

# Newsletter

June 2024

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

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## TO SUBMIT TO NEWSLETTER

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 37



# June

## 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
	27 🗑️♻️	28	29 Culture Night	30	31 🗑️	1
2	3 🗑️♻️	4	5 Urban Systems Community Dinner T'it'q'et CCP Open House	6	7 🗑️	8
9	10 🗑️♻️	11	12 Community Massage Day Culture Night	13 Jordan's Principle Information Session	14 🗑️	15
16 Father's Day	17 🗑️♻️	18	19 Spa Day 12-6 Culture Night	20	21 National Indigenous People's Day	22
23	24 🗑️♻️ C&C Meeting	25 PC Meeting	26 National Cancer Wellness Awareness Culture Night	27	28 🗑️	29
30	1 🗑️♻️	2	3 Culture Night	4	5 🗑️	6



O&M will be doing refuse pick up once a week starting in June.  
Recycle will be moved to Monday's and there no refuse pick up.  
When the office is closed so will O&M Dept.

## O&M CALENDAR JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3 All IR's	4	5	6	7 All IR's	8
9	10 All IR's	11	12	13	14 All IR's	15
16	17 All IR's	18	19 All IR's	20	21 Office Closed No refuse pickup	22
23	24 All IR's	25	26	27	28 All IR's	29
30	Refuse pick up in red Recycle in green office closures in blue - make sure garbage bags are tied up and in the bin morning of refuse pick up to reduce the change of animals ripping bags apart and attracting other larger animals					

T'IT'Q'ET DRAINAGE AND HYDROGEOLOGICAL  
CLIMATE CHANGE ASSESSMENT  
COMMUNITY ENGAGEMENT

WE ARE INTERESTED IN HEARING  
FROM COMMUNITY MEMBERS  
ABOUT THESE CONCERNS THAT  
HAVE BEEN IDENTIFIED ACROSS  
OUR COMMUNITY:  
**EROSION, FLOODING,  
WATER SECURITY,  
GROUNDWATER SEEPAGE,  
& SINK HOLES**

JOIN US FOR A  
**COMMUNITY DINNER**

Wednesday, June 5, 2024

5:00 pm to 7:30 pm

PCC GYM

59 Retasket Street



**URBAN  
SYSTEMS**

**T'IT'Q'ET HEALTH &  
SOCIAL SPA DAY**

Wednesday: JUNE 19, 2024

START 12:00

**DINNER AT 4:30**

ENDS 6:00PM

\* LIMITED SPOTS PER PERSON

**REIKI HEALING SESSIONS  
WITH  
EMHALITS'A7 (GOOD NATURED) - THOMAS**

T'IT'Q'ET NEWSLETTER | JUNE 2024 / 5

## T'IT'Q'ET COMPREHENSIVE COMMUNITY PLAN UPDATE

### OPEN HOUSE

The purpose of a Comprehensive Community Plan (CCP) is to identify a community's vision of the future and the roadmap for that desired future. Community members create the plan.

T'it'q'et prepared CCPs in 2000 and 2014. An update of the current CCP will begin with consultation events in June 2024. Community members will be engaged in creating the plan.

The first community consultation event will be an Open House. Join members of the CCP Update Review Committee and the Consultant to learn more about the planning process and provide input.

**When: June 5, 2024**

**Time: 2-5 pm**

**Where: Community Hall**

***Let us work together to plan for the future of the T'it'q'et community!***

Note: Details of other upcoming June consultation events, including a 2<sup>nd</sup> Open House, will be communicated shortly by newsletter, website, and notices.



First Nations Health Authority  
Health through wellness

### CHN SERVICES IN COMMUNITY

- Pregnancy testing + offering Plan B
- Prenatal/Postnatal visits and education + offering prenatals
- Well Baby Checks + offering childrens vitamins and Vitamin D
  - Developmental Screening and Information
    - Childhood immunizations
    - Adult Immunizations
    - Flu shots
  - Tuberculosis (TB) skin testing
  - Lice Treatment and education
- Oral health supplies for adults and children (tooth brush, floss and toothpaste)
  - Naloxone training & Naloxone kits
- Harm Reduction supplies (safe drug use kits, condoms/lube)
- Health Checks (weight, blood pressure, blood sugar)
- Chronic illness education, medication education, healthy living education
  - Help you connect with supports and services
  - Information booths at community wellness days

\*please note that some nurses are OAT and STBBI certified. Please inquire at health center for more information

Lillooet Health Center Phone number: 250 256 7017

Lytton Health Center Phone number: 250 455 2715

# 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.



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

**12 July, 2024**

Please contact Medical Clerk

To book your appointment

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

250-256-4118 ext.241



Jordan's  
Principle

**Community Visit &  
Information Session**

Date: June 13, 2024

Time: 1pm – 4pm

Place: PCC Gym

(59 Retasket Street)

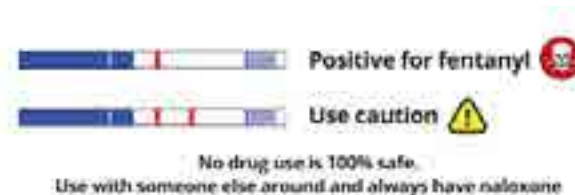


# HARM REDUCTION SUPPLIES NOW AVAILABLE

**LIGHTERS ARE NOT INCLUDED**

CAN BE PICKED UP AT WELLNESS COORDINATOR'S OFFICE OR **ANONYMOUS HOME DELIVERY**.

FOR HOME DELIVERY CALL OR TEXT **250 – 256 - 9410**  
 OPERATING HOURS  
 Mon – Fri 8AM - 4PM



## DR. SAMAD JUNE 19, 2024

T'it'q'et Health Dept  
 Start 2pm – 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





It is a whole-person approach that empowers people living with cancer by addressing their physical, spiritual, emotional, informational, social, systemic and practical needs. This comprehensive approach complements traditional medicine and allows people to live well with cancer.

Cancer Wellness is vital as it empowers individuals by

giving them a sense of control and actively involving them in their own care. It encourages them to make informed decisions and take concrete steps to improve their well-being.

National Cancer Wellness Awareness Day (NCWAD) is a crucial initiative because it sheds light on the alarming statistic that 1 in 2 Canadians is expected to develop cancer in their lifetime. Many individuals are unaware of the existence and valuable services provided by cancer wellness centres. By holding a national awareness day, we can reach a broader audience, educate them about the availability of cancer wellness centres, and encourage them to access the comprehensive support and resources that can enhance their well-being.



In late 2018, the West Island Cancer Wellness Centre (WICWC) applied to Health Canada to proclaim June 26th National Cancer Wellness Awareness Day. The request was approved and the first National Cancer Wellness Awareness Day was held on June 26, 2019.

Leading up to the day, the WICWC, along with partner organizations and volunteers, held a lobby day on Parliament Hill. They met with Members of Parliament and Senators to explain the importance of the day and ask them to help promote it. The meetings were successful and the day was broadly promoted across the country.

<https://wicwc.com/national-cancer-wellness-awareness-day/>

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

Newsletter Report  
June 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 with Special meetings in person.

- **Lands Committee**

The committee met with consultant Andrew Leach to begin developing a Strategic Plan for the committee, the Lands and Natural Resources Department as well as a communications protocol between the committee and Lands and Natural Resources staff. This process is anticipated to take at least 3 months. Meetings have been scheduled for June and July.

A committee member attended a webinar with the Lands Advisory Board Resource Centre for an update on the latest efforts to streamline the Indigenous Services Canada Additions to Reserve process.

- **Law-Making & Enforcement**

The committee and staff will meet with Mandell Pinder on June 4<sup>th</sup> to discuss the Enforcement and Ticketing Law, Trespass Law, Banishment Law and Allotment Law. The committee received direction from the P'egp'ig'lha Council on suggested changes to the draft Fisheries Law.

- **Lands Administration**

Staff met with Indigenous Services Canada representative and a member of the Lands Advisory Board Resource Centre to discuss the Environmental Site Assessment Phase II Final Report.

The Lands Coordinator reviewed a draft referral process document with the Lands Committee at their last meeting.

- **Dispute Resolution**

The Lands Coordinator is preparing a draft information pamphlet to distribute to the membership with information on the dispute resolution process.

- **Human Resources Management**

Scout Talent recruitment services has screened several applicants for the Lands and Natural Resources Department Director position. The Personnel Committee will be conducting interviews with 2 of them.



# EVENING SESSION COMMUNITY MASSAGE DAY

*Do you need to relax?*



**12 June 2024**

**12:00 – 6:00 pm**

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

Maytálhcw (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

**Free naloxone kit delivered to your door. No personal information required.**

Having naloxone available could save the life of someone who has accidentally overdosed on opiates. Don't find yourself without it. If eligible as described below, you have the option to get it delivered to your door without providing any personal information.

Enter Your Address:

Order

**This page is not for emergencies. If you are with someone who has overdosed, call 911 immediately.**

**8 people overdose and die in Ontario every day. Have naloxone available, just in case.**

Opioid overdoses are a silent epidemic hitting close to home in Ontario, with a staggering 69% of overdose deaths occurring within the privacy of our homes. This alarming statistic underscores the need for preparedness in every household. Having a naloxone kit readily available could mean the difference between life and death during an overdose emergency. [Naloxone English >](#)



**Job Title:** P'egp'ig'lha Community Research Assistant

**Location:** Remote

**Job Type:** Part-time Temporary (5-10 hour/week)

**Wage Range:** \$18-\$25/hour, depending on applicant's education level

**Job Start Date:** ASAP

**Job End Date:** March 31<sup>st</sup>, 2025

**Reporting to:** Christian Ahrenkiel (P'egp'ig'lha Council Director) and Mason Ducharme (RFNG Inherent Rights Fellow)

**Organizations:** P'egp'ig'lha Council and the Rebuilding First Nations Governance Project (Carleton University)

#### **Job Description:**

We are seeking a diligent and community-oriented individual to join our team as a Community Research Assistant. In this role, you will play a crucial part in conducting research projects that directly impact and benefit our local community. As a Community Research Assistant, you will work closely with community members, stakeholders, and researchers to gather, analyze, and interpret data on various social, economic, and environmental issues.

#### **Responsibilities:**

1. Participating in the P'egp'ig'lha Council meetings
2. Documenting P'egp'ig'lha inherent rights journey
3. Participating in the Language and Lawmaking and Constitution special projects
4. Collaborate with community members and organizations to identify research needs and priorities.
5. Conduct interviews, surveys, focus groups, and other data collection activities within the community.
6. Collect and analyze data using both quantitative and qualitative research methods.
7. Compile research findings into comprehensive reports and presentations for various stakeholders.
8. Present research findings to community members, organizations, and other relevant parties.
9. Maintain regular communication and foster positive relationships with community partners and stakeholders.
10. Assist in administrative tasks related to research projects, such as scheduling meetings, organizing data, and managing project timelines.

#### **Qualifications:**

1. Currently enrolled in an undergraduate degree or graduate degree program
2. Previous experience working or volunteering in community-based research or community development projects is preferred.
3. Strong interpersonal skills and the ability to effectively communicate with diverse groups of people.
4. Excellent organizational and time management skills, with the ability to manage multiple tasks simultaneously.
5. Proficiency in Microsoft Office Suite and experience with qualitative analysis software (e.g., NVIVO) is a plus.
6. Completion of The Fundamentals of OCAP® training (Or willingness to complete The Fundamentals of OCAP® training)
7. Commitment to inherent rights for First Nations peoples.
8. Flexibility to work occasional evenings and weekends, depending on project needs.
9. An understanding of the St'át'imc language is an asset.

#### **Benefits:**

1. Opportunity to make a meaningful impact in the local community.
2. Professional development opportunities in community research and engagement.
3. Flexible work schedule.
4. Positive and supportive work environment.

#### **How to Apply:**

Please submit your resume and a cover letter outlining your qualifications and interest in the position to [director@pegpiglha.org](mailto:director@pegpiglha.org). Applications will be accepted until the position is filled. We thank all applicants for their interest, but only those selected for an interview will be contacted.



**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

# P'EGP'IG'HA COUNCIL UPDATE

## Tips to Beat the Heat!

- KEEP HYDRATED**  
Drink lots of water!
- LIMIT**  
Non-essential strenuous activity during the hottest parts of the day
- AVOID**  
Alcohol and caffeine as they can make dehydration worse
- SOAK**  
Take a cool shower or bath to help you cool down
- BE COOL**  
Stay indoors and make use of fans and air-conditioners
- REST**  
Make sure you get enough sleep and rest if you are feeling tired
- CHECK ON OTHERS**  
Including children, elderly, people with medical conditions and pets!
- EAT FRESH**  
Try eating cold foods such as salads and fruits
- SEEK SHADE**  
When outside
- DRESS DOWN**  
Wear lightweight clothing and use sun screen

**WATCH OUT...** Be on the lookout for any symptoms of heat-related illness or conditions  
[www.healthlinkbc.ca/healthfiles/hfla35.stm](http://www.healthlinkbc.ca/healthfiles/hfla35.stm)

**See a doctor if you are not feeling well, and in a medical emergency call 911**  
 For more information on extreme heat go to [www.healthlinkbc.ca](http://www.healthlinkbc.ca)  
 or call 8-1-1 for non-emergency health information and services in B.C.  
**For Deaf and hearing impaired assistance call 7-1-1 in BC**  
 Translation services available in more than 130 languages upon request

BC HOUSING

## PC UNDRIP Meeting April 10th Summarized Minutes

PC = P'egp'ig'lha Council

### 1. Section 7 agreements:

-Section 7 agreements are based on UNDRIP legislation. The PC reviewed a Section 7 agreement between the Tahltan and Province of BC.

### 2. Spending Proposals:

-T'it'q'et Council joined the meeting to discuss ideas for utilizing UNDRIP funding.

### 3. Reciprocal Consulting preentation:

-Reciprocal is supporting the development of PC governance framework and helping to define a PC decision making process, as well as how policies are developed and approved. Reciprocal gave an overview of interview questions the developed.

### 4. Strategic Plan Request for proposal:

-PC reviewed the Strategic Plan Proposal and recommended some changes.

### 5. First Nations Forestry Conference:

-The PC discussed attending the conference.

Have any questions?  
HERE'S HOW TO REACH US!

# P'EGP'IG'HA COUNCIL UPDATE

## PC UNDRIP Meeting April 30th Summarized Minutes

PC = P'egp'ig'lha Council

### 1. PC Meeting Schedule:

-PC Discussed various different meetings schedules. PC will have one regular PC meeting a month with an additional meeting scheduled as needed. PC UNDRIP Meetings will be separate from regular PC Business.

### 2. Family Altrnate Meeting honoraria limit:

-PC passed a motion to remove an honoraria limit for family representatives & alternates attending the same meetings.

### 3. Reciprocal Consulting presentation:

-Reciprocal is supporting the development of PC governance framework and helping to define a PC decision making process, as well as how policies are developed and approved. Reciprocal gave an overview of interview questions the developed.

### 4. First Nations Forestry Conference:

-The PC decided to purchase an online registration for the conference. A meeting space will be booked.

### 5. First Nations Resource Charge Presentation (FNRC):

-The FNRC is a First Nations-led proposal to allow First Nations to exercise fiscal jurisdiction beyond reserve boundaries. It could enhance fiscal and economic benefits for First Nations and support resource investment and development across Canada. PC Director is going to request some additional information about FNRC.

# GUARDIANS OUT ON THE LAND



CREEK MONITORING  
RAY BILLY, PC GUARDIAN



BIG SLIDE ON HWY 12 FROM THE TEXAS CREEK SIDE

## One line Highlights:

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

JUNE 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'IT'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'IT'Q'ET COUNCIL QUARTERLY.

## 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.

# Notice

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



## 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.



**FNHA First Nations Health Benefits:  
Mental Health Providers**

**INTERIOR REGION**

First Nations Health Authority

**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.

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

<p><b>Marian Anderberg RSW</b></p> <ul style="list-style-type: none"> <li>• (250) 851-5155</li> <li>• Accepting new clients</li> </ul>	<p><b>Heather Anderson CCC</b></p> <ul style="list-style-type: none"> <li>• (250) 314-0377</li> <li>• Accepting new clients</li> <li>• Seasons Health Therapies</li> </ul>
<p><b>Wade Alexander CCC; RCC</b></p> <ul style="list-style-type: none"> <li>• Telehealth Only</li> <li>• (778) 472-0388</li> <li>• Accepting new clients</li> </ul>	<p><b>Robbyn Bennett RCC</b></p> <ul style="list-style-type: none"> <li>• (778) 779-7376</li> <li>• Accepting new clients</li> </ul>
<p><b>Nicole Befurt RCC</b></p> <ul style="list-style-type: none"> <li>• (250) 319-8596</li> <li>• Accepting new clients</li> <li>• Seasons Consulting Group</li> </ul>	<p><b>Robert Dolson RCC</b></p> <ul style="list-style-type: none"> <li>• (250) 319-0101</li> <li>• Accepting new clients</li> <li>• Center for Response Based Practice</li> </ul>
<p><b>Kym Daley RCC</b></p> <ul style="list-style-type: none"> <li>• (236) 852-1431</li> <li>• Accepting new clients</li> <li>• Center for Response Based Practice</li> </ul>	<p><b>Marilee Draney RSW</b></p> <ul style="list-style-type: none"> <li>• (778) 257-2433</li> <li>• Accepting new clients</li> </ul>
<p><b>Leita McInnis RSW</b></p> <ul style="list-style-type: none"> <li>• Telehealth Only</li> <li>• (672) 999-7969</li> <li>• Accepting new clients</li> </ul>	<p><b>Pete Grinberg RCC</b></p> <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.  
YaK i Yo

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

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

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

# June 2024 Horoscopes



## Gemini (May 21–Jun 20)

In tarot, the suit of swords represents the element of air, so this Page is very much a version of yourself. He might represent your younger, more chaotic or undeveloped self that emerges when you feel defensive or threatened. Gemini, step in as an adult and take charge. There is nothing to fear here. Overcome your urge to run away from this situation and instead, stay the course and sort through the issue. You got this.

## Cancer (Jun 21–Jul 22)

The way ahead is not plain sailing, but it's not as choppy as you fear, either. Start moving forwards, instead of clinging to the railings and staying where you think it's safe. The Nine of Wands is a reassurance that the problem you're worrying about is actually very manageable, and you will realize that as soon as you start taking steps to resolve it. Action always feels better than dreading and pondering your fate. Stop overthinking and start doing!

## Leo (Jul 23–Aug 22)

Leo, your love life is the center of attention this week! If you're single and ready to date, then look out for a water sign (Pisces, Cancer, or Scorpio) who only has eyes for you too. If you're single and happy to remain, so then make this week like a celebration of your independence and freedom—go wherever you want, with whomever you want, to do whatever you want! If you're happily (or even not-so-happily) attached, then organize a grand gesture, thoughtful evening, or full-on date night.

## Virgo (Aug 23–Sept 22)

You are the most helpful and supportive star sign (and even if it's sometimes driven by an "I know best" mentality, it's still a positive trait). The Six of Pentacles urges you to share your time, talent, and resources this week, because you can make a difference to so many people. Be generous and giving. Offer advice, be encouraging, troubleshoot, and give practical assistance if you can. You're storing up so many good karma points!

## Libra (Sept 23–Oct 20)

Trouble is often a sign that you need change. When things go wrong or conflict arises, it's usually because something is no longer working and the dynamic needs updating. Libra, you're super smart and objective, and you enjoy seeking solutions. Put your skills to good use this week and diplomatically unravel an issue, offer some solutions, and help set them in motion.

## Scorpio (Oct 23–Nov 21)

Something you've been working on for a long time is drawing to a conclusion. Be sure to savor this final lap and be ready to celebrate your success. And then what? Sometimes, coming down the mountain is as challenging as getting up it. Start to plan your descent and, more importantly, think about what mountain you're going to climb next! The World is a significant card about the endings that lead to new beginnings. You're evolving, growing, and changing. There is another new chapter beginning right now!

## Sagittarius (Nov 22–Dec 21)

Sag, it's always better to admit defeat. Better yet, look it in the eye, take away a lesson, and put your time and energy into a new challenge. The alternative is to struggle on, fighting a losing battle, and having to pretend that all is well. That sounds exhausting! The Eight of Cups promises that a brilliant opening is waiting for you, but first you have to let go of a no-win fight. It's time to pivot your power.

## Capricorn (Dec 22–Jan 19)

Limbo sucks, I know. It's so frustrating because you've made your sacrifices, done the right thing, put in effort... and still nothing has materialized. Well, take a break. Hang out a while. Go and do something else. The Hanged Man shows that you need to surrender to circumstances, take on a fresh outlook, change your mind, and try a new approach. You will need to take a pause to activate a different POV. Step back and rethink.

## Aquarius (Jan 20–Feb 18)

In my opinion, Aquarians are secretly the most competitive zodiac sign! This week, Jupiter in Gemini brings an entrepreneurial vibe. This is YOUR time to activate that sideline, ask for that promotion, or pitch that big idea. Go for it! You have all of the tools and now you just need to take the steps to make them real. The Seven of Wands shows that in two months, you could be well on your way to success!

## Pisces (Feb 19–Mar 20)

Work hard, pay attention, and go the extra mile. The Knight of Pentacles is a hard worker, and he will bring you the required power and determination to get the job done. Why bother? Because the rewards are worthwhile and your sense of satisfaction is priceless. Sometimes it's about being the quickest or the smartest, but right now, it's about working the hardest. You can do this!



## July 2024 Newsletter Submission Deadline Monday, June 17<sup>th</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**

