



February 2025 NEWSLETTER



IN THIS ISSUE

You will discover updates from our January activities, tips for our teen drivers, funding opportunities and more!



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?képmx and syilx inherent rights as we empower children, young people and families.

tekm míns | tá k'wúl'əm - Our 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 toward 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 to bring traditional knowledge, guidance and practices of the nte?képmx and syilx people 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 generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nte?képmx and syilx ancestors have anticipated this change and passed on their wisdom 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, young people, families and communities will remain together and rekindle their cultural ways of being.

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SCFSS STRATEGIC DIRECTIONS

CULTURE OF CARING

- Communicate with one voice
- Integrate language and traditional teachings into programs and services
- Grow caregiver networks in alignment with traditional and community values
- Incorporate learning from Elders and Knowledge Keepers
- Return rights and responsibilities to our people through the development and implementation of Governance and Laws



PROTECTION TO PREVENTION

- Bring and keep our children home
- Align programs and services with our vision
- Shift our focus from fear to love
- Build community engagement and capacity
- Build trusting relationships

GROWING OUR PEOPLE

- Engage community expertise to support our vision
- Retain those committed to our vision
- Adopt, embrace, and implement cultural practice frameworks
- Acknowledge Post-traumatic Growth (PTG)
- Build professional capacity

INFRASTRUCTURE ALIGNMENT

- Realign budgets to shift from protection to prevention
- Improve Information Technology support in current and post COVID-19 environment
- Structure change management to achieve our collaborative vision
- Improve prompt management reporting
- Integrate programs and services to build community capacity





CULTURE & LANGUAGE TEAM UPDATES - JANUARY

Coyote Brotherhood Men's Group Family Ice Fishing - Jan 25, 2025

The Coyote Brotherhood men's group, in collaboration with CNA and LNIB, recently held their first annual Family Ice Fishing event at CNA's new resort at 8050 Surrey Sussex Lake Rd. This cultural gathering brought together 73 participants, including children, youth, parents, and Elders, for a day filled with togetherness, sharing of stories, laughter, teachings, cultural knowledge, and fun.

The primary goals of this event were to foster a sense of togetherness and community among participants, allowing them to share stories, laughter, and cultural teachings. By bringing families and communities together, the event aimed to strengthen bonds and promote the sharing of Indigenous cultural knowledge.

One of the key teachings shared during the event was the tradition of ice fishing. This activity, passed down through generations, provided an opportunity for families, youth, and children to come together and learn about their cultural heritage. The event emphasized the importance of passing on these teachings to future generations, ensuring that traditional family values are preserved.

The event highlighted the importance of community cultural events in engaging families, youth, children, and Elders. Whether through activities on the land or through traditional values and storytelling, these programs are highly beneficial. They allow for the passing on of traditional stories, values, and beliefs, fostering a deeper connection to cultural heritage.

Our winners are as follows for 1st adult category prize went to Clayton Glasgow who caught 4 fish, with the longest being 15 ¼" - he won the smoker and vacuum sealer sponsored prize from CNA. 2nd adult category prize went to James Blankenship with 2 fish caught and the longest being 14 1/8" won the Kunnan Rod and Reel from Ponderosa Sports. Kids category 1st prize went to Lucas Munro who caught a 14 ¾" fish. Kids category 2nd prize went to Mahonri Peterson who caught a 14 ¼" fish.



Elders played a significant role in the event, sharing their stories of ice fishing and other cultural practices. Their presence allowed for meaningful connections and the passing on of wisdom to younger generations. The event was about much more than just the joy of ice fishing; it was an opportunity for visiting, connection, and cultural exchange.

"I want to thank CNA for allowing us to use their new beautiful resort at Surrey Sussex Lake for Family Ice Fishing, the support was outstanding. To see the happy faces and kids playing around made a meaningful event that instilled an assurance that SCFSS services for the mens group and their families are essential." Jason Ermineskin SCFSS Mens Group Coordinator

For those interested in participating in future events, registration can be found on our calendar at scwexmx.com. Recognizing that not everyone in the community may be comfortable with technology, the organizers welcome those who need assistance to call the office for support with registration.

This Family Ice Fishing event was a resounding success, bringing together community members to celebrate and preserve their cultural heritage. The organizers look forward to hosting more events that engage families and promote the sharing of traditional values and stories.



Jason Ermineskin, Men's Group Coordinator



Dan Jager, Traditional Counsellor

CULTURE & LANGUAGE TEAM UPDATES - JANUARY

Feel the Beat - Jan-21-2025

On January 21, 2025, we held the "Feel the Beat" event at KLC, focusing on regalia making. We had a great turnout, with many people attending. Young ladies worked on their dresses, while mothers crafted outfits for their sons. Once the outfits were completed, the children were overjoyed, their faces lighting up with the biggest smiles. Two small dresses were made for two of our relations, who were thrilled when they put them on. The youngest even started dancing in her spot.

One of the core values we hope this program instills is that with a willingness to learn, you can achieve anything you set your mind to.

In the future, we think it would be wonderful to teach the dances that accompany the regalia being made. We also aim to expand on the protocols and teachings surrounding our regalia, including how to care for it after it is made or used.

We hope to hold a dance or pow wow one day in the future so everyone can showcase all their learnings.



Shannon Boyce, Culture Coordinator



snkýép et xaʔx tk sptékʷt

Coyote and Transformer

by cǎimencút (Jimmy Toodlican)



nskʷést cǎimncút cəsʔéyʔ tək síłqʔt xʷúy sptékʷtɪm le snkýép et xaʔx nke

My name is cǎimncút. Today I am going to tell the story of the Coyote and .. I guess the Transformer.

ʔax nke teʔa ʔ Snkýép ʔuʔ te ʔqəmciɪn. nke teʔe ks sqeʔníméniis eks sxʷuy ʔʔéks e xʷaýetmus he tmixʷ. ʔa məʔ he sxʷuy's xʷoxʷtəm k spiłaxtc he seytknmx eks stem he teks xʷesitste te ʔthen. ʔe məʔ he sqʷciyx tu c'íʔ tuʔ he ʔqəmciɪn tuʔ he Nqáwmn ʔa məʔ he ʔes piłaxes he seytkmx

Coyote was wandering around in Lytton I guess and ... somebody said that the Transformer was coming. So the Coyote wanted to warn the people so he left from there and he went to Nicomen. He got to Nicomen and he told the people there that the Transformer was coming

cuns he seytknmx "təʔteʔe sxʷuy's xʷesitəp tə wh'en'en tk spiʔxəwt! xʷuy xeʔe ʔʔek xəyetmus he tmixʷ; xʷuy kʷ neʔe ʔiłiyt!" ʔes sqiʔstiyxs he Snkýép et skéqetiyyxs ʔeʔ skéqetiyyxs ʔeʔ, miʔxícetiyyxs e ʔem ʔxʷáps ʔ snkýép. ʔmeʔ nke nkiʔkeʔtm xeʔe he Snk'y'ep ʔ he neʔe ne kʷisətkʷu nə he Nqáwmn. nə heʔ ʔəqʷetwáxʷs xəʔe peʔ he xəyetmus he tmixʷ. nke teʔe kənmus nke ʔxʷums he Snk'y'ep. ʔe meʔ xeʔe he tu ciys ʔxʷups ʔe meʔ he kices tuʔ he nʔqəmciɪn. neʔe ʔes moqʷes he seytknmx ʔe xe cuns "xeʔe teʔe tk spiʔxəwt eks tems təʔe ks xʷesitʔəp te then!. xʷuy he ʔʔek ʔ xəyetmus he tmixʷ ʔəks xəyetmis pol he xʷesitʔəp teʔe th'en!" ʔməʔ xeʔe e qiʔstiyxs xeʔe ʔ e Snk'y'ep.

He told the people [when Coyote arrived Nicomen], "don't you go traveling anywhere tomorrow [up to the mountains where you usually go] because the Transformer is coming and is going to change the land. You have to keep still!" The people laughed at him, they clubbed him, kicked him and Coyote ran away. The Transformer caught him at up at the waterfalls at Nicomen. There they fought and somehow Coyote won. From there, Coyote went to Spences Bridge and he gathered the people there and he told them, "Tomorrow, don't go anywhere as the Transformer is coming and he will change you if you travel anywhere!" The people laughed at Coyote.

qiʔstiyxs xeʔe ʔeʔ sqəpəqetiyyxs xeʔe ʔəʔ sqəpəqetiyyxs xeʔe. ʔemeʔ xeʔe qʷciyx Snk'y'ep tu kícx tə nʔ sxéxíx. ʔes móqʷes e séytknmx ʔes cuns "təʔteʔe sxʷuy' ʔʔəks xəyetmus he tmixʷ, təʔteʔe w'h'en' xʷuy' k sxʷesitəp ʔe xʷəyetmis pol!" ʔe meʔ he ʔes qiʔstiyxs həʔe sqəpəqetiyyxs həʔe qiʔxʷetiyyxs həʔe. cu cu teʔe tə tuʔ he xʷoxʷtəmnuxʷ tek m te sʔaʔxans təʔe heʔwiʔ. he tuʔ cuntip təʔe tə peʔqəzeʔtiptp həʔe. ʔa məʔ həʔe sqəpəqetiyyxs ʔa meʔ ʔxʷups hə Snk'y'ep. ʔa meʔ he qʷciyx tu hə tuʔ Sqʷəyskəne. ʔa meʔ he qʷciyx tu hə tuʔ nə Sqʷəyskəne. nəʔe ʔes skic ʔes cuns he seytknmx "xʷuy' ʔʔek xəyetmus wuʔ he tmixʷtəʔ. teʔe wh'en' xʷuy' k sxʷesitʔəp! xʷuy' kʷ neʔe ʔiłiyt!" ʔəʔ xəyms teʔe neʔe te e seytknmx, qalilmtiyyxs he Snk'y'ep ʔ squpəqetiyyxs xeʔe. ʔiʔ ʔuʔ teʔe ʔes qʷciyx ʔiʔ kic neʔe n Swəlus.

They laughed, clubbed and hit him. Coyote left from that area and he arrived at Shackan. He gathered the people there and he told them the Transformer was coming. "Do not travel anywhere or he will change you!" The people laughed at him, they hit him, kicked him and chased him away. The people told him "all you want is all the food for yourself this is why you tell this lie!" and they clubbed him. So Coyote ran away and he arrived at qʷayskəné [Canford] When he got there he told the people, "The Transformer is coming, Don't go travelling anywhere. You have to keep still!" The people treated him the same here too and they got mad at Coyote. They clubbed him, he left from there and arrived at Shulus.





ʔeməl e spiləxc he seytknmx təʔteʔe wh'en' sxʷuy' k snesʔep təʔe tk spiʔxawt. xʷuy' λʔek ɣəyetmus he tmixʷ. λiλiytip kt xʷuy'. ʔə meł xeʔe qalilmtiyxs Sn'ky'ep † squpgetiyxs heʔe squpgetiyxs. ʔə meł he †xʷups Snk'y'ep. enke ʔə meł nke ʔes nesc wuł te h'en'us he cətxʷewt píləxc e séytknmx. ʔə meł xeʔe ʔəs temns teʔe ks noxʷentiyyxs he seytknmx he nə Swəlus. nə piʔxawt meł xeʔe ʔes ɣəłɣəłms. mus te e smułmułec ʔes nes xʷuy' qəʔqeyqiyew'm nke. xəʔe he meł xəʔe sqayqiyx ʔəl ɣaym ʔəl tu teʔe ɣəłmus xe xʷuy' q'eq'eq'iym. nə kicetm meł he † ɣəyetmus nə tmixʷ. ʔə meł he ɣəyetm neʔe. cʔəył he nə tə wikxʷ cʔəył nə Swəlus he Sxənɣenx ʔəx netiyxs tk ciʔciʔeq's. Aye, c'e xəʔe † sptekʷɪcs.

He informed the people "Don't you go out tomorrow, the Transformer is coming, You have to keep still!" The people got mad at Coyote, they clubbed and clubbed him, and Coyote ran away. I guess he told went to 'Okanogan' somewhere and he informed the people there. The people didn't believe him at Shulus. The next day about four women went up the mountain to pick berries. The men, too, went up to hunt despite Coyote's warnings. The Transformer came and changed the women [on one side picking berries] and their men [hunting on the other side] were changed into the rocks formations called čičiyéyáqs and today we can still see them at Shulus to remind us of what happened.



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<https://www.firstvoices.com/nlekepmxcin/stories/e214dc2e-a867-4a01-a784-162a35357458>

ACKNOWLEDGEMENTS

- Lower Nicola Band School

NOTES

- What's the moral? .. I guess if you listen to people, and you know they tell you something they tell you something and you listen to them] and nothing will happen to you.



COMMUNITY PREVENTION TEAM UPDATES - JANUARY

Coldwater Resource Dinner and Bear Dancers - January 23, 2025

On January 23rd, the Coldwater Community hosted a Resource Dinner, bringing together nine local agencies to share valuable information about the resources they offer. After enjoying dinner and engaging with the resource tables, the community was honored to welcome the St'at'imc Bear Dancers. The group performed a powerful Bear Dance Ceremony, enriching the evening with their cultural tradition and fostering a deep connection with the community.

The event saw 76 participants sign in, along with 25 workers from the nine different agencies: BC First Nations Justice Council, Indigenous Policing, Interior Health, First Nations Health Authority, Conayt Friendship Society, Nlaka'pamux Health Services, Scw'exmx Child and Family Services, Scw'exmx Community Health Services, and Journeys into Tomorrow Transition House. Each agency set up a booth to offer resources to the community members in attendance.

Each organization shared various prevention resources aimed at raising awareness about harm reduction and where the community can find prevention supports. These resources included information on mental health services, substance use prevention programs, family support services, and health care access. By providing these resources, the agencies aimed to empower community members with the knowledge and tools needed to prevent harm and promote overall well-being. During the Bear Dance Ceremony, six Bears and five singers/drummers participated. The Bears provided brushing off for anyone needing or wanting it during the dance ceremony. This practice contributes to a holistic approach to harm reduction rooted in cultural values, emphasizing emotional, spiritual, and community well-being. The ceremony offered the Coldwater community a sense of unity, connection, and healing through this meaningful tradition.



 *Jalissa Weymouth, Community Prevention Worker*

 *Harmony Williams, Community Prevention Worker*



COMMUNITY PREVENTION TEAM UPDATES - JANUARY



Upper Nicola Girls Group – Jan 20&27, 2025

The Upper Nicola Girls group attended two cooking classes with Culinary Art Instructor Chef Kim at NVIT on January 20th and 27th. During the first session, they made their own pizza and cookies. In the second session, they baked a chocolate cake from scratch and learned how to professionally decorate it. The girls also enjoyed pretending to have their own cooking show competition. These classes provided great opportunities for learning basic cooking skills, such as using kitchen measuring utensils, following recipes, and measuring ingredients. Five girls attended the two sessions. We look forward to the ongoing success of the girls' group and hope it continues to be a safe space for them to explore new activities and learn more about each other and themselves.



Willa Ermineskin, Community Prevention Worker

January 23rd: Harper Mountain Tubing

The Shackan Community Wellness team organized a delightful day of tubing at Harper Mountain for community members. SCFSS Community Prevention Worker, Satara, provided transportation, ensuring everyone had a smooth ride to and from the mountain, with a car full of happy faces. "It was wonderful to see people of all ages, from the youth to the Elders, enjoying the outdoors and breathing in the fresh mountain air!"

January 16th & 30th: Ice Fishing at Marquart Lake

We spent two separate days ice fishing at Marquart Lake! While the fish weren't biting, everyone still had a blast fishing, sledding, and warming up by the bonfire. With rosy cheeks and smiles all around, it was a day full of fun and great memories. During ice fishing, I learned to have more patience when it comes to things. Fishing is called fishing for a reason; and not catching. You have to know the right time of day when the fish are biting, and what they are feeding on. And if you aren't catching anything, still be present and enjoy the time on the land! Being out in the fresh air and hearing the kids laughing and having fun while they were sledding was great.

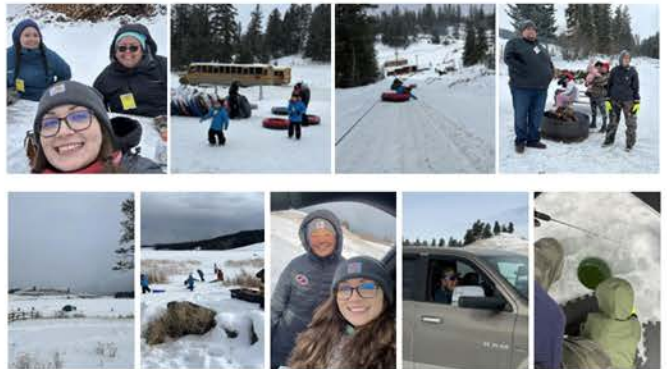
Haylee Genaille, Shackan Band Rep said, "In January we had our Harper Mountain tubing trip. It was a blast seeing all the kids running around together and enjoying tubing. Adrienne has also been putting together some pretty amazing workshops such as loom beading, ice fishing, and storytelling. We look forward to continuing the culture workshops in the coming months."

Adrienne Johnny, Shackan Health Navigator said, "In January we were busy with our Cultural Grant, testing out new times for programming and new adventures. Some of the highlights for the month - Ice fishing at Marquart Lake was well received! Staff and members had fun in the snow, as the snow was deep for our littles to walk through, but good fun! Kids enjoyed sledding on the small hills surrounding the lake, and adults had fun fishing even though no fish were caught."

Participation:

- Harper Mountain event: Over 25 relations and Shackan staff in attendance.
- Ice fishing: Both times, there were roughly 20 relations and staff in attendance.

Shackan Elder, Maynard Joe, attended the ice fishing event on January 30th and stated, "It's nice to see our people out here having fun on the ice."



Satara Twan, Community Prevention Worker



SCF Orientation – Guest attendee Carol Holmes

waꝑ

For the first time, I participated with the SCFSS Orientation (Jan. 29) as a witness and as a representative of the kʷu stəmtímaʔ. Remarkable occurrences at the orientation:

·Introduction of the Nlaka'pamux and Syilx using the Nlaka'pamux Framework of Practice (nam ʔes zúminstm) and the captíkʷ Ethic Agreement (SCFSS & UNB Protocol Agreement)

·SCFSS new staff orientation is an in-depth, thought-out and detailed process. SCFSS provided a week of orientation which included an introduction to the people and territory, basic hands-on activities, and HR and other policy information.

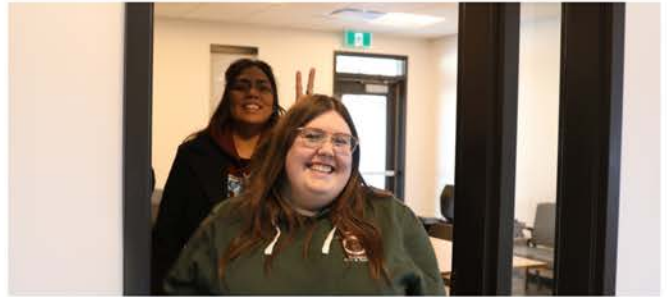
·The new staff are provided with opportunities to meet with, play with, and dialogue with members of SCFSS staff, members of the five Nicola Valley bands, and other service organizations.

As we, the community SCFSS represents, work to create an environment that supports the best interests of families and the inclusion of Nlákápmux, Syilx, and other Indigenous knowledge, it is important that we continue to teach, learn, and live our ways and to include others on the journey.

It was a pleasure to meet the new staff and to participate with their orientation. Together, we can all create an environment where our Relations (children and families) can thrive, strive, and contribute.

limtmn yaʕt aʔ nxʷəlxʷaltaŋ, I am thankful for all that gives us life.

Carol Holmes,
Kʷu stəmtímaʔ Chairperson





We are excited to welcome our new staff members: Robin Boyer as Youth Outreach Worker, Ryan Mock as IT Technician (Tier 2), Candice Dolman as Youth Transition Coordinator, and Kailee Tesan as Agency Navigator.

For our orientation, we organized a community tour starting with a visit to the Coldwater Band. At the band office, we met Cynthia, Dale, Ron, and Vivian. We then visited the Community Health office, where Lucy from Scw'exmx Community Health gave us a tour of their beautiful new building, which hosts numerous youth and women's group activities. Our tour continued to Upper Nicola, where we visited K̓wu stəmtíma? and met Nadine, Kim, Judy, and Tiffany.

One of the key benefits of our orientation week is the deep connection it fosters within our team and the understanding it provides of our organization's core and guiding principles. Elders are involved in many parts of our orientation, offering their wisdom and guidance to our teams as they interact with our communities. During our community visits, Elder Casey Holmes asked the workers about their biggest challenges. This allowed our team to hear directly from the community workers' perspectives, which was very impactful. Casey reminded us of the importance of visiting our communities and meeting with the workers to truly understand their challenges and how we can help. Our orientation is well received by new staff and visitors alike. We welcome community members and partners to participate in our orientation. Our new team members appreciated the cultural focus of the week and the comprehensive overview of the various aspects of SCFSS. Everyone found it to be a very enriching experience.

We had four other team members join us on our community tour: Stephanie, our Community Planner; Willa and Harmony, our Community Prevention Workers; Robin, our Communications Coordinator; and Casey Holmes, one of our resident Elders.

Casey shared a poignant story with us: "If we go out on the land and say, 'I love you, land,' what if the land said back, 'I love you too!' If we heard that, we would be shocked and would treat the land with much more care. We treat our loved ones really well, so it's important that we view the land as one of our loved ones we need to care for." Casey reminded us of the importance of protecting precious lives and supporting mothers, so they feel good physically, mentally, emotionally, and spiritually. Everything a mother experiences, the baby also experiences. When thinking about prevention, he challenged the team to consider support for expecting mothers. What can we do to ensure they are taken care of in the most holistic way? To help new and expecting mothers and encourage family support, we can provide various support services and teach young men to be caring and helpful partners.

We look forward to working with our new team members and are excited about all the ways they will contribute to our community. Their diverse skills and fresh perspectives will undoubtedly enhance our efforts and help us achieve our goals together.



Robin Peterson, Communications Coordinator



JURISDICTION JOURNEYS



Welcome to our new newsletter section focused on supporting our communities on their unique jurisdiction journeys with news of legislative changes regarding Indigenous Child and Family Services, along with information and showcases of Indigenous Legal Traditions and work on upholding Inherent Jurisdiction. "Jurisdiction is not something that you sign, it is something that you do. You don't have to wait to sign something to exercise jurisdiction in some of the most important ways for children" - Cindy Blackstock
This month's focus is:

Anniversary of The Supreme Court's Feb 9, 2024 Ruling Related to Child and Family Services

WHAT IS THIS DECISION ABOUT?

One year ago, on February 9th, 2024 the Supreme Court of Canada issued a decision upholding the act commonly referred to as Bill C-92 (An Act Respecting First Nations, Inuit and Metis Children, Youth and Families) as constitutionally valid as a whole.

This is a result of the Quebec Government's challenge of the act, which was debated at the Quebec Court of Appeal, and then brought in front of the supreme court.

WHAT IS BILL C-92?

Until recently, general child and family services laws were only able to be passed by provinces, while the Parliament of Canada made child and family services laws for "status Indians" under the Indian Act. This changed when An Act Respecting First Nations, Inuit and Métis Children, Youth and Families (Bill C-92) came into force January 2020.



The Act recognizes Indigenous Peoples' jurisdiction over child and family services, as part of inherent and Aboriginal right to self-governance. It 1) establishes national standards all child and family service providers need to abide by when working with Indigenous families, and 2) sets out a framework for nations to develop their own family law.

Shortly after the Act was passed, the Quebec government launched a constitutional challenge to its validity. In 2022, the Quebec Court of Appeal found the Act to be mostly valid and in February 2024, the Supreme Court of Canada declared it constitutional in its entirety.

DOES THIS DECISION CHANGE ANYTHING?

No, in that this decision upholds the already established act. By upholding the Act, the Supreme Court's opinion supports Indigenous self-governance over child and family services and reaffirms the ability for Indigenous laws to override conflicting provincial laws. This eliminates any uncertainty that came from the Quebec Court of Appeal.

“ We have always had our own laws and we have always had the right to care for our own families in our own ways. We never gave that up and Canadian laws can never change that. What the Act did was to provide space to focus on how we breathe life into those laws. Today's decision from the Supreme Court holds that space open and we will carry on with our work. -Mary Teegee-Gray, Chair of the Our Children Our Way Society

“ This decision ends the colonial era of Canada and the provinces controlling Indigenous child welfare. Our inherent right to protect our children and to hold them within their families and communities is reaffirmed. -Grand Chief Stewart Phillip of the Union of BC Indian Chiefs.



DOES THIS AFFECT SCFSS AND MY COMMUNITY?

For communities working to develop child and family laws, this decision reduced any uncertainty or barriers. This can support us in standing up for the rights of our communities and families.

SCFSS continues to work under the Bill C-92 national standards and the guidance of our five member communities. We walk alongside our communities on their jurisdiction journeys and support them in their decision making for their families.

SCFSS continues to advocate alongside our communities for systemic changes in the delegated authority structure and other mechanisms imposed by the provincial and federal government. Instead we uphold **spíləxm and captikʷł governance systems, laws and practices.**

WHAT ARE SPÍLƏXM AND CAPTIKʷŁ?

spíləxm and captikʷł are nteʔképmx and syilx oral stories. Indigenous laws are recorded in oral histories, oral narratives, ceremonies, songs, dances, practices and other expressions.

“spíləxm and captixʷl are binding ethics laid down by the land itself, form the Constitution of Nationhood, that provides the governance systems, laws, and practices in the sovereign territories, “as the Rule of Law”. The “Knowledge Keepers and Rightsholders” provide the direction and decision-making to ensure that the right actions are required as their responsibility to the worldviews of spíləxm and captikʷł “Inherent Rights”.

These ethos[standards] are shown in our cultural ways in ceremonial acts, in public rituals, in our nteʔképmxcin and nsyilxcən interpretations, which connects us to the whole of the Sovereign traditional territories. These oral story ethics[law] are the cornerstone for achieving “equity maxims” [equality] on government-to-government relationship.

-Scotty Holmes, Upper Nicola Elder

WHERE CAN I FIND OUT MORE?

Supreme Court Ruling:

- <https://decisions.scc-csc.ca/scc-csc/scc-csc/en/item/20264/index.do>

Information Sheet

- <https://fncaringsociety.com/sites/default/files/2025-01/6%20Supreme%20Court%20C-92%20reference.pdf>

Press release from Indigenous Child and Family Services Directors and First Nations Leadership Council:

- <https://ourchildrenourway.ca/the-supreme-court-of-canada-upholds-the-act-respecting-first-nations-inuit-and-metis-children-youth-and-families/>

More information on Bill C-92:

- <https://yellowheadinstitute.org/bill-c-92-analysis/>
- <https://www.ualberta.ca/wahkohtowin/library.html?1=BillC-92>





January Women's Group - Jan-20-2025

For January, our focus was on Women's Health. We had a guest speaker, Dr. Sheanna James (Chiropractor), who talked with us about Women's Health, identifying our individual health needs, and the importance of these needs through different ages and stages, including perimenopause and menopause. It was really great to hear from a health provider's perspective on the important issue of recognizing our health cues. Participants had the opportunity to ask questions and have short private one-on-one sessions to discuss their concerns.

Participants have asked to have someone come in to talk about menopause, perimenopause, and women's health. Dr. Sheanna was very mindful to learn about our area and acknowledged that she came to our territory with good intentions.

We look forward to having Dr. Sheanna back! Some of the key benefits included having a safe space to ask questions regarding women's health, understanding the commonality of women around the world and their different practices beyond Western medicine. Sometimes we get stuck seeing wellness only from a Western medicine perspective, but different methods may support our health in a more holistic way. We had 38 women in attendance, from young women to elders from all our communities. Some of the elders were a bit surprised by the topic, but after a while, they shared that they didn't grow up talking about their health and that it's important for us to have a safe space to do so.



Allyson Sterling, Relationship Navigator





SCFSS Meal Prep Program - Weekly on Wednesdays

The ongoing cooking class at NVIT, led by Chef Kim, has seen enthusiastic participation from the youth in preparing a variety of dishes this new year. So far, they have crafted a three-course meal, enjoyed breakfast wraps and quiche, and made homemade perogies. Throughout these sessions, participants are honing essential kitchen skills, including knife techniques, deep frying, and proper use of the dishwasher, among other culinary competencies. The primary aim of the program is to provide the community, especially elders, with access to precooked meals while empowering the youth to contribute positively to their community by distributing the food they prepare.



CLC Lunch and Learn - Weekly on Thursdays

The weekly CLC Lunch and Learn program has recently featured a variety of engaging and educational updates. The culture team joined to support attendees in making ribbon skirts and shirts, fostering cultural expression and connection. Additionally, representatives from AskWellness and the Telus mobile clinic provided valuable insights on harm reduction practices, including a session on how to administer naloxone. Students were also invited by Interior Community Services to visit their Teen Center, offering further community engagement opportunities.

This week, the program will feature a presentation from the Indigenous policing team, focusing on internet safety and the legal ramifications of cyberbullying, aiming to equip students with important knowledge to navigate the digital landscape responsibly.



Shay Lee Jack, Youth Transition Program Coordinator



For parents of teen drivers

Having a teen who's learning to drive can be an exciting and stressful time. It's that balance of giving them some independence, keeping them safe, and having the confidence to lend them your car in the process.

Here's some helpful info to support you and your teen through the steps of graduated licensing.

Graduated licensing Professional driver training Training your teen Keeping your teen safe on the road Insuring your teen Parental consent
Graduated licensing program

The graduated licensing program is a phased approach to learning. It allows your teen to adjust to driving in a safer, more gradual way, so they're better prepared for what they might face on the road.

As a parent, you can help your teen through the program by encouraging them to use our study guides. We also have resources that provide sample driving sessions to help you cover off key driving skills with your teen.

- Visit the new drivers section for more information about [graduated licensing](#).
- If you're the parent of a motorcyclist, please see [motorcycles](#).

Resources to help you and your teen

We have online driving guides and quizzes available for your teen to help them study for their tests.

The guides are especially important, as they contain the complete information that your teen will need to know. The quizzes are fun, useful study aids, but they should be used as a complement to reading the full study guides.

Study guides

- [Read Learn to Drive Smart - cars](#)
- [Read Learn to Ride Smart - motorcycles](#)

Online practice tests

- [Learn to Drive Smart App - Apple](#)
- [Practice knowledge test](#)
- [Road signs practice test](#)

Video tips

- [Road test tips video](#)

Other

- [Family contract](#)



Scan the QR code to visit ICBC's website to learn more!



NICOLA VALLEY YOUTH

FEATURING:
LAURA GRIZZLYPAWS
& JORDIN TOOTOO



PROTECTION TO PREVENTION

GATHERING

MAR 25-27, 2025 | FOR YOUTH AGED 13-18



We warmly invite the youth of the Nicola Valley to our annual Youth Gathering, featuring on-the-land teachings from local elders and teams. The event will focus on building connections, celebrating culture, and sharing valuable lessons from the land.

Open to all of our 5 surrounding bands, 50 participant capacity so register soon!

**MEALS PROVIDED
DOOR PRIZES &
ENTERTAINMENT**



Scw'exmx
Child & Family



Citxw
Nlaka'pamux
Assembly

Questions email:
ShayLee.Jack@scwexmx.com
or call (250) 378-2771



Scw'exmx | February 2025
Child & Family | Newsletter



EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by n̓eʔk̓épmx and syil̓x 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 n̓eʔk̓épmx and syil̓x communities, SCFSS prioritizes the hiring of n̓eʔk̓épmx and syil̓x 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.

Current Postings

- HR Generalist
- IT Technician (Tier 1)
- Youth Team Leader
- Youth Wellness Navigator

*Check our website regularly, we will post there first!

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website, you can also send inquiries to: jobs@scwexmx.com



LOCAL TRAINING OPPORTUNITIES



NICOLA VALLEY INSTITUTE OF TECHNOLOGY

EXPLORE YOUR FUTURE WITH CONTINUING STUDIES PROGRAMS

VIEW OUR LIST OF PROGRAMS

- Basic First Aid
- Intermediate First Aid
- Advance First Aid
- Emergency First Aid
- Standard First Aid
- Transportation Endorsement
- Emergency Medical Responder
- Mental Health First Aid
- FOODSAFE Level 1
- WHMIS 2015
- CSTS-09
- Traffic Control
- OSSA Fall Protection
- OSSA Elevated Work Platform
- Confined Space Entry & Monitor
- Confined Space Rescue
- H2S Alive
- Transportation of Dangerous Goods
- Global Ground Disturbance
- Pipeline Construction Safety Training
- Forklift Training
- Intro to Grid Powered Solar PV
- Workforce Skills Training
- Cooking Class
- Gladue Writing Training
- Forestry Worker Essentials

APPLY TODAY!

CERTIFICATE/DIPLOMA PROGRAM

INDIGENOUS HUMAN SERVICES

MERRITT CAMPUS / VANCOUVER CAMPUS / HYBRID

The Indigenous Human Services program (IHMS) prepares learners for a career with non-profit agencies, Indigenous communities and government. Graduates will be able to provide support and assistance to individuals, families and communities coping with economic disadvantage, mental health challenges, developmental, gender and diversity issues, as well as challenges such as addictions, family change and involvement with the justice system.

Indigenous Human Services Info Session (Virtual)
January 29, 2025 | 6:00 PM - 7:00 PM

NEW COURSE DATES RELEASED!

Basic First Aid
8:30 AM - 4:30 PM | Merritt Campus

Wednesday, December 11, 2024
Wednesday, January 22, 2025
Friday, February 21, 2025
Wednesday, March 19, 2025
Friday, April 25, 2025

Advanced First Aid
8:30 AM - 4:30 PM | Merritt Campus

March 3 - 14, 2025
(2 weeks, Monday - Friday)

Registration Deadline:
February 17th, 2025

REGISTER TODAY!
FOR MORE INFORMATION, VISIT OUR WEBSITE
[nvit.ca/continuingstudies.htm](https://www.nvit.ca/continuingstudies.htm)

New dates for Basic First Aid and Advanced First Aid Courses are here! Equip yourself with life-saving skills and be ready to respond confidently. Register today and make a difference!

Learn more about our First Aid courses:
[nvit.ca/continuingstudies.htm](https://www.nvit.ca/continuingstudies.htm)

Download the registration form:
https://www.nvit.ca/.../cost_registration_form_fillable...



FUNDING OPPORTUNITIES

Indigenous Student Scholarships

Do you know about the different scholarship, and bursary opportunities for students who identify as Indigenous in British Columbia?

- [Indigenous learning links](#)
- [Post-Secondary Student Support Program](#)
- [Health and Science Career Promotion Grants](#)
- [BC Indigenous Student Award](#)
- [Indigenous Multi-Media Society: B.C. Scholarships](#)
- [Métis Nation British Columbia](#)
- [New Relationship Trust: Funding For Students](#)
- [Art & Design Scholarships & Funding](#)



Find links to various Indigenous School Scholarships here or scan the QR code!

<https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/program-management/indigenous-education/indigenous-scholarships>



FUNDING OPPORTUNITIES

Provincial Scholarships Program information for students

Types of scholarships

Scholarship	Amount	Application Process	Vouchers Mailed (please allow extra time for delivery)
BC Achievement	\$1,250	No application required	November
District/Authority	\$1,250	Apply through the school or district	November
BC Excellence	\$5,000	Seek the school's nomination and apply by February 15	October
Pathway to Teacher Education	\$5,000	Apply by February 15	October

To receive a scholarship, students must meet the program's [core eligibility requirements](#) as well as the specific requirements of the award.

How the program works (overview)

A student must do the following:

1. earn a scholarship and satisfy all eligibility requirements;
2. pay tuition and start their program;
3. receive their paper voucher in the mail (usually around the end of November);
4. ask their post-secondary institution or program provider to stamp and sign their voucher;
5. redeem their voucher with the Ministry; and,
6. wait for their cheque to arrive in the mail.

View your scholarships

You can view any scholarships received through this program.

- [Student Transcripts Service](#)

Prepare to graduate

Are you are graduating in this school year? See the scholarship information and more in the handbook of procedures.

- [Handbook of Procedures \(PDF\)](#)

Plan for the cost of post-secondary

Explore some funding options for going to college or university and build a plan to finance your post-secondary education.

- [Find out about student funding](#)
- [Find out about Indigenous student funding](#)



SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!



Would you like to receive newsletters and updates from Scw'exmx Child & Family? Scan or click the QR code below to sign up for our newsletter today!



www.scwexmx.com / facebook.com/scwexmxchildandfamily / Instagram.com/scwexmxchildandfamily

Scw'exmx Child & Family

Child Wellness Concern After Hours? Please Call:

1-800-663-9122

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

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 V1K 1B8

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

Prevention Hub Address: 2475 Merritt Ave, Merritt, BC V1K 1B8

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

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families

