

Newsletter

Sept 2024

T'IT'Q'ET SEPT 2024 ISSUE

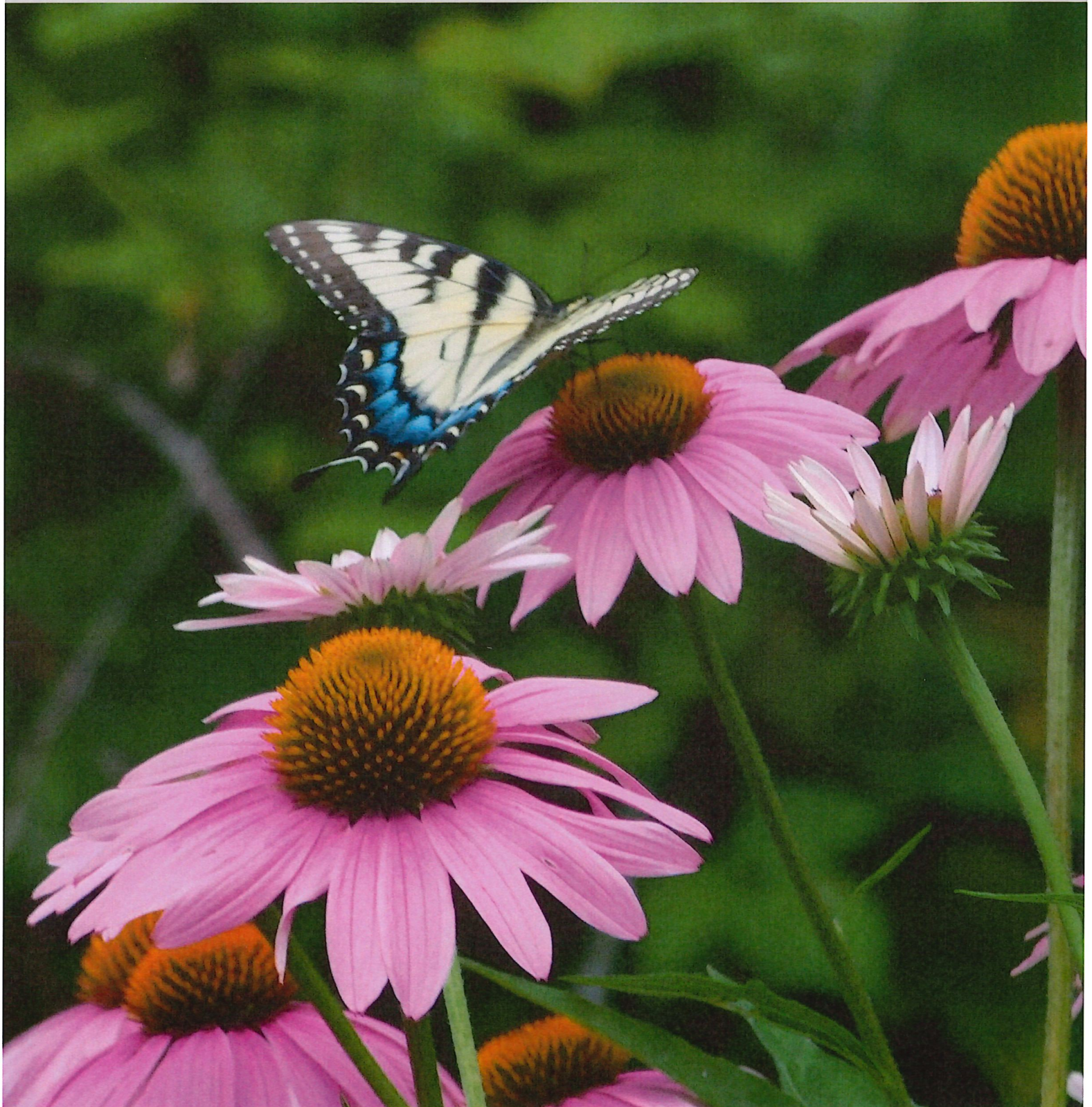
Lands – Page 5

Elders Luncheon– Page 8

Community Wellness Program – Page 12

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 25












September

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 Labour Day Office closed	3	4 Culture Night	5 First Day of School	6 	7
8  	9	10	11 Community Massage Day Culture Night	12	13 	14
15  	16	17	18 Culture Night	19	20 	21
22  	23	24	25 Culture Night	26	27  Elders Luncheon	28
29 National Day for Truth and Reconciliation Office Closed	30	1	2 Culture Night	3	4 	5

Notice

Please put garbage out
on garbage days only.
The birds and bears are
getting into the garbage
Thank you.

NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH
DEPARTMENT

Third
MONDAY of
the month
1PM -4PM



WANTED

T'it'q'et Community

Looking for Members who would like

Security Training

We may have an opportunity to bring in a Security Training Course.

But, would like to see who is interested. It requires a time commitment of one week, and Licensing Requirements in BC are as follows:

- 19 years of age at the time of application for BC
- Canadian Citizen or legally entitled to work in Canada
- Competent, and of good character
- No serious criminal record for which no pardon has been received. No outstanding criminal charges, must not be the subject of criminal investigation
- Must be fluent in English

Please contact:

Stephanie Louie

or

Susan Napoleon

Lands and Natural Resources Officer

Education Coordinator

(250)256-4118 ex. 243

(250)256-4118 ex 225

lands@titqet.org

education@titqet.org

T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

September 2024

The T'it'q'et Lands Committee is made up of 5 members. The Chairperson is Terence MacLellan, the members are Genevieve Humphreys; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegrin. The Vice Chairperson Marie Barney has stepped down from the committee. The Lands and Natural Resources Department currently has three staff members: Lands and Natural Resources Director Glen Guthrie, Lands and Natural Resources Officer Stephanie Louie and Lands Coordinator Dean Billy.

- **Lands Committee**

The committee held a strategic planning session in North Vancouver with consultant Andrew Leach. During this session the committee visited the Tsleil-Waututh administration office and learned about their lands department from Chief Jennifer Thomas.

Two members of the committee joined department staff in taking a look at the concession stand at Seton Lake. The area needs to be upgraded.

Two T'it'q'et members have expressed an interest in joining the Lands Committee. Their letters were sent to T'it'q'et Council to review.

- **Law-Making & Enforcement**

The committee agreed on a title for the fisheries law and had the spelling checked with Linda Redan. The law will be called 'Nxékmens I Zawmenúlmucwa I P'egp'íg'lha7a - Laws for the Fishing Spots of the P'egp'íg'lha7a'.

- **Lands Administration**

The committee recommended a vision statement for the draft Environmental Management Plan. The committee chose pictures to be included in the Plan. 11 community members submitted over 90 pictures to choose from. Once the plan is complete, it will go to T'it'q'et Council and the membership to review.

- **Communications & Public Relations**

Lands and Natural Resources Director Glen Guthrie will attend the Lands Advisory Board Annual General Meeting in Halifax.

- **Mapping**

The department staff is searching for funds to purchase a plotter. When this is done, the department will use this machine to create maps and other oversize documents as needed.

Weekly AA/NA Meetings

Monday

AA Meeting (Log Cabin)
1414 Pit House Road Xwisten
7:00PM-8:00PM
250 256 7725

Tuesday

AA Meeting (Shop Talk)
667 Industrial Place Lillooet
7:00PM-8:00PM
778 209 7589 or 778 939 9765

Wednesday

NA Meeting (Community Cares)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Thursday

AA Meeting (12 & 12)
577 Main Street Lillooet
7:00PM-8:00PM
604 708 5961

Friday

AA Meeting (Friendly Friday)
76-5th AVE Lillooet
8:00PM-9:00PM
250 256 4146

Saturday

AA Meeting (Big Book Study)
930 Main St Lillooet
11:30AM-12:30PM

Dr. Bolen,
Podiatrist

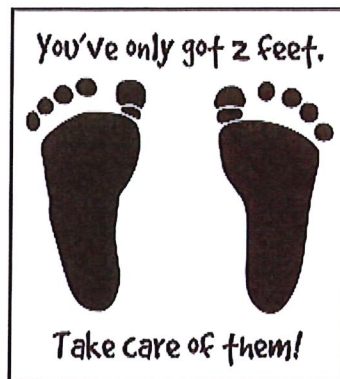


11 October, 2024

Please contact Medical Clerk
To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241





Let's do
Lunch!

ELDERS LUNCHON

September 27, 2024
Friday 12-1 pm

Resource Room

EVERYONE
WELCOME!!!!

COMMUNITY MASSAGE DAY

Do you need to relax?



11 September 2024 Evening Session

12:00 – 6:00 pm

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

Maytálhew (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 is 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



NOT JUST NALOXONE WORKSHOP: Talking about Substance use in Indigenous Communities



Titqet Hall 59 Ratasket St. | September 10-11 | 9:30 am to 3:30pm | Lunch Provided

Not Just Naloxone (NJN) is a workshop hosted by the First Nations Health Authority and is delivered in partnership by the Four Directions Team, Regional Team and Community Harm Reduction Champions. This training was developed in response to the Toxic Drug Emergency in BC, which continues to disproportionately impact Indigenous People.

While Naloxone is an effective life-saving medicine to reverse an overdose, it is not our only response. The NJN workshops teach participants to facilitate community-based discussions about:

- Racism and Prohibition in Canada
- Decolonizing Substance Use
- Indigenous Harm Reduction Practices
- Trauma-and Resiliency-Informed Practice
- Anti-Stigma Work
- Naloxone Training (Nasal/Injection)



For further information contact:
Melanie Luu - wellnesscoordinator@titqet.org



Become a Volunteer

T'it'q'et is looking for community volunteers **ages 19 and older** to aid in Emergency Operation Center (EOC) and Emergency Support Services (ESS) response to major events. If you are a great team player, organized and good at planning, good at documenting, sourcing and tracking documents, and can take direction and commands, then our team needs you. Having training and experience in this discipline looks great on a resume and demonstrates to potential employers your commitment to volunteerism.

Please contact, Susan Napoleon (EPC) with your name, phone number, and email address if you have any questions (epc@titqet.org or 250-256-4118 Ext. 225).

Indigenous communities within BC are responsible for establishing and maintaining an emergency management organization and response, such as emergency plans and preparedness, response, and recovery measures for emergencies and disasters. T'it'q'et does have some Emergency Operations Center (EOC) trained staff and volunteers for this and Emergency Program Coordinators (EPC) to organize, coordinate, and establish the T'it'q'et Emergency Plan and team to respond to emergency of large scales.

Emergency Operations Center (EOC) are normally activated at the request of an Incident Commander or a Senior Administrative Official to provide overall jurisdictional direction and control, coordination and resource supports to a major emergency event, such as wildland fires or Earthquakes. Within an EOC (Dependent on level of activation) there are a number of Section personnel; Management, Operations, Planning, Logistics, and Finance Section. These personnel are mostly volunteers from the local area and is dependent on the size and scope of the emergency event; sometimes Emergency Management BC (EMBC) will deploy trained and experienced EOC people to communities that may need extra support, especially if they do not have enough volunteers to work an EOC.

Definition of ESS

ESS is a community-based emergency response program required to preserve the well-being of people affected by an emergency or disaster ranging from a single house fire to calamities involving mass evacuations. Emergency Support Services (ESS) provides short-term basic support to people impacted by disasters.

As an ESS responder, your goal is to help people begin to re-establish themselves as quickly as possible after a disaster. ESS plays an important role in emergency management by:

- Helping people meet their basic survival needs during a disaster
- Reuniting families separated by disaster
- Providing people affected by a disaster with accurate and up-to-date information

Community wellness program

Place: T'it'q'et Hall

Date: September 16th – 20th

Time: 10:30 AM – 3:30 PM

Age range: 14 – 65

Numbers of participants: 15

Description of program: Discussions may include, (but not limited to:), Cultural Awareness, Healing, Coping Mechanisms, Anger & Violence, Traditional Games, Silly games, etc.

Lunch and snacks will be provided

1st break 11:15 AM (15min)

Lunch break 12:30 PM (30 – 60min)

2nd break 2:30 PM (15min)

Participants must be there for all 5 days

Please arrive 10 minutes early

Sign up sheet is at the front desk with reception or you can email wellnesscoordinator@titqet.org



AAHNGP

All Aboriginal Healing & Native Games Program



Since 1985 Mike James has been traveling throughout North America delivering self help programs.

He delivers programs on Ancient Traditional Native Games, Health & Wellness Issues, Culture, Suicide Prevention, etc. Mike's programs are very popular, successful and motivational; some communities have been utilizing his services for the past 39 years.

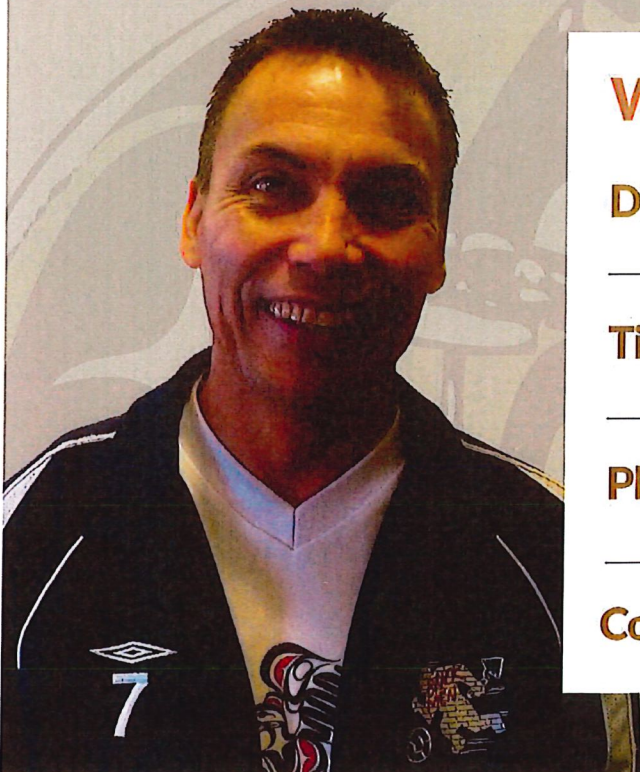
Mike is a single parent from Chilliwack, B.C. Canada and has brought his daughter, Collette with him every since she was a young child. Mike's dedication to helping the Native People cope with typical life issues extends beyond his work life; Mike is an avid soccer player and also coached his daughter since she was 7 years old.

Mike is a certified Alcohol & Drug counselor, Sacred Bundle Carrier and Sacred Sweat Lodge keeper. He conducts Ceremonies for numerous individuals of all Nations when requested.

Mike is also very involved in his community; he coaches a division 1 womens soccer team, and also sponsors and coaches numerous other teams in a variety of soccer tournaments.

Mike is also called upon to speak, drum and sing at local Ceremonies, such as funeral, special Cultural events and various community activities.

For more information, please refer to Mike's website: WWW.AAHNGP.CA



WORKSHOP/PROGRAM:

T'it'q'et First Nation Presents: Community Wellness Program

Date:

September 16 - 20, 2024

Time:

10:30 am - 3:30 pm

Place:

T'it'q'et Hall

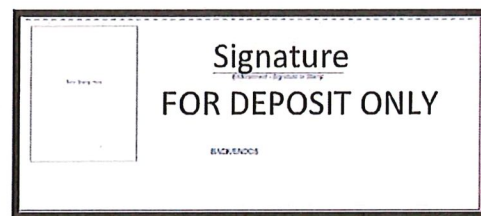
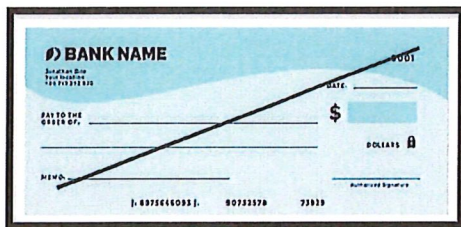
Comments:

Discussions may include, (but not limited to); Cultural Awareness, Healing, Coping Mechanisms, Anger & Violence, Traditional Games, Silly games, etc.

Securing your Cheques after you have E-deposited them

The best practice after e-depositing your cheques directly through your Banking App, we recommend that you secure your cheques after it confirms your cheque has been deposited into your account.

- Draw a line on the front of the cheque once confirmed it has been deposited into your bank. Or write “DEPOSITED” in the front. This will prevent it from being double cashed in the future.
- Sign and write “FOR DEPOSIT ONLY” on the back



- After you have made your deposit please retain the cheque for 14 days to ensure it clears and there were no issues with the deposit. After 14 days, please shred the cheque to dispose of it safely.

There are too many double cashed cheques happening and fraudulent activity.

The bank reconciliation is done daily by the Finance Manager. Any cheques that are double cashed will be reversed by the bank immediately. Any suspicious fraudulent activity will be reported to the Stl'at'Imc Tribal Police and to CIBC Bank.

If you lose or misplace your cheque, Finance will reissue you a cheque as long as you cover the **\$12.50 STOP PAYMENT**. The Stop Payment will prevent you from cashing the original cheque if it is found. If you are unsure that you have cashed the cheque, please call or email me at the office to confirm.

Thank you,

Sabrina James, Finance Manager

Phone: 250-256-4118 Ext. 226 Email: tfnfinance@titget.org



T'it'q'et Administration

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

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



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.

IF an animal gets into your garbage it is your responsibility to pick it up, even if the animal drags it to someone else's yard.

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.



Message from T'it'q'et Housing



Nuisance/vicious Pets:

Administration has received complaints concerning vicious dog attacks and nuisance pets. Once a written complaint is received concerning dogs or other pets it goes on file.

All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbours. 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 neighbours' 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.

Pets summer safety tips:



How to access services

Access all Service Canada programs, services and benefits through online services and call centres.

Access Service Canada online services at: Canada.ca/service-canada-home

Apply for a Social Insurance Number online at:
<https://sin-nas.canada.ca/en/Sin/>

Contact one of the call centres at:

Service Canada 1-800-O-CANADA (1-800-622-6232)
Employment Insurance 1-800-206-7218
Canada Pension and Old Age Security 1-800-277-9914
Social Insurance Number 1-866-274-6627

If access to a computer or the internet is not available, or if there are other barriers to accessing services, contact the Service Canada's Outreach Support Centre toll free service.

The Outreach Support Centre has limited capacity and is designed to support the needs of clients with no other means of getting service.

Outreach Support Centre

Monday to Friday 8:30 a.m. to 4:00 p.m.

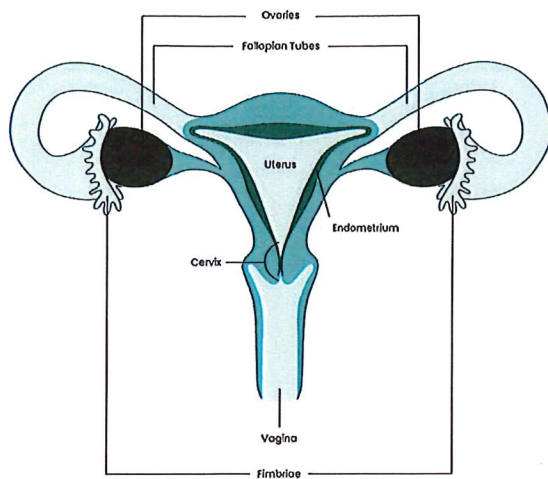
1-877-631-2657

TTY: 1-833-719-2657

Interpretation services may be provided

Services available:

- Employment Insurance
- Canada Pension Plan / Old Age Security
- Social Insurance Number information
- Veterans Affairs Canada programs and services information
- Information and referral for other federal programs and services



WHAT IS OVARIAN CANCER?

CANCER IS A TERM USED TO DESCRIBE A GROUP OF DISEASES IN WHICH ABNORMAL CELLS DIVIDE WITHOUT CONTROL AND CAN INVADE OTHER TISSUE IN THE BODY.

The body is made up of many types of cells that grow and divide in a controlled way to produce more cells that are needed to keep the body healthy. When cells become old or damaged, they die and are replaced with new cells.

Sometimes the genetic material (DNA) of a cell becomes damaged or changed, producing mutations that affect normal cell growth and division. When this happens, cells do not die when they should, and new cells form when the body does not need them. The extra cells may form a mass of tissue called a tumour.

Ovarian cancer refers to a group of distinct cancers that originate at or near the ovaries.

OVARIES

Ovaries are reproductive glands found in females. Each female has two ovaries, located in the lower abdomen (belly), on each side of the uterus. The ovaries produce eggs (ova) for reproduction and the female hormones estrogen and progesterone.

CELLS IN THE OVARIES

The ovaries are made up of three main kinds of cells:

- **Epithelial cells** – these cells are found on the outer surface of the ovary.
- **Germ cells** – these cells are found inside the ovary, and form the eggs.
- **Stromal cells** – these cells form the structural tissue that hold the ovary together.

Each of these types of cells may develop into a **different type** of tumour.

Internal female reproductive anatomy

LEARN MORE ABOUT FEMALE REPRODUCTIVE ANATOMY **TYPES OF OVARIAN CANCER**

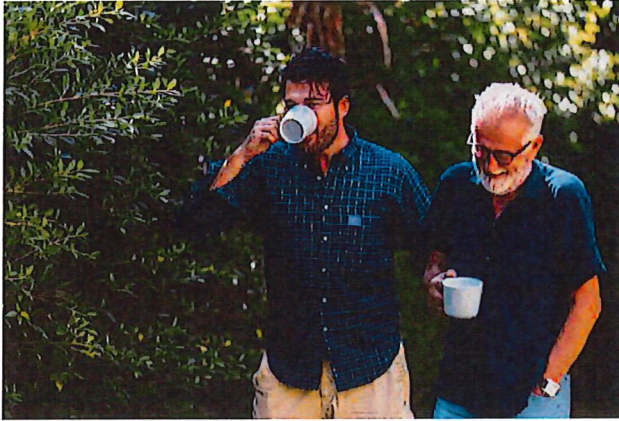
It is very important to remember that ovarian cancer is not just one disease, it is a group of diseases.

Each type of ovarian cancer is different and are broadly classified according to which type of ovarian cell they start from (epithelial, germ, or stromal).

Ovarian tumours may be benign (not cancerous) or malignant (cancerous). Ovarian tumours that are malignant (cancerous) can spread (metastasize) to other parts of the body and can be serious.

What is Prostate Cancer?

Risk Factors



The risk factors for developing prostate cancer are not fully understood and require more research. However, the following are risk factors that have been well-studied and are most likely to increase your chances of developing prostate cancer. The more risk factors you have, the greater the likelihood that you will develop prostate cancer.

Age

The odds of developing prostate cancer increase with age. In other words, the older you are, the more likely you are to be diagnosed with prostate cancer. The lifetime odds of a man developing prostate cancer in his 50's is 1 in 111. The odds rise to 1 in 30 for men in their 60's. While very rare, men as young as in their 20's have been diagnosed.

Race

It is not clear why, but African-Canadian and Caribbean-Canadian men are at the highest risk of developing prostate cancer. Black men are 76% more likely to be diagnosed with prostate cancer than other Canadian men and are 2.3 times more likely to die from their prostate cancer.

Genetics

Having a family history of prostate cancer increases a man's predisposition to developing prostate cancer. If a man has the BRCA2, or 'breast cancer', gene in his family, there is evidence that this also increases prostate cancer risk. If you have a family history of prostate, breast, or ovarian cancer, you may wish to speak to your healthcare provider about a referral for genetic testing to determine your risk of prostate cancer.

Diet and Obesity

High calorie and high fat diets, as well as obesity, may play a role in increasing prostate cancer risk. A healthy diet and exercise are important no matter what stage of your prostate cancer journey you're on.



T'it'q'et Administration

P.O. Box 615
Lillooet, B.C.
VoKíVo

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'at'imx Tribal Police (STP) at (250) 256-7767. If you have any questions, please contact: Chief Sidney Scotchman email: communitychief@titqet.org or phone (250) 256- 3635.



EVERY
CHILD
MATTERS

ORANGE
SHIRT
DAY

September 30

COME AND GET READY

WE CAN

- make ribbon shirt/skirt
- bead medallion
- bead earrings
- orange fabric is limited and will be cut and distributed
- custom cabs for beading so find your pictures
- key chains

Sept thursdays and fridays
5, 6, 12, 13, 19, 20, 26, 27
12 - 8 in the gym



Contact us:



michael alexander



titqet



2502564118

Lillooet Tribal Council Community Adult Learning Centre

EXPRESSION OF INTEREST

Forestry Foundations

November 4-15, 2024

Limited seats

Register by September 20th, 2024 to secure your spot.

The Foundations Module provides participants with a foundation of basic forestry workplace wellbeing and safety. It includes basic foundational courses to support employability.

Includes:

- Worker Preparedness, Introduction to forest industry, Tree Identification in BC, Nutrition/Fitness, Safe Driver/Resource Road, Radio Communications, Bear Awareness, Emergency Preparedness, Legislation and Regulation in BC, Introduction to driving ATVs/UTVs, Basic Chainsaw Operator, Occupational Level 1 First Aid and Transportation Endorsement, S-100 Introduction to Wildfire Suppression & S-185 Fire Entrapment Avoidance (Nov 9-10, the S100 and S185 courses are for a participant who is interested in working on a wildland fire fighting crew.)

****Tickets valid for 1 year, be prepared for next years fire season.**

To register please contact

Stephanie Joseph at

250-256-7523 ext.303 or

stephanie.joseph@lillooettribalcouncil.ca

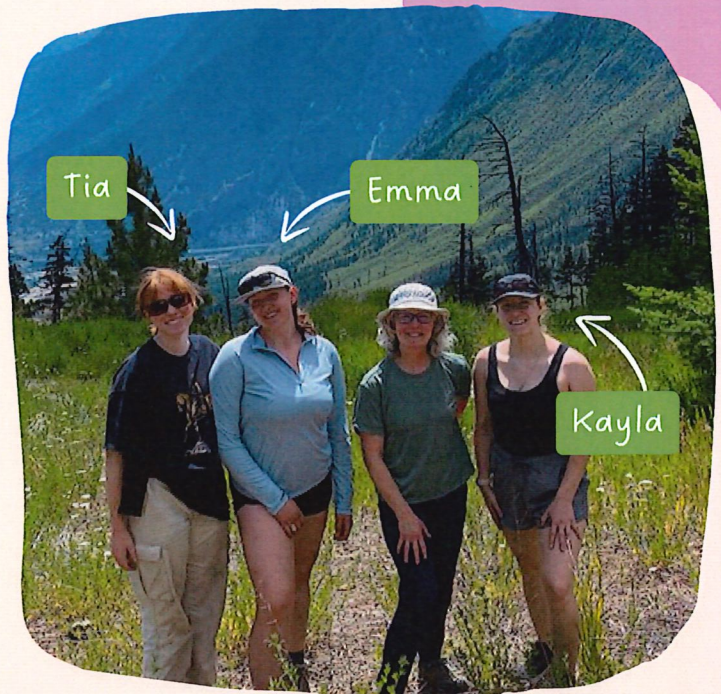


FAREWELL TO OUR SUMMER STAFF

We're bidding a fond farewell to our amazing summer team - Emma, Kayla, and Tia! This summer, they've been vital in protecting Lillooet from invasive species and promoting biodiversity. Their passion has been inspiring, and we'll miss them!

They were very busy this summer with a variety of initiatives like engaging with local schools, bringing their knowledge and enthusiasm to classrooms and inspiring the next generation to care for our environment.

They also supported provincial initiatives by collaborating with T'it'q'et-P'egg'ig'lha Guardians and Xwísten Fisheries Crews to sample for invasive Zebra and Quagga mussels as part of BC's Mussel Defence Program. They tackled invasive species, from Yellow flag iris to other stubborn invaders, showing no hesitation to get their hands dirty in the fight against these plants. Their photography and videography skills also played a crucial role in documenting our mission and sharing it with a wider audience. As they embark on new adventures, we're excited to see how they'll continue making a difference. We're incredibly grateful for all they've contributed and wish them the best!



Reminder for backcountry travellers



Did you know backcountry travelling can spread invasive plants? LRISS along with Regional Invasive Species Organizations across BC are collaborating with the **4 Wheel Drive Association of BC** to get the message out. There are simple practices we can take to protect the areas we love to recreate in from the impacts of invasive plants:

- PLAY** responsibly by staying on designated trails to minimize disturbance to native plants and soil.
- CLEAN** your vehicle, gear, and clothing before and after your trip to remove any seeds or plant material that might hitch a ride.
- GO** and enjoy the great outdoors knowing you're doing your part to protect Lillooet's biodiversity



Iriss.ca



@Irinvasives



info@Iriss.ca



**LILLOOET REGIONAL
INVASIVESPECIESSOCIETY**

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

<u>Title</u>	<u>Name</u>	<u>Extension</u>	<u>Email</u>
Administrator	Janice Whitney	223	tfndadmin@titqet.org
Finance Manager	Sabrina James	226	tfnfinance@titqet.org
Bookkeeper	Lesley Napoleon	227	bookkeeper@titqet.org
Accounts Payable	Jeanette John	232	accountspayable@titqet.org
Education	Susan Napoleon	225	education@titqet.org
Social Dev.	(Contact Vanessa)	229	socialdev@titqet.org
Building Maintenance	Ken Taylor	247	maintenance@titqet.org
Reception	Susie Leech	220	reception@titqet.org
Health Manager	Vanessa Thevarge	234	healthmanager@titqet.org
Medical Clerk	Nicole Napoleon	241	medicalclerk@titqet.org
Home Care Nurse	Christine Friesen	258	homecarenurse@titqet.org
Child & Family Support Worker		253	childandfamily@titqet.org
Housing Coor.	Kassandra Doss	240	housing@titqet.org
L.N.R.O	Stephanie B.-Louie	243	lands@titqet.org
O & M Supervisor	Kevin Whitney	248	omforeman@titqet.org
O & M	Murray Barney	239	murrayb@titqet.org
Director of Oper.	Christian A.	233	Director@pegpiglha.org
Administrative Assistant	Lacey LaRochelle	231	AdminAssistant@pegpiglha.org
Fire Coordinator	Myrus Doss	252	firecoordinator@titqet.org
Home/Com.Care		236	hccworker@titqet.org
Wellness Coor	Melanie Luu	242	wellnesscoordinator@titqet.org
Culture Coordinator	Michael Alexander	260	michaela@titqet.org
Lands Coordinator	Dean Billy	251	landcode@titqet.org
Executive Assistant		264	
Project Manager	Franny Alec		projectmgr@titqet.org
Natural Res.Spec.	Denise Antoine	238	NaturalResources@pegpiglha.org
LNRD	Glen Guthrie	249	Inrdirector@titqet.org

September 2024 Horoscopes



Aries (Mar 21–April 19)

Feelings of insecurity and self-doubt were hitting you hard during Mercury Retrograde, but you're finally finding your confidence again. Right now, you're finding more opportunities to express yourself and have fun. You're more energized, you're more creative, and you're more eager to share yourself with others. Understand that by being genuine, you're able to be your best self, and you'll be able to contribute yourself, your thoughts, and your ideas to others and achieve great success.

Taurus (Apr 20–May 20)

You've been somewhat forced to go back to your roots, but it was all to help you understand where you come from and how it's affected the person you are today. Hopefully, you're now able to view the past few weeks as a necessary trip down memory lane and you have a better sense of self. Now, you're more self-assured, you have a stronger sense of identity, you'll be having a really great end to your summer.

Gemini (May 21–Jun 20)

Missed calls, typo-ridden messages, and unanswered texts plagued you during Mercury Retrograde, and you're finally getting back to life as usual. Those ignored messages are finally getting answered (even if you were the one ignoring them), life at work is feeling easier, and your constant lateness is becoming a thing of the past. You really deserve a break, Gemini, and starting on September 9, Mercury in Virgo is helping you spend lots of time at home getting some much needed R&R.

Cancer (Jun 21–Jul 22)

You've been struggling with finances, but Mercury Retrograde helped teach you (hopefully not the hard way) that there are better ways to invest your cash—and your time, your energy, your emotions! Now that your priorities are clear, you're able to move forward knowing that you're spending time, energy, and money where it's worth being spent, and push to the side anything or anyone that doesn't value you as much as you value them.

Leo (Jul 23–Aug 22)

You felt super self-conscious lately, now that Mercury has stationed direct, you're way less hard on yourself. You're realizing, "Hey, I'm actually the shit!" and I encourage you to start acting like it! You're so valuable to so many people, and they really want to hear what you have to say. Who cares if the words don't come out right or if you misspeak—it's not the end of the world! You have a stronger sense of self now, so step back into life with your best foot forward.

Virgo (Aug 23–Sept 22)

You've dealt with tons of exes this retrograde and they're finally getting out of your hair! All of these connections from the past have been (maybe painfully) reminding you of old, negative emotions and toxic past relationships, and you're learning that you have a few self-defeating habits when it comes to expressing yourself. Don't shut yourself down and keep your thoughts and feelings to yourself. Don't let other people walk all over you. Find your autonomy, embrace your power, say what you want, and understand that you have tons to contribute. You're an amazing individual who doesn't need anyone else to feel strong and secure. You're smart, you're funny, you're insightful, and you deserve only the best from others.

Libra (Sept 23–Oct 20)

There's been some drama in your social circle lately: People are fighting and talking behind each other's backs, and you've been feeling lots of madness, chaos, and confusion. Well, the dust is finally settling, and you're now confident that you know your true friends and the people you need to cut off—and yes, you need to cut off some people. The holes in your squad might leave you feeling lonelier than usual right now, but don't fret. You'll fill those empty spaces with new friends who are way better than the old ones.

Scorpio (Oct 23–Nov 21)

You've been feeling the pressure at work lately. Your boss won't get off your back and every time you've gotten close to finishing a job, something popped up and created an obstacle.

Now, you're putting the final touches on your project, fixing all of the details, and preparing to deliver amazing results! Once Mercury leaves Leo and enters Virgo on September 9, life on the job becomes way less hectic, and you're getting some time to focus on having fun with your friends.

Sagittarius (Nov 22-Dec 21)

A lot of the trouble that Mercury Retrograde caused took place in your chart's zone of travel, so you've been missing trains, dealing with car trouble, and forgetting your schedule. By now, you've hopefully learned how to be more prepared, leave places early, and keep track of your schedule, so things are running smoothly now. Unfortunately, you're not getting much of a break, because Mercury in Virgo turns your focus towards work, work, and more work. Your boss is keeping a very close eye on you, but that isn't necessarily a bad thing—all of the good work you do now can earn you very nice rewards!

Capricorn (Dec 22-Jan 19)

The past few weeks have had you turning inwards and becoming more familiar with your deepest emotions. It's been a real struggle, especially because y'all earth signs aren't super comfortable when dealing with feelings! But you're coming out on the other side of Mercury Retrograde with a better understanding of yourself, your emotions, and how you operate in your relationships. Mercury entering Virgo will be a very freeing transit for you full of tons of fun. P.S.: An opportunity to travel is coming your way soon!

Aquarius (Jan 20-Feb 18)

During Mercury Retrograde, you had to relearn how to connect with other people. You've learned to be a better listener, you're better at making new friends—even those who aren't your usual type. Most of all, you've developed a deeper understanding of the types of relationships you want and the kind of person you want to have relationships with. Now that the re-

trograde is over, it's a good time to DTR or upgrade your relationship. Mercury scooting into Virgo on September 9 activates a very intimate part of your chart, so if you lock down a relationship now, you're able to dive deep with them, become entangled, and form a meaningful emotional connection.

Pisces (Feb 19-Mar 20)

During Mercury Retrograde, you did a ton of self-work—major emphasis on the "work" part—and hopefully you're living a more efficient lifestyle. It's a great time to kick bad habits, whether it's biting your nails, smoking, or drinking too much, because Mercury's remaining time in Leo wants you to be, above all else, healthy and productive! Now that you're able to be the best version of yourself, Mercury in Virgo starting September 9 is helping you bring your full to your relationships. This will help your friendships, partnerships, and romantic relationships thrive more than ever!

October 2024 Newsletter Submission Deadline Thursday, September 26th 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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<u>LILLOOET FIRE DEPARTMENT</u>	<u>(250) 256-7121</u>
<u>AMBULANCE</u>	<u>(250) 256-7111</u>
<u>POISON CONTROL</u>	<u>1-800-567-8911</u>
<u>REPORT WILDFIRE</u>	<u>1-800-663-5555</u>
OR *5555 on your cellphone	
<u>HEALTH ADVICE (Speak to Nurse)</u>	<u>811</u>
<u>BC HYDRO OUTAGES</u>	<u>1-800-224-9376</u>
<u>VICTIM LINK</u> (Domestic Violence Help Line)	<u>1-800-563-0808</u>
<u>KIDS HELP LINE</u>	<u>1-800-668-6868</u>
<u>INDIAN RESIDENTIAL SCHOOL SOCIETY</u>	<u>1-800-721-0066</u>
<u>1-800SUICIDE</u>	<u>1-800-784-2433</u>
<u>310MENTAL HEALTH SUPPORT</u>	<u>310-6789</u>
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