

Newsletter

Sept 2023

T'IT'Q'ET SEPTEMBER 2023 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 37


















September

Garbage Days

Mondays and Fridays

Recycle Days

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	 28	29	 30	31	 1	2
3	4 Labour Day Office closed	5 First Day of School Office reopened	6   Dr. Samad pg 29 email to book appt.	7	8 	9
10 	11	12	13 	14	15 	16
17 	18	19	20  T'it'q'et Open House PCC 10am	21	22 	23
24 	25	26	27 	28	29 	30 National Day of Truth and Reconciliation P'egp'ig'lha Assembly 12pm

RECYCLE DAYS:

Sept 6—Plastics

Sept 13—Glass

Sept 20—Tins

Sept 27—Cardboard/Paper



NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH
DEPARTMENT

Third
MONDAY of
the month
1PM -4PM



Notice to members who send payments by E-Transfer

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

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

Thank you,

Finance Department



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

2022 Annual General Meeting

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

N'Quatqua

Tsal'alh

Samahquam

Ts'kw'aylaxw

Sekw'elw'as

Xaxli'p

Skatin

Xa'xtsa

T'it'q'et

Xwisten

**Wednesday
September 6, 2023**

Xaxli'p Hall

AGM
5:00 pm – 8:00 pm

**Dinner will be
provided**

**Thursday,
September 7, 2023**

SKWAH – OLD HALL
619 Wellington Avenue,
Chilliwack

AGM
5:00 pm – 8:00 pm

**Dinner will be
provided**

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

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

September 2023

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Terence MacLellan, the Vice-Chairperson is Marie Barney, the members are Marie Barney; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegri. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom and in person.

- **Lands Committee**

Met with Urban Systems to discuss the Land Use Plan update. Work is ongoing for this project.

- **Law-Making & Enforcement**

The Lands Committee met with representatives of Mandell Pinder to discuss the draft Enforcement and Ticketing law. Mandell Pinder will provide a memo to outline next steps.

- **Lands Administration**

The Lands and Natural Resources Director position was posted within the community. We received no applications so the position was posted outside the community with the other 10 St'at'imc communities, the LTC and SGS, at the Employment Centre in downtown Lillooet, on the websites at LinkedIn, the government of Canada Job Bank, and on the Lands Advisory Board Resource Centre. Deadline is September 1st.

- **Dispute Resolution**

The Lands Committee has been meeting with EHA452 & Associates. There will be community engagement this fall on land disputes. There will be a PowerPoint presentation at the September 20th Open House at the P'egp'ig'lha Community Centre.

- **Traditional territory**

The Lands Coordinator met with the P'egp'ig'lha Council Director to discuss the fishing law and the possible ways that it could get approved.



P'egp'ig'lha ASSEMBLY

SEPTEMBER 30, 2023

**ACTIVITIES WILL START AROUND
12:00P.M. WITH LUNCH AND
WELCOMING TO THE ASSEMBLY**

**AN AGENDA WILL BE DEVELOPED AND
SENT OUT CLOSER TO THE DATE .**

SNAPSHOT OF ACTIVITIES:

- Lunch/Dinner
- Honouring Truth & Reconciliation
- P'egp'ig'lha Council Updates
- Dancing/Drumming
- Stand up P'egp'ig'lha Council Family Representatives
- Constitution Reading
- Honourings
- Giveways

MORE INFORMATION CALL:

250-256-4118 EXT.233

OR EMAIL:

**ADMINASSISTANT@PEGPIGLHA.
ORG**

T'ít'q'et Open House

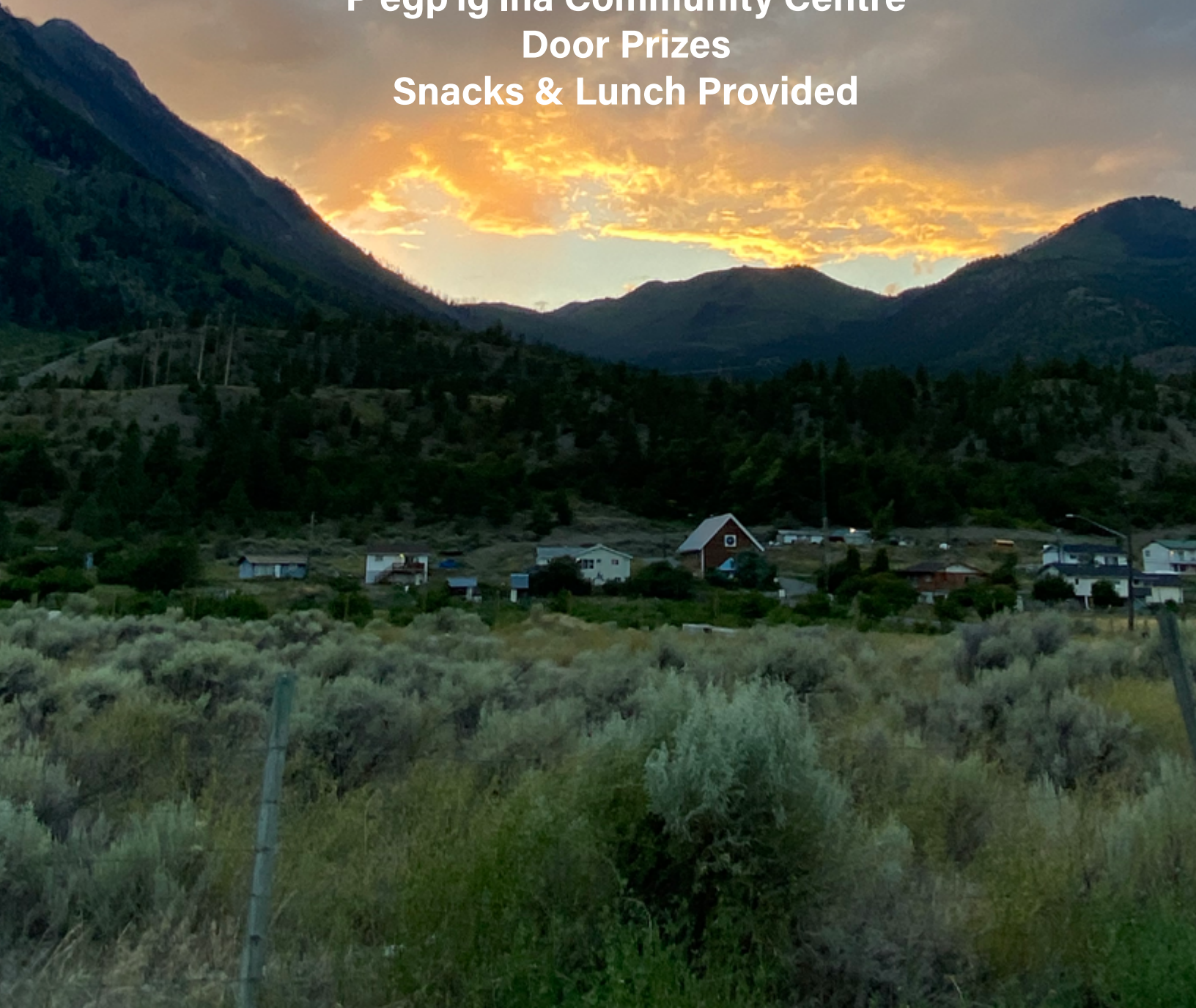
Wed, Sept. 20, 2023

10am–3pm

P'egp'ig'lha Community Centre

Door Prizes

Snacks & Lunch Provided



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

July-August-September 2023

Franny Alec, Project Manager

Charlene Napoleon, Executive Assistant

Planning and community engagement:

1. July 21st 2023; virtual meeting with MCFD; Regional Director of Operations, and Director Partnership of Indigenous Engagements;
 - a. Topics;
 - i. Overview of previous discussions of May 2023 with ISC and MCFD around the reform plans of Child and Family services for both governments, jurisdiction of current policies, has service delivery changed, and is there still supports available for children and families in need
 - ii. For Indigenous Engagement of MCFD leading towards Jurisdiction and a Coordination Agreement, there needs to be more discussions and dialogue to create a working relationship with this part of MCFD
 - iii. Future meetings will happen in September 2023, which will include, planning a community information session with MCFD, the Indigenous Engagement portion.
2. August 8th 2023; Virtual meeting with Indian Residential School Survivors Society (IRSSS);
 - a. Topics;
 - i. Planning an invitation for IRSSS to come to community for a 2-3-day information session, towards the end of October 2023, date tbd, please watch for postings.
 - ii. What resources and supports IRSSS are able to offer to T'it'q'et, and the surrounding communities, around impacts of Indian Residential Schools, types of workshops and/or training for supports for survivors.
 - iii. Our project CFS, is most interested in the 'Colonization – History Impacts of IRS' workshop; how to view de-colonizing, looking at the Truth and Reconciliation Report, action items, ways and how to move forward.
 - iv. Wellness program would like more workshops around healing, trauma, how to move forward, how to deal with & cope with triggers, and to learn more about the 'Doctrine of Discovery' how this centuries old Papal order is still with us (Indigenous People) today.
 - v. For community engagement and input from community members, to provide IRSSS an idea of what type of workshops to facilitate when needed.
2. August 10th 2023; Movie presentation at T'it'q'et gym; Bones of Crows
 - a. About 16 people participated with the viewing of the movie, followed by a group discussion of: what the movie meant to them and their take-away thoughts. People did want to learn more of the history of IRS, also felt there is much more healing needed in our communities; for families. To share stories, and also have more opportunities *to gather and share stories*. There was support helpers available for people who might have been triggered, and to share coping tools with the group.



Photo Credit: Charlene Napoleon

3. August 2-4th 2023; a field trip to Cloverdale BC, was recommended from the Family Tree-Genealogy-Aboriginal Genealogy Association, as a place to become familiar with archives and family research. There were about 11 in this group that went to the Cloverdale library/archives for the 2 ½ days to research; genealogy, Lillooet history, tribe history, church records, etc. Was a great place to learn more about researching, on the internet sites, microfilms, books, and what videos were available with St'át'imc history.

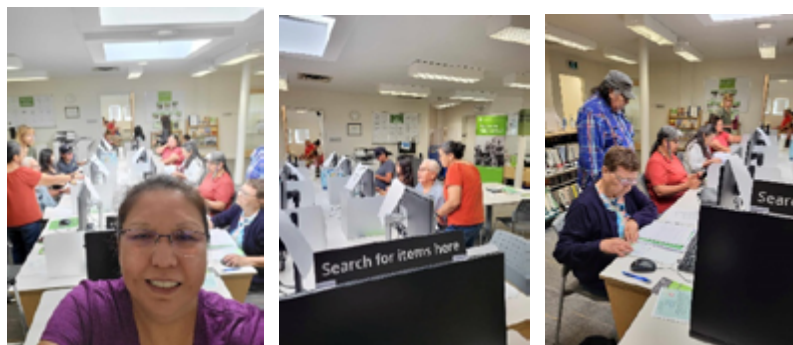



Photo Credit: Charlene Napoleon

4. September 28th-29th 2023 Satsan will be coming back to T'ít'q'et to do a refresher on Jurisdiction relating to Bill C-92 and Child and Family services.

Kukwstumúlhkacw – *Franny Alec*



SEPTEMBER 2023

P'EGP'IG'HA COUNCIL

P'egp'ig'lha Council Staff Update

BY LACEY LAROCHELLE

The P'egp'ig'lha Council staff would like to thank all of those who completed the P'egp'ig'lha Cultural Heritage Survey. Your input is greatly appreciated. The survey is now closed. The winners of the Chevron gift cards were Dean Billy, Myrus Doss & Charlotte Halls, congratulations!

The P'egp'ig'lha Council has officially joined the Rebuilding First Nations Governance Project (RFNG). The RFNG Project is a national alliance of First Nation communities and Tribal Councils, academic researchers and public sector practitioners created to support First Nations leadership and rights holders that have made the decision to transition out from under the Indian Act to their own inherent rights governance.

The P'egp'ig'lha Council is hosting the first P'egp'ig'lha assembly on September 30th. The assembly will be an opportunity for P'egp'ig'lha to learn more about the P'egp'ig'lha Councils work & mandate with some fun activities planned such as dancing, drumming, sharing meals and standing up P'egp'ig'lha Family representatives as well as honouring special members of the P'egp'ig'lha.
Takem nsnekwnúkwa

One line Highlights:

P'egp'ig'lha Assembly:

SEPTEMBER 30, 2023 AT
12:00P.M.

Next P'egp'ig'lha Council Meeting:

OCTOBER 31, 2023 AT
9:00A.M.

Have any questions?
HERES HOW TO REACH US!

CALL US AT 250-256-4118

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

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

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



P'EGP'IG'LHA COUNCIL MANDATE

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

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

Self-Care September 30 Day Challenge:

1. Take a selfie to have a baseline
2. Warm lemon water in the AM- create your own flavor
3. Epsom salt bath before bed
4. clean, or re-arrange your closet to serve the current you
5. Go for a walk and listen to music
6. Sleep with phone off, or place in another room
7. Random act of kindness on any given day
8. Write down your mental load/worries/needs to help clear your mind
9. Stretch your back, various parts of body daily
10. Buy yourself flowers
11. Take a water bottle to work
12. Eat something green, healthy of your choice- with every meal
13. Take a break from the news
14. Start or finish the book you've been meaning to read
15. Schedule your annual physical
16. Have a dance break
17. Unfollow people who trigger you
18. Sleep in - you deserve it
19. Take your vitamins and probiotic
20. Do an at home face mask
21. Celebrate a win today with candles- quiet time
22. Get moving and don't stop till you sweat
23. Write a gratitude list for your mirror
24. Take a nap- intentionally
25. Order takeout from your favorite place
26. Call someone who makes you happy and tell them why
27. Pay attention to your breath
28. At home tea tasting with friends
29. Ask for help
30. Take a selfie and celebrate your self-care journey!

MINIMUM OF TWO PHOTOS TO BE SENT IN; MEDICALCLERK@TITQET.ORG

ONE BEFORE YOUR SELF CARE CHALLENGE

ONE AT THE END OF YOUR SELF CARE CHALLENGE.

PLEASE SEND IN THE NUMBER OR LIST WHICH CHALLENGES WERE DONE BY SELF

DRAW FOR PRIZES TO BE DONE AT THE END OF SEPTEMBER, LAST FRIDAY IS 29TH.

Do you need to relax?

Do you suffer from headaches or backaches?



SEPTEMBER 20, 2023 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhcw (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

MEDICALCLERK@TITQET.ORG

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

**Bear in your yard? Getting into your
garbage? Found your fruit trees?**



Report All Poachers and Polluters (RAPP)

Report a violation online to the Conservation Officer Service

Use this form to report violations of fisheries, wildlife, or environmental protection laws. If you prefer, you may contact the conservation officer 24-hour hotline to report a violation: **1-877-952-7277**.

Salmon-related violations should be reported to Fisheries and Ocean's Canada (DFO) at: 1-800-465-4336.

You do not have to provide your name or other personal information. However, the chances of a successful investigation are often greater if a conservation officer can contact you directly. Any personal information provided will be collected, used, stored and disclosed only in accordance with the provisions of the *Freedom of Information and Protection of Privacy Act*.

If the information you provide leads to a conviction, you may be eligible for a cash reward of up to \$2,000 through the BC Wildlife Federation (BCWF) rewards program.



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

FRIDAY SEPTEMBER 29, 2023

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241





Come and pick up your
Orange T-shirt
OR Hoodie on
September 27th & 28th.
At the PCC.

Truth and Reconciliation Day is
on Saturday, September 30th.

One T-shirt **OR One Hoodie per person.



INTERIOR REGION

First Nations Health Authority

Types of Toxic Drug Poisoning and How to Identify Them

Opioid Poisoning

What is an Opioid?

They are a type of depressant that slow the body down and have a sedative effect, creating a feeling of euphoria and calmness in the individual taking the substance.

Common Opioids: heroin, fentanyl, oxycodone, codeine, morphine, methadone and hydromorphone.

Symptoms of Opioid Poisoning:

- Non-responsive: *The person will not move and cannot be woken up*
- Slow or no breathing
- Making Sounds: *Choking, gurgling or snoring.*
- Blue lips and Nails
- Cold or Clammy Skin
- Dilated pupils

Benzodiazepine and The Toxic Drug Crisis:

Benzodiazepines (benzos) have been found in drug supplies at an alarming rate. Benzo's create a sedative effect and when combined with opioids, the risk of toxic drug poisoning rises.

Benzo's do not respond to naloxone, though naloxone should still be administered! Continue to provide rescue breaths until paramedics arrive and when in doubt always follow the SAVE ME Steps.

Scan the QR Code for information on using Naloxone!



If you suspect someone has been poisoned by toxic drug supply follow the SAVE ME steps below!

Follow the **SAVE ME** steps below to respond.

If the person must be left unattended at any time, put them in the recovery position.



Stimulate
Unresponsive? **CALL 911**



Airway



Ventilate
1 breath every 5 seconds



Evaluate



Muscular Injection
1 mL of naloxone
Continue to provide breaths until the person is breathing on their own



Evaluate 2nd dose?
If no response after 3-5 minutes give another injection

Toxic drug poisoning can be traumatic for both the person responding and the person who was poisoned. Always reach out for support and do not use substances alone!

Tsow-Tun-Le-Lum Society (cultural support and counselling): 1-888-403-3123

KUU-US Crisis Line Society: Adults and Elders at 250-723-4050 | Children and Youth at 250-723-2040 | Toll-Free at 1-800-588-8717



T'it'q'et office
will be

CLOSED

Monday, October 02, 2023.

Will re-open on:

Tuesday, October 03, 2023
at 8:00 a.m.





T'it'q'et Health Department

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

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

August 23, 2023

Kálhwá7al'ap (Hello) T'it'q'et community members

Re: **COVID-19 and other variants**

This is a friendly reminder that COVID-19 is still spreading and new variants are on the rise; COVID-Omicron XBB.

School will be starting soon and there will be more interaction between teachers, parents and children. Please keep your child/ren home if they are sick.

Be very diligent by continually wash/hand sanitize your hands often, cover your sneezes and cough into your elbow, disinfect touched surfaces, and **STAY HOME** if you are sick.

Symptoms to watch for are: fever, cough, tiredness, loss of taste or smell, sore throat, headache, aches and pains.

Most serious symptoms are: difficulty breathing or shortness of breath, loss of speech or mobility or confusion, chest pain.

Other symptoms may vary: joint pain, headache, neck pain, upper back pain, pneumonia, loss of appetite.

If you are experiencing any of the most serious symptoms or if you are worried and concerned for your well-being, please call 911 or if you are able to, drive to the hospital. If and when in doubt, you can always call 811 and speak to a nurse.

Our elder's and most vulnerable members are still at a greater risk of contacting COVID-19 especially because of they are immunocompromised, please be mindful when you are visiting or are in close contact. ***Do not visit if you have any symptoms.***

There are COVID home test kits at the office if you need any.

We are all in this together and we need to do this together!

If you have any questions, please let me know.

S7at'sxstsút (Take care),

Vanessa Thevarg

Health & Social Services Manager

healthmanager@titqet.org

250-256-4118 ext. 234

P'EGP'IG'LHA COMMUNITY WORKSHOPS: TRANSITIONAL STEPS TO IMPLEMENT THE INHERENT RIGHT TO SELF-GOVERNMENT



P'EGP'IG'LHA
COUNCIL



ABOUT THE WORKSHOPS:

- Topics include: Inherent Rights, the Indian Act, Indigenous Case Law, Consultation & Accommodation and our FISHERIES.
- These topics from previous sessions will be discussed using a process called Open Space Technology (OST) to develop a comprehensive strategic plan.
- OST sessions empower citizens to custom design discussions in a facilitated environment, and provide a space for passions, interests and concerns that need to emerge.
- Childcare Subsidy available- please call for more information.

WORKSHOP DATES:

Sept 9th & 10th

WORKSHOP TIME:

9:30AM - 4PM

WORKSHOP LOCATION:

P'egp'ig'lha Community Centre Gym

Lunch will be provided. There are two iPADS being drawn as door prizes.



PLEASE REGISTER FOR WORKSHOPS:
ADMINASSISTANT@PEGPIGLHA.ORG OR
CALL LACEY AT 250-256-4118 EXT.231

SEPTEMBER 2023

Recovery Month Canada

Who We Are

The M-10 Movement has been created by a group of people in recovery and their allies who wish to make Recovery Month Canada officially recognized by the Federal

Government to help stop overdoses, save lives and share the message of hope that recovery from addiction is possible.



About Recovery Month Canada

In 2017 the Canadian Centre on Substance Use published the Life in Recovery from Addiction in Canada (Technical Report) with its key findings showing Over half of the respondents had been in recovery for 10 years or longer at the time of the survey. Survey findings document the many heavy costs of addiction to the individual and to the nation in terms of finances, physical and mental health, family functioning, employment, and legal involvement. Results from the Life in Recovery survey suggest that recovery from addiction among the survey respondents is associated with improvements in many of these areas.

Thousands of Canadians are supporting this, there is a national network of recovery facilities, recovery people, recovery-oriented healthcare service providers, and Recovery Day events taking place in cities across Canada with tens of thousands of participants, all while addiction continues to see hundreds of Canadians die each month from addiction.

We are asking you to support Motion M-10, National Recovery Awareness Month which calls on Canada to designate the month of September, every year, as National Recovery Awareness Month to recognize and support Canadians recovering from addiction and to demonstrate that recovery from addiction is possible, attainable, and sustainable. Your support would demonstrate your commitment to raising the awareness that recovery from addiction is possible, and your goal to foster healthy people and communities.

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.

 30 Day Art/DT Challenge © The Mum Educates				
Design and make your own boat that will float on water. Day 1 	Draw a butterfly with exotic colours. Day 2 	Make your own puppet using a sock. Day 3 	Design the best parachute to protect a boiled egg. Day 4 	Make your own kite. Day 5 
Make a planet using paper Mache. Day 6 	Design a face mask for yourself. Day 7 	Make your own rocket using empty paper rolls. Day 8 	Use marshmallows and toothpicks to build your own 3D shapes. Day 9	Draw your family picture on a poster. Day 10 
Write your name with play dough. Day 11 	Build something you would find in the polar regions using things you can find in your home. Day 12 	Draw your own superhero with special powers. Day 13 	Use building blocks or Legos to build a sculpture. Day 14 	Make a squishy with a balloon and toothpaste. Day 15 
Make a den in your home using fabric, cushions and other furniture. Day 16 	Make your own monster bookmark. Day 17 	Design your own Easter egg. You can do this on paper or you can paint a real egg. Day 18 	Collect some nature things from outside and draw these in your book. Day 19 	Make a spider with pipe cleaners. Day 20 
Write a hilarious poem using bubble writing. Day 21 	Draw a picture of yourself and then label all the body parts of the body. Day 22: 	Make your own glittery slime. Day 23 	Draw an illustration for your own story. Day 24 	Collect photos of your family and make a family tree. Day 25 
Paint rocks and turn them into animals Day 26 	Make your own board game. Day 27 	Create a poster showing healthy and unhealthy food. Day 28 	Make your own paper plate nest. Day 29 	Make a castle using an empty cereal box. Day 30 

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SEPTEMBER 2023 CHALLENGE----- PRIZES TO BE WON----- DEADLINE END OF SEPTEMBER 2023

SEND IN FIVE ENTRIES - ONE PER WEEK OF YOUR CHOOSING TO MEDICALCLERK@TITQET.ORG

WINNERS DRAWN ON OCTOBER 02ND 2023

Stimulant Poisoning

What is a stimulant?

A stimulant is used to speed the body up and give the individual energy. Stimulants are often referred to as "uppers".

Common Stimulants:

Amphetamines, crystal meth, cocaine, MDMA, Ritalin and caffeine.

Symptoms of Stimulant Poisoning:

- Rigid, jerking limbs or seizures
- In and out of consciousness
- Fast pulse or chest pains
- Psychological distress
- Skin feels hot/sweating

How to respond:

- Call 911
- If the heart has stopped provide chest compressions
- Apply a cold compress, have them drink water and remain calm

Scan the QR code for
Supervised Consumption
Sites in the Interior Region



Scan the QR code for Harm
Reduction sites across the
Interior Region



Sadie Bedard
C: (250) 215-4390
Sadie.bedard@fnha.ca
FNHA Interior Region Harm
Reduction Educator





T'it'q'et Administration

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

phone (250) 256-4118
fax (250) 256-4544
www.titqet.org

T'it'q'et Community/Members:

There have been many vehicles parked on the side of the road on Scotchman Road. This is a safety hazard.

Please park your vehicles in your driveway so other vehicles can use the road safely.

Thank you in advance for your cooperation,

Kassandra Doss
Housing Coordinator
250-256-4118 ext. 240



STARTS
SEPT
2023



REGENERATIVE AGRICULTURE

Many of us have lost our traditional ways around food. Food Sovereignty and our ability to take control over our food, is so important to make sure our children do not lose the traditions of the past. We are hoping this course will build capacity in our communities because we have always known that Food is Medicine.
—Elder

FOOD SOVEREIGNTY MICRO-CREDENTIAL

- A **3 week course delivered remotely** through video conference in Sept/Oct, with 2 additional weeks of practicum during September 2023.
- Are you interested in learning skills to **improve access to locally grown food** and develop a food Sovereignty work plan for your community.
- This course will give you the skills to build a Food Sovereignty program using the community development approach. You will learn about hosting a **learning circle**, explore the various successful **food action projects, develop a proposal, work plan, secure funding** while understanding the importance of partnerships and communications.
- In addition to all the community planning, students will develop **practical skills in vegetable and greenhouse production** using regenerative agriculture principles.
- This course will make you marketable as there is an **rising demand for Food Sovereignty workers** in communities.



For more information or help with registration contact
Gillian Watt, Program Coordinator
gwatt@tru.ca or call **250 319 2367**



Schedule for Food Sovereignty Micro-Credential September / October 2023

**\$1450
PER
STUDENT**

Sept 11	Location: Skeetchestn Indian Band (Savona, BC)
	Orientation and Overview of Food Sovereignty Micro-Credential Laura Kalina , Dietitian & Food Sovereignty Lead, Q'wemtsin Health Society Tiffany Hunko , graduate, TRU Sustainable ranching, producer and entrepreneur <i>Topic covered:</i> <ul style="list-style-type: none"> • What is food Sovereignty and household food insecurity • Food Systems approach and Traditional food ways • Healthy Eating with Nutrient Dense whole foods • Successful Community Food action programs • Coordinating and supporting teachings in hunting, fishing and wildcrafting
Sept 12	Skeetchestn field practicum led by Tiffany Hunko
Sept 13	Morning: Skeetchestn Afternoon: Simpc field practicum led by Fred Fortier , Gardener, Medicine Maker and owner of Uncle Freddy's Hot House and Nursery (602 Dunn Lake Road, Barriere)
Sept 14	Classroom presentation at Elder House with Laura Kalina and Fred Fortier <ul style="list-style-type: none"> • Community Development Approach and conducting a Needs Assessment in your community • How to set up a Learning circle • Planning your community food action program by developing a workplan, budget, staff and volunteer recruitment, communication plan and much more!
Sept 15	Simpc field practicum led by Fred Fortier
Sept 18–22	Off
Sept 25	Tk'emlúps te Secwépemc (TteS)—Food Sovereignty programs hosted by Shelaigh Garson , Ttes Food Sovereignty Coordinator 4:30pm Interior region Indigenous Food Forum Dinner —Ttes Pow wow grounds <i>Register:</i> https://www.eventbrite.ca/e/interior-region-indigenous-food-forum-2023-tickets-642258230657?aff=oddtcreator
Sept 26	Interior Food Forum <i>continued</i>
Sept 27	Ttes Greenhouse, Berry walk, Kweiltken kitchen, QHS Healing Garden
Sept 28 & 29	Kamloops Food Policy and Partners programming, tour of Gardengate Mount Paul Food Centre, Community Gardens, STIR, Gleaning Abundance program
Sept 30–Oct 1	Weekend off— Kamloops Farmers Market on Saturday September 30; Kweselten Farmers Market on Sunday October 1.
Oct 2–6	Simpc Continuation of Field practicum led by Fred Fortier , traditional food and medicine walk, evenings of cooking and sharing stories.
Oct 24	Online wrap-up hosted by Laura Kalina , student presentations, workplan review, sharing of learnings and next steps, Student feedback and Evaluation.

Camping and cooking facilities are available during field practicum at Skeetchestn and Simpc. This will be a time of sharing, cooking and eating together, and reflecting on the stories and lessons learned. There is no cost for camping for sharing of food expenses.

Accommodations will be needed for the field practicum at Ttes and Interior Indigenous Food Forum (Kamloops).

REGISTRATION LINK...

<https://www.tru.ca/trades/continuing-studies/course-registration.html>

Please type in **"Food"** in the Find your course box for the course to drop down for registration.



Tłı̨t'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoKıVo

phone (250) 256 4118
fax (250) 256 4544
www.titqet.org

Notice from Housing regarding pets:

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

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

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

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

8.2.1.8 As per the housing policy it states:

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

Thank you,
Kassandra Doss
Housing Coordinator



Dr. Samad



September 06th, 2023

TIMES TO BE ANNOUNCED

T'IT'Q'ET HEALTH DEPARTMENT

please contact medicalclerk@titqet.org

or call 250-256-4118 ext.241

to book your appointment



Interior Region Harm Reduction Services



Supervised Consumption and Overdose Prevention Sites

Vernon Downtown Mental Health & Substance Use
3306A 32nd Avenue

Penticton Downtown Mental Health & Substance Use
437 Martin Street, Suite #117

Lillooet Mental Health & Substance Use
951 Murray Street

Kamloops Mental Health & Substance Use
200-235 Lansdowne Street

Cranbrook Mental Health & Substance Use
20 - 23rd Avenue South

100 Mile Mental Health & Substance Use
555 Cedar Avenue South

Kelowna Outreach Urban Health Centre
1649 Pandosy Street

Safer Substance Use Supplies

Ashcroft Health Centre
700 Ash-Cache Creek Highway

ASK Wellness- Kamloops
433 Tranquille Road

Cammy LeFleur Street Outreach Program @ St. Andrew's Church
1110 Belvedere Street, Enderby

Neskonlith Health Centre
743 Chief Neskonlith Drive, Chase

Living Positive Resource Centre
255 Lawrence Avenue, Kelowna

Ki-Low-Na Friendship Society
442 Leon Avenue
Kelowna

Lillooet First Nations Health Centre
296 Main Street

Nlaka'pamux Health Services
2088-B Quilchena Ave. Merritt

Lytton Health Centre (Tl'Kemtisin CHC)
1535 ST. Georges Road

Aq'am
7470 Mission Rd
Cranbrook Aq'am

Cammy LeFleur Street Outreach Program @ Upper Room Mission
3403 27th Avenue Vernon

Three Corners Health Services Society
150 North 1st Avenue, Williams Lake

Tobacco Plains Indian Band
3603 93 Highway, Grasmere

Creston Health Unit
312 15th Avenue North

Westbank First Nations Health Centre
1900 Quail Lane

Osoyoos Mental Health & Substance Use
4816 89th Street

Fentanyl Test Strips are available at most locations!



INTERIOR REGION
First Nations Health Authority

24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy



INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE
1-800-721-0066



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT CONNECT TO 686868



KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE
1-800-588-8717
YOUTH-SPECIFIC LINE
1-250-723-2040



Interior Health

INTERIOR HEALTH CRISIS LINE NETWORK

TOLL-FREE LINE
1-888-353-2273

Monday-Friday 08:30-04:30pm

Access your local Interior Health
Mental Health and Substance Use

Centre,

Call #310-MHSU (6478)

FOR MORE INFORMATION, SEE:



WWW.FNHA.CA/BENEFITS/MENTAL-HEALTH



T'it'q'et Administration

*P.O. Box 615
Lillooet, B.C.
VoKíVo*

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

Notice to T'it'q'et Members

July 27, 2023

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

1. **Travis Harry (effective December 12, 2013)**
2. **Maxine Brady (effective date: May 23, 2019)**
3. **Fred Henry (effective date: March 18, 20004)**
4. **Mike Kane Jr. (effective date: December 21, 2017)**
5. **Christine Pfeiffer (effective date: December 21, 2017)**
6. **Billy Delorme (effective date: February 3, 2021)**

Billy Delorme (effective date: February 3, 2021) has a ban in place. However, T'it'q'et Council would like to know if there are any individuals who may have concerns if Billy Delorme's ban is rescinded. If there are concerns, please contact a member of Chief and Council or staff member who you feel comfortable expressing your concerns.

Contact: Chief Sidney Scotchman email: communitychief@titqet.org or phone (250) 256- 3635 or staff may be reached at (250) 256-4118. The staff list is on the back of this notice.

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

<u>Staff List</u>		<u>Extension</u>	<u>Email</u>
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Bookkeeper	Lesley Napoleon	232	bookkeeper@titqet.org
Accounts Payable	Vivian Adolph	32	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Dev.	Megan Bob(Casual)	229	socialdev@titqet.org
Building Maint	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health Manager	Vanessa Thervarge	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Nurse	Subject to change	258	Changes with Ind.Nurse
Housing Coor.	Kassandra Doss	240	housing@titqet.org
Housing Assistant	Kirsten Alexander	259	housingassistant@titqet.org
L.N.R.O	Stephanie B.-Louie	243	lands@titqet.org
O & M Supervisor	Kevin Whitney	248	omforeman@titqet.org
O & M	Murray Barney	239	murrayb@titqet.org
Director of Oper(PC).	Christian A.	233	Director@pegpiglha.org
Referrals Clerk	Lacey LaRochelle	231	adminassistant@pegpiglha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.org
Home/Com.Care	Shirley T	236	hccworker@titqet.org
Wellness Coor	Juanita Jacob	242	wellnesscoordinator@titqet.org
Culture Coordinator	Michael Alexander	260	michaela@titqet.org
Land Code Coordinator	Dean Billy	251	landcode@titqet.org
Executive Assistant	Charlene Napoleon	264	charlenen@titqet.or
Project Manager (CFS)	Fran Alec	253	projectmgr@titqet.org
Natural Res.Spec.	Denise Antione	238	NaturalResources@pegpiglha.org



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers

Kamloops, BC

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria(<https://www.fnha.ca/benefits/mental-health-providers>) and are actively registered with the FNHA.

Marian Anderberg RSW <ul style="list-style-type: none">• (250) 851-5155• Accepting new clients	Heather Anderson CCC <ul style="list-style-type: none">• (250) 314-0377• Accepting new clients• Seasons Health Therapies
Wade Alexander CCC; RCC <ul style="list-style-type: none">• Telehealth Only• (778) 472-0388• Accepting new clients	Robbyn Bennett RCC <ul style="list-style-type: none">• (778) 779-7376• Accepting new clients
Nicole Befurt RCC <ul style="list-style-type: none">• (250) 319-8596• Accepting new clients• Seasons Consulting Group	Robert Dolson RCC <ul style="list-style-type: none">• (250) 319-0101• Accepting new clients• Center for Response Based Practice
Kym Daley RCC <ul style="list-style-type: none">• (236) 852-1431• Accepting new clients• Center for Response Based Practice	Marilee Draney RSW <ul style="list-style-type: none">• (778) 257-2433• Accepting new clients
Leita McInnis RSW <ul style="list-style-type: none">• Telehealth Only• (672) 999-7969• Accepting new clients	Pete Grinberg RCC <ul style="list-style-type: none">• (250) 318-9455• Accepting New Clients• Centre for Response Based Practice



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers Kamloops, BC

Jennifer Dustin RSW <ul style="list-style-type: none"> • (250) 554-4747 • Accepting New Clients • C & C Resources for Life 	Katherine Gulley CCC/RCC <ul style="list-style-type: none"> • (250) 819-2989 • Accepting New Clients • Katherine Gulley Counselling
Dave Freeze RCC <ul style="list-style-type: none"> • (250) 318-1099 • Accepting New Clients • Ripplerock Consulting 	Betty Lapeyre RCC <ul style="list-style-type: none"> • (250) 320-4877 • Accepting New Clients • River Walk Counselling Services
Jennifer Friend RSW <ul style="list-style-type: none"> • (250) 828-2698 • Accepting New Clients • Lighthouse Expressive Therapy LTD. 	Randine Mariona-flor RSW <ul style="list-style-type: none"> • (778) 360 2605 • Accepting New Clients • Healing Spaces
Jeff Goodrich RCC <ul style="list-style-type: none"> • (250) 640-6487 • Accepting New Clients • Jeff Goodrich Counselling 	Kalie McIntosh RCC <ul style="list-style-type: none"> • (250) 574-1426 • Accepting New Clients
Sandip Sadhra RCC <ul style="list-style-type: none"> • (778) 257-0480 • Accepting New Clients 	Crystal Munegatto RSW <ul style="list-style-type: none"> • (250) 819-0234 • Accepting New Clients
Sun Peaks Karen Lara CCC <ul style="list-style-type: none"> • (250) 299-8543 • 1 Month Waitlist 	

Tsow-Tun-Le-Lum Society (cultural support and counselling): 1-888-403-3123

Indian Residential School Survivors Society: 1-800-721-0066 or 604-985-4464

KUU-US Crisis Line Society: Adults and Elders at 250-723-4050; Children and Youth at 250-723-2040;

Toll-free at 1-800-588-8717

September 2023 Horoscopes



Aries (Mar 21–April 19)

All Virgo season long you're busy as hell, and at first, it's absolutely exhausting. You're finding out that you have some pretty unhealthy habits, and it's slowed you down a ton. You used to walk in the park every day—why'd you stop? You used to love cooking—why have your past fifty meals all been from DoorDash? Get your act together, buddy. The healthy habits you start now promise to stick around for a very long time.

Taurus (Apr 20–May 20)

With the Sun in like-minded earth sign Virgo, you're receiving some pretty good vibes from the stars right now, retrogrades be damned! This time is all about expressing yourself. This might mean coming out of your shell and being a more genuine, open person. Or it might mean experiencing immense creativity, and/or that love is finding you more

easily. However, don't take these vibes for granted—if you want these good things to last, you'll need to put some energy into making them stick. The lesson here is that these things aren't sustainable unless you're able to work on making them as perfect as they can be.

Gemini (May 21–Jun 20)

This month, you're going back to your roots. You're either living in the moment or looking forward to the next exciting thing, but you need to come back down to earth and focus on your past a little. You're a major homebody right now, and if you're spending time with anyone, it's gotta be at your house. You can learn tons from your past, Gemini, and if you take some time to look at your "journey thus far," you'll see that you've come a very, very long way.

Cancer (Jun 21–Jul 22)

Virgo season is helping you come out of your shell! Finding the right words to say is a little bit easier (unless Mercury Retrograde is acting especially out of pocket) and you're more eager to connect with others. Your usual shyness is out the window, and meeting new people excites you, instead of filling you with social anxiety and dread. Have fun, Cancer!

Leo (Jul 23–Aug 22)

I know, looking at your bank account is a dangerous game after your birthday season (you spare no expense for your birthday bash, of course), but you should check out your financial situation. Virgo season wants you to be more practical with money, because you never know when

a surprise expense will come along. Put down the weed or the whiskey or the vape, or whatever your particular vice is for a bit instead of shelling out more cash, and save it for a rainy day.

Virgo (Aug 23–Sept 22)

Happy birthday! Right now, the world is your oyster. Spend this Virgo season embracing life—your family, your friends, the experiences you have with your loved ones—and figuring out who and what matters most to you. Think about a job, a project, or a relationship to really focus on, and by the end of the month, make your choice. Whoever or whatever you choose will certainly have long-term significance, so choose carefully!

Libra (Sept 23–Oct 20)

Imagine a trash can. It's gross, but you put a trash bag in it to keep it somewhat clean. For a long time, you can ignore the crumbs that have collected at the bottom, but eventually the smell gets bad enough you have to wash out that trash can, or just replace the whole damn thing. Your exes, past connections, and old jobs or projects are the crumbs here, and now you gotta clean out your trash can. This month, you're diving deep and rediscovering all sorts of messes you forgot about, and you need to find closure and move on for good.

Scorpio (Oct 23–Nov 21)

You're very picky when it comes to the people you let in your circle, so new friends are few and far between. You need to check them out and analyze them for a bit before opening up. But this Virgo season, you're

way more open, and feeling pretty eager to make new friends! You're meeting lots of people right now, and although most of them will just become buddies, you might actually end up bumping into your next BFF.

Sagittarius (Nov 22–Dec 21)

Out of all the signs, you're feeling the pressure at work the most. Your boss, your bosses boss, and your colleagues are paying extra attention to you right now, so it's important that you focus and do your absolute best. Good work, attention to detail, and completed jobs will be heavily rewarded by the end of Virgo season, but if you stumble and fall in the meantime, everyone's gonna see it!

Capricorn (Dec 22–Jan 19)

Take the scenic route this Virgo season. Go out of your way to try something new. This next month is all about broadening your horizons. Go on a day trip, or if it's within your means, an actual trip somewhere far away. Read books and watch movies

that aren't your go-tos. Add as much variety to your life as you can right now, and you'll discover new interests that you can become truly passionate about by the end of Virgo season.

Aquarius (Jan 20–Feb 18)

Virgo season has a couple of strong effects for your sign. First, this is a bad time to take out loans or borrow money—surprise bills or unexpected expenses are very likely right now. Second, you don't have much time to think about yourself—instead, you're focusing on your deepest, most intimate relationships. This is a time where you can feel a true sense of entanglement with your partner. If things aren't going so well in your relationship, however, you're discovering just how much is wrong, and you may have to part ways by the end of the month.

Pisces (Feb 19–Mar 20)

Virgo season is cuffing season for your sign, or, at least it usually is. Unfortunately, both Mercury and Venus

are retrograde right now, so new relationships is a big no-no... for now. Spend this time speed dating and introducing yourself to a variety of potential paramours. Both retrogrades end before the final week of Virgo season, so in a few more weeks you'll have the clarity of mind to pick the real Mx. Right, and start a proper relationship.



October 2023 Newsletter Submission Deadline Thursday, September 21st at Noon

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

Want to submit to the newsletter? Please email us at reception@titqet.org

(PDF or Word documents are preferred.)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-7222

AMBULANCE
(250) 256-7111

POISON CONTROL
1 (800) 567-8911

REPORT WILDFIRE
1 (800) 663-5555

*Please post where visible in case of emergency

EMERGENCY CONTACTS

