

Newsletter

Dec 2025

T'IT'Q'ET DECEMBER 2025 ISSUE

Christmas Party – Page 4

Christmas Raffle – Page 6

Job Posting (Administrator) – Page 8

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 29



Mondays and Fridays

Recycle Days

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 1 | 2 | 3 Ribbon Skirt & Sewing <i>more on page 7</i> | 4 | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | 8 | 9 Elders Luncheon <i>more on page 12</i> | 10 Ribbon Skirt & Sewing <i>more on page 7</i> | 11 | 12 | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | 15 | 16 | 17 Ribbon Skirt & Sewing <i>more on page 7</i> | 18 Dr. Humber <i>more on page 29</i> | 19 | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | 22 | 23 | 24 | 25 Christmas | 26 No Garbage Pickup | 27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | 29 | 30 | 31 New Years Eve | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NOTES | | | | | <div>November 2025</div> <table><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> <div>January 2026</div> <table><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>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</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 | 31 | | | | | | |
| Su | Mo | Tu | We | Th | Fr | Sa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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 Burrridge | 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 |

T'IT'Q'ET
MEMBER

Christmas PARTY

Food, Fun, Santa Photos, and
the T'it'q'et Talent Show!

DECEMBER

SUNDAY

14

At 12:00pm

P'EGP'IG'LHA COMMUNITY CENTRE GYM

Parents must accompany children

T'IT'Q'ET HAS TALENT SHOW!



Roll out the red carpet—it's time for a talent extravaganza for all ages! Show off your hidden skills and dazzle us. Fabulous prizes await the top five star performers! Want to join the fun? Just send your talent form to: email: education@titqet.org



T'IT'Q'ET

CHRISTMAS TALENT SHOW FORM

December 14,
2025

SIGN ME UP FOR THE TALENT SHOW!

1 Name or group name (include all names):

2 What are your ages?

3 What special talent are you sharing?

4 Where did you learn this talent from?
What do you like most about it?



Rules and Judging:

Time Limit: 5 minutes max, if you go over points will be deducted

Content: Acts must be age-appropriate and family-friendly.

Stage setup: Participants are required to set up and remove their own props and equipment from the stage.

Music: If music is used, appropriate digital files and lyrics or scripts must be submitted beforehand, and the music must be free of profanity

Judges will be looking for: Familiarity of talent (how well the performer knows their act), Enthusiasm and expression, Costume, evidence of preparation and Audience interest.



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, 2026

Your package includes:*

- Lower Bowl Canucks tickets in Section 119, Row 2
- One night stay at the Sandman Hotel
- A \$100 Chevron gas card
- A \$100 Visa gift card



**Luther Brigrman'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.**

T'IT'Q'ET



*Individual work
stations available.*

*Limited supplies,
please bring your own
supplies if possible*

*welcome song @ 4:30pm
Dinner @ 5:00pm
Bring your hand drums!*

RIBBON SKIRT & SEWING

Everyone is invited to join

**DROP-IN SESSIONS
EVERY WEDNESDAY**

4:00PM -8:00PM

**NEXT SESSIONS:
DEC 3, DEC 10, DEC 11**



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: Administrator

Department: T'it'q'et Administration

Hours: 35 hours, 8am-4pm weekdays

Compensation: \$80,000.00-\$95,000.00/year salary plus benefits

Location: T'it'q'et Administration Office

Closing Date: Open until filled

ABOUT US

The T'it'q'et First Nation is a First Nations government located in the Central Interior-Fraser Canyon region, near Lillooet, B.C.

We are the P'egp'íg'lha of the St'át'imc Nation. The Creator placed us here and that connection to our land can never be broken. The traditional ways, values and laws of our ancestors are held in the St'át'imc language and are written on the land. Our Elders have passed them down in the stories to the children and grandchildren since the beginning. We are committed to working together to build our community in a good way that is based on the teachings of our ancestors

POSITION SUMMARY

The Administrator is responsible for assisting Chief and Council in the overall management of the community, government, capital, operating, program, and financial affairs of the T'it'q'et and the management of the day-to-day Administration affairs of the Community. Including financial, operating, program development and delivery and Community member services.

KEY RESPONSIBILITIES & DUTIES

- Delivering on financial results by budgeting resources and allocating funds responsibly
- Linking long term vision and mission in the daily work
- Participating in the restructuring of the organization structure
- Managing staff and acting as a role model by inspiring a positive attitude toward work
- Building strong collaborative relationships with internal and external partners, clients, customers and colleagues
- Observing, identifying, and organizing information to detect underlying issues and coming up with solutions to them



T'IT'Q'ET ADMINISTRATION

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

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

PREFERRED SKILLS AND EXPERIENCE

- Minimum of a Bachelor Degree in Business or related Discipline OR Equivalent Formal Related Post Secondary Education and Experience
- Minimum of six to eight (6–8) years related experience in local government administration with at least three (3) years' experience in a senior management position
- Experience in the planning, development and management of community infrastructure services and projects
- Demonstrated experience in staff and budget management, formal planning, funding, and proposal writing, policy development, and program management
- Experience in capital projects
- Prefer experience as an Administrator
- Prefer experience in policy development and the funding and management of Community Programs and Services
- Experience working with Indigenous governments
- Familiar with governance processes
- Ability to plan, organize, prioritize and complete tasks in order to meet deadlines
- Maintains confidentiality and Code of Ethics and Conduct
- Be able to work independently as well as part of a team
- Proficient in MS software

HOW TO APPLY

Please submit your resume, cover letter, and three professional references to:

T'it'q'et Chief and Council

reception@titqet.org

Box 615

Lillooet, B.C.

V0K-1V0

T'it'q'et Administration gives preference to qualified T'it'q'et members and Indigenous applicants. We thank all applicants for their interest; however, only those selected for an interview will be contacted.

This position is subject to a criminal record check and requires the candidate to be bondable as a condition of employment.

FOUNTAIN FAMILY
FUNDRAISING IS HOSTING
BINGO

Sunday December 28th 2025
Peg'pig'ha7 Community Centre
Doors open at 5pm

\$1,000 MUST GO!!

IN PERSON ONLY

Dinner at 5pm

Early birds

Specials

Merchandise

Regular games

Bingo starts at 6pm

Raffle table

**6 Families from Fountain are fundraising for
childrens sports activities**

Contact Lesley Napoleon for more information

CLEANSING CEREMONY

Sunday

DECEMBER 21, 2025

LILLOOET REC CENTER GYM

12PM-4PM



Hand Drummers, Singers Please join us

Come watch, participate

Come listen to the songs- Teach or Learn

No cost-we have tobacco print


Lillooet Friendship Centre Society



CALL:

250-256-4146 X 210

ASK FOR ALMA



Elders Luncheon

December 09, 2025

Menu

- Spaghetti
- Garlic Bread
- Blueberry Muffin



12- 1PM
@ The Hall
Gymnasium

Everyone Welcome!



Drop-in Sewing

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



ELDERS MAKE AN APPT WITH DR. HUMBER

CALL 256-4118 EXTENSION -236

December

18,2025 **[THURSDAY]**

TIME:

1-3:45 PM

**EACH APPOINTMENT
WILL BE 15 MINS**





REGISTER FOR THE LFCS

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



First Nations Health Authority
Health through wellness

Register or Renew Indian Status through FNHA

About the program

The First Nations Health Authority (FNHA) and Indigenous Services Canada (ISC) are partnering to make it easier for First Nations people in BC to register for Indian Status and apply for a Secure Certificate of Indian Status (SCIS) card.

What you need to know

Drop-In Location

Visit the FNHA office:
1166 Alberni Street, 7th Floor, Vancouver, BC.
Hours: Monday to Friday, 8:00 AM – 4:30 PM.
No appointment needed.

Regional community sites

FNHA will also host temporary sites throughout the year in Prince Rupert, Campbell River, Kamloops, Hope, Terrace, and Haida Gwaii.

What to Bring

Valid ID (e.g., driver's license, health card, passport). If you don't have ID, FNHA staff will guide you on next steps.

On-Site Support

FNHA staff will help fill out forms, take your photos, and submit your application directly to ISC.

Faster Processing

Avoid common delays and get quicker access to the benefits and services linked to your Status.

Free of Charge

All services are provided at no cost to clients.

For more information contact: StatusCards@fnha.ca





First Nations Health Authority
Health through wellness



Register or Renew Indian Status through FNHA

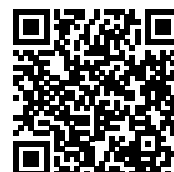
Where to register:

Drop-in location | FNHA Alberni Office, Vancouver

To bring services closer to home, FNHA is hosting temporary sites in regional hubs across BC.

Questions:

Statuscards@fnha.ca



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.



DECEMBER 29, 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





Women's Group



December 4th

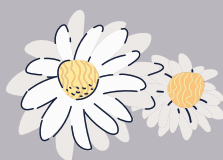


5pm - 7pm



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



roni.shintah@fnha.ca



www.nstatimcprimarycare.ca



N . S P C C W E L L N E S S D A Y



 Wednesday, December 10, 2025

 1:00pm - 6:00pm

 107-7th Ave, Lillooet

 5pm Soup & Sandwich

✦ Hair Cuts

✦ Nail Care

✦ Massage

✦ Reiki



Free for all - Drop-in event

Questions? Call 236.417.3000



First Nations Health Authority
Health through wellness

N.SPCC
107TH - 7TH AVE, LILLOOET, BC
NORTHERN ST'ÁT'IMC TERRITORY
236-417-3000
N.STATIMC@FNHA.CA



T'ITQ'ET NEWSLETTER | DECEMBER 2025 / 21
Northern St'at'imc
Primary Care Centre

T'IT'Q'ET LANDS AND NATURAL RESOURCES

December Newsletter Report

2025

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Myrus Doss, the Vice-Chair is Joseph Copeland. The members are Genevieve Humphreys; Marilyn Napoleon, Terence MacLellan and Kevin Whitney and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department has one staff member: Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom.

- **Lands Committee**

Terence MacLellan attended a Lands Advisory Board workshop on land development.

The Committee is doing research on the management of shared reserve lands. T'it'q'et shares a reserve with Xwísten: IR #1A. In the past, T'it'q'et has reached out to propose a shared management agreement but has received no response. There is a boundary issue surrounding the parking lot on IR #5. This may need to be discussed with the District of Lillooet.

- **Law-Making & Enforcement**

The committee is reviewing the fish law once again. The fishing license will likely need to be amended if the draft fishing law is approved.

- **Lands Administration**

The T'it'q'et Land Code has been operational for 6 years now and it is time for a review. The committee will start making a list of issues or possible amendments to the code. One issue is that granting an interest in T'it'q'et land that is longer than 35 years needs to be approved by the community. A Certificate of Possession is a permanent interest. That is one issue that needs to be discussed by Council.

- **Dispute Resolution**

The committee met with Shawn Speirs of the Lands Advisory Board Resource Centre and thoroughly reviewed the draft land dispute resolution process. There may be funding sources available to help the committee work through a test scenario of the dispute process.



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

Dec 2025

107-7th Avenue: Lorrinda Casper int. Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Shannon McDonald Operations Director, Roni Shintah Wellness Navigator

296 Main Street: Renee Angus MOA, Kate Aleck Mental Health Clinician, Dr. Nancy Humber Medical Lead

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|-------------------------------------|---------------------------------|--------------------------|-----------------------------------|----------|
| | 1 Mental Health Outreach w/Kate Sekw'el'was 9-3pm | 2 | 3 | 4 Women's Group 5-7pm | 5 n.SPCC Staff Christmas Party | 6 |
| 7 | 8 | 9 Tea & Bannock Tsal'alh 12-2pm | 10 n.SPCC Wellness Day 1-6pm | 11 | 12 Drop-in Sewing 1-4pm | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 Drop-in Sewing 1-4pm | 20 |
| 21 Cleansing Ceremony Rec Centre 12-4pm | 22 | 23 Tea, Bannock & Language 2-4pm | 24 | 25 Office Closed | 26 Office Closed | 27 |
| 28 | 29 Footcare w/ Amy Bordas | 30 | 31 | | | |



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

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**

Everyone Welcome

December 23rd

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



T'ITQ'ET NEWSLETTER | DECEMBER 2025 / 25
n.St'at'imc
Primary Care Centre



[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>



December 2025 Horoscopes



Aries (Mar 21–April 19)

Ruled by Mars, you can find yourself in a rush a lot of the time, even when it's not necessary. This month your assignment is to move slowly enough that you actually feel your emotions. Because the more in touch you are with what's happening under the surface, the better position you are in to effectively nurture and support yourself and the people and things you care about, Aries.

Taurus (Apr 20–May 20)

The new moon in your relationship house on the 19th is likely to activate some uncomfortable relationship dynamics. Do your best to be curious about what the people you are close to are going through before centering your own experiences and preferences, Taurus. In understanding where other people are coming from, you are better poised to meet in a healthy and happy middle.

Gemini (May 21–Jun 20)

It is the very things that hurt your feelings or make you feel stuck in your circumstances that need your attention, Twin Star. The point to which you are willing to explore your emotions lines up precisely with your capacity for evolving beyond the spot you keep getting stuck at. Don't just review the stories you tell yourself—explore the emotions and assumptions that underpin them this month.

Cancer (Jun 21–Jul 22)

The new moon on the 19th is going to bring your emotions to the surface, which may activate feelings of burnout, overwhelm, and exhaustion. While that's no fun, these feelings come to the surface so that you can cope with them. Listen to what your system is telling you and do what you can to either take some things off your plate or adapt your attitude to be more empathetic to your feelings and needs. You may not be able to control your circumstances, but you can shift how you approach the way they make you feel, Moonchild.

Leo (Jul 23–Aug 22)

This month you may find yourself overwhelmed by anxieties that make you feel like you're pulled in too many directions at once. Instead of trying to figure things out or come up with an answer, do your best to gather up your energy and have more faith in yourself. The details of your situation are not as important as how you rise to meet it. For best results, approach

your situation collaboratively instead of forcing your will, and explore possibilities before you decide what's happening and why.

Virgo (Aug 23–Sept 22)

Taking responsibility for yourself is easier said than done. This month's new moon on the 19th will activate your self-awareness. Take a deeper look at the emotions that underpin your actions in the past few months, and take time to reflect on the values that have guided you to focus on some things instead of others in order to cultivate greater self-awareness. Tap into your process as a way to keep it on track, Virgo.

Libra (Sept 23–Oct 20)

This month it's important that you identify the role you're playing within your relationships. Someone that you are close to is likely to be changing, and your first instinct may be to take that personally. Reflect on your own wellness to allow others to be different than you expect or even want them to be and see if you can practice letting them go in directions that you don't quite understand. Change is afoot and that's not a bad thing! Your assignment is to adapt..

Scorpio (Oct 23–Nov 21)

The new moon in your sign on the 19th may bring your emotions to a point of critical mass. Make no mistake, the best way to cope with whatever it is that gets activated is by having healthy boundaries with yourself as

well as with others. Boundaries, unlike rules, are clarity about, and embodiment of, what you can and cannot do in a healthy way. They are yours to uphold, even when other people can't or won't. Don't strive to have control, instead strive to embody your needs and truth.

Sagittarius (Nov 22–Dec 21)

Forward momentum is one of your favorite things! That said, in life it's inevitable that you run up against limitations—both internal as well as external. This month it's important that you practice being curious about both what's happening in your life and within your psyche. When progress is halted, you can always decide to use that as a valuable opportunity to learn more about your own inner landscape.

Capricorn (Dec 22–Jan 19)

As tempting as it may be to look outside of yourself for answers, this isn't the time to do that, Capricorn. This month it's important that you carve out space for yourself to feel what

you feel—confusion, uncertainty, and all. The true assignment is for you to practice holding your boundaries without micromanaging how other people feel about them. Show up as best you can and allow other people the space to do the same.

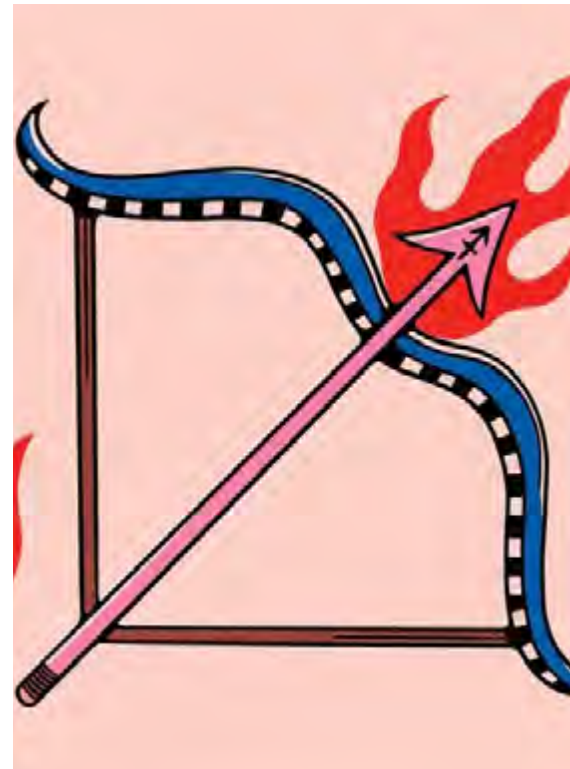
Aquarius (Jan 20–Feb 18)

As the saying goes, "what you resist shall persist." This month you are in a bit of a tricky place—as you identify what isn't working, it may be tempting to fixate on your perceived problems or project them out and fixate on an adversary. Keep your focus on your own sweet self, Aquarius. Where are you? Allow your thoughts to linger, and what you choose to do is a reflection on you and all that you can control today and every day.

Pisces (Feb 19–Mar 20)

The path to seeking peace is not one of guaranteed peace, but instead one of orienting and re-orienting yourself towards finding equilibrium within yourself. This week may find you struggling with anxious thou-

ghts asking you to identify and hold your boundaries. You don't need to be perfect in order to be pointed in the right direction, Pisces. Cultivate awareness of what it feels like to be out of alignment so that you can adapt in ways that are small and large when needed.



January 2026 Newsletter Submission Deadline Wednesday, December 17th 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 **911**

TRIBAL POLICE **(250) 256-7767**

NON-EMERGENCY **(250) 256-7784**

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

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

AMBULANCE **(250) 256-7111**

POISON CONTROL **1-800-567-8911**

REPORT WILDFIRE **1-800-663-5555**

OR *5555 on your cellphone

HEALTH ADVICE (Speak to Nurse) **811**

BC HYDRO OUTAGES **1-800-224-9376**

VICTIM LINK (Domestic Violence Help Line) **1-800-563-0808**

KIDS HELP LINE **1-800-668-6868**

INDIAN RESIDENTIAL SCHOOL SOCIETY **1-800-721-0066**

1-800SUICIDE **1-800-784-2433**

310MENTAL HEALTH SUPPORT **310-6789**

REPORT-CONSERVATION OFFICE **1-877-952-7277**

DAWSON ROAD MAINTENANCE **1-800-842-4122**

*Please post where visible in case of emergency

EMERGENCY CONTACTS

