

Newsletter

Nov 2025

T'IT'Q'ET NOVEMBER 2025 ISSUE

St'át'imc Soldiers – Page 4
Poppy Making – Page 10
Christmas Raffle – Page 12

TO SUBMIT TO NEWSLETTER

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



lest we
forget

November

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																																																																																				
			Beading Nights poppy making <i>more on page 10</i>		 1																																																																																					
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Staff contacts

Phone: (250) 256-4118 Fax: (250) 256-4544

Title	Name	EXT
Reception	Nancy/Susie Leech	220
Administrator	Andrew Leach	264
Finance Manager	Lesley Napoleon	226
Bookkeeper	Sarah Scotchman	227
Accounts Payable	Accounts Payable	232
Building Maintenance	Ken Taylor	247
Education	Juanita Soles	225
Band Social Development Worker	Rose Peters	229
Housing Coordinator	Michael J. Leech	240
Communications Advisor	Lucy Burridge	235
Health Manager	Shawn Scotchman	234
Medical Clerk	Stephanie Louie	241
Home/Com. Care Workers	Tina/Amber	236
Home Care Nurse	Home Care Nurse	258
O & M Supervisor	Kevin Whitney	248
O & M Water	Ken Wai	239
Language/Culture Program Manager	Tabitha Leech	275
Language/Culture Admin	Nicole Napoleon	271
Language Programs	Shelley Leech	272
Culture Programs	Vanessa Napoleon	274
Lands Coordinator	Dean Billy	251
PC Natural Resources Specialist	Denise Antoine	238
PC Land Guardians	Sam/Luther/Ray	222
PC Policy Advisor	Jasmeen Kaur	257
Outreach Coordinator	Lance Riley	254
Outreach Admin	Ayee Weget-Whitney	260

Lest we Forget

– NOVEMBER 11 –

Cw7áoz kws Ihápenem I tsícwa qvltwacwcitumúlitas
We will not forget those that went to fight the wars for us.
We, the P'egp'íg'lha, of the St'át'imc recognize and honour:

Alfred Copeland
Canadian Inf. 2nd Depot Bn. WWII

Grand Chief James "Jimmy" Scotchman
Canadian Highlanders WWII, 1943—1948

Joseph "Joe" Scotchman Paul
US 3rd Army, 11 Inf. Reg., WWII,
1943—1945

Harold "Dean" Pelegren
US 82nd Airborne Div. 2nd Inf. Vietnam
1968—1970

Joseph Riley
Canadian Forces

George Riley
48th Highlanders of Canada, R.C.I.C.
1943

Wilbur Whitney
Unknown

Fabian LaRochelle
WWII

Joseph Copeland
Canadian Inf. 102nd Bn. WWI

Harold Ostrander Sr.
WWII Dates Unknown

Michael Pelegren
Canadian Armed Forces, WWII,
1941—1945

Paul Scotchman
US Army, 25th Inf. Vietnam,
1966—1967

Charles Scotchman
Unknown

Dustin Steeves
US Marines

Edward F. LaRochelle
WWII

The Ancestral Warriors



Our Brave Soldiers

We will always remember this date

November 11th

A day to remember, those days and years

That you were strong & brave

In the face of war.

Those days and years

That you stood up & fought for us and our future

Those days and years you risked your life

We will Forever Be Grateful to Our Brave Soldiers

Who fought for us in those days

We Will Forever Honor You, Our Brave Soldiers

Who Stood Strong For Your People

Never Will We Forget Our Brave Soldiers

Cw7áoz kws Ihápenem (We Will Not Forget)

Kukwstumúlhkalap (You Saved Us)

Xzumstamlhkálap (You Are Respected)

Update: Culture Department

Good Day!!

Nakola7 Napoleon is my name. (Butterfly) (Nicole)
My mother is Juanita Jacob

My grandparents on my mother's side are the late Chief Ernest Jacob and Nancy Dan.

My father is Lloyd Napoleon Sr, my step mother is Susan Napoleon.
My grandparents on my father's side are Edward Napoleon and Mary Napoleon, and Rose Whitley.

My children's names are Nk'iýáp (coyote pup) Amilynn Napoleon and my youngest daughter is Anastasia Napoleon-Levine.
I have a spouse; Howard Levine and he has four children from previous relationship with one grandson.

Brittney Levine the oldest daughter, with one son named Dominic. Second oldest is Christian Levine. Third child is Darius Levine. Fourth child Norissa Levine.

I have been working for the band office since 2015 late November. I was apart of the health Department for nearly nine years and social development department and I am now one of the culture workers for our new Culture Department.

I have been learning about our St'at'imc Language and have taken some class' in the past.

I am eager to continue my journey with my culture.



LILLOOET YOUTH CURLING

2025/26

FALL SESSION:
NOVEMBER 5 - JANUARY 14

WINTER SESSION:
JANUARY 21 - MARCH 18

\$50
REGISTRATION
FEE
per 9 week
session

WEDNESDAYS
4:30-6PM
@Lillooet Memorial
Curling Club

*final schedule subject to change depending on registration numbers and rink schedule

SIGN UP FOR YOUTH CURLING!

Ages 9-17

Open to all skill levels

Equipment required: clean sneakers and a helmet (hockey, bicycle, or skateboard helmets accepted). Brooms, grippers and sliders provided for by the Lillooet Memorial Curling Club

End of year Bonspiel included! March 21

OCT
22

OCT
29

FREE YOUTH CURLING TRY OUT
DROP-INS AT LILLOOET CURLING CLUB
4:30-6PM

SCAN QR
CODE FOR
REGISTRATION
FORM:



Questions? email:
emilygalliazzo@gmail.com



Fridays @ n.SPCC

⌚ 1:00pm - 4:00pm

📍 107-7th Ave, Lillooet, BC.

🕒 Limited supplies available

🕒 Bring your project ideas

🕒 Bring your sewing machine or projects you are currently working on

Refreshments provided



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre



Independent work
stations available;
own projects &
supplies

For more information
please contact
cultureworker@titqet.org
or call
250-256-4118 ext.271

Join us
Beading Nights
4-8pm
Dinner @5PM
Peg'pig'lha Community
Centre

**October / November
Beading Poppies
Wednesdays;
15-22-29/05**

BRING YOUR
HANDDRUMS
WELCOME SONG
@ 4:30PM



Limited Supplies

Dinner at 5:00pm



Ribbon Skirt & Sewing

**Wednesdays
4:00-8:00pm**

November 12/19
December 03/10/17



Individual work stations available
bring own supplies



Open to ALL

BRING YOUR HANDDRUMS
Welcome Song @ 4:30



T'IT'Q'ET Christmas RAFFLE

Celebrate the spirit of giving with our T'it'q'et Christmas Raffle!
Join the festive fun and stand a chance to win fabulous prizes that
will make your holiday season even brighter!



Draw Date:
**December
15
2025**



Winner's Choice
First ticket drawn
gets first pick. Then
second gets second
pick and so on



Ticket Prices:
\$5 each
OR
3 tickets for \$10
OR
A book of 15 tickets
for \$50



Steel Blue-M10 Adults
Commuting Electric
Mountain Bike (400W
Motor/ 90KM Range/
32KM/h Top Speed! And a
\$500 Visa Gift Card!



Canucks Game Getaway
January 3rd, 2025

*Your package includes:
• Lower Bowl Canucks tickets in Section
118, Row 2
• One night stay at the Sandman Hotel
• A \$100 Chevron gas card
• A \$100 Visa gift card



Luther Brigman's
beautiful Framed
Artwork and a \$500
Gift Card!



SWFT EX1 Electric
Scooter with Safety
Lights (250W Motor/
20km Range/ 25km/h
Top Speed)

Ticket Sellers: Lesley Napoleon, Nicole Napoleon,
Sarah Moberg, Vanessa Napoleon, Debra Gale
(Prevost), Juanita Soles, Patrice Pelegrin, Tabitha
Leech, Adrianna Scotchman, Cheryl Gladue and
Lakota James.



REGISTER FOR THE LFC'S

FREE KIDS CHRISTMAS PARTY

KIDS MUST BE 12 AND
UNDER TO GET A FREE GIFT

MUST BE A MEMBER TO
ATTEND



TO REGISTER
CALL MEGAN @ 250-256-4146 X.218

Pop Up Market



SUPPORT
LOCAL

LOCALLY
MADE

SHOP
Local

Friday
Nov. 14, 2025

Vendors:

Please call **236-417-3000** to book a table for this Pop-up Market.

More Information:

n.SPCC

107-7TH AVE, LILLOOET, BC

1:00 PM - 6:00PM

n.statimc@fnha.ca



First Nations Health Authority
Health through wellness



n.St'at'imc
Primary Care Centre

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.



NOVEMBER 19, 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'imc
Primary Care Centre



T'it'q'et is offering:

Hot Stone Massage



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'at'imc Elders/knowledge keepers.

Elders:

Frank Andrew
Quchin (Gerald Dick)

Dates: Saturdays - Bi-weekly til March 31st

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

Requirement:
Commitment to be Drug and alcohol free.



Dr. Bolen Podiatrist



November 28, 2025
59 Retasket St



For more information, please contact:

Medical Clerk

Email—medicalclerk@titqet.org

Phone (250)256-4118 x 241

Lillooet Friendship Centre Society

Employment, Life Skills and Training Program
ELST

Supports

- Career counseling
- Interview skills development
- Job search assistance
- Resume & cover letter writing
- Computer training
- Resource and computer access
- Work gear
- Transportation funding
- Disability supports
- Cultural training
- Post-employment support
- Group workshops
- Educational upgrading support
- Skills training services
- Self-employment assistance
- Career planning
- Post-employment support
- Transportation funds
- and more

Contact
Gail Kreiser Leech
Coordinator
Location: 737 Main Street
Phone: 250-256-4146 ext 220
Email: elst@lfcs.ca

BCAAFC | BC Association of Aboriginal Friendship Centres

BRITISH COLUMBIA
Province of British Columbia, Canada

Canada

Funding by the Government of Canada Through the Canada-British Columbia Workforce Development Agreement



2025/2026

Lillooet Friendship Center

MEMBERSHIP

\$5.00 Family
\$2.00 Individual
Elder's 65+ FREE

Your membership includes all LFCS Events, such as Elder's Christmas Party, Kid's Christmas Party, Craft Nights, and other amazing community Events.

Call to Register Today with
Megan @ 250-256-4146 x.218



107-7th Ave, Po Box 131
Lillooet, BC, V0K 1V0
Tel: 236.417.3000
Email: n.statimc@fnha.ca

Nov 2025

2025 November Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Mental Health Outreach w/ Kate Sekw'el'was 9am - 3pm	4	5	6 Women's Group 5pm-7pm	7 Drop-in Sewing 1pm - 4pm
10	11 Remembrance Day Office Closed	12	13	14 Mental Health Outreach w/Kate Tsal'ah 10am - 3pm Pop-up Market 1-6pm
17 Mental Health Outreach w/ Kate Sekw'el'was 9am - 3pm	18	19 Foot Care Clinic w/Amy Bordas 8:30am-3:30pm	20 Women's Group 5pm-7pm	21 Mental Health Outreach w/Kate Tsal'ah 10am - 3pm Drop-in Sewing 1pm - 4pm
24	25 Tea - Bannock & Share the language 2pm - 4pm	26	27	28 Mental Health Outreach w/Kate Tsal'ah 10am - 3pm Drop-in Sewing 1pm - 4pm

All events are held at 107-7th Ave n. SPCC Office, unless stated otherwise.
October 22, 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 (1st 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 to learn more about the Social Development program.

Thank you.



T'it'q'et Administration

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

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"> Status card or Secure Cert of Indian Status Birth certificate(s) B.C.I.D. & Med Service Card Driver's licence Social Insurance card (In addition to your 2 pieces of ID) 	2 for each adult and 1 for each child	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Verification of Income	<ul style="list-style-type: none"> Up dated bank statement or statement from where you chose to cash your cheque such as Money Mart Income tax statement or Notice of Assessment (can be SIN Verific.) Pension statement showing monthly rate (Bank Statement will show) WCB statement showing monthly rate EI statement per adult showing weekly rate, start date and end date (can print copy from computer when doing your cards) Wages/earnings (Cheque stubs) and/or Current R.O.E. (Verific. of SIN) Any income such as Honorariums, gambling winnings, etc. 		<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"> Mortgage Agreement (CMHC? see band housing officer) (Signed) Tenancy Profile form completed (by Band housing officer) Rental Agreement (last month's receipt) Confirmation of Residence completed & signed by Head of Household Up to date house PDF bills [utilities] – BC Hydro, basic phone rental, heat, oil bill, etc. House insurance (if you own house & it is paid in full) Other _____ List of all living in home including children 		<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"> Copy of Mortgage documents showing start & end date and monthly rate of payments Copy of Certificate of Possession or other proof of ownership 		<input type="checkbox"/> <input type="checkbox"/>
Other information	<ul style="list-style-type: none"> Current copy of Canadian Child Tax statement 		<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

Page 1 of 2

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 IA. Cheque

Women's Group

November 6th & 20th

5pm - 7pm

107-7th Ave



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

roni.shintah@fnha.ca

www.nstatimcprimarycare.ca





T'it'q'et Administration
PO Box 615
59 Retasket Drive, Lillooet, BC
V0K 1V0

Phone (250) 256-4118
Fax (250) 256-4544

RECURRING REMINDER: CHEQUE PROCESSING & PICKUP SCHEDULE

From: T'it'q'et Finance Department

Please be reminded of our regular cheque processing and pickup schedule:

Cheque Processing Days:

Cheques are processed only on Tuesdays and Thursdays by the Accounts Payable Clerk.

Cheque Pickup Days:

Processed cheques are available for pickup on Wednesdays and Fridays during regular office hours.

Office Hours:

8:00 a.m. – 12:00 p.m. and 1:00 p.m. – 4:00 p.m.
(Closed for lunch from 12:00 p.m. – 1:00 p.m.)

To avoid delays, please ensure all cheque requisitions are submitted to the Accounts Payable mailbox by end of day Monday or Wednesday.

We thank you for your ongoing cooperation and commitment to helping us deliver timely financial services to the community.

Finance Department
T'it'q'et Administration

2025 Field Season - the results are in!

This summer, our field crew was busy working to protect Lillooet's local ecosystems from the negative effects of invasive species. Invasive species can have devastating and lasting impacts — threatening agriculture, damaging infrastructure, overtaking local trails, and displacing culturally significant species used for food and medicine.

Because of this, our work to manage and monitor invasive species is critical. Throughout the season, the crew carried out extensive treatments, surveys, and inventories — from Hydro access roads along Anderson Lake to the Taylor Creek Trail in South Chilcotin Mountains Park, and even right in town, where we advised the Rec Centre on their native plant garden.



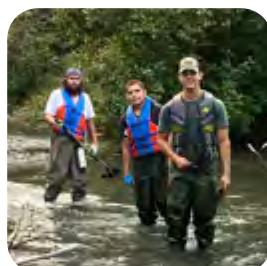
443

observations by
Xaxli'p Community
Forest crews & LRISS staff.



114 ha

of land surveyed -
that's 1,143,958 m²!



214

invasive plant treatments
covering 248,805 m² (25 ha).



1319

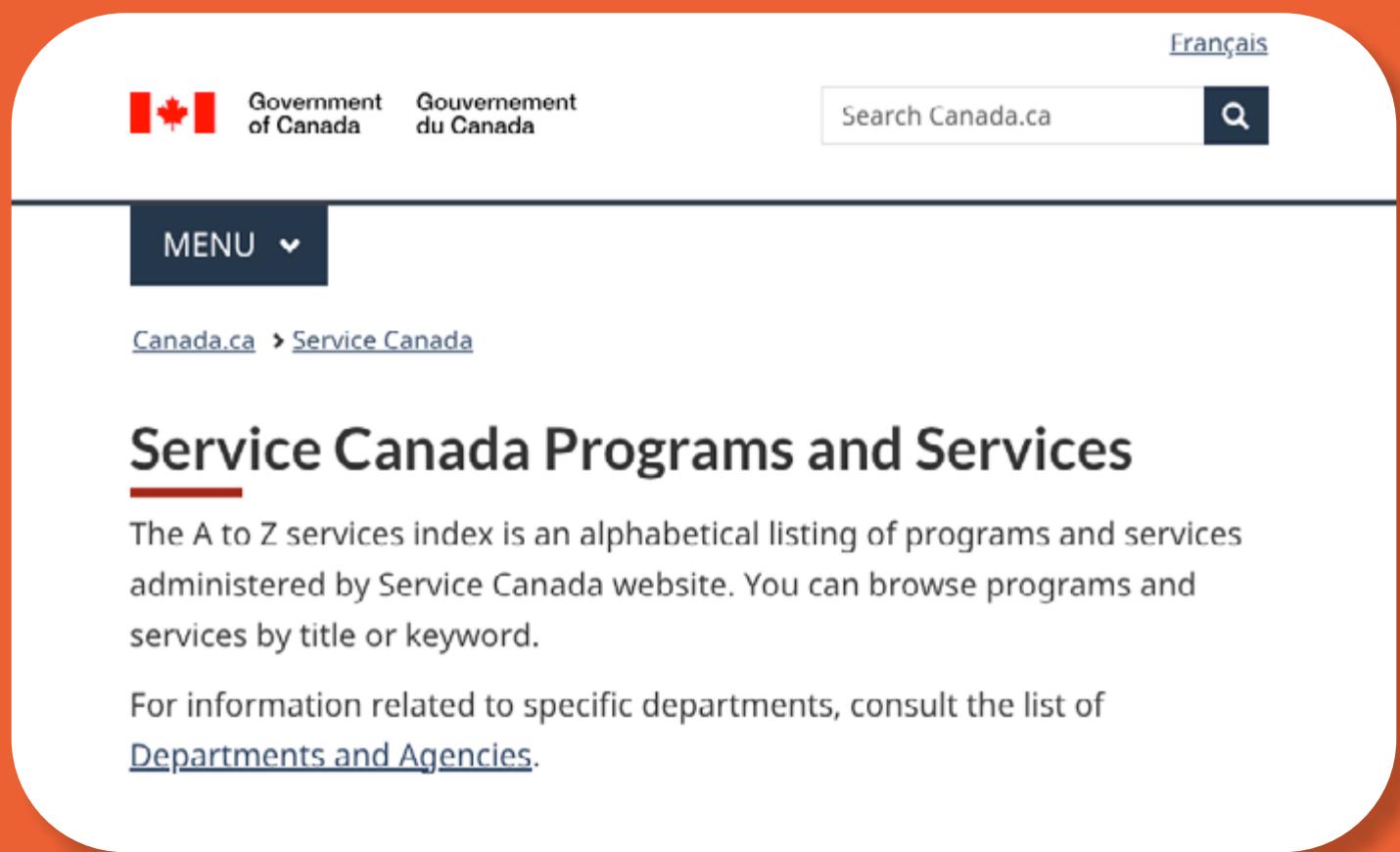
youth reached through
38 educational sessions.

Community Impact



75 hours (~\$2000)

75 hours of in-kind weed removal contributed by community partners — including the Lillooet Naturalists, Xwísten Ancestral Food Security Project, Gun Lake residents, and Tyaughton Lake resident Jim Blair — representing nearly \$2,000 in volunteer support!



Government of Canada Gouvernement du Canada

Search Canada.ca Français Search

MENU

[Canada.ca](#) > [Service Canada](#)

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>



ELDERS MAKE AN APPT WITH DR. HUMBER

CALL 256-4118 EXTENSION -236

November 12, 2025 [WEDNESDAY]

TIME:
1-3:45 PM

EACH APPOINTMENT WILL BE 15 MINS



Skelkékla7 LILLOOET FRIENDSHIP CENTRE



DROP INS

737 Main St, Lillooet
basement

EVERY

Monday 1p-3p

workshops

STARTS
OCT 6TH

CARD
GAMES

Contact: Alma

250-256-4146 X 210

Email: language@lfcs.ca

HAND
DRUMMING
& SINGING



Everyone Welcome

November 25th

2PM - 4PM



Tea - Bannock & Sharing the Language

107-7th Ave

Lillooet, BC

Juanita Jacob - Wellness Coordinator

 Juanita.Jacob@fnha.ca

 236-417-3000



First Nations Health Authority
Health through wellness



November 2025 Horoscopes



Aries (Mar 21–April 19)

You tend to address issues, no matter how small, as soon as you notice them. If someone speaks to you unkindly, you call it out in the moment; if you notice a mistake in your work, you fix it right away. But this week, you risk getting stuck endlessly tinkering with minor details and addressing inconsequential missteps — while never making headway toward your larger goals. For now, it could be worth letting some smaller problems slide, or deciding you'll deal with them later, for the sake of the bigger picture.

Taurus (Apr 20–May 20)

This week, you might be more intuitive than usual, good at reading between the lines and picking up on hidden meanings in what people say.

But as perceptive as you are, you're still not a mindreader, so don't imagine that you already know exactly how others are feeling and that the-

re's no need to talk about it. Instead, use what you pick up on as a starting point — a way to open up discussion, guide your questions, and better navigate the conversation.

Gemini (May 21–Jun 20)

You might be especially indecisive this week. You're more aware than ever that to take advantage of one opportunity, you'll have to turn down others — that saying yes to one option means saying no to others that are equally good. Life is full of tradeoffs, and some possibilities will always remain unrealized, but try not to worry too much. Maybe you can't have everything, but you can still have a life that's interesting, expansive, and full of variety.

Cancer (Jun 21–Jul 22)

Part of you might not feel like sticking with your usual routines — not because there's something specific you'd rather be doing, but simply because you're feeling antsy, ready to try something new. But try not to make drastic changes only out of boredom. If you can maintain your routines for now, it'll free up time for daydreaming and thinking about what you'd actually like to do next. There's no rush to act immediately, even if it feels that way.

Leo (Jul 23–Aug 22)

You might have less patience than usual this week for anyone who seems even a little boring. You want to be around people who can keep

up with your ideas and humor, who can keep you on your toes. The last thing you need is to spend your time with people who don't seem to have anything interesting to say. There's nothing wrong with gravitating toward those who make the world feel brighter — just don't assume everyone else has nothing to offer. Sometimes it takes time for people to open up and reveal their charms.

Virgo (Aug 23–Sept 22)

As you grow, it often becomes necessary to leave certain parts of your life behind. You might gradually lose interest in hobbies you once loved, or fall out of contact with people who used to matter deeply. This week, you might have a chance to reconnect with the people, activities, or even parts of yourself that you thought were gone forever. You don't have to — there's nothing wrong with leaving the past behind — but if you've been missing old parts of your life, it's a good time to reach out.

Libra (Sept 23–Oct 20)

This week, it might feel like you're taking in more information than you can handle. Everyone seems to have a story to tell, a secret to confess, or a piece of gossip they urgently want to share. At first, it's exhilarating — but eventually, it becomes too much. There's so much to take in that you can hardly process it all, let alone decide what to do with all this new knowledge. So for now, just listen and take it in, and trust that you can sift through it later.

Scorpio (Oct 23–Nov 21)

You tend to keep your deepest desires under wraps. Being open about your dreams feels too vulnerable — like you're inviting people to laugh at your audacity or mock you if you fail. Sometimes, it makes sense to be guarded, especially with people you don't know well or who've been unsupportive before. This week, though, you'll only limit yourself if you insist on secrecy. Opening up about what you want, at least to those you trust, could lead to something good.

Sagittarius (Nov 22–Dec 21)

Sometimes, it feels like nothing you say is quite right. When you share your honest feelings with friends, they get defensive; though you're only trying to be transparent, they take it as disrespect. It's enough to make you want to stop talking altogether. This week, though, conversations are likely to flow more easily, and your words are more likely to be received in the spirit you intended. Don't give up on open communication just yet.

Capricorn (Dec 22–Jan 19)

If you want strong relationships, it's important to let others know what you're thinking. Your friends want to understand and support you — but they can't if they never know what's on your mind. That doesn't mean you have to share every thought or that you're a bad friend if you don't open up right away. If you need a bit of privacy, or you're not ready to talk yet, saying that can be a valuable way of expressing yourself too.

Aquarius (Jan 20–Feb 18)

Although your ideas make perfect sense to you, it can be hard to get others onboard. What feels obvious and intuitive to you might not be clear to others; the concepts that come easily to you might take time for them to grasp. This week, remember people aren't willfully misunderstanding you — their minds just work differently. If you're patient and explain things more than once, you can bring others around to your way of seeing things.

Pisces (Feb 19–Mar 20)

When everything seems to go wrong, or when you're just in a pessimistic mood, you can start to believe everyone's out to get you. Even if you know that's dramatic, it's hard not to feel doomed to fail. This week, the best thing you can do is practice confidence, even if you don't quite feel it. If you can project optimism — if you act like someone who trusts yourself completely — you'll eventually start to believe it.



December 2025 Newsletter Submission Deadline Thursday, November 20th at Noon

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

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

(PDF or Word documents are preferred.)



EMERGENCY CONTACTS

*Please post where visible in case of emergency

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

