

# Newsletter

February 2025

**T'IT'Q'ET FEB 2025 ISSUE**

Elders Luncheon – Page 3

Lands Update– Page 4

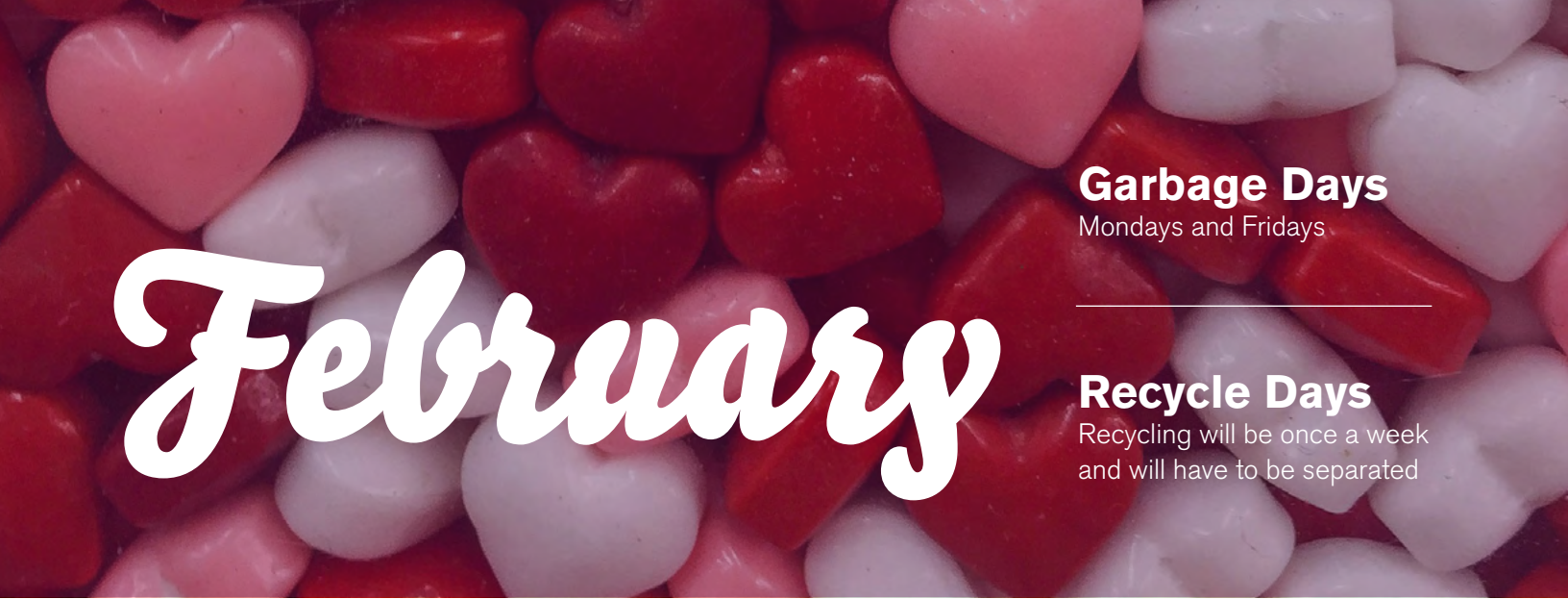
Cougar Sighting – Page 10

**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 27







# February

**Garbage Days**  
Mondays and Fridays

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Groundhog Day	3	4	5 Culture Night	6	7	8
9	10	11	12 Culture Night	13	14 Valentine's Day Elder's Luncheon	15
16	17 Family Day	18	19 Culture Night	20	21	22
23	24	25	26 Culture Night	27	28	1

# Elders Luncheon

Date: FEB 14TH.

Menu: 2025

Pancakes  
Berries  
Breakfast Hash  
Tea




Held @the Hall 12- 1 pm



**T’IT’Q’ET LANDS AND NATURAL RESOURCES**

February 2025

The T’it’q’et Lands Committee is made up of 6 members. The Chairperson is Terence MacLellan, the Vice-Chair is vacant. The members are Genevieve Humphreys; Myrus Doss, Marilyn Napoleon, Joseph Copeland and Kevin Whitney 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**

The committee is meeting with consultant Andrew Leach at their first February meeting to discuss the committee’s strategic plan draft. The committee’s new member and returning member have been sent links to the Lands Advisory Board Resource Centre website training courselets to review concepts related to land administration and the land code. The Lands Coordinator will revise the survey to get more information on the committee’s training goals.

- **Law-Making & Enforcement**

Lands staff met with Mandell Pinder and Indigenous Services Canada staff to discuss the topic of Certificate of Possession lands and funding. That was a concern with the Allotment Law and granting land allotments. In the early 2000’s, T’it’q’et Council had placed a moratorium on granting Certificates of Possession to members because it would affect the funding that T’it’q’et would receive for services. That is no longer true, according to ISC but they are reluctant to put that in writing.

- **Natural Resource Management**

The Lands Coordinator will be the contact with the province regarding the invasive wild parsnip on IR #1.

- **Lands Administration**

Lands staff met with a consultant who was hired to develop the department’s Information Technology and staffing requirements.

- **Dispute Resolution**

The Lands Committee is planning on doing a test scenario of the Land Dispute Resolution Process. The Process is complete but the committee wants to test it out before recommending it to T’it’q’et Council.

**Volunteer Opportunity: Emergency Operations Center (EOC) Support**

T’it’q’et is seeking community volunteers aged 19 and older to assist in the response to major events through our Emergency Operations Center (EOC). If you’re an organized team player with excellent planning, documentation, and sourcing skills, we need your help!

**Key Responsibilities:**

- Assist in tracking and managing important documents
- Support the coordination and planning of emergency response efforts
- Follow direction and carry out tasks as part of a larger team
- Help ensure smooth operations during major events

**Why Volunteer with Us?**

- Gain valuable experience in emergency management
- Boost your resume with hands-on training and experience
- Demonstrate your commitment to volunteerism and community service
- Develop practical skills in coordination, documentation, and event management

**Upcoming Training Programs:**

- We have several emergency management training programs coming up soon. Stay tuned for more details and get prepared to make a difference!
1. March 13, 14, 2025 9am – 4pm
  2. April 30, 2025 9am – 3pm
  3. May 13, 14, 2025 9am – 4pm

If you’re interested in joining the team, please get in touch with us for more information on how to apply.

Please contact, Susan Napoleon (EOCD) or Sonny Napoleon (EPC} with your name, phone number, and email address to

register for these courses and if you have any questions ([education@titqt.org](mailto:education@titqt.org) or [epc@titqet.org](mailto: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 wild land 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.

# Update from Social Development

Apologies I haven't been able to submit anything to newsletter in a while. Quick update. Social Development office is now moved to the health wing so it's easier access for the clients that have limited mobility. A new social development worker trainee has been hired and I will be training her for the next while. Please be patient as she is learning the program.

Over the next couple months, we will be reaching out to all the clients to review and renew their applications. There are some clients we have old contact information. Please send an email or phone the office to give your updated contact information. When we reach out to you, we will go over what is needed for the appointment, please allot approx. an hour for each appt to go over what's needed and renew all the paperwork. If you would like a family member to speak for you and make decisions regarding your file, please contact me at the office to ensure all the necessary forms are filled out. This needs to be done for client's confidentiality and ISC protocols and policy. If you have any questions, please don't hesitate to get in contact with me.

Megan Thorne- Casual Social Development Worker



*T'it'q'et Administration*

P.O. Box 615  
Lillooet, BC  
VoK iVo

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

January 20, 2025

To: T'it'q'et Community

Re: Gift Cards and Purchase Orders

Due to ongoing harassment, bullying and threats towards staff; all gift cards and purchase orders from Social Development is on hold until a policy is developed and approved by Chief and Council. The safety and well-being of staff is a priority. Zero tolerance of verbal and physical abuse towards our staff will not be tolerated. Our staff are here to help, not to be abused.

Sincerely,

Vanessa Thevarg  
Health & Social Services Manager



# Logo Design Contest



Design/Create logo

Send submission to: [epc@titqet.org](mailto:epc@titqet.org)

Deadline : March 3, 2025

Entries are reviewed and chosen by the Emergency Program Coordinator Committee at their meeting in January 2025. Winner announced and notified.

## Incorporate into logo:

### 4 Pillars of Emergency Management

- ⇒ **1. Prevention + Mitigation**
- ⇒ **2. Preparedness**
- ⇒ **3. Response**
- ⇒ **4. Recovery**

Please see reverse for examples of 4 Pillars logo, NOT necessary to use these logo's



A partnership was formed with

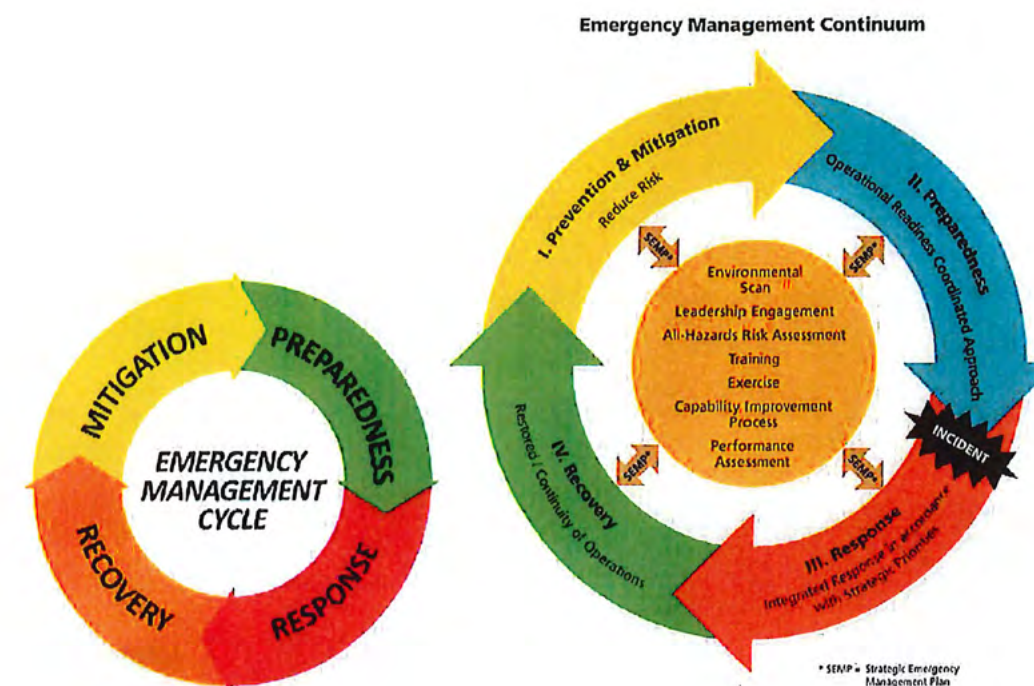
- The Upper St'at'imc Communities—T'it'q'et, Xwisten, Sekwel-was, Xaxli'p, Tsalath, and Ts'kway'laxw.
- Lillooet Tribal Council
- The District of Lillooet
- Holistic Emergency Preparedness + Response

We have trained together to form a group of trained volunteers, who have gained valuable experience in Emergency Management. We provide both services as an Emergency Social Services Team and can also operate an Emergency Operations Centre.

*As a team who have been together for a number of years, moving forward we need a logo to solidify our partnership.*

## Rules:

1. Must be 19 or older. Original work only. Digital images or clip art from other sources is not permitted.
2. Artwork will be 1-4 colors.
3. Submissions are due March 3rd, 2025 at 3:00 pm
4. Artwork submitted will become the property of Lillooet Regional Management Team to use at its discretion.
5. Artwork may be altered during the production process. Original artwork may be subject to modifications by the graphic designer setting the image for printing.
6. Judging will be by the Emergency Program Coordinators group (minimum 8 people)
7. The artist(s) understand that by providing a submission, the artist's name and artwork may be used by the Team in promotional advertisements.



EXAMPLES of 4 Pillars logo





## T'it'q'et Lands Department

P.O. Box 615  
Lillooet, B.C.  
VoKl'Vo

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

**RAPP**  
Report All  
Poachers and  
Polluters

**24 Hr Hotline:**  
**1-877-952-RAPP**

Cellular Dial: #7277  
(on Telus Network)



rapp.bc.ca

Dial 1 877 952-7277 (RAPP) or  
#7277 to report environmental  
violations of an immediate nature.

**January 20, 2025**

### PUBLIC ADVISORY

T'it'q'et has been advised there has been a cougar sighting on Scotchman Road, please be aware of your surroundings when out, talk to your children about wildlife precautions and keep your animals safe inside.

Please report potentially dangerous wildlife-human interactions immediately to ensure timely and appropriate action. A record will be kept to document the necessary steps taken to address the issue. Without a report RRAP remains unaware of the situation.

RAPP is a toll-free tip line that allows you to report anonymously.



## HUMAN-COUGAR CONFLICTS

Cougars account for approximately 2,500 calls to the Conservation Officer Service reporting line every year. Many reported cougar sightings turn out to be animals other than cougars. Cougars in conflict are often young cougars that have dispersed into habitat also occupied by people.

Cougars are most active during the period from dusk until dawn, and this period requires extra vigilance by hikers and dog walkers while in cougar country. When recreating in BC, be aware of your surroundings and do not wear headphones. Make noise to alert wildlife to your presence and avoid surprise encounters.

Cougars may opportunistically prey on free-ranging house cats or pets off leash. Cougars can leap over 3 m. Using solid fencing can help deter cougars from jumping over a fence where they cannot see the landing. Avoid feeding or attracting other wild animals that may be prey for cougars such as deer. Fallen seed from bird feeders can attract rodents which are another potential prey for cougars.



BRITISH COLUMBIA  
CONSERVATION FOUNDATION

The BC Conservation Foundation is a not-for-profit, registered charity that has been working in BC since 1969.

[www.bccf.com](http://www.bccf.com)



To report wildlife in conflict contact the Conservation Officer Service at

**1.877.952.7277**

WildSafeBC is funded through the Province of British Columbia and in partnership with communities and organizations throughout BC.



British Columbia Conservation Foundation

[www.wildsafebc.com](http://www.wildsafebc.com)

Version 4.1 - 2024







## MANAGE YOUR ATTRACTANTS

Cougars are wide-ranging animals and may show up in urban settings from time to time. If they are passing through it is important they do not find food that may encourage them to stay.

**1. Feed pets indoors,** or if fed outdoors, bring in any uneaten food as pet food may attract cougars.

**2. Keep your pets indoors, especially at night.**

Cats and dogs that are left to roam free may become prey to predators such as cougars, coyotes and wolves. They may also get into altercations with other smaller mammals.

**3. Bird feeders can attract cougars.** If the ground below the feeder is not kept clear, seeds can accumulate, attracting rodents and, in turn, attracting cougars and other predators that feed on the rodents.

**4. If you have chickens or small livestock,** keep them in an enclosure at night. Use lighting around barns and pens to deter predators. Store all your feed in a secure location and ensure feeding areas are clean and free of attractants that can attract rodents and their predators.

**5. Never feed deer or other possible prey species** for cougars. While deer may be pleasant to watch, they can attract large predators such as cougars and wolves into residential areas. As well, urban deer are a growing source of conflict in many communities in BC.

## ! COUGAR SAFETY

Attacks by cougars are rare but can be fatal, especially if young children are involved. In all cases you must fight back as cougar attacks are always predatory and the cougar sees you as prey. Use rocks, sticks or whatever you have at hand to protect yourself. Carry bear spray with you year-round when recreating in cougar country. If you see a cougar that is watching you, maintain eye contact with the cougar, speak to it in a loud firm voice and make yourself look big. Reinforce the fact that you are a human and not an easy target. Back out of the area and seek assistance or shelter.

Call the Conservation Officer Service at 1-877-952- 7277 to report the incident.



Deer are one of the cougar's primary food sources. If deer are abundant in an area, especially a wintering area, there is a good possibility of finding cougars using the same area.

The cougar is the largest of the three wild cats in Canada and is a formidable hunter. A large male cougar can weigh over 100 kg but is more likely to be in the 60-80 kg range. Typically, females are about 25% smaller than males.

Cougars are strict carnivores and usually hunt deer, but will take down young moose, elk or bighorn sheep. Cougars will also prey on rabbits, squirrels, beavers or other small animals when the opportunity presents itself. The cat is light brown in colour and is quickly identified by its compact head and large heavy tail tipped at the end in black. Cougar tracks are large padded prints, often with no claws showing. Like domestic cats, cougars keep their claws retracted until needed for attacking their prey or for climbing trees.

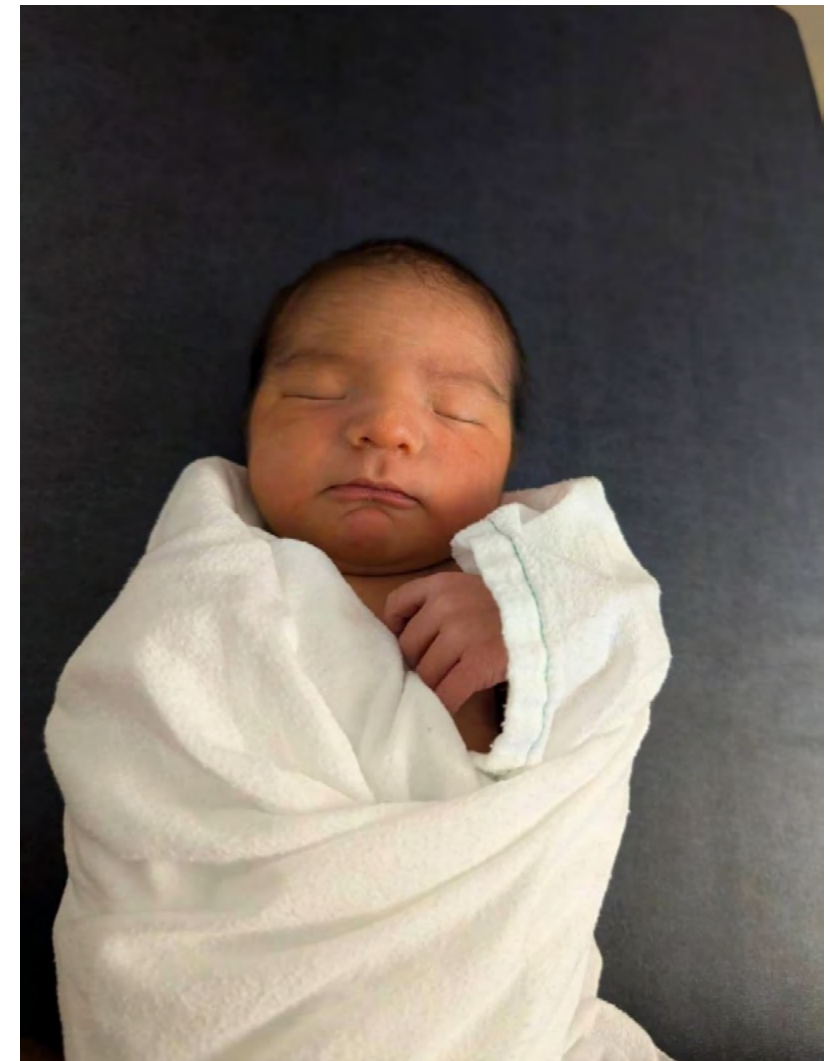
**Contrary to popular belief, cougars do not pounce on their prey from overhanging rocks or trees, but stalk an animal and then use an explosive series of bounds to leap onto their prey.** Using both their razor-sharp claws and powerful jaws, they can quickly kill almost any prey they choose to attack. Large prey takes several days to eat and the cougar will pull debris over the carcass to keep off scavengers. The cougar will stay near a kill site until the prey is totally consumed. If you find a kill site, leave the area immediately.

Hello world!!

## I am Luca Korrin Yaots Napoleon-James

My Birthday is Sunday, January 12, 2025 at 1:32pm

I weigh 7lb 12 oz and am 53 cm long



My Mommy is: Irene Terry-Peters

My Daddy is: Romie Napoleon-James



Merry Christmas + Happy Holidays!

Each Christmas, we gather at T'it'q'et. We get to indulge in a Christmas dinner, visit our neighbors, see our children's faces light up at the sound of Santa's bells as he arrives!

Everyone goes home happy!

This could not have been the success it has been without you, the Volunteer! We gratefully acknowledge our volunteers, they have assisted in many ways: by selling raffle tickets, set up/take down of gym, present wrapping, gift shopping, the list is endless....We are aware that some people may be missed, and we sincerely apologize, it was not our intention,

We gratefully acknowledge:

- |                  |                    |  |
|------------------|--------------------|--|
| Susan Napoleon   | Tamara Napoleon    | Brandon Barney                         |
| Stephanie Louie  | Chris Bob          | Robert Barney                          |
| Nicole Napoleon  | Adrianna Scotchman | Susie Leech                            |
| Howie Levine     | Momo Scotchman     | Lakota James                           |
| Lesley Napoleon  | Ashley Kelly       | Jasmine O'Donaghey                     |
| Ivan Adolph      | Kiah Alexander     | Also a huge shout out to our Caterers: |
| Christine Barney | Becky Riley        | Sophie Link and gang!                  |
| Sara Moberg      | Shawna Riley       |  |
| Monique Kane     | Debra Gale         |  |
|                  | Patrice Pelegin    |  |

Team T'it'q'et



T'it'q'et

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

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

January Newsletter Report

Wills and Estates Workshop  
Was held on January 15, 2025 with a healthy turnout of 29 people!

A lot of people and a lot of questions!

Megan Bob and Diana Adolph shared their experiences with a family members health, final wishes, forms that need to be filled out. Thank you for your knowledge and input!

Topics discussed include:

- Advance Care Planning
- Power of Attorney
- Is a lawyer necessary to make my Will?
- Does your family know where your Will is located?
- Does the Indian Act apply to your Estate?
- What needs to be in your Will?
- FHRMIRA (Family Homes on Reserve and Matrimonial Interests or Rights Act) - this law deals with Matrimonial Real Property on Reserve, if your spouse is not a Band Member, what happens?

Door prizes of 3 x \$25.00 prepaid VISA gift cards

Please watch for postings for our next Wills and Estates workshop!



## PREVENTING BULLYING TIPS FOR PARENTS & CAREGIVERS

### IF MY CHILD IS BEING BULLIED:

- Listen to your child entirely before reacting
  - Involve your child in finding solutions
  - With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
  - Help your child learn how to cope with stress and anxiety
  - Build your child's capacity to respond effectively to the bullying by:
    - Abstaining from violence
    - Not counter-bullying
  - Help your child to build their self-esteem by:
    - Engaging them in activities they enjoy
    - Praising their good efforts and accomplishments
  - Remind your child that you love them
  - Know when the problem is getting too big for them, and seek appropriate intervention
  - To get help: Kids Help Phone 1-800-668-6868 or [kidshelpphone.ca](http://kidshelpphone.ca)
- Find out what motivates your child to bully, and encourage an open and honest discussion
  - Use non-violent and age-appropriate consequences; set rules
  - Discuss how your child can take steps to repair the damage caused by the bullying behaviour
  - With your child's help, create a team of support for the both of you (teachers, school counselors, trusted family members, etc.)
  - Be a positive role model in your child's life by being aware of how you use your own power

### IF MY CHILD IS WITNESSING BULLYING:

- Explore the different options for your child to stand up against bullying
- Educate your child to intervene immediately to stop the bullying, but to get an adult to help with the intervention if it's unsafe to act without an adult present
- Approach the person being bullied to provide support
- Explain the difference between "tattling" on someone as opposed to reporting in order to stop someone from getting hurt
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game
- Set a good example for your child by showing that you care about others

### IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:

- Stay calm and be firm—let your child know that bullying is not acceptable



Information provided by  
[redcross.ca/respectededucation](http://redcross.ca/respectededucation)  
Preventing Bullying



## HEART DISEASE IN WOMEN | DID YOU KNOW?



Heart disease is on the rise and is the **#1 killer for women worldwide.**



**Men and women may have different symptoms during a heart attack.** These symptoms may not be recognized in more than half of all women.



Women and men can have **different types of heart disease.**



**Pregnancy complications and earlier menopause** are some specific risk factors for women.



Women living with diabetes are **3 times more likely to die from heart disease compared to men.**



There is a lot we can all do to **prevent or lower the risk of heart disease.**



SCAN WITH YOUR  
PHONE CAMERA APP



[WEARREDCANADA.CA](http://WEARREDCANADA.CA)

| @CWHHALLIANCE

| #HERHEARTMATTERS



To take care of others, you need to first take care of yourself. **Start the conversation.**  
**Visit [WearRedCanada.ca](http://WearRedCanada.ca) or talk to your healthcare provider.**





# Let Kindness Grow

## CKNW KIDS' FUND PINK SHIRT DAY

**WEDNESDAY, FEBRUARY 26, 2025**

PRESENTED BY



**#LetKindnessGrow**

### FEBRUARY SELF CARE CHALLENGE 2025

28 ideas for self care, please submit which ones were done for yourself the entire month.

Does not have to be done daily, one/ twice a week required

***Each participant will be entered into a draw for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place winners!!!***

Winners will be contacted at the months end to pickup prize

Provide email to [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org)

### 28 DAY Love Yourself Challenge

Spend time understanding your purpose	Make a list of things you love about yourself	Put on your favorite outfit (for yourself!)	Create a new affirmation
Do something that makes you happy	Write a letter to your future self	Empower your body through a workout	Forgive yourself
Celebrate your life accomplishments	Dance like no one's watching!	Treat your body to a healthy meal	Make yourself a <u>priority</u> .
Straighten up & be confident	Look in the mirror & appreciate yourself	Unplug from social media & connect with yourself	Enjoy a self-help book
Treat yourself to a massage	Make your dreams come true	Unfollow <i>negative</i> social media accounts	Adopt a new habit you'll be thankful for
Let the sunshine in	Create a bucket list	Pamper yourself with dessert	Take a walk in nature
Have yourself an at-home spa day	Donate articles of clothing you barely use	Blast and sing your favorite songs unapologetically	Call and talk to someone that always makes you smile genuinely





First Nations Health Authority  
Health through wellness

### ***CLIENT RESPONSIBILITY***

Clients who access medical transportation through the FNHA Health Benefits program, either at the community level or Health Benefits Operations are responsible to:

- Give at least 5 days notice. Upon receipt of notice, transportation arrangements can be made.  
**Note:** Clients who do not provide sufficient notice may be required to reschedule their appointment or pay for the travel and get reimbursed
- Attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and/or pay for their travel costs on subsequent medical travel
- Get a signed confirmation of attendance from the health professional and return it to the Transportation Coordinator after the medical appointment.
- Give notification when cancelling an appointment prior to the date of the appointment; including 24 hours notice to cancel any hotel arrangements
- Retain and submit all necessary receipts required
- Not damage property or abuse accommodation arrangements, such as excessive noise
- Not become verbally abusive or threatening to the patient transportation clerk or coordinator

Clients may be required to pay for their own travel arrangements and submit a client reimbursement form with the appropriate documentation or may have charges deducted off their next travel arrangements, in such cases as:

- a) Client is verbally or physically abusive;
- b) Client fails to provide the required medical documentation (referral or confirmation of attendance) or receipts
- c) Client is no longer accepted in commercial establishments or on commercial transportation because of inappropriate behavior
- d) Client does not make it to their scheduled appointment
- e) When FNHA or a First Nation organization is charged for damages; billed for keys; or no shows.

# **Dr. Bolen, Podiatrist**

## **07, March 2025**

**Please contact Medical Clerk  
To book your appointment**

**[Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org)**

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







## T'it'q'et Administration

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

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

To: T'it'q'et community

Good day

We have FNHA rates for hotel reimbursements, should client choose to reserve and book their own hotel rooms, the reimbursement may not be paid in full. We have FNHA rates provided to abide policy.

Patient travel program does NOT cover parking fees for hotel accommodations, that is the client's responsibility.

The following is from the current MT Benefit Schedule:

The fees listed below are meant as a guide for reasonable nightly rates.

Fee Schedule for Nightly Accommodation Rates		
	High Season (May-Oct)	Low Season (Nov-Apr)
Metro Vancouver	\$300	\$150
Victoria	\$200	\$125
Rest of BC	\$150	\$125

The patient travel program is a subsidy program meant to help clients to attend medical appointments that are covered under the MSP program or the FNHA health benefits program.

If an appointment is NOT covered under MSP, FNHA HEALTH BENEFITS, travel will be DENIED.

If you have questions or concerns please feel free to contact [Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org) or call 250-256-4118. Ext.241.

**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





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 30, 2024

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 St'átl'imx Tribal Police (STP) at (250) 256-7767. If you have any questions, please contact: Chief Sidney Scotchman email: [communitychief@titqet.org](mailto:communitychief@titqet.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	<a href="mailto:tfnadmin@titqet.org">tfnadmin@titqet.org</a>
Finance Manager	Sabrina James	226	<a href="mailto:tfnfinance@titqet.org">tfnfinance@titqet.org</a>
Bookkeeper	Lesley Napoleon	227	<a href="mailto:bookkeeper@titqet.org">bookkeeper@titqet.org</a>
Accounts Payable	Jeanette John	232	<a href="mailto:accountspayable@titqet.org">accountspayable@titqet.org</a>
Education	Susan Napoleon	225	<a href="mailto:education@titqet.org">education@titqet.org</a>
Social Dev.	(Contact Vanessa)	229	<a href="mailto:socialdev@titqet.org">socialdev@titqet.org</a>
Building Maintenance	Ken Taylor	247	<a href="mailto:maintenance@titqet.org">maintenance@titqet.org</a>
Reception	Susie Leech	220	<a href="mailto:reception@titqet.org">reception@titqet.org</a>
Health/Social Mgr	Vanessa Thevarge	234	<a href="mailto:healthmanager@titqet.org">healthmanager@titqet.org</a>
Medical Clerk	Nicole Napoleon	241	<a href="mailto:medicalclerk@titqet.org">medicalclerk@titqet.org</a>
Home Care Nurse	Christine Friesen	258	<a href="mailto:homecarenurse@titqet.org">homecarenurse@titqet.org</a>
Child & Family Support Worker		253	<a href="mailto:childandfamily@titqet.org">childandfamily@titqet.org</a>
Housing Coor.	Kassandra Doss	240	<a href="mailto:housing@titqet.org">housing@titqet.org</a>
L.N.R.O	Stephanie B.-Louie	243	<a href="mailto:lands@titqet.org">lands@titqet.org</a>
O & M Supervisor	Kevin Whitney	248	<a href="mailto:omforeman@titqet.org">omforeman@titqet.org</a>
O & M	Murray Barney	239	<a href="mailto:murrayb@titqet.org">murrayb@titqet.org</a>
Director of Oper.	Christian A.	233	<a href="mailto:Director@pegpiglha.org">Director@pegpiglha.org</a>
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# February 2025 Horoscopes



### Aries (Mar 21–April 19)

It's the ultimate month to deep dive into self-care, TLC and nurturing yourself, Aries. Your headstrong, fiery nature sometimes needs a gentle retreat — now is the time to embrace healing and introspection with friends close by.

You'll ideally be surrounded by a community of likeminded peers and acquaintances, developing skills to navigate your surroundings. Just be mindful of the Full Moon on February 12, which could be dramatic.

### Taurus (Apr 20–May 20)

Enjoy momentum around your community, social network and note strong team dynamics in early February, as Venus and Mars touch your friendships. If you feel the need to retreat trust bosom buddies will understand — involve yourself as much or as little as you desire.

A leadership role, your profession, finances, parenting and family life calls for balance towards the Full Moon on February 12, so remember to maintain your poise.

### Gemini (May 21–Jun 20)

Connect to a journey of personal expansion and allow other people to weigh in on your growth on February 3. Share your expertise with the world or embrace other perspectives.

Opportunities to lead, show authority or be a responsible person of influence are yours, while finances or potentially stilted forms of compensation will be resolved later in the month. New beginnings for your career or reputation arrive on or around February 28.

### Cancer (Jun 21–Jul 22)

Strike a friendly, harmonious chord in relationships, seeking ways to evolve your understanding of people in your world, Cancer. You're undergoing great shifts. Address finances, what's shared, invested or given energetically to a partner, too.

February 12 sees a Full Moon in your zone of self-sufficiency, so towards this date it may be important to avoid mixing friends, money and the more intimate sides of yourself.

### Leo (Jul 23–Aug 22)

Intimate relationships capture your attention in the weeks ahead, with the Sun moving from Aquarius to Pisces, highlighting your zone of partnership and committed alliances. A process of acceptance may be

underway, as you address important internal factors – or deal with intimate shades of life and your unions.

The Leo Full Moon on February 12 will bring attention your way too, but remember to be mindful of what you reveal about yourself.

### Virgo (Aug 23–Sept 22)

Physical, spiritual and general maintenance can be foremost entering the month, Virgo. Sense health, wellness and employment practices aligned with your path. Personal and professional aspirations are easily reached, with thoughtful consideration of what works.

A significant other and social relations are also highly prominent, with breakthroughs possible towards month's end. Enjoy a deeper understanding of partners and reset the dial on February 28.

### Libra (Sept 23–Oct 20)

It could be clear your happiness comes first this month, with growth experiences that see you putting your creative inspiration, children or love life top priority. February 7 is a positive day to affirm a potential collaboration.

Employment, health, your daily schedule and sense of service holds meaning and significance, too. Grapple with the impression you make on others publicly, trusting processes that work for you.

### Scorpio (Oct 23–Nov 21)

Choose love, inspiration and what moves you in February. The cosmos leads you to prioritise happiness – from time spent with loved ones, on your passions, talents, celebratory plans, or what you might create and express in an artistic sense.

Progress is possible in your private life too, around financial commitments, intimate partnerships, parents, home and family. Talk to those you trust and find support is available.

### Sagittarius (Nov 22–Dec 21)

Relationships turn a corner with improvements early in the month. Communicate with important people in your world, working together, expressing thoughts and sharing ideas.

Home, family, your property or the past is also significant this month, with an intimate process underway that calls for closeness, trust and vulnerability. You'll feel increasingly secure towards February 28, with a New Moon (and fresh start) in your private life.

### Capricorn (Dec 22–Jan 19)

Your financial position, work, health and sole contribution is important in the weeks ahead, as is your connection to others. Navigating personal rapport, communication and interpersonal skills could be key to improving an important partnership.

By the end of the month you'll feel progress and momentum in your unions, close ties and day-to-day dealings. Just be mindful of intensity toward the Full Moon on February 12.

### Aquarius (Jan 20–Feb 18)

February invites you to think deeply about what you value most, Aquarius; how you live your life and making a personal or financial contribution could be increasingly important this month.

You'll also want to consider what you really enjoy, what makes you truly happy, and where partners fit into your plans. This might not be easy toward the Leo Full Moon on February 12 though, which has the potential to be wild, dramatic and controversial.

### Pisces (Feb 19–Mar 20)

It's okay to want space and time to reflect this month, Pisces. However, you'll be turning heads, with increasing attention on you. Honour home, family, domestic and your private life too, watching everything fall into place when you let go.

Come out to play from February 18, when Pisces season starts and your desires, drives and plans make perfect sense. February 28 is the start of your very own personal new beginning.

## March 2025 Newsletter Submission Deadline Thursday, February 20<sup>th</sup> at Noon

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

Want to submit to the newsletter? Please email us at [reception@titqet.org](mailto:reception@titqet.org)

(PDF or Word documents are preferred.)





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**R.C.M.P.** **(250) 256-4244**

**LILLOOET FIRE DEPARTMENT** **(250) 256-7121**

**AMBULANCE** **(250) 256-7111**

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\*Please post where visible in case of emergency

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