

Newsletter

April 2025

T'IT'Q'ET APRIL 2025 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 31

















April

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																																																																																																		
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ORAL HEALTH

Good
for Life™



CANADIAN
DENTAL
ASSOCIATION

A healthy mouth is an important part of a healthy lifestyle.

Keep your smile healthy for a lifetime by following these **5 steps** to good oral health:



1

Brush your teeth twice a day using fluoride toothpaste and floss every day.



2

Check your mouth regularly for signs of gum disease and oral cancer.



3

Eat a well-balanced diet.



4

Visit your dentist regularly.



5

Limit alcohol, and avoid smoking, smokeless tobacco and vaping.

cda-adc.ca/goodforlife

TOOTH NEWSLETTER | APRIL 2025 / 3

T'IT'Q'ET LANDS AND NATURAL RESOURCES

April Newsletter Report 2025

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Terence MacLellan, the Vice-Chair is vacant. The members are Genevieve Humphreys; Myrus Doss, Marilyn Napoleon, Joseph Copeland and Kevin Whitney and T'it'q'et Council representative Harold Pelegri. 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**

Met with Mandell Pinder and reviewed a memo that will be sent to T'it'q'et Council with a recommendation on Certificate of Possession land.

The Lands Coordinator prepared a draft environmental monitor report form and reviewed it with the committee. Recommendations for changes to the form will be made before the next committee meeting.

- **Natural Resource Management**

Lands and Natural Resources Officer will meet with Department of Fisheries and Oceans to discuss renewing primary agreement. No changes expected.

- **Lands Administration**

Staff met with consultant Gil Hauer on the possibility of using an online web application for keeping track of lands and natural resources tasks and timelines.

- **Financial Management**

Draft budget was prepared for 2025-2026 and submitted to T'it'q'et Finance department.

- **Dispute Resolution**

Lands staff met with the Lands Advisory Board Resource Centre specialists to work on a land dispute scenario to use in a test run for the draft Land Dispute Resolution Process that the Lands Committee has developed.

Mileage update:

April 1, 2025, MT Benefit updates:

Mileage Rate Adjustment

FNHA is transitioning the temporary mileage rate adjustment to a **permanent increase** to better support Clients who use their private vehicles for medical travel. In response to the current economic environment, an additional \$0.04/km increase will be applied to the previously set April 1, 2025 adjustment.

As of April 1, 2025, the permanent mileage rates will be:

Standard Mileage Rate:	\$0.29 per kilometre
Special Mileage Rate (for remote communities, as specified in their Funding Agreements):	\$0.35 per kilometre



Dr. SAMAD

April 23, 2025

T'it'q'et Health Dept
Start 2pm – 4 PM

***Each appointment is 15 min**

To book your appointment time

Please contact

medicalclerk@titget.org

Call 250-256-4118 ext.241





Biography

Hello all,

I would like to formally introduce myself; my name is Brandi Dekelver and I am pleased to inform you that I am your new Community Health Nurse for T'it'q'et. A little bit about myself, I graduated as Registered Nurse from UNBC in Terrace, British Columbia in 2018. My husband and I moved to Lillooet after graduating where we have since planted roots and established our small family. Since then, I have lived in and worked in the North St'át'imc Territory for 8 years and have worked with First Nations Health Authority for the last 4 years. Within my role as a community Health Nurse, I have the privilege in providing a variety of nursing roles, such as, health promotion and disease prevention, immunizations, prenatal and postnatal care, health screening, communicable disease education/prevention, and providing nursing care that focuses on a holistic understanding of our clients needs. I will be in the Community Health Building every Wednesday from 9-2pm. Please feel free to pop in for a visit so I can meet you all--I look forward to it!

I respectfully acknowledge that I reside within the ancestral, traditional, and unceded territory of the North St'át'imc Nation. I am truly happy to call this home where I work and play.

Thank you.

Brandi Dekelver, RN BSN
Community Health Nurse
Lillooet/Lytton
First Nations Health Authority
Work Cell: 778-209-8794

Elders Luncheon

April 17, 2025

MENU



AT HALL

-RIBS

-SWEET POTATO FRIES

-MEXICAN ST CORN

-TEA AND JUICE

-SWEET POTATO

BROWNIES



12- 1 PM

EARTHQUAKE PREPAREDNESS

The Lands Committee has suggested that the community might need some information on earthquakes in order to prepare for what happens if a major earthquake happens.

The Bridge River is actually the border of the Bridge River tectonic plate. That means that the local area could be affected if and when a major earthquake happens.

Did you feel an earthquake? Report it! You can help provide important information about the extent of shaking and damage for earthquakes in Canada.

Visit the Earthquakes Canada website to fill out the Online Felt Report Form. Here's the link: <https://www.earthquakescanada.nrcan.gc.ca/dyfi-lavr/known-connu-en.php>

Do not call 911 about the earthquake **unless** you have a life-threatening emergency.

Earthquakes are common in BC with around 4,000 reported annually. They are caused by continual movement of tectonic plates, and according to seismic experts, a damaging earthquake can occur at any time. You can be prepared to avoid injury, minimize damage to your home and to be self-sufficient for at least seven days without help.

The **most important thing** to remember during an earthquake:

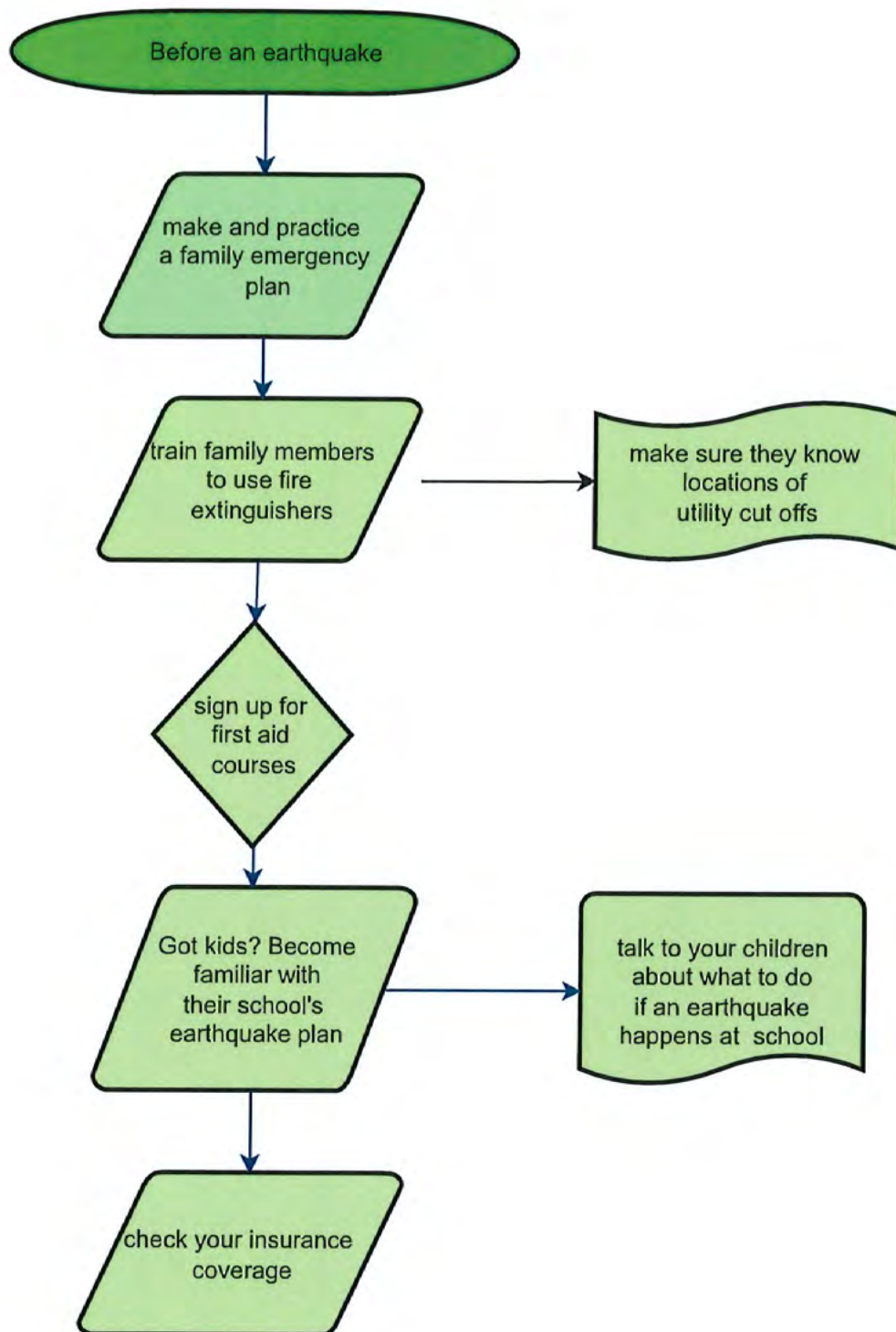
DROP to the ground (before the earthquake drops you!)

Take COVER by getting under a sturdy desk or table (or against a wall with your arms covering your head/neck), and

HOLD ON to your shelter and be prepared to move with it until the shaking stops.



(No, that's not a house party! It's an earthquake shaking the house!)



Volunteer Opportunity: Emergency Operations Center (EOC) Support

T'it'q'et is seeking community volunteers aged 19 and older to assist in the response to major events through our Emergency Operations Center (EOC). If you're an organized team player with excellent planning, documentation, and sourcing skills, we need your help!

Key Responsibilities:

- Assist in tracking and managing important documents
- Support the coordination and planning of emergency response efforts
- Follow direction and carry out tasks as part of a larger team
- Help ensure smooth operations during major events

Why Volunteer with Us?

- Gain valuable experience in emergency management
- Boost your resume with hands-on training and experience
- Demonstrate your commitment to volunteerism and community service
- Develop practical skills in coordination, documentation, and event management

Upcoming Training Programs:

- We have several emergency management training programs coming up soon. Stay tuned for more details and get prepared to make a difference!
1. ~~March 13, 14, 2025 9am – 4pm~~
 2. April 30, 2025 9am – 3pm
 3. May 13, 14, 2025 9am – 4pm

If you're interested in joining the team, please get in touch with us for more information on how to apply.

Please contact, Susan Napoleon (EOCD) with your name, phone number, and email address to

register for these courses and if you have any questions (education@titqt.org or 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 wild land 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.

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

Please help and participate in this survey to rate the services and programs offered by T'it'q'et, your input is very important.

Your input answering the survey questions will help us formulate plans for the future and provide suggestions on spending priorities related to Child and Family Services and Programs.

You have more than a few options to participate in the survey;

1. you may have received a survey in the mail, please fill this out and return in the postage-paid preaddressed envelope by March 31st 2025.
2. Or, by scanning the QR code, that will bring you to the on-line survey to complete



3. Or come by the T'it'q'et office and pick up a copy to fill in, and drop off in the sealed box provided in the office.
4. Another opportunity; there will be a surveyor accompanied by a T'it'q'et member going door to door during March 27 & 28 2025 to provide members the opportunity to fill the survey out in their home.

The responses received will be compiled by an independent firm and presented to T'it'q'et. Results will also be available on the T'it'q'et website (www.titqet.org). Respondents are guaranteed complete anonymity.

To show our appreciation we are also offering a prize draw. If you wish, simply provide your name at the bottom of your completed survey and you will be entered to win one of three prizes:

- **\$150 Visa Gift Card**
- **\$100 Visa Gift Card**
- **\$50 Visa Gift Card**

Thank you in advance for your participation. T'it'q'et Council strive to make informed decisions that best meet the needs of all T'it'q'et Members.

If you have any questions regarding this survey please contact Franny Alec, T'it'q'et Project Manager at projectmgr@titqet.org or Gail Kreiser Leech at execassist@titqet.org.



Medical Clerk message

Good Day to all!!

Nicole Napoleon here, I wanted to inform community that my last day as Medical Clerk is March 28.2025.

I will no longer be working at the T'it'q'et health department, I have been in my position since November 2015. Give or take some months since I went on Maternity leave.

Thank you all for our time together

I will cherish the many happy moments we have shared together

Sending love and heart hugs to you all

Please take care of yourselves

Drink water

Feel your feelings

I will be moving on to self care for myself and my family

Changes are always scary but after the first step it's smooth sailings

Again, thank you for all our special times we have enjoyed together

Nicole Napoleon



P'egp'íg'lha Council & Splitrock Environmental



Job title: Horseback Monitor Trainees

Organization: P'egp'íg'lha Council & Splitrock Environmental

Term: Full-time, term-limited. Position starts May 5, 2025 and ends August 15, 2025.

Training Salary: \$25/hr; for 35 hrs per week

The P'egp'íg'lha Council (PC) and Splitrock Environmental are jointly seeking to hire eight trainees to undergo training in horsemanship and environmental monitoring techniques. Trainees will gain experience in horse riding, horse care, trail riding and other relevant skills that would allow trainees to confidently ride and care for horses on multi-day, backcountry trips. Additionally, trainees will gain hands-on experience with a variety of environmental and wildlife monitoring techniques through job-shadowing placements with both the P'egp'íg'lha Guardians and Splitrock Environmental. The aim of this training program is to provide participants with the skills necessary to conduct monitoring activities, on horseback, in remote areas. No previous horseback riding or monitoring experience required. Successful trainees may have the opportunity to be hired as full-time technicians, at a higher wage, with either Splitrock Environmental or P'egp'íg'lha Council upon completion of the training.

Roles & Responsibilities:

- Participate in horsemanship training and spend multiple days a week for multiple weeks riding horses and learning about horse care.
- Take part in a variety of environmental and wildlife monitoring activities.
- Conduct monitoring in remote areas on horseback.
- Participate in other relevant trainings as necessary.

Qualifications:

- High school degree or equivalent would be an asset.
- Familiarity with St'át'imc communities and territory preferred.
- Physically fit and capable of working outside in a variety of weather conditions.
- Must be willing to ride a horse and spend time in remote areas.

Posted:

Application Deadline: April 11, 2025

Preference will be given to qualified applicants of St'át'imc or Indigenous Ancestry.

Please submit resume and cover letter to the following email: director@pegpiglha.org



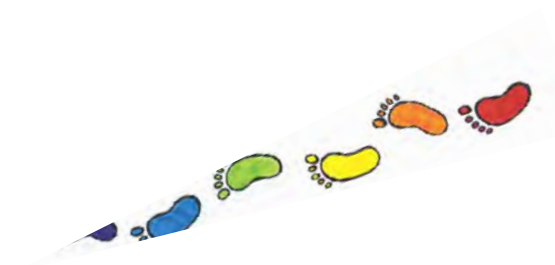
Dr. Bolen, Podiatrist

02, May 2025

**Please contact Medical Clerk
To book your appointment**

Medicalclerk@titqet.org

250-256-4118 ext.241





First Nations Health Authority
Health through wellness

PREGNANCY & ORAL HEALTH

FACTS:

morning sickness: nausea & vomiting can leave stomach acid in the mouth which can cause cavities.

Poor oral health has been associated with poor pregnancy outcomes, including preterm birth and low birth weight

Recommendations:

- avoid brushing your teeth immediately after vomiting. while the teeth are covered in stomach acids, the vigorous action of the toothbrush may scratch the tooth enamel
- Rinse your mouth thoroughly with plain tap water
- Follow up with a fluoridated mouthwash
- if you don't have a fluoridated mouthwash, put a dab of fluoridated toothpaste on your finger and smear it over your teeth. Rinse thoroughly with water
- brush your teeth at least an hour after vom

Have more questions? Contact your local community health nurse at FNHA.

Lillooet Health center: 250-256-7017

Lytton Health Center: 250-455-2715



APRIL 2025

P'EGP'IG'LHA COUNCIL UPDATE

PC Meeting March 25, 2025 Summarized Minutes

PC = P'egp'ig'lha Council

1. Tribal Chief Report

- Chief Sidney Scotchman gives a report on his attendance at the Unity Ceremony and shares information from the Duffy Lake Deactivation meeting with Ministry of Forests and the Community to Community meeting. There was no SCC meeting due to Unity Ceremony.

2. Fisheries Report

- Joseph Copeland gives his report on his attendance at the following meetings: St'at'imc Fisheries Forum, First Nations Fisheries Council Policy Forum #2, Fraser & Approach Salmon Fisheries Forum 2 and BCAFN Water Forum.

3. AFN Natural Resources Forum Report

- Marilyn Napoleon gives her report on her attendance at the AFN Natural Resources Forum.

4. Finance/Personnel Report

- The PC review the recommendations made by the Finance/Personnel Committee.

5. George M. Murray Elementary Trail Project

- Jen Eddie and Karen Playfair join the PC to give more information about their George Murray bike trail project and answer questions from the PC.

6. Strategic Plan Update

- Samantha Dawson and Daniel Milner join the PC to give an update on the PC 5-year Strategic Plan.

7. Upcoming Meetings/Meeting Scheduling

- PC discuss the upcoming Rebuilding First Nations Governance Gathering which is held in Victoria May 21-24 and decide which representatives will attend.



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.



Family Representatives & Alternates

BARNEY FAMILY
FAMILY REP: PAUL BARNEY
ALTERNATE: VACANT

BILLY FAMILY
FAMILY REP: DEAN BILLY
ALTERNATE: TODD BILLY

BOB FAMILY
FAMILY REP: JOSEPH COPELAND
ALTERNATE: VACANT

BONES/OTIS FAMILY
FAMILY REP: GENEVIEVE HUMPHREYS
ALTERNATE: MEGAN THORNE

BRIGMAN FAMILY
FAMILY REP: VACANT
ALTERNATE: VACANT

MACHELL FAMILY
FAMILY REP: CHARLENE MACHELL
ALTERNATE: KUKWPI7 BILL MACHELL

NAPOLEON FAMILY
FAMILY REP: MARILYN NAPOLEON
ALTERNATE: GEORGE NAPOLEON

PAUL HIXON FAMILY
FAMILY REP: MIKE SCOTCHMAN
ALTERNATE: VACANT

RETASKET/JAMES FAMILY
FAMILY REP: STELLA OSTRANDER
ALTERNATE: NORA GREENWAY

SCOTCHMAN/LEECH FAMILY
FAMILY REP: MILDRED MACKENZIE
ALTERNATE: KEVIN WHITNEY

Post Secondary Applications for September enrollment

Due May 1st

email Education@titqet.org
with questions

New students,

The following must be submitted to the Education Coordinator.

- a) Photocopy of a recent status card
- b) Completed Post-Secondary application package issued by the Education Department
- c) Letter of acceptance from the academic institution
- d) Proof of Residency (utility bill showing residential address)
- e) Transcripts from previous academic institutions or secondary school
- f) Letter of recommendation from instructor or employer (if available)

PRIORITY

T'it' q'et has established the following set of priorities:

1. Returning students;
2. Students who were eligible for sponsorship in previous years but were placed on a wait list;
3. High school graduates;
4. Mature entry students;
5. UCEP applicants;
6. All other applicants

(please come to the office to pick up a post secondary application package)

Skills for Success

Expression of Interest!

During this 10-week program participants will develop and learn essentials skills that will be adaptable, employable, confident, and successful in the workplace or higher learning.

PROGRAM DETAILS:

Tentative date: April 22, 2025 to June 27, 2025

Time: Tues to Friday (9-2:30)

Location: Community Adult Learning Centre

- Program is in-person
- Training supports will be provided

CERTIFICATIONS:

- Basic First Aid level 1
- Food safe level 1
- Responsible Adult



WORKSHOPS:

- Personal power
- Grief and loss
- Mental health awareness
- Racism
- Cultural identity
- Storytelling



ADULT UPGRADING:

- Computer course
- English
- Math
- Tutor and instructor supports
- Online training



WORK READINESS:

- Career plan
- Job search
- Resume writing
- Communications



For more information or to register contact:

Community Adult Learning Centre

Stephanie Joseph

250-256-7523 ext.303

stephanie.joseph@statimcltc.ca





**P'EGP'IG'LHA
COUNCIL**



Community Dinner with Talisker Mines

THE P'EGP'IG'LHA COUNCIL HAS INVITED
TALISKER MINES TO HOST A DINNER FOR
P'EGP'IG'LHA COMMUNITY MEMBERS TO
LEARN MORE ABOUT TALISKER'S BRALORNE
MINES PROJECT.

AGENDA

**5:30- DINNER & OPENING
6:15- TALISKER PRESENTATION
7:00- COMMUNITY DISCUSSION**

DINNER AND DOOR PRIZES PROVIDED

**TO ATTEND BY ZOOM PLEASE REGISTER
BY EMAILING:
ADMINASSISTANT@PEGPIGLHA.ORG**

**P'EGP'IG'LHA
COMMUNITY
CENTRE
GYMNASIUM**

April 1, 2025

5:30 pm





Hello, everyone my name is Lois, I am the Elders Coordinator. Elder Millee is getting me to research benefits that will help in gardens. So far I researched the benefits of eggshells, coffee grounds they help in soil to help growing your plants.

Millee got me to do a little project growing potatoes in a cardboard box.

This little article is about The Three Sisters Agriculture and these are the three plants that work together Beans, Corn, and Squash; they are usually traditionally grown together by the Native American. They thrive together by contributing support for each other while they grow and produce.

They support each other by growing side by side.

Corn: Provides a tall structure for the beans to climb

Beans: Add nitrogen to the soil, which helps the corn and squash grow

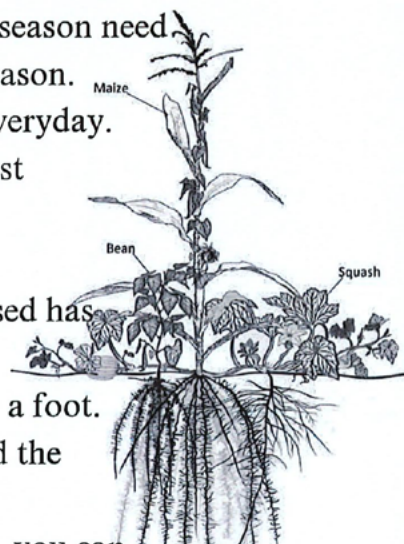
Squash: Covers ground- reduce weeds; keeps moisture; and the prickly leaves keep away small pests which they don't like stepping



Growing these plants next to each other does take a little managing before and during planting. Don't plant corn too late into the season need to before June 1st since corn requires a long growing season.

You need to find a sunny open spot that takes in 6 hours of sun everyday.

1. You need to prepare the soil with organic matter, and compost recommended weed-free compost. warmth
2. Make a mound of soil a foot high in the center
3. First crop to plant is corn after the cold frost weather has passed has to be at least 13°C.
4. Before you plant beans make sure that the corn has about 6" - a foot.
5. once the corn is tall enough you can plant 4 bean seeds around the stalk.
6. A week later plant squash around the perimeter of the mound. you can seed two in each hole to make sure one germinates.





EDUCATION

APRIL 15, 2025
5PM

P'EG'P'IG'LHA COMMUNITY
CENTRE

- INPUT ON LITERACY INFORMATION OR RESOURCES
- SUPPORT
- YEAR END BBQ
- CONCERNS
- RESOURCES

DINNER PROVIDED

CHILDMINDING PROVIDED



WILDLIFE DANGEROUS TREE ASSESSOR'S CERTIFICATE TRAINING (DTA) WITH UNBC

REGISTER TODAY!

LIMITED SEATS



INCLUDES BOTH IN-FIELD & IN-CLASS TRAINING

Prerequisites:

- Three or more years of practical field experience in the area of forestry, resource management, parks management, wildland fire protection, arboriculture, or a related field
- Grade 10 equivalency in reading, writing and arithmetic skills (including the ability to calculate percentages)
- Ability to identify tree species native to BC
- Proven forestry measurement skills to determine tree diameter, height, lean, stem cross section, and skill in distance measuring.

Additional prerequisites for fire module:

- Recent fire line experience of a minimum of 10 days in the past three years
- Experience in assessing trees in harvesting/silviculture or parks(min of five days of documented assessment in previous year)

Date: May 7 - 9, 2025

Time: 8:00am - 4:00pm

Location: T'it'q'et Administration

- Resource Room

Contact us at:

Fire Coordinator, Myrus Doss

Phone: 250-256-4118 ext. 252

Email: firecoordinator@titqet.org



To: T'it'q'et community

Good day

We have FNHA rates for hotel reimbursements, should client choose to reserve and book their own hotel rooms, the reimbursement may not be paid in full. We have FNHA rates provided to abide policy.

Patient travel program does NOT cover parking fees for hotel accommodations, that is the client's responsibility.

The following is from the current MT Benefit Schedule:

The fees listed below are meant as a guide for reasonable nightly rates.

Fee Schedule for Nightly Accommodation Rates		
	High Season (May-Oct)	Low Season (Nov-Apr)
Metro Vancouver	\$300	\$150
Victoria	\$200	\$125
Rest of BC	\$150	\$125

The patient travel program is a subsidy program meant to help clients to attend medical appointments that are covered under the MSP program or the FNHA health benefits program.

If an appointment is NOT covered under MSP, FNHA HEALTH BENEFITS, travel will be DENIED.

If you have questions or concerns please feel free to contact Medicalclerk@titqet.org

or call 250-256-4118. Ext.241.



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

DENTAL BENEFITS



First Nations Health Authority
Health through wellness

First Nations Health Benefits & Services (FNHBS) offers you a comprehensive dental plan to support you on your wellness journey.

Oral health is directly linked to general health and wellness. Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures.

Did you know?

Oral health can affect more than just your mouth? Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your comprehensive dental benefits, you have regular access to essential preventative dental services, such as exams and cleanings, to take care of your oral and overall health.

What my plan covers

Your plan covers certain dental items and services under the following categories:

- > Exams and X-Rays
- > Fillings
- > Bridges
- > Crowns, inlays, onlays, veneers
- > Dental surgery
- > Dentures
- > Night guards
- > Orthodontic services (coverage has age restrictions and medical criteria)
- > Periodontal services (e.g., cleanings, scaling or root planing)
- > Preventive services
- > Root canals and related services



What my plan does not cover

Some items and services that are not covered by your dental plan include, but are not limited to:

- > Cosmetic treatments
- > Implants
- > Ridge augmentation



To have your dental care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit www.pac.bluecross.ca, to login to your member profile.



T'it'q'et Administration

*P.O. Box 615
Lillooet, B.C.
VoK1Vo*

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

Notice to T'it'q'et Members

September 30, 2024

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'át'imc 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.

Staff Contact List**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	Sarah Scotchman	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Dev.	Megan/Ashley	229	socialdev@titqet.org
Building Maintenance	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health/Social Mgr	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		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@peppiglha.org
Administrative Assistant	Lucie Burridge	231	AdminAssistant@peppiglha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.org
Home/Com.Care	Shirley/Tina/Amber	236	hccworker@titqet.org
Wellness Coor		248	wellnesscoordinator@titqet.org
Culture	Michael Alexander	260	michaela@titqet.org
Lands Coordinator	Dean Billy	251	landcode@titqet.org
Executive Assist	Gail K- Leech	264	execassist@titqet.org
Project Manager	Franny Alec		projectmgr@titqet.org
Natural Res.Spec.	Denise Antoine	238	NaturalResources@peppiglha.org
Policy Advisor		257	

April 2025 Horoscopes



Aries

Aries (Mar 21–April 19)

Don't measure yourself by others' standards, Aries—you have more energy, resilience, and drive than most. The Page of Swords shows hesitation, but don't hold back just because others say it's 'too much.' You thrive on doing more.

The Two of Coins confirms your ability to handle it all, bringing creativity, courage, and determination. The Four of Wands promises progress, promotion, and rewards. You're expanding, rising, and stepping into your power. Trust yourself, embrace your momentum, and go for it.

Taurus (Apr 20–May 20)

Three Major Arcana cards signal powerful unseen forces shaping your April, Taurus. A fresh start awaits—bold, unplanned, and free of overthinking. The Sun and The Fool encourage you to embrace change with optimism. Spring brings renewal, guiding you toward an exciting new path.

The Devil grants full permission to shape this beginning however you desire—good, bad, or messy. Others' opinions? Not your problem. This change isn't forced or born of unhappiness—it's a thrilling opportunity. Trust the universe, take the leap, and do what feels right for you.

Gemini (May 21–Jun 20)

Don't worry, Gemini. The Nine of Swords reveals hidden anxieties—let them out. Speak up, express yourself, and clear your mind because April is action-packed!

The Four and Six of Wands bring success, luck, and career breakthroughs. You're on fire—everything you touch turns to gold. Stay consistent, be visible, and showcase your talents. Good fortune is on its way, and opportunities will start rolling in. Trust the process, keep moving forward, and embrace the success coming your way!

Cancer (Jun 21–Jul 22)

April brings deep, lasting transformation, whether in your appearance, home, career, or mindset. Death and Judgment urge you to connect with your true self, shedding anything false or imposed by others. A renewed, empowered version of you will emerge.

The Seven of Cups encourages you to dream big—visualize the life you truly desire. What you imagine now is possible. Embrace this powerful shift, trust the process, and step into your next chapter with confidence.

Leo (Jul 23–Aug 22)

Many Leos are quieter than their fiery stereotype, but your roar is always there. This April, the Knight of Swords urges you to speak up, and the King of Wands calls you to embrace your bold, confident, and competitive nature.

The Six of Cups asks you to revisit childhood memories—times when you were fully yourself. What made you feel most alive? Reignite that energy in your adult life. Restoring what life has dulled is the key to a joyful future. Step into your full Leo power and take charge!

Virgo (Aug 23–Sept 22)

You have the power to create, invent, and manifest ideas into reality—your Mercury-given gift. The Knight and King of Coins bring both imagination and practical skills to turn dreams into tangible success.

This April, focus on visible improvements in health, wealth, work, and home. The Four of Cups urges you to start with what's right in front of you—hidden opportunities you may have overlooked. Spot them, refine them, and build from there. Small steps will lead to big transformations. You have everything you need to make magic happen!

Libra (Sept 23–Oct 20)

Libras often downplay their own blessings while overestimating others' advantages, leading to lingering resentment. You may think, "Not me!"—but the cards say otherwise.

The Eight of Swords urges you to stop projecting frustrations and focus on what you can control. The Six and Seven of Coins remind you to appreciate your achievements—you are lucky, admired, and valued. Adjust your perspective, embrace gratitude, and balance the scales. This April offers a powerful chance to shift your mindset—don't miss it!

Scorpio (Oct 23–Nov 21)

Someone has betrayed you, Scorpio, as shown by the Three of Swords. But vengeance isn't always the answer. The King of Cups urges wisdom—learn from this, reflect on your role, and grow from the experience.

The Nine of Coins advises a long-term approach. Can you cut ties, or is this relationship worth salvaging? Is there hope for change? Avoid rash decisions that may backfire. Play the long game, be strategic, and choose your next move wisely.

Sagittarius (Nov 22–Dec 21)

April brings powerful feminine energy, Sagittarius, with three tarot queens guiding you. The Queen of Cups urges self-care—protect your space and nourish your mind and body. The Queen of Swords celebrates your independence, encouraging a solo project like a new skill, business, or creative venture. The High Priestess calls you to trust your intuition—meditate, explore divination, and listen to your inner voice. This is a time for self-discovery, growth, and embracing your personal power.

Capricorn (Dec 22–Jan 19)

Cap, change is coming to your relationship realm, and it's for the better. The Wheel of Fortune promises transformation—though the ride may be bumpy, it will lead to positive outcomes. The Ace of Cups and The Empress bring new love, romance, or family. Someone significant—maybe a Taurus, Libra, Cancer, Pisces, or Scorpio—will enter your life and become important. This new connection will also affect those around you, so be compassionate and act as a mediator for a harmonious circle.

Aquarius (Jan 20–Feb 18)

A powerful trio of cards! The King of Swords shows you at your best—strategic, ambitious, and innovative. The Magician indicates the potential for creation, using your talents to build something others desire, possibly an entrepreneurial venture. It's a green light for new projects or pitches. The Ace of Coins promises long-term rewards, possibly within a year. Whether it's a new venture, investment, or further education, whatever you start now has the potential to be life-changing. Focus on your strengths, and expect significant growth and success as 2025 unfolds!

Pisces (Feb 19–Mar 20)

A decision must be made, with the Eight of Cups and Eight of Coins suggesting whether to quit or continue. The Two of Swords urges you to focus and reach a conclusion this April. Don't overthink it—one decision leads to another. Consider trying a new approach before quitting. Set clear goals, and give it your all. Either way, you'll find clarity for your future path.

March 2025 Newsletter Submission Deadline Thursday, April 24th 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.)



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

*Please post where visible in case of emergency

EMERGENCY CONTACTS

