

Newsletter

Oct 2023

T'IT'Q'ET OCTOBER 2023 ISSUE

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TO SUBMIT TO NEWSLETTER
















Please email us at: reception@titqet.org
details on page 31



October

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
1	2 Office Closed	3 Community Turkey Dinner	4  	5	6 	7
8	9 Thanksgiving Office closed	10	11  	12	13 	14
15 	16	17	18 	19	20 	21
22 	23	24	25 	26	27 	28
29 Community Halloween Costume Party	30 	31 Halloween	1 	2	3 	4

RECYCLE DAYS:

Oct 4–Plastics
Oct 11–Glass
Oct 18–Tins
Oct 25–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@titget.org from your e-transfer list and send all payments to Lesley Napoleon at 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



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'QET COMMUNITY MEETING

OCTOBER 28, 2023

PCC-Gym

Doors will open at 9am with a light breakfast.

Meeting will start at 10am.

- Community Business
 - Non T'it'q'et members must sign a confidentiality form
- Registered T'it'q'et Membership Business Only
 - Non T'it'q'et members will be asked to leave at this time.

Lunch will be served.

*Meeting will be a Hybrid meeting via Zoom.

Join Zoom Meeting

<https://us06web.zoom.us/j/87905315207?pwd=UmaTChvbOPbSUDLHOboPqhg3kljOQE.1>

Meeting ID: 879 0531 5207

Passcode: 985560

Contact Charlene Napoleon at charlenen@titqet.org if you would like the Zoom invite sent to you directly, by Friday, October 27-3pm.

Travel for out-of-town membership, either by gas card or cheque, if you prefer a cheque please contact finance, by October 25, 2023.

COMMUNITY
HALLOWEEN
COSTUME
PARTY

On Sunday,
October 29, 2023.

Start: 3pm
End: 6 pm

COMMUNITY
TURKEY
DINNER

On
Tues., October 3, 2023
At 5pm
PCC Gym

*Bring your appetite and wear your turkey
pants.*





T'it'q'et By-Election Notice

This notice is to inform all electors of T'it'q'et that a By-Election will be held:

Saturday October 28, 2023

12:00 p.m.

P'egp'ig'lha Community Centre 59 Retasket Street, T'it'q'et IR 1

Elections for the following positions:

One (1) Councillor

Election Code

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

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

Proxy

Proxy or notice of proxies held must be filed with T'it'q'et no later than 4:00 p.m. local time Friday, October 17, 2022. Proxy may be faxed to (250) 256 – 4544, emailed to reception@titqet.org or dropped off at the reception desk at 59 Retasket Street. To receive a Proxy form, please contact reception@titqet.org or call 250.256.4118, or pick one up at the T'it'q'et reception desk. An eligible voter may carry only one proxy.

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

Eligibility of Voters:

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

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

Eligibility of Candidates

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

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

Definition of “In Good standing”

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

To confirm ahead of the election if you are “in good standing”, contact the Administrator at 250.256.4118 ext. 223 or email tfnadmin@titqet.org.

October is Breast Cancer Tuesdays in October Show your Support and Wear Pink



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

BREAST HEALTH 101



1 IN 8 WOMEN WILL DEVELOP BREAST CANCER IN THEIR LIFETIME

WHO GETS BREAST CANCER?

17%

UNDER AGE 50

51%

AGES 50 - 69

32%

OVER AGE 70

DID YOU KNOW...

MEN CAN GET BREAST CANCER TOO?



People often think that breast cancer is a female disease. The risk is small, but men can get it too. Less than **1%** of breast cancers occur in men.

YOUR BREAST CANCER RISK IS BASED ON A COMBINATION OF MANY DIFFERENT FACTORS. THESE INCLUDE:



AGE



GENETICS



FAMILY HISTORY

There are many other factors that contribute to a higher risk for breast cancer. These can include **exercise, nutrition, alcohol, breast density, and reproductive history**. Having risk factors does not mean you will get cancer. Speak with your doctor about how you can lower your risk.

DID YOU KNOW...

HAVING DENSE BREASTS INCREASES YOUR RISK OF GETTING BREAST CANCER?

It can also make it harder to see a tumour on a mammogram. Talk to your doctor about your breast density.

WHAT ARE THE SCREENING GUIDELINES FOR WOMEN AT AVERAGE RISK?

- **40 - 49:** Talk to your doctor about your personal risks & what is best for you
- **50 - 69:** Every 2 to 3 years
- **70 - 74:** Every 2 to 3 years

DID YOU KNOW...

KNOWING YOUR OWN BODY IS THE BEST DEFENSE?

If you notice any changes in your breasts (lumps, discharge, discolouration) you should make an appointment to see your doctor.

IF YOU OR A LOVED ONE HAS BREAST CANCER, WE CAN HELP.

EXPLORE OUR RESOURCES AT **CBCN.CA**

CONNECT WITH US:



1-800-685-8820



cbcn@cbcn.ca



@CBCN



/TheCBCN



T'ít'q'et Land Use Plan Community Survey

The purpose of this survey is to gain community feedback on the T'ít'q'et Land Use Plan update.

T'ít'q'et is updating its Land Use Plan to:

1. Align the Land Use Plan with the 2019 T'ít'q'etmec Xékmens ta Tmícwa (T'ít'q'et Land Code).
2. Align the Land Use Plan with current planning priorities, changing activities on, and plans for T'ít'q'et lands, including housing, community areas, and emergency planning.

Link to survey:

www.surveymonkey.ca/r/TitqetLandUsePlan



Survey closes on October 13th at 11:59pm

T'ÍT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

October 2023

The T'ít'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'ít'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom and in person.

- **Lands Committee**
Reviewed tasks and those responsible for carrying them out in the Environmental Management Plan draft. Results were sent to Dillon Consulting for inclusion in the EMP.
- **Law-Making & Enforcement**
Mandell Pinder has sent a draft of the Enforcement and Ticketing Law. The Committee will review this during the regular meetings in October. The Stl'átł'imx Tribal Police will be invited to attend this meeting to discuss their possible role in enforcing T'ít'q'et land laws.
- **Lands Administration**
Lands Coordinator and Lands and Natural Resources Department Officer took part in the T'ít'q'et Administration Open House. They shared information on their work project activities and the land code.
Urban Systems were also present at the Open House and shared information on the Land Use Plan update. They also had a survey that people were invited to fill out.
- **Dispute Resolution**
The committee has been meeting with EHA452 & Associates in person. A draft of the Dispute Resolution Process is nearly complete and ready to present to T'ít'q'et Council.
- **Organization Study / Human Resources Management**
Interviews are being set up for the vacant Lands and Natural Resources Director position.
- **Communications & Public Relations**
Lands Committee Chairperson Terence MacLellan will attend the Lands Advisory Board Annual General Meeting in Chilliwack late in September.
Lands and Natural Resources Department and Administration staff met with surveyors from BC Hydro to walk the boundaries of the land being returned to IR #5 at Seton Lake.

HAWK COMMUNICATIONS APP

STAY CONNECTED WITH THE COMMUNITY!
Keep updated on calendar events and resources
Join many other community members!



Updates on the app serve as a platform for members, both those living in the community and away from it, to stay informed about the latest happenings within the community. These updates cover a wide range of topics, including seasonal activities like gatherings, fishing, hunting, and canoeing, as well as info such as updated band office hours the opening of new businesses, and project updates. We are committed to keeping you connected and informed through the Hawk Communications app!

Available on
Android
Google Play Store
&
IOS
iTunes Store
(App Store)
platforms






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

October 2023

Franny Alec, Project Manager
Charlene Napoleon, Executive Assistant

Planning and community engagement;

1. Meetings planned with MCFD and ISC; regional Director of Operations, and Director Partnership of Indigenous Engagements;
 - a. Topics;
 - i. On hold; and still in the works, due to government people taking summer vacations; hoping to have continued meetings soon, which will most likely be October-November. We want to plan with MCFD to offer a community information session of their Indigenous Engagement portion.
2. Plans are underway 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 possibly surrounding communities, around impacts of Indian Residential Schools, types or workshops, training for support to 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 and action items and ways and how to move forward
 - iv. Wellness program would like more workshops around healing, trauma and how to move forward, how to deal with and 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, to provide IRSSS an idea of what type of workshops to facilitate for T'it'q'et.
3. September 28th 2023 Satsan is back to community to do a refresher on Jurisdiction relating to Bill C-92, Child and Family Services. Please come for the information, share a meal and there will be door prizes.
4. The Project is working on introducing more about our history, culture and the importance these topics are, the connection to Child and Family Services needs to be part of the policy and procedures when community decides to take ownership of their CFS. Please watch for future postings.
5. In the next few months, the project is hoping to conduct a more in-depth survey; Comprehensive Community Needs Assessment for Child and Family Services; the needs, wants and expectations from the community towards the development of the project. Please watch for this notice and posters.

Kúkwstumckacw

Franny and Charlene



Pegpig'ha ASSEMBLY

SEPTEMBER 30, 2023

SORRY, THIS EVENT IS
POSTPONED

**SNAP
ACTI**

- Lun
- Hon
- P'eg
- Dar
- Star
- Representatives
- Constitution Reading
- Honourings
- Giveways
- Travel Subsidiary Available

OR EMAIL:
**ADMINASSISTANT@PEGPIGLHA.
ORG**



T'it'q'et office
will be

CLOSED on

Monday, October 09, 2023.

Will re-open on Tuesday,
October 10, 2023 at 8a.m.



Sorry for any inconvenience.

OCTOBER 2023

P'EGP'IG'HA COUNCIL

P'egp'ig'lha Council Staff Update

BY LACEY LAROCHELLE

The P'egp'ig'lha Council & Nations Rebuilding Team held the final Inherent Rights Workshop on September 9th & 10th.

The session started with a review and recap of what we have learned to date of our current circumstances, the legal tools we need to use, the opportunities we have and what we need to do. Topics included Inherent Rights, the Indian Act, Indigenous Case Law, Consultation & Accommodation and our Fisheries.

The topics were discussed using a process called Open Space Technology to develop a comprehensive strategic plan, a report will be developed and shared with the community.

Takem nsnekwnúkwa



One line Highlights:

Next P'egp'ig'lha Council Meeting:

NOV 28, 2023 AT 9:00A.M.

Have any questions?
HERES HOW TO REACH US!

CALL US AT 250-256-4118

PC DIRECTOR:
CHRISTIAN AHRENKJEL 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'IT'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'IT'Q'ET COUNCIL QUARTERLY.

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.



Please note:

- Those who are eligible for compensation and submit their Claim Forms by March 7, 2023 – the payment process will begin in late 2023.
- Those who are eligible for compensation and submit their Claim Forms after March 7, 2023 and before March 7, 2024, will receive compensation after March 7, 2024.
- Specified Injuries compensation for all eligible claims will be available after March 7, 2024.

If you believe you submitted a Claim Form and you have not received a letter or email, you can call the Administrator toll-free at 1-833-252-4220 (Monday – Friday, 10 am – 6 pm EST) to check on the progress of your Claim.

Please note it takes approximately 4-6 weeks for your Claim Form to be uploaded into the system.

Kind regards,
Administrator



T'it'q'et Administration

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

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



T'it'q'et Administration

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

Interior Region Harm Reduction Services



Supervised Consumption and Overdose Prevention Sites

Vernon Downtown Mental Health & Substance Use 3306A 32nd Avenue	Kamloops Mental Health & Substance Use 200-235 Lansdowne Street
Penticton Downtown Mental Health & Substance Use 437 Martin Street, Suite #117	Cranbrook Mental Health & Substance Use 20 - 23rd Avenue South
Lillooet Mental Health & Substance Use 951 Murray Street	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	Lillooet First Nations Health Centre 296 Main Street	Three Corners Health Services Society 150 North 1st Avenue, Williams Lake
ASK Wellness- Kamloops 433 Tranquille Road	Nlaka'pamux Health Services 2088-B Quilchena Ave. Merritt	Tobacco Plains Indian Band 3603 93 Highway, Grasmere
Cammy LeFleur Street Outreach Program @ St. Andrew's Church 1110 Belvedere Street, Enderby	Lytton Health Centre (Tl'Kemtisin CHC) 1535 ST. Georges Road	Creston Health Unit 312 15th Avenue North
Neskonlith Health Centre 743 Chief Neskonlith Drive, Chase	Aq'am 7470 Mission Rd Cranbrook Aq'am	Westbank First Nations Health Centre 1900 Quail Lane
Living Positive Resource Centre 255 Lawrence Avenue, Kelowna	Cammy LeFleur Street Outreach Program @ Upper Room Mission 3403 27th Avenue Vernon	Osoyoos Mental Health & Substance Use 4816 89th Street
Ki-Low-Na Friendship Society 442 Leon Avenue Kelowna		

Fentanyl Test Strips are available at most locations!



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



KUU-US CRISIS LINE SOCIETY

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



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT CONNECT TO 686868



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.
YaK i Yo

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

Notice to T'it'q'et Members

September 23, 2023

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

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

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

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

Staff List		Extension	Email
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@peppiglha.org
Referrals Clerk	Lacey LaRochelle	231	adminassistant@peppiglha.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@peppiglha.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
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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

October 2023 Horoscopes



Aries (Mar 21–April 19)

It's all about presence, Aries! Monday's Mercury-Jupiter trine helps you mindfully notice what you need to notice in order to see a situation differently. The annual Full Moon in your sign on Friday is a powerful benchmark that invites you to reset where you need to as you step into your freedom and desires. A Venus-Jupiter square on the same day helps you practice your values for confidence.

Taurus (Apr 20–May 20)

Vulnerability is the answer, Taurus. Monday's Mercury-Jupiter trine wants you to speak your emotion, fear, hope, or desire. Friday's Full Moon in Aries helps you find closure from disempowering patterns and behaviors that keep you stuck in fear so you can move forward with more integrity. A Venus-Jupiter square on the same day inspires you to shift your stance on belonging and home in a powerful way.

Gemini (May 21–Jun 20)

What do you need to accept about yourself, Gemini? Monday's Mercury-Jupiter trine wants you to identify a part of yourself that needs more compassionate acceptance. Friday's Full Moon in Aries helps you reunite with your community and your friends in exciting ways that helps you feel more connected. A Venus-Jupiter square on the same day opens up new friendships through conversation.

Cancer (Jun 21–Jul 22)

A little levity goes a long way, Cancer! Monday's Mercury-Jupiter trine breathes new life into your friendships by helping you not to take things so seriously. Friday's Full Moon in Aries is your career breakthrough moment, especially if you own your desires for more freedom and leadership. A Venus-Jupiter square on Friday inspires you to put your values into practice for career success.

Leo (Jul 23–Aug 22)

Live into your values, Leo! Monday's Mercury-Jupiter trine wants you to identify and implement your values professionally to shift what needs to be changed. Friday's Full Moon in Aries expands your horizons through new learning, exploration, and even travel, so follow your curiosities for curiosity's sake. A Venus-Jupiter square on Friday changes the way you think about love for the better.

Virgo (Aug 23–Sept 22)

Think bigger, Virgo. Monday's Mercury-Jupiter trine wants to free you from cynical thinking by helping you expand your vision and see the big picture. Friday's Full Moon in Aries turns up the heat and helps you own your sexual and erotic desires in a deeper way for sexual satisfaction. A Venus-Jupiter square on the same day then helps you experience the sexual healing you've been longing for.

Libra (Sept 23–Oct 20)

Happy birthday, Libra! Monday's Mercury-Jupiter trine is a healing day that inspires you to talk to yourself with a little more self-compassion and kindness. Friday's Full Moon in Aries is very romantic so it'll invite a new relationship, deepen the dynamic you're in or, and/or complete relationships that have served their purpose. Friday's Venus-Jupiter square prioritizes your romance and your friendships.

Scorpio (Oct 23–Nov 21)

Trust is key, Scorpio. Monday's Mercury-Jupiter trine helps you understand who in your friendship circle has earned your trust and why. Friday's Full Moon in Aries inspires you to develop the habits that move you forward in positive directions towards holistic healing. Friday's Venus-Jupiter square highlights how these new habits inspire you to achieve your professional goals.

Sagittarius (Nov 22–Dec 21)

Small things always, Sagittarius! Monday's Mercury-Jupiter trine helps you realize how it's the little things that create professional success. Friday's Full Moon in Aries motivates you to express your truths courageously and powerfully to those who need to hear it. Friday's Venus-Jupiter square empowers your self-worth.

Capricorn (Dec 22–Jan 19)

You're both worthy and a work in progress, Capricorn! Monday's Mercury-Jupiter trine helps you prioritize less self-improvement to cultivate more self-love. Friday's Full Moon in Aries inspires you to think about home in a new way and protects your emotional safety from others who violate your boundaries.

Aquarius (Jan 20–Feb 18)

Emotions aren't always instructive, Aquarius. Monday's Mercury-Jupiter trine helps you look at your feelings for awareness, not as a call to action.

Stay curious, not certain. Friday's Full Moon in Aries inspires you to be even more straightforward and compassionately direct for clearer understanding. On the same day, a Venus-Jupiter square helps you focus on active listening and asking questions to connect with the people you care about.

Pisces (Feb 19–Mar 20)

Name your feels, Pisces. Monday's Mercury-Jupiter trine inspires you to communicate what you're feeling even when it's hard. Friday's Full Moon in Aries changes your financial circumstances, especially if you're clear on how to practice on your values. Friday's Venus-Jupiter square offers you more pleasure and an especially beautiful sense of embodiment.



November 2023 Newsletter Submission Deadline Thursday, October 19th 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.)



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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

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