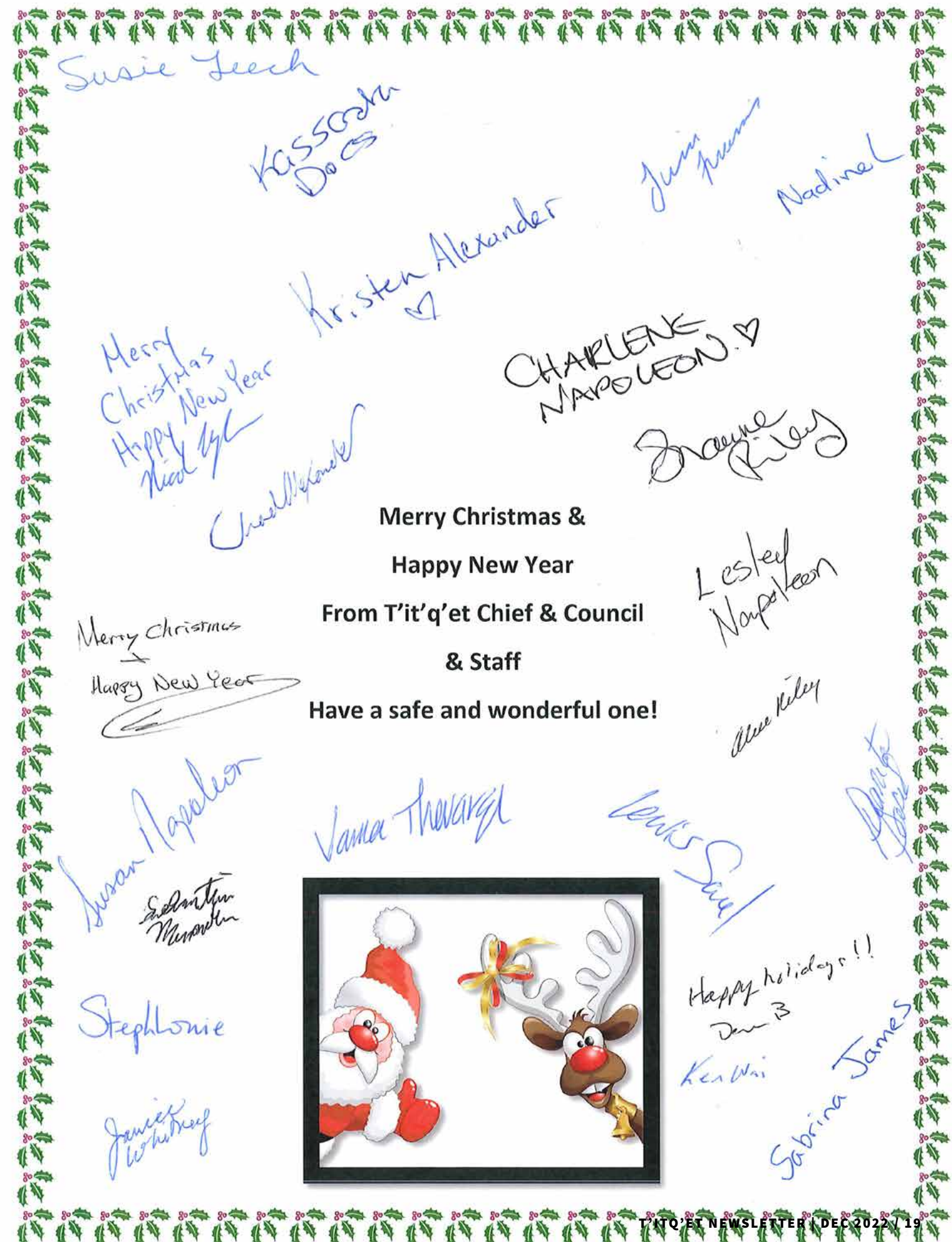


# T'IT'Q'ET COMMUNITY CHRISTMAS PARTY

SUNDAY, DECEMBER. 11, 2022  
**3:00PM PCC HALL**

**DINNER AND VISIT FROM SANTA**

PLEASE BRING A DESSERT IF YOU CAN



Susie Teesh

Kasson  
Doos

Jim  
Pum

Nadine

Kristen Alexander

Merry  
Christmas  
Happy New Year  
Nick 14

CHARLENE  
NAPOLEON

Drayne  
Riley

Cheryl  
Wynne

Merry Christmas &

Happy New Year

From T'it'q'et Chief & Council

& Staff

Have a safe and wonderful one!

Lesley  
Napoleon

Merry Christmas

Happy New Year

Alise  
Riley

Susan  
Napoleon

Edwin  
Munro

Vanna  
Theravet

Louis  
Sue

Donna  
Sue

Stephonie

Janice  
Whitney



Happy holidays!!  
Don B  
Ken Wai

Gabrina  
James



DECEMBER 2022

# P'EGP'IG'HA COUNCIL

## P'egp'ig'lha Council & Guardians Update

BY LACEY LAROCHELLE

The P'egp'ig'lha Guardians have had a busy November out in the field & in class taking a Introductory Natural Resource course. The P'egp'ig'lha Guardians continue to monitor recreation, hunting and wildlife activity in the Territory. They have installed a number of game cameras to assist with collecting information and are currently reviewing some of the collected data. The PC Natural Resource Specialist & Guardians met with Tsal'álh Guardians to share information & review workplans to avoid duplication of monitoring between Guardians.

The PC hosted a Title & Rights/Governance Retreat for PC representatives & alternates near the end of October at the Kamloops Coast Hotel. The retreat was facilitated by Satsan (Herb George), Senior Associate for the Centre for First Nations Governance. The next few newsletter submissions from P'egp'ig'lha Council will be focused on summaries of the information presented at the Retreat starting with the next page.

### One line Highlights:

Next P'egp'ig'lha Council Governance Committee Meeting:

DECEMBER 8TH

Next P'egp'ig'lha Council Meeting:

TBA

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 PROJECT/ADMINISTRATIVE  
ASSISTANT, LACEY  
LAROCHELLE EXT.233  
ADMINASSISTANT@PEGPIGLHA.ORG



## CASE LAW SERIES WITH THE P'EGP'IG'LHA COUNCIL: AN INTRODUCTION TO ABORIGINAL CASE LAW IN CANADA FROM 1973-2015

PRESENTED BY SATSAN (HERB GEORGE), SENIOR ASSOCIATE, CENTRE  
FOR FIRST NATIONS GOVERNANCE

### CASE LAW OVERVIEW:

- CALDER

CALDER V. BRITISH COLUMBIA (ATTORNEY GENERAL), 1973:  
FRANK CALDER, ALONG WITH NISGA'A ELDERS, SUED THE  
PROVINCIAL GOVERNMENT IN 1967 ON THE GROUNDS THAT  
ABORIGINAL TITLE TO NISGA'A LANDS HAD NEVER BEEN  
LAWFULLY EXTINGUISHED.

### DECISION:

- ABORIGINAL TITLE EXISTED AT THE TIME OF THE ROYAL PROCLAMATION AND IS NEITHER DEFINED BY, NOR A CONSTRUCT OF, THE COLONIAL LEGAL SYSTEM
- NO RULING ON THE LEGAL FOUNDATION OF ABORIGINAL TITLE OR WHETHER NISGA'A TITLE HAD BEEN EXTINGUISHED

### KEY OUTCOMES:

- SET LEGAL PRECEDENT REGARDING THE EXISTENCE OF ABORIGINAL TITLE; INITIATED THE FIELD OF ABORIGINAL LAW IN CANADA AND ABROAD
- SHIFTED POLITICAL WILL REGARDING TREATY NEGOTIATIONS WHICH HAD BEEN HALTED SINCE 1923

PRIME MINISTER TRUDEAU – “PERHAPS YOU HAVE MORE LEGAL RIGHTS THAN WE THOUGHT YOU HAD WHEN WE DID THE WHITE PAPER”

"IN 3 DECADES, WE  
CHANGED  
HUNDREDS OF  
YEARS OF  
LAW.....WE  
CHANGED THE  
CONSTITUTION."

SATSAN (HERB GEROGÉ)



## Hello T'it'q'et Community

My name is Tina Francis and I am from Sek'el'was.

I received my Health Care Aide Certificate in 2011 through Nicola Valley Institute of Technology. I have worked as a Health Care Aide for Interior Health at Mountain View Lodge for 7 years.

I would like to thank T'it'q'et for the opportunity to fill the positions of Casual Home Support Worker, for the community. Thus far, I am enjoying my position here at T'it'q'et; I've built trustful and welcoming connections with the elders of the community, which brings much joy to the position and I am appreciative of that. I look forward to getting to know the whole community of T'it'q'et because I have roots here: the late Minnie Saul is my Great Great Grandmother, who had my late Great Grandfather Hank Thevarg Sr.

When I'm not carrying out the responsibilities of a Home Support Worker, I am at home with my family. I'm a new mother to my daughter who is almost 9 months old, her name is Estelle. When I have time, my hobbies include beading in the winter months and rockhounding, hiking, and camping in the summer months.

My dream/goal is to work on building a new house for my family.

Thank you T'it'q'et Health for welcoming me to the team.

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## Robert Leech –Councillor

Robert Leech was gifted with a picture from the Elders Council for his community service for his role as a Councillor and many years of volunteer work throughout the decades. Robert has always been there to support and assist the community, whether it is by helping with the fundraising for children's events, graveyard plaques, community garden, or advocating on behalf of the community as his role on Council fisheries or forestry portfolio holder. Robert's commitment and dedication of service to the community is greatly appreciated.







## T'it'q'et Health Department

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

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

November 23, 2022

Hello T'it'q'et

On November 17, 2022, BC Centre for Disease Control changed the self-isolation requirements; "people who have COVID-19 are no longer required to self-isolate. However, it is still important for people with symptoms to stay home as much as possible to reduce any potential spread of illness until your symptoms have improved, and you are able to participate in your usual activities."

***\*T'it'q'et Council recommends that if staff and community have COVID-19 to continue to self isolate to protect our Elders and vulnerable people living in the community.***

Starting November 17, 2022, people with symptoms who test positive for COVID-19 should stay home until their fever has resolved and they feel well enough to participate in daily activities.

If you have symptoms and tested positive for COVID-19, you can manage your illness similar to how you manage other respiratory infections like influenza (flu). Stay home if you feel sick and take prevention measures to limit the spread of infection.

If you have symptoms of COVID-19:

- Stay home and away from others until your fever is gone (without the use of medicines that reduce fever, like Tylenol and you feel well enough to participate in daily activities.
- Avoid close contact with others, especially people at higher risk of severe illness or complications from COVID-19.
- If you cannot avoid close contact with others, take other prevention measures such as wearing a mask in indoor spaces and cleaning your hands regularly.

## T'it'q'et Health Department

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

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

Note: People who work in settings with people at higher risk should consult their workplace-specific policies for guidance.

As public health measures are lifted, it's important to remember that we have many tools, such as vaccines, treatments and our own actions that can protect us from the impacts of COVID-19.

- If your symptoms are severe (e.g., difficulty breathing), call 9-1-1 or visit the nearest emergency department.

Most people can safely manage their symptoms at home. This includes drinking lots of water and fluids, resting, and using a humidifier or hot shower to ease a cough or sore throat.

Treatments are available for people at high risk from COVID-19 who tested positive for COVID-19 by PCR or rapid antigen test. To find out if you may benefit from treatment and how to get the treatment, visit [gov.bc.ca/covidtreatments](https://gov.bc.ca/covidtreatments) or call 1-888-268-4319.

If you have any questions or concerns, please come in and see me, email [healthmanager@titqet.org](mailto:healthmanager@titqet.org), or call 250-256-4118 ext. 234

S7atxstsút (Take care),

Vanessa Thevarg

Health & Social Services Manager

T'it'q'et

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

In preparation of the event several elders met with T’it’q’et staff member Susan Napoleon involved in cultural activities and set up the resource room to sew ribbon skirts, dresses, t-shirts, shirts, jingle dresses for youth and children for the event. Materials were purchased. Some children dresses, shirts, skirts were purchased and ribbons were sewn on them. Many hours were spent by the volunteers to sew during the days, evenings and week-ends. Residential school survivors were honored at the event.

P’EGP’IG’LHA RESILIENCE

October 1, 2022



Acknowledging and celebrating community members who attended residential schools and honoring survivors with a Pendleton blanket for their contribution to our community’s successes:

Kúkwpí7 Bill Machel, and Kúkwpí7 Mike Leach, were honoured for their 30+ years serving our community in their chieftain roles. When the two chieftain roles and responsibilities were adopted Kúkwpí7 Bill served as the community chief and Kúkwpí7 Mike as Tribal Chief. They were honoured with the title Kúkwpí7 at a community event. The two Kúkwpí7s were both involved in the 20+ years of negotiations with Hydro for the return of some of our lands at Seton Lake and the annual funds our community receives. Both Kúkwpí7s continues to serve the people.



Shelley Leech was honored for her many years of service as Tribal Chief on Title and Rights in the beginning of her service under the guidance of Kúkwpí7 Mike Leach. She attended meetings with St’at’imc Chiefs Council relating to Title and Rights – Natural Resources, water, forestry, fish, etc.

Elders Doreen Whitney and Diana Adolph were honored for their long service in administration and development of our community’s growth and successes. During their term in administration, some of the many developments achieved: the upper subdivision with paved roads, Kwekwa Centre, Ucwalmicw Centre, improved housing construction, cabins at Seton Lake, and setting up Restricted funds program- annual funding received from Aspen rental of land for their business.



Elder Nora Greenway, Marilyn Napoleon and Gary Harry for their contribution to securing funds for the past several years and involvement in the revival of our language. Language Immersion sessions were implemented, booklet of new St’at’imc words created, mentorship with fluent speaker, and language classes. Thanks to their dedication and commitment many youths are now involved in learning St’at’imc.

Elders Mary Napoleon was honored for her and late husband Edward many years spent on re-activating our cultural practices. Revitalizing our spiritual connection to the land through drumming, singing, traditional and contemporary dances, sweat lodge, fasting, etc. Very proud to see the results of their dedication at our grand entrance October 1, 2022. Youth, children wearing ribbon skirts and jingle dresses proudly and a couple of them danced to the drumming. Jingle dresses were beautiful. Jingle dresses are Ojibwa culture and is for healing, therefore fit the purpose of P’egp’ig’lha Resilience event.

Elder Mildred MacKenzie was honored for her long service to the community’s continued development.

*The greatness of a community is most accurately measured by the compassionate actions of its members.*  
—Coretta Scott King

P’egp’ig’lha Elders Council recognized the following members valued contribution to our community. The elders value their time, compassion, dedication and hard work;

**Susan Napoleon**, for providing the elders with assistance in our regalia sewing sessions and support whenever required in organizing the P’egp’ig’lha Resilience event. She gave herself in so many ways in the weeks leading to the event, upon request, she ordered, purchased, delivered, led, organized sewing sessions for making ribbon skirts, jingle dresses, shirts etc. during the day, afternoon and week-ends. She was very patience as she helped us through our learning how to sew jingle dresses and all aspects of preparation. The group of elder volunteers are so thankful for her support and value the help she has given us which was so important to our project. She stayed with us during and after work hours to ensure we completed sewing our regalia. She was being pulled in every direction to assist with various sewing techniques which is difficult to do but she did it with kindness and respect.

Susan also gives in so many ways to making our community a place to live. You see her volunteering her time in the kitchen in preparation of meals for community events, taking people out to collect plants used for healing etc. attending and assisting with spiritual ceremonies.

**Shawna Riley**, for all the tremendous amount of volunteer work and support she provides making our community a safe and better place to live. Shawna without hesitation assists families coping with their grief and loss; she steps in and takes care of essentials providing a great deal of comfort for the families. The support one gets when grieving is a great deal of comfort to families. During COVID she worked with other volunteers cooking, making sandwiches, salads etc. to hand out to members in a drive through. You will see her at other festivities such as the Children’s Christmas parties, Easter etc. smiling as she is helping out.





We cannot express enough gratitude for your generosity in giving your time and energy that brings membership together. The quality of living in our community is the result of members like you - created a genuine sense of community.

**Sarah Moberg,** it takes many people like you who volunteer in organizing community events for our membership. Your time volunteered in preparation of meals for family members bereaving provides a great deal of comfort to families like mine. When COVID hit your presence with other volunteers preparing meals and handing it out by a drive through contribute to our sense of community. Our community is so fortunate to have you as a member who is so caring, thoughtful and compassionate. Your work with staff in the Daycare/Preschool provides a nurturing environment for the well-being of children as it is in your home.

**Michael Alexander,** you were there with the other volunteers sewing regalia for your family, assisting others when needed in so many ways. Your assisted with the planning and organizing of

the space for the P'egp'ig'lha Resilience event, and, set aside time and space to demonstrate beading and offered a hand when help was needed.

Your dedication to learning St'at'imc medicines, language, cultural practices is admirable. T'it'q'et is most fortunate to have members like you with the knowledge, skills and generosity to share when help is needed with sacred ceremonies.

You have proven to be such a positive role model and this is so valued by the Elders Council.

Thanks for all your help and support you often provide, but especially all that you have done to for the elder to making P'egp'ig'lha Resilience event a day to remember.

**Robert Barney,** the Elders have noted and thank you for the tremendous amount of work you've put in to keep our ancestors home clean. As told to us by an Elder it is our Ancestors that got us to where we are today, this is their home we are grateful to them and keep it clean for them -

Many members cannot take care of their loved ones resting place in the cemetery and you ensure their grave sites are taken care of. We cannot express enough gratitude for your generosity in giving your time and energy to maintain our Ancestor's home.

The elders have noted your presence in the community busily weed-whacking where it is necessary. And, your presence in the hall helping out where ever requested. The elders appreciate and value the caring, thoughtful and generous person you are.

**Charlene Napoleon,** the Elders appreciate all your work and support in making the event held October, 1, 2022 successful. The tremendous amount of work you've put in by stepping in and organizing activities, placing orders and payment for t-shirts, pamphlets, requesting and approving bids for catering meals, refreshments, connecting with staff and elder coordinators and on and on.

We cannot express enough gratitude for your organizational skills and giving your time, patience and energy to making our event successful.

**Chelsea Timmons, Rena Tom** and other garden workers, the Elders really appreciate the organic food from the garden brought to the event to share with participants. Everyone at the gathering raved about the foods from the garden and appreciated the generosity in sharing with them. The Elders want to thank everyone working in the Ucwalmicw Centre for their hard work and generous contribution to Our P'egp'ig'lha Resilience event.

The Elders Council thank the Administrator for the support staff members provided to make the "P'egp'ig'lha Resilience" event successful.

Kúkwstum'ckacw





Happy Holidays best wishes and prayers for safe holidays <3

Changing of the year, changing of the seasons, and offering prayers to include a positive mindset to make good intentions for the outgoing year, to end the best way possible; under whatever circumstances you find yourself in. Positive mindset for good intentions to bring in the New Year 2023!!

We all gone through a lot, and it seems more change is to come again. The Pandemic is not over; it is more 'normalized' still bad like pneumonia; still feared and respected for what the change can mean. From never regaining your full health back, as weakened immune system; either due to age, health before the illness, or fear of medical emergency part so some people do not go get medical help- which results in weakened physical system.

Change of life style, slow down for life to catch up. Refocus on what is important and where it falls in your life. Education, upgrade, language, children change schools, new instructor's new rules. All change that we maneuver through the best we can. All in all, be nice and take pride, of yourself for what you have accomplished, overcome and take a breath.

With changing times I know it can be difficult transition for how life changes. How the decisions bring about various emotions which comes in a wide range of levels; happiness, loneliness, fear or for some, it is a sense of joy and excitement; it is to each their own and how they choose to share that part of themselves. Change is what is moved around or misplaced or brought out into the open. Without movement, nothing changes.

Your mindset and heart is yours alone to guide and find your path to yourself.

Breathe life, into your life, be active in making your own decisions; be happy to know for life to get better; change will happen. Growth is change, education is change, be with the change.

I offer prayers an always have my candle lit for those who need extra light to get through I offer smudge and fans of cleansing for health, clear mindset or help in what 'spirituality' is or means —I am open to discussion of what healing can be, or what it means for you or family . I offer the variety of assistance. All with good intentions and do only what I know; not any more or less.

I can and will visit homes, when it is requested. I can and do phone sessions, if you do not want to see anyone. I assist other organizations which help the people on or off reserve.

Nilth ti (enough for now)

Juanita Jacob



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Fax: 778-784-4070

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

Juanita Jacob

Wellness Coordinator

December 2022

First Nations Health Authority

Interior Region Mental Health and Wellness

Quick Reference Mental Health and Substance Misuse

Support Resources



### Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free** 1-800-588-8717
- **Indian Residential School Survivors Society** toll-free: 1-800-721-0066  
Cultural Supports accessible through the office 1-604-985-4465 Monday to Friday 8:30 am to 4:30 pm
- **Tsow-Tun Le Lum Society:** 1-888-403-3123
- **Hope for Wellness Helpline:** 1-855-242-3310
- **Interior Health Crisis Line** 1-888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**  
Toll Free 1-800-588-8717  
Youth Line 1-250-723-2040  
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

#### Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

#### Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line 1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text 686868
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

#### Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379  
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) [foundrybc.ca/get-support/virtual](https://foundrybc.ca/get-support/virtual)
- **Youth in BC online Chat:** 1-604-872-3311

#### PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week [inquiries@pflagcanada.ca](mailto:inquiries@pflagcanada.ca) [www.pflagcanada.ca](http://www.pflagcanada.ca)





Sagittarius (Nov 22–Dec 21)

Happy birthday, bb!!! It's your time to shine, and the spotlight is on you. Be ambitious! Start new projects! Apply for that job! Ask out your crush! Any major things initiated during your birthday month are almost certainly guaranteed to have long-term significance, so if you want something, now's the time to go for it!



Capricorn (Dec 22–Jan 19)

The past is coming back around, Capricorn! Ex friends, old projects or jobs, and even ex lovers are making themselves known right now, and it's your job to deal with it. If you want to re-engage, go for it, but if your gut is telling you it's time to move on, do so. Give yourself a clean slate so you can enjoy your birthday season next month to the fullest.

Aquarius (Jan 20–Feb 18)

You're the cheerleader friend—you're always hyping up your besties. But this month, that's changing—right now all of your friends are being your cheerleaders! And if you have any crappy connections, you're able to kick them to the curb right now. For every person you get rid of, a new, much better friend can enter your life.

Pisces (Feb 19–Mar 20)

All eyes are on you, Pisces, so stay on your best behavior! Your successes will be celebrated by everyone around you, but any shortcomings or failures you run into will also be noticed. It's a lot of pressure, I know, but listen. The better you do now, the better your rewards will be at the end of the season. If you keep up the good work, you can easily achieve a promotion or raise!

Aries (Mar 21–April 19)

You're learning something new every day. You might get the chance to travel or take a class, or you might just chill out at home watching as many Netflix docs you can handle. Regardless, you're doing a ton of growing this month!

Taurus (Apr 20–May 20)

You're usually just fine living life looking at things on the surface level, but this month is urging you to dive deeper. You're being asked to investigate, focus, and look for the hidden meanings behind things. Most importantly, you need to be more introspective and aware of your feelings.

Gemini (May 21–Jun 20)

It's cuffing season for you! The Sun is joining Mercury and Venus in your chart's zone of relationships, so it's safe to say all your relationships—platonic, romantic, and professional—are gaining major momentum right now. Any time with another person is time well spent, and you're learning tons about others (and yourself) through your relationships.

Cancer (Jun 21–Jul 22)

The stars are urging you to basically get your shit together this month, Cancer. Unhealthy habits, unproductive patterns, and laziness are all your worst enemies right now. You need to tidy up, get some sleep, and go for a walk. You'll be amazed at what a little self-care will do for your overall wellbeing!

Leo (Jul 23–Aug 22)

It's love!!! Or maybe it's just lust. But regardless, your love life is heating up a ton right now, and you're having a blast! If you're single, this is a spectacular time for hooking up, and life in the bedroom is absolutely on fire. If you're taken, now's the time to try new things with your boo. Have fun!

Virgo (Aug 23–Sept 22)

Sagittarius season finds you exploring and investigating your past, Virgo. You're going back to your roots. This means that you're spending loads of time with family, old friends, and you might even spot an ex or two. How has your past affected the person you are now? What positive experiences can you take? How can you learn from the negatives? These are the questions you need to answer this Sagittarius season.

Libra (Sept 23–Oct 20)

You're more social than ever now that it's Sagittarius season! You're always texting, or hanging with your pals, or on the phone, or scrolling through TikTok, and you're staying very busy with it all! Your sched is stuffed with get-togethers and fun outings, and you're going to meet loads of people while you're out and about. Enjoy!



Scorpio (Oct 23–Nov 21)

Are you super possessive? Do you tend to overshare? Do you have all the emotional, financial, and mental resources you need, or do you spend too much time helping others before taking care of yourself? This month, you're being asked to look at your priorities, re-budget, and sort it all out. You can't pour from an empty cup, so take time to focus on you for a bit

January 2022  
Newsletter Submission Deadline  
Wed, Dec 14<sup>th</sup> at 4pm

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

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

(PDF or Word documents are preferred.)



**TRIBAL POLICE**  
**(250) 256-7767**

**RCMP**  
**(250) 256-4244**

**FIRE DEPT.**  
**(250) 256-7222**

**AMBULANCE**  
**(250) 256-7111**

**POISON CONTROL**  
**1 (800) 567-8911**

**REPORT WILDFIRE**  
**1 (800) 663-5555**

\*Please post where visible in case of emergency

**EMERGENCY CONTACTS**

