

Newsletter

August 2024

T'IT'Q'ET AUGUST 2024 ISSUE

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TO SUBMIT TO NEWSLETTER

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



August

Garbage Days
Mondays and Fridays

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 STAT Holiday Office closed	30	31 Culture Night	1	2 🗑️	3
4 🗑️🔄	5 STAT BC Day	6	7 Community Massage Day Culture Night	8	9 🗑️ Howie Miller Comedy Show	10
11 🗑️🔄	12	13	14 Culture Night	15	16 🗑️	17
18 🗑️🔄	19	20	21 Culture Night	22	23 🗑️ Dr. Bolen-Podiatrist Laughter Games pg 18	24 Band BBQ pg 7
25 🗑️🔄	26 C&C Meeting	27 Dr. Samad in office	28 Culture Night	29	30 🗑️ Elders Luncheon	31

Notice

Please put garbage out
on garbage days only.
The birds and bears are
getting into the garbage
Thank you.

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

23 August, 2024

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241



WANTED

T'it'q'et Community

Looking for Members who would like Security Training

We may have an opportunity to bring in a Security Training Course.

But, would like to see who is interested. It requires a time commitment of one week, and Licensing Requirements in BC are as follows:

- 19 years of age at the time of application for BC
- Canadian Citizen or legally entitled to work in Canada
- Competent, and of good character
- No serious criminal record for which no pardon has been received. No outstanding criminal charges, must not be the subject of criminal investigation
- Must be fluent in English

Please contact:

Stephanie Louie	or	Susan Napoleon
Lands and Natural Resources Officer		Education Coordinator
(250)256-4118 ex. 243		(250)256-4118 ex 225
lands@titqet.org		education@titqet.org

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

August 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 three staff members: Lands and Natural Resources Director Glen Guthrie; Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month.

- **Lands Committee**

There are 2 items that have been added to the Lands Committee Work Plan: develop a committee training plan and evaluation of goals set out in their Work Plan.

The committee would like to meet with the department staff to evaluate the concession stand at the lake. It needs to be replaced.

- **Law-Making & Enforcement**

The Lands Committee requested some words in St'at'imcets from a fluent speaker as possible titles for the fishing law.

The committee is trying to find a copy of the Tripartite Agreement between the St'at'imc, the provincial government and the Stl'atl'imx Tribal Police to learn what exactly are the policing powers that the STP has.

- **Dispute Resolution**

The Committee and staff met with EHA452 & Associates to review progress on the Dispute Resolution Process.

Weekly AA/NA Meetings

Monday
AA Meeting (Log Cabin)
1414 Pit House Road Xwisten
7:00PM-8:00PM
250 256 7725

Tuesday
AA Meeting (Shop Talk)
667 Industrial Place Lillooet
7:00PM-8:00PM
778 209 7589 or 778 939 9765

Wednesday
NA Meeting (Community Cares)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Thursday
AA Meeting (12 & 12)
577 Main Street Lillooet
7:00PM-8:00PM
604 708 5961

Friday
AA Meeting (Friendly Friday)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Saturday
AA Meeting (Big Book Study)
930 Main St Lillooet
11:30AM-12:30PM

T'it'q'et Community Barbecue



August 24, 2024

Noon-4pm

Peg'pig'lha Community Center
Gymnasium

BARBECUE
LUNCH



GAMES

!PRIZES!

One per household.

Come and join us for a barbecue lunch,
games, prizes and a photo booth.
Prizes are one per household.
This is a family friendly event, please
ensure you accompany your children.
Fun ... Fun.... Fun....

PHOTO
BOOTH



APPENDIX "A"
LOCAL EDUCATION AGREEMENT BETWEEN:

Sek'wel'wás (Caynose Creek), Xaxli'p (Fountain), T'ít'q'et (Lillooet) and Ts'kw'áylaxw
{Pavilion}
and
School District No. 74 (Gold Trail)

AUTHORIZATION TO RELEASE INFORMATION

Dear Parents/Guardian
By completing this form you are enabling information to be shared between your child, yourself, school administrators and your child's teachers, and your education coordinator. The intent in sharing this information is to make certain that all measures are taken to ensure your child has the best chance to succeed in the school environment. Information shared is considered confidential.

WHEREAS this authorization is to be used in conjunction with the Local Education Agreement (the "LEA") with the _____ Council and is intended to facilitate communications and information sharing between the student, parent/guardian, school administrators and teachers, and the education coordinator.

AND WHEREAS this authorization is further intended to assist all aforementioned parties with addressing the educational and social needs of students covered by the LEA.

THE TERM of this authorization is for the _____ school year.

Student Name: _____	_____
Address: _____	_____
Phone No.: _____	Message #: _____ Or Email: _____

In addition to myself, I, the Parent/Guardian of the above named student hereby authorize _____ School, being a school within School District No. 74, to release information pertaining to: report cards, progress reports, attendance records, any social concerns regarding the above named student that may be affecting that student's success at school, and any further information required in the LEA to: (please check those that apply):
the Education Coordinator OR _____ my designate.

Designate Name: _____ Designate Ph. No.: _____

Parent/Guardian Signature _____ Date _____



T'ít'q'et Administration

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

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

Please Note: Will not be paid unless ALL areas are completed.

T'it'q'et Education School Supply List Form

10 digit Status Number.	Name of Student	Birthdate				Grade	School
		Yr	Mon	Day			

Parent or Guardian

Name _____

Address _____

Phone # _____

Signature _____

CERTIFIED CORRECT
for the School term 2024/2025

COMMUNITY MASSAGE DAY

Do you need to relax?



07, August 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

Please note

Your appointment is 20 minutes long

The schedule provided is 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



ELDERS LUNCHON

**AUGUST 30, 2024
Friday 12-1 pm**

Resource Room

**EVERYONE
WELCOME!!!!**



Become a Volunteer

T'it'q'et is looking for community volunteers **ages 19 and older** to aid in Emergency Operation Center (EOC) and Emergency Support Services (ESS) response to major events. If you are a great team player, organized and good at planning, good at documenting, sourcing and tracking documents, and can take direction and commands, then our team needs you. Having training and experience in this discipline looks great on a resume and demonstrates to potential employers your commitment to volunteerism.

Please contact, Susan Napoleon (EPC) with your name, phone number, and email address if you have any questions (epc@titqet.org or 250-256-4118 Ext. 225).

Indigenous communities within BC are responsible for establishing and maintaining an emergency management organization and response, such as emergency plans and preparedness, response, and recovery measures for emergencies and disasters. T'it'q'et does have some Emergency Operations Center (EOC) trained staff and volunteers for this and Emergency Program Coordinators (EPC) to organize, coordinate, and establish the T'it'q'et Emergency Plan and team to respond to emergency of large scales.

Emergency Operations Center (EOC) are normally activated at the request of an Incident Commander or a Senior Administrative Official to provide overall jurisdictional direction and control, coordination and resource supports to a major emergency event, such as wildland fires or Earthquakes. Within an EOC (Dependent on level of activation) there are a number of Section personnel; Management, Operations, Planning, Logistics, and Finance Section. These personnel are mostly volunteers from the local area and is dependent on the size and scope of the emergency event; sometimes Emergency Management BC (EMBC) will deploy trained and experienced EOC people to communities that may need extra support, especially if they do not have enough volunteers to work an EOC.

Definition of ESS

ESS is a community-based emergency response program required to preserve the well-being of people affected by an emergency or disaster ranging from a single house fire to calamities involving mass evacuations. Emergency Support Services (ESS) provides short-term basic support to people impacted by disasters.

As an ESS responder, your goal is to help people begin to re-establish themselves as quickly as possible after a disaster. ESS plays an important role in emergency management by:

- Helping people meet their basic survival needs during a disaster
- Reuniting families separated by disaster
- Providing people affected by a disaster with accurate and up-to-date information



COME JOIN US AT T'I'T'Q'ET HALL

August 9th 2024

6:00 – 7:00 PM

WELCOMING COMEDIAN

HOWIE MILLER

COMMUNITY AND BAND MEMBERS OF T'I'T'Q'ET ONLY

Hosted by your wellness coordinator



P'EGP'IG'HA COUNCIL UPDATE

PC UNDRIP Meeting June 12th, 2024 Summarized Minutes

PC = P'egp'ig'lha Council

- 1. UNDRIP Funding ToR:**
 - PC reviewed a draft ToR for UNDRIP Funding. PC recommended some changes to the ToR, PC staff will revise ToR and bring back to PC for consideration.
- 2. First Nations Forestry Council (FNFC) :**
 - Some PC reps and staff attended the FNFC Conference online. PC Director read through highlights of his report.
- 3. Watershed Security Fund:**
 - The Watershed Security Fund is open for calls for proposal. There are 3 streams of funding. The funding application was included in the meeting package. There are discussions at the Státimc Nation level about applying for the funding to revive the Inter-Tribal Fisheries Treaty.
 - There was discussion on possible collaboration projects in the Duffy Corridor with Splitrock Environmental

Next P'egp'ig'lha Council

PC UNDRIP Meeting June 25th, 2024 Summarized Minutes

- 1. Bralorne Talisker Mine Presentation:**
 - Talisker is preparing to submit a permit amendment to the Province. Some questions/concerns were provided by PC to Talisker by letter. Mike Rutter, Talisker Mine Superintendent attended the June 25th PC meeting to give more information. Arsenic seepage as well as increased road pressure are some of the concerns associate with the proposed increase in ore production from 100 tons to 500 tons per day. PC has requested to review management plans related to the permit amendment.
 - Talisker will be invited to give a presentation at a T'it'q'et community meeting.
- 2. Strategic Planning Request for Proposal (RFP):**
 - PC reviewed a proposal from Castlemain Consulting for creating a new PC strategic plan & a customized training on UNDRIP.
 - PC made a motion to accept Castlemains proposal. Project planning will begin in July.

Have any questions?
HERES HOW TO REACH
US!

GUARDIANS OUT ON THE LAND



PC GUARDIANS MONITORING IN BRIDGE RIVER VALLEY
(PHOTO TAKEN BY LUTHER BRIGMAN)



LOOKING DOWN ON GUN LAKES IN GOLDBRIDGE AREA
(PHOTO TAKEN BY LUTHER BRIGMAN)

One line Highlights:

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

SEPTEMBER 25 , 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.

“The New Fentanyl” aka **NITAZINES**

What Are Nitazines?

Nitazines are a group of lab-made opioids that were developed years ago by pharmaceutical companies as an alternative to morphine but shelved due to the risks of overdose. Some names for nitazines include metonitazene and isotonitazene, which are also the two most often detected nitazines in overdoses.

Nitazenes come in a number of forms. They can be sold as a white or brown/yellow powder and are primarily found in illegally purchased pills, heroin, other opioids and vapes. They are most frequently injected, but can also be ingested in other ways, such as smoking or snorting.

Why are they so dangerous?

Nitazines are very potent. Research suggests that they may **be over 40 times more powerful than fentanyl**. This varies by the type of nitazine, though, **with some being closer in strength to morphine**. Not only can their potency make them very addictive, but it means that people who use them for the first time with low tolerance can fatally overdose. A higher dose of naloxone (Narcan) may be needed to reverse a nitazine-involved overdose.

Much like fentanyl, people are likely consuming substances without knowing they contain nitazines. Unlike fentanyl, however, **nitazines do not show up on drug tests or testing strips**, which makes detecting them difficult. Because they can only be identified after a lab test, this increases the already significant risk of using illegal substances.

**DO NOT USE ALONE
CARRY NALOXONE
TEST YOUR DRUGS**



Laughter Games



Come join me (Melanie the Wellness Coordinator) on

Friday August 23th 2024 in the hall at T’it’q’et
6pm – 7pm

For a new way of games and laughter Instructed by Chris Pollitt.

A method of stimulating group laughter through a series of laughter games/exercises.

A laughter game or exercise is a short activity that can stimulate laughter in the participants, even if they don’t feel like laughing. For example: breathe deeply, hold it, and let it out with a laugh. Exercises are typically very simple, fun, and do not require you to “be funny.

Community & band members of T’it’q’et only



So, let’s dedicate the entire week to raising awareness and taking action and make it a true International Overdose Awareness Week.

By spreading awareness throughout the week leading up to Saturday, we can maximize community engagement and make a significant impact.

Here are some ideas to inspire you to organize and participate in action all week long:

MONDAY

Get together with some friends or family and remember lost loved ones in whatever way works for you.

TUESDAY

Take some time to learn more about the [overdose prevention](#) and harm reduction organizations in your area and connect with them.

WEDNESDAY

Send an email to your local elected official and ask them to publicly recognize International Overdose Awareness Day or Week.

THURSDAY

Explore the [International Overdose Awareness Day website](#) for great educational materials you can print and share in your neighborhood.

FRIDAY

Share posts, stories, tributes and infographics using the hashtags #IOAD2024 #TogetherWeCan #EndOverdose on social media.



First Nations
Drinking Water
SETTLEMENT

FIRST NATIONS DRINKING WATER SETTLEMENT

phone number is:

1-833-252-4220

**CALL TO UPDATE YOUR INFORMATION OR TO ASK
ANY QUESTIONS.**



T'it'q'et Administration

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

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

**TIT'Q'ET ADMINISTRATION
BUDGET
#N/A
FOR 2024/2025
APPROVED BY COUNCIL**

	Budget YEAR 1	Budget YEAR 2	Budget YEAR 3	Budget YEAR 4	Budget YEAR 5
		Increase %	2		
Revenue					
Contributions - ISC	3,444,794.00	3,513,689.88	3,583,983.68	3,655,842.95	3,728,756.81
Contributions - FNHA	726,415.00	740,943.30	755,782.17	770,877.41	786,294.96
Contributions - Interior Health	47,917.00	49,875.34	49,852.85	50,849.90	51,886.90
Contributions - Prov of BC	217,000.00	221,340.00	225,766.80	230,282.14	234,887.78
Contributions - Fisheries/Other	63,494.00	64,763.88	66,059.16	67,380.34	68,727.95
Contributions - Misc/Other	829,270.23	845,855.63	862,772.75	880,028.20	897,628.77
Contributions - W.O.P.	6,000.00	6,120.00	6,242.40	6,367.25	6,494.59
Investment/Interest income	149,961.84	152,961.08	156,020.30	159,140.70	162,323.52
Revenue - BC Hydro/Stafimc Hydro	112,874.00	115,131.48	117,434.11	119,782.79	122,178.45
Revenue - Taxation/Other	68,700.00	70,074.00	71,475.48	72,904.99	74,363.09
Rental Revenue - Band Housing	108,264.00	110,429.28	112,637.87	114,890.62	117,188.44
Rental Revenue - Community Facilities	34,000.00	34,680.00	35,373.80	36,081.07	36,802.89
Rental Revenue - Other	355,800.00	362,916.00	370,174.32	377,577.81	385,129.36
Revenue - Garbage/Waste fees	15,000.00	15,300.00	15,606.00	15,918.12	16,236.48
Revenue - User Fees	10,000.00	10,200.00	10,404.00	10,612.08	10,824.32
Revenue - Donations	2,000.00	2,040.00	2,080.80	2,122.42	2,164.86
Revenue - Fundraising	2,000.00	2,040.00	2,080.80	2,122.42	2,164.86
GST Recoveries	10,000.00	10,200.00	10,404.00	10,612.08	10,824.32
Other Recoveries	13,940.00	14,218.80	14,503.18	14,793.24	15,089.10
Admin Recoveries	227,381.60	231,929.23	236,567.82	241,299.17	246,125.16
	6,444,811.67	6,573,707.90	6,705,182.06	6,839,285.70	6,976,071.42
Expenses		Increase %	1		
Salaries & Wages expense	2,086,921.81	2,087,591.03	2,108,486.94	2,129,551.61	2,150,847.12
Casual labour expense	5,000.00	5,050.00	5,100.50	5,151.51	5,203.02
Employee benefits expense	393,896.13	397,835.09	401,813.44	405,831.58	409,889.89
Honoraria	61,600.00	62,216.00	62,838.16	63,466.54	64,101.21
Honoraria - C&C	85,160.00	86,011.60	86,871.72	87,740.43	88,617.84
Audit fees	20,000.00	20,200.00	20,402.00	20,606.02	20,812.08
Community meetings/events/activities	80,061.83	80,862.25	81,670.87	82,487.58	83,312.45
Contracted Services	709,275.92	716,368.68	723,532.37	730,767.69	738,075.37
Consultant fees	224,228.45	226,470.73	228,735.44	231,022.80	233,333.02
Contingency	100,680.00	101,686.80	102,703.67	103,730.70	104,768.01
Courier/Postage/Freight expense	13,900.00	14,039.00	14,179.39	14,321.18	14,464.40
Discretionary	5,400.00	5,454.00	5,508.54	5,563.63	5,619.26
Equipment lease	42,580.00	43,005.80	43,435.86	43,870.22	44,308.92
Facility rental	11,000.00	11,110.00	11,221.10	11,333.31	11,446.64
Fire/Security/Alarm system	17,484.00	17,658.84	17,835.43	18,013.78	18,193.92
Fuel - heating	44,100.00	44,541.00	44,986.41	45,436.27	45,890.64
Fuel - vehicles	46,700.00	47,167.00	47,638.67	48,115.06	48,596.21
GST expense	9,000.00	9,090.00	9,180.90	9,272.71	9,365.44
Insurance expense	118,368.00	119,551.68	120,747.20	121,954.67	123,174.22
Interest & bank charges expense	17,500.00	17,675.00	17,851.75	18,030.27	18,210.57
Irrigation/Landscaping expense	1,000.00	1,010.00	1,020.10	1,030.30	1,040.60
IT/Computer expense	15,500.00	15,655.00	15,811.55	15,969.67	16,129.36
Janitorial	63,600.00	64,236.00	64,878.36	65,527.14	66,182.42
Language/Culture expense	45,000.00	45,450.00	45,904.50	46,363.55	46,827.18
Legal fees	55,000.00	55,550.00	56,105.50	56,666.56	57,233.22
License, dues & subscriptions	10,700.00	10,807.00	10,915.07	11,024.22	11,134.46

Management/Administration fees expense	235,145.20	237,496.65	239,871.62	242,270.33	244,693.04
Materials & supplies	312,164.78	315,286.41	318,439.27	321,623.66	324,839.90
Meals/Lunches/Snacks/Catering expense	112,284.60	113,387.25	114,521.12	115,686.33	116,822.99
Miscellaneous expenses	20,000.00	20,200.00	20,402.00	20,606.02	20,812.08
Meeting expenses	56,386.12	56,949.98	57,519.48	58,094.68	58,675.62
Meeting expenses - C&C	35,000.00	35,350.00	35,703.50	36,060.54	36,421.14
Office supplies	10,600.00	10,705.00	10,813.06	10,921.19	11,030.40
Photocopying	32,101.00	32,422.01	32,746.23	33,073.69	33,404.43
Program activities	60,000.00	60,600.00	61,206.00	61,818.08	62,436.24
R&M - Community Buildings	84,669.00	85,515.69	86,370.85	87,234.56	88,106.90
R&M - Equipment	97,200.00	98,172.00	99,153.72	100,145.26	101,146.71
R&M - Vehicles	1,500.00	1,515.00	1,530.15	1,545.45	1,560.91
Rental expense - Office/Room	246,143.50	248,604.94	251,090.98	253,601.89	256,137.91
Project expense	19,200.00	19,392.00	19,585.92	19,781.78	19,979.60
Telephone, cell, internet	84,800.00	85,648.00	86,504.48	87,369.52	88,243.22
Training/Workshops expense	81,365.00	82,179.66	83,001.46	83,831.47	84,669.79
Travel	171,217.00	172,929.17	174,658.46	176,405.05	178,169.10
Utilities	106,500.00	107,565.00	108,640.65	109,727.06	110,824.33
Vehicle expense	17,000.00	17,170.00	17,341.70	17,515.12	17,690.27
Municipal expense	185,000.00	186,850.00	188,718.50	190,605.69	192,511.74
Wellness	123,400.00	124,634.00	125,880.34	127,139.14	128,410.53
Education program expenses	305,701.75	308,758.77	311,846.36	314,964.82	318,114.47
Health program expenses	98,002.50	98,982.53	99,972.35	100,972.07	101,981.79
Housing expenses	137,418.00	138,792.18	140,180.10	141,581.90	142,997.72
O&M expenses	110,000.00	111,100.00	112,211.00	113,333.11	114,466.44
Social Assistance program expenses	719,621.35	726,817.56	734,085.74	741,426.60	748,840.86
EOC/Fire expenses	27,400.00	27,674.00	27,950.74	28,230.25	28,512.55
Lands expense	5,000.00	5,050.00	5,100.50	5,151.51	5,203.02
Tools/Equipment/Furniture purchases	57,950.00	58,529.50	59,114.80	59,705.94	60,303.00
Capital acquisitions - Other	2,000.00	2,020.00	2,040.20	2,060.60	2,081.21
Loan Payments	160,564.00	162,169.64	163,791.34	165,429.25	167,083.54
Allocation to Replacement Reserve	69,933.00	70,632.33	71,338.65	72,052.04	72,772.56
	8,048,903.72	8,129,392.78	8,210,686.68	8,292,793.55	8,375,721.49
Surplus (deficit) for year	(1,604,092.05)	(1,555,684.85)	(1,505,504.62)	(1,453,507.85)	(1,399,650.07)
Surplus (deficit) beginning of year	7,835,377.94	6,448,049.89	5,113,464.32	3,833,480.96	2,610,004.80
Transfers in/out	216,764.00	221,099.28	225,521.27	230,031.69	234,632.32
Ending surplus (deficit) end of year	6,448,049.89	5,113,464.32	3,833,480.96	2,610,004.80	1,444,987.05

FAC MEETING
MARCH 25, 2024

FAC CHAIR, Harold Pellegri



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.

IF an animal gets into your garbage it is your responsibility to pick it up, even if the animal drags it to someone else's yard.

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.



Message from T'it'q'et Housing



Nuisance/vicious Pets:

Administration has received complaints concerning vicious dog attacks and nuisance pets. Once a written complaint is received concerning dogs or other pets it goes on file.

All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbours. Please keep dogs fenced in or tired on a run.

Dogs that bark constantly should be brought into the home especially during the evening.

Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbours' lawns etc.

8.2.1.8 As per the housing policy it states:

1st Warning, is a writing to the owner from Council:

2nd Warning, the owner must pay the \$50 animal control surcharge;

3rd Warning, the pet owner must meet with Council;

4th warning, is the removal of the dog.

Pets summer safety tips:



LRISS IN ACTION! 2024 FIELD SEASON UPDATE

We've been busy in and around the Lillooet region with activities like biocontrol monitoring of Canada Thistle and Knapweed, campground outreach to educate visitors on preventing the spread of invasive species, doing an inventory of Gwyneth Lake Provincial Park (and only finding Oxeye Daisy!) and assisting with the UBC McKay Project on post-wildfire plant regrowth. Read on for more of the great work our crew has been up to!



Aquatic Sampling for Invasive Mussels

Since June 26, LRISS has collaborated with T'it'q'et-P'egg'ig'lha Guardians and Xwísten Fisheries Crews to sample for invasive Zebra and Quagga mussels as part of BC's Mussel Defence Program. Sampling is taking place 3 more times at Seton Lake and Bridge River near the fishing rocks before the end of the summer.

Tour of the Xwísten Cultural Burn

A big thank you to David McKay and Colleen Ross who guided LRISS staff through the Xwísten spring cultural burn, explaining burn severities and goals. We are watching how the burn affects invasive parasitic dodder that is very abundant in the area.



Inventory of Roads and Trails

Our Summer Crews have been identifying new infestations of invasive plants along roads and trails. Thanks to Christian Ahrenkiel for leading us up Town Creek. Findings will be shared with T'it'q'et-P'egg'ig'lha Guardians.

WHAT'S NEXT FOR THE LRISS CREW

Until August 31, we will continue aquatic sampling for invasive mussels, review post-wildfire logging roads for invasive plants, and inventory trails into South Chilcotin Mountains Provincial Park and up Blustry Mountain. We'll also be monitoring invasive plant treatments by Xaxlí'p Community Forest Crews and conduct outreach at the Lillooet Library Summer Reading Club and UBC Science Camp. Additionally, we'll participate in training and tours with Splitrock Native Plant Nursery staff and inventory rural resource roads in the Gold Bridge area.

 lriiss.ca   [@lrinvasives](https://www.instagram.com/lrinvasives)  info@lriiss.ca



How to access services

Access all Service Canada programs, services and benefits through online services and call centres.

Access Service Canada online services at: Canada.ca/service-canada-home

Apply for a Social Insurance Number online at:
<https://sin-nas.canada.ca/en/Sin/>

Contact one of the call centres at:

Service Canada 1-800-O-CANADA (1-800-622-6232)

Employment Insurance 1-800-206-7218

Canada Pension and Old Age Security 1-800-277-9914

Social Insurance Number 1-866-274-6627

If access to a computer or the internet is not available, or if there are other barriers to accessing services, contact the Service Canada's Outreach Support Centre toll free service.

The Outreach Support Centre has limited capacity and is designed to support the needs of clients with no other means of getting service.

Outreach Support Centre

Monday to Friday 8:30 a.m. to 4:00 p.m.

1-877-631-2657

TTY: 1-833-719-2657

Interpretation services may be provided

Services available:

- Employment Insurance
- Canada Pension Plan / Old Age Security
- Social Insurance Number information
- Veterans Affairs Canada programs and services information
- Information and referral for other federal programs and services



JULY 2, 2024 VOL. 3 ISSUE 7

The 1st Step Highlights

OFFICIAL NEWSLETTER OF THE 1ST STEP MOBILE
TREATMENT PROGRAM



1st Step Mobile Treatment Program

Services include Individual Counselling, Youth Outreach, recovery support as well as substance education and working towards individualized goals from a harm reduction approach.

- WHO:** Youth and young adults **under 25**
- WHERE:** Kamloops, Chase, Merritt, Ashcroft, Cache Creek, Logan Lake, Lytton & Lillooet
- WHEN:** New referrals are contacted **within 24 hours** of submitting information
- For more information please call **(250) 682-6892** or email **1st.step@axis.bc.ca**

International Self-Care Day July 24, 2024

Here's some ideas for self-care:

- Go outside
- Move your body
- Take a bubble bath
- Read a book
- Meditate
- Practice positive self-talk
- Try a new hobby
- Write a journal entry
- Take a nap
- Have a picnic
- Turn off your phone
- Clean up your space

For more info and ideas visit:
<https://selfcare.ca/self-care-day/>

CHANGE YOUR LANGUAGE TO FIGHT THE STIGMA

Use person first language: language that prioritizes someone's identity and individuality above whatever other characteristic you might be describing.

AVOID THESE TERMS	ALTERNATIVE TERMS
Drug User	People who use substances
Addict/ Alcoholic	People living with substance use disorder
Former Addict/ Ex-user	Person in recovery
Relapse/ Slip	Experienced a recurrence (of symptoms)

For more info visit the Canadian Public Health Association or cpa.ca

What is Harm Reduction?

Harm reduction is a public health approach that aims to reduce harms related to substance use. Harm reduction strategies and services can lessen the social, physical, emotional and/or spiritual consequences associated with substance use. It may include access to safer sex and safer substance use supplies and/or take home naloxone. It also involves outreach and support programs and referrals to health and support services.

<https://www.healthlinkbc.ca/healthlinkbc-files/understanding-harm-reduction-substance-use>

Ashcroft Drop-In DRUG & ALCOHOL COUNSELLING

Discuss important topics related to drug education, learn about services and resources available in the community, explore interactive therapy techniques, or just drop in for a snack and say hi!

Who: Youth and young adults **under 25**

Where: South Cariboo Elizabeth Fry Society
@ 601 Bancroft St, Ashcroft, BC

When: 2nd Monday of the month
from 10:00am - 1:30pm

Brainteaser:

Unscramble these letters
to make a word.

E N T R C E P P I O

Answer to last
newsletter's
brainteaser:
A clock

Keep an eye out for
our next newsletter
and the answer to
this brainteaser!

<https://cdhf.ca/en/digestive-conditions/gastroparesis/>

GASTROPARESIS AWARENESS MONTH OF AUGUST 2024

What is Gastroparesis?

Gastroparesis is also often referred to as delayed gastric emptying. The term “gastric” refers to the stomach. Usually, the stomach voids its contents in a disciplined fashion into the small intestine. In gastroparesis, the muscle contractions that allow the food to move along the digestive tract do not function normally and the stomach does not empty quickly enough. Gastroparesis is defined by long-term symptoms combined with postponed stomach emptying in the absence of any observable obstruction or blockage. The delayed stomach emptying is confirmed by a test.

What causes gastroparesis?

The cause of gastroparesis is often unclear. However, it has been observed that in many cases, gastroparesis is caused by damage to the vagus nerve (an important link from the gut to the brain.)

The vagus nerve is responsible for managing the intricate mechanisms in your digestive tract, including communicating to the muscles in your stomach when to contract and move food into the small intestine. An impaired vagus nerve cannot signal normally to your stomach muscles. This causes food to remain in your stomach for a longer period of time, rather than pushing into your small intestine to continue the digestion process.

Factors that cause vagus nerve damage can be attributed to diseases, such as diabetes, or by surgery to the stomach or small intestine.

Who is at risk of gastroparesis?

- People with diabetes
- People who have had abdominal or esophageal surgery
- People who have suffered an infection, or a virus
- Certain medications can slow the rate of stomach emptying, such as narcotic pain medications
- People with scleroderma (a connective tissue disease)
- People with nervous system diseases, such as Parkinson's disease or multiple sclerosis
- People with hypothyroidism (low thyroid)
- Women are more likely to develop gastroparesis than men

Signs and Symptoms

It is important to understand that many people with gastroparesis don't show any observable signs or symptoms. However, if you are showing signs of the following symptoms, consult your physician:

- Vomiting
- Nausea
- A feeling of fullness after eating just a few bites
- Vomiting undigested food eaten a few hours earlier
- Acid reflux
- Abdominal bloating
- Abdominal pain
- Changes in blood sugar levels
- Lack of appetite
- Weight loss and/or weight gain
- Tooth decay

Complications of gastroparesis

- **Severe dehydration:** Frequent vomiting can contribute to dehydration
- **Malnutrition:** Lack of appetite leads to low caloric intake, and results in an inability to absorb enough nutrients. These symptoms can lead to weight loss.
- **Undigested food** that hardens and remains in your stomach: Foods that remain undigested in the stomach can solidify into a hardened mass called a bezoar. These solid masses cause nausea and vomiting and can be life threatening due to the prevention of digestion.
- **Unpredictable blood sugar changes:** Gastroparesis does not directly cause diabetes, however it can lead to irregular changes in blood sugar levels. This can aggravate an existing case of diabetes and make it more difficult to manage.
- **Decreased quality of life:** Gastroparesis flare ups can cause discomfort and affect an individual's ability to perform normal day to day activities.

250-851-2947

659 Victoria St. Kamloops, BC V2C 2B3

1st.step@axis.bc.ca



EMERGENCY CONTACT NUMBERS

EMERGENCY	911
TRIBAL POLICE	(250) 256-7767
NON-EMERGENCY	(250) 256-7784
R.C.M.P.	(250) 256-4244
LILLOOET FIRE DEPARTMENT	(250) 256-7121
AMBULANCE	(250) 256-7111
POISON CONTROL	1-800-567-8911
REPORT WILDFIRE	1-800-663-5555
OR *5555 on your cellphone	
HEALTH ADVICE (Speak to Nurse)	811
BC HYDRO OUTAGES	1-800-224-9376
VICTIM LINK (Domestic Violence Help Line)	1-800-563-0808
KIDS HELP LINE	1-800-668-6868
INDIAN RESIDENTIAL SCHOOL SOCIETY	1-800-721-0066
1-800SUICIDE	1-800-784-2433
310MENTAL HEALTH SUPPORT	310-6789
REPORT-CONSERVATION OFFICE	1-877-952-7277
DAWSON ROAD MAINTENANCE	1-800-842-4122

FACT SHEET

ALCOHOL

31 AUGUST

**INTERNATIONAL
OVERDOSE
AWARENESS DAY**

WHAT IS ALCOHOL?

Alcohol is a legal depressant that slows down the messages travelling between the brain and the body. In small amounts, alcohol can cause you to feel relaxed, more confident and heighten your emotions.

Alcohol depresses the nerves that control involuntary actions such as breathing and the gag reflex (to prevent choking). A fatal dose of alcohol will eventually cause these functions to shut down. Since alcohol is an irritant to the stomach, excessive vomiting is also common. If the person is unconscious, this could lead to death by asphyxiation.

SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Keep them warm.

If you can't get a response or the person is unconscious, put them in the recovery position. Don't leave them on their back.

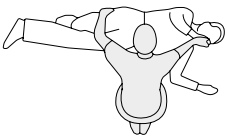
If they are awake, try to keep them in a sitting position and awake.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

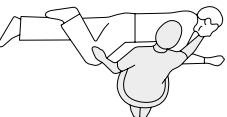
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

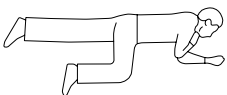
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- **Do NOT leave them to sleep it off:** the amount of alcohol in someone's blood continues to rise even when they stop drinking.
- **Do NOT give them coffee:** alcohol and coffee both dehydrates the body. Having both can lead to severe dehydration and permanent brain damage.
- **Do NOT make them sick:** alcohol can interfere with a persons gag reflex, causing them to choke on their own vomit.
- **Do NOT walk them around:** alcohol slows brain function and affects co-ordination and balance. Walking them around might cause accidents.
- **Do NOT put them in a cold shower:** it could dangerously reduce body temperature and lead to hypothermia.
- **Do NOT let them drink more alcohol:** the amount of alcohol in their bloodstream could become even higher – which could put them in further danger.



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

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

Title	Name	Extension	Email
Administrator	Janice Whitney	223	tfnadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Bookkeeper	Lesley Napoleon	227	bookkeeper@titqet.org
Accounts Payable	Jeanette John	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Dev.	(Contact Vanessa)	229	socialdev@titqet.org
Building Maintenance	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health Manager	Vanessa Thevarge	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Home Care Nurse	Christine Friesen	258	homecarenurse@titqet.org
Child & Family Support Worker	Sarah Bothwell	253	childandfamily@titqet.org
Housing Coor.	Kassandra Doss	240	housing@titqet.org
L.N.R.O	Stephanie B.-Louie	243	lands@titqet.org
O & M Supervisor	Kevin Whitney	248	omforeman@titqet.org
O & M	Murray Barney	239	murrayb@titqet.org
Director of Oper.	Christian A.	233	Director@pegpigha.org
Administrative Assistant	Lacey LaRochelle	231	AdminAssistant@pegpigha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.org
Home/Com.Care	Shirley T	236	hccworker@titqet.org
Wellness Coor	Melanie Luu	242	wellnesscoordinator@titqet.org
Red Cross Coordinator	Michael Alexander	260	michaela@titqet.org
Lands Coordinator	Dean Billy	251	landcode@titqet.org
Executive Assistant	Charlene Napoleon	264	charlenen@titqet.org
Project Manager	Franny Alec		projectmgr@titqet.org
Natural Res.Spec.	Denise Antoine	238	NaturalResources@pegpigha.org

August 2024 Horoscopes



Aries (Mar 21–April 19)

New Moons often make you feel super social, and this week's has you practically hyper! The Knight of Cups indicates that you're in the mood to party, play, celebrate, and mingle. Romance is in the cards, too. Look out for lovely, calm, creative water signs (Pisces, Cancer, or Scorpio) who you really vibe with. Head to artistic and whimsical places and events, start a creative class or a cute café. Be seen. Be visible. Be active. Have a great week!

Taurus (Apr 20–May 20)

You feel like trying something again that you've failed at in the past. Venus in Virgo makes this likely to be some kind of fitness, health, or wellbeing practice. The Eight of Cups asks you to recognize what went wrong before and put something in place to mitigate it this time around. Know your flaws and weaknesses and how they can trip you up, and then simply plan for them. You can succeed this time around.

Gemini (May 21–Jun 20)

New Moons are the best time to start new hobbies, interests, projects, or roles, and the Ace of Wands amplifies that for you this week. It's time to get creative, unleash your inner artist, and to use your talents to manifest a tangible output from your powerful imagination. Whether you do this solo, in a class, or as part of a small team, it's up to you but get the ball rolling this week.

Cancer (Jun 21–Jul 22)

Stop worrying about things that will never happen. You're literally torturing yourself with dark fantasies. Why use your beautiful mind to do that to yourself? Cancer, it's time for a mental detox. Your homework is to unburden your mind of your secret fears. Journal about them, tell a trusted friend about them, whatever you do, just get them out of your brain and look at them in the cold light of day. Don't they seem ridiculous now? The Nine of Swords brings you peace of mind if you do the work.

Leo (Jul 23–Aug 22)

New Moon, new project! It's your season and the Justice tarot card puts you center stage, exactly where you want to be. There is something you want to protect, declare, or stand up for. There's an element of justice and ethics here; this involves a cause you care passionately about. People are ready to listen to you. Make it count.

Virgo (Aug 23–Sept 22)

The Three of Swords shows up as Venus moves into your sign, and both of these events indicate that it's time to remove sources of pain from your life. Find the root cause of your stress, and then remove it. Are you ready? It's time to do yourself a huge favor and let go of something that has been draining, difficult, or downright hurtful. If you don't draw the line, then who will? Protect yourself, Virgo!

Libra (Sept 23–Oct 20)

For a few months, you have been wondering whether it's time to end something. This doesn't feel sudden, sad, or difficult because it's been such a long time coming. You know that it's time to let it go. This week, the Six of Swords indicates it's time to untether yourself from this situation and start to drift downstream. Move away from the old and towards the new. The momentum will build and carry you onwards. Act now.

Scorpio (Oct 23–Nov 21)

You're very self-protective, eager to defend your private world and fight back against intrusion. The Knight of Pentacles has you in defense mode this week, checking for weak spots and working hard to resurrect your barriers. Scorpio, as you go about this task, be mindful of which defenses are and are not really necessary. Some may actually be keeping out good people, opportunities, or ideas. Don't be too quick to replace what has collapsed.

Sagittarius (Nov 22–Dec 21)

A New Moon gives you a surge of vitality and enthusiasm, and now you're feeling some FOMO. The Ten of Wands tempers this energy by pointing to your need for rest and relaxation. Don't burn out. Don't overload your mind, body, and soul with extra activities and demands that you don't really need to take on. Be discerning about where you go, what you do, and who with. Schedule time for rest. You need time to recharge.

Capricorn (Dec 22–Jan 19)

The Hermit is your kind of tarot card because it hints at solo projects, difficult endeavors that lead to high rewards, and journeys of enlightenment. You are ready to activate a phase of learning, reflection, research, and rumination. It might be formal education or self-taught skill-building. It might mean reading or taking a class with friends. The point is that it's challenging but satisfying, and it leads you to new ideas and outlooks. Seek to learn. This project can last from now until October.

Aquarius (Jan 20–Feb 18)

There's a New Moon this week, which always makes you feel enthusiastic about starting something new and exciting. You're likely going to have lots of bright ideas. The Two of Wands sweeps in to remind you that you need to focus. Don't get overwhelmed or lost in possible options. Instead, discern the top one and take action. Ideas are great, but they can't float around forever. They need prioritizing, researching, planning, and putting into practice. Make sure you make a plan, Aquarius, and you can achieve something great this week!



Pisces (Feb 19–Mar 20)

Everyone loves you—of course they do, you're a Pisces! You're adored. The Three of Pentacles amplifies that vibe this week, and Venus in Virgo brings this high regard into the workplace. People respect and admire your efforts and talents, and you can capitalize on that by being visible, proactive, and confident around people with influence and power. You just never know what a chance conversation could lead to this week. Show up and shine!

September 2024 Newsletter Submission Deadline Thursday, August 22nd 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

