

Newsletter

March 2020

T'IT'Q'ET MARCH ISSUE:

Press Release: Aspen/Savana–Page 11
T'it'q'et Council Report–Page 12
PC Report–Page 14

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 29



Community Events

March	
1	Su
2	Mo
3	Tu
4	We • Recycle Day
5	Th
6	Fr
7	Sa
8	Su
9	Mo
10	Tu
11	We
12	Th
13	Fr
14	Sa
15	Su
16	Mo • T'it'q'et Council meeting
17	Tu • St. Patrick's Day (non Stat holiday)
18	We • Recycle Day
19	Th
20	Fr
21	Sa
22	Su
23	Mo
24	Tu
25	We
26	Th
27	Fr
28	Sa
29	Su
30	Mo
31	Tu • P'egp'ig'lha Council Meeting



Recycle Days

March 4th and 18th
first and third wednesday of the month

Special T'it'q'et Community Meeting

Fri Feb 28 9:30am

P'eg'p'ig'lha Community Centre

Purpose: Status of the lease negotiations with
Aspen/Savana Speciality Plywood
(Closed meeting. T'it'q'et Members only)

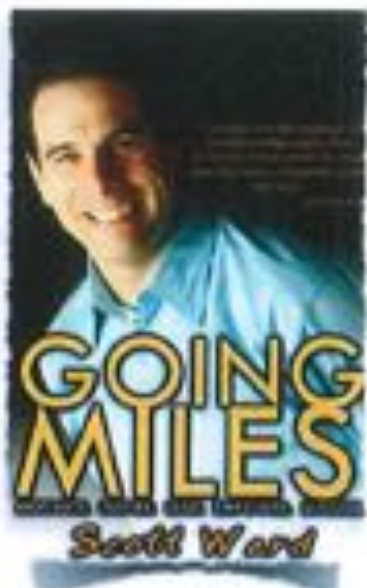
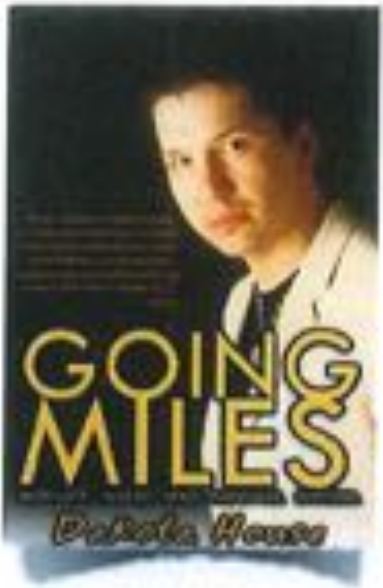
Elders Massage Day

March 16th

Community Massage Day

March 23rd

More information on page 20



GOING M.I.L.E.S

Motivate Inspire Lead Empower Succeed



MARCH 26-27-28



GENERAL PROGRAM INFORMATION

DIVERSITY TALENT
dewayne@diversitytalent.ca
Toll Free: 1-855-714-0387 (9am-5pm Pacific Time)

Snacks provided



Making cough syrup

March 3, 2020

T'it'q'et hall @ 5pm



Family Tree

workshop

March 10, 2020

5pm

**P'egp'ig'lha Community
Centre**



Bring Family
Tree information

Snacks
Coffee
Tea
available

HAPPY 5TH BIRTHDAY TO THOMAS NAPOLEON

The sweetest,
craziest little man!!
Hope your day is
amazing!!



Love you lots!!

*From:
Mom, Dad,
Nicholas, Kealey
Chase, Delta, Jax
And from
EVERYBODY!!*

On March 30, 2015 This little man entered the world ready to do anything!



HAPPY BIRTHDAY TO CHANTELLE RILEY

MARCH 2ND

AND

BLAIR RILEY

MARCH 22ND



T'IT'Q'ET LANDS
Newsletter Report by T'it'q'et Land Code Coordinator
February 21, 2020

Hello, all! The Interim Lands Committee has been meeting regularly and have activity to report in the following issues:

- Lands Committee
T'it'q'et Council has approved and signed the terms of reference for the T'it'q'et Lands Committee.
The call for permanent T'it'q'et Lands Committee applicants has closed. Several members sent in cover letters and résumés. These will be gathered together and sent to T'it'q'et Council. They will make the appointments to the permanent Lands Committee. Thanks to all those who expressed an interest in applying!
- Law-Making & Enforcement
There was a workshop held on February 9th in the P'egp'ig'lha Community Centre gymnasium from 9 a.m. to 12 p.m. The Land Code Coordinator and the Interim Lands Committee hosted a discussion on the introduction of law development for the community. Traditional St'at'imc laws and procedures were discussed along with the basics of law development. Another workshop has been scheduled for March 4th at 9 a.m. Keep watch for further announcements!
- Natural Resource Management
- Lands Administration
- Mapping
Sid Scotchman attended the Interim Lands Committee on February 18 in room 200 at the P'egp'ig'lha Community Centre. Sid reviewed the Lightship mapping program with the committee and its potential for storing information regarding different mapping uses: cultural sites, trespass/dumping areas, invasive species, and more.
- Traditional Territory
- Other Issues Raised

Eagle Spirit Counselling

Brandy Kane MSW RCSW

www.eaglespiritcounselling.com



Book your appointment with a registered clinical therapist.

Brandy Kane MSW RCSW is booking day and evening appointments for March & April. Sessions will take place at T'it'q'et Band Office, Health Wing, 10 Scotchman Rd.

Brandy's contact information is:

Cell phone 604-728-1574

T'it'q'et Band office 250-256-4544

brandy@eaglespiritcounselling.com

If you need assistance booking an appointment due to long distance charges, speak Juanita Jacob at T'it'q'et Health Wing.

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

Discover your food guide at

Canada.ca/FoodGuide



Tłit'q'et
Tłit'q'et Council
Lillooet, B.C.
Tłit'q'et / Tłit'q'et
www.tlitqet.org

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

February 26, 2020

Statement from Chief Courteney Adolph-Jones

"Tłit'q'et Council's primary goal is to protect our lands and assets for future generations.

"Council supports the continued use of our land for a forestry facility. However, our community has been patiently negotiating with the federal government and facility operators for almost 10 years to come to an agreement that would protect our land and allow the facility to continue to operate. The decision to give notice of eviction is part of a legal process that we must undertake in order to ensure that our asset is protected if the facility operator chooses not to sign a lease by the end of March 2020.

"Again, the facility has been operating on our lands without a proper legal agreement for nearly a decade. The decision to give notice was not motivated by any outside political events. In fact, on December 14, 2019, Council gave the current tenants notice of the deadline of March 29, 2020, to come to an agreement. That notice was provided as part of an ongoing legal process to protect our land and be clear that the current tenants cannot continue to operate indefinitely without a proper legal agreement.

"Council recognizes the employment benefits from the facility and the wider impact that it has on the region. We remain hopeful that the current tenant will continue to negotiate and come to an agreement so that all parties can benefit from the continued use of our land."

Media Contact:

250-256-4118

T'it'q'et Council Report

McCartney's Flat Greenhouse

Preliminary design of the building is ongoing. A greenhouse consultant has provided some guidance on the lighting and HVAC requirements, and the electrical and mechanical design is taking place currently. Fire protection measures are currently being designed, and an updated building design is expected over the next few weeks.

Towinock Water System Upgrades

BI Pure Water is currently constructing the building and working on the design of the treatment components. Lillooet Contracting Ltd. is providing updated pricing.

Fuel Management 2020

T'it'q'et submitted an application to the Community Resiliency Investment Program for fuel management. The project was approved for \$131,580. This work will commence in the fall 2020.

Lajoie Dam Improvements Project—March 9, 2020

The community information session on the Lajoie Dam improvements project is set for Monday, March 9, 2020. It is from 3 p.m. to 7 p.m.

Community Meeting on Bill C-92 & Jurisdiction Meeting—April 2 & 3, 2020

A meeting with Satsan (Herb George) from the Centre for First Nations Governance is set for April 2 and 3, 2020. Satsan will provide an overview on Bill C-92 Indigenous Jurisdiction. Bill C 92. This enactment affirms the rights and jurisdiction of Indigenous peoples in relation to child and family services and sets out principles applicable, on a national level, to the provision of child and family services in relation to Indigenous children, such as the best interests of the child, cultural continuity and substantive equality. The meeting will be in the PCC gym.

General Community Meeting – March 29, 2020

The next general meeting for the community is set for March 29, 2020 at 9:30 a.m. in the PCC gym.



AMAWILC'AM PRESENTS
CELEBRATION OF WELLNESS &
COLLABORATION

Everyone is invited to celebrate with us!

THREE DAY EVENT – SAVE THE DATES

Tues. – March 10th	Weds. – March 11th	Thurs. – March 12th
9 AM – 3 PM	4 PM – 8 PM	9 AM – 3 PM

Location: Ts'kw'aylaxw Cultural & Community Health Centre

DOOR PRIZES DAILY!
& Swag Bags!

Activities include:

- Information Booths from each community
- Massage therapy, foot care, art therapy, pine needle basket making, guided seat exercises, bus tour, games.
- Exclusive presentations on retina information, dental, nutrition, pharmacy, Pacific Blue Cross – All with Q&A time.

DIABETES
Amawilcam
"Better Yourself"
WELLNESS

Seabird Diabetes Team – Available for screening & consulting!
Wednesday-1 PM to 8 PM
Tues&Thurs-10 AM to 3 PM
AVAILABLE TO ALL COMMUNITY MEMBERS!
Contact your Health Team for registration.

Meals will be provided

Please contact your Community Health Team for registration & bus schedule



P'egp'íg7lha Council

OFFICE OF THE TRIBAL CHIEF
Shelley Leech
Phone (250) 256-4118
Fax (250) 256-4544

February 20, 2020

High Flow Agreement – The implementation of the agreement is ongoing. Implementation will be responsibility of St'at'imc Government Services and the team that has been created specifically to work on this. Will provide updates as they come in from SGS.

Some Chinook fry were released into Portage Creek in Mid February. More will be released later this spring. It is expected that 50,000 fry are to be released. The eggs were collected, sent immediately to Squamish, where they were hatched.

There was a decision by the Joint Planning Forum to focus on having a hatchery in Nquatqua.

Treaties –Ongoing work for the St'at'imc Chiefs Council. Samaquam remains in Stage 5 of the treaty process. The Provincial and Federal Governments are committed to working towards implementation of UNDRIP and towards agreements with First Nations in a way that does not violate the UNDRIP articles.

Overlapping/Shared Areas – A meeting is scheduled for March of this year to begin discussions on this contentious issue. Marilyn Napoleon and myself will be attending these important sessions.

SCC Strategic Planning – The SCC Strategic plan is still being revised into a more useable document. Still in progress.

St'at'imc Chiefs Council – Some of the St'at'imc Chiefs met with delegates from FLNRORD to talk about forestry. The meeting was disrupted by protestors. The talks were not productive. Plans are to set up another meeting.

Reconciliation and Engagement – This work is ongoing. The Provincial and Federal Governments have indicated a willingness to work towards a better relationship with First Nations.

Fisheries – A meeting is set for March 5th with DFO to talk about future funding. This meeting will involve both T'it'q'et and PC.

Referrals– The Referral Committee continues to meet and go through referrals. There will be a meeting later in February. Currently, Spray Creek (Texas Creek area) is willing to work with St'at'imc to improve the state of the range land that Spray Creek holds. Sue Senger is assisting PC on this.

Fraser River Rock Slide – Efforts continue on widening the Fraser River Channel. No fish mortality was detected. Some of the activity were blasting the east toe, setting up a highline access, installing safety mesh on the west bank, construction of overland access to the river and ongoing archeology work. A second blast will happen in March.

Strategic Forest Initiative - This project is ongoing with Sue Sengar leading the project. The next step is for the PC to review and make comments as well as to get language speakers to confirm that the ucwalmicw words selected are correct.

Guardian Project – The Guardian project is complete. It is hoped that the next proposal will be approved for this very critical project.

Governance Advisor Position – We have not had suitable candidates for this position. Sid is posting on a wider scale.

SPA DAY GUESTS

***MASSAGE BY - MARILYN CHARLIE**

***MASSAGE BY - CHANDRA DONI-SON**

***HAIR AND/OR NAILS BY - BACK 2 OUR ROOTS**

***PSYCHIC MEDIUM – TARA NAGY**

***ASTROLOGICAL READING – GEORGIA TAKACS**

COMMUNITY SPA DAY – MARCH 18TH

(including DIY treatments in the PCC GYM)

ELDERS SPA DAY- MARCH 19TH

CALL 250-256-4118 EXT, 229

(SHAWNA)

TO BOOK APPOINTMENTS



Mobile Mammogram Screening Clinic

T'it'q'et Health

APRIL 21 TUESDAY

Attention T'it'q'et community members.

If you haven't gotten a mammogram in the last 12 months, are between the ages of 40 and 79 (if under 40 or over 79, a doctor's referral is required, contact Central Office for more information – 1 (800) 663-9203), we've got a mobile mammogram screening clinic coming in on April 21, 2020.

There are some risk factors for breast cancer that a woman can't control, such as a family history of breast cancer. But there are factors that you can influence. For more women, lifestyle and behaviours are much more important factors for breast health than genetic influences. Only 5% to 10% of all breast cancers have a genetic cause; up to 42% are linked to lifestyle factors. The following steps can help reduce your risk of breast cancer:

Maintain a healthy body weight
Maintain an active lifestyle
Limit your alcohol intake
Breastfeed if possible
Weight the risks and benefits of hormone therapy for menopause symptoms.
Get screened regularly

British Columbia's leading cancer organizations have partnered to launch Five Plus, a new website that encourages women to take five steps to reduce their risk of developing breast cancer, plus two actions for early detection.

To view the Five Plus website, please visit www.fiveplus.ca

If you would like to book an appointment, or if you have any questions, contact:

Nicole Napoleon

(250) 256-4118 ext. 241

Medicalclerk@titqet.org

Please stop by to fill out a form with your information to ensure we are able to get all client information to the clinic.



P'egp'ig'lha Council

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

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

January 20, 2020

Report from P'egp'ig'lha Forestry Assistant

The Strategic Forestry Initiative plan is starting to come together. The SFI working group had two meetings this month and talked about Mule Deer Winter Range. The SFI working group talked about general concerns of mule deer and how we the P'egp'ig'lha can protect these areas.

- The mule deer need that type of food source and shelter to survive in the winter. The mule deer are disappearing and we are starting to see this from cumulative effects.
- There are deer being pushed out by private lands. The P'egp'ig'lha are looking into strategies to manage the mule deer winter range.
- It takes 120 years minimum to grow back to natural state for the mule that is suitable for their habitat needs.
- The mule deer winter range section will have recommendations from hunting meeting, plant meetings and community members input.

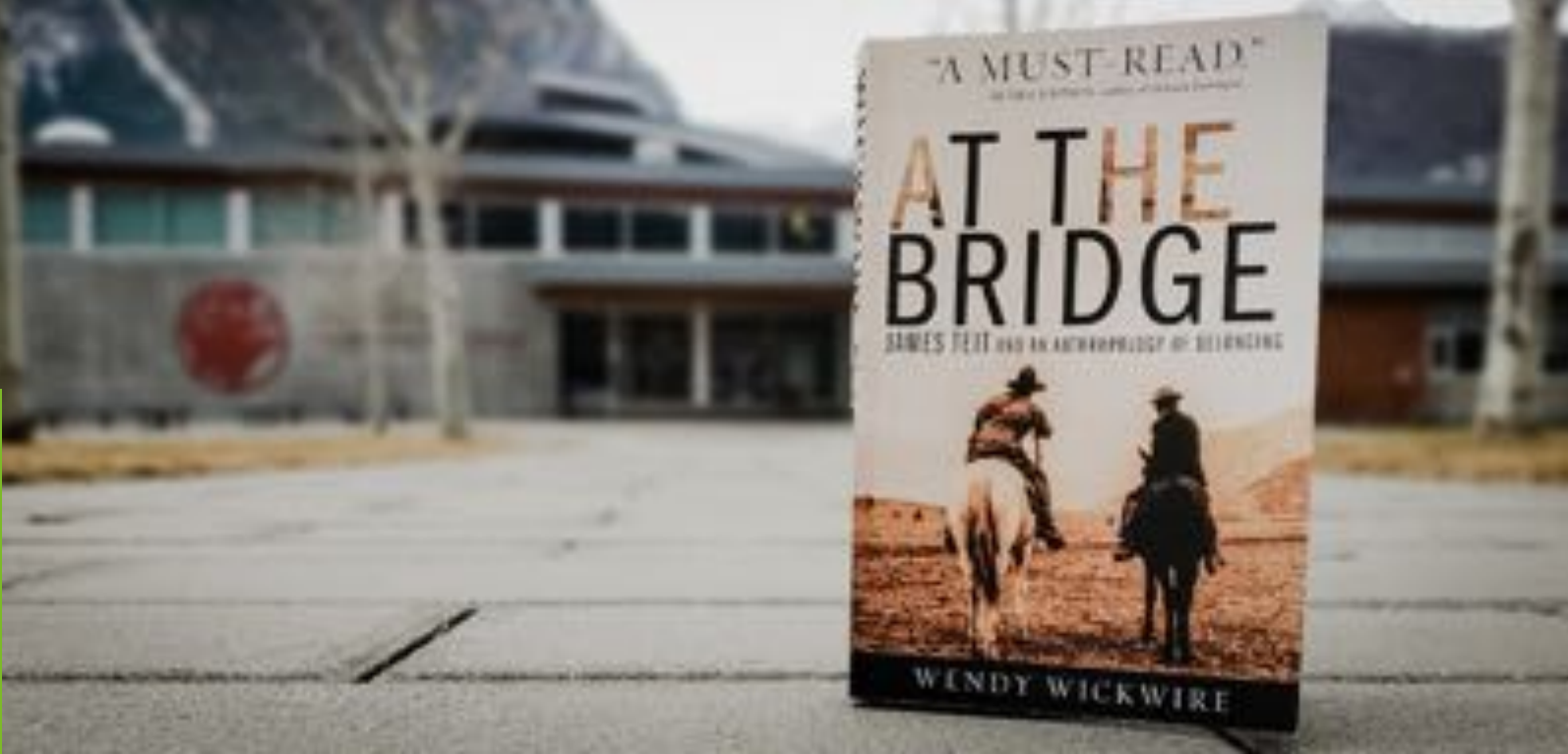
The P'egp'ig'lha SFI working group is also discussing the water section. They have discussed some ways of protecting water and developing in this plan a way to monitor water level, streams, snow level and water licences. Water is life and we need to protect water.

I am also working on the language pieces and incorporating language and culture into this forestry plan. There will be traditional stories and quotes included in this forestry plan from Relaw, P'egp'ig'lha Knowledge Keeper and Trails project.

Please feel free to contact me at the P'egp'ig'lha Council office if you have any questions or would like more information. Our phone number is 250-256 4118.

Respectfully,

Lesley Riley
Forestry Plan Support Worker
P'egp'ig'lha Council



P'egp'íg'lha Information Centre Book of the month

Title: At the Bridge
Wendy Wickwire.

Staff Summary:

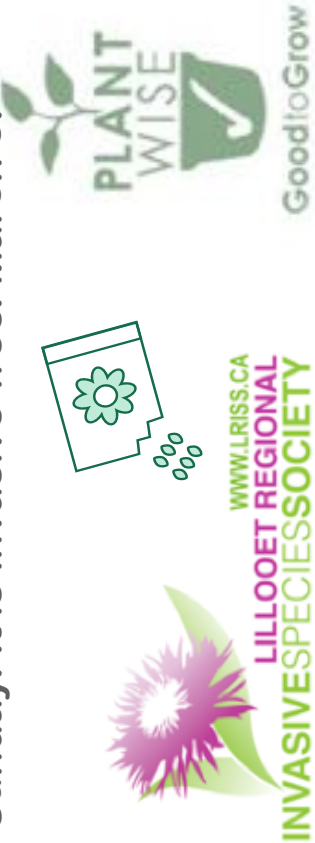
By now, hopefully you heard about James Teit, he released several books that talked about Indigenous People of BC, including the St'át'imc. If you have not, then this book a good start as it talks about James Teit's life, about his journey helping the Indigenous people in British Columbia. I will not spoil too much about the book with this summary, as you should stop by the Library/Archives located at the PC offices to sign this book out. The best part? This book was signed by the Author Wendy Wickwire when she was doing a reading of the book in Ashcroft October 2019. Huge thank you to Stephanie and Susan who mentioned they were headed to it and purchasing the book for the Library.

Are you interested in reading this book? Stop by the PC Offices at 10 Scotchman road in the basement. We have a good selection of books that deal with the Lillooet/St'át'imc area, books about other First Nation cultures, and many more! Call to let us know you want to stop by! (250).256.4118, ext. 231 for Sid! You are able to sign books out as well! We are also accepting any donations for books to add to our collection, but please, we are trying to keep the books around a theme that will help educate others about different topics, so please no Fiction.

How to avoid Invasive Plants in Seeds

When reviewing wildflower mixes recently, LRISS found that one company who offered 10 different mixes, 8 of them had a known invasive plant: Batchelor Buttons. An example of one of the mixes is shown here. Avoid invasives when choosing seeds by:

- Learn to identify invasive plants. Check out www.LRISS.ca.
- Read the contents of all seed mixes to avoid ones with invasive species.
- Ask for Certificate of Seed Analysis for seed mixes especially bulk and lawn mixes. It will show what % and types of invasives.
- Support local seed events like Seedy Sunday. It is invasive-free. March 8.



Botanical Name	Common Name
<i>Centaurea jacobaea</i>	Chicorye Forget Me Not
<i>Centaurea cyanus</i>	Batchelor Button
<i>Plantago lanceolata</i>	Plantain
<i>Centaurea montana</i>	Lance Leaved Centaurea
<i>Delphinium ajacis</i>	Rock Rose
<i>Delphinium consolida</i>	Consolidida

None of the following kinds exceed 5% of the total mixture by weight:

<i>Helianthus annuus</i>	Baby Blue Eyes
<i>Helianthus scaberrimus</i>	Helianthus
<i>Coreopsis grandiflora</i>	Coreopsis
<i>Coreopsis lanceolata</i>	Coreopsis
<i>Coreopsis palmata</i>	Coreopsis
<i>Coreopsis verticillata</i>	Coreopsis
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ELDERS MASSAGE DAY



Come on down for a good relaxation massage with Marilyn Charlie

March 16th 9 - 3

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

Maytálhew (A place to Heal)

Please call Medical Clerk Nicole Napoleon

250-256-4118 Ext. 241

To book an appointment

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

Community Massage day

March 23rd 2020



Come on down for a massage with Marilyn Charlie

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

Maytálhew (A place to Heal)

Please call Medical Clerk Nicole Napoleon

250-256-4118 Ext. 241

To book an appointment

Please note

Your appointment is 20 minutes long

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As An Update on the Assisted Living Facility

February 20, 2020

The *Independent and Assisted Living Units for St’át’imc Elders for the Northern St’át’imc communities* feasibility study was completed in May 2019. As council read there are currently no assisted living units in Lillooet. The data collected from Interior Health Authority and T’it’q’et show a significant need for an assisted living unit and residential housing for seniors. The engagement process during the development of the feasibility study also showed strong support for the facility. The study provided the following recommendations:

- o 10 independent living units where tenants pay full rent. Some may be entitled to subsidies due to disabilities or low income through BC Housing where tenants pay up to 50% of their income;
- o 18 Assisted Living units (note these would need to be open to status and non-status St’át’imc elders as priority group and non-St’át’imc elderly where units available / unoccupied to ensure sustainability). These would be subsidized by BC Housing and tenants pay up to 70% of their income;
- o 2 units reserved for respite care (paid by client) or hospice / palliative care (funded by IHA).

On September 19, 2018, the Elders Council passed a motion “to support the elders complex through the Ucwalmicw Centre Society” . T’it’q’et Council passed a motion June 17, 2019 accepting the needs assessment feasibility study for the Northern Statimc Elders Facility Independent and Assisted Living Unit for St’át’imc Elders for Northern St’át’imc communities. The Comprehensive Community Plan 2014 identified an action for strategy 2 to “conduct a feasibility study of assisted living facilities as a socioeconomic venture. An action for strategy 4 also stated to “implement specialized housing and assisted living to remain within the community and family. The Land Use Plan 2014 also includes policy guideline “to consider an assisted living facility for elders housing on the main reserve”. The T’it’q’et community supported exploring the realization of an assisted living facility through the engagement processes of both the CCP and Land Use Plan development.

The next steps if funding is secured include the development of a business plan and facility design for the assisted living units. To advance this, funding needs to be secured to complete a business plan and design. The business plan stage will identify the best location of the site as well as providing more financial details to ensure viability. I met with Interior Health to identify funding sources and spoke to various people over the past few months. A recommendation was to meet with BC Housing to discuss possible funding. On February 12, 2020, I met with Michael Sadler with BC Housing. The meeting went well and Mr. Sadler and Danna Locke, Director Regional Development Interior Region are interested in another meeting that will include T’it’q’et Council and UCS to discuss funding for a business plan and capital. The UCS is positioned to oversee the next stage because of our knowledge and experience with the project as well health and healing are a part of its mandate. The business plan development will also identify governance models.

1. that many St’at’imc Elders are concerned about retaining access to Doctors, Hospital and other social supports and wanting to remain living in their communities (and not having to move to nearest facilities in Lytton or Kamloops);
2. the St’at’imc communities themselves will need to discuss internally who will govern the facilities if successful with resourcing negotiations;

Kevin Whitney
UCS Manager



Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'el'was



ST'ÁT'IMC OUTREACH HEALTH SERVICES

LILLOOET TRIBAL COUNCIL

PO Box 1420 | 650 Industrial Place | Lillooet, BC V0K 1V0

Phone:(250) 256-7530 | **Fax:** (250) 256-7535

statimchealth.net

HOURS OF OPERATION

Monday – Friday

8am – 5pm (closed for lunch from Noon–1pm)

Closed on Statutory Holidays

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30–4:30pm, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Ministry of Children & Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free:

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7.....1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA.....1-877-209-1266
- Interior Crisis Line.....1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7.....1-800-784-2433
- Adult & Youth Distress Line.....1-866-661-3311
- Alcohol & Drug options for treatment.....1-800-663-1441
- Kids Help Line, for children & youth,24/7, phone.....1-800-668-6868
or by text, CONNECT 686868
- BC Nurses Line, Health questions.....811
- Indian Residential School Crisis Line, 24/7.....1-866-925-4419
- VictimLINK, 24 Hour help & Information.....1-800-563-0808
- Kamloops Sexual Assault Counselling Centre.....250-372-0179
or ksacc@ksacc.ca
- Women's Emergency Shelter.....250-455-2284
or toll free 1-800-318-4455

Emergency – Call 911 in service area

or

Stl'atl'imx Tribal Police – 250-256-7767

RCMP – 250-256-4244

Ambulance – 250-256-7111

Mental Wellness Councillors

Lorrinda Casper

Youth Mental Health Clinician,
St'át'imc Health Outreach Services

Office: (250) 256-7530 ext.206

Cell: (778) 209-7055

lcasper@statimchealth.net

Joanne Warren SSW, BA, MLIS, MACP, RCC

Askom Counselling

Office: (250) 256-4906

Toll free: 1 (866) 884-5990

counsellor@askomcounselling.org

Ricardo Pickering

St'át'imc Health Outreach Services

Cell: (250) 842-8552

rpickering@statimchealth.net

Matilda Brown

Addictions Worker

Office: (250) 256-7530 ext.209

mbrown@statimchealth.net

Yolanda Hall MSW, RCSW

Private Clinician/ Counsellor

Lillooet (Mondays and some Tuesday afternoon)

Office: 1 (866) 414-2300

yjhall@telus.net

Victim Services

Gloria Joseph

Victim Services

Lillooet Friendship Centre

Office: 250-256-4146

stv@lfcs.ca

Violet Dunn

Victim Services/Stop the Violence/

SAFE Home Program

Lillooet Friendship Centre

Office: 250-256-4146

stv@lfcs.ca

March 2020 Horoscopes



Pisces (Feb 19–Mar 20)

What a beaut trio of cards, Pisces! The Sun is the most positive card of the tarot, promising success, joy, prosperity and fulfilment. The Six of Wands reinforces this happy vibe, as it is the tarot’s ‘victory card’. Something B-I-G is going to happen and you deserve it, you’ve worked for this. The final step is to have the confidence to reach out for the rewards, so put yourself in the spotlight and show them what you can do. The High Priestess hints that it’s something creative, maybe even a bit esoteric or spiritual. You ARE a bit of a High Priestess, Pisces. Go show them your magic!

Aries (Mar 21–Apr 19)

Ambition runs through your veins like molten lava, Aries, you have always got a goal in your sights. This March, as we move into Aries season, the Knights of Wands and Swords bring you extra power, courage, resilience and wisdom. The Four of Wands is a ‘success card’, revealing you will enjoy a great achievement in whatever you focus this potent energy on- don’t waste it, aim high. You can move mountains in the weeks ahead, so pick the right ones.

Taurus (Apr 20–May 20)

Taurus, why so grumpy? I think you’re overdoing it, and it’s time to clear the decks, have a spring clean of your obligations and commitments, and tidy up your schedule. The Ten of Wands shows you’re overwhelmed and overworked, but the Two of Wands also shows that you’re reluctant to



make changes, you can’t see the wood for the trees. The Eight of Swords reveals this is a mindset ~thang~. Be clear, in your own head, what your priorities are and let them guide your lifestyle audit. Focus on what is important. Ditch, delegate and delay most other stuff. Breathe easier.

Gemini (May 21–June 20)

A new beginning, a clean slate and a fresh start are just what you need this spring, Gemini. The Four of Cups shows you heading towards routine and, eventually, boredom. Shake it up! The Fool is the patron saint of new beginnings. A project, job, hobby or relationship which inspires you- invest 100% in it. Strength shows this is all necessary and important regarding your personal development. Seek a new pathway, change your routine, look for fresh landscape.

Cancer (Jun 21–Jul 22)

There are unseen forces at work here, shaping your pathway. Can you feel it? The Star shows a dream will come true, a long-held wish will manifest in your world. Wonderful! The Lovers shows it may be related to love, or to something emotionally stirring, which perhaps you’ve felt conflicted about. The Emperor reveals the fog will lift at last, you’ll feel clear and confident about what you want... and, as a result, you’re gonna get it!

Leo (Jun 23–Aug 22)

It’s all Cups cards for you this month, Leo, and that means one thing: LURRRRVE. Seriously, Cupid has got you in his sights and that arrow will be flying in on target. Who’s the lucky object of affection? Maybe a Water sign (Pisces, Cancer, Scorpio)? The Two and Ten of Cups reveal this romance has got lasting potential, and will meet all of your passionate and intense expectations. A dream lover is on the cards.

Virgo (Aug 23–Sept 22)

Hey Virgo. The Six of Cups is always a hint that something, or someone, from your past is going to stroll back into your life, and mix it all up. The ex with a lingering crush? The frenemy you ~cancelled~ who’s found a new attitude? One thing’s for sure, the Seven of Cups means it’ll get you thinking, if not doing some classic Virgo-style overthinking. The Two of Coins says: don’t panic. Just carry on being you, and see what unfolds. Don’t try to control the situation. Let it flow. Who knows... might be a good thing in the end?

Libra (Sept 23–Oct 20)

Two Kings this month (Wands and Coins) which means you, Libra, are going to be getting on top of your career ambitions and making some serious progress. #boss. The Eight of wands reveals the enabler of this is your network and communications. So,

invest time in sprucing up your LinkedIn, catching up with old colleagues and bosses, moseying around the ‘positions vacant’ pages, putting yourself in opportunity’s way. Something good is going to happen, and it comes from WHO (not WHAT) you know.

Scorpio (Oct 23–Nov 21)

Spring is often a catalyst for new ideas and changes in direction. For Scorpio, this trio of Coins cards, headed by the Eight of Coins, reveal that you’re rethinking your long-term career path. More specifically, you’re wondering about returning to education, in some way, to learn (or brush up on) new skills and knowledge. We all change course, along the way, and it’s never too late. Follow this thread, research your options, zoom in on what interests and inspires you. School’s in.

Sagittarius (Nov 22–Dec 21)

This can be a turning point for you in a situation you’ve carried for too long, and which has become painful. Ready? Okay. The Five of Coins sees you nursing an old wound. The event has long passed, but you still have regrets/anger/guilt/shame. The Four of Coins shows this emotional echo has gone on long enough, time to process it and move on. The Devil brings you the necessary willpower, determination and self-awareness to see it for what it is, and release these ~sticky~ emotions finally. Time to turn the page. No more self-recriminations.

Capricorn (Dec 22–Jan 19)

Capricorn, your friends and family, as shown by the team-playing Three of Wands, are going to help you have the confidence and self-belief to make a big decision and take a leap of faith. The Two of Swords sweeps into our life when we’ve procrastinated about something, and it’s time to make that choice and get on with it. No fear because the Six of Swords shows you’re ready to move on, to pursue something new, to let go of the old. Lean on your loved ones for support, but don’t delay this vital next step any longer. It’s time...

Aquarius (Jan 20–Feb 18)

Powerful cards this month, Pisces. You are zooming in on your most important ambitions and priorities, and focussing on your intentions. You are making shit happen! Continue to take charge, lead the way, set the agenda, make the plans- it kinda’ suits you. You are realising that you can manifest what’s in your imagination, you’ve got the creativity AND the practicality to change your life in a magical way. This is wonderful. Keep it going.



April 2020 Newsletter Submission Deadline

Friday, March 27th 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) 256-4225

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