

# Newsletter

October 2025

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

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Tea & Bannock – Page 21

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**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 37





# October

**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 T'it'q'et Language & Culture Centre Grand Opening <i>more on page 6</i>	3	4																																																																																											
5	6 NP Rose James 1-4pm	7	8	9 Dr Humber <i>more on page 24</i> Women's Group <i>more on page 23</i>	10	11																																																																																											
12	13 Thanksgiving Day- Office Closed- no garbage pickup	14	15 Foot Care Clinic <i>more on page 25</i>	16	17	18																																																																																											
19	20	21	22	23 Women's Group <i>more on page 23</i>	24	25																																																																																											
26	27 Tea and Bannock <i>more on page 21</i>	28	29	30	31																																																																																												
NOTES Traditional/Cultural Learning Training with Elders Frank Andrew, Quchin (Gerald Dick) 9am-4pm   Saturdays (bi-weekly) <i>More on page 5</i>					September 2025 <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table> November 2025 <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		Su	Mo	Tu	We	Th	Fr	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
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# Staff contacts

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

Title	Name	Email	Ext.
Administrator	Andrew Leach	<a href="mailto:actingadmin@titget.org">actingadmin@titget.org</a>	264
Accounting Manager	Lesley Napoleon	<a href="mailto:tfntfinance@titget.org">tfntfinance@titget.org</a>	226
Accounts Payable	Sarah Scotchman	<a href="mailto:accountspayable@titget.org">accountspayable@titget.org</a>	232
Bookkeeper	Sarah Scotchman	<a href="mailto:bookkeeper@titget.org">bookkeeper@titget.org</a>	227
Building Maintenance	Ken Taylor	<a href="mailto:maintenance@titget.org">maintenance@titget.org</a>	247
Communications Advisor	Lucy Burrige	<a href="mailto:communications@titget.org">communications@titget.org</a>	235
Culture Worker	Pam Leech		273
Culture Worker	Nicole Napoleon		271
Culture Worker	Vanessa Napoleon		274
Director of Operations		<a href="mailto:director@pegpiglha.org">director@pegpiglha.org</a>	233
Education	Juanita Soles	<a href="mailto:education@titget.org">education@titget.org</a>	225
Executive Assistant		<a href="mailto:execassist@titget.org">execassist@titget.org</a>	
Fire Coordinator	Myrus Doss	<a href="mailto:firecoordinator@titget.org">firecoordinator@titget.org</a>	
Health Manager	Megan Bob	<a href="mailto:healthmanager@titget.org">healthmanager@titget.org</a>	234
Home/Com. Care Workers	Shirley/Tina/Amber	<a href="mailto:hccworker@titget.org">hccworker@titget.org</a>	236
Home Care Nurse			258
Housing Assistant	Stephanie Barney- Louie	<a href="mailto:housingassistant@titqte.org">housingassistant@titqte.org</a>	243
Housing Coordinator	Michael J. Leech	<a href="mailto:housing@titget.org">housing@titget.org</a>	240
Land Code Coordinator	Dean Billy	<a href="mailto:landcode@titget.org">landcode@titget.org</a>	251
Land Guardian	Sam Copeland		222
Land Guardian	Raymond Billy		222
Land Guardian	Luther Brigman		222
Land Guardian	Ted Napoleon		222
Language and Culture Manager	Tabitha Leech		275
Language Worker	Shelley Leech		272
Medical Clerk	Michael Machell	<a href="mailto:medicalclerk@titget.org">medicalclerk@titget.org</a>	241
Natural Resources Specialist	Denise Antoine	<a href="mailto:naturalresources@pegpiglha.org">naturalresources@pegpiglha.org</a>	238
O&M Supervisor	Kevin Whitney	<a href="mailto:omforeman@titget.org">omforeman@titget.org</a>	248
O&M (Water)	Ken Wai		239
Policy Advisor	Jasmeen Kaur	<a href="mailto:policyadvisor@pegpiglha.org">policyadvisor@pegpiglha.org</a>	257
Reception	Susie Leech	<a href="mailto:reception@titget.org">reception@titget.org</a>	220
Social Development	Shawn Scotchman	<a href="mailto:socialdev@titget.org">socialdev@titget.org</a>	229
Wellness Coordinator	Lloyd Leech	<a href="mailto:wellnesscoordinator@titget.org">wellnesscoordinator@titget.org</a>	240

# Nurse Practitioner Rose James Schedule

## October 2025

### NP Rose James Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Tsal'alh <sup>1</sup>	Ts'kw'aylaxw <sup>2</sup> 10-3:30	Lillooet Med Clinic <sup>3</sup> Teen Clinic	
<sup>5</sup>	<sup>6</sup> Cayoose Creek AM 9-12 T'it'q'et PM 1-4	<sup>7</sup> Tsal'alh	<sup>8</sup> Tsal'alh	<sup>9</sup> Ts'kw'aylaxw 10-3:30	<sup>10</sup> Lillooet Med Clinic Teen Clinic	<sup>11</sup>
<sup>12</sup>	<sup>13</sup> STAT	<sup>14</sup> Tsal'alh	<sup>15</sup> Tsal'alh	<sup>16</sup> Ts'kw'aylaxw 10-3:30	<sup>17</sup> Lillooet Med Clinic Teen Clinic	<sup>18</sup>
<sup>19</sup>	<sup>20</sup> Xaxil'p 10-3:30	<sup>21</sup> Tsal'alh	<sup>22</sup> Tsal'alh	<sup>23</sup> Ts'kw'aylaxw 10-3:30	<sup>24</sup> Lillooet Med Clinic Teen Clinic	<sup>25</sup>
<sup>26</sup>	<sup>27</sup> VACATION	<sup>28</sup> VACATION	<sup>29</sup> VACATION	<sup>30</sup> VACATION	<sup>31</sup> VACATION	

### Call to book an appointment

Lillooet Medical Clinic: (250) 256-7505

Sekw'elwas Health Department: (250) 256-4118

T'it'q'et Health Department: (250) 256-4118

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

Ts'kw'aylaxw Health Centre: (250) 256-1359

# TRADITIONAL/ CULTURAL *Learning/Training*

 The T'it'q'et Culture and Language Center will be holding cultural/traditional training bi-weekly until March 31st. A commitment is needed beginning this month until March 31st as the teachings will tie together for the duration of the training. Open to all T'it'q'et interested in learning our traditional/cultural practices, protocols from St'át'imc Elders/knowledge keepers.

**Elders:**  
**Frank Andrew**  
**Quchin (Gerald Dick)**

Dates: Saturdays - Bi-weekly til March 31<sup>st</sup>

***Open to all T'it'q'et***

Meet at 10 Scotchman Rd  
9am - 4pm  
(Times subject to change as needed by  
elders/teachers)

**To signup or for more information contact:**  
**Vanessa Napoleon.**

 #10 Scotchman Rd  
 250-256-4118 Ext. 274  
 [cultureworker@titqet.org](mailto:cultureworker@titqet.org)

**Requirement:**

**Commitment to be Drug and alcohol free.**



**EVENT  
POSTPONED**



# ᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕ Grand Opening Celebration

Join us as we open our new Language & Culture Centre in a good way!

Come together with community, family, and friends to celebrate this important milestone for ᑕᑦᑕᑦᑕ and the St'át'imc Nation.

All are welcome to share in this special day as we honor nqwalúttentlhkálha (our language), ntakmentlhkálha (our culture), and our future generations.

FOOD WILL BE PROVIDED

MEET THE STAFF AND LEARN  
ABOUT UPCOMING PROGRAMS

CALLING ALL DRUMMERS!

10 SCOTCHMAN ROAD

**5-8PM WEDNESDAY  
OCTOBER 8TH**

More information: [lcadmin@titqet.org](mailto:lcadmin@titqet.org)  
[cultureworker@titqet.org](mailto:cultureworker@titqet.org)



# Volunteering in Emergency Management

Volunteering in Emergency Management allows you to support T'it'q'et community during crises, gain valuable training and experience, and contribute to the overall safety and resilience of your community. Volunteering provides essential service such as shelter, food, and emotional support to those affected by disasters and help community preparedness, and leadership. It's a way to develop professional and transferable employment skills, meet new people, contribute to a crucial community safety function and make a substantial positive impact.

## Benefits for Volunteering:

- ⇒ Training and skill Development is free
- ⇒ Professional growth: Build up your resume, provide professional experiences, open up networking opportunities within your community, BC, and beyond.
- ⇒ Personal growth: Volunteering strengthens personal qualities such as leadership, teamwork and problem-solving. It contributes to your personal development and self-esteem.
- ⇒ It's an excellent way to meet new people and build stronger connections within your greater community.
- ⇒ Finally, due to Climate Change, Emergency Management is a vast and fast growing industry with many organizations, governments, and private businesses seeking Emergency Management trained individuals.

If you are interested in helping people in times of need, or good at planning, or getting things, or just good at organizing or communications, then volunteering as an Emergency Management personnel is the place for you.

If you want to learn more about emergency management opportunities, feel free to stop in and chat with some of our T'it'q'et EM Team.

## T'it'q'et Administration

59 Retasket Street  
PO Box 615

Phone: 250-256-4118  
Fax: 250-256-4544  
Email: [reception@titqet.org](mailto:reception@titqet.org)



# T'IT'Q'ET ADMINISTRATION

P.O. Box 615  
Lillooet, B.C. V0K 1V0

Phone (250) 256 4118  
Fax (778) 784 4070

## JOB POSTING

### **Position: Homemaker**

Department: Social Development

Hours: Part-time, flexible hours

Compensation: Competitive hourly rate based on experience

Location: T'it'q'et Community

Closing Date: **URGENT HIRING** - Until position is filled

### **ABOUT US**

T'it'q'et Administration is committed to fostering community wellbeing and supporting our most vulnerable community members. Due to an urgent staffing need, we are seeking dedicated and energetic individuals to provide essential homemaker services to Elders and Persons with Disabilities within the T'it'q'et community. We have 10 clients currently requiring immediate support to maintain their independence and dignity in their own homes.

### **POSITION SUMMARY**

**URGENT HIRING** - The Homemaker will provide compassionate, professional housekeeping and support services to individual clients (Elders or Persons with Disabilities) who have been evaluated by the T'it'q'et Nurse. We have an immediate need to fill this position to serve 10 existing clients. The ideal candidate will be a caring, reliable professional with strong interpersonal skills and respect for community values and customs.

### **KEY RESPONSIBILITIES**

- Provide housekeeping tasks and domestic support for assigned clients
- Maintain clean, safe, and organized living environments for clients
- Assist with light meal preparation and kitchen maintenance
- Support clients' daily living activities while respecting their independence
- Follow care plans and protocols established by the T'it'q'et Nurse
- Maintain accurate records and documentation of services provided
- Handle confidential client information with discretion and professionalism
- Communicate effectively with clients, families, and healthcare team members
- Demonstrate cultural sensitivity and respect for T'it'q'et values and customs
- Maintain satisfactory attendance and reliability
- Follow all safety protocols and WHMIS guidelines





# T'ÍT'Q'ET ADMINISTRATION

P.O. Box 615  
Lillooet, B.C. V0K 1V0

Phone (250) 256 4118  
Fax (778) 784 4070

## PREFERRED SKILLS AND EXPERIENCE

- High school diploma preferred but not required
- First Aid Level 1 certification (OFA, Saint John's, or Red Cross) or willingness to complete
- Food Safe BC certification or willingness to complete
- WHMIS certification or willingness to complete
- One (1) year of related caregiving or housekeeping experience preferred
- Valid driver's license and reliable vehicle preferred, or access to dependable transportation
- Strong written and verbal communication skills
- Ability to organize workload and complete tasks within established deadlines with minimum supervision
- Excellent interpersonal skills and ability to work well with clients, personnel, and health professionals
- Knowledge and understanding of Státimc culture, values, and customs considered an asset
- Flexibility and innovation in providing high-quality care
- Ability to handle confidential information with discretion and professionalism

## HOW TO APPLY

**URGENT HIRING - Please apply immediately**

Please submit your resume and cover letter to:

Shawn Scotchman, MSc  
Social Development Manager  
T'ít'q'et Administration  
Phone: 250-256-4118 Ext. 229

[socialdev@titqet.org](mailto:socialdev@titqet.org)

T'ít'q'et Administration gives preference to qualified T'ít'q'et members and Indigenous applicants. Due to the urgent nature of this position, qualified candidates will be contacted immediately for interviews.

This position requires a Criminal Records Check (Working with Elderly/Disabled & vulnerable clients) and requires the incumbent to be bondable as a condition of employment.

# Titq'et Daycare & Preschool





10107-7th Ave, Po Box 131  
 Lillooet, BC, V0K 1V0  
 Tel: 236.417.3000  
 Email: n.statimc@fnha.ca

# Oct 2025

**107-7<sup>th</sup> Avenue:** Lorrinda Casper int. Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Shannon McDonald – Operations Director.

**296 Main Street:** Renee Angus MOA, Roni Shintah Wellness Navigator, Kate Aleck Mental Health Clinician

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
6 Mental Health Outreach w/ Kate Sekw'el'was 9am – 3pm	7	8	9 Women's Group 5pm-7pm	10 Mental Health Outreach w/Kate Tsal'ath – RCHC 9:30am – 3pm
13 Thanksgiving Office Closed	14	15 Foot Care Clinic w/Amy Bordas 8:30-3:30	16	17 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm
20 Closing Life, the Best Way Possible workshop Ts'kw'aylaxw 8am – 4pm	21	22	23 Women's Group 5pm-7pm	24 Mental Health Outreach w/Kate Tsal'ath – RCHC 9:30am – 3pm
27	28 Tea – Bannock & Share the language 2pm – 4pm	29	30	31 Mental Health Outreach w/Kate Ts'kw'aylaxw 10am – 3pm

September 24, 2025

## On Reserve Income Assistance (IA) Program

Basic Income Assistance (IA) is “*temporary*” funds to assist with minimum basic needs of food and/or shelter costs until one is able to regain financial independence. The program is funded by Indigenous Services Canada (ISC) and follows strict ISC Income Assistance policies. IA is income tested; meaning that it is up to the applicant to “*prove*” the need for financial assistance based on “*earned or unearned*” income.

“*Earned*” income is wages, rent payment to you, self-employment through sales such as carvings, art, fishing or other income generated from individual sales.

“*Unearned*” income is Employment Insurance (EI), Band honorariums, pensions, Worker’s Compensation (WCB) payments, ICBC claims, *even bingo or gambling winnings* are considered “*Unearned*” income.

Residential School reconciliation payments are not viewed as income, but must be identified when applying for IA. Keep in mind, you may be collecting some form of income and still be eligible for Income Assistance (e.g. small pension); it just means that the income would have to be deducted from your IA payment(s). Basic IA doesn’t include applicant/recipients who are Persons with Disability (PWD) designated. A PWD recipient receives a bit more funds for basic needs. Talk to your Social Development worker to learn more about PWD.

Eligibility for IA has many conditions that must be met before any IA payments can be issued, Applicants must be between **19** and **64** years of age, have two (2) pieces of identification (ID) with one being a photo ID, must provide documented proof of financial need (bank statements, R.O.E., Tax papers & E.I. application etc.) see “*Items required to complete an IA application*” attached for your information on what documents are needed to complete a “*Basic Income Assistance*” application. When calling to make an appointment, please keep in mind, it may take 2-4 business days to process a complete IA application so, it is best to call and make an appointment as soon as possible. If forms or information is missing or incomplete from the file, it will delay processing.

Continuing an open IA file also requires many conditions per ISC Policies. Ensuring IA application process is completed. Recipients must hand in completed and signed “*Renewal*” and “*Work Search Activities Record*” forms monthly at least two (2) weeks before each cheque issue dates (1<sup>st</sup> of each month). Recipients must hand in photocopies of all PDF invoices/bills if they are receiving payments for BC Hydro, phone, or other shelter costs. Recipients must hand in receipts for rents or other shelter costs. Recipients must identify any significant changes in living situations such as, new or moved out roommates, dependents moved out or new dependents, marital status changes or currently working or employed etc. Failure to do any of these may delay (or stop) an IA cheque issue.

As you can see, Income Assistance is a unique and stringent process to manage and maintain; as there are so many documents and forms to complete and hand in on a regular basis. If you have any questions about the Income Assistance program; please feel free to call (250) 256-4118 or come in and talk to a Income Assistance worker. You can also visit our website at [www.titqet.org](http://www.titqet.org) to learn more about the Social Development program.

Thank you.



# T'it'q'et Administration

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

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

Appointment is

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## INFORMATION NEEDED FOR INCOME ASSISTANCE INTERVIEW

For faster processing of your Income Assistant (IA) application, please provide the listed documents and information at time of your appointment.

It does take 2 to 4 days to process a **completed application** and cheques are processed only on Tuesdays & Thursdays usually ready Wednesday or Friday. To prevent delay in processing your application, keep your appointment and **bring all the following information**.

Identification	<ul style="list-style-type: none"> <li>Status card or Secure Cert of Indian Status</li> <li>Birth certificate(s)</li> <li>B.C.I.D. &amp; Med Service Card</li> <li>Driver's licence</li> <li>Social Insurance card <b>(In addition to your 2 pieces of ID)</b></li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Verification of Income	<ul style="list-style-type: none"> <li><b>Up dated bank statement or statement from where you chose to cash your cheque such as Money Mart</b></li> <li><b>Income tax statement or Notice of Assessment</b> (can be SIN Verific.)</li> <li>Pension statement showing monthly rate (<i>Bank Statement will show</i>)</li> <li>WCB statement showing monthly rate</li> <li>EI statement per adult showing weekly rate, start date and end date (<i>can print copy from computer when doing your cards</i>)</li> <li>Wages/earnings (Cheque stubs) and/or <b>Current R.O.E.</b> (<i>Verific. of SIN</i>)</li> <li>Any income such as Honoriums, gambling winnings, etc.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Shelter Documents	<ul style="list-style-type: none"> <li>Mortgage Agreement (<b>CMHC? see band housing officer</b>) (Signed)</li> <li>Tenancy Profile form completed (<b>by Band housing officer</b>)</li> <li>Rental Agreement (<b>last month's receipt</b>)</li> <li><i>Confirmation of Residence</i> completed &amp; signed by Head of Household</li> <li><b>Up to date house PDF bills</b> [utilities] – BC Hydro, basic phone rental, heat, oil bill, etc.</li> <li><b>House insurance</b> (if you own house &amp; it is paid in full)</li> <li>Other _____</li> <li><b>List of all living in home including children</b></li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Own house	<ul style="list-style-type: none"> <li>Copy of Mortgage documents showing start &amp; end date and monthly rate of payments</li> <li>Copy of Certificate of Possession or other proof of ownership</li> </ul>	<input type="checkbox"/> <input type="checkbox"/>
Other information	<ul style="list-style-type: none"> <li>Current copy of Canadian Child Tax statement</li> </ul>	<input type="checkbox"/>

If you have any questions concerning the above requests, please do discuss them with your Band Social Development Worker during your appointment.

**Please be on time for your appointment.**

*Turn over to read information*

### **Basic Income Assistance**

Income assistance is **temporary funds** to assist with **basic needs** of food and shelter until one is able to regain financial independence. The program is income tested. When calling to make an appointment please keep in mind it takes 4-7 business days to process a complete application. If forms or information is missing from the file, it will delay processing further.

### **Eligibility for Basic Income Assistance:**

Must be between the ages of **19** and **64**

Must provide **proof of financial need** (Bank Statements, ROE, EI, Tax papers etc.)

Live on one of the T'it'q'et reserves

Applicant can be status or non-status, and does not need to be a band member

If you live on commercial property such as a registered trailer court: proof is needed

### **How to Apply For Basic Income Assistance**

Call and make an appointment (250) 256-4118

[Pick up application package at band office or online at www.titqet.org](http://www.titqet.org) - Social Development

Do check the "*Information Needed for IA interview*" list and bring required items.

### **Definition of Income**

**Earned income** – wages, rent payments to you, fishing, carving, art, self-employed income.

**Unearned income** – E.I, Band **honorariums**, Pensions, Worker's Compensation payments, ICBC claims, **Bingo** or gambling winnings

Residential School reconciliation payments are not seen as income

### **Keeping File Open:**

Hand in a signed Renewal form on monthly bases.

Hand in a copy of your monthly Work Search Activities Record form

Hand in copies of all PDF invoices/bills

Update your worker on any changes to your situation or income as soon as possible so as not to delay monthly IA cheque.

**FAILURE TO DO ANY OF THESE MAY DELAY YOUR I.A. Cheque**

# Elders Luncheon

on October 7th, 2025

## Menu

-Ground Turkey

Pumpkin Pasta

-Apple cinnamon

Muffins

at Hall

12 - 1 PM



# Drop-in Clinic with Canada Revenue Agency

Join us to find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

**Date:** October 23<sup>rd</sup>

**Time:** 9:00 am – 3:00 pm

## Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs)
- Assistance with CRA correspondence
- Information about benefits and credits
  - Disability Tax Credit (DTC)
  - Canada Child Benefit (CCB)
  - Child Disability Benefit (CDB)
  - Goods and Services Tax/Harmonized Sales Tax Credit (GST/HST)
- Account updates (address, contact number, etc.)
- General tax related information

\* Please bring any ID you have as what is required will depend on the services accessed



Gouvernement  
du Canada

Government  
of Canada

Canada





Indigenous Disability Canada

# National Indigenous Navigation Services (NINS)

## WHAT IS NINS?

The IDC National Indigenous Navigation Services (NINS) is a free, Canada-wide program that supports eligible Indigenous persons and families to navigate and access a wide range of disability-related benefits. NINS services are available to Indigenous persons living with disabilities across Canada, including those residing in Indigenous and non-Indigenous communities.

## WHAT BENEFITS WE SUPPORT:

- The Disability Tax Credit
- Registered Disability Savings Plan
- Canada Disability Benefit
- Canada Pension Plans
- Provincial Income Assistance Programs
- And more!

## WHAT WE DO!

The NINS program is designed to assist individuals at any stage of their application process, whether applying for the first time, renewing existing benefits, or re-applying after previous denials. NINS ensures individuals are informed of the benefits available to them, and feel supported every step of the way.

NINS Navigators provide personalized, one-to-one support to individuals and families, offering assistance navigating through federal, provincial, and territorial benefit programs. This may include assistance with paperwork and applications, communication with healthcare providers, and collaboration with government and community agencies. Our goal is to simplify what can often be a complex and overwhelming process, while ensuring that individuals and families receive the benefits they are entitled to.

## WHO IS ELIGIBLE?

Services are available to Indigenous, Métis, or Inuit Individuals with a disability.

The NINS program can be requested across Canada, with the option to request our assistance online, or through our Victoria and Ottawa offices.

## CONTACT US TO LEARN MORE!

To request assistance or learn more, check out our website!

Or reach out at:

📞 1-888-815-5511

✉️ [ninsadmin@bcands.bc.ca](mailto:ninsadmin@bcands.bc.ca)





## DISABILITY / CONDITION

### Developmental

- ADD/ADHD
- Autism Spectrum Disorders
- Asperger's Syndrome
- Down Syndrome
- Dyslexia
- FASD (diagnosed)  (undiagnosed)
- Intellectual Disability
- Learning Disability
- Tourette's Disorder
- Other \_\_\_\_\_

### Head Injury

- Acquired/Traumatic Brain Injury
- Other \_\_\_\_\_

### Addictions

- Alcohol Addiction
- Drug Addiction
- Recovering

### Visual Impairment

\_\_\_\_\_

### Hearing Impairment

\_\_\_\_\_

### Mental

- Anxiety Disorder
- Bipolar Disorder
- Depression
- Narcolepsy
- OCD
- Personality Disorder
- Phobia
- Post-Traumatic Stress Disorder
- Schizophrenia
- Other \_\_\_\_\_

### Indian Residential School Survivor

\_\_\_\_\_

### Federal Indian Day School Survivor

\_\_\_\_\_

### Indian Hospital Survivor

\_\_\_\_\_

### Home Boarding Survivor

\_\_\_\_\_

### Mobility Impairment

- ALS
- Arthritis
  - Ankylosing Spondylitis
  - Osteoarthritis
  - Psoriatic Arthritis
  - Raynaud's Phenomenon
  - Rheumatoid Arthritis
  - Tendinitis
  - Other \_\_\_\_\_

- Cerebral Palsy
- Degenerative Disc Disease
- Injury Related
- Multiple Sclerosis
- Muscular Dystrophy
- Spinal Cord Injury
  - Paraplegia
  - Quadriplegia
- Parkinson's Disease
- Stroke
- Spina bifida
- Other \_\_\_\_\_

### Chronic Illness

- Allergies
- Alzheimer's
- Asthma
- Cancer
- Chronic Fatigue
- COPD
- Dementia
- Diabetes
- Epilepsy/Seizures
- Fibromyalgia
- Heart Disease
- Hepatitis A, B, C, D, or E
- HIV/AIDS
- Lupus
- Obesity
- Osteoporosis
- Renal Failure
- Tuberculosis
- Other (specify) \_\_\_\_\_

## MEDICAL / SPECIALIST CONTACTS

### Do you have a Family Doctor?

Yes:  No:

Doctor Name & Title: \_\_\_\_\_

How long? \_\_\_\_\_

Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

### Do you have a Specialist?

Yes:  No:

Doctor Name & Title: \_\_\_\_\_

How long? \_\_\_\_\_

Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

## ASSISTIVE DEVICES USED OR REQUIRED

Devices Used: \_\_\_\_\_

Devices Needed: \_\_\_\_\_

BENEFITS INFORMATION		
Benefits Being Accessed	Receiving	Pending / In Process
Federal Disability Supports (CPP-D)	<input type="checkbox"/>	<input type="checkbox"/>
Provincial Disability Supports (PWD, AISH, ODSP, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Provincial Income Assistance	<input type="checkbox"/>	<input type="checkbox"/>
Medical Employment Insurance	<input type="checkbox"/>	<input type="checkbox"/>
Long-Term / Short-Term Disability	<input type="checkbox"/>	<input type="checkbox"/>
Workers Compensation Supports	<input type="checkbox"/>	<input type="checkbox"/>
ASSESSMENTS / MEDICAL RECORDS		
Do you have any relevant Assessments or Medical Records on hand relating to your disability? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Please Describe:		
SUPPORTS REQUESTED		

**Intake Completed by:**

**Date Completed:** (mmm/dd/yyyy)

**Submit intake paperwork to IDC/BCANDS using one of the following methods:**

**Fax:** 250-381-7312

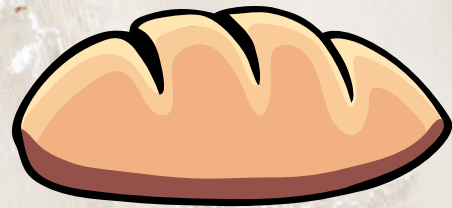
**Email:** [ninsadmin@bcands.bc.ca](mailto:ninsadmin@bcands.bc.ca)

**Mail:** IDC/BCANDS - NINS  
 #6 - 1610 Island Highway  
 Victoria, British Columbia - Canada - V9B 1H8

Everyone Welcome


October 28<sup>th</sup>

2PM - 4PM



# *Tea - Bannock & Sharing the Language*

---


 107-7th Ave

*Lillooet, BC*

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Juanita Jacob - Wellness Coordinator

 [Juanita.Jacob@fnha.ca](mailto:Juanita.Jacob@fnha.ca)

 236-417-3000



# Women's Group



October 9<sup>th</sup> & 23<sup>rd</sup>



5pm - 7pm



107-7th Ave

All Women Welcome  
Snacks &  
Refreshments  
provided



Discussions involving

- Spirituality
- Sweathouse
- Beliefs
- Culture
- Traditions



For more information call  
Juanita Jacob @ 236-417-3000  
or  
Roni Shintah @ 250-256-7017

[juanita.jacob@fnha.ca](mailto:juanita.jacob@fnha.ca)

[roni.shintah@fnha.ca](mailto:roni.shintah@fnha.ca)

[www.nstatimcprimarycare.ca](http://www.nstatimcprimarycare.ca)

**ELDERS MAKE AN APPT  
WITH  
DR. HUMBER**

**CALL 256-4118 EXTENSION -236**

**October**

**9, 2025**  
[THURSDAY]



**TIME:**

**1-3:45 PM**

**EACH APPOINTMENT  
WILL BE 15 MINS**



# Foot Care clinic w/ Amy Bordas @ n.SPCC

FREE!

The goal of Lillooet Foot Care Nursing is to provide safe and competent nursing foot care services to all people in need of the service, but especially to those affected by or at risk of diabetes and its complications. Clients will receive professional assessments and treatments, education, self-care resources, and referrals when needed. Many people in and around Lillooet don't have the means to access this needed health care service and my goal is to reduce this barrier by providing mobile services.



**OCTOBER 15, 2025**

- Registered Nurse since 2010
- Advanced Nursing Foot Care Training PEDEd
- Member of CAFCN (Canadian Association of Foot Care Nurses)
- Ongoing Cultural Competency Training
- Compliance with sterilization/hygiene standards set out by IPAC Canada



**By Appointment only**

☎ 236-417-3000

📍 107-7th Ave, Lillooet, BC



First Nations Health Authority  
Health through wellness



n.St'at'ime  
Primary Care Centre



T'ITQ'ET NEWSLETTER | OCTOBER 2025 / 25



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## Service Canada Programs and Services

The A to Z services index is an alphabetical listing of programs and services administered by Service Canada website. You can browse programs and services by title or keyword.

For information related to specific departments, consult the list of [Departments and Agencies](#).

**Click here for a full list of programs:**

**<https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada/programs.html>**

# How to access services

Access Service Canada online services at: [Canada.ca/service-canada-home](https://Canada.ca/service-canada-home)

**Apply for a Social Insurance Number online at:**

<https://sin-nas.canada.ca/en/Sin/>

**Apply for Canadian Dental Care Plan:**

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/apply.html>

**Online Status Checker - Canadian Dental Care Plan:**

<https://mydentalapplication-mademandedentaire.canada.ca/en/status-etat/>

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**

**Canadian Dental Care Plan 1-833-537-4342**

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

# Service Canada Community Outreach and Liaison Service

## Who we are

Service Canada's commitment is to help people to access Government of Canada programs and services.

Community Outreach and Liaison Service (COLS) expands the reach of Service Canada. Staff are available to visit communities across Canada to offer services to those who have no easy access to in person offices.

COLS focus on building relationships with community partners and organizations. This helps us connect with people who may not otherwise have access to services. We also work with other federal, provincial/territorial, municipal and Indigenous partners to offer many services in one location.

We aim to make it easier to access our programs and services for clients who:

- may not be able to travel to an office
- may have difficulty accessing services online or by telephone

## How we can help

Everyone should have easy access to the programs, services and benefits they are entitled to. COLS staff across Canada work with community organizations to give individuals the information, tools and support they need.

Through our many outreach activities, we can offer information on:

- Service Canada programs overview and how to access services
- Employment Insurance benefits
- Social Insurance Number
- Canadian Dental Care Plan
- Canada Pension Plan and Old Age Security
- Indigenous programs and services
- Services for Seniors
- Services for Persons with disabilities
- Services for Newcomers and Temporary Foreign Workers
- Information for employers
- Apprenticeship Grants, Youth programs
- Job Bank
- How to navigate Canada.ca website
- Other federal department programs and services

Community organizations can request various outreach activities to be organized, such as:

- clinics to help clients with their application for Service Canada programs and/or benefits (Social Insurance Number, Employment Insurance, Canada Pension plan, Old Age Security and other Government of Canada programs and services, etc.)
- information sessions on Service Canada programs, services and benefits to citizens, organizations and community partners

<https://www.canada.ca/en/employment-social-development/services/community-outreach-liaison-service.html>

- Service Canada representative presence at a community event, fair, kiosk, etc.

We also offer responsive outreach and provide support to:

- employers and workers facing labour market adjustments
- communities in emergency situations

## Services for organizations and communities

Our goal is to work with communities and organizations to:

- reach clients where they are, and
- raise awareness of the Government of Canada programs, services and benefits

We also support employers who may face economic downturns and other financial challenges that may impact their business. If you want to know more about services available, consult the [support for employers](#) page.

### Engagement

COLS' focus is to build and maintain great relationships with community partners to better serve the people who need it most. Through engagement, we can:

- determine your clients' needs
- visit your community/organization to present a tailored information session to your clients or employees on Service Canada programs, service and benefits;
- offer a clinic to help your clients apply for and access benefits;
- host a kiosk or deliver a presentation at an event you are organizing, etc.

### Service Referral Initiative

The Service Referral Initiative (SRI) entails working with community organizations to help identify at-risk and vulnerable individuals who may be eligible for federal services and benefits and referring them directly to a Service Canada representative. These clients are those who experience barriers to service and cannot access benefits through other service channels. [Submit a request for more information](#) if your organization would like to know more about this initiative.

### Responsive outreach

We recognize the importance of supporting communities affected by emergency situations. We offer on-site or virtual services to help support community members as needed. We are present when and where people need it most to offer an easy access to Service Canada's programs, services and benefits. Contact us for more information on available support.

## Services for employers

Our responsive outreach also aims to [support employers](#) and workers facing mass layoff, work force reduction or [work-sharing](#) situations.

## Outreach Support Centre (1-877-631-2657)

<https://www.canada.ca/en/employment-social-development/services/community-outreach-liaison-service.html>

Sept 2025



# LILLOOET TRIBAL COUNCIL

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

**Position:** Training Coordinator  
**Department:** Community Adult Learning Centre (CALC)  
**Reports To:** Program Manager  
**Position Type:** Temporary - Fulltime – Oct 6, 2025 to March 27, 2026 (possible extension)  
**Salary:** \$26-28 Per hour  
**Closing Date:** Open until filled

## Job Summary

The Training Coordinator 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. The Training Coordinator will plan, implement, and evaluate community-based training programs.

## Key Responsibilities

- Coordinate training and workshops.
- Book venues, catering, (organize catering bids for large meetings/events),
- Prepare agendas, information packages, sign-in sheets, and honoraria forms.
- Arrange equipment such as projectors, microphones, etc.
- Draft advertisements and promotional materials.
- Provide support to students and instructors.
- Coordinate and attend community events to promote CALC.
- Maintain active/expired training postings and update social media
- Conduct intake interviews, student assessments, and student supports
- Gather stats and assist with report writing.
- Collaborate with other organizations.
- Perform receptionist duties as required.

## Skills and Experience

- Certificate in Office Administration would be an asset with a minimum one experience and/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
- Experience working with indigenous peoples.
- Presentation skills would be an asset
- Accuracy and attention to detail.
- Organizational and time management,
- Valid drivers license and use of vehicle
- Criminal record check will be required

## SUBMIT RESUME AND COVER LETTER TO:

ATTN: Andrea Leech, Administrator at [info@lillooettribalcouncil.ca](mailto:info@lillooettribalcouncil.ca)

For more information and complete Job Description contact Yvonne LaRochelle, Program Director at [ylarochelle@lillooettribalcouncil.ca](mailto:ylarochelle@lillooettribalcouncil.ca) or 250 256-7523.



# T'IT'Q'ET ADMINISTRATION

P.O. Box 615  
Lillooet, BC V0K 1V0

Phone: (250) 256-4118  
Fax (778) 784-4070

## JOB POSTING

### Position: BSDW

Department: Health  
Hours: Full Time Employment  
Wage Range: \$24-\$27  
Location: T'it'q'et Community  
Closing Date: Until filled

### How to Apply:

Submit Cover Letter &  
Resume, copies of related  
certificates, and three (3)  
references to:

[healthmanager@titqet.org](mailto:healthmanager@titqet.org)

(Please write in Subject Line:  
"BSDW")

### Email Body:

Attention Shawn Scotchman

*Please find enclosed cover letter,  
resume, and three references, plus  
related certificates to this position.*

### ABOUT US

T'it'q'et Administration is committed to fostering community wellbeing and supporting our most vulnerable community members. Due to an urgent staffing need, we are seeking a dedicated and energetic individual who is experienced in providing Income Assistance services to community members within the T'it'q'et community.

### POSITION SUMMARY

**URGENT HIRING** – In accordance with Indigenous Services Canada (ISC) Policy and Procedures Manual, the Band Social Development Worker (BSDW) administers the Income assistance Program. Under the direction of the Health & Social Development Manager, the Band Social Development Worker (BSDW) is responsible for keeping accurate records and files of all clients and assisting clients in social assistance applications and related tasks. In addition, the position will provide support to the Assisted Living program and work with the Child and Family Service program as needed.

### QUALIFICATIONS AND REQUIREMENTS

- Minimum 2-5 years previous experience with the Social Development program.
- Minimum of Grade 12,
- Human Service Certificate or equivalent an asset.
- Band Social Development training required
- Must have valid Class 5 BC Drivers' License with reliable vehicle.
- Experience working with Indigenous issues, cultural traditions, and understanding of First Nations' history is necessary.
- Has a Trauma Informed approach to client services

Your notes below if you wish:

- Cover Letter
- Resume
- Three References
- Copies of Certificates
-



# SNÚK'WA7 OUTREACH

P.O. Box 615  
Lillooet, B.C. V0K 1V0

Phone (250) 256 4118  
Fax (778) 784 4070

## T'ÍT'Q'ET AND SEKW'EL'WÁS ANNOUNCE NEW PARTNERSHIP

### Snúkwa7 Outreach Program to Provide Emergency Addiction Support Services

**LILLOOET, BC** – T'ít'q'et First Nation and Sekw'el'wás (Cayoose Creek First Nation) are proud to announce a ground-breaking collaborative partnership to launch the Snúkwa7 Outreach program, providing critical after-hours emergency addiction support services to the greater Lillooet area.

"Snúkwa7" means "friend" in the St'át'imcets language, reflecting the program's commitment to extending friendship and support to all community members in need, regardless of background. This innovative mobile outreach initiative will operate during high-risk after-hours periods (Wednesday through Sunday, 8pm to 6am) when traditional support services are limited.

#### PROGRAM OVERVIEW

The Snúkwa7 Outreach program addresses the urgent need for immediate crisis intervention and harm reduction services during times when emergency assistance wait times are extended and vulnerable populations face the greatest risk. The program will provide:

- **Emergency medical response and first aid** for individuals experiencing overdoses or mental health and addiction-related crises
- **Mobile outreach and harm reduction services** including naloxone distribution and overdose prevention education
- **Crisis intervention and emotional support** using trauma-informed, culturally appropriate approaches
- **Transportation to medical facilities** and safe locations for individuals in crisis
- **Connection to treatment resources** and ongoing support services throughout the region

#### COMMUNITY IMPACT

This partnership represents a significant investment in community wellness, addressing the overdose crisis that has disproportionately affected the Lillooet area. Recent BC Coroners Service data has consistently identified Lillooet among the local health areas with the highest rates of overdose deaths in the province.

"This collaboration demonstrates what we can achieve when St'át'imc communities come together with a shared vision," said Andrew Leach, Administrator for T'ít'q'et First Nation. "By combining our resources and expertise, we're creating a safety net for our most vulnerable community members during the hours when they need support most."



The program builds on the traditional role of Sekw'el'wás as a gathering place for neighboring nations, now serving as a focal point for healing and emergency support that extends throughout the greater Lillooet area.

## FEDERAL FUNDING SUPPORT

The Snúkwa7 Outreach program is made possible through \$1.6 million in funding from Health Canada's Substance Use and Addictions Program - Emergency Treatment Fund over two fiscal years. This federal investment reflects the program's potential to serve as a model for other rural and Indigenous communities facing similar challenges

## A MODEL FOR COLLABORATION

The Snúkwa7 Outreach program represents more than emergency service delivery – it embodies the strength that comes from Indigenous communities working together in partnership. This collaboration serves as a model for how traditional values of mutual support and community care can be integrated with contemporary evidence-based approaches to address modern challenges.

"When we extend friendship – snúkwa7 – to all people in our community, we create pathways to healing that honor both our cultural traditions and our commitment to innovation," noted a joint statement from both communities' leadership.

The program's success will be measured not only by immediate crisis interventions but by its ability to connect individuals to longer-term recovery resources and rebuild the community support systems that are essential for sustained healing.

## SERVICE AREA AND ACCESSIBILITY

Snúkwa7 Outreach services will be available throughout the greater Lillooet area, serving both Indigenous and non-Indigenous residents. The mobile nature of the program ensures that support reaches individuals wherever they are, breaking down barriers to access that have historically prevented vulnerable populations from receiving timely assistance.

The program officially launches in April 2025, with staff recruitment beginning immediately to ensure full operational capacity when services commence.

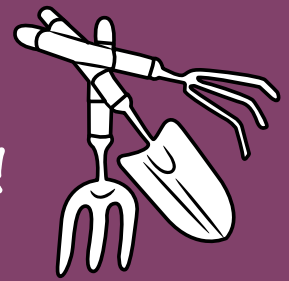
### **For more information about employment opportunities, contact:**

T'it'q'et Administration Phone: (250) 256-4118 Email: [healthmanager@titqet.org](mailto:healthmanager@titqet.org)

### **For program information, contact:**

Rhonda Leach, Band Administrator Cayoose Creek Indian Band (Sekw'el'wás) Phone: (250) 256-4136 ext. 204 Email: [administrator@cayoosecreek.ca](mailto:administrator@cayoosecreek.ca)

# Preparing your garden for Autumn harvest - and next Spring!



As we say goodbye to Summer and hello to Fall it's a great time to enjoy your garden and your harvest while also preparing it for a healthy start in the Spring. Along with prepping your beds and saving seeds, it's important to keep invasive species in check so they don't spread into your community or next year's garden.

## Top Tips for Fall Garden Care



### Watch for and deal with invasive plants

As you clean out your garden beds, keep an eye out for invasive species like Spotted Knapweed or Common Burdock. Removing them in the Fall prevents them from re-seeding and spreading in the Spring.



### Clean and sort your seeds

If you're saving your seeds for next year or to share with friends take the time to clean them thoroughly and store them in a cool, dry place. This reduces the risk of carrying weeds and diseases into next year's garden.



### Protect your soil

After harvesting your Fall vegetables, adding compost or mulch to replenish nutrients and protect from erosion over winter means stronger plants in the Spring.



### Proper Disposal Matters!

Invasive plants, seeds, and plant parts should NEVER go into your compost pile as they can survive and regrow. Instead, bag them up securely and take them to the landfill, it's free in Lillooet! This ensures they won't spread.



[Iriss.ca](http://Iriss.ca)



[@Irinvasives](https://www.instagram.com/Irinvasives)

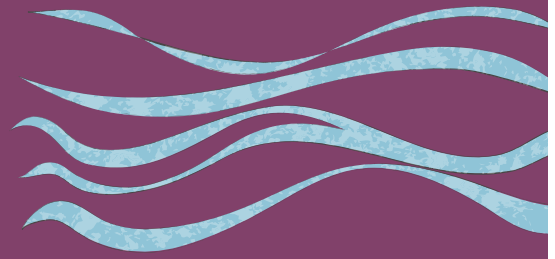


[info@Iriss.ca](mailto:info@Iriss.ca)



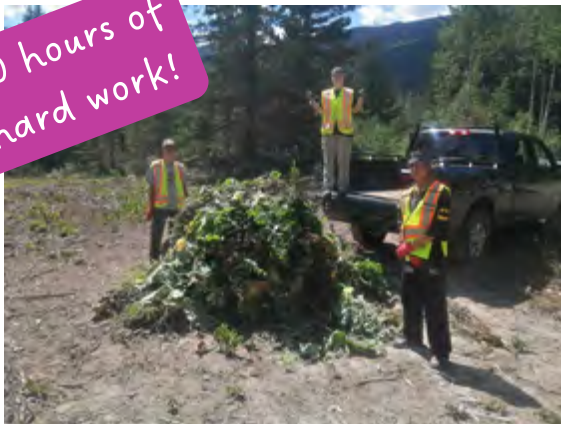
**LILLOOET REGIONAL  
INVASIVESPECIESSOCIETY**

# Xwísten's Good Work in the Camoo Watershed



This summer, LRISS was honoured to work with Xwísten and their Ancestral Food Systems Team. Together, we visited the Camoo watershed, where their team is restoring land for culturally significant plants used for food and medicine. Our collaboration focused on identifying invasive species and supporting their ongoing restoration efforts. The team included Lead Andrew Michel assisted by Aileen Michel, Ava Michel and Taylor Griffiths.

40 hours of hard work!

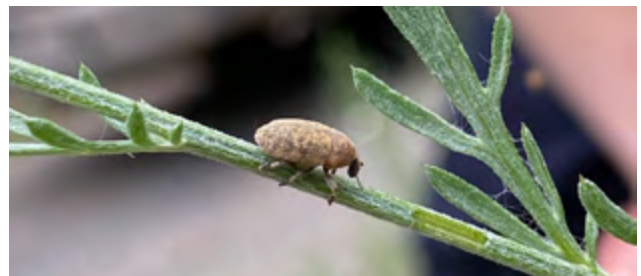


Jacque Rasmussen, LRISS Executive Director, visited the restoration site to identify invasive species and how best to remove them. The Xwísten team of four dedicated 40 hours to pulling invasive plants such as Common Burdock, Hound's Tongue, Oxeye Daisy, and thistles. These invasive species crowd out native plants that people rely on for food and medicine, contributing to long-term food insecurity if left unchecked.

While on site, we also observed biocontrol agents already at work on knapweed — and saw the xúsum (soapberry) bushes full of fruit. Soapberry is one of the important native plants this restoration work helps to protect from the impacts of invasive species.



Xúsum (soapberry) bushes



Biocontrol on knapweed

**LRISS is inspired by Xwísten Ancestral Food Systems Team's dedication to protecting the Camoo watershed.**



lriiss.ca



@lriinvasives



info@lriiss.ca



**LILLOOET REGIONAL  
INVASIVE SPECIES SOCIETY**

# October 2025 Horoscopes

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## Aries (Mar 21–April 19)

All eyes are on you toward October 6, yet you could be totally engrossed with a fun friend or the love of your life, Aries. The stars signal strong social dynamics in play, yet also intensity, so balance head and heart. Acknowledge work you've done identifying your needs, too. You could be ready to confide in friends you trust toward the end of the month.

## Taurus (Apr 20–May 20)

Your inner healing is pronounced towards October 7, encouraging you to pause liberally, Taurus. Be aware of people inspiring you to rest, retreat and recover. Relationships and communicating are topical throughout the month, so check your DMs or propose a date. You might enjoy expressing yourself with heart and creativity until October 13, and thereafter find you're keen to cultivate a routine that fits your future goals.

## Gemini (May 21–Jun 20)

Community circles, friends or social networks are prominent around October 6, however you might need to balance attention on teammates and what you want, Gemini. More could be revealed about your desires on October 14. It's likely easier staying on track with a health practice, your day job and wellness goals this month, particularly between October 20 and 29, when you're making all the right moves.

## Cancer (Jun 21–Jul 22)

You could be acknowledging career successes and your creative instincts this month, Cancer, with the Full Moon on October 7 publicly showcasing your talents. Towards October 14 notice growth but also where more work is needed. You'll perhaps retreat to get the job done, while also allowing plenty of space to play, and invest in passion projects. An intense love story may well blossom on October 29.

## Leo (Jul 23–Aug 22)

You may be partaking in important conversations this month but it could be wise to keep some thoughts and opinions hidden. It's possible unconscious ideas that are not your own are circulating, forcing you to retreat, listen, and learn. Go back to the beginning, processing the past or exploring where concepts come from. Notice where you identify with your roots, and where you're being challenged to embrace the new.

## Virgo (Aug 23–Sept 22)

Close connections and information sources are important throughout the month, Virgo, so pay attention to those you surround yourself with – the friends and community you're associated with, and those that influence your ideas. Your financial position or role could also be topical, as you acknowledge your vulnerabilities, and where you're dependent on other people. Explore your options at work on October 14, taking a fresh approach by October 21.

## Libra (Sept 23–Oct 20)

You might be figuring out your life path, role or resources this month, turning to a significant individual for feedback on your vocational successes, while also trusting your instinct about your direction and letting go of outcomes. You'll likely become increasingly confident in your position and what you want from Oct 14, a special date to connect to your desires and what's ultimately important to you.

## Scorpio (Oct 23–Nov 21)

October encourages you to resolve deeply personal issues, letting go, transforming or processing in private. At the same time, it may be easy demonstrating strength and resilience, with a major growth spurt apparent on Oct 13. Later this month you might want to seize opportunities to go the distance, yet find you're torn in different directions. Allow Halloween to be fun, playful, and utterly romantic!

### Sagittarius (Nov 22–Dec 21)

Love, intimate bonds, and community are prominent in October. You might find you're balancing group projects with developments in your private life – there may be plans under wraps some don't know about. It may benefit you to step back, taking time out to celebrate what's most important to you early in the month, and in the last week really directing attention to sacred pacts and partnerships.

### Capricorn (Dec 22–Jan 19)

Your goals, and personal or professional successes might have to be balanced with home and familiar environments early this month. Acknowledge your accomplishments, gain public recognition, but also prioritise your foundations, family, and security. From Oct 14 you can enjoy visibility, prominence in community circles, and commit to your role or job, with a strong awareness of your friends, and important people you're involved with.

### Aquarius (Jan 20–Feb 18)

Be attentive to the way you express yourself toward October 7, Aquarius. You may have a platform and visibility, and people paying attention to what you say. Your vocation or public profile sees you gaining prominence and attention as the weeks unfold, too. At mid-month, a journey you're on is very exciting, yet keep up with the health practice, routine or methods that are working for you!

### Pisces (Feb 19–Mar 20)

The weeks ahead may find you exploring, researching, or working on projects that push you further, with revelations around your financial position or solo contribution, Pisces. Find ways to balance what's hidden, private and confidential with fun, exciting plans and ideas you're embracing. At mid-month intimate agreements, and what you share is intensified, so gravitate toward trusted parties, prioritising what you want from relationships.



### Harvest Moon

**The next Harvest Moon visible in British Columbia will occur on Monday, October 6, 2025. This full moon is called the Harvest Moon because it is the full moon closest to the autumn equinox, which falls on September 22 in 2025. The Harvest Moon appears bigger and brighter in the night sky and rises soon after sunset, providing abundant moonlight for farmers to continue harvesting crops.**

## November 2025 Newsletter Submission Deadline Thursday, October 23<sup>rd</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.)



<b><u>EMERGENCY</u></b>	<b><u>911</u></b>
<b><u>TRIBAL POLICE</u></b>	<b><u>(250) 256-7767</u></b>
<u>NON-EMERGENCY</u>	<u>(250) 256-7784</u>
<b><u>R.C.M.P.</u></b>	<b><u>(250) 256-4244</u></b>
<b><u>LILLOOET FIRE DEPARTMENT</u></b>	<b><u>(250) 256-7121</u></b>
<b><u>AMBULANCE</u></b>	<b><u>(250) 256-7111</u></b>
<b><u>POISON CONTROL</u></b>	<b><u>1-800-567-8911</u></b>
<b><u>REPORT WILDFIRE</u></b>	<b><u>1-800-663-5555</u></b>
<u>OR *5555 on your cellphone</u>	
<b><u>HEALTH ADVICE (Speak to Nurse)</u></b>	<b><u>811</u></b>
<b><u>BC HYDRO OUTAGES</u></b>	<b><u>1-800-224-9376</u></b>
<b><u>VICTIM LINK</u></b> <small>(Domestic Violence Help Line)</small>	<b><u>1-800-563-0808</u></b>
<b><u>KIDS HELP LINE</u></b>	<b><u>1-800-668-6868</u></b>
<b><u>INDIAN RESIDENTIAL SCHOOL SOCIETY</u></b>	<b><u>1-800-721-0066</u></b>
<b><u>1-800SUICIDE</u></b>	<b><u>1-800-784-2433</u></b>
<b><u>310MENTAL HEALTH SUPPORT</u></b>	<b><u>310-6789</u></b>
<b><u>REPORT-CONSERVATION OFFICE</u></b>	<b><u>1-877-952-7277</u></b>
<b><u>DAWSON ROAD MAINTENANCE</u></b>	<b><u>1-800-842-4122</u></b>

\*Please post where visible in case of emergency

# EMERGENCY CONTACTS

