

# Newsletter

May 2024

## T'IT'Q'ET MAY 2024 ISSUE

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## TO SUBMIT TO NEWSLETTER

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 45







# May

## 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
28	29	30	1	2	3	4
			 		 Category 3 Open Fire Prohibitions Start Mobile Dental Cleaning	
5	6	7	8	9	10	11
	Community Clean-up starts: Tires without rims and electronics week		Community Massage Day  Culture Night	St'át'imc Gathering is being hosted by N'quatqua		
12	13	14	15	16	17	18
St'át'imc Gathering @ N'quatqua	Furniture Week		Culture Night	CRA & Service Canada at PCC	Melanie Anonymous Mental Health Open Mic	
19	20	21	22	23	24	25
	Office Closed for Victoria Day	Wood Week  YOGA	Culture Night			
26	27	28	29	30	31	1
	Appliances and Scrap Metal Week  C&C Meeting		PC Meeting  Culture Night		Dr. Bolen Podiatrist  Elders Luncheon	

## PUBLIC NOTICE FIRE PROHIBITIONS TO START

Effective 12:00PM (noon) on May 3, 2024,  
Category 3 open fires will be prohibited  
throughout the Kamloops Fire Centre. This  
prohibition will remain in effect until  
12:00PM (noon) on October 11, 2024, or  
until the order is rescinded.



DISTRICT OF  
**LILLOOET**



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

P.O. Box 65  
Lillooet, BC  
V0K 1V0

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,

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

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



**MAY 31, 2024**



Please contact Medical Clerk

To book your appointment

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

250-256-4118 ext.241



DR. SAMAD

MAY 29, 2024

*T'it'q'et Health Dept*

Start 1pm – 4 PM

**\*Each appointment is 15 min**

To book your appointment time

Please contact [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org)

Call 250-256-4118 ext.241



## **T'IT'Q'ET LANDS AND NATURAL RESOURCES**

Newsletter Report

May 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 Chairperson of the Lands Committee attended the Lands Use Planning Update and Regional Networking Session hosted by the Lands Advisory Board Resource Centre in Vancouver in early April.

The committee will meet with consultant Andrew Leach to work on the committee's strategic plan in May.

- **Law-Making & Enforcement**

The Stl'atl'imx Tribal Police and Mandell Pinder met in person with the Lands Committee and staff to discuss the draft Enforcement and Ticketing Law, Allotment Law, Trespass Law and Banishment Law. Mandell Pinder is taking the feedback and discussion from this meeting and will present the next drafts of these laws to the committee and staff in early June.

- **Natural Resource Management**

The committee has been working on choosing photographs to include in the final draft of the Environmental Management Plan.

Administration is working on setting up a workshop with the Joint Planning Forum of the St'át'imc Government Services to learn about how the operations of BC Hydro affect the water level in Seton Lake and in turn affect shoreline erosion. The committee hopes to attend this workshop.

- **Lands Administration**

Lands and Natural Resources staff met with representatives from Scout Talent, an employee recruitment agency, to finalize the search for a new Lands and Natural Resources Director.



# Kidney donor needed

Contact

Kidney donor program

Joseph's BC Transplant file  
number is 24224



# Kidney Donor Request

## From the Parents of Joey Leach

Hello family and relatives. Our son, Joseph (Joey) Ken'knap Leach, 30 years young, has been sick for a while now; his kidneys are no longer functioning, and he needs a new kidney.

We've learned a lot about kidneys since Joey got kidney disease. You have two kidneys, which clean your blood and remove fluids from your body. As long as they're operating at a certain level, you're fine. But when your kidneys start to deteriorate, they don't return to health. Deteriorating kidneys stop functioning over time. And without functioning kidneys, you will die.

So, Joey needs a new kidney to survive. If you're healthy, you need only one kidney to function. So healthy people can donate a kidney to those who need it.

When Joey was first diagnosed with kidney failure last year, his mom, Carolyn, immediately stepped up to be a donor. There's a kidney transplant team in BC that tests your blood etc. to see if you can qualify as a donor.

The optimal donor is called a direct match. That is your blood type, etc. matches well enough for you to give your kidney directly to Joey.

We quickly found out that Carolyn was a direct match with Joey. We were so relieved because that meant that Carolyn could just give her kidney directly to Joey.

However, while we were waiting for a transplant date, Joey got sick and needed a blood transfusion. And when the hospital gave Joey an additional unit of blood last year, it changed his blood so that he was no longer a match with his mom.

So now we're in need of a direct match donor for Joey. If you would like to consider donating a kidney as a direct match for Joey, please contact the following:

### **Living Kidney Donor Program**

St. Paul's Hospital

6A Providence Building

1081 Burrard Street

Vancouver, BC V6Z 1Y6

Tel: 604-806-9027

Toll free: 1-877-922-9822

Fax: 604-806-9873

Email: [donornurse@providencehealth.bc.ca](mailto:donornurse@providencehealth.bc.ca)

Also let them know that you want to donate directly to Joseph Leach.

Thank you for reading this and please share with any of our family or relatives who may find this of interest.

Andrew Leach for Son, Joey.



**Lillooet Tribal Council**

# **JOB FAIR**

Please join us at the  
Lillooet Rec Center  
930 Main St, Lillooet, BC

**Prizes!**

**MAY 29TH, 2024**

**Bring  
your  
resume!**

**09:00 AM - 3:00 PM**

Refreshments and Snacks  
provided

Any questions please contact

Chantelle Riley

250-256-7523 EXT 108

[officemanager@lillooettribalcouncil.ca](mailto:officemanager@lillooettribalcouncil.ca)

[lillooettribalcouncil.ca](http://lillooettribalcouncil.ca)



# Registration Form



May 29th, 2024 – 9:00 a.m. to 3:00 p.m.

Lillooet Recreation Centre

930 Main Street, Lillooet, BC

**Please return registration form no later than May 3, 2024**

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## Company/Organization Information

Company/Organization Name:

Telephone:

Email:

Exhibitor Type:

☐

Business/Employer

☐

Career Service Provider

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## Event Attendees & Exhibitor Requirements

Please provide the following information for your representatives for table & catering purposes.

Name & Title:

Name & Title:

Name & Title:

Allergies:

Do you require an electrical outlet, or other?

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## Registration is free for this event

Are you able to contribute a door prize for the event?

☐

Yes

☐

No

***\*We do have stick on name badges available if needed.***

**If you have any additional questions regarding registration information and submission, please contact:**

# Firesmart Emergency Preparedness Workshop

## April 29, 2024

Where: Pegp'ig'lha Community Centre

Time: 5pm Dinner



BRITISH COLUMBIA  
**FireSmart**

Your best protection is prevention. Your tool is FireSmart.

- Emergency Planning
- Emergency Social Services

### DOOR PRIZES

# COMMUNITY MASSAGE DAY

*Do you need to relax?*



## MAY 08th 2024 EVENING SESSION

**12:00 – 6:00 pm**

Amawil'calalhew (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](mailto: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



# Drop-in Clinic with Canada Revenue Agency & Service Canada

**Join us to get your taxes filed, find out more about the benefits, credits, pensions, programs, and services you may be entitled to!**

**Date:** May 16 2024, Thursday

**Time:** 10:00 am – 3:00 pm

**Location:** Resource Room, PCC (P'egp'ig'lha Community Centre - 59 Retasket Street)

## Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, direct deposit, etc.)

## Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

\* Please bring any ID you have as what is required will depend on the services accessed



Gouvernement  
du Canada

Government  
of Canada

Canada





7 DAYS A WEEK  
9AM-9PM

# MOBILE DENTAL CLEANING

in the Greater Vancouver Area

**NEENA DEOL**  
Registered Dental Hygienist

**We provide Cleanings, Oral Cancer Screenings,  
Whitening Treatment and more!**

We bill insurance directly.

**Friday May 03. 2024**

Patients need to be registered with FNHA and have a status number or private dental insurance.

Call or email to book your appointment with the medical clerk  
250-256-4118 ext.241 or email; [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org)

# ELDERS LUNCHON



**MAY 31, 2024**

***T'IT'Q'ET HALL***

**FRIDAY 12:00 – 1: 00PM**

**EVERYONE WELCOME**





## Melanie's Anonymous mental health open mic

May 17<sup>th</sup> 6pm – 8pm at T'it'q'et Hall

I will open up to start and then share your own personal stories. How this works is that you will send me your stories through my email

[wellnesscoordinator@titqet.org](mailto:wellnesscoordinator@titqet.org) and I will make adjustments so that nobody's names or pronouns will be said and just simply sharing the story for that person.

I will print out your stories without your names on it so then myself won't know who that story belongs to either. I will be drawing it out of a bowl one by one and reading it out loud to the audience, I will be accepting volunteers for that night to read out loud the stories as well. Please come in with open minds, hearts and non judgements.

This whole work shop is meant to be that so the community comes together as one, knowing that others might have experienced similar things and that you are not alone.

**Deadline to send stories in: May 16<sup>th</sup> @ 4.00pm**

**WARNING VIEWERS DISCRETION IS ADVISED: MAY CONTAIN VIOLENCE, PROFANITY, EMOTIONAL, PHYSICAL, DOMESTIC, SEXUAL, PSYCHOLOGICAL, FINANCIAL, MATERIAL AND OR DISCRIMINATORY ABUSE.**

# P'EGP'IG'HA COUNCIL UPDATE

## March 26 & 27, 2024 PC Meeting Summarized Minutes

PC = P'egp'ig'lha Council

### 1. Tribal Chief Report:

- See Tribal Chief report separately in the newsletter.
- There was a discussion on low water levels, last year the fish ladders at Xwísten were out of the water and fish were unable to pass.
- Tribal Chief Sidney is going to invite PC representatives to attend meetings with him.

### 2. PC Strategic Plan Review:

- PC Reviewed their 2019-2023 strategic plan and discussed planning a retreat to create a new 5-year strategic plan.

### 3. PC Guardian Presentation:

- PC Guardians presented on their 2023/24 activities.
- The PC Guardians participated in motion sensor camera monitoring, territorial patrols, grizzly bear studies, landslide surveys, traditional plant monitoring, conducting heritage site surveys, among other activities.

### 4. PC Budget:

- PC Reviewed & approved the 2024-2025 PC Budget

### 5. Red Mountain Cut block Referral:

- Two proposed cut blocks are near the northern boundary of the Státimc Territory, they are nearly 500 hectares. The cut blocks have been sold by West Fraser to Tolko, Tolko has sold them to Central Chilcotin Rehabilitation which is owned by two Tîlqhó'tin communities.
- The area is considered safe grizzly bear habitat and is a major mule deer migration route into the Státimc Territory. There will be increased impacts on wildlife & vegetation from road developments.
- The PC will send a letter requesting to have a meeting to discuss the concerns regarding wildlife habitat, migration, and increased impacts due to road developments. The PC does not support the approval & harvest of the cut blocks at this time.

### 6. Policy Development:

- PC reviewed the interview process and draft questions from Reciprocal Consulting and will provide feedback to Reciprocal.

### 7. Plant Invoice:

- Plants will be purchased & put on credit with Splitrock. A portion of the plant credit will be used to plant a wind-break on the west end of the T'it'q'et Community Garden.



# GUARDIANS OUT ON THE LAND



CHECKING ON HUBIE AT SUTIKALH  
SAM COPELAND, PC GUARDIAN



GAME CAMERA MONITORING  
SAM COPELAND & RAYMOND BILLY, PC GUARDIANS

## One line Highlights:

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

MAY 28, 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.**



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

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

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



First Nations Health Authority  
Health through wellness

# Spring Campaign



Lillooet Health Center | 296 Main Street

## **Spring Campaign –Covid vaccine** – for those:

- 65 and older;
- Indigenous adults 55 and older;
- Those 6 months and older who are vulnerable;
- People who have not received an updated vaccine dose.

Persons that do not meet the criteria above can still receive an additional dose at the recommended interval.

### **How do I get my Covid vaccine?**

Community members can register with the Get Vaccinated system – Covid-19 Immunization – Province of British Columbia ([gov.bc.ca](https://gov.bc.ca)). To book an appointment.

You can also book with the Lytton Health Centre.

250-256-7017



# Stqaka7stúmc - Hold My Hand



## Open 24/7

337 IR #10 Road Mount Currie B.C.

VON 2K0 PO Box 213

Phone: 1 (604) 384 - 7247

Toll Free: 1 833-512-0664



### Who is eligible?

Single women, or women with children fleeing from domestic violence.

### What is domestic violence?

Involves physical, verbal, financial, spiritual, or sexual assault, or threat/risk of such violence, from an intimate partner.

### What is an intimate partner?

Includes a current or former spouse, common-law partner and dating partner.

### At risk of violence.

Refers to a situation where a woman indicates that she and/or her children are at risk of experiencing violence.

### How do I get referred?

Women can call the transition house directly or have someone enquire on their behalf.

### How do I get to the transition house?

The transition house does not provide transportation to or from the house. If you or someone you know needs a ride, we encourage everyone to call the house and we will assist with finding you a ride. Walk-ins are welcome.

### What is expected when I am staying at the transition house?

While residents are here, they will receive basic life skills, advocacy, and support. We will encourage residents to be as independent as possible during their stay. All house rules must be followed, and a limit to personal socializing, which is to encourage the residents to work on the issues that brought them to the transition house. We can assist with transportation to grocery shop or local medical appointments. The transition house will only be providing food for those that do not have financial/income in place when they arrive.

### What do I need to bring with me?

We encourage women to bring identification, important documentation, clothes, any medication if possible but it is not mandatory. We will help you get what you need when you are here.

### How long can I stay at the transition house?

The length of stay at a transition house is typically 30 days, however, we recognize the unique needs of the communities, therefore, the length of stay at this transition house will vary depending on the residents' needs and if all house rules are followed.

### Our main goal is to ensure the safety of all residents and staff.

We value those that are dealing with hardship and currently living in a difficult situation. We believe every woman and child should have a choice in decisions about their care, and that they have the right to a safe, respectful environment.

Absolutely no visitors or drugs & alcohol while staying at the transition house. We ask that everyone be respectful of this place of healing & protection.

### The mission of the Transition House is to reduce barriers to create accessible and safe services for all women and children in need of support.

We are committed to walking with women and their children while they make the difficult transition from an abusive violent environment to a positive independent lifestyle.



# Úcwaymteww

Way of the Old Ones

## **N'Quatqua 2024 St'at'imc Days**

**(May 9th – May 12th, 2024)**

*We are excited to host the nation at this 113th year of  
gathering & celebrating the signing of the 1911  
Declaration of the Lillooet Tribe*

*We look forward to sharing this experience with you and  
making this time memorable*

*This schedule has been developed to outline the events  
we have been diligently planning for your enjoyment*

*If you have any questions pertaining to this event,  
please contact us as soon as possible*

*N'Quatqua 2024 St'at'imc Gathering Committee members:*

*Anita Patrick..... anita.patrick@nquatqua.ca*

*Sylvia Patrick..... sylvia.patrick@nquatqua.ca*

*Jesokah Peart..... jesokah.peart@sshs.ca*

*Juanita Peters..... juanitapeters448@gmail.com*

*kúkwstum'ckál'ap*



### **THURSDAY MAY 9TH**

9:00am St'at'imc Gathering Set Up  
12:00pm Lunch  
1:00pm St'at'imc Gathering Set Up  
5:00pm Dinner  
7:00pm Drumming and Dancing  
9:00pm Closing Remarks

### **FRIDAY, MAY 10TH - Traditional Regalia Day**

6:00am Sweat (Gates Creek behind Juanita Peters house)  
8:00am Breakfast  
9:00am Welcoming with drummers  
10:00am Fisheries Tour-Christopher Fletcher  
Mike James  
10:00am Stl'atl'imx Tribal Police  
12:00pm Lunch  
1:00pm Fashion Show-Frances Thevarge  
3:00pm Declaration Reading  
5:00pm Traditional Dinner  
Words of Wisdom Video  
Slides on the Mountain Film  
6:00pm Ucwalmícwts Bingo  
7:00pm Drumming and Dancing  
Cake with NQ Logo/Gathering Logo  
9:00pm Closing Remarks

### **SATURDAY, MAY 11TH**

6:00am Sweat (Gates Creek behind Juanita Peters house)  
8:00am Breakfast  
9:00am Pictograph Tour-Weather permitting  
Mike James  
10:00am Traditional Cabin Hike/Drive – Weather permitting  
10:30am Horseshoe Competition  
12:00pm Lunch  
1:00pm Scavenger Hunt-Jesokah  
2:30pm Indian Car Special-Jesokah/Mike James  
3:30pm Name Giving Ceremony  
5:00pm Dinner  
6:00pm Talent Show  
7:00pm Drumming and Dancing  
9:00pm Closing Remarks

### **SUNDAY, MAY 12TH**

6:00am Sweat (Gates Creek behind Juanita Peters house)  
8:00am Mother's Day Breakfast (Men cook)  
Mother's Day Giveaway  
9:00am Chiefs Speeches  
11:30am Honoring our Volunteers  
12:00pm Bagged Lunch – to go  
12:30pm Raffle Drawing  
1:00pm Closing

# 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.





Come join us for a yoga session at Titqet hall

May 21<sup>st</sup> 2024 from 2:00pm – 3:00pm

Don't forget to bring a water bottle!

Yoga mats will be provided

NO SOCKS

Limited space for 12 people

Ages: 16+

Sign up sheet is with receptionist



# *P'egp'ig'łha Council*

*P.O. Box 615  
Lillooet, B.C.  
VoKíVo*

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

## **Tribal Chief Report March 2024**

### **SCC**

- St'at'imc Territory used in T'silhqot'in court case. SCC is looking into this and will bring up with discussions with T'silhqot'in.
- Graveyard valley Ceremony is still being planned for Early July, no date set yet. Early July could be the best time as the weather will not be too hot.
  - Vehicles not able to go all the way to the location, will need to hike most of the way. Helicopters be available for elders and those unable to make the hike with everyone else. But if fire season is bad, helicopters may be called off again.
- FCRSA
  - Concerns that other communities are not able to collect dollars from FCRSA due to communities/nations claiming their territory.
  - Some chiefs recommend legal advice on what could be done if territory is already claimed.
- Nations claiming St'at'imc territory
  - What could we do to deal with other nations claiming St'at'imc Territory?  
Usually, ISC and federal expect that we deal with it amongst ourselves.
- Unification Ceremony
  - Purpose is to show commitment to the nation amongst current chiefs
  - Been along time since the Chiefs have did something like this
  - Each chief is to speak on unity
  - Firm stance on no replacements if a current chief is not able to make it.
  - Each chief is expected to bring 3 people; a pipe carrier, Spiritual advisor, a past chief witness, hand drummer, elder, and/or T'it'q'et member (This was sent via email March 24, 2023. Need to inform SGS staff ASAP. May have list already by the time of PC Meeting. Will update on this verbally.)
- DFO
  - Concern among chiefs of Sockeye being classified as endangered.
    - Government and DFO could use this designation against us and not allow us to fish at all with the endangered classification. Will they do this with sports fishermen? Future discussions are needed on this concern. Legal?



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*P.O. Box 615  
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*phone (250) 256 4118  
fax (250) 256 4544*

### **BCAFN**

- This was a special chiefs meeting that was scheduled for March 7 & 8<sup>th</sup>. Unfortunately I was unable to attend the meeting in full due to the passings in the community. At Joint Council it was brought up to see about having a PC member join in on meetings. So will send invites out to future meetings that are not Chief only meetings. But speaking to a chief that attended the BCAFN meeting, here is some discussion points.
- Métis
  - Chiefs continue to bring up the issues of Métis claiming territory in BC and funding from provincial governments that First Nation communities don't receive. Concern brought up that Métis members have been claiming FN traditional territory for fishing and hunting.
- Climate Crisis
  - Discussion on recent weather patterns over the years, record low waters in rivers. Concern that DFO could limit some nations on fishing. Discussion and resolution for BCAFN to seek funds to hosting Regional Spiritual Knowledge Keepers gathering on Climate Change later this year. Resolution passed. More information will be shared later this year at next BCAFN meeting

### **Inherent Right to Self Government**

- Training with Satsan and SCC.
- Some topics during training
  - Origin and content of the Indian Act
  - Historical struggle for recognition of Aboriginal and treaty rights
  - Inherent Rights strategy



T'it'q'et

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

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

# May 2024 Community Clean Up

T'it'q'et is not responsible for injuries or damage to property on or off T'it'q'et lands due to scavenging.

***We cannot accept or take dry wall due to it being a hazardous material that needs to be tested before the land fill will accept it.***

**NO** asbestos

**NO** rims on tires

**NO** tube televisions

**NO** liquids of any type will be picked up.

- All items must be placed by garbage bin for pick up.
- The items must be sorted into piles.
- All fridges and freezers need to be empty and taped closed

This is open to on reserve T'it'q'et community members living in rental or privately-owned homes.



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T'it'q'et Community Clean up is available to rental and home owners living on IR's 1-5. Please have garbage removed from items (Furniture, etc) and ensure separated into piles by garbage bin, unless dropping off at drop off location of 61 Retasket Street.

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
	Tires without rims/Electronics Week					
12	13	14	15	16	17	18
	Furniture Week					
19	20	21	22	23	24	25
	STAT	Wood Pick up				
26	27	28	29	30	31	
	Appliances/Scrap Metal Pick Up					





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fax (250) 256-4544

## FREE SCRAP CAR REMOVAL



O&M will be able to take scrap vehicles, dates to be  
announced in the future possible in June

**THIS MUST BE PRE-ARRANGED**

Call or leave a message on O&M voice mail  
250-256-4118 ext 248 or ext 239 with your contact info  
including name, address, and phone number.

Make \_\_\_\_\_

Model \_\_\_\_\_

Year \_\_\_\_\_

Color \_\_\_\_\_

Who owns the vehicle \_\_\_\_\_

Did you get authorization from the owner to remove the  
vehicle? \_\_\_\_\_

This will be open to T'it'q'et community members living on reserve.



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## **TIRES – ABSOLUTELY NO RIMS**



**LOCATION for DROP OFF** - In front of the Blue building (61 Retasket Street) there will be tire disposal (without rims)

Please remove rims from tires and place in a designated area by blue building.

**O+M PICKUP – Week of May 6, 2024** - place by your garbage bin, O&M will **not** pick up tires with rims.



O+M PICKUP – Week of May 6, 2024



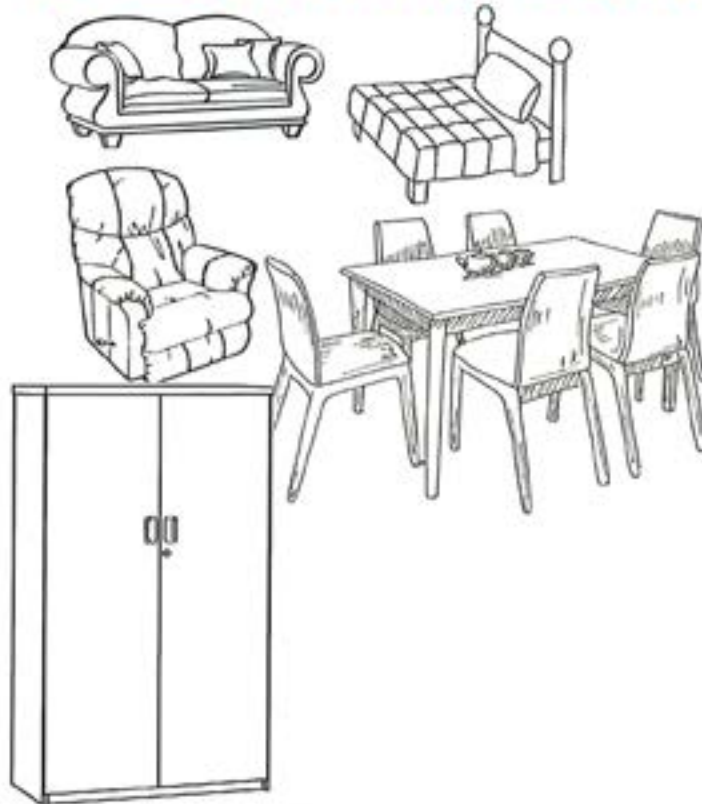


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# FURNITURE



## O+M PICKUP – Week of May 13, 2024

Non metal chairs, sofas/couches, cabinets, tables, and beds, wooden bed frames and wooden furniture will be accepted during furniture day. Please clean out any refuse tucked away in the furniture. We cannot have any refuse fly out of truck while transporting the items.



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## **Woods**

**O+M PICKUP – Week of May 21, 2024** There are 2 types of wood processed and unprocessed

-Processed wood is 2x4s plywood tables MDF that was sent to a mill to be processed into useable construction lumber.

-Unprocessed wood include tree branches and shrubs that are suitable for composting

## **Scrap metal**

**O+M PICKUP – Week of May 27, 2024** Include but not limited to old bike frames, tire rims (without tires) bed frames, steel tables, chairs, sheds, shelving and shovels .

## **Appliances**

**O+M PICKUP – Week of May 27, 2024**

**Fridges - All fridges need to empty and must be taped closed**

Washer and dryers

Dishwashers

**Freezers - freezers need to empty and taped closed**

A/C

# BLADDER CANCER

## — KNOW THE FACTS —

BLADDER CANCER IS THE  
**5<sup>TH</sup> MOST COMMON**  
CANCER IN CANADA



**ABOUT  
12,000 PEOPLE**  
WILL BE  
DIAGNOSED WITH  
BLADDER CANCER  
THIS YEAR ALONE



**BLOOD IN  
THE URINE**  
IS THE  
MOST  
COMMON  
SYMPTOM



IT'S THE  
**MOST**  
EXPENSIVE  
CANCER  
TO TREAT



OVER  
**80,000 SURVIVORS**  
IN CANADA RIGHT NOW



NONMUSCLE-INVASIVE  
BLADDER CANCER HAS A  
**60-70%**  
RECURRENCE RATE



**SMOKING**  
IS THE MOST COMMON  
RISK FACTOR



**BLADDER  
CANCER  
CANADA**

4936 Yonge Street, Suite 1000, Toronto, ON M2N 6E7  
info@BladderCancerCanada.org | www.BladderCancerCanada.org  
1-866-674-6888

— **GET INVOLVED!** —



## Mental Wellness and Counselling: Client Frequently Asked Questions

The First Nations Health Authority (FNHA) works closely with funding partners and community to carefully evaluate the sustainability and cultural safety of First Nations Health Benefits and Services (FNHBS) programs for Clients. As a result of this review, there have been several updates to the Mental Health programs and services, effective April 15, 2024.

### What are the changes?

1. **Mental Health program eligibility.** Mental Health programs and services will now have the same eligibility as all other FNHBS programs. These services will be available for Status First Nations who meet the Medical Service Plan definition of residency in BC (three months). For more information about eligibility and enrolling with FNHBS, click the link [here](#).
2. **Mental Wellness & Counselling program.** FNHBS will serve Clients under one program. This includes the following programs: Mental Wellness Counselling program, the Indian Residential School Resolution Health Support Program (IRS RHSP), Missing and Murdered Indigenous Women and Girls Health Support Services (MMIWG HSS) and the Indian Day School Health Support Services (IDS HSS).
3. **Mental Health Provider eligibility.** In addition to existing Provider eligibility, new Providers must have a minimum of five years' counselling experience and a minimum of three years' counselling experience serving First Nations people.

### Why is the FNHA making these changes?

The Indian Residential Schools Settlement Agreement concluded on March 31, 2021. At that time the FNHA no longer had access to the registry of those entitled to receive benefits related to their attendance at Indian Residential School (IRS). This resulted in an inability to verify IRS counselling eligibility and led to a corresponding increase in Clients and subsequent costs.

After a review of current program usage and available funding, a decision was made to align MWC eligibility with the rest of the FNHBS' eligibility criteria. First Nations people living in BC with Status are eligible for FNHBS coverage under the FNHA's funding agreement with Canada. The FNHA continues to work closely with funding partners and community programs to support IRS Survivors and their family members across BC.





**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 RCSW</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 RCSW</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>
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### 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>
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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.  
VoKíVo*

*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. 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@titqet.org](mailto:communitychief@titqet.org) or phone (250) 256- 3635.

<b>Title</b>	<b>Name</b>	<b>Extension</b>	<b>Email</b>
<b>Administrator</b>	<b>Janice Whitney</b>	<b>223</b>	<b><a href="mailto:tfnadmin@titget.org">tfnadmin@titget.org</a></b>
<b>Finance Manager</b>	<b>Sabrina James</b>	<b>226</b>	<b><a href="mailto:tfnfinance@titget.org">tfnfinance@titget.org</a></b>
<b>Bookkeeper</b>	<b>Lesley Napoleon</b>	<b>227</b>	<b><a href="mailto:bookkeeper@titget.org">bookkeeper@titget.org</a></b>
<b>Accounts Payable</b>	<b>Jeanette John</b>	<b>232</b>	<b><a href="mailto:accountspayable@titget.org">accountspayable@titget.org</a></b>
<b>Education</b>	<b>Susan Napoleon</b>	<b>225</b>	<b><a href="mailto:education@titget.org">education@titget.org</a></b>
<b>Social Dev.</b>	<b>(Contact Vanessa)</b>	<b>229</b>	<b><a href="mailto:socialdev@titget.org">socialdev@titget.org</a></b>
<b>Building Maintenance</b>	<b>Ken Taylor</b>	<b>247</b>	<b><a href="mailto:maintenance@titget.org">maintenance@titget.org</a></b>
<b>Reception</b>	<b>Susie Leech</b>	<b>220</b>	<b><a href="mailto:reception@titget.org">reception@titget.org</a></b>
<b>Health Manager</b>	<b>Vanessa Thevarge</b>	<b>234</b>	<b><a href="mailto:healthmanager@titget.org">healthmanager@titget.org</a></b>
<b>Medical Clerk</b>	<b>Nicole Napoleon</b>	<b>241</b>	<b><a href="mailto:medicalclerk@titget.org">medicalclerk@titget.org</a></b>
<b>Home Care Nurse</b>	<b>Christine Friesen</b>	<b>258</b>	<b><a href="mailto:homecarenurse@titget.org">homecarenurse@titget.org</a></b>
<b>Child &amp; Family Support Worker</b>	<b>Sarah Bothwell</b>	<b>253</b>	<b><a href="mailto:childandfamily@titget.org">childandfamily@titget.org</a></b>
<b>Housing Coor.</b>	<b>Kassandra Doss</b>	<b>240</b>	<b><a href="mailto:housing@titget.org">housing@titget.org</a></b>
<b>L.N.R.O</b>	<b>Stephanie B.-Louie</b>	<b>243</b>	<b><a href="mailto:lands@titget.org">lands@titget.org</a></b>
<b>O &amp; M Supervisor</b>	<b>Kevin Whitney</b>	<b>248</b>	<b><a href="mailto:omforeman@titget.org">omforeman@titget.org</a></b>
<b>O &amp; M</b>	<b>Murray Barney</b>	<b>239</b>	<b><a href="mailto:murrayb@titget.org">murrayb@titget.org</a></b>
<b>Director of Oper.</b>	<b>Christian A.</b>	<b>233</b>	<b><a href="mailto:Director@pegpiglha.org">Director@pegpiglha.org</a></b>
<b>Administrative Assistant</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@titget.org">firecoordinator@titget.org</a></b>
<b>Home/Com.Care</b>	<b>Shirley T</b>	<b>236</b>	<b><a href="mailto:hccworker@titget.org">hccworker@titget.org</a></b>
<b>Wellness Coor</b>	<b>Melanie Luu</b>	<b>242</b>	<b><a href="mailto:wellnesscoordinator@titget.org">wellnesscoordinator@titget.org</a></b>
<b>Red Cross Coordinator</b>	<b>Michael Alexander</b>	<b>260</b>	<b><a href="mailto:michaela@titget.org">michaela@titget.org</a></b>
<b>Lands Coordinator</b>	<b>Dean Billy</b>	<b>251</b>	<b><a href="mailto:landcode@titget.org">landcode@titget.org</a></b>
<b>Executive Assistant</b>	<b>Charlene Napoleon</b>	<b>264</b>	<b><a href="mailto:charlenen@titget.org">charlenen@titget.org</a></b>
<b>Project Manager</b>	<b>Franny Alec</b>		<b><a href="mailto:projectmgr@titget.org">projectmgr@titget.org</a></b>
<b>Natural Res.Spec.</b>	<b>Denise Antoine</b>	<b>238</b>	<b><a href="mailto:NaturalResources@pegpiglha.org">NaturalResources@pegpiglha.org</a></b>

# May 2024 Horoscopes

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*Taurus*

## Aries (Mar 21–April 19)

Lucky you! The Full Moon in Scorpio is illuminating untapped resources and new methods of satisfying your adventurous spirit. You can fully reap the benefits of what this Full Moon has to offer by living loud and being proud. There is no room for you to hide in the shadows. The universe will reward you when you are your full self.

## Taurus (Apr 20–May 20)

Have you ever daydreamed about a particular love affair, but for some reason, you hold yourself back? It's like getting to the edge of a pool, knowing it's cold, but also understanding that when you jump in and swim around for a while, your body will adjust to the temperature. That first jump into love is a lot like that: Uncomfortable until it's not. Maybe you need to let go of what you thought you wanted from love and welcome a new approach.

## Gemini (May 21–Jun 20)

You of all people could benefit from a gentle and meaningful rest. Whenever you have the time to take a break from reading documents and traveling, this Full Moon invites you to slow down and become a hermit. Taking a break from your friends might feel less than ideal. However, your body, mind, and soul will appreciate the hours alone.

## Cancer (Jun 21–Jul 22)

Let's keep this simple: Cancer, you need a vacation. If you hesitate because of finances, consider a 30-minute day trip somewhere relaxing. Beach days, museums, and spa days can be the escape you need. You appear to be going through a series of transformations, many of which may leave you wondering where you will end up. Soak up your excitement—toes in the sand, hand clasping the grass, or whatever fits your fancy.

## Leo (Jul 23–Aug 22)

Your family and home life are pulling on your heartstrings. It's understandable that you feel a sense of obligation to act for your family. But please check in with yourself to ensure you are not overextending yourself or stunting your wellness for people who need to learn how to care for themselves. Remember, you can't pour from an empty cup.

## Virgo (Aug 23–Sept 22)

Step into your wisdom, Virgo. You must learn to recognize the difference between anxiety and intuition without hesitation. To be anxious is to feel small, powerless, and fearful. When you are aware of and respect your intuition, a sense of inexplicable knowing will radiate throughout you. Intuition is secure.

## Libra (Sept 23–Oct 20)

The stars tell a story of your transformation and growth, but in order for that to occur, you have to let go of who or what no longer fits in your life. As you grow, you have to become okay with bidding farewell to those who are no longer aligned with your path. Yes, saying goodbye is difficult. But making space for what you need when you refuse to let go is even more complicated.

## Scorpio (Oct 23–Nov 21)

Let go of what you think you know, Scorpio. Your sign's tarot card is Death, a card of transformation. You're beginning a new chapter, and as a result, who you thought you were and how you imagined your life is likely fading away. You should grieve the version of yourself that is being buried. Death of any sort is sad. Beautiful transformations are in the process of occurring, so I hope you can balance happiness and grief.

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### **Sagittarius (Nov 22–Dec 21)**

You can ignore your dreams if it means getting through your day-to-day life. Yeah, this might sound ironic, coming from an astrologer. Hear me out, though: You might risk pseudo-enlightenment when your spiritual awareness is not based on reality. It's okay to be logical and rational. In fact, for now, you should lean toward your tangible reality.

### **Capricorn (Dec 22–Jan 19)**

Take a good and solid break—not a five-minute break, a true and proper break. Disconnect from your acquaintances and tap into your sense of comfort. You're overdue for a play date, which might mean hitting pause on some goals and aspirations. You don't have to ditch the dream forever, but working too much could be doing more harm than good right now. Take time to enjoy your results.

### **Aquarius (Jan 20–Feb 18)**

Throwing yourself into your career is a solid way to distract yourself from complex familial issues. Surprises regarding your home life could lead to you feeling thrown off guard. Trust that everything is happening as it should, and whatever you encounter can be managed. Let go of your need to do damage control. You only have the power to manage your own response.

### **Pisces (Feb 19–Mar 20)**

Talk about a brain dump! When you approach life from an over-intellectualized perspective, you may create distance between yourself and others. But when you meet people where they are and adjust how you express yourself so you can be understood, you invite connection. You're being presented with an opportunity to confirm some of your intuitive knowledge. Listen closely and move your lips slowly.



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## **June 2024 Newsletter Submission Deadline**

### **Thursday, May 23<sup>rd</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**

