

# Newsletter

May 2026

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

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St'at'imc Declaration Poster – Page 19

**TO SUBMIT TO NEWSLETTER**

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



## May 5 | Red Dress Day

Red Dress Day, observed annually on May 5th, is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people (MMIWG2S).












# May

## 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																																																																																				
		<b>Every Wednesday</b> - Community clean up days Please have items in separate piles, wood, branches, tires, appliances, electronics, metals, etc.			1  <b>Community Clean up &amp; Regular Garabage Day</b>	2																																																																																				
3	4   Unity Riders	5 Red Dress Day	6 <b>Community Clean up</b>	7 Dr Humber	8  <b>Community Clean up &amp; Regular Garabage Day</b>	9																																																																																				
10 St'at'imc Day Mother's Day	11  	12	13 <b>Community Clean up</b>	14	15  <b>Community Clean up &amp; Regular Garabage Day</b>	16 Moose Hide Campaign Day																																																																																				
17	18 Victoria Day Office Closed	19 Elders Luncheon	20 Earth Day <b>Community Clean up</b>	21 Loonie Auction	22  <b>Community Clean up &amp; Regular Garabage Day</b>	23 Chief & Council Honouring																																																																																				
24	25  	26	27 <b>Community Clean up</b>	28	29  <b>Community Clean up &amp; Regular Garabage Day</b>	30																																																																																				
31	NOTES				April 2026 <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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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			June 2026 <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</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			
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# 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@peppiglh.org">NaturalResources@peppiglh.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 invite you  
to come celebrate

*Outgoing  
Chief and Council*

*&*

*New Chief  
and Council*



23 MAY, 2026 @ 12PM

P'egg'ig'lha Community  
Centre

Lunch

Hand-Drumming Welcome



**PATRICE  
PELEGRIN  
SOCIAL DEVELOPMENT**



**Íalhwá7álap (hello everyone)**

**Patrice nskwátsitsa (my name is Patrice)**

**Skūkwza nskwátsitsa (my name is Baby)**

**Nilhs Vernetta Pelegrin (bob) nskícez7a**

**Nilhs Harold (dean) Pelegrin nsqátsez7a**

**T'it'q'etmeckan (I am from T'it'q'et)**

I am thrilled to introduce myself as the new Social Development Worker, following in my father's footsteps from my childhood. Having recently completed my term on the Council, I have developed a strong interest in helping others. It brings me great joy to work within my home community.

**IN MAY AND JUNE I WILL BE TAKING A FEW COURSES SO I WILL BE OUT OF OFFICE  
THE FOLLOWING DAYS**

**MAY 13<sup>TH</sup>, MAY 21<sup>ST</sup>, MAY 25<sup>TH</sup> & 26<sup>TH</sup>**

**JUNE 3<sup>RD</sup>, JUNE 18<sup>TH</sup>, JUNE 24<sup>TH</sup>**

**EMAIL : SOCIALDEV@TITQET.ORG**

**PHONE : (250)-256-4118 EXT-229**





# *P'egp'ig'lha Council*

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

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

**Job Title:** Administrative Assistant

**Organization:** P'egp'ig'lha Council

**Term:** Full-time, permanent

**Salary:** \$25-\$28/hr; negotiable based on education and experience.

The P'egp'ig'lha Council (PC) is seeking a full-time, permanent Administrative Assistant to support the daily operations of the PC and the PC's governance responsibilities. The Administrative Assistant will provide administrative support to the Director and Council as directed. The Administrative Assistant will support the PC Director in office management responsibilities and duties.

**Roles & Responsibilities include, but are not limited to:**

- Manage and maintain digital and paper filing systems, ensuring accuracy, organization and confidentiality as required.
- Coordinate meetings by scheduling, arranging meeting spaces and required equipment, and facilitating catering or refreshments as needed.
- Assist in preparation of agendas and meeting materials.
- Assist in day-to-day communications, including phone, email and correspondence.
- Support coordination and information flow between Council, staff and committees.
- Draft accurate meeting minutes, reports, and other related documents for Director's review and approval.
- Track and follow up on action items arising from PC and committee meetings.
- Follow office policies and protocols.
- Order, track and maintain office supplies and equipment.
- Provide administrative support to projects as necessary.
- Assist in financial management activities such as processing invoices, tracking expenses and basic reporting.
- Monitor and update Council social media communications.
- Support the preparation and distribution of communications and updates to the P'egp'ig'lha.
- Maintain organized records to support reporting, tracking and accountability requirements.
- Assist with funding-related documentation, including reports and supporting materials.
- Keep abreast of and monitor Referral Communications.
- Manage and oversee the P'egp'ig'lha Information Centre, coordinating acquisitions, and managing the lending of materials.
- Maintain and update contact lists and records management systems.
- Provide administrative support for engagement sessions and events.



# *P'egp'ig'ha Council*

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

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

- Coordinate travel arrangements for staff and PC members attending professional events including conferences, workshops and seminars.
- Perform other administrative duties and responsibilities as defined by the Director or PC Chair.

## **Qualifications:**

- Proficient speaking and writing skills.
- Microsoft Office skills (Word, Excel, Publisher).
- Data entry skills.
- Willingness to learn new systems, tools and processes.
- Basic research skills.
- Excellent public relations, interpersonal and communication skills.
- Demonstrate organizational skills, accuracy and attention to detail.
- Ability to work independently and as part of a team.
- Efficient in minute-taking.
- Knowledge of social media platforms and content posting.
- Management skills to prioritize tasks and deadlines.

## **Conditions of Employment**

- Valid Class 5 Driver's License
- Subject to criminal background check.
- Grade 12 completion or equivalent.

**Posted:** April 23, 2026

**Application Deadline:** open until filled.

Preference will be given to qualified applicants of St'át'imc or Indigenous Ancestry.

Please submit resumé, a cover letter, and 2 references with contact information to the Attention of: Director of Operations by one of the following:

Email: [director@pegpiglha.org](mailto:director@pegpiglha.org)

Office Location: 10 Scotchman Rd. Lillooet, BC

# Post Secondary Education Corner



## Graduation days are approaching!

Are you a member of the T'it'q'et community and graduating grade 12 this year? If so, please complete a Student Support application for graduation support!

Graduation Ceremony - Lillooet Secondary  
WhatGraduation Ceremony - Lillooet Secondary  
When 6/12/2026, 4:00 PM - 6:00 PM

## T'it'q'et Post Secondary Deadlines for applications

- For September enrollment: May 1
- For January enrollment: October 1
- For Summer session: March 1

## Bursaries and Scholarships

Indigenous Bursaries Search Tool -  
[www.sac-isc.gc.ca](http://www.sac-isc.gc.ca)

[indspire.ca](http://indspire.ca)  
[first-citizen-funds](http://first-citizen-funds)  
New Relationship Trust  
Scholarships Canada  
[aboriginallearning.ca](http://aboriginallearning.ca)

Do you know what you will do after graduation? If you need help figuring that out, please make an appointment to see me. I would be happy to assist!

**BC Hydro 2026 Indigenous Scholarship program** from April 15 to June 15, 2026.

Supporting students in their educational journey  
We offer several options to support Indigenous students (B.C. First Nations or Indigenous permanent residents of British Columbia) pursuing post-secondary education in programs aligned with careers at BC Hydro.

We offer three types of awards for Indigenous students:  
\$2,000 for part-time degree, diploma, certificate, or technical/trades program related to BC Hydro careers.  
\$5,000 scholarships for full-time degree, diploma, certificate, or technical/trades programs connecting to BC Hydro careers  
\$8,000 Randy Brant Memorial Award for the top overall applicant in the Indigenous Scholarship Program.

The page for the application form and more information can be found here: [Indigenous scholarships](#)

## contact

Juanita Soles, Education & Training  
Coordinator

[education@titqet.org](mailto:education@titqet.org) or call 250-256-4118

# Education Corner



## SCHOOL DISTRICT No. 74 (Gold Trail) 2025-2026 SCHOOL CALENDAR

September 2025							October 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

November 2025							December 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

January 2026							February 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

March 2026							April 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

May 2026							June 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

### SCHOOL HOLIDAYS & IMPORTANT DATES

September	01	2025	Labour Day
September	02	2025	First Day of School
September	30	2025	National Day of Truth and Reconciliation
October	13	2025	Thanksgiving Day
November	11	2025	Remembrance Day
December to January	20 to 04	2025 to 2026	Winter Break
January	05	2026	School Re-Opens
February	16	2026	BC Family Day
March	14 to 29	2026	Spring Break
April	03	2026	Good Friday
April	06	2026	Easter Monday
May	18	2026	Victoria Day
June	25	2026	Last Day of Classes
June	26	2026	Administrative Day (school closed for students)

### PROFESSIONAL DEVELOPMENT DAYS

September	22	2025
October	24	2025
January	26	2026
February	13	2026
April	27	2026
May	15	2026

### BOARD & COMMITTEE MEETINGS

Meetings are held at 1:30 pm at the School District Office and via teleconference. For more information visit

[www.sd74.bc.ca/Board/Meetings](http://www.sd74.bc.ca/Board/Meetings)

September	09	2025
October	07	2025
November	04	2025
January	06	2026
February	03	2026
March	03	2026
April	07	2026
May	05	2026
June	02	2026

# Elders Luncheon

on May 19, 2026

## Menu

-Ham & Cheese

Sliders

-Onion Rings


-Pasta Salad

-Fruit Salad



12-1 pm

Everyone Welcome! @ The Hall  
Gymnasium



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

**CALL 256-4118 EXTENSION -236**  
**MAY**

**07,2026**  
**[THURSDAY]**

**TIME:**

**1-3:45 PM**

**EACH APPOINTMENT  
WILL BE 15 MINS**



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

**FREE!**

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


 **MAY 11, 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



# Everyone Welcome

## On the land harvesting Traditional Medicine.

Join the Wellness Coordinator Juanita Jacob and the n.SPCC Team in harvesting and discussing the important cultural significance of sage. Discussions around proper St'át'imc protocols for harvesting, ensuring we respect the plants and maintain their ongoing health and vitality. This will be a morning of gathering and being on the land.



Friday May 15, 2026



8:30am - 12:00pm



Meet at 107-7<sup>th</sup> Ave, Lillooet

Bagged lunch & water will be provided

Requesting sign-up for bagged lunch purpose **236-417-3000**



First Nations Health Authority  
Health through wellness

**A** **TRIP PLANNING**

**D** **TRAINING**

**V** **What are 3 of the essentials?**

**E** **What do you need to do before doing outdoor activities?**

**S** **TAKING THE ESSENTIALS**

**M** **HAVING FUN**

**T** **What should you do if you get lost?**

**R** **What type of clothing should you wear for outdoor activities?**

**1** **What are you to do to lead an active-healthy lifestyle?**

**2** **What are 3 of the essentials?**

**3** **What do you need to do before doing outdoor activities?**

**4** **What is the universal signal for help on your whistles?**

**5** **What type of clothing should you wear for outdoor activities?**

**6** **What should you do if you get lost?**

**7** **How can you help searchers find you?**

**8** **What are you supposed to do if you get lost?**

**Get informed. Go outdoors. Be AdventureSmart.**

1. Flashlight  
2. Fire making kit  
3. Signaling device  
4. Extra food & h2o  
5. Extra clothing  
6. Navigation/communication aids  
7. First aid kit  
8. Emergency shelter  
9. Pocket knife  
10. Sun protection

Keep fit, stay active and eat healthy. Physical & mental preparedness will help you ENJOY the outdoors.

Learn the skills for your chosen activity. Take a course, practice and stay within your limits.

Get Knowledge & Training

3 BLASTS!  
Blow your whistle 3x over & over to call for help.

universal help on your whistles

Stay in one spot, stay calm & don't panic. Use your emergency shelter to keep warm & dry. Signal for help.

Remember the 3 layer system to keep warm & dry in all weather conditions.

1. Base - underwear  
2. Mid - warmth  
3. Outer - shell/barrier

Stayers look for clues...  
a) Stay put & hug a tree  
b) Keep warm & dry!  
c) Help searchers find you  
d) All of the above

Hug a tree and survive  
Pour survive, rest, eat

Make yourself BIG, leave CLUES, think CONTRAST, think 3's, be HEARD, be SEEN!

Searchers look for clues...  
a) Stay put & hug a tree  
b) Keep warm & dry!  
c) Help searchers find you  
d) All of the above

AdventureSmart  
Get informed & go outdoors!  
adventuresmart.ca

# AdventureSmart



**INSTRUCTIONS:** Tear these instructions off along the perforations. With printed side down, fold in half and crease to make a rectangle (not a triangle), then fold in half again to make a square. Unfold. Still with printed side down,

use the creases as a guide to fold each corner to the center point. Turn folded paper over so the loose flaps are facing down. Again, fold each corner to the center point. Fold in half and crease to make a rectangle (not a triangle), then unfold. Fold in half in the opposite direction, still making a rectangle and crease again. Now, fold each corner to the center point. Turn over and place your thumbs and index fingers under flaps and into corners. Push up the center until a pyramid shape forms.

**HOW TO PLAY:** You can play this game yourself or with a friend. Put the game on your hands and pick one of the Adventure Smart images. Open and close the game alternating direction for each letter of the title, for example: S-U-R-V-I-V-A-L. Pick a number and alternate direction again as you count the number, for example: 1-2-3-4. Pick a topic. "Get Informed & Go Outdoors!"



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

Newsletter Report

May 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. 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**

In keeping with its mandate, the committee recommended that T'it'q'et Council adopt the following land laws: Allotment Law, Banishment Law, Domestic Animal Law, Laws of the P'egp'ig'lha Fishing Spots, and Trespass Law.

The committee also recommended that Council adopt Lands Administration forms: Transfer of Interest for Members, Transfer of Interest for Non-Members, Request Replacement of Title.

At their most recent meeting, the committee began reviewing their Terms of Reference.

- **Lands Administration**

The draft Land Use Plan was presented to the members at a community meeting. Please send any comments or questions to [landscordinator@titqet.org](mailto:landscordinator@titqet.org)

- **Law-Making & Enforcement**

T'it'q'et Council gave direction for the development of a matrimonial property law. The current law that applies on reserve is the Family Homes on Reserves and Matrimonial Interests or Rights Act.

- **Dispute Resolution**

The first two documents of this process are being sent to Council to adopt: Process and Procedures, and a Recommendations Report.



INTERIOR REGION  
First Nations Health Authority

# 24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy.



## INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE  
1-800-721-0066



## TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE  
1-888-403-3123



## YOUTH HELP LINE

TEXT CONNECT  
TO 686868



## KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE  
1-800-588-8717  
YOUTH-SPECIFIC LINE  
1-250-723-2040

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## INTERIOR REGION CRISIS LINE NETWORK

TOLL-FREE LINE  
1-888-353-2273

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Interior Health

## INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

Call **#310-MHSU (6478)** to reach the nearest Interior Health Mental Health & Substance Use Centre.

*\*Monday-Friday, 08:30-04:30pm\**





# T'IT'Q'ET YOUTH CENTRE

## LOONIE AUCTION & Dinner

Dinner,  
drink,  
dessert  
\$14



**Thursday,  
May 21, 2026**

**4:00pm - 6:00pm**

59-Retasket PCC GYM

### AUCTION ITEMS:

- Apple Watch Series 10
- Swimming Pool
- Beach Set
- Traditional & Homemade Goodies basket
- Ninja Creami Deluxe
- Much more to be announced!



Please come  
support the  
youth!

All proceeds will go towards updating the youth building and funding spring and summer activities. We kindly ask for cash donations or auction prizes.

We will go live to showcase auction items and accept e-transfers as well!



Contact us at:  
**250-256-4415**







# Our Nation Our Future Our Way

St'at'imx  
Declaration  
Celebration 2026

May 8, 9 & 10  
Tipella, Xa'xtsa

## A Weekend of St'at'imx Pride & Celebration!

Food | Family | Friends | Music | Crafting | Talking | Sharing  
Listening | Meeting | Storytelling | Dancing | Drumming  
Award-winning entertainment

## Accommodations

Limited accommodations for Chiefs and Elders.  
Camping also available.

## For more information:

Please check Xa'xtsa's FB page at  
<https://www.facebook.com/Xaxtsa561>

Painting: Levi Nelson, *Our Roots Run Deep*, 2026.



Our Nation  
Our Future  
Our Way



A Xa'xtsa  
Community  
Event



# May 2026

## n.SPCC Nurse Practitioner Calendar

**Micha Kingston, NP**  
**296 Main Street, Lillooet**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <b>Tsal'alh</b> 10:30am - 4pm	6 Main St	7 Main St	8	9
10	11	12 Main St	13 <b>Ts'kw'aylaxw</b> 1pm - 4pm	14 Main St <b>Xwisten</b> 1 - 3pm	15	16
17	18 Office Closed	19 <b>Tsal'alh</b> 10:30 - 4:30pm	20 Main St	21 <b>Sekw'el'was</b> 1:30 - 4:30pm	22	23
24 31	25 <b>Xaxli'p</b> 12 - 4pm	26 Main St <b>T'it'q'et</b> 1pm - 4pm	27 <b>Ts'kw'aylaxw</b> 1pm - 4pm	28	29	30

296 Main St, Po Box 131  
 Lillooet, BC, V0K 1V0
 250-256-7017
 236-417-3123  
 n.statimc@fnha.ca





n. St'át'ımc Primary Care Centre Calendar

May 2026

**107-7<sup>th</sup> 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 - Micha Kingston has her own calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	<b>Womens Group</b> 5pm - 7pm	<b>Pipe Ceremony</b> Sekw'el'was arbour 12pm	<b>Wellbriety</b> Tsal'alh	<i>MH Clinician</i> Tsal'alh <b>Sewing</b> 1pm - 4pm	8 9
10	<b>Footcare w/</b> Amy Bordas	11 12	<i>MH Clinician</i> Ts'kw'aylaxw	13 14 <i>MH Clinician</i> Sekw'el'was	<b>Medicine Picking</b> 8:30am - 12pm <b>Sewing</b> 1pm - 4pm	15 16
17	Office Closed	<b>Womens Group</b> 5pm - 7pm	19 20	<b>Wellbriety</b> Tsal'alh	<i>MH Clinician</i> Tsal'alh <b>Sewing</b> 1pm - 4pm	21 22 23 22 <sup>nd</sup> 4-8pm <b>Rattle Making</b> 23 <sup>rd</sup> 9-1pm
24 31	25	26	27 <i>MH Clinician</i> Ts'kw'aylaxw	28 <i>MH Clinician</i> Sekw'el'was	29 <b>Sewing</b> 1pm - 4pm	30

📍 107-7th Ave, Po Box 131  
Lillooet, BC, V0K 1V0

☎ 236.417.3000  
✉ n.statimc@fnha.ca

📞 236.417.3123





# Mental Health & Substance Use Fact Sheet

## MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



### MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools](#) (CAMH) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your [local MHSU Centre](#), please contact the [Interior Crisis Line Network](#) (24 hours) at [1-888-353-2273](tel:1-888-353-2273) for immediate assistance.

**Click on the links below** to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention	App Directories
<a href="#">Lifeguard Digital Health</a> Harm Reduction App	<a href="#">Digital COVID-19 and Mental Health Resource List</a> Centre for Addiction and Mental Health (CAMH)
<a href="#">National Overdose Response Service</a> Overdose Prevention Hotline	<a href="#">Best Apps to Stop Drinking Alcohol</a> Medicine News Today
	<a href="#">Addiction and Mental Health Mobile App Directory (2022)</a> Alberta Health Services
Virtual Treatment	<a href="#">Mobile Tools to Promote Mental Wellness</a> Alberta Health Services
<a href="#">Wellness Together Canada</a> Government of Canada/Kids Help Phone	<a href="#">Healthy Living Apps &amp; Tools (Foundry)</a> <a href="#">Active Living</a> <a href="#">Healthy Eating</a> <a href="#">Mindfulness</a> <a href="#">Sleep</a> <a href="#">Relationships</a> <a href="#">Sexual Wellness</a> <a href="#">Technology &amp; You</a>
<a href="#">eHealth &amp; Virtual Health</a> First Nations Health Authority	<a href="#">Substance Use Apps &amp; Tools (Foundry)</a> <a href="#">Alcohol</a> <a href="#">Cannabis</a> <a href="#">Opioids</a> <a href="#">Vaping &amp; Tobacco</a>
<a href="#">Kelty's Key Free Self Help Courses</a> Vancouver Coastal Health	<a href="#">Mental Health Apps &amp; Tools (Foundry)</a> <a href="#">Anxiety</a> <a href="#">Stress</a> <a href="#">Psychosis</a> <a href="#">Depression</a> <a href="#">Body Image &amp; Eating</a>
<a href="#">Bounce Back</a> Canadian Mental Health Association (CMHA)	<a href="#">Tough Topics (Foundry)</a> <a href="#">Bullying</a> <a href="#">Loss &amp; Grief</a> <a href="#">Violence &amp; Abuse</a> <a href="#">Self-Injury</a>
<a href="#">Foundry Virtual Health</a> Virtual Drop-in sessions for ages 12-24	<a href="#">Help Lines Fact Sheet</a> Directory of Provincial Help Lines

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



### Substance Use Services

Developed by: Substance Use Resources Working Group | Endorsed by: Manager  
Developed: 31Mar21 | Revised: 05May22



# RATTLE MAKING

## 2 DAY WORKSHOP



With Ted Napoleon



**MAY 22<sup>ND</sup>**

4:00 PM – 8:00 PM

**MAY 23<sup>RD</sup>**

9:00 AM – 1:00 PM

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

236-417-3000

Limited seats available - please call to sign yourself up










# Friday Sewing at n.SPCC




## Drum bag making with Susan Napoleon




Please be sure to bring your  
drum for measurements




May 8, 15, 22, 29, 2026



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





1:00pm - 4:00pm



236-417-3000

Refreshments provided



# ST'AT'IMC DECLARATION GATHERING

## Ride & Run 2026

### SCHEDULE - DATES AND LOCATIONS

Fri Apr 24	Truck to Xa'xtsa
Sat Apr 25	Xa'xtsa - Skatin- 38km Humaquam
Sun Apr 26	38km Humaquam - bridge junction- truck to Rancheree St-Lilwat. Camp at Owl Creek campground
Mon Apr 27	Owl Creek to N'Quatqua
Tues Apr 28	N'Quatqua to Ts'alalh
Wed Apr 29	Ts'alalh to Ullulus.
Thur Apr 30	Rest day
Fri May 1	Kim and Paul's to Xwisten
Sat May 2	Rest day
Sun May 3	Marble Canyon to Ts'kw'aylaxw to Xaxlip
Mon May 4	Xaxlip to Titqet to Sekwelwas
Tues May 5	MMIW MARCH LILLOOET
Wed May 6	Truck to Twin 1 Campground
Thurs May 7	Twin 1 campground to Q'alatku'Zem
Fri May 8	Q'alatku'Zem to Xa'xtsa, Grand Entry

Bring your hand drums  
tell some stories

Come join us  
Ride & Run  
through  
STATIMC  
TERRITORY

DRESS FOR ALL TYPES  
OF WEATHER

HAVE PROPER  
FOOTWEAR, BEDDING,  
TENT, CAMPING GEAR

All children accompanied by an adult.

4 days sober please

To all communities throughout the territory please be patient with us on the roads as we be cautious as well with hazard lights on

Absolutely No drugs. Alcohol. Marijuana or Vaping  
Please be a role model for the youth

# WOMEN'S WELLBRIETY CIRCLE

Thursday Night  
May 7th and 21st

7:00 to 8:30


Rose Casper Healing  
Center

Light Meal Provided

For Info Contact:  
Kate Aleck @ 250-256-9336  
or Reception @RCHC




# Women's Group

 Tuesdays May 5th & 19th , 2026

*Door  
Prizes*

 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





# May is INVASIVE SPECIES ACTION MONTH

Every May, the Government of British Columbia recognizes Invasive Species Action Month, raising awareness of the risks these species pose. Here in Lillooet, they threaten ecosystems, displace native species, damage infrastructure, and impact grazing lands and livelihoods. We focus on prevention and action through education, outreach, and on-the-ground management to protect our region's long-term health.

## SIMPLE ACTIONS YOU CAN TAKE



### CLEAN YOUR GEAR AFTER EVERY ADVENTURE

Seeds, soil, and plant fragments can hitch a ride on boots, bikes, pets, and gear, so brush off and clean up before you go. Boot brush stations make it easy to stop their spread.



### CLEAN, DRAIN, DRY YOUR WATERCRAFT

Lillooet, and all of BC, remains free of zebra and quagga mussels, which have heavily impacted lakes in other parts of Canada. Help keep it that way: Clean, Drain, Dry your boats, fishing gear and always stop at inspection stations.



### REPORT INVASIVE SPECIES

Early detection is key. Report sightings directly to LRISS or on iNaturalist: Just snap a photo for an instant ID, with expert confirmation. Your observations help track what's showing up and support action on the ground.

Thank you to everyone in Lillooet who continues to support our work by staying informed and sharing what you know!



lriiss.ca



@lriinvasives



info@lriiss.ca



LILLOOET REGIONAL  
INVASIVESPECIESSOCIETY



Do you have expired medications?

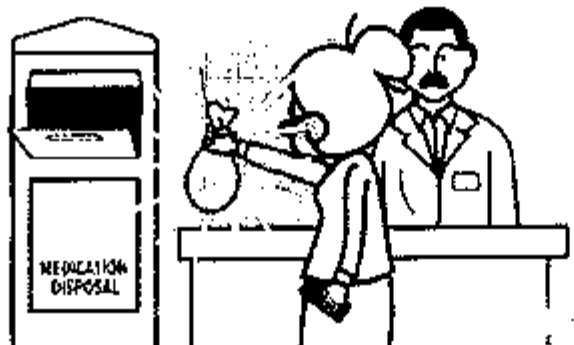
Do NOT throw in the garbage

Drop off  
to the  
T'it'q'et  
medical clerk

Use the patient intake  
card to return



We can dispose of safely





DR. KATIA LANGTON, CERTIFIED PEDORTHIST

## MOBILE FOOT CLINIC

**Date:** THURSDAY 07 MAY 2026  
**Time:** 9:00am -5:00pm  
**Location:** TIT'QET HEALTH CENTER

**FLAT FEET? PAINFUL FEET? PAINFUL KNEES, HIPS,  
LOW BACK?**

**DIFFICULTY WALKING?**

**ARE YOU DIABETIC? ALL DIABETIC PATIENTS NEED TO  
BE ASSESSED ANNUALLY TO PREVENT COMPLICATIONS.**

**WE MAKE YOU FULLY COVERED ORTHOTICS UNDER FIRST  
NATIONS HEALTH AUTHORITY TO KEEP YOU ACTIVE,  
WALKING AND MOBILE AND TO PROTECT DIABETIC FEET!**

**PLEASE BOOK A COMPREHENSIVE FOOT ASSESSMENT  
WITH FRONT DESK!**



**Katia Langton** C. Ped, C. Ped (C)  
Secretary of the Diabetic Foot Stream Committee  
of the International Diabetes Federation

Tel: 250-585-5859 Fax: 1-855-326-3050

\*Multiple Clinic Locations - Please Call For Scheduling.\*



## XOCH 0800 Basic First Aid XOCH 0780 Transportation Endorsement



- **Date:** May 6 - 7, 2026
- **Time:** 8:30 AM – 4:30 PM
- **Location:** Titqet GYM
- **Cost:** Sponsored to Titqet Members

### XOCH 0800 - Basic OFA ( level 1)

This 1-day, 8-hour WorkSafeBC program equips you with the emergency skills needed to stabilize an injured person until trained help arrives. Areas covered include the use of AED, bleeding control, CPR-A, and conscious and unconscious choking. Upon successful completion, a WorkSafeBC certificate will be issued, which is valid for 3 years.

### XOCH 0780 - Transportation Endorsement

As an endorsement to the Basic or Intermediate First aid certificates, this course meets the needs of those responsible for transporting injured workers to medical aid from more remote settings. Those located more than 15 minutes from the nearest hospital are recommended to take this.

Prerequisite: Picture ID

Enrollment includes textbook and pocket mask.

**WORK SAFE BC**

For Registration Please Contact

Stephanie Louie

Medical Clerk  
#59 Retasket Street  
P.O. Box 615  
Lillooet BC V0K 1V0  
E-mail: [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org)  
(250) 256-4118 ext. 241  
T'it'q'et Administration



# Dr. Bolen Podiatrist

*May 1 2026*

*P'egp'igla Community Centre*



*Please contact T'it'q'et Medical Clerk for more information or to book an appointment:*

*Stephanie Louie*

*(250)256-4118 X 241*

*medicalclerk@titqet.org*



# 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 Ti7na 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.



### 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.



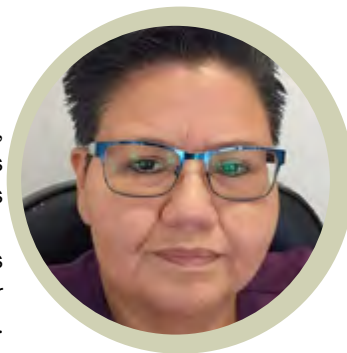
## Renee Angus - Medical Office Assistant

Renee is a proud member of Sq'ewqel (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."*



## 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 Secwpmecúl'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’at’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 our traditions and sharing untold stories with the next generations.”*

## Dr. Nancy Humber - Medical Lead



Nancy grew up in Newfoundland and has lived and raised her family in Lillooet for the past 30 years. She is grateful to live and work in the St’a’timc territory where she has enjoyed hiking, skiing, gardening, harvesting , fishing and food preserving.

Nancy continues to learn and improve ways to provide culturally safe health care and grow to be an ally with the indigenous people of the region. She has a deep connection to the land and people and is honoured to be mentored by the elders, leaders and indigenous St’at’imc people over her 3 decades of work.

As medical director of the St’at’imc primary care clinic, Nancy is responsible for improving access and attachment to high quality care at the St’at’imc primary care clinic. Additionally she supports the delivery of holistic and culturally safe care for all who seek care at the center. As a long time physician in the community, Nancy will continue to look for opportunities to integrate when necessary Lillooet Hospital, Lillooet Medical Clinic and St’at’imc primary care center and build on synergies of the systems to improve sustainability of all.

When not working, Nancy has 6 children and two sets of identical twins that she raises and spends time with, occasionally playing the piano and spending time outdoors.



# May 2026 Horoscopes

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## **Aries (Mar 21–April 19)**

The first half of May encourages communication, networking, and short-term opportunities that support career development. After mid-month, Aries natives may focus more on financial planning and long-term stability. Love and relationships improve through honest conversations and emotional understanding, especially during the second half of the May horoscope 2026. Health remains stable, but Aries should avoid overworking and maintain a balanced routine. Overall, this May horoscope suggests that patience and smart decisions will help Aries achieve steady progress.

## **Taurus (Apr 20–May 20)**

This monthly horoscope suggests that career opportunities begin to emerge, particularly after mid-month when clarity improves. Financial stability increases gradually, with better planning helping Taurus manage expenses effectively. Relationships strengthen as Taurus becomes more

expressive and emotionally open. Health improves through consistent habits and lifestyle discipline. This May horoscope encourages Taurus natives to embrace change and focus on long-term success.

## **Gemini (May 21–Jun 20)**

May suggests career growth through collaboration, networking, and innovative ideas. Financial improvements are likely through creative pursuits and intellectual efforts. Relationships improve as communication becomes smoother and more engaging. Health may require balancing mental activity with rest and relaxation. The May horoscope 2026 encourages Gemini natives to use their adaptability to make the most of opportunities.

## **Cancer (Jun 21–Jul 22)**

The May brings emotional clarity and gradual progress for Cancer. This monthly horoscope suggests steady career growth and improved financial discipline. Cancer natives may experience stronger bonds in relationships through patience and understanding. Health improves when emotional balance is maintained. The May horoscope encourages Cancer to focus on stability, personal growth, and nurturing connections.

## **Leo (Jul 23–Aug 22)**

The May horoscope for Leo highlights leadership opportunities and professional growth. This monthly horoscope indicates improved financial prospects through calculated decisions. Relationships become more harmonious as Leo expresses emotions clearly. Health remains stable, but stress management becomes

important. The May horoscope 2026 encourages Leo natives to balance ambition with patience.

## **Virgo (Aug 23–Sept 22)**

May brings structured growth and productivity for Virgo. This monthly horoscope suggests career improvements through disciplined efforts and attention to detail. Financial stability improves gradually with careful planning. Relationships strengthen through communication and mutual understanding. Health improves with consistent routines and mindful habits. The May horoscope encourages Virgo natives to stay organized and focused.

## **Libra (Sept 23–Oct 20)**

The May for Libra highlights emotional balance and career growth. This monthly horoscope suggests improved financial planning and gradual stability. Relationships deepen through meaningful conversations and shared experiences. Health requires maintaining emotional harmony and relaxation. The May horoscope 2026 encourages Libra to focus on balance and long-term growth.

## **Scorpio (Oct 23–Nov 21)**

May indicates transformation and steady progress for Scorpio. This monthly horoscope suggests career improvements and financial awareness. Relationships evolve through honesty and emotional clarity. Health improves with disciplined routines and self-care. The May horoscope encourages Scorpio natives to embrace change and growth.

### Sagittarius (Nov 22–Dec 21)

The May horoscope for Sagittarius highlights creativity and new opportunities. This monthly horoscope suggests financial growth through innovative ideas. Relationships improve through shared experiences and communication. Health requires maintaining consistency and avoiding overexertion. The May horoscope 2026 encourages Sagittarius to explore new possibilities.

### Capricorn (Dec 22–Jan 19)

The May horoscope 2026 brings stability and disciplined growth for Capricorn. This monthly horoscope suggests career advancement through steady efforts. Financial planning improves security and stability. Relationships strengthen through patience and understanding. Health benefits from structured routines and consistency. The May horoscope encourages Capricorn to focus on long-term goals.

### Aquarius (Jan 20–Feb 18)

The May horoscope for Aquarius highlights communication and creativity. This monthly horoscope suggests career growth through innovation and networking. Financial stability improves gradually. Relationships strengthen through emotional understanding. Health benefits from maintaining balance and reducing stress. The May horoscope 2026 encourages Aquarius to embrace change.

### Pisces (Feb 19–Mar 20)

The May horoscope 2026 brings financial awareness and emotional growth for Pisces. This monthly horoscope suggests gradual career progress and disciplined planning. Relationships strengthen through patience and communication. Health improves through consistency and mindful routines. The May horoscope encourages Pisces to balance emotion and practicality.

### Key Astronomy Events

**May 1: Flower Moon (Full Moon)**

**May 1: Venus–Jupiter–Sirius triangle (after sunset)**

**May 6–7: Eta Aquarids peak (up to 60 meteors/hr)**

**May 18–20: Moon with Venus & Jupiter**

**Mid-May: Venus–Jupiter closest approach**

**May 31: Blue Moon**

## June 2026 Newsletter Submission Deadline Thursday, May 21<sup>st</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.)



**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**

