

# Newsletter

April 2026

**T'IT'Q'ET APRIL 2026 ISSUE**

Egg Hunt – Page 6  
Elders Luncheon– Page 7  
Lands – Page 11

**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 23



# April

## 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 April Fools' Day	2 T'it'q'et Community Easter Dinner/ Egg Hunt	3 Good Friday Office Closed	4
5 Easter Sunday	6 Easter Monday Office Closed	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Earth Day	23	24	25
26	27	28 Elders Luncheon	29	30		
NOTES					March 2026 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	May 2026 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

# Staff contacts

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

## T'it'q'et Administration

Title	Name	EXT	Email
Reception	Kassandra Doss	220	<a href="mailto:reception@titqet.org">reception@titqet.org</a>
Administrator		264	<a href="mailto:tfnadmin@titqet.org">tfnadmin@titqet.org</a>
Accounting Manager	Lesley Napoleon	226	<a href="mailto:tfnfinance@titqet.org">tfnfinance@titqet.org</a>
Bookkeeper	Sarah Scotchman	227	<a href="mailto:bookkeeper@titqet.org">bookkeeper@titqet.org</a>
Accounts Payable	Dawn Lester	232	<a href="mailto:accountspayable@titqet.org">accountspayable@titqet.org</a>
Building Maintenance	Ken Taylor	247	<a href="mailto:maintenance@titqet.org">maintenance@titqet.org</a>
Education	Juanita Soles	225	<a href="mailto:education@titqet.org">education@titqet.org</a>
Social Development	Rose Peters	229	<a href="mailto:socialdev@titqet.org">socialdev@titqet.org</a>
Housing Coordinator	Michael J. Leech	240	<a href="mailto:housing@titqet.org">housing@titqet.org</a>
Housing Assistant		259	
Taxation	Stella Ostrander	235	
Communications Advisor	Lucy Burridge	235	<a href="mailto:communications@titqet.org">communications@titqet.org</a>
Health Manager	Shawn Scotchman	234	<a href="mailto:healthmanager@titqet.org">healthmanager@titqet.org</a>
Home/Com.Care Workers	Tina/Amber	236	<a href="mailto:hccworker@titqet.org">hccworker@titqet.org</a>
Home Care Nurse	Home Care Nurse	258	
Medical Clerk	Stephanie Louie	241	<a href="mailto:medicalclerk@titqet.org">medicalclerk@titqet.org</a>
		242	
O & M Supervisor	Kevin Whitney	248	<a href="mailto:omforeman@titqet.org">omforeman@titqet.org</a>
O & M (Water)	Ken Wai	239	<a href="mailto:omassist@titqet.org">omassist@titqet.org</a>
Language/Culture Manager	Tabitha Leech	275	<a href="mailto:ntakmen@titqet.org">ntakmen@titqet.org</a>
Language/Culture Admin	Nicole Napoleon	271	<a href="mailto:lcadmin@titqet.org">lcadmin@titqet.org</a>
Language Programs	Shelley Leech	272	<a href="mailto:programs@titqet.org">programs@titqet.org</a>
Culture Programs	Vanessa Napoleon	274	<a href="mailto:programs@titqet.org">programs@titqet.org</a>
Lands Coordinator	Dean Billy	251	<a href="mailto:coordinator@titqet.org">coordinator@titqet.org</a>
L.N.R.O		243	
Director of Operations		233	
PC Admin. Assistant		231	
Natural Resources Spec.	Denise Antione	238	<a href="mailto:NaturalResources@pegpiglh.org">NaturalResources@pegpiglh.org</a>
Land Guardians	Lands Guardians	222	<a href="mailto:guardians@titqet.org">guardians@titqet.org</a>
Policy Advisor	Jasmeen Kaur	257	<a href="mailto:policyadvisor@titqet.org">policyadvisor@titqet.org</a>
Outreach Coordinator	Lance Riley	254	<a href="mailto:coordinator@titqet.org">coordinator@titqet.org</a>
Outreach Worker	Ayee W-Whitney	260	<a href="mailto:worker@titqet.org">worker@titqet.org</a>

# T'it'q'et General Election

This notice is to inform all electors of T'it'q'et that the general elections will be held:

**Sunday, March 29, 2026 | 10:00 a.m.**

P'egp'ig'lha Community Centre  
59 Retasket Street, T'it'q'et IR 1

## **Elections for the following positions:**

One (1) Community Chief

Four (4) Councillors

## **Election Code**

Copies of the Election Code may be obtained at the T'it'q'et reception desk; or on request via email from [reception@titqet.org](mailto:reception@titqet.org).

Electors may confirm that their names are on the Voters List by viewing the Voters List posted at the P'egp'ig'lha Community Centre (PCC).

## **Proxy**

Proxy or notice of proxies held must be filed with T'it'q'et no later than 4:00 p.m. local time Friday, March 27, 2026. Proxy may be faxed to (250) 256-4544, or emailed to [reception@titqet.org](mailto:reception@titqet.org) or dropped off at the reception desk at 59 Retasket Street, PCC. To receive a Proxy form, please contact [reception@titqet.org](mailto:reception@titqet.org) or call (250) 256-4118, or pick one up at the T'it'q'et reception desk. An eligible voter may carry only one proxy.

It is the responsibility of the member to follow up with the receptionist ([reception@titqet.org](mailto:reception@titqet.org)) or call (250) 256-4118 to ensure the emailed or faxed proxy form is received.

## **Eligibility of Voters**

In order to be entitled to vote in an election, a person must, as of the date of the election:

- a)** have attained the age of eighteen (18) years;
- b)** be listed on the Membership Roll; and
- c)** be included on the Voters' List.

## **Eligibility of Candidates**

To be eligible as a candidate for the office of Community Chief or Counsellor, the candidate must:

- a)** Be eligible as Voter, as defined in the T'it'q'et Election Code
- b)** Be nominated for that office, in accordance with procedures set out in the T'it'q'et Election Code;
- c)** Be "in good standing" with T'it'q'et Administration. For added clarity "Administration" in this section does not include other T'it'q'et entities, such as registered companies or societies that are wholly or partially owned by T'it'q'et;
- d)** Be ordinarily resident within one hundred (100) kilometres from the P'egp'ig'lha Community Centre Building near Lillooet; and
- e)** Not have been convicted of an indictable offence in Canada or a felony in the United States within four (4) years prior to his or her nomination, except, in some circumstances, where the conviction is for an offence relating to the assertion, exercise or protection of Aboriginal rights or title.

## **Definition of "In Good standing"**

"In Good standing" means that a person is not in arrears or has any overdue debts or has any outstanding or pending litigation with T'it'q'et.

To confirm ahead of the election if you are "in good standing", contact the Accounting Manager at (250) 256-4118 ext. 226 or email [fnfinance@titqet.org](mailto:fnfinance@titqet.org)

# New Staff:

## Band Administrator

Hello T'it'q'et,

My name is Victor Tom, and I am deeply honored to have been offered the position of Administrator for T'it'q'et.

I am a member of the Lake Babine Nation and am fluent in the Nadut'en language and culture. I was raised near Babine Lake, where I developed a strong connection to my community, traditions, and way of life. I have been blessed with three daughters, one son, three wonderful grandchildren, and one great-granddaughter who continue to inspire and ground me.

Before transitioning into work with Indigenous communities, I served as a paramedic for 16 years. Over the past two decades, I have built extensive executive-level management experience, supported by graduate-level education. My journey has allowed me to bridge lived experience with formal learning, shaping a balanced perspective that respects both Indigenous and colonial frameworks of governance.

For many years, I have focused on the study of Indigenous governance and finance, with a commitment to strengthening community-led systems, capacity, and self-determination. I believe strongly in working alongside leadership and administration within a people-centered system—one that prioritizes relationships, transparency, accountability, and the well-being of community members in all decision-making.

I look forward to working alongside the T'it'q'et community, listening, learning, and contributing in a way that honors your values, traditions, and vision for the future.

Thank you,

Victor Tom



# T'it'q'et Community members Easter

## EGG HUNT



Join us for a bit of family fun as we search for colourful Easter eggs, a meal and colouring contest for prizes!

### April 2, 2026

PCC Gym  
4:00-6:00

COLOURING  
CONTEST FOR  
ALL AGES  
INCLUDING  
ELDERS

DINNER  
AT  
5:00PM

Door  
Prizes!

Parents/Guardians must  
accompany their children



# Elders Luncheon

on April 28, 2026



- menu -

- Pineapple

Meatballs

- Rice

- Carrots &

Green Beans

- Rice Krispie



**12 - 1PM** Squares


**@PCC Gym**

**Everyone Welcome!**

# Women's Group





 Tuesday April 7 & 21, 2026

 5pm - 7pm

 107-7th Ave

All Women Welcome  
Dinner &  
Refreshments  
provided

Discussions involving:

-  Spirituality
-  Sweathouse
-  Beliefs
-  Culture
-  Traditions



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



# 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.



# Save the Date



## FOR THE INAUGURAL GATHERING OF THE FIRST NATION ARCHAEOLOGY ALLIANCE

JOIN US TO CONNECT, SHARE AND REIMAGINE WHAT  
ARCHAEOLOGY COULD LOOK LIKE WHEN GUIDED BY FIRST  
NATION LAWS AND VALUES

FOOD AND FIELD TRIP TO BRIDGE RIVER VILLAGE SITE INCLUDED

**WHERE:**

T'IT'Q'ET FIRST NATION, 59 RETASKET DR, LILLOOET BC

**WHEN:**

FRIDAY, APRIL 24, 2026, 9AM - 3PM

**COST:**

FREE (LIMITED SUPPORT AVAILABLE FOR TRAVEL)

**RSVP:**

[INFO@BCFNAA.CA](mailto:INFO@BCFNAA.CA)



SINCERE THANKS TO THE FPCC FOR THEIR SUPPORT



## T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

April 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**

Met with Mandell Pinder for further discussion on the Enforcement and Ticketing Law.

Sent recommendations in for T'it'q'et Council to review the Environmental Management Plan, the Land Use Plan and two documents as part of the Dispute Resolution Process.

- **Natural Resource Management**

Lands Coordinator applied for funding to continue the invasive species treatment of wild parsnip on IR #1.

- **Lands Administration**

Lands Coordinator met with T'it'q'et Council and Mandell Pinder on BC Hydro land tenures.

- **Dispute Resolution**

- **Human Resources Management**



Personnel Committee interviewed an applicant for the Lands and Natural Resources Director position. Reference check is being conducted.







# Friday Sewing at n.SPCC





**Medicine bag making or  
bring your own projects**






 April 10 & 17, 2026

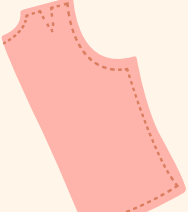


 107-7<sup>th</sup> Ave, Lillooet, BC.

 1:00pm - 4:00pm



 236-417-3000



Refreshments provided





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

# April 2026

**107-7th Avenue:** Shannon McDonald Operations Director, 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 will soon have her own calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Office Closed	4
5	6 Office Closed	7 Womens Group 5pm - 7pm	8	9	10 Drop-in Sewing 1pm - 4pm	11
12	13	14	15	16	17 Drop-in Sewing 1pm - 4pm	18
19	20 Footcare w/ Amy Bordas	21 Womens Group 5pm - 7pm	22	23	24	25
26	27	28	29	30		



# T'it'q'et Health Department

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

phone (250) 256 4118  
fax (778) 784 4070

Good Day T'it'q'et Community, just a few notes for you:

Due to lack of staff for the Medical Clerk position, I was placed here October 2025. Prior to that, I was in Housing assisting Mike Leech, cleaning, filing, etc – when he requires assistance, I go over and help him out. Prior to Housing, I was Lands Officer. Which seems like such a long time ago. I know Dean misses me, he comes to try and rile me up in my office, which is a nice break from the sometimes hair straight back days. I have to say, I am enjoying my time here, it is at times challenging, but a great team helps the days not seem so tough. I have been provided a written offer, which I am perusing.

## **Training –**

FNHA I do training with FNHA, regarding the Medical Travel System, my first training was beginning of December. Eye-opening to say the least. I participated with all regions of BC, and they have same issues that we do.

TeleHealth – training is this upcoming Wednesday.

**Medical Appointments** – previous Medical Clerks requested two weeks notice, which I'd like to keep in place, lately my office has received emails on a Friday for an appointment the following Tuesday. I can still provide assistance in the form of a purchase order for fuel/snacks. If your preference is for a cheque – in this instance, cheque run is the same day as the appointment, you can provide the confirmation of attendance when your cheque is ready for pickup on Wednesday.

**Escorts** – If you require an escort, a form needs to be signed by your doctor, I have in my office, I can provide the form to you. An Elder, aged 65 and over, do not require this form to be signed, it is automatic, an escort is allowed.

**Confirmation of Attendance** – please remember to get those in, when we do reporting to FNHA, this is a part of the reporting, was the appointment confirmed? If confirmations are not brought in, we may need to do a reimbursement (attend appointment and be reimbursed). Thank you to those who already bring in theirs in a timely manner. Alternatively, your doctor can send in by fax as well, our confidential fax is listed below.

**Confidential Fax # - (778)784-4070**

**Cheque Days** – cheque runs are Tuesdays and Thursdays – with cheque release on Wednesday or Friday.

**Hotel Stays** – are not always granted. For example, an appointment in Kamloops, you can request your appointment to be late morning or early afternoon, which allows for safe travel during the morning and afternoon. Appointment times with doctors are usually flexible, letting them know your situation (if can only drive during daylight, etc) they can adjust your appointment time to something more desirable. **Overnight accommodation Reimbursement**



## *T'it'q'et Health Department*

*P.O. Box 615  
Lillooet, B.C.  
VoKiVo*

*phone (250) 256 4118  
fax (778) 784 4070*

Should clients choose to book their own room please note that parking is not covered and will not be reimbursed for the overnight stay. I will remove the parking fee from the total cost of the hotel invoice.

For clients booking their own hotel if you choose to redeem points for your hotel, you will not be reimbursed your hotel invoice, as there was no cost to you since points were used for your overnight.

I require the hotel invoice for patient travel reimbursement along with the confirmation of attendance slip to process patient travel reimbursements.

This program within T'it'q'et Administration always runs a deficit, and this is due to FNHA being so behind in their system. I have received an email for reporting that was done by one of my predecessors that they are looking for information from client appointments from April of 2025. Thank you Nicole and Michael for your awesome filing, I have been able to locate any required information.

Stephanie Louie  
Medical Clerk

# online Safety Plan

Who are my **safe** and **trusted** adults?

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

When do I know I need to **ask for help**?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How can I ensure that I'm being **safe online**?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the **warning signs** that someone might not be a safe person?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where can I go if I **need help**?

WWW \_\_\_\_\_

WWW \_\_\_\_\_



Children  
of the Street

# Red flags for online exploitation

If an online friend...

- is constantly asking your child to do things that makes them feel uncomfortable or unsafe
- is not taking your child's "no" for an answer
- is guilt tripping or threatening your child
- is giving your child online gifts such as cheat codes, admin codes or online gift cards
- is asking your child to switch online platforms (i.e., from a gaming platform to a social media platform)
- is asking your child to meet in real life

...or, if you notice changes in your child's behaviour (i.e., staying up late, hiding their screens or talking about a new online friend)...

...their online friend may be an online exploiter. For next steps, check out our **top 10 tips for staying safer online**.



Children  
of the Street

# 10 TIPS TO KEEP YOUR KIDS SAFE ONLINE



## **Not everyone is who they say they are.**

Remind your child that online, anyone they don't know in real life, is still a stranger, even if they have been talking to them for a while.



## **Don't overshare.**

Talk to your child about what personal information should never be shared on apps and in chats, including their full name, age, city, school and photos.



## **There are no free gifts.**

Let your child know that if someone offers free in-game currency, money, or virtual gift cards, it's a BIG RED FLAG and could be a tactic to gain trust or manipulate them.



## **Don't switch platforms.**

Explain to your child that switching from a game to a social media app is a common tactic used by exploiters to get closer to a child and avoid detection.



## **NEVER meet in real life.**

Tell your child they should never meet an online friend in person without your knowledge and consent—and only if a trusted adult is present.



## **Show curiosity!**

Just like you ask your child what they did in school, ask them about what they like to do online, which games they play, and who they are connecting with.



## **Set clear boundaries and monitor.**

Know which apps your child uses, enable safety features, and talk about online rules. For kids under ten, we recommend that an adult monitor all online activities.



## **Be a safe person.**

Many kids don't ask for help because they're afraid they'll get in trouble or have their screen privileges taken away. Let them know they can come to you—no matter what—without fear of punishment or losing screen time. Your support matters most.






## **Create a safety plan.**

With your child, work out what they should do if someone makes them feel uncomfortable or unsafe online: block, report, and tell a trusted adult.



## **Check in regularly.**

If your child is engaging in risky online behavior, talk to them about why it's unsafe and work together to find a safer way forward.

 childrenofthestreet.ca  
 (604) 777-7510 or 1 (877) 551-6611  
 #201 – 2071 Kingsway Avenue, Port Coquitlam, BC V3C 6N2

Created by



Children  
of the Street



# Day Scholars Revitalization Society

---

## **Day Scholars Revitalization Society Launches its Second Call Out for Applications for Day Scholars**

March 12, 2026, [WESTBANK FN, BC] – The Day Scholars Revitalization Society (DSRS) is an Indigenous-led organization dedicated to Day Scholars through the revitalization of language, culture, education, heritage, wellness, and commemoration.

The DSRS launched its second call for applications through the Day Scholars Revitalization Society from February 17, 2026, to May 15, 2026. The \$50 million fund will provide financial support to Day Scholar Survivors — those who attended Indian Residential Schools during the day but returned home at night — and their first-generation Descendants to revitalize their languages, cultures, and heritage while accessing healing, wellness, educational and commemoration opportunities.

The Day Scholars Revitalization Fund is separate from the Day Scholars Compensation Payment. The Indian Residential Schools Day Scholars Class Action (compensation payment) claims period is now closed. Deloitte administered the class action compensation. The class action provided individual compensation for harms experienced from residential school. In contrast, the DSRS fund focuses on supporting Survivors and first-generation Descendants' revitalization journey.

The Day Scholars Revitalization Society's current information can be found on the DSRS social media platforms at:

- [Facebook](#)
- [Instagram](#)

We're encouraging Day Scholars to check their eligibility by visiting our website at [www.dsrssociety.ca](http://www.dsrssociety.ca) where Survivors and their first-generation Descendants can find detailed eligibility criteria, application steps, and additional resources.

–30–

***For more information:***

Nicole Robertson, Communications Manager  
Day Scholars Revitalization Society  
[communications@dsrsociety.ca](mailto:communications@dsrsociety.ca)

# MEET OUR TEAM

## n. St'át'imc Primary Care Centre



### Shannon McDonald - Operations Director

Shannon oversees the implementation and operations of the northern St'át'imc Primary Care Centre Service Plan, guided by Nation Representatives and recommendations from the northern St'át'imc Primary Care Technical Table.

Shannon brings a wealth of experience and a deep commitment to community healthcare. *"My úcwalmicw name is Tí7na Lósi. My úcwalmicw name comes from my two maternal grandmothers, Celestine Edwards and Rose McDonald. I am from Ts'kw'aylaxw within the St'át'imc territory and Simpcw within the Secwepemc Territory."*



### Kate Aleck- Mental Health Clinician

In this role, Kate will provide mental health services, including consultation, intake, assessment, collaborative care planning, education, navigation and connection to other resources. This will be done through a decolonizing lensed approach, being aware of clients' intersectionality and healing journey to design treatment that would be tailored to meet clients' specific needs.

Kate has been living in Nlaka'pamux / St'át'imc Territories for the past 30+ years with her husband, Riley Aleck, and near Lillooet most of this time.



### Renee Angus - Medical Office Assistant

Renee is a proud member of Sq'éwqel (Seabird Island Band), where her father, Richard Louie, resides. Her mother, Margeret James, is from Xwisten. Renee was adopted at 3 months of age during the 60's Scoop and raised by Helen Angus (Hope) from (Seabird Island) and father, Ivan Angus, of Ruby Creek.

In her role as MOA, Renee dedicates herself to improving access to health services and supporting community wellness. Previously, Renee spent nine years with Interior Health, where she honed her skills and deepened her commitment to healthcare. Renee also completed two years of study at the University of the Fraser Valley, earning certifications as a Medical Office Assistant and a Nursing Unit Clerk.

Family is at the center of her life. She shares a home with common-law husband, Derek Bob, niece Emma Angus-Haslam, and beloved pets: Nala the cat and Sam the dog.

*"My cultural heritage and personal journey have profoundly shaped my values, including compassion, resilience, and dedication to helping others. Outside of work, I enjoy participating in traditional ceremonies and sharing cultural teachings to honor and preserve my roots."*



## Micha Kingston - Nurse Practitioner

Micha is a settler of Irish descent. She grew up in Lytton in Nlaka'pamux territory. She retains many close ties to the Nlaka'pamux nation to this day and fondly remembers going out as a child to harvest wild plants and medicines with various elders who were friends with her parents. Micha has a deep respect for Indigenous culture and spirituality and is excited to be working in Indigenous-focused primary care, as it aligns with both her personal and professional values and goals.

Micha practices with a trauma-informed lens and aims to incorporate respect of all cultures and diverse ways of being, into her work as a nurse practitioner.

When she is not busy at work, Micha can be found spending time in nature with her 9 year old daughter and their dog Cedar.



## Juanita Jacob - Wellness Coordinator

Juanita brings with her a wealth of knowledge and a deep commitment to cultural and holistic wellness practices. In her role, she will be working to support and enhance traditional wellness initiatives for the community, fostering cultural connection and improving health outcomes.

She is the youngest daughter, of late Chief Ernest Jacob and Nancy Jacob. Born and raised in Xaxli'p.

## Roxane Petel - Medical Office Assistant

Roxane is a proud Secwepemcúl'ecw from St'uxwtéws and Skeetchestn. She has called the northern St'át'imc Territory home for 20years – her partner David Adolph and daughter Dionne Adolph are Xaxli'pmec. Roxane was Admin support at the Lillooet Health Centre for almost 15years. In those 15 years Roxane has fostered and built trusting relationships with the nation communities and community members with supporting clients with challenges and barriers to accessing services. Roxane enjoys golfing, beading, kayaking and time with her family.

The Medical Office Assistant provides administrative support to the day-to-day operations of the Centre. The role functions as a member of a collaborative and comprehensive health care team ensuring the provision of safe, ethical and culturally appropriate care to clients and their families.



## Roni Shintah - Wellness Navigator

Roni works with individuals and families including those living with chronic conditions, to help advance their health and wellness across the full spectrum of the health and social system through access to services, wellness planning and increasing health literacy. Her role also helps to facilitate a person-centered and holistic approach to health and wellness journeys, including health and social systems mapping. The role collaborates with the health partners, community service organizations, and Nations as part of a network that is supported by joint planning and regular meetings

Roni Shintah is daughter of Robert Chief Shintah and Debi Shintah. Her yuwipi ceremony name is "White Sage Woman," and her Blackfoot ceremony name is "Thunder Rain Woman. She is St'át'imc/Secwepemc from the interior of BC. Roni has three beautiful Daughters, 5 handsome grandsons, 1 beautiful granddaughter. Roni and her long-time sweetheart Mike also have their fur baby Winston.

She has worked as an Indigenous Liaison, supporting Indigenous children in care, managing group homes, and most recently as a Circle Keeper (Cultural). *"My passion in life is to continue learning our traditions and culture. I am committed to passing on the importance of*

# April 2026 Horoscopes

---



Aries

## Aries (Mar 21–April 19)

This year, you are burning with renewed enthusiasm. Saturn and Neptune bring rigour and compassion to your desire for action—no more rash decisions!. You will shine, especially from September to November, thanks to the support of Mars. Single? Love brings pleasure and meaning. In a relationship, you gain depth and tolerance.

Your 2026 superpower: Your joyful and confident maturity.

## Taurus (Apr 20–May 20)

This year will lighten your load, Taurus. While Uranus provides stimulation until April, Saturn structures your desires and Neptune adds enchantment to daily life. In May and June, Mars pushes you to give something your all. Starting in July, Jupiter calms minor worries and encourages promising encounters. Attuned to your senses, your desires awaken and love takes shape. Already in a relationship? Rituals are reinvented

and commitment is strengthened.

Your 2026 superpower: Your sense of calm.

## Gemini (May 21–Jun 20)

The winds of change are blowing in 2026. Uranus electrifies your curiosity. Original ideas, stimulating encounters, galvanizing projects: you're thinking outside the box while aiming—thanks to Jupiter—for financial stability. In love, a relationship may take an unexpected turn; conversation helps reconnect and revitalize.

Your 2026 superpower: Your unapologetic boldness.

## Cancer (Jun 21–Jul 22)

Take advantage of the generosity of Jupiter, the planet of luck, in your sign until June 30—especially if you want to travel, go back to school or change jobs. The catch? Someone from your past could cloud your judgment. If you're single, autumn marks a turning point: You're finally ready to open your heart.

Your 2026 superpower: Your ability to tune into your emotions.

## Leo (Jul 23–Aug 22)

Supported by Jupiter, your influence will expand in 2026 and you'll enjoy long-awaited recognition. But before this happens at the end of June, you need to free yourself from what weighs you down or no longer suits you. In matters of the heart, love and your desire for balance go hand in hand. A friendship evolves in an appealing way.

Your 2026 superpower: Your undeniable charisma.

## Virgo (Aug 23–Sept 22)

This year invites you to simplify, but with flexibility—you will feel fulfilled despite being unable to control every little detail. Spring marks a turning point; you will move forward unburdened by doubt. By accepting the unexpected, you discover an exhilarating freedom.

Your 2026 superpower: Your sense of refinement.

## Libra (Sept 23–Oct 20)

Saturn and Neptune urge you to think big while keeping your feet on the ground, and Uranus brings an unexpected turn of events. Venus and Mars spice up your life, with pleasure reaching its peak from late January to mid-February, early August and November. If you're single, it's time to make a move.

Your 2026 superpower: Your flexibility.

## Scorpio (Oct 23–Nov 21)

Under Pluto, 2026 is a year of revelations. Buried emotions (anger, resentment, regret) resurface until the end of June; by expressing them, you'll free yourself from a heavy burden. Jupiter's support brings you serenity, which is reflected in your love life and your joie de vivre. You welcome love without restraint in March, May and December.

Your 2026 superpower: Your gentle nature.

### Sagittarius (Nov 22–Dec 21)

By the end of April, your year speeds up with the thrilling and electrifying influence of Uranus. Projects will follow one after another, bonds will be forged and relationships will be formed (but they could change direction in a flash—be warned!). Seize opportunities, follow your instincts and make the most of what life sends your way. In love, express your expectations. Above all, keep your word.

Your 2026 superpower: Your sense of humour.

### Capricorn (Dec 22–Jan 19)

This year, live with less effort and more flexibility. Saturn, your natural ally, helps you consolidate what really matters. At the end of June, Jupiter has exciting prospects in store. Single? Open your heart without losing your identity. If you're in a relationship, it's time to face what you've been avoiding; doing so will lead to reconnection. An upcoming encounter will restore your confidence.

Your 2026 superpower: Your quiet strength.

### Aquarius (Jan 20–Feb 18)

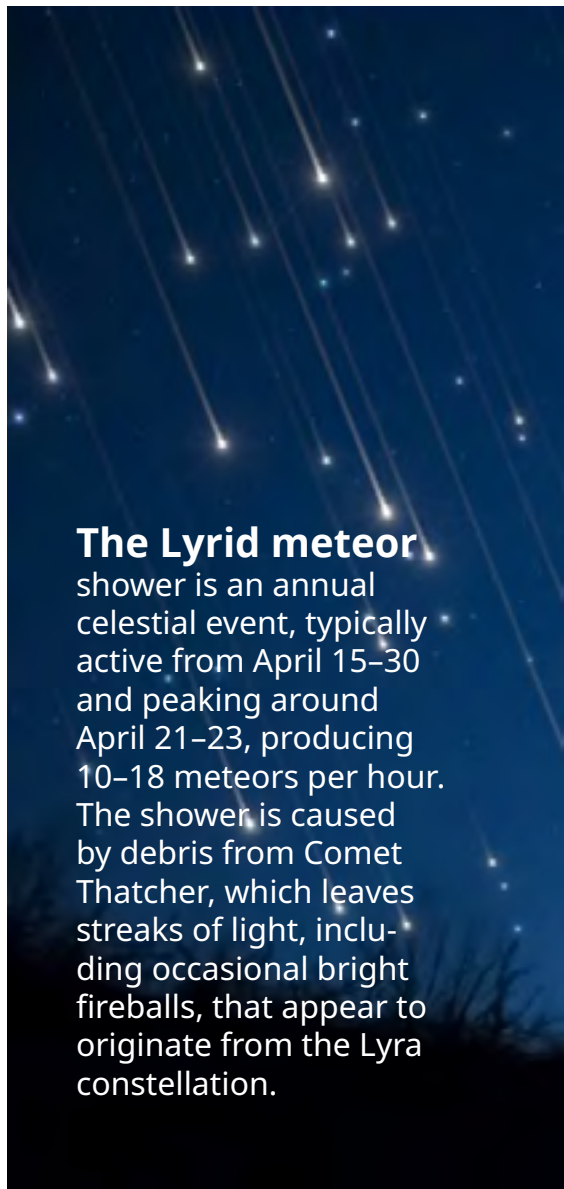
Influenced by Uranus, your ruling planet, you're eager to break new ground this year. However, it won't happen without struggle. You no longer feel like justifying your choices; with Pluto in the picture, respecting your boundaries is crucial. That's why communication is key before you commit, especially in February, June and October. In a relationship? You'll feel understood and loved.

Your 2026 superpower: Your ability to adapt.

### Pisces (Feb 19–Mar 20)

This is the year of endless possibilities in your professional and personal lives—luck is on your side, and you should seize opportunities without hesitation. Looking for love? February to March, June to July, and October to November are especially promising. If you're already in a relationship, allow yourself to be swept away by your partner.

Your 2026 superpower: Your intuition.



### The Lyrid meteor

shower is an annual celestial event, typically active from April 15–30 and peaking around April 21–23, producing 10–18 meteors per hour. The shower is caused by debris from Comet Thatcher, which leaves streaks of light, including occasional bright fireballs, that appear to originate from the Lyra constellation.

## May 2026 Newsletter Submission Deadline Thursday, April 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>
NON-EMERGENCY	(250) 256-7784
<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>
OR *5555 on your cellphone	
<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

