

Newsletter

June 2023

T'IT'Q'ET JUNE 2023 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 33



June

Garbage Days
Mondays and Fridays

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 Flea Market PCC Loonie Auction
11	12 Father's Day Dinner 5pm	13	14 Father's Day	15	16	17
18	19	20 Elders Luncheon	21 National Indigenous People's day	22	23	24
25 Community Meeting 9am	26	27	28	29	30	

RECYCLE DAYS:

June 7-Plastics
June 14-Glass
June 21-Tins
June 28-Cardboard/Paper



Community Meeting
June 25, 2023
PCC Gym
9am



Notice to members who send payments by E-Transfer

Please remove accountspayable@titget.org from your e-transfer list and send all payments to Lesley Napoleon at bookkeeper@titget.org. We prefer that you continue to use the same password that you currently use when sending a payment. Any updated or new passwords can be emailed to Lesley.

Payments include: rent, NORHA loans, loans, house insurance, etc...

Thank you,
Finance Department

T'it'q'et Community Clean-Up

May 28–June 7, 2023

Please have all refuse separated into individual piles and near the garbage bin. T'it'q'et O&M Dept. has 120 homes and 70 km round trip to go to all 5 IR's. Please have your refuse out by 9 a.m. There will be no tires picked up this year .

Sunday, May 28 – non-metal-based furniture, beds, tables, sofas, couches, chairs, desks, cabinets, shelves, and old school tube type TV's, scrap wood with stains, paint, varnish.

Monday, May 29 – Domestic house hold refuse.

- all refuse has to be tied up and in a bag in the garbage bin. T'it'q'et does not have an enclosed garbage truck so we want to reduce the risk of refuse flying out. If this happens we receive a fine.
- any heavy bags will not be picked up due to the risk of personal injury to our employees, if you have a difficult time getting the bags in the bin we will have a harder time lifting the bag up 6 feet into the dump truck.

If your refuse wasn't picked up it was due to the following:

- too heavy,
- not tied up in a bag,

- there was no refuse in the bin to be picked up. (This is the most common reason.)

If we get a call asking “Why wasn't my garbage picked up?” or a “You forgot my garbage!” we will ask our employees why it wasn't picked up because there are 2 sides to a story and then we will return your call.

Tuesday, May 30th - Compostable materials, tree branches, lawn clippings, shrubs, these will be going into the community composting. Please remove any non-compostable items from the material i.e. bird houses, bird feeders, sprinklers, and wires.

Wednesday, May 31 Small Electronics TV's (non-tube type TV's) VCR's, DVD players, radios, computers, fans, old space heaters, coffee makers, lamps, telephones, microwaves, grills, clocks, scanners, printers.

Friday, June 2 Appliances, stoves, fridges/ freezers (for safety reasons please have fridge/ freezers empty and taped shut), washer/dryers, tanning beds, air conditioners, hot water tanks.

Monday, June 5 - Scrap metal, metal-based furniture, bed frames, tables, steel cabinets, steel shelves, futons, lamps, bikes.



Wednesday, June 7 – DEMO – ABSOLUTLY NO DRY WALL! There has been issues with dry wall in landfills. Because the drywall was reacting with rain water and off gassing a poisonous unseen cloud and was killing landfill workers. Contact SRLD for proper procedure on how to dispose of the drywall.

- Sinks, toilets, carpet, 2x4s, 2x6 's, plywood

The SLRD cannot accept ashes from fire places nor pellet stoves or out door burn piles. It may cause an under ground fire and smolder for a long time.

Any and all acts of aggression by homeowners, renters or pets will not be tolerated. O&M Dept does not receive any funding from any of the departments in T'it'q'et for this event.



ARE YOU INTRESTED IN LEARNING ST'ÁT'IMCETS

P'EGP'ÍG'LHA LANGUAGE REVITALIZATION GROUP IS RECRUITING ENTHUSIASTIC NEW LEARNERS

The selected novice St'át'imcets participants will focus on building vocabulary and oral language skills with a focus on common words and phrases used in daily life. Take part in 100 hours of learning over a 20-week period. Participants will engage in doing everyday activities, learning through humour, stories, actions, and games. Approximate start for beginner learners will be mid-September for 10 weeks and continuing after Christmas break for another 10 weeks. **Please fill out the PATHWAYS form by JULY 30, 2023**



CALLING INTERMEDIATE/ADVANCED ST'ÁT'IMCETS LEARNERS

The PLRG would like to invite you to apply for our Mentor-Apprentice Program. Would you like to increase your conversational fluency in Úcwalmicwts by bringing the language into your daily life? Apply to our program to work one-on-one with a fluent St'át'imc speaker. You and your language mentor will work to increase your fluency in an immersion setting. As an apprentice in this project you will identify personal language learning goals and work on them with your mentor. If you are able to commit to completing 100 hours between June 1st-December 15, 2023 **Please fill out the MAP FORM by JUNE 5, 2023**

Forms available at T'ít'q'et Administration or by email. Any questions can be directed to Moe Scotchman

Email: languagecoordinator@titqet.org

Phone: (250)256-4118 EXT. 221



T'ít'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoK iVo

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

REQUEST FOR PROPOSALS

Title: Cultural-Language Educator Contract

Term: July 1st – March 31, 2024

Organization: T'ít'q'et Administration

Supervisor: P'egp'íg'lha Language Revitalization Group (PLRG)

WORK SUMMARY

We are looking for an individual that has a passion for culture and language to design and develop audio-visual (AV) learning resources. The goal is to facilitate learners in acquiring knowledge, skills and competencies in an effective and appealing manner. This position will enhance St'át'imc language and culture through traditional and contemporary education. The reclamation and revitalization of St'át'imc culture, language, and traditions will require an individual to develop AV learning resources about St'át'imc stories, legends, songs, dances, spiritual teachings, and cultural arts. The successful applicant will be an exceptional communicator and a natural problem solver.

EXPECTATIONS:

- Plan and support the development of Language and Culture based AV learning resources
- Preparing lesson plans and educational documents
- Designing and preparing AV program content, determining format and arranging for resource distribution
- Prepare and provide ongoing program supports to ensure successful project delivery; project work plan, maintain deadlines and submit reports to PLRG in a timely manner
- Become familiar with existing language & culture initiatives and activities in the community
- Building relationships with other initiatives and key knowledge holders in and outside of the community
- Work collaboratively with the AV Technician and the PLRG Coordinator
- Other duties/responsibilities as determined by the PLRG

DELIVERABLES:

Educator with assistance from the AV technician develop six lesson plans and video scripts in St'át'imcets and English:

1. St'át'imc Legends
2. St'át'imc Songs
3. St'át'imc Dances

4. St'át'imc Food and medicine gathering on the land
5. St'át'imc Catching and preserving fish
6. St'át'imc Stories about community ancestors and leadership

QUALIFICATIONS:

- Bachelor degree in Education/Administration/Linguistic/Language or related discipline or equivalent experience
- 2+ years of relevant experience
- Team player
- Strong time-management skills and the ability to prioritize daily tasks
- Outstanding organizational skills
- Diligent with great attention to detail
- Excellent oral and written communication skills
- Strong work ethic

CONFIDENTIAL INFORMATION:

The Contractor will abide by the T'it'q'et's Confidentiality Policy and Code of Conduct.

COPYRIGHT:

All materials provided to and final products developed by the contractor shall remain the property of T'it'q'et Administration.

Please forward your proposal and resumé to languagecoordinator@titqet.org or drop off to T'it'q'et receptionist at #59 Retasket Street.

Will remain open until position is filled.



ELDERS LUNCHEON

JUNE 20 2023

12:00 – 1:00 PM

RESOURCE ROOM

EVERYONE WELCOME!!!



Seabird Mobile Diabetes Team

Where: T'it'q'et Health

When: JUNE 13/14 2023



Living • Well • Together

Contact: Medical clerk

Number: 256-4118 ext.241

Clinic Notice

Who Is It For:

People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Diabetes Education



Dr. Bolen our Podiatrist
Will be coming into the
T'it'q'et Community

FRIDAY JUNE 09, 2023

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241





FATHERS DAY DINNER
JUNE 12 2023
5:00 – 7:00 PM
P'EGP'IG'LHA COMMUNITY
CENTRE
BRING YOUR HANDDRUMS
EVERYONE WELCOME!!



Flea Market

Saturday June 10th 2023

10am – 4pm

NEW DATE

P'egp'ig'lha7 Community Centre



\$10 per table – contact Lesley Napoleon on FB messenger

Set up at 9am

T'IT'Q'ET GENEALOGY / FAMILY TREE WORKSHOP

WHEN: JUNE 14 and JUNE 15, 2023

WHERE: P'egp'ig'lha Community Centre Gym
(59 Retasket Street)

TIME: 9am-3pm on both days

Lunch will be served on both days

Workshop Facilitation done by:

*Aboriginal Genealogy
Association*

- Family History
- Family Trees

To Register:

Contact Charlene Napoleon
at charlenen@tiqet.org or
(250) 256-4118 ext. 264

Maximum: 18 T'it'q'et Members (19+)

SPONSORED BY:

**T'IT'Q'ET CHILD AND FAMILY
SERVICES**



T'IT'Q'ET GENEALOGY / FAMILY TREE WORKSHOP

WHEN: June 14 and June 15

WHERE: P'egp'ig'lha Community Centre Gym
(59 Retasket Street)

TIME: 9am-3pm on both days

REGISTRATION FORM:

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE NUMBER: _____

ALLERGIES: _____

FAMILY NAME: _____

Do you have use of a Laptop? _____



To Register:

Contact Charlene Napoleon
at charlenen@tiqet.org or
(250) 256-4118 ext. 264

Maximum 18 T'it'q'et Members (19+)

SPONSORED BY:

**T'IT'Q'ET CHILD AND FAMILY
SERVICES**

T'IT'Q'ET GENEALOGY / FAMILY TREE WORKSHOP

The workshop is to gather historical material and stories of who we are, and how we arrived at being a twig on these branches. Many will find out about their parents, grandparents, and great grandparents back to possibly the ancestors; we each hold a unique history. This exercise will assist the project with the history that is important as a people, community and nation, with



strong values that are connected to our culture and traditions of the P'egp'íg'lha and St'át'imc.



T'ít'q'et Community Meeting

on June 25, 2023, at P'egp'íg'lha
Community Centre Gym starting at 9am.

**Mileage will be provided for out-of-town
membership - one travel claim per
vehicle-cheques will be made and
distributed at the meeting.**

Lunch will be provided.

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.



How to Teach Your Child Calm Breathing

What is "calm breathing"?

Calm breathing is a technique that teaches your child to slow down his or her breathing when feeling stressed or anxious.

Why is calm breathing important?

When your child is feeling anxious, his or her breathing will change. When we are anxious, we tend to take short, quick, shallow breaths or even hyperventilate.

- This type of anxious breathing can actually make the feeling of anxiety worse!
- Doing calm breathing can help lower your child's anxiety, and give him or her a sense of control
- Calm breathing is a great portable tool that your child can use when feeling anxious, especially in situations when you are not there to help him or her through it.

How To Do It

Step 1: Explaining calm breathing to your child

This is a tool your child can use anywhere, anytime! Other people will probably not even notice when your child is using this tool. For older children and teens, explain that taking short quick breaths actually increases other feelings of anxiety (e.g. heart racing, dizziness, or headaches). Calm breathing will slow down his or her breathing.

Step 2: Teaching the calm breathing technique

- Take a slow breath in through the nose (for about 4 seconds)
- Hold your breath for 1 or 2 seconds
- Exhale slowly through the mouth (over about 4 seconds)
- Wait 2-3 seconds before taking another breath (5-7 seconds for teenagers)
- Repeat for at least 5 to 10 breaths

Calm Breathing for Younger Children: Bubble Blowing

A fun way to teach your younger child how to do calm breathing is the "bubble blowing" technique. Using a toy soap bubble container and wand (available at any toy store), have your child practice blowing bubbles. The breathing required for blowing soap bubbles is the same as what is used for calm breathing. Simply make sure your child waits a second or two before blowing another bubble. Then practice "blowing bubbles" without a bubble wand.

Do you need to relax?

Do you suffer from headaches or backaches?



June 28, 2023 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhcw (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

MEDICALCLERK@TITQET.ORG

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



Loonie Auction & Spaghetti Lunch

Saturday June 10th 2023

P'egp'íg'lha7 Community Centre
10am – 4pm

Lunch \$13 per plate

Spaghetti, Cesar Salad, Garlic Bread & Drink and Dessert

Lahal Set
Kids prizes
Beaded Earrings
BBQ

Ticket sales for prizes will be available June 1st
Some prizes will be \$2/ticket
Others will be \$1/ticket
Pictures of items will be available on June 1st

Ribbon Skirt
Hockey set
Tswan
Tools

Thank you for your support - We are fundraising to help with costs of hotels, meals and registration fees for sending our children to a week-long Hockey camp in Merritt

August 2023.

For more information please contact Lesley Napoleon or Tamara Napoleon



T'it'q'et Administration

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VoK1Vo

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fax (250) 256 4544
www.titqet.org

Notice from Housing regarding pets:

-There have been dogs roaming around on the road.
Please tie your dog's up or supervise them when you bring them out.
When they run on the road in front of vehicles it is a safety hazard for the driver and dog.

-All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbors.
Please keep dogs fenced in or tied on a run.

-Dogs that bark constantly should be brought into the home especially during the evening.

-Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbors' lawns etc.

8.2.1.8 As per the housing policy it states:

1st Warning is a writing to the owner from Council:

2nd Warning, the owner must pay the \$50 animal control surcharge;

3rd Warning, the pet owner must meet with Council;

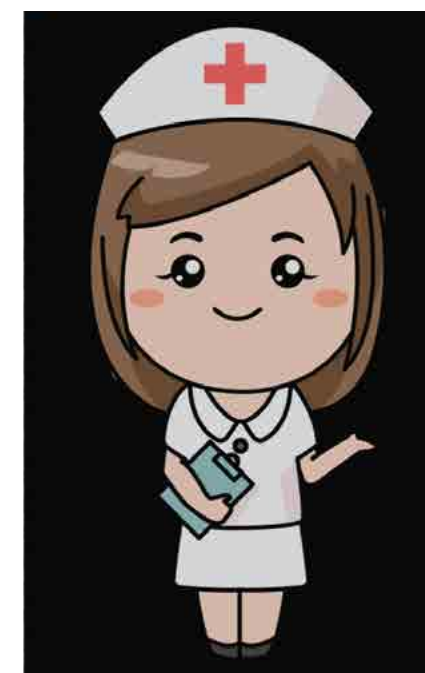
4th warning is the removal of the dog.

Thank you,
Kassandra Doss
Housing Coordinator

NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH DEPARTMENT

Third
MONDAY of
the month
1PM -4PM





T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
YoK iVo

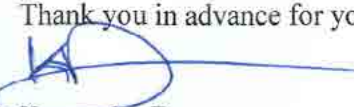
phone (250) 256 4118
fax (250) 256 4544
www.titqet.org

T'it'q'et Community/Members:

There have been many vehicles parked on the side of the road on Scotchman Road. This is a safety hazard.

Please park your vehicles in your driveway so other vehicles can use the road safely.

Thank you in advance for your cooperation.


Kassandra Doss
Housing Coordinator
250-256-4118 ext. 240



GRAB-AND-GO SHOPPING LIST

You may need to leave immediately in the event of an emergency. Be ready to go by having a smaller version of your emergency kit in an easy-to-access place in your home.

- ☐ First Aid kit and medications
- ☐ Food and water
- ☐ Seasonal clothing and footwear
- ☐ Battery powered or hand-crank radio
- ☐ Battery powered or hand-crank flashlight
- ☐ Extra batteries
- ☐ Toothpaste, toothbrush and other toiletries
- ☐ Whistle to signal for help
- ☐ Cell phone with chargers, inverter or solar charger
- ☐ Copy of your emergency plan, important documents and cash in small bills
- ☐ Pen and notepad to write down important information

**PARTNERS IN
PREPAREDNESS**
Let's get ready.



Learn more about emergency preparedness at www.preparedbc.ca
Partners in Preparedness is a program from PreparedBC and BC retailers.

Mental Health & Wellness Resources

SOHS Clinicians



Cole Levitt - Mental Wellness Outreach Clinician

- 250-256-7530 (Office)
- clevitt@statimchealth.net

Ricardo Pickering - Mental Wellness Clinician, Adult & Youth & Child

- 250-256-7530 (Office)
- rpickering@statimchealth.net

For More Information on Mental Health Resources, Contact our Health Coordinator:

Charlene Alec

- 250-256-7530 (Office)
- healthcoordinator@statimchealth.net



KUU-US Crisis Line Society



Adults: 250-723-4050
Youth: 250-723-2040
Toll Free: 1-800-588-8717

Culturally Safe Help Available:
24 hours a day, 7 days a week.

First Nations and Aboriginal Peoples
Helping First Nations and Aboriginal Peoples



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**

24/7 Crisis Support Line:

1-866-925-4419



First Nations Health Authority

FNHA Lillooet Location:

- 250-256-7017
- 296 Main St, Lillooet, B.C.,
V0K 1V0

FNHA Mental Health &
Wellness Team

- mhwprograms@fnha.ca

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports>

BOP



#LetsMoveCanada

#LetsMoveCanada

JUNE 3

DID YOU KNOW JUNE 03RD

IS NATIONAL HEALTH AND FITNESS DAY IN CANADA?

MAKE A PLAN AND GET MOVING!!

PENCIL IN SOME PLAY TIME!!!

TAKE A PICTURE OR SHORT VIDEO SUBMIT YOUR ENTRY with #LetsMoveCanada AND tag T'it'q'et P'egp'igla or T'it'q'et community page on FACEBOOK

Each entry is eligible for one big prize entry
FOR A CHANCE TO WIN A PRIZE!!!!

DEADLINE JUNE 05TH AT 4:00 PM FOR SUBMISSIONS
DRAW TO BE DONE ON JUNE 06TH AT 11:00AM

For more information, visit the Extreme Heat webpage at canada.ca

STAYING HEALTHY *in the* HEAT

HEAT EXHAUSTION



- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Dark urine and decreased urination
- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

HEAT STROKE



- High body temperature
- Confusion and lack of coordination
- Dizziness/Fainting
- No sweating, but very hot, red skin

Heat stroke is a medical emergency! Call 911 or your local emergency number immediately. While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.

What are the **SIGNS AND SYMPTOMS** of heat illness?

For more information, visit the Extreme Heat webpage at canada.ca

STAYING HEALTHY *in the* HEAT

Who is MOST AT RISK?



FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

FACT 3 CHRONIC ILLNESS/SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.

For more information, visit the Extreme Heat webpage at canada.ca

STAYING HEALTHY *in the* HEAT

TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT

TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

TIP 4 DRINK LIQUIDS; WATER IS BEST.

TIP 5 STAY COOL

Never leave children or pets alone in a parked vehicle.

SAFETY TIPS

How to stay cool?

- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Take cool showers or baths until you feel refreshed.
- Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.
- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.

Canada

Tips to Beat the Heat!

KEEP HYDRATED
Drink lots of water!

AVOID
Alcohol and caffeine as they can make dehydration worse

LIMIT
Non-essential strenuous activity during the hottest parts of the day

BE COOL
Stay indoors and make use of fans and air-conditioners

SOAK
Take a cool shower or bath to help you cool down

REST
Make sure you get enough sleep and rest if you are feeling tired

CHECK ON OTHERS
Including children, elderly, people with medical conditions and pets!

EAT FRESH
Try eating cold foods such as salads and fruits

SEEK SHADE
When outside

DRESS DOWN
Wear lightweight clothing and use sun screen

WATCH OUT... Be on the lookout for any symptoms of heat-related illness or conditions
www.healthlinkbc.ca/healthfiles/hfile35.stm

See a doctor if you are not feeling well, and in a medical emergency call 911

For more information on extreme heat go to www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For Deaf and hearing impaired assistance call 7-1-1 in BC.
Translation services available in more than 130 languages upon request

BC HOUSING



Aries (Mar 21–April 19)

Aries, you may find yourself engrossed in friendly debates this June. Lighten up and avoid fixating on being right — it's all a bit of fun! Venus lights up your dating life, inspiring you to connect to your charming and flirtatious side. Expect to be spoiled and romanced by someone who completely adores you and to explore your sexual nature and desires. By the end of the month, you will feel more introspective. Avoid ruminating over the past.

Taurus (Apr 20–May 20)

Cultivate a deeper understanding of your needs, desires, and limitations, Taurus. You'll find it easier to chase your goals and love yourself when you are clear on what will bring you happiness and how you've held back in the past. If your goals, dreams, and manifestations are taking longer than expected to materialize, you'll soon understand why when Saturn moonwalks through Pisces on June 17. Turn your focus within and

ask yourself how recent distractions have influenced these delays.

Gemini (May 21–Jun 20)

The people closest to you will be your greatest teachers this June. Through their wisdom and behavior, you will learn more about yourself and your relationships. Instead of dominating conversations with your opinions, be an eager and enthusiastic listener. Ask people questions about themselves to strengthen your bond. Major reality checks could poke holes in your ambitions toward the end of the month. Take time to process your feelings and nurture yourself..

Cancer (Jun 21–Jul 22)

Your fear of growing outside your comfort zone could bring harsh consequences this June. Don't get upset, be motivated to change your behavior. Venus' empowered energy is in your favor. Leap toward bigger and better financial goals. Keep your eye on the prize, and the light of success will shine down on you, bringing early rewards as encouragement. When the Sun switches into your zodiac sign on June 21, you'll finally be able to release some of your worries and fears.

Leo (Jul 23–Aug 22)

Loving Venus is sweeping through your zodiac sign from June 5, encouraging you to be the most authentic version of yourself. As your pride and charisma increase, so might your desire to be the center of attention. Make yourself a priority, but remember that not every situation is about you. You can't begin to set your sights on new goals until you

explore what held you back with your last dreams. Valuable alone time will facilitate gentle reflections on how you've gotten in your own way.

Virgo (Aug 23–Sept 22)

You don't get what you don't ask for in life, Virgo. You may have to face this bitter truth when it comes to the love you've wished you had but didn't receive. Start affirming what you want out loud rather than quietly or in your head, and handle relationship-related matters with maturity and honesty. Cancer season arrives on June 21, inviting you to practice sharing your feelings with your friends. This will help you build courage. You'll find it easier to process your emotions in a nurturing and positive environment like a supportive group chat. Let it all out.

Libra (Sept 23–Oct 20)

Your mind is lighting up with new and inspired ideas this June, putting you in your element. Explore your evolving perspective and opinions with curiosity and be a free and independent thinker. Saturn retrograde in spacey Pisces on June 17 could see you dealing with the consequences of delayed action regarding your priorities and wellness. Whatever wasn't taken seriously in the past is now begging for your attention and total presence. Learn from your mistakes, immaturity, or naivety, and tackle problems as they come.

Scorpio (Oct 23–Nov 21)

A boost in your passion and ambition will have you hungry for success. Stay focused on the pathway that leads to your goals, but don't beat

yourself up when you face distractions — you're human, not a machine. You'll be subjected to hard-hitting revelations about where you've been going wrong in love that inspire you to reflect on previous mistakes and heartbreaks. Don't allow these shifts to paint a pessimistic view of your future. Today's hard pill to swallow is tomorrow's wisdom.

Sagittarius (Nov 22–Dec 21)

The June 4 full moon blooms in your zodiac sign, Sagittarius, magnifying your confidence and optimism. Opportunities to quench your thirst for knowledge will surface, calling you to take big strides toward purposeful goals that are pleasurable, not work-related. Be ready to adopt the role of motivational speaker and advice-giver when people turn to you for meaningful conversation. Through your intimate partnerships and connections, you'll learn more about yourself, your fears, and your strengths. Don't be scared to dive deep!

Capricorn (Dec 22–Jan 19)

Information is coming to light that will deliver answers to your unnerving questions. Process your thoughts in solitude, accept the truth that is revealed to you, and allow it to heal your worries and fears. Once Mercury regains its strength in Gemini on June 11, your growing interest in your health and wellbeing will inspire you to explore positive changes to your routines and rituals. Improving your quality of life will aid the way you show up for others. Be courageous enough to deepen your intimate connections with your loved ones by allowing yourself to be vulnerable.

Aquarius (Jan 20–Feb 18)

Warm displays of love, affection, and gratitude are coming your way. Now is not the time to shy away from the spotlight. You deserve to be held in high esteem by the people who admire and adore you, Aquarius. Patient work on communication with

your partner or lover is the secret to developing your intimate connection. However, with the new moon in Gemini stirring up change in your dating life on June 18, you may be unsure of what will make you happy. Don't shut yourself off from others while you figure it out — you don't have to know what the distant future holds right this minute.

Pisces (Feb 19–Mar 20)

Devote yourself to your work and find unique ways to make your responsibilities feel fun and light, as this will facilitate successes in early June. You're on the road to finding yourself again, but first, you must strip away any false beliefs about your capabilities. Brace yourself for intense twists and turns: serious Saturn and delirious Neptune will retrograde through your zodiac sign, challenging you to choose reality over the comfort of fantasy and delusion.

July 2023
Newsletter Submission Deadline
Friday, July 21st 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.)



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