

Newsletter

February 2026

T'IT'Q'ET FEB 2026 ISSUE

Community Meeting – Page 4

Lands Update– Page 6

Community Notice – Page 9

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org

details on page 29















Garbage Days

Mondays and Fridays

Recycle Days

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

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
1	2   <ul style="list-style-type: none"> Language Drop-in: 5-7pm Drumming Drop-in: 6:30-8:30pm 	3 Advanced First Aid Course Begins	4 Fish Canning & Preservation 4-8pm	5	6 	7 TRU Food Safe Course																																																																																											
8	9   <ul style="list-style-type: none"> Dr. Humber 1-3:45pm Massage 8-4pm 	10 <ul style="list-style-type: none"> Dr. Humber 1-3:45pm Massage 8-4pm 	11 <ul style="list-style-type: none"> Fish Canning & Preservation 4-8pm Massage 8-4pm 	12 Massage 8-4pm	13  <ul style="list-style-type: none"> Advanced First Aid Course Ends Massage 8-4pm 	14 Valentine's Day Valentine's Day PowWow																																																																																											
15	16 Family Day No garbage and recycling pick up	17	18   Open Crafting & Sharing Space 4-8pm	19	20 	21																																																																																											
22 T'it'q'et Community Meeting 9am PCC Gym See more on page 4	23   <ul style="list-style-type: none"> Language Drop-in 5-7pm Drumming Drop in 6:30-8:30pm 	24	25 Open Crafting & Sharing Space 4-8pm	26 Elder's Luncheon	27 	28																																																																																											
NOTES <ul style="list-style-type: none"> Chief and Council Election - March 29, 2026. See page 19 					<p>January 2026</p> <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>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> <p>March 2026</p> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>29</td><td>30</td><td>31</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	31							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				
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Staff contacts

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

Title	Name	EXT
Reception	Susie/Nancy Leech	220
Administrator		264
Accounting Manager	Lesley Napoleon	226
Bookkeeper	Sarah Scotchman	227
Accounts Payable	Accounts Payable	232
Building Maintenance	Ken Taylor	247
Education	Juanita Soles	225
Social Development	Rose Peters	229
Housing Coordinator	Michael J. Leech	240
Housing Assistant		259
Taxation	Stella Ostrander	235
Communications Advisor	Lucy Burrige	235
Health Manager	Shawn Scotchman	234
Home/Com.Care Workers	Tina/Amber	236
Home Care Nurse	Home Care Nurse	258
Medical Clerk	Stephanie Louie	241
		242
O & M Supervisor	Kevin Whitney	248
O & M (Water)	Ken Wai	239
Language/Culture Manager	Tabitha Leech	275
Language/Culture Admin	Nicole Napoleon	271
Language Programs	Shelley Leech	272
Culture Programs		273
Culture Programs	Vanessa Napoleon	274
Lands Coordinator	Dean Billy	251
L.N.R.O		243
Director of Operations		233
PC Admin. Assistant		231
Natural Resources Spec.	Denise Antione	238
Land Guardians	Lands Guardians	222
Policy Advisor	Jasmeen Kaur	257
Outreach Coordinator	Lance Riley	254
Outreach Worker	Ayee W-Whitney	260



T'it'q'et Community Meeting

February 22, 2026 | 9:00 am

P'egp'íg'lha Community Centre (gym)


Agenda:

1. Opening Prayer
2. Final Election Code Update - Review
3. Meeting Adjourned.

Lunch Provided and Mileage for those Travelling from Out of Town

T'it'q'et Election Code document (January 2026):

https://drive.google.com/file/d/1N-W5AwGurbYTUP-eX17MMghJxC_9titu/view?usp=sharing



ELDERS
MAKE AN APPT
WITH
DR. HUMBER

CALL 256-4118 EXTENSION -236

FEBRUARY

10,2026
[TUESDAY]

TIME:

1-3:45 PM

EACH APPOINTMENT
WILL BE 15 MINS



T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

February 2026

The T'it'q'et Lands Committee is made up of 7 members. The Chairperson is Myrus Doss, the Vice-Chair is Joseph Copeland. The other members are Genevieve Humphreys, Marilyn Napoleon, Terence MacLellan, Kevin Whitney and T'it'q'et Council representative Harold Pelegrin. The committee receives administrative support from T'it'q'et Lands Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom.

- **Lands Committee**

The committee will begin a review of their Terms of Reference at their first meeting in February.

- **Natural Resource Management**

An application has been submitted to the province to change the water licenses out at IR #4 from agricultural use to domestic/agricultural use.

- **Lands Administration**

Administration is currently advertising for a Lands and Natural Resources Director.

- **Financial Management**

Budgets are due to be submitted to the Finance Department in March for the 2026-2027 fiscal year.



Elders
on Luncheon

February 26, 2026

Menu

- Chicken Chowmein
- rice
- Chocolate Cake



12-1 pm
@ Hall in the gym
Everyone Welcome!

Family Day

February 16, 2026

Join us for a day of engaging activities and some friendly competition!

Lunch provided,
More details to follow



Community Notice

Please be advised that Dr. Humber's monthly appointments in community are prioritized for Elders (ages 57 and over).

Community members under the age of 57 who require medical appointments are kindly asked to book through the Lillooet Medical Clinic 256-256-7505.

Thank you for your understanding and continued support for Elder care within our community.

If you have questions please contact,

Shawn Scotchman Health Manager.



WE'RE HIRING!

LRISS is hiring summer staff. Applications are open to local youth ages 15 to 30 until January 31. All applicants welcome February 1–15.

[Visit lriiss.ca/jobs](http://lriiss.ca/jobs) to learn more and apply!



UPCOMING

DRUM-MAKING WORKSHOP

Tentative Date * Based on registration

28
FEB



Come make your own drum with
the Language & Culture team.

All supplies will be provided.

We encourage all members to sign up – spaces are limited.

Priority will be given to those who have not made their own drum or do not currently have one.

This is a meaningful opportunity to learn, create, and connect.

To register or for questions, please contact
Vanessa Napoleon - cultureworker@titqet.org
Nicole Napoleon - lcadmin@titqet.org

Everyone Welcome

February 25, 2026

2PM-4PM

Tea & Bannock


with Roni Shintah
n.SPCC Wellness Navigator



 107-7th Ave

Lillooet, BC

 Roni.Shintah@fnha.ca

 236-417-3000

T'it'q'et is offering:

Hot Stone Massage

With Christina McMurray

February 9-13, 2026

*Sign up Sheets will be available
closer to the date
at T'it'q'et Reception*



Top 10 Reasons to Get a Hot Stone Massage

1. Relieve Stress
2. Feel Rejuvenated
3. Feel Relaxed
4. Feel Balanced
5. Feel Healthy
6. Feel Warmth
7. Increase Metabolism
8. Increase Circulation
9. Experience Healing
10. BECAUSE IT JUST FEELS SO GOOD!

Hot Stone Massage



Wellness Fact:
Hot stones are usually made from basalt, a type of volcanic rock that retains heat. They are heated up to 145 degrees.

WellSpring
A Health & Wellness Center

RELAXING HEAT THERAPY

- Retains Warmth
- Eases Tension & Pain
- Natural Stone



Women's Group

February 5 & 19, 2026

All Women Welcome
Snacks &
Refreshments
provided

5pm - 7pm

107-7th Ave

Discussions involving:



- Spirituality
- Sweathouse
- Beliefs
- Culture
- Traditions



For more information call
Juanita Jacob or Roni Shintah
236-417-3000

 juanita.jacob@fnha.ca

 roni.shintah@fnha.ca

 www.nstatimcprimarycare.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.



FEBRUARY 25, 2026

- 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



February Submission from the T'it'q'et Health Department

Shawn Scotchman—Health Manager ext 234
healthmanager@titqet.org

Stephanie Louie—Medical Clerk ext 241
medicalclerk@titqet.org

Rose Peters—Social Development ext 229
socialdev@titqet.org

Tina Francis—HCA Lead—ext 236
hca@titqet.org

Amber Naziel—HCC—ext 236
hcc@titqet.org



Positive Self-Care

Caring for ourselves helps us to be better able to care for others.

- Think about what you've done recently that is positive self-care.
- Write down your positive self-care activities.
- Plan what you will do today for self-care.

Reflect

Check in with yourself.

- How are you feeling?
- What would improve your day?
- Plan something positive for yourself.



Nurse Practitioner, Rose James has retired! We wish her all the best in her future!

Please be advised, that both FNHA (First Nations Health Authority) and IHA (Interior Health Authority) are actively recruiting for a replacement Nurse Practitioner. So, in knowing that Rose has retired, we will not have a nurse practitioner available until a new one is hired. Thank you for your patience and understanding.

For February

- Hot Stone Massage—February 9-13, 2026
- Self Care Challenge (all month)
- Family Day—office closed—February 16
- Wednesdays—Brandi—nurse is available
- Feb 2-6, Nurse Aimee will be doing follow up for care plans that were initiated in January
- Elders Lunch—Feb 26, 2026
- Dr Humber (Elders ONLY) - Feb 10, 2026—please contact Tina or Amber

February Self Care Challenge!

We all know the January New Year's Resolutions tend to fade, here's a way to keep your mojo going! T'it'q'et Health Department is offering 4 prizes to be drawn on March 1, 2026. Two items/week to qualify for an entry for the prizes listed below.

1st Prize \$75

2nd Prize \$50

3rd Prize \$25

4th Prize \$25



February Self Care Challenge

- Show your car some TLC.
- Go for a long walk.
- Grab lunch with a friend.
- Say no to something you don't want to do.
- Take a few minutes to stop and breathe.
- Call a friend.
- Move your body for 30 minutes.
- Listen to a podcast.
- Go to bed 30 minutes early.
- Disconnect from your phone for awhile.
- Move your body for 15 minutes.
- Watch something that makes you laugh.
- Unfollow anyone that makes you feel "less than."
- Move your body for 25 minutes.
- Spend some time with your family.
- Watch a favorite movie.
- Make a list of fun things you want to do.
- Go to bed 30 minutes early.
- Eat your favorite lunch.
- Move your body for 20 minutes.
- Have a dance party.
- Listen to songs from your teen years.
- Take a nap.
- Send 10 friends an encouraging picture or message.
- Perform an act of kindness for someone else.
- Take 10 minutes to stretch.
- Move your body for 10 minutes.
- Go outside for 20 minutes.

Name:

Phone # or Email

Week 1

Week 2

Week 3

Week 4

Taking votes for prize preference, the ones with most votes will be purchased

Gift Card

Buy Low

Chevron

Subway

Prepaid VISA



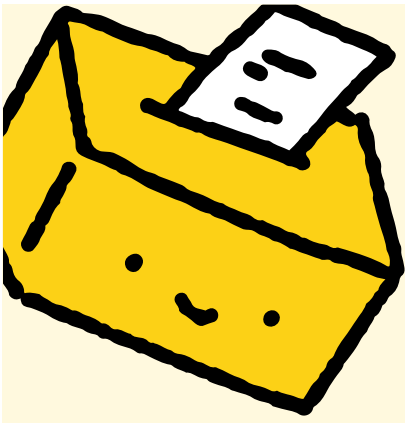
February is...



February

- [Age-related Macular Degeneration Awareness Month](#)
- [Chronic Traumatic Encephalopathy Awareness Month](#)
- [Heart Health Month](#)
- [National Therapeutic Recreation Month](#)
- [Psychology Month](#)
- [Turner Syndrome Awareness Month](#)
- [Eating Disorders Awareness Week](#) - February 1 to 7
- [Feeding Tube Awareness Week](#) - February 1 to 7
- [World Cancer Day](#) - February 4*
- [International Day of Zero Tolerance to Female Genital Mutilation](#) - February 6*
- [Congenital Heart Disease Awareness Week](#) - February 7 to 14*
- [Sexual Health Week](#) - February 8 to 14
- [Wear Red Canada](#) - February 13*
- [International Childhood Cancer Day](#) - February 15*
- [Mental Health Nurses Day](#) - February 21*
- [Pink Shirt Day](#) - February 25
- [Rare Disease Day](#) - February 28

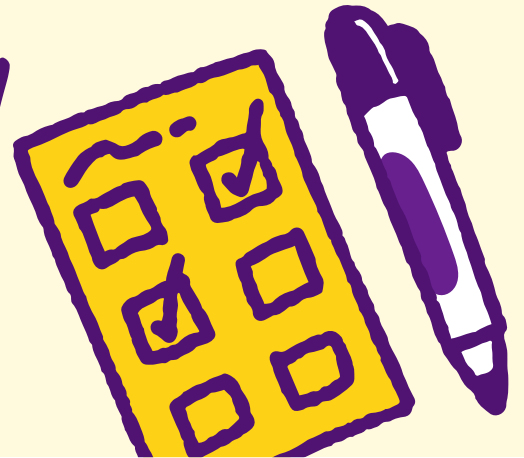
From Health Canada website, the ones with an asterisk, take place on same day every year. On the next page, is March—if you have any interest in learning about any on the list, I can provide some info, not an essay, but maybe a blurb, and we can learn together.



T'IT'Q'ET CHIEF & COUNCIL ELECTION

MARCH 29, 2026

PCC GYM



Dr. Bolen Podiatrist

March 13, 2026

P'egp'igla Community Centre



Please contact T'it'q'et Medical Clerk for more information:

Stephanie Louie

(250)256-4118 X 241

medicalclerk@titqet.org



Position

Finance/ Administrative Assistant

Work Schedule: Monday to Friday (8:00am - 4:00pm) **35** hours per week

Hourly Rate: \$27.00 - 34.00 Based on Experience

Description

Act as a backup to the Operations Assistant, when required, to receive, assess, respond to front counter and telephone enquiries.

As a backup to the Operations Assistant will; Answer calls for service by, recording key information of the complainant & notify/dispatch appropriate responder(s).

Provide a broad array of administrative support and services, such as receiving, sorting, filing, distributing mail and arranging courier services.

Assist in the administering of the STPS's financial activities and services. There is a requirement to prepare a draft budget, monitor, track and reconcile transactions, to maintain contingency funds and acquisitions; maintain accounts receivable and payable, collate financial data to assist with budget planning and explain options, provide advice and recommendations on financial policies, guidelines, and procedures, and to certify or recommend payments.

Purchase, procure goods and services within assigned financial delegation. Prepare, coordinate, and monitor professional services contracts, coordinate the maintenance and repair of accommodations, properties, and assets.

Provide information, advice, and options to internal clients to assist in their understanding of and compliance with financial, administrative, and other policies, guidelines, processes, and procedures. Review internal service delivery methods and processes and develop and implement practices and procedures to bring about improvements and to ensure consistency and integrity of the STPS Office and financial operations.

Specific Activities include but are not limited to:

Assist with maintaining Accounts Payable (e.g. keep all vendor accounts current by entering invoices into the approved accounting systems, processing and mailing cheques, and maintaining files).

Utilize systems to provide for the accounting of all expenses incurred;

Assist with processing bi-weekly employee payroll, remit payroll deductions payable, and pension contributions;

- Make deposits and reconcile monthly bank statements;
- Administer Group Insurance and Pension Plans;

Assist in the preparation of the annual budget and enter into financial reports exhibits/evidence, when assigned; compose internal and external correspondence and receive and action FOIPOP requests.

Assist in providing monthly financial reports to the Police Board and Finance Committee, including Balance Sheet and Departmental Income and Expense Statements;

Assist in creating, managing, and maintaining the Police Board's budget.

Maintain petty cash;

Order office equipment, maintain purchase orders for police uniform & equipment;

Perform year end duties and work with the Board's financial auditors.

Provide financial information to the various local Band, Provincial, and Federal stakeholders.

Other duties as required by the Chief Officer and/or Police Board.

Only candidates who are selected will be contacted for an interview.

Send resume & cover letter to STPS #21 Scotchman Rd, Lillooet BC, ATTN: Chief Officer Doss-Cody at ddoss Cody@stlatlimxpolice.ca



UPCOMING *Events*

N7útsqa7 – February 2026

MONDAY NIGHT DROP-IN LANGUAGE

Come learn together in a safe and welcoming space.

All ages welcome — games, conversation, and learning side by side.



MONDAY NIGHT DROP-IN DRUMMING

Bring your drum and join us to learn and practice our traditional songs.

Whether you've been drumming for years or are just starting, you are welcome.

This is a safe space to learn, listen, and grow together.



02
FEB

MONDAY NIGHT DROP-IN LANGUAGE & DRUMMING

5:00 PM – 8:30 PM | Títq'et Language and Culture Centre

Language Drop-In | 5:00–7:00 pm

Drumming Drop-In | 6:30–8:30 pm

09
FEB

MONDAY NIGHT DROP-IN LANGUAGE & DRUMMING

5:00 PM – 8:30 PM | Títq'et Language and Culture Centre

Language Drop-In | 5:00–7:00 pm

Drumming Drop-In | 6:30–8:30 pm

23
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MONDAY NIGHT DROP-IN LANGUAGE & DRUMMING

5:00 PM – 8:30 PM | Títq'et Language and Culture Centre

Language Drop-In | 5:00–7:00 pm

Drumming Drop-In | 6:30–8:30 pm



UPCOMING

CULTURE NIGHT | WEDNESDAYS

04
& 11
FEB



FISH CANNING & PRESERVATION

4:00 PM – 8:00 PM | Pégógħa Community Centre GYM

Join the Language & Culture team for a hands-on evening of learning and sharing traditional preservation techniques.

We'll be canning fish together, sharing knowledge, and supporting one another as we learn.

- Bring your own canner if you have one
- If not, all supplies will be provided
- Open to all — no experience needed

Come learn, visit, and work together in a good way.

18
& 25
FEB



OPEN CRAFTING & SHARING SPACE

4:00 PM – 8:00 PM | Pégógħa Community Centre GYM

The Language & Culture team invites you to gather in the PCC Gym for a relaxed evening of crafting and sharing.

Bring what you're working on — sewing, beading, or other projects — or come to learn something new.

This is a shared space to sit together, support one another, and create at your own pace.

All ages welcome. Come as you are.



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

Feb 2026

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

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

Nurse Practitioner, Mon - Tues - Wed 9am to 3pm to book appointments 250-256-7017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NP @ Main St 9am - 3pm	3 NP @ Main St 9am - 3pm	4 NP @ Main St 9am - 3pm	5 Women's Group 5-7pm	6	7
8	9 NP @ Main St 9am - 3pm	10 NP @ Main St 9am - 3pm	11 NP @ Main St 9am - 3pm	12	13	14
15	16 Office Closed	17 NP @ Main St 9am - 3pm	18 NP @ Main St 9am - 3pm	19 Women's Group 5-7pm	20	21 Sweat Dress Making 10 - 2pm
22 Sweat Dress Making 10 - 2pm	23 NP @ Main St 9am - 3pm	24 NP @ Main St 9am - 3pm	25 Footcare w/ Amy Bordas Tea & Bannock 2-4pm	26	27	28
25	26	27	28	29	30	31

Pink Shirt Day

WEDNESDAY FEB 25, 2026





Government
of Canada

Gouvernement
du Canada

[Français](#)

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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>

What is Telehealth?

Telehealth is a delivery of health care services through live, interactive videoconferencing. Telehealth allows you to see and speak to your doctor (or other health care service providers) without you having to travel away from home community.

NOTE: Check with your health care service provider (e.g., doctor) to see if you can receive these services in your home community.

Telehealth can be used in many creative ways including:

- FNHA virtual clinics i.e., Virtual Doctor of the Day
- Consults and follow up care
- Access to specialists

T'it'q'et Staff trained in Telehealth

Medical Clerk: **Stephanie Louie**

Home Care Aides: **Tina or Amber**

Social Development: **Rose Peters**

OR FNHA CHN: **Brandi DeKolver** (Wednesdays)

To set up access with telehealth, please reach out to one of the above at (250) 256-4118.

NOTE: You can also access Telehealth through your personal devices such as, cell phone, tablet, or laptop. You do not have to be pressured to use



<https://www.fnha.ca/what-we-do/ehealth/telehealth>

T'it'q'et Health Telehealth services

**59 Retasket Street
Lillooet, BC V0K 1V0**

Access Room #112

February 2026 Horoscopes



Aries (Mar 21–April 19)

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

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

Taurus (Apr 20–May 20)

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

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

Gemini (May 21–Jun 20)

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

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

Cancer (Jun 21–Jul 22)

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

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

Leo (Jul 23–Aug 22)

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

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

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

Virgo (Aug 23–Sept 22)

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

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

Libra (Sept 23–Oct 20)

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

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

Scorpio (Oct 23–Nov 21)

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

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

Sagittarius (Nov 22–Dec 21)

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

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

Capricorn (Dec 22–Jan 19)

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

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

Aquarius (Jan 20–Feb 18)

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

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

Pisces (Feb 19–Mar 20)

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

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

March 2026 Newsletter Submission Deadline Thursday, February 19th at Noon

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

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

(PDF or Word documents are preferred.)



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<u>REPORT WILDFIRE</u>	<u>1-800-663-5555</u>
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<u>HEALTH ADVICE (Speak to Nurse)</u>	<u>811</u>
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