

Newsletter

Jan 2024

T'IT'Q'ET JAN 2024 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 35



January

Garbage Days

Mondays, Wednesdays,
and Fridays

Recycle Days

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Office Closed	2	3 Culture Night	4	5	6
7	8	9	10 Community Massage Day 12-6pm Culture Night	11	12	13
14	15 Nurse Practitioner 1-4pm	16 PC Meeting	17 Culture Night	18	19	20
21	22 Bring Balance to your Budget W/S 5pm	23	24 Culture Night	25	26 Elders Luncheon	27
28	29 C&C Meeting	30 PC Meeting	31 Culture Night	1	2	3

RECYCLE DAYS:

Jan 3-Plastics
Jan 10-Glass
Jan 17-Tins
Jan 24-Cardboard/Paper



Please have recycling
rinsed and dried

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



FEBRUARY 09, 2024

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241



T'it'q'et Administration

P.O. Box 625
Lillooet, B.C.
V6K 1V6

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

T'it'q'et Children's Christmas Party Raffle 2023

Total Ticket Sales: \$9,265



1st Prize - Pitboss 820XL Wood Pellet Grill with Cover, Pellets and Accessories (Valued at \$1,380) & Turkey and Ham Hamper

Miranda and Stacy Leech



2nd Prize - Husqvarna 562 XP Chainsaw with 24" bar and safety equipment (Valued at \$1356) & Turkey and Ham Hamper

Nathan John



3rd Prize - Wolf drawing by Luther Brigman, \$500 cash & Turkey and Ham Hamper

Gloria Alexander

4th Prize - Quilt made by Diana Adolph & Turkey and Ham Hamper

Lyza Adolph

Team T'it'q'et would like to thank the following vendors for their wonderful donation towards the 2023 T'it'q'et Children's Christmas Party Raffle

- Lillooet Timber Mart for their donation of pellets and BBQ accessories for the Pit Boss
- Diana Adolph for her donation of the Quilt for fourth prize
- Capri Insurance for their donation of 2 sets of four Kamloops Blazers Tickets
- Morine and Schindler for their donation of \$100.00
- Mandell Pinder for their donation of \$500.00
- Telus for their donation of \$750
- Urban Systems for their donation of \$250
- Aspen for their donation of \$1000
- Dr. Ebata Optometry for their donation of Sunglasses
- T'it'q'et Social Development for the food hamper donations
- T'it'q'et Health Department four hams and four turkeys
- T'it'q'et Administration for the food hamper donations
- T'it'q'et Education for the purchase of the chain saw and food hamper donations
- T'it'q'et Child and Family Services for their donation of 4 \$50 gift cards for prizes
- Rancherie Homemaker for the cash donation of \$2,197.80

Total Cash Donations:
\$4797.80

Team T'it'q'et would also like to thank our wonderful ticket sellers who have been doing an amazing job with selling the raffle tickets, a huge thank you to:

- | | | |
|----------------------------|-----------------|----------------------|
| Courteney Adolph-Jones | Nicole Napoleon | Lillooet Timber Mart |
| Felicia Aleck | Stephanie Louie | Kevin Adams |
| Lesley Napoleon | Tamara Napoleon | Debbie Prevost |
| Sabrina James | Sarah Moberg | Jeannette John |
| Adrianna Scotchman | Lloyd Leech Jr. | Adam Lingor |
| Susie Leech (Receptionist) | Ken Taylor | Sidney Scotchman |

As well, we would like to thank anyone who has contributed any food hamper items to the prizes.

Team T'it'q'et would like to thank you all for your wonderful support, you are helping make the T'it'q'et Christmas party a wonderful success. We appreciate all your help.

Team T'it'q'et





WELLNESS SUPPORTS FOR THE HOLIDAYS

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

Substance Use Supports

Scan the QR code to access
Toward the Heart: Harm
Reduction Services, Sites,
and Alerts!



FNHA Interior Region Community-Based Crisis Response

Available throughout the
holidays for coordination of
external wellness supports,
short term crisis funds
requests, and traditional
support.

Please direct requests to
IRSupports@fnha.ca or 1-
833-751-2525

HAPPY HOLIDAYS

FOR MORE INFORMATION, SEE:

WWW.FNHA.CA/BENEFITS/MENTAL-HEALTH

24 HOUR SUPPORTS



INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE
1-800-721-0066



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT CONNECT
TO 686868



Join us

Take control of your financial future.

Our *Bring Balance to Your Budget* presentation can help you sharpen your spending and saving strategy. You'll learn more about:

- Setting personal financial goals
- Balancing saving, spending and borrowing to achieve your goals
- Strategies for controlling debt and improving credit scores
- Practical savings options for now through retirement

We hope you will join us.



Tyson Andrykew
Financial Advisor

#201a-1150 Hillside Dr.
Kamloops, BC V2E 2N1
250-851-2054

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T'it'q'et Health Department

P.O. Box 615
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Fax (778) 784 4070

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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.

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

(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.



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: Wellness Coordinator

Department: Health & Social Services

Term: Permanent, Full-Time

Posted: December 1, 2023

Closes: Until successful candidate is found

Position Summary

The Wellness Coordinator is both an Addictions Counsellor who is familiar with the symptoms of alcoholism and drug abuse. He/she is available to those community members who would like to pursue treatment of their abuses. This is an outpatient program and referrals can be made to an inpatient treatment program. The main objective is to provide counselling, intervention, and prevention and to utilize all resources within the Social Determinants of health realm; which include but not limited to, Health Care Workers, Outreach Worker, Psychologist, Social Workers and other professionals. The Wellness Coordinator also oversees the majority of Mental Wellness education, topics, and difficulties for the community.

Typical duties include, but not limited to:

- Provides treatment referrals appropriately based on client readiness and match to available program(s)
- Provides aftercare programs such as one-on-one peer supports, facilitates self-help groups such as AA, NA, Al-alone and/ or healing circles or coordinates or refers clients to dependency-based groups.
- Facilitates Mental Wellness informational workshops and cultural activities
- Meet clients where they are at by conducting home visits when required, and in general to do everything possible to allow the client to feel safe and ensure follow-up to maintain a relationship and monitor progress.
- A demonstrated positive role model for staff, clients, and the community at large.

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 needs.

T'it'q'et Health Department

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

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

The Wellness Coordinator may have to travel outside the community with a client, such as to Treatment Centre and Ceremony etc. Flexibility and understanding is key for this position.

Qualifications and Requirements

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

- Minimum grade 12 diploma and or a combination of training and experience that provides the required knowledge, ability and skills.
- Certified in the field of addictions (CACII, ICADC, Nechi Community Addictions Certificate, Nechi Advanced Counselor Certificate) and/ or Post-Secondary degree, diploma, or certificate in Counselling, Social Work, Human Services, Psychology, or Nursing.
- Skilled in the use of various computer applications and office equipment. Excellent written communication, e.g. Letters, reports, proposals, applications, etc.
- 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

(Please write; "**Wellness Coordinator**" 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.

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

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

merry Christmas
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

Best holiday
wishes!!
Dawn B

Happy
Holidays!
Steph L

Alec
Weget Whitney
love & peace for you
all year round



SABRINA
JAMES

Happy Holidays! (Spel)

Are you affected by Alzheimer's disease or another type of dementia?
First Link® is your first step to living well with dementia

For people living with dementia in Canada, the Alzheimer Society is their first link to a community of caring and support. Active across the country, we are here to provide:

- Information and education for people living with dementia
- Funding for research in pursuit of a cure and improved care
- A beacon generating public awareness of the range of dementias, ensuring people across Canada know where to turn
- A voice in public policy and decision-making to address the needs of people living with dementia

1-866-950-5465	Alberta & NWT
1-800-936-6033	British Columbia
1-800-378-6699	Manitoba
1-800-664-8411	New Brunswick
1-877-776-0608	Newfoundland and Labrador
1-800-611-6345	Nova Scotia
1-416-967-5900	Ontario
1-866-628-2257	Prince Edward Island
1-888-636-6473	Quebec
1-877-949-4141	Saskatchewan
1-855-705-4636	Canada

Connecting you to community support and knowledge

Whether you are living with Alzheimer's disease, another form of dementia, or supporting someone who is, First Link connects you to health services and information in your community, from the time of diagnosis throughout the progression.

Knowledge Changes Everything

When you give your health care provider permission to share your information with our First Link staff, we will contact you directly. Of course, you can also give us a call.

You will be linked to local health services and resources that best suit your situation. In addition, you will have access to Alzheimer Society programs and services to help you learn, talk about your concerns and live well with dementia.

Connecting with First Link means you can:

- Receive one-on-one or group support
- Be referred to local healthcare providers and community services
- Meet other people in similar circumstances and exchange experiences
- Get help to plan your future

Support Changes Everything

The progression of dementia brings with it new challenges. First Link provides support and connects you to informative workshops to help you better understand and respond to each phase with practical tips and strategies.

Community Changes Everything

First Link is about bringing together Alzheimer Society staff, primary care physicians and other health professionals to make it easier for you to get the help you need.

P'EGP'IG'HA COUNCIL UPDATE

November 28, 2023 PC Meeting Summarized Minutes

PC = P'egp'ig'lha Council

1. PC Arbitration Representative Selection:

- Two PC representatives were selected to participate in the arbitration process.

2. PC Finance Recommendations:

- The PC reviewed recommendations provided by the PC Finance Committee

3. Request for Proposal Review:

- The PC reviewed two proposals from consultants for creating Human Resource, Finance, & Governance policies. More information is required before selecting a Consultant.

4. UBCIC Fish Farm Letter:

- A draft template letter has been circulated by UBCIC for communities to utilize regarding the open net fish farm transition plan that was supposed to be developed by the Federal Government. The concern is that there is a Federal election coming up and the fish farm transition plan may fall off the table.
- The PC recommended to use the template letter and include the Interior Fraser perspective on open-net fish farms in the letter. The letter will be sent to the Minister of Fisheries, Oceans & the Canadian Coast Guard.

5. Declaration Act Funding:

- The PC reviewed the workplan template for the Declaration Act Funding. A meeting was planned for January to start developing the workplan.

6. PC Meeting Date:

- The December PC Meeting date will be on December 12th at 10:00a.m

7. PC Assembly Rescheduling :

- The PC Assembly will be rescheduled for a date in 2024.

8. First Nations Tax Commission Meeting:

- First Nations Resource Charge National Meeting is on January 23-24th . The purpose of the meeting is to improve First Nation tax integrity for off-reserve territorial land & resource use/extraction.
- PC Representatives will attend the meeting.

9. Community Comprehensive Plan Working Group:

- A PC Representative was selected to sit on the working group.

GUARDIANS OUT ON THE LAND



ROAD CLOSURE FOR WILDLIFE PROTECTION
LUTHER BRIGMAN (LEFT) SAM COPELAND (RIGHT)



RESIDENT FISH SURVEYS ON THE CONFLUENCE OF CAYOOSH
CREEK & FRASER RIVER
KEELY WEGET-WHITNEY

One line Highlights:

Next P'egp'ig'lha Council
Meeting:

JAN 16, 2023 AT 9:30A.M.
COUNCIL CHAMBERS

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.



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. 18th 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

Do you need to relax?

Do you suffer from headaches or backaches?



JANUARY 10TH 2024 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhew (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

MEDICALCLERK@TITQET.ORG

Please note

Your appointment is 20 minutes long

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

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

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



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!!



Do you have expired medications?

Do NOT throw in the garbage

**Drop off
to the
T'it'q'et
medical clerk**



We can dispose of safely



T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

January 2024

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.

- **Lands Committee**

The committee had Special Meeting with Urban Systems to review the results of the Land Use Plan survey as well as the feedback from the Open House that Administration hosted back in October. At the Open House, approximately 40-50 people visited their booth and 11 people participated in their 'Mapping Ideas for Land Use Activity'. There were 54 responses to the survey submitted online and by paper. Future needs for discussion include development in protected areas. Next steps will be to review a draft update to the Land Use Plan and finalize the approach for community approval.

- **Law-Making & Enforcement**

Lands Committee will meet with Mandell Pinder and Stl'atl'imx Tribal Police at their regular scheduled meeting in January to discuss roles in the Enforcement and Ticketing Law.

The committee gathered and reviewed discussion points that would be involved in drafting a land allotment law.

- **Lands Administration**

The committee reviewed historical documents from the 1915 McKenna McBride Commission. There were lands that were removed from reserve lands then and these were called 'cut-off lands'. Details on location are sparse.

- **Communications & Public Relations**

Lands and Natural Resources Department staff helped the Lytton First Nation by serving as Assistant Verifiers during their community's vote on a land code. The last vote was held on December 9th.



Elders Luncheon

January 26, 2024

Resource room

Everyone welcome

12:00–1:00pm



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

Child and Family Services Project

January 2024

Happy New Year!

T'it'q'et Child and Family Services Project has been invited to participate in a national pilot project along with Indigenous Services Canada (ISC) Data Strategies Team, to learn and compile community driven child and family services data information requirements. T'it'q'et is the only BC community invited to participating in this pilot project along with 4 other communities across Canada.

The Data Strategies team will work collaboratively with T'it'q'et CFS project to explore and document the role of data and information in their ideal child and family services vision.

The outcome will be the creation of a data information requirements framework that can be easily customized and adjust by the community to use with a third-party vendor (IT or data programmer) to develop and implement an information system that is rooted in culture, traditions and supports the communities CFS vision and service delivery model.

This will provide the tools to develop a community driven Child and Family services data system to assist with & measure trends, access, cost and performance of the programs, services and resources currently in place to forecast the future development of Child and family Services across Canada.

We are pleased to share that we will be working with Rona Sterling-Collins MSW, as a consultant to the CFS project to assist with developing a more comprehensive framework for community engagement and the possibility to conduct another needs assessment, and offer community workshops around jurisdiction and Bill C-92. Rona has extensive experience, knowledge and qualification working with Child and Family Services, and believes our indigenous culture is important for ownership and caring for our children.

Since early summer we have been doing our best to connect with Indian Residential School Society, for this team to come to community for information and workshops, unfortunately these plans will not happen anytime soon, due to their busy schedule with so many other First Nation communities.

The plans to have Satsan return for more workshops and information sessions, regarding Jurisdiction and Bill C-92, will be on hold for now, until a later date.

Our team met four times over the last year with ISC & MCFD; for capacity building and developing a working relationship, to learn more of each government reform practices and policies. T'it'q'et CFS is learning more of the governments roles dealing with child and family services, policies, acts, and who is who in the jurisdiction roles. All involved are all on the same page that this process is very new and will involve a lot of work over time and years.

Kúkwstumckacw

Franny Alec; Project Manager
Charlene Napoleon; Executive Assistant

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.

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

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.

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;



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

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

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



T'it'q'et Administration

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

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

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

Staff List		Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titget.org
Finance Manager	Sabrina James	226	tfnfinance@titget.org
Bookkeeper	Lesley Napoleon	227	bookkeeper@titget.org
Accounts Payable	Jeanette John	232	accountspayable@titget.org
Education	Susan Napoleon	225	education@titget.org
Social Dev.	Vacant (contact Vanessa)	229	socialdev@titget.org
Building Maint	Ken Taylor	247	maintenance@titget.org
Reception	Susie Leech	220	reception@titget.org
Health Manager	Vanessa Thervarge	234	healthmanager@titget.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titget.org
Nurse	Subject to change	258	Changes with Ind.Nurse
Housing Coor.	Kassandra Doss	240	housing@titget.org
L.N.R.O	Stephanie B.-Louie	243	lands@titget.org
O & M Supervisor	Kevin Whitney	248	omforeman@titget.org
O & M	Murray Barney	239	murrayb@titget.org
Director of Oper.	Christian A.	233	Director@pegpigha.org
Referrals Clerk	Lacey LaRochelle	231	AdminAssistant@pegpigha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titget.org
Home/Com.Care	Shirley T	236	hccworker@titget.org
Wellness Coor		242	wellnesscoordinator@titget.org
Red Cross Coordinator	Michael Alexander	260	michaela@titget.org
Land Code Coordinator	Dean Billy	251	landcode@titget.org
Executive Assistant	Charlene Napoleon	264	charlenen@titget.org
Project Manager	Fran Alec	253	projectmgr@titget.org
Project Researcher		253	projectresearcher@titget.org
Natural Res.Spec.	Denise Antione	238	NaturalResources@pegpigha.org

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. Billy Delorme (effective date: February 3, 2021)
6. Leonard Mitchell Jr (effective date: August 28, 2023)
7. 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@titget.org or phone (250) 256- 3635.

January 2024 Horoscopes



Aries (Mar 21–April 19)

All eyes are on you! The most public part of your chart is being lit up by this Mercury Retrograde, so people are watching closely, especially true at work. Obstacles are coming. You'll be doing and redoing a lot, you have a ton of busy work, and you feel like you're absolutely drowning in tasks. Get up and do them! If you do the work now, you'll get great results later.

Taurus (Apr 20–May 20)

If you have any holiday travel plans, I need you to triple-check your schedule, make sure you have everything packed, and don't you dare be late. Missing a bus or plane can very easily happen to you this Mercury Retrograde, because it's lighting up your chart's travel zone. Plan on showing up to everything early, because if you get there on time, you'll be late.

Gemini (May 21–Jun 20)

It's time to balance out your budget, Gemini. Subscription services you no longer use, bills you keep "forgetting" to pay, and all of those late-night Postmates orders are adding up and your bank account is looking pretty bad as a result. You need to get serious. Sit down, look at your financial situation, and figure out what can go. You don't have to get rid of everything, but you need to balance things out. Maybe start with getting rid of Netflix Premium and watch Bridgerton with ad

Cancer (Jun 21–Jul 22)

Relationship drama incoming! This retrograde is bringing back your exes, and if there's any business between you that hasn't been dealt with, now's the time to squash the beef. You might want to confront them, but hold back and hear them out. Do you want them back, or should they be long gone from your life? Remember that it's not what you say, it's how you say it. The ball's in your court right now, Cancer, so make a decision. Are they in or out?

Leo (Jul 23–Aug 22)

You gotta get your rear in gear, Leo. Too much playing around and catnapping while has added up, and your life is kind of a mess right now. You have to tidy up everything. Make your bed, sweep, dust, etc. Clean your place, but also you need to clean up your act. If you're feeling crummy, try getting up and active or eating something besides fast food and takeout. Little, healthy changes can turn into big, lasting lifestyle habits, and now's the best time to make that change.

Virgo (Aug 23–Sept 22)

Your chart's zone of romance, sex, and fun is getting lit up by this Mercury Retrograde. Exes—not so much ex-lovers, but ex-hookups or ex-flings—are likely to come back around, but it doesn't look like they're feeling malicious. This is also a time of potential weirdness in the bedroom. The stuff that usually gets you going just... isn't. So it's time to try something (or someone!) new! Get experimental, be a little ~kinky~, and you'll breeze through this retrograde just fine.

Libra (Sept 23–Oct 20)

Life at home is getting a little wild. First, you can expect a dishwasher, or a washing machine, or a toaster to malfunction. If you can, wait til the end of the retrograde to replace it. Second, your roomies and/or family members are causing a little more stress than usual. If you need to retreat to your room and just be a hermit, that's fine—but if you're able to talk things out and find a solution, you'll end the retrograde actually being closer to them.

Scorpio (Oct 23–Nov 21)

First of all, check your spam folder—important messages are very likely to get missed right now, s. Second, words are... hard for you right now. Mercury Retrograde is in your chart's communication zone, and that means that finding the right thing to say is tough. It's very important that you think through what you want to say before opening your mouth right now. Also, make sure you run that spell check and double-check the recipient before you send any important emails or risky texts right now!

Sagittarius (Nov 22–Dec 21)

You identify strongly with your morals and values, so whenever someone has different morals or values, it can easily feel like a personal attack on you. You're being exposed to different people with different mindsets right now. Instead of looking at them and thinking about how wrong they are, try opening up a little and listening! There's tons of potential to learn and work as a team with others right now, but if you can't help but act like you're always right about everything, you'll just spend the next few weeks doing a lot of arguing.

Capricorn (Dec 22–Jan 19)

Since this retrograde is in your sign, you're (obvs) bearing the brunt of this astro-weather. Exes are coming back around, old job connections are getting in touch, long-lost friends are reemerging, and it's a lot happening all at once. But here's the good news: You are the one in control here. If you want these old things back in your life, welcome them back in. If you're tired of them, kick them out. The start of a new cycle is coming, but you have to get rid of all these leftovers first.

Aquarius (Jan 20–Feb 18)

This retrograde is lighting up your chart's 12th house, the hidden zone of isolation and the completion of cycles. That means you're not getting much action when it comes to new connections, and you're spending a lot of time thinking about the past. Your sign is most likely to deal with exes during this retrograde, too. It sucks having to dredge up the past like this, but you can't move forward with all of this baggage holding you back.

Pisces (Feb 19–Mar 20)

Your squad is playing a game of musical chairs right now. Your good friends are becoming frenemies, your bestie is disappearing then reappearing, and there is a ton of shade-throwing and shit-talking happening. Who's the source of the drama? What the hell is going on? You need to find out which of your friends are really sticking up for you and which one is causing the drama. Once you get that all sorted out, there'll be plenty of space for new, better friends to enter your life.

February 2024 Newsletter Submission Deadline Thursday, January 25th 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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(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-7222

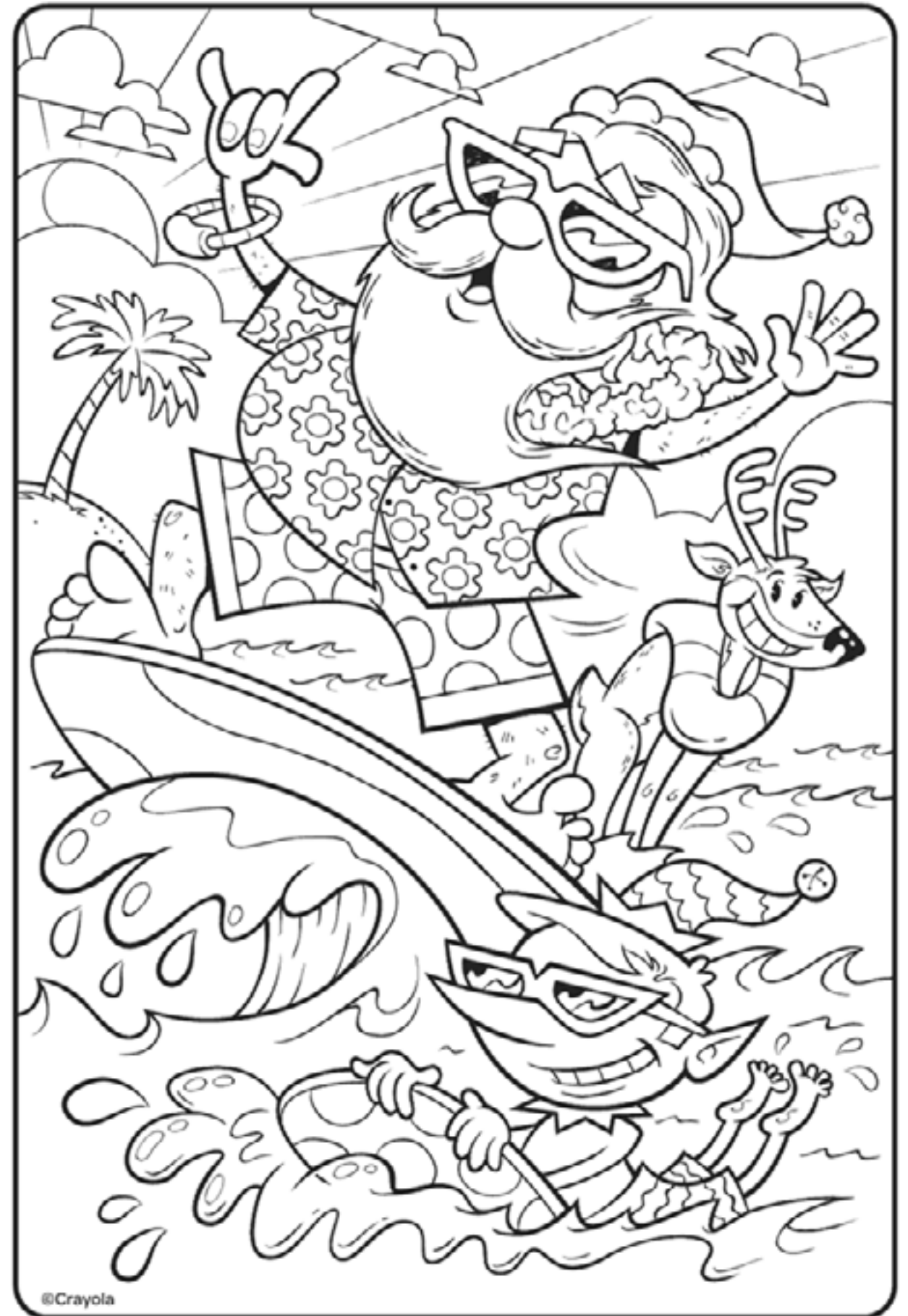
AMBULANCE
(250) 256-7111

POISON CONTROL
1 (800) 567-8911

REPORT WILDFIRE
1 (800) 663-5555

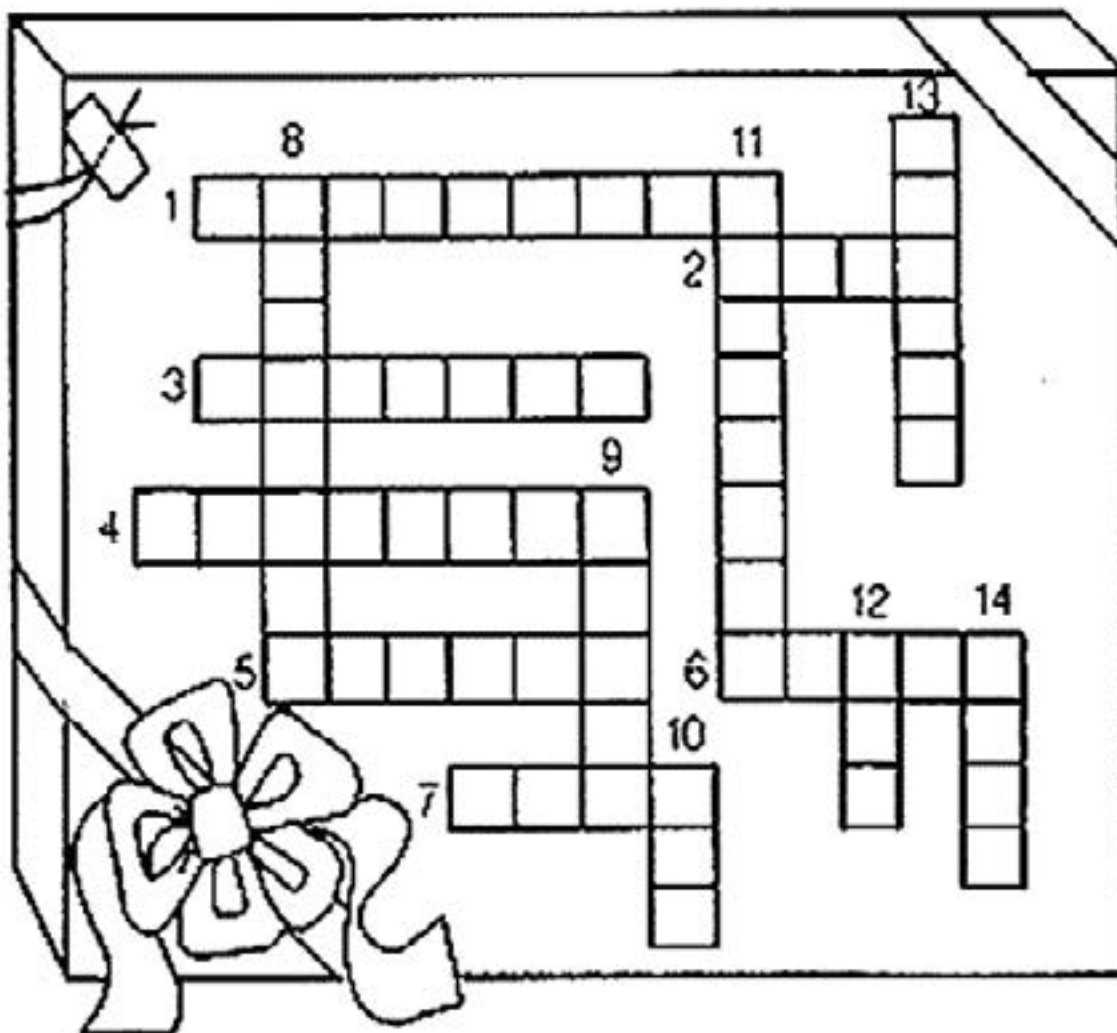


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EMERGENCY CONTACTS



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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

