

# Newsletter

July 2020

**T'IT'Q'ET JULY ISSUE:**

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**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 23



# July

## Garbage Days

Mondays and Fridays  
O&M will also pick up garbage  
on recycling days

## Recycle Days

Wednesdays

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8



Congratulations to **Carter MacKenzie**  
who graduated from Gulf Islands  
Secondary School.



## T'IT'Q'ET LANDS NEWSLETTER REPORT

July 2020

The T'it'q'etmec Xékmens ta Tmícwa Lands Committee continues to meet using Telus.businessconnect. They are working on a strategic plan for the future Lands and Natural Resources department, a work plan for the lands committee and planning for future land law development.

- Lands Committee  
Sent memo to T'it'q'et Council recommending revisions to the land code. This is to address legacy issues in regards to the BC Hydro right of way on IR #1 as well as numbering issues in the code.  
Has been working on a proposal for Legacy issues, these are issues or concerns that were in place before the land code was approved by the community. There are 6 issues identified that may be addressed if this proposal is approved.
- Law-Making & Enforcement  
The committee recommends that the community use a phased approach to law development and consider laws that we think might be most likely to be successfully approved: environmental protection, trespass, etc. Plan for law development for year 1, year 2, year 3, etc.  
The proposal for matrimonial real property on reserve law development submitted to Centre of Excellence for Matrimonial Real Property was not approved and can be revised and resubmitted.
- Lands Administration  
Lands officer has been working on a wills and estates binder, water line right of way on IR #2. There is an opportunity to apply for funding to have a Phase II Environment Site Assessment done for the community.
- Mapping  
There's a need for an updated map with Certificate of Possession lands marked on it for when the community makes plans for future development.

Good day

I am taking active part in a partnership with Lillooet Friendship Centre as 1 of 4 Facilitators for the Living In Balance opportunities; which started June 16<sup>th</sup> until July 31 2020

Met with Kate Aleck Riley Aleck Shawn Scotchmen Carol Camille to sort details out for delivery of proposal in regards to Covid-19, which added another level of detail to our planning and space selection.

I have added a pamphlet and if this first session is a success we are looking at adding another session middle of September. All sessions are 6 weeks in length and twice weekly so it means a lot of commitment; especially in regards to job; children and rides for persons out of town. There is a lot of challenges more so today then in the last year; it is a lot more then for us to just put down plans and setting dates. Now we have to look at number of people to involve, size of space for gathering, and how long are we in a confined room. Hand sanitizers is anyone showing signs of cough or fever; have enough sanitizers and hand soap also have enough paper towels to dry hands; always clean up before during and after sessions

I am on a sporadic schedule as I will be working Tuesday and Thursday 2:00 – 4:00 in office for phone calls, paperwork, client requests. From 4-9 I am at Community Cares Building in Lillooet, for the presenting of various modules in Living in Balance Opportunities; I am in office Monday and Wednesday regular hours- I am still available by cell phone; so if you do not get me in office please leave message or request to leave a voicemail on my work station phone; as I do have a laptop which I can also get my voice messages.

I am in contact with FNHA for information regarding treatment centres and there follow up of open or closed sessions; there are some who do live video zoom conference's or phone call sessions; just keeping up on changes for safety of all involved.

We are all learning and re-learning how to be safe and find comfort for our changing lives; we are all going through the emotions and please know, it is within this change that shows us how life is changing; do not take it all personally we have no choice in this change. We are all going through it every reserve every town all over –we have no choice.

Be safe be safe in which ever manner you choose; prayers songs reaching out for help or to assist – we all need to do what we can and must.

Juanita Jacob

Wellness Coordinator





## Nxékmens Ku Ts'úqwaz'am Pál7usem (NTP) Update

The Fisheries group has been meeting regularly on zoom ever since the pandemic began. They've been working on a law preamble and a recital for fishing laws. They have also revised the fishing license application that people need to fill out at the beginning of the fishing season.

One of the items that the P'eg'pig'lha should be aware of is that the NTP has proposed to limit the size of gillnets that people can use. The maximum allowed under the new regulations would be 20 feet long x 10 feet deep (6.1 meters long x 3 meters deep).

T'it'q'et Council will be sharing the new license draft as well as the NTP Terms of Reference with the chairs of the P'eg'pig'lha Council and the P'eg'pig'lha Elders' Council.



## Kanukwa7staliha Family Services

### Aboriginal Children & Teens in Need of Care

Research and experience indicates that children who grow up connected to their culture do better. Aboriginal children and teens feel more at home when they live with a family that helps them stay in touch with their culture and community.

**If you're (19+ years old)**, consider sharing your home and life with a child in need and apply to be a foster caregiver. You don't have to be married, be a parent, own a home, or have lots of money.

**If you're thinking about fostering a child or teen**, take time to consider these points:

- Is each member of your family willing to share their home?
- Are you willing to discuss with your family how their lives will be affected?
- Do you have the time to provide care and attention for a child or teen, their family and others on their care team?
- Are you in good enough physical and mental health to cope with the added stress?
- Do you have patience, imagination and a sense of humour?

For the majority of children, separation from their families is a difficult experience. Children need encouragement and support to heal and grow. They will not forget their own family and will want to stay in touch with them – caregivers need to support and help strengthen their family relationships.



#### CONTACT:

ROSALINDE NARCISSE, FAMILY

FIND WORKER

Work: 250-256-7525

Cell: 250-256-8633

Email: [rnarcisse@kanukwa7staliha.org](mailto:rnarcisse@kanukwa7staliha.org)



# Attention

## Re: Medical Travel

Medical Travel, I would like to remind everyone, requests are to be submitted a week in advance to ensure your travel cheque is ready in time for your appointment.

Cheques can be picked up **Wednesdays** and **Fridays** after 9am.  
**A photocopy or fax of your appointment/referral:**

### HEALTH FAX # 778-784-4070

Date, time and whose office you are going to see is required for me to submit your travel request. **It is your responsibility to provide this information to me.**

In addition, if a driver is required and/or an overnight stay is needed, *it needs to be stated on the Medical Application form.*

**Please note that it is the client's responsibility to return the confirmation card to the medical clerk in order for upcoming medical to be funded**

If a gas voucher is provided for an appointment, please remember to bring back the receipt so I can calculate if all funds were used in order to determine the proper reimbursement, this is your responsibility to submit the gas receipt to the medical clerk in order to receive the full reimbursement otherwise it may be considered fully paid out.

For T'it'q'et members the Top-Up rate has been adjusted and only one will be provided for coordinated family's appointments out of town, for Kamloops appointments the Top-Up is set at \$21.34, for Vancouver appointments the rate of Top-Up is \$26.88. As the medical travel, mileage adjusted from .20 cents to .23 cents back in October 2014.

May I please remind that the First Nations Health Authority does not cover client fees for exams only medical travel, accommodations, and meal allowances for the client and the medical escort if required. There is a \$10.00 meal allowance provided to all same day trips out of town

Questions or concerns, please contact me

Nicole Napoleon  
T'it'q'et Medical Clerk  
**Medicalclerk@titqet.org**  
250-256-4118 ext. 241

# PODIATRIST IN THE COMMUNITY

## Friday, July 24th

DR. Bolen will be in the T'it'q'et Health Department  
Please note there will be changes

There will be a waiting area for two seats in the health wing for social distance purposes

We ask that clients wait until their appointment time to enter the T'it'q'et Health wing, entrance is to be on the side of the health department door

To be added to the list please provide your carecard information as well as your birthdate

**For booking please, contact Nicole Napoleon**

**250-256-4118 ext.241**

**First Nations Health Authority**  
**Interior Region Mental Health and Wellness**  
**“The Old Ways” to cope with “The New Normal”**  
**A Holistic Approach to Recovery**



Empowering yourself by integrating Traditional Wellness and your Cultural practices in daily life can support you in creating and maintaining holistic balance for a healthier mental and emotional wellbeing. The Interior Region Seven Nations’ Territories share many gifts with us that have nourished people for generations.

As we move from being isolated within our small family groups into widening our social circles to perhaps our larger extended family members, friends and communities, many emotions can become apparent. Some of these emotions are anxiety, fear, excitement, even relief to name a few. These emotions can become intense, continuous, increase and decrease, or even feel overwhelming in certain situations as we move through the next phase of recovery. It is important to remind yourself you are not alone, others are feeling uncertainty as well. There are people around you that can help. We are all doing our very best in continuing to cope through these difficult times. We are all in this together.

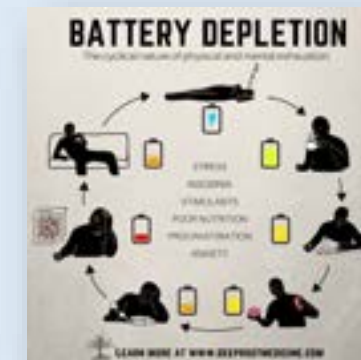
If we look internally, we can harness our own resiliency and strength. Resilience and strength can come from the Traditional Wellness uniquely imbedded into the culture of each community within the Interior Region Nations. As we enter the “new normal”, we encourage you to find the tools to support and maintain your own balance and wellbeing through what some Elders refer to as “the old ways” of your people and community.

**Traditional Wellness Tool Box:** Below are some tools we respectfully offer to empower and inspire you to create your own Traditional Wellness Tool box to support your wellbeing.

- Learning your culture, language and traditional stories or songs is a great way to keep your mind sharp, fill your heart with positive energy and reconnect you to your community.
- Reaching out to an Elder or Knowledge Keeper enriches their lives as well as yours during this difficult time of social distancing, and isolation. While practicing safe social distancing. Calling by telephone or virtual communication can support this connection.
- Centering through reconnection to your inner spirit and creator through prayer or ceremonies can provide strength and balance.
- Utilizing Traditional Medicine(s) to cleanse your space can replace negative atmosphere with positive feelings/energy. A couple examples can be smudging with sage, boiling cedar or other traditional medicines.
- Nature itself is medicine. Being near water, a walk in the woods, hiking through the desert hills or climbing mountains are all ways to calm your spirit, refocus your thoughts and emotions as well as enhance your mental and physical your wellbeing.
- Gathering and preserving traditional foods and medicines can nourish you by providing nutrition for your body; it can also nourish your spirit, mind and heart. Spring, is a time of gathering medicines or gardening or other projects outdoors are perhaps building a new sweathouse to support your wellbeing.



**Emotional Fatigue:** When our body and mind are on constant high alert our fight, flight, or freeze responses are engage. Our individual internal response may be reacting to the changing situations in our lives and our world around us due to Covid 19. The symptoms of emotional fatigue can compound with our natural responses and creating amplified emotional, physical, and mental reactions. This is often when our reactions are not a reflection of our authentic selves. Gaining an understanding of the symptoms of emotional fatigue, and when it is important to seek professional help to support you in creating a coping plan.



**Symptoms of Emotional Fatigue:**

- Increased anxiousness
- Irritability
- Exhaustion
- Decreased patience or tolerance
- Lack of motivation
- Numbness
- Difficulty concentrating
- Headaches, or other aches and pains
- Inability to feel rested, or unable to sleep

**Traditional Wellness Tools:** A technique to try incorporates water. Water is a sacred medicine to cleanse us in mind, spirit, body and emotion. Find a space near water and be still enough to hear the gentle rhythm of the water’s flow. Often this simple action can restore a sense of calmness and clarity into your wellbeing, restoring your natural rhythm from the unsettled waters stirring inside during difficult times.



**Anxiety:** It is important to identify understand learn to cope with anxiety. Anxiety is a process that is natural instinctive alert system from which our core functioning is meant to signal a response to uncertainty or threats of danger. Although, anxiety can be a normal safety feature in our body mechanism, during highly stressful situations such as Covid19, our anxiety can elevate and have negative impacts on our health and wellbeing. Anxiety complimented with fears can escalate beyond an individual’s ability to managing these symptoms reactions and emotions, which can turn into panic, or create risk for our health. If symptoms or signs persist, please contact your health provider.

**Symptoms of Anxiety:**

- Nervousness or restless
- Sweating
- Increased heart rate
- Nausea or stomach ache
- Lightheaded
- Feel like you need to flee, fight, or unable to move



**Traditional Wellness Tools:** A useful tool to mitigate anxiety is using a drum, listening or singing your traditional songs can sooth your emotions. Some cultures believe the drumbeats resemble the heartbeats of our mothers, and the songs carry words to creator and the ancestors for strength, gratitude and much more. To ease anxiety grounding oneself by walk barefoot on the earth’s grass, soil, sand, or in the water also yourself to defuse symptoms of anxiety through connections to Nature.

**Reaching Out is Another Support Option:** Reaching out for support at any time can help you maintain your wellbeing. Keeping your balance takes care and work, just as a fire needs tending to keep it bright and providing warmth. To sustain your balance and wellbeing you must tend to your four quadrants of health: Emotional, Spiritual, Mental and Physical as well as any other quadrant, which fit your wellbeing.

You can always reach out to a trusted loved one, a friend, an Elder, Knowledge Keeper, or Wellness Counsellor to share your fears or concerns when you are in need. As Indigenous People, we are relational beings, and we value our connections with the land, the animals and to one another. Connectedness is key to our wellness; this is a basis of strength, belonging, safe, containment and support.

Alternatively, you can reach out to your Doctor, Nurse Practitioner, Mental Health Clinician or Counsellor or to your Community Health and Wellness staff for support. Provided below are confidential, 24 hour 7days a week support service you can reach out to for immediate support.

**Mental Health and Crisis Support Lines and Online Support Resources**

**Hope for Wellness Helpline: 1-855-242-3310**

**KUU-US Crisis Line Society at 1-800-588-8717**

**Tsow-Tun Le Lum Society: 1-250-268-2463**

**Indian Residential School Survivors Society 1-604-985-4464/toll-free: 1-800-721-0066**

**Adults Help Line – 1-800-663-1441 or Kids Help Line – 1-800-668-6868**

**MHSU Interior Health 1-888-353-2283**

**Health Link BC 811**

# GET THE NEW FNHA APP!



Available from the Apple App Store and Google Play Store



# FNHA Mobile App

## Frequently Asked Questions (FAQs)

The First Nations Health Authority (FNHA) strives to find the best ways possible to serve First Nations and Indigenous people in BC. In response to feedback received from communities, we have developed the FNHA Mobile App. The App provides the opportunity for First Nations, health care providers, community leaders and FNHA staff to receive information directly into their hands in support of health, wellness and safety. Push notifications and other alert options within the FNHA Mobile App will ensure helpful, meaningful updates in real time.

### What is the FNHA Mobile App?

The FNHA Mobile App is an app that can be downloaded onto a mobile device. The App appears as an icon displaying the FNHA logo on the mobile screen. The App allows users to receive notifications and quick access to FNHA information, resources and tools.

### How can I get the FNHA Mobile App?

The FNHA Mobile App is available for iOS and Android mobile users. Download it from the Apple App Store or Google Play Store by searching “FNHA”.

### Are there any costs associated with downloading and using the FNHA Mobile App?

There is no cost - the FNHA Mobile App is free for all users.

### How does the information I receive on the FNHA Mobile App differ from the information I can access on FNHA.ca?

The FNHA Mobile App can alert you to new updates and resources on FNHA.ca. Notifications and the ability to customize these according to your user profile will provide immediate access to accurate, helpful information directly from the FNHA website.

### How can I find / receive the information I am interested in on the FNHA Mobile App?

The first time you launch the FNHA Mobile App, you will be prompted to create a user profile. You can make selections that best describe you and customize your notifications. You can update your user profile at any time in the App’s “Settings” tab.

The “News” tab also provides a direct link to the FNHA website where you can search the information you are looking for.

### Can I turn notifications off?

Yes. There is an option to turn off notifications in the App’s “Settings” Tab.

### How will the FNHA Mobile App support me and my community through the COVID-19 pandemic?

The FNHA is continuously working with provincial and federal partners to actively monitor and respond to the pandemic. Depending on your settings, the FNHA Mobile App can send emergency notifications and alerts about urgent, health-related events during the COVID-19 pandemic, as well as other emergencies.

### How can I use the FNHA Mobile App beyond the pandemic?

Beyond the pandemic, the FNHA Mobile App will be a helpful companion on your wellness journey. It will provide benefits with a focus on health and wellness, including physical and mental health. Depending on the settings you choose, the FNHA Mobile App can send emergency notifications and alerts about urgent, health related events.

### What is the difference between FNHA Mobile App and the AtHoc SMS/Text messaging system for First Nations leadership?

The primary purpose of the AtHoc SMS/Text messaging system is emergency management response, however the FNHA Mobile App is able to offer you much more. While the FNHA Mobile App will provide emergency management response notifications and alerts, it also offers additional health and wellness benefits both now and beyond the pandemic, such as supports and tools for your wellness journey.

### I still have a question that hasn’t been answered here, how can I find out more?

For any other questions about the FNHA Mobile App, email: [info@fnha.ca](mailto:info@fnha.ca)

[fnha.ca/app](https://fnha.ca/app)



**Hello Interior Youth!**

First Nations Health Authority would like to support you during COVID-19. Thank you youth for the efforts you have made so far in staying home, keeping a safe distance from others, and helping to protect your communities. Now that you are going back to school, we know it makes things trickier for you. The actions you make today matter in helping slow the spread of COVID-19. Please keep doing a great job in staying safe.

In this edition, we would like to share with you information on ANXIETY and TIPS to help you stickhandle through it when things get overwhelming.

**AXIETY AND COVID-19**

We understand that this is a very stressful time for you and one that is filled with uncertainty and confusion. It is perfectly normal to feel more anxious than usual during this time.

It is important to be kind to yourself. Continue to practice your wellness techniques and ask for help when you need it. Did you know that many of our traditions have these tools built right in? That's pretty cool!

You are doing an amazing job! Keep it up and know that everything will be ok.

**WHAT IS ANXIETY?**

- It is our bodies natural response to stress.
- Feelings of worry, nervousness, and fear about what is to come next.
- Everyone is born with anxiety and we all deal with in on different levels and at different times.
- Sometimes it is hard to manage it and it feels like it starts to control you.

# ANXIETY

**WHAT ARE COMMON SIGNS OUR BODIES ARE TELLING US WHEN WE ARE DEALING WITH ANXIETY?**

*5 signs*

- BREATH**
  - Shortness of breath
  - Breathing rapidly
- HEAD**
  - headaches
  - Repeating thoughts
- MUSCLES**
  - Tense muscles and shoulders
  - Muscles twitching
- STOMACH**
  - Stomachaches
  - Feeling sick
- SLEEP**
  - Trouble falling asleep
  - Hard time staying asleep

**WHAT CAN WE DO TO LOWER OUR ANXIETY AND CALM OUR BODIES DOWN?**

*7 tips*

- BREATH**
  - Pay attention to how we are breathing.
- IMAGINE**
  - Imagine a favorite place, person, or time you had.
- TIME-OUT**
  - Take a time-out. Listen to relaxing music.
- LAUGH**
  - Don't be afraid to laugh and welcome humor.
- TEA**
  - Healthy drinks. Water or hot herbal tea.
- TALK**
  - Talk to somebody on how you are feeling.
- EXERCISE**
  - Exercise daily. It will also help you sleep.

**WHAT DO I DO WHEN ANXIETY BECOMES TOO MUCH TO HANDLE?**

- Ask for help and support from others, such as a friend, trusted adult, or school counsellor.
- Talk about how you are feeling. There are a lot of times just talking about how you are felling will lesson your anxiety. We like to call it "NAME IT TO TAME IT!"

**CHECK OUT THESE COOL WEBSITES AND PODCASTS:**

- *Anxiety Canada.com: Learn About Youth and Anxiety all in one site!*
- *Discovery College Kelowna: Podcast for youth, by youth called "What Really Works."*
- *APPS: "Headspace", "Calm", or "Stop, Breathe, and Think" are some apps to check out.*



# RESOURCES

Need to talk to someone about anxiety that is interfering with you living your life to the fullest?

Don't be afraid to reach out to a professional and seek advice, support, and direction. It's okay, you are not weak or alone, there are thousands of kids that use crisis lines every day.

These resources are confidential, meaning what you talk about is private. These lines of communication have been created just for youth. You can call for any reason, even if you just have questions, or want more information about what you can do.

How do you like to communicate? There are text, online chat, and over the phone options. You can choose which one works best for you.

**If you are in immediate danger call 911**

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

Information, support, and wellness planning, all about anxiety, all in one site

Hope for Wellness Helpline: 1-855-242-3310 [www.hopeforwellness.ca](http://www.hopeforwellness.ca) for online chat  
24/7 Mental health counselling and crisis intervention to Indigenous peoples across Canada

Canadian Mental Health Association/ Suicide Hotline 1-800-784-2433  
Kids Help Phone: 1-800-668-6868 or Helpline for Children in BC: 310-1234

KUU-US Crisis Line Society at 1-800-588-8717

Toll Free Aboriginal provincial crisis line operates 24 hours

Check out the "Queerantime" Zoom gatherings through Indigineyez.com  
Every Weds night starting May 20! Especially made for Indigenous Youth between the ages of 14 and 30 who are 2SLGBTQQIPAA++, non-binary inclusive.

Discovery College podcast for youth  
<https://discoverycollegekelowna.com/what-really-works>

[foundrybc.ca/get-support/virtual](http://foundrybc.ca/get-support/virtual)



*For Interior Peoples, our hands are powerful tools that we use to offer our service to others and the Creator. When we pray, we keep our hands open and often at the level of our hearts, so that our truth can emerge from the center of our being, and blessing be received directly to our heart. In practicing our traditions of hunting, of smudging, making offerings and cleansing with water, we use our hands to invite good things into our lives, being sure to not push those good things away.*

# GAAMES

**CALMING TOOLS WITHIN OUR HANDS**

Most of us carry around a great tool for reducing anxiety with us at all times...our hands! We can keep them busy, or focus on them to help ground ourselves. Here is a game you can always carry with you to help you bring your mind into balance.



Step 1:

- Trace the outline of your hand.

Step 2:

- Now for each finger, think of one of your five senses (taste, touch, smell, sight, and sound) and label each one.

Step 3:

- For each sense, write your favorite thing that comes to mind of the finger you have chosen.

- We can use this exercise as a reminder when we are feeling stress and not ourselves.
- It will help you bring back positive memories and calm you down.
- When you practice and get good at it, you can just look at your hand and do this in your head without writing it down.
- Try it out!

**Don't forget to be a kid, smile and have fun!**





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

# July 2020 Horoscopes



### Cancer (Jun 21–Jul 22)

Keep in touch with your network, both personally and professionally. The Three of Wands shows there is opportunity to be had, even now. You are a welcome presence wherever you go: funny, empathetic, charming, creative. So, share the love. Shake the tree. Reconnect with old colleagues. Stay close to current ones. Spruce up your professional online presence. Be a beacon, and who knows what might come your way. Good things, that’s for sure!

### Aries (Mar 21–Apr 19)

Two Aces for you this month, Aries, so you’re all about turning a page and making a fresh start. This is a strategic and considered change in your life, you’re adopting a fresh outlook and re-aligning your priorities and commitments to match that. The King of Swords shows you’re playing the “long game” here, you are looking far into your future and making necessary adjustments in the here and now to manifest your new values. You’re being strategic and, you know what, it really suits you!

### Taurus (Apr 20–May 20)

You’ve got a lil’ dream you’ve been nursing, privately, as shown by the wishful Nine of Cups. This July, a departure or move in your life will enable you to step closer to it. The Six of Swords shows that you’re ready to move on from something, leave the past behind, and heal from what has hurt you



before. The Three of Wands shows that an opportunity to heal AND move closer to your dream will emerge in the month ahead. Be ready to spot it, and act on it. This is good fortune.

### Gemini (May 21–June 20)

Whatever hardships or losses you’ve taken on the chin this year, as shown by the sad Five of Coins, have actually served as preparation and training for something even better, which comes to replace the loss. The Six of Wands is like a cosmic “high five”, saying you’re exactly where you’re meant to be. It was your destiny. The King of Coins shows you’ve lived and learnt, and are ready to make your own luck. You are unstoppable this month, put your energy into something worthwhile and move mountains to get what you deserve!

### Cancer (Jun 21–Jul 22)

A suitor is wondering whether, when and how to make their feelings known to you, Cancer, as shown by the admiring Three of Coins. The Queen of Swords shows that they are single, smart, ambitious, and maybe an Air sign (Gemini, Libra, Aquarius). Air signs aren’t your “usual fayre” (for good reason: you’re not really compatible) but The Lovers shows there is genuine chemistry here, maybe a weird kind of chemistry, but chemistry all the same. See where it goes, why not?

### Leo (Jun 23–Aug 22)

In the realm of communication, Leo, expect the “action” to increase threefold this month ahead! The Eight of Wands shows messages, invitations, opportunities, gossip and news, flying in left, right and centre, from leftfield sources too. You are at the epi-centre of Gossip Central this July. Enjoy the fun! The World shows this is a chance to broaden your network and horizons, advance your own agenda, establish connections which can serve you down the line. The Page of Cups asks you to play a neutral, if not positive, role here. Don’t stoke the fires, don’t add to the negativity. Keep it light, keep it moving, keep it focussed on establishing a useful foothold.

### Virgo (Aug 23–Sept 22)

You’re full of good ideas and practical notions this July, Virgo, as shown by the imaginative Seven of Cups. Specifically, these ideas are all routed towards improving your closest relationships, and maybe even igniting a new one (friendship or romance). The Two of Cups shows your fervent attention towards those you love and like, and the Six of Coins your innate desire to help, guide and support those you care for. You understand how to help others in ways that count. You’re an irreplaceable friend and partner, go show them why they need you.

### Libra (Sept 23–Oct 20)

Change is afoot and you are at the helm, Libra! The Wheel of Fortune reveals you’re in for a transformative July, where just one small change can create a knock-on effect across your whole life. Take control of this “domino effect” by leaning on something you WANT to be different. The Empress shows it’s to do with your home and family, your loved ones, the place you lay your head and feel safe. The Nine of Coins shows it’s linked to security, long-term plans and investments. Maybe it’s a mortgage, a pension, a savings scheme, a strategy to make what you currently have more secure.

### Scorpio (Oct 23–Nov 21)

So much hard work and effort recently, Scorpio, and it’s taken a toll on your energies and spirits, as shown by the “workaholic” Ten of Wands. Fear not, though, because the Knight of Wands brings a fresh surge of positivity, vitality and ideas. You press on, feeling recharged, and in doing so you reach a wonderful portal of reward and recognition. The Sun shows that you’re about to step into the light, to hear the applause, to receive what you’re owed and what you deserve. Make sure you put yourself in opportunity’s pathway, push forward, say what it is you need and want. It’s yours.

### Sagittarius (Nov 22–Dec 21)

The Ten of Swords is a tough card about cutting your losses, recognising an area in your life that has become difficult and draining... and walking away, with your head high, knowing you did your best. The Queen of Coins shows this is an act of self-preservation,

and you almost need to rescue yourself here. You wouldn’t let a friend or loved one take this punishment, so why is it OK for you to endure it? Temperance reveals a mindset change is the key to it all. You need to look at this through the eyes of another. Would you agree to these circumstances if you were doing this again? No, you wouldn’t. See the light, end this situation, move on..

### Capricorn (Dec 22–Jan 19)

The Two of Wands shows that you’re in a “meh” mood right now, not feeling particularly happy or sad, just ambling along, without a great deal of purpose or intention. We all experience spells like this, and it’s normal, but try to seek an end to the “drift” sooner rather than later, Cap. It’s not good for you: you need purpose. The King and Five of Cups shows that, if you continue to amble along like this, your gaze will turn backwards. You’ll wander back to old situations and people that you have moved on from, with good reason. Set a new goal, a fresh challenge, an interesting ambition. And make busy with looking forwards, not back.

### Aquarius (Jan 20–Feb 18)

Gosh, you feel like you’re in a limbo and it’s driving you crazy! The Four of Coins and The Hanged Man are both cards about being stuck in a rut, feeling thwarted, stalling. You hate inaction and boredom, you thrive on invention and newness. The Four of Cups is another card about feeling out of sorts, and being desperately in need of new landscape, people and activity. Aquarius, acknowledge these feelings and see them as “growing pains”. They serve a purpose.

They are trying to nudge you out of situations that you’ve outgrown. Put your big brain to good use this July by identifying what those situations are, and what your “exit strategy” is going to be. This limbo will soon pass when you make your way forwards.

### Pisces (Feb 19–Mar 20)

A close relationship, represented by the loving Ten of Cups, needs your intuitive attention this July, Pisces. You always see the truth of things, what lies beneath, but your “blind spot” is your own love life or close friendships. The Devil and The High Priestess are both powerful cards about inner wisdom, about recognising bad habits and repeat patterns, destructive ones that we activate on auto-pilot (even though we long for changes). Stop this cycle in its tracks, by spotting the early warning signs and behaving differently. Resist the path of least resistance. Don’t keep making these same mistakes. You can change.

## August 2020 Newsletter Submission Deadline Friday, July 24<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)





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