

# Newsletter

Dec 2023

**T'IT'Q'ET NOVEMBER 2023 ISSUE**

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**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 39



# December

**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
26	27	28	29 Culture Night	30	1	2 Making Xmas Gifts 12-8pm
3 Making Xmas Gifts 12-8pm	4 Making Xmas Gifts 12-8pm	5	6 Culture Night	7 Dr. Bolen, Podiatrist Dr. Samad	8 Making Xmas Gifts 12-8pm	9 Making Xmas Gifts 12-8pm
10	11 Making Xmas Gifts 12-8pm	12 Making Xmas Gifts 12-8pm	13 Spa Day 12-6pm Culture Night	14 Newsletter Submission Deadline-Noon Making Xmas Gifts 12-8pm	15 Making Xmas Gifts 12-8pm	16
17	18 Making Xmas Gifts 12-8pm	19 Nurse Practitioner 1-4pm Making Xmas Gifts 12-8pm	20 Culture Night	21 Elders Luncheon 12-1pm	22 T'it'q'et Office Closed at 4pm	23
24	25 Christmas Day Office Closed	26 Boxing Day Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30
31 Please refuse tied up in a bag and in the bin	1 Office Closed	2 T'it'q'et Office reopen	3	<b>RECYCLE DAYS:</b> Please have recycling rinsed and dried <b>Dec 6-Plastics</b> <b>Dec 13-Glass</b> <b>Dec 20-Tins</b> <b>Dec 27-Cardboard/Paper</b>		

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

Please remove [accountspayable@titqet.org](mailto:accountspayable@titqet.org) from your e-transfer list and send all payments to Lesley Napoleon at [bookkeeper@titqet.org](mailto: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



*T'it'q'et Administration*

P.O. Box 625  
Lillooet, B.C.  
V3C 1V6

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

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





Will be in the T'it'q'et community

Tuesday, December 19, 2023

Walk-ins are welcome

Located in the  
Health Department exam room  
1pm – 4pm



## MAKING CHRISTMAS GIFTS

### HALL WILL BE OPEN

- NOVEMBER 21, 1200-800
- NOVEMBER 23, 1200-800
- NOVEMBER 24, 1200-800
- NOVEMBER 28, 1200-800
- DECEMBER 2, 1200-800
- DECEMBER 3, 1200-800
- DECEMBER 4, 1200-800
- DECEMBER 8, 1200-800
- DECEMBER 9, 1200-800
- DECEMBER 11, 1200-800
- DECEMBER 12, 1200-800
- DECEMBER 14, 1200-800
- DECEMBER 15, 1200-800
- DECEMBER 18, 1200-800
- DECEMBER 19, 1200-800
- ~~DECEMBER 22, 1200-800~~

If there's anything you might  
want to make for somebody  
Beading, ribbon skirt,  
ribbon shirt,



# T'it'q'et Christmas Party

December 10, 2023

3-6pm

P'egp'igha Community Centre

Dinner is at 3pm

Turkey/Ham Dinner with  
all the fixin's!



4:30 pm  
Santa  
Arrives!



Parents/Guardians:

We will be setting up Gym starting Dec 8 -  
if you can spare some time to assist, some  
of our elf duties:

- ⇒ Setting up and decorating tables
- ⇒ Decorating Gym
- ⇒ Wrapping presents
- ⇒ Clean up after party
- ⇒ Goodie Bags
- ⇒ Take down decorations before New Years Eve

Santa Letter is attached to this poster,  
\$30 maximum for the gift

Santa Letters Due Date Back to Santa by  
November 29 at NOON

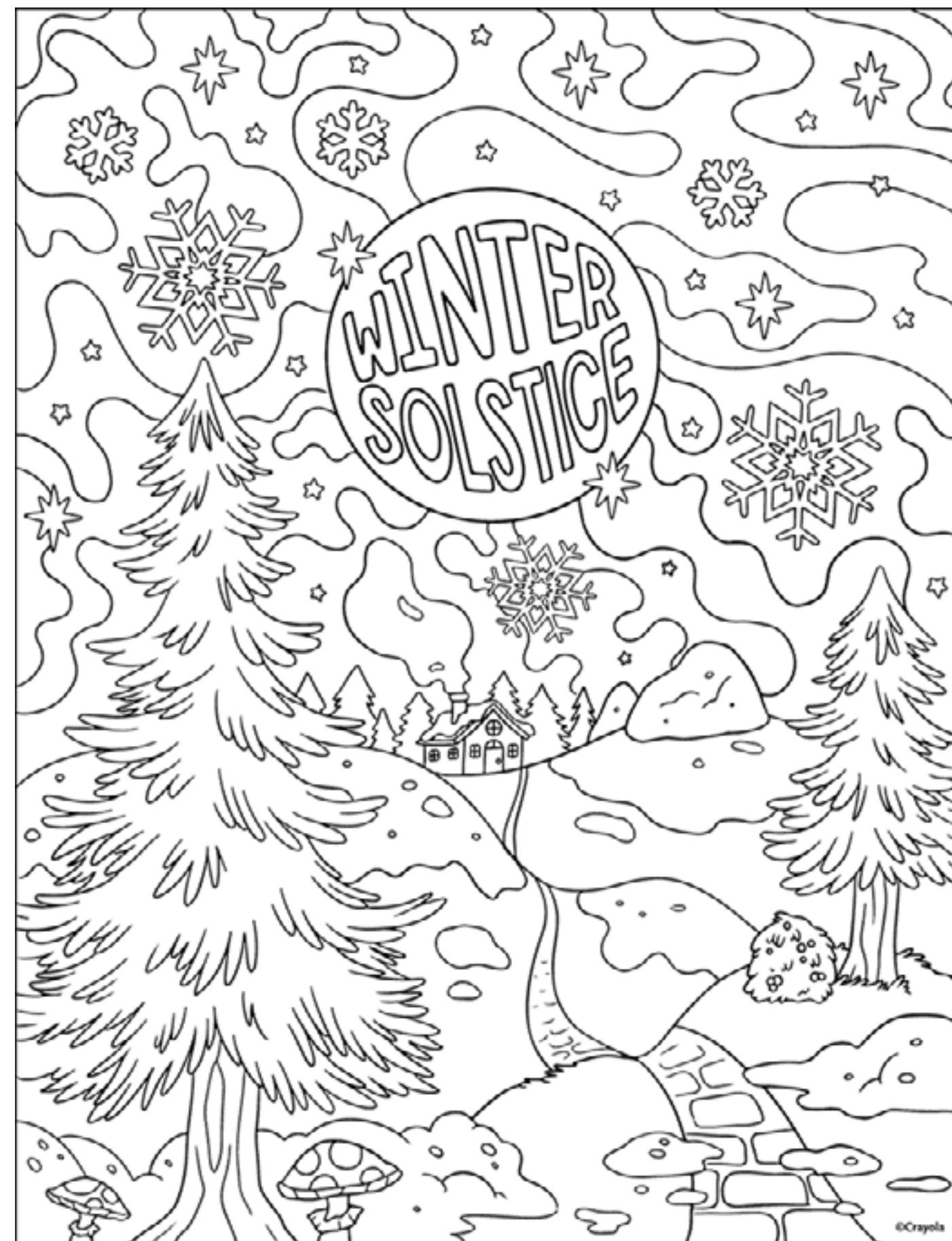
Ages—Babies to Grade 12

(Babies must be born before party and be  
in attendance)



This is a family friendly event, parents  
please accompany your children.

Children must be in attendance to receive their gift from Santa.



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## T'it'q'et Health Department SPA DAY

DECEMBER 13 2023

START 12:00 UNTIL 6:00PM

SIGN UP SHEETS FOR EACH STATION  
WILL BE PROVIDED

- HAIR CUTS BY DIAMOND BEAUTY BAR
- NAILS BY DIAMOND BEAUTY BAR
- READINGS BY *SUE ARMANN*
- HAIR CUTS BY *DANIEL WELLS*
- MASSAGE BY *MARILYN CHARLIE*
- MASSAGE BY *CHANDRA*



## Elders Luncheon

Thursday,  
December 21, 2023

12 – 1pm

P'egp'iglha Community Gymnasium  
Everyone Welcome





HAPPY HOLIDAYS!  
FRANNY ALEC

Happy  
Holidays!  
-Christian

All the best for  
the new year!  
Happy Holidays  
-Dace

Be Safe ☺  
Merry Christmas  
Happy New Years  
Nash & C

Wishing you all  
a Happy Holidays  
Chief & Sid  
Family

Merry Christmas &  
Happy New Year  
From T'it'q'et Chief & Council  
& Staff

Have a safe and wonderful one!

Happy Holidays  
Happy New Year  
Stay Safe & take care  
stay Feicia



Āma has ta  
klismes.su  
Adrianna  
Scotchman

happy holidays  
Lestey N.

WISHING YOU HAPPY &  
JOYOUS HOLIDAY SEASON!  
CHAR.N

merry christmas  
HAPPY New Year  
Shelly Edwards

Merry Christmas  
Happy New Year  
HOTOHOTO!  
(Kevin)

Merry  
Christmas  
Ken Taylor

Happy Ho Ho  
+  
Happy New Years  
Susie L

merrychristmas  
michael Alexander

Merry Christmas &  
Happy New Year  
From T'it'q'et Chief & Council  
& Staff

Have a safe and wonderful one!

Merry Holidays  
Vanessa  
Theberge

All the Best  
in 2024!  
Jeannette  
John

Merry Xmas  
& Happy  
Safe New Year!  
Janice W

Happy Holidays! (Spel)

Best holiday  
wishes!!  
Dawn B

Happy  
Holidays!  
Steph L

Alec  
Weget Whitney  
love & peace for you  
all year round



SABRINA  
JAMES





## 26 WEEKS TO FAMILY EMERGENCY PREPAREDNESS

### A Guide for Actions to Take

#### WEEK

1. Get a large portable container with a lid to use as an emergency kit. A plastic storage bin or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit and label the container. Make sure all family members know what it will be used for and where it is. (You may also want to pack items into individual wheeled carts, carry-alls or packs to make them easier to carry by individual family members.)
2. Stock your kit with *at least* a **three-day supply of water** for every family member and don't forget to include water for pets. It is best to plan for four litres of water per person, per day—two for drinking and two for food preparation and hygiene. You might consider the addition of **water purification tablets**.
3. Stock your kit with several varieties of **packaged foods, canned meats and dried fruit**. Include a **manual can opener**. If needed, include **infant supplies** including disposable diapers, disposable bottles, formula, etc. Plan for *at least* a three-day supply of food for each family member. (Some agencies are now recommending stocking up to a one-week supply.)
4. Arrange an **out-of-area phone contact person**, and keep this and other emergency phone numbers near each telephone. Teach family members these numbers.
5. Add **food items and supplies for pets** to your kit.
6. Get a **portable radio and extra batteries** for your emergency kit.
7. **Learn about hazards**. Know the hazards in your community. Find out if the area where you live is vulnerable to landslides, flooding, interface fires or other threats such as hazardous material spills. Also do a home hazard hunt to make your home safer. Secure appliances and heavy furniture and move beds away from overhead objects like heavy mirrors and windows.
8. **Prepare a first-aid kit** that includes prescription medications, eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and other items such as over-the-counter pain pills.
9. Give every family member **specific safety tasks** to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also delegated to looking after any pets.
10. **Identify safe places** in your home and on your property. Plan and practice earthquake 'drop, cover, hold' or evacuation drills using different escape routes. Know that your community may set up a **reception centre** for evacuees during an emergency.

11. **Identify a family meeting place** away from home but close to your regular spots (between work and home or school).
12. Add a **flashlight and extra batteries**, along with **candles and waterproof matches** to your kit.
13. Add some **dried soups and other items** such as peanut butter to your emergency kit.
14. **Check your insurance policies** and make records of your possessions.
15. Stock your kit with both large and medium-sized **plastic garbage bags** (orange or yellow make good visible signals). Large bags can also be used as ponchos, ground covers or blankets. Add **plastic or paper dishes and cups** as well.
16. Add a **change of clothing** for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.
17. Add additional **canned or freeze-dried food** like stews, tuna fish, baked beans and vegetables to your kit.
18. Enroll a family member in a **first-aid course**. Pack **HELP/OK signs** in your kit.
19. **Assemble important documents** like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and store originals in a fireproof/ waterproof container that will be accessible if your home is damaged.
20. Add **personal items** such as toilet paper, handi-wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc. to your emergency kit.
21. Add **evaporated, canned or powdered milk** to your kit.
22. **Get a large bucket with a tight-fitting lid** to use as a toilet, and put it with your emergency kit. Use the bucket to store other **emergency tools** like an axe, a folding shovel and rope.
23. Add **sleeping bags or blankets** (foil blankets take up less space) and consider adding **plastic emergency ponchos** to your kit.
24. Add more **canned, freeze-dried, or dehydrated food products** to your kit until you have *at least* a three-day supply for each family member.
25. Add a **pocket knife, cutlery, a whistle and spare set of house and car keys** as well as items such as books, toys and cards as well as a family photo album to your kit.
26. **Meet with neighbours to discuss emergency preparations** and the possibility of sharing items such as generators.

Now you and your family are personally prepared for most emergencies.

Once your emergency kit is assembled and your emergency plan is in place, don't forget to rotate and replace items as they expire. And most importantly – practice your plan and update it as your family's needs change.

Go to [www.pep.bc.ca](http://www.pep.bc.ca) for more information.

September 2007





BC Emergency  
Health Services  
Provincial Health Services Authority



# Are you interested in a career with BC Ambulance?






## Lillooet, Seton Portage and Goldbridge Stations

Want to learn more about their amazing changes and new ENTRY LEVEL opportunities? Which include: Special Condition Driver Only, EMR, Indigenous Patient Navigator

MEET ONE-ON-ONE WITH THE RECRUITMENT STAFF;



Walk through onboarding application (bring resume if you like)



Career Pathways Presentations



Training in as little as 2-3 weeks, locally

## Local Career Opportunities include:

➤ Driver Only,

➤ Indigenous Patient Navigator,

➤ Paramedic,

(Advanced opportunities also available)

More Information, Contact: Darryl Adrian, Lillooet Tribal Council, [emergency@lillooettribalcouncil.ca](mailto:emergency@lillooettribalcouncil.ca), 250-256-7523  
Or, [BCEHS.ca/careers](http://BCEHS.ca/careers)

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# Don't Let It Loose

## How to avoid a cat-astrophe

As beloved as they are, cats can pose a significant risk to birds and other wildlife. Both domestic and feral cats are not only skilled predators, but they also face various dangers when roaming outdoors unsupervised, from vehicles, poisons, pet theft, and more.

Of course this doesn't mean that cats don't make great pets. You can provide an enriching, comfortable life for your furry friends, by following these tips from the BC SPCA:

## How to be a responsible pet owner

- ✓ Do not let your cat outside or train them to be on a leash/harness.
- ✓ Spay or neuter your cat/kitten before they are 4 months old.
- ✓ Do not abandon your pet.
- ✓ Build an enclosure outside (a 'catio') for your cat.
- ✓ Make sure your cat has a collar and identification.
- ✓ Register your cat in the BC Pet Registry.

*"Feral cats are responsible for the majority of the estimated 100 to 350 million birds killed each year in Canada."*  
- Stewardship Centre for BC

Feral cats are cats that do not belong to a specific household, and thus have not been socialized. These cats are typically not friendly towards humans and avoid interaction when possible. Feral cats pose a significant threat to wildlife, human health, and the well-being of free-roaming owned cats.

*Need advice? Reach out to LAAS for confidential, compassionate support.*

## Feral cats in Lillooet

Lillooet has several feral cat populations. The Lillooet Animal Advocates Society (LAAS) is trying to prevent more cats from being born in these populations by capturing cats and spay/neutering them. Bridge River Vet Services has partnered with this group of volunteers to spay/neuter cats.

## The Lillooet Animal Advocates Society (LAAS)

LAAS promotes and supports animal welfare and the prevention of animal cruelty through education and support for abandoned and feral animals in the community and surrounding areas. They also assist with spaying/neutering programs, transporting animals to other centers for adoption, fostering, making appointments, coordinating transport and pick up of animals for veterinary services.

[WWW.LRISS.CA](http://WWW.LRISS.CA)  
**LILLOOET REGIONAL  
INVASIVE SPECIES SOCIETY**

## Local resources

*Lillooet Animal Advocates Society*

Email: [lillooetanimaladvocatessociety@gmail.com](mailto:lillooetanimaladvocatessociety@gmail.com)

Facebook group: 'Lillooet Animal Advocates Society'

*Bridge River Vet Services*

Email: [brvspets@gmail.com](mailto:brvspets@gmail.com)

Phone: 250 256 7048

*BC SPCA*

To report an animal (farm animals, domestic animals and wildlife) in distress, call the

BC SPCA Animal Hotline: 1 855 622 7722

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## T'it'q'et Health Department

P.O. Box 615  
Lillooet, BC  
V0K 1V0

phone (250) 256-4118  
fax (778) 784-4070

Good day

Wow time sure is flying around here. Well, we are coming up to the holidays and I wanted to let the community know, I will be away from my desk for holidays from December 22- January 05.2024.

I will be returning to my desk on Monday January 08.2024.

Please ensure to have all medical appointment details sent to me in advance, no later than Dec. 18<sup>th</sup> to ensure your travel is ready before the holiday. As soon as you make a medical appointment, you can send me an email, or ask the medical office to send me a fax. We have a health confidential fax that comes straight to me; 778-784-4070.

I do have the medical application forms available at the front desk with receptionist, please fill out with all your medical details. I require appointment details for paperwork processing.

Travel cheques are ready for pick up on Wednesday and Fridays after 9am.

If you are able to receive reimbursement for your medical appointment, please provide confirmation of attendance as well as hotel receipt, if overnight was required. Depending on the time of the medical appointment, you may receive FNHA accommodations rate.

FNHA does not cover cost of hotel parking, that cost is responsibility of the client.

Hospital parking is reimbursable, or city parking for medical appointments, that are not at the hospital.

Be safe, Stay warm

Happy holidays!!!!

Sending heart hugs to all

Enjoy your Christmas and Have a HAPPY NEW YEARS!!!!

Nicole Napoleon  
Medical Clerk



# Dr. Bolen, Podiatrist Is coming to T'it'q'et Community

**THURSDAY**

**DECEMBER 07, 2023**

**9:00AM – 1:30 PM**

Please contact Medical Clerk  
To book your appointment

[Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org)

250-256-4118 ext.241







## *T'it'q'et Administration*

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

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!!









## T'it'q'et Health Department

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

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

### Job Posting

**Job Title:** Home Support Worker (Home and Community Care Program)

**Department:** Health & Social Services

**Term:** Permanent, Full-Time

**Posted:** November 23, 2023

**Closes:** Until successful candidate is found

#### Position Summary

We are currently seeking a Home Support Worker (Home and Community Care Program) to join our T'it'q'et Health team which serves the communities of T'it'q'et. Are you dedicated to delivering patient-centered care? If the answer is 'yes' then we want to hear from you!

T'it'q'et believes in the concept of "Circle of Care" or Wrap-around" approach to client care. As a Home Support Worker, you will work as part of a dynamic team of Nurse Practitioner, Registered Nurses and Licensed Practical Nurse who support community client's independence and ability to stay at home. Home Support Workers provide home support services to Home and Community Care clients, by assisting with personal care and daily living, while promoting maximum independence. Home Support Workers are key players in the home health care plan for each T'it'q'et Client.

Typical duties include, but not limited to:

- Activities of daily personal care, such as bathing, dressing, grooming and oral hygiene
- Household duties related to maintaining a safe and health environment in the home
- Meal preparation in accordance with designated plans and running the "Meals on Wheels" program
- Assistance with mobility and transfers when required
- Observing and reporting changes in client behaviour and conditions
- Performing delegated tasks according with training and procedures
- Participate in monthly Elder's luncheons and other activities as required

Services are provided in the community between the hours of 08:00 and 16:00, five days a week; however, some after hours or weekend hours may occur dependent on the client's health needs. The Home Support Workers may have to travel outside the community with a client, such as medical appointments etc. Flexibility and understanding is key for this position.

## T'it'q'et Health Department

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

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

#### Qualifications and Requirements

The work requires the following knowledge, skills, and/or abilities:

- Grade 12
- Graduation from a recognized Resident Care Aide/Home Support Worker Program, or an equivalent combination of education, training and relevant work experience in the field.
- Food Safe, First Aid and WHMIS certificates, training, or willing to obtain.
- Must have a valid Class 5 BC Drivers' License.

#### How to Apply

Please submit your

- ☐ Cover Letter
- ☐ Resume
- ☐ Three (3) direct supervisor references
- ☐ Copies of your certificates, and
- ☐ A copy of your most recent Vulnerable Sector Criminal Records Check to:

Email: [reception@titqet.org](mailto:reception@titqet.org)

(Please write; "**Home & Community Care Program**" on the subject line)

Mail/Deliver: Sealed Envelope

Attention: Vanessa Thevarge, Health & Social Services Manager

P.O. Box 615

59 Retasket Street

Lillooet, BC V0K 1V0

*We thank all applicants for expressing interest in this position, however, only those short-listed will be contacted.*



P'EGP'IG'HA COUNCIL UPDATE

September 25, 2023 PC Meeting  
Summarized Minutes

PC = P'egp'ig'lha Council

- 1. **P'egp'ig'lha Assembly Rescheduling:**
  - The P'egp'ig'lha Assembly was rescheduled because the original event overlapped with too many other events.
- 2. **Policy Development Request for Proposal:**
  - The PC distributed a request for proposal to consultants to assist the PC in developing Human Resource, Finance & Governance policies.
  - The PC approved the Request for proposal draft and passed a motion to dedicate Project Development funds from the PC Budget to complete work.
- 3. **Telus Fibre Optic Proposal Update:**
  - The PC chair met with Telus representatives and informed them that the PC requires Telus to agree to providing ongoing compensation for installing and maintaining infrastructure in St'at'imc Territory.
  - Telus has indicated that they are not willing to provide ongoing compensation
- 4. **Nation Rebuilding Project Agreement Review:**
  - The PC reviewed the Research Agreement for the Rebuilding First Nations Governance Project. The agreement describes how information will be collected, stored, and distributed during the project.
- 5. **Declaration Act Funding, Legal Review:**
  - The PC obtained a legal opinion of the Declaration Act Funding Agreement from Mandell Pinder. The opinion was focused on whether receiving the funds would jeopardize the PC's position in future negotiations
- 6. **Honoraria Raise Request:**
  - The PC received a request from a family alternate to raise honoraria rates to match the rates earned by members of T'it'q'et Chief & Council
  - The PC referred the request to the PC Finance Committee for further input.
- 7. **BC Hydro Settlement Funding:**
  - The PC received correspondence from T'it'q'et Council that they would like to hire a facilitator to continue discussions between the Councils about the distribution of the BC Hydro annual revenues.

P'EGP'IG'HA COUNCIL UPDATE

October 24, 2023 PC Meeting  
Summarized Minutes

PC = P'egp'ig'lha Council

- 1. **Strategic Forestry Initiative (SFI) /Management Plan:**
  - Sue Senger joined the PC at 11am to give an update on the SFI Management Plan.
  - The Strategic Forestry Management plan arose through a cooperative arrangement between P'egp'ig'lha Council & BC Timber Sales. The project has 3 phases:
    - a. To create the strategic forestry plan for improved guidance in forest management decision making;
    - b. To create a monitoring plan based on the strategies and;
    - c. To field test the monitoring plan and make any needed revisions.
  - The purpose of the plan is to achieve greater stability and certainty for sustainable forest resource development; participate in forest resource management; and create tools to enhance informed & culturally responsive forest management decision-making.
  - The SFI management plan is still in draft form. The PC will start organizing engagement sessions with the community this winter and spring.

P'EGP'IG'LHA COUNCIL STAFF WOULD LIKE TO WISH YOU ALL A  
HAPPY AND SAFE HOLIDAY SEASON. BEST WISHES FOR THE  
NEW YEAR!

- CHRISTIAN AHRENKIEL, PC DIRECTOR
- LACEY LAROCHELLE, PC ADMIN ASSISTANT
- DENISE ANTOINE, PC NATURAL RESOURCE SPECIALIST
- SAM COPELAND, SR.LAND GUARDIAN
- LUTHER BRIGMAN, ASSISTANT LAND GUARDIAN
- RAYMOND BILLY, ASSISTANT LAND GUARDIAN



# GUARDIANS OUT ON THE LAND



SWIFTWATER TRAINING IN THE SPRING  
LLOYD LEECH JR (LEFT) RAYMOND BILLY (RIGHT)



GUARDIANS WITH MCKAY CREEK FIRE RESTORATION TEAM  
RAYMOND BILLY (3RD LEFT), SAM COPELAND (2ND RIGHT),  
LUTHER BRIGMAN (1ST RIGHT)

## One line Highlights:

Next P'egp'ig'lha Council  
Meeting:

DEC 19, 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@PEGPIGL  
HA.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.



## 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.

# Do you want to receive information and news about events via email from P'egp'ig'lha Council ?



P'EGP'IG'LHA MEMBERS, SEND US  
AN EMAIL AND WE CAN ADD YOU  
TO OUR DISTRIBUTION LIST!  
EMAIL LACEY AT:  
ADMINASSISTANT@PEGPIGLHA.ORG  
OR CALL 250-256-4118 EXT.231





INTERIOR REGION

First Nations Health Authority

## FNHA First Nations Health Benefits: Mental Health Providers

### Lillooet, 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.

<b>Yolanda Hall RSW</b> <ul style="list-style-type: none"> <li>• (778) 554-2332</li> <li>• Accepting New Clients</li> </ul>	<b>Lorrinda Casper RSW</b> <ul style="list-style-type: none"> <li>• (250) 256-9126</li> <li>• Less Than 1 Month Waitlist</li> </ul>
<b>Joanna Warren RCC</b> <ul style="list-style-type: none"> <li>• (250) 256-4906</li> <li>• Askom Counselling</li> <li>• Accepting New Clients</li> </ul>	<b>Brandy Kane RSW</b> <ul style="list-style-type: none"> <li>• (604) 728-1574</li> <li>• Eagle Spirit Counselling</li> <li>• 1-2 Month Waitlist</li> </ul>
<b>Alanah Woodland RSW</b> <ul style="list-style-type: none"> <li>• (778) 209-0956</li> <li>• Amham Therapy</li> <li>• Accepting New Clients</li> </ul>	

**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



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.

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





INTERIOR REGION

First Nations Health Authority

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

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

**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;



INTERIOR REGION

First Nations Health Authority

## FNHA First Nations Health Benefits: Mental Health Providers

### Merritt & Ashcroft, 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.

### Merritt

<b>Jennifer Dustin RSW</b> <ul style="list-style-type: none"> <li>• (778) 639-0107</li> <li>• Telehealth Only</li> <li>• Jen Dustin Counselling &amp; Supports</li> <li>• Accepting New Clients</li> </ul>	<b>Christina Gibson CCC;RSW</b> <ul style="list-style-type: none"> <li>• (250) 462-0360</li> <li>• Accepting New Clients</li> </ul>
--	---

### Ashcroft & Logan Lake

<b>Ashcroft</b>  <b>Christina Gibson CCC;RSW</b> <ul style="list-style-type: none"> <li>• (250) 462-0360</li> <li>• Accepting New Clients</li> </ul>	<b>Logan Lake</b>  <b>Carrie McNeely RCSW</b> <ul style="list-style-type: none"> <li>• (250) 819-0268</li> <li>• Dragonfly Counselling</li> <li>• Accepting New Clients</li> </ul>
--	--

**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





## 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'at'imx Tribal Police (STP) at (250) 256-7767. If you have any questions, please contact: Chief Sidney Scotchman email: [communitychief@titqet.org](mailto:communitychief@titqet.org) or phone (250) 256- 3635.

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

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



# DECEMBER 17.2023; ANTI-BULLY DAY

## What is bullying?

Many kids have a good idea of what bullying is because they see it every day! Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending themselves. So, everyone needs to get involved to help stop it.

Bullying is wrong! It is behaviour that makes the person being bullied feel afraid or uncomfortable. There are many ways that young people bully each other, even if they don't realize it at the time.

Some of these include:

- Punching, shoving and other acts that hurt people physically
- Spreading bad rumours about people
- Keeping certain people out of a group
- Teasing people in a mean way
- Getting certain people to "gang up" on others
- Posting hateful messages or lies about people online

## What are the common types of bullying?

The most common types of bullying are:

- |   |   |  |
|---|---|--|
| 1. Verbal bullying – name-calling, sarcasm, teasing, spreading rumours, threatening, unwanted sexual comments, making negative references to one's culture, ethnicity, race, religion, gender, or sexual orientation. | 2. Social bullying – mobbing, scapegoating, coercing, excluding others from a group, humiliating others with public gestures or graffiti intended to put others down. | 3. Physical bullying – hitting, poking, pinching, chasing, shoving, destroying or stealing belongings, unwanted sexual touching. |
|   |   | 4. Cyber bullying – using the Internet or text messaging to intimidate, put down, spread rumours or make fun of someone          |

## What are the effects of bullying?

Bullying makes people upset. It can make kids feel lonely, unhappy and frightened. It can make them feel unsafe and think there must be something wrong with them. Children and youth can lose confidence and may not want to go to school anymore. It may even make them sick.

Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can have long-term physical and psychological consequences. Some of these include:

- |   |                           |                     |
|---|---------------------------|---------------------|
| • Withdrawal from family and school activities; wanting to be left alone. | • Stomach aches           | • Sleeping too much |
| • Shyness   | • Headaches               | • Being exhausted   |
|   | • Panic attacks           | • Nightmares        |
|   | • Not being able to sleep |                     |

If bullying isn't stopped, it also hurts the bystanders as well as the bullies. Bystanders are afraid they could be the next victim. Even if they feel badly for the person being bullied, they avoid getting involved to protect themselves or because they aren't sure what to do.

Children who learn they can get away with violence and aggression may continue to do so in adulthood. They have a higher chance of getting involved in dating aggression, sexual harassment, and criminal behaviour later in life.

## Bullying can have an effect on learning

Stress and anxiety caused by bullying and harassment can make it more difficult for kids to learn. It can cause difficulty in concentration and decrease their ability to focus, which affects their ability to remember things they have learned.

## Bullying can lead to more serious concerns

Bullying is painful and humiliating, and kids who are bullied feel embarrassed, battered and shamed. If the pain is not relieved, bullying can even lead to consideration of suicide or violent behaviour.



# December 2023 Horoscopes



### Aries (Mar 21–April 19)

Sagittarius season is all about forward momentum for you, Aries! Pick a goal—professional, personal, whatever—and figure out exactly how you want to achieve it. Once you find your target, blast off! Set bold goals and you'll really wow yourself (and dazzle everyone else) with all the progress you make. By the time Capricorn season begins, the rewards will start pouring in.

### Taurus (Apr 20–May 20)

This time of year tends to be all about exploring the world around you, but instead you're diving inwards, Taurus. Get in touch with your emotions and your deeper side. You might have to deal with unhealthy patterns, bad habits, and dark feelings, but this is a time for transformation. Face these issues head-on, break those bad habits, and you'll be a much better, brighter person by the end of the month.

### Gemini (May 21–Jun 20)

It's cuffing season! The Sun is lighting up your chart's zone of relationships for the next month, so if you've been looking for a new boo, you're in luck! If you're already coupled up, you're benefiting a ton from this astro-weather, too. This is one of the best times of year to DTR, give your sweetie a key to your place, or even pop the question. Chase these relationship goals, Gemini. If you're brave and bold enough, you can make a lot of magic happen in your love life.

### Cancer (Jun 21–Jul 22)

It's time to tidy up. Work is kicking your ass, your place is a mess, and you're feeling super shitty. That's because your life is not running as efficiently as it should be. You need to take a serious look at your life and make a plan. If you feel like garbage, maybe it's because you've been eating fast food for every meal, or living a far too sedentary lifestyle. This is a great time to try out some new recipes, set healthy habits, and fix your daily routine. The healthy habits you set now will last a long, long time.

### Leo (Jul 23–Aug 22)

It's love! Or maybe it's just lust.? Regardless, you're feeling frisky and flirty right now, because Sagittarius season is activating your chart's zone of romance, sex, and fun. Want to hook up? Great! Getting laid is way easier (and way more exciting) now. Maybe you want romance? Awesome! It's much easier to open up and talk about your lovey-dovey ~feelings~ right now. Be genuine, express yourself, and go get who/what you want!

### Virgo (Aug 23–Sept 22)

Your biggest focus this Sagittarius season is your family and life at home. If the place you live doesn't feel like a home, this is an awesome time to redecorate your living space. You're also feeling like more of a homie right now, so it's a great time to bond with the people you live with, whether it's a partner, your family, or your roomies. Worry about work, relationships, and personal projects later. Right now you're solidifying the foundations of your life.

### Libra (Sept 23–Oct 20)

Sagittarius season is giving you the chutzpah to say what you mean and mean what you say! Your voice is louder than ever, so if you have something to say, I suggest you say it. Of course you should be polite about it, but still—this is the time of year to speak your mind and get your point across. P.S.: Make sure you're double-checking your texts and emails. Important messages are on the way!

### Scorpio (Oct 23–Nov 21)

This month's expansive, Jupiter-y vibes are causing major growth in a certain area of life... your pocketbook! Hard work = big rewards right now, so if you do your best, some extra coinage is certainly coming your way. Here's the problem: Sagittarius season has you feeling über generous, and it makes it easier to impulse buy stuff you might not need. How about you save a little bit of cash? You don't want to end this month with less money than you began with!

### Sagittarius (Nov 22–Dec 21)

Happy birthday, Sagittarius! You're feeling as brave, confident, and audacious as possible right now, and there's nothing stopping you from hitting your goals. Whether it's a job, a personal project, or a relationship, you gotta chase after whatever/whoever you want. This is your luckiest time of year—and that's saying something! The things you initiate now will have major significance in the future, so pick wisely.

### Capricorn (Dec 22–Jan 19)

It seems that no matter where you go, there's always someone or something from your past around every corner. This next month is all about cleaning your plate. People, projects, or jobs that have no business being in your life anymore are coming back around, and it's up to you to deal with them. Find closure this month, and allow yourself to truly move on from the past.

### Aquarius (Jan 20–Feb 18)

As the most eccentric sign of the zodiac, you love to welcome unique, zany, and sometimes just straight-up goofy people into your life. And this month is all about making connections! Nobody is a stranger right now, everyone is a potential friend, and this is one of the best times of year for expanding your circle and adding more people to your squad. Enjoy!

### Pisces (Feb 19–Mar 20)

It's all eyes on you right now, Pisces, especially at work! Put on your game face, take your work seriously, and make sure you're slaying at the office. Your progress is being watched closely, and it's of the utmost importance that you do well—a promotion, bonus, or raise could easily come your way soon.



## January 2023 Newsletter Submission Deadline Thursday, December 14<sup>th</sup> 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](mailto:reception@titqet.org)

(PDF or Word documents are preferred.)





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

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

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

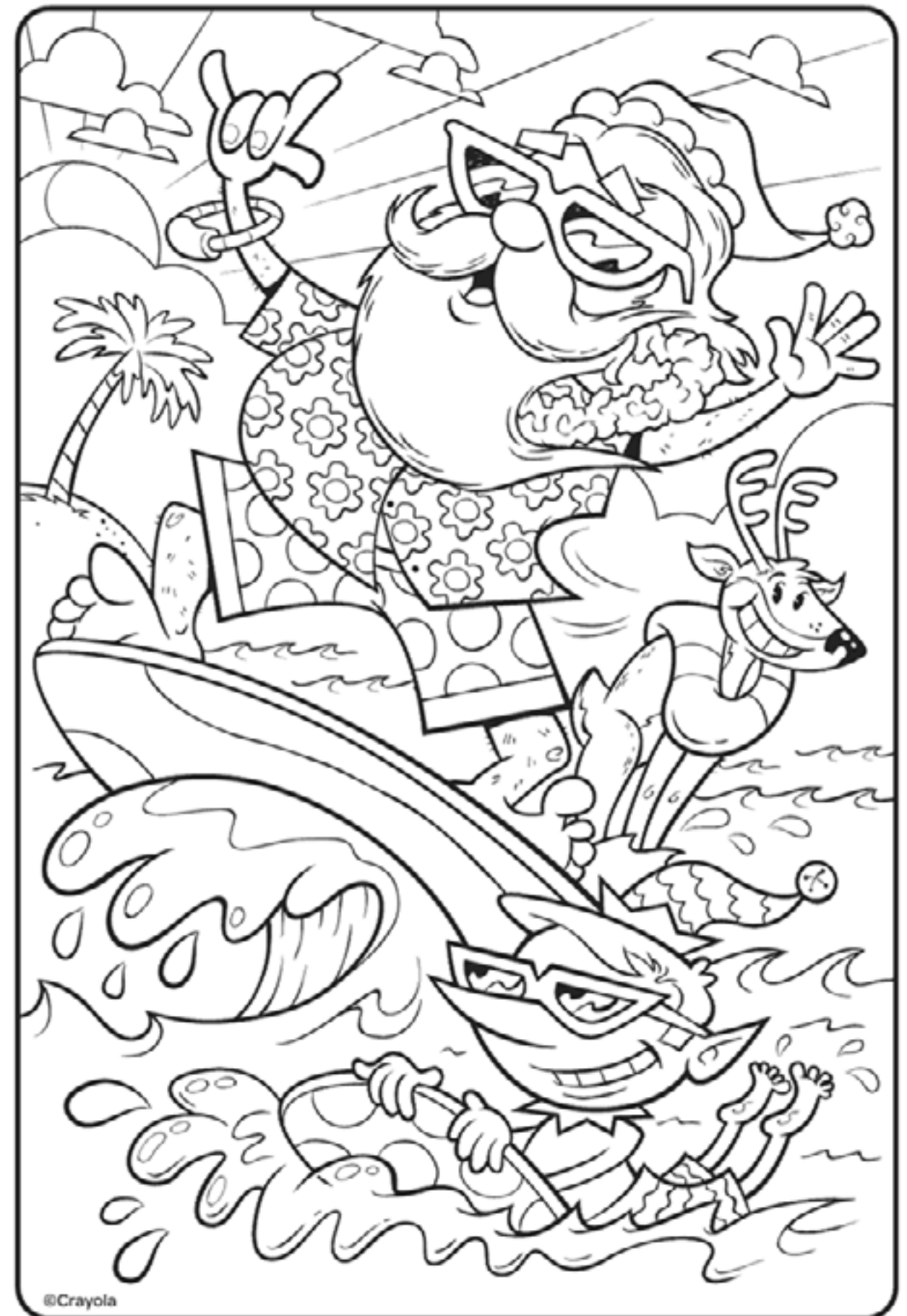
**AMBULANCE**  
**(250) 256-7111**

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

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



\*Please post where visible in case of emergency  
**EMERGENCY CONTACTS**



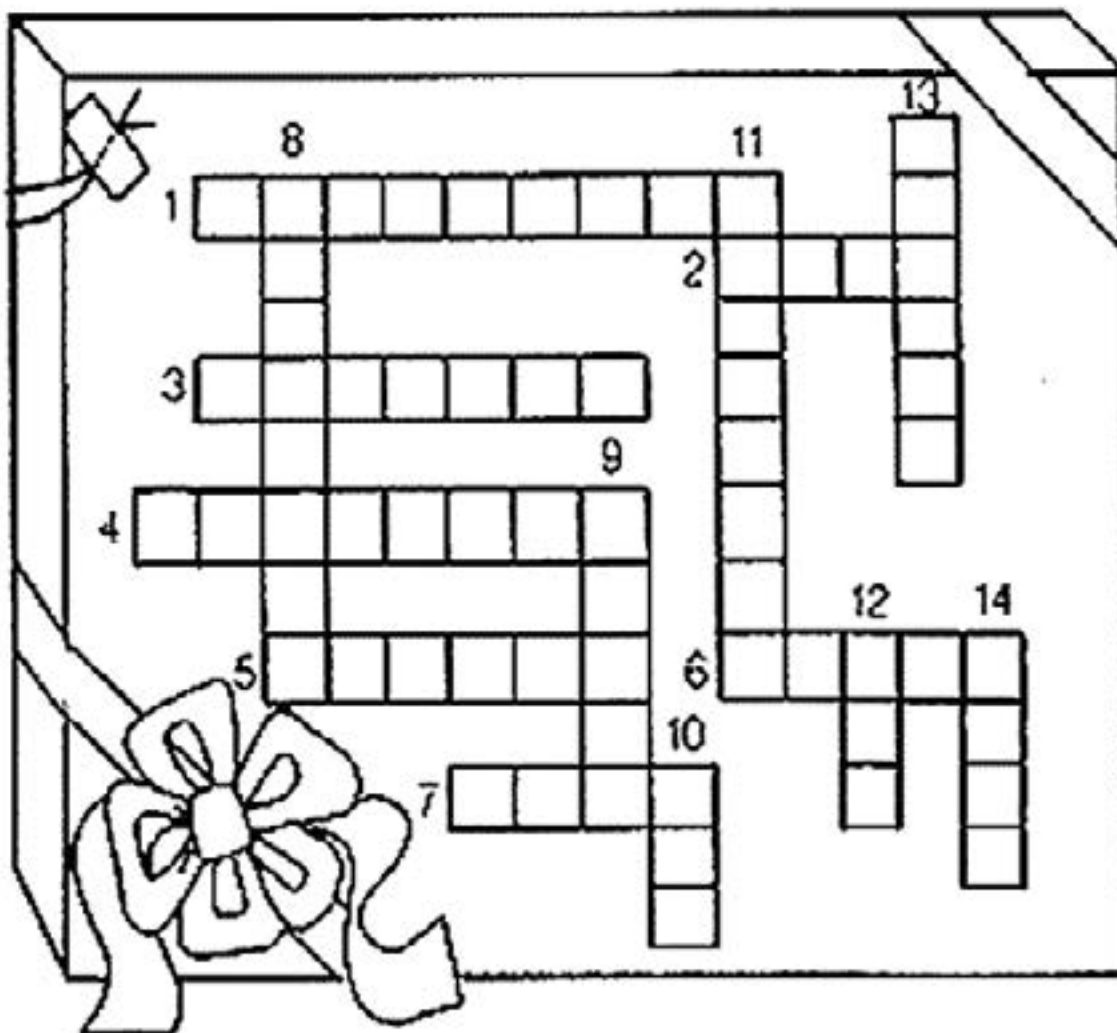
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# Christmas Crossword



## Across

1. Hang these on the tree
2. Evergreen or pine
3. Frosty is one
4. You give and receive these
5. Tie this on your package
6. A Christmas color
7. For the top of the tree

## Down

8. Rudolph
9. Jolly toymaker
10. Color of Santa's suit
11. Hang this from the mantle
12. Santa's Helper
13. Santa's transportation
14. Christmas carol

