

Newsletter

February 2024

T'IT'Q'ET FEB 2024 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 27



February

Garbage Days

Mondays, Wednesdays,
and Fridays

Recycle Days

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31 Culture Night	1	2	3
4	5	6	7 Community Massage Day 12–6pm Culture Night	8	9 Podiatrist –Dr. Bolen	10
11 Nurse Practitioner 1–4pm	12 PC Meeting	13	14 Valentine's Day Culture Night	15	16	17
18 STAT–Family Day	19	20	21 Culture Night	22 PC Meeting	23 Elders Luncheon	24
25 C&C Meeting	26 PC Meeting	27	28 Anti-Bully Day Culture Night	29	1	2

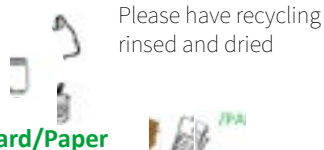
RECYCLE DAYS:

Feb 7–Plastics

Feb 14–Glass

Feb 21–Tins

Feb 28–Cardboard/Paper



Please have recycling
rinsed and dried

Dr. Bolen, Podiatrist
Is coming to
T'it'q'et Community



February 9, 2024

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241



NURSE PRACTITIONER

is in T'it'q'et health
department

Every Third **MONDAY**
of the month

1PM–4PM





FAMILY DAY

10:00 UNTIL 3:00 PM

LUNCH AT NOON
SNACKS PROVIDED



PARENTS MUST ACCOMPANY CHILDREN

- NAIL TECHNICIAN; NAILS MUST BE CLEAN
 - HAIR CUTS
 - PALM READING
 - MESSAGES
 - TARROT READING



Office Closure:

T'it'q'et office will be **CLOSED** on
Monday, February 19, 2024

In recognition of Family Day

**Will re-open on
Tuesday, February 20, 2024**

Sorry for any inconvenience.



ELDERS LUNCHON

FEBRUARY 23, 2024

FRIDAY 12:00 – 1: 00PM

EVERYONE WELCOME

RESOURCE ROOM



T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report 2024

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Terence MacLellan, the Vice-Chairperson is Marie Barney, the members are Genevieve Humphreys; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom.

- **Lands Committee**

Members of the committee attended a webinar hosted by the BC government on amendments to the BC Land Act. These amendments would provide a way for First Nations to directly register title to fee simple land without using a proxy such as a corporation or society. T'it'q'et currently owns fee simple land off-reserve through different companies.

- **Law-Making & Enforcement**

The Stl'atl'imx Tribal Police and Mandell Pinder and the Lands Advisory Board Resource Centre are scheduled to attend the February 6th Lands Committee meeting to discuss enforcement of land laws on reserve.

- **Natural Resource Management**

Lands Coordinator and Lands and Natural Resources Officer will schedule meeting with Dillon Consulting to discuss results of draft Environmental Management Plan review.

- **Lands Administration**

Lands Coordinator attended meeting with T'it'q'et Administration and consultants for Drainage and Hydrogeological Climate Change Assessment Project.

Do you need to relax?

Do you suffer from headaches or backaches?



FEBRUARY 07TH 2024 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

Amawil'calalhcw (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

FEBRUARY 2024

P'EGP'IG'HA COUNCIL UPDATE

December 12, 2023 PC Meeting Summarized Minutes

PC = P'egp'ig'lha Council

1. Request for Proposal Review (PC Policy Development):

- The PC reviewed two proposals from Consultants to develop policies for the PC.
- The PC requires more information from Consultants before selecting a proposal.

2. Declaration Act Funding Workplan:

- The PC planned a meeting in January to review the workplan themes and identify priorities for the funding source.

3. First Nations Tax Commission Meeting:

- Two PC representatives will attend the First Nations Tax Commission Conference at the end of January. The purpose of the meeting is to discuss a tax that would allow First Nations to generate consistent revenue from the resources extracted on their territories.

4. East Lillooet Heritage site:

- PC recommend a letter be drafted stating PC Guardians surveyed the site and have concerns about machinery being too close, and to let the property owner know that P'egp'ig'lha Council is planning to register the Heritage site with the Province.

GUARDIANS OUT ON THE LAND



PC GUARDIAN SWIFTWATER TRAINING
SPRING 2023



DENISE ANTOINE, PC NATURAL RESOURCE SPECIALIST
SWIFTWATER TRAINING
SPRING 2023

One line Highlights:

Next P'egp'ig'lha Council
Meeting:

FEB 27, 2024 AT 9:00A.M.
COUNCIL CHAMBERS

Have any questions?
HERES HOW TO REACH
US!

CALL US AT 250-256-4118

PC DIRECTOR:
CHRISTIAN AHRENKIEL EXT.233
DIRECTOR@PEGPIGLHA.ORG

PC NATURAL RESOURCE
SPECIALIST:
DENISE ANTOINE EXT.238
NATURALRESOURCES@PEGPIGL
HA.ORG

PC ADMINISTRATIVE
ASSISTANT: LACEY
LAROCHELLE EXT.231
ADMINASSISTANT@PEGPIGLHA.
ORG

P'EGP'IG'LHA COUNCIL MANDATE

- 1) CONDUCT GOVERNMENT TO GOVERNMENT AND NATION TO NATION NEGOTIATIONS RELATED TO ST'ÁT'IMC TITLE AND RIGHTS:
- 2) FINALIZE P'EGP'IG'LHA GOVERNING DOCUMENTS INCLUDING THE CONSTITUTION, LAWS, POLICIES AND PROCEDURES.
- 3) WORK WITH ELDERS COUNCIL TO CREATE A SYSTEM OF LAWS TO PROTECT THE TRADITIONAL TERRITORY; MAKE RULES REGARDING AND ADVOCATE FOR TRIBAL/TRADITIONAL TERRITORIES AND REPRESENT COMMUNITY ON THESE ISSUES.
- 4) WORK WITH THE T'ÍT'Q'ET COUNCIL TO ADDRESS COMMUNITY ISSUES AS REQUIRED.
- 5) WORK WITH THE YOUTH.
- 6) GATHER INPUT FROM STUDIES, NEEDS ASSESSMENT, AND THE LEGAL STATUS OF ISSUES RELATED TO THE TRADITIONAL TERRITORY, AND GENERALLY KEEP INFORMED ABOUT ISSUES.
- 7) NEGOTIATE ON BEHALF OF THE P'EGP'IG'LHA WITH ALL PARTIES WHOSE ACTIVITIES MAY IMPACT UPON THE P'EGP'IG'LHA
- 8) COMMUNICATE, INFORM, CONSULT WITH THE PEOPLE, AND MONITOR BROAD INPUT ENSURING ALL HAVE A VOICE.
- 9) SEEK ADVICE OF ELDERS COUNCIL TO ENSURE ST'ÁT'IMC PRINCIPLES ARE MAINTAINED.
- 10) SEEK RATIFICATION FOR DECISIONS FROM THE P'EGP'IG'LHA.
- 11) MAINTAIN INTRA AND INTER-TRIBAL RELATIONS ON BEHALF OF THE P'EGP'IG'LHA.
- 12) KEEP ABREAST OF AND ADDRESS INTERNATIONAL ISSUES EFFECTING INDIGENOUS PEOPLES.

THE TRIBAL CHIEF WILL REPORT TO AND CHAIR ALL P'EGP'IG'LHA COUNCIL MEETINGS. THE P'EGP'IG'LHA COUNCIL WILL MEET MONTHLY, AND WILL MEET WITH THE ELDERS COUNCIL AND T'ÍT'Q'ET COUNCIL QUARTERLY.



LILLOOET TRIBAL COUNCIL

650 Industrial Place, PO Box 1420, Lillooet BC, V0K - 1V0
T: 250-256-7523 F: 250-256-7119 info@lillooettribalcouncil.ca

Job Posting

Position: Program Assistant
Department: Community Adult Learning Centre (CALC)
Position Type: Permanent Full-time
Date Posted: Jan 31, 2024
Closing Date: Feb 15, 2024
Salary: \$22-\$25 per hour

Job Summary

The Program Assistant reports to the Program Manager and exercises considerable independence to fulfill a wide range of duties that support the effective functioning of the CALC program and facility. The Program Assistant supports the administration, development, and coordination of CALC education and training programs.

Key Responsibilities

- Arrange hotel accommodations, gas vouchers, travel expense cheques
- Pick up snacks/groceries and supplies for events and programs.
- Order office supplies and equipment, including furniture and equipment
- Book venues, catering, (organize catering bids for large meetings/events),
- Prepare agendas, information packages, sign-in sheets, honoraria forms,
- Arrange equipment such as projectors, microphones, etc.
- Write newsletters, advertisements, and promotional materials.
- Provide support to students and instructors.
- Assist with coordinating training and student intake
- Coordinate and attend community events to promote CALC.
- Prepare and code cheque requisitions, purchase orders, invoices, credit card receipts
- Manage petty cash
- Attend monthly planning and budget meetings.
- Maintain and organize the CALC resource table, bulletin board, calendars, and sign in/out board: ensure all information is relevant and up to date,
- Perform receptionist duties as required.

Skills and Experience

- Certificate in Business Administration with minimum one experience or equivalent combination of education and training.
- Advanced working knowledge of Microsoft Office (Word, Excel, PPT, etc.),
- Excellent communication skills: written, verbal (e.g. phone), and interpersonal, and listening
- Independent problem solving and judgement
- Accuracy and attention to detail.
- Excellent organizational and time management,
- Social media management,
- Driver licence and use of vehicle
- Criminal record will be required

SUBMIT RESUME AND COVER LETTER TO:

ATTN: Andrea Leech, Administrator at info@lillooettribalcouncil.ca

For more information and detailed Job Description contact Yvonne LaRochelle, Program Director at ylarochelle@lillooettribalcouncil.ca or 250 256-7523.

ANTI- BULLY DAY

WEDNESDAY FEBRUARY 28TH 2024

The Pink Shirt Day Story

In 2007, Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born.



In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September “Stand Up Against Bullying Day.” In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day, and now the last Wednesday each February is Canada’s national Pink Shirt/anti-bullying day.

Many countries now recognize specific days for raising awareness about the prevention of bullying and promoting kindness and inclusion. In Canada, many students have heard the Pink Shirt Day message from kindergarten through to their high school graduation. The movement continues to grow.

Call to Indigenous Artists

INTERIOR HEALTH'S INDIGENOUS
MENTAL WELLNESS TEAM WOULD
LIKE TO COMMISSION SEVERAL
ORIGINAL PIECES OF DIGITAL ART
REPRESENTING INDIGENOUS
WELLNESS & CULTURE.

Details

- Submit images by
February 23, 2024
- Announcement of chosen
images March 6, 2024
- \$1,000 for each piece
selected
- Artwork provided in digital
format or have ability to
convert to digital
- Artwork will be used on an
ongoing basis in promotional
materials and resources.

To submit artwork email:
aboriginalmentalwellness@interiorhealth.ca



T'it'q'et Administration

P.O. Box 615
59 Retasket Drive Lillooet, B.C.
VoK1Vo

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

Memo To: Band/Community Members/Staff

From: Finance Department

RE: CHEQUE DAYS

Please note: The Accounts Payable Clerk will **ONLY** be processing Cheques on **Tuesdays and Thursdays**. All Cheques will be ready for pick-up on **Wednesdays and Fridays** during regular office hours. Regular office hours are from 8 am to 12 pm, the office is closed from 12 pm to 1 pm, and open again from 1 pm to 4 pm.

To ensure that cheques are done on time, please make sure that your Cheque Requisitions are in the Accounts Payable mail box by the end of the day on **Mondays and Wednesdays**.

Thank you for your cooperation, so we can ensure you receive your cheque on time.

Finance Department

SKUKWZA CLEANING

CALL TO BOOK A CLEANING SESSION 778-209-3693
BI-WEEKLY CLEANING SESSIONS. MOVE IN – MOVE OUT.
OFFICE AND BUILDING SPACE CLEANING.
30\$ AN HOUR FOR BI-WEEKLY CLEANING
60\$ FOR MOVE IN – MOVE OUT CLEANING.

Small business owned by Patrice Pelegrin
Gift Certificates available for 5 hours of cleaning

CHECK OUT MY PAGE ON FACEBOOK OR CALL!!

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.

Do you want to receive
information and news
about events via email
from P'egp'ig'lha
Council ?



P'EGP'IG'LHA MEMBERS, SEND US
AN EMAIL AND WE CAN ADD YOU
TO OUR DISTRIBUTION LIST!
EMAIL LACEY AT:
ADMINASSISTANT@PEGPIGLHA.ORG
OR CALL 250-256-4118 EXT.231



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers

Lillooet, BC

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria (<https://www.fnha.ca/benefits/mental-health-providers>) and are actively registered with the FNHA.

Yolanda Hall RSW <ul style="list-style-type: none">• (778) 554-2332• Accepting New Clients	Lorrinda Casper RSW <ul style="list-style-type: none">• (250) 256-9126• Less Than 1 Month Waitlist
Joanna Warren RCC <ul style="list-style-type: none">• (250) 256-4906• Askom Counselling• Accepting New Clients	Brandy Kane RSW <ul style="list-style-type: none">• (604) 728-1574• Eagle Spirit Counselling• 1-2 Month Waitlist
Alanah Woodland RSW <ul style="list-style-type: none">• (778) 209-0956• Amham Therapy• Accepting New Clients	

Tsow-Tun-Le-Lum Society (cultural support and counselling):
1-888-403-3123

Indian Residential School Survivors Society: 1-800-721-0066
or 604-985-4464

KUU-US Crisis Line Society: Adults and Elders at 250-723-4050;
Children and Youth at 250-723-2040; Toll-free at 1-800-588-8717



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers

Kamloops, BC

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria(<https://www.fnha.ca/benefits/mental-health-providers>) and are actively registered with the FNHA.

Marian Anderberg RSW <ul style="list-style-type: none">• (250) 851-5155• Accepting new clients	Heather Anderson CCC <ul style="list-style-type: none">• (250) 314-0377• Accepting new clients• Seasons Health Therapies
Wade Alexander CCC; RCC <ul style="list-style-type: none">• Telehealth Only• (778) 472-0388• Accepting new clients	Robbyn Bennett RCC <ul style="list-style-type: none">• (778) 779-7376• Accepting new clients
Nicole Befurt RCC <ul style="list-style-type: none">• (250) 319-8596• Accepting new clients• Seasons Consulting Group	Robert Dolson RCC <ul style="list-style-type: none">• (250) 319-0101• Accepting new clients• Center for Response Based Practice
Kym Daley RCC <ul style="list-style-type: none">• (236) 852-1431• Accepting new clients• Center for Response Based Practice	Marilee Draney RSW <ul style="list-style-type: none">• (778) 257-2433• Accepting new clients
Leita McInnis RSW <ul style="list-style-type: none">• Telehealth Only• (672) 999-7969• Accepting new clients	Pete Grinberg RCC <ul style="list-style-type: none">• (250) 318-9455• Accepting New Clients• Centre for Response Based Practice



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers Kamloops, BC

Jennifer Dustin RSW <ul style="list-style-type: none"> • (250) 554-4747 • Accepting New Clients • C & C Resources for Life 	Katherine Gulley CCC/RCC <ul style="list-style-type: none"> • (250) 819-2989 • Accepting New Clients • Katherine Gulley Counselling
Dave Freeze RCC <ul style="list-style-type: none"> • (250) 318-1099 • Accepting New Clients • Ripplerock Consulting 	Betty Lapeyre RCC <ul style="list-style-type: none"> • (250) 320-4877 • Accepting New Clients • River Walk Counselling Services
Jennifer Friend RSW <ul style="list-style-type: none"> • (250) 828-2698 • Accepting New Clients • Lighthouse Expressive Therapy LTD. 	Randine Mariona-flor RSW <ul style="list-style-type: none"> • (778) 360 2605 • Accepting New Clients • Healing Spaces
Jeff Goodrich RCC <ul style="list-style-type: none"> • (250) 640-6487 • Accepting New Clients • Jeff Goodrich Counselling 	Kalie McIntosh RCC <ul style="list-style-type: none"> • (250) 574-1426 • Accepting New Clients
Sandip Sadhra RCC <ul style="list-style-type: none"> • (778) 257-0480 • Accepting New Clients 	Crystal Munegatto RSW <ul style="list-style-type: none"> • (250) 819-0234 • Accepting New Clients
Sun Peaks Karen Lara CCC <ul style="list-style-type: none"> • (250) 299-8543 • 1 Month Waitlist 	

Tsow-Tun-Le-Lum Society (cultural support and counselling): 1-888-403-3123

Indian Residential School Survivors Society: 1-800-721-0066 or 604-985-4464

KUU-US Crisis Line Society: Adults and Elders at 250-723-4050; Children and Youth at 250-723-2040;



INTERIOR REGION

First Nations Health Authority

FNHA First Nations Health Benefits: Mental Health Providers

Merritt & Ashcroft, BC

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria (<https://www.fnha.ca/benefits/mental-health-providers>) and are actively registered with the FNHA.

Merritt

Jennifer Dustin RSW <ul style="list-style-type: none"> • (778) 639-0107 • Telehealth Only • Jen Dustin Counselling & Supports • Accepting New Clients 	Christina Gibson CCC;RSW <ul style="list-style-type: none"> • (250) 462-0360 • Accepting New Clients
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Ashcroft & Logan Lake

Ashcroft Christina Gibson CCC;RSW <ul style="list-style-type: none"> • (250) 462-0360 • Accepting New Clients 	Logan Lake Carrie McNeely RCSW <ul style="list-style-type: none"> • (250) 819-0268 • Dragonfly Counselling • Accepting New Clients
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Tsow-Tun-Le-Lum Society (cultural support and counselling): 1-888-403-3123

Indian Residential School Survivors Society: 1-800-721-0066 or 604-985-4464

KUU-US Crisis Line Society: Adults and Elders at 250-723-4050; Children and Youth at 250-723-2040; Toll-free at 1-800-588-8717



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
YáKíYo

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

Notice to T'it'q'et Members

September 23, 2023

T'it'q'et Council would like membership to know the individuals listed below have been banned from the T'it'q'et community. The following bans remain in effect.

- 1. Travis Harry (effective December 12, 2013)
- 2. Maxine Brady (effective date: May 23, 2019)
- 3. Fred Henry (effective date: March 18, 2004)
- 4. Mike Kane Jr. (effective date: December 21, 2017)
- 5. Billy Delorme (effective date: February 3, 2021)
- 6. Leonard Mitchell Jr (effective date: August 28, 2023)
- 7. Colby Adolph (effective date: August 28, 2023)

If you see any of these individuals, please contact the Stl'átl'imx Tribal Police (STP) at (250) 256-7767. If you have any questions, please contact: Chief Sidney Scotchman email: communitychief@titget.org or phone (250) 256- 3635.

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

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

February 2024 Horoscopes



Aries (Mar 21–April 19)

Success in socializing, Aries! A Venus-Jupiter trine on Monday helps you achieve a higher level of professional success through giving and receiving support. Friday's Mercury-Neptune sextile supports you in letting go and finding closure on something career-related. This weekend's Sagittarius Moon in your adventure zone is a joyful and exhilarating one, so enjoy!

Taurus (Apr 20–May 20)

That was then, this is now, Taurus. Monday's Venus-Jupiter trine supports you seeing people as they are in the present, not for who they were in the past—or for who other people were in the past. Friday's Mercury-Neptune sextile invites you to reconnect with your friends so you can support each other's dreams. This weekend's Sagittarius Moon in your intimacy zone helps you see eroticism and sexuality more powerfully.

Gemini (May 21–Jun 20)

Feel it to heal it, Gemini. Monday's Venus-Jupiter trine inspires you to run towards the emotion you've been avoiding. Only when you face this feeling can you heal it. Friday's Mercury-Neptune sextile brings a burst of imagination and vision to help you approach your career with new ideas. This weekend's Sagittarius Moon is a romantic one, so let yourself connect with the most loving parts of your personality.

Cancer (Jun 21–Jul 22)

Blend friendship and love, Cancer. Monday's Venus-Jupiter trine wants you to bring more levity to love and vice versa. It's all about integrating the best of friendship and romance. Friday's Mercury-Neptune sextile helps you experience trust differently. This weekend's Sagittarius Moon helps you stay mindful and in tune with the details for greater wellbeing.

Leo (Jul 23–Aug 22)

Small career goals only, Leo! Monday's Venus-Jupiter trine is validating the career changes you want to make—but to achieve them, you need to move carefully, focusing on small goals over time. Friday's Mercury-Neptune sextile wants you to to crawl before you sprint. This weekend's Sagittarius Moon puts a fire in your heart, so express yourself and follow your bliss!

Virgo (Aug 23–Sept 22)

Think again, Virgo! Monday's Venus-Jupiter trine helps you see yourself differently. Lean into confidence and talk to yourself more positively. Friday's Mercury-Neptune sextile inspires you to have more self-compassion and positive self-talk. The weekend's Sagittarius Moon in your home/family zone connects you to the people and places that give you safety.

Libra (Sept 23–Oct 20)

What's your truth, Libra? Monday's Venus-Jupiter trine wants you to be more direct with your desires. Try to express your authenticity in clear, compassionate ways. Friday's Mercury-Neptune sextile gives you clues about your emotional wellbeing and who heals you. This weekend's Sagittarius Moon in your cognition zone wants you to follow curiosity for curiosity's sake.

Scorpio (Oct 23–Nov 21)

Speak up, Scorpio! Monday's Venus-Jupiter trine challenges you to use your words a bit faster in relationships so you can maximize clear understanding, agreements, and expectations. Friday's Mercury-Neptune sextile helps your fluency in the nonverbal language. This weekend's Sagittarius Moon in your embodiment zone helps you connect to pleasure and somatic wisdom.

Sagittarius (Nov 22–Dec 21)

Live into your values, Sag! Monday's Venus-Jupiter trine wants to help your worry by inspiring you to practice your values. There's no clarity like knowing you are who you say you are. Friday's Mercury-Neptune sextile motivates you to check your money mindset. This weekend offers you a Sagittarius Moon so you can live out loud and express your strengths.

Capricorn (Dec 22–Jan 19)

Reveal, don't conceal, Capricorn. Monday's Venus-Jupiter trine reminds you that you can only get to intimacy and connection through vulnerability and sharing your feelings. You can do it! Friday's Mercury-Neptune trine reframes your relationship to emotions. This weekend's Sagittarius Moon wants you to take time to rest and retreat for contemplation and introspection.

Aquarius (Jan 20–Feb 18)

Happy birthday, Aquarius! Monday's Venus-Jupiter trine helps you set yourself free from people and patterns from the past so you can love more bravely in the present. Friday's Mercury-Neptune trine inspires you to initiate a conversation for closure. This weekend's Sagittarius Moon is a friendly, social one, so reunite with your community and celebrate each other!

Pisces (Feb 19–Mar 20)

Emotions are confusing, Pisces. Monday's Venus-Jupiter trine blurs the lines between lover, friend, and the in-between. Stay curious, flexible, and unattached to outcomes. Friday's Mercury-Neptune trine is your moment to live into your values with your friends and see who honors that. This weekend's Sagittarius Moon is a productive one, so see where it takes you!



March 2024 Newsletter Submission Deadline Thursday, February 22nd at Noon

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

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

(PDF or Word documents are preferred.)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-7222

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

