

Newsletter

April 2024

T'IT'Q'ET APRIL 2024 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 33



April

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 Easter Sunday	1 Easter Monday	2 Wild Land Fire Fighting Training April 2-April 8	3 Community Massage Culture Night	4	5	6
7	8 Paint Night with Donna	9	10 Culture Night	11	12 Dr. Bolen Podiatrist	13
14	15 Nurse Practitioner 1-4pm	16	17 Culture Night	18	19 PLRG Catering Bid Closes	20 First Aid Level 1 Training
21 Transportation Endorsement Training	22	23	24 Culture Night	25 PC Meeting	26	27 PLRG - Community Dinner
28 T'it'q'et Community Meeting	29 C&C Meeting	30 PC Meeting	1 Culture Night			

RECYCLE DAYS:

April 3-Plastics
April 10-Glass
April 17-Tins
April 24-Cardboard/Pap

Please have recycling
rinsed and dried

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



APRIL, 12, 2024



Please contact Medical Clerk

To book your appointment

Medicalclerk@titget.org

250-256-4118 ext.241



T'it'q'et Administration

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

phone (250) 256 4118
fax (250) 256 4544
www.titget.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 Community Meeting
April 28, 2024 – 10am
P'egp'íg'lha Community Centre

Mileage will be provided for out-of-town membership - one travel claim per vehicle-cheques will be made and distributed at the meeting.

Lunch will be provided.



Paint Night With
Donna James

For T'it'q'et Members and
Community Members

Monday, April 8, 2024 – 6:30pm – 8:30pm

Tuesday, April 9, 2024 – 6:30pm – 8:30pm

PCC – Resource Room



*Must be old enough to follow directions

*Adult must accompany youth

*Wear clothes that you won't mind getting paint on

*Donna will have all the supplies you will need

SIGN UP SHEET WILL BE AT THE RECEPTION DESK

First Come First Serve – Maximum 25 people per session

*Sponsored by: TCFS (there will be **NO COST** for you)*

Do you need to relax?

Do you suffer from headaches or backaches?



APRIL 03rd 2024 EVENING SESSION

COMMUNITY MASSAGE DAY **11:30 – 5:30 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



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WILDLANDS FIRE FIGHTING TRAINING. 2024

T'IT'Q'ET Administration will be holding a 7 day training for required certifications to be a certified Wildlands Fire Fighter. T'IT'Q'ET will be working with Community Adult Learning Center for funding and for required gear. Applicants must have a Status number, 18 years or older and must attend the full 7 day training to apply.

The 7 day training will be on April 2 – 8, 2024

Training will be:

- S-100.** *Basic Suppression & Safety,*
- S-185.** *Fire Line Entrapment Avoidance.*
- S-211.** *Fire Weather.*
- S-212.** *Fire Communications*
- S-213** *Bulldozers.*
- S-230.** *Crew Leader.*
- S-232.** *Pump Operations.*
- S-235.** *Burn & Back Burning.*
- ICS-100.** *Incident Command System.*

Power-saw Operations

10 seats only be available.

To apply please contact:
Myrus Doss, Fire Coordinator
T'it'q'et Administration. @ 250-256-4118.ext 252



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OCCUPATIONAL FIRST AID LEVEL 1 & TRANSPORTATION ENDORSEMENT APRIL 20 & 21, 2024

Tít'q'et Administration will be having a 2 day training of Occupational First Aid Level 1 & Transportation Endorsement. Tít'q'et will be working with Community Adult Learning Centre for funding, to apply must have a status number and attend the full 2 days training.

10 seats only be available.

Contact:

Myrus Doss, Fire Coordinator.
250-256-4118-. Ext 252

SUMMARY OF RECOMMENDATIONS FOR COLORECTAL CANCER SCREENING FOR INDIVIDUALS WITH A FAMILY HISTORY

The following table summarizes the Canadian Association of Gastroenterology's recommendations for colorectal cancer screening among individuals who have immediate family members diagnosed with the disease. If you have an immediate family member that has been diagnosed with colorectal cancer, talk to your doctor to discuss your risk and determine the most appropriate screening plan.

FDR = First-degree relative FDR, CRC = Colorectal cancer CRC, SDR = second degree relative

	Highest Risk				Lowest Risk
	2 or more FDRs with CRC	1 FDR with CRC	1 or more FDR with advanced adenoma (polyp)	1 or more SDR with CRC	1 or more FDR with any non-advanced adenoma (polyp)
Preferred test	Colonoscopy	Colonoscopy	No recommendation for a preferred test	According to average-risk guidelines	According to average-risk guidelines
Secondary test options		FIT	Colonoscopy or FIT are both options.		
At what age should screening start:	40y or 10y younger than age of diagnosis of earliest diagnosed FDR, whichever is earlier. For example, Jim's brothers were diagnosed with CRC at age 45 and 37. Jim will need to start screening at age 27, 10 years before the youngest diagnosis.	40-50y or 10y younger than age of diagnosis of FDR, whichever is earlier	40-50y or 10y younger than age of diagnosis of earliest diagnosed FDR, whichever is earlier	50y	
How often should screening happen	Colonoscopy: 5y	Colonoscopy: 5-10y FIT: 1-2y	Colonoscopy: 5-10y FIT: 1-2y	According to average risk guidelines	

Reference:

Leddin, D. et al. (2018). Clinical Practice Guideline on Screening for Colorectal Cancer in Individuals with a Family History of Nonhereditary Colorectal Cancer or Adenoma: The Canadian Association of Gastroenterology Banff Consensus. Gastroenterology. 2018;155:1325-1347. https://www.cag-acg.org/images/publications/CAG_CPG_CRC_Screening_Aug2018.pdf



P'EGP'IG'HA COUNCIL UPDATE

February 27, 2024 PC Meeting Summarized Minutes

PC = P'egp'ig'lha Council

1. Tribal Chief Report:

- See Tribal Chief report separately in the newsletter.
- Discussion on alternates for SCC Unification Ceremony: In the event that Chief Sidney cannot attend two alternates were selected.

2. Forest & Range Consultation and Revenue Sharing Agreement (FCRSA):

- The PC passed a motion to sign the 2024 Forest & Range Consolation and Revenue Sharing Agreement.

3. 2024/2025 389 PC Budget Review:

- PC Reviewed draft budget for 2024-2025

4. PC Director Report:

- First Nations Tax Commission will be invited to a PC meeting to do a presentation.
- Red Mountain cutblocks will have an analysis done and a letter will be drafted to the proponent.

GUARDIANS OUT ON THE LAND



PICKING HÁKWA7 (COW PARSNIP)
RAY BILLY, PC GUARDIAN



GAME CAMERA MONITORING
SAM COPELAND & LUTHER BRIGMAN, PC GUARDIANS

One line Highlights:

Next Regular P'egp'ig'lha
Council Meeting:

APRIL 30, 2024 AT
9:00A.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.



Join us APRIL 27, 2024

Start time: 2pm

The P'egp'ig'lha Language Revitalization Group is having a celebration and reviewing our community's language plan. Please Join us for a meal and to review our language plan. There will be prizes for adult T'ít'q'et community members in attendance. Kids are welcome to join our meal.

Community Language Dinner Event



Fulfilling the Dream of P’egp’íg’lha – Looking after Our Children

Child and Family Services Project

April 2024

T’it’q’et Child and Family Services Project did the soft launch of the project; with Indigenous Services Canada (ISC) Data Strategies Team visiting the community March 11th to 14th 2024. The team of 3; Jackie, Maria and Hillary had the opportunity to interview staff, program managers, administrator, members of Chief and Council. Asking key questions relating to our Child and Family Service, of T’it’q’et’s vision for CFS, related data systems, and information management and system requirements and needs.

The theme of the questions that guided the interview focused on the future happiness and healthy children, and what supports are needed to help our children grow as healthy youth and adults.

The team used the 7 values of the P’egp’íg’lha constitution;

- Health; define happy and healthy children and youth
- Happiness; measure happiness and healthier children, youth and families
- Generations; what is needed to help children, youth to know their past generations and care about future generations
- Generosity; encourage children and youth to act generously and with compassion
- Pity/Compassion; encourage children to act with compassion
- Power; support children and youth to know their power
- Quietness; to support children and youth to embrace quietness

As a guide for T’it’q’et Child and Family vision and mission in the development of the data business requirements framework, and data information management system.

We are please to be able to have Donna James; aka Donna Na Na, to come to community very soon, possibly the week of April 8th to 12th for paint night, or other time options and more details of when where and how many, this will be posted soon.

Char is working with Jordan’s Principle team inviting them to visit community, for information sharing, update on the program, and some statistics of our nation, how many of our people have actually received assistance for this program. Watch for dates, will happen after April 1st.

Kúkwsturn’ckacw

Franny Alec; Project Manager
Charlene Napoleon; Executive Assistant

T’IT’Q’ET LANDS AND NATURAL RESOURCES

Newsletter Report

April 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 chairperson has registered for a Land Use Planning and Regional Networking session in Richmond in April.

• Law-Making & Enforcement

The committee met with legal counsel from Mandell Pinder at their March 19th meeting to discuss two draft laws: a trespass law and a banishment law. There will be a follow up meeting in person on April 15th at the PCC Resource Room.

• Natural Resource Management

The Lands Advisory Board Resource Centre environmental specialist met with the Lands Coordinator and reviewed their comments on the draft Environmental Management Plan. The Lands Coordinator discussed these comments with the EMP consultant, Dillon Consulting and they have proposed a scope change to provide the additional work recommended by the LABRC. Also, there will be an opportunity for members to provide pictures to include in the Environmental Management Plan. Details to follow.

• Lands Administration

Lands and Natural Resources Department staff met with a consultant hired by T’it’q’et Administration to review their Position Descriptions.

• Financial Management

A draft budget for the Lands and Natural Resources Department 2024-2025 fiscal year has been sent to the T’it’q’et Administrator.



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
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phone (250) 256 4118
fax (250) 256 4544

BID FORM/INVOICE FOR CATERING

Date/Time of meeting: April 27, 2024 _2pm_ Meal delivered by: _4:30pm_

Bid form closed by: April 19, 2024 @ 12noon

Bidder will be notified: April 19, 2024 @ 3pm

Requested by: P'egp'ig'lha Language Revitalization Group

Contact #: 250-256-4118 Contact email: languagecoordinator@titqet.org

Event: Community Language Plan Time: 2pm to 6pm

Expected Attendance: 150 Location: PCC-GYM

Please check off the following to clarify full understanding:

☐ up-to-date food safety certificate, please provide copy to receptionist

☐ only this bid form will be accepted, no substitutions

☐ please take note of food restrictions such as diabetes and allergies

☐ all questions about bids are directed to the individual requesting bid

☐ hair nets must be worn at all times

☐ T'it'q'et caterers are a priority

☐ lowest bid may not be chosen

☐ catering cheques will be issued after catering date, unless authorized for 25% advance

☐ all information required is on this bid form

☐ I agree to provide what I have submitted. Any additional services will be pre-approved by administration & in writing

Caterer Name & Signature & Date

Sponsor Name & Signature & Date

T'it'q'et Administration- Finance Department

CODE:

COST/PERSON \$ _____ X _150_ # OF PEOPLE = _____ TOTAL COST

CATERER NAME: _____ CONTACT #: _____

25% ADVANCE AVAILABLE TO T'IT'Q'ET COMMUNITY MEMBERS

APPROVED BY: _____ SIGNATURE: _____

Below is an indication for what the caterer is responsible for:

X	Plates		Morning snacks
X	Utensils & napkins		Lunch
X	Coffee, tea, juice	X	Afternoon snacks
X	Setup/clean up	X	Dinner
X	Maintain beverages during meeting	X	Other: Fruit and other snacks for guests to take home



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Allergies to be aware of:

Onions	Miracle Whip	Black Pepper	Peppers (all kinds)
Cinnamon	Nuts	No Pork	
No Beef			KETO FRIENDLY

Dinner:

Turkey and roast beef

COST/PERSON \$ _____ X _____ # OF PEOPLE = _____ TOTAL COST

*All information required will be on this bid form/invoice. Please return bid form in a sealed envelope, receptionist will date and time stamp when received. Bidders will be informed by _____. Please be advised that when a bid is reviewed, it is reviewed by a team, it is not chosen by one person. Receptionist is not required to answer any questions. Cheques are issued on Tuesday and Thursday, cheques for catering services will be issued **after the catering date.***

NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH DEPARTMENT



T'it'q'et Administration

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



Third
MONDAY of
the month
1PM -4PM



P'eggig'ha Council

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Tribal Chief Report Sidney Scotchman February 2024

Meeting with Reciprocal and PC Director

- Scope of work
 - 1 on 1 meetings with PC reps to Start. Confidential meetings?
 - Follow values from families
 - How to deal with conflict of interest
 - Total 12-15 people to be interviewed
 - Meet with whole council to gauge availability

SCC

- St'at'imc Chiefs Unity Ceremony
 - April 11th for unity ceremony, regular SCC meeting April 10th.
 - Location still planned for Lil'wat as tobacco was offered to host in Lil'wat. But could look at Northern Territory if postponed again.
 - Some chiefs may bring an elder. More info to be sent by Kathleen on what is needed for ceremony.
 - Was discussed whether if a chief is unable to make it, that they send an alternate in their place. But was brought up that if a chief is unable to make it, to not send anyone as they may not know protocol, and it is the current Chiefs (SCC) that need to partake in the Unity ceremony
- Rights and Governance Training
 - March 14th and 15th with regular SCC meeting on the 13th.
 - Location Pemberton Rec center. No zoom option, but some chiefs mentioned that 3 days away from their communities is a long time to be away.
- Former Chiefs Advisory Group
 - Reviewed TOR for Former Chiefs Advisory Group. Was formally called working group, but was decided that this group will be advisory only.
 - Former chief wanted the group to have VETO over SCC. SCC decided against this.
 - Group will be consensus voting when needed.
 - Will make recommendations to the SCC.
- Governance policy
 - Ceremony to swear in SCC chiefs/reps? This was an idea that was brought up to welcome in new chiefs at SCC table.
 - Have an annual Strategic planning session?



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- Honoraria was discussed, due to issues with some chiefs arriving late and leaving early then expecting full days honoraria, honoraria will not be paid if a member arrives late and leaves early.
- Reporting to communities for chiefs. This can be tricky as some times discussion in SCC are to be confidential, was discussed to have a briefing memo done up by SCC Staff for each chief to receive to be used as reporting documentation to their respective communities.
- Independent Power Projects
 - Issue came up that BC Hydro could be looking for IPP's to purchase power from to accommodate increased power usage from electric Vehicles. Currently only one IPP has come up, but more could be on the horizon, SCC will need to be prepared to deal with an IPP that could impact the territory, especially with the current state of the Fraser River and our Salmon.
- Reclaim a Traditional Name
 - Was announced that if you are a survivor of a residential School, you and your family can reclaim your indigenous name. There will be no fee.
- DFO
 - Must continue to lay pressure on DFO for their word to finish the work they promised up Xwisten Fish Ladders. Have any response from them in writing.
 - Fish Farms
 - Correspondence with Alexandra Morton
 - Mentioned that none of her recommendations in 2019 for modifications were applied.
 - No fish farm company in the world knows how to keep sea lice or disease levels low enough to prevent damage to young wild salmon. DFO aquaculture staff create loopholes for the industry to crawl through all the recommendations that might protect wild salmon.
 - Each year, we learn how much damage is caused by Fish Farms.
- Ministry of Energy, mines and Low Carbon Innovations
 - Work is being initiated on Mineral Tenure Act reform. Support commitments made under the Declaration Act including alignment of laws with the UNDRIP.
 - Consulting with First Nations including Modern Treaty Nations and First Nation Organizations.
 - First Nations pre-engagement sessions March 5th 10am to 11am and March 6th at 1:00pm to 2:00pm
 - Information sessions for interested groups March 12th and 13th at 1:00pm to 2:00pm
- BCAFN
 - March 7 and 8th virtual only
- St'at'imc Authority
 - History on creation of the SA and why Lil'wat does not sit at the table, and was mentioned that door remains open if Lil'wat would like a seat at the SA table.



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Finance committee

- Reviewed and made some changes to 2024/2025 budget that will be reviewed by PC.

UBCIC

- Gitanyow
 - Chiefs are watching the current situation with Gitanyow.
 - Background: Gitanyow Hereditary Chiefs are seeking declaration of aboriginal title over Gitanyow Lax'yip which covers 6200 square kilometres near Nass River and Kitwonga River Watersheds in North Western BC. This will be proceeding to trial in October 2024 and will go for 84 days.
 - This court case and what path is laid out could help with bands outside of Treaty Process and the recognition of inherent title and rights infringed on modern treaty and governments. This will be brought to SCC in near future.
- Intervention in Restoule Appeal
 - Background: a case brought forward by Anishinaabe people of Upper Great Lakes against the government of Canada and Ontario, concerns interpretation of annuities clauses in Robinson – Huron and Robinson Superior treaties of 1850.
 - UBCIC are considering a leave to intervene in an upcoming appeal to be heard by the Supreme Court of Canada in the case of Restoule v. Canada. Preferably as part of a coalition with First Nations Governments or other organizations interested in intervening in this case.
- Metis
 - Background: over a period of years, the Métis Nation of BC and BC Métis Federation have increasingly asserted that the Métis hav inherent and constitutionally protected rights in BC, including land and water-based rights, and rights to deliver programs and services. Such assertions have resulted in the. Métis being wrongfully consulted and accommodated and included and included in land and water-based consultative processes within BC as rights holders by both the government of Canada and Province of BC. This wrongful consultation and accommodation has resulted in misinformation and misunderstandings about alleged Métis rights in BC and financial and other benefits to improperly accrue to the Metis at the expense of First Nations.
 - In June 2023, UBCIC chiefs council and FNS Chiefs in assembly passed mirrored resolutions that the BCAFN mirrored in October 2023
 - Call on BC and Canada to formally denounce and reject Metis assertions over land and water-based rights in BC
 - Direct the BCAFN, FNS, and UBCIC to convene an all chiefs strategy session dedicated to discussing and strategizing around the issue of Métis colonialism in BC and

- Direct the BCAFN, FNS, and UBCIC to convene a working group comprised of Chiefs and Technicians dedicated to combatting Metis colonialism in BC.
- A committee will be put together with reps from BCAFN, FNS, and UBCIC in the near future.

Upcoming meetings

- SCC
 - March 13th regular meeting
 - March 14th and 15th Inherent Rights and Governance Workshop
 - April 10th regular meeting
 - April 11th SCC Unification Ceremony
- BCAFN
 - March 7th and 8th 20th annual Special Chiefs Assembly
- Chief and Council
 - March 25th Regular meeting
- PC
 - March 26th Regular PC meeting
 - March 27th UNDRIP session

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.
YáKíYo

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@peppiglha.org
Referrals Clerk	Lacey LaRochelle	231	AdminAssistant@peppiglha.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@peppiglha.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.



Aries (Mar 21–April 19)

Happy birthday, Aries! The lunar eclipse in Libra on Monday is trying to give you love. You're both giving and receiving love, especially with partners who challenge your expectations and or who aren't your usual "type." Consider how you can integrate reciprocity into your dynamics, especially where your challenges clash with their strengths and their proclivities conflict with your vulnerabilities.

Taurus (Apr 20–May 20)

Wellbeing is communal, Taurus. Monday's lunar eclipse in Libra helps you cultivate health and wellbeing through your relationships. This eclipse reminds you that there's no such thing as "self-help." We don't heal ourselves in isolation, but through and with others. That's the crux of this work. Let yourself be supported and supportive of others.

Gemini (May 21–Jun 20)

Share the story of your heart, Gemini! The lunar eclipse in Libra on Monday is helping you share your feelings, thoughts, desires, hopes, and/or fears with others who need to hear it. You'll want to lean on your bravery because this will require you to be vulnerable. Just know that no act of courage ever goes unrewarded by the universe. Express your truth and watch the magic happen!

Cancer (Jun 21–Jul 22)

Could "home" be people, not a place, Cancer? Monday's lunar eclipse in Libra highlights that while home is often a space, it could also be social. It's both! You're tasked with experiencing your desire for home as a feeling of self-acceptance with your loved ones. When you accept and show who you are, then you get loved because of who you are, and that's home.

Leo (Jul 23–Aug 22)

It's all about the delivery, Leo! A lunar eclipse in Libra on Monday teaches you how tone, body language, and word choice make all the difference. You're asked to speak the truth compassionately AND clearly, so that the listener feels connected to the message, not defensive against it. When you can ensure that your messaging is nurturing and challenging, it'll land with the right people.

Virgo (Aug 23–Sept 22)

Embodiment is essential, Virgo. Monday's lunar eclipse in Libra invites you to connect to your somatic self. You're one of the most embodied signs, and you're using that strength socially.

What does your body tell you about the people you're connected to? Is it telling you to avoid, approach, or something else? Your body is the key messenger here, and it's guiding you to safety in powerful ways.

Libra (Sept 23–Oct 20)

Change is in the air, Libra! Monday's lunar eclipse in your sign offers you one of the most transformative times, especially if you're willing to let go of certain outcomes. This is a time of surrender, which isn't giving up, but rather giving over to a larger purpose. From there, take inspired action to support you and all your loved ones.

Scorpio (Oct 23–Nov 21)

That was then, this is now, Scorpio. The lunar eclipse in Libra on Monday helps you stay in the present moment. You've been living in three time zones—past, present, and future—and this eclipse is trying to help you concentrate on the present. Let go of worries from the past and stop trying to control the future. Just trust the present moment and be here now.

Sagittarius (Nov 22–Dec 21)

Ride or dies only, Sag! The lunar eclipse in Libra on Monday focuses your attention to your most loyal, loving friendships. It be an ensemble. It can be one person who loves and supports you in the toughest moments while holding a vision of who you can be. Remember to make sure you're as equally supportive of your friends as you'd like to be supported by them—balance is key!

Capricorn (Dec 22–Jan 19)

Relationship skills are the bottom line, Capricorn. Monday's lunar eclipse reminds you that your competence is a given. What's required of you now is connection and socialization. Demonstrating a level of care and concern for the betterment of others will advance you professionally in amazing ways. You know you care, but do they? Show, don't tell!

Aquarius (Jan 20–Feb 18)

It's adventure time, Aquarius! The lunar eclipse in Libra on Monday helps you explore new schools and spaces so you can expand your horizons in big ways. If you've considered returning to campus and/or flying to new countries, this is the moment to step out of the norm and into novelty. Let curiosity and wanderlust take you to exciting places!

Pisces (Feb 19–Mar 20)

Turn up the heat, Pisces! Monday's lunar eclipse in Libra puts more eroticism, sexuality, and fantasy in the air to help you take your relationships to deeper, more intimate places, especially with those you trust. This a time to take a bit of a leap and see who's earned the right to have access to your stories and your sexuality in ways that help you reframe intimacy and connection.



May 2024
Newsletter Submission Deadline
Thursday, April 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.)



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

