
SCW'EXMX CHILD & FAMILY



September 2023 Community Newsletter



FEATURES

Staff Updates & Employment
Opportunities
PAGES 3 - 5

About our Team
PAGE 6

Final Settlement Agreement on
Compensation
PAGES 7 - 8

Harvesting
PAGE 9

Community Events
PAGES 10 - 26

The Story of Orange Shirt Day
PAGE 27

Kids Activity Sheets
PAGES 28 - 30

First Voices Keyboards for your
Iphone or Android
PAGES 31 - 32

Recipes

PAGE 33 - 34

Elder's Gathering
PAGES 35 - 36

What Guides Us
PAGES 37 - 38



"Each one of us can make a difference together. We can make change for the future. By touching so many lives, we are able to change the spirit of our people."

the late Kwukwpi? Victor York - Elder (Lower Nicola Indian Band)





Scw'exmx

Child & Family Services Society

Call to Action

We are at a critical moment in time.

A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children. For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come. Through the wisdom of our Ancestors, we have been taught the ways to care for one another. We must work towards a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization and bring traditional knowledge, guidance and practices of the nłeʔkepmx and syilx forward in collaboration and guidance of our communities. It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve and seven (7) generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nłeʔkepmx and syilx ancestors have anticipated this change and passed their wisdom and knowledge on as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children and families will remain together and rekindle their cultural ways of being.



August Staffing Updates



PHIL DUMONT - RESIDENT ELDER

As a Resident Elder, Phil will be responsible for providing direct and indirect support to the member communities of the Nicola Valley to develop and enhance the Society's Youth and Family service supports. In consultation with community Elders and the Leadership team, Phil will develop and deliver culturally acceptable practices to preserve and promote tradition and enhance a strong cultural identity within the aboriginal community. Phil will be stationed at the Language Nest and will report to Lepika Saddleman, Culture and Language Team Leader.



KELLY DONALDSON - OPERATIONS MANAGER

As Operations Manager, Kelly will lead, plan, develop and monitor the Society's operations administration services. Kelly will provide leadership to the Operations Team, ensuring effective communication and service delivery. She will manage contracts, leases, agreements, and services related to the functioning of SCFSS. Kelly will oversee the maintenance and operations of SCFSS offices, facilities, vehicles, and administrative support. Kelly will develop, implement, monitor, and assess operations systems, programs, policies, and procedures. Kelly will be based at the Main Office and will report to Lisa Post, Executive Director.



WILLA ERMINESKIN - COMMUNITY PREVENTION WORKER

As a Community Prevention Worker, Willa will work directly in community to ensure the effective delivery of culturally appropriate community prevention supports. Willa will be responsible for providing community-based prevention services in one of our six (6) communities with an emphasis on education and early intervention. Willa will help support our communities to build their capacity to strengthen children, young people, and families within community by supporting the planning, development, coordination, facilitation, and assessment of community prevention programming and services. She will help develop positive working relationships with community partners and stakeholders and create meaningful relationships with members in community. Willa will be based in community and have access to a workstation at the Main Office. Willa will report to Lisa Post, Executive Director



HARMONY WILLIAMS - COMMUNITY PREVENTION WORKER

As a Community Prevention Worker, Harmony will work directly in community to ensure the effective delivery of culturally appropriate community prevention supports. Harmony will be responsible for providing community-based prevention services in one of our six (6) communities with an emphasis on education and early intervention. Harmony will help support our communities to build their capacity to strengthen children, young people, and families within community by supporting the planning, development, coordination, facilitation, and assessment of community prevention programming and services. She will help develop positive working relationships with community partners and stakeholders and create meaningful relationships with members in community. Harmony will be based in community and have access to a workstation at the Main Office. Harmony will report to Lisa Post, Executive Director.



Employment Opportunities



Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?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.

As an Indigenous organization serving the nte?kepmx and syilx communities, SCFSS prioritizes the hiring of nte?kepmx and syilx community members. Following community member priority and pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Indigenous ancestry.

EMERGENCY SERVICES COORDINATOR

Full-Time | 35 hours per week | Permanent | Wage Range: \$32.25 - \$40.95

Posting Closes: 3:00 pm September 13, 2023 | Candidate Review: September 14, 2023

Reporting to the Operations Team Leader, the Emergency Services Coordinator works closely with our six (6) communities to support and build community capacity for emergency services and support. The Emergency Services Coordinator is responsible for supporting the planning, development, and delivery of emergency support services in mitigation, prevention, preparedness, response, and recovery from environmental emergencies, disasters, and crises in our communities. The Emergency Services Coordinator will implement and ensure consistent application of Occupational Health and Safety measures.

CHILD AND YOUTH MENTAL HEALTH COUNSELLOR

Full-Time | 35 hours per week | Permanent | Wage Range: \$41.64 - \$50.37

Posting Closes: 3:00 pm September 13, 2023 | Candidate Review: September 14, 2023

Reporting to the Director of Prevention Services, the Child and Youth Mental Health (CYMH) Counsellor provides clinical mental health services to children and young people in our five (5) band communities and our urban Indigenous community. The CYMH Counsellor uses trauma-informed practice to deliver culturally appropriate and specialized mental health assessment and counselling services to Indigenous children, young people, and their families. This position supports children and youth who are experiencing difficulties related to their thoughts, feelings, and behaviors. The CYMH Counsellor works closely in collaboration with other SCFSS teams, community organizations, and other professionals to provide a range of holistic mental health services and treatment options.

FEMALE TRADITIONAL COUNSELLOR

Full-Time | 35 hours per week | Permanent | Wage Range: \$41.64 - \$50.37

Posting Closes: 3:00 pm September 13, 2023 | Candidate Review: September 14, 2023

Reporting to the Culture and Language Team Leader and Director of Prevention, the Female Traditional Counsellor (FTC) is responsible for providing culturally grounded and traditional holistic counselling to young people and families in our member communities. The FTC shall provide one-on-one counselling to support female-identified relations in reaching their identified wellness goals. The FTC shall coordinate and facilitate groups and workshops to bring people together collectively in the healing process. The FTC will incorporate traditional and cultural processes in relationship building, ensuring nte?kepmx and syilx values and protocols are respected and implemented. The incumbent shall create effective collaborative relationships with other service providers in the Nicola Valley, including our six Indigenous communities.

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com

Submit your cover letter and resume on our website



Employment Opportunities



Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?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.

As an Indigenous organization serving the nte?kepmx and syilx communities, SCFSS prioritizes the hiring of nte?kepmx and syilx community members. Following community member priority and pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Indigenous ancestry.

BUILDING PROCUREMENT PLANNER

**Full-Time | 35 hours per week | Term (two-year term with opportunity for extension) | Wage Range: \$33.77 - \$40.68
Posting Closes: 3:00 pm September 13, 2023 | Candidate Review: September 14, 2023**

Reporting to the Operations Manager, the Building Procurement Planner is responsible for exploring and sourcing building options with office space opportunities for over 100 employees. This includes securing real estate or land to purchase or long-term leasing opportunities. The Building Procurement Planner is a professional and confident communicator with formal presentation and project management skills. The Building Procurement Planner exercises critical thinking to develop and present accurate and well-informed recommendations with confidence and clarity. The incumbent has significant attention to detail, discretion, initiative, and accuracy to represent SCFSS, including engagement with internal and external stakeholders. The Building Procurement Planner works to build effective professional relationships within SCFSS, our communities, associated agencies, governments, and the general public.

JUNIOR ACCOUNTS PAYABLE CLERK

**Full-Time | 35 hours per week | Permanent | Wage Range: \$25.98 - \$32.63
Posting Closes: 3:00 pm September 13, 2023 | Candidate Review: September 14, 2023**

Reporting to the Finance Manager, the Junior Accounts Payable Clerk is responsible for assisting the Senior Accounts Payable Clerk with data entry and filing services for the financial program database. The Junior Accounts Payable Clerk assists in performing financial recordkeeping duties, including bookkeeping and accounting, and supports processing financial reports and the financial audit. The incumbent maintains employee, relation, and vendor financial information and files in the Xyntax system. The Junior Accounts Payable Clerk provides support in coordination with the Senior Accounts Payable Clerk to ensure streamlined financial processes, timely payments, responses to inquiries, and accurate recordkeeping. Additionally, the Junior Accounts Payable Clerk completes financial administrative duties, including data entry, filing, photocopying, faxing, word processing, emailing, and other documentation.

PROTECTION TEAM LEADER

**Full-Time | 35 hours per week | Permanent | Wage Range: \$48.27 - \$55.12
Posting Closes: 3:00 pm September 15, 2023 | Candidate Review: September 18, 2023**

Reporting to the Director of Prevention Services, the Protection Team Leader provides advice to the Prevention and Protection Teams at SCFSS for delegated services and practices in alignment with Nte?kepmx and Syilx frameworks of practice. The Protection Team Leader completes audits of delegated services to ensure quality of assurance standards and assess compliance with standards and policies alongside traditional practices. The Protection Team Leader is accountable for early intervention and protection services through culturally appropriate delegated social work activities with an emphasis is on the preservation, restoration, and reunification of families.

APPLY NOW

**See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website**

About Our Team

As part of our commitment to building strong relationships with our communities we are providing a team introduction page every month. Below you will learn a bit about the team and their roles in supporting our communities.

Administration Team

The Team:



Crystal Narcisse
Administration
Team Lead



Kim Meyer
Senior Administrative
Assistant



Emilie Thurber
Agency Navigator



Doris Sterling
Senior Team
Assistant



Emilie Shultz
Team Assistant



Tanya Hall
Team Assistant



Elijah Kennedy
team Assistant

The administration team supports frontline workers with physical and electronic filing and assists with community events, and paperwork. The goals of the admin team is to support our prevention workers to allow for more time to engage with our families and communities.

Regular Support:

- Ensure files are up to community standard
- Support staff with admin tasks as needed
- Help direct community members that call or visit our office to the proper supports

FINAL SETTLEMENT AGREEMENT ON COMPENSATION

Related to First Nations Child and Family Services Program and Jordan's Principle

What is the Final Settlement Agreement on **COMPENSATION**?

In July 2023, the Canadian Human Rights Tribunal (CHRT) issued a decision announcing the approval of the revised Final Settlement Agreement on Compensation. The landmark agreement, totaling over **\$23 billion**, will compensate more than 300,000 First Nations children and families who experienced discrimination through the First Nations Child and Family Services Program and narrow application of Jordan's Principle.

This settlement stems from the 2016 CHRT findings that the Canadian government discriminated against First Nations children by failing to properly fund child welfare services on reserve. The Tribunal also said the Canadian government failed to properly implement Jordan's Principle. In addition to the Tribunal case, separate class-action lawsuits were filed on behalf of First Nations children affected by child welfare on reserve (**from 1991-2022**) and Canada's failure to implement Jordan's Principle (**from 1991-2017**). In December 2021, an agreement-in-principle on compensation was signed between the federal government and the class-action groups.

Who is Eligible?

There are five broad groups of people who qualify for compensation:

- 1) Children taken into care:** First Nations individuals who, at any time between **April 1, 1991 and March 31, 2022**, were removed from their home by child welfare authorities or voluntarily placed into care, and whose placement was funded by ISC, and were identified as Ordinarily Resident on a Reserve.
- 2) Jordan's Principle:** All First Nations individuals who, between **December 12, 2007 and November 2, 2017**, did not receive from Canada (due to a Denial or a Service Gap) an Essential Service relating to a Confirmed Need, or was delayed.
- 3) Trout Class:** First Nations individuals who between **April 1, 1991, and December 11, 2007**, did not receive from Canada an Essential Service relating to a Confirmed Need, or whose receipt of said Essential Service was delayed by Canada, on grounds, including but not limited to: lack of funding or lack of jurisdiction, or as a result of a Service Gap or jurisdictional dispute with another government or governmental department.
- 4) Kith Child Class:** First Nations individuals living on reserve or in the Yukon, who were sent off-reserve by a caregiving parent or caregiving grandparent involved with a child welfare agency to temporarily stay with a non-family member (also called "kith"), in a placement not funded by Indigenous Services Canada, between **April 1, 1991, and March 31, 2022**.
- 5) Family Class:** Individuals who are the primary caregiver of:
 - a member of one of the four Class groups above
 - an eligible Deceased Child Class member

For more information please see <https://www.fnchildcompensation.ca/>

Individuals who were involved with the protection system in this time period, but did not ordinarily live on reserve during the time or removal/placement would have been funded through the province, and **not eligible** for this Final Settlement Agreement. However, there will be more information soon about a separate class action that seeks damages for Indigenous children and youth who were apprehended from their families by child welfare agencies, while living **off reserve**, between January 1, 1992 and December 31, 2019 and placed in the care of individuals who were not members of their Indigenous community, group, or people.

How to Apply

The goal of the Parties to the Agreement is to ensure that children and families receive the compensation they deserve, as soon as possible. They are hopeful that the application process for the survivors and victims to receive compensation will be open in 2024. **Compensation is not available yet.**

More information will be available after Federal Court approval.

How to Opt-Out

Opting out of the class action means that you wish to remove yourself from the group of potential claimants (**meaning you do not want to be eligible for compensation**). For example, someone may choose to opt out of the class action if they wish to file their own lawsuit at their own expense. If you choose opt-out, you will not receive any compensation from the class action settlement.

If you are considering opting out of the class action and have **questions** or wish to **discuss this process**, you can contact the **Claims Administrator (Deloitte)** at fnchildclaims@deloitte.ca or **1-833-852-0755**. If you wish to speak to a lawyer about opting out, you can contact Class Counsel representatives: **Nahwegahbow Corbiere Genoodmagejig/Barristers & Solicitors, Fasken Martineau DuMoulin LLP** at **1-877-750-5554** for **free legal advice**.

Class members (individuals that would fall under the 5 groups previously listed) wishing to remove themselves from the class actions must complete the **Opt-Out Form by October 6, 2023**. If a potential claimant chooses to opt-out of the Revised Final Settlement Agreement, this means that they will not be able to submit a claim or receive any settlement funds associated with the Canadian Human Rights Tribunal File No. : T1340/7008.



Harvesting



This season we harvest the items below, connect with your knowledge keepers to learn about sustainable harvesting, pronouncing these phrases and the safe uses of these gifts from nature.



Labrador Tea / k'ecé? / sc'cris



Moose / syçálxkn / paçpaçIçáça?



Mule deer / smíyc / pwalxkn



Juniper / púnłp / punłp

"The Goal of Life is living in agreement with Nature!"



SEPTEMBER 2023



- Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	SCFSS Office Closure - Labour Day 	School Starts 	6	7	8	9
10	11	12	13	14	Youth Outreach Luncheon 	16
17	Nooaitch Back To School Carnival @ Hall 4PM Women's Group 5-8 @ Civic Centre	19	Shackan Culture Gathering at Chataway (Sept 20-23)		SCFSS Meet & Greet @ Civic Centre 11-4 	Garlic Fest in Lower Nicola
 Garlic Fest in Lower Nicola Nooaitch Turkey Shoot 12 PM	25	26	27	28	SCFSS Office Closure LNIB Orange Shirt Walk 10am @ LNIB Band Hall UNB nsylxcn Language Camp - Glimpse Lake	National Day of Truth & Reconciliation



NOTES

- UNB is hosting:
- Medicine Monday's
 - Workout Wednesday's
 - Fish Friday's

HAPPENING NEXT MONTH

Oct 27-29, 2023 CNA Language & Culture Mógwix (Gathering)



Scw'exmx Child & Family

MEET & GREET

FRIDAY SEPT 22, 2023

TIME: 11:30 AM - 4:00 PM

MERRITT CIVIC CENTRE

Join us to get to know our staff, and learn about our services and programs. We will have door prizes and swag bags. Lunch will be served at 12:00 p.m.

Mission:

We are all somebody's seventh generation. We are committed to work with our communities to create the necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.

Vision:

Work collectively to exercise nte?kepmx and syilx inherent rights as we empower children, young people and families.





YOUTH OUTREACH LUNCH

LOCATION: MERRITT SECONDARY
SCHOOL CAFETERIA

SEPT 15TH, 2023

12:30-1:30PM

- ✓ Lunch will be provided
- ✓ Resources
- ✓ Connect with youth supports!

CNA: 250-378-1864
SCFSS: 250-378-2771
www.cna-trust.ca
www.scwexmx.com



Men's Group



Sept 15, 2023
5:45-8 PM

48 Person Max.

Father's Bring your Children!

To Register Scan the QR
Code Below:

SCAN



Bowling Night!
Pizza & Drinks Provided!



Upper Nicola

LOWER NICOLA
INDIAN BAND



Women's Group

**We welcome you to our
monthly Women's Group!**

**5-8 PM Sept 18, 2023
Merritt Civic Centre**

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity.

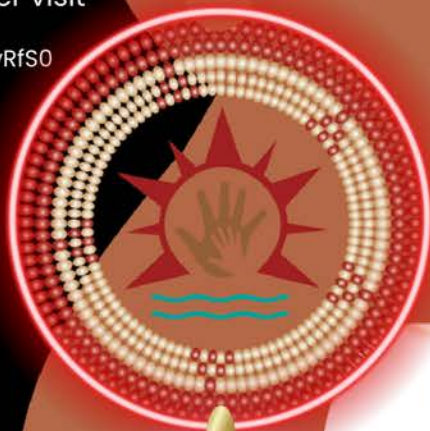
This month we will be beading orange shirt pins. Child minding will be available upon request when registering. Please dress your child for the weather.

Supplies are limited so you must register and confirm! To Register visit

<https://forms.office.com/r/8AeqbyRfS0>
or scan:



Allyson - 250-315-7634



Upper Nicola Band Updates

Upper Nicola Band has some fun community events upcoming. SCFSS is working closely with Upper Nicola Band with community events. Please see some fun upcoming events.



Monthly Activities	Location	Date	Times
Nsyilxcn Language Camp 2023 Contact the language department for more information.	Glimpse Lake	September 29th to October 2nd, 2023.	Camp out!
Salmon Feast Three day event with multiple activities: traditional performances and ceremonies, canoe paddle, salmon feast and ceremony to honour the sacredness of the river.	Okanagan Falls, BC	September 15-17, 2023	See poster for more details!



GENERAL BAND MEETING

Wednesday
September 27, 2023
 6:00pm Via Zoom.

Join The Zoom Meeting at:

<https://us02web.zoom.us/j/85356061920?pwd=ZlpliejRuTEF4Nm5UV2MxYkJKcEIMOT09>

Meeting ID: 853 5606 1920
 Passcode: 952146

(The Zoom meeting invite link will be the same for all General Band Meetings)

Agenda:

1. One Councillor By-election
2. Appointment of UNB Election Tribunal

IMPORTANT NOTICE

General Delivery, Douglas Lake, BC, V0E 1S0 T 250.350.3342 F 250.350.3311 www.uppernicola.com

Rec Policy

Every fiscal year each band member is eligible for up to \$300 reimbursement for the purchase of recreational items. These items are to keep you active & away from screens.

For a form package please contact Diana Boston
communications@uppernicola.com or
 250-315-5030



Contact

Main office

Phone

250-350-3342

Address

General Delivery, Douglas Lake, BC
 V0E 1S0

SAVE THE DATE!



SALMON FEAST

The Salmon Feast is a three-day event that involves multiple activities including: traditional performances and ceremonies, a canoe paddle, and on the final day (Sunday) a salmon feast and ceremony for *sxä?iwläm* (to honour the sacredness of the river).

September 15-17, 2023
sx^wäx^wnitk^w Provincial Park
Okanagan Falls, BC

Thank you to our sponsors:



For more info:
Summer De Guevara, Event Planner
events@syilx.org
250-707-0095 ext. 127

ENTRY FEE

\$100 PER TEAM
3-5 PLAYERS PER TEAM

ACTIVITIES

SEPT 15: STICK GAME TOURNAMENT

Tournament Schedule
5:00 pm Dinner | 6:00 pm Tournament Begins

Prizes: 1st \$1000 | 2nd \$600 | 3rd \$400

SEPT 16: CANOE PADDLE

The Canoe Paddle will begin Saturday morning at 10 am.

SEPT 17: SALMON FEAST & CEREMONY

The Salmon Feast and ceremony for *sxä?iwläm* (to honour the sacredness of the river) will begin at 11 am.



Upper Nicola
Language Department

Come join us in creating
space for language sharing
and gathering

NSYILXCN LANGUAGE CAMP



**NEW
DATE**

SEPT 29 - OCT 2, 2023

nk^writk^w - GLIMPSE LAKE

EVERYONE WELCOME

VISIT - FOOD - LANGUAGE - FUN

SEPTEMBER 29 - SET UP CAMP
SEPTEMBER 30 - LANGUAGE ACTIVITIES
OCTOBER 1 - LANGUAGE ACTIVITIES
OCTOBER 2 - CAMP TAKEDOWN & FAREWELL



REGISTER HERE

MEALS WILL BE PROVIDED <https://forms.office.com/r/jSaTYmzXL3>

BRING YOUR OWN PLATES, BOWLS, & UTENSILS

DRUG / ALCOHOL FREE EVENT

For more information contact Maynard.language@uppernicola.com
or Justine.syilx2@uppernicola.com

Lower Nicola Band Updates

Lower Nicola Band has some fun community events upcoming. SCFSS is working closely with Lower Nicola Band with community events. Please see some upcoming fun events.



Weekly Activities	Location	Day of the Week	Times
Soup Kitchen Weekly get together to visit and eat delicious home made vittles.	Elder's Trailer	Every Wednesday	12:00 PM
After School Recreation Program Activities for children after school, call the office to sign up.	Various activities weekly.	Mon - Thurs	3:45 - 5 PM



Monthly Activities	Location	Date	Times
LNIB Orange Shirt Walk	Leave from Band Hall and walk to Arbour	Friday Sept 29, 2023	10 AM



Presented by FNHA Harm Reduction Team

NOT JUST NALOXONE TRAINING

October 11 & October 12, 2023
 Rocky Pines Community Centre
 9:00 am - 3:00 pm

Free Event

Not Just Naloxone (N.J.N) is a two-day train-the-trainer program aimed at teaching people how to have safe conversations about substance use in First Nations Communities

Topics of discussion include:

- Learn about key clinical and non-clinical definitions
- Examine the statistics and trends of the toxic drug crisis, particularly as they relate to First Nations and other Indigenous peoples and demographics.
- Examine the origins of prohibition laws in the context of colonial Canada. Why are some substances legal and some illegal? Who creates these policies? Can they be unmade?
- Decolonizing Substance Use
- Indigenous Harm Reduction
- Naloxone Training Provided, practice on how to confidently administer both intramuscular (IM) and nasal naloxone.

CALL TO REGISTER:
 Irene Howe (250) 378-7340
 Asla Elliott (250) 936-8527

LUNCH WILL BE PROVIDED



Contact

Main Office

Phone

250-378-5157

Location

181 Nawishaskin Ln.
 Merritt, BC V1K 0A7



HAND DRUMMING

Tuesday September 19th

5:00PM

TO

7:00PM

ROCKY PINES COMMUNITY CENTER



CONTACT:

Carole Basil LNIB Culture Coordinator
250-378-9158



Friday September 29th - Orange Shirt Walk

10:00am Band Hall

Walk to the Shulus Arbor

Light lunch at 11:30am

For more information call

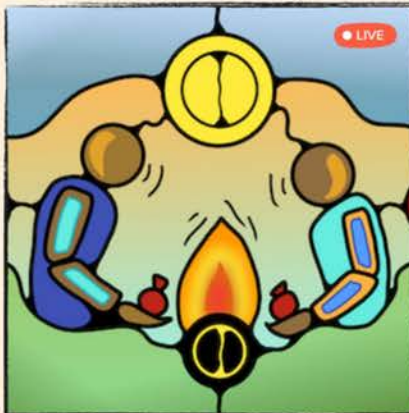
Carole Basil - LNIB Culture Coordinator

250-315-9158



FALL EQUINOX PIPE CEREMONY

WITH JOHNNY JACKSON



9AM TO 10:30 AM, WEDNESDAY

SEPTEMBER 20TH

For more information
Please Contact Carole Basil
LNIB Culture Coordinator
250-378-9158



yè tē sīlqit - good day
Culture Programs with
Carole Basil



Drop in Beading with Carole:
Come work on your beading or start a
New project.
Tuesday Sept 12th, 19th and 26th
9:30am to 12 (noon)



Hand Drumming
with "Skieelst" Paul Joe
Tuesday Sept 19th and 26th
5:00pm to 7:00pm
At the Rocky Pines Community Centre

Fall Equinox Pipe Ceremony
With Johnny Jackson
Sept 20th, 2023
9:00am - 11:00am

Drop in Craft Night
Wednesday Sept 13th and 27th.
At the Culture Centre
4:00pm to 7:00pm

Orange Shirt Walk Friday Sept
29, 2023 Start at Band Hall
10:30am Finish at Shulus Arbor
Light lunch provided.



Please call or text Carole 250-315-9158 to register for any of these
events or if you require more information.

Coldwater Band Updates

Coldwater Band has some fun community events upcoming. SCHSS, SCFSS & CNA is working closely with Coldwater Band with community events. Please see some upcoming fun events.



HAPPY
GRANDPARENTS
DAY

Monthly Activities	Location	Date	Times
Community Grocery Shop	Leave from Band Office	TBA	11 AM
Grandparents Day	Coldwater School	September 11, 2023	12 PM



Grandparents Day



Yé ye? et spápze?

Our elders are loved and respected people in our lives. They are the knowledge banks of our culture and traditions. "Honour your Elders" for our elders have the wisdom to teach what we have not yet learned.

Grandparents, please come and join us for Grandparents Day. Our students will be serving all grandparents lunch with tea or coffee.

Where: Coldwater School

Time: 12:00 PM – 1:00 pm

Date: September 11, 2023

We welcome our grandparents' ♥



Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1

Nooaitch Band Updates

Nooaitch Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Nooaitch with community events. Please see below these fun events.



Weekly Activities	Location	Day of the Week	Times
Munchie Makers (ages 9+) Youth can learn how to make all kinds of snacks!	Nooaitch Band Hall	Every Tuesday!	3:45 - 5:30PM Parents please pick up from the Band Hall!
Gym Night (ages 6+) Youth can join us for Gym Night to play various activities!	Nicola Canford School (pick up in Nooaitch from each child's home)	Every Wednesday!	6 - 7:30 PM
After School Drop In (ages 6+) Join us for crafts, games, and snacks after school!	SCHSS Satellite Office (Across from Band Hall)	Every Thursday!	3:45 - 5:30 PM Parents please pick up from the SCHSS Satellite Office!



Monthly Activities	Location	Date	Times
Back to School Carnival (All School Children Families are welcome!) Dinner, games, bouncy castles, and prizes!	Nooaitch Band Hall	Monday, Sept-18-2023	4 PM
Turkey Shoot & Archery Target Practice (Adults must have their PAL) Win a turkey!	Johnny Shackelly's property	Sunday Sept-24-2023	12 PM



Contact Name	Phone	Location
Kathie Jumbo	250-378-6141 Ext. 103	Nooaitch Band Office
Darlene Rodominski	250-378-2300	SCHSS Satellite office (across from the Band Hall)

Shackan Band Updates

Shackan Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Shackan with community events. Please see below some upcoming opportunities and updates.



Opportunities	Contact Name	Phone
Foodsafe Waitlist If you are interested please contact either Bonita or Rhonda to be added to the waitlist!	Bonita @ SCHSS or Rhonda @ Merritt Mom's and Families	250-378-9745 Ext. 204 250-378-5107 Ext. 113



Monthly Activities	Location	Date	Times
Culture Camp Join us to learn cultural and traditional teachings. Please bring your own camping gear!	Chataway	Sept-20-23, 2023	Weekend Camp!

Income Assistance Update!

INDIGENOUS SERVICE CANADA HAS ANNOUNCED A MONTHLY SHELTER RATE INCREASE FOR INCOME ASSISTANCE RECIPIENTS

Please send in proof of any unmet shelter costs. Coverage includes utility bills or proof of rent/mortgage

Email or Call Haylee at the admin office:
socialdevelopment@shackan.ca
 250-378-5410 ext. 211

Human Sources of Bear Attractants

Bird Feeders Food crops Landscaping that produces fruit or nuts Garbage

Pet food Livestock Barbeque Compost



Contact Name	Phone	Location
Adrienne Johnny	(250) 378-5410	Shackan Band Office

SHACAKN COLDWATER NOOAITCH

SCW'EXMX
COMMUNITY
HEALTH
ELDERS



SEPTEMBER 19TH, 2023

ELKS HALL
(1701 COLDWATER AVENUE,
MERRITT, BC)

START TIME: 10:30AM

Potluck Lunch

CONTACT SAVANNAH JOE AT
250-378-9772 OR WORK CELL AT 250-315-3493
FOR FURTHER INFORMATION



Nooaitch Band

TURKEY SHOOT

*Adults must have their PAL to participate. Please bring your own chairs, safety gear (hearing protection & safety glasses.)



SANDWICHES, FRUIT, DRINKS.
PROVIDED
ANY QUESTIONS CALL:
KATHIE (250) 378-6141 EXT. 103
OR DARLENE (250) 378-2300

SUNDAY
SEPT 24, 2023
12 PM
JOHNNY
SHACKELLY'S
PROPERTY

WIN!
A TURKEY & PRIZES



- TREE PLANTING CEREMONY -

Tree of Prayers

DATE : SEPTEMBER 15, 2023

TREE CEREMONY

N'kwala Park (Behind Pickle Ball Court)
11:00AM Ceremony Begins

LUNCH AND BOOTHS

Spirit Square
12:00PM - 2:00PM

JOIN US AS WE PLANT A TREE
IN THE NAME OF THOSE LOST
OR STILL STRUGGLING WITH
ADDICTION.



Nooaitch Band



ALL SCHOOL CHILDREN FAMILIES ARE
WELCOME! THERE WILL BE DINNER AT 5PM,
GAMES, BOUNCY CASTLES, AND PRIZES!

MONDAY SEPT 18, 2023

4-6:30 PM

NOOAITCH BAND HALL



ANY QUESTIONS CALL:
KATHIE (250) 378-6141 EXT. 103
OR DARLENE (250) 378-2300





SAVE THE DATE
**LANGUAGE & CULTURE
2023 MÓQWIX
(MO-QW-EEHX / GATHERING)**

CALL OUT FOR PRESENTERS

We are currently looking for
Workshop Presenters and Keynote Speakers!

OCTOBER 27-29, 2023
HOSTED AT NICOLA VALLEY
INSTITUTE OF TECHNOLOGY
4155 BELSHAW STREET, MERRITT B.C.

ʔes kiyestem he nqʷincutn kt

(Phonetics: esh keeya-shtem ha n-qwine-choot-n kt)
(English: We are putting our language first)

For more information or to become a presenter/speaker,
please contact Lena Nicholson at language@cna-trust.ca

- Citxw Nlaka'pamux Assembly -

2025 Granite Ave.
PO Box 618
Merritt, BC V1K 1B8

cna-trust.ca
language@cna-trust.ca
reception@cna-trust.ca

250-378-1864
250-378-2910



SAVE THE DATE!
**LANGUAGE & CULTURE
2023 MÓQWIX
(MO-QW-EEHX / GATHERING)**

OCTOBER 27-29, 2023
HOSTED AT NICOLA VALLEY
INSTITUTE OF TECHNOLOGY
4155 BELSHAW STREET, MERRITT B.C.



Scan to register!

ʔes kiyestem he nqʷincutn kt

(Phonetics: esh keeya-shtem ha n-qwine-choot-n kt)
(English: We are putting our language first)

- Citxw Nlaka'pamux Assembly -

2025 Granite Ave.
PO Box 618
Merritt, BC V1K 1B8

cna-trust.ca
language@cna-trust.ca
reception@cna-trust.ca

250-378-1864
250-378-2910

JOIN US:

cuñékstm

choon-eksh-tm / Teach someone something



AGENDA:

Self-introduction cards - NEW RESOURCE!

Learning how to use Can 8 Virtual Lab - an online Classroom to assist with learning how to speak nleʔkepmxcín.

Dinner & beverages provided!

EVERYONE WELCOME!

September 12, 2023
5:00 PM - 7:00 PM

Join us on **Zoom**
<https://us06web.zoom.us/j/5nleʔkepmxcín64865935>

Join us in-person at:
Citxw Nlaka'pamux Assembly Office
2025, Granite Ave Merritt B.C.

For more information, please contact the CNA at
250-378-1864 or language@cna-trust.ca



**WILDLIFE HEALTH STUDY
REMINDER**



Have you started hunting?

Don't forget to sign up for our wildlife health study to help determine if deer and moose living near the mine are safe to consume.

We will provide sampling kits and compensation for your participation.



For more information please contact Xni Grismer at the CNA office:
(250) 378-1864 or xgrismer@cna-trust.ca



**CNA NLEʔKEPMXCIN
IMMERSIVE SKIT**

Call out for anyone who would like to participate in an immersive skit being presented at the Language & Culture MÓqWix (Gathering) this October 27-29 at Nicola Valley Institute of Technology.

TO LEARN MORE, ATTEND A ZOOM MEETING ON AUGUST 31ST AT EITHER 10:00AM-11:00AM OR 6:30PM-7:30PM



Use the link below or the QR code to join:
<https://us06web.zoom.us/j/5648654935>

www.cna-trust.ca
language@cna-trust.ca
reception@cna-trust.ca

250-378-1864
250-378-2910

HUNTING CAMP

LOCATION: PIMAINUS LAKE

SEPTEMBER 5 – OCTOBER 8

**OPEN TO CNA MEMBERS LIVING ON
AND OFF-RESERVE**

**FREE CABIN RENTALS, HUNTING
SUPPLIES AND HONORARIUM
PROVIDED**



Cook's Ferry Indian Band and CNA are partnering to host a **self-led hunting camp**. The hunting camp is open to all CNA members living on and off-reserve.

Hunters MUST have PAL Certification, MUST understand hunting safety, and MUST register in order to be allowed into the hunting camp.

The hunting camp is an alcohol and drug free event

Cabins and spots are limited – registration is first come, first served.

To register contact Mandy Cormier or Michelle Bacon

Mandy Cormier: (250) 458-2224
Email: socialdevelopment@cooksferry.ca

Michelle Bacon: (250) 378-1864
Email: mbacon@cna-trust.ca



Cook's Ferry
Indian Band
Nlaka'pamux Nation



Fish Camp
Agenda
September 15-17, 2023 at Siska Reserve

Saturday, September 16, 2023

7:00 am - 8:00 am	Breakfast			
8:00 am - 8:00 pm	Registration			
9:00 am - 10:00 am	Opening Prayer, protocols and safety			
Morning Session 10:00 am - 12:00 pm	<u>Workshop A</u> Fishing cleaning, fileting and scwen demo	<u>Workshop B</u> Spear making Land Guardians	<u>Workshop C</u> Restoration Workshop Territorial Stewardship Depatment	<u>Workshop D</u> Campologo _painting rocks to create a long fish
12:00 pm - 1:00 pm	Lunch served			
Afternoon Sessions 1:00 pm - 3:00 pm	<u>Workshop B</u> Spear Making Land Guardians	<u>Workshop E</u> Smoking Fish Demo	<u>Workshop F</u> Presentation and craft Territorial Stewardship Department	<u>Workshop H</u> Language Activity
3:00 pm - 3:30 pm	Break			
Afternoon Sessions Continued 3:30 pm-5:00 pm	<u>Workshop B</u> Spear Making Land Guardians	<u>Workshop E</u> Smoking Fish Demo	<u>Workshop F</u> Presentation and craft Territorial Stewardship Department	<u>Workshop G</u> Language Activity
5:00 pm - 7:00 pm	Dinner Served			
7:00 pm - 8:00 pm	Story telling around the camp.			

Sunday, September 17, 2023

7:00 am - 8:00 am	Breakfast			
8:00 am - 11:00 am	Registration			
9:00 am - 10:00 am	Opening Prayer, protocols and safety			
Morning Session 10:00 am - 12:30 pm	<u>Workshop A</u> Canning fresh and smoked fish demo	<u>Workshop B</u> Gill net repair	<u>Workshop C</u> Campologo painting rocks to create a long fish	
12:30 pm - 2:00 pm	Lunch served			
2:00 pm - 2:30 pm	Closing Ceremony			
2:30 pm - 3:30 pm	Pack up camp and head home			

The Citxw Nlaka'pamux Assembly will be hosting a fish camp and workshops for CNA members from September 16-17, 2023, at Siska on Fishwheel Road. There are limited camping spots available.



For more information, please contact programs@cna-trust.ca or call the office at 250-378-1864.

The Story of Orange Shirt Day

THE LEGACY OF THE ST. JOSEPH MISSION (SJM) RESIDENTIAL SCHOOL

Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) Residential School (1891-1981) Commemoration Project and Reunion events that took place in Williams Lake, BC, Canada, in May 2013. This project was the vision of Esketemc (Alkali Lake) Chief Fred Robbins, who is a former student himself. It brought together former students and their families from the Secwepemc, Tsilhqot'in, Southern Dakelh and St'at'imc Nations along with the Cariboo Regional District, the Mayors and municipalities, School Districts and civic organizations in the Cariboo Region.

The events were designed to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation. Chief Justice Murray Sinclair challenged all of the participants to keep the reconciliation process alive, as a result of the realization that every former student had similar stories.

Orange Shirt Day is a legacy of this project. As spokesperson for the Reunion group leading up to the events, former student Phyllis (Jack) Webstad told her story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year old girl.

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

It all started right here in the Cariboo, and as a result, School District No. 27 was chosen by the First Nations Education Steering Committee (FNESC) to pilot curriculum changes for all Grade 5 and Grade 10 students reflecting the residential school experience, which have now been implemented province-wide.

A First Step in Reconciliation

BRINGING THE TRUTH OF RESIDENTIAL SCHOOLS HOME

Resolutions have been passed in support of Orange Shirt Day by local governments, school districts, and First Nations in the Cariboo and beyond. The AFN Chiefs-in-Council passed a resolution declaring Orange Shirt Day “a first step in reconciliation”, and pledging to bring the message home as well as to the government of Canada and the churches responsible, several provincial governments have proclaimed Orange Shirt Day, and in March of 2019, the Government of Canada passed a bill designating September 30th National Truth and Reconciliation Day. Unfortunately, that bill died in the Senate.

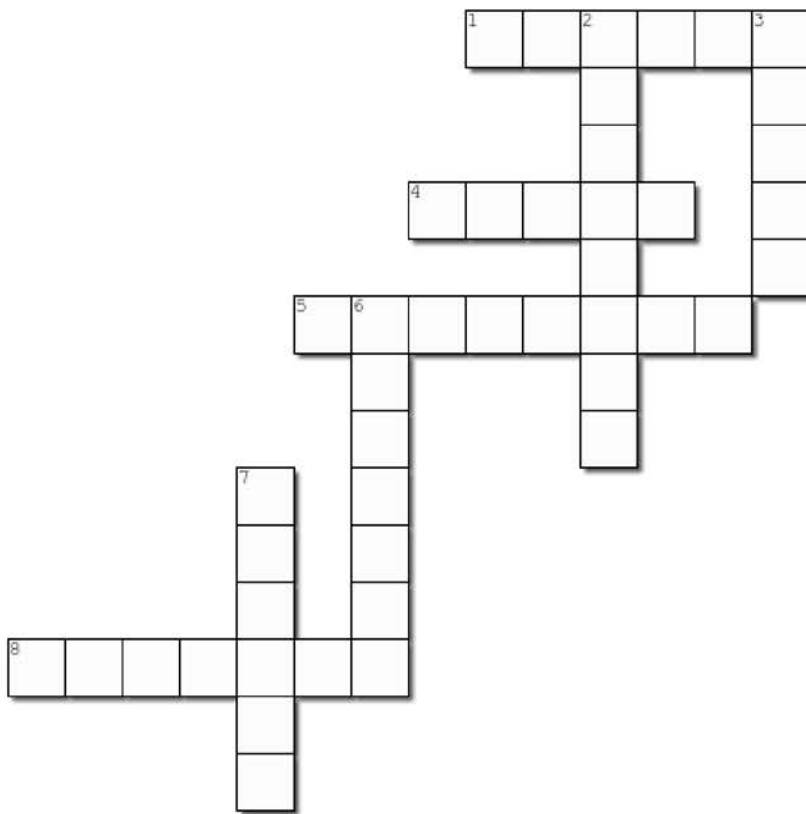
On this day of September 30th, we call upon humanity to listen with open ears to the stories of survivors and their families, and to remember those that didn't make it.

Post pictures of your event or activity, share your story, or simply enjoy others sharing theirs.



Back To School

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

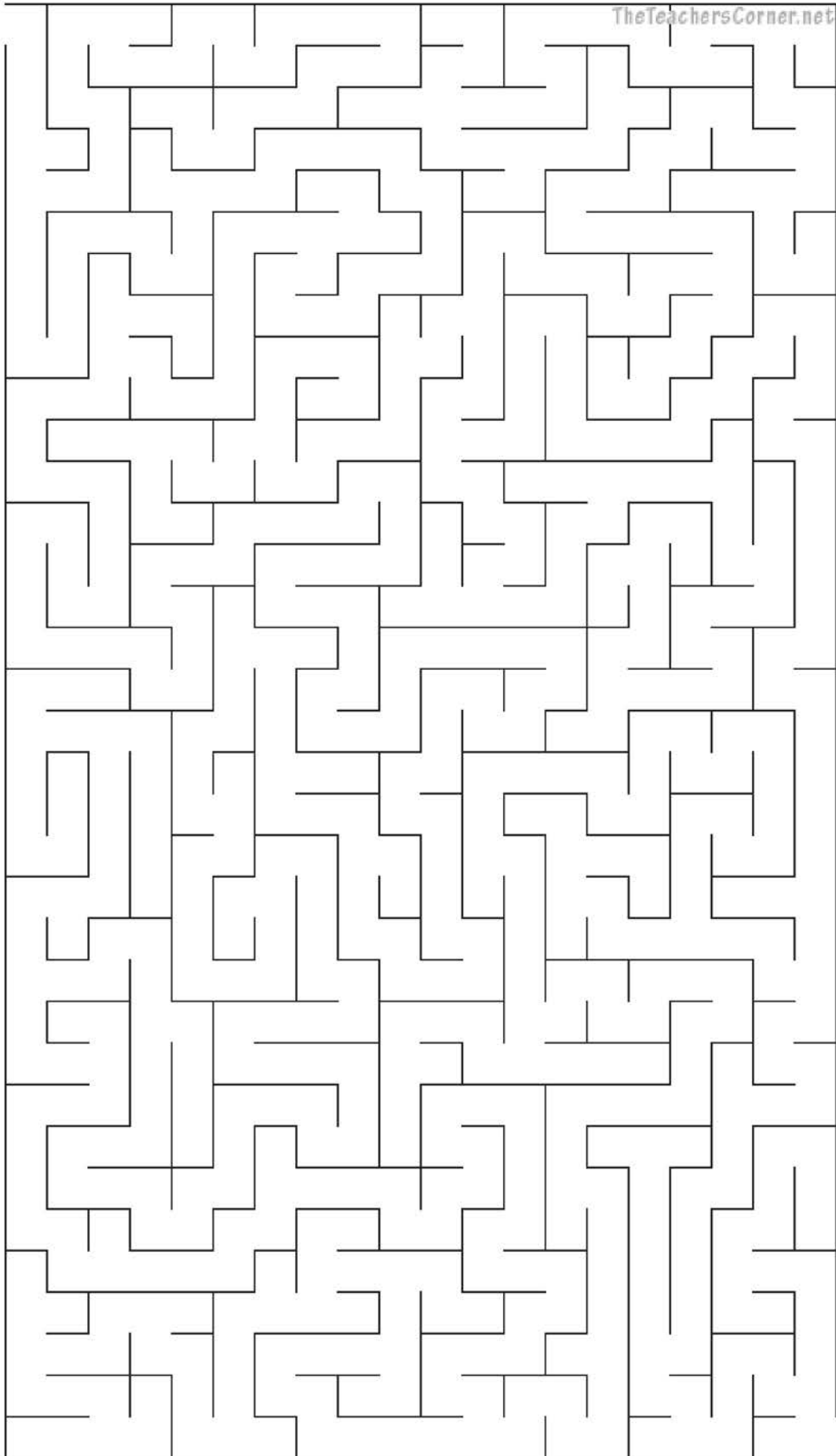
1. I can also be called 2B
4. To make the measure of things
5. For cutting cool shapes
8. Filled with ink

Down

2. What your teacher will have you write in
3. Mid day meal
6. Waxy drawing material
7. Mid morning break



C
R
A
Z
Y



M
A
Z
E
!



C WORD SEARCH

M M U N I T Y

K L F Y M O W N K N F S M A K P E R P D O O F X Q
 X H J G R A N D P A I J T A G N I T S E V R A H N
 U T N M D Y R A T T L E M A K I N G L N R R J J Y
 I D M S J L N K S C C G I M Q E L C P Y Z K L R H
 F P U V F R A Y B K V Y F U N G N A X Q J M T E W
 I W X T E A O N S M S U Y V F U N T S A E F R T I
 S U I Y J U M I G Y N Y E V G N I G N I S B A S S
 H K W K C H R I G U M Z L V Y I I S B L Q F C I R
 I U W P G E R G L N A B V T Z T G P E D U X B S R
 N G L I H T N V O Y I G S J E N J W Q I S L M S R
 G N F T C I U N Y I C K E X I O S O P P I S L L D
 Q E O Q M O D R V M Q Z A R W N Y N W N C P A G Y
 H R W M W E A S A Y P W E M T L W V G E C A G N L
 B L U F T B M U N E B H E J T E P S Y T G V M I K
 N R Y U U Q V G U Y T H H L P R Z J F M E P G K B
 D A T A H I D E T A N N I N G Y I J Y A D J L A L
 B H N H W N P X G Y N Z M A Z L G K V K E J V M Q
 G R U A M D O L M I B B E A D I N G S I M H O T D
 G R A N C O A M I J A W I U A H N U U N O H U E Q
 T E A U T R O O L G N I K A M M U R D G O A B N C
 O K Q N U I A Z H A V K B G A R D E N F F B T L O
 U K E T D Q N A V C S X J P D M V Y P P A H B L S
 G U L K O M R G N L E L P O E P G N U O Y T A I V
 C U Y L Z C A D C O U S I N I E L D E R S G T G R
 C W W H P U A D J F T C K B S T Z Y A U D T K Y H

ELDERS
 HUNTING
 SINGING
 FEAST
 FUN
 GARDEN
 AUNTY
 GRANDPA
 COUSIN
 DRUM MAKING
 DIP NET MAKING

HARVESTING
 FISHING
 DRUMMING
 YOUNG PEOPLE
 HAPPY
 LANGUAGE
 UNCLE
 BROTHER
 BEADING
 RATTLE MAKING
 GILL NET MAKING

FOOD PREP
 CULTURAL GATHERINGS
 TEA
 FAMILY
 SALMON
 SIBLINGS
 GRANDMA
 SISTER
 HIDE TANNING
 RIBBON SKIRT MAKING



You can download First Voices keyboard from the App Store:

FirstVoices
Keyboards

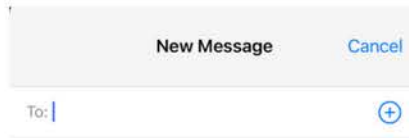
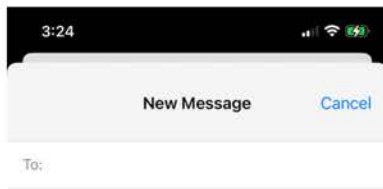
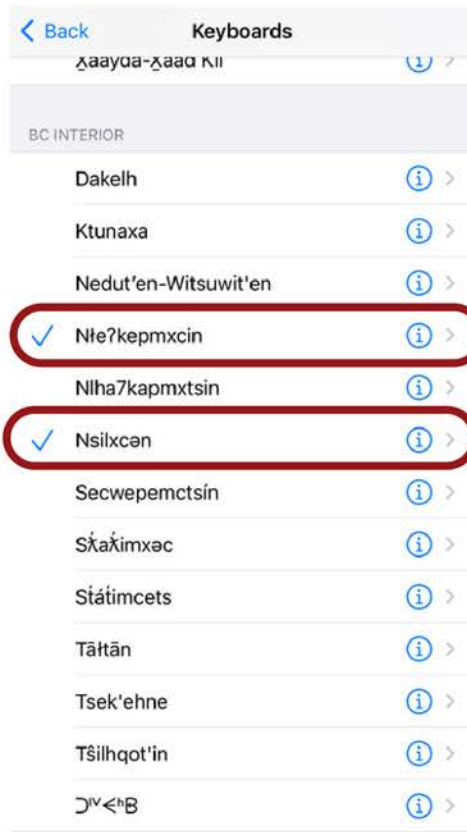
Installation instructions

- 1 Press [here](#) to select your keyboards
- 2 Open the 'Settings' app and go to 'General' > 'Keyboard'
- 3 Press 'Keyboards'
- 4 Press 'Add New Keyboard...'
- 5 Press 'FirstVoices' listed under 'Third Party Keyboards'

To use FirstVoices Keyboards

After completing these steps above, selected FirstVoices keyboards will be available on your iPhone or iPad by pressing the "Globe" button.

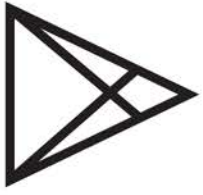
FirstVoices gratefully acknowledges the following



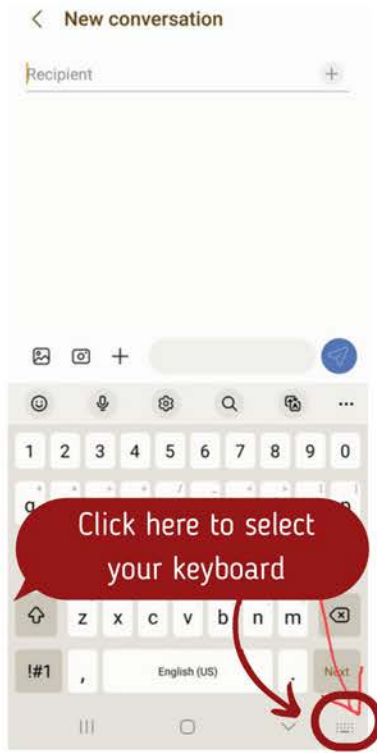
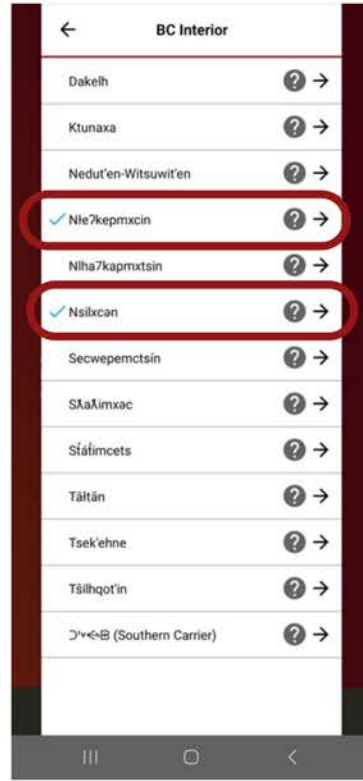
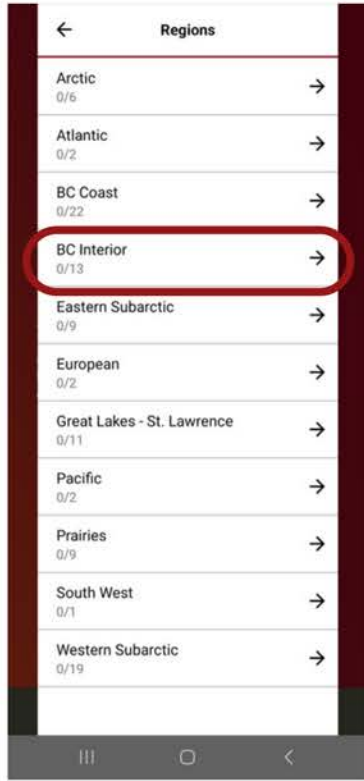
Click on the world symbol to switch between English, nte?kepmxcin and nsyilxen

Click on the world symbol to switch between nte?kepmxcin and nsyilxen

The space bar tells you which keyboard you are using if you have multiple keyboards available.



You can download First Voices from the Google Play App Store:



CREAMY CHICKEN NOODLE SOUP RECIPE

THIS CREAMY CHICKEN NOODLE SOUP LOADED WITH TENDER SHREDDED CHICKEN, PLUMP NOODLES, AND HEALTHY VEGETABLES. IT'S HEARTY, DELICIOUS AND LOVED BY EVERYONE WHO TRIES IT!

AUTHOR: NATASHA OF NATASHASKITCHEN.COM

SERVINGS: 8 SOUP BOWLS

CALORIES: 362

PREP TIME: 10MINUTES MINS

COOK TIME: 50MINUTES MINS

TOTAL TIME: 1HOUR HR

INGREDIENTS

6 CUPS CHICKEN BROTH, W USED LOW SODIUM

5 CUPS WATER

SALT TO TASTE

3-4 CHICKEN THIGHS, SKINLESS (BONE-IN OR BONELESS)

2 TBSP OLIVE OIL

1 MEDIUM ONION, FINELY CHOPPED

3 MEDIUM CARROTS, 2 CARROTS GRATED, 1 CARROT SLICED INTO THIN RINGS OR HALF CIRCLES

2 MEDIUM CELERY STALKS, FINELY CHOPPED OR THINLY SLICED IF YOU PREFER

2 CUPS PASTA SUCH AS ROTINI, EGG NOODLES, OR YOUR FAVORITE KIND

1 CUP CORN, FROM 15 OZ CAN, OR PREFERABLY 1 COOKED COB

4 TBSP UNSALTED BUTTER

1/3 CUP ALL-PURPOSE FLOUR

1/2 CUP HEAVY CREAM

3 TBSP FRESH OR FROZEN DILL

1 TSP MRS. DASH, OR YOUR FAVORITE SALT-FREE SEASONING



INSTRUCTIONS

IN A LARGE SOUP POT, COMBINE 6 CUPS BROTH, 5 CUPS WATER AND 1/2 TBSP SALT. BRING TO A BOIL THEN ADD CHICKEN THIGHS (NO NEED TO TRIM FAT), AND BOIL UNCOVERED 20 MIN. SKIM OFF IMPURITIES THAT RISE TO THE TOP. WHILE CHICKEN IS COOKING, PROCEED WITH STEP 2.

PLACE A LARGE PAN OVER MEDIUM HEAT AND ADD 2 TBSP OLIVE OIL. ADD CHOPPED ONION AND SAUTÉ UNTIL SOFTENED (5 MIN), THEN INCREASE HEAT TO MED/HIGH AND ADD GRATED CARROTS, CHOPPED CELERY AND SAUTÉ 5-7 MIN, STIRRING OFTEN UNTIL SOFT AND GOLDEN THEN TRANSFER TO SOUP POT.

REMOVE CHICKEN THIGHS FROM THE POT AND LET REST UNTIL COOL ENOUGH TO HANDLE, THEN USE FORKS OR HANDS TO SHRED CHICKEN, DISCARDING ANY BONES AND FAT (WHICH SHOULD COME OFF EASILY). RETURN SHREDDED CHICKEN TO THE POT (BY THE TIME IT'S COOLED AND SHREDDED, THIS IS USUALLY AFTER STEP 4).

ADD 2 CUPS PASTA, SLICED CARROTS AND CORN TO THE SOUP POT AND CONTINUE COOKING 15 MIN AT A LOW BOIL UNTIL PASTA IS AT DESIRED SOFTNESS. YOU CAN SKIM OFF ANY EXCESS OIL FROM THE TOP AT THIS POINT IF YOU WANT THE SOUP TO BE A LITTLE LIGHTER.

IN A MEDIUM SAUCE PAN OVER MEDIUM HEAT, MELT 4 TBSP BUTTER, WHISK IN 1/3 CUP FLOUR AND COOK WHISKING CONSTANTLY FOR 1 TO 2 MIN OR UNTIL JUST BARELY TURNING GOLDEN. LADLE 1 CUP OF HOT BROTH FROM THE SOUP POT INTO FLOUR MIXTURE, WHISKING CONTINUALLY UNTIL WELL BLENDED THEN WHISK IN 1/2 CUP HEAVY CREAM AND TRANSFER MIXTURE TO THE SOUP POT, STIRRING UNTIL WELL BLENDED.

SEASON SOUP WITH 1 TSP MRS. DASH (OR YOUR FAVORITE SALT FREE SEASONING) AND MORE SALT TO TASTE IF NEEDED. ADD 3 TBSP DILL THEN RETURN TO A BOIL AND TURN OFF THE HEAT. ENJOY!

[HTTPS://NATASHASKITCHEN.COM/CREAMY-CHICKEN-NOODLE-SOUP-RECIPE/#MORE-45621](https://natashaskitchen.com/creamy-chicken-noodle-soup-recipe/#more-45621)

SLOW COOKER BEEF BARLEY SOUP

SERVES 8 TO 10

PREP TIME: 15 MINUTES

TOTAL TIME: 4 HOURS 15 MINUTES



YOU'LL NEED

- 1-½ TO 2 TABLESPOONS OLIVE OIL
- 2 POUNDS BEEF STEW MEAT, CUT INTO 1-INCH CUBES
- 4 MEDIUM YUKON GOLD POTATOES, DICED INTO 1-INCH PIECES
- 4 MEDIUM CARROTS, DICED INTO ½-INCH PIECES
- 1 SMALL ONION, DICED SMALL
- 3 STALKS CELERY, DICED SMALL
- 6 CLOVES GARLIC, MINCED
- 2 QUARTS BEEF BROTH, DIVIDED
- 1-½ TEASPOONS DRIED THYME
- 1 - 15-OUNCE CAN DICED TOMATOES
- ¾ CUP BARLEY, RINSED
- SALT AND PEPPER, TO TASTE

HOW TO

GENEROUSLY SEASON THE CUBED BEEF WITH SALT AND PEPPER.

HEAT A LARGE SKILLET OVER MEDIUM-HIGH HEAT AND ADD ABOUT HALF OF THE OIL. WORKING IN BATCHES, SEAR BEEF ON ALL SIDES, USING MORE OIL AS NEEDED.

TRANSFER THE SEARED BEEF TO A 6-QUART SLOW COOKER.

RETURN THE SKILLET TO THE HEAT AND ADD 1 CUP OF BEEF BROTH. HEAT TO A BOIL AND SCRAPE ANY BROWNED BITS FROM THE BOTTOM OF THE PAN, THEN ADD TO SLOW COOKER.

ADD THE POTATOES, ONIONS, CARROTS, CELERY, GARLIC, THYME, DICED TOMATOES, BARLEY AND REMAINING BEEF BROTH TO THE SLOW COOKER. STIR TO COMBINE.

COVER AND COOK ON HIGH FOR 4 HOURS.

SEASON WITH SALT AND PEPPER TO TASTE. SERVE GARNISHED WITH FRESH PARSLEY OR THYME.

[HTTPS://TIPHERO.COM/SLOW-COOKER-BEEF-BARLEY-SOUP](https://tiphero.com/slow-cooker-beef-barley-soup)

Elders' Gathering

Aug 14-16, 2023

On August 14-16, 2023 Scw'exmx Child & Family hosted the Elder's Gathering to ensure any of our Elders who were unable to attend the Elder's Conference in Vancouver, BC had a place to gather together to access wellness activities and to enjoy a bit of laughter. Comedian Don Burnstick was a very welcome guest who had many of our Elders giggling throughout the conference. We appreciated all who took the time out of their schedules to gather with us and for sharing your wisdom with us. We look forward to future gatherings of this kind and bringing to light the important topics our Elder's identified throughout the conference.

To show some of the gratitude from our community for our Elders we have included some quotes below when we asked them: **"Are there specific Elder's in your community you would like us to recognize? What would you like to celebrate about them?"**

"CLARENCE OPPENHEIM - OLDEST SURVIVING ELDER ON RESERVE."

**"LARRY ANTOINE, KNOWLEDGE KEEPER, LANGUAGE.
LEONARD ANTOINE, KNOWLEDGE KEEPER, LANGUAGE.
LORRAINE SPENCE, KNOWLEDGE KEEPER, LANGUAGE."**

"DIANA STERLING, SHE'S A WEALTH OF KNOWLEDGE."

"KOWAINTCO & BRIAN MICHEL. ALWAYS THERE FOR THEIR FAMILY TO KEEP THEM TOGETHER."

"BERNICE GARCIA, LANGUAGE CHAMPION."



"BILL VOGHT - COLDWATER - SUPPORTIVE TO HIS FAMILY AND GRANDCHILDREN."

"CAROL HOLMES AND HER DEDICATION WITH THE NICOLA VALLEY VETERANS MONUMENT PROJECT."

"IRENE BOB. (CW)SHE HAS MADE AND GIFTED SO MANY PEOPLE IN OUR VALLEYS WITH BEAUTIFUL CROCHETING OF HATS, SCARVES, MITTS, BROOCHES ETC. HER HEART IS FULL OF LOVE FOR ALL THOSE SHE GIFTS. I AM HONORED TO CALL HER MY FRIEND. SHE IS A VERY SPECIAL LADY."

"NANCY SADDLEMAN, VERY COMMITTED TO TEACHING THE OKANAGAN LANGUAGE."





“MARY JUNE COUTLEE SHE HAS BEEN DOING HER HIDE TANNING AND MAKING MOCCASINS, GLOVES, BEADING A VARIETY OF PINS, BROACHES. SHE IS STILL ACTIVELY PLAYING SOFTBALL IN THE SENIORS LEVEL AND HAS GONE TO HAWAII, UTAH AND NEW MEXICO. WHEN SHE WAS PLAYING WOMEN'S FASTPITCH SHE HAS GONE ACROSS THE WORLD TO PLAY IN THE WORLD MASTERS GAMES.”

“BERNICE GARCIA AND CATHY JAMESON. FOR THEIR WEALTH OF TRADITIONAL KNOWLEDGE AND THEIR WILLINGNESS TO SHARE THAT KNOWLEDGE TO ANYONE WHO WANTS TO LEARN.”

“JACKIE CHILLIHITZIA, I WOULD LIKE CELEBRATE HER KIND AND LOVING HEART AND HER DEDICATION TO THE FAMILY, FRIENDS AND EVEN STRANGERS THAT CROSS HER PATH.”

YES..MY ELDER NELSON STEWART..NELSON HAS BEEN SOBER FOR MANY OF YEARS..HE IS CELEBRATING HIS SOBRIETY FOR 50 YEARS..HE WORK AS A LOGGER FOR MANY YEARS AND HE DID NOT RETIRE UNTIL HIS LATE SEVENTY EARLY EIGHTIES..HE WAS A VERY HARD WORKING MAN AND LOVED HIS JOB...ALSO ELDER SERAPHINE STEWART..SERAPHINE WAS WORKING FOR HEALTH CANADA FOR 7 BANDS IN OUR COMMUNITY AS OUR NURSE..SHE SERVED OVER 3000 THOUSAND BAND MEMBERS WITH ONLY 6 ON STAFF..SHE SAID SHE WENT TO VISIT THE ELDERS IN ALL THE COMMUNITIES.. SERA WAS A VERY HARD WORKING WOMAN..DID HER JOB WELL..

SCOTTY HOLMES FOR HIS PASSION REMIND US OF OUR TITLE AND RIGHTS, HIS INTEREST IN ALWAYS LEARNING MORE ABOUT JURISDICTION, HIS DEDICATION TO SUPPORT LEADERS AND THOSE LEARNING TO BE LEADERS, AND HIS COMMITMENT TO FN COMMUNITIES WORKING TOGETHER IN A RESPECTFUL MANNER. NANCY SADDLEMAN FOR HER COMMITMENT TO PROMOTE AND SUPPORT NSYLXCEN SPEAKERS AND LEARNERS OF ALL AGES (WHICH INCLUDES NANCY ON HER JOURNEY TO BECOME MORE FLUENT), HER CONTRIBUTIONS TO NSYLXCEN THROUGHOUT SYILX TERRITORY, AND ENERGY AND DRIVE TO SUPPORT SYILX LANGUAGE AND CULTURE. NETTIE STEWART ERNST FOR HER COMMITMENT TO OUR RELATIONS, TO BUILD A HEALTHY COMMUNITY, AND TO SUPPORT FAMILIES IN A GENTLE AND RESPECTFUL MANNER WHEN THE FAMILIES ARE EXPERIENCING CHALLENGES.



"We are grateful our path is woven by our ancestors, through the stories and wisdom of our Elders and guidance of our communities. Healing does not exist in isolation nor silos; it is imperative we draw together in these precarious times as our journey unfolds together with Community."

Lisa Post | Executive Director

We are all somebody's seventh generation.





Scw'exmx Child & Family Services Society

Mission

We are all somebody's 7th generation. We are committed to work with our communities and Relations to create necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.

Vision

Work collectively to exercise ne?kepmx and syilx inherent rights as we empower children, young people and families.

Strategic Directions



Guiding Values

LOVE: Supporting families by loving and nurturing our children

ACCOUNTABILITY: We are honest and ethical in all our interactions

RESPECT: We role-model respect and actively engage in solution oriented dialogue

CULTURE & LANGUAGE: We practice our cultural teachings and identity

RESPONSIBILITY: We look out seven generations, doing the right things for the right reasons

HOLISTIC: We utilize community driven and strength-based approach

ADVOCACY: We advocate for community rights and responsibilities with culturally grounded prevention supports

We are all somebody's 7th generation



Children's Help Line for Children and Youth
If you don't feel safe, as a young person you can call this number 24
hours a day.

310-1234



**Child Wellness Concern
After Hours?
Call 1-800-663-9122**



Scw'exmx Child & Family Services Society

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

Downtown Address: 1988 Quilchena Ave. | Merritt, BC

Mailing Address: 1750 Lindley Creek Rd | Merritt, BC | V1K 0A3

Language & Culture Address: 183 Nawishaskin Lane | Lower Nicola, BC V1K 0A7

Quilchena Address: Unit #2 - 3512 Highway 5A, Quilchena, BC V0E 2R0

Telephone: 250-378-2771

Website: www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities

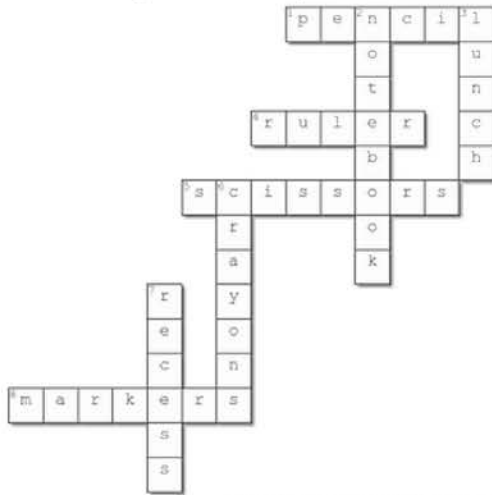


Healthy Families

Name: _____

Back To School

Complete the crossword puzzle below



Created using the Crossword Maker at TheTeachersCorner.net

Across

1. I can also be called 2B (pencil)
4. To make the measure of things (ruler)
5. For cutting cool shapes (scissors)
8. Filled with ink (markers)

Down

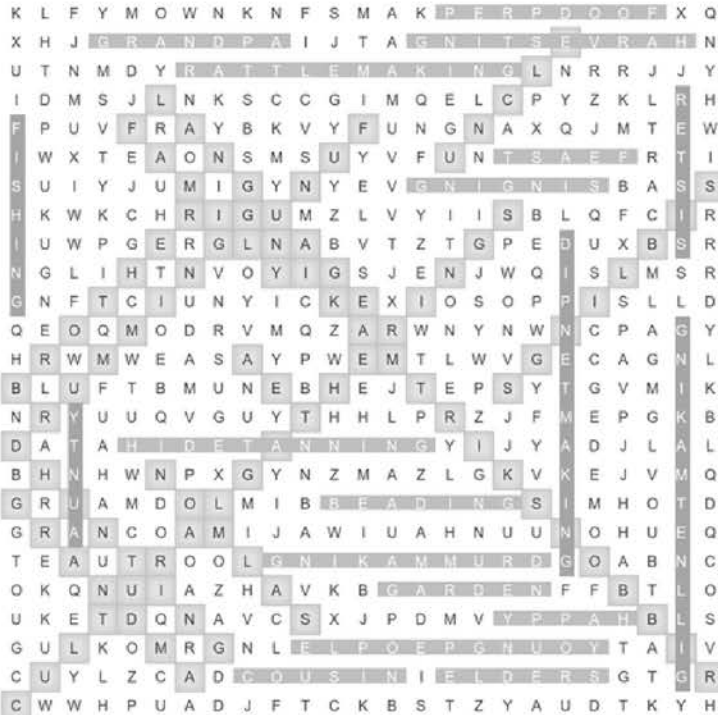
2. What your teacher will have you write in (notebook)
3. Mid day meal (lunch)
6. Waxy drawing material (crayons)
7. Mid morning break (recess)

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Community Word Search

Find all the words from the list below



- | | | |
|----------------|-----------------|---------------------|
| ELDERS | HARVESTING | FOOD PREP |
| HUNTING | FISHING | CULTURAL GATHERINGS |
| SINGING | DRUMMING | TEA |
| FEAST | YOUNG PEOPLE | FAMILY |
| FUN | HAPPY | SALMON |
| GARDEN | LANGUAGE | SIBLINGS |
| AUNTY | UNCLE | GRANDMA |
| GRANDPA | BROTHER | SISTER |
| COUSIN | BEADING | HIDE TANNING |
| DRUM MAKING | RATTLE MAKING | RIBBON SKIRT MAKING |
| DIP NET MAKING | GILL NET MAKING | |

