

Newsletter

Nov 2023

T'IT'Q'ET NOVEMBER 2023 ISSUE

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TO SUBMIT TO NEWSLETTER

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



November

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
29	30	31	1 Culture Night	2 Poppy Beading	3 Podiatrist - Dr. Bolen Poppy Beading	4 Land Use Plan Survey Closes
5 Daylight Savings Time Ends	6 Poppy Beading	7 Lands Committee Meeting	8 Culture Night	9 Emergency Support Services Training	10	11 Remembrance Day
12	13 Office Closed	14 RISC Course	15 Culture Night RISC Course	16 RISC Course	17 RISC Course	18 Christmas Photo Shoot
19	20 Community Dinner Nurse Practioner	21 Lands Committee Meeting	22 Culture Night	23 Elders Luncheon	24	25
26	27 C&C Meeting	28 PC Meeting	29 Culture Night	30 Emergency Operation Centre Training	1	2

RECYCLE DAYS:

Nov 1-Plastics
Nov 8-Glass
Nov 15-Tins
Nov 22-Cardboard/Paper



NURSE PRACTITIONER

**IS IN T'IT'Q'ET HEALTH
DEPARTMENT**

Third
MONDAY of
the month
1PM -4PM



T'it'q'et Administration

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

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

Lest we Forget

— NOVEMBER 11 —

Cw7áoz kws lhápenem l tsícwa qvltwacwcitumúlitás
We will not forget those that went to fight the wars for us.

We, the P'egp'ig'lha, of the St'át'imc recognize and honour:

Alfred Copeland

Canadian Inf. 2nd Depot Bn. WWI

Grand Chief James “Jimmy” Scotchman

Canadian Highlanders WWII, 1943–1948

Joseph “Joe” Scotchman Paul

US 3rd Army, 11 Inf. Reg., WWII,
1943–1945

Harold “Dean” Pelegrin

US 82nd Airborne Div. 2nd Inf. Vietnam

Joseph Riley

Unknown

Wilbur Whitney

Unknown

Joseph Copeland

Canadian Inf. 102nd Bn. WWI

Harold Ostrander Sr.

WWII Dates Unknown

Michael Pelegrin

Canadian Armed Forces, WWII,
1941–1945

Paul Scotchman

US Army, 25th Inf. Vietnam, 1966–1967

Dustin Steeves

US Marines

The Ancestral Warriors

Please join us in honoring our St'át'imc Veterans

November 11th, 2023 | 12:00 PM

(After the downtown ceremony)

at the P'egp'ig'lha Community Center

Lunch will be provided



T'ít'q'et office Closures

**We will be closed on Monday,
November 13, 2023
for Remembrance Day**

**Will re-open on Tuesday, November 14,
2023 at 8:00 a.m.**

Sorry for any inconvenience.

We Need Your Help with filling the Hamper boxes for the 6th Annual T'it'q'et Children's Christmas Party Raffle

Our goal is to gather as many items to raffle off the 4 hampers prizes, which will include two turkey's and two ham's donated by T'it'q'et Health department, plus two extra turkey and ham for third and forth prize. We are encouraging members, community members, Council, and T'it'q'et staff members to contribute towards the hampers. I have attached a sample list of Hamper items.

If you bring in any non-perishable food items, small or big, **your name will be entered in to win one of the two \$100 Buy Low Foods gift cards**. You are able to enter more than once as long as the item or items you bring in costs \$10 or more. This will be drawn the same day as the Hamper Fundraiser draw on December 10, 2023.

If you would like to help by donating items, we will have donation boxes located at the front desk at the P'egp'ig'lha Community Center Building, 59 Retasket Street. No donation is too big or too small. Please inform the receptionist when dropping off items, so your name can be entered in to win one of the two prizes.

Thank you
Team T'it'q'et



T'it'q'et Christmas Hamper 2023 Product Item List Ideas



Christmas Dinner Items	
<input checked="" type="checkbox"/>	Turkey/Ham
<input type="checkbox"/>	Stove Top Stuffing
<input type="checkbox"/>	Cranberry Sauce
<input type="checkbox"/>	Potatoes
<input type="checkbox"/>	Gravy Mix
<input type="checkbox"/>	Bread/Buns

Drink Items	
<input type="checkbox"/>	Coffee
<input type="checkbox"/>	Tea
<input type="checkbox"/>	Hot Chocolate
<input type="checkbox"/>	Bottled Water
<input type="checkbox"/>	Orange Juice
<input type="checkbox"/>	Apple Juice
<input type="checkbox"/>	Juice Crystals

Vegetables	
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Yams
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Corn
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Potatoes
<input type="checkbox"/>	Squash

Fruit	
<input type="checkbox"/>	Apples
<input type="checkbox"/>	
<input type="checkbox"/>	

Other Items	
<input type="checkbox"/>	Almond Milk
<input type="checkbox"/>	Baking Soda
<input type="checkbox"/>	BBQ Sauce
<input type="checkbox"/>	Cake Mix
<input type="checkbox"/>	Canned Corn
<input type="checkbox"/>	Canned Beans
<input type="checkbox"/>	Canned Fruit
<input type="checkbox"/>	Canned Peas
<input type="checkbox"/>	Canned Soup
<input type="checkbox"/>	Canned Tuna
<input type="checkbox"/>	Cereal
<input type="checkbox"/>	Cookies
<input type="checkbox"/>	Crackers
<input type="checkbox"/>	Cream of Wheat
<input type="checkbox"/>	Creamer
<input type="checkbox"/>	Flour
<input type="checkbox"/>	Fruit Cups
<input type="checkbox"/>	Granola Bar
<input type="checkbox"/>	Honey
<input type="checkbox"/>	Jam
<input type="checkbox"/>	Jell-O
<input type="checkbox"/>	Ketchup
<input type="checkbox"/>	Kraft Dinner
<input type="checkbox"/>	Macaroni
<input type="checkbox"/>	Macaroni & Cheese
<input type="checkbox"/>	Mayonnaise
<input type="checkbox"/>	Mustard
<input type="checkbox"/>	Nutella
<input type="checkbox"/>	Oatmeal
<input type="checkbox"/>	Oil
<input type="checkbox"/>	Pancake Mix
<input type="checkbox"/>	Pasta

<input type="checkbox"/>	Pasta Sauce
<input type="checkbox"/>	Peanut Butter
<input type="checkbox"/>	Pickles
<input type="checkbox"/>	Powder Milk
<input type="checkbox"/>	Pudding
<input type="checkbox"/>	Rice
<input type="checkbox"/>	Salad Dressing
<input type="checkbox"/>	Salt/Pepper
<input type="checkbox"/>	Soup Mix
<input type="checkbox"/>	Soy Milk
<input type="checkbox"/>	Soya Sauce
<input type="checkbox"/>	Sugar
<input type="checkbox"/>	Herbs
<input type="checkbox"/>	Spices

<input type="checkbox"/>	Body Wash
<input type="checkbox"/>	Conditioner
<input type="checkbox"/>	Dish Soap
<input type="checkbox"/>	Fabric Softener
<input type="checkbox"/>	Laundry Detergent
<input type="checkbox"/>	Saran Wrap
<input type="checkbox"/>	Shampoo
<input type="checkbox"/>	Paper Towel
<input type="checkbox"/>	Tin Foil
<input type="checkbox"/>	Tooth Brush
<input type="checkbox"/>	Tooth Paste
<input type="checkbox"/>	Ziplock Bags

If you would like to help by donating items, we have donation boxes located at the front desk at the P'egp'ig'lha Community Center Building. No donation is too big or too small. The raffle will be drawn during the Children Christmas Party.

For more information please do not hesitate to call Sabrina at the office Monday to Friday from 8am to 4pm, (250) 256-4118 ext 226. Raffle books will be ready for selling mid-October. This year tickets will be \$5 each or 3 for \$10.





Wills + Estates Info Session

November 6, 2023

5pm

Dinner Provided

P'egp'iglha Community Centre

Indigenous and Northern Affairs Canada
Affaires autochtones et du Nord Canada

Canada

Do you have a will?

Did you know?



<9%

Less than 9% of First Nation peoples on reserve pass away with a will

- the INAC website has information about planning your estate
- your will differs if you live on- or off-reserve
- the *Indian Act* outlines what should be included in your will
- you can't gift your land on reserve to someone who is not a member of your First Nation
- you can change your will as often as you like
- writing a will doesn't have to be complicated or costly

Why make a will?

- to provide for your loved ones, your children and grandchildren
- to decide who will get your home
- to clearly state who should receive your possessions
- to name who will take care of your children and dependents
- to leave instructions for end of life ceremonies
- to name who will take care of your estate

A will could provide peace of mind and clear direction about your wishes to your family and loved ones



Visit www.canada.ca/indigenous-northern-affairs for more information

This publication is also available in French under the title: Avez-vous un testament?

QS-1009-000-EE-A1

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

November 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 Genevieve Humphreys; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom when necessary.

Lands Committee

Chairperson Terence MacLellan attended the Lands Advisory Board Annual General Meeting in Chilliwack and has shared copies of the PowerPoint presentations on land law enforcement, Additions to Reserve and the proposed project to develop a new national First Nations land registry.

Law-Making & Enforcement

November meetings will include meeting with legal counsel to discuss the Enforcement and Ticketing law draft.

Natural Resource Management

The Lands Committee reviewed questions from another draft of the Environmental Management Plan.

Dispute Resolution

The committee continues to meet with EHA452 & Associates for the development of the Land Dispute Resolution process.

Organization Study / Human Resources Management

Communications & Public Relations

The Land Use Plan survey will be closed on November 4th. The url for the survey is: www.surveymonkey.ca/r/TitqetLandUsePlan

Emergency Operations Centre Training:

November 30 & December 1, 2023

9am - 4pm

P'egp'ig'lha Community Centre

Lunch Included

- EOC training helps teams develop knowledge, skills and a variety of strategies, techniques and tools needed in an EOC to help reduce risk and enhance resiliency in response to emergencies or disasters.
- What does the emergency operations center do?
- The Emergency Operations Center (EOC) serves a critical role in every phase of emergency management, from being the hub for all coordination during an incident to facilitating and directing recovery/clean-up. However, the EOC does not manage an incident — it coordinates.
- Learn the fundamentals of how Emergency Operations Centres (EOC) operate in supporting the needs of response departments and agencies during emergencies and disasters. Explore key aspects of site support operations within an Incident Command System (ICS) management structure.
- This course describes the role, design, and functions of Emergency Operations Centers and their relationships as components of a multi-agency coordination system. The course contains disaster-related examples, activities and case studies that relate to EOC's and multi-agency coordination systems at the local, state and federal levels of government.

To sign up please Call

Susan Napoleon or Stephanie Louie

(250) 256 - 4118

Fulfilling the Dream of P'egp'ig'lha - Looking after Our Children

Child and Family Services Project

Newsletter report; November 2023

Franny Alec; Project Manager

Charlene Napoleon; Executive Assistant

Federal Court approves settlement agreement to compensate First Nations children and families

News release

October 24, 2023 — Ottawa, Traditional Algonquin Territory, Ontario — Indigenous Services Canada

Today, the Federal Court of Canada approved the First Nations Child and Family Services, Jordan's Principle, Trout and Kith Class Settlement Agreement, with reasons to follow. The agreement was reached between the Assembly of First Nations (AFN), the Moushoom and Trout class actions plaintiffs and Canada, with the support of the First Nations Child and Family Caring Society.

This First Nations-led agreement includes a total of \$23.34 billion to compensate First Nations children and families who were harmed by discriminatory underfunding of the First Nations Child and Family Services (FNCFS) program and those impacted by the federal government's narrow definition of Jordan's Principle.

This is a very important milestone in the process towards compensating First Nations children and families for the harms they suffered. This agreement could not have been reached without the hard work of the Parties and First Nations leadership, who never wavered in their dedication and determination that First Nations children and families receive compensation.

If the approval of the agreement is not appealed within the 60-day appeal period following the issuance of the Federal Court's order on the settlement, the process to implement the settlement through the court ordered third-party administrator could begin later in 2024.

The Hope for Wellness Help Line, which provides immediate, toll-free telephone and online-chat-based support and crisis intervention to all Indigenous Peoples in Canada, is always available. This service is available 24/7 in English and French, and upon request in Cree, Ojibway, and Inuktitut. Counsellors are available by phone at 1-855-242-3310 or by online chat at hopeforwellness.ca.



T'it'q'et Administration

P.O. Box 615
59 Retasket Drive Lillooet, B.C.
VoK1Vo

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

Memo To: Band/Community Members/Staff

From: Finance Department

RE: CHEQUE DAYS

Please note: The Accounts Payable Clerk will **ONLY** be processing Cheques on **Tuesdays and Thursdays**. All Cheques will be ready for pick-up on **Wednesdays and Fridays** during regular office hours. Regular office hours are from 8 am to 12 pm, the office is closed from 12 pm to 1 pm, and open again from 1 pm to 4 pm.

To ensure that cheques are done on time, please make sure that your Cheque Requisitions are in the Accounts Payable mail box by the end of the day on **Mondays and Wednesdays**.

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

Finance Department

SKUKWZA CLEANING

CALL TO BOOK A CLEANING SESSION 778-209-3693
BI-WEEKLY CLEANING SESSIONS. MOVE IN – MOVE OUT.
OFFICE AND BUILDING SPACE CLEANING.
30\$ AN HOUR FOR BI-WEEKLY CLEANING
60\$ FOR MOVE IN – MOVE OUT CLEANING.

Small business owned by Patrice Pelegrin
Gift Certificates available for 5 hours of cleaning

CHECK OUT MY PAGE ON FACEBOOK OR CALL!!



COMMUNITY CHRISTMAS PHOTO SHOOT

Saturday, November 18, 2023
P'egp'íg'lha Community Centre Gym
10am–5:20pm (10 minute sessions each)

Sign-up sheet will be at the Receptionist Desk

THE DETAILS:

- There will be a supply of Christmas decor & props
- There will be 2 different sets
- Max 6 people at a time
- 2~ Digital photos of each family grouping
(Emailed via online gallery 2 weeks after the shoot)
- 2~8x10 prints of each family grouping
(Mailed to you 2 weeks after the shoot)

****THERE WILL BE NO COST TO YOU.**

COMMUNITY DINNER

On
Mon, November 20, 2023
At 5pm
PCC Gym

Bring your appetite.





T'it'q'et
P.O. Box 615
Lillooet, B.C.
VoK'íVo

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

TRAINING OPPORTUNITY

RISC Archaeology & CMT Training

Description

Enhance skills and capability in an interactive five-day applied training program about introductory research and sampling skills in the field of archaeology and heritage resources. Learn effectual site identification, data, and site recording procedures, as well as survey design and procedures.

Objectives

- Describe how archaeological inventory projects are conducted in British Columbia
- Conduct field orienteering and navigation
- Interpret maps and plot locations
- Identify and interpret environmental conditions and settings
- Conduct standard data recording procedures
- Utilize maps to accurately record site features and materials
- Conduct a standard archaeological field survey
- Identify archaeological sites, including: traditional use areas, and cultural features and materials - (including culturally-modified trees)
- Identify and apply the Heritage Conservation Act
- Operate and maintain survey equipment effectively, efficiently and accurately
- Identify natural and cultural forces that create and impact archaeological sites.
- Identify unique sites and describe cultural materials and features
- Conduct and record surveys on surface collections
- Interpret and record field data onto an archaeological site form
- Protect culturally-sensitive areas prior to and during resource development or extraction activities
- Develop an awareness of Human Burial concerns and protocols

This Course Includes

- Certified RISC (Resources Information Standards Committee) Technician registration
- Certificate of completion signed/endorsed by the BC Archaeology Branch
- Free, lifetime access

Equipment

- Suitable outdoor clothing
- Bag lunch
- Refreshments
- Own transportation each day

Prerequisites

- None

T'it'q'et has partnered with BCHydro to bring this course into the Community. We are looking at mid to late November for the course to be offered here, if you are interested in attending, please contact Stephanie Louie, Lands and Natural Resources Officer to add your name to the list.

November 13-17, 2023

8:15am 4:30 pm daily

RISC Archaeological and CMT Inventory Training for Crew Members

Recommended Class Schedule

	Day	Location	Module	Topic	Pages	Time
1	Morning	Classroom		Introduction	2-8	8:30-9:00
			1	What is Archaeology?	11-16	9:00-10:00
			2	Rules & Respect	17-20	10:15-11:00
	Afternoon	Classroom Outside	3	Field Safety & Communication	21-27	11:00-12:00
			4	Equipment & Basic Navigation Navigation Exercises	28-29 30-37	1:00-2:00 2:00-4:30
2	Morning	Classroom		Review		8:30-9:00
			5	Sites, Site Formation, Site Disturbance	40-67	9:00-10:00
			6	Site Types	68-96	10:15-11:15
			7	CMTs	97-101	11:15-12:00
3	Afternoon	Site Visit		Introduce Community Knowledge; Review Safety; Introduce Notes		1:00-4:30
	Morning	Classroom		Review		8:30-9:00
			8	Survey Methods	103-109	9:00-9:30
			9	Field Survey	110-117	9:30-10:15
			10	Keeping Field Records	118-124	10:30-11:00
			11	Map Reading Skills	125-147	11:00-12:30
	Afternoon	Field Exercise		Stations, offsets, and notes		1:30-4:30
4	Morning	Classroom		Review		8:30-9:30
			12	Finding a Site	149-152	9:30-10:15
			12	Site Recording/Borden Numbers	152-156; 175-176	10:30-11:00
			12	Subsurface testing	157-163	11:00-11:30
			12	CMT recording	164-174	11:30-12:00
	Afternoon	Field Exercise		Review stations and notes; Artifact/feature mapping and notes		1:00-4:30
	5	Morning	Classroom		Review	
				Written Evaluation		11:00-12:00
Afternoon		Outside		Field Evaluation		1:00 ->



Holistic Emergency Preparedness & Response



Session #2 - ESS

Thursday, November 9, 2023

Emergency Support Services (ESS) Training & Exercise - Day 1
(UBCM ESS Funding 2023-24)

Location: T'it'q'et – Community Centre
Instructor/Facilitator: Monique Weir

0900 – 1200 - Introduction to Emergency Support Services

- Program Overview
- Review of purpose and procedures
- Discuss key elements including.
 - ✓ Roles & responsibilities of ESS workers and supervisors
 - ✓ The relationship between the local ESS team and municipal, regional, provincial & federal governments
 - ✓ Evacuee supports.
- Review of forms and when to use them and flow of documentation.

1200 - 1300 - Lunch

1300 - 1600 - Introduction to Emergency Support Services cont.

- Discussion on program development
 - Including team member recruitment and training
 - Resource acquisition
 - Working with local support agencies
 - Onboarding with EMCR
 - Worker care & preparedness



Holistic Emergency Preparedness & Response



Friday, November 10, 2023

Emergency Support Services (ESS) Training & Exercise - Day 2
(UBCM ESS Funding 2023-24)

Location: T'it'q'et – Community Centre
Instructor/Facilitator: Monique Weir

0900 – 1200 - ESS Registration & Referrals

- Review of purpose, policies, and procedures
- Identify required ESS resources.
- Review roles & responsibilities of ESS workers and supervisors
- Review of forms used and when to use them and flow of documentation including completion of documentation.

1200 - 1300 - Lunch

1300 - 1600 - Review of Evacuee Registration & Assistance Tool (ERA)

- Review of the ERA tool and features
- Review how to log on and add suppliers and file supplier claims.
- Start to finish - Hands on practice using the tool in the training session (laptops recommended)
- Discuss onboarding of ESS team on ERA and training required.

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.

LRISS Snapshot of Summer Activities

LRISS has been actively engaging with our community this past summer through events, education, and digital outreach. We're active on **5 social media platforms** including our new **TikTok account**. We continue to publish a **monthly newsletter** and **features in the Bridge River Lillooet News**. LRISS hired 2 summer staff who were amazing: Kayla Poppy & Emma Sneep. Xaxlí'p Community Forest crews did the majority of the invasive plant removal in the region. We worked with T'it'q'et Guardians, Xwisten and Ts'kw'aylaxw crews on removal projects and invasive mussel sampling. We assisted Lillooet Naturalist Society to **organize Community Weed pulls** and our staff assisted **Ucwalmicw Gardens** with weeding. We hosted 10 training sessions and our staff visited 17 classroom and youth groups.



Weed Alert!



Scotch Broom

An invasive European garden plant, it rapidly spreads in sunny disturbed areas, increasing wildfire risk, obstructing roads, and displacing native plants. Designated a high priority species in the LRISS region. Scotch Broom arrived to the Lillooet area a short while ago, in 2022. We removed the one site and it was not found in 2023.



Leafy Spurge

Introduced from Europe, leafy spurge invades BC's natural areas, thriving in dry sites with a vast root system and a growth-inhibiting chemical. It's a high priority species in the LRISS region. A new infestation was found in the Lillooet Region on the west-side of the Fraser this summer (West Pavilion Road). It was removed and the site monitored 3 times. It contains a milky latex that can cause skin irritations and blisters.

Field Removal Program Quick Stats

Surveyed >400 areas, treated >200 sites and completed inventory of new areas.

UBC McKay Wildfire Vegetation Response Masters Project: LRISS has been partnering with Dr. Jennifer Grenz's Indigenous Ecology Lab. Master's student Virginia Oeggerli collected data in approximately 90, 3x3m plots in areas of low, moderate and high burn severity to see what native and invasive plants were coming back. She worked very closely with Ts'kw'aylaxw, Xwisten and T'it'q'et – P'egg'ig'lha on this project since this fire directly affected their traditional territory. Guardians from Ts'kw'aylaxw and P'egg'ig'lha assisted her with data collected along with the LRISS Summer staff, Kayla Poppy & Emma Sneep.



Follow LRISS. Contact us for training. Subscribe to our newsletter!



/lillooetregionalinvasivespeciesociety



@lriinvasives



info@lriiss.ca



P'egp'ig'lha Council

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

phone (250) 256 4118 ext. 231
fax (250) 256 4544

P'egp'ig'lha Council Natural Resources Bursary



Within the T'it'q'et community, the P'egp'ig'lha Council (PC) is mandated to govern the community's Title and rights within the T'it'q'et area of responsibility. The protection and stewardship of St'át'imc Title and rights includes caring for the land and natural resources that the Territory provides: fish, wildlife, air and water.

Vision from the P'egp'ig'lha Constitution, July 14 2007:

“The creator placed us here and that connection to the land can never be broken. The traditional ways, values and laws of our ancestors are held in the St'át'imc language and are written on the lands. Our Elders have passed them down in the stories to the children and grandchildren since the beginning. We are committed to working together to build our community in a good way that is based on the teachings of our ancestors”

A bursary is a non-repayable grant for all lifelong learning students. All students who lack resources to cover living and other education-related costs during their study period should apply for bursary assistance.

The goal of the **P'egp'ig'lha Natural Resources Bursary** is to fund students and alleviate some of the financial stress in completing an educational program which prepare them to gain employment in the natural resources sector (forestry, fisheries, hydrology, biology, wildlife, archaeology).

The purpose of the bursary is to support the development of self-sufficient, self-reliant members, who wish to pursue new life opportunities through education and training.

Applicants must be enrolled in a Natural Resources related course at a college or university level.

All T'it'q'et Band members who are enrolled full time in a post-secondary institution are eligible to apply.

The bursary amount will depend on the number of applicants but the maximum award is \$6,000.

Application

Applicants are required to submit a letter of introduction (your opportunity to tell us all about you!) and a short one page letter to the P'egp'ig'lha Council explaining what course they are registered in and why they want to work in the natural resources sector.

The bursary will not be awarded until the candidate has complete the first semester of their course and have to pass all the courses they are enrolled in. The student will have to provide an official transcript from the school prior to the bursary being awarded.

Applications should be submitted to:

P'egp'ig'lha Council,
Box 615,
Lillooet, BC, B0K 1V0,

Attention: Lacey LaRochelle, PC Admin Assistant or can be submitted via email at adminassistant@pegpigha.org.

Lacey can be reached at 250-256-4118 ex 231 if anyone requires any additional information.

Application deadline is **November 24, 2023 @ 4 PM**

Accountability

Your application should include:

- Proof of enrollment
- Letter of introduction
- One-page letter explaining the course you are registered in and why you would like to work in natural resources.

Selection

The bursary award recipients will be selected by the P'egp'ig'lha Council or it's designate.

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 (Ti'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)



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
YaK1Vo

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

<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

November 2023 Horoscopes



Aries (Mar 21–April 19)

You're as independent as they come, but this month, you're learning just how much others have control over your life. Instead of fighting them, learn to understand and accept like your colleagues, your partner, and your job unfortunately do have a lot of influence over your life. Work with these systems instead of viewing them as restrictions or restraints, and you'll see that they actually have some benefit in your life.

Taurus (Apr 20–May 20)

It's cuffing season for your sign! This month's vibe is helping you to let your walls down and make meaningful connections with other people. If you're single, you might meet someone special. If you're in a situation, you might DTR. And if you're coupled up, you could take things to the next level. And no matter your relationship status, you're turning buddies into besties and squashing beef with ex-friends or lovers.

Gemini (May 21–Jun 20)

If you're feeling ill, it's very important you get it checked out this Scorpio season. You're more in touch with your body right now, so symptoms of any unhealthy, unproductive habits are much stronger. Cleaning your room, eating a vegetable every now and then, and committing to taking a walk or a jog every once in a while can really improve your physical and mental health. Bonus: The healthy habits you start now are promised to stick around for a long, long time.

Cancer (Jun 21–Jul 22)

It's love! Or maybe it's lust... but who cares! You're more expressive, creative, and affectionate right now, and this is turning you into a love magnet. Hookups can happen more easily and frequently, romance can find its way into your life, and no matter what happens, it's easy to find a silver lining. If you have something you want to say or do, especially when it comes to romance, now's the time to do it—unapologetically.

Leo (Jul 23–Aug 22)

Go back to your roots, Leo. You like to live in the moment, so hitting pause and taking a look back is really not your favorite thing to do. But it's important that you don't forget where you come from! This Scorpio season, focus on spending time with your family—biological or chosen. Take a trip down memory lane. Rest your body and refresh your mind.

Virgo (Aug 23–Sept 22)

Scorpio season helps you to find the perfect words to say, Virgo. If you think it's time to send an important message or start a major conversation, the stars are urging you to do so! This is a great time to study or meet new people—your brain needs stimulation, and the more you learn and connect with others, the better you'll feel. Your social life is more lively now, too. New friends (and maybe a potential lover, if you're single) are on the way!

Libra (Sept 23–Oct 20)

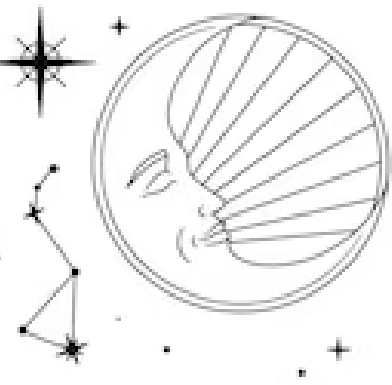
You have a bad reputation when it comes to being flaky, buddy. Your opinions tend to bend and shift depending on who's around, but Scorpio season is here to help you solidify your thoughts, feelings, and ideas. You might get into more arguments now, but that's only because you're standing your ground and sticking to your morals for what feels like the first time ever. This is also a great time to focus on your work. More money can easily come your way if you put in the effort.

Scorpio (Oct 23–Nov 21)

Happy birthday, Scorpio! It's the best season of the year! Take time to carefully consider your options in life—the romantic ones, the platonic ones, and the professional ones. Who or what seems the most enticing to you? Who or what can you really see yourself sticking with for a long time? Once you've decided, shoot your shot. The projects and relationships you start now promise to have longevity and great significance.

Sagittarius (Nov 22–Dec 21)

Exes of all kinds—romantic, platonic, and professional—are emerging, and the stars are urging you to take a look back, reconnect, and decide whether or not they deserve a place in your life now. An ex-lover might make a great friend in the present, or an old friend might be a helpful professional connection. Going back in time and dealing with the past is never fun for you, but it's necessary. That way, you can start Sagittarius season next month completely free of baggage!



Capricorn (Dec 22–Jan 19)

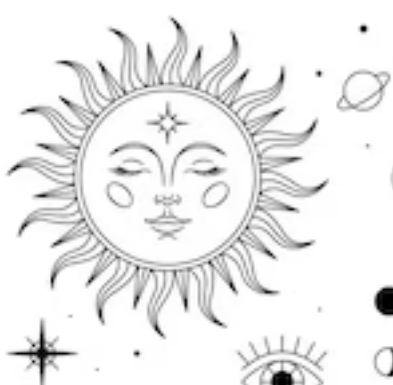
You have a tight circle and you rarely let friends come or go. You're picky with who you spend your time with, and once you choose a friend, you're choosing them for good. Sometimes this makes it so that your friends are few and far between, but you're able to pick up a few more this Scorpio season. You're more extroverted and open to meeting others now, so it's a great time to build up your contacts list and maybe even make a new bestie or two!..

Aquarius (Jan 20–Feb 18)

Scorpio season means that your work is being scrutinized extra hard, so it's important to do your best! You're reaching the finishing line for major jobs or projects now, and the better you perform, the greater your rewards will be. A promotion, a raise, or a bonus could come your way soon. But if you flop and only half-ass your work, the consequences will be dealt out accordingly.

Pisces (Feb 19–Mar 20)

You're happy living in your own little world most of the time, but Scorpio season is here to bring you back down to earth. It's time to take a look at the real world around you. Instead of dreaming and imagining all the things you want to do, now's the time to grab life by the balls and actually do the thing! Take a trip. Go on an adventure. Scorpio season is all about experiencing the world around you and growing as a result of all the rich experiences you encounter. You just have to leave la-la land first.



December 2023 Newsletter Submission Deadline Thursday, November 23rd 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

