

Newsletter

Oct 2022

T'IT'Q'ET OCT 2022 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 21





















October

Garbage Days

Mondays and Fridays

Recycle Days

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

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

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	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	1

NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	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	1	2	3

RECYCLE DAYS:


Oct 5-Plastics

Oct 12-Glass

Oct 19-Tins

Oct 26-Cardboard/Paper






NARCOTICS ANONYMOUS

Location: Online Zoom

Time: 1:00-2:00PM

When: Every Wednesdays

CONTACT: Rocker Brady
Peer Support Worker (SOHS)
cell: 250-256-3662
email: rbrady@statimchealth.net



FIRE WOOD AVAILABLE

Place orders at:

250-256-4118 ext. 248

Wood pile open to T'it'q'et Members
Only.



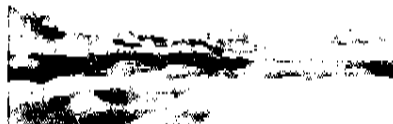
NURSE PRACTITIONER

**IS IN T'IT'Q'ET HEALTH
DEPARTMENT**

**Third
MONDAY of
the month
1PM -4PM**



CHANGE IS A PROCESS,
NOT AN EVENT



Xaxli`p AA Open Meetings

1433 Fountain Valley Road

Wednesday at 7:00pm

As of August 10, 2022

The open AA meetings will be transitioned
into Xaxli`p Wellbriety group

Bridge River Log Cabin A.A Group
14131 Pithouse Road, Bridge River
Monday at 7:00pm

Narcotics Anonymous Meetings
Zoom Meetings until Further Notice
Contact: Rocker at
brady@statimchealth.net

Lillooet Friendship Centre
Society A.A Meetings
357 Main Street
Friday at 8:00pm



Notice to T'IT'Q'ET BAND MEMBERS

CANADIAN RESIDENTS ONLY

We would like to collect Band Members banking information so we can start sending payments by direct deposit, this includes the annual Christmas Hamper cheques, post-secondary, and other batch payments made to band members.

PLEASE NOTE: this does NOT include single payments made to Band Members, for example patient travel or any other individual cheques. It also does not include Social Assistance.

WHAT WE NEED FROM YOU:

1. **ACCOUNT INFORMATION FORM**, (two examples shown below) you should be able to receive this directly from your financial institution (CIBC, Credit Union, TD Bank, RBC, Scotia Bank, etc....), this insuring that we receive the correct information to do a direct deposit directly to your bank.
2. We will also need a **CURRENT EMAIL ADDRESS**, so we can email you a cheque stub informing you of the payment.

Two Examples of Account Information Forms



You can email this information to Lesley Napoleon at accountspayable@titqet.org or Sabrina James at tfnfinance@titqet.org or drop off a copy to P'egp'ig'lha Community Centre 59 Retasket Street or if you wish to mail us a copy:

T'it'q'et Administration
Attention: Lesley Napoleon
PO Box 615
Lillooet, BC V0K 1V0

NOTE: This is an option, if you choose not to receive direct deposit, we are still able to process a cheque.

Thank you from

The Finance Department

USA Residents we apologize as we are not able to do across border EFTS at this time.

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter

October 2022

The T'it'q'et Lands and Natural Resources Department is working with the T'it'q'et Lands Committee on lands and resources issue for T'it'q'et reserve lands. The Lands Committee is made up of the Chairperson Genevieve Humphreys; Vice-Chairperson Terence MacLellan, Marie Barney, Marilyn Napoleon, Myrus Doss and Councillor representative Harold Pelegrin. They continue to meet on Zoom but meetings have been held in person. Their next meetings are on October 11, October 18, November 1, November 22.

- **Lands Committee**

The committee has started training sessions on applying the values and principles of the P'egp'ig'lha Constitution into their lands and resources activities. They have been meeting on Zoom during their regular meetings with Centre for World Indigenous Studies chair Rudolph Ryser. Their session focused on discussing what the Lands Committee hoped to gain from the training, the second session focused on the relationship between the P'egp'ig'lha Consitution, the Framework Agreement on First Nations Land Management and the Canadian and British Columbia governance systems. The next session will focus on environment regulations.

- **Law-Making & Enforcement**

The committee has resumed meeting with Kevin Broughton on the draft Enforcement and Ticketing Law. Their next meeting will be on October 11th.

- **Lands Administration**

The Lands and Natural Resources Department will begin work on an updated Land Use Plan.

- **Dispute Resolution**

The Lands Committee will resume work on the draft Dispute Resolution Process with EHA452 & Associates.

FALL HOME MAINTENANCE

10 THINGS YOU SHOULD BE DOING

1. Check your roof and siding
2. Clean your gutters.
3. Consider an air purifier.
4. Prune your trees.
5. Have your fireplace cleaned.
6. Check batteries on fire alarms and CO detectors.
7. Rake the leaves!
8. Clean and cover patio furniture.
9. Recaulk your windows and bathrooms.
10. Do a general cleanup indoors and out!



*Love &
Renovations*

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.

STOP THE SPREAD OF INVASIVES WHILE HUNTING

Hunting season has started. The trucks are arriving in our town towing ATV's and side by sides loaded with gear ready to head into the far reaches of the back country. Why should hunters care about invasive plants? Here are a few reasons:

- Invasive plants take over natural ecosystems. Those ecosystems support healthy populations of deer, moose, grouse and other game. Invasive plants displace the native plants that supply food and cover for wildlife.
- Many invasive plants cause skin irritation, burns and blistering. They contain toxins or burrs that can cause allergic reactions.
- When traveling to different parts of the province, you can accidentally bring home invasive plants. They can establish and grow on your property. They can take over your lawn, garden and flower beds.

How can hunters cause the establishment and spread of invasive plants? There are a number of ways that this could happen, and it mainly has to do with gear and vehicles. Many invasive plants have seeds that can survive in the soil for 2 or more years. These seeds can be transported in the mud on tires or boots. Seeds, burrs and plant parts also get stuck to boot laces, pants, backpacks and any kinds of fuzzy clothes like socks, toques or gloves. Vehicles often pick up tumbleweed-type invasive plants on the undercarriage, bumper and hitches. Invasive plants can often be found in dense patches on the landing areas where it is the perfect spot to park your truck and off-load your ATV.

There are a few simple actions that hunters can take to avoid spreading invasive plants:

1. Learn to identify native and invasive plants in your favourite hunting areas. Check the local Regional Invasive Species Organization's website: www.LRISS.ca. The most common invasive plants can be found on these websites. Use iNaturalist to help you learn to identify plants and tell the difference between native and invasive.
2. Check your gear and vehicles before you leave home for plant parts and mud. Give everything a wash and spray down to avoid spreading things from your area to ours.
3. Avoid parking on areas with dense invasive plant infestations when in the backcountry.
4. Check your gear before you leave an area. Try to get as much mud off of your boots and vehicles so you don't bring unwanted plants to your home or to another area where you are hunting. Check your clothes and vehicle for plant parts and burrs.
5. Report infestations that you see while hunting. Hunters travel long ways and into remote areas. You can be another set of eyes to help us find new infestations. The more people that can help report invasive infestations when they are small, the easier they are to remove.

At LRISS, we encourage people to report directly to us if they find invasive plants in our region. There is also the Report Invasives BC App which alerts the BC Government staff. LRISS also checks iNaturalist for observations of invasives in our region. For more information on local priority invasive plants, locations and how to report, email us at info@LRISS.ca and check out our website.



Good day

I know it has been a while for any communication; I am sorry I acknowledge that this is part of the details I have been missing.

September 26, 2022 Monday

There has been a lot of activities that have been on going, singing at the park, activities at Lillooet rec Centre, Opoiod Awareness I have been involved in some as I am representing Titqet I can only advertise what is shared with me.

For a lot of the last few month' I have been planning the Elders Gathering 2022

Which is just over on Saturday Sept 24 2022. I appreciate all the help from staff in all areas for your time, energy, and dedication to ensuring a great success. We had approx. 202 registered, from all 11 bands. Through out ticket count we had about 100 the first day, near 200 the next day and again over 100 the last day So a lot of moving in and around- very appreciative of the assistance through out the 3 days and many meetings for 5 months prior

In August I was on holiday for 10 days

We have had a challenging summer with fires around us and smoke for days an weeks. We were the ESS for Lytton who experienced another fire; we assisted in the registration of the families who came in for help. One thing is, we were not in any immediate danger as we were last year. With always being on 'alert' is tiresome in our bodies and minds.

I been in contact with treatment centres, and there is still a long line of waiting –but they always state," get your paper work in. " That is the important part is the paperwork and through the paperwork we know what else we can do or have to do. All treatment centres follow sets of rules and regulation's, set out by the governing body the government of BC the regulators they follow to be certified.

All names are placed in order and they go down the list, if a space is vacant- if your name is on the list, it moves up until you are in line to go; all paperwork has to be signed by the persons who are involved.

Please come in to see me if you have any concerns or questions that I can assist with; If I cannot answer, then we can find a way to get answers.

Thank you

Juanita Jacob Wellness Coordinator



Juanita Jacob

Sept communications

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Fulfilling the Dream of the P'egp'ig'lha – Looking After Our Children

T'it'q'et newsletter article Sept-Oct 2022

T'it'q'et and P'egp'ig'lha made the decision to do the work to assert jurisdiction over their own child and family services through the Capacity Building Fund process to conduct the project title; Fulfilling the Dream of the P'egp'ig'lha- Looking after Our Children.

We are in early stages of Community Engagement for this project which involved a Comprehensive needs assessment; the survey results will be downloaded on the T'it'q'et website and on social media. The response to the questions, was basically that the members want to have jurisdiction and control of their own child and family services, many wanted more information of the process, and are interested in different roles and opportunities this program will bring to the community.

Meetings to date; Updates and project information sharing with Chief and Council, T'it'q'et Elders, Joint Council. In house meetings; admin, health, social development, education, providing updates of the project and future planning and meetings. Project meetings with IFSD Dr Helaina Gaspard regarding T'it'q'et collaborating with IFSD/UoOttawa to assist with continued research and data collection to help with cost analysis and future planning towards actual and real costs needed to develop and operate our own Child and Family services to T'it'q'et people. Dr. Gaspard will be in community at the end of October to start the collaboration process.

September 20th & 21st/2022; Genealogy/Family tree workshop for members. There was approximately 17 people participating and 2 facilitators. The workshop was filled with information on how to access family tree information from various sources available on the internet, family tree charts were provided to help start the process; originating from oneself up to great grandparents. The overall experience and feed back from the participants and facilitators were positive, and some members recommended such an exercise to happen in community once a month; like a family event. There was a lot of history shared by everyone, of their families, where they were from, how we're all related in the end, and the importance of sharing and passing down family trees to the next generations.

The project had the opportunity to work with Pat Alec to develop and produce a short 3 min video; explaining the Child and Family process, and how important this project is for T'it'q'et. The video is available and will be shared on the community website and on line.

We are pleased to work with Juanita Soles of Wolf paw design to develop a brochure for the project; the brochure will be available to distribute to the community, of basic information of the project and members of our little team. This will be also on the T'it'q'et website and attached to this newsletter.

Gena and Shelley are conducting interviews with members; for historical family practices stories, laws and systems relating to family and child care. The interviews will continue to the end of October 2022. If you want input please reach out to Gena at projectresearcher@titqet.org or call the office at 250-256-4800. You will be compensated for your time.

If you have any questions, or would like to share information please contact us;

Franny; projectmgr@titqet.org

Gena; projectresearcher@titqet.org

Charlene N; charlenen@titqet.org



2022 Bridge River Band FREE Bus Service Schedule Operates Monday - Friday



Ride the Bus for FREE Aug 15th - Nov 30 2022

Bridge River Band Office	9:00 AM	12:20 PM		3:20 PM		
Bridge River Main Village	9:15 AM	12:15 PM		3:00 PM		
Bridge River Orchard Springs Subdivision #1	9:20 AM	12:10 PM		2:50 PM		
Bridge River Orchard Springs Subdivision #2	9:25 AM	12:05 PM		2:45 PM		
Bridge River Band Office	9:30 AM	12:00 PM		2:40 PM		5:40 PM
Bridge River Bridge/Xwisten Experience Tours	9:35 AM	11:55 AM	12:25 PM	2:35 PM	3:25 PM	5:35 PM
Hop Farm - Taylor Road/Homestead Rd		11:50 AM	12:30 PM	2:30 PM	3:30 PM	5:30 PM
Buy Low Foods	9:50 AM	11:45 AM	12:40 PM	2:20 PM	3:40 PM	5:20 PM
Lillooet Friendship Centre	9:55 AM		12:45 PM		3:45 PM	
Post Office	10:00 AM		12:50 PM		3:50 PM	
Rec Center / Lillooet News	10:05 AM		12:55 PM		3:55 PM	
T'it'q'et Band Office	10:10 AM		1:00 PM		4:00 PM	5:10 PM
Train Station	10:15 AM		1:05 PM		4:05 PM	
Lightfoot Gas	10:25 AM		1:15 PM		4:15 PM	
Seton Lake	10:45 AM		1:35 PM		4:35 PM	
BC Hydro Campground (at gate)	10:50 AM		1:40 PM		4:40 PM	
Cayoosh Campground	10:55 AM		1:45 PM		4:45 PM	
Fort Berens Winery (at gate)	11:15 AM		2:05 PM		5:05 PM	

*Times are subject to change each month

Times listed are departure times from the bus stop -
Please be at the bus stop area 5 minutes early to ensure the bus
can stay on schedule

**Save the
schedule!**





Tenant's with wood stoves. Haddon Heating will be in contact with you to book a chimney sweep.

Please be sure we have your correct phone number.

Please call Kristen the housing assistant, if you have updated your phone number recently.

Home owners Haddon Heating is WETBC certified, if you would like to book with him his number is:

250-256-3339

Reminder home owners are to cover the cost of their own chimney sweep

Thank you,

Kassandra Doss

Housing Coordinator

Rose Marie James NP (F)

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Lillooet Medical Clinic	4 Tsal'alh (Seton Lake)	5 J OFF	6 Ts'kw'aylaxw 10-3:30	7 Lillooet Medical Clinic Teen Clinic 12-1	8
9	10 Thanksgiving	11 Tsal'alh (Seton Lake)	12 Tsal'alh (Seton Lake)	13 Ts'kw'aylaxw 10-3:30	14 Lillooet Medical Clinic Teen Clinic 12-1	15
16	17 Sekw'el'was 9-12 T'it'qet 1-4	18 Tsal'alh (Seton Lake)	19 Tsal'alh (Seton Lake)	20 Ts'kw'aylaxw 10-3:30	21 Lillooet Medical Clinic Teen Clinic 12-1	22
23	24 Vacation	25 Vacation	26 Vacation	27 Vacation	28 Vacation	29
30	31 Xaxli'p 10-3:30					

Appointments for Lillooet Medical Clinic: Call 250-256-7505

Sekw'elwas: 250-256-4136 Health Department

T'it'qet Call 250-256-4118 Health Department

Tsal'alh: Call 250-259-8232 Rose Casper Healing Centre

Ts'kw'aylaxw: Call 250-256-1359



P'egp'ig'lha Elders Council
cordially invite you to attend:
P'egp'ig'lha Resilience

On SATURDAY, OCTOBER 1ST, 2022 AT THE P'EGP'IG'LHA COMMUNITY CENTRE GYM

7:45	Breakfast			
9:00 – 9:15	Grand Entry with Drumming and Singing Prayer: from Elders Council the host Welcome: T'it'q'et Chief Sid Scotchman			
**9:15– 10:00	Speaking to Orange Shirt Day: Kúkwpi7 Bill Machel, Kúkwpi7 Mike Leach Acknowledging and celebrating survivors Orange Shirt Distribution Drumming and Singing			
10:30 – 12:00	Tours: a) Seton Lake Marilyn Charlie, Massage	Traditional Medicine: Dr. Jeanne Paul	Remember When - T'it'q'et of old: Nora Greenway	Art Presentation: Patrick Leach
12:00	Lunch – Fashion Show			
1:00 – 3:00	Drum-making for out-of-town members: Norman Retasket Ucwalmicw Centre	Video of T'it'q'et: Kúkwpi7 Bill Machel Other Slides Massages	Tours: A)Seton Lake Children races etc.	Drumming/Singing: Gerald Dick Holly Bikadi,
3:00 – 3:30	Refreshment break			
3:30 – 4:30	St'at'imc Health Updates:	Story Telling	Holly Bikadi Story telling, singing	Massage
5:00	Dinner, door prizes			
6:30 – 9:00	Visiting, Story telling, Entertainment Acknowledge people who helped with the event Closure			

Contact Charlene Napoleon at charlenen@titqet.org for more information.

** T-shirts will be given to those who attend.



T'it'q'et Administration

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

phone (250) 256 4118
fax (250) 256 4544
www.titqet.org

Dear T'it'et Tenants & Residents:

Re: Unlicensed Vehicles and Yard Maintenance

T'it'q'et Council met on April 25, 2022 and discussed the issue of unlicensed and older vehicles parked at residences within the community. A large number of vehicles creates an extreme fire hazard. The risk increases during the extreme heat we have been experiencing when wildfires burn down whole communities. **Therefore, Council is requesting tenants and residents remove unlicensed vehicles.** If this cannot be removed immediately then it must be stored in a safe protective space that will not present a fire hazard to the community. Also, it is important to maintain the upkeep of yards as a fire smarting activity to prevent the wide spread of wildfires.

Please see below from the housing policy.

9.1.1 Community Standards

An important question for maintenance and upkeep is the level of completion, quality, orderliness, and cleanliness expected by the community. For development and construction standards, T'it'q'et is adopting several widely accepted codes as standard models

For yardwork, landscaping and exterior upkeep, there is no code or text that describes the "community standard" in simple terms. For many it is easier to say what is likely not acceptable. For example, a yard that is either completely barren or overgrown by noxious weeds would be regarded as beyond an acceptable standard. Another issue is the number of unlicensed vehicles on a property. One unlicensed vehicle would probably not be seen as a problem but several unlicensed and obviously run-down cars parked on a residential lot would be seen by many as a community nuisance. The reference point to be adopted for exterior upkeep is a variation of the golden rule: namely, that residents should maintain their yards in a way that they would expect all others to do.

A clean and hazard free community reflects and enhances community pride. Therefore, your cooperation maintaining the upkeep of your yards and removing unlicensed vehicles is appreciated.

Sincerely,


Kassandra Doss
Housing Coordinator

First Nations Health Benefits and Services (FNHBS) is changing the temporary mileage reimbursement rate for the Medical Transportation (MT) benefit to remain responsive to fluctuating gas prices.

As gas prices across British Columbia continue to fluctuate, FNHBS is actively monitoring prices to ensure that changes do not impact clients' ability to access medically-necessary appointments when using their private vehicles.

Effective Sept. 16, 2022, the MT mileage rate will change from \$0.32 to \$0.29. This change will be in effect until Nov. 30, 2022. The change will also apply to the special mileage rate applicable to certain remote communities. Please see the table below for the temporary mileage rates and associated effective dates:

MT Mileage Reimbursement Rates

Rate	Normal Rate Prior to March 1, 2022	Temporary Rate Effective May 15 to Sept. 15, 2022	Temporary Rate Effective Sept. 16 to Nov. 30, 2022
Standard MT Mileage Rate*	\$0.23 / km	\$0.32 / km	\$0.29 / km
Special MT Mileage Rate for Remote Communities**	\$0.29 / km	\$0.38 / km	\$0.35 / km

**Applies to most communities*

***Applies to specific communities as identified in their funding agreement*

The First Nations Health Authority (FNHA) is committed to delivering responsive programs and services to support First Nations people in their health and wellness journeys.

The FNHA will continue to monitor regional and provincial gas prices and may make further adjustments in response to this rapidly-changing situation. For reference, a complete history of MT mileage rate adjustments can be [found here](#) and will be updated as new changes are announced.

I CAN DO IT!

Commitment

What is your present level of commitment to addressing any changes needed that relate to your lifestyle?
Rate from 0 to 10, 10 being fully committed:

0 1 2 3 4 5 6 7 8 9 10

Strength

What behaviours or lifestyle habits do you currently engage in regularly that you believe support your health?

What behaviours or lifestyle habits do you currently engage in regularly that you believe are self destructive?

Support

Who do you know that will sincerely and consistently support you with the beneficial lifestyle changes that you will be making?

Manage

What is your present level of stress (psychological, physical, workplace)?
Rate from 0 to 10, 10 being totally stressed out.

0 1 2 3 4 5 6 7 8 9 10

What do you love to do?

Wellness Self Assessment

How often have you been physically active this week (30 minute intervals of moderate (walking) to intense activity)?

0 1 2 3 4 5 6 7

How many 8 oz (1 cup) glasses of water did you drink yesterday?

0 1-3 4-7 8-10

How many servings of fruit/vegetables did you have yesterday (1 serving = 1 half cup)?

0 1-3 4-7 8-10

How many servings of traditional foods have you had this past week?

0 1-3 4-7 8-10

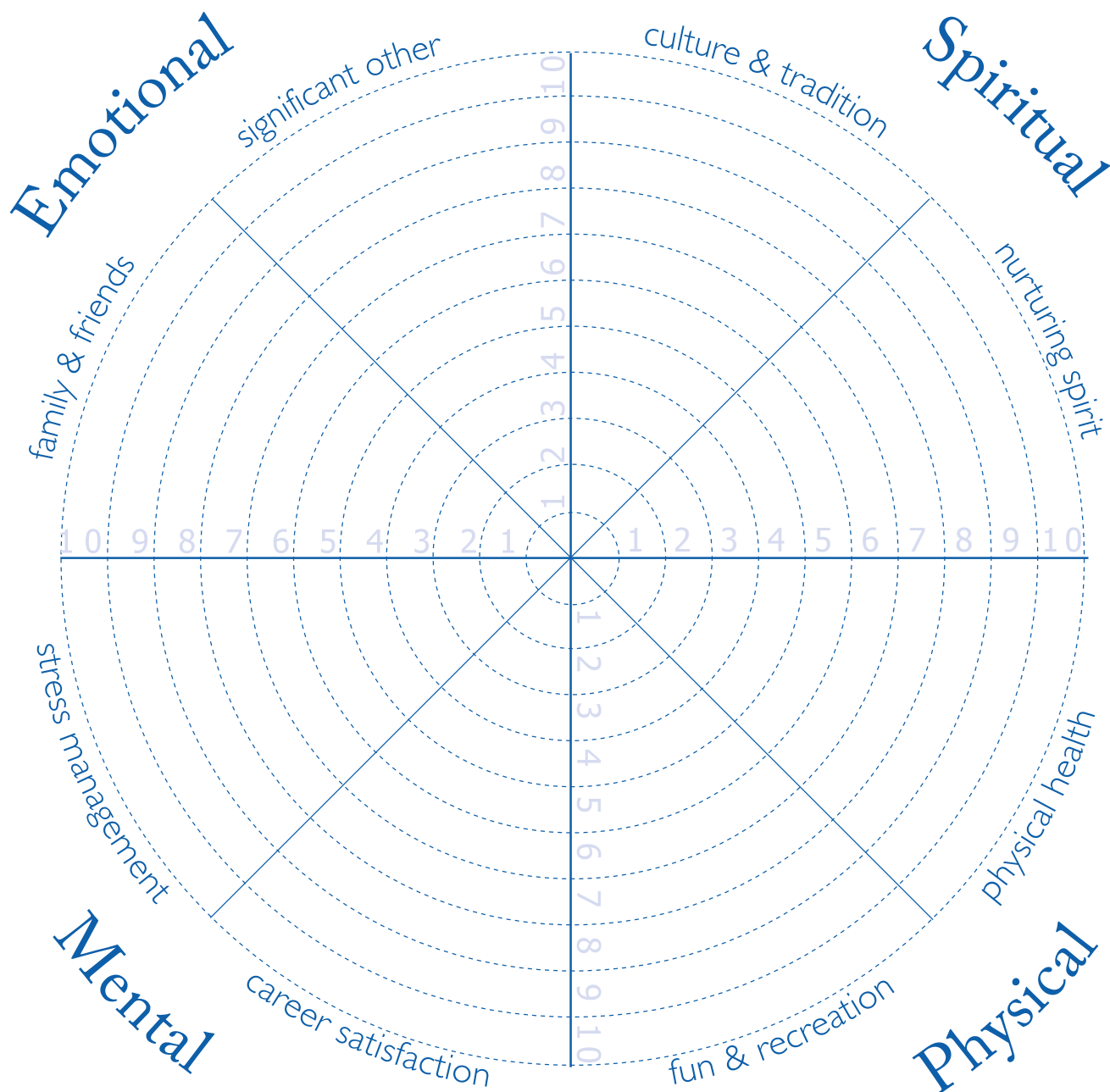
Do you need to quit smoking?

☐ Yes

☐ No

WALKING YOUR INNER CIRCLE

Wellness is a balance of many factors. Using the circle below, shade your level of satisfaction in each area of your life. Use the considerations on the next page to determine your satisfaction in your physical, spiritual, emotional and mental health and wellness. For example, if you are 60% satisfied in your career, shade the first six levels of the career slice. Do the same for each area, starting from the center point radiating outward.



October 2022 Horoscopes



Libra (Sept 23–Oct 20)

HBD! You're the main character, Libra! Now is the perfect time to initiate new projects, jobs, and relationships, all of which will have long-lasting significance in your life. Spend as much time with your boo and your bestie as you can, and you can make tons of progress together, not just in your relationship but also with your collective goals and wishes.

Scorpio (Oct 23–Nov 21)

You've been lingering in the past way too long, Scorpio, and Libra season is here to help you find balance in your life. Exes are coming back around, incomplete jobs and projects are becoming relevant again, and you're being asked to move past it all for good.

Sagittarius (Nov 22–Dec 21)

You are the social butterfly right now, Sagittarius! This is the best time of year to spend with your crew. You're making new connections and moving away from shitty, toxic friends. By the end of Libra season, you'll have found or created a squad where you fit in perfectly.

Capricorn (Dec 22–Jan 19)

All eyes are on you right now! This is a critical moment, Capricorn, especially when it comes to your career. You're finishing up big projects, and your work is being recognized and rewarded. That being said, your shortcomings will also be noticed, and the consequences will be dishied out quickly. Put your best foot forward, work hard, and you might just end the month with a raise or a promotion!

Aquarius (Jan 20–Feb 18)

This month is all about expanding your horizons and broadening your perspective. You're meeting people who are totally different from you, and in the process, you're learning tons about the world around you. These relationships will make you a more well-rounded, aware, and intelligent person, so nurture them.

Pisces (Feb 19–Mar 20)

Your love life is much more intimate and erotic right now, Pisces. Libra season is urging you to give yourself to your partner completely, and let them do the same for you. By the end of the month, you'll feel a sense of entanglement with your love. But if you're single, be careful about who you hook up with—catching major feelings is all but guaranteed.

Aries (Mar 21–April 19)

With Libra season activating your chart's zones of relationships, it goes without saying that this is a great time of year for your love life and your squad. You're as independent as they come, Aries, but any time with a friend, coworker, or your partner is time well spent right now!

Taurus (Apr 20–May 20)

You're taking on additional work on the job right now, Taurus. That sounds daunting, sure, but listen! If you can find a way to work with your colleagues, you'll breeze through your work and do a spectacular job. Who knows—you might even start crushing on a cute coworker and find yourself a new boo!

Gemini (May 21–Jun 20)

Libra season is giving your love life a glow up! Meeting new potential paramours is easier than ever right now. You're feeling even more extroverted than normal, and you're getting showered with attention and affection from all types of people. If hooking up is your thing, this is an amazing time of year. Have fun!

Cancer (Jun 21-Jul 22)

Libra is the sign of relationships, but it's also the sign of aesthetics and the sign of balance. Life at home is a little off-kilter for you right now, and this Libra season, you're being given the chance to spruce things up, redecorate, and find equilibrium by connecting with roommates and/or learning to get along better with your family. This month, you're turning your house into a home.



Leo (Jul 23-Aug 22)

Literally everyone and their mother is hitting you up right now, Leo. You are busy AF, but not with work—your sched is overbooked with social outings and get-togethers! You're having a great time with your buddies, siblings, and community, and you're making loads of new connections too.

Virgo (Aug 23-Sept 22)

Right now, you're being asked to figure out your wants vs. your needs, especially when it comes to your relationships. You have a tendency to over-invest your time and energy into your partner, but right now, you're learning to speak up about what you need from the relationship and find the balance you've been looking for.

Nov 2022

Newsletter Submission Deadline

Thurs, Oct 20th at 4pm

anything submitted outside of this date will not be included in the newsletter.

Want to submit to the newsletter? Please email us at reception@titqet.org

(PDF or Word documents are preferred.)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-7222

AMBULANCE
(250) 256-7111

POISON CONTROL
1 (800) 567-8911

REPORT WILDFIRE
1 (800) 663-5555

*Please post where visible in case of emergency

EMERGENCY CONTACTS

