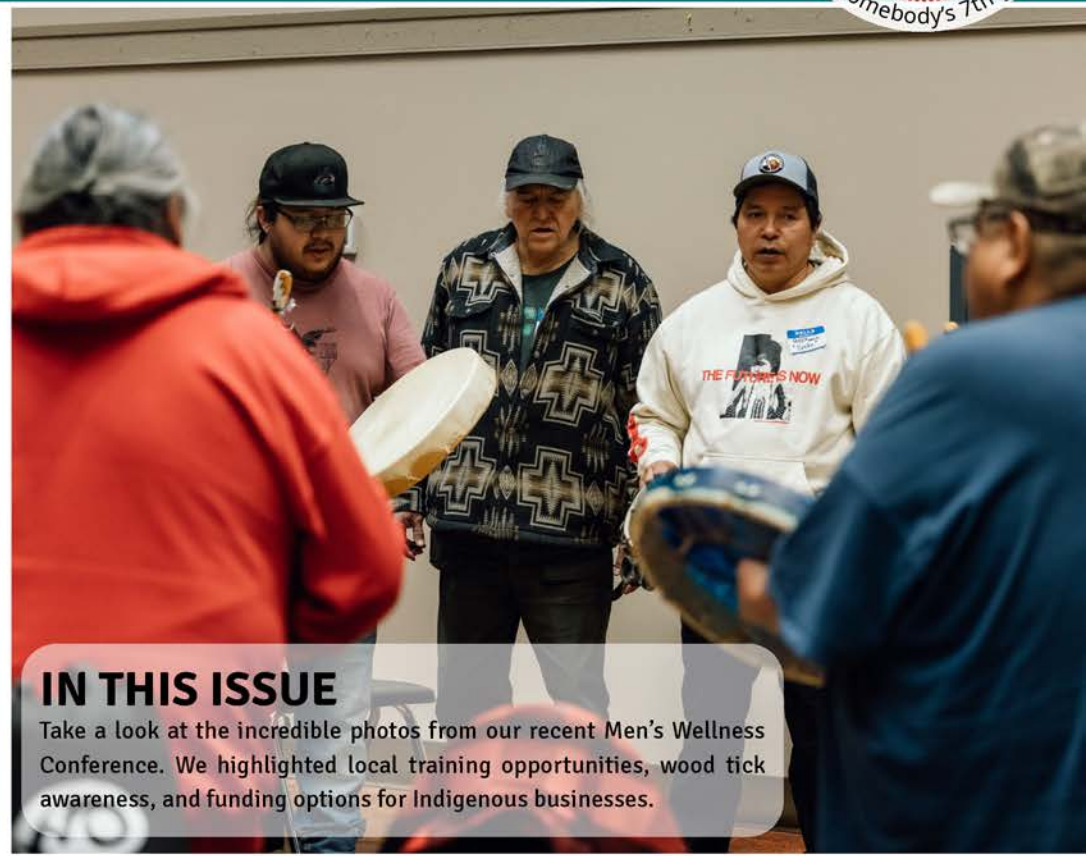




# March 2025 NEWSLETTER



## IN THIS ISSUE

Take a look at the incredible photos from our recent Men's Wellness Conference. We highlighted local training opportunities, wood tick awareness, and funding options for Indigenous businesses.



## 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 - FEBRUARY

### STAYCATION - FEB 13-15, 2025

The Family Staycation is a special event designed to bring separated families together to reconnect and create cherished memories. The focus is on fostering unity, cultural connection, and celebrating shared experiences. This event provides families, both immediate, extended, and those living internationally, the opportunity to rest, play, create, and build meaningful bonds through culture, spirit, and identity. Families can experience culture, learn traditional sacred practices, and engage in art, storytelling, sacred medicine, and play.

Everyone gathered at the Fairfield Hotel in Kelowna for this year's Staycation, with caregivers and relations in attendance. On Thursday, everyone checked into the hotel. Friday was full of activities such as moccasin making, ribbon skirt and vest making, traditional medicines, basket weaving, hair braiding, makeup, and more. There was also a children's activity room and craft table. On Saturday, there was a half day of activities for everyone to continue working on their projects. In the afternoon, everyone had free time to spend with their relations. Sunday wrapped up our Staycation, with everyone working to complete their projects and taking photos in the afternoon.

Throughout the weekend, families strengthen their sense of belonging, identity, culture, and community. This unique opportunity allows families to witness each other's growth, curiosity, creativity, and cultural exploration. With the support of elders, facilitators, and the Scw'exmx team, caregivers, children, and families unite in a safe and supportive environment. This event is particularly meaningful for families from the valley who may not typically have the chance to travel outside of Merritt, providing a space for them to come together, experience culture, and build memories.

The event marked a shift from traditional youth and social work practices toward healing through culture.

It focused on building and empowering connections and pathways of support through relationships and cultural experiences. Culture has the power to uplift, transform, and create a path to healing and belonging. Sacred wisdom, rooted in nature, story, and traditional practices, is a powerful form of healing and bonding.

Seeing families engage in this process together was a privilege. Sitting with elders and learning from their profound insights was important and an honor. Their wisdom was intentional, valuable, and meaningful. Time spent with facilitators, hearing their teachings and stories, reinforced the power of healing through culture and family connections.

One youngster expressed how much it meant to have a safe space to spend meaningful time with family, bringing her closer to her siblings and culture. Another youth loved working with the elders and learning about their wisdom, aspiring to be an elder one day. A mother shared how special it was to take her daughters somewhere new and create together, maintaining a close connection with distant family members. It was an honour to witness and learn alongside her, deepening my own understanding of sacred wisdom.

Thirty-three families signed up, with 20 attending, including 29 adults, 40 youth, and 15 kids. Recipes for shampoo, conditioner, and devil's club cream were handed out, and elders shared prayers for harvesting and giving thanks to the land. Elders shared beautiful reflections. Cathy Jameson said, "Everybody was looking after everyone, and it was amazing to see all the laughter." Casey Holmes enjoyed seeing families come together, learn, and witness the determination and creation as individuals and groups. Nettie Ernst emphasized the impact of language and how encouraging its use can make a big difference.





## CULTURE & LANGUAGE TEAM UPDATES - FEBRUARY

The interactive way to receive an event hoodie through participation and learning was special, creating connection and empowerment. The collective energy of learning, experiencing culture, and being celebrated for heartfelt efforts was uplifting, encouraging others to be brave and continue learning. This celebration of culture through acknowledgment, encouragement, and rejoicing was a beautiful way to foster connection and pride.

With the elders present, a language activity was planned to allow relations and caregivers to go over introductions or clothing items in the language with one of our elders. A young child was able to describe all the clothing in the language without any help. Elder Amelia Washington was very proud of this young speaker.

Hosting this type of event was very gratifying for both relations and caregivers. Our relations were able to have a holiday, do cultural crafts, and spend time together, which is important.

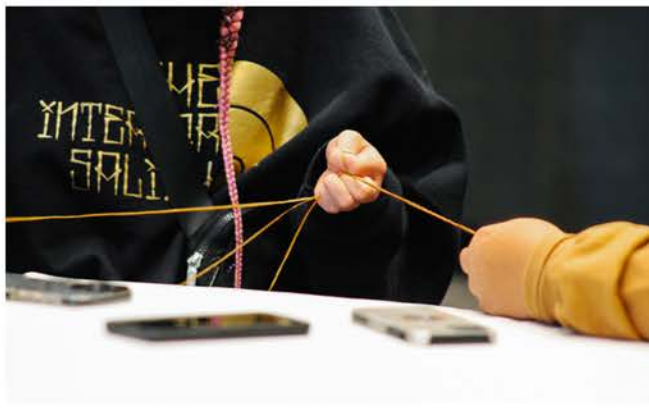
-Paula Moyes & Shannon Boyce



*Shannon Boyce, Culture Coordinator*



*Paula Moyes, Traditional Counsellor*





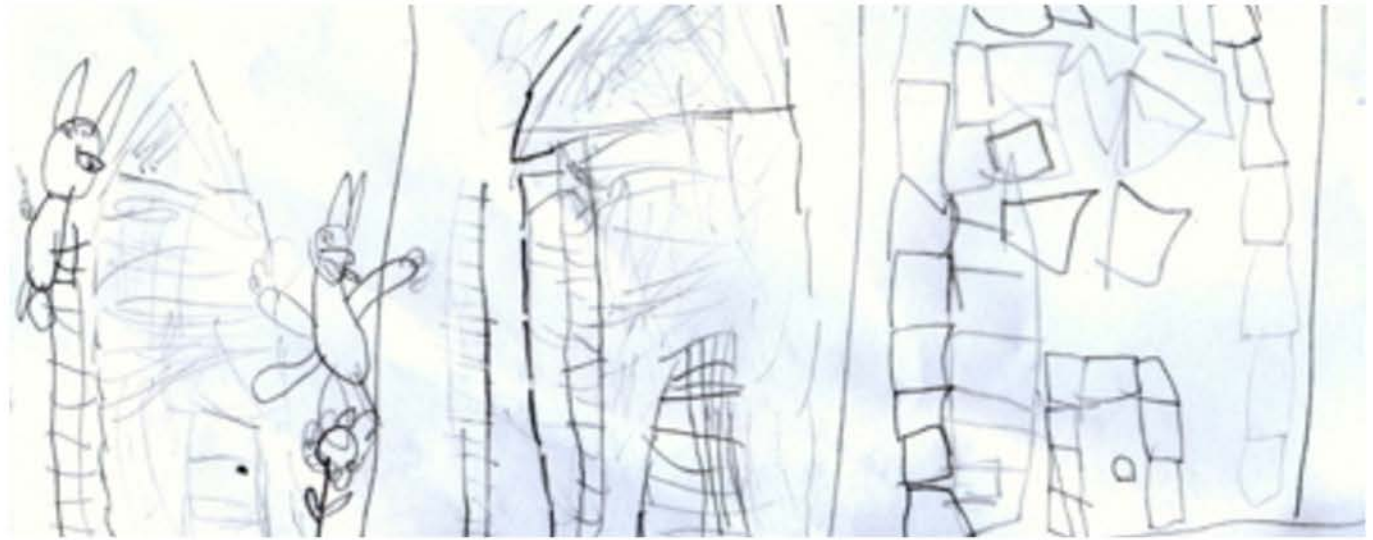
# kəʔkəʔtes ekʷu tk kʷseʂo tk spíləx̣m The Three Little Pigs Story



by Amelia Washington

kəʔtes ekʷu xe tk kʷəʂo wʔex təʔe. sinciʔeʷs ekʷuʔ he tk kʷəʂkʷəʂo. kəʔkeʔtesm peyeʔ nke tk kʷmiʔmeʔ, ʔeʔ cu nke təʔə, ʔeʔ ʔə ekʷu xəʔe ciʔ te qəʔmin nke

So, there's three little pigs, there's a younger brother, a middle brother, and an older brother.



nke xe ks cíʔ nke təʔe te nakiyx nke xʷuy he 'voice' ʔe ekʷu he nke ʔuʔ xe k snakiyx he qəʔmin ʔe ekʷu k scuts, "nam tk kʷmiʔmeʔiyx' nukʷ xəʔe citxʷ, xʷuy kn nes xəʔe cwum tk nciyxʷ." ʔe ekʷu k sxʷuy wikm nke təʔe tk syiqm, ʔe ekʷu k scuts, "xʷuy cutene xe tk citxʷ he tk syiqm." ʔe ekʷu ks ksəwt nke he k scwums tk citxʷs ʔuʔ ciʔ k scunweʔs nke ʔe ekʷu k scuwsc. nke xeʔ ks cíʔ nke te xʷuy nke ʔaʔxans, ʔe ekʷu ks ʔes tipls nə, nkʷenustn wuciʔye, ʔe ekʷu ks ʔes miceqs nəʔe, xʷuy nke ʔaʔxans, ʔe ekʷu ks snpoʔcinm nke te k swet (poʔcinms nə ntəqintn) "swet us nke xəʔe ʔ nke xe c kéʔus nke swet us nke xʷuy ʔʔek ʔʔek" ʔe ekʷu k sxʷuy nke wəlcins te ntəqintn. ʔuʔ cíʔ nke te kʷenustn nəʔe ʔes wikms nəʔe ʔuʔ, steʔ us nke xəʔe təʔteʔe k sʔiʔxʷəʔ. ʔe ekʷu k swikms ʔuʔ xəʔe ʔuʔ təʔe nke wə təʔe k s cíʔ us te 'scared.' təʔteʔe k spaqʷs ʔuʔ he ekʷu te ʔes wikms teʔe. ʔe ekʷu ʔəs cuts, steʔ us nke təʔe wuciʔye, "Wəlcixte he təqintn! he temus teʔe kns ʔuʔ ʔuʔ, xʷuy məʔixtcn heʔ citxʷ! ʔuʔ xʷuy kn təʔe puxʷm! ʔuʔ xʷuy kn puxʷm! ʔuʔ xʷuy qʷis he citxʷ!" təʔteʔe xeʔe ks swəlcixc te ʔuʔ ʔex te puxʷ- xʷ, tu puxʷm-m-m, tu puxʷm-m-m, ʔuʔ nam tk qʷis ʔem ʔ citxʷs ʔuʔ, nke təʔe k skʷens ʔuʔ tm tʔwəyx ʔem (claps) ʔ kʷmiʔkʷəʂo tuʔ kic wuʔuʔe ʔ "brother's xʷuy temn

So one day the Old Brother when his voice was beginning to change, he says, "This house is getting smaller, I'm going to go and make my own house!" So he sees this grass that's just plentiful around and he says, "I'm going to make a house out of that grass." He spends days and days fixing it until he gets it done. The Little Pig is sitting by the window, at the table eating his lunch. All of the sudden there is a knock, knock, knock on the on the door. He says, "I wonder who that is? I wonder who's coming to see me?" So he hears from behind the door, this 'Somebody' said, "If you don't let me come in., I'm going to huff! and I'm going to puff! and I'm going to BLOW your house down till its all down to the ground!" So he didn't believe whoever was behind the door there, and pretty soon he., when whoever was blowing and blowing, the WHOLE house came down and he had to kind of lift the straw off of him[self] and he took off to his brothers!

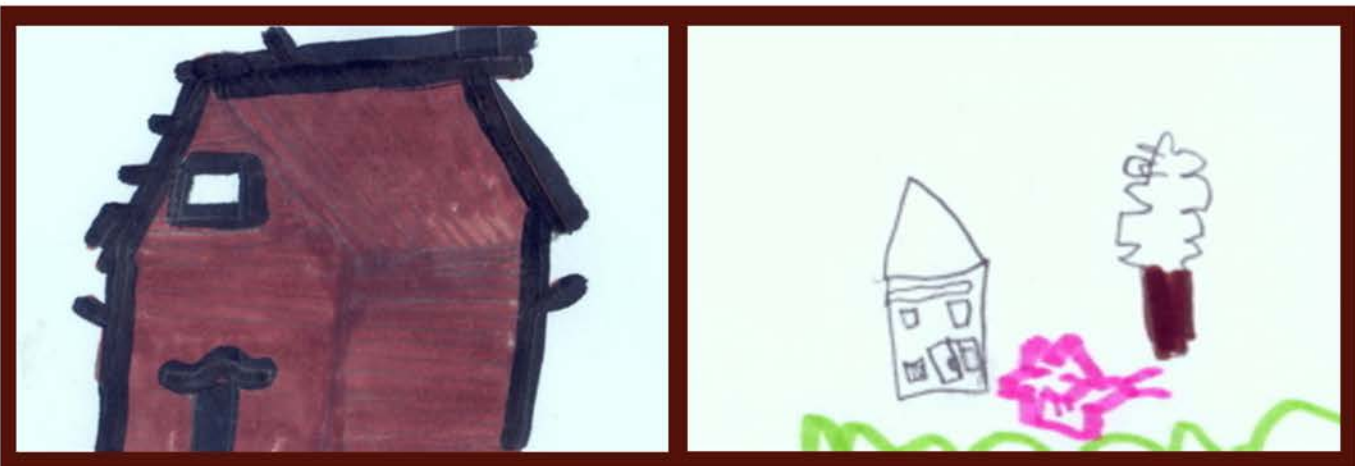






ʔe ekʷu ł sinciʔiyxs ʔe ekʷu xəʔe cut, eył naʔ tk tiʔcut ekʷu xəʔe tk kʷəʂo. ʃuʔ ʃəʔYM nke təʔe ʃuʔ cut "nam neʔe tiʔyecút eył" ʔex he nceweʔ xʷuý kn cwum tk nciťxʷ, ʃuʔ naʔ tk ýe xʷuý tk nscəwʔh!" ł sinciʔiyxs naʔ tk tiʔyecút ekʷu xəʔe, "naʔ tk qíʔť xʷuý kn scwəʔm tk ciťxʷ!" wikm ekʷu təʔe tk sʃenx, naʔ tk ʃzum ekʷu həʔe tk sʃenx. ʃuʔ ksəwt nke xəʔe k scəws ʃuʔ naʔ tk cíʔ nke təʔe tk ciťxʷ. təʔteʔe k sʃuý k smaʔťs cíʔ nke xəʔe tk temn tk wallś. ʔe ekʷu k scukʷs ʃem ł ciťxʷ. ʔe us miceqʃ wuciʔe, xʷuýs ʃaʔʃans, ʃuʔ kenmus nke təʔe, ʃteʔ us nke k sqəʔnimes. ʔe ekʷu k steʔ qəʔnimes təʔe k steʔ, ʃuʔ təʔteʔe ʔesqəʔnims teʔe tk. ʔe ekʷu ks kʷmiʔmeʔ he wuciʔe tk nkʷəʔustn ʔe scəws. kʷenes wuciʔe ł steʔus nke təʔe wuciʔe. ʃuʔ təʔteʔe ʔes qəʔnims tk put. ʔe əkʷu k scukʷcn nke təʔe, ʃuʔ cíʔ nke qəʔnim nke təʔe tk stə. ʃuʔ, ʔes cúʔs wuciʔe cíʔ te kəýnime ʃuʔ təʔteʔe k steʔ qəʔnimes, ʃuʔ ʔe əkʷu k "kʷmiʔməʔcín" ʔe tʷʔe us te nwəłciťxʷcmxʷ! xʷuý puxʷ--xʷnə ʃe ciťxʷ!, xʷuý puxʷ--xʷmm kn! ʔeł puxʷ--xʷmmm kn ʃuʔ təkʷm xʷuý maʔť!" ʔe ekʷu ks te nke təʔe k sqəʔnimes ʃuʔ he ʃəkʷmins temn ʃe qəckʃ, ʔes cuntm ʃe swetus nke təʔe, "xʷuý puxʷne, ʔeł xʷuý puxʷne, ʃuʔ naʔ tk xʷuý qʷis ʃe ciťxʷ!" ʃuʔ təʔteʔe k sqʷis ʃem ł ciťxʷs, ʃuʔ kʷenes ʔex ekʷu wuciʔe nə nkʷəʔustns, ʃuʔ ʔex ekʷu təʔe. swet us nke steʔ wuciʔe, ʔe ekʷu scuts, "təʔteʔe xʷuýs k smaʔťc ʃn ciťxʷ wʔeye!" xʷuý nes wəwne ʃn qəck, ʔeł nsəyseyeme heʔaye, ʔe ekʷu xʷuý k swewes ʔeks wʔeye sʃuý ks weʔxus. təʔe he ciťxʷs təʔteʔe xʷuý k smaʔťc wuýceʔ ʔeł xʷuý ekʷu xʷʔit he ʃaʔʃans

So the little brother, he's just proud- you know- just prancing around. And then he says, "I'm going to make the strongest house!" So he makes a house, probably as big as this here, just the walls are so thick and -you know- there's barely a window there and he knows his house is not going to break. He looks in his little window and he sees something but he doesn't hear it very well because the walls are SO huge. He knows he's safe. He hears this little voice from somewhere and it sounds like what his brothers had told him, that somebody's going to blow the house down, but he doesn't hear it because the walls are so thick and so it just sounds like... just like a little pinch or a little breeze or something. He's looking out this little window and he sees this black thing walking away. He waits and waits and waits. Soon he says, "Well! I'm going to go call my two brothers to come and stay with me over here. We're going to gather all our food and our house is not going to break anymore and we're going to live like a little family here. So, that's what they do and their house stays and they never saw that thing anymore.



This story and artwork is borrowed from the First Voices website. View & listen by clicking the following link or scanning the QR code: <https://www.firstvoices.com/nlekepmxcin/stories/a8386fd8-4960-4c6b-8f94-6331b11b315a>

- ACKNOWLEDGEMENTS**
- Joella Bolan, Translator
  - Bernice Garcia

SCAN ME

LISTEN NOW



# COMMUNITY PREVENTION TEAM UPDATES - FEBRUARY

## GIRL POWER PROGRAM - NOOAITCH

The Girl Power program has started in Nooaitch for girls aged 8-13 years old. Willa Ermineskin, Community Prevention Worker, facilitates this program in community weekly at the Nooaitch band hall. This program is provided in collaboration with other facilitators and organizers from Nooaitch Indian Band (NIB), Scw'exmx Community Health Services Society (SCHSS), Nlaka'pamux Health Services Society (NHSS) and Citxw Nlaka'pamux Assembly (CNA).

The program runs from February until June with a variety of topics scheduled which include healthy self-esteem, healthy sexuality, body changes, journal writing, visualization, mediation and so much more. Through the program the girls will also be learning a cultural activity each month from elders and knowledge keepers in the community.

Girl Power is a guided quest for preteen girls to connect to their own inner resources. It is a mix of education, skill building, creativity and fun. Pre-teen girls are flooded with societal pressures, media images and information overload. The girls will explore ways to claim healthy connection to themselves, peers, family, community and culture. They will also develop skills to challenge the many disempowering and confusing messages they are faced with daily.

## SCHSS PREVENTION THROUGH CONNECTION: CHILD & YOUTH HARM REDUCTION EVENT

On Feb 14, 2025, Scw'exmx Community Health Services Society hosted the "Prevention Through Connection: Child and Youth Harm Reduction" conference at the Merritt Civic Centre. The event featured informational booths offering resources from organizations throughout the Merritt and Kamloops areas. SCFSS set up a booth to highlight the services we provide. Our staff from the Community, Family, Protection, and Youth teams collaborated to engage with attendees throughout the one-day conference.



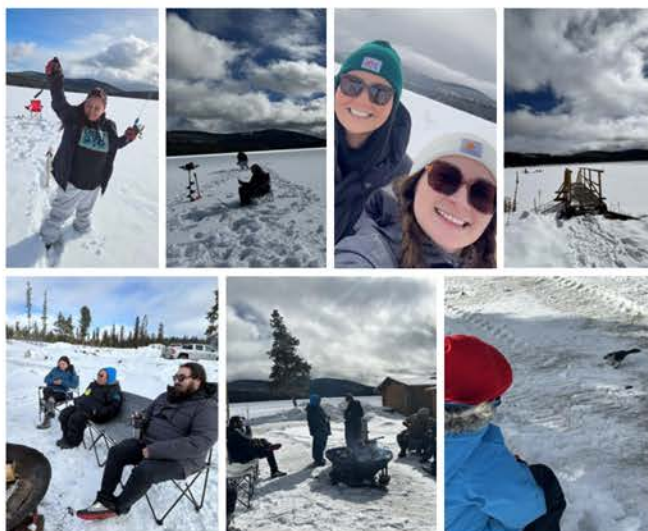
## SHACKAN ICE FISHING AT SURREY SUSSEX LAKE - FEB 25, 2025

Shackan relations had the opportunity to go ice fishing at CNA's new resort located at Surrey Sussex Lake.

There were plenty of bites, one relation even caught a fish! While at the lake we also made a few feathered friends who were more than happy to share our muffins.

Everyone had a wonderful time, including our relations, the SIB Wellness team, CNA staff and SCFSS Community Prevention Worker, Satara Twan. There were 20 people in attendance total.

SCFSS provided transportation for five relations. One relation said, "It was a great day on the ice! I'm so glad we got to come out here."



Willa Ermineskin, Community Prevention Worker



Satara Twan, Community Prevention Worker





# First Nations Child and Family Services & Jordan's Principle Settlement

The Claims Period for the Removed Child Class and their eligible Caregiving Parents or Caregiving Grandparents opens on March 10, 2025. You may be eligible for compensation under this Settlement if:

You are First Nations individual who was removed from your home on reserve as a Child, between April 1991 and March 2022, and placed into care

OR

You are the Caregiving Parent(s) or Caregiving Grandparent(s) of a Removed Child

## How to Get Ready

## Are You?

**Former child-in-care** removed from your home on reserve and placed into care (Removed Child Class)

The **Caregiving Parent** of a child that was placed into care (Family Class)

A **Representative** filing on behalf of 1) a "Person Under Disability" or 2) Deceased Class Member



### You will need:

-  Valid government-issued identification
-  Mailing address
-  Bank account in your name for deposit

### You will need:

-  Valid government-issued identification
-  Mailing address
-  Bank account in your name for deposit
-  Documentation proving relationship to child (Such as: Long-form Birth Certificate)

### You will need:

-  **Documentation appointing "Personal Representative":**
  - Signed Power of Attorney or protection mandate OR
  - government appointment order (including Public Guardian Trustee)
- For a deceased class member:**
  - Grant of Authority** document naming estate executor (will, grant of probate, etc.)
  - or **Heir** as defined in the Settlement Agreement
-  For deceased class members, will need **death certificate, burial certificate or funeral director's statement of death**

**Need Free Support?** Call the administrator for any questions, legal advice, or to connect with Claims Helpers to with the application over phone, video, or in person (where available) **call toll-free at 1-833-852-0755 (5am-5pm Mon-Fri) or visit [www.FNChildClaims.ca](http://www.FNChildClaims.ca)**

**Free mental health and wellness support is available at [HopeForWellness.ca](http://HopeForWellness.ca)**

SCAN FOR MORE INFO:



SCFSS is working with our Member Communities to develop additional communications and supports for our community members





# First Nations Child and Family Services & Jordan's Principle Settlement

## FAQs

### When Can I Apply?

Adults will have 3 years after the claim opening to submit their Claim Form (ie until March 2028). Minors can submit a Claim Form starting at age 17 until their 22nd Birthday (in BC), *Compensation will not be issued until after claimant reaches the age of Majority.*

### Am I Eligible?

To be eligible for these two classes, you had to be removed from a home on Reserve as a Child, between April 1, 1991, and March 31, 2022, and placed into care OR be the Caregiving Parents or Caregiving Grandparents of a Removed Child. *Foster Parents are not Eligible.*

### How Do I Get Help?

You do not need to pay anyone to help you with this settlement! For legal advice, to connect with Claims Helpers, or any other questions call toll-free at **1-833-852-0755** (5am-5pm Mon-Fri) or visit [www.fnchildclaims.ca](http://www.fnchildclaims.ca) *There may be in-person claims helpers available as well (more info to come).*

**Free mental health and wellness support is available at [HopeForWellness.ca](http://HopeForWellness.ca)**

### What Are All These Different "Classes" ?

The Settlement is 9 classes, the Claims Period for 2 of the classes: 1) Removed Child Class and 2) Removed Child Family Class opens on March 10, 2025. At a later date there will be additional claims available such as Kith Classes, Jordan's Principle Class, and those that experienced a delay/denial of essential services as a child. There will be an Eligibility Information Tool out soon to help people understand what classes they might be able to apply for.

### What If I lived Off-reserve When I Went Into Care?

This compensation is due to Canada's underfunding of Child and Family Services. Those that were involved with Child and Family Services off-reserve would have been funded by the province (not Canada) and aren't eligible for this compensation. However there are several class-actions being put forward under the umbrella of "millennium scope class actions" that would include off-reserve families. These are in early stages of the court process.

More Questions? Visit  
[fnchildclaims.ca/faq](http://fnchildclaims.ca/faq)  
or Scan Here





## FAMILY TEAM UPDATES - FEBRUARY

### Men's Wellness Conference - Feb 16-17, 2025

The overarching goal of the Men's Wellness Conference was to provide a safe space for our men to network, share stories, and build personal growth. Through engagement with leaders, mentors, organizations, and knowledge keepers, we presented opportunities for individuals seeking to enhance their cultural skills and perspectives. Men participating in wellness workshops, circles, and networking activities were able to build their confidence, develop new skills, and broaden their professional networks. We encouraged male participants to bring their peers to foster a supportive environment where they could learn from one another and grow together.

These opportunities not only promote individual growth but also contribute to a community of motivated and empowered individuals, ultimately leading to becoming better versions of themselves. By attending the men's group, participants are contributing to a national effort to empower our First Nation men and ultimately build safer and stronger communities.

We had participants from across our nation, including 15 Lower Nicola band members, 10 Coldwater band members, 23 Upper Nicola band members, 3 Nooaitch band members, 2 Shackan band members, and 39 participants from other bands, totaling 92 participants.

CNA supported the event with a booth. Here is their website: <https://cna-trust.ca/>

NVIT also supported the event with a booth. Here is their website: <https://nvit.ca/>

For job opportunities with SCFSS, visit our website:

<https://www.scwexmx.com/careers/careers-overview>



Jason Ermineskin, Men's Group Coordinator













# YOUTH TEAM UPDATES - FEBRUARY

## BIG WHITE DAY TRIP – CLC – FEB 25, 2025

Our group of enthusiastic youth embarked on an exciting adventure to Big White Ski Hill for a day filled with tubing, delicious food, and enriching cultural stories. The atmosphere was buzzing with anticipation as everyone gathered, ready to embrace the winter wonderland that awaited us. Throughout the day, the youth reflected on the fun they had and the bonds they formed. They faced their fears, built confidence, tried new things, and boosted their self-esteem. The experience provided numerous physical, social, and emotional benefits for their development and well-being.

Being outdoors and enjoying natural settings fostered a greater appreciation for the environment. It encouraged the youth to engage with nature, enhancing their mood and reducing stress. They learned teamwork, communication, and cooperation, strengthening existing relationships and forming new friendships.

Some of the things we heard throughout the day included, "Best day ever!" and "Can we do that again?" The youth were eager for staff to join them in tubing and we were excited to experience the rush again!

Our group consisted of 10 youth, 7 adults, and one adult who was an Indigenous advocate through the school district. This type of event is crucial for building connections with our youth.

Nexpetko Joe played a significant role in the trip. She captured mindfulness and presence during prayer and encouraged the youth to be attentive to their feelings and surroundings during storytelling. Nexpetko Joe shared a story in both English and Okanagan, enriching the cultural experience for everyone.



*Candice Dolman, Youth Transition Coordinator*





## ABOUT ETICK

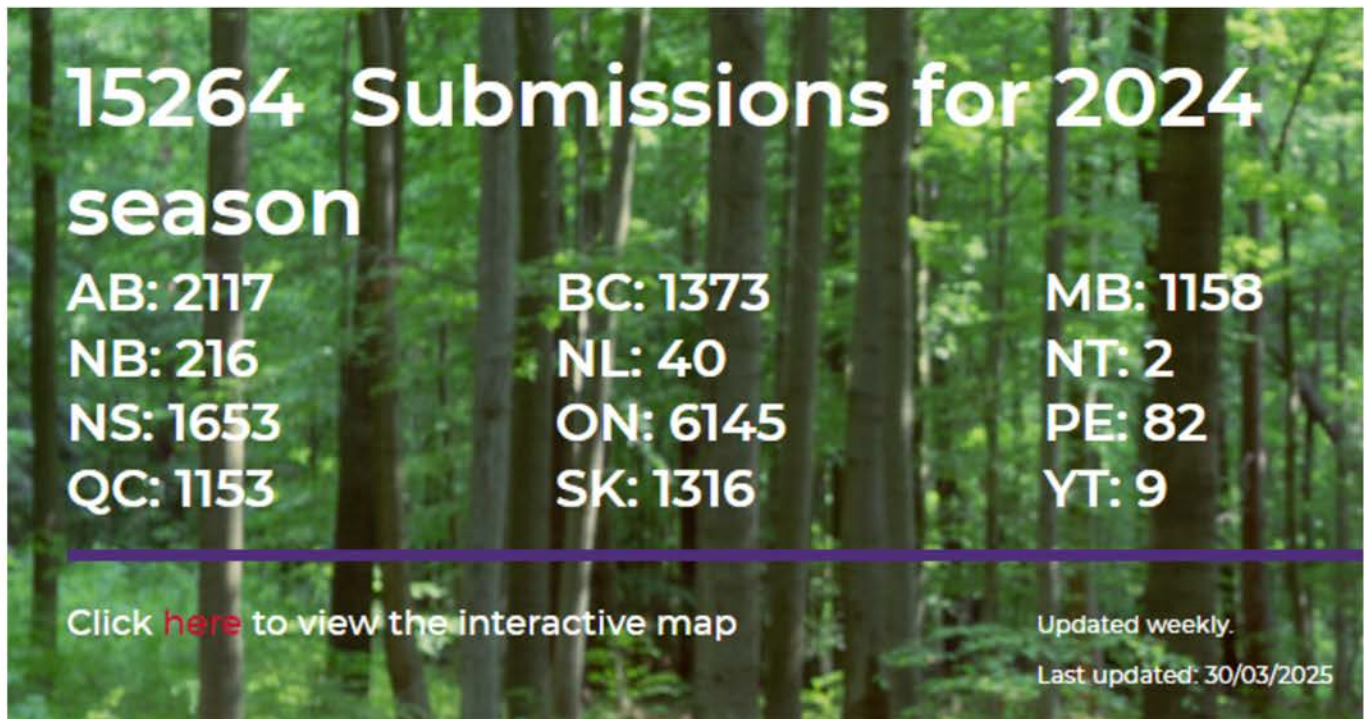
A public platform for image-based identification and population monitoring of ticks in Canada



The emergence of Lyme disease and the rapid geographical range expansion of certain tick species in Canada are important issues for public health authorities and the public in general. Following tick populations on such a large territory is also expensive and logistically challenging.

The community science project eTick.ca therefore invites the public to participate in the monitoring of ticks in Canada by submitting tick photos on eTick.ca for identification by a professional. The identification results, combined with other data such as collection date and locality can then be consulted and mapped so that all users may visualize the information related to any/all species for any given year and/or geographical area.

Access to eTick.ca is free and it is not necessary to contribute data in order to consult the database.



LEARN MORE >





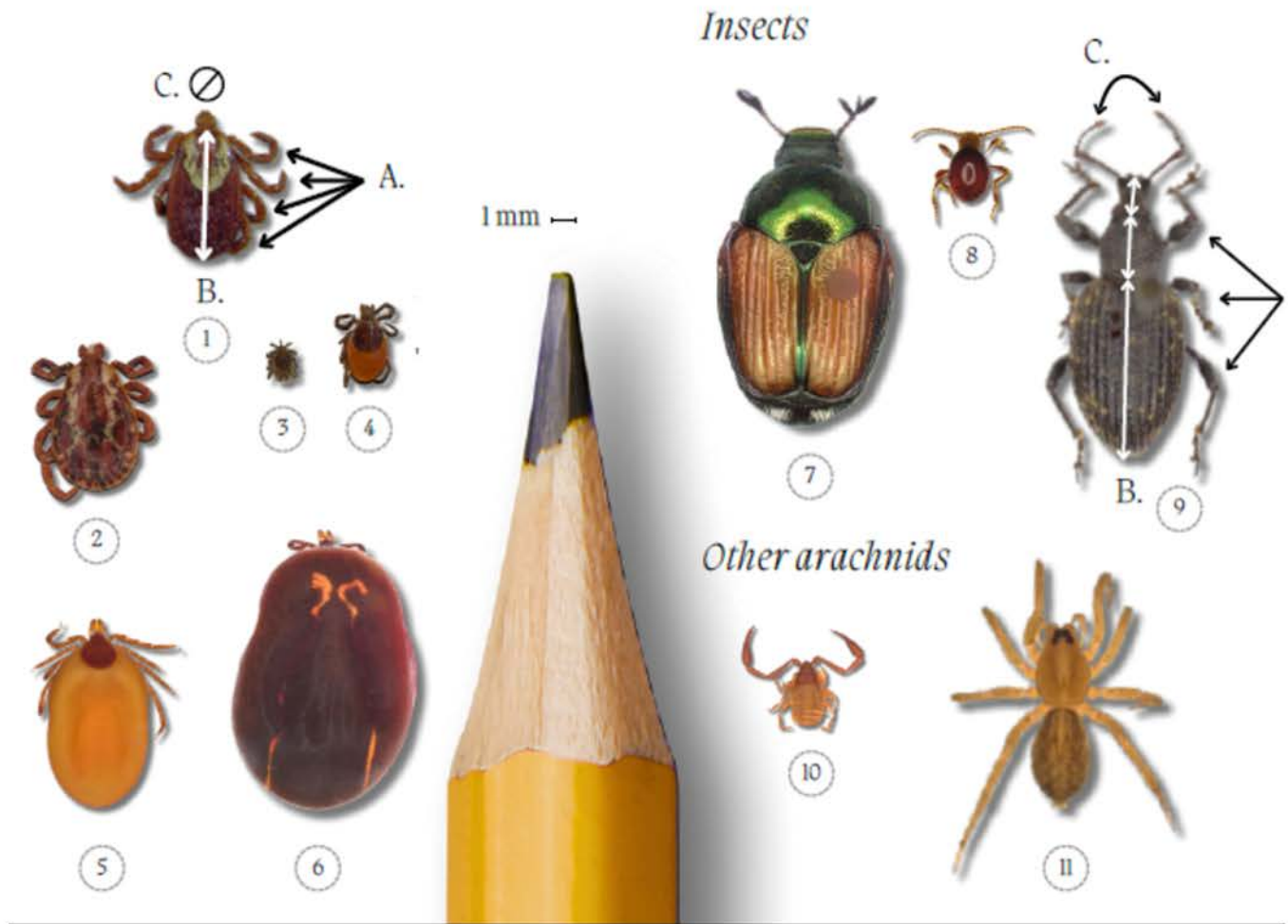
# HOW TO RECOGNIZE A TICK

## Tick characteristics

- A. 4 pairs of legs as adults and nymphs
- B. One single fused body
- C. No antennae

## Other arthropod characteristics

- A. Insects have 3 pairs of legs while arachnids have 4
- B. 2 or 3 body segments
- C. Insects have antennae on their head which can be mistaken for legs



- 1. *Dermacentor variabilis* (American dog tick) female
- 2. *Dermacentor variabilis* (American dog tick) male
- 3. *Ixodes scapularis* (blacklegged tick) nymph
- 4. *Ixodes scapularis* (blacklegged tick) female, unengorged
- 5. *Ixodes scapularis* (blacklegged tick) engorged
- 6. *Ixodes scapularis* (blacklegged tick) engorged

- 7. *Popillia japonica* (Japanese beetle)
- 8. *Mezium affine* (shiny spider beetle)
- 9. *Otiorhynchus ovatus* (strawberry weevil)
- 10. Pseudoscorpion
- 11. *Trochosa* sp. (wolf spider) juvenile

Additional resources: <https://web.uri.edu/tickencounter/fieldguide/is-it-a-tick/?/>

Discover additional resources and report any tick discoveries by visiting [tick.ca](http://tick.ca) or scanning the QR code for more information.

LEARN MORE >





## HOW TO SAFELY REMOVE A TICK:

- Find a pair of fine-tipped tweezers and a sealable container in which to store the tick.
- Using the tweezers, grasp the tick as close to the skin as possible. The aim is to grab the head of the tick, and to avoid putting pressure on the body.
- Slowly pull straight out, without twisting the tick, using firm but slow traction. Place the tick into a sealable container.
- If some parts of the tick break off and remain in the skin – don't panic. Try to remove them with tweezers, but if this is not possible, leave the area to heal itself.
- Wash your hands and the bite area with soap and water or an alcohol-based sanitizer.
- Don't forget to complete your tick check in case there are more ticks.
- Image by: cdc.gov, Public domain, via Wikimedia Commons
- DO NOT try to burn or smother the tick using products such as nail polish, nail polish remover, essential oils, or petroleum jelly.

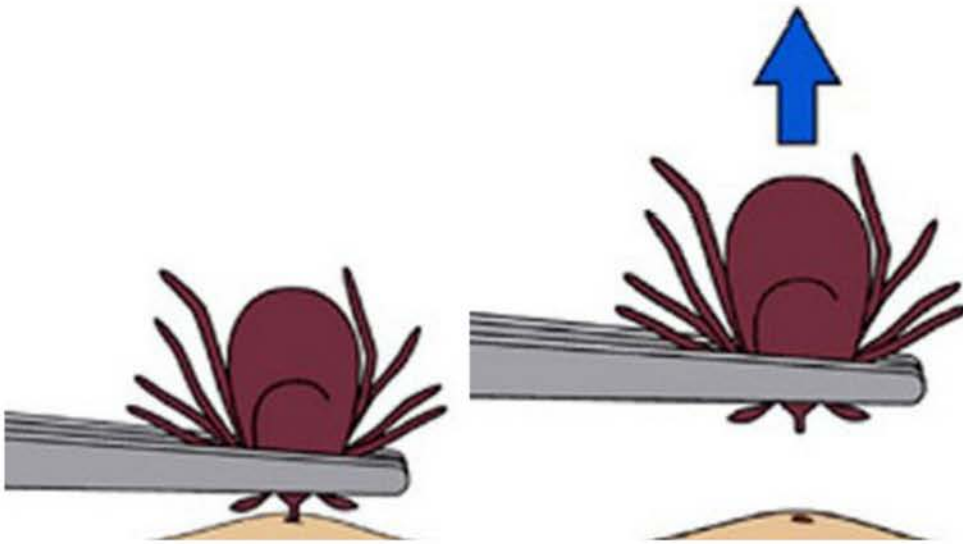


Image by: cdc.gov, Public domain, via Wikimedia Commons



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## EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?k'epmx and syil'x 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?k'epmx and syil'x communities, SCFSS prioritizes the hiring of nte?k'epmx and syil'x 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

- Delegated Manager
- 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](http://www.scwexmx.com)  
Submit your cover letter and resume on our website, you can also send inquiries to: [jobs@scwexmx.com](mailto:jobs@scwexmx.com)





## LOCAL TRAINING OPPORTUNITIES



# CARPENTRY LEVEL 2 TRAINING

### PROGRAM DETAILS:

**Who:**

Apprentices who have completed level 1 and have a minimum of 1 year experience. Limited seats available

**What:**

Carpentry Level 2 Training

**Where:**

Community hall, Douglas Lake

**When:**

May 5 - June 27, 2025  
30 hours a week, 4 days a week

**Cost:**

No charge for tuition and books

In collaboration with Upper Nicola Band, Thompson Rivers University, and the Construction Foundation, we are excited to offer Carpentry Level 2 training.

**REGISTER HERE:** [bit.ly/4j6X40F](https://bit.ly/4j6X40F)



Scan QR Code to Register

**If you require additional information, contact:**

**Geneve | 250-350-3342 Patsy | 250-329-4500**



# LOCAL TRAINING OPPORTUNITIES



Shine On

## Breakthrough to Employment and Training Program

 **Ages 17 -29**

Are you experiencing stress or anxiety about navigating the tough job market? Sign up for our **FREE** 5-week online **YBEAT** employment program!



### YBEAT supports youth who are:

- seeking their first job
- lacking work experience
- being laid off
- adjusting to reduced work hours
- recent graduates stalled in their job search
- getting callbacks or interviews
- and more!

**Scan the QR code to sign up for an upcoming information session!**

### Upcoming 2025 Cohort:

- BC program - April 14 to May 16

 [gv.ymca.ca/ybeat](http://gv.ymca.ca/ybeat)

 [ybeat.bc@bc.ymca.ca](mailto:ybeat.bc@bc.ymca.ca)



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.



## FUNDING OPPORTUNITIES



### INDIGENOUS BUSINESS

Bring your products and services to worldwide markets with support from EDC. We can help you navigate, manage, and take on risk, so your business can grow. Whether it's exporting products or services, Canadian businesses of all sizes and sectors have counted on us for international trade expertise and financial solutions since 1944.

50,000+\*

Number of Indigenous-owned companies in Canada

7.2%\*

Indigenous SMEs export

\$48.9B+\*\*

Indigenous contribution to the Canadian economy

\*Source: Canadian Council of Aboriginal Business

\*\*Source: Statistics Canada

### WORKING CAPITAL

Financing is one of the biggest challenges Indigenous business owners face. With the EDC Export Guarantee Program, we can offer your financial institution a guarantee of repayment on the money you borrow, making it easier for you to access working capital.

[EDC Export Guarantee Program](#)

### CREDIT INSURANCE

Take on new contracts with confidence. We'll make sure you get paid, with insurance designed to reduce the risk of customer non-payment, contract cancellations, currency transfer issues, and more.

[EDC Credit Insurance](#)

### KNOWLEDGE AND ADVICE

MyEDC is a free resource that can help you locate buyers, understand international markets, find service providers, and more. Read our articles, blogs, and guides to learn about exporting at your own pace.

[MyEDC](#)

### INVESTMENT MATCHING

EDC provides fast, reliable capital for small- to mid-sized exporters (minimum \$500,000 in annual revenue) through our Investment Matching Program. We work with your venture capital or private equity investor(s) to increase the capital available to you—under their commercial terms.

[EDC Investment Matching Program](#)

### ADDITIONAL FUNDING TO ACCELERATE EXPORTING

The Inclusive Trade Investment Program addresses underfunding faced by Indigenous and other diverse exporters by providing equity capital to support expansion in global markets. Indigenous-owned and -led companies with commercial revenue growth accelerating towards \$500,000 and significant export growth potential can be considered for this program.

[EDC Inclusive Trade Investment Program](#)

LEARN MORE >



# 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](http://www.scwexmx.com) / [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily) / [Instagram.com/scwexmxchildandfamily](https://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](http://www.scwexmx.com)

Facebook Page: [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily)



Healthy Children



Healthy Communities



Healthy Families