
SCW'EXMX CHILD & FAMILY SERVICES SOCIETY



March 2021 Community Newsletter



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International Women's Day 2021 campaign theme: #ChooseToChallenge

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change. Let us celebrate and honour our matriarchs and life givers!

#CelebrateAchievements #HonourOurMatriarchs #HonourOurLifeGivers



Updates

We are excited to announce that we have a new staff member joining our team, and we want to welcome Debra Manuel to her role as a Family Wellness Coordinator!



As the Family Wellness Coordinator, Debra will support the holistic wellness of families through coaching, wellness planning, and programming. She will plan, develop, and facilitate workshops and programs for families and community to build capacity and support the growth of skills. Debra will incorporate language and culture into services emphasizing the strengths of the individual, family, and community.

Debra brings education, knowledge, experience, connections, and a wide range of skills to this role. Debra incorporates cultural teachings into her work and is a strong advocate and support for Indigenous families in the community. She will be an asset to SCFSS, and we look forward to having her join our team.

Debra's first day will be March 15th, and we look forward to working with her. Welcome Debra!

We are pleased to announce we have another Family Wellness Coordinator joining our team, and we want to welcome Vanessa Buonanno to Scw'exmx Child and Family Services Society!

As a Family Wellness Coordinator, Vanessa will support families' holistic wellness through coaching, wellness planning, and programming. She will plan, develop, and facilitate workshops and programs for families and the community to build capacity and support the growth of skills.

Vanessa brings compassion, commitment, and an ability to forge strong connections to this role. Vanessa uses her education and experience to support people wherever they are at in their journey. She will be an asset to SCFSS, and we look forward to having her join our team.



Vanessa's start date is March 1st. Welcome Vanessa!

We have a new team member joining us, and we want to welcome Tiffany Pop to SCFSS as our new Youth Transition Coordinator!

As the Youth Transition Coordinator, Tiffany will assist Indigenous youth in transitioning into adulthood and independence. Tiffany will be the primary source for helping youth set goals, identify resources, answer questions, and coordinate with the youth regarding education, housing, life skills, and employment.

Tiffany has a Bachelor of Social Work, and she brings great experience working with high-risk youth. She uses culture and language to build connections with youth and encourages them in their goals while offering holistic support. Tiffany will be a great asset to the team, our youth, and our communities. Tiffany's start date is March 1st. Welcome Tiffany!



Words from our Communities

Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle.

CHRISTIAN D. LARSON

This month, we heard a story from Upper Nicola Band Health Director Duane Tom relating to the global pandemic that we continue to face.

“In the many conversations I’ve had with community members over the last little while, I’m so happy to hear of many people taking fishing trips. These fishing stories provided me with an insightful picture of the labour of finding bait, cutting holes in the ice, breathing fresh air, cowboy coffee, warm fires, memorable lunches, catching fish and finally, the delicious fish dinner (sorry cousin Danny, you will catch one some day). Fishing adventures have always been a wonderful experience but unfortunately in our culture of busyness and distractions we are robbed from the opportunity of getting out to fish. So, I urge you to make the time to get out there.

In the time of my boyhood, I remember my mom and uncle Herbie teaching me about these particular rock formations that existed below our old house. If one were to search out these structures, they would find several beginning at the bottom of Douglas Lake and along the river to below my uncle Wilfred’s house. Back in the day, many community members collectively constructed these formations with a purpose of catching fish that traveled downstream.

As I reflect on these formations, I thought of the enormous amount of work it took to complete these projects. Our ancestors had many qualities that they utilized to construct and engineer these fishing spots. Permit me to connect a few of the significant dots from my story.

In the beginning our loved ones demonstrated the quality of a vision. **‘If you can imagine it, you can make it’.**

The vision had to include planning, timing, coordination and dialogue to move their plan forward. Secondly, our ancestors had determination. Through a collective effort, thousands of rocks were collected and placed in specific spots to make the project functional. Community members worked hard but they knew all would benefit in this important endeavor. Thirdly they showed optimism. In their hearts they had an intuition that these rock walls would work. They knew the fish were coming and they were going to catch them. A positive outlook of a path that they have followed for centuries before us. Fourthly, they possessed an enormous amount of patience. Patience is a wonderful practice for living. Using a dip net, our fishing ancestors would wait hours upon hours to catch fish. Eventually, fish were caught and processed in our traditional ways, which is an important legacy to us today.

Our ancestors possessed many admirable characteristics and I felt compelled to highlight these specific four for the following reason. For a year now, we all have been challenged with the COVID-19 pandemic. Many of us have experienced feelings of fear, anxiety, uncertainty and frustration. Living through this pandemic can affect our well being. This is the time to reflect on our ancestor’s personality traits of vision, determination, optimism and patience, and apply them in our lives today. In these difficult times, our ancestors remain with us as we together move through this pandemic.”

Duane Tom
Health Director, Upper Nicola Band

We Are Hiring

Scw'exmx Child and Family Services Society (SCFSS) is a family-centered Delegated Aboriginal Agency, guided by nłe?kepmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

POSITIONS AVAILABLE

- **Finance Clerk – Payroll**
Permanent | Full-time (35 hours/week) | Closes March 5, 2021
- **Youth Wellness Coordinator – Male**
Permanent | Full-time (35 hours/week) | Closes March 11, 2021
- **Youth Wellness Coordinator – Female**
Permanent | Full-time (35 hours/week) | Closes March 11, 2021
- **Social Worker (x2):**
Maternity Leave Coverage | Full-time (35 hours/week) | Closes March 15, 2021
- **Community Planner:**
Maternity Leave Coverage | Full-time (35 hours/week) | Closes March 15, 2021
- **Prevention Program Manager:**
Permanent | Full-time (35 hours/week) | Open until filled

APPLY NOW!

See our full postings on our website at www.scwexmx.com
Submit your cover letter and resume to opportunities@scwexmx.com
Attention: Janessa Collins, Human Resources Manager

Pursuant to Section 41 of the Human Rights Code, preference may be given to qualified applicant of Indigenous ancestry



SCFSS Planning



SCFSS is part of an intricate system in partnership with our communities where planning occurs for services and programs that focus on healthier communities, families and children. Please see the visual provided below to see how we all work together towards our vision for healthier and safer communities.

SCW'EXMX CHILD AND FAMILY SERVICES SOCIETY PLANNING



Comprehensive Community Plans

(25-100 year vision, created by the communities, covers everything, based on values)

Community Ethic Agreements

(Agreements between SCFSS and the communities for collaboration and services for our communities, families and children)

SCFSS Strategic Plan

(1-5 year plan, created by Chiefs/Council and the Board of Directors, prioritizes from within the CCPs and agreements, gives direction to the managers)

Departmental Work Plans

(1-5 year plan, created by Team Leads to add information to high-level goals, to include overall budgets, timelines, deliverables, and responsibilities, gives direction to staff)

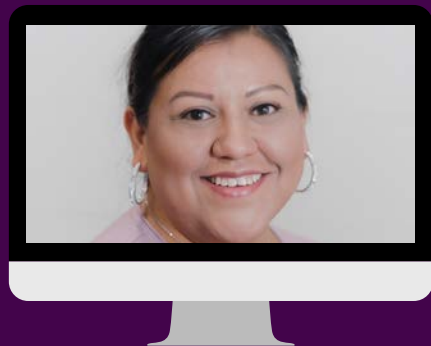
Staff Work Plans

(1-3 year plan, created by Team Leads and staff members, adds detailed information such as budgets, schedules, deliverables, guides on-the-ground implementation of higher-level goals)



**From the Desk of our
Interim Culture and
Language Team Lead -
Lucinda Seward**

We continue to plow through what we are able to, during these COVID times. Our momentum has its challenges, but as a team, we work together to get through them. We continue to support one another, and bounce back. Time sure flies, even though we are all working remotely. So much to do, and we are already into March. We have been doing our best to continue to provide programs and services as best we can, due to our COVID environment. We also know that each of our communities are unique, and have different expectations of us, as we maneuver through this pandemic. As we communicate with each of our communities, we will find balance, in the work we can provide moving forward. We are very appreciative of everyone's patience and understanding throughout these past months. Please continue to be safe!!! We will be able to mingle together soon enough.



Culture & Language Team Update

INTRODUCING YOURSELF IN NĚ?KEPMXCIN

Created by Emma Joe Oct 2020

	heńle? kp (hen-thluh kp)	_____	Hello (to a group of people)
	nskwest _____ (n-shkw-esht)	_____	My name is...
	tuł _____ kn (tooth _____ kn)	_____	I am from...
	cwum kn ul ... SCFSS (chwoom kn oolth)	_____	I work at ...
	nskixze? _____ (n-shkøehh-zuh)	_____	My mother is ...
	nsqacze? _____ (n-shkuch-zuh)	_____	My father is...
	nkže _____ (n-kzuh)	_____	My grandmother is...
	nspapze? _____ (n-shpap-zuh)	_____	My grandfather is...
	et (elth)	_____	and
	nkže _____ (n-kzuh)	_____	My grandmother is...
	nspapze? _____ (n-shpap-zuh)	_____	My grandfather is...
	kukwsteyp (kooksh-tayp)	_____	Thank you (you have honoured us)
	huńel (hoomelth)	_____	Goodbye

Emma Joe, Language Nest Teacher



hecu kʷeḥetm he tmixʷ

heh-choo kwen-etim heh tmeehhw (Let's go look at the land)





qeʔnimne
keh-neemnuh

(hear)

wikne
weeknuh



(see)



yenne
yehn-nuh

(feel/sense)

xʷuʔsnweḥne
hhu-shn-wen-nuh

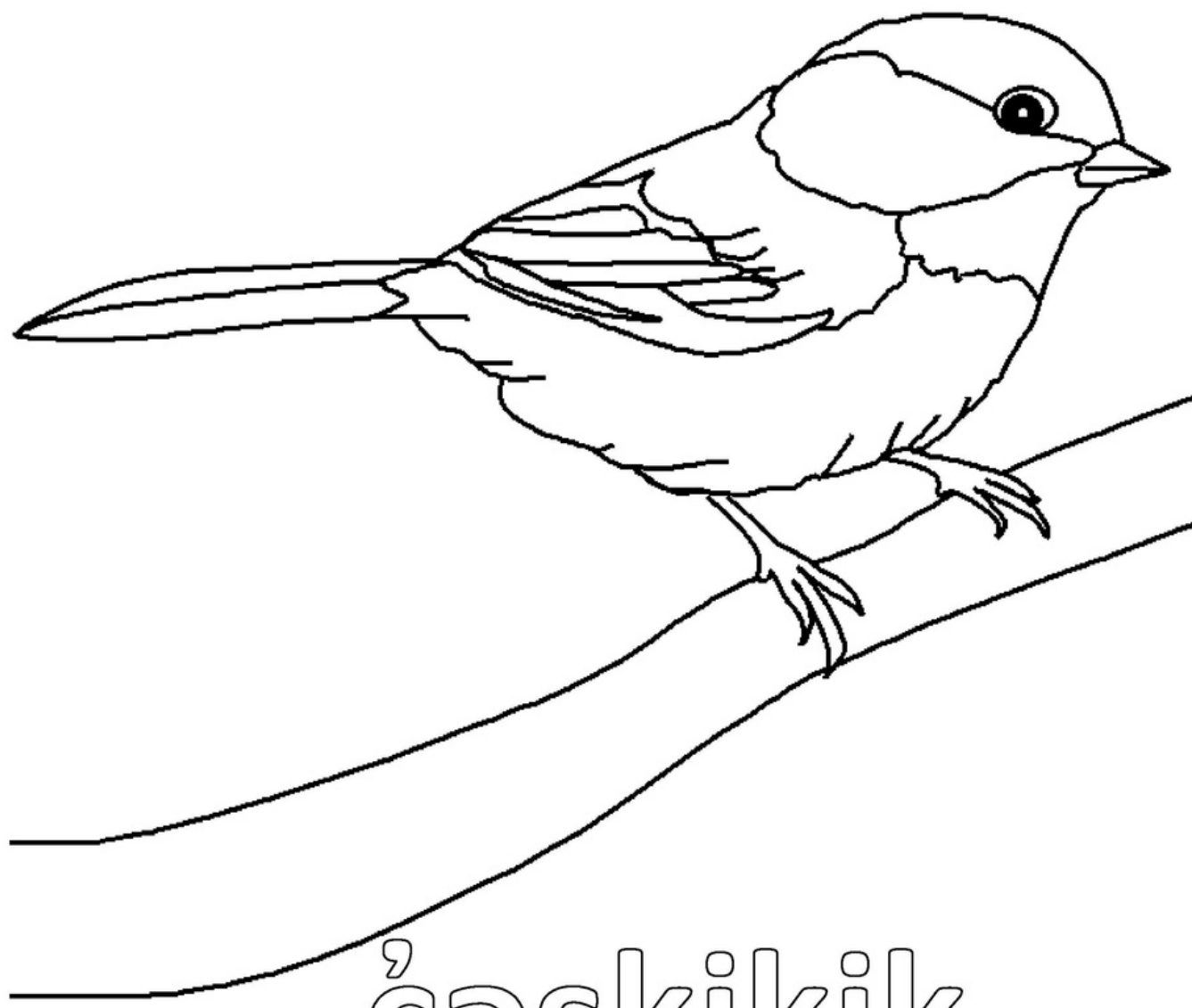


(smell)



Scw;exmx Child & Family Services Society
2975 Clapperton Ave, Merritt, B.C., V1K 1G2
(250) 378-2771





čəʂkikik

Tsis-keekeek

(chickadee)



Zm'én'm
Language Nest

NSYILXCEN INTRODUCTIONS

sqəl'tmix^w
Male Introductions

tkəlmilx^w
Female
Introductions

incá isk^wist

My name is...

incá isk^wist

kən tl

I come from

kən tl

in l'iw i sk^wistc....

My father's name is ...

in m'istəm' i
sk^wistc....

in sk^wuy i sk^wistc

My mother's name is
...

in tum' i sk^wistc
....

in k'ík'wa? i sk^wiscəlx
___ uł ___

My grandfather's
names are
___ and ___.

in k'ík'wa? i
sk^wiscəlx
___ uł ___

in stəmtima? i
sk^wiscsəlx
___ uł ___

My grandmother's
names are
___ and ___.

in stəmtima? i
sk^wiscsəlx
___ uł ___

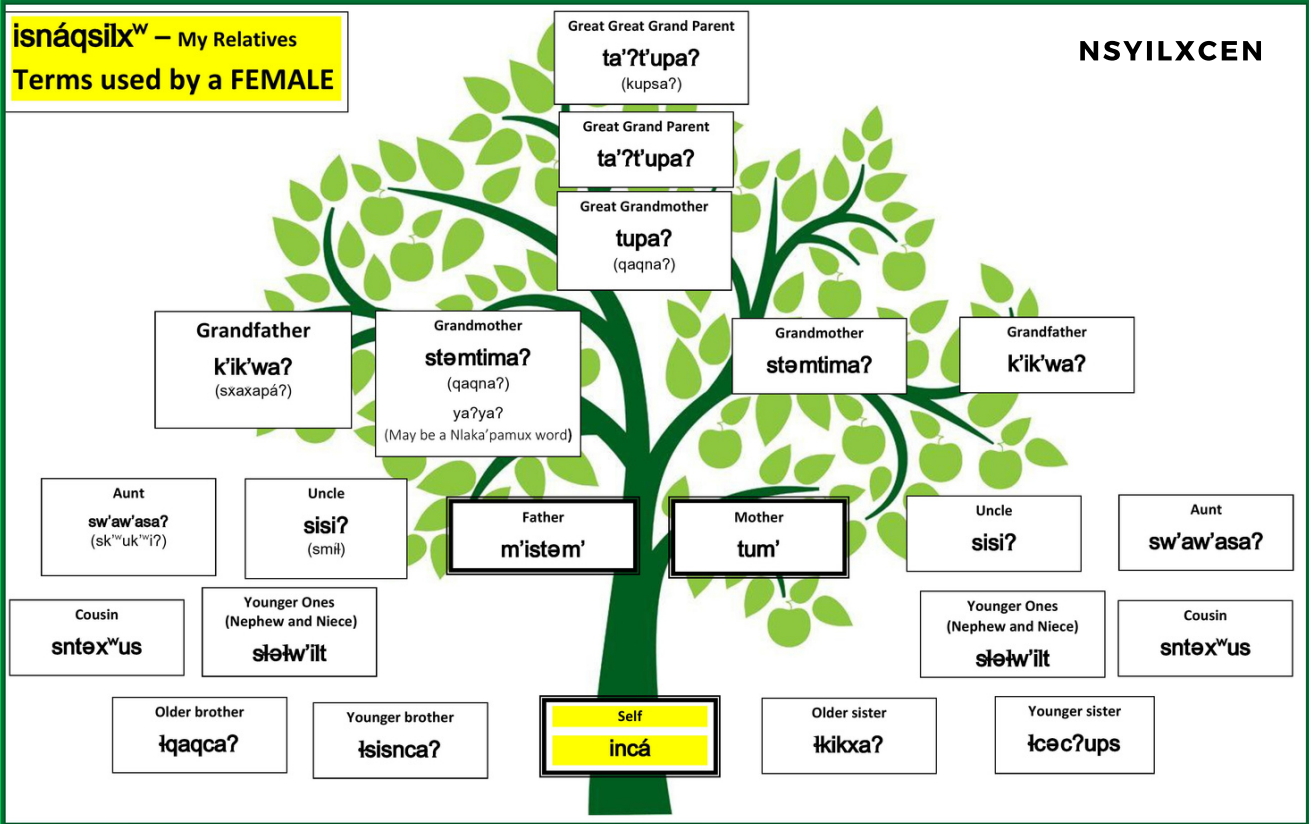
If your relative has passed on, use the word 'twi' before the name is stated.

The underlined words do not have to be stated; it is understood in the conversation.

UNB Nsyilxcen Program

isnáqsilx^w – My Relatives
Terms used by a FEMALE

NSYILXCEN

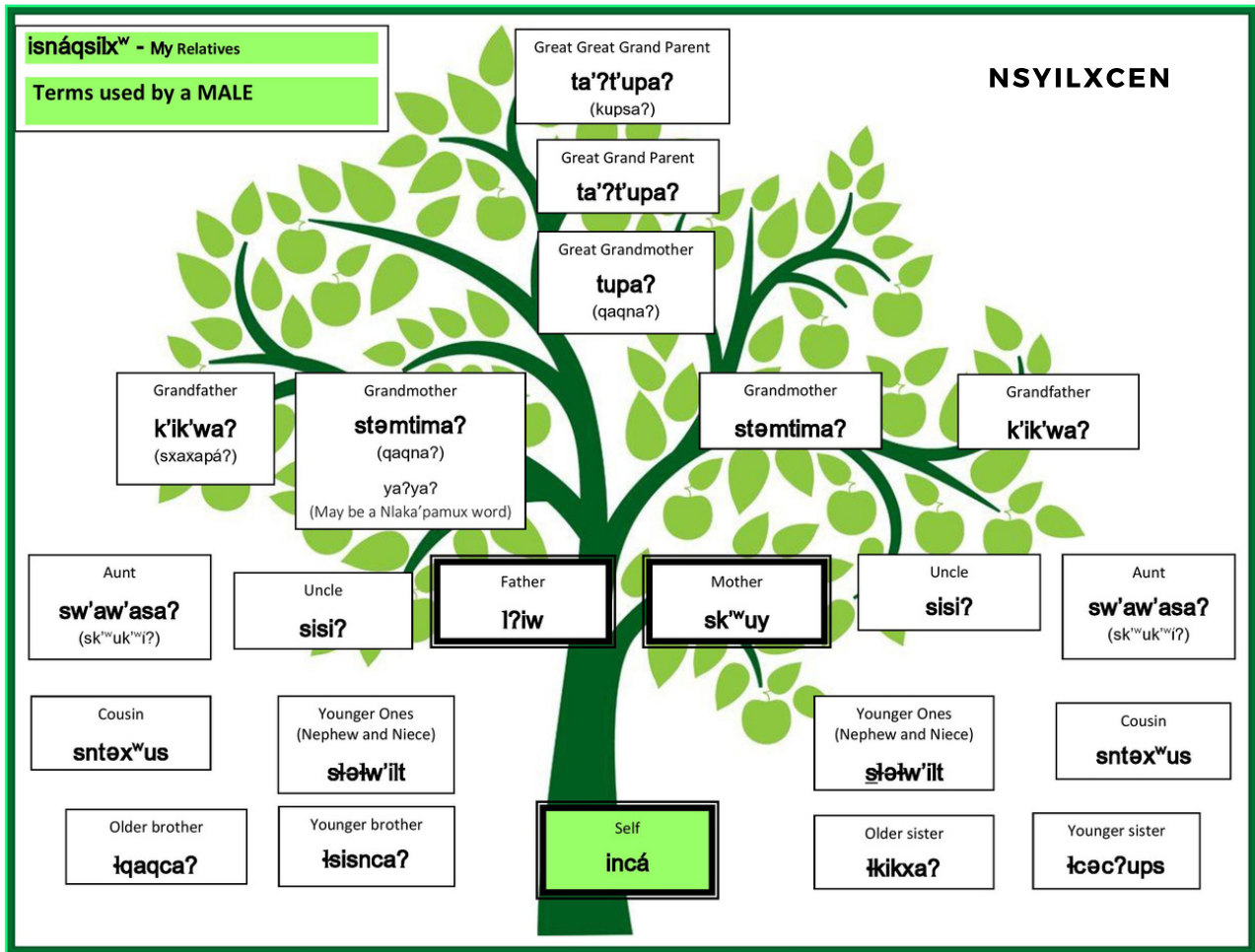


Upper Nicola Band Nsyilxcen Program

Dialectical differences are in (brackets)

isnáqsilx^w - My Relatives
Terms used by a MALE

NSYILXCEN



Upper Nicola Band Nsyilxcen Program

Dialectical differences are in (brackets)

Protective Options for Women in Case of Emergency

Both in recent news and on social media, numerous women in our province are reporting possible attempts of abduction. It is important that we remain vigilant and prepared in situations that seem suspicious or dangerous.

Statistics Canada states that while Indigenous women and girls made up only 5% of Canada's total female population according to the 2016 Census (Statistics Canada, 2018), they account for 23% of all women and girls murdered in Canada between 2014 and 2018 (Statistics Canada, 2019). Consequently, the staggering issue of Missing and Murdered Indigenous Women is considered a Canadian national crisis and a Canadian genocide.

At SCFSS, we wanted to share protective options legally available to women in case one feels threatened or in danger:

- 1. Report your concern(s) to the RCMP.**
- 2. Make every attempt to not run errands or walk alone.**

3. In circumstances where you are alone and feel that you are in danger, the following options are available:

- a. Merritt Self Defense Classes:**
<https://www.facebook.com/NicolaValleyMuayThaiKRUMelissaEMoses/>
- b. 5 Self-Defense Moves Every Woman Should Know:** <https://www.youtube.com/watch?v=KVpxP3ZZtAc>
- c. Escape Techniques That Could Save Your Life:**
<https://www.youtube.com/watch?v=4nUjp8y-8-Q>
- d. Defense Against an Abduction Attempt:**
<https://www.youtube.com/watch?v=t29Zu7oLLZ4>
- e. Share your live location with trusted contacts, as well as activate SOS mode using the "Sister" App, available through the Google Play Store and Apple Store:** www.joinister.com
- f. Be advised that we are restricted as what kind of defense "weapons" we are legally allowed to carry. Bear spray, mace, and dog spray are prohibited. As far as knives go, we may carry one as long as it is not a switchblade-type of knife. Even with a knife, we could end up being the ones RCMP arrest. Please do your research before deciding what defense items to carry.**
- g. A new defense item has come onto the market – the Safe Personal Alarm. It is sold in Canada at a reasonable cost to consumers and has been proven to be very effective. It sends out a very loud alarm when the pin is removed, attracting the attention of everyone in the area. This item is available at Walmart and through Amazon.ca.**

**SISTERS: BE VIGILANT,
BE STRONG, LOOK OUT
FOR YOURSELVES AND
ONE ANOTHER, AND
STAY SAFE.**



Community Events

THURSDAY
MARCH 04, 2021
 Starts at 6pm

Live Music
 with *Randy & Herb*

**WILL BE LIVE ON
 UPPER NICOLA BAND FACEBOOK**

**Wellbriety Online Meetings
 on Zoom**

**MON/WED/FRI
 EVENING MEETINGS**
 5 PM PT/ 6 PM MDT/ 7 PM CT/ 8PM ET

**JOIN US for our daily
 Wellbriety 12 Steps Meetings!**

During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us

Meeting ID: 548-538-0164
 PW: 488-123

Experience NVIT 2021

**Want to learn more about Nicola Valley Institute of Technology?
 Attend info sessions with the Department Heads of our programs!**

February 22 Health Care Assistant: Presented by Ivy McRae	February 23 Environmental Resource Technology: Presented by Tom Wilms & Margaret Hohner	February 24 Culinary Arts: Presented by Andrew George & Margaret Hohner	February 25 Bachelor of Social Work: Presented by Ursula Katic	February 26 Chemical Addictions Worker: Presented by Jessica Stepp
March 1 Meet the Elders: Presented by Merritt and Burnaby Campus Elders	March 2 University Transfer Programs (General Arts, Criminology, and First Nations Studies): Presented by Lara Condello & Margaret Hohner	March 3 Office Admin. and Executive Assistant: Presented by Beverly Currie-Mclean & Margaret Hohner	March 4 Business and Trades Programs: Presented by John Chenoweth & Margaret Hohner	March 5 Renewable Energy Technology: Presented by Brandon Williams & Margaret Hohner
March 8 College Readiness: Presented by Mil Juricic	March 9 Indigenous Language Fluency Program: Presented by Mandy Na'zinek Jimmie	March 10 Access to Practical Nursing: Presented by Heather Klatt	March 11 Community and Public Safety Professional: Presented by Kelly Donaldson	March 12 Indigenous Human Services: Presented by Rae Porterfield

**Attend to have a chance to WIN A \$20 GIFT CARD!
 Guaranteed 5 PRIZE WINNERS each day!**

The event will be held virtually online, between 12:00pm-1:00pm each day. To attend, please register at www.nvit.ca/experiencenvit.htm to receive an emailed link to the event. For more information, please contact recruitment@nvit.bc.ca



Community Resources

First Nations Virtual Doctor of the Day

Your wellness. Your way. *Family doctors are on call to provide culturally-safe care, seven days a week.*



1. Call 1-855-344-3800 to book an appointment by video or phone.



2. See a doctor as soon as today!



First Nations Health Authority
Health through wellness

Learn more at
[FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)



First Nations Health Authority
Health through wellness

FNHA INTERIOR REGION COVID -19 SUPPORTS

AVAILABLE - March 1-31, 2021

The list below includes contact information and available dates for various wellness providers to support community members. Please note the service providers on this list will direct bill the FNHA Interior Region. Community members accessing services will not be required to pay for services during these dates and times.

On calling practitioner, please indicate that you are calling accessing FNHA provided service and if you have long distance limitations the practitioner can call you back.

Name	Services	Available Dates	Contact
Mary Louie Traditional Healer	Traditional Healer support via telephone.	March 1- March 31, weekdays 9am-4pm	Home: 250-499-0293
Katherine Haller Traditional Healer	Traditional Healer support via telephone.	March 1- March 31, weekdays Monday to Thursdays 9am -3pm	Home: 250-394-4216
Matilda Brown Cultural Support	Cultural Support Via telephone.	Weekends 9am-4pm March 6,7,13,14,20,21 27,28 9am-4pm	PHONE: 250-852-1192
Dave Archie Cultural Support	Cultural Support Via telephone.	Weekends 9am-4pm March 6,7,13,14,20,21, 27,28	Cell: 778-220-7934
Dylan Smeaton Body Talk Practitioner	The Body Talk System is a complimentary healthcare modality that supports the internal processes necessary to retain clarity of perception and emotional management during uncertain and/or stressful environments	March 1 –March31, 2021 Weekdays Monday – Friday 9am-4pm	Call Jennifer at 250-486-7687 to schedule an appointment with Dylan.
Darlene McIntosh	Long Distance healing touch, energy work, clearing stress and meditation.	March 1- March 31, Weekdays 3pm-8pm daily	Cell: 250-981-7884

FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource please feel free to reach out to:

**FNHA Interior Region
Mental Health & Wellness Manager:**
Duanna Johnston-Virgo
250-319-9657
Duanna.Johnston-Virgo@fnha.ca

**FNHA Interior
Regional Addictions Specialist**
Debra Robbins
778-694-4548
debra.robbins@fnha.ca

Staff Directory

Administration Team

Lisa Post, Executive Director - lisa.post@scwexmx.com

Kristy Joe, Executive Assistant - kristy.joe@scwexmx.com

Janessa Collins, Human Resource Manager - janessa.collins@scwexmx.com

Operations Team

Cely-Rae Street, Interim Office Manager - celyrae.street@scwexmx.com

Arnold Meyer, Programs Support Worker & Driver - arnold.meyer@scwexmx.com

Robyn McDonnell, Administrative Assistant - robyn.mcdonnell@scwexmx.com

Raleigh Isaac, Administrative Assistant - raleigh.isaac@scwexmx.com

Loretta Oppenheim, Relief Administrative Assistant - loretta.oppenheim@scwexmx.com

Juanita Quewezance, Finance Clerk - juanita.quewezance@scwexmx.com

Child & Youth Mental Health Team

Elizabeth Perdok-Waboose, Child & Youth Mental Health Clinical Supervisor - elizabeth.pw@scwexmx.com

Amy McKibbon, Child & Youth Mental Health Clinician - amy.mckibbon@scwexmx.com

Joan Fletcher, Child & Youth Mental Health Clinician - joan.fletcher@scwexmx.com

Jamie Muchwitsch, Therapeutic Youth Navigator - jamie.muchwitsch@scwexmx.com

Tanya Pellett, Child & Youth Mental Health Coordinator - tanya.pellett@scwexmx.com

Culture & Language Team

Lucinda Seward, Interim Culture Team Lead - lucinda.seward@scwexmx.com

Jane Paul, Cultural Program Coordinator - jane.paul@scwexmx.com

Trish Manuel, Cultural Program Coordinator - trish.manuel@scwexmx.com

Dan Manuel, Resident Elder - dan.manuel@scwexmx.com

Victor York, Resident Elder - victor.york@scwexmx.com

Sonny Oppenheim, Resident Elder - sonny.oppenheim@scwexmx.com

Amelia Washington, Resident Elder - amelia.washington@scwexmx.com

Cathy Jameson, Resident Elder - cathy.jameson@scwexmx.com

Nettie Ernst, Resident Elder - nettie.ernst@scwexmx.com

Rena Sam, Resident Elder - rena.sam@scwexmx.com

Sharon Lindley, Resident Elder - sharon.lindley@scwexmx.com

Doreen Sterling, Elder

Emma Joe, Language Nest Teacher - emma.joe@scwexmx.com

Madeline Lanaro, Language Nest Elder

Bernice Garcia, Language Nest Elder

Vonnet Hall, Language Nest Elder

Community Development

Chloe Price, Community Planner - chloe.price@scwexmx.com

Protection Team

Shawn Bob, Protection Program Manager - shawn.bob@scwexmx.com

Kristen Stewart, Social Work Team Leader - kristen.stewart@scwexmx.com

Brittney Parks, Social Worker - brittney.parks@scwexmx.com

Dana Boyce, Social Worker - dana.boyce@scwexmx.com

Madeleine Kubi, Social Worker - madeleine.kubi@scwexmx.com

Vivian McBee, Kinship Care - vivian.mcbee@scwexmx.com

Brenda Emery, Resource Worker - brenda.emery@scwexmx.com

Serena Yatowsky, Resource Worker - serena.yatkowsky@scwexmx.com

Veronica Jameson, Resource Worker - veronica.jameson@scwexmx.com

Beverly Van der Weide, Social Work Team Lead - beverly.vanderweide@scwexmx.com

Kayla McBee, Social Worker - kayla.mcbee@scwexmx.com

Tracey Dawson, Social Worker - tracey.dawson@scwexmx.com

Tammi MacLeod, Social Worker - tammi.macleod@scwexmx.com

Chantelle Joseph, Social Worker - chantelle.joseph@scwexmx.com

Natasha Thys, Intake Worker - natasha.thys@scwexmx.com

Madison Brown, Intern Social Worker - madison.brown@scwexmx.com

Crystal Narcisse, File Management - crystal.narcisse@scwexmx.com

Prevention Team

Chris Pearson, Prevention Team Leader - chris.pearson@scwexmx.com

Daniel Jager, Family Navigator - daniel.jager@scwexmx.com

Meg McKay, Family Group Conference Coordinator - meg.mckay@scwexmx.com

Elizabeth Bent, Family Circles Coordinator - elizabeth.bent@scwexmx.com

Allyson Sterling, Relationship Navigator - allyson.sterling@scwexmx.com

Debra Manuel, Family Wellness Coordinator - debra.manuel@scwexmx.com

Vanessa Buonanno, Family Wellness Coordinator - vanessa.buonanno@scwexmx.com

Jackie Merritt, Youth Team Lead - jacqueline.merritt@scwexmx.com

Monty Joseph, Child & Youth Care - monty.joseph@scwexmx.com

Eric Schweig, Youth Outreach Worker - eric.schweig@scwexmx.com

Robin Humphrey, Youth Navigator - robin.humphrey@scwexmx.com

Tiffany Pop, Youth Transition Coordinator - tiffany.pop@scwexmx.com



Children's Help Line for Children and Youth

Do you need help?

If you don't feel safe, or you have a concern, you can call this number 24 hours a day for free, from any phone.

310-1234



Child Protection Concern After Hours? Please Call

1-800-663-9122



Scw'exmx Child & Family Services Society

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

Address: 2975 Clapperton Avenue, Merritt BC V1K 1G2

Telephone: 250-378-2771

Fax: 250-378-2799

Toll-Free Number: 1-877-378-2773

Website: www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily